

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Darryn Anthony

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 82.5 kg Division

with a

Squat 280.0 kg

Bench Press 172.5 kg

Dead Lift 260.0 kg

TOTAL of 712.5 kg

2009

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation



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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Henk De Wet

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 100.0 kg Division

with a

Squat 245.0 kg

Bench Press 177.5 kg

Dead Lift 282.5 kg

TOTAL of 705.0 kg

2009

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation



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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Lisa Basson

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 56.0 kg Division

with a

Squat 110.0 kg

Bench Press 70.0 kg

Dead Lift 135.0 kg

TOTAL of 315.0 kg

2009

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Marlon Daniels

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 75.0 kg Division

with a

Squat 220.0 kg

Bench Press 170.0 kg

Dead Lift 240.0 kg

TOTAL of 630.0 kg

2009

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

