

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

**JOSHUA CAPAZORIO**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 110.0 kg Division

with a

Squat 260.0 kg

Bench Press 172.5 kg

Dead Lift 280.0 kg

**TOTAL** of **712.5 kg**

**2010**



*Black*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

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**LISA BASSON**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 56.0 kg Division

with a

Squat 130.0 kg

Bench Press 75.0 kg

Dead Lift 145.0 kg

**TOTAL** of **350.0 kg**

**2010**



*Silver*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

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**MARK PHILLIPS**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 100.0 kg Division

with a

Squat 245.0 kg

Bench Press 160.0 kg

Dead Lift 255.0 kg

**TOTAL** of **660.0 kg**

**2010**



*Black*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

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**MARLON DANIELS**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 75.0 kg Division

with a

Squat 250.0 kg

Bench Press 195.0 kg

Dead Lift 225.0 kg

**TOTAL** of **670.0 kg**

**2010**

*Gold*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation



**SOUTH AFRICAN  
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**MICHELLE DE SOUZA**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 67.5 kg Division

with a

Squat 147.5 kg

Bench Press 62.5 kg

Dead Lift 175.0 kg

**TOTAL** of **385.0 kg**

**2010**

*Silver*

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

Powerlifting Federation

