

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Michelle de Souza

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66M1 kg Division

with a

Squat 140.0 kg

Bench Press 72.5 kg

Dead Lift 175.0 kg

TOTAL of 387.5 kg 2011

Silver

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

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AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Arno Lambrechts

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120+ kg Division

with a

Squat 315.0 kg

Bench Press 215.0 kg

Dead Lift 317.5 kg

TOTAL of 847.5 kg

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

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Benedict Bucarizza

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 280.0 kg

Bench Press 195.0 kg

Dead Lift 280.0 kg

TOTAL of 755.0 kg 2011

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Frikkie Veldman

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 240.0 kg

Bench Press 180.0 kg

Dead Lift 235.0 kg

TOTAL of 655.0 kg 2011

Black

Incentive Badge

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Chairman

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Helgard Coertze

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 312.5 kg

Bench Press 200.0 kg

Dead Lift 287.5 kg

TOTAL of **800.0 kg**

2011

Silver

Incentive Badge

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Chairman

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Joshua Capazario

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120J kg Division

with a

Squat 280.0 kg

Bench Press 190.0 kg

Dead Lift 250.0 kg

TOTAL of **720.0 kg**

2011

Black

Incentive Badge

Clifford Hayim
Chairman

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Kennedy Sekome

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66J kg Division

with a

Squat 170.0 kg

Bench Press 95.0 kg

Dead Lift 240.0 kg

TOTAL of 505.0 kg

2011

Black

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Mark Phillips

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 260.0 kg

Bench Press 160.0 kg

Dead Lift 260.0 kg

TOTAL of 680.0 kg 2011

Black

Incentive Badge

Clifford Hayim
Chairman

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Marlon Daniels

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 250.0 kg

Bench Press 195.0 kg

Dead Lift 220.0 kg

TOTAL of 665.0 kg 2011

Gold

Incentive Badge

Clifford Hayim
Chairman



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Martin Grobler

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105J kg Division

with a

Squat 255.0 kg

Bench Press 180.0 kg

Dead Lift 250.0 kg

TOTAL of **685.0 kg**

2011

Black

Incentive Badge

Clifford Hayim
Chairman

Gauteng

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Nick Stefanou

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66.0 kg Division

with a

Squat 190.0 kg

Bench Press 100.0 kg

Dead Lift 210.0 kg

TOTAL of 500.0 kg

2011

Black

Incentive Badge

Clifford Hayim
Chairman

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Pieter Fourie

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 83.0 kg Division

with a

Squat 267.5 kg

Bench Press 180.0 kg

Dead Lift 265.0 kg

TOTAL of 712.5 kg 2011

Gold

Incentive Badge

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Chairman

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Stuart Murchie

was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66.0 kg Division

with a

Squat 220.0 kg

Bench Press 140.0 kg

Dead Lift 200.0 kg

TOTAL of 560.0 kg 2011

Silver

Incentive Badge

Clifford Hayim
Chairman

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