

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

**Franz J Rusch**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 100.0 kg Division

with a

Squat 225.0 kg

Bench Press 152.5 kg

Dead Lift 265.0 kg

**TOTAL of 642.5 kg**

**2008**

*Black*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

Powerlifting Federation



**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

**Mark Phillips**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 100.0 kg Division

with a

Squat 250.0 kg

Bench Press 160.0 kg

Dead Lift 252.5 kg

**TOTAL of 662.5 kg**

**2008**

*Black*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

Powerlifting Federation



**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

**Marlon Daniels**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 75.0 kg Division

with a

Squat 235.0 kg

Bench Press 167.5 kg

Dead Lift 230.0 kg

**TOTAL** of **632.5 kg**

**2008**

*Silver*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

Powerlifting Federation



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**Mathew Cosmo**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 100.0 kg Division

with a

Squat 290.0 kg

Bench Press 215.0 kg

Dead Lift 250.0 kg

**TOTAL of 755.0 kg**

**2008**

*Silver*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Louise Steenkamp**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 56.0 kg Division

with a

Squat 130.0 kg

Bench Press 60.0 kg

Dead Lift 150.0 kg

**TOTAL of 340.0 kg**

**2008**

*Silver*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Johan Steenkamp**

was awarded

**PROVINCIAL POWERLIFTING COLOURS**

in the 100.0 kg Division

with a

Squat 270.0 kg

Bench Press 180.0 kg

Dead Lift 270.0 kg

**TOTAL** of **720.0 kg**

**2008**

*Bronze*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Darren Anthony**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 82.5 kg Division

with a



**BENCH PRESS** of **167.5 kg**

**2008**

*Gold*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Gary Katzen**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 125.0 kg Division

with a



**BENCH PRESS**

of

**205.0 kg**

**2008**

*Gold*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Jonathan Featherstone**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 110.0 kg Division

with a



**BENCH PRESS** of **180.0 kg**

**2008**

*Bronze* Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Mark Phillips**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 100.0 kg Division

with a



**BENCH PRESS**

of

**165.0 kg**

**2008**

*Bronze*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Marlon Daniels**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 75.0 kg Division

with a



**BENCH PRESS** of **170.0 kg**

**2008**

*Elite 1*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Mathew Cosmo**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 110.0 kg Division

with a



**BENCH PRESS** of **225.0 kg**

**2008**

*Elite 3*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Moekie Grobbelaar**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 52.0 kg Division

with a



**BENCH PRESS**

of

**85.0 kg**

**2008**

*Elite 1*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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**Ruwan Kleinsmit**

was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 125.0 kg Division

with a



**BENCH PRESS** of **210.0 kg**

**2008**

*Gold*

Incentive Badge

\_\_\_\_\_  
Chairman

*Gauteng*

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