

Albert De Bondt

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 83S kg Division

with a



BENCH PRESS of **150.0 kg**

2011

Bronze Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Arno Lambrechts

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120+ kg Division

with a



BENCH PRESS

of

215.0 kg

2011

Elite 1

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Benedict Bucarizza

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120.0 kg Division

with a



BENCH PRESS of **195.0 kg**

2011

Silver

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Clayton Opperman

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 93S kg Division

with a



BENCH PRESS of **180.0 kg**

2011

Gold Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Clyde Keevy

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 105.0 kg Division

with a



BENCH PRESS of **170.0 kg**

2011

Bronze Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

David Edwards

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 105S kg Division

with a



BENCH PRESS

of

217.5 kg

2011

Elite 2

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Etienne Potgieter

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 93S kg Division

with a



BENCH PRESS of **215.0 kg**

2011

Elite 3

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Frikkie Veldman

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 93.0 kg Division

with a



BENCH PRESS of **180.0 kg**

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Gary Katzen

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 105M2 kg Division

with a



BENCH PRESS

of

172.5 kg

2011

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Helgard Coertze

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120.0 kg Division

with a



BENCH PRESS of **200.0 kg**

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Ian Furman

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120+ kg Division

with a



BENCH PRESS

of

240.0 kg

2011

Elite 3

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Johny Hall

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 93.0 kg Division

with a



BENCH PRESS of **170.0 kg**

2011

Silver Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Joshua Capazario

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120J kg Division

with a



BENCH PRESS of **190.0 kg**

2011

Silver Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Juan Booyse

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120.0 kg Division

with a



BENCH PRESS of **170.0 kg**

2011

Black Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Marcus Sapire

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 83J kg Division

with a



BENCH PRESS of **147.5 kg**

2011

Bronze Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Mark Phillips

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 105M1 kg Division

with a



BENCH PRESS

of

170.0 kg

2011

Bronze

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Marlon Daniels

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 74.0 kg Division

with a



BENCH PRESS of **195.0 kg**

2011

Elite 4 Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Martin Grobler

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 105J kg Division

with a



BENCH PRESS of **200.0 kg**

2011

Elite 1 Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Mathew Cosmo

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120M1 kg Division

with a



BENCH PRESS

of

250.0 kg

2011

Elite 4

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Pieter Fourie

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 83J kg Division

with a



BENCH PRESS of **187.5 kg**

2011

Elite 2 Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Stuart Murchie

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 66.0 kg Division

with a



BENCH PRESS of **140.0 kg**

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Thabang Mpe

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 74.0 kg Division

with a



BENCH PRESS of **152.5 kg**

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation

Willy Johnstone - Robertson

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

was awarded

PROVINCIAL BENCH PRESS COLOURS

in the 120+ kg Division

with a



BENCH PRESS

of

210.0 kg

2011

Gold

Incentive Badge

Clifford Hayim
Chairman

Gauteng

Powerlifting Federation