

**SOUTH AFRICAN  
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

**Stephan Groenewald**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 120.0 kg Division

with a

**Bench Press 175.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation

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**Aasif Ismail**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 74.0 kg Division

with a

**Bench Press 125.0 kg**



***Black***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation

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**Lee-David Carolisson**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 170.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation

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**Andre Kloppers**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 150.0 kg**



***Brown***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Anton Engelbrecht**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 93.0 kg Division

with a

**Bench Press 155.0 kg**



***Black***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Kgahliso Thladi**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 72.0 kg Division

with a

**Bench Press 80.0 kg**



***Brown***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Tshegofatso Dladla**

in 2013 was awarded

**PROVINCIAL SUB-JUNIOR BENCH PRESS COLOURS**

in the 66.0 kg Division

with a

**Bench Press 105.0 kg**



***Brown***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Juanita Visser**

in 2013 was awarded

**PROVINCIAL JUNIOR BENCH PRESS COLOURS**

in the 300.0 kg Division

with a

**Bench Press 95.0 kg**



***Black***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Benedict Bucarizza**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a

**Bench Press 225.0 kg**



*Elite 2*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Corne Hubinger**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93.0 kg Division

with a

**Bench Press 160.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Jan Kruger**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a

**Bench Press 192.5 kg**



*Silver*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Jorncy Page**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 197.5 kg**



***Gold***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Marcel Vorster**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 66.0 kg Division

with a

**Bench Press 142.5 kg**



***Elite 1***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Michael Wilkes**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 74.0 kg Division

with a

**Bench Press 145.0 kg**



*Silver*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Pieter Fourie**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93.0 kg Division

with a

**Bench Press 202.5 kg**



*Elite 2*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Shaun Moller**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 74.0 kg Division

with a

**Bench Press 150.0 kg**



***Gold***

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

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**Antoinette Kriel**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 52.0 kg Division

with a

**Bench Press 72.5 kg**



*Silver*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Arno Lambrechts**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 500.0 kg Division

with a

**Bench Press 220.0 kg**



*Elite 1*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**David Jacobs**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 93.0 kg Division

with a

**Bench Press 180.0 kg**



***Gold***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Ian Furman**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 500.0 kg Division

with a

**Bench Press 210.0 kg**



***Gold***

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

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**Jaco Botha**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 197.5 kg**



***Gold***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Jeffery Cook**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 170.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation



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**Juan Booyse**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 500.0 kg Division

with a

**Bench Press 260.0 kg**



***Elite 4***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation

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**Mark Phillips**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 175.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*  
Chairman

*Gauteng*

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**Marlon Daniels**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 83.0 kg Division

with a

**Bench Press 150.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Mathew Cosmo**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 120.0 kg Division

with a

**Bench Press 235.0 kg**



*Elite 3*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Michael Egan**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 83.0 kg Division

with a

**Bench Press 162.5 kg**



*Silver*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Shaun Roos**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 105.0 kg Division

with a

**Bench Press 175.0 kg**



***Bronze***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

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**Sibiya Sizwe**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 500.0 kg Division

with a

**Bench Press 220.0 kg**



***Elite 1***

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation



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**Thabang Mpe**

in 2013 was awarded

**PROVINCIAL BENCH PRESS COLOURS**

in the 66.0 kg Division

with a

**Bench Press 150.0 kg**



*Elite 2*

Incentive Badge

*Clifford Hayim*

Chairman

*Gauteng*

Powerlifting Federation