

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Benedict Bucarizza

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 315.0 kg

Bench Press 215.0 kg

Dead Lift 297.5 kg

TOTAL of 827.5 kg

Gold

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Clyde Keevy

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 265.0 kg

Bench Press 152.5 kg

Dead Lift 262.5 kg

TOTAL of **680.0 kg**

Black

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Etienne Potgieter

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 285.0 kg

Bench Press 212.5 kg

Dead Lift 275.0 kg

TOTAL of **772.5 kg**

Gold

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Jorney Page

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 262.5 kg

Bench Press 180.0 kg

Dead Lift 272.5 kg

TOTAL of **715.0 kg**

Bronze

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Mark Phillips

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 257.5 kg

Bench Press 175.0 kg

Dead Lift 262.5 kg

TOTAL of **695.0 kg**

Bronze

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Mathew Cosmo

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 300.0 kg

Bench Press 240.0 kg

Dead Lift 200.0 kg

TOTAL of **740.0 kg**

Bronze

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Michael Wilkes

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 190.0 kg

Bench Press 120.0 kg

Dead Lift 222.5 kg

TOTAL of **532.5 kg**

Black

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Michelle De Souza

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 63.0 kg Division

with a

Squat 152.5 kg

Bench Press 70.0 kg

Dead Lift 170.0 kg

TOTAL of **392.5 kg**

Gold

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Mohammed-Raees Dangor

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 260.0 kg

Bench Press 167.5 kg

Dead Lift 275.0 kg

TOTAL of **702.5 kg**

Bronze

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

William Ainslee

in 2012 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 240.0 kg

Bench Press 190.0 kg

Dead Lift 260.0 kg

TOTAL of **690.0 kg**

Black

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation