

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Arno Lambrechts

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120+ kg Division

with a

Squat 320.0 kg

Bench Press

220.0 kg

Dead Lift 325.0 kg

TOTAL of 865.0 kg

Gold

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

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Benedict Bucarizza

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 340.0 kg

Bench Press

225.0 kg

Dead Lift 305.0 kg

TOTAL of 870.0 kg

Gold

Incentive Badge

Clifford Hayim
Chairman



Gauteng

Powerlifting Federation

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Corne Hubinger

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 250.0 kg

Bench Press

160.0 kg

Dead Lift 270.0 kg

TOTAL of 680.0 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Hennie JV Rensburg

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 250.0 kg

Bench Press

160.0 kg

Dead Lift 260.0 kg

TOTAL of 670.0 kg

Black

Incentive Badge

Clifford Hayim
Chairman



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Jan Kruger

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 277.5 kg

Bench Press

192.5 kg

Dead Lift 260.0 kg

TOTAL of 730.0 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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Jorney Page

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 280.0 kg

Bench Press

197.5 kg

Dead Lift 282.5 kg

TOTAL of 760.0 kg

Silver

Incentive Badge

Clifford Hayim

Chairman



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Juan Booyse

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120+ kg Division

with a

Squat 285.0 kg

Bench Press

257.5 kg

Dead Lift 250.0 kg

TOTAL of 792.5 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Marcel Vorster

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66.0 kg Division

with a

Squat 185.0 kg

Bench Press

142.5 kg

Dead Lift 185.0 kg

TOTAL of 512.5 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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Mark Phillips

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 270.0 kg

Bench Press

170.0 kg

Dead Lift 275.0 kg

TOTAL of 715.0 kg

Bronze

Incentive Badge

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Chairman



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Mathew Cosmo

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 302.5 kg

Bench Press

232.5 kg

Dead Lift 280.0 kg

TOTAL of 815.0 kg

Silver

Incentive Badge

Clifford Hayim

Chairman



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Michael Wilkes

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 210.0 kg

Bench Press

145.0 kg

Dead Lift 220.0 kg

TOTAL of 575.0 kg

Bronze

Incentive Badge

Clifford Hayim

Chairman



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Michelle De Souza

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 72.0 kg Division

with a

Squat 170.0 kg

Bench Press

77.5 kg

Dead Lift 175.0 kg

TOTAL of 422.5 kg

Gold

Incentive Badge

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Chairman



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Pieter Fourie

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 315.0 kg

Bench Press

202.5 kg

Dead Lift 277.5 kg

TOTAL of 795.0 kg

Elite 1

Incentive Badge

Clifford Hayim

Chairman



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Shaun Moller

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 240.0 kg

Bench Press

150.0 kg

Dead Lift 230.0 kg

TOTAL of 620.0 kg

Silver

Incentive Badge

Clifford Hayim

Chairman



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Sibiya Sizwe

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120+ kg Division

with a

Squat 290.0 kg

Bench Press

200.0 kg

Dead Lift 285.0 kg

TOTAL of 775.0 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Stephan Groenewald

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 270.0 kg

Bench Press

175.0 kg

Dead Lift 270.0 kg

TOTAL of 715.0 kg

Black

Incentive Badge

Clifford Hayim
Chairman



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Thabang Mpe

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 180.0 kg

Bench Press

155.0 kg

Dead Lift 205.0 kg

TOTAL of 540.0 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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Willem Parker

in 2013 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 195.0 kg

Bench Press

125.0 kg

Dead Lift 212.5 kg

TOTAL of 532.5 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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Anthonie Lubbe

in 2013 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 220.0 kg

Bench Press

135.0 kg

Dead Lift 265.0 kg

TOTAL of 620.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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Anton Engelbrecht

in 2013 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 220.0 kg

Bench Press

147.5 kg

Dead Lift 245.0 kg

TOTAL of 612.5 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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Gian Smit

in 2013 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 210.0 kg

Bench Press

145.0 kg

Dead Lift 250.0 kg

TOTAL of 605.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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Jeffery Cook

in 2013 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 210.0 kg

Bench Press

170.0 kg

Dead Lift 240.0 kg

TOTAL of 620.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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Juanita Visser

in 2013 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 84+ kg Division

with a

Squat 180.0 kg

Bench Press

95.0 kg

Dead Lift 175.0 kg

TOTAL of 450.0 kg

Bronze

Incentive Badge

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Chairman



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Aasif Ismail

in 2013 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 140.0 kg

Bench Press

125.0 kg

Dead Lift 215.0 kg

TOTAL of 480.0 kg

Blue

Incentive Badge

Clifford Hayim

Chairman



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Andre Kloppers

in 2013 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 240.0 kg

Bench Press

140.0 kg

Dead Lift 222.5 kg

TOTAL of 602.5 kg

Blue

Incentive Badge

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Chairman



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Lee-David Carolisson

in 2013 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 220.0 kg

Bench Press

170.0 kg

Dead Lift 220.0 kg

TOTAL of 610.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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