

**SOUTH AFRICAN
POWERLIFTING FEDERATION**

AFFILIATED TO THE INTERNATIONAL POWERLIFTING FEDERATION

Jean-Athur Pretorius

in 2014 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 83.0 kg Division

with a

Squat 180.0 kg

Bench Press

135.0 kg

Dead Lift 265.0 kg

TOTAL of 580.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



Gauteng

Powerlifting Federation

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Juanita Visser

in 2014 was awarded

PROVINCIAL JUNIOR POWERLIFTING COLOURS

in the 300.0 kg Division

with a

Squat 150.0 kg

Bench Press

87.5 kg

Dead Lift 220.5 kg

TOTAL of 458.0 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Andre Kloppers

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 250.0 kg

Bench Press

150.0 kg

Dead Lift 240.0 kg

TOTAL of 640.0 kg

Brown

Incentive Badge

Clifford Hayim

Chairman



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Dladla Tshegotatso

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 150.0 kg

Bench Press

115.0 kg

Dead Lift 200.0 kg

TOTAL of 465.0 kg

Blue

Incentive Badge

Clifford Hayim

Chairman



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Luke Routier

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 170.0 kg

Bench Press

115.0 kg

Dead Lift 205.0 kg

TOTAL of **490.0 kg**

Blue

Incentive Badge

Clifford Hayim

Chairman



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Megan Leighton

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 57.0 kg Division

with a

Squat 97.5 kg

Bench Press

55.0 kg

Dead Lift 130.0 kg

TOTAL of 282.5 kg

Brown

Incentive Badge

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Chairman



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Ryno Du Plooy

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 202.5 kg

Bench Press

112.5 kg

Dead Lift 242.5 kg

TOTAL of 557.5 kg

Blue

Incentive Badge

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Chairman



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Thladi Kgahliso

in 2014 was awarded

PROVINCIAL SUB-JUNIOR POWERLIFTING COLOURS

in the 59.0 kg Division

with a

Squat 155.0 kg

Bench Press

85.0 kg

Dead Lift 170.0 kg

TOTAL of 410.0 kg

Blue

Incentive Badge

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Chairman



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Antoinette Kriel

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 57.0 kg Division

with a

Squat 122.5 kg

Bench Press

80.0 kg

Dead Lift 145.0 kg

TOTAL of 347.5 kg

Silver

Incentive Badge

Clifford Hayim

Chairman



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Benedict Bucarizza

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 292.5 kg

Bench Press

200.0 kg

Dead Lift 315.0 kg

TOTAL of 807.5 kg

Silver

Incentive Badge

Clifford Hayim

Chairman



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Corne Hubinger

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 93.0 kg Division

with a

Squat 237.5 kg

Bench Press

145.0 kg

Dead Lift 265.0 kg

TOTAL of 647.5 kg

Black

Incentive Badge

Clifford Hayim
Chairman



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Harry Shomalistos

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 74.0 kg Division

with a

Squat 220.0 kg

Bench Press

152.5 kg

Dead Lift 305.0 kg

TOTAL of 677.5 kg

Gold

Incentive Badge

Clifford Hayim
Chairman



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Lisa Basson

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 63.0 kg Division

with a

Squat 115.0 kg

Bench Press

75.0 kg

Dead Lift 162.5 kg

TOTAL of 352.5 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Marcel Vorster

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 66.0 kg Division

with a

Squat 192.5 kg

Bench Press

152.5 kg

Dead Lift 200.0 kg

TOTAL of 545.0 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Mathew Cosmo

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 120.0 kg Division

with a

Squat 305.0 kg

Bench Press

187.5 kg

Dead Lift 282.5 kg

TOTAL of 775.0 kg

Bronze

Incentive Badge

Clifford Hayim

Chairman



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Ryan Miller

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 83.0 kg Division

with a

Squat 195.0 kg

Bench Press

172.5 kg

Dead Lift 267.5 kg

TOTAL of 635.0 kg

Bronze

Incentive Badge

Clifford Hayim
Chairman



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Shaun Roos

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 105.0 kg Division

with a

Squat 280.0 kg

Bench Press

207.5 kg

Dead Lift 260.0 kg

TOTAL of 747.5 kg

Silver

Incentive Badge

Clifford Hayim
Chairman



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Stacey Bryant

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 52.0 kg Division

with a

Squat 95.0 kg

Bench Press

55.0 kg

Dead Lift 125.0 kg

TOTAL of 275.0 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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Tarryn-Leigh Merifield

in 2014 was awarded

PROVINCIAL POWERLIFTING COLOURS

in the 72.0 kg Division

with a

Squat 122.5 kg

Bench Press

70.0 kg

Dead Lift 160.0 kg

TOTAL of 352.5 kg

Black

Incentive Badge

Clifford Hayim

Chairman



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