



# GAUTENG NORTH POWERLIFTING

The following lifters have qualified and is officially selected to represent GAUTENG NORTH at the 2010 SA POWERLIFTING CHAMPIONSHIPS that will take place in Viljoenskroon from 7-8 May 2010.

## SUB JUNIOR ( MEN )

| DIV  | NAME                | INCENTIVE FOR MEDAL/TITLE |
|------|---------------------|---------------------------|
| 56   | Thembanani Makubalo | BLUE                      |
|      | Nkulukelo Ngcwabe   |                           |
| 60   | Kennedy Sekome      |                           |
|      | Tsungai Marerwa     |                           |
| 67,5 | Thulani Mahlangu    |                           |
|      | Colo Thlong         |                           |
| 75   | Sihle Sikhondze     |                           |
|      | Dylan Mannathoko    |                           |
| 82,5 | Mvuyo Nhlabathi     |                           |
| 110  | Philani Mamba       |                           |

## JUNIOR ( WOMEN )

|     |                    |       |
|-----|--------------------|-------|
| 90+ | Nombulelo Mkencele | GREEN |
|-----|--------------------|-------|

## JUNIOR ( MEN )

|      |                 |       |
|------|-----------------|-------|
| 67,5 | Thabang Mpe     | GREEN |
|      | Stuart Murchie  |       |
| 75   | Rayner Bartsch  |       |
|      | Kaelo Moeti     |       |
|      | Thabo Mabitsi   |       |
| 90   | Ryno Saaiman    |       |
|      | Micheal Motaung |       |

## SENIOR ( WOMEN )

|     |                  |      |
|-----|------------------|------|
| 90+ | Madelyn Prinsloo | BLUE |
|-----|------------------|------|

## SENIOR ( MEN )

|      |                   |       |
|------|-------------------|-------|
| 67,5 | Stuart Murchie    | BLACK |
| 90   | Etienne Potgieter |       |
| 110  | Pieter Hurn       |       |
|      | George Murchie    |       |
|      | Willie Muller     |       |

## MASTER 1 ( MEN )

|     |               |       |
|-----|---------------|-------|
| 110 | Willie Muller | GREEN |
|-----|---------------|-------|

## MASTER 2 ( MEN )

|     |                |        |
|-----|----------------|--------|
| 110 | George Murchie | ORANGE |
|-----|----------------|--------|

COACHES : Arno Lambrechts, Dewald Otto

ASSISTANT COACH : Tebogo

MANAGER : Helgard Coertze

Please take note of the following :

- Please inform me not later than Tuesday 23 March 2010 if you are going to compete.
- Cost will be as follows  
Entry fee R 200.00 – additional R 100 if you enter another division eg Jnr and Snr  
T shirt R 80 each – please send sizes  
Prize giving banquet R 130 per person – family and friends are welcome – please specify total  
Thembanani Makubalo and Mvuyo Nhlabathi must pay remainder of affiliation fees ( R 40 each )  
All money must be paid into Gauteng North`s bank account before 1/4/10 Gauteng North Powerlifting, FNB Lynnwood, Branch code 245025, Acc nr 51080331931, cheque account and proof of payment must be sent to me.
- I will try to arrange for team t shirts to be sponsored
- Please contact me 012 – 808 3737 / 072 301 7420 with any queries

Helgard Coertze

Secretary