

SAPF Honorary Members

“... being held in high esteem by the membership of this organization, and in recognition and sincere appreciation of outstanding service to Powerlifting”

Ephraim Khandanise

Ephraim Khandanise's Powerlifting journey started in 1992 when he was introduced to the sport by his mentor Malcolm Grimbeek through training programmes, and later learned to be a spotter and loader and impressed his mentor by obtaining second place at the NorthWest championships.

Ephraim broke records locally and internationally through his hard work and dedication. He represented South Africa both as a lifter and as a development coach internationally, and has been to England, Canada, Czech Republic, Brazil and Morocco. Ephraim achieved his IPF International Category I referee certification.

Ephraim got involved with developing young talent with the help of the SAPF and IPF, working closely with Hannie Smith and Gail McKenzie – Kerr. He had a great working relationship with the SAPF and held many positions in the federation over the years, the most recent being Vice President – National, and National Development Officer.

Ephraim started training lifters from a gym in a shack in 1996, which was later renovated in 2015 when Dragon Gym was introduced through the help of Vodacom. Ephraim worked with various local gyms as the SAPF Development Officer – Powerhouse Gym, House of Pain Gym, Abraham Kriel, Tshwaraganang Gym to name a few, as well as gyms in locations Khuma, Alabama, Itoseng and a few local schools.

Ephraim's impact on Powerlifting has been immense – over 800 Development Lifters have been introduced to the sport and participated in his programmes, with many making it to National and International level. Ephraim's contribution to Powerlifting is endless and his presence is sorely missed whilst he takes a leave of absence.

It gives the SAPF great pleasure in awarding Honorary Membership to Ephraim Khandanise.

March 2022



Ephraim Khandanise's Honorary Membership presented by SAPF VP Heather Leighton and Development Programme administrator Thembie, received by Ephraim's son and daughter-in-law





SAPF Honorary member Ephraim Khandanise