



South African Powerlifting Federation

P.O. Box 78 539
Sandton
2146

Johannesburg
Tel: (011) 465 3379
Fax: (011) 465 7938

Durban
Tel: 083 654 6168
Fax: (031) 312 6676

eMail
primichpower@letni.co.za
cgmkadmin@54.co.za

7th October, 2009

Hi All

As the South African Powerlifting Federation is not in a position to assist financially, all costs relating to your participation at the Commonwealth Games, in India, during December 2009, are for your account and you are therefore encouraged to raise sponsorship wherever possible.

Die Suid Afrikaanse Kragoptel Federasie is nie in die posisie om jou finansieel te ondersteun met die kostes om aan die Statebond Spele, in India, gedurende December 2009 te gaan deel neem nie. Jy is dus verantwoordelik om self voldoende fondse in te samel vir die geleentheid.

1. The cost of the trip is as follows / Kostebereaming:

Travel and entry to competition cost / Toer en inskrywings kostes

Quotation on Airline ticket from Uniglobe travel / Kwotasie van vlug kostes deur Uniglobe toere

• Airline ticket / Kaartjie	R 7 200.00
• Visa / Visa	R 800.00
• Entry Fee / Inskrywings gelde	R 1 000.00
• Total / Totaal	R 9 000.00

2. Bord and lodging / Verblyf en etes

- Accomodation, depending on your choice +/-R 2 000.00 – R 6 700.00
- Verblyf, afhangende van jou keuse wat wissel

Cost of rooms available (You need to decide which option will suit your needs)

Kostes van die kamers wat beskikbaar is (Die keuse word aan jou oorgelaat)

• \$30 US	Tripple room, 3 persons sharing / Trippel kamer, 3 persone wat deel in HOSTEL
• \$70 US	Double room, 2 person sharing / Dubbel kamer, 2 persone wat deel in HOTEL
• \$120 US	Single / Enkel in HOTEL
• Meals / Etes	R3 000.00

If you have any further inquiries regarding the Commonwealth Games , please feel free to contact me.

Regards,

Hannie Smith
Vice President SAPF
Email: hannie@lagayim.co.za
Cell number: 082 566 3433



President • Neville Primich
V. President • Hannie Smith
Treasurer • Gail Mckenzie-Kerr
General Secretary •



MEN'S AND WOMEN'S BENCH TEAM SELECTION
ACCORDING TO THE RESULTS OF
28TH OF FEBRUARY 2009, DURING THE BENCH SA'S IN JHB

SUB-JUNIOR WOMEN

44kg	VACANT
48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

JUNIOR WOMEN

48kg	VACANT
52kg	VACANT
56kg	LIEZEL PRETORUIS
60kg	VACANT
67,5kg	CENE PETTIT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

SENIOR WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MASTER I WOMEN

48kg	LANI COLEMAN
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	ANITA RAS
90kg	VACANT
90+kg	VACANT

MASTER II WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MASTER III WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MEN'S BENCH TEAM SELECTIONS

SUB-JUNIOR MEN

52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	SEAN ANTHONY
90kg	NEIL ELS
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

JUNIOR MEN

52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	SAREL PRETORUIS
82,5kg	
90kg	ETIENNE POTGIETER
90kg	HEINRICH JANSE VAN RENSBURG
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

SENIOR MEN

56kg	VACANT
60kg	MOSES TSIMANIE
67,5kg	VACANT
75kg	MARLON DANIELS
• 82,5kg	KALLIE V/D WALT
82,5kg	DARRYN ANTHONY
90kg	PIETER ERASMUS
100kg	VACANT
• 110kg	IAN BUCKLE
• 125kg	IAN FURMAN
125+kg	VACANT

MASTER I MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	KALLIE V/D WALT
90kg	VACANT
100kg	VACANT
110kg	NICK TATALIAS
110kg	SAMEUL FAIRFOOT
110kg	GARY KATZEN
125kg	IAN FURMAN
125+kg	VACANT

MASTER II MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
100kg	ANDREW PRETORIUS
110kg	IAN BUCKLE
125kg	ANDRE LUDICK
125+kg	VACANT

MASTER III MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	DAN OPPENHEIM
82,5kg	PETER VERMAAK
90kg	VACANT
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

- THESE LIFTERS MUST DECIDE IN WHITCH DIVISSION THEY WANT TO COMPEAT, THEY CAN NOT COMPETE IN BOTH DIVISSIONS.

MEN'S AND WOMEN'S POWERLIFTING TEAM SELECTION
ACCORDING TO THE RESULTS OF
5TH-6TH JUNE 2009, DURING THE SA'S IN POTCHEFSTROOM

SUB-JUNIOR WOMEN

44kg	VACANT
48kg	VACANT
52kg	VACANT
56kg	STEPHANIE PRETORUIS
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

JUNIOR WOMEN

48kg	VACANT
52kg	VACANT
56kg	LIEZEL PRETORUIS
60kg	VACANT
67,5kg	CENE PETTIT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

SENIOR WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MASTER I WOMEN

48kg	VACANT
52kg	VACANT
56kg	HESTERTJIE RANGE
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MASTER II WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MASTER III WOMEN

48kg	VACANT
52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
90+kg	VACANT

MEN'S POWERLIFTING TEAM SELECTIONS

SUB-JUNIOR MEN

52kg	VACANT
56kg	WARREN SIMON THUMELO PEDI
60kg	STUARD MURCHIE KENNEDY SEKOME
67,5kg	PAUL MAKUTA CHRISTOPHER BRUCE
75kg	JABO PANTLE
82,5kg	RICARDO BARETTO
90kg	HERMAN SPAMER
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

JUNIOR MEN

52kg	VACANT
56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	MARTHINUS VERMAAK SAREL PRETORUIS PIETER FOURIE
82,5kg	ETIENNE POTGIETER
90kg	VACANT
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

SENIOR MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	DARREN ANTHONY
90kg	VACANT
100kg	VACANT
110kg	VACANT
125kg	JACO CLAASSEN BRIAN GREEN
125+kg	VACANT

MASTER I MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	VACANT
90kg	VACANT
100kg	VACANT
110kg	VACANT
110kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT

MASTER II MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	WALLY SCHMIDT LOUIS JACOBS
90kg	VACANT
100kg	VACANT
110kg	GEORGE MURCHIE
125kg	VACANT
125+kg	VACANT

MASTER III MEN

56kg	VACANT
60kg	VACANT
67,5kg	VACANT
75kg	VACANT
82,5kg	DAN OPPENHEIM
90kg	VACANT
100kg	VACANT
110kg	VACANT
125kg	VACANT
125+kg	VACANT