

SAPF AGM 2025- National Colours Awarded in 2024

<i>Discipline</i>	<i>Junior</i>	<i>Senior</i>	<i>Total</i>
<i>Classic Bench Press</i>	6	3	9
<i>Equipped Bench Press</i>	3	1	4
<i>Classic Powerlifting</i>	32	17	49
<i>Equipped Powerlifting</i>	2	1	3
<i>Coach</i>			
<i>TOTAL</i>	43	22	65

National Colours Awarded so far in 2025

<i>Discipline</i>	<i>Junior</i>	<i>Senior</i>	<i>Total</i>
<i>Classic Bench Press</i>	4		4
<i>Equipped Bench Press</i>			
<i>Classic Powerlifting</i>	9	9	18
<i>Equipped Powerlifting</i>			
<i>Coach</i>		2	2
<i>TOTAL</i>	13	11	24