

03/01/25 Gauteng Equipped Powerlifting Championships 2025

Equipped Powerlifting - Women	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Best Lifters	Place	IPF GL Points	Qualified for SA Equipped	
Open																							
	Carol Anthony	SoS	56,55	57	1966	95,0	110,0	122,5	122,5	47,5	52,5	55,0	55,0	105,0	117,5	-122,5	117,5	295,0	Best Open	1	56,83	Q	
	Lize-Mari de Beer	Bull	74,95	76	2000	105,0	110,0	115,0	115,0	67,5	72,5	-75,0	72,5	107,5	117,5	130,0	130,0	317,5		1	52,43	Q	
Master 2																							
	Carol Anthony	SoS	56,55	57	1966	95,0	110,0	122,5	122,5	47,5	52,5	55,0	55,0	105,0	117,5	-122,5	117,5	295,0	Best Master 2	1	56,83	Q	

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Equipped Powerlifting - Men	Name	Team	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Best Lifters	Place	IPF GL Points	State	
Open																							
	Hermanus de Beer	Bull	117,80	120	1970	185,0	200,0	215,0	215,0	155,0	165,0	175,0	175,0	250,0	270,0	290,0	290,0	680,0	Best Open	1	66,19	Q	
	Derik van Wyk	1610	112,60	120	1986	225,0	-230,0	0,0	225,0	190,0	-195,0	-195,0	190,0	222,5	-227,5	-227,5	222,5	637,5		2	63,20	Q	
	John Crain	Bull	132,45	120+	1969	170,0	220,0	0,0	220,0	160,0	175,0	0,0	175,0	225,0	252,5	0,0	252,5	647,5		1	60,40		
	Simon Breetzke	SoS	148,40	120+	1978	190,0	-200,0	-200,0	190,0	140,0	-150,0	-150,0	140,0	190,0	-192,5	-192,5	190,0	520,0		2	46,85		
	Ian Furman	SG	122,00	120+	1967	140,0	-142,5	-142,5	140,0	170,0	177,5	-180,0	177,5	180,0	-182,5	-182,5	180,0	497,5		3	47,78		
Master 1																							
	Simon Breetzke	SoS	148,40	120+	1978	190,0	-200,0	-200,0	190,0	140,0	-150,0	-150,0	140,0	190,0	-192,5	-192,5	190,0	520,0	Best Master 1	1	46,85	Q	
Master 2																							
	Hermanus de Beer	Bull	117,80	120	1970	185,0	200,0	215,0	215,0	155,0	165,0	175,0	175,0	250,0	270,0	290,0	290,0	680,0	Best Master 2	1	66,19	Q	
	John Crain	Bull	132,45	120+	1969	170,0	220,0	0,0	220,0	160,0	175,0	0,0	175,0	225,0	252,5	0,0	252,5	647,5		1	60,40	Q	
	Ian Furman	SG	122,00	120+	1967	140,0	-142,5	-142,5	140,0	170,0	177,5	-180,0	177,5	180,0	-182,5	-182,5	180,0	497,5		2	47,78	Q	