

# SA Equipped Powerlifting Championships

12 April 2025

| AGE GROUP  | DEV | DIV  | NAME & SURNAME    | LOT NO | BODY WEIGHT | SQUAT |   |       |   |       |   | BENCH PRESS |   |       |   |       |   | DEAD LIFT |   |       |   |       |   | TOTAL (kg) | IPF GL Pts. | POSITION | INCENTIVE BADGE |
|------------|-----|------|-------------------|--------|-------------|-------|---|-------|---|-------|---|-------------|---|-------|---|-------|---|-----------|---|-------|---|-------|---|------------|-------------|----------|-----------------|
|            |     |      |                   |        |             | 1ST   |   | 2ND   |   | 3RD   |   | 1ST         |   | 2ND   |   | 3RD   |   | 1ST       |   | 2ND   |   | 3RD   |   |            |             |          |                 |
| Sub Junior | EC  | 59   | Francois Froneman | 12     | 57,70       | 75,0  | + | 85,0  | + | 92,5  | + | 45,0        | + | 50,0  | + | 55,0  | + | 110,0     | + | 120,0 | + | 132,5 | + | 280,0      | 41,48       | First    | White           |
| Sub Junior | EC  | 74   | Donovan Tennant   | 13     | 71,60       | 130,0 | + | 140,0 | - | 140,0 | + | 75,0        | + | 80,0  | - | 80,0  | - | 165,0     | + | 175,0 | - | 175,0 | + | 390,0      | 49,39       | First    | Orange          |
| Junior     | EC  | 74   | Brandon Loock     | 11     | 70,30       | 130,0 | + | 140,0 | + | 145,0 | + | 90,0        | + | 95,0  | - | 95,0  | - | 125,0     | + | 135,0 | + | 150,0 | + | 385,0      | 49,36       | First    | Orange          |
| Open       | G   | 105  | Haroun Pieterse   | 8      | 104,30      | 275,0 | + | 290,0 | + | 300,0 | + | 200,0       | + | 215,0 | + | 215,0 | + | 245,0     | + | 265,0 | + | 275,0 | + | 790,0      | 81,00       | First    | Gold            |
| Open       | G   | 120  | Derik van Wyk     | 15     | 115,60      | 280,0 | + | 300,0 | + | 310,0 | - | 185,0       | + | 195,0 | + | 200,0 | + | 225,0     | + | 240,0 | + | 252,5 | + | 752,5      | 73,80       | First    | Bronze          |
| Open       | G   | 120  | Hermanus de Beer  | 4      | 116,50      | 180,0 | + | 200,0 | + | 220,0 | + | 165,0       | + | 175,0 | + | 180,0 | + | 270,0     | + | 290,5 | + | -     | - | 690,5      | 67,51       | Second   | Black           |
| Master 1   | G   | 120+ | Simon Breetzke    | 20     | 147,70      | 275,0 | + | 305,0 | + | 307,5 | - | 160,0       | + | 170,0 | + | 175,0 | - | 230,0     | + | 250,0 | + | 260,0 | + | 735,0      | 66,31       | First    | Black           |
| Master 2   | G   | 120  | Hermanus de Beer  | 4      | 116,50      | 180,0 | + | 200,0 | + | 220,0 | + | 165,0       | + | 175,0 | + | 180,0 | + | 270,0     | + | 290,5 | + | -     | - | 690,5      | 67,51       | First    | Black           |
| Master 2   | WC  | 120  | Denzel Vermeulen  | 23     | 107,60      | 170,0 | + | 180,0 | + | 182,5 | + | 80,0        | + | 85,0  | + | -     | - | 160,0     | + | 180,0 | + | 185,0 | + | 452,5      | 45,75       | Second   | Yellow          |
| Master 2   | G   | 120+ | John Crain        | 22     | 130,20      | 205,0 | + | 225,0 | + | 240,0 | + | 170,0       | + | 225,0 | - | 225,0 | + | 225,0     | + | 250,0 | + | 255,0 | + | 720,0      | 67,55       | First    | Black           |
| Master 3   | NC  | 83   | Tommy de Nysschen | 19     | 82,70       | 155,0 | + | 165,0 | + | 170,0 | + | 150,0       | + | 160,0 | + | 168,5 | + | 140,0     | + | 150,0 | + | 162,5 | + | 501,0      | 57,98       | First    | Blue            |
| Master 4   | G   | 83   | Dan Oppenheim     | 7      | 78,20       | 135,0 | + | 147,5 | + | 170,0 | - | 80,0        | + | 100,0 | - | 100,0 | - | 130,0     | - | 130,0 | + | -     | - | 357,5      | 42,79       | First    | White           |

## SA Records

|                    |                   |
|--------------------|-------------------|
| Overall Sub Junior | Donovan Tennant   |
| Overall Junior     | Brandon Loock     |
| Overall Open       | Haroun Pieterse   |
| Overall Master 1   | Simon Breetzke    |
| Overall Master 2   | John Crain        |
| Overall Master 3   | Tommy de Nysschen |
| Overall Master 4   | Dan Oppenheim     |