

25/01/2026 2026 Gauteng Equipped Bench Press

Equipped Bench Women	Name	Team	Div	Bwt - kg	IPF Wt CIs	lot#	Birth Year	BP-1	BP-2	BP-3	Best BP	Best Lifter	Place	IPF GL Points	Qualified for SA Bench
Open															
	Carol Anthony	Gau	F-O	58,65	63	1	1966	50,0	55,0	-57,5	55,0		1	34,80	
	Christi Rees	WC	F-O	115,95	84+	6	1986	90,0	95,0	0,0	95,0	Best Open	1	45,24	Q
Master 1															
	Christi Rees	WC	F-M1	115,95	84+	6	1986	90,0	95,0	0,0	95,0	Best M1	1	45,24	Q
Master 3															
	Carol Anthony	Gau	F-M3	58,65	63	1	1966	50,0	55,0	-57,5	55,0	Best M3	1	34,80	Q

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Equipped Bench Press Men	Name	Team	Div	Bwt - kg	IPF Wt CIs	lot#	Birth Year	BP-1	BP-2	BP-3	Best BP	Best Lifter	Place	IPF GL Points	Qualified for SA Bench
Subjunior															
	Karel Britz	Gau	M-SJ	104,60	105	24	2007	100,0	110,0	120,0	120,0		1	37,33	Q
	Ernst Britz	Gau	M-SJ	110,30	120	25	2009	105,0	120,0	140,0	140,0	Best subjunior	1	42,54	Q
Junior															
	Sean Britz	Gau	M-J	118,30	120	19	2003	180,0	-200,0	-200,0	180,0	Best Junior	1	53,22	Q
Open															
	Steven Coleman	Gau	M-O	63,65	66	22	1979	105,0	112,5	117,5	117,5		1	52,99	Q
	Ricardo Fitzpatrick	NC	M-O	78,20	83	23	1980	140,0	150,0	0,0	150,0		1	55,82	Q
	Carel Jansen	Gau	M-O	85,45	93	13	1976	140,0	147,5	-152,5	147,5		1	51,45	Q
	Derik Van Wyk	Gau	M-O	99,15	105	15	1986	115,0	170,0	0,0	170,0		1	54,29	Q
	Karel Britz	Gau	M-O	104,60	105	24	2007	100,0	110,0	120,0	120,0		2	37,33	
	Sean Britz	Gau	M-O	118,30	120	19	2003	180,0	-200,0	-200,0	180,0		1	53,22	Q
	Haroun Pietersen	Gau	M-O	110,00	120	16	1987	160,0	167,5	172,5	172,5		2	52,47	Q
	Ernst Britz	Gau	M-O	110,30	120	25	2009	105,0	120,0	140,0	140,0		3	42,54	
	Simon Breetzke	KZN	M-O	159,25	120+	27	1978	255,0	-285,0	-287,5	255,0	Best Open	1	69,84	Q
	Ian Furman	Gau	M-O	131,70	120+	26	1967	175,0	180,0	187,5	187,5		2	53,57	Q
	Hermanus De Beer	Gau	M-O	123,45	120+	20	1970	160,0	170,0	180,0	180,0		3	52,45	Q
Master 1															
	Steven Coleman	Gau	M-M1	63,65	66	22	1979	105,0	112,5	117,5	117,5		1	52,99	Q
	Ricardo Fitzpatrick	Gau	M-M1	78,20	83	23	1980	140,0	150,0	0,0	150,0		1	55,82	Q
	Derik Van Wyk	Gau	M-M1	99,15	105	15	1986	115,0	170,0	0,0	170,0		1	54,29	Q
	Simon Breetzke	KZN	M-M1	159,25	120+	27	1978	255,0	-285,0	-287,5	255,0	Best Open	1	69,84	Q
Master 2															
	Carel Jansen	Gau	M-M2	85,45	93	13	1976	140,0	147,5	-152,5	147,5		1	51,45	Q
	Ian Furman	Gau	M-M2	131,70	120+	26	1967	175,0	180,0	187,5	187,5	Best M2	1	53,57	Q
	Hermanus De Beer	Gau	M-M2	123,45	120+	20	1970	160,0	170,0	180,0	180,0		2	52,45	Q