

25/01/2026 2026 Gauteng Equipped Powerlifting Championships

Equipped Women	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP rack	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Best Lifters	Place	IPF GL Points	Qualified for SA Equipped
Open																									
	Carol Anthony	Gau	F-O	58,65	63	1966	90,0	102,5	110,0	110,0	6/4	50,0	55,0	-57,5	55,0	165,0	100,0	115,0	120,0	120,0	285,0		1	53,67	Q
	Pontsho Sibanyoni	Gau	F-O	66,20	69	1996	80,0	87,5	-95,0	87,5	6/5	32,5	37,5	40,0	40,0	127,5	90,0	102,5	107,5	107,5	235,0		1	41,28	
	Lize-Mari De Beer	Gau	F-O	74,60	76	2000	-107,5	107,5	117,5	117,5	10/6	72,5	-77,5	-77,5	72,5	190,0	115,0	120,0	125,0	125,0	315,0		1	52,13	Q
	Joanne Cooper	Gau	F-O	73,35	76	1964	47,5	57,5	62,5	62,5	8/5	30,0	35,0	-37,5	35,0	97,5	70,0	80,0	85,0	85,0	182,5		2	30,44	
	Monique Slabbert	Gau	F-O	80,95	84	1998	115,0	125,0	-132,5	125,0	8/5	60,0	65,0	-67,5	65,0	190,0	120,0	132,5	140,0	140,0	330,0		1	52,68	Q
	Christi Rees	WC	F-O	115,95	84+	1986	125,0	135,0	0,0	135,0	7/5	90,0	95,0	0,0	95,0	230,0	130,0	145,0	160,0	160,0	390,0	Best Open	1	55,54	Q
Master 1																									
	Christi Rees	WC	F-M1	115,95	84+	1986	125,0	135,0	0,0	135,0	7/5	90,0	95,0	0,0	95,0	230,0	130,0	145,0	160,0	160,0	390,0	Best M1	1	55,54	Q
Master 3																									
	Carol Anthony	Gau	F-M3	58,65	63	1966	90,0	102,5	110,0	110,0	6/4	50,0	55,0	-57,5	55,0	165,0	100,0	115,0	120,0	120,0	285,0	Best M3	1	53,67	Q
	Joanne Cooper	Gau	F-M3	73,35	76	1964	47,5	57,5	62,5	62,5	8/5	30,0	35,0	-37,5	35,0	97,5	70,0	80,0	85,0	85,0	182,5		1	30,44	Q

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Equipped Men	Name	Team	Div	Bwt - kg	IPF Wt Cls	Birth Year	SQ-1	SQ-2	SQ-3	Best SQ	BP rack	BP-1	BP-2	BP-3	Best BP	Sub Total	DL-1	DL-2	DL-3	Best DL	PL Total	Best Lifters	Place	IPF GL Points	Qualified for SA Equipped	
Subjunior																										
	Ruben Roodt	Gau	M-SJ	63,70	66	2010	95,0	-110,0	110,0	110,0	11/4	90,0	-95,0	100,0	100,0	210,0	115,0	130,0	140,0	140,0	350,0		1	48,10	Q	
	Kuaan van Tonder	Gau	M-SJ	72,45	74	2010	120,0	130,0	140,0	140,0	10/4	82,5	87,5	-92,5	87,5	227,5	160,0	170,0	182,5	182,5	410,0		1	51,52	Q	
	Chris Botha	WC	M-SJ	76,40	83	2010	165,0	175,0	185,0	185,0	11/4	110,0	117,5	-125,0	117,5	302,5	185,0	200,0	212,5	212,5	515,0	Best Subjunior	1	62,54	Q	
Junior																										
	Sean Britz	Gau	M-J	118,30	120	2003	160,0	180,0	200,0	200,0	11/7	180,0	-200,0	-200,0	180,0	380,0	220,0	240,0	0,0	240,0	620,0	Best Junior	1	60,25	Q	
Open																										
	Ruben Roodt	Gau	M-O	63,70	66	2010	95,0	-110,0	110,0	110,0	11/4	90,0	-95,0	100,0	100,0	210,0	115,0	130,0	140,0	140,0	350,0		1	48,10		
	Marcel Vorster	Gau	M-O	73,80	74	1994	185,0	0,0		185,0	6/4	130,0	0,0		130,0	315,0	185,0	0,0		185,0	500,0		1	62,07	Q	
	Kuaan van Tonder	Gau	M-O	72,45	74	2010	120,0	130,0	140,0	140,0	10/4	82,5	87,5	-92,5	87,5	227,5	160,0	170,0	182,5	182,5	410,0		2	51,52		
	Chris Botha	Gau	M-O	76,40	83	2010	165,0	175,0	185,0	185,0	11/4	110,0	117,5	-125,0	117,5	302,5	185,0	200,0	212,5	212,5	515,0		1	62,54		
	Howard Rybko	Gau	M-O	79,65	83	1956	75,0	-85,0	85,0	85,0	10/6	40,0	45,0	-50,0	45,0	130,0	160,0	175,0	185,0	185,0	315,0		2	37,28		
	Carel Jansen	Gau	M-O	85,45	93	1976	120,0	140,0	150,0	150,0	9/6	140,0	147,5	-152,5	147,5	297,5	180,0	200,0	212,5	212,5	510,0		1	57,92		
	Christo Engelbrecht	Gau	M-O	84,20	93	1981	105,0	-120,0	-120,0	105,0	12/6	85,0	90,0	-95,0	90,0	195,0	155,0	162,5	165,0	165,0	360,0		2	41,23		
	Derik Van Wyk	Gau	M-O	99,15	105	1986	220,0	0,0		220,0	10/6	115,0	170,0	0,0	170,0	390,0	220,0	0,0		220,0	610,0		1	64,05	Q	
	Haroun Pietersen	Gau	M-O	110,00	120	1987	270,0	292,5	302,5	302,5	8/6	160,0	167,5	172,5	172,5	475,0	270,0	285,0	-290,0	285,0	760,0	Best Open	1	76,10	Q	
	Justin Furman	Gau	M-O	119,20	120	2001	250,0	270,0	-275,0	270,0	12/5	150,0	157,5	-160,0	157,5	427,5	300,0	320,0	-330,0	320,0	747,5		2	72,43	Q	
	Sean Britz	Gau	M-O	118,30	120	2003	160,0	180,0	200,0	200,0	11/7	180,0	-200,0	-200,0	180,0	380,0	220,0	240,0	0,0	240,0	620,0		3	60,25		
	Hermanus De Beer	Gau	M-O	123,45	120+	1970	175,0	195,0	215,0	215,0	16/9	160,0	170,0	180,0	180,0	395,0	240,0	260,0	280,0	280,0	675,0		1	64,54	Q	
	Warren Bakos	Gau	M-O	133,40	120+	1972	140,0	150,0	160,0	160,0	10/7B	90,0	100,0	-107,5	100,0	260,0	180,0	195,0	205,0	205,0	465,0		2	43,27		
Master 1																										
	Christo Engelbrecht	Gau	M-M1	84,20	93	1981	105,0	-120,0	-120,0	105,0	12/6	85,0	90,0	-95,0	90,0	195,0	155,0	162,5	165,0	165,0	360,0		1	41,23		
	Derik Van Wyk	Gau	M-M1	99,15	105	1986	220,0	0,0		220,0	10/6	115,0	170,0	0,0	170,0	390,0	220,0	0,0		220,0	610,0	Best M1	1	64,05	Q	
Master 2																										
	Carel Jansen	Gau	M-M2	85,45	93	1976	120,0	140,0	150,0	150,0	9/6	140,0	147,5	-152,5	147,5	297,5	180,0	200,0	212,5	212,5	510,0		1	57,92	Q	
	Hermanus De Beer	Gau	M-M2	123,45	120+	1970	175,0	195,0	215,0	215,0	16/9	160,0	170,0	180,0	180,0	395,0	240,0	260,0	280,0	280,0	675,0	Best M2	1	64,54	Q	
	Warren Bakos	Gau	M-M2	133,40	120+	1972	140,0	150,0	160,0	160,0	10/7B	90,0	100,0	-107,5	100,0	260,0	180,0	195,0	205,0	205,0	465,0		2	43,27	Q	
Master 4																										
	Howard Rybko	Gau	M-M4	79,65	83	1956	75,0	-85,0	85,0	85,0	10/6	40,0	45,0	-50,0	45,0	130,0	160,0	175,0	185,0	185,0	315,0	Best M4	1	37,28	Q	
Special Olympics																										
	Ricardo Carzola	Gau	M-SOI	116,65	120	2004	85,0	95,0	102,5	102,5	10/6	55,0	60,0	-62,5	60,0	162,5	115,0	125,0	-130,0	125,0	287,5	Best SOI	1	28,10	Q	