

## 2021 2021 Gauteng Equipped Powerlifting Championships - Results

|          | 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 | Place | IPF GL Points | Best lifter   | Qualified for SA Equipped |
|----------|-----------------|------|----------|------------|------------|-------|-------|--------|---------|-------|--------|--------|---------|-------|--------|--------|---------|----------|-------|---------------|---------------|---------------------------|
| Women    |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| Open     |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| 57       | Carol Anthony   | SOS  | 55,85    | 57         | 1966       | 95,0  | 105,0 | -115,0 | 105,0   | 47,5  | 50,0   | 52,5   | 52,5    | 115,0 | 125,0  | 0,0    | 125,0   | 282,5    | 1     | 54,86         | Best Open     | Q                         |
| Master 2 |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| 57       | Carol Anthony   | SOS  | 55,85    | 57         | 1966       | 95,0  | 105,0 | -115,0 | 105,0   | 47,5  | 50,0   | 52,5   | 52,5    | 115,0 | 125,0  | 0,0    | 125,0   | 282,5    | 1     | 54,86         | Best Master 2 | Q                         |
| Men      |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| Junior   |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| 74       | Karabo Manamela | BBUL | 70,55    | 74         | 1999       | 170,0 | 180,0 | 200,0  | 200,0   | 110,0 | 120,0  | -130,0 | 120,0   | 190,0 | -215,0 | 0,0    | 190,0   | 510,0    | 1     | 65,23         | Best Junior   | Q                         |
| Open     |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| 74       | Karabo Manamela | BBUL | 70,55    | 74         | 1999       | 170,0 | 180,0 | 200,0  | 200,0   | 110,0 | 120,0  | -130,0 | 120,0   | 190,0 | -215,0 | 0,0    | 190,0   | 510,0    | 1     | 65,23         |               | Q                         |
| 83       | Steve Ogunfemi  | SOS  | 82,25    | 83         | 1969       | 205,0 | 225,0 | 0,0    | 225,0   | 90,0  | -110,0 | 110,0  | 110,0   | 220,0 | 240,0  | 250,0  | 250,0   | 585,0    | 1     | 67,91         | Best Open     | Q                         |
| 93       | Johnny Dam      | SOS  | 92,05    | 93         | 1969       | 180,0 | 200,0 | 220,0  | 220,0   | 150,0 | -165,0 | 165,0  | 165,0   | 200,0 | 220,0  | -240,0 | 220,0   | 605,0    | 1     | 65,96         |               | Q                         |
| Master 2 |                 |      |          |            |            |       |       |        |         |       |        |        |         |       |        |        |         |          |       |               |               |                           |
| 83       | Steve Ogunfemi  | SOS  | 82,25    | 83         | 1969       | 205,0 | 225,0 | 0,0    | 225,0   | 90,0  | -110,0 | 110,0  | 110,0   | 220,0 | 240,0  | 250,0  | 250,0   | 585,0    | 1     | 67,91         | Best Master 2 | Q                         |
| 93       | Johnny Dam      | SOS  | 92,05    | 93         | 1969       | 180,0 | 200,0 | 220,0  | 220,0   | 150,0 | -165,0 | 165,0  | 165,0   | 200,0 | 220,0  | -240,0 | 220,0   | 605,0    | 1     | 65,96         |               | Q                         |