

18/04/2026 SA Equipped Powerlifting Championships 2026

Equipped Women	IPF Wt CIs	Name	Team	Bwt - kg	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 Lifter	Place	IPF GL Points	Qualified for SA Team
Subjunior	76	Kobie Mellet	EC	74,50	2008	120,0	127,5	132,5	132,5	65,0	-72,5	-72,5	65,0	120,0	125,0	130,0	130,0	327,5	Best Subjunior	1	54,23	Q
Junior	63	Mijuane De Wet	Gau	62,65	2006	180,0	200,5	205,0	205,0	95,0	105,0	-140,0	105,0	170,0	-190,5	-190,5	170,0	480,0	Best Junior	1	86,93	Q
	69	Chanté Mulder	EC	68,45	2006	-135,0	135,0	140,0	140,0	80,0	87,5	-90,0	87,5	130,0	137,5	-140,0	137,5	365,0		1	63,00	Q
Open	63	Mijuane De Wet	Gau	62,65	2006	180,0	200,5	205,0	205,0	95,0	105,0	-140,0	105,0	170,0	-190,5	-190,5	170,0	480,0	Best Open	1	86,93	Q
	63	Carol Anthony	Gau	58,75	1966	105,0	112,5	120,0	120,0	50,0	55,0	58,0	58,0	110,0	120,0	-125,0	120,0	298,0		2	56,06	
	76	Vleen Serge	Gau	75,45	1986	145,0	-150,5	150,5	150,5	65,0	70,0	77,5	77,5	160,0	165,5	170,5	170,5	398,5		1	65,60	1 badge below
	76	Lize-Mari de Beer	Gau	74,85	2000	110,0	115,0	120,0	120,0	72,5	77,5	-82,5	77,5	120,0	125,0	130,0	130,0	327,5		2	54,11	
	84+	Olivia Perotti	Gau	94,80	1989	195,0	205,0	210,5	210,5	125,0	-132,5	-132,5	125,0	175,0	187,5	200,0	200,0	535,5		1	80,62	Q
	84+	Christi Rees	WC	115,05	1986	-200,0	-207,5	207,5	207,5	150,0	157,5	165,0	165,0	150,0	-165,0	-165,0	150,0	522,5		2	74,54	Q
	84+	Lauren Jones	Gau	117,25	1977	165,0	175,0	185,0	185,0	90,0	102,5	110,0	110,0	165,0	175,0	186,0	186,0	481,0		3	68,32	Q
Master 1	76	Vleen Serge	Gau	75,45	1986	145,0	-150,5	150,5	150,5	65,0	70,0	77,5	77,5	160,0	165,5	170,5	170,5	398,5		1	65,60	Q
	84+	Christi Rees	WC	115,05	1986	-200,0	-207,5	207,5	207,5	150,0	157,5	165,0	165,0	150,0	-165,0	-165,0	150,0	522,5	Best Master 1	1	74,54	Q
	84+	Lauren Jones	Gau	117,25	1977	165,0	175,0	185,0	185,0	90,0	102,5	110,0	110,0	165,0	175,0	186,0	186,0	481,0		2	68,32	Q
Master 2	52	Elisabeth Barry	EC	51,20	1973	-80,0	80,0	85,0	85,0	42,5	45,0	-47,5	45,0	100,0	-107,5	107,5	107,5	237,5	Best Master 2	1	48,89	Q
Master 3	63	Carol Anthony	Gau	58,75	1966	105,0	112,5	120,0	120,0	50,0	55,0	58,0	58,0	110,0	120,0	-125,0	120,0	298,0	Best Master 3	1	56,06	Q
	69	Heather Leighton	Gau	69,00	1964	85,0	92,5	96,0	96,0	67,5	-70,0	70,0	70,0	95,0	105,0	111,0	111,0	277,0		1	47,62	Q
	69	Joanne Cooper	Gau	67,40	1964	60,0	-65,0	65,0	65,0	35,0	-37,5	-37,5	35,0	80,0	90,0	100,0	100,0	200,0		2	34,80	

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Equipped Men	IPF Wt CIs	Name	Team	Bwt - kg	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 Lifter	Place	IPF GL Points	State
Subjunior	53	Riyaad Mahomed	KZN	52,25	2009	125,0	135,0	140,0	140,0	80,0	-87,5	-92,5	80,0	-145,0	150,0	-165,5	150,0	370,0		1	59,45	Q
	59	Rehaan Mahomed	KZN	58,20	2009	135,0	145,0	152,5	152,5	75,0	80,0	85,0	85,0	155,0	165,0	-185,5	165,0	402,5		1	59,23	Q
	66	Alan de Beer	EC	65,35	2009	170,0	-180,0	-180,0	170,0	-130,0	130,0	137,5	137,5	180,0	-190,0	-190,0	180,0	487,5	Best Subjunior	1	65,76	Q
Junior	105	Karel (Hanno) Britz	Gau	102,45	2007	160,0	175,0	-190,0	175,0	100,0	115,0	-130,0	115,0	175,0	190,0	200,0	200,0	490,0		1	50,66	
	120	Sean Britz	Gau	117,45	2003	275,0	-300,0	-300,0	275,0	190,0	200,0	207,5	207,5	250,0	270,0	-280,0	270,0	752,5	Best Junior	1	73,34	Q
Open	83	Daniel Asiwe	NW	81,65	1995	205,0	215,0	225,0	225,0	115,0	120,0	122,5	122,5	-205,0	205,0	215,0	215,0	562,5		1	65,59	
	93	Derik van Wyk	Gau	92,00	1986	245,0	260,0	-267,5	260,0	150,0	-155,0	-155,0	150,0	207,5	0,0		207,5	617,5		1	67,35	
	105	Haroun Pietersen	Gau	104,85	1987	305,0	325,0	338,0	338,0	195,0	-210,0	-210,0	195,0	257,5	275,0	287,5	287,5	820,5	Best Open	1	83,92	Q
	120	Justin Furman	Gau	118,25	2001	325,0	-332,5	332,5	332,5	180,0	192,5	-200,0	192,5	305,0	-315,0	-330,0	305,0	830,0		1	80,67	Q
	120	Sean Britz	Gau	117,45	2003	275,0	-300,0	-300,0	275,0	190,0	200,0	207,5	207,5	250,0	270,0	-280,0	270,0	752,5		2	73,34	
Master 1	93	Derik van Wyk	Gau	92,00	1986	245,0	260,0	-267,5	260,0	150,0	-155,0	-155,0	150,0	207,5	0,0		207,5	617,5		1	67,35	Q
	120+	Simon Breetzke	KZN	155,65	1978	245,0	275,0	300,0	300,0	265,0	-283,0	-283,0	265,0	225,0	250,0	265,0	265,0	830,0	Best Master 1	1	73,84	Q
Master 2	120+	Hermanus de Beer	Gau	121,80	1970	180,0	200,0	220,0	220,0	165,0	175,0	180,0	180,0	250,0	270,5	290,5	290,5	690,5	Best Master 2	1	66,36	Q
Master 3	74	Tommie de Nysschen	NC	73,80	1963	140,0	150,0	155,0	155,0	140,0	145,0	150,5	150,5	130,0	140,0	150,0	150,0	455,5	Best Master 3	1	56,55	Q
Master 4	83	Dan Oppenheim	Gau	77,65	1945	135,0	150,0	-165,0	150,0	85,0	90,0	0,0	90,0	155,0	-182,5	0,0	155,0	395,0	Best Master 4	1	47,48	