



Top 20 Male ranked by IPF points

Classic Powerlifting IPF Points

| Name | Age Class | Weight | IPF | Division | Competition |
|---------------------------|-----------|--------|--------|----------|---|
| 1 Jurins Kengamu | Open | 83 | 117.22 | GL | IPF World Classic Championships |
| 2 Ade Omisakin | Open | 83 | 114.43 | NW | Arnold Classic UK |
| 3 Abdul Sulayman | Open | 120 | 112.77 | YNE | Arnold Classic UK |
| 4 Christian Ayandokun | Open | 93 | 112.68 | EM | IPF World Classic Championships |
| 5 Maxwell Gyamfi | Open | 93 | 112.36 | YNE | IPF World Classic Championships |
| 6 Tony Cliffe | M1 | 120 | 109.24 | NW | IPF World Classic Championships |
| 7 Sanchez Dillon | Open | 105 | 108.35 | WM | Arnold Classic UK |
| 8 Manson Adagu | U23 | 83 | 108.10 | SW | Eleiko British Junior Classic Championships |
| 9 Matthew Pond | U23 | 83 | 107.96 | NW | Eleiko British Junior Classic Championships |
| 10 Ben Pape | Open | 105 | 107.87 | EM | EPF European Open Classic Championships |
| 11 Samuel Watt | M2 | 105 | 107.70 | YNE | All England |
| 12 Owen Hubbard | Open | 83 | 107.56 | WAL | EPF European Open Classic Championships |
| 13 Nathaniel Massiah | U23 | 93 | 106.59 | GL | Arnold Classic UK |
| 14 Adam Fulat | Open | 93 | 106.33 | GL | Arnold Classic UK |
| 15 Nonso Chinye | U23 | 120 | 106.16 | GL | Eleiko British Junior Classic Championships |
| 16 Nathan Gevao | Open | 93 | 105.03 | SW | EPF European Open Classic Championships |
| 17 Sam Dew | Open | 74 | 104.46 | SW | All England |
| 18 Inderraj Singh-Dhillon | Open | 120 | 104.27 | GL | EPF European Open Classic Championships |
| 19 Jack Hopkins | U23 | 105 | 103.51 | SW | Eleiko British Junior Classic Championships |
| 20 Joey Awala | U23 | 83 | 103.38 | NM | Eleiko British Junior Classic Championships |

Equipped Powerlifting IPF Points

| Name | Age Class | Weight | IPF | Division | Competition |
|---------------------------|-----------|--------|--------|----------|---|
| 1 Robert Palmer | M1 | 93 | 100.63 | GL | Arnold Classic UK |
| 2 Jack Johnson | Open | 105 | 95.08 | SM | EPF European Equipped Championships |
| 3 Gregory Pearson | U18 | 93 | 94.62 | YNE | All England |
| 4 Matthew Hallett | Open | 93 | 91.13 | SM | EPF European Equipped Championships |
| 5 Hugo Duarte | Open | 105 | 90.25 | EM | Arnold Classic UK |
| 6 Jordan Bollard | Open | 120+ | 89.19 | SM | EPF European Equipped Championships |
| 7 Scott Simon | M2 | 120 | 85.02 | SCO | EPF European Masters Equipped Championships |
| 8 George Seeger | Open | 105 | 83.01 | NW | British Equipped Championships |
| 9 Dean Bowring | M2 | 120+ | 82.28 | SM | British Equipped Championships |
| 10 Matt Watson | Open | 105 | 81.85 | SM | British Equipped Championships |
| 11 Aftab Abdul | Open | 66 | 79.62 | GL | British Equipped Championships |
| 12 Shaun Haynes | M2 | 83 | 78.86 | NM | British Equipped Championships |
| 13 Thomas Shaw | Open | 105 | 78.85 | NM | All England |
| 14 Jack Barber | Open | 120 | 78.82 | SM | British Equipped Championships |
| 15 James Taylor | Open | 93 | 78.53 | SM | All England |
| 16 Bernard McGurk | M2 | 74 | 78.23 | SCO | EPF European Masters Equipped Championships |
| 17 Jasvinder Singh Cheema | M2 | 83 | 77.68 | WM | British Equipped Championships |
| 18 Felix Vallejo Ruiz | Open | 93 | 77.49 | SCO | British Equipped Championships |
| 19 Joseph Shaw | Open | 120 | 77.40 | NM | All England |
| 20 William Murray | M1 | 66 | 76.17 | SCO | British Equipped Championships |

Classic Bench IPF Points

| Name | Age Class | Weight | IPF | Division | Competition |
|--------------------------|-----------|--------|--------|----------|---|
| 1 Matthew Pond | U23 | 83 | 103.79 | NW | Eleiko British Junior Classic Championships |
| 2 Tony Cliffe | M1 | 120 | 103.60 | NW | IPF World Classic Championships |
| 3 Maxwell Gyamfi | Open | 93 | 103.35 | YNE | IPF World Classic Championships |
| 4 Owen Hubbard | Open | 83 | 100.72 | WAL | EPF European Open Classic Championships |
| 5 Ashley Liston | Open | 105 | 99.35 | WM | British Classic Bench Press Championships |
| 6 Lucas Stolle | Open | 83 | 98.87 | WM | British Classic Bench Press Championships |
| 7 Anujan Srikantha | Open | 83 | 98.62 | GL | British Classic Bench Press Championships |
| 8 Christian Ayandokun | Open | 93 | 97.41 | EM | IPF World Classic Championships |
| 9 Harrison Sparks | Open | 93 | 96.38 | NM | British Classic Bench Press Championships |
| 10 Abdul Sulayman | Open | 120 | 96.00 | YNE | Arnold Classic UK |
| 11 Cejai Lindsay | Open | 105 | 94.32 | GL | All England |
| 12 Scott Simon | M2 | 120 | 94.05 | SCO | IPF World Bench Press Championships |
| 13 Olayemi Ajose-Adeogun | Open | 105 | 93.61 | GL | All England |
| 14 Andrew Ward | Open | 74 | 93.46 | WM | IPF World Bench Press Championships |
| 15 Jurins Kengamu | Open | 83 | 93.13 | GL | IPF World Classic Championships |
| 16 Ade Omisakin | Open | 83 | 93.11 | NW | Arnold Classic UK |
| 17 Adam Fulat | Open | 93 | 92.55 | GL | Arnold Classic UK |
| 18 Thomas Knapp | Open | 93 | 92.52 | NM | All England |
| 19 Jack Hopkins | U23 | 105 | 92.42 | SW | Eleiko British Junior Classic Championships |
| 20 Sam Dew | Open | 74 | 92.19 | SW | All England |

Equipped Bench IPF Points

| Name | Age Class | Weight | IPF | Division | Competition |
|---------------------------|-----------|--------|-------|----------|--|
| 1 Keelum Walton | Open | 120+ | 98.89 | SM | Arnold Classic UK |
| 2 Andy Champ | M1 | 105 | 87.69 | EM | IPF World Bench Press Championships |
| 3 Robert Palmer | M1 | 93 | 86.77 | GL | Arnold Classic UK |
| 4 Matthew Hallett | Open | 93 | 86.61 | SM | EPF European Equipped Championships |
| 5 Michael Gibson | Open | 105 | 85.54 | NI | Arnold Classic UK |
| 6 Alex Fodor | Open | 74 | 84.07 | NM | IPF World Bench Press Championships |
| 7 Scott Simon | M2 | 120 | 80.69 | SCO | IPF World Bench Press Championships |
| 8 Max Wadsworth | U23 | 93 | 79.79 | EM | British Equipped Bench Press Championships |
| 9 Jordan Bollard | Open | 120+ | 79.35 | SM | EPF European Equipped Championships |
| 10 Joe Shaw | Open | 120 | 78.97 | NM | English Bench Press |
| 11 Jack Johnson | Open | 105 | 75.89 | SM | British Equipped Championships |
| 12 Gregory Pearson | U18 | 93 | 75.57 | YNE | All England |
| 13 Darren Ball | M2 | 120+ | 74.01 | SE | IPF World Bench Press Championships |
| 14 James Taylor | Open | 93 | 73.81 | SM | All England |
| 15 Hugo Duarte | Open | 105 | 72.00 | EM | EPF European Equipped Championships |
| 16 Matt Watson | Open | 105 | 71.80 | SM | British Equipped Championships |
| 17 Andy Rigby | M3 | 105 | 70.72 | NW | IPF World Bench Press Championships |
| 18 Craig Coggle | Open | 120+ | 68.92 | SE | IPF World Bench Press Championships |
| 19 Adrian Smith | Open | 105 | 68.84 | SE | British Equipped Bench Press Championships |
| 20 Jasvinder Singh Cheema | M2 | 83 | 68.59 | WM | British Equipped Championships |

59kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-------------------|-----------|-------|-------|----------|---|
| 1 | Ishtyaq Nabi | Open | 582.5 | 96.52 | EM | IPF World Classic Championships |
| 2 | Lahiru Suren | Open | 522.5 | 87.26 | EM | All England |
| 3 | Alfie Bonsell | U18 | 502.5 | 83.45 | NM | Eleiko British Sub Junior Classic Championships |
| 4 | Gibson Goze | Open | 495 | 81.91 | GL | All England |
| 5 | Bailey James | U23 | 475 | 79.47 | GL | Eleiko British Junior Classic Championships |
| 6 | Charlie Woods | U23 | 467.5 | 78.29 | SE | Eleiko British Junior Classic Championships |
| 7 | Matt Chan | Open | 465 | 77.16 | SW | BUCS British University Championships |
| 8 | William Walker | U23 | 455 | 75.57 | SCO | BUCS British University Championships |
| 9 | Josh Loke | U18 | 440 | 73.28 | NM | Eleiko British Sub Junior Classic Championships |
| 10 | Leonard Lai | U23 | 430 | 75.22 | GL | BUCS British University Championships |
| 11 | Dakota Bessent | U16 | 430 | 71.61 | SW | All England |
| 12 | Sagnik Chatterjee | U18 | 427.5 | 70.74 | GL | Eleiko British Sub Junior Classic Championships |
| 13 | Shaun Bateman | M2 | 417.5 | 69.46 | SW | All England |
| 14 | Sawyer Preston | U18 | 412.5 | 68.38 | EM | Eleiko British Sub Junior Classic Championships |
| 15 | Yashnit Arora | U23 | 410 | 69.31 | SE | BUCS British University Championships |
| 16 | Jake Scott | U16 | 400 | 66.49 | SE | Eleiko British Sub Junior Classic Championships |
| 17 | Henry Chay | M3 | 392.5 | 65.43 | NW | British Masters Classic Championships |
| 18 | Jack Collins | U16 | 375 | 62.68 | NW | Eleiko British Sub Junior Classic Championships |
| 19 | Aaryan Shah | U18 | 362.5 | 60.26 | GL | Eleiko British Sub Junior Classic Championships |
| 20 | Andy Liddle | M2 | 360 | 60.01 | SW | British Masters Classic Championships |

Equipped Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|--------------------|-----------|-------|-------|----------|--------------------------------|
| 1 | Daniel McGauley SO | Open | 330 | 49.23 | EM | British Equipped Championships |
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Classic Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|----------------------|-----------|-------|-------|----------|---|
| 1 | Ishtyaq Nabi | Open | 140 | 84.60 | EM | IPF World Classic Championships |
| 2 | Adam Alderman | M1 | 132.5 | 82.82 | EM | British Classic Bench Press Championships |
| 3 | Lahiru Suren | Open | 130 | 79.19 | EM | All England |
| 4 | Ben David Hampson | Open | 117.5 | 71.51 | EM | British Classic Bench Press Championships |
| 5 | Kieran Huxtable | Open | 115 | 69.92 | NM | British Classic Bench Press Championships |
| 6 | Bailey James | U23 | 112.5 | 68.60 | GL | IPF World Bench Press Championships |
| 7 | Charlie Woods | U23 | 112.5 | 68.47 | SE | British Classic Bench Press Championships |
| 8 | Alfie Bonsell | U18 | 112.5 | 68.14 | NM | Eleiko British Sub Junior Classic Championships |
| 9 | Gibson Goze | Open | 110 | 66.37 | GL | All England |
| 10 | Leonard Lai | U23 | 107.5 | 68.74 | GL | BUCS British University Championships |
| 11 | William Walker | U23 | 107.5 | 65.11 | SCO | BUCS British University Championships |
| 12 | Dakota Bessent | U16 | 102.5 | 62.26 | SW | All England |
| 13 | Shaun Bateman | M2 | 100 | 60.69 | SW | All England |
| 14 | Matt Chan | Open | 97.5 | 59.00 | SW | BUCS British University Championships |
| 15 | Sawyer Preston | U18 | 97.5 | 58.94 | EM | Eleiko British Sub Junior Classic Championships |
| 16 | Yashnit Arora | U23 | 95 | 58.61 | SE | BUCS British University Championships |
| 17 | Sagnik Chatterjee | U18 | 92.5 | 55.82 | GL | Eleiko British Sub Junior Classic Championships |
| 18 | Andy Liddle | M2 | 85 | 51.48 | SW | British Classic Bench Press Championships |
| 19 | Aaryan Shah | U18 | 82.5 | 50.02 | GL | Eleiko British Sub Junior Classic Championships |
| 20 | Daniel Mcgauley (SO) | Open | 80 | 49.50 | EM | British Classic Bench Press Championships |

Equipped Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------|-----------|-------|---------|----------|-------------------------------------|
| 1 | Daniel McGauley | Open | 92.5 | 47.0444 | EM | IPF World Bench Press Championships |
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66kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------------|-----------|-------|-------|----------|---|
| 1 | Benedict Grant | U23 | 638.5 | 99.93 | SW | Eleiko British Junior Classic Championships |
| 2 | Joshua Cheung | U23 | 621 | 96.96 | SCO | Eleiko British Junior Classic Championships |
| 3 | Joseph Diva | Open | 620 | 97.04 | GL | IPF World Classic Championships |
| 4 | Renzo Binas | U23 | 596.5 | 92.98 | SW | Eleiko British Junior Classic Championships |
| 5 | Dorje Weston | U18 | 580.5 | 91.00 | WM | Eleiko British Sub Junior Classic Championships |
| 6 | Javin Jeetoo | U23 | 560 | 87.93 | SW | Eleiko British Junior Classic Championships |
| 7 | John Anderson | U23 | 557.5 | 86.91 | YNE | Eleiko British Junior Classic Championships |
| 8 | Faiad Sharif | U23 | 552.5 | 86.90 | SW | BUCS British University Championships |
| 9 | Santosh Guru | U23 | 552.5 | 86.47 | EM | BUCS British University Championships |
| 10 | Paul Mavromoustakis | U23 | 550 | 86.08 | NM | BUCS British University Championships |
| 11 | Pascal Skannavis | U23 | 544.5 | 85.57 | YNE | BUCS British University Championships |
| 12 | Greig Murray | M2 | 541 | 84.51 | SCO | EPF European Masters Classic Championships |
| 13 | Sirjan Rana | U23 | 537.5 | 84.33 | NM | BUCS British University Championships |
| 14 | Gaston Nassief | U23 | 530 | 82.82 | NM | BUCS British University Championships |
| 15 | Lawrence White | Open | 525 | 82.30 | EM | All England |
| 16 | Aqeel Rehman | U23 | 522.5 | 81.45 | WAL | BUCS British University Championships |
| 17 | Sean Cadiz | U23 | 520 | 81.06 | NM | BUCS British University Championships |
| 18 | Vincent Choi | U23 | 517.5 | 81.39 | SCO | Scottish University Championships |
| 19 | Edward Butcher | U18 | 515 | 80.93 | YNE | Eleiko British Sub Junior Classic Championships |
| 20 | Joaquin Robles Rianza | U23 | 512.5 | 81.20 | YNE | Eleiko British Junior Classic Championships |

Equipped Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|----------------|-----------|-------|-------|----------|--------------------------------|
| 1 | Aftab Uddin | Open | 592.5 | 79.62 | GL | British Equipped Championships |
| 2 | William Murray | M1 | 565 | 76.17 | SCO | British Equipped Championships |
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Classic Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|------------------------|-----------|-------|-------|----------|---|
| 1 | Edward Kimber | U23 | 160.0 | 90.98 | SW | IPF World Bench Press Championships |
| 2 | Pascal Skannavis | U23 | 157.0 | 89.80 | YNE | BUCS British University Championships |
| 3 | Joseph Diva | Open | 155 | 88.28 | GL | IPF World Classic Championships |
| 4 | Martin Nguyen | U23 | 155 | 87.99 | SW | British Classic Bench Press Championships |
| 5 | Daniel Casper Thomas | Open | 147.5 | 83.80 | GL | British Classic Bench Press Championships |
| 6 | Joshua Cheung | U23 | 146 | 82.95 | SCO | Eleiko British Junior Classic Championships |
| 7 | Javin Jeetoo | U23 | 145 | 82.86 | SW | Eleiko British Junior Classic Championships |
| 8 | Dorje Weston | U18 | 145 | 82.73 | WM | Eleiko British Sub Junior Classic Championships |
| 9 | Juan Paolo Del Rosario | Open | 142.5 | 81.37 | SM | British Classic Bench Press Championships |
| 10 | Benedict Grant | U23 | 140 | 79.74 | SW | Eleiko British Junior Classic Championships |
| 11 | Gaston Nassief | U23 | 135 | 76.76 | NM | BUCS British University Championships |
| 12 | Samuel Yirgalam | U23 | 132.5 | 75.59 | SM | BUCS British University Championships |
| 13 | Faiad Sharif | U23 | 125 | 71.56 | SW | BUCS British University Championships |
| 14 | Roderick Ramsey | M1 | 125 | 71.37 | SM | English Bench Press |
| 15 | Dean Li | U23 | 125 | 71.02 | YNE | BUCS British University Championships |
| 16 | Dominic Lygdopoulos | U23 | 122.5 | 69.77 | SE | BUCS British University Championships |
| 17 | Simon Voakes | M1 | 122.5 | 69.71 | SM | British Masters Classic Championships |
| 18 | Aqeel Rehman | U23 | 122.5 | 69.48 | WAL | BUCS British University Championships |
| 19 | Tom Dalziel | U23 | 122.5 | 69.48 | NM | Eleiko British Junior Classic Championships |
| 20 | Joaquin Robles Rianza | U23 | 120 | 69.22 | YNE | Eleiko British Junior Classic Championships |

Equipped Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------|-----------|-------|-------|----------|-------------------------------------|
| 1 | William Murray | M1 | 142.5 | 62.42 | SCO | British Equipped Championships |
| 2 | Aftab Uddin | Open | 130 | 56.67 | GL | British Equipped Championships |
| 3 | Nathan Williams | U23 | 120 | 53.52 | WAL | IPF World Bench Press Championships |
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74kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------------------------|-----------|-------|--------|----------|---|
| 1 | Sam Dew | Open | 710 | 104.46 | SW | All England |
| 2 | Brandon Teh | Open | 688.5 | 102.68 | EM | BUCS British University Championships |
| 3 | Ivan Dela Cruz | U23 | 670 | 98.36 | WM | Eleiko British Junior Classic Championships |
| 4 | Nathan McDowell | U23 | 668.5 | 98.28 | EM | Eleiko British Junior Classic Championships |
| 5 | Tofe Ayooluwatofunmi Apampa | U23 | 665 | 97.70 | NW | Eleiko British Junior Classic Championships |
| 6 | David White | M1 | 662.5 | 97.74 | SM | British Masters Classic Championships |
| 7 | Euan Curran | U23 | 660 | 96.89 | SCO | Eleiko British Junior Classic Championships |
| 8 | Shanu Padala | U23 | 655 | 97.12 | YNE | Eleiko British Junior Classic Championships |
| 9 | Minh Triet (Justin) Iturregui Luu | U23 | 655 | 96.43 | GL | Eleiko British Junior Classic Championships |
| 10 | Ryan Yarnell | U23 | 652.5 | 96.34 | EM | Eleiko British Junior Classic Championships |
| 11 | Ping Hao Ng | U23 | 652.5 | 96.27 | SW | BUCS British University Championships |
| 12 | Ethan Satish | U23 | 645 | 95.16 | GL | All England |
| 13 | Lucas Silva | U23 | 645 | 94.83 | SW | BUCS British University Championships |
| 14 | Alex Roberts | U23 | 637.5 | 94.19 | SCO | BUCS British University Championships |
| 15 | Jayesh Utchanah | U23 | 637.5 | 94.05 | NM | BUCS British University Championships |
| 16 | Raghul Parthipan | Open | 637.5 | 93.99 | EM | All England |
| 17 | George Sandoe | Open | 635 | 93.82 | SW | All England |
| 18 | Yaw Parbey | U18 | 630 | 94.16 | NW | Eleiko British Sub Junior Classic Championships |
| 19 | Jordon Andrews | U23 | 630 | 93.55 | NM | BUCS British University Championships |
| 20 | Joe Kelsey | U23 | 630 | 92.49 | YNE | Eleiko British Junior Classic Championships |

Equipped Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-------------------------|-----------|-------|-------|----------|---|
| 1 | Bernard McGurk | M2 | 627.5 | 78.23 | SCO | EPF European Masters Equipped Championships |
| 2 | Tom Senior | U23 | 590 | 74.03 | NW | British Equipped Championships |
| 3 | Nash Hunter | M1 | 570 | 71.01 | SM | All England |
| 4 | Kevin Fletcher | M1 | 545 | 68.01 | NM | EPF European Masters Equipped Championships |
| 5 | Allen Ottolangui | M3 | 530 | 65.85 | EM | British Equipped Championships |
| 6 | Eden Scantlebury-Watson | U18 | 490 | 60.87 | YNE | EPF European Equipped Championships |
| 7 | Stan Macrow | M4 | 410 | 54.39 | WM | British Equipped Championships |
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Classic Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------------------------|-----------|-------|-------|----------|---|
| 1 | Andrew Ward | Open | 175 | 93.46 | WM | IPF World Bench Press Championships |
| 2 | Sam Dew | Open | 172.5 | 92.19 | SW | All England |
| 3 | Scott Walton | U23 | 167.5 | 89.49 | NM | IPF World Bench Press Championships |
| 4 | Edward Kimber | U23 | 165.5 | 90.78 | SCO | Scottish University Championships |
| 5 | Ammar Nassier | Open | 165 | 88.18 | NW | British Classic Bench Press Championships |
| 6 | Joshua Yang | U23 | 162.5 | 86.85 | GL | BUCS British University Championships |
| 7 | Tofe Ayooluwatofunmi Apampa | U23 | 160 | 85.39 | NW | Eleiko British Junior Classic Championships |
| 8 | Dan Mills | Open | 157.5 | 85.10 | NM | British Classic Bench Press Championships |
| 9 | Minh Triet (Justin) Iturregui Luu | U23 | 157.5 | 84.24 | GL | Eleiko British Junior Classic Championships |
| 10 | Samuel Kaye | U23 | 155 | 84.57 | GL | Eleiko British Junior Classic Championships |
| 11 | Brandon Teh | Open | 155 | 84.00 | EM | BUCS British University Championships |
| 12 | Joe Kelsey | U23 | 155 | 82.66 | YNE | Eleiko British Junior Classic Championships |
| 13 | Shanu Padala | U23 | 150 | 80.81 | YNE | Eleiko British Junior Classic Championships |
| 14 | Nathan McDowell | U23 | 150 | 80.11 | EM | Eleiko British Junior Classic Championships |
| 15 | Lucas Silva | U23 | 147.5 | 78.77 | SW | BUCS British University Championships |
| 16 | Euan Curran | U23 | 147.5 | 78.66 | SCO | Eleiko British Junior Classic Championships |
| 17 | Lewis Best | U23 | 145 | 78.23 | SE | Eleiko British Junior Classic Championships |
| 18 | Alex Roberts | U23 | 145 | 77.83 | SCO | BUCS British University Championships |
| 19 | Ethan Satish | U23 | 145 | 77.72 | GL | All England |
| 20 | Hedi Deban | U23 | 145 | 77.33 | GL | British Classic Bench Press Championships |

Equipped Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-------------------------|-----------|-------|-------|----------|---|
| 1 | Alex Fodor | Open | 215 | 84.07 | NM | IPF World Bench Press Championships |
| 2 | Tom Senior | U23 | 140 | 55.40 | NW | EPF European Equipped Championships |
| 3 | Bernard McGurk | M2 | 135 | 52.99 | SCO | EPF European Masters Equipped Championships |
| 4 | Kevin Fletcher | M1 | 127.5 | 50.18 | NM | British Equipped Championships |
| 5 | Nash Hunter | M1 | 125 | 49.02 | SM | All England |
| 6 | Allen Ottolangui | M3 | 120 | 46.89 | EM | British Equipped Championships |
| 7 | Eden Scantlebury-Watson | U18 | 105 | 41.02 | YNE | EPF European Equipped Championships |
| 8 | Stan Macrow | M4 | 85 | 36.37 | WM | British Equipped Championships |
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83kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|----------------------|-------|-------|----------|-------------|---|
| 1 | Jurins Kengamu | Open | 845 | 117.22 | GL | IPF World Classic Championships |
| 2 | Ade Omisakin | Open | 825 | 114.43 | NW | Arnold Classic UK |
| 3 | Manson Adagu | U23 | 780 | 108.10 | SW | Eleiko British Junior Classic Championships |
| 4 | Matthew Pond | U23 | 777.5 | 107.96 | NW | Eleiko British Junior Classic Championships |
| 5 | Owen Hubbard | Open | 775 | 107.56 | WAL | EPF European Open Classic Championships |
| 6 | Joey Awala | U23 | 745 | 103.38 | NM | Eleiko British Junior Classic Championships |
| 7 | Antoine Darmon | Open | 740 | 102.69 | GL | All England |
| 8 | Lucas Stolle | Open | 727.5 | 102.02 | WM | BUCS British University Championships |
| 9 | Peter Young | U23 | 720 | 100.22 | SCO | Eleiko British Junior Classic Championships |
| 10 | Lucas Williams | U23 | 720 | 99.67 | WAL | Eleiko British Junior Classic Championships |
| 11 | Luke Paranal | Open | 712.5 | 98.75 | EM | All England |
| 12 | Joel-bless Wilson | U23 | 685 | 94.94 | WM | Eleiko British Junior Classic Championships |
| 13 | Oluwatobiloba Falase | U23 | 680 | 94.19 | GL | BUCS British University Championships |
| 14 | Chinedum Okolo | U23 | 677.5 | 94.36 | EM | BUCS British University Championships |
| 15 | Samuel Walker | U23 | 675 | 94.36 | EM | BUCS British University Championships |
| 16 | Arun Spencer | U23 | 670 | 93.37 | SM | BUCS British University Championships |
| 17 | Aaron Hoxhellari | U23 | 667.5 | 92.85 | SE | Eleiko British Junior Classic Championships |
| 18 | Josh Inman | U23 | 667.5 | 92.51 | NM | BUCS British University Championships |
| 19 | Zach Smith | U23 | 660 | 91.75 | EM | Eleiko British Junior Classic Championships |
| 20 | Sunil Chahal | Open | 657.5 | 92.26 | WM | All England |

Equipped Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------------|-------|-------|----------|-------------|---|
| 1 | Shaun Haynes | M2 | 680 | 78.86 | NM | British Equipped Championships |
| 2 | Jasvinder Singh Cheema | M2 | 665 | 77.68 | WM | British Equipped Championships |
| 3 | Oskar Wencel | U18 | 635 | 73.65 | WM | EPF European Equipped Championships |
| 4 | Grant Sugarman | M3 | 570 | 66.80 | EM | EPF European Masters Equipped Championships |
| 5 | Doug D'Gama | M3 | 567.5 | 65.67 | EM | British Equipped Championships |
| 6 | Jim Wands | M2 | 557.5 | 64.75 | SCO | British Equipped Championships |
| 7 | Bolla Mahima-Singh | M4 | 410 | 47.93 | NM | EPF European Masters Equipped Championships |
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Classic Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------|-------|-------|----------|-------------|---|
| 1 | Matthew Pond | U23 | 206 | 103.79 | NW | Eleiko British Junior Classic Championships |
| 2 | Owen Hubbard | Open | 200 | 100.72 | WAL | EPF European Open Classic Championships |
| 3 | Lucas Stolle | Open | 195 | 98.87 | WM | British Classic Bench Press Championships |
| 4 | Anujan Srikantha | Open | 195 | 98.62 | GL | British Classic Bench Press Championships |
| 5 | Jurins Kengamu | Open | 185 | 93.13 | GL | IPF World Classic Championships |
| 6 | Ade Omisakin | Open | 185 | 93.11 | NW | Arnold Classic UK |
| 7 | Tom Field | U23 | 180 | 91.76 | SM | IPF World Bench Press Championships |
| 8 | Sunil Chahal | Open | 175 | 89.41 | WM | British Classic Bench Press Championships |
| 9 | Barrie Tavener | M2 | 175 | 88.20 | EM | IPF World Bench Press Championships |
| 10 | Manson Adagu | U23 | 175 | 88.01 | SW | Eleiko British Junior Classic Championships |
| 11 | Jaideep Wasu | Open | 167.5 | 84.95 | GL | IPF World Bench Press Championships |
| 12 | Fred Martin | U23 | 167.5 | 84.74 | NM | IPF World Bench Press Championships |
| 13 | Peter Young | U23 | 167.5 | 84.61 | SCO | Eleiko British Junior Classic Championships |
| 14 | Josh Woods | Open | 167.5 | 84.50 | SE | British Classic Bench Press Championships |
| 15 | Antoine Darmon | Open | 167.5 | 84.34 | GL | All England |
| 16 | Joey Awala | U23 | 167.5 | 84.34 | NM | Eleiko British Junior Classic Championships |
| 17 | Adam Essex | Open | 165 | 83.98 | NM | BUCS British University Championships |
| 18 | Danny Potter | M1 | 165 | 83.08 | NW | English Bench Press |
| 19 | Yaron Bernstein | Open | 162.5 | 82.55 | EM | All England |
| 20 | Joshua Darne | U23 | 160 | 80.57 | SM | BUCS British University Championships |

Equipped Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------------|-------|-------|----------|-------------|---|
| 1 | Alex Fodor | Open | 195 | 74.09 | NM | Arnold Classic UK |
| 2 | Jasvinder Singh Cheema | M2 | 190 | 68.59 | WM | British Equipped Championships |
| 3 | Shaun Haynes | M2 | 187.5 | 67.09 | NM | British Equipped Championships |
| 4 | Jim Wands | M2 | 152.5 | 54.66 | SCO | British Equipped Championships |
| 5 | Oskar Wencel | U18 | 145 | 51.89 | WM | EPF European Equipped Championships |
| 6 | Doug D'Gama | M3 | 132.5 | 47.28 | EM | British Equipped Championships |
| 7 | Grant Sugarman | M3 | 127.5 | 46.21 | EM | EPF European Masters Equipped Championships |
| 8 | Bolla Mahima-Singh | M4 | 80 | 28.91 | NM | EPF European Masters Equipped Championships |
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93kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|------------------------------|-----------|-------|--------|----------|---|
| 1 | Christian Ayandokun | Open | 860 | 112.68 | EM | IPF World Classic Championships |
| 2 | Maxwell Gyamfi | Open | 857.5 | 112.36 | YNE | IPF World Classic Championships |
| 3 | Nathaniel Massiah | U23 | 812.5 | 106.59 | GL | Arnold Classic UK |
| 4 | Adam Fulat | Open | 812.5 | 106.33 | GL | Arnold Classic UK |
| 5 | Nathan Gevao | Open | 802.5 | 105.03 | SW | EPF European Open Classic Championships |
| 6 | Cyrus Khine | Open | 767.5 | 101.15 | GL | All England |
| 7 | Thomas Knapp | Open | 767.5 | 100.41 | NM | All England |
| 8 | Jonathan Lewis | U23 | 755 | 99.14 | SE | Eleiko British Junior Classic Championships |
| 9 | Emmanuel Olatunji | U23 | 755 | 98.77 | GL | Eleiko British Junior Classic Championships |
| 10 | Jay Batten | Open | 752.5 | 98.70 | SW | All England |
| 11 | Michael Ampofo - Anti | U23 | 742.5 | 98.02 | GL | Eleiko British Junior Classic Championships |
| 12 | Hendrick Famutimi | M1 | 729 | 96.76 | GL | British Masters Classic Championships |
| 13 | James West | U23 | 725 | 95.30 | NM | BUCS British University Championships |
| 14 | Armin Kamara | Open | 722.5 | 94.92 | GL | All England |
| 15 | Chomba Mumba | U23 | 722.5 | 94.82 | NM | BUCS British University Championships |
| 16 | Hani Tabbara | U23 | 722.5 | 94.62 | WM | BUCS British University Championships |
| 17 | Thomas Scott | U23 | 717.5 | 94.16 | SCO | Scottish University Championships |
| 18 | Emmanouil Olympios Mavriotis | U23 | 715 | 93.98 | SE | Eleiko British Junior Classic Championships |
| 19 | Thomas Skillicorn | U23 | 712.5 | 94.62 | IOM | Eleiko British Junior Classic Championships |
| 20 | William Nduebueze | U23 | 712.5 | 94.00 | SE | Eleiko British Junior Classic Championships |

Equipped Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|--------------------|-----------|-------|--------|----------|---|
| 1 | Robert Palmer | M1 | 897.5 | 100.63 | GL | Arnold Classic UK |
| 2 | Matthew Hallett | Open | 835 | 91.13 | SM | EPF European Equipped Championships |
| 3 | Gregory Pearson | U18 | 820 | 94.62 | YNE | All England |
| 4 | James Taylor | Open | 715 | 78.53 | SM | All England |
| 5 | Felix Vallejo Ruiz | Open | 712.5 | 77.49 | SCO | British Equipped Championships |
| 6 | Angus Gardner | Open | 690 | 74.96 | SE | British Equipped Championships |
| 7 | David Carter | M3 | 648 | 70.51 | YNE | British Equipped Championships |
| 8 | Kevin Jane | M4 | 592.5 | 64.41 | EM | EPF European Masters Equipped Championships |
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Classic Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-----------------------|-----------|-------|--------|----------|---|
| 1 | Maxwell Gyamfi | Open | 217.5 | 103.35 | YNE | IPF World Classic Championships |
| 2 | Christian Ayandokun | Open | 205 | 97.41 | EM | IPF World Classic Championships |
| 3 | Harrison Sparks | Open | 202.5 | 96.38 | NM | British Classic Bench Press Championships |
| 4 | Adam Fulat | Open | 195 | 92.55 | GL | Arnold Classic UK |
| 5 | Thomas Knapp | Open | 195 | 92.52 | NM | All England |
| 6 | Michael Ampofo - Anti | U23 | 187.5 | 89.77 | GL | Eleiko British Junior Classic Championships |
| 7 | Nathan Gevao | Open | 185 | 87.81 | SW | EPF European Open Classic Championships |
| 8 | Jamie Cadogan | Open | 182.5 | 88.39 | WAL | British Classic Bench Press Championships |
| 9 | Adam Madelin | Open | 182.5 | 87.42 | WM | British Classic Bench Press Championships |
| 10 | Ashuk Braham | Open | 177.5 | 85.35 | GL | British Classic Bench Press Championships |
| 11 | Chomba Mumba | U23 | 177.5 | 84.48 | NM | BUCS British University Championships |
| 12 | Nathaniel Massiah | U23 | 177.5 | 84.45 | GL | Arnold Classic UK |
| 13 | Mustafa John Altintas | U23 | 177.5 | 84.35 | GL | BUCS British University Championships |
| 14 | Saam Nazempour | U23 | 177.5 | 84.26 | GL | BUCS British University Championships |
| 15 | Tyler Acheampong | U23 | 175 | 83.34 | EM | BUCS British University Championships |
| 16 | Nathaniel Massiah | U23 | 175 | 83.16 | GL | Eleiko British Junior Classic Championships |
| 17 | Aleksei Parakhoniak | M1 | 172.5 | 82.68 | SM | British Classic Bench Press Championships |
| 18 | Connor Mills | U23 | 170 | 84.97 | SE | English Bench Press |
| 19 | Ben Laphorne | U23 | 170 | 83.52 | SW | BUCS British University Championships |
| 20 | Duncan Law | Open | 170 | 81.43 | SM | British Classic Bench Press Championships |

Equipped Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|--------------------|-----------|-------|-------|----------|--|
| 1 | Matthew Hallett | Open | 260 | 86.61 | SM | EPF European Equipped Championships |
| 2 | Robert Palmer | M1 | 252.5 | 86.77 | GL | Arnold Classic UK |
| 3 | Max Wadsworth | U23 | 240 | 79.79 | EM | British Equipped Bench Press Championships |
| 4 | James Taylor | Open | 220 | 73.81 | SM | All England |
| 5 | Gregory Pearson | U18 | 212.5 | 75.57 | YNE | All England |
| 6 | Angus Gardner | Open | 200 | 66.43 | SE | IPF World Bench Press Championships |
| 7 | Andrew Cudd | M1 | 185 | 63.20 | GL | IPF World Bench Press Championships |
| 8 | Felix Vallejo-Ruiz | Open | 152.5 | 50.54 | SCO | EPF European Equipped Championships |
| 9 | Kevin Jane | M4 | 147.5 | 48.97 | EM | British Equipped Championships |
| 10 | David Carter | M3 | 137.5 | 45.65 | YNE | British Equipped Championships |
| 11 | Michael Ellender | M4 | 120 | 40.21 | SE | British Equipped Bench Press Championships |
| 12 | Ashley Priddle | U18 | 90 | 30.24 | EM | English Bench Press |
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105kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|-----------------------|-------|-------|----------|-------------|---|
| 1 | Sanchez Dillon | Open | 873.5 | 108.35 | WM | Arnold Classic UK |
| 2 | Ben Pape | Open | 872.5 | 107.87 | EM | EPF European Open Classic Championships |
| 3 | Samuel Watt | M2 | 870 | 107.70 | YNE | All England |
| 4 | Cejai Lindsay | Open | 825 | 102.18 | GL | All England |
| 5 | Jamie Jonathan Foord | U23 | 825 | 102.13 | NM | Eleiko British Junior Classic Championships |
| 6 | Jack Hopkins | U23 | 822.5 | 103.51 | SW | Eleiko British Junior Classic Championships |
| 7 | Thomas Kenchington | U23 | 815 | 100.85 | EM | Eleiko British Junior Classic Championships |
| 8 | Sam Cook | U23 | 802.5 | 100.34 | SM | Eleiko British Junior Classic Championships |
| 9 | Timi Ogunfowokan | U23 | 802.5 | 99.30 | NM | Eleiko British Junior Classic Championships |
| 10 | Ben Cullen | U23 | 782.5 | 96.87 | NW | Eleiko British Junior Classic Championships |
| 11 | Olayemi Ajose-Adeogun | Open | 772.5 | 97.27 | GL | All England |
| 12 | Jamie Laidlaw | Open | 763 | 95.14 | SCO | Scottish University Championships |
| 13 | Andrew Wallace | U23 | 762.5 | 95.87 | SCO | Scottish University Championships |
| 14 | Josh Smith | U23 | 760.5 | 94.31 | SM | BUCS British University Championships |
| 15 | Jaden Osemwegie | U23 | 752.5 | 96.41 | EM | Eleiko British Junior Classic Championships |
| 16 | Joe Feeney | Open | 750 | 92.97 | NM | All England |
| 17 | Callum Goddard | Open | 750 | 92.72 | EM | All England |
| 18 | Julian Wilson | U23 | 750 | 92.68 | NM | BUCS British University Championships |
| 19 | Jesse Meaker | U23 | 747.5 | 93.34 | YNE | BUCS British University Championships |
| 20 | Rudi Norris | U23 | 747.5 | 92.62 | NM | BUCS British University Championships |

Equipped Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------|-------|-------|----------|-------------|---|
| 1 | Jack Johnson | Open | 927.5 | 95.08 | SM | EPF European Equipped Championships |
| 2 | Hugo Duarte | Open | 865 | 90.25 | EM | Arnold Classic UK |
| 3 | George Seeger | Open | 810 | 83.01 | NW | British Equipped Championships |
| 4 | Matt Watson | Open | 780 | 81.85 | SM | British Equipped Championships |
| 5 | Thomas Shaw | Open | 750 | 78.85 | NM | All England |
| 6 | Jaswinder Singh | M3 | 695 | 72.16 | WM | British Equipped Championships |
| 7 | James Mutrie | M3 | 612.5 | 63.66 | SCO | EPF European Masters Equipped Championships |
| 8 | Hector Willcocks | U18 | 602.5 | 61.87 | SM | EPF European Equipped Championships |
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Classic Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|-----------------------|-------|-------|----------|-------------|---|
| 1 | Ashley Liston | Open | 220 | 99.35 | WM | British Classic Bench Press Championships |
| 2 | Cejai Lindsay | Open | 210 | 94.32 | GL | All England |
| 3 | Olayemi Ajose-Adeogun | Open | 205 | 93.61 | GL | All England |
| 4 | Ashley Watson | Open | 205 | 92.04 | EM | English Bench Press |
| 5 | Jack Hopkins | U23 | 202.5 | 92.42 | SW | Eleiko British Junior Classic Championships |
| 6 | Andy Rigby | M3 | 200 | 89.63 | NW | IPF World Bench Press Championships |
| 7 | Wesley Mcguinness | Open | 195 | 88.02 | SW | British Classic Bench Press Championships |
| 8 | Kirill Sakharov | U23 | 195 | 87.51 | GL | IPF World Bench Press Championships |
| 9 | Ben Pape | Open | 195 | 87.43 | EM | EPF European Open Classic Championships |
| 10 | Thomas Kenchington | U23 | 192.5 | 86.39 | EM | Eleiko British Junior Classic Championships |
| 11 | Omar Abdelmajeed | U23 | 191 | 86.10 | GL | BUCS British University Championships |
| 12 | Josh Smith | U23 | 190.5 | 85.68 | SM | BUCS British University Championships |
| 13 | Jamie Jonathan Foord | U23 | 190 | 85.30 | NM | Eleiko British Junior Classic Championships |
| 14 | Samuel Watt | M2 | 190 | 85.30 | YNE | All England |
| 15 | Callum Goddard | Open | 190 | 85.19 | EM | All England |
| 16 | Sheridan Wray | M2 | 187.5 | 85.90 | YNE | IPF World Bench Press Championships |
| 17 | Andrew Wallace | U23 | 187.5 | 84.41 | SCO | Eleiko British Junior Classic Championships |
| 18 | Sanchez Dillon | Open | 187.5 | 84.35 | WM | Arnold Classic UK |
| 19 | Rob Trussler | U23 | 187.5 | 84.33 | SM | Eleiko British Junior Classic Championships |
| 20 | Sam Thompson | Open | 185 | 83.81 | GBR | English Bench Press |

Equipped Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------|-------|-------|----------|-------------|---|
| 1 | Andy Champ | M1 | 280 | 87.69 | EM | IPF World Bench Press Championships |
| 2 | Michael Gibson | Open | 275 | 85.54 | NI | Arnold Classic UK |
| 3 | Jack Johnson | Open | 240 | 75.89 | SM | British Equipped Championships |
| 4 | Hugo Duarte | Open | 230 | 72.00 | EM | EPF European Equipped Championships |
| 5 | Andy Rigby | M3 | 227.5 | 70.72 | NW | IPF World Bench Press Championships |
| 6 | Matt Watson | Open | 225 | 71.80 | SM | British Equipped Championships |
| 7 | Adrian Smith | Open | 220 | 68.84 | SE | British Equipped Bench Press Championships |
| 8 | Thomas Shaw | Open | 210 | 67.15 | NM | All England |
| 9 | George Seeger | Open | 200 | 62.27 | NW | British Equipped Championships |
| 10 | Simon Beer | Open | 190 | 59.51 | NW | British Equipped Bench Press Championships |
| 11 | James Mutrie | M3 | 172.5 | 54.49 | SCO | EPF European Masters Equipped Championships |
| 12 | Jaswinder Singh | M3 | 155 | 48.92 | WM | British Equipped Championships |
| 13 | Hector Willcocks | U18 | 152.5 | 47.59 | SM | EPF European Equipped Championships |
| 14 | Adam Nolan | Open | 135 | 42.30 | EM | English Bench Press |
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120kg Class Top 20 Male ranked by total

Classic Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------------|-------|-------|----------|-------------|---|
| 1 | Abdul Sulayman | Open | 937.5 | 112.77 | YNE | Arnold Classic UK |
| 2 | Tony Cliffe | M1 | 937.5 | 109.24 | NW | IPF World Classic Championships |
| 3 | Nonso Chinye | U23 | 903.5 | 106.16 | GL | Eleiko British Junior Classic Championships |
| 4 | Inderraj Singh-Dhillon | Open | 895 | 104.27 | GL | EPF European Open Classic Championships |
| 5 | Jamie Jonathan Foord | U23 | 826 | 101.76 | NM | BUCS British University Championships |
| 6 | Josh Pearson | U23 | 825 | 96.43 | NW | Eleiko British Junior Classic Championships |
| 7 | Lewis Kelly | Open | 818 | 95.90 | SCO | Scottish University Championships |
| 8 | Scott Simon | M2 | 816 | 98.10 | SCO | EPF European Masters Classic Championships |
| 9 | Alasdair Wilson | U23 | 800 | 93.65 | SCO | Eleiko British Junior Classic Championships |
| 10 | Reece Smith | Open | 782.5 | 91.23 | GL | British Masters Classic Championships |
| 11 | Rohan Ewels | U23 | 775 | 90.49 | SW | BUCS British University Championships |
| 12 | Harry Booth | U23 | 752.5 | 87.99 | YNE | Eleiko British Junior Classic Championships |
| 13 | Nathan Neville | Open | 752.5 | 87.73 | WAL | BUCS British University Championships |
| 14 | Finn O'Farrell | U18 | 735 | 87.20 | SW | Eleiko British Sub Junior Classic Championships |
| 15 | Oscar Smillie | U23 | 730 | 86.64 | SCO | Scottish University Championships |
| 16 | Theo Davies | U23 | 720 | 84.47 | NM | BUCS British University Championships |
| 17 | Panagiotis Voulpiotis | U23 | 717.5 | 84.02 | YNE | BUCS British University Championships |
| 18 | Alex Stokes | U23 | 715 | 83.76 | WM | Eleiko British Junior Classic Championships |
| 19 | Bradley Welsh | U23 | 710 | 84.23 | WM | BUCS British University Championships |
| 20 | Max Heyburn | U23 | 707.5 | 82.82 | WAL | Eleiko British Junior Classic Championships |

Equipped Powerlifting Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|---------------------|-------|-------|----------|-------------|---|
| 1 | Scott Simon | M2 | 855 | 85.02 | SCO | EPF European Masters Equipped Championships |
| 2 | Joseph Shaw | Open | 787.5 | 77.40 | NM | All England |
| 3 | Jack Barber | Open | 785 | 78.82 | SM | British Equipped Championships |
| 4 | Matthew Martynyszyn | Open | 742.5 | 71.90 | WM | British Equipped Championships |
| 5 | Brandon Lee | U23 | 645 | 62.58 | EM | British Equipped Championships |
| 6 | David Samworth | M2 | 577.5 | 56.84 | EM | British Equipped Championships |
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Classic Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|------------------------|-------|-------|----------|-------------|---|
| 1 | Tony Cliffe | M1 | 245 | 103.60 | NW | IPF World Classic Championships |
| 2 | Abdul Sulayman | Open | 220 | 96.00 | YNE | Arnold Classic UK |
| 3 | Scott Simon | M2 | 217.5 | 94.05 | SCO | IPF World Bench Press Championships |
| 4 | Trevor Jordan | Open | 207.5 | 87.76 | NI | British Classic Bench Press Championships |
| 5 | Andy Rigby | M3 | 205 | 91.00 | NW | British Classic Bench Press Championships |
| 6 | Joseph Watson | Open | 205 | 86.95 | NM | IPF World Bench Press Championships |
| 7 | Alistair Murdoch | M2 | 200 | 87.49 | GL | British Classic Bench Press Championships |
| 8 | Nonso Chinye | U23 | 200 | 85.27 | GL | Eleiko British Junior Classic Championships |
| 9 | Ram Patten | M1 | 200 | 84.96 | SW | British Classic Bench Press Championships |
| 10 | Joey Watson | Open | 197.5 | 84.49 | NM | English Bench Press |
| 11 | Josh Pearson | U23 | 195 | 82.71 | NW | Eleiko British Junior Classic Championships |
| 12 | Ryan Dixon | M1 | 192.5 | 82.01 | SE | British Classic Bench Press Championships |
| 13 | Lewis Kelly | Open | 190 | 80.83 | SCO | Scottish University Championships |
| 14 | Jamie Jonathan Foord | U23 | 187.5 | 83.77 | NM | BUCS British University Championships |
| 15 | Ciaran Conroy | Open | 185 | 80.86 | NI | British Classic Bench Press Championships |
| 16 | Nathan Neville | Open | 185 | 78.27 | WAL | BUCS British University Championships |
| 17 | Fraser Morrison | Open | 182.5 | 77.72 | SCO | Scottish University Championships |
| 18 | Inderraj Singh-Dhillon | Open | 182.5 | 77.19 | GL | IPF World Classic Championships |
| 19 | Emmerson Lefevre | Open | 177.5 | 75.88 | GBR | English Bench Press |
| 20 | Rohan Ewels | U23 | 177.5 | 75.21 | SW | BUCS British University Championships |

Equipped Bench Total

| Name | Age Class | Total | IPF | Division | Competition | |
|------|---------------------|-------|-------|----------|-------------|--|
| 1 | Scott Simon | M2 | 270 | 80.69 | SCO | IPF World Bench Press Championships |
| 2 | Joe Shaw | Open | 265 | 78.97 | NM | English Bench Press |
| 3 | Darren Ball | M2 | 240 | 70.73 | SE | English Bench Press |
| 4 | Andy Rigby | M3 | 230 | 70.66 | NW | British Equipped Bench Press Championships |
| 5 | Joey Watson | Open | 227.5 | 67.71 | NM | English Bench Press |
| 6 | Henry Gorecki | Open | 225 | 66.33 | SE | British Equipped Bench Press Championships |
| 7 | Jack Barber | Open | 220 | 67.10 | SM | British Equipped Championships |
| 8 | Brandon Lee | U23 | 207.5 | 61.20 | EM | EPF European Equipped Championships |
| 9 | Matthew Martynyszyn | Open | 180 | 53.05 | WM | British Equipped Championships |
| 10 | Robert Baxter | M4 | 142.5 | 44.23 | NM | British Equipped Bench Press Championships |
| 11 | David Samworth | M2 | 132.5 | 39.64 | EM | British Equipped Championships |
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120kg+ Class Top 20 Male ranked by total

Classic Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-------------------------|-----------|-------|-------|----------|---|
| 1 | Aaron Thompson | Open | 940 | 94.35 | NM | All England |
| 2 | Paul Kirkbride-Richards | Open | 940 | 94.00 | SM | All England |
| 3 | Josh Berriman | U23 | 890 | 98.90 | YNE | Eleiko British Junior Classic Championships |
| 4 | Asif Ahmed | Open | 890 | 92.08 | GL | All England |
| 5 | Joshua Ngoka | U23 | 882.5 | 96.09 | GL | BUCS British University Championships |
| 6 | Tomos Atkinson | U23 | 772.5 | 81.30 | WAL | Eleiko British Junior Classic Championships |
| 7 | Nathan Britton | U23 | 772.5 | 78.70 | YNE | Eleiko British Junior Classic Championships |
| 8 | Paul Doherty | M1 | 760 | 84.66 | EM | British Masters Classic Championships |
| 9 | Paul Walker | M1 | 752.5 | 82.36 | SCO | Scottish Masters Championships |
| 10 | Archie Cleverley | U23 | 735 | 72.62 | EM | All England |
| 11 | Louis Parry | U23 | 730 | 82.17 | SW | Eleiko British Junior Classic Championships |
| 12 | Conor Dougen | Open | 705 | 76.21 | YNE | BUCS British University Championships |
| 13 | Bilal Malik | U23 | 697.5 | 72.82 | YNE | Eleiko British Junior Classic Championships |
| 14 | Darren Scarfe | M2 | 690 | 71.61 | YNE | All England |
| 15 | Ricky Mullan | M2 | 689 | 75.52 | NI | British Masters Classic Championships |
| 16 | Max Tymczynszyn | Open | 685 | 78.45 | NW | BUCS British University Championships |
| 17 | Ron Kane | M1 | 675 | 73.77 | SCO | Scottish Masters Championships |
| 18 | James Benali | U23 | 670 | 72.73 | SW | BUCS British University Championships |
| 19 | Oliver Hutchinson | Open | 660 | 72.53 | YNE | BUCS British University Championships |
| 20 | David Lock | M2 | 660 | 72.34 | YNE | British Masters Classic Championships |

Equipped Powerlifting Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|---------------------|-----------|-------|-------|----------|-------------------------------------|
| 1 | Jordan Bollard | Open | 997.5 | 89.19 | SM | EPF European Equipped Championships |
| 2 | Dean Bowring | M2 | 865 | 82.28 | SM | British Equipped Championships |
| 3 | Matthew Martynyszyn | Open | 750 | 70.75 | WM | All England |
| 4 | Philip Frost | M3 | 657.5 | 61.40 | YNE | British Equipped Championships |
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Classic Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|-------------------------|-----------|-------|-------|----------|---|
| 1 | Ben Gibson | Open | 227.5 | 83.17 | YNE | British Classic Bench Press Championships |
| 2 | Paul Kirkbride-Richards | Open | 225 | 82.11 | SM | All England |
| 3 | Nathan Britton | U23 | 220 | 81.15 | YNE | IPF World Bench Press Championships |
| 4 | Aaron Thompson | Open | 217.5 | 79.66 | NM | All England |
| 5 | Ryan Phillips-Martin | Open | 215 | 82.87 | WM | British Classic Bench Press Championships |
| 6 | Joshua Ngoka | U23 | 202.5 | 80.15 | GL | BUCS British University Championships |
| 7 | Benjamin Rant | Open | 200 | 79.78 | SE | English Bench Press |
| 8 | Asif Ahmed | Open | 200 | 75.38 | GL | All England |
| 9 | Josh Berriman | U23 | 190 | 76.70 | YNE | Eleiko British Junior Classic Championships |
| 10 | Xan Moody-Stuart | M2 | 182.5 | 70.91 | SE | British Classic Bench Press Championships |
| 11 | David Coyle | M1 | 180 | 73.33 | YNE | English Bench Press |
| 12 | Paul Walker | M1 | 180 | 71.60 | SCO | Scottish Masters Championships |
| 13 | Conor Dougen | Open | 180 | 70.75 | YNE | BUCS British University Championships |
| 14 | Ashleigh Duffin | Open | 180 | 69.73 | SE | British Classic Bench Press Championships |
| 15 | Darren Scarfe | M2 | 175 | 66.15 | YNE | All England |
| 16 | Scott Squire | M2 | 175 | 63.56 | NW | British Classic Bench Press Championships |
| 17 | Archie Cleverley | U23 | 175 | 63.42 | EM | Eleiko British Junior Classic Championships |
| 18 | Archie Cleverley | U23 | 172.5 | 62.25 | EM | All England |
| 19 | Louis Parry | U23 | 170 | 69.49 | SW | Eleiko British Junior Classic Championships |
| 20 | Rhys Davies | U23 | 170 | 69.04 | WAL | British Classic Bench Press Championships |

Equipped Bench Total

| | Name | Age Class | Total | IPF | Division | Competition |
|----|---------------------|-----------|-------|-------|----------|--|
| 1 | Keelum Walton | Open | 345 | 98.89 | SM | Arnold Classic UK |
| 2 | Jordan Bollard | Open | 287.5 | 79.35 | SM | EPF European Equipped Championships |
| 3 | Darren Ball | M2 | 252.5 | 74.01 | SE | IPF World Bench Press Championships |
| 4 | Craig Coggle | Open | 250 | 68.92 | SE | IPF World Bench Press Championships |
| 5 | Phillip Frost | M3 | 237.5 | 67.36 | YNE | IPF World Bench Press Championships |
| 6 | Dean Bowring | M2 | 235.0 | 68.16 | SM | British Equipped Championships |
| 7 | Josh Jones | Open | 230.0 | 63.12 | WAL | British Equipped Bench Press Championships |
| 8 | James Brincat-Smith | M1 | 220 | 58.98 | NM | IPF World Bench Press Championships |
| 9 | Rhys Davies | U23 | 212.5 | 60.20 | WAL | IPF World Bench Press Championships |
| 10 | Matthew Martynyszyn | Open | 180 | 51.83 | WM | All England |
| 11 | Joe Spring | U23 | 160 | 43.67 | EM | British Equipped Bench Press Championships |
| 12 | Andrew Priddle | M1 | 147.5 | 40.37 | EM | English Bench Press |
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