



Top 20 Male ranked by IPF points

Classic Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Ade Omisakin	Open	83	119.37	NW	EPF Western European Championships
2 Jurins Kengamu	Open	83	117.22	GL	IPF World Classic Championships
3 Christian Ayandokun	Open	93	115.05	EM	SBD British Open Classic
4 Abdul Majeed Sulayman	Open	120	112.77	YNE	Arnold Classic UK
5 Maxwell Gyamfi	Open	93	112.36	YNE	IPF World Classic Championships
6 Manson Adagu	U23	83	111.12	SW	IPF World Junior Classic Championships
7 Tony Cliffe	M1	120	110.80	NW	SBD British Open Classic
8 Nathaniel Massiah	U23	93	110.73	GL	IPF World Junior Classic Championships
9 William Pickering	Open	93	110.24	GL	SBD British Open Classic
10 Nonso Chinye	U23	120	109.72	GL	IPF World Junior Classic Championships
11 Sanchez Dillon	Open	105	109.35	WM	SBD British Open Classic
12 Tyri Miller	Open	83	109.34	WM	SBD British Open Classic
13 Matthew Pond	U23	83	107.96	NW	Eleiko British Junior Classic Championships
14 Ben Pape	Open	105	107.87	EM	EPF European Open Classic Championships
15 Samuel Watt	M2	105	107.70	YNE	All England
16 Owen Hubbard	Open	83	107.56	WAL	EPF European Open Classic Championships
17 Inderraj Dhillon	Open	120	106.95	GL	SBD British Open Classic
18 Saheed Agrebe	Open	83	106.89	SE	EPF Western European Championships
19 Adam Fulat	Open	93	106.33	GL	Arnold Classic UK
20 Joey Awala	Open	93	105.87	NM	SBD British Open Classic

Equipped Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Ray Bowring	U23	120+	100.82	SM	Manchester Open 2024
2 Robert Palmer	M1	93	100.63	GL	Arnold Classic UK
3 Gregory Pearson	U18	83	99.22	YNE	Manchester Open 2024
4 Jack Johnson	Open	105	95.29	SM	IPF World Equipped Championships
5 Matthew Hallett	Open	93	91.13	SM	EPF European Equipped Championships
6 Hugo Duarte	Open	105	89.42	EM	IPF World Equipped Championships
7 Jordan Bollard	Open	120+	89.19	SM	EPF European Equipped Championships
8 Scott Simon	M2	120	87.26	SCO	Home Nations Championships
9 Jack Barber	Open	120	83.42	SM	IPF World Equipped Championships
10 George Seeger	Open	105	83.01	NW	British Equipped Championships
11 Dean Bowring	M2	120+	82.28	SM	British Equipped Championships
12 Matt Watson	Open	105	81.85	SM	British Equipped Championships
13 Thomas Morgan	Open	93	81.18	WAL	Manchester Open 2024
14 Thomas Shaw	Open	105	80.67	NM	Manchester Open 2024
15 Aftab Uddin	Open	66	79.62	GL	British Equipped Championships
16 Shaun Haynes	M2	83	78.86	NM	British Equipped Championships
17 James Taylor	Open	93	78.53	SM	All England
18 Felix Vallejo-Ruiz	Open	93	78.30	SCO	EPF Western European Championships
19 Bernard McGurk	M2	74	78.23	SCO	EPF European Masters Equipped Championships
20 Jasvinder Singh Cheema	M2	83	77.68	WM	British Equipped Championships

Classic Bench IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Tony Cliffe	M1	120	104.49	NW	SBD British Open Classic
2 Matthew Pond	U23	83	103.79	NW	Eleiko British Junior Classic Championships
3 Maxwell Gyamfi	Open	93	103.35	YNE	IPF World Classic Championships
4 Owen Hubbard	Open	83	101.84	W	SBD British Open Classic
5 Jack Taylor	U23	93	100.22	NM	Euro Muscle Show
6 Ashley Liston	Open	105	99.96	WM	EPF European Bench Press Championships
7 Cejai Lindsay	Open	105	98.91	GL	SBD British Open Classic
8 Lucas Stolle	Open	83	98.87	WM	British Classic Bench Press Championships
9 Alexander Jackson	Open	120	98.66	SE	SBD British Open Classic
10 Anujan Srikantha	Open	83	98.62	GL	British Classic Bench Press Championships
11 Christian Ayandokun	Open	93	98.55	EM	SBD British Open Classic
12 Lee Harris	Open	74	97.96	WM	SBD British Open Classic
13 Ade Omisakin	Open	83	96.84	NW	EPF Western European Championships
14 Harrison Sparks	Open	93	96.38	NM	British Classic Bench Press Championships
15 Abdul Sulayman	Open	120	96.00	YNE	Arnold Classic UK
16 Manson Adagu	U23	83	94.63	SW	EPF European Junior Classic Championships
17 Scott Simon	M2	120	94.26	SCO	EPF European Bench Press Championships
18 Jack Hopkins	U23	105	93.65	SW	IPF World Junior Classic Championships
19 Tom Field	U23	83	93.62	SM	EPF European Bench Press Championships
20 Olayemi Ajose-Adeogun	Open	105	93.61	GL	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 Michael Gibson	Open	105	88.57	NI	NI Bench Press Championships
3 Andy Champ	M1	105	88.45	EM	EPF European Bench Press Championships
4 Mathew Hallett	Open	93	88.15	SM	IPF World Equipped Championships
5 Robert Palmer	M1	93	86.77	GL	Arnold Classic UK
6 Ray Bowring	U23	120+	84.18	SM	Manchester Open 2024
7 Alex Fodor	Open	74	84.07	NM	IPF World Bench Press Championships
8 Scott Simon	M2	120	83.42	SCO	IPF World Equipped Championships
9 Aaron Gideon	M1	66	82.37	SE	British Powerlifting Grand Prix
10 Adam McAlpine	Junior	93	80.96	NI	NI Bench Press Championships
11 Gregory Pearson	U18	83	80.52	YNE	Manchester Open 2024
12 Max Wadsworth	U23	93	79.79	EM	British Equipped Bench Press Championships
13 Jordan Bollard	Open	120+	79.35	SM	EPF European Equipped Championships
14 Joe Shaw	Open	120	78.97	NM	English Bench Press
15 Jack Johnson	Open	105	76.26	SM	IPF World Equipped Championships
16 Darren Ball	M2	120+	74.32	SE	EPF European Bench Press Championships
17 James Taylor	Open	93	73.81	SM	All England
18 Craig Coggle	Open	120+	73.03	SE	British Powerlifting Grand Prix
19 Adrian Smith	Open	105	73.00	SE	British Powerlifting Grand Prix
20 Hugo Duarte	Open	105	72.00	EM	EPF European 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	Alfie Bonsell	U18	525.5	87.26	NM	EPF European Junior Classic Championships
3	Lahiru Suren	Open	522.5	87.26	EM	All England
4	Gibson Goze	Open	495	81.91	GL	SBD British Open Classic
5	Mike Baloro	Open	492.5	81.87	GL	SBD British Open Classic
6	Kurt Alibusa	U23	490	81.30	EM	SBD British Open Classic
7	Bailey James	U23	475	79.47	GL	Eleiko British Junior Classic Championships
8	Charlie Woods	U23	467.5	78.29	SE	Eleiko British Junior Classic Championships
9	Matt Chan	Open	465	77.33	SW	IPF FISU University Championships
10	William Walker	U23	455	75.57	SCO	BUCS British University Championships
11	Josh Loke	U18	440	73.28	NM	Eleiko British Sub Junior Classic Championships
12	Leonard Lai	U23	430	75.22	GL	BUCS British University Championships
13	Dakota Bessent	U16	430	71.61	SW	All England
14	Sagnik Chatterjee	U18	427.5	70.74	GL	Eleiko British Sub Junior Classic Championships
15	Shaun Bateman	M2	425	70.84	SW	IPF World Masters Classic Championships
16	Sawyer Preston	U18	412.5	68.38	EM	Eleiko British Sub Junior Classic Championships
17	Yashnit Arora	U23	410	69.31	SE	BUCS British University Championships
18	Matthew Topping	U23	400	66.95	NI	CPF Commonwealth Classic Championships
19	Jake Scott	U16	400	66.49	SE	Eleiko British Sub Junior Classic Championships
20	Henry Chay	M3	392.5	65.43	NW	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
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Lahiru Suren	Open	135	82.40	EM	SBD British Open Classic
2	Adam Alderman	M1	132.5	82.82	EM	British Classic Bench Press Championships
3	Kurt Alibusa	U23	122.5	74.13	EM	SBD British Open Classic
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	115	69.86	GL	EPF European Bench Press Championships
7	Alfie Bonsell	U18	115	69.64	NM	EPF European Junior Classic Championships
8	Charlie Woods	U23	112.5	68.47	SE	British Classic Bench Press 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	105	67.32	SW	CPF Commonwealth Classic Championships
13	Mike Baloro	Open	105	63.66	GL	SBD British Open Classic
14	Shaun Bateman	M2	100	60.80	SW	IPF World Masters Classic Championships
15	Matt Chan	Open	97.5	59.14	SW	IPF FISU University Championships
16	Sawyer Preston	U18	97.5	58.94	EM	Eleiko British Sub Junior Classic Championships
17	Daniel Lynch	U18	95	58.79	NI	NI Bench Press Championships
18	Yashnit Arora	U23	95	58.61	SE	BUCS British University Championships
19	Sagnik Chatterjee	U18	92.5	55.82	GL	Eleiko British Sub Junior Classic Championships
20	Matthew Topping	U23	85	51.91	NI	CPF Commonwealth Classic Championships

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Daniel McGauley (SOI)	Open	95	48.79	EM	EPF European Bench Press Championships
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

66kg Class Top 20 Male ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Kibria Ali	Open	651	101.48	WM	SBD British Open Classic
2	Joseph Diva	Open	650.5	101.40	GL	SBD British Open Classic
3	Benedict Grant	U23	638.5	99.93	SW	Eleiko British Junior Classic Championships
4	Joshua Cheung	U23	621	96.96	SCO	Eleiko British Junior Classic Championships
5	Conor Eede	Open	617.5	96.96	SE	SBD British Open Classic
6	Ishtyaq Nabi	Open	607.5	96.58	EM	SBD British Open Classic
7	Renzo Binas	U23	596.5	92.98	SW	Eleiko British Junior Classic Championships
8	Dorje Weston	U18	596	93.45	WM	EPF European Junior Classic Championships
9	Tsz King Wan	Open	592.5	92.36	WM	SBD British Open Classic
10	Phenyo Bothhoko	Open	590	92.12	NW	SBD British Open Classic
11	Emmanuel Antwi	Open	587.5	92.86	SE	SBD British Open Classic
12	Aftab Uddin	Open	587.5	91.66	GL	Manchester Open 2024
13	Matt Smith	Open	577.5	90.68	WM	SBD British Open Classic
14	Jacob Downes	Open	575	90.07	WAL	SBD British Open Classic
15	Javin Jeetoo	U23	560	87.93	SW	Eleiko British Junior Classic Championships
16	John Anderson	U23	557.5	86.91	YNE	Eleiko British Junior Classic Championships
17	Faiad Sharif	U23	552.5	86.90	SW	BUCS British University Championships
18	Santosh Guru	U23	552.5	86.47	EM	BUCS British University Championships
19	Paul Mavromoustakis	U23	550	86.08	NM	BUCS British University Championships
20	Probir Debnath	Open	547.5	86.25	GL	SBD British Open Classic

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
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Joseph Diva	Open	160.5	91.04	GL	SBD British Open Classic
2	Edward Kimber	U23	160.0	90.98	SW	IPF World Bench Press Championships
3	Pascal Skannavis	U23	157	89.80	YNE	BUCS British University Championships
4	Dorje Weston	U18	155	88.45	WM	EPF European Junior Classic Championships
5	Martin Nguyen	U23	155	87.99	SW	British Classic Bench Press Championships
6	Ishtyaq Nabi	Open	150	86.83	EM	SBD British Open Classic
7	Daniel Casper Thomas	Open	147.5	83.80	GL	British Classic Bench Press Championships
8	Joshua Cheung	U23	146	82.95	SCO	Eleiko British Junior Classic Championships
9	Javin Jeetoo	U23	145	82.86	SW	Eleiko British Junior Classic Championships
10	Emmanuel Antwi	Open	142.5	81.99	SE	SBD British Open Classic
11	Juan Paolo Del Rosario	Open	142.5	81.37	SM	British Classic Bench Press Championships
12	Benedict Grant	U23	142.5	81.03	SW	IPF World Junior Classic Championships
13	Jeriel Ho	Open	140	80.01	GL	SBD British Open Classic
14	Gaston Nassief	U23	135	76.76	NM	BUCS British University Championships
15	Samuel Yirgalam	U23	132.5	75.59	SM	BUCS British University Championships
16	Jacob Downes	Open	132.5	75.53	WAL	SBD British Open Classic
17	Tsz King Wan	Open	132.5	75.15	WM	SBD British Open Classic
18	Tom Dalziel	U23	130	74.23	SCO	Scottish Junior Championships
19	Probir Debnath	Open	127.5	73.11	GL	SBD British Open Classic
20	Conor Eede	Open	127.5	72.86	SE	SBD British Open Classic

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Aaron Gideon	M1	185	82.37	SE	British Powerlifting Grand Prix
2	William Murray	M1	142.5	62.42	SCO	British Equipped Championships
3	Aftab Uddin	Open	130	56.67	GL	British Equipped Championships
4	Nathan Williams	U23	120	53.52	WAL	IPF World Bench Press Championships
5	Bernard McGurk	M2	120	52.19	SCO	IPF World Equipped Championships
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

74kg Class Top 20 Male ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Sam Dew	Open	712.5	104.60	SW	SBD British Open Classic
2	Krishan Mistry	Open	707.5	105.06	SE	SBD British Open Classic
3	Ayooluwatofunmi Apampa	U23	707.5	104.01	NW	SBD British Open Classic
4	Dylan Nelson	Open	707.5	103.87	YNE	SBD British Open Classic
5	Brandon Teh	Open	688.5	102.68	EM	BUCS British University Championships
6	Christopher Wong	Open	685	101.06	SCO	SBD British Open Classic
7	Jac Lewis	Open	685	100.99	NW	SBD British Open Classic
8	Ivan Dela Cruz	U23	670	98.36	WM	Eleiko British Junior Classic Championships
9	Nathan McDowell	U23	668.5	98.28	EM	Eleiko British Junior Classic Championships
10	Tofe Ayooluwatofunmi Apampa	U23	665	97.70	NW	Eleiko British Junior Classic Championships
11	David White	M1	662.5	97.74	SM	British Masters Classic Championships
12	Ryan Yarnell	U23	660	96.96	EM	SBD British Open Classic
13	Euan Curran	U23	660	96.89	SCO	Eleiko British Junior Classic Championships
14	Shanu Padala	U23	655	97.12	YNE	Eleiko British Junior Classic Championships
15	Minh Triet (Justin) Iturregui Luu	U23	655	96.43	GL	Eleiko British Junior Classic Championships
16	Ping Hao Ng	U23	652.5	96.27	SW	BUCS British University Championships
17	Oliver Perkins	U23	650	96.17	SE	Manchester Open 2024
18	Ethan Satish	U23	645	95.16	GL	All England
19	Alexander Espin	Open	645	94.89	GL	SBD British Open Classic
20	Lucas Silva	U23	645	94.83	SW	BUCS British University 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	615	76.65	NW	IPF World Junior 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
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Lee Harris	Open	182.5	97.96	WM	SBD British Open Classic
2	Andrew Ward	Open	175	93.46	WM	IPF World Bench Press Championships
3	Sam Dew	Open	172.5	92.19	SW	All England
4	Scott Walton	U23	170	90.73	NM	SBD British Open Classic
5	Krishan Mistry	Open	167.5	90.37	SE	SBD British Open Classic
6	Ayooluwatofunmi Apampa	U23	167.5	89.46	NW	SBD British Open Classic
7	Edward Kimber	U23	165.5	90.78	SCO	Scottish University Championships
8	Daniel Mills	Open	165	89.62	NM	SBD British Open Classic
9	Jac Lewis	Open	165	88.38	NW	SBD British Open Classic
10	Ammar Nassier	Open	165	88.18	NW	British Classic Bench Press Championships
11	Dylan Nelson	Open	165	87.99	YNE	SBD British Open Classic
12	Joshua Yang	U23	162.5	86.85	GL	BUCS British University Championships
13	KiHo Lee	Open	162.5	86.79	NW	Manchester Open 2024
14	Tofe Ayooluwatofunmi Apampa	U23	160	85.39	NW	Eleiko British Junior Classic Championships
15	Dan Mills	Open	157.5	85.10	NM	British Classic Bench Press Championships
16	Minh Triet (Justin) Iturregui Luu	U23	157.5	84.24	GL	Eleiko British Junior Classic Championships
17	Samuel Kaye	U23	155	84.57	GL	Eleiko British Junior Classic Championships
18	Brandon Teh	Open	155	84.00	EM	BUCS British University Championships
19	Joe Kelsey	U23	155	82.66	YNE	Eleiko British Junior Classic Championships
20	Steven Day	Open	152.5	81.33	YNE	SBD British Open Classic

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	150	58.86	NW	IPF World Junior Equipped Championships
3	Bernard McGurk	M2	135	52.99	SCO	EPF European Masters Equipped Championships
4	Nash Hunter	M1	127.5	50.58	SM	EPF European Bench Press Championships
5	Kevin Fletcher	M1	127.5	50.18	NM	British Equipped Championships
6	Allen Ottolangui	M3	120	46.89	EM	British Equipped Championships
7	Eden Scantlebury-Watson	U18	107.5	42.67	NW	Manchester Open 2024
8	Stan Macrow	M4	85	36.37	WM	British Equipped Championships
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

83kg Class Top 20 Male ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ade Omisakin	Open	861	119.37	NW	EPF Western European Championships
2	Jurins Kengamu	Open	845	117.22	GL	IPF World Classic Championships
3	Manson Adagu	U23	802.5	111.12	SW	IPF World Junior Classic Championships
4	Tyri Miller	Open	787.5	109.34	WM	SBD British Open Classic
5	Matthew Pond	U23	777.5	107.96	NW	Eleiko British Junior Classic Championships
6	Owen Hubbard	Open	775	107.56	WAL	EPF European Open Classic Championships
7	Saheed Agrebe	Open	770.5	106.89	SE	EPF Western European Championships
8	Peter Young	U23	750	104.14	SCO	Scottish Junior Championships
9	Joey Awala	U23	745	103.38	NM	Eleiko British Junior Classic Championships
10	Antoine Darmon	Open	742.5	102.84	GL	CPF Commonwealth Classic Championships
11	Darius Kwong	Open	740	102.69	GL	SBD British Open Classic
12	Lucas Williams	U23	728.5	101.28	WAL	CPF Commonwealth Classic Championships
13	Lucas Stolle	Open	727.5	102.02	WM	BUCS British University Championships
14	Hao Zhi Guo (Max Guo)	Open	725	100.70	YNE	IPF FISU University Championships
15	Luke Paranal	Open	720	99.67	EM	SBD British Open Classic
16	Chinedum Okolo	U23	717.5	99.64	EM	IPF FISU University Championships
17	Harry Sugden	U23	702.5	97.96	YNE	SBD British Open Classic
18	Patrick Burgess	Open	702.5	97.78	SW	SBD British Open Classic
19	Dominic Grey	U18	690	97.91	SE	IPF World Junior Classic Championships
20	Tom Beall	Open	685	95.70	SM	SBD British Open Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Gregory Pearson	U18	840	99.22	YNE	Manchester Open 2024
2	Shaun Haynes	M2	680	78.86	NM	British Equipped Championships
3	Jasvinder Singh Cheema	M2	665	77.68	WM	British Equipped Championships
4	Oskar Wencel	U18	635	73.65	WM	EPF European Equipped Championships
5	Grant Sugarman	M3	570	66.80	EM	EPF European Masters Equipped Championships
6	Doug D'Gama	M3	567.5	65.67	EM	British Equipped Championships
7	Jim Wands	M2	557.5	64.75	SCO	British Equipped Championships
8	Bolla Mahima-Singh	M4	410	47.93	NM	EPF European Masters Equipped Championships
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

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	202.5	101.84	W	SBD British Open Classic
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	Ade Omisakin	Open	192.5	96.84	NW	EPF Western European Championships
6	Manson Adagu	U23	187.5	94.63	SW	EPF European Junior Classic Championships
7	Tom Field	U23	185	93.62	SM	EPF European Bench Press Championships
8	Jurins Kengamu	Open	185	93.13	GL	IPF World Classic Championships
9	Christopher Teague	Open	182.5	91.73	WM	Manchester Open 2024
10	Darius Kwong	Open	180	90.64	GL	SBD British Open Classic
11	Sunil Chahal	Open	175	89.41	WM	British Classic Bench Press Championships
12	Barrie Tavener	M2	175	88.20	EM	IPF World Bench Press Championships
13	Hao Zhi Guo (Max Guo)	Open	172.5	86.95	YNE	IPF FISU University Championships
14	Christopher La	Open	170	85.87	GL	SBD British Open Classic
15	Fred Martin	U23	170	85.76	NM	EPF European Bench Press Championships
16	Tyri Miller	Open	170	85.65	WM	SBD British Open Classic
17	Chris Gallagher	Open	170	85.44	EM	SBD British Open Classic
18	Peter Young	U23	168	84.65	SCO	Scottish Junior Championships
19	Jaideep Wasu	Open	167.5	84.95	GL	IPF World Bench Press Championships
20	Josh Woods	Open	167.5	84.50	SE	British Classic Bench Press Championships

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Gregory Pearson	U18	220	80.52	YNE	Manchester Open 2024
2	Alex Fodor	Open	195	74.09	NM	Arnold Classic UK
3	Jasvinder Singh Cheema	M2	190	68.59	WM	British Equipped Championships
4	Shaun Haynes	M2	187.5	67.09	NM	British Equipped Championships
5	Jim Wands	M2	152.5	54.66	SCO	British Equipped Championships
6	Oskar Wencel	U18	145	51.89	WM	EPF European Equipped Championships
7	Kevin Fletcher	M1	137.5	50.92	NM	British Powerlifting Grand Prix
8	Doug D'Gama	M3	132.5	47.28	EM	British Equipped Championships
9	Grant Sugarman	M3	127.5	46.21	EM	EPF European Masters Equipped Championships
10	Bolla Mahima-Singh	M4	80	28.91	NM	EPF European Masters Equipped Championships
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

93kg Class Top 20 Male ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Christian Ayandokun	Open	878.5	115.05	EM	SBD British Open Classic
2	Maxwell Gyamfi	Open	857.5	112.36	YNE	IPF World Classic Championships
3	Nathaniel Massiah	U23	845.5	110.73	GL	IPF World Junior Classic Championships
4	William Pickering	Open	840	110.24	GL	SBD British Open Classic
5	Adam Fulat	Open	812.5	106.33	GL	Arnold Classic UK
6	Joey Awala	Open	805	105.87	NM	SBD British Open Classic
7	Nathan Gevao	Open	802.5	105.03	SW	EPF European Open Classic Championships
8	James Adcock	Open	800	104.96	SE	EPF Western European Championships
9	Jonathan Lewis	U23	793	104.00	SE	Euro Muscle Show
10	Andrew Masangano	Open	778.5	104.07	EM	SBD British Open Classic
11	Harrison Sparks	Open	772.5	101.33	NM	Manchester Open 2024
12	Demi Fatona	Open	770	101.92	SE	SBD British Open Classic
13	Cyrus Khine	Open	767.5	101.15	GL	All England
14	Hamza Bham	Open	767.5	100.83	YNE	SBD British Open Classic
15	Thomas Knapp	Open	767.5	100.41	NM	All England
16	Thomas Skillicorn	U23	762.5	100.55	IOM	SBD British Open Classic
17	Shubang Nagalotimath	U23	760	101.20	EM	SBD British Open Classic
18	Emmanuel Olatunji	Open	757.5	99.25	GL	SBD British Open Classic
19	Jay Batten	Open	755	98.93	SW	SBD British Open Classic
20	Tobias Rogers	Open	750	98.37	WM	SBD British Open Classic

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	Thomas Morgan	Open	740	81.18	WAL	Manchester Open 2024
5	Felix Vallejo-Ruiz	Open	720	78.30	SCO	EPF Western European Championships
6	James Taylor	Open	715	78.53	SM	All England
7	Angus Gardner	Open	690	74.96	SE	British Equipped Championships
8	David Carter	M3	648	70.51	YNE	British Equipped Championships
9	Kevin Jane	M4	592.5	64.41	EM	EPF European Masters Equipped Championships
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Maxwell Gyamfi	Open	217.5	103.35	YNE	IPF World Classic Championships
2	Jack Taylor	U23	210	100.22	NM	Euro Muscle Show
3	Christian Ayandokun	Open	207.5	98.55	EM	SBD British Open Classic
4	Harrison Sparks	Open	202.5	96.38	NM	British Classic Bench Press Championships
5	Adam Fulat	U23	195	92.56	GL	SBD British Open Classic
6	Thomas Knapp	Open	195	92.52	NM	All England
7	Declan Powell	Open	192.5	92.41	GL	SBD British Open Classic
8	Nathaniel Massiah	U23	192.5	91.43	GL	IPF World Junior Classic Championships
9	Michael Ampofo - Anti	U23	187.5	89.77	GL	Eleiko British Junior Classic Championships
10	Joey Awala	Open	187.5	89.43	NM	SBD British Open Classic
11	Theo Goff	U23	185.5	88.36	SW	CPF Commonwealth Classic Championships
12	William Pickering	Open	185	88.05	GL	SBD British Open Classic
13	Nathan Gevao	Open	185	87.81	SW	EPF European Open Classic Championships
14	Sheridan Wray	M2	185	85.51	YNE	EPF European Bench Press Championships
15	Aidan Wood	U23	183	87.33	SCO	Scottish Classic Championships
16	Andrew Masangano	Open	182.5	88.49	EM	SBD British Open Classic
17	Jamie Cadogan	Open	182.5	88.39	WAL	British Classic Bench Press Championships
18	Adam Madelin	Open	182.5	87.42	WM	British Classic Bench Press Championships
19	James Adcock	Open	182.5	86.77	SE	SBD British Open Classic
20	Demi Fatona	Open	180	86.41	SE	SBD British Open Classic

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Mathew Hallett	Open	265	88.15	SM	IPF World Equipped Championships
2	Robert Palmer	M1	252.5	86.77	GL	Arnold Classic UK
3	Adam McAlpine	Junior	240.5	80.96	NI	NI Bench Press Championships
4	Max Wadsworth	U23	240	79.79	EM	British Equipped Bench Press Championships
5	James Taylor	Open	220	73.81	SM	All England
6	Gregory Pearson	U18	212.5	75.57	YNE	All England
7	Thomas Morgan	Open	205	68.69	WAL	Manchester Open 2024
8	David Campos	Open	200	66.97	France	Manchester Open 2024
9	Angus Gardner	Open	200	66.43	SE	IPF World Bench Press Championships
10	Andrew Cudd	M1	185	63.20	GL	IPF World Bench Press Championships
11	Andy Cudd	M1	180	61.79	GL	EPF European Bench Press Championships
12	Ruben Marcelino	Open	165	54.82	NI	NI Bench Press Championships
13	Felix Vallejo-Ruiz	Open	160	53.09	SCO	EPF Western European Championships
14	Kevin Jane	M4	147.5	48.97	EM	British Equipped Championships
15	David Carter	M3	137.5	45.65	YNE	British Equipped Championships
16	Michael Ellender	M4	120	40.21	SE	British Equipped Bench Press Championships
17	Ashley Priddle	U18	90	30.24	EM	English Bench Press
18						
19						
20						

105kg Class Top 20 Male ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sanchez Dillon	Open	882.5	109.35	WM	SBD British Open Classic
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	Christian Ayandokun	Open	865	110.06	EM	Manchester Open 2024
5	Cejai Lindsay	Open	840.5	103.96	GL	SBD British Open Classic
6	Jamie Jonathan Foord	U23	825	102.13	NM	Eleiko British Junior Classic Championships
7	Eric Vermeulen	Open	825	101.99	EM	SBD British Open Classic
8	Ashley Liston	Open	823.5	101.85	WM	SBD British Open Classic
9	Jack Hopkins	U23	822.5	103.51	SW	Eleiko British Junior Classic Championships
10	Peter Mendy	U23	815	101.35	SM	SBD British Open Classic
11	Tom Kenchington	U23	815	100.85	EM	Eleiko British Junior Classic Championships
12	Adedapo Ojewale	Open	812.5	102.59	GL	SBD British Open Classic
13	Jaden Osemwegie	U23	805	101.94	EM	Manchester Open 2024
14	James Laidlaw	Open	805	99.74	SCO	CPF Commonwealth Classic Championships
15	Sam Cook	U23	802.5	100.34	SM	Eleiko British Junior Classic Championships
16	Timi Ogunfowokan	U23	802.5	99.30	NM	Eleiko British Junior Classic Championships
17	Michael Pierides	Open	800	98.90	GL	SBD British Open Classic
18	Olayemi Ajose-Adeogun	Open	795	100.24	GL	SBD British Open Classic
19	Jamie Laidlaw	Open	792.5	98.42	SCO	SBD British Open Classic
20	Earlando Grant-Favourite	Open	790	99.61	GL	SBD British Open Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Jack Johnson	Open	930	95.29	SM	IPF World Equipped Championships
2	Hugo Duarte	Open	870	89.42	EM	IPF World Equipped Championships
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	760	80.67	NM	Manchester Open 2024
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
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ashley Liston	Open	222.5	99.96	WM	EPF European Bench Press Championships
2	Cejai Lindsay	Open	220.5	98.91	GL	SBD British Open Classic
3	Christian Ayandokun	Open	210	96.90	EM	Manchester Open 2024
4	Anthony McLeggan	M1	207.5	93.24	NI	NI Bench Press Championships
5	Jack Hopkins	U23	205	93.65	SW	IPF World Junior Classic Championships
6	Olayemi Ajose-Adeogun	Open	205	93.61	GL	All England
7	Ashley Watson	Open	205	92.04	EM	English Bench Press
8	Andy Rigby	M3	200	89.63	NW	IPF World Bench Press Championships
9	Theo Bennett	U18	197.5	90.10	SCO	EPF European Junior Classic Championships
10	Ben Savage	Open	195	88.30	NI	CPF Commonwealth Classic Championships
11	Wesley Mcguinness	Open	195	88.02	SW	British Classic Bench Press Championships
12	Andrew Wallace	U23	195	87.93	SCO	IPF FISU University Championships
13	Josh Roberts	Open	195	87.55	SW	SBD British Open Classic
14	Kirill Sakharov	U23	195	87.51	GL	IPF World Bench Press Championships
15	Ben Pape	Open	195	87.43	EM	EPF European Open Classic Championships
16	Thomas Kenchington	U23	192.5	86.39	EM	Eleiko British Junior Classic Championships
17	Michael Pierides	Open	192.5	86.31	GL	SBD British Open Classic
18	Omar Abdelmajeed	U23	191	86.10	GL	BUCS British University Championships
19	Josh Smith	U23	190.5	85.68	SM	BUCS British University Championships
20	Jamie Jonathan Foord	U23	190	85.30	NM	Eleiko British Junior Classic Championships

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Michael Gibson	Open	285	88.57	NI	NI Bench Press Championships
2	Andy Champ	M1	282.5	88.45	EM	EPF European Bench Press Championships
3	Robert Palmer	M1	255	83.53	GL	British Powerlifting Grand Prix
4	Jack Johnson	Open	245	76.26	SM	IPF World Equipped Championships
5	Adrian Smith	Open	235	73.00	SE	British Powerlifting Grand Prix
6	Hugo Duarte	Open	230	72.00	EM	EPF European Equipped Championships
7	Andy Rigby	M3	227.5	70.72	NW	IPF World Bench Press Championships
8	Matt Watson	Open	225	71.80	SM	British Equipped Championships
9	Thomas Shaw	Open	210	67.15	NM	All England
10	George Seeger	Open	200	62.27	NW	British Equipped Championships
11	Simon Beer	Open	190	59.51	NW	British Equipped Bench Press Championships
12	James Mutrie	M3	172.5	54.49	SCO	EPF European Masters Equipped Championships
13	Hector Willcocks	U18	160	49.90	SM	IPF World Junior Equipped Championships
14	Jaswinder Singh	M3	155	48.92	WM	British Equipped Championships
15	Adam Nolan	Open	145	45.48	EM	British Powerlifting Grand Prix
16	Josh Bell	Open	125	40.45	NI	NI Bench Press Championships
17						
18						
19						
20						

120kg Class Top 20 Male ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Tony Cliffe	M1	952.5	110.80	NW	SBD British Open Classic
2	Nonso Chinye	U23	938	109.72	GL	IPF World Junior Classic Championships
3	Abdul Majeed Sulayman	Open	937.5	112.77	YNE	Arnold Classic UK
4	Inderraj Dhillon	Open	920	106.95	GL	SBD British Open Classic
5	Timi Ogunfowokan	U23	872.5	103.19	NM	SBD British Open Classic
6	Baruch Sekenofsky	Open	868.5	101.39	GL	EPF Western European Championships
7	Lewis Kelly	Open	852.5	99.43	SCO	CPF Commonwealth Classic Championships
8	Michael Bruce	Open	850	100.49	NI	CPF Commonwealth Classic Championships
9	Curtis McLaren	Open	847.5	99.58	NW	Manchester Open 2024
10	Alexander Jackson	Open	840	98.22	SE	SBD British Open Classic
11	Marvelous James	Open	827.5	97.53	GL	SBD British Open Classic
12	Josh Pearson	U23	827.5	96.65	NW	EPF European Junior Classic Championships
13	Jamie Jonathan Foord	U23	826	101.76	NM	BUCS British University Championships
14	Sam Nayler	Open	825	97.20	EM	SBD British Open Classic
15	Scott Simon	M2	820	97.32	SCO	IPF World Masters Classic Championships
16	Joseph Walton	Open	812.5	94.69	WAL	CPF Commonwealth Classic Championships
17	Alasdair Wilson	U23	810.5	95.02	SCO	IPF FISU University Championships
18	Finn Wood	U23	800	93.13	NM	SBD British Open Classic
19	Augustine Adeosun	Open	792.5	92.39	GL	SBD British Open Classic
20	Mahin Zafar	Open	787.5	96.09	YNE	SBD British Open Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Scott Simon	M2	890	87.26	SCO	Home Nations Championships
2	Jack Barber	Open	842.5	83.42	SM	IPF World Equipped Championships
3	Joseph Shaw	Open	792.5	77.63	NM	EPF Western European Championships
4	Andy Williams	Open	762.5	74.40	WAL	Home Nations Championships
5	Matthew Martynyszyn	Open	742.5	71.90	WM	British Equipped Championships
6	Brandon Lee	U23	720	70.04	EM	IPF World Junior Equipped Championships
7	David Samworth	M2	577.5	56.84	EM	British Equipped Championships
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Tony Cliffe	M1	247.5	104.49	NW	SBD British Open Classic
2	Alexander Jackson	Open	232.5	98.66	SE	SBD British Open Classic
3	Scott Simon	M2	220.5	94.26	SCO	EPF European Bench Press Championships
4	Abdul Sulayman	Open	220	96.00	YNE	Arnold Classic UK
5	Nonso Chinye	U23	210	89.14	GL	IPF World Junior Classic Championships
6	Andy Rigby	M3	208.5	91.12	NW	CPF Commonwealth Bench Press Championships
7	Trevor Jordan	Open	207.5	88.37	NI	EPF European Bench Press Championships
8	Joseph Watson	Open	205	86.95	NM	IPF World Bench Press Championships
9	Baruch Sekenofsky	Open	202.5	85.79	GL	EPF Western European Championships
10	Lewis Kelly	Open	202.5	85.71	SCO	CPF Commonwealth Classic Championships
11	Alistair Murdoch	M2	200	87.49	GL	British Classic Bench Press Championships
12	Sam Nayler	Open	200	85.50	EM	SBD British Open Classic
13	Ram Patten	M1	200	84.96	SW	British Classic Bench Press Championships
14	Josh Pearson	U23	200	84.77	NW	EPF European Junior Classic Championships
15	Joey Watson	Open	197.5	84.49	NM	English Bench Press
16	Timi Ogunfowokan	U23	195	84.47	NM	EPF European Junior Classic Championships
17	Ryan Dixon	M1	192.5	82.01	SE	British Classic Bench Press Championships
18	Marvelous James	Open	190	81.25	GL	SBD British Open Classic
19	Curtis McLaren	Open	190	81.01	NW	Manchester Open 2024
20	Marc Keys	Open	190	80.36	SCO	SBD British Open Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Keelum Walton	Open	300	88.89	SM	British Powerlifting Grand Prix
2	Scott Simon	M2	280	83.42	SCO	IPF World Equipped Championships
3	Joe Shaw	Open	265	78.97	NM	English Bench Press
4	Darren Ball	M2	240	70.73	SE	English Bench Press
5	Jack Barber	Open	235	70.71	SM	IPF World Equipped Championships
6	Andy Rigby	M3	230	70.66	NW	British Equipped Bench Press Championships
7	Joey Watson	Open	227.5	67.71	NM	English Bench Press
8	Henry Gorecki	Open	225	66.33	SE	British Equipped Bench Press Championships
9	Andy Williams	Open	215	63.75	WAL	British Powerlifting Grand Prix
10	Brandon Lee	U23	212.5	62.89	EM	IPF World Junior Equipped Championships
11	Simon Beer	Open	200	61.61	NW	EPF European Bench Press Championships
12	Matthew Martynyszyn	Open	180	53.05	WM	British Equipped Championships
13	Robert Baxter	M4	142.5	44.23	NM	British Equipped Bench Press Championships
14	David Samworth	M2	132.5	39.64	EM	British Equipped Championships
15						
16						
17						
18						
19						
20						

120kg+ Class Top 20 Male ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ajay Sharma	Open	1001	105.82	WM	SBD British Open Classic
2	Paul Kirkbride-Richards	Open	960	96.03	SM	SBD British Open Classic
3	Aaron Thompson	Open	960	95.93	NM	SBD British Open Classic
4	Joshua Ngoka	U23	930	102.14	GL	IPF World Junior Classic Championships
5	Josh Berriman	U23	910	98.62	YNE	IPF World Junior Classic Championships
6	Asif Ahmed	Open	890	92.08	GL	All England
7	Kierran Leith	Open	885.5	92.75	SCO	Scottish Classic Championships
8	Jason Haskins	Open	867.5	90.32	SW	SBD British Open Classic
9	Lewis McLean	Open	847.5	91.47	SCO	SBD British Open Classic
10	Josh Pearson	U23	835	96.53	NW	Euro Muscle Show
11	Ben Warren	Open	817.5	85.02	WAL	CPF Commonwealth Classic Championships
12	Rick Burgon	Open	805	80.32	WAL	SBD British Open Classic
13	Tomos Atkinson	U23	800	83.92	WAL	SBD British Open Classic
14	Nathan Britton	U23	800	79.65	YNE	SBD British Open Classic
15	Tomos Atkinson	U23	795	83.12	WAL	IPF FISU University Championships
16	Rohan Ewels	U23	790	90.91	SW	IPF FISU University Championships
17	Dominic Schoen	Open	780	88.00	SE	SBD British Open Classic
18	Kyrone Randolph	Open	767.5	85.39	EM	SBD British Open Classic
19	Paul Doherty	M1	760	84.66	EM	British Masters Classic Championships
20	Paul Walker	M1	752.5	82.36	SCO	Scottish Masters Championships

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ray Bowring	U23	1127.5	100.82	SM	Manchester Open 2024
2	Jordan Bollard	Open	997.5	89.19	SM	EPF European Equipped Championships
3	Dean Bowring	M2	865	82.28	SM	British Equipped Championships
4	Matthew Martynyszyn	Open	750	70.75	WM	All England
5	Philip Frost	M3	657.5	61.40	YNE	British Equipped Championships
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ajay Sharma	Open	235	90.41	WM	SBD British Open Classic
2	Ben Gibson	Open	227.5	83.17	YNE	British Classic Bench Press Championships
3	Paul Kirkbride-Richards	Open	227.5	83.06	SM	SBD British Open Classic
4	Nathan Britton	U23	225	81.78	YNE	SBD British Open Classic
5	Ryan Phillips-Martin	Open	222.5	86.73	WM	CPF Commonwealth Bench Press Championships
6	Aaron Thompson	Open	217.5	79.66	NM	All England
7	Joshua Ngoka	U23	215	85.82	GL	IPF World Junior Classic Championships
8	Joseph Watson	Open	210	88.17	NM	EPF European Bench Press Championships
9	Lewis McLean	Open	205	80.45	SCO	SBD British Open Classic
10	Ben Rant	Open	205	79.97	SE	CPF Commonwealth Bench Press Championships
11	Kyrone Randolph	Open	202.5	81.85	EM	SBD British Open Classic
12	Asif Ahmed	Open	200	75.38	GL	All England
13	Josh Berriman	U23	197.5	77.82	YNE	IPF World Junior Classic Championships
14	Jason Haskins	Open	197.5	74.88	SW	SBD British Open Classic
15	Dominic Schoen	Open	190	77.84	SE	SBD British Open Classic
16	Kierran Leith	Open	190	72.46	SCO	Scottish Classic Championships
17	Rohan Ewels	U23	185	77.27	SW	IPF FISU University Championships
18	Paul Walker	M1	182.5	72.69	SCO	IPF World Masters Classic Championships
19	Xan Moody-Stuart	M2	182.5	70.91	SE	British Classic Bench Press Championships
20	Ben Warren	Open	182.5	69.13	WAL	CPF Commonwealth Classic Championships

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Keelum Walton	Open	345	98.89	SM	Arnold Classic UK
2	Ray Bowring	U23	305	84.18	SM	Manchester Open 2024
3	Jordan Bollard	Open	287.5	79.35	SM	EPF European Equipped Championships
4	Craig Coggle	Open	265	73.03	SE	British Powerlifting Grand Prix
5	Darren Ball	M2	255	74.32	SE	EPF European Bench Press Championships
6	Rhys Davies	U23	245.0	69.06	WAL	EPF European Bench Press Championships
7	Graeme Reid	M1	240.0	68.00	SCO	EPF European Bench Press Championships
8	Phillip Frost	M3	237.5	67.36	YNE	IPF World Bench Press Championships
9	Dean Bowring	M2	235	68.16	SM	British Equipped Championships
10	Josh Jones	Open	230	63.12	WAL	British Equipped Bench Press Championships
11	James Brincat-Smith	M1	220	58.98	NM	IPF World Bench Press Championships
12	Matthew Martynyszyn	Open	180	51.83	WM	All England
13	Joe Spring	U23	180	49.17	EM	EPF European Bench Press Championships
14	Ryan Kelly	Open	175	48.23	NI	NI Bench Press Championships
15	Andrew Priddle	M1	147.5	40.37	EM	English Bench Press
16						
17						
18						
19						
20						