

BRITISH EQUIPPED POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

24th - 25th January 2026



Place	Name	Division	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	GL points
FULL POWER WOMEN'S RESULTS																		
SUB-JUNIORS																		
DQ	Marcia Lane	SE	52.3	57	82.5	90	-95	90	-50	-50	-50		-120	120	130	130		
JUNIORS																		
1	Andriani Vourla Nunes	SW	66.9	69	160	-170	175	175	70	75	-80	75	130	142.5	-155	142.5	392.5	68.56
DQ	Stephanie Roderick	SW	130.2	84+	-210	-210	-210		120	130	137.5	137.5	165	177.5	185	185		
OPEN																		
1	Ellie Steel	SM	56.4	57	130	147.5	-160	147.5	125	142.5	-145	142.5	140	147.5	-150	147.5	437.5	84.42
2	Helen Hughes	SM	56.4	57	140	-150	-150	140	100	107.5	115	115	140	150	155	155	410	79.12
3	Emma Stott	NM	56.5	57	105	112.5	120	120	90	-95	-95	90	110	120	-127.5	120	330	63.61
1	Kathryn Hall	SE	62.8	63	200	215	-223	215	117.5	125	132.5	133	150	160	172.5	172.5	520	94.05
2	Lucy Hart	SM	63	63	185	195	200	200	105	110	115	115	145	157.5	162.5	162.5	477.5	86.21
3	Gemma Salter	EM	60.9	63	-145	-150	150	150	80	85	-90	85	140	150	160	160	395	72.72
4	Sophie Newby-Deane	NW	61.6	63	132.5	140	-145	140	87.5	-92.5	92.5	93	-115	120	127.5	127.5	360	65.84
5	Amber Hinchelwood	SE	61.8	63	132.5	142.5	147.5	147.5	70	75	77.5	77.5	110	120	-130	120	345	62.97
6	Karen Fender	SCO	62.4	63	-110	115	122.5	122.5	-57.5	-57.5	57.5	57.5	130	140	147.5	147.5	327.5	59.45
1	Katie Higgins	EM	68.2	69	-190	-190	190	190	100	105	110	110	160	170	180	180	480	83.01
2	Andriani Vourla Nunes	SW	66.9	69	160	-170	175	175	70	75	-80	75	130	142.5	-155	142.5	392.5	68.56
3	Sadie Blake	SM	68.2	69	140	147.5	150	150	62.5	70	-72.5	70	140	147.5	152.5	152.5	372.5	64.42
4	Catherine Burroughs	EM	68.8	69	132.5	142.5	-147.5	142.5	70	72.5	-75	72.5	140	150	152.5	152.5	367.5	63.27
5	Madeline Connolly	YNE	68.8	69	142.5	-151	151	151	85	90	-95	90	125	-137.5	-142.5	125	366	63.01
1	Kimberley Cowell	NW	75.7	76	-200	-205	205	205	150	157.5	162.5	163	180	190	195	195	562.5	92.46
2	Rachel Steedman	YNE	76	76	195	-202.5	202.5	202.5	150	-155	-155	150.0	155	162.5	167.5	167.5	520	85.32
3	Angela Ricciardi	SM	74.5	76	170	185	195	195	107.5	-115	115	115	170	180	-185	180	490	81.14
4	Sara Bradley	NW	74.3	76	-150	-150	150	150	92.5	97.5	-102.5	98	150	157.5	-165	157.5	405	67.15
1	Leanne Richards	NW	83.6	84	-185	192.5	-200	192.5	132.5	140	-145	140.0	175	187.5	200	200	532.5	83.9
2	Rachael Horton	WM	81.4	84	-180	180	-190	180	105	110	-115	110	170	177.5	182.5	182.5	472.5	75.26

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Place	Name	Division	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	GL points
1	Christie Civetta	SM	93.3	84+	190	205	215	215	120	127.5	132.5	133	162.5	-165	-165	162.5	510	77.19
2	Shaunni Clutterbuck	SM	99.2	84+	160	170	180	180	120	-127.5	-127.5	120	130	142.5	-152.5	142.5	442.5	65.67
DQ	Stephanie Roderick	SW	130.2	84+	-210	-210	-210		120	130	137.5	137.5	165	177.5	185	185		
MASTERS 1																		
1	Gemma Salter	EM	60.9	63	-145	-150	150	150	80	85.0	-90.0	85	140.0	150	160	160.0	395	72.72
2	Amber Hinchelwood	SE	61.8	63	133	143	148	148	70	75.0	77.5	78	110.0	120	-130	120.0	345	62.97
1	Sara Bradley	NW	74.3	76	-150	-150	150	150	93	97.5	-102.5	98	150.0	158	-165	157.5	405	67.15
1	Rachael Horton	WM	81.4	84	-180	180	-190	180	105	110.0	-115.0	110	170.0	178	183	182.5	473	75.26
MASTERS 2																		
1	Helen Hughes	SM	56.4	57	140	-150	-150	140	100	107.5	115.0	115	140.0	150	155	155.0	410	79.12
2	Emma Stott	NM	56.5	57	105	113	120	120	90	-95.0	-95.0	90	110.0	120	-128	120.0	330	63.61
1	Karen Fender	SCO	62.4	63	-110	115	123	123	-58	-57.5	57.5	58	130.0	140	148	147.5	328	59.45
1	Catherine Burroughs	EM	68.8	69	133	143	-148	143	70	72.5	-75.0	73	140.0	150	153	152.5	368	63.27
2	Madeline Connolly	YNE	68.8	69	143	-151	151	151	85	90.0	-95.0	90	125.0	-138	-143	125.0	366	63.01
MASTERS 3																		
1	Jenny Hunter	EM	46.8	47	60	65	70	70	45	50.0	52.0	52	85.0	95	100	100.0	222	48.80
1	Rita Shergold	SM	62.4	63	130	-135	-135	130	88	92.5	97.5	98	135.0	143	-145	142.5	370	67.16
1	Yvonne Treharne	SM	67.9	69	113	120	125	125	65	70.0	72.5	73	100.0	110	120	120.0	318	55.03
1	Maureen Gordon	SCO	74.0	76	-135	135	140	140	125	132.5	137.5	138	140.0	150	155	155.0	433	71.84
1	Melissa Wall	SCO	77.7	84	110	-118	118	118	73	77.5	-82.5	78	127.5	138	145	145.0	340	55.24

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Place	Name	Division	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	GL points
FULL POWER MEN'S RESULTS																		
SPECIAL OLYMPICS																		
1	John Maxwell		58.0	59	150	155	166	166	93	100.0	105.0	105	150.0	160	-170	160.0	431	63.52
2	Daniel McGauley		57.6	59	105	110	115	115	-90	90.0	92.5	93	-105.0	110	115	115.0	323	47.84
SUB-JUNIORS																		
1	Oliver Armstrong		81.5	83	-175	175	-178	175	25	-100.0	-100.0	25	65.0	-175	-175	65.0	265	30.93
1	Leon Lillico		89.4	93	175	185	193	193	-100	100.0	-140.0	100	-175.0	175	-195	175.0	468	51.77
DQ	Fabian Costea		95.3	105	-255	260	-265	260	143	-152.5	152.5	153	-275.0	-275	-275			
JUNIORS																		
1	Tom Senior		69.6	74	225	245	260	260	160	170.0	-192.5	170	190.0	203	210	210.0	640	82.61
2	Eden Scantlebury-Watson		69.3	74	210	-218	218	218	100	112.5	117.5	118	200.0	208	215	215.0	550	71.20
1	Oskar Wencel		89.8	93	285	-300	-300	285	165	177.5	-190.0	178	220.0	233	-253	232.5	695	76.78
2	Nickolas Towson		92.7	93	245	258	263	263	163	-170.0	170.0	170	200.0	213	220	220.0	653	70.88
1	Hector Willcocks		104.7	105	245	255	-260	255	180	-187.5	187.5	188	200.0	210	223	222.5	665	68.06
OPEN																		
1	John Maxwell		58.0	59	150	155	166	166	93	100.0	105.0	105	150.0	160	-170	160.0	431	63.52
2	Daniel McGauley		57.6	59	105	110	115	115	-90	90.0	92.5	93	-105.0	110	115	115.0	323	47.84
1	William Murray		65.5	66	195	205	213	213	125	132.5	137.5	138	190.0	205	213	212.5	563	75.75
1	Daniel Mills		73.9	74	225	240	255	255	208	-218.5	-218.5	208	210.0	225	-238	225.0	688	85.27
2	Tom Senior		69.6	74	225	245	260	260	160	170.0	-192.5	170	190.0	203	210	210.0	640	82.61
3	Eden Scantlebury-Watson		69.3	74	210	-218	218	218	100	112.5	117.5	118	200.0	208	215	215.0	550	71.20
DQ	Alexander Fodor		73.5	74	185	198	210	210	-210	-210.0	-210.0		230.0	-240	-240	230.0		
1	Adrian Murphy		80.4	83	200	213	225	225	140	147.5	152.5	153	220.0	235	245	245.0	623	73.25
2	Jasvinder Singh Cheema		80.9	83	215	225	233	233	175	180.0	-185.0	180	205.0	210	-215	210.0	623	72.98
3	Kevin Fletcher		81.5	83	225	240	-248	240	143	150.0	155.0	155	195.0	205	-213	205.0	600	70.03

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1	Rob Palmer		92.7	93	345	355	-375	355	-235	235.0	-245.0	235	285.0	295	308	307.5	898	97.50
2	Mathew Hallett		91.2	93	320	335	350	350	275	290.0	-300.0	290	205.0	225	-235	225.0	865	94.78
3	Felix Vallejo Ruiz		92.6	93	295	315	-323	315	170	-180.0	-180.0	170	282.5	300	318	317.5	803	87.23
4	Angus Gardner		92.6	93	300	310	-315	310	188	195.0	-202.5	195	235.0	245	253	252.5	758	82.33
5	Stephen Gates		92.7	93	260	275	280	280	150	160.0	-165.0	160	265.0	275	-280	275.0	715	77.67
6	Oskar Wencel		89.8	93	285	-300	-300	285	165	177.5	-190.0	178	220.0	233	-253	232.5	695	76.78
7	Adam Johnson		87.2	93	260	-275	275	275	155	165.0	170.0	170	225.0	235	-243	235.0	680	76.35
8	Nickolas Towson		92.7	93	245	258	263	263	163	-170.0	170.0	170	200.0	213	220	220.0	653	70.88
9	Matt Coelho		89.4	93	200	208	215	215	140	-147.5	-147.5	140	225.0	235	245	245.0	600	66.45
1	Jack Johnson		104.6	105	345	365	375	375	240	255.0	-260.0	255	330.0	350	370	370.0	1000	102.39
2	Hugo Duarte		103.5	105	325	335	343	343	225	235.0	-245.0	235	275.0	295	305	305.0	883	90.80
3	Joseph Shaw		103.6	105	230	253	265	265	225	-237.5	245.0	245	230.0	253	260	260.0	770	79.19
4	Matt Watson		98.2	105	290	303	310	310	205	212.5	220.0	220	215.0	230	-245	230.0	760	80.18
5	Matthew Dempsey		104.1	105	280	295	305	305	195	-205.0	205.0	205	210.0	220	230	230.0	740	75.94
6	Patrick Furphy		101.0	105	-230	250	-270	250	208	217.5	222.5	223	200.0	220	228	227.5	700	72.85
7	Hector Willcocks		104.7	105	245	255	-260	255	180	-187.5	187.5	188	200.0	210	223	222.5	665	68.06
1	Tony Cliffe		119.7	120	370	390	-393	390	200	220.0	232.5	233	300.0	320	335	335.0	958	92.63
2	Dominic Coman		119.4	120	360	380	-390	380	220	230.0	237.5	238	260.0	278	288	287.5	905	87.63
3	Jack Barber		117.9	120	345	355	368	368	230	250.0	257.5	258	250.0	265	278	277.5	903	87.82
4	Chris Grondin		111.3	120	300	315	-325	315	175	185.0	-190.0	185	225.0	245	265	265.0	765	76.22
5	Adrian Crafter		118.1	120	260	-270	270	270	180	200.0	-210.0	200	250.0	270	-273	270.0	740	71.96
DQ	Jack Hepplewhite		117.7	120	-318	-325	-325		-203	-202.5	-202.5		-235.0	-235	-235			
1	Ray Bowring		157.8	120+	460	-500	500	500	335	-350.0	350.0	350	340.0	-363	373	372.5	1223	108.38
2	Craig Coggle		151.4	120+	230	260	280	280	230	300.0	-325.0	300	200.0	220	228	227.5	808	72.36

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MASTERS 1																		
1	Daniel McGauley		57.6	59	105	110	115	115	-90	90.0	92.5	93	-105.0	110	115	115.0	323	47.84
1	William Murray		65.5	66	195	205	213	213	125	132.5	137.5	138	190.0	205	213	212.5	563	75.75
1	Kevin Fletcher		81.5	83	225	240	-248	240	143	150.0	155.0	155	195.0	205	-213	205.0	600	70.03
1	Rob Palmer		92.7	93	345	355	-375	355	-235	235.0	-245.0	235	285.0	295	308	307.5	898	97.50
2	Stephen Gates		92.7	93	260	275	280	280	150	160.0	-165.0	160	265.0	275	-280	275.0	715	77.67
3	Matt Coelho		89.4	93	200	208	215	215	140	-147.5	-147.5	140	225.0	235	245	245.0	600	66.45
1	Matthew Dempsey		104.1	105	280	295	305	305	195	-205.0	205.0	205	210.0	220	230	230.0	740	75.94
2	Patrick Furphy		101.0	105	-230	250	-270	250	208	217.5	222.5	223	200.0	220	228	227.5	700	72.85
1	Adrian Crafter		118.1	120	260	-270	270	270	180	200.0	-210.0	200	250.0	270	-273	270.0	740	71.96
1	Craig Coggle		151.4	120+	230	260	280	280	230	300.0	-325.0	300	200.0	220	228	227.5	808	72.36
MASTERS 2																		
1	Adrian Murphy		80.4	83	200	213	225	225	140	147.5	152.5	153	220.0	235	245	245.0	623	73.25
2	Jasvinder Singh Cheema		80.9	83	215	225	233	233	175	180.0	-185.0	180	205.0	210	-215	210.0	623	72.98
MASTERS 3																		
1	John Maxwell		58.0	59	150	155	166	166	93	100.0	105.0	105	150.0	160	-170	160.0	431	63.52
1	Allen Ottolangui		73.8	74	200	-220	-235	200	115	120.0	-125.0	120	190.0	-200	-200	190.0	510	63.31
1	Jaswinder Singh		103.5	105	-250	-250	250	250	120	-130.0	137.5	138	-235.0	245	-270	245.0	633	65.08
1	Philip Frost		137.0	120+	175	190	200	200	-210	210.0	228.0	228	175.0	190	200	200.0	628	57.94
MASTERS 4																		
1	Stan Macrow		63.5	66	125	135	140	140	70	75.0	80.0	80	-150.0	160	-165	160.0	380	52.34
1	Harri Singh Cheema		73.3	74	-145	150	-160	150	100	105.0	110.0	110	165.0	178	-185	177.5	438	54.55
1	Kevin Jane		92.8	93	155	-190	200	200	130	135.0	137.5	138	-185.0	185	203	202.5	540	58.63

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BENCH PRESS WOMEN'S RESULTS																		
JUNIORS																		
1	Violet Clarke-Waller	YNE	60.2	63					68	72.5	80.0	80					80	49.72
1	Katie Tatum	SE	78.4	84					-100	100.0	102.5	103					103	55.07
2	Ella Brincat-Smith	NM	83.1	84					-90	-90.0	90.0	90					90	47.19
OPEN																		
1	Amila Dissanayake	GL	51.7	52					113	-117.5	-118.5	113					113	78.33
1	Zijun Chen	SM	58.8	63					100	105.0	110.0	110					110	69.47
1	Romina Basting	EM	67.2	69					-113	-112.5	112.5	113					113	65.32
2	Karolina Jarosinska	WAL	66.3	69					88	95.0	100.0	100					100	58.52
DQ	Sophie Gay	SM	66.0	69					-90	-92.5	-92.5							
1	Miriam Weber	SM	76.0	76					110	115.0	120.0	120					120	65.39
2	Elena Bell		72.6	76					-90	90.0	95.0	95					95	52.93
3	Abbie Marshall		76.0	76					83	-87.5	92.5	93					93	50.40
4	Lottie Hall		76.0	76					83	-87.5	87.5	88					88	47.68
1	Emma Barnes		110.0	84+					115	125.0	127.5	128					128	61.38
2	Samantha Townsend		100.3	84+					108	112.5	-115.0	113					113	55.40
DQ	Katrina Sweatman		135.7	84+					-240	-240.0	-250.0							
MASTERS 1																		
1	Katy Clarke		51.9	52					70	77.5	83.5	84					84	57.96
1	Amber Hinchelwood		61.5	63					70	-77.5	77.5	78					78	47.49
1	Delyth Jones		67.1	69					105	110.0	112.5	113					113	65.38
2	Claire Conway		67.5	69					65	72.5	-77.5	73					73	41.99

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1	Caroline Buckle		83.4	84					-103	-102.5	102.5	103					103	53.67
G	Ros Lyon		76.2	84					75	80.0	-85.0	80					80	43.54
1	Fiona Gaffney		100.7	84+					125	-127.5	-127.5	125					125	61.49
2	Sarah Knight		97.3	84+					113	117.5	-122.5	118					118	58.36
3	Jodie Hall		88.9	84+					100	105.0	110.0	110					110	56.24
MASTERS 2																		
1	Rachel Spragg		66.3	69					95	-102.5	-102.5	95					95	55.59
1	Wendie Kirkland		71.7	76					105	112.5	117.5	118					118	65.88
1	Emma Kehoe		78.0	84					90	95.0	100.0	100					100	53.85
2	Georgina Palmer		77.3	84					80	-90.0	95.0	95					95	51.37
1	Angela Lauder		95.7	84+					100	105.0	110.0	110					110	54.91
BENCH PRESS MEN'S RESULTS																		
SUB-JUNIORS																		
1	Luke Wildgoose		73.2	74					120	127.5	-132.5	128					128	50.12
JUNIORS																		
1	Tom Senior		69.5	74					160	167.5	-187.5	168					168	69.04
2	Nathan Williams		73.4	74					145	155.0	-170.0	155					155	60.79
1	Adam Coyne		76.0	83					155	162.5	175.0	175					175	66.64
2	Matthew McDonald		82.0	83					135	145.0	150.0	150					150	53.86
DQ	Rex Thomas		80.7	83					-125	-125.0	-125.0							
1	Thomas Hawkins		89.7	93					155	165.0	-175.0	165					165	55.78
2	Ethan Payne		92.3	93					125	132.5	-140.0	133					133	44.02
1	Brandon Lee		118.2	120					205	-212.5	212.5	213					213	62.85
1	Zack Graham		152.6	120+					185	200.0	210.0	210					210	57.96

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Place	Name	Division	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	GL points
OPEN																		
1	Callum Gibson		82.2	83					180	190.0	200.0	200					200	71.68
1	James Taylor		90.0	93					220	-230.0	-230.0	220					220	74.21
DQ	Adam McAlpine		90.7	93					-235	-250.0	-255.0							
DQ	Thomas Morgan		92.6	93					-230	-230.0	-230.0							
1	Callum Clohessy		103.8	105					175	185.0	190.0	190					190	59.31
1	Michael Gibson		110.8	120					270	-280.0	-280.0	270					270	81.88
2	Andy Williams		119.2	120					-240	240.0	-272.5	240					240	70.77
1	Craig Coggle		149.8	120+					220	252.5	-300.0	253					253	69.94
MASTERS 1																		
1	Aaron Gideon		70.1	74					195	-200.0	-200.0	195					195	79.72
1	Ben Richens		82.7	83					155	162.5	-172.5	163					163	57.99
1	Andy Cudd		91.9	93					200	-210.0	-210.0	200					200	66.62
1	Graeme Reid		140.7	120+					-230	230.0	-247.5	230					230	64.59
MASTERS 2																		
1	Andrew Miles		89.1	93					130	142.5	-162.5	143					143	48.37
1	Martin Green		104.0	105					215	228.0	-235.0	228					228	71.11
1	Dean Bowring		119.9	120					220	230.0	-242.5	230					230	67.68
2	Sean Gaffney		114.3	120					-165	165.0	170.0	170					170	50.92
1	Darren Ball		124.8	120+					210	240.0	-260.0	240					240	69.68
MASTERS 3																		
1	Stuart Peskett		81.8	83					155	165.0	-175.0	165					165	59.35
MASTERS 4																		
1	David Williams		81.3	83					130			130					130	46.97