

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
Sub-Junior					
84+kg					
1	Ella Brincat-Smith	2005	North Midlands	75.00	NM Bench 2023
66kg					
1	Gregory Pearson	2007	Yorkshire and North East	117.50	North West Guest Championships
Junior					
63kg					
1	Natalie Matthews	2000	West Midlands	72.50	SuperTraining Summer Showdown
66kg					
1	Nathan Williams	2003	Wales	107.50	WPA Winter cup 2023
93kg					
1	Angus Gardner	2000	South East	157.50	Commonwealth Championships
120+kg					
1	Joe Spring	2002	East Midlands	155.00	English Bench Press Championships
Master 1					
57kg					
1	Nicola Murphy	1981	East Midlands	70.00	EM Bench
69kg					
1	Faye Jordan	1982	East Midlands	105.00	East Mids Championships
84+kg					
1	Siobhan Taylor	1978	East Midlands	102.50	Commonwealth championship 2022 Auckland
66kg					
1	Aaron Gideon	1980	South East	182.50	Arnold classic
83kg					

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
1	Jasvinder Cheema	1974	West Midlands	200.00	Arnolds Birmingham 2022
93kg					
1	Dan Amey	1978	East Midlands	160.00	East midlands equipped comp
105kg					
1	Martin Green	1974	South Midlands	240.00	English Benchpress
Master 2					
52kg					
1	Angelina Lane	1969	Wales	55.00	Commonwealth New Zealand
63kg					
1	Rita Shergold	1965	South Midlands	90.00	Worlds championship 2022 hungry
69kg					
1	WENDIE KIRKLAND	1972	North Midlands	110.00	European masters championships
2	Maureen Gordon	1964	Scotland	105.00	Home Nations
3	Caroline (Kelly) Clark	1964	Yorkshire and North East	70.00	All England Bench Press Championships
84+kg					
1	Joanne Laird	1972	Yorkshire and North East	100.00	Commonwealth Championships NZ
83kg					
1	Jim Wands	1971	Scotland	150.00	Scotland Uni Championship
2	Stuart Peskett	1966	South East	135.00	Commonwealth Bench Press Championships 2022
93kg					
1	Gary Lovett	1973	Yorkshire and North East	165.00	yne open ashington
2	chris heyworth	1969	West Midlands	162.50	English bench press championship
120kg					

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
1	Darren Ball	1970	South East	170.00	South East Open
2	Stewart Cowan	1963	East Midlands	160.00	NM bench qualifier
Master 4					
52kg					
1	Judith McGauley	1948	East Midlands	35.00	Kazakhstan
93kg					
1	David Williams	1953	South West	130.00	Devon and Cornwall Championship
2	Michael Ellender	1945	South East	130.00	World Masters equipped bench press competition
Senior					
52kg					
1	Amila Dissanayake	1988	Greater London - Inner & Outer Boroughs	72.50	Greater London Divisional
57kg					
1	Romina Basting	1993	East Midlands	100.00	East Midlands Bench Press Championships
69kg					
1	Karen Lai	1994	Greater London - Inner & Outer Boroughs	97.50	IPF Commonwealth Championships
76.0 kg					
1	Rachel Steedman	1995	Scotland	125.00	Arnold Sports Festival 2022
2	katie higgins	1991	East Midlands	110.00	East Midlands powerlifting
84+kg					
1	Kate Sweatman	1985	East Midlands	210.00	IPF Worlds
2	Camille Holland	1988	East Midlands	132.50	East Midlands Bench Press Championships
59kg					

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
1	Daniel McGauley SO	1990	East Midlands	77.50	Commonwealth
74kg					
1	Alexander Fodor	1991	North Midlands	160.00	North Midlands New Year Bench Only
93kg					
1	Thomas Morgan	1996	Wales	230.00	Arnold Sports Festival 2022
2	Hugo Duarte	1990	East Midlands	215.00	English Bench Press Championships
105kg					
1	Michael Gibson	1987	Northern Ireland	280.50	NI Bench 2022
2	Andy Champ	1983	East Midlands	250.00	Home Nations
3	Jack Johnson	1998	South Midlands	247.50	Arnold sports festival uk
4	ADRIAN SMITH	1995	South East	220.00	South east bench press 2023
5	Joseph Shaw	1998	North Midlands	210.00	East Midlands Bench Press
120kg					
1	Troy Atkin	1992	South Midlands	190.00	English Bench Press (Raw)
120+kg					
1	Keelum Walton	1993	South East	315.00	Arnold Sports Festival
2	Martin Marshall	1987	Greater London - Inner & Outer Boroughs	240.00	Julian Massey Bench Press Champs 2022