

Board Reports

21st July 2024

World Equipped Bench Report 2024

The British Equipped Bench team attended the World Championships in Texas this year.

Over 70 invites were sent out to eligible lifters that competed at the British Bench Only and Full Power Equipped Championships earlier this year.

The final team consisted of 38 lifters, with British lifters competing across all of the age categories.

16 from our team were men, and 22 were women.

The British Team performed extremely well, and we saw a great many personal bests, British Records, European records and Commonwealth records being set.

Podium Finishes:

Rank	Men's Team
1	2
2	4
3	2

Rank	Women's Team
1	4
2	6
3	4

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Team Positions::

Team Position	Men	Women
Open	9	4
Sub Junior		2
Junior	5	9
Masters 1	8	2
Masters 2	6	3
Masters 3	5	5
Masters 4		4
Average	7	4

The British Women led from the front on this occasion, and with strength in numbers matching the strength in pressing, the results proved that the British Women lifting in equipped bench press are a force to be reckoned with.

As a whole, the team size has grown year on year, and this is the largest equipped bench team in recent years. With the projected team size at the euros in Turkey to grow slightly again.

Team Size	Worlds	Euros
2022	7	15
2023	15	36
2024	38	40*

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The British Equipped Bench team has been on the rise over the past few years, and every team member is doing extremely well in regards to sharing best practice and promoting equipped benching.

The ever improving standard of the lifting, and the growing size of our team is evidence of the hard work that everyone is putting in. It has demonstrated that not only is our team a very competitive nation, with lifters making totals that challenges individual and team places, but it is also a team that people want to be a part of. Credit goes to each and every lifter, and their support network, for being part of that success.

A great deal of thanks goes to the leadership team at British Powerlifting and Greater London Powerlifting, past and current, for giving the equipped bench team a vote of faith, for funding bench shirts that have enabled people to try shirts, get used to shirts, and to later win international medals wearing them. This could not have been achieved without an organisation that supports the development of the discipline.

Lifters over the past 3 years that have competed internationally, or medalled, after trying a shirt or attending a taster day, or whilst wearing a shirt that BP or GLPL funded includes (but is not limited to):

- Andy Rigby
- Amila Dissanayake
- Jodie Cook
- Darren Ball
- Siobhan Taylor
- Joanne Laird
- Karen Lai
- Rachel Spragg
- Emma Stott
- Amila Dissanayake
- Helen Quinn
- Chloe Smith

With several others having followed this journey & lifted at British Level too.

Martin Marshall

Head Coach