

NEWSLETTER

August 2024

Hello British Powerlifting members!

We're in the second release of our newsletter! You can read our previous release in the 'News' section of our website!

July has been an exciting month for our organisation and our athletes! You've probably already seen most of it being reposted all over Instagram! As always, we always appreciate any form of feedback (please be nice), shoot us a DM on Instagram, Facebook, or email on communications@britishpowerlifting.org, now enough waffling! Let's get right into the exciting stuff!

International Competition Recaps

IPF World Classic Open Powerlifting Championships:

Our Open Classic Team has had an incredible year in Lithuania, showcasing their hard work and dedication. Here are a few special shout outs to some standout athletes who went above and beyond:

- Jurins Kengamu who pulled what was described as the 'upset win' deadlift, beating previous world champion Russel Orhii and set a new open world record total of 845kg.
- Dillon Sanchez being the first man to deadlift 400kg in British Powerlifting.
- Tony Cliffe for making the IPF Hall of Fame.
- Joy Nnamani set a new open world deadlift record in the 63s of 231.5kg.
- Tasmin Campbell set a new M1 deadlift record in the 69s of 232.5kg.
- Sophia Ellis set a new bench national record in the 76s of 125kg.



A further special congratulations to our Men's team scoring the highest they've ever scored at Open Classic World's events, placing 2nd overall just behind team USA.

NEWSLETTER

August 2024

IPF World's GB Men's Classic Open Results:

Athlete	Weight Class	Total	Position	Points
Jurins Kengamu	83kg	845kg	1 st	12
Tony Cliffe	120kg	937.5kg	3 rd	8
Christian Ayandokun	93kg	860kg	4 th	7
Ishtyaq Nabi	59kg	582.5kg	5 th	6
Maxwell Gyamfi	93kg	857.5kg	6 th	5
Dillon Sanchez	105kg	867.5kg	6 th	5
Inderraj Singh	120kg	892.5kg	9 th	2
Joseph Diva	66kg	620kg	13 th	1
38 points [12+8+7+6+5] - Overall 2 nd				

IPF World's GB Women's Classic Open Results:

Athlete	Weight Class	Total	Position	Points
Bobbie Butters	57kg	492.5kg	2 nd	9
Ziana Azariah	84kg	592.5kg	2 nd	9
Adejoke Adetayo	57kg	462.5kg	4 th	7
Joy Nnamani	63kg	511.5kg	5 th	6
Annie Nelson	69kg	545kg	5 th	6
Tasmin Campbell	69kg	537.5kg	6 th	5
Sophia Ellis	76kg	540kg	7 th	4
37 points [9+9+7+6+6] - Overall 5 th				

2024 Euro Muscle Show

Our British Junior Men's and Women's team showcasing their incredible strength at the Euro Muscles Show in Amsterdam! Congratulations to all our lifters who put up a great performance. We had lifters do amazing in full power and bench only!

A special shoutout to Jonathan Lewis for breaking the world record deadlift in the 93s of 355.5kg!

A great attitude from all our lifters. This won't be the last you'll hear from these impressive Juniors, keep up the great lifting!



NEWSLETTER

August 2024

2024 Euro Muscles Show GB Junior Men:

Athlete	Total	GL	Position
Joey Awala	797.5kg	104.54	2 nd
Jonathan Lewis	793kg	104.00	4 th
Timi Ogunfowokan	845kg	102.52	5 th
Tom Kenchington	800kg	98.86	9 th
Emmanouil Mavriotis	755kg	97.99	10 th
Sam Cook	790kg	97.77	11 th
Josh Pearson	835kg	96.53	12 th

2024 Euro Muscles Show GB Junior Men Bench Only:

Athlete	Bench	GL	Position
Jack Taylor	210kg	100.22	1 st
Rhys Davies	177.5kg	70.49	6 th
Noah Williams	100kg	60.26	7 th

2024 Euro Muscles Show GB Junior Women:

Athlete	Total	GL	Position
Lilo Godfrey-Flower	462.5kg	96.77	4 th
Millie Mabutt	460kg	90.71	10 th
Hannah Davies	420kg	88.05	11 th
Isabelle Jackson	367.5kg	87.50	12 th
Krystal Qian Yu Phang	430kg	85.77	14 th

2024 Euro Muscles Show GB Junior Women Bench Only:

Athlete	Bench	GL	Position
Megan Davenport	70kg	72.66	5 th

NEWSLETTER

August 2024

2024 FISU World University Powerlifting Championships

Bookworms by day, international powerlifters by night, congratulations to our British University team that competed in Estonia just towards the end of July! Their impressive display of strength ranked both the Men's and the Women's team first, ensuring Team GB's victory in the first ever FISU University World's Championship. A special shout out to:

- **Max Guo** and **Lewis Kelly** winning their weight classes.
- **Chinedum Okolo** set a new FISU World Record Deadlift in the 83s of 317.5kg.
- **Jason Wu** set a new FISU World Record Squat in the 93s of 303kg.
- **Alasdair** set a new FISU World Record Squat in the 120s of 328kg.
- **Abby Cooley** set a new FISU World Record Deadlift in the 52s of 159kg.
- **Hannah Matson** awarded **3rd** best female on GL.
- **Odette** set a new FISU World Record Bench in the 76s, it was initially broken by **Aimee Guthrie** with 108.5kg.



Athlete	Weight Class	Total	Position	Points
Max Guo	83kg	725kg	1st	12
Lewis Kelly	120kg	840kg	1st	12
Chinedum Okolo	83kg	717.5kg	2nd	9
Jason Wu	93kg	750.5kg	2nd	9
Alasdair Wilson	120kg	810.5kg	3rd	8
Ping Hao Ng	74kg	642.5kg	3rd	8
Matt Chan	59kg	465kg	3rd	8
Tomos Atkinson	120+kg	795kg	4th	7
Andrew Wallace	105kg	762.5kg	5th	6
Rohan Ewels	120+kg	790kg	5th	6
Joseph Kelsey	74kg	615kg	7th	4
Joshua Smith	105kg	717.5kg	11th	1
Rana Sirjan	66kg	520kg	14th	1
50 points [12+12+9+9+8] – Overall 1st				

NEWSLETTER

August 2024

Athlete	Weight Class	Total	Position	Points
Odette Tobaiwa	76kg	468kg	1 st	12
Abby Cooley	52kg	346.5kg	1 st	12
Hannah Matson	57kg	420kg	2 nd	9
Alexis Scott	84+kg	442.5kg	2 nd	9
Kate Mitchell	84kg	407.5kg	3 rd	8
Ella Dronfield	69kg	435kg	4 th	7
Aimee Guthrie	76kg	451kg	4 th	7
Martha Marsh	63kg	405kg	4 th	7
Allaya Rasul	47kg	282.5kg	4 th	7
Amy Middlemas	57kg	367.5kg	5 th	6
Anabelle Cox	63kg	357.5kg	10 th	1
50 points [12+12+9+9+8] – Overall 1 st				

And that's a wrap! Congratulations to all our athletes competing on the international stage and we can't wait to see what more you're all capable of!

We now wish our athletes competing in the Manchester Open at the start of August, recap will be covered in next month's newsletter!