

NEWSLETTER

September 2024

Hello British Powerlifting members!

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

August kicked off with some tremendous lifting, we'll be recapping the Manchester Open and our classic and equipped bench team that competed at the European Bench Press Championships.

As always, we always appreciate any form of feedback, shoot us a DM on Instagram, Facebook, or email on communications@britishpowerlifting.org.

Manchester Open

A massive shoutout to North-West Powerlifting for running such a smooth and fantastic competition, enabling our athletes to display their amazing performances. Here's a quick summary of events:

- Abdul Mojeed Sulayman takes the best male classic lifter award with 110.29 GL after a close battle with Christian, who just fell behind by just 0.23GL.
- Bettina Hanlon takes the best female classic lifter award with 103.50 GL with an even closer battle with Aquinn Onuoha, who fell behind by 0.21GL
- Holly Bryans takes best lifter on the equipped side with a 102.01 GL.
- Kate Sweatman takes the best lifter for equipped bench only.



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European Bench Press Championships

Our British Bench team put their necks on their line (literally!) at the recent European Bench Press Championships featuring classic bench and equipped! Results below

Men's European Classic Bench Press Championships



Athlete	Group	Weight Class	Bench	Position
Lahiru Ranathungage	Open	59kg	135kg	5 th
Jaideep Wasu	Open	83kg	167.5kg	10 th
Ashley Liston	Open	105kg	222.5kg	3 rd
Ashley Watson	Open	105kg	197.5kg	7 th
Trevor Jordan	Open	120kg	207.5kg	3 rd
Louis Keightley-Smith	Open	120kg	182.5kg	7 th
Ben Gibson	Open	120+kg	220kg	7 th
Joseph Watson	Open	120+kg	210kg	10 th
Jake Tucker	Sub-Junior	83kg	132.5kg	5 th
James Bailey	Junior	59kg	115kg	3 rd
Noah Williams	Junior	66kg	105kg	4 th
Deban Hedi	Junior	74kg	147.5kg	13 th
Tom Field	Junior	83kg	185kg	3 rd
Fred Martin	Junior	83kg	170kg	7 th
Kirill Sakharov	Junior	105kg	190kg	5 th
Nathan Britton	Junior	120+kg	215kg	4 th
Barrie Tavener	M2	83kg	170kg	1 st
Andrew Miles	M2	83kg	115kg	7 th
Sheridan Wray	M2	105kg	185kg	2 nd
Scott Simon	M2	120kg	220.5kg	1 st
Darren Ball	M2	120+kg	170kg	4 th
Stephen Vineburg	M3	83kg	95kg	4 th
Chris Cooper	M3	105kg	150kg	3 rd
Andrew Rigby	M3	120kg	204kg	1 st
Michael Ellender	M4	93kg	105kg	3 rd

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Women's European Classic Bench Press Championships

Athlete	Group	Weight Class	Bench	Position
Gigi Nicolson	Open	47kg	65kg	4 th
Kirsty Russell	Open	52kg	80kg	5 th
Zijun Chen	Open	57kg	105kg	3 rd
Sheina Kaye	Open	57kg	90kg	6 th
Charlotte Macpherson	Open	69kg	95kg	9 th
Katie Woods	Sub-Junior	57kg	77.5kg	2 nd
Princess Kunadu	Sub-Junior	76kg	77.5kg	1 st
Katie Tatum	Sub-Junior	84kg	70kg	3 rd
Megan Davenport	Junior	52kg	67.5kg	3 rd
Geneva Ponnou	Junior	57kg	70kg	5 th
Yasmin Burt	Junior	69kg	100kg	1 st
Emily Greaves	Junior	84+kg	100kg	2 nd
Kate Clarke	M1	52kg	70kg	2 nd
Clare Conway	M1	63kg	62.5kg	5 th
Delyth Jones	M1	76kg	80kg	3 rd
Georgina Palmer	M1	76kg	70kg	4 th
Helen Carrington	M1	84kg	80kg	5 th
Rebecca Coggle	M1	84+kg	135kg	1 st
Joanne Parkin	M1	84+kg	107.5kg	2 nd
Rachel Spragg	M1	63kg	62.5kg	4 th
Karen McKendry	M1	76kg	75kg	2 nd
Angela Lauder	M1	84kg	80kg	3 rd
Janice Hawes	M3	84kg	55kg	4 th
Jacqueline Blasberry	M3	84+kg	85kg	1 st

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Men's European Equipped Bench Press Championships

Athlete	Group	Weight Class	Bench	Position
Alex Fodor	Open	74kg	212.5kg	2 nd
Angus Gardner	Open	93kg	185kg	8 th
Andy Champ	Open	105kg	282.5kg	3 rd
Simon Beer	Open	120kg	200kg	6 th
Craig Coggle	Open	120+kg	245kg	7 th
Gregory Pearson	Sub Junior	83kg	220kg	1 st
Brandon Lee	Junior	120kg	210kg	2 nd
Rhys Davies	Junior	120+kg	245kg	3 rd
Joe Spring	Junior	120+kg	180kg	6 th
Nash Hunter	M1	74kg	127.5kg	1 st
Andy Cudd	M1	74kg	180kg	3 rd
Reid Graeme	M1	120+kg	240kg	1 st
Scott Simon	M2	120kg	275kg	1 st
Daren Ball	M2	120+kg	255kg	1 st
Andrew Rigby	M3	120kg	230kg	1 st
Michael Ellender	M4	93kg	120kg	2 nd
Daniel McGauley	SOI	SOI	95kg	1 st

Women's European Equipped Bench Press Championships

Athlete	Age Group	Weight Class	Bench	Position
Helen Quinn	Open	52kg	95kg	6 th
Lucy Hart	Open	63kg	110kg	6 th
Kathryn Hall	Open	69kg	127kg	6 th
Romina Basting	Open	69kg	112.5kg	8 th
Rachel Steedman	Open	76kg	157.5kg	2 nd
Kimberley Cowell	Open	76kg	152.5kg	4 th
Katie Tatum	Sub Junior	84kg	105kg	1 st
Nicola Murphy	M1	52kg	67.5kg	2 nd
Amber Hinchelwood	M1	57kg	62.5kg	1 st
Siobhan Taylor	M1	84+kg	165kg	1 st
Joanne Parkin	M1	84+kg	127.5kg	2 nd
Emma Stott	M2	57kg	92.5kg	2 nd
Wendie Kirkland	M2	69kg	102.5kg	1 st
Joanne Laird	M2	84+kg	155kg	1 st
Maureen Gordon	M3	69kg	125kg	1 st
Jacqueline Blasberry	M3	84+kg	120kg	1 st
Judith McGauley	M4	52kg	30kg	2 nd

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And that's the coverage from August! A massive congratulations to all the athletes who took part in the Manchester Open and our European Bench team.

We now wish our Juniors the best of luck at the Junior World championships in Malta!

Stay tuned for next months release!