

NEWSLETTER

November 2024

Hello British Powerlifting members!

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

November has been an exciting month for British Powerlifting 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

SBD British Open Classic Championships

SBD British Open Classic Championships:

Our annual Open British Classic Championships marked the final event with the traditional selection procedure, and our talented athletes delivered outstanding performances that did not disappoint!

The competition ran over an exciting four days, hosted at The Hangar in Wolverhampton.

As part of the new selection procedure, the top 3 athletes are guaranteed a position in the 2025 Open Classic Championships if they wish to accept their invitation! A massive congratulations to them all!

Place	Name	Weight Class (Kg)	Total (Kg)	GL Points
1	Jessie Lee	47	363	102.6
2	Nikola Murray	47	320	96.44
3	Allaya Rasul	47	292.5	83.23
1	Ruth Grigg	52	390	99.47
2	Peta Emery	52	375	95.81
3	Cherry Yeung	52	372.5	97.73
1	Joy Nnamani	57	506	119.81
2	Bobbie Butters	57	491.5	117.01
3	Adejoke Adetayo	57	478	113.18
1	Sabrina Downes	63	487.5	107.21
2	Makeda Vidal	63	480.5	106.46
3	Suzanne Daniel	63	470	104.58

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1	Annie Nelson	69	530	109.89
2	Llio Godfrey-Flower	69	487.5	101.92
3	Katherine Brennan	69	460	97.42
1	Sophia Ellis	76	533	105.68
2	Temitope Nuga	76	532.5	105.18
3	Bettina Hanlon	76	520	104.06
1	Ziana Azariah	84	600	113.36
2	Melina Irawo	84	555.5	105.2
3	Sian Arterton	84	492.5	93.01
1	Aquinn Onuoha	84+	618.5	107.04
2	Toyosi Omotoso	84+	615.5	109.51
3	Dominique Fortune	84+	572.5	94.49
1	Lahiru Suren	59	507.5	84.91
2	Gibson Goze	59	495	81.91
3	Mike Baloro	59	492.5	81.87
1	Kibria Ali	66	651	101.48
2	Joseph Diva	66	650.5	101.4
3	Benedict Grant	66	630	98.44
1	Sam Dew	74	712.5	104.6
2	Krishan Mistry	74	707.5	105.06
3	Ayooluwatofunmi Apampa	74	707.5	104.01
1	Tyri Miller	83	787.5	109.34
2	Owen Hubbard	83	772.5	107.06
3	Darius Kwong	83	740	102.69
1	Christian Ayandokun	93	878.5	115.05
2	Maxwell Gyamfi	93	850	111.2
3	William Pickering	93	840	110.24
1	Sanchez Dillon	105	882.5	109.35
2	Ben Pape	105	865	106.94
3	Cejai Lindsay	105	840.5	103.96

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1	Tony Cliffe	120	952.5	110.8
2	Abdul Majeed Sulayman	120	930	110.59
3	Nonso Chinye	120	930	108.35
1	Ajay Sharma	120+	1001	105.82
2	Paul Kirkbride-Richards	120+	960	96.03
3	Aaron Thompson	120+	960	95.93

New Open Classic Selection Procedure

The New Procedure:

That's right! A whole new qualification procedure on how to qualify for the British Open Classic 2025. We understand it's a bit complicated, but let's break it down to help easier understand it!

- Each weight class will now see only a maximum of 14 lifters!
- Podium finishers from the 2024 Open Classic will be invited for a guaranteed spot, if all 3 accept, that will leave 11 spots open per class.
- Winners of Home Nation competitions will be also guaranteed a position, that being the English Champion, Welsh Champion, Scottish Champion, and NI Champion, a minimum of 80GL required, and of course they will need to accept their invite. This leaves 7 spots open if they meet the requirements per class!
- 2025 will see a National Qualifying series, the Northern Qualifier, and the Southern Qualifier, these two events will require a minimum of 75GL to compete in. The winner of these events assuming they reach a minimum of 80GL, and accept their invite, will be guaranteed a spot. This leaves 5 spots open per class.
- The remaining spots will be selected on a basis of highest nominated total within 12 months prior to the competition. Applications will open at an appropriate time.

The Open Classic championships will take place 5-7th December 2025 at Fitfest, Birmingham NEC.

Please do not hesitate to get in touch if you have any queries.

Good Luck Lifters!

Kind Regards,
Communications Director