

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|-------|------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
|-------|------|----------|-------------|--------------|---------|---------|---------|------------|-----------|

WOMEN'S RESULTS

SUB-JUNIORS

| | | | | | | | | | |
|---|-----------------|-----|-------|-----|------|-----|------|------|-------|
| 1 | Sophie Smith | SM | 48.3 | 52 | 37.5 | 40 | 42.5 | 42.5 | 43.72 |
| 1 | Maria Al-Khoury | SM | 59.5 | 63 | 40 | -45 | 45 | 45 | 38.87 |
| 1 | Gabriella Flory | SW | 65.3 | 69 | 67.5 | 70 | 75 | 75 | 61.39 |
| 2 | Demi Eames | SE | 67.6 | 69 | 55 | -60 | 60 | 60 | 48.29 |
| 3 | Alice Pursall | GL | 65.4 | 69 | 40 | 45 | 47.5 | 47.5 | 38.85 |
| 1 | Jane Scott | GL | 83.7 | 84 | 45 | 50 | 52.5 | 52.5 | 39.2 |
| 1 | Freya Weldon | IOM | 112.3 | 84+ | 55 | 60 | 62.5 | 62.5 | 44.58 |

JUNIORS

| | | | | | | | | | |
|----|-------------------------------------|-----|-------|-----|-------|-------|--------|-------|-------|
| 1 | Georgina Harrison | NM | 56.8 | 57 | 90 | 95 | -100 | 95 | 84.7 |
| 2 | Abbie White | YNE | 56.9 | 57 | 70 | 75 | -77.5 | 75 | 66.78 |
| 1 | Victoria Hart | EM | 62.7 | 63 | 90 | 97.5 | -102.5 | 97.5 | 81.58 |
| 2 | Claudia Gowland | SW | 61.6 | 63 | 75 | 80 | -82.5 | 80 | 67.63 |
| 3 | Rea Dutton | YNE | 60.9 | 63 | 52.5 | 57.5 | 60 | 60 | 51.07 |
| 1 | Regina Gotiam | NW | 65.3 | 69 | 87.5 | 92.5 | -95 | 92.5 | 75.72 |
| 2 | Jessica Bean | SE | 67.3 | 69 | 85 | 90 | 92.5 | 92.5 | 74.6 |
| 3 | Violet Stones | WAL | 68.3 | 69 | -87.5 | -87.5 | 87.5 | 87.5 | 70.09 |
| 4 | Malia Munoz | EM | 66 | 69 | 67.5 | 72.5 | -77.5 | 72.5 | 59.03 |
| 5 | Rachel Finlay | SE | 64.1 | 69 | 52.5 | 57.5 | -60 | 57.5 | 47.53 |
| G | Ariadni Koropouli | SE | 63.2 | 69 | -80 | 80 | -85 | 80 | 66.64 |
| DQ | Sasha Preece | SW | 68.5 | 69 | -90 | -92.5 | -92.5 | | |
| DQ | Vicky Catterall | WM | 68.7 | 69 | -92.5 | -95 | -95 | | |
| 1 | Qian Yu Phang | GL | 74.6 | 76 | 105 | 110 | 112.5 | 112.5 | 86.97 |
| 2 | Aleksandra Zawada | WAL | 75 | 76 | 90 | 92.5 | 95 | 95 | 73.3 |
| 3 | Abbie Holroyd | YNE | 74.3 | 76 | 85 | 90 | -92.5 | 90 | 69.67 |
| 4 | Clara Freitas Dos Santos Livingston | EM | 75.1 | 76 | 60 | 65 | 67.5 | 67.5 | 52.06 |
| G | Saahithyasree Aroori | SW | 72 | 76 | 77.5 | 82.5 | -90 | 82.5 | 64.63 |
| 1 | Taiya Fadare-Green | WM | 81.6 | 84 | 102.5 | 110 | 115 | 115 | 86.45 |
| 1 | Aulderney La Pierre-Carmichael | YNE | 119.1 | 84+ | 80 | 87.5 | 92.5 | 92.5 | 65.69 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|-------------|--------------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| OPEN | | | | | | | | | |
| 1 | Amila Dissanayake | GL | 51.4 | 52 | 80 | 85 | -87.5 | 85 | 82.23 |
| 1 | Zijun Chen | SM | 56.7 | 57 | 100 | 105 | 107.5 | 107.5 | 95.97 |
| 2 | Sheina Kaye | NW | 55.1 | 57 | 85 | 90 | 95 | 95 | 86.65 |
| 3 | Megan Bowen | GL | 56.4 | 57 | 72.5 | 77.5 | -80 | 77.5 | 69.45 |
| 4 | Hannah Harvey | SE | 53.7 | 57 | 67.5 | 72.5 | 75 | 75 | 69.84 |
| 5 | Holly Judge | SCO | 56.4 | 57 | 67.5 | 72.5 | -75 | 72.5 | 64.97 |
| 1 | Claudia Nicolson | GL | 62 | 63 | 85 | 90 | 92.5 | 92.5 | 77.9 |
| 2 | Jun Lim | SE | 63 | 63 | 75 | 82.5 | 87.5 | 87.5 | 73.01 |
| 3 | Emily Cakebread | SE | 61.8 | 63 | -85 | 85 | -87.5 | 85 | 71.72 |
| 4 | Chloe Lancaster | SE | 61.5 | 63 | 75 | 80 | 82.5 | 82.5 | 69.81 |
| 5 | Ellen Hollingsworth | YNE | 62.5 | 63 | 75 | 80 | -85 | 80 | 67.06 |
| 1 | Isabel Dowling | EM | 67.4 | 69 | 100 | -102.5 | -102.5 | 100 | 80.6 |
| 2 | Amy Martin | WAL | 68.5 | 69 | 87.5 | 92.5 | -97.5 | 92.5 | 74 |
| 3 | Sarah Finch | WAL | 68.2 | 69 | 82.5 | 85 | 87.5 | 87.5 | 70.14 |
| 4 | Amy Chadaway | WM | 68.9 | 69 | 72.5 | 77.5 | 80 | 80 | 63.83 |
| 1 | Amy Wright | WAL | 75 | 76 | 92.5 | 97.5 | -102.5 | 97.5 | 75.23 |
| 2 | Sarah Willis-Worthington | YNE | 72.1 | 76 | 75 | 80 | 82.5 | 82.5 | 64.59 |
| 3 | Chantelle Bradford | SE | 75.4 | 76 | 67.5 | 70 | -75 | 70 | 53.91 |
| 1 | Erykah Boaten | GL | 83.1 | 84 | 105 | 110 | 112.5 | 112.5 | 84.16 |
| 2 | Sian Arterton | EM | 83.9 | 84 | 110 | -112.5 | -115 | 110 | 82.09 |
| 3 | Laura Mcewan | EM | 83.9 | 84 | 85 | 90 | 95 | 95 | 70.9 |
| 4 | Hollie Johnson | YNE | 77.1 | 84 | 82.5 | 87.5 | 92.5 | 92.5 | 70.71 |
| 5 | Laila Virji | SE | 81.5 | 84 | 82.5 | 87.5 | -92.5 | 87.5 | 65.8 |
| 6 | Jodie Hope | SCO | 83.5 | 84 | 80 | 85 | -90 | 85 | 63.51 |
| 1 | Caitlin Davies | WAL | 133.3 | 84+ | 100 | 105 | 110 | 110 | 77.69 |
| 2 | Annabel Moloney | SW | 127.7 | 84+ | 92.5 | 97.5 | 100 | 100 | 70.75 |
| 3 | Jelena Aleksic | EM | 140 | 84+ | 90 | 92.5 | 95 | 95 | 66.99 |
| 4 | Rachel Bell | SW | 110.2 | 84+ | 80 | 85 | 90 | 90 | 64.3 |
| 5 | Rosie Smith | SW | 114.6 | 84+ | 80 | 85 | -92.5 | 85 | 60.53 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|------------------|----------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| MASTERS 1 | | | | | | | | | |
| 1 | Catherine Shamel | WM | 56.8 | 57 | 82.5 | 85 | 88.5 | 88.5 | 78.9 |
| 2 | Ruth Thomas | YNE | 57 | 57 | 70 | 75 | 80 | 80 | 71.15 |
| 1 | Karla Evans | NW | 61.7 | 63 | 80 | 85 | 87.5 | 87.5 | 73.9 |
| 2 | Anoushka Capewell | YNE | 61.8 | 63 | 70 | 75 | 77.5 | 77.5 | 65.39 |
| 1 | Delyth Jones | WAL | 66.6 | 69 | 85 | -87.5 | 87.5 | 87.5 | 70.93 |
| 1 | Marianna Pinter | SM | 73.7 | 76 | 92.5 | 97.5 | 102.5 | 102.5 | 79.59 |
| 2 | Elizabeth Adamson | YNE | 75.5 | 76 | 67.5 | 72.5 | -77.5 | 72.5 | 55.81 |
| 3 | Nicole Scott | GL | 70.8 | 76 | 60 | 65 | 67.5 | 67.5 | 53.24 |
| 4 | Kate Montague-Hellen | YNE | 74.4 | 76 | 62.5 | -67.5 | -70 | 62.5 | 48.36 |
| 1 | Tiana Ettienne | EM | 82.1 | 84 | 87.5 | 92.5 | 97.5 | 97.5 | 73.17 |
| 2 | Kelly Fysh | GL | 83.5 | 84 | 67.5 | 72.5 | 75 | 75 | 56.04 |
| 1 | Rebecca Coggle | SE | 146.1 | 84+ | 110 | 117.5 | 125 | 125 | 88.05 |
| 2 | Fiona Gaffney | YNE | 101.3 | 84+ | 85 | 90 | -95 | 90 | 64.88 |
| 3 | Jen Lang | GL | 121 | 84+ | 85 | 90 | -95 | 90 | 63.85 |
| 4 | Jodie Hall | YNE | 88.8 | 84+ | 85 | -92.5 | -92.5 | 85 | 62.62 |
| 5 | Sarah Knight | YNE | 98.4 | 84+ | 75 | 80 | 85 | 85 | 61.52 |
| 6 | Christina Mcdermott | NW | 120.6 | 84+ | 82.5 | -87.5 | -87.5 | 82.5 | 58.54 |
| 7 | Leanne Dean | WM | 110.8 | 84+ | 67.5 | 72.5 | 77.5 | 77.5 | 55.34 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|------------------|-------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| MASTERS 2 | | | | | | | | | |
| 1 | Angelina Lane | WAL | 51.9 | 52 | 57.5 | 62.5 | -65 | 62.5 | 59.93 |
| 1 | Helen Hughes | SM | 55.9 | 57 | 80 | 85.5 | 87 | 87 | 78.49 |
| 1 | Samantha Heighway | WAL | 62.1 | 63 | 60 | 65 | 67.5 | 67.5 | 56.79 |
| 1 | Beverley Rodgers | SM | 67.9 | 69 | 85 | 90 | 95 | 95 | 76.3 |
| 2 | Karen Mckendry | EM | 66.4 | 69 | -75 | 75 | 77.5 | 77.5 | 62.91 |
| 3 | Tracy Trew | SW | 68.8 | 69 | 60 | 65 | 67.5 | 67.5 | 53.89 |
| 1 | Amelia Allen | SW | 74.1 | 76 | 90 | 95 | -98.5 | 95 | 73.62 |
| 2 | Emma Kehoe | SM | 75.3 | 76 | 70 | 72.5 | -75 | 72.5 | 55.86 |
| 3 | Georgina Palmer | SW | 76 | 76 | 67.5 | 72.5 | -75 | 72.5 | 55.69 |
| 1 | Helen Carrington | WAL | 83.1 | 84 | 80 | 85 | 90 | 90 | 67.33 |
| 1 | Joanne Parkin | SCO | 125.6 | 84+ | 107.5 | 112.5 | 118 | 118 | 83.55 |
| 2 | Hellen Frost | SE | 119.9 | 84+ | 92.5 | 97.5 | 100 | 100 | 70.99 |
| 3 | Karen Mouch | SE | 115.5 | 84+ | 77.5 | -82.5 | 82.5 | 82.5 | 58.71 |
| 4 | Kelly Phasey | WM | 113.7 | 84+ | 70 | 77.5 | 80 | 80 | 57 |
| MASTERS 3 | | | | | | | | | |
| 1 | Rita Shergold | SM | 62.5 | 63 | 62.5 | 67.5 | 70.5 | 70.5 | 59.09 |
| 2 | Joanne Holden | YNE | 60.9 | 63 | 42.5 | 47.5 | -50 | 47.5 | 40.43 |
| 1 | Caroline Calver | EM | 74.4 | 76 | 42.5 | 45 | 47.5 | 47.5 | 36.75 |
| 2 | Elizabeth Elfleet | YNE | 75.7 | 76 | 37.5 | 40 | -42.5 | 40 | 30.76 |
| 1 | Dee Atkins-Greig | SM | 82.2 | 84 | 52.5 | 57.5 | 60 | 60 | 45.01 |
| 1 | Jennifer Nicoll | SW | 97 | 84+ | 67.5 | 70 | 75 | 75 | 54.4 |
| MASTERS 4 | | | | | | | | | |
| 1 | Peeps Nicol | SW | 68.4 | 69 | 30 | 32.5 | 37.5 | 37.5 | 30.02 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|-------|------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
|-------|------|----------|-------------|--------------|---------|---------|---------|------------|-----------|

MEN'S RESULTS

SUB-JUNIORS

| | | | | | | | | | |
|---|---------------------|-----|-------|------|-------|--------|--------|-------|-------|
| 1 | Sam Gowland | YNE | 65.6 | 66 | 125 | 132.5 | 137.5 | 137.5 | 78.25 |
| 2 | Ayaan Shahid | NW | 65.5 | 66 | 120 | 130 | -137.5 | 130 | 74.04 |
| 3 | Dakota Bessent | SW | 64.2 | 66 | 110 | -120 | -125 | 110 | 63.34 |
| 1 | Dash Granite | GL | 72.7 | 74 | 145 | 150.5 | 153 | 153 | 82.37 |
| 2 | Caleb Dubberley | NM | 72.7 | 74 | 137.5 | -145 | 152.5 | 152.5 | 82.1 |
| 3 | Ashton Anderson | YNE | 73.7 | 74 | -145 | 145 | -153.5 | 145 | 77.5 |
| 4 | James Watson | NW | 71.9 | 74 | 132.5 | 135 | -152.5 | 135 | 73.11 |
| 5 | Isaac Finley | SW | 72.1 | 74 | 125 | 127.5 | -140 | 127.5 | 68.94 |
| 6 | Freddie Hamp | EM | 73.1 | 74 | 125 | -132.5 | -132.5 | 125 | 67.1 |
| 7 | Riley White | WAL | 70.2 | 74 | 115 | 122.5 | -127.5 | 122.5 | 67.2 |
| 8 | Richard Li | NW | 72 | 74 | 117.5 | 120 | -130 | 120 | 64.94 |
| 9 | Aston Francis | SE | 69.1 | 74 | 105 | 110 | 115 | 115 | 63.62 |
| 1 | Hari Tampin | NM | 82.4 | 83 | 147.5 | 157.5 | 165 | 165 | 83.19 |
| 2 | Jeremy Lin | NM | 82.4 | 83 | 155 | 162.5 | -167.5 | 162.5 | 81.93 |
| 3 | William Chen | EM | 82.4 | 83 | -145 | 150 | -160 | 150 | 75.62 |
| 4 | Dawid Peplinski | SW | 80 | 83 | 130 | 140 | -152.5 | 140 | 71.67 |
| 5 | Cameron Scarbro | EM | 79.2 | 83 | 137.5 | -147.5 | -152.5 | 137.5 | 70.76 |
| 6 | Kamil Koscielny | NI | 81.2 | 83 | 132.5 | -137.5 | -137.5 | 132.5 | 67.31 |
| 7 | Freddie Runciman | EM | 80.9 | 83 | 117.5 | 120 | 125 | 125 | 63.62 |
| 8 | Alex Hildyard | NM | 79.9 | 83 | -115 | 117.5 | -125 | 117.5 | 60.19 |
| 1 | Ashley Lake | SW | 91.3 | 93 | 155 | 162.5 | -165 | 162.5 | 77.8 |
| 2 | Liam Peck | SM | 90.3 | 93 | 152.5 | -160 | -160 | 152.5 | 73.41 |
| 3 | Oliver Brameld | YNE | 85.6 | 93 | 127.5 | 135 | -142.5 | 135 | 66.75 |
| 4 | Jack Hallett | WAL | 91.2 | 93 | -135 | 135 | -142.5 | 135 | 64.67 |
| 5 | Charlie Jackson | YNE | 90.6 | 93 | 115 | 120 | -125 | 120 | 57.67 |
| 1 | Alfie Bezance | IOM | 98.4 | 105 | 165 | 170 | -175 | 170 | 78.48 |
| 2 | Nico Savi | GL | 104 | 105 | 155 | 162.5 | -172.5 | 162.5 | 73.09 |
| 3 | Sid Nayak | SW | 100.9 | 105 | 145 | 150 | 157.5 | 157.5 | 71.85 |
| 4 | Eduardo Krumchov | SW | 99 | 105 | 145 | 147.5 | 155 | 155 | 71.35 |
| 5 | William Thorogood | EM | 103.2 | 105 | 142.5 | 150 | -155 | 150 | 67.71 |
| 6 | Luke Jeffery | SM | 101.4 | 105 | 140 | -150 | -150 | 140 | 63.72 |
| 7 | Tom Easter | EM | 95.7 | 105 | 130 | 137.5 | -147.5 | 137.5 | 64.33 |
| 8 | Kai Rodgers | YNE | 100 | 105 | 120 | 125 | 132.5 | 132.5 | 60.7 |
| 1 | Ben Crellin | SM | 105.6 | 120 | 160 | 167.5 | 172.5 | 172.5 | 77.04 |
| 2 | Riley Lewis | SW | 106.4 | 120 | 142.5 | -152.5 | -152.5 | 142.5 | 63.42 |
| 1 | Harry Newby | WM | 137.9 | 120+ | 170 | 186 | -200 | 186 | 74.14 |
| 2 | Antony Halton-Regan | NW | 131.7 | 120+ | 162.5 | 165 | 172.5 | 172.5 | 70.02 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|----------------|--------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| JUNIORS | | | | | | | | | |
| 1 | Gian Patel | GL | 56.3 | 59 | 115 | 122.5 | -130.5 | 122.5 | 75.88 |
| 2 | Jonathan Byrnes | GL | 58.4 | 59 | 102.5 | 105 | -110 | 105 | 63.72 |
| 1 | Gaston Nassief | NM | 65.7 | 66 | 142.5 | 147.5 | 152.5 | 152.5 | 86.71 |
| 2 | Fadul Hammoud | GL | 64.9 | 66 | 130 | 135 | 140 | 140 | 80.14 |
| 3 | Anshvardhan Shetty | GL | 64.6 | 66 | 122.5 | 130 | -135 | 130 | 74.61 |
| 4 | Josh Draper | YNE | 63.8 | 66 | 115 | 122.5 | -130 | 122.5 | 70.79 |
| 5 | Jonathan Messele | SM | 65.4 | 66 | 95 | 100 | -105 | 100 | 57 |
| 1 | Oli Gledhill | SW | 73.8 | 74 | 165 | 175 | 180 | 180 | 96.13 |
| 2 | Hedi Deban | GL | 73.5 | 74 | 160 | 167.5 | 170 | 170 | 90.99 |
| 3 | Nathan Bennett | SW | 71.5 | 74 | 155 | 165 | 167.5 | 167.5 | 90.98 |
| 4 | Ronnie Brown | YNE | 70.1 | 74 | 140 | 147.5 | 152.5 | 152.5 | 83.72 |
| 5 | Wiktor Tesmer | GL | 72.8 | 74 | 137.5 | -142.5 | 145 | 145 | 78 |
| 6 | Fred Rush | SE | 71.7 | 74 | -127.5 | 132.5 | -140 | 132.5 | 71.86 |
| 7 | Zackaryaa Ishraq | SE | 72.2 | 74 | 112.5 | -120 | 120 | 120 | 64.84 |
| 8 | Isaac Collings | SE | 74 | 74 | 105 | 110 | 115 | 115 | 61.33 |
| 1 | Marco Akel | | 82.8 | 83 | 175 | 185 | -195 | 185 | 93.04 |
| 2 | Corey Walters | NM | 81.5 | 83 | 160 | 162.5 | 172.5 | 172.5 | 87.46 |
| 3 | Anderson Lai | GL | 82.4 | 83 | 165 | 170 | -175 | 170 | 85.71 |
| 4 | Louie Timmins | WM | 81.4 | 83 | 152.5 | -162.5 | -170 | 152.5 | 77.37 |
| 5 | Bobby Wilson | NI | 81.2 | 83 | 142.5 | -150 | -155 | 142.5 | 72.39 |
| 6 | Talha Arif | GL | 82.3 | 83 | 137.5 | -142.5 | -142.5 | 137.5 | 69.37 |
| 1 | Wojciech Herezo | WM | 87.9 | 93 | 177.5 | 180 | 190 | 190 | 92.7 |
| 2 | Tyler Heath | NM | 92.2 | 93 | 162.5 | 167.5 | 170 | 170 | 81 |
| 3 | Edward Estcourt | NM | 92.2 | 93 | 152.5 | 160 | 162.5 | 162.5 | 77.42 |
| 4 | Otis Koch-O'Rorke | NM | 83.8 | 93 | 150 | -160 | -160 | 150 | 74.98 |
| 5 | Sahil Khan | SE | 90.2 | 93 | 130 | 140 | 145 | 145 | 69.84 |
| 6 | Rohan Warfield | WM | 91 | 93 | 132.5 | 140 | 145 | 145 | 69.53 |
| 7 | Tyreese Jones | SE | 91.6 | 93 | 135 | 142.5 | -147.5 | 142.5 | 68.11 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|----------------------|----------------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| JUNIORS cont. | | | | | | | | | |
| 1 | Bryce Thornhill | EM | 101.9 | 105 | 172.5 | 180 | -185 | 180 | 81.73 |
| 2 | Ethan Taylor | NW | 95.4 | 105 | 162.5 | 170 | 175 | 175 | 82 |
| 3 | Josh Wall | WAL | 96.7 | 105 | -165 | 170 | 175 | 175 | 81.47 |
| 4 | Henry Burton | WM | 101.6 | 105 | 160 | 167.5 | -172.5 | 167.5 | 76.16 |
| 5 | Jay Hudson | SW | 103 | 105 | 152.5 | 162.5 | 167.5 | 167.5 | 75.67 |
| 6 | Joshua Nelson-Piney | WAL | 101.3 | 105 | 140 | 150 | 160 | 160 | 72.85 |
| 7 | Jared Johnson | SE | 97.7 | 105 | 132.5 | 140 | 147.5 | 147.5 | 68.33 |
| 8 | Roman Mills | SW | 103.8 | 105 | 135 | 142.5 | 147.5 | 147.5 | 66.4 |
| 9 | George Greenwood | SM | 102 | 105 | 127.5 | 137.5 | 142.5 | 142.5 | 64.67 |
| 10 | Callum Daniel | SE | 103.6 | 105 | 135 | -142.5 | 142.5 | 142.5 | 64.21 |
| 11 | Alfie Montague-Woollard | SE | 95.6 | 105 | 137.5 | -142.5 | -142.5 | 137.5 | 64.36 |
| 1 | William James | SM | 119 | 120 | 172.5 | 180 | 187.5 | 187.5 | 79.39 |
| 2 | Ramesses Tchumaleu Chieuko | NW | 117.3 | 120 | 167.5 | 175 | 185 | 185 | 78.82 |
| 3 | Nathaniel Clarke | SCO | 119.9 | 120 | 145 | 152.5 | 160 | 160 | 67.53 |
| 4 | James Dickens | SM | 112.1 | 120 | 137.5 | 145 | 150 | 150 | 65.2 |
| 5 | Cameron Scott | NI | 118.8 | 120 | 127.5 | 135 | 140 | 140 | 59.32 |
| 1 | Omar Qwider | SW | 131.1 | 120+ | 150 | 160 | 167.5 | 167.5 | 68.11 |
| OPEN | | | | | | | | | |
| 1 | Shahadat Hasan | SCO | 58 | 59 | 117.5 | 125 | -130 | 125 | 76.15 |
| 2 | Kieran Huxtable | NM | 58.6 | 59 | -115 | -117.5 | 117.5 | 117.5 | 71.17 |
| 1 | Scott Walton | SCO | 74 | 74 | 182.5 | 190.5 | -193 | 190.5 | 101.59 |
| 2 | James Miller | SM | 72.2 | 74 | 145 | 152.5 | -160 | 152.5 | 82.4 |
| 3 | Kiho Lee | WM | 73.2 | 74 | 140 | 150 | -160 | 150 | 80.46 |
| 1 | Henri Goddard | EM | 82.7 | 83 | 195 | 205 | 207.5 | 207.5 | 104.42 |
| 2 | Lucas Stolle | WM | 82.1 | 83 | 190 | 197.5 | -205 | 197.5 | 99.76 |
| 3 | Anujan Srikantha | YNE | 82.3 | 83 | 190 | -200 | -205 | 190 | 95.85 |
| 4 | Sunil Chahal | WM | 80.7 | 83 | 165 | -177.5 | 180 | 180 | 91.73 |
| 5 | Liubomir Zabramnii | WM | 81.3 | 83 | 165 | 167.5 | 180 | 180 | 91.38 |
| 6 | Christopher La | GL | 82 | 83 | 160 | -170 | 170 | 170 | 85.92 |
| 7 | Sebastian Viteri | GL | 82.1 | 83 | 170 | -182.5 | -190 | 170 | 85.87 |
| 8 | Matthew Oladele | SE | 81 | 83 | 155 | 167.5 | -175 | 167.5 | 85.2 |
| 9 | Josh Woods | SE | 81.3 | 83 | 160 | 167.5 | -172.5 | 167.5 | 85.03 |
| 10 | Yaron Bernstein | SM | 83 | 83 | 157.5 | 165 | -170 | 165 | 82.88 |
| 11 | Jerome Squires | GL | 82.1 | 83 | 145 | 152.5 | 157.5 | 157.5 | 79.56 |
| 12 | Jake Law | SE | 81.4 | 83 | 147.5 | 152.5 | -157.5 | 152.5 | 77.37 |
| 13 | Bill Peters-Cheale | SM | 82.3 | 83 | 140 | 147.5 | -155 | 147.5 | 74.41 |
| 14 | James Baldwin-Brown | SM | 82.7 | 83 | 137.5 | 142.5 | -147.5 | 142.5 | 71.71 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|-------------------|-----------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| OPEN cont. | | | | | | | | | |
| 1 | Alin Carter | EM | 92.2 | 93 | 182.5 | 192.5 | 200 | 200 | 95.29 |
| 2 | Dominic Onimowo | EM | 91 | 93 | 190 | -195 | 197.5 | 197.5 | 94.71 |
| 3 | Declan Powell | GL | 92.2 | 93 | 182.5 | 192.5 | -202.5 | 192.5 | 91.72 |
| 4 | Connor Mills | SE | 85.2 | 93 | 175 | 180 | -185 | 180 | 89.21 |
| 5 | Richard Cooper | SE | 92.8 | 93 | 162.5 | 172.5 | 177.5 | 177.5 | 84.3 |
| 6 | Anthony Clarke | SM | 89.1 | 93 | 170 | 175 | -180 | 175 | 84.8 |
| 7 | Grzegorz Sitarz | SE | 91.4 | 93 | 175 | -180 | -182.5 | 175 | 83.74 |
| 8 | Ryan Anderson | GL | 92.2 | 93 | 165 | 175 | -180 | 175 | 83.38 |
| 9 | Owen Jones-Marlow | SE | 87.3 | 93 | 155 | 160 | 165 | 165 | 80.78 |
| | | | | | | | | | |
| 1 | Cejai Lindsay | GL | 104.8 | 105 | 200 | 215 | 217.5 | 217.5 | 97.48 |
| 2 | Olayemi Ajose-Adeogun | GL | 103.6 | 105 | 190 | 202.5 | 215 | 215 | 96.87 |
| 3 | Wesley Mcguinness | SW | 104.1 | 105 | 190 | 195 | -202.5 | 195 | 87.66 |
| | | | | | | | | | |
| 1 | Ashley Liston | WM | 113.6 | 120 | 217.5 | 227.5 | 235 | 235 | 101.54 |
| 2 | Ashley Watson | EM | 114.1 | 120 | 202.5 | -212.5 | -212.5 | 202.5 | 87.33 |
| 3 | Max Rodrã-Guez-Thorp | GL | 116.6 | 120 | 180 | 192.5 | 202.5 | 202.5 | 86.5 |
| 4 | Cyril Yerifor | EM | 112.7 | 120 | 167.5 | 180 | 185 | 185 | 80.22 |
| | | | | | | | | | |
| 1 | Tony Cliffe | NW | 123.6 | 120+ | 230 | 245 | 253 | 253 | 105.41 |
| 2 | Adam Clarkson | YNE | 142 | 120+ | 220 | 232.5 | 245 | 245 | 96.56 |
| 3 | Ben Gibson | YNE | 187.8 | 120+ | 230 | 245 | -253 | 245 | 87.94 |
| 4 | Ryan Phillips-Martin | WM | 161.6 | 120+ | 235 | -245 | -245 | 235 | 88.42 |
| 5 | Thomas Kempson | WM | 166.4 | 120+ | 185 | -195 | 195 | 195 | 72.65 |
| 6 | Mike Suller | SM | 146.8 | 120+ | -177.5 | -185 | 185 | 185 | 72.01 |
| | | | | | | | | | |
| MASTERS 1 | | | | | | | | | |
| 1 | Nikita Mozgunov | EM | 81.3 | 83 | 130 | 140 | -150 | 140 | 71.07 |
| | | | | | | | | | |
| 1 | Aleksei Parakhoniak | SM | 92.2 | 93 | 170 | 177.5 | 182.5 | 182.5 | 86.95 |
| 2 | Liam Snusher | EM | 92.5 | 93 | 162.5 | 167.5 | -170 | 167.5 | 79.68 |
| 3 | Piotr Rzucidlo | YNE | 90.2 | 93 | 150 | 160 | -165 | 160 | 77.06 |
| 4 | Jonathan Shayler | SE | 91.4 | 93 | 155 | -165 | -167.5 | 155 | 74.17 |
| | | | | | | | | | |
| 1 | Nathan Oxford | YNE | 103.1 | 105 | 170 | 177.5 | -182.5 | 177.5 | 80.16 |
| 2 | Norbert Kulczycki | YNE | 103 | 105 | 170 | 172.5 | 175 | 175 | 79.06 |
| 3 | Ross Carlyle | SCO | 103.8 | 105 | 160 | 170 | 175 | 175 | 78.78 |
| 4 | Clifford Okorji | GL | 103.2 | 105 | 155 | 167.5 | 170 | 170 | 76.73 |
| | | | | | | | | | |
| 1 | Ryan Dixon | SE | 118.9 | 120 | 185 | 187.5 | 202.5 | 202.5 | 85.77 |
| 2 | Ferenc Schlepp | SM | 111.1 | 120 | 175 | -182.5 | -182.5 | 175 | 76.37 |
| 3 | Matt Southern | SM | 117.1 | 120 | 160 | 167.5 | 172.5 | 172.5 | 73.55 |
| | | | | | | | | | |
| 1 | Aaron Thompson | NM | 178.8 | 120+ | 210 | 217.5 | | 217.5 | 79.21 |
| 2 | Herb Sherman | SE | 148 | 120+ | 165 | 167.5 | 180 | 180 | 69.86 |

BRITISH CLASSIC BENCH PRESS CHAMPIONSHIPS

28th February - 1st March 2026



| Place | Name | Division | Body weight | Weight Class | Bench 1 | Bench 2 | Bench 3 | Best Bench | GL Points |
|------------------|------------------------|----------|-------------|--------------|---------|---------|---------|------------|-----------|
| MASTERS 2 | | | | | | | | | |
| 1 | Dean Law | SE | 73.3 | 74 | 115 | 122.5 | 130 | 130 | 69.68 |
| 1 | Barrie Tavener | EM | 82.6 | 83 | 155 | 165 | -176.5 | 165 | 83.08 |
| 1 | Kevin Rack | SW | 91.9 | 93 | 137.5 | 145 | -155 | 145 | 69.2 |
| 2 | Vik Bansal | GL | 91.3 | 93 | 125 | 132.5 | -137.5 | 132.5 | 63.44 |
| 3 | Ross Murphy | EM | 91.8 | 93 | 117.5 | 122.5 | -125 | 122.5 | 58.49 |
| 1 | Dan Cowell | EM | 104.2 | 105 | 140 | -150 | -150 | 140 | 62.91 |
| 1 | Alistair Murdoch | GL | 113.1 | 120 | 180 | 190 | -200 | 190 | 82.26 |
| 2 | Sean Gaffney | YNE | 115 | 120 | 145 | 152.5 | -157.5 | 152.5 | 65.54 |
| 1 | Paul Merricks | WM | 169.8 | 120+ | 205 | -208.5 | -208.5 | 205 | 75.88 |
| 2 | Alexander Moody-Stuart | SE | 146.8 | 120+ | 182.5 | 187.5 | 190 | 190 | 73.96 |
| MASTERS 3 | | | | | | | | | |
| 1 | Andy Want | GL | 73.2 | 74 | 95 | 102.5 | 107.5 | 107.5 | 57.66 |
| 1 | Stuart Peskett | SE | 81.7 | 83 | 120 | 127.5 | 135 | 135 | 68.36 |
| 2 | Gordon Pincock | SE | 82.2 | 83 | 110 | -115 | -115 | 110 | 55.53 |
| 1 | Mark Macey | SE | 91.9 | 93 | 110 | 115 | -122.5 | 115 | 54.88 |
| 2 | John Cooper | NM | 90.2 | 93 | 95 | 105 | 110 | 110 | 52.98 |
| 3 | Stephen Farrar | NW | 91.7 | 93 | 100 | 110 | -120 | 110 | 52.55 |
| 1 | Christopher Cooper | YNE | 104.2 | 105 | 142.5 | 147.5 | 152.5 | 152.5 | 68.53 |
| 2 | Wade Lowther | NM | 93.2 | 105 | 107.5 | 117.5 | 120 | 120 | 56.87 |
| 3 | Steve Giles | SM | 103.1 | 105 | 107.5 | 115 | -122.5 | 115 | 51.93 |
| 1 | Timothy Hugkulstone | SE | 111.9 | 120 | 55 | | | 55 | 23.92 |
| MASTERS 4 | | | | | | | | | |
| 1 | Barry Lilley | SE | 58.2 | 59 | 60 | 65 | 70 | 70 | 42.56 |
| 1 | Dominic Coburn | SW | 63.2 | 66 | 75 | 85 | -91 | 85 | 49.37 |
| 1 | David Williams | SW | 81.8 | 83 | 112.5 | 117.5 | | 117.5 | 59.46 |
| 2 | Stephen Vineburg | GL | 82.3 | 83 | 90 | 95 | 97.5 | 97.5 | 49.19 |