

BRITISH JUNIOR & SUB-JUNIOR CHAMPIONSHIPS
13TH - 17TH May 2026



Place	Name	Team	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points
WOMEN'S RESULTS - SUB-JUNIORS																		
1	Lhamo Weston	WM	56.6	57	115	120	122.5	122.5	60	65	-67.5	65	140	-147.5	-147.5	140	327.5	77.23
2	Vera Vaida	WM	55.8	57	85	90	-95	90	55	57.5	-60	57.5	112.5	120	125	125	272.5	64.96
1	Ayana White Nwankpa	SM	61.2	63	152.5	166	171	171	77.5	-85	-85	77.5	192.5	-210.5	-210.5	192.5	441	98.34
2	Abigail Davie	EM	61.4	63	110	115	117.5	117.5	57.5	60	-62.5	60	117.5	122.5	127.5	127.5	305	67.87
3	Lida Alianova		62.3	63	107.5	115	120	120	47.5	50	55	55	110	120	125	125	300	66.11
1	Dene Lombaard	EM	66.6	69	120	127.5	-135	127.5	-57.5	-57.5	57.5	57.5	135	142.5	-150	142.5	327.5	69.24
2	Demi Eames	SE	67.8	69	112.5	120	-125	120	60	65	-67.5	65	100	120	-130	120	305	63.82
3	Lily-Jo Hampton	IOM	67.1	69	100	107.5	112.5	112.5	60	65	67.5	67.5	110	120	-125	120	300	63.15
4	Scarlett Barnes	SW	64.6	69	95	102.5	107.5	107.5	50	55	57.5	57.5	95	105	110	110	275	59.22
5	Poppy Havercroft	SE	63.9	69	90	-95	-95	90	50	52.5	55	55	112.5	120	125	125	270	58.54
6	Astrid Rawlinson	EM	67	69	87.5	95	-105	95	35	40	-42.5	40	110	117.5	-122.5	117.5	252.5	53.2
7	Lola-Anne Barr	YNE	64.7	69	80	90	-95	90	42.5	47.5	50	50	85	92.5	-100	92.5	232.5	50.02
1	Morven MacLean	SCO	73.5	76	137.5	147.5	155	155	72.5	77.5	-80	77.5	152.5	165	175	175	407.5	81.66
2	Bethany Denning	WM	75.3	76	72.5	-77.5	80	80	35	40	45	45	105	115	-120	115	240	47.53
1	Freya Weldon	IOM	116.2	84+	97.5	-107.5	110	110	55	60	65	65	110	117.5	-120	117.5	292.5	50.43
WOMEN'S RESULTS - JUNIORS																		
1	Tiffany Pitnikova	NW	42.8	43	100	105	107.5	107.5	60	65	67.5	67.5	125	130	135	135	310	94.9
1	Gwen Marsden	SM	45.9	47	131.5	136.5	139	139	85	88	90	90	142.5	147.5	150	150	379	107.6
1	Talulah Royston-Battaglia	EM	51	52	143	150.5	154	154	85	90	92.5	92.5	170	178	-186.5	178	424.5	109.02
2	Abby Cooley	NW	51.7	52	132.5	140	-142.5	140	77.5	80	82.5	82.5	167.5	-175.5	177.5	177.5	400	101.51
3	Rufaro Chikwanda	NW	51.6	52	125	132.5	-135	132.5	62.5	67.5	-70	67.5	155	165	172.5	172.5	372.5	94.69
4	chloe cornwell	SE	51.4	52	117.5	125	127.5	127.5	67.5	72.5	-75	72.5	137.5	145	-150	145	345	87.99
5	Kora Franklin	YNE	48.7	52	97.5	102.5	107.5	107.5	62.5	67.5	70	70	130	137.5	145	145	322.5	86.38
6	Teagan Lindsay	IOM	50	52	100	105	-110	105	52.5	57.5	60	60	117.5	-127.5	-127.5	117.5	282.5	73.85
1	Annabelle Cox	EM	56.7	57	160	168	173	173	87.5	92.5	95	95	160	170	180	180	448	105.5
2	Laila Baig	NW	56.4	57	152.5	162.5	-168.5	162.5	77.5	80	82.5	82.5	150	162.5	167.5	167.5	412.5	97.54
3	Georgina Harrison	NW	56.7	57	145	150	155	155	90	95	97.5	97.5	152.5	-165	-165	152.5	405	95.38
4	Aleena Akhtar	SW	56.6	57	120	130	135	135	60	65	-70	65	135	150	165	165	365	86.07
5	Izzy Eddy	YNE	56.8	57	125	132.5	137.5	137.5	87.5	92.5	95	95	120	127.5	-132.5	127.5	360	84.67
6	Hannah Karpal	SE	56.1	57	110	117.5	120	120	65	70	72.5	72.5	150	162.5	-170	162.5	355	84.28
7	Megan Redshaw	EM	56.6	57	110	117.5	120	120	65	70	-72.5	70	140	150	157.5	157.5	347.5	81.95
8	Tsz ching Leung	SW	56.3	57	125	130	-132.5	130	57.5	62.5	-65	62.5	125	132.5	137.5	137.5	330	78.13
9	Emma Scott	YNE	54.9	57	117.5	125	127.5	127.5	65	70	-72.5	70	117.5	125	127.5	127.5	325	78.47
10	Krutika Joshi	SE	55.3	57	105	112.5	115	115	50	52.5	55	55	135	145	155	155	325	78.02
11	Amrita Panda	SW	54.9	57	100	107.5	112.5	112.5	60	62.5	65	65	117.5	127.5	137.5	137.5	315	76.06

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Place	Name	Team	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points
12	Emily Trowbridge	WAL	55.9	57	102.5	110	112.5	112.5	67.5	72.5	75	75	105	115	125	125	312.5	74.4
13	Bianca Vasiliu	SE	56.6	57	110	120	-122.5	120	55	60	62.5	62.5	120	130	-132.5	130	312.5	73.69
14	Alice Aringoli	GL	55.8	57	85	95	105	105	72.5	-77.5	77.5	77.5	105	115	125	125	307.5	73.31
15	Theresa Grealy	EM	56.6	57	97.5	102.5	-107.5	102.5	55	60	-62.5	60	132.5	140	145	145	307.5	72.51
16	Larissa Cheung		55.6	57	100	107.5	110	110	60	65	-67.5	65	120	130	-140	130	305	72.91
17	Nichapat Pukdee	NW	56.2	57	100	107.5	-110	107.5	57.5	62.5	65	65	112.5	120	125	125	297.5	70.53
18	Lottie Newell	SE	56.4	57	95	100	-105	100	62.5	67.5	70	70	125	-135	-135	125	295	69.75
1	Martha Marsh	NW	62.6	63	157.5	167.5	170	170	100	105	106.5	106.5	170	182.5	187.5	187.5	464	101.93
2	Victoria Hart	EM	62.1	63	167.5	175	-180	175	92.5	100	102.5	102.5	155	165	172.5	172.5	450	99.38
3	Isobel David	NW	62.5	63	147.5	157.5	-162.5	157.5	95	100	102.5	102.5	155	165	172.5	172.5	432.5	95.11
4	Cairo Johnson	GL	61.3	63	137.5	147.5	152.5	152.5	72.5	77.5	82.5	82.5	162.5	175	182.5	182.5	417.5	93
5	Serena Blundell	EM	62.4	63	142.5	150	157.5	157.5	77.5	82.5	85	85	162.5	172.5	-190	172.5	415	91.36
6	Laura Terry	NW	62.8	63	142.5	152.5	-160	152.5	87.5	92.5	-95	92.5	155	167.5	-172.5	167.5	412.5	90.43
7	Eleanor Bettell-Higgins	EM	60.9	63	135	142.5	147.5	147.5	70	75	77.5	77.5	140	152.5	160	160	385	86.14
8	Claudia Gowland	SW	61.4	63	137.5	145	150	150	75	-80	82.5	82.5	137.5	145	152.5	152.5	385	85.67
9	Amelia Nagar	YNE	61.9	63	-122.5	130	135	135	62.5	65	67.5	67.5	155	162.5	170	170	372.5	82.44
10	Julia Szumilas	GL	62.5	63	115	125	130	130	67.5	72.5	75	75	147.5	160	-165	160	365	80.27
11	Ariana Gopee	NW	63	63	-125	-125	125	125	67.5	72.5	75	75	137.5	147.5	155	155	355	77.67
12	Shannon Townsend	YNE	61.9	63	120	127.5	-132.5	127.5	65	-70	-70	65	130	-137.5	137.5	137.5	330	73.03
1	Hannah Davis	WM	68	69	175	188	196	196	97.5	102.5	-107.5	102.5	180	192.5	202.5	202.5	501	104.65
2	Skye Moore	NW	68.3	69	157.5	167.5	172.5	172.5	100	105	107.5	107.5	170	185	200	200	480	100.01
3	Emilia Martin	SE	68	69	157.5	167.5	-172.5	167.5	95	100	-102.5	100	200	210	-212.5	210	477.5	99.74
4	Emily Byrne	WM	68	69	145	155	-162.5	155	97.5	102.5	105	105	170	-180	-180	170	430	89.82
5	Leandra Williams-Macklin	EM	66.6	69	140	150	155	155	82.5	87.5	92.5	92.5	155	165	170	170	417.5	88.27
6	Issabella Chapman	NW	67.4	69	170	177.5	180	180	72.5	77.5	-82.5	77.5	150	160	-167.5	160	417.5	87.65
7	Vicky Catterall	WM	68.7	69	142.5	152.5	160	160	87.5	92.5	95	95	137.5	150	160	160	415	86.19
8	Yasmin Burt	SW	64.9	69	135	145	152.5	152.5	85	90	92.5	92.5	142.5	155	165	165	410	88.04
9	Elizabeth Olowe	SCO	67.1	69	140	-150	150	150	80	-90	90	90	150	160	170	170	410	86.3
10	Jessica Bean	SE	67.9	69	135	142.5	-147.5	142.5	87.5	92.5	-95	92.5	150	157.5	-165	157.5	392.5	82.06
11	Melissa Jones	WAL	69	69	135	142.5	-147.5	142.5	82.5	87.5	90	90	147.5	155	160	160	392.5	81.32
12	Freja Bedell	WM	63.9	69	135	142.5	145	145	70	75	-77.5	75	155	167.5	170	170	390	84.56
13	Aliyah Archer	EM	66.2	69	122.5	130	132.5	132.5	70	75	77.5	77.5	135	145	155	155	365	77.44
14	Saahi Aroori	SW	67.9	69	130	137.5	-142.5	137.5	77.5	82.5	-87.5	82.5	122.5	132.5	142.5	142.5	362.5	75.78
1	Harriet Cull	GL	74.1	76	177.5	185	190	190	100	105	110	110	200	210	223.5	223.5	523.5	104.48
2	Ella Dronfield	NW	75.2	76	185	195	202.5	202.5	92.5	97.5	-102.5	97.5	190	205	-215	205	505	100.07
3	Qian Yu Phang	GL	73.3	76	160	170	177.5	177.5	107.5	112.5	-115	112.5	175	187.5	195	195	485	97.32
4	Libby Rubin	WAL	75.6	76	172.5	185	-190	185	95	-100	102.5	102.5	172.5	187.5	-200	187.5	475	93.88
5	Anabel Shawyer	YNE	71.6	76	160	170	175	175	90	97.5	100	100	182.5	197.5	-210	197.5	472.5	95.96
6	Izzy Hartley	NW	72	76	162.5	172.5	177.5	177.5	92.5	97.5	100	100	180	195	-210	195	472.5	95.68
7	Dhyana Sehmar	WM	76	76	-155	155	-165	155	115	-120	-125.5	115	162.5	170	-175	170	440	86.75
8	Sophia Strachan	GL	75.6	76	125	135	145	145	75	80	82.5	82.5	175	187.5	200	200	427.5	84.5
9	Olivia Bond	EM	74.2	76	-155	155	-165	155	75	80	85	85	162.5	172.5	182.5	182.5	422.5	84.26
10	dani laivins	NW	74.9	76	162.5	170	175	175	77.5	82.5	85	85	150	157.5	162.5	162.5	422.5	83.88

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11	Roxy Jeffries	SE	75.5	76	137.5	-147.5	150	150	75	80	85	85	170	180	187.5	187.5	422.5	83.56
12	Safara White	SW	74	76	135	145	152.5	152.5	65	70	75	75	152.5	162.5	172.5	172.5	400	79.88
13	Abbie Holroyd	YNE	75.4	76	130	140	147.5	147.5	85	90	-92.5	90	137.5	150	162.5	162.5	400	79.16
14	Charlotte Whittaker	YNE	74.1	76	132.5	142.5	150	150	72.5	77.5	80	80	147.5	162.5	-170	162.5	392.5	78.33
15	Emma Barclay	NW	71.8	76	-132.5	132.5	-140	132.5	77.5	82.5	85	85	162.5	170	-175	170	387.5	78.58
16	Connie-Bo Lindsay	SCO	74.1	76	127.5	-140	-145	127.5	50	55	57.5	57.5	145	157.5	-160	157.5	342.5	68.35
1	Princess Kunadu	NW	77.5	84	150	160	162.5	162.5	95	100	102.5	102.5	195	210	-220	210	475	92.81
2	Charlotee Muir	SCO	83.7	84	162.5	172.5	-177.5	172.5	82.5	87.5	-90	87.5	190	202.5	-217.5	202.5	462.5	87.47
3	Ruby Howard	EM	79.6	84	-147.5	150	160	160	90	95	100	100	167.5	180	190	190	450	86.88
4	Moanne Zolario	EM	83.5	84	165	175	182.5	182.5	77.5	82.5	-85	82.5	180	185	-190	185	450	85.18
5	Lily Smalley	WM	80.9	84	160	170	175	175	80	-85	-85	80	-160	165	175	175	430	82.45
6	Olivia Follis	NW	82.9	84	157.5	167.5	-172.5	167.5	80	85	90	90	145	-155	-155	145	402.5	76.41
7	Lucy Lucas	EM	81.2	84	137.5	-150	152.5	152.5	57.5	62.5	-65	62.5	150	162.5	167.5	167.5	382.5	73.23
1	Jameliah Oseki-Simms	SE	111.6	84+	167.5	182.5	-192.5	182.5	107.5	112.5	115	115	172.5	192.5	200	200	497.5	86.45
2	Nevaeh Iroghiendo	YNE	142.1	84+	190	202.5	-210	202.5	95	100	-105	100	182.5	195	-200	195	497.5	83.39
3	Naomi D'Almeida	WAL	94.3	84+	167.5	177.5	185	185	92.5	97.5	102.5	102.5	185	197.5	-210	197.5	485	87.97
4	Sharna Burton	SE	98.8	84+	110	120	130	130	122.5	132.5	137.5	137.5	185	195	202.5	202.5	470	84.1
5	Madeline Gayter	SM	99.9	84+	142.5	150	157.5	157.5	72.5	77.5	-80	77.5	165	175	-182.5	175	410	73.14
MEN'S RESULTS - SUB-JUNIORS																		
1	Olly Gunn	EM	51.8	53	95	110	115	115	52.5	62.5	65	65	105	115	120	120	300	53.24
1	Yusuf Chowdhury	GL	57.4	59	157.5	167.5	-172.5	167.5	90	97.5	100	100	165	175	-185	175	442.5	74.31
2	Iouli Hough	WM	58.7	59	127.5	137.5	140	140	95	-100	-100	95	150	160	170	170	405	67.2
3	Cho Yin Lee	SE	58.4	59	120	130	140	140	85	-95	-95	85	170	177.5	-182.5	177.5	402.5	66.97
1	Dakota Bessent	SW	65.1	66	185	195	202.5	202.5	120	127.5	130	130	232.5	245	252.5	252.5	585	91.86
2	Jake Scott	SE	66	66	185	-197.5	200	200	107.5	112.5	-117.5	112.5	240	255.5	-265.5	255.5	568	88.54
3	Cameron Wass	YNE	63.6	66	185	190	-200	190	105	112.5	-115	112.5	200	-210	-210	200	502.5	79.89
4	Eli Turner	SW	64.1	66	-165	165	180	180	82.5	-87.5	87.5	87.5	217.5	230	-237.5	230	497.5	78.76
5	David Casadesus-Hall	WAL	64.5	66	150	157.5	165	165	95	100	102.5	102.5	190	202.5	210	210	477.5	75.35
6	Hasan Bari	GL	63.9	66	125	135	-142.5	135	95	102.5	107.5	107.5	175	195	205	205	447.5	70.96
7	Ben Cookson		65.3	66	160	165	-172.5	165	87.5	95	100	100	160	170	180	180	445	69.76
8	Theo Stewart	WM	65.5	66	140	-150	160	160	90	100	-107.5	100	150	-165	165	165	425	66.52
9	Enrico Moi	SE	64	66	135	145	150	150	95	100	-105	100	145	155	160	160	410	64.96
1	Zhaine Miller	GL	72.3	74	228	240	252.5	252.5	157.5	165	171	171	240	260	-275	260	683.5	101.56
2	Maverick Riches	NI	73.7	74	215	230	-237.5	230	107.5	112.5	-117.5	112.5	235	250	257.5	257.5	600	88.27
3	James Wheeler	SM	70.5	74	192.5	205	-212.5	205	132.5	140	145	145	235	247.5	-255	247.5	597.5	89.96
4	Jack Banks	SE	73.5	74	210	220	227.5	227.5	122.5	130	-135	130	230	-240	-242.5	230	587.5	86.55
5	Tomas Lourenco	GL	72.2	74	190	200	-205	200	107.5	-110	110	110	240	260	-278	260	570	84.76
6	James Watson	NW	72.8	74	180	190	-200	190	132.5	142.5	-150	142.5	210	225	-235	225	557.5	82.54
7	Coinneach Adam	SCO	73.8	74	202.5	-215	215	215	105	112.5	-120	112.5	210	220	230	230	557.5	81.96

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8	Arun Baker	SE	73.1	74	185	200	-207.5	200	90	100	107.5	107.5	220	235	245	245	552.5	81.63
9	nexus chew	SW	72	74	180	185	190	190	105	112.5	-120	112.5	217.5	235	-250	235	537.5	80.04
10	Riley White	WAL	71.8	74	170	177.5	185	185	-115	115	125	125	190	202.5	225	225	535	79.79
11	Adam Holloway	NW	72.3	74	175	187.5	-195	187.5	-130	-130	130	130	200	215	-220	215	532.5	79.13
12	Marcel Klos	SE	73.4	74	167.5	177.5	185	185	122.5	127.5	132.5	132.5	190	202.5	212.5	212.5	530	78.14
13	Igor Jakiel	GL	72.5	74	175	190	200	200	95	-102.5	102.5	102.5	185	200	212.5	212.5	515	76.42
14	Harvey Chester	SW	69.7	74	160	172.5	185	185	-102.5	102.5	110	110	212.5	-235	-240	212.5	507.5	76.87
15	Daniel Cook	WM	72.4	74	160	162.5	-175	162.5	100	110	115	115	200	212.5	225	225	502.5	74.62
16	Jayden Ette	SW	72.2	74	-177.5	177.5	-185	177.5	95	102.5	-107.5	102.5	-205	-220	220	220	500	74.35
17	Connor Sysum	WM	72.4	74	150	162.5	165	165	102.5	110	117.5	117.5	190	207.5	217.5	217.5	500	74.24
18	Yannis Ackerman	SW	74	74	152.5	162.5	172.5	172.5	75	90	-105	90	205	217.5	232.5	232.5	495	72.67
19	Alexander Deighton	YNE	72.6	74	-165	-175	175	175	-125	127.5	132.5	132.5	170	180	185	185	492.5	73.03
20	Charlie Brennan	SE	72.4	74	175	177.5	-187.5	177.5	-112.5	-112.5	112.5	112.5	190	197.5	-205	197.5	487.5	72.39
21	Maksymilian Kniaz	WAL	72.4	74	165	175	182.5	182.5	85	87.5	97.5	97.5	180	195	205	205	485	72.02
22	Tyler Cox	SE	73.4	74	-167.5	167.5	-175	167.5	100	105	-110	105	187.5	197.5	202.5	202.5	475	70.03
DQ	Olly Rigden	NW	71.7	74	-185	-185	-185		122.5	127.5	-130	127.5	230	-247.5	247.5	247.5		
DQ	Justin Wilson	WM	73.1	74	-167.5	-167.5	-167.5		-90				-190					
1	Jeremy Lin	NW	81.6	83	220	235	-242.5	235	147.5	155	160	160	257.5	270	-280	270	665	92.85
2	Dawid Peplinski	SW	82.3	83	217.5	227.5	237.5	237.5	130	140	147.5	147.5	220	237.5	245	245	630	87.58
3	Cameron Scarbro	EM	80.4	83	205	-217.5	-217.5	205	140	145	-150	145	200	222.5	235	235	585	82.3
4	Obinna Bill	NW	82.1	83	-185	195	-200	195	115	122.5	-125	122.5	240	255	-270	255	572.5	79.69
5	Oscar Claydon	SW	82	83	-185	190	200	200	120	127.5	-132.5	127.5	215	235	-260	235	562.5	78.34
6	William Felappi	SM	77.2	83	182.5	197.5	210	210	102.5	110	-112.5	110	210	225	235	235	555	79.72
7	Habib Ghaddar	WAL	82.5	83	190	197.5	-202.5	197.5	117.5	-122.5	122.5	122.5	222.5	230	235	235	555	77.06
8	Milo Rouis	WM	77.8	83	177.5	190	197.5	197.5	110	117.5	122.5	122.5	205	217.5	227.5	227.5	547.5	78.33
9	Alex Ardeleanu	NW	79.4	83	-180	185	-190	185	120	127.5	130	130	200	210	215	215	530	75.04
10	Alex Hildyard	NW	80.9	83	172.5	-187.5	195	195	115	120	122.5	122.5	180	200	210	210	527.5	73.97
11	Ethan Cook	SCO	79.8	83	180	-195	195	195	105	110	115	115	185	202.5	215	215	525	74.14
12	Adrian Jedrzejczak	SW	80.9	83	177.5	187.5	192.5	192.5	100	107.5	115	115	180	195	-205	195	502.5	70.47
13	Oscar Powell	SW	83	83	155	165	175	175	107.5	115	-120	115	195	205	212.5	212.5	502.5	69.56
14	Adrian Hakenszmidt	WM	82.4	83	175	185	190	190	100	107.5	115	115	175	187.5	195	195	500	69.47
15	Loukas Alexandridis	SM	81.5	83	150	160	-170	160	110	117.5	-125	117.5	205	215	-225	215	492.5	68.81
16	Nathan Harvey	SW	82.5	83	167.5	177.5	180	180	97.5	-100	110	110	182.5	197.5	200	200	490	68.04
DQ	Freddie Runciman		82.5	83	165	-175	175	175	120	130	140	140	-200	-215	-215			
1	Adam Gault	NI	91.6	93	242.5	252.5	262.5	262.5	-165	-165	165	165	262.5	275	287.5	287.5	715	94.23
2	Will Quoroll	WM	91.1	93	205	220	230	230	130	137.5	142.5	142.5	280	300	-310.5	300	672.5	88.87
3	Naby Bangoura	YNE	87.1	93	205	220	230	230	120	127.5	132.5	132.5	240	260	272.5	272.5	635	85.8
4	Jack EJ	YNE	90.1	93	225	240		240	137.5	142.5	150	150	220	235	245	245	635	84.37
5	Eesa Ahmed	SCO	92.4	93	240	252.5	-257.5	252.5	142.5	147.5	152.5	152.5	207.5	220	-235	220	625	82.02
6	Liam Peck	SM	91.3	93	210	222.5	232.5	232.5	150	-155	-160	150	205	220	230	230	612.5	80.85
7	Taejun Choi	SE	84.3	93	205	217.5	227.5	227.5	135	142.5	147.5	147.5	205	220	227.5	227.5	602.5	82.75
8	Oliver Brameld	YNE	87.3	93	205	215	220	220	135	142.5	147.5	147.5	220	227.5	232.5	232.5	600	80.98
9	Toby Norman	SM	91.6	93	197.5	210	220	220	132.5	140	-145	140	220	235	-245	235	595	78.42
10	Harry Harkness	YNE	89.6	93	210	227.5	-242.5	227.5	117.5	127.5	-135	127.5	215	-227.5	237.5	237.5	592.5	78.94

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Place	Name	Team	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points
11	Sonny Shakespeare	SW	91.2	93	205	220	227.5	227.5	127.5	135	-140	135	207.5	227.5	-237.5	227.5	590	77.93
12	Tj Hart	EM	90.8	93	200	215	220	220	120	132.5	-142.5	132.5	210	220	235	235	587.5	77.76
13	Daniel Hampson	NW	91.3	93	195	207.5	215	215	117.5	-122.5	-122.5	117.5	215	225	-230	225	557.5	73.59
14	Jake Colomb	SE	92.9	93	-202.5	202.5	-215	202.5	115	-125	125	125	215	227.5	-240	227.5	555	72.64
15	Jack Hallett	WAL	92.6	93	155	167.5	-175	167.5	135	-142.5	145	145	205	230	240	240	552.5	72.43
16	Philip Crisp		86.7	93	-185	185	195	195	120	127.5	135	135	195	205	215	215	545	73.81
17	Max Evans	WM	89	93	195	210	-220	210	120	-125	-125	120	200	215	-225	215	545	72.85
18	Adriano Shkoza		87.3	93	-175	175	-182.5	175	107.5	-115	-115	107.5	245	257.5	-265	257.5	540	72.88
19	Elijah Adisah	SE	90.6	93	175	185	195	195	110	120	-125	120	205	217.5	-225	217.5	532.5	70.56
DQ	Tyler Baker	SE	92.3	93	-200	-200	-200		125	-135	-135	125	230	245	260	260		
1	Charles Mbangsi	YNE	100.8	105	200	217.5	227.5	227.5	140	147.5	150	150	275	300	315.5	315.5	693	87.22
2	William Derebag	SW	101.1	105	235	-245	-245	235	135	145	150	150	255	265	-270	265	650	81.69
3	Oscar Whitfield	SW	100.6	105	237.5	255	-260	255	125	132.5	137.5	137.5	227.5	240	-262.5	240	632.5	79.68
4	Evan Richards		101.2	105	207.5	210	225	225	130	135	140	140	220	-235	242.5	242.5	607.5	76.31
5	Kai Rodgers	YNE	96.3	105	215	225	-230	225	120	127.5	130	130	230	240	245	245	600	77.18
6	Ralph McManus	NW	101.8	105	-220	227.5	-232.5	227.5	145	147.5	-152.5	147.5	225	-235		225	600	75.16
7	Max Gregory	SW	100.3	105	190	200	205	205	125	135	-145	135	210	230	245	245	585	73.8
8	Eduardo Krumchov	SW	101.7	105	182.5	190	-197.5	190	142.5	147.5	-155	147.5	215	235	-250	235	572.5	71.75
9	Tom Easter	EM	98.1	105	190	202.5	207.5	207.5	132.5	137.5	142.5	142.5	190	202.5	210	210	560	71.39
10	Roman De Azevedo	WM	104.1	105	180	195	205	205	127.5	135	140	140	192.5	207.5	215	215	560	69.42
11	Nico Vrachliotis		104.8	105	-182.5	-182.5	182.5	182.5	132.5	140	-145	140	205	220	-232.5	220	542.5	67.04
12	Callen Gibbs	WAL	94.5	105	155	162.5	175	175	100	105	110	110	190	207.5	215	215	500	64.9
DQ	Jack Rutter	WM	98.8	105	-190	192.5	195	195	-140	-140			210	217.5	230	230		
DQ	John O'Neill	NW	103.5	105	185	195	-200	195	-135	-135	-135		220	235	-240	235		
1	Conor Cremona	WAL	120	120	240	-250	250	250	157.5	162.5	167.5	167.5	260	280	290	290	707.5	82.24
2	Jonathan Dowling	SE	112.1	120	-270	270	-290	270	-135	140	-145	140	275	285	-300	285	695	83.27
3	Riley Lewis	SW	108.4	120	195	197.5	-212.5	197.5	140	152.5	-160	152.5	225	245	-252.5	245	595	72.39
1	Harry Newby	WM	138.2	120+	195	210	225	225	167.5	180	190.5	190.5	207.5	222.5	235	235	650.5	71.28
2	Alfie Dean	NW	146.2	120+	230	255	-270	255	117.5	-127.5	-132.5	117.5	220	240	250	250	622.5	66.72
MEN'S RESULTS - JUNIORS																		
1	Scott Ellis	NW	52	53	-125	125	-135	125	97.5	-105	-105	97.5	155	165	-170	165	387.5	68.62
1	Mohammed Arifur Rahman	WM	57.2	59	155	165	172.5	172.5	115	120	122.5	122.5	175	187.5	197.5	197.5	492.5	82.86
2	Gian Patel	GL	57.3	59	147.5	160	-170	160	117.5	127.5	-131	127.5	170	190	-207.5	190	477.5	80.26
3	Zaib Hossain	SE	59	59	167.5	177.5	-185	177.5	90	95	-100	95	165	177.5	-190	177.5	450	74.46
1	Alfie Bonsell	NW	65	66	202.5	217.5	225	225	115	122.5	-127.5	122.5	227.5	242.5	-255	242.5	590	92.72
2	Cian McGirl	EM	64.6	66	155	165	170	170	110	115	-120	115	255	-260	-260	255	540	85.14
3	Sagnik Chatterjee	SW	65.7	66	-160	160	172.5	172.5	-107.5	112.5	-117.5	112.5	205	220	237.5	237.5	522.5	81.65
4	Aaron Chacko	WM	65.8	66	165	172.5	177.5	177.5	117.5	125	127.5	127.5	217.5	-232.5	-242.5	217.5	522.5	81.58

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Place	Name	Team	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points
1	Matthew Pond	NW	73.6	74	255	265	273	273	182.5	190.5	-193	190.5	240	257.5	-265	257.5	721	106.15
2	Ping Hao Ng	SW	73.9	74	225	245	-257.5	245	-145	152.5	-157.5	152.5	270	300	305	305	702.5	103.21
3	Euan Curran	SCO	73.9	74	237.5	252.5	-260	252.5	147.5	155	-157.5	155	260	277.5	292.5	292.5	700	102.84
4	John Razon	NW	73.9	74	240	252.5	260	260	145	-152.5	152.5	152.5	265	-285	-285	265	677.5	99.53
5	ORESTIS Papoulis Xystrakis	WAL	73.1	74	235	250	260	260	-152.5	155	160	160	232.5	250	-257.5	250	670	98.99
6	Dorje Weston	WM	72.5	74	217.5	230	240	240	155	165	-170	165	220	235	245	245	650	96.45
7	Fergus Rice	SCO	72.5	74	217.5	227.5	-232.5	227.5	122.5	130	-132.5	130	255	277.5	-290	277.5	635	94.22
8	Karim Al Qudah	YNE	73.3	74	232.5	-242.5	-242.5	232.5	-140	-150	150	150	232.5	242.5	-255	242.5	625	92.21
9	Davide Laferta	GL	72.1	74	200	217.5	225	225	130	-140	-140	130	250	-265	265	265	620	92.26
10	Adrian Zimon		73.6	74	-200	-205	210	210	-155	160	-170	160	230	245	-265	245	615	90.54
11	France Masiddo	NW	71.7	74	187.5	202.5	215	215	122.5	130	-135	130	222.5	237.5	255	255	600	89.55
12	Arren Dougherty	SE	71.6	74	210	220	225	225	137.5	-140	-140	137.5	225	230	-235	230	592.5	88.49
13	Max Clayton	SW	73.5	74	182.5	192.5	200	200	132.5	140	-147.5	140	245	-260	-260	245	585	86.19
14	Henry Hebden		73.5	74	205	215	220	220	135	-140	140	140	210	220	225	225	585	86.19
DQ	Archie Fletcher		72.5	74	-192.5	-192.5	195	195	-137.5	-145	-147.5		-225	235	247.5	247.5		
1	Samuel Walker	NW	82.7	83	245	262.5	272.5	272.5	175	-182.5	182.5	182.5	285	307.5	317.5	317.5	772.5	107.13
2	Kacper Walesa	NW	82.1	83	265	280	290	290	-157.5	162.5	165	165	285	305	315	315	770	107.18
3	Emeka Obiekwe Canamero	GL	82.7	83	257.5	275	-293	275	147.5	155	157.5	157.5	275	297.5	312.5	312.5	745	103.32
4	Jake McGarvey	SM	81.5	83	255	272.5	282.5	282.5	157.5	165	170	170	275	290	-300	290	742.5	103.74
5	Yaw Parbey	NW	81.4	83	235	255	-262.5	255	145	155	-157.5	155	295	317.5	-335	317.5	727.5	101.7
6	Ayonla Oyintoye	NW	82.6	83	250	262.5	272.5	272.5	150	155	-157.5	155	260	275	285	285	712.5	98.87
7	Thomas Harvey	WAL	81.7	83	202.5	215	222.5	222.5	135	142.5	150	150	260	277.5	-290	277.5	650	90.7
8	Douwejan Yoong	GL	80.5	83	197.5	210	-217.5	210	152.5	160	162.5	162.5	242.5	257.5	270	270	642.5	90.33
9	Benjamin Kaye	WAL	76.5	83	215	230	237.5	237.5	130	137.5	140	140	240	260	-277.5	260	637.5	92
10	Jamie Jones	SM	82.3	83	235	242.5	-245	242.5	135	140	-142.5	140	245	-255	-255	245	627.5	87.24
11	Thomas Cross	YNE	82.1	83	-170	170	185	185	150	155	160	160	250	270	-285	270	615	85.6
1	Emmanuel Olatunji		92.4	93	265	280	290	290	172.5	-180	185	185	330	350	368	368	843	110.63
2	Thomas Skillicorn	IOM	91.6	93	265	282.5	-290	282.5	167.5	-175	175	175	315	332.5	-342.5	332.5	790	104.12
3	Tom McArthur	SCO	92.5	93	255	272.5	285	285	130	137.5	140	140	270	290	297.5	297.5	722.5	94.77
4	Mason Green-Prosper	NW	91.3	93	260	277.5	-280	277.5	155	160	162.5	162.5	260	280	-295	280	720	95.05
5	Dylan Flanagan	GL	91.3	93	-225	240	250	250	165	175	-177.5	175	255	265	-275	265	690	91.09
6	Joshua Darne	GL	92.7	93	225	240	250	250	160	170	175	175	240	260	-275	260	685	89.75
7	Jin Zheng	NW	92.9	93	222.5	235	247.5	247.5	142.5	150	152.5	152.5	250	267.5	-275	267.5	667.5	87.37
8	Stephen Fajemilusi	SE	92.9	93	225	-235	235	235	130	140	147.5	147.5	242.5	265	280	280	662.5	86.71
1	Peter Mendy	SM	103.4	105	292.5	315	331	331	195	207.5	-217.5	207.5	335	360	370	370	908.5	112.97
2	Henry Goldstraw	NW	102.5	105	310	330.5	-340.5	330.5	185	195	205	205	300	-317.5	-317.5	300	835.5	104.32
3	Tim Li	YNE	104.3	105	260	-285	-285	260	223	235.5	-240.5	235.5	290	312.5	322.5	322.5	818	101.31
4	Emmanouil Olympios Mavriotis	SE	103.3	105	285	305	315	315	162.5	172.5	182.5	182.5	285	305	320	320	817.5	101.7
5	Anthony Vella	EM	101.5	105	262.5	277.5	287.5	287.5	175	182.5	187.5	187.5	282.5	305	325	325	800	100.35
6	Abdulhafis Lawal	GL	103.7	105	232.5	252.5	267.5	267.5	-142.5	-150	150	150	275	300	320	320	737.5	91.59
7	George Taylor		99.6	105	245	265	275	275	165	-175	-175	165	275	295	-305	295	735	93.03
8	Joe Bowler	NW	103.9	105	245	257.5	267.5	267.5	137.5	147.5	155	155	272.5	287.5	295	295	717.5	89.02
9	Osemudiamen Paul Osemhanre	NW	96.8	105	247.5	262.5	-270	262.5	-155	155	162.5	162.5	270	290	-302.5	290	715	91.74

BRITISH JUNIOR & SUB-JUNIOR CHAMPIONSHIPS
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Place	Name	Team	Body weight	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	Points
10	Denver Whiteley	NW	97.2	105	232.5	247.5	260	260	167.5	177.5	185	185	220	240	260	260	705	90.28
11	Ethan McDerment		99.3	105	227.5	242.5	-250	242.5	147.5	155	162.5	162.5	250	272.5	-282.5	272.5	677.5	85.87
12	Clark Walker	SCO	103.4	105	230	242.5	-252.5	242.5	145	152.5	160	160	250	270	-290	270	672.5	83.63
DQ	Lewis Dete	SE	103	105	-290	-290	-300		140	155	-167.5	155	300	312.5	325	325		
DQ	Jaden Osemwegie	EM	103.8	105	-307.5	-315	-315		190	-200	-200	190	300	-325	-325	300		
1	Rudi Norris	NW	112.5	120	270	287.5	297.5	297.5	185	195	200	200	292.5	315	332.5	332.5	830	99.29
2	William Ndibe	NW	119.3	120	277.5	295	305	305	167.5	177.5	185	185	305	325	-342.5	325	815	94.98
3	Priestly Adejo	GL	108.6	120	262.5	282.5	300	300	142.5	147.5	150	150	272.5	295	302.5	302.5	752.5	91.47
4	Kacper Olszewski	WM	108.8	120	-262.5	272.5	-282.5	272.5	175	182.5	187.5	187.5	252.5	267.5	275	275	735	89.27
5	Brownwell Ehimare	GL	118.1	120	235	250	255	255	-160	165	170	170	292.5	310	-330	310	735	86.04
1	Gerard Murphy	SCO	141.7	120+	300	310	325	325	165	172.5	180	180	305	320	-335	320	825	89.5
2	Samuel Ezeama	GL	126	120+	270	300	307.5	307.5	180	205	210	210	275	-300	-300	275	792.5	90.21
3	Sebastian Nock	EM	135.4	120+	290	310	-315	310	162.5	170	175	175	277.5	292.5	-310	292.5	777.5	85.9