

# The A/BPU Single Lift Championships at The Arnolds UK

27/03/2026

Friday Bench Press

Place	Name	Sex	Age	Country	Equip	Division	BWT	Wt Cls	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Points	Age Score	Event
1	Jack Leaney JUNIOR	M	22	Great Britain	Bare	M_JR_A	108.75	110	160	167.5	-172.5		167.5	94.52	95.47	B
2	Adrien Limon FRANCE	M	22	FRANCE	Bare	M_JR_A	108.85	110	160	-165	167.5		167.5	94.49	95.44	B
1	Daniel Egan	M	23	Great Britain	Bare	M_JR_A	94.35	100	150	155	-160		155	92.52	92.52	B
1	Rene Spireng	M	23	Great Britain	Bare	M_JR_A	80.5	82.5	92.5	100	-102.5		100	65.51	65.51	B
NS	Oliver Whalley	M	20	Great Britain	Bare	M_JR_A										B

1	Chris Etherington	M	43	Great Britain	Bare	M_MR_1_A	73.65	75	95	105	115		115	80.26	82.75	B
1	Darren Robertson MASTERS	M	42	Great Britain	Bare	M_MR_1_A	80.35	82.5	120	127.5	-135		127.5	83.62	85.30	B
1	Andrew Whitaker MASTERS	M	43	Great Britain	Bare	M_MR_1_A	116	125	200	212.5	222.5		222.5	123.51	127.34	B
2	Eddie Wilson	M	42	Great Britain	Bare	M_MR_1_A	121.1	125	177.5	187.5	192.5		192.5	105.83	107.95	B
1	Dennis O'Leary MASTERS	M	40	Great Britain	Bare	M_MR_1_A	143.4	140+	155	160	165		165	87.17	87.17	B
1	Sean Kilbride MASTERS	M	45	Great Britain	Bare	M_MR_2_A	77.9	82.5	135	145	-150		145	97.14	102.49	B
1	James Leaney	M	45	Great Britain	Bare	M_MR_2_A	87.9	90	137.5	145	150		150	93.01	98.13	B
2	James Brodie	M	47	Great Britain	Bare	M_MR_2_A	87.1	90	115	122.5	-125		122.5	76.36	82.63	B
1	Krisztian Gyanti MASTER	M	48	Great Britain	Bare	M_MR_2_A	97.6	100	180	-187.5	187.5		187.5	110.14	120.83	B
1	Nicki Bush	M	47	Great Britain	Bare	M_MR_2_A	107.8	110	130	142.5	152.5		152.5	86.28	93.36	B
1	Billy Mareya	M	47	Great Britain	Bare	M_MR_2_A	118.85	125	202.5	212.5	-222.5		212.5	117.32	126.95	B
1	Lee mortimer	M	48	Great Britain	Bare	M_MR_2_A	134.45	140	200	210	-220		210	112.56	123.48	B
1	Jeremy Quick MASTERS	M	52	Great Britain	Bare	M_MR_3_A	82.15	82.5	117.5	125	130		130	84.03	97.90	B
1	Randall Crooks	M	52	Great Britain	Bare	M_MR_3_A	87.4	90	130	137.5	140		140	87.1	101.47	B
2	Graham Brade	M	54	Great Britain	Bare	M_MR_3_A	83.5	90	-75	82.5	-85		82.5	52.77	63.54	B
1	Paul Morgan MASTER	M	52	Great Britain	Bare	M_MR_3_A	108.7	110	180	190	-200		190	107.23	124.93	B
1	Krzysztof Frozynski	M	51	Great Britain	Bare	M_MR_3_A	133.6	140	-180	190	195		195	104.68	120.07	B
2	Mark Saberton	M	53	Great Britain	Bare	M_MR_3_A	133.4	140	142.5	150	-155		150	80.55	95.38	B
NS	Richard Badger Baker	M	56	Great Britain	Bare	M_MR_4_A										B
1	David Gibson AWPDP	M	59	Great Britain	Bare	M_MR_4_A	66.35	67.5	80	90	-100		90	68.35	89.89	B
1	Andrew Rae	M	59	Great Britain	Bare	M_MR_4_A	73.3	75	-107.5	107.5	-112.5		107.5	75.3	99.02	B
1	Ger Collins	M	55	Great Britain	Bare	M_MR_4_A	86.9	90	77.5	80	-85		80	49.94	61.18	B
1	Brian Whitehead	M	55	Great Britain	Bare	M_MR_4_A	97.9	100	90	100	-110		100	58.66	71.86	B
1	Steven Middleton-Lowes	M	55	Great Britain	Bare	M_MR_4_A	107.3	110	150	160	167.5		167.5	94.9	116.27	B
2	Simon Hull	M	55	Great Britain	Bare	M_MR_4_A	106.1	110	137.5	145			145	82.45	101.01	B
1	Michael Fedarb MASTERS	M	55	Great Britain	Bare	M_MR_4_A	121.75	125	135	147.5	-160		147.5	80.99	99.22	B
1	Bahadar Ghatore	M	61	Great Britain	Bare	M_MR_5_A	79.5	82.5	80	90	97.5		97.5	64.41	87.98	B
2	Mark Payne	M	60	Great Britain	Bare	M_MR_5_A	81.3	82.5	87.5	92.5	-100		92.5	60.2	80.67	B
1	Mark Bulmer	M	63	Great Britain	Bare	M_MR_5_A	105.65	110	95	105	112.5		112.5	64.06	91.04	B
1	Nigel Savage	M	66	Great Britain	Bare	M_MR_6_A	80.9	82.5	120	127.5	-130		127.5	83.24	125.78	B
1	Adrian Buckley	M	66	Great Britain	Bare	M_MR_6_A	89.2	90	107.5	112.5	115		115	70.71	106.85	B
1	David Owen	M	65	Great Britain	Bare	M_MR_6_A	127.6	140	125	-132.5	132.5		132.5	71.91	106.43	B
1	Paul Sargent	M	70	Great Britain	Bare	M_MR_7_A	73.15	75	70	77.5	80		80	56.12	92.32	B

1	James Freeman AWPDP	M	29	Great Britain	Bare	M_OR_A	52.95	56	45	55	-60		55	52.1	52.11	B
1	John East	M	39	Great Britain	Bare	M_OR_A	64.3	67.5	110	115	-122.5		115	89.79	89.79	B
1	Harry Payne	M	24	Great Britain	Bare	M_OR_A	74.9	75	142.5	150	155		155	106.82	106.83	B
2	Olusegun Ayeko	M	34	Great Britain	Bare	M_OR_A	73.6	75	120	130	137.5		137.5	96.01	96.02	B
3	Joel Craven Huffer AWPDP	M	29	Great Britain	Bare	M_OR_A	69.3	75	70	75	80		80	58.58	58.58	B
1	Sean Kilbride OPEN	M	45	Great Britain	Bare	M_OR_A	77.9	82.5	135	145	-150		145	97.14	102.49	B
2	Ryan Wilby	M	29	Great Britain	Bare	M_OR_A	79.75	82.5	120	127.5	135		135	88.99	89.00	B
3	Darren Robertson OPEN	M	42	Great Britain	Bare	M_OR_A	80.35	82.5	120	127.5	135		135	88.54	90.32	B
4	Richard Stunt	M	31	Great Britain	Bare	M_OR_A	80.2	82.5	125	132.5	-140		132.5	87.01	87.01	B
5	Jeremy Quick OPEN	M	52	Great Britain	Bare	M_OR_A	82.15	82.5	117.5	125	130		130	84.03	97.90	B
6	Samuel Jellicoe	M	39	Great Britain	Bare	M_OR_A	81.15	82.5	115	122.5	-127.5		122.5	79.82	79.82	B
1	Hadi Rana	M	31	Great Britain	Bare	M_OR_A	88.75	90	180	-187.5	-187.5		180	111	111.00	B
2	Lewis Mee	M	28	Great Britain	Bare	M_OR_A	88.85	90	122.5	130	137.5		137.5	84.73	84.73	B
3	Ramin Gulistani	M	35	Great Britain	Bare	M_OR_A	87.6	90	100	117.5	125		125	77.66	77.67	B
1	Krisztian Gyanti OPEN	M	48	Great Britain	Bare	M_OR_A	97.6	100	180	-187.5	187.5		187.5	110.14	120.83	B
2	Joevan Wayland	M	31	Great Britain	Bare	M_OR_A	97.85	100	160	-165	165		165	96.81	96.82	B
3	Samuel Grant	M	39	Great Britain	Bare	M_OR_A	98.4	100	150	157.5	162.5		162.5	95.11	95.12	B
4	Steven Forshaw	M	38	Great Britain	Bare	M_OR_A	98.55	100	130	140	150		150	87.73	87.74	B
5	James Goddon	M	26	Great Britain	Bare	M_OR_A	96.8	100	140	-150	-152.5		140	82.55	82.55	B
1	Paul Morgan OPEN	M	52	Great Britain	Bare	M_OR_A	108.7	110	180	190	-200		190	107.23	124.93	B
2	Yiannis Verenakis	M	33	Great Britain	Bare	M_OR_A	108.6	110	155	165	172.5		172.5	97.38	97.38	B
3	Jack Leaney OPEN	M	22	Great Britain	Bare	M_OR_A	108.75	110	160	167.5	-172.5		167.5	94.52	95.47	B
4	Connor Hall	M	23	Great Britain	Bare	M_OR_A	107.3	110	-165	165	-172.5		165	93.48	93.50	B
5	Robert Saunders	M	27	Great Britain	Bare	M_OR_A	106.95	110	140	-155	160		160	90.74	90.75	B
1	Andrew Whitaker AWPDP OPEN	M	43	Great Britain	Bare	M_OR_A	116	125	200	212.5	222.5		222.5	123.51	127.34	B
2	Maciej Orłowski	M	35	Great Britain	Bare	M_OR_A	123.75	125	200	215	222.5		222.5	121.67	121.69	B
3	Billy Mareya	M	47	Great Britain	Bare	M_OR_A	118.85	125	202.5	212.5	-222.5		212.5	117.32	126.95	B
4	Edward Davey	M	29	Great Britain	Bare	M_OR_A	120.75	125	180	190	-200		190	104.53	104.53	B
5	Warren Whitaker	M	39	Great Britain	Bare	M_OR_A	123.8	125	180	190	-200		190	103.89	103.90	B
6	JAMIE WICKS	M	30	Great Britain	Bare	M_OR_A	121.75	125	160	170	-180		170	93.34	93.35	B
7	Mark Persson	M	38	Great Britain	Bare	M_OR_A	113.05	125	-150	155	160		160	89.35	89.36	B

8	Toby Yate	M	26	Great Britain	Bare	M_OR_A	123.2	125	145	160	-170		160	87.6	87.61	B
9	Michael Fedarb OPEN	M	55	Great Britain	Bare	M_OR_A	121.75	125	135	147.5	-160		147.5	80.99	99.22	B
1	Julian McKerrow	M	35	Great Britain	Bare	M_OR_A	134	140	185	200	-205		200	107.29	107.29	B
1	Dennis O'Leary SHEA OPEN	M	40	Great Britain	Bare	M_OR_A	143.4	140+	155	160	165		165	87.17	87.17	B
2	Mr Remigiusz Data	M	27	Great Britain	Bare	M_OR_A	179.15	140+	25				25	12.6	12.57	B
NS	Daniel grant	M	34	Great Britain	Bare	M_OR_A										B

1	Dylan Heighton	M	15	Great Britain	Bare	M_TR_1_A	57.8	60	60	70	77.5		77.5	66.97	79.03	B
1	Ethan Peart	M	15	Great Britain	Bare	M_TR_1_A	89.4	90	75	80	85		85	52.2	61.60	B
1	Reuben king	M	17	Great Britain	Bare	M_TR_2_A	69.4	75	110	117.5	-122.5		117.5	85.93	92.81	B
2	Ksawery Frozynski	M	16	Great Britain	Bare	M_TR_2_A	74.1	75	-90	90	-105		90	62.53	70.65	B
1	Harry Ounsworth	M	18	Great Britain	Bare	M_TR_2_A	77.3	82.5	132.5	140	145		145	97.67	103.54	B
2	Ruben Marsh	M	17	Great Britain	Bare	M_TR_2_A	78.4	82.5	130	137.5	-142.5		137.5	91.71	99.05	B
1	Sam Ladds	M	16	Great Britain	Bare	M_TR_2_A	88.25	90	115	120	-125		120	74.24	83.89	B
1	Samuel Earle	M	17	Great Britain	Bare	M_TR_2_A	111.3	125	100	115	-130		115	64.48	69.64	B
1	Josef jones	M	19	Great Britain	Bare	M_TR_3_A	72.65	75	135	145	-155		145	102.26	106.35	B
2	Harvey gulliver	M	18	Great Britain	Bare	M_TR_3_A	72.75	75	87.5	95	100		100	70.45	74.68	B
1	Chris Pahl	M	19	Great Britain	Bare	M_TR_3_A	99.9	100	127.5	135	140		140	81.41	84.67	B
1	Kaiwen Li	M	18	Great Britain	Bare	M_TR_3_A	108.1	110	135	142.5	150		150	84.79	89.88	B
1	Dominik Wawak	M	19	Great Britain	Bare	M_TR_3_A	114.85	125	-92.5	92.5	-105		92.5	51.46	53.53	B
1	GEORGE CLOUGH	M	18	Great Britain	Bare	M_TR_3_A	134.35	140	172.5	185	-200		185	99.18	105.13	B
1	Taylor Lee	M	18	Great Britain	Bare	M_TR_3_A	142.5	140+	127.5	132.5	-140		132.5	70.1	74.30	B

## The A/BPU Single Lift Championships at The Arnolds UK

27/03/2026

Friday Deadlifts

Place	Name	Sex	Age	Country	Equip	Division	BWT	Wt Cls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Points	Age Score	Event
1	Declan Shaw	M	23	Great Britain	Bare	M_JR_A	81.5	82.5	240	255	-265		255	165.68	165.68	D
1	Aaron Quincey-Byrne	M	23	Great Britain	Bare	M_JR_A	97.15	100	220	235	245		245	144.22	144.22	D
2	Jamie Roberts	M	21	Great Britain	Bare	M_JR_A	95.85	100	225	-245	-245		225	133.28	135.96	D
2	Rene Spireng	M	23	Great Britain	Bare	M_JR_A	80.5	82.5	180	-192.5	-192.5		180	117.91	117.91	D
1	Bleddyn Jones	M	23	Great Britain	Bare	M_JR_A	89.78	90	170	185	-200		185	113.34	113.34	D
3	Charlie O'Leary DONNELL	M	23	Great Britain	Bare	M_JR_A	98.3	100	185				185	108.33	108.33	D
NS	Arjun North	M	20	Great Britain	Bare	M_JR_A										D
NS	Ethan King	M	22	Great Britain	Bare	M_JR_A										D
NS	Oliver Whalley	M	20	Great Britain	Bare	M_JR_A										D

1	ROMESH TENUWERA MASTER	M	43	Great Britain	Bare	M_MR_1_A	51.35	52	160	167.5	-172.5		167.5	164.15	169.23	D
1	Sam Smiles	M	40	Great Britain	Bare	M_MR_1_A	62.95	67.5	170	180	190		190	151.23	151.23	D
1	Matt Lambert	M	44	Great Britain	Bare	M_MR_1_A	80.1	82.5	235	-250.5	-250.5		235	154.45	161.11	D
2	Darren Robertson MASTER	M	42	Great Britain	Bare	M_MR_1_A	80.35	82.5	205	220	-237.5		220	144.29	147.18	D
1	Jon Tippell	M	40	Great Britain	Bare	M_MR_1_A	91.7	100	240	260	-267.5		260	157.48	157.50	D
1	Eddie Wilson	M	42	Great Britain	Bare	M_MR_1_A	121.1	125	300	320	-337.5		320	175.93	179.45	D
1	Jamie Skelcher	M	47	Great Britain	Bare	M_MR_2_A	72.75	75	190	200	212.5		212.5	149.71	161.98	D
1	James Leaney	M	45	Great Britain	Bare	M_MR_2_A	87.9	90	197.5	210	-217.5		210	130.21	137.38	D
2	James Brodie	M	47	Great Britain	Bare	M_MR_2_A	87.15	90	170	185	-190		185	115.29	124.75	D
1	Wesley Evans	M	46	Great Britain	Bare	M_MR_2_A	109.2	110	227.5	257.5	267.5		267.5	150.77	161.03	D
2	Richard Birkett	M	46	Great Britain	Bare	M_MR_2_A	107	110	-240	255	-267.5		255	144.6	154.44	D
3	Nicki Bush	M	47	Great Britain	Bare	M_MR_2_A	107.85	110	230	245	-260		245	138.59	149.97	D
1	Billy Mareya MASTER	M	47	Great Britain	Bare	M_MR_2_A	118.85	125	310	330	345		345	190.48	206.11	D
2	Dan Ling	M	45	Great Britain	Bare	M_MR_2_A	117.5	125	245	-260	-270		245	135.61	143.07	D
1	Stephen Coleman MASTER	M	52	Great Britain	Bare	M_MR_3_A	78.45	82.5	240	255	-270		255	170	198.06	D
2	Lon Hooson	M	52	Great Britain	Bare	M_MR_3_A	81.9	82.5	175	185	195		195	126.29	147.13	D
1	Randall Crooks	M	52	Great Britain	Bare	M_MR_3_A	87.4	90	220	230	240		240	149.31	173.95	D
1	Peter Tryner MASTER	M	54	Great Britain	Bare	M_MR_3_A	101.75	110	300	315	-330.5		315	181.83	218.95	D
2	Darren Stafford AWPDP	M	53	Great Britain	Bare	M_MR_3_A	102.8	110	170	-192.5	-192.5		170	97.74	115.74	D
NS	Richard Badger Baker	M	56	Great Britain	Bare	M_MR_4_A										D
NS	Sean McCarthy	M	57	Great Britain	Bare	M_MR_4_A										D
1	Andrew Rae	M	59	Great Britain	Bare	M_MR_4_A	73.3	75	170	-182.5	-182.5		170	119.08	156.59	D
2	Felix McAlinden	M	56	Great Britain	Bare	M_MR_4_A	69.7	75	140	150	-152.5		150	109.32	136.21	D
1	Ken Hardaker	M	55	Great Britain	Bare	M_MR_4_A	88.6	90	220	-240			220	135.79	166.36	D
2	Ger Collins	M	55	Great Britain	Bare	M_MR_4_A	86.9	90	167.5	177.5	185		185	115.48	141.47	D
1	Brian Whitehead	M	55	Great Britain	Bare	M_MR_4_A	97.9	100	170	185	-200		185	108.52	132.95	D
1	Simon Hull	M	55	Great Britain	Bare	M_MR_4_A	106.1	110	275	290	300		300	170.58	208.98	D
2	Steven Middleton-Lowes	M	55	Great Britain	Bare	M_MR_4_A	107.3	110	272.5	285	297.5	302.5	297.5	168.56	206.51	D
3	Simon Lee	M	59	Great Britain	Bare	M_MR_4_A	106.9	110	180	190	200		200	113.45	149.20	D
1	Michael Fedarb MASTER	M	55	Great Britain	Bare	M_MR_4_A	121.75	125	255	275	290		290	159.23	195.08	D
2	Richard Green RAW	M	59	Great Britain	Bare	M_MR_4_A	116.55	125	100				100	55.45	72.92	D
1	Bahadar Ghatore	M	61	Great Britain	Bare	M_MR_5_A	79.5	82.5	175	187.5	192.5		192.5	127.17	173.71	D
2	Mark Payne	M	60	Great Britain	Bare	M_MR_5_A	81.3	82.5	152.5	160	167.5		167.5	109	146.07	D
1	John Labrum	M	64	Great Britain	Bare	M_MR_5_A	95.3	100	130	-140	145		145	86.13	124.89	D
1	Mark Bulmer	M	63	Great Britain	Bare	M_MR_5_A	105.65	110	195	205	215		215	122.42	173.98	D
1	Paul Sargent	M	70	Great Britain	Bare	M_MR_7_A	73.15	75	120	130	137.5		137.5	96.46	158.68	D
1	Peter Oram	M	71	Great Britain	Bare	M_MR_7_A	92.75	100	195	215	225	230	225	135.47	227.74	D
1	Ernie Parkes	M	83	Great Britain	Bare	M_MR_8_A	74.05	75	180	190	200		200	139.02	304.44	D

1	Daniel Davies	M	31	Great Britain	Bare	M_OES_A	88.1	90	-230	230	-255		230	142.43	142.43	D
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DQ	Hendrick Stritzl	M	27	Great Britain	Bare	M_OEM_A	51.15	52	-135	-135	-135				0.00	D
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1	ROMESH TENUWERA OPEN	M	43	Great Britain	Bare	M_OR_A	51.35	52	160	167.5	-172.5		167.5	164.15	169.23	D
1	Harry Payne	M	24	Great Britain	Bare	M_OR_A	74.9	75	232.5	245	250		250	172.3	172.30	D
2	Conner Edwards	M	24	Great Britain	Bare	M_OR_A	73.5	75	215	232.5	245		245	171.25	171.26	D
3	Olusegun Ayeko	M	34	Great Britain	Bare	M_OR_A	73.6	75	220	230	-245		230	160.6	160.61	D
4	Joel Craven Huffer AWPDP	M	29	Great Britain	Bare	M_OR_A	69.3	75	-172.5	182.5	190		190	139.12	139.12	D
1	Carn Wharmby	M	34	Great Britain	Bare	M_OR_A	82	82.5	290	310	-325.5		310	200.61	200.62	D
2	Yusuf Timor	M	28	Great Britain	Bare	M_OR_A	80.75	82.5	280	292.5	-300		292.5	191.21	191.21	D
3	Matthew Portelli	M	25	Great Britain	Bare	M_OR_A	81.2	82.5	285	-300	-300		285	185.62	185.62	D
4	Stephen Coleman OPEN	M	52	Great Britain	Bare	M_OR_A	78.45	82.5	240	255	-270		255	170	198.06	D
5	Richard Stunt	M	31	Great Britain	Bare	M_OR_A	80.3	82.5	225	240	-250		240	157.48	157.48	D
6	Samuel Jellicoe	M	39	Great Britain	Bare	M_OR_A	81.15	82.5	195	220	232.5		232.5	151.49	151.49	D
7	Ryan Wilby	M	29	Great Britain	Bare	M_OR_A	79.75	82.5	215	225	-235		225	148.32	148.33	D
8	Callum Severns	M	28	Great Britain	Bare	M_OR_A	80.3	82.5	-225	225	-230		225	147.63	147.63	D
9	Darren Robertson OPEN	M	42	Great Britain	Bare	M_OR_A	80.3	82.5	205	220	-237.5		220	144.35	147.24	D
1	Ashley Youle	M	30	Great Britain	Bare	M_OR_A	88.1	90	265	-285	-285		265	164.1	164.10	D
2	Liam Kerin	M	37	Great Britain	Bare	M_OR_A	85.45	90	237.5	252.5	-265		252.5	159.21	159.22	D
3	Ben Bell	M	35	Great Britain	Bare	M_OR_A	89.55	90	230	245	-255		245	150.32	150.32	D
4	Dexter Hampton	M	30	Great Britain	Bare	M_OR_A	85.8	90	210	240	-245		240	150.96	150.96	D
5	Lewis Mee	M	28	Great Britain	Bare	M_OR_A	88.85	90	215	227.5	240		240	147.9	147.90	D
6	Saad Khayoom RAW	M	35	Great Britain	Bare	M_OR_A	87.85	90	220	232.5			232.5	144.21	144.22	D
7	Stephen Webb	M	25	Great Britain	Bare	M_OR_A	89.05	90	230	-240			230	141.56	141.57	D
8	Elvis Rozenbergs	M	30	Great Britain	Bare	M_OR_A	86.4	90	195	212.5	215		215	134.67	134.67	D
9	Ramin Gulistani	M	35	Great Britain	Bare	M_OR_A	87.65	90	170	185			185	114.9	114.91	D
1	Joevan Wayland	M	31	Great Britain	Bare	M_OR_A	97.85	100	280	290	302.5		302.5	177.49	177.51	D
2	Stephen Brown	M	29	Great Britain	Bare	M_OR_A	92.5	100	260	285	300		300	180.88	180.89	D
3	Josh Pywell	M	34	AUSTRALIA	Bare	M_OR_A	97.7	100	-285	295	-310		295	173.21	173.21	D
4	James Goddon	M	26	Great Britain	Bare	M_OR_A	96.8	100	235	250	265		265	156.25	156.26	D
5	Aydin Djemal	M	29	Great Britain	Bare	M_OR_A	93.1	100	230	-242.5	-250		230	138.21	138.22	D
6	Brett Richmond	M	35	Great Britain	Bare	M_OR_A	92.4	100	160	170	-175		170	102.55	102.56	D
7	John oniell	M	24	Great Britain	Bare	M_OR_A	97.15	100	170	-180	-185		170	100.07	100.08	D
1	Peter Tryner OPEN	M	54	Great Britain	Bare	M_OR_A	101.75	110	300	315	-330.5		315	181.83	218.95	D
2	George Westman	M	28	Great Britain	Bare	M_OR_A	107.4	110	260	280	-300		280	158.6	158.61	D
3	James Griffiths	M	25	Great Britain	Bare	M_OR_A	107.65	110	250	265	-282.5		265	149.99	150.00	D
4	Jack robbins	M	25	Great Britain	Bare	M_OR_A	106.95	110	225	240	-250		240	136.12	136.13	D
5	LUKE SIMONS	M	24	Great Britain	Bare	M_OR_A	109.25	110	210	220	-227.5		220	123.98	123.99	D
NS	Steven Forshaw	M	38	Great Britain	Bare	M_OR_A	100.6	110								D
1	Billy Mareya OPEN	M	47	Great Britain	Bare	M_OR_A	118.85	125	310	330	345		345	190.48	206.11	D
2	JAMIE WICKS	M	30	Great Britain	Bare	M_OR_A	121.75	125	250	275	292.5		292.5	160.61	160.62	D
3	Michael Fedarb OPEN	M	55	Great Britain	Bare	M_OR_A	121.75	125	255	275	290		290	159.23	195.08	D
4	Julian Myles	M	36	Great Britain	Bare	M_OR_A	124.8	125	270	285	-300		285	155.49	155.51	D
5	Brett Hampton	M	32	Great Britain	Bare	M_OR_A	115.95	125	250	280	-300		280	155.44	155.45	D
6	Chaz White	M	36	Great Britain	Bare	M_OR_A	113.7	125	240	252.5	-260		252.5	140.81	140.82	D
1	Mr Remigiusz Data	M	27	Great Britain	Bare	M_OR_A	179.15	140+	80				80	40.32	40.23	D

1	Harvey Gulliver	M	18	Great Britain	Bare	M_TR_3_A	72.75	75	215	230	235		235	165.56	175.49	D
1	Jackson Passmore	M	19	Great Britain	Bare	M_TR_3_A	66.65	67.5	192.5	202.5	212.5		212.5	160.77	167.20	D
1	Dylan Heighton	M	15	Great Britain	Bare	M_TR_1_A	57.8	60	135	145	155		155	133.94	158.05	D
1	Chris Pahl	M	19	Great Britain	Bare	M_TR_3_A	99.9	100	240	250	260		260	151.19	157.25	D
1	Ruben Marsh	M	17	Great Britain	Bare	M_TR_2_A	78.4	82.5	180	205	-225		205	136.73	147.67	D
1	Kaiwen Li	M	18	Great Britain	Bare	M_TR_3_A	108.1	110	230	237.5	245		245	138.5	146.81	D
1	Sam Ladds	M	16	Great Britain	Bare	M_TR_2_A	85.25	90	175	205	-215		205	129.45	146.28	D
1	Reuben King	M	17	Great Britain	Bare	M_TR_2_A	69.4	75	180	-192.5	-192.5		180	131.64	142.17	D
1	Max James	M	13	Great Britain	Bare	M_TR_1_A	53.1	56	100	110	-125		110	103.89	127.78	D
1	Samuel Earle	M	17	Great Britain	Bare	M_TR_2_A	111.3	125	180	-200	200		200	112.13	121.11	D
1	Logan Curtis	M	14	Great Britain	Bare	M_TR_1_A	71.15	75	120	130	-140		130	93.19	114.62	D
1	Dominik Wawak	M	19	Great Britain	Bare	M_TR_3_A	114.85	125	175	190	-195		190	105.71	109.94	D
1	Ethan Peart	M	15	Great Britain	Bare	M_TR_1_A	89.4	90	130	140	-150		140	85.98	101.46	D

1	Daniel Egan	M	23	Great Britain	Sleeves	M_JR_A	94.35	100	260	275	-285		275	164.15	164.15	D
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1	Richard Green SINGLE	M	59	Great Britain	Single-ply	M_MES_4_A	116.55	125	100				100	55.45	72.92	D
1	Saad Khayoom SINGLE	M	35	Great Britain	Single-ply	M_OES_A	87.85	90	240	255	-260		255	158.17	158.18	D
1	Sam Picknett	M	26	Great Britain	Single-ply	M_OES_A	107.95	110	275	-285	285		285	161.17	161.19	D
1	Ashley Priddle	M	18	Great Britain	Single-ply	M_TES_3_A	96.95	100	170	195	-210		195	114.89	121.80	D

1	Richard Curtis	M	42	Great Britain	Multi-ply	M_MEM_1_A	94.2	100	240	255	-260		255	152.33	155.38	D
NS	Richard Green MULTI	M	59	Great Britain	Multi-ply	M_MEM_4_A	116.55	125								D
1	Marcus Heuer GERMANY	M	34	GERMANY	Multi-ply	M_OEM_A	97.9	100	275	295	310		310	181.85	181.86	D
1	Steven Forshaw Multi	M	38	Great Britain	Multi-ply	M_OEM_A	100.6	110	240	260	280.5	290	280.5	162.65	162.65	D

# The A/BPU Single Lift Championships at The Arnolds UK

28/03/2026

Saturday Bench Press

Place	Name	Sex	Age	Country	Equip	Division	BWT	Wt Cls	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Points	Age Score	Event
1	Elaine Rollo	F	43	Great Britain	Bare	F_MR_1	86.4	90	85	92.5	-100		92.5	70.99	72.961	B
1	Nicola Goodwill	F	44	Great Britain	Bare	F_MR_1	101.7	110	130	140	-150.5		140	99.44	103.828	B
1	Natasha Gee	F	48	Great Britain	Bare	F_MR_2	74.55	75	80	85	-90		85	71.37	78.279	B
1	Sherie Reed	F	45	Great Britain	Bare	F_MR_2	77.7	82.5	72.5	77.5	80		80	65.38	68.946	B
1	Joanne Carr-Wilkinson	F	49	Great Britain	Bare	F_MR_2	89.05	90	80	85	-87.5		85	64.19	71.126	B
1	Sandy Pandya	F	58	Great Britain	Bare	F_MR_4	64.3	67.5	60	62.5	65		65	60.69	78.427	B
1	Wendy Addison-Doy	F	57	Great Britain	Bare	F_MR_4	74.55	75	102.5	107.5	112.5	-118	112.5	94.45	119.755	B
1	Mo Proctor	F	59	Great Britain	Bare	F_MR_4	98.4	100	77.5	85	-90		85	61.21	80.489	B
1	Gillian Carpenter	F	64	Great Britain	Bare	F_MR_5	64.9	67.5	50	-52.5	-55		50	46.35	67.262	B
1	Catherine Wass	F	68	Great Britain	Bare	F_MR_6	66.9	67.5	67.5	72.5	80		80	72.5	114.222	B
1	Kara Shaw	F	38	Great Britain	Bare	F_OR	73.2	75	90	97.5	102.5		102.5	87.13	87.115	B
1	Julie Green	F	58	Great Britain	Single-ply	F_MES_4_A	107.65	110	95	100	105		105	73.07	94.410	B
1	Joseph Jackson	M	23	Great Britain	Bare	M_JR	106.6	110	185	200	210		210	119.23	119.238	B
1	Louis Parry	M	21	Great Britain	Bare	M_JR	114.75	125	200	-205			200	111.29	113.526	B
1	MARK NUGENT	M	41	Great Britain	Bare	M_MR_1	80.8	82.5	150	-162.5	162.5		162.5	106.18	107.247	B
2	James Sargent	M	44	Great Britain	Bare	M_MR_1	80.05	82.5	100	107.5	112.5		112.5	73.97	77.155	B
1	Chris Pike MASTER	M	43	Great Britain	Bare	M_MR_1	88.1	90	175	180	182.5		182.5	113.01	116.517	B
1	Matthew Dunne	M	43	Great Britain	Bare	M_MR_1	107.65	110	180	190	200		200	113.2	116.714	B
2	Alan Lee	M	44	Great Britain	Bare	M_MR_1	108	110	182.5	195	197.5		197.5	111.68	116.489	B
NS	Jason Pearson	M	45	Great Britain	Bare	M_MR_2										B
1	David Zahedi MASTER	M	45	Great Britain	Bare	M_MR_2	90	90	155	-165	-170		155	94.83	100.053	B
1	Paul Coates	M	47	Great Britain	Bare	M_MR_2	96.65	100	157.5	167.5	-177.5		167.5	98.83	106.942	B
1	Stuart Davidson	M	46	Great Britain	Bare	M_MR_2	130.3	140	150	157.5	-165		157.5	85.05	90.840	B
1	Jamie Bailey	M	51	Great Britain	Bare	M_MR_3	97	100	120	130	-145		130	76.58	87.841	B
1	Mark Townend	M	51	Great Britain	Bare	M_MR_3	125.5	140	180	190	195		195	106.21	121.880	B
2	Matthias Fanselow GERMANY	M	50	GERMANY	Bare	M_MR_3	126.5	140	170	-180	180	-185	180	97.89	110.623	B
1	Piotr Strzala	M	59	Great Britain	Bare	M_MR_4	107.7	110	165	175	-185		175	99.04	130.239	B
1	Justin Randall	M	55	Great Britain	Bare	M_MR_4	114.2	125	-170	177.5	185		185	103.06	126.253	B
1	Stuart Hamilton	M	61	Great Britain	Bare	M_MR_5	89.35	90	140	150	-160		150	92.15	125.880	B
1	Jean-Pierre Bestel	M	63	Great Britain	Bare	M_MR_5	97.6	100	80	87.5	92.5		92.5	54.34	77.216	B
1	Neil Bacon	M	69	Great Britain	Bare	M_MR_6	81.25	82.5	115	122.5	-125		122.5	79.75	128.403	B
1	Anshvardhan Shetty	M	18	Great Britain	Bare	M_TR_3	65.7	67.5	127.5	135	-140		135	103.41	109.615	B
1	Shane Penfold	M	32	Great Britain	Bare	M_OR	73.45	75	132.5	142.5	-147.5		142.5	99.66	99.661	B
1	Chris Pike OPEN	M	43	Great Britain	Bare	M_OR	88.1	90	175	180	182.5		182.5	113.01	116.517	B
2	David Zahedi OPEN	M	45	Great Britain	Bare	M_OR	90	90	155	-165	-170		155	94.83	100.053	B
3	Michael Evans	M	38	Great Britain	Bare	M_OR	86.2	90	110	120	-125		120	75.27	75.270	B
1	Anthony Sandison	M	32	Great Britain	Bare	M_OR	99.7	100	-180	190	192.5		192.5	112.04	112.045	B
2	Scott Johnston	M	41	Great Britain	Bare	M_OR	99.35	100	170	185	-195		185	107.83	108.920	B
3	James Pierce	M	34	Great Britain	Bare	M_OR	95.1	100	172.5	182.5	-187.5		182.5	108.51	108.515	B
4	Dhaivat Sadhu	M	38	Great Britain	Bare	M_OR	98.45	100	150	157.5	-162.5		157.5	92.16	92.169	B
DQ	Tommy Lawton	M	30	Great Britain	Bare	M_OR	96.75	100	-160	-170	-170				0.000	B
1	Zilvinas Peldzius	M	37	Great Britain	Bare	M_OR	109.3	110	190	202.5	210		210	118.33	118.335	B
2	Thomas Galpin	M	24	Great Britain	Bare	M_OR	103.45	110	175	182.5	-190		182.5	104.69	104.696	B
3	Oliver Rowe	M	24	Great Britain	Bare	M_OR	107.75	110	165	175	182.5		182.5	103.27	103.272	B
4	Luke Patterson	M	35	Great Britain	Bare	M_OR	106.15	110	165	175			175	99.49	99.496	B
1	Daniel Wiggin	M	32	Great Britain	Bare	M_OR	136.85	140	232.5	242.5	250		250	133.47	133.469	B
NS	David Onyeme	M	33	Great Britain	Bare	M_OR	127.65	140								B
NS	Adam Konrath	M	39	Great Britain	Bare	M_OR										B
NS	Konstantinos Kyrchanidis	M	39	Great Britain	Bare	M_OR										B
DQ	Shaun Millward	M	44	Great Britain	Single-ply	M_MES_1_A	124.05	125	-170	-172.5	-172.5				0.000	B
1	Michael Coleman IRELAND	M	50	IRELAND	Single-ply	M_MES_3_A	99.6	100	140	-150	160		160	93.16	105.280	B
1	David Murray	M	35	Great Britain	Single-ply	M_OES	87.8	90	-195	195	-202.5		195	120.99	120.998	B
1	Chris Donoghue	M	39	Great Britain	Single-ply	M_OES	107.7	110	210	220	230		230	130.16	130.169	B
NS	Jean Pierre Bestel Mply	M	63	Great Britain	Multi-ply	M_MEM_5	97.6	100								B
DQ	Aaron Fillery	M	38	Great Britain	Multi-ply	M_OEM	96.1	100	-180	-200	-200				0.000	B
1	Robert Beattie	M	37	Great Britain	Multi-ply	M_OEM_A	113.55	125	205	-220	-220		205	114.36	114.370	B
1	Nathan Lynch Junior	M	22	Great Britain	Unlimited	M_JEU_A	77.35	82.5	185	-215	-220		185	124.56	125.815	B
1	Matt Small	M	46	Great Britain	Unlimited	M_MEU_2	136.85	140	-215	215	-230		215	114.78	122.589	B
DQ	Richard Evans	M	58	Great Britain	Unlimited	M_MEU_4	110.95	125	-152.5	-152.5	-152.5				0.000	B

# The A/BPU Single Lift Championships at The Arnolds UK

## EQUIPPED SUPERFLIGHT

1	Kalle Ylitalo-James	M	42	Great Britain	Unlimited	M_OEU	124.9	125	-400	400			400	218.18	222.564	B
1	James Taylor	M	34	Great Britain	Unlimited	M_OEU	109.3	110	-382.5	-382.5	382.5	-402.5	382.5	215.52	215.539	B
1	Gary Jones	M	61	AUSTRALIA	Unlimited	M_MEU_5_A	110.6	125	-255.5	255.5	272.5		272.5	153.04	209.066	B
1	Patric Kalttenbacher	M	47	Great Britain	Unlimited	M_MEU_2	102.9	110	312.5	332.5	-350		332.5	191.1	206.793	B
1	Paul Morgan	M	52	Great Britain	Unlimited	M_MEU_3_A	109.2	110	305	-330	-340		305	171.9	200.279	B
2	Martin Erlitz	M	48	GERMANY	Unlimited	M_MEU_2	124.4	125	295	320	-340		320	174.74	191.720	B
1	John Pollard	M	55	Great Britain	Unlimited	M_MEU_4	145.9	140+	267.5	287.5	-302.5		287.5	151.29	185.365	B
1	Luke Litchfield	M	38	Great Britain	Unlimited	M_OEU	94.75	100	265	290	310		310	184.65	184.667	B
1	Iain Conner	M	48	Great Britain	Multi-ply	M_MEM_2	115.1	125	280	290	300		300	166.82	183.013	B
1	Andy Champ	M	43	Great Britain	Single-ply	M_MES_1_A	108.3	110	277.5	-285	300		300	169.49	174.755	B
1	Sabine Allner	F	42	GERMANY	Unlimited	F_OEU	126.5	110+	-225	225	-250		225	150.62	153.742	B
1	Jodie Davies	F	30	Great Britain	Unlimited	F_OEU_A	59.2	60	127.5	-147.5	147.5		147.5	146.85	147.257	B
1	Amy Crossland	F	38	Great Britain	Unlimited	F_OEU_A	96	100	160	185	190		190	138.34	138.187	B
1	Elaine Rollo	F	42	Great Britain	Multi-ply	F_MEM_1	86.4	90	130	140	-150		140	107.44	109.249	B
1	Chelsea Batty	F	34	Great Britain	Unlimited	F_OEU_A	74.95	75	-130	130	-140		130	108.76	108.741	B

1	Kalle Ylitalo-James	M	42	Great Britain	Unlimited	M_MEU_2	124.9	125	-400	400			400	218.18	222.564	B
1	Nathan Lynch OPEN	M	22	Great Britain	Unlimited	M_OEU_A	77.35	82.5	185	-215	-220		185	124.56	125.815	B
G	Dawid Chrysafis	M	28	Great Britain	Unlimited	M_OEU_A	87.4	90	220	235	-242.5		235	146.2	146.205	B
1	Kieran Peters	M	36	Great Britain	Unlimited	M_OEU_A	98.5	100	230	240			240	140.41	140.412	B
1	Paul Morgan	M	52	Great Britain	Unlimited	M_OEU_A	109.2	110	305	-330	-340		305	171.9	200.279	B
1	Graham Mellow	M	32	Great Britain	Unlimited	M_OEU_A	161.2	140+	-310	-310	365		365	187.41	187.988	B

# The A/BPU Single Lift Championships at The Arnolds UK

28/03/2026

Saturday Deadlifts

Place	Name	Sex	Age	Country	Equip	Division	BWT	Wt Cls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Points	Age Score	Event
NS	Mira Taylor	F	42	Great Britain	Bare	F_MR_1										D
1	Nicola Goodwill	F	44	Great Britain	Bare	F_MR_1	101.7	110	235	-250	250		250	177.57	185.406	D
1	Claire Knight	F	49	Great Britain	Bare	F_MR_2	73.5	75	160	170	175		175	148.34	165.082	D
1	Joanne Carr-Wilkinson	F	49	Great Britain	Bare	F_MR_2	89.05	90	145	155	175		175	132.15	146.436	D
1	GERALDINE GOLIGHER	F	53	Great Britain	Bare	F_MR_3	68.1	75	162.5	177.5	182.5		182.5	163.25	193.078	D
1	Katie Edwards MASTER	F	52	Great Britain	Bare	F_MR_3	79.35	82.5	175	190	-200		190	153.23	178.390	D
1	Sandy Pandya	F	58	Great Britain	Bare	F_MR_4	64.3	67.5	150	157.5	-162.5		157.5	147.05	190.035	D
1	Gillan Carpenter	F	64	Great Britain	Bare	F_MR_5	64.9	67.5	90	95	-100		95	88.07	127.798	D
1	Catherine Wass	F	68	Great Britain	Bare	F_MR_6	66.9	67.5	115	122.5	127.5		127.5	115.55	182.042	D

NS	Georgina Hodson	F	39	Great Britain	Bare	F_OR										D
1	Donna Bramley	F	40	Great Britain	Bare	F_OR	55.9	56	172.5	182.5	194	-200	194	202.2	202.808	D
1	Mira Taylor	F	42	Great Britain	Bare	F_OR	59.35	60	152.5	165	175	-180	175	173.87	177.834	D
1	Kara Shaw	F	38	Great Britain	Bare	F_OR	73.2	75	160	172.5	185		185	157.25	157.232	D
1	Katie Edwards OPEN	F	52	Great Britain	Bare	F_OR	79.35	82.5	175	190	-200		190	153.23	178.390	D
1	Gemma Lewis	F	39	Great Britain	Bare	F_OR	95	100	160	-172.5	182.5		182.5	133.51	133.298	D

1	Dannan Jackson	F	22	Great Britain	Bare	F_OR_A	80.5	82.5	185	200	205		205	163.88	165.360	D
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1	Rachel Measures	F	42	Great Britain	Single-ply	F_MES_1_A	52.6	56	140	150	-160		150	164.22	167.918	D
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1	Louis Parry	M	21	Great Britain	Bare	M_JR	114.75	125	270	285	-300		285	158.6	161.775	D
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1	James Sargent	M	44	Great Britain	Bare	M_MR_1	80.05	82.5	200	-215	217.5		217.5	143.01	149.167	D
1	Mark Little	M	43	Great Britain	Bare	M_MR_1	89.35	90	220	242.5	-250		242.5	148.97	153.598	D
1	Ryan Goligher	M	43	Great Britain	Bare	M_MR_1	93.5	100	210	230	-247.5		230	137.91	142.195	D
1	Stuart Morris	M	41	Great Britain	Bare	M_MR_1	113.7	125	240				240	133.84	135.186	D
1	Finn Christo	M	48	Great Britain	Bare	M_MR_2	74.15	75	200	210	-212.5		210	145.82	159.957	D
1	Darryl Triance MASTER	M	49	Great Britain	Bare	M_MR_2	88.7	90	240	255	-262.5		255	157.3	175.071	D
1	Paul Coates	M	47	Great Britain	Bare	M_MR_2	96.65	100	275	292.5	-302.5		292.5	172.59	186.750	D
2	Gareth James	M	46	Great Britain	Bare	M_MR_2	96.8	100	270	-280			270	159.2	170.031	D
1	Stuart Davidson	M	46	Great Britain	Bare	M_MR_2	130.3	140	235	245	252.5		252.5	136.35	145.633	D
1	Martin Preston	M	50	Great Britain	Bare	M_MR_3	73.5	75	220	227.5	235	236.5	235	164.26	185.619	D
1	Delroy McQueen	M	50	Great Britain	Bare	M_MR_3	107.7	110	360	375			375	212.22	239.821	D
NS	Scott Chafer	M	52	Great Britain	Bare	M_MR_3	105.25	110								D
1	Alastair Thompson-Carse	M	52	Great Britain	Bare	M_MR_3	111.4	125	230	245	252.5		252.5	141.54	164.907	D
1	Jason Reilly	M	55	Great Britain	Bare	M_MR_4	82.3	82.5	175	190	200		200	129.12	158.172	D
1	Andrew Sayers	M	56	Great Britain	Bare	M_MR_4	95.6	100	210	220	-227.5		220	130.48	162.594	D
1	Kevin Smith	M	60	Great Britain	Bare	M_MR_5	88.05	90	210	230	245		245	151.76	203.374	D
2	Stuart Hamilton	M	61	Great Britain	Bare	M_MR_5	89.35	90	230	242.5	245		245	150.51	205.605	D
1	Jean-Pierre Bestel	M	63	Great Britain	Bare	M_MR_5	97.5	100	130	145	150		150	88.15	125.279	D

1	Mitch Horrocks	M	32	Great Britain	Bare	M_OEM	74.05	75	270	-300	-300		270	187.67	187.670	D
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1	Mitchell Horrocks	M	32	Great Britain	Bare	M_OR	74.05	75	270	-300			270	187.67	187.670	D
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1	LOUISE CLARK	F	60	Great Britain	Bare	F_MR_5_A	63	67.5	60	65	-70		65	61.64	82.732	B
2	Helen Gail Doyle	F	61	Great Britain	Bare	F_MR_5_A	62.9	67.5	32.5	-37.5	-42.5		32.5	30.86	42.224	B
1	Louise James	F	63	Great Britain	Bare	F_MR_5_A	81.1	82.5	40	42.5	45		45	35.81	50.833	B
1	Caroline Beynon	F	60	Great Britain	Bare	F_MR_5_A	84.9	90	37.5	-42.5	-42.5		37.5	29.06	38.843	B
NS	Catherine Duffy	F	67	Great Britain	Bare	F_MR_6_A										B
1	Sharon Graham	F	65	Great Britain	Bare	F_MR_6_A	59.1	60	47.5	52.5	55	-55.5	55	54.83	81.376	B
1	Martine Barons	F	65	Great Britain	Bare	F_MR_6_A	81.4	82.5	52.5	55	-57.5		55	43.67	64.558	B
NS	Mary Palmer	F	73	Great Britain	Bare	F_MR_7_A										B

1	Shaheena Afini	F	52	Great Britain	Bare	F_OR_A	50.25	52	67.5	70	72.5	-75	72.5	82.37	96.110	B
2	Tanya Khan	F	22	Great Britain	Bare	F_OR_A	50.35	52	55	-62.5	62.5		62.5	70.89	71.716	B
3	Tamsin Gamble	F	29	Great Britain	Bare	F_OR_A	51.45	52	55	60	-62.5		60	66.88	67.014	B
4	Eilidh McAulay	F	29	Great Britain	Bare	F_OR_A	51.1	52	37.5	40	-42.5		40	44.83	44.920	B
1	Keeley Holloran Brown	F	25	Great Britain	Bare	F_OR_A	59.05	60	70	72.5	75		75	74.82	75.023	B
2	Cheska Webb	F	38	Great Britain	Bare	F_OR_A	59.85	60	40	45	47.5		47.5	46.88	47.006	B
1	Hollie Beaman	F	26	Great Britain	Bare	F_OR_A	66.1	67.5	80	-87.5	-87.5		80	73.15	73.160	B
2	Ines Huc	F	27	Great Britain	Bare	F_OR_A	66.15	67.5	67.5	-75	-75		67.5	61.69	61.693	B
1	Jessica Randall	F	26	Great Britain	Bare	F_OR_A	71.2	75	100	110	-120		110	95.31	95.282	B
2	Sarah Higgins	F	31	Great Britain	Bare	F_OR_A	74.6	75	100	102.5	105		105	88.12	88.106	B
3	Nat Johnson	F	43	Great Britain	Bare	F_OR_A	72.6	75	85	90	92.5		92.5	79.07	81.511	B
1	Rebecca Marsh	F	26	Great Britain	Bare	F_OR_A	76.65	82.5	95	100	103	-105	103	84.91	84.890	B
2	Michaela Owen-Clark	F	39	Great Britain	Bare	F_OR_A	81.85	82.5	87.5	95	100		100	79.15	79.037	B
3	Lucinda Perrett	F	34	Great Britain	Bare	F_OR_A	80.55	82.5	70	75	77.5		77.5	61.93	61.870	B
4	Ashleigh Hartnell	F	30	Great Britain	Bare	F_OR_A	79.9	82.5	67.5	72.5	-75		72.5	58.22	58.174	B
1	Charlotte Stapleton	F	35	Great Britain	Bare	F_OR_A	91.6	100	72.5	77.5	80		80	59.56	59.340	B
1	Sophie McKinna	F	31	Great Britain	Bare	F_OR_A	113	110+	110	115	122.5		122.5	84.21	84.164	B

1	Felicity Berrington	F	13	Great Britain	Bare	F_TR_1_A	65.35	67.5	30	35	37.5		37.5	34.58	42.560	B
1	Mayzie-Jo teague	F	14	Great Britain	Bare	F_TR_1_A	77.8	82.5	45	55	-60		55	44.91	55.216	B
1	India Teague	F	17	Great Britain	Bare	F_TR_2_A	77.75	82.5	87.5	100	-105		100	81.69	88.187	B
1	Victoria Zhuravel	F	18	Great Britain	Bare	F_TR_3_A	57.8	60	57.5	62.5	-67.5		62.5	63.42	67.423	B

NS	Zdenek Franc CZECH	M	22	CZECH	Bare	M_JR	116	125								B
NS	James Williams	M	42	Great Britain	Bare	M_MR_1										B
NS	Alan Lee	M	44	Great Britain	Bare	M_MR_1	109.15	110								B
NS	Nick Simpson	M	54	Great Britain	Bare	M_MR_3										B
NS	Grant Mcevansoneya	M	35	Great Britain	Bare	M_OR										B
NS	İğkos Olı½h HUNGARY	M	37	HUNGARY	Bare	M_OR	107.1	110								B
NS	Piotr Strzala	M	59	Great Britain	Bare	M_OR	108.25	110								B
NS	Moszkal Adam HUNGARY	M	30	HUNGARY	Bare	M_OR	123.25	125								B

## The A/BPU Single Lift Championships at The Arnolds UK

29/03/2026

Sunday Deadlifts

Place	Name	Sex	Age	Country	Equipment	Division	BWT	Wt Cls	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Points	Age Score	Event
1	Lily Churchyard	F	23	Great Britain	Bare	F_JR_A	44.95	48	117.5	123	-127.5		123	152.77	152.323	D
1	Tanya Khan	F	22	Great Britain	Bare	F_JR_A	50.35	52	115	130	-135		130	147.46	149.170	D
1	Arabella Jno-Lewis	F	23	Great Britain	Bare	F_JR_A	54.65	56	110	115	125		125	132.68	133.063	D
1	Paige Smyth	F	23	Great Britain	Bare	F_JR_A	64.85	67.5	150	162.5	172.5		172.5	160.01	160.135	D
1	Amera Zelfer-Ross	F	22	Great Britain	Bare	F_JR_A	71.15	75	155	165	175		175	151.71	153.172	D
1	Alisha Slater	F	22	Great Britain	Bare	F_JR_A	79.2	82.5	145	160	-165		160	129.19	130.395	D

1	Julie Green	F	58	Great Britain	Bare	F_MES_4_A	108.5	110	110	120	130		130	90.29	116.575	D
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NS	Kessiah Farrington	F	42	Great Britain	Bare	F_MR_1_A										D
NS	Sam Birkin	F	39	Great Britain	Bare	F_MR_1_A										D
1	Rachel Measures	F	42	Great Britain	Bare	F_MR_1_A	53.8	56	135	145	152.5	-158	152.5	163.93	167.683	D
1	Rachel Kearn	F	43	Great Britain	Bare	F_MR_1_A	58.7	60	90	110	-122.5		110	110.25	113.988	D
1	Claire Cartlidge	F	42	Great Britain	Bare	F_MR_1_A	64.9	67.5	140	150	160		160	148.33	151.409	D
1	Kim Johnson	F	43	Great Britain	Bare	F_MR_1_A	71.1	75	155	167.5	-175		167.5	145.28	149.724	D
2	Natasha Williams	F	42	Great Britain	Bare	F_MR_1_A	74.75	75	-137.5	145	152.5		152.5	127.81	130.346	D
1	Sam Vickers	F	40	Great Britain	Bare	F_MR_1_A	79.05	82.5	170	180	-185		180	145.51	145.422	D
2	Gemma Jones	F	43	Great Britain	Bare	F_MR_1_A	77.9	82.5	-145	152.5	160		160	130.54	134.533	D
NS	Bethany Kneil	F	45	Great Britain	Bare	F_MR_2_A										D
NS	Michelle Geraghty-Corns	F	47	Great Britain	Bare	F_MR_2_A										D
1	Joanne Allan	F	46	AUSTRALIA	Bare	F_MR_2_A	56.7	60	130	135	145		145	149.41	160.048	D
2	Helen Sampson	F	46	Great Britain	Bare	F_MR_2_A	56.9	60	115	125	130		130	133.58	143.089	D
1	claire kirby	F	46	Great Britain	Bare	F_MR_2_A	62.5	67.5	135	150	-160		150	143.13	153.135	D
1	Helen Redhead	F	46	Great Britain	Bare	F_MR_2_A	79.9	82.5	-155	-155	155	166	155	124.47	132.829	D
1	Keeley Johnson	F	51	Great Britain	Bare	F_MR_3_A	97.4	100	160	-170	170	175	170	122.98	140.988	D
NS	Charlie Beardsley	F	55	Great Britain	Bare	F_MR_4_A										D
NS	Nicola Elding	F	57	Great Britain	Bare	F_MR_4_A										D
1	Nina Kemp	F	57	Great Britain	Bare	F_MR_4_A	67.05	67.5	110	120	-130		120	108.57	137.609	D
1	Nia Golding	F	55	Great Britain	Bare	F_MR_4_A	69.05	75	150	165	170		170	150.55	184.270	D
1	Alison McGrath	F	57	Great Britain	Bare	F_MR_4_A	82.7	90	120	130	140		140	110.13	139.415	D

1	Julie Green	F	58	Great Britain	Bare	F_MR_4_A	108.5	110	100	120	130		130	90.29	116.575	D
NS	Gillian Carpenter	F	64	Great Britain	Bare	F_MR_5_A										D
1	LOUISE CLARK	F	60	Great Britain	Bare	F_MR_5_A	63	67.5	120	130	135		135	128.02	171.828	D
2	Helen Gail Doyle	F	61	Great Britain	Bare	F_MR_5_A	62.9	67.5	90	100	-110		100	94.95	129.920	D
1	Caroline Beynon	F	60	Great Britain	Bare	F_MR_5_A	84.9	90	85	92.5	-97.5		92.5	71.68	95.813	D
NS	Catherine Duffy	F	67	Great Britain	Bare	F_MR_6_A										D
1	Sharon Graham	F	65	Great Britain	Bare	F_MR_6_A	59.1	60	132.5	140	142.5	143	142.5	142.06	210.837	D
1	Martine Barons	F	65	Great Britain	Bare	F_MR_6_A	81.4	82.5	140	155	-160		155	123.08	181.937	D
NS	Mary Palmer	F	73	Great Britain	Bare	F_MR_7_A										D

1	Boneva Corby	F	24	Great Britain	Bare	F_OR_A	47.45	48	-95	100	105		105	124.93	124.887	D
1	Tanya Khan	F	22	Great Britain	Bare	F_OR_A	50.35	52	115	130	-135		130	147.46	149.170	D
2	Eilidh McAulay	F	29	Great Britain	Bare	F_OR_A	51.1	52	110	120	125		125	140.1	140.375	D
1	Hannah Langton	F	30	Great Britain	Bare	F_OR_A	54	56	160	167.5	172.5	-180.5	172.5	184.88	185.403	D
2	Rachel Measures	F	42	Great Britain	Bare	F_OR_A	53.8	56	135	145	152.5	-158	152.5	163.93	167.683	D
1	Sarah Ellis	F	30	Great Britain	Bare	F_OR_A	59.4	60	155	167.5	172.5		172.5	171.28	171.741	D
2	Cheska Webb	F	38	Great Britain	Bare	F_OR_A	59.85	60	100	107.5	-112.5		107.5	106.1	106.382	D
1	Jessica Elbeck	F	31	Great Britain	Bare	F_OR_A	67.45	67.5	155	165	172.5		172.5	155.39	155.241	D
2	Scarlett Padgett	F	35	Great Britain	Bare	F_OR_A	67	67.5	150	160	170		170	153.9	153.833	D
3	Carly Richardson	F	38	Great Britain	Bare	F_OR_A	66.15	67.5	155	165	-170		165	150.79	150.805	D
4	Ines Huc	F	27	Great Britain	Bare	F_OR_A	66.15	67.5	140	152.5	-155		152.5	139.37	139.380	D
5	Kate Waters	F	31	Great Britain	Bare	F_OR_A	65.15	67.5	145	-160	-160		145	134.04	134.118	D
1	Jessica Randall	F	26	Great Britain	Bare	F_OR_A	71.2	75	180	190	205		205	177.63	177.571	D
2	Erica Bridgewater	F	24	Great Britain	Bare	F_OR_A	73.6	75	160	180	-185		180	152.44	152.424	D
3	Bryony Smith	F	26	Great Britain	Bare	F_OR_A	71.7	75	152.5	162.5	-170		162.5	140.11	140.083	D
4	Natalie Nurse	F	26	Great Britain	Bare	F_OR_A	72.55	75	155	-165	-167.5		155	132.56	132.541	D
1	Ashleigh Hartnell	F	30	Great Britain	Bare	F_OR_A	79.9	82.5	155	165	170		170	136.52	136.408	D
2	Cassandra Stonehouse	F	35	Great Britain	Bare	F_OR_A	81.6	82.5	170	-185	-185		170	134.79	134.623	D
3	Lucinda Perrett	F	34	Great Britain	Bare	F_OR_A	80.55	82.5	145	160	-170		160	127.86	127.731	D
4	Hayley Cox	F	39	Great Britain	Bare	F_OR_A	80.4	82.5	150	-155	155		155	124	123.884	D
NS	Michaela Owen-Clark	F	39	Great Britain	Bare	F_OR_A	81.85	82.5								D
1	Colette Carpenter	F	36	Great Britain	Bare	F_OR_A	88.8	90	175	185	-200		185	139.91	139.314	D
2	Monica Hofvind	F	29	Great Britain	Bare	F_OR_A	89.65	90	150	160	-162.5		160	120.41	119.835	D
1	Samantha Kilmartin	F	38	Great Britain	Bare	F_OR_A	106.9	110	175	190	-195		190	132.46	132.658	D
2	Alice Ledson	F	28	Great Britain	Bare	F_OR_A	109.1	110	165	-175	-175		165	114.43	114.386	D
1	Sophie McKinna	F	31	Great Britain	Bare	F_OR_A	113	110+	190	205	-215		205	140.93	140.845	D
2	Amy Notman-Howes	F	30	Great Britain	Bare	F_OR_A	126.2	110+	175	185	-200		185	123.91	124.006	D
3	Eleanor Davison	F	29	Great Britain	Bare	F_OR_A	193.05	110+	162.5	172.5	-180		172.5	106.3	108.954	D

1	Harriet Lack	F	13	Great Britain	Bare	F_TR_1_A	50	52	70	-75	75		75	85.55	105.377	D
1	Felicity Berrington	F	13	Great Britain	Bare	F_TR_1_A	65.35	67.5	80	90	-100		90	83	102.145	D
1	India Teague	F	17	Great Britain	Bare	F_TR_2_A	77.75	82.5	145	160	-170		160	130.7	141.100	D