



British Powerlifting Championship - 03 March 2024 - Club 3B, Billericay, Essex



British Power					
Squat		Bench Press		Deadlift	

Name	Sex	Age & Sex %	Age Group	Weight Class	Flight	Max	Amend	Max	Amend2	Max	Amend	Total	Lynch	Amended
David Watts	M	0	Open	70KG	2	190●	190.00	105●	105.00	250●	250.00	545.00	1.0705	583.42
Glenn Branch	M	2	40+	95KG	3	220	220.00	120	120.00	295.5▲●	295.00	635.00	0.8818	571.14
Joshua Davidson	M	0	Open	110KG	3	200	200.00	145	145.00	260	260.00	605.00	0.8124	491.50
Suzie Richards	F	45	50+	65KG	1	105▲	105.00	72.5▲●	72.50	122.5▲	122.50	300.00	1.1287	490.99
Millie Clark	F	33	Open	85KG	1	147.5●	147.50	67.5●	67.50	177.5●	177.50	392.50	0.9287	484.79
Stephen Snowling	M	3	40+	90KG	2	160	160.00	112.5	112.50	230	230.00	502.50	0.9103	471.13
Thomas Meakin	M	40	70+	85KG	1	107.5 ^{BR}	107.50	100▲	100.00	150 ^{BR}	150.00	357.50	0.9306	465.76
Danny Brumpton	M	0	Open	125+KG	3	250	250.00	140	140.00	277.5	277.50	667.50	0.6961	464.67
John Jenkins	M	17	55+	80KG	2	130	130.00	90▲	90.00	160	160.00	380.00	0.9671	429.96
Matt Jones	M	0	Open	125+KG	3	220	220.00	130	130.00	240	240.00	590.00	0.7065	416.83
Jamie Oates	M	0	Open	110KG	3	160	160.00	100	100.00	250	250.00	510.00	0.8165	416.42
Steve Andrews	M	25	60+	65KG	2	85	85.00	72.5	72.50	130.5▲	130.00	287.50	1.1018	395.95
Paul Hallam	M	6	45+	100KG	2	155	155.00	85	85.00	195	195.00	435.00	0.8573	395.32
Danny Kingsland	M	0	Open	60KG	2	110	110.00	102.5●	102.50	125	125.00	337.50	1.1709	395.18
Sam Bonar	M	0	Open	95KG	2	142.5	142.50	117.5	117.50	170	170.00	430.00	0.8920	383.57
Tristan Fox	M	0	Open	95KG	3	157.5	157.50	90	90.00	187.5	187.50	435.00	0.8797	382.67
Amy Proferes	F	43	45+	75KG	1	90▲	90.00	55▲	55.00	100	100.00	245.00	1.0102	353.92
Graham Saxton	M	23	60+	120KG	1	125 ^{BR}	125.00	70▲	70.00	160 ^{BR}	160.00	355.00	0.7765	339.07
Sam Lee	M	0	Open	100KG	3	130	130.00	85	85.00	180	180.00	395.00	0.8513	336.25
Brandon Hazell-Hyland	M	0	Open	80KG	1	115	115.00	70	70.00	150	150.00	335.00	0.9823	329.05
James Rutter	M	10	16-17	90KG	1	90	90.00	75▲	75.00	150	150.00	315.00	0.9187	318.32
Gary Redfern-Smith	M	12	50+	110KG	1	120	120.00	90	90.00	130	130.00	340.00	0.8112	308.92
George Johns	M	0	Open	90KG	3	190	190.00	140.5●	140.00	0	0.00	330.00	0.8998	296.94
Rachel Stone	F	34	40+	100KG	1	52.5	52.50	52.5▲	52.50	140	140.00	245.00	0.8588	281.93
Mollie Redfern-Smith	F	43	16-17	65KG	1	65 ^{BR}	65.00	30	30.00	70	70.00	165.00	1.1174	263.66
Paul Barette	M	9	45+	80KG	2	60	60.00	60▲	60.00	100	100.00	220.00	0.9776	234.43
Hayden Snowling	M	10	16-17	65KG	1	0	0.00	52.5	52.50	122.5	122.50	175.00	1.1237	216.30

● = Open World Record ▲ = Masters/Junior World Record ^{BR} = British Record

Promoter - Glenn Branch

MC & Announcer - Steve Gardner

Scoring - Paul Barette

Loaders & Spotters - Club 3B Events Team

Photos - Viv Andrews

Drug Testing - Gary Ell & Sam Bonar

Referees - Suzie Richards, Steve Brooker, Glenn Branch, Steve Andrews, Graham Saxton, Gary Ell

Best Junior lifter - James Rutter,
Best Female lifter - Suzie Richards
Best Open lifter - Dave Watts
Best Master lifter - Glenn Branch

In the Overall Best lifter rankings:

5th Millie Clarke
4th Suzie Richards
3rd Josh Davidson
2nd Glenn Branch
1st David Watts - Winner of the Steve Angel Memorial Shield