

# *British Powerlifting Organisation*

**BPO**

**British Bench Press**

**Mens - Womens Records**

**Last Updated: 06 December 2009**



# **Order Of Records**

**Teenage 15-19**

**Junior 20-23**

**Open**

**Master 40-44**

**Master 45-49**

**Master 50-54**

**Master 55-59**

**Master 60-64**

**Master 65-69**

**Master 70-74**

**Master 75-79**

**Master 80+**

<b>BPO British Powerlifting Records - Men's</b>					
<b>Teenage 15-19</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress	135	Birring G		26.11.07
<b>67.5kg</b>	Benchpress	145	Marsden I		
<b>75kg</b>	Benchpress	120	Aredern C		
<b>82.5kg</b>	Benchpress	175	Jones C		
<b>90kg</b>	Benchpress	175	Jones C		
<b>100kg</b>	Benchpress	120	Tickle Ben		05.08.09
<b>110kg</b>	Benchpress	135	Browning Rhys		06.12.09
<b>125kg</b>	Benchpress				
<b>140kg</b>	Benchpress				
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records - Women's</b>					
<b>Teenage 15-19</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress	55	Buechel, Kaiya		07.12.08
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Junior 20-23</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress	40	Buckle G		
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress	115.5	McIlroy P		
<b>75kg</b>	Benchpress	135	Brain, Arwyn		07.12.08
<b>82.5kg</b>	Benchpress	175	Morgan P		
<b>90kg</b>	Benchpress	191	Warren D		
<b>100kg</b>	Benchpress	202.5	TwycrossLewis		
<b>110kg</b>	Benchpress	225	Raynes A		
<b>125kg</b>	Benchpress	260	Buck W		
<b>140kg</b>	Benchpress	170	Rowlands E		
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Junior 20-23</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress	60	Brown, Beth		04.03.06
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Open</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress	95.5	Grey S		
<b>60kg</b>	Benchpress	130	Chilcott K		
<b>67.5kg</b>	Benchpress	195	Mannering D		
<b>75kg</b>	Benchpress	208	Mannering D		
<b>82.5kg</b>	Benchpress	220	Bartlett P		
<b>90kg</b>	Benchpress	230.5	Kristenen Jacob		06.12.09
<b>100kg</b>	Benchpress	255	Wiak J		04.03.06
<b>110kg</b>	Benchpress	245	Preston, Robert		07.12.08
<b>125kg</b>	Benchpress	275	Battye J		14.11.03
<b>140kg</b>	Benchpress	275.5	Bell B		
<b>140kg+</b>	Benchpress	307.5	Rees, Jason		22.06.07
<b>BPO British Powerlifting Records -Women's</b>					
<b>Open</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress	85	Seabright, Alison	GB	26.06.05
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 40-44</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress	82.5	Mellor G		
<b>60kg</b>	Benchpress	102.5	Dowers, Graham		11.12.05
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress	180	Callan J		
<b>82.5kg</b>	Benchpress	190	Duffy M		
<b>90kg</b>	Benchpress	202.5	Preston Robert		06.12.09
<b>100kg</b>	Benchpress	232.5	Brown, Tony		26.06.05
<b>110kg</b>	Benchpress	247.5	Preston, Robert		18.04.09
<b>125kg</b>	Benchpress	255	Neighbour J		
<b>140kg</b>	Benchpress	217.5	Ashford, Greg		06.12.09
<b>140kg+</b>	Benchpress	250	Tregloan P		
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 40-44</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress	82.5	Seabright, Alison		22.06.07
<b>60kg</b>	Benchpress	80	Seabright, Alison		24.11.06
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress	85	Pearcy J		14.11.03
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 45-49</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress	125	Montana Richard		06.12.09
<b>75kg</b>	Benchpress	137.5	Webb David		11.12.05
<b>82.5kg</b>	Benchpress	165	Shipman Andrew		14.11.09
<b>90kg</b>	Benchpress	190	Birring J		
<b>100kg</b>	Benchpress	242.5	Brown Tony		13.11.08
<b>110kg</b>	Benchpress	252.5	Brown Tony		18.04.09
<b>125kg</b>	Benchpress	222.5	Walker J		14.11.03
<b>140kg</b>	Benchpress	180	Carter D		
<b>140kg+</b>	Benchpress	205	Fricker, Richard		22.06.06
<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 45-49</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress	65	Hickman Deborah		06.12.09
<b>67.5kg</b>	Benchpress	52.5	Evans, Linda		24.11.06
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 50-54</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress	112.5	Mullan B		
<b>75kg</b>	Benchpress	130	Webb David		06.12.09
<b>82.5kg</b>	Benchpress	170	Brown R		
<b>90kg</b>	Benchpress	185	Birring J		
<b>100kg</b>	Benchpress	182.5	Whale Harry		05.08.09
<b>110kg</b>	Benchpress	210	Whale Harry		06.12.09
<b>125kg</b>	Benchpress	205	Whale, Harry		18.04.09
<b>140kg</b>	Benchpress	172.5	Carter D		
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 50-54</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress	90	Hollis, Tony		22.04.06
<b>60kg</b>	Benchpress	77.5	Hollis, Toni		11.12.05
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 55-59</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress	105	Bainbridge M		
<b>75kg</b>	Benchpress	102.5	Bainbridge M		
<b>82.5kg</b>	Benchpress	155	Brown R		
<b>90kg</b>	Benchpress				
<b>100kg</b>	Benchpress	177.5	Birring, Jarnail		26.06.05
<b>110kg</b>	Benchpress	140	Seabrook J		
<b>125kg</b>	Benchpress	230	King, Mick		19.04.08
<b>140kg</b>	Benchpress	170	Carter D		25.11.04
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 55-59</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 60-64</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress	85	Evans B		
<b>75kg</b>	Benchpress	125	Williams J		
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress	95	Brown Roy		06.12.09
<b>100kg</b>	Benchpress	115	Lewis D		
<b>110kg</b>	Benchpress				
<b>125kg</b>	Benchpress				
<b>140kg</b>	Benchpress				
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 60-64</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>						
<b>Master 65-69</b>						
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>	
<b>56kg</b>	Benchpress					
<b>60kg</b>	Benchpress					
<b>67.5kg</b>	Benchpress					
<b>75kg</b>	Benchpress	60	Evans B			
<b>82.5kg</b>	Benchpress					
<b>90kg</b>	Benchpress	125.5	Clements David		06.12.09	
<b>100kg</b>	Benchpress					
<b>110kg</b>	Benchpress					
<b>125kg</b>	Benchpress					
<b>140kg</b>	Benchpress					
<b>140kg+</b>	Benchpress					
<b>BPO British Powerlifting Records -Women's</b>						
<b>Master 65-69</b>						
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>	
<b>48kg</b>	Benchpress					
<b>52kg</b>	Benchpress					
<b>56kg</b>	Benchpress					
<b>60kg</b>	Benchpress					
<b>67.5kg</b>	Benchpress					
<b>75kg</b>	Benchpress					
<b>82.5kg</b>	Benchpress					
<b>90kg</b>	Benchpress					
<b>90kg+</b>	Benchpress					

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 70-74</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>100kg</b>	Benchpress				
<b>110kg</b>	Benchpress				
<b>125kg</b>	Benchpress				
<b>140kg</b>	Benchpress				
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 70-74</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 75-79</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>100kg</b>	Benchpress				
<b>110kg</b>	Benchpress				
<b>125kg</b>	Benchpress				
<b>140kg</b>	Benchpress				
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records -Women's</b>					
<b>Master 75-79</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				

<b>BPO British Powerlifting Records - Men's</b>					
<b>Master 80+</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>100kg</b>	Benchpress				
<b>110kg</b>	Benchpress				
<b>125kg</b>	Benchpress				
<b>140kg</b>	Benchpress				
<b>140kg+</b>	Benchpress				
<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 80+</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Benchpress				
<b>52kg</b>	Benchpress				
<b>56kg</b>	Benchpress				
<b>60kg</b>	Benchpress				
<b>67.5kg</b>	Benchpress				
<b>75kg</b>	Benchpress				
<b>82.5kg</b>	Benchpress				
<b>90kg</b>	Benchpress				
<b>90kg+</b>	Benchpress				