

British Powerlifting Organisation

BPO

British Bench Press

Mens - Womens Records

Last Updated: 04 December 2011



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+

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

BPO British Benchpress Records - Men's					
Junior 20-23					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress	40	Buckle G		
60kg	Benchpress	110	Phelps, C		16.04.11
67.5kg	Benchpress	155	Birring Gurnaik		10.07.11
75kg	Benchpress	162.5	Hart Gerrard		10.07.11
82.5kg	Benchpress	180	Longford, Dayle		07.11.10
90kg	Benchpress	191	Warren D		
100kg	Benchpress	202.5	TwycrossLewis		
110kg	Benchpress	225	Raynes A		
125kg	Benchpress	260	Buck W		
140kg	Benchpress	170	Rowlands E		
140kg+	Benchpress				
BPO British Benchpress Records -Women's					
Junior 20-23					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress				
60kg	Benchpress				
67.5kg	Benchpress				
75kg	Benchpress				
82.5kg	Benchpress	60	Brown, Beth		04.03.06
90kg	Benchpress				
90kg+	Benchpress				

BPO British Benchpress Records - Men's					
Open					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress	95.5	Grey S		
60kg	Benchpress	130	Chilcott K		
67.5kg	Benchpress	195	Mannering D		
75kg	Benchpress	215	Truscott Robert		16.04.11
82.5kg	Benchpress	220	Bartlett P		
90kg	Benchpress	230.5	Kristenen Jacob		06.12.09
100kg	Benchpress	255	Wiak J		04.03.06
110kg	Benchpress	300	Wajncetel Sebastian		07.11.10
125kg	Benchpress	275	Battye J		14.11.03
140kg	Benchpress	295	Wiejas, Robert		04.12.11
140kg+	Benchpress	307.5	Rees, Jason		22.06.07

BPO British Benchpress Records -Women's					
Open					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress	85	Seabright, Alison	GB	26.06.05
60kg	Benchpress				
67.5kg	Benchpress				
75kg	Benchpress				
82.5kg	Benchpress				
90kg	Benchpress				
90kg+	Benchpress				

BPO British Benchpress Records - Men's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress	82.5	Mellor G		
60kg	Benchpress	102.5	Dowers, Graham		11.12.05
67.5kg	Benchpress				
75kg	Benchpress	180	Callan J		
82.5kg	Benchpress	190	Duffy M		
90kg	Benchpress	225	Preston Robert		07.11.10
100kg	Benchpress	232.5	Brown, Tony		26.06.05
110kg	Benchpress	247.5	Preston, Robert		18.04.09
125kg	Benchpress	255	Neighbour J		
140kg	Benchpress	255	Tanner Duncan		09.11.11
140kg+	Benchpress	250	Tregloan P		
BPO British Benchpress Records -Women's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress	82.5	Seabright, Alison		22.06.07
60kg	Benchpress	80	Seabright, Alison		24.11.06
67.5kg	Benchpress				
75kg	Benchpress	120	Davies, Sue		07.11.10
82.5kg	Benchpress	85	Pearcy J		14.11.03
90kg	Benchpress				
90kg+	Benchpress				

BPO British Benchpress Records - Men's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress				
60kg	Benchpress				
67.5kg	Benchpress	150	Dowers Graham		24.04.10
75kg	Benchpress	170	Dowers Graham		05.09.10
82.5kg	Benchpress	187.5	Beniston, Phil		07.11.10
90kg	Benchpress	190	Birring J		
100kg	Benchpress	245	Brown Tony		07.11.10
110kg	Benchpress	255	Brown Tony		16.04.11
125kg	Benchpress	225	Edmonds Paul		14.03.10
140kg	Benchpress	180	Carter D		
140kg+	Benchpress	205	Fricker, Richard		22.06.06
BPO British Benchpress Records -Women's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress				
60kg	Benchpress	65	Hickman Deborah		06.12.09
67.5kg	Benchpress	77.5	Morrell Dawn		06.12.10
75kg	Benchpress				
82.5kg	Benchpress				
90kg	Benchpress				
90kg+	Benchpress				

BPO British Benchpress Records - Men's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress				
60kg	Benchpress				
67.5kg	Benchpress	112.5	Mullan B		
75kg	Benchpress	132.5	Webb David		07.11.10
82.5kg	Benchpress	170	Brown R		
90kg	Benchpress	185	Birring J		
100kg	Benchpress	182.5	Whale Harry		05.08.09
110kg	Benchpress	222.5	Maher Kevin		09.11.11
125kg	Benchpress	230	Edmonds, Paul		07.11.10
140kg	Benchpress	172.5	Carter D		
140kg+	Benchpress	165	Fricker Richard		02.06.11
BPO British Benchpress Records -Women's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress	90	Hollis, Tony		22.04.06
60kg	Benchpress	77.5	Hollis, Toni		11.12.05
67.5kg	Benchpress				
75kg	Benchpress	92.5	Morrell Dawn		04.12.11
82.5kg	Benchpress				
90kg	Benchpress				
90kg+	Benchpress				

BPO British Benchpress Records - Men's						
Master 55-59						
Class	Lift	Kg	Name	Country	Date	
56kg	Benchpress					
60kg	Benchpress					
67.5kg	Benchpress	105	Bainbridge M			
75kg	Benchpress	102.5	Bainbridge M			
82.5kg	Benchpress	155	Brown R			
90kg	Benchpress					
100kg	Benchpress	185	Whale, Harry			07.11.10
110kg	Benchpress	170	Wilding, Nigel			24.04.10
125kg	Benchpress	230	King, Mick			19.04.08
140kg	Benchpress	170	Carter D			25.11.04
140kg+	Benchpress					
BPO British Benchpress Records -Women's						
Master 55-59						
Class	Lift	Kg	Name	Country	Date	
48kg	Benchpress					
52kg	Benchpress					
56kg	Benchpress					
60kg	Benchpress					
67.5kg	Benchpress					
75kg	Benchpress					
82.5kg	Benchpress					
90kg	Benchpress					
90kg+	Benchpress					

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

BPO British Benchpress Records - Men's					
Master 65-69					
Class	Lift	Kg	Name	Country	Date
56kg	Benchpress				
60kg	Benchpress				
67.5kg	Benchpress				
75kg	Benchpress	60	Gardner Maldwyn		11.09.11
82.5kg	Benchpress				
90kg	Benchpress	125.5	Clements David		06.12.09
100kg	Benchpress				
110kg	Benchpress				
125kg	Benchpress				
140kg	Benchpress				
140kg+	Benchpress				
BPO British Benchpress Records -Women's					
Master 65-69					
Class	Lift	Kg	Name	Country	Date
48kg	Benchpress				
52kg	Benchpress				
56kg	Benchpress				
60kg	Benchpress				
67.5kg	Benchpress				
75kg	Benchpress				
82.5kg	Benchpress				
90kg	Benchpress				
90kg+	Benchpress				

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

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

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