

Commonwealth Mens Equipped Benchpress Championships

Sun City / South Africa, 4 – 13 October, 2024

The List of Teams**Canada {The Team in Total: 92}***Lifters: 91*

1. Gaucher Sylvia	F	Masters 4	-84kg
2. Hrynkow David	M	Masters 3	-66kg
3. St. Hilaire Claude	M	Masters 3	-83kg
4. Ley Charles	M	Masters 3	-83kg
5. Magnuson Mark	M	Masters 3	-120kg
6. Wharton Kelly	F	Masters 3	-63kg
7. Vandiepen Arlene	F	Masters 3	-63kg
8. Bonneau Susan	F	Masters 3	84+kg
9. Wheeler Janine	F	Masters 3	-69kg
10. Breese Gail-Ann	F	Masters 3	-69kg
11. Wheeler Janine	F	Masters 3	-76kg
12. Steiger Kevin	M	Masters 2	-83kg
13. Butt Jeff	M	Masters 2	-93kg
14. Horth Danny	M	Masters 2	-93kg
15. Butt Jeff	M	Masters 2	-105kg
16. Gidney Paul	M	Masters 2	-105kg
17. Doelman Nick	M	Masters 2	-120kg
18. Hull Ellissa	F	Masters 2	-47kg
19. Kwan Theresa	F	Masters 2	-57kg
20. Nguyen Christine	F	Masters 2	-63kg
21. McCarthy Sharon	F	Masters 2	-84kg
22. Sproul Jillian	F	Masters 2	-84kg
23. Mayo Amelie	F	Masters 2	-76kg
24. Fahey Corinna	F	Masters 2	-76kg
25. Boraas Edward	M	Masters 1	-83kg
26. Rodrigue Patrick	M	Masters 1	-83kg
27. Camire Dino	M	Masters 1	-93kg
28. McKinna Tyler	M	Masters 1	-93kg
29. Chamberlain Joseph	M	Masters 1	-105kg
30. Macdonald John	M	Masters 1	-120kg
31. Stewart Andrew	M	Masters 1	-120kg
32. Hussey Danielle	F	Masters 1	-57kg
33. Akinsanya Morayo	F	Masters 1	-63kg
34. Haupt Morgan	F	Masters 1	-84kg
35. Durnford Fronia	F	Masters 1	-84kg
36. Unsworth Heather	F	Masters 1	-84kg
37. Munro Jeri	F	Masters 1	-69kg
38. Archambault Emmanuelle	F	Masters 1	-69kg
39. Stone Melissa	F	Masters 1	-76kg
40. Anderson Mark	M	Seniors	-83kg
41. Chawla Ankish	M	Juniors	-74kg
42. Wei Danny	M	Juniors	-83kg
43. St. Pierre Emeric	M	Juniors	-83kg
44. Zi Chen	M	Juniors	-93kg

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45.	Guimont Claude-Alexandre	M Juniors	-93kg
46.	Huang Yumi	M Juniors	-105kg
47.	Genge Matthew	M Juniors	-105kg
48.	Akerman Ethan	M Juniors	-120kg
49.	Phillips Carsen	M Juniors	120+kg
50.	Ma-Ao Francine	F Juniors	-57kg
51.	Lavigueur Judith	F Juniors	-63kg
52.	Kinar Ayanna	F Juniors	-63kg
53.	Seaman Alexis	F Juniors	-84kg
54.	de Carolis Sienna	F Juniors	-69kg
55.	Campeau Anne-Marie	F Juniors	-69kg
56.	Shore Leah	F Juniors	-76kg
57.	Swanepoel Carla	F Juniors	-76kg
58.	Lavoie Victor	M Subjuniors	-59kg
59.	Minihan Owen	M Subjuniors	-83kg
60.	Steele Benjamin	M Subjuniors	-93kg
61.	Rushton Jacob	M Subjuniors	-105kg
62.	Desrochers Nicolas	M Subjuniors	-105kg
63.	Maclsaac Zoe	F Subjuniors	-52kg
64.	Yu Benjamin	M Open	-59kg
65.	Longinos Joshua	M Open	-66kg
66.	Jastin Manalo	M Open	-74kg
67.	Heintz Daniel	M Open	-83kg
68.	Zelensky Timothy	M Open	-83kg
69.	Wharton Liam	M Open	-93kg
70.	Reimer Zachary	M Open	-93kg
71.	Marriott Alex	M Open	-120kg
72.	Wolf Isaiah	M Open	-120kg
73.	Soo Christopher	M Open	-120kg
74.	Bentley Garrett	M Open	120+kg
75.	Kean Stef	F Open	-52kg
76.	Gayot Monica	F Open	-57kg
77.	Gudmundson Kelsey	F Open	-63kg
78.	Kessel Riva	F Open	-84kg
79.	Watson Jayde	F Open	84+kg
80.	Kitagawa Lisa	F Open	-69kg
81.	Nearing Ashley	F Open	-69kg
82.	Riggs Lily	F Open	-76kg
83.	Castro Christine	F Open	-76kg

Team Members: 1

1. Butt Jeff ✓ Cat.2

England {The Team in Total: 1}

Team Members: 1

1. Parker Richard ✓ Cat.1

Guyana {The Team in Total: 4}

Lifters: 4

1. Rogers Roger M Masters 2 -120kg

2. Taharally Nadina	F	Masters 2	-76kg
3. Chan Demetri	M	Open	-83kg
4. Williams Bjorn	M	Open	-105kg

Isle of Man {The Team in Total: 7}*Lifters: 5*

1. Lindsay Kerry	F	Masters 2	-63kg
2. Alyson Egan	F	Masters 1	-84kg
3. Kelly Kerry	F	Masters 1	84+kg
4. Grant Lisa	F	Masters 1	-76kg
5. Maddocks Cye	M	Open	-105kg

Team Members: 2

1. Grant Lisa	✓	Head Coach
2. Runge Lewis	✓	Coach

Malaysia {The Team in Total: 1}*Lifters: 1*

1. Chin Yu Wai Kenneth Kaden	M	Open	-59kg
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Northern Ireland {The Team in Total: 47}*Lifters: 47*

1. Rossborough Jim	M	Masters 2	-83kg
2. Ricky Mullan	M	Masters 2	120+kg
3. Bell Lisa	F	Masters 2	84+kg
4. Norton Ruthie	F	Masters 2	-76kg
5. Galbraith Colin	M	Masters 1	-105kg
6. Henry David	M	Masters 1	-120kg
7. Galbraith Denise	F	Masters 1	-84kg
8. Wilson Jenny	F	Masters 1	-76kg
9. Topping Matthew	M	Juniors	-59kg
10. Henry Luke	M	Juniors	-74kg
11. Colyn Michael Colyn	M	Juniors	-74kg
12. McCourt Mark	M	Juniors	-83kg
13. Gibson Callum	M	Juniors	-83kg
14. Connealy Aidan	M	Juniors	-93kg
15. Flannigan Daniel	M	Juniors	-93kg
16. Preuss Joshua	M	Juniors	-105kg
17. Shardlow Megan	F	Juniors	-63kg
18. Maguire Hannah	F	Juniors	-63kg
19. Dihmis Minnie	F	Juniors	-84kg
20. Adair Samih	F	Juniors	-69kg
21. Storey Lara	F	Juniors	-76kg
22. Lynch Daniel	M	Subjuniors	-59kg
23. Graham Joshua	M	Subjuniors	-66kg
24. Anderson Ethan	M	Subjuniors	-74kg
25. Flannigan Matthew	M	Subjuniors	-74kg
26. Evans Reece	M	Subjuniors	-83kg
27. Patton Thomas	M	Subjuniors	-83kg
28. Marcinko Michal	M	Subjuniors	-105kg

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29.	Graham Zack	M	Subjuniors	120+kg
30.	Woods Katie	F	Subjuniors	-57kg
31.	Routledge Charley	F	Subjuniors	-63kg
32.	Chen Yin	F	Subjuniors	-69kg
33.	Jamison Corey	M	Open	-66kg
34.	Johnson Adam	M	Open	-83kg
35.	Ball Nathan	M	Open	-83kg
36.	Gibson Daniel	M	Open	-93kg
37.	Savage Ben	M	Open	-105kg
38.	Gilchrist Jack	M	Open	-105kg
39.	Bruce Michael	M	Open	-120kg
40.	Martin Laura	F	Open	-52kg
41.	Smyth Catriona	F	Open	-57kg
42.	Moore Ruth	F	Open	-63kg
43.	Cheevers Chloe	F	Open	-63kg
44.	McKee Hannah	F	Open	84+kg
45.	Beatty Nicola	F	Open	84+kg
46.	Suitor Dana	F	Open	-69kg
47.	McCourt Daniella	F	Open	-76kg

Pakistan {The Team in Total: 4}*Lifters: 4*

1.	Adnan Muhammad	M	Masters 1	120+kg
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Wales {The Team in Total: 29}*Lifters: 27*

1.	Carrington Helen	F	Masters 1	-84kg
2.	o'Callaghan Tracy	F	Masters 1	84+kg
3.	Goldsworthy Alison	F	Masters 1	-76kg
4.	Jones Delyth	F	Masters 1	-76kg
5.	Williams Lucas	M	Juniors	-83kg
6.	Shemilt Daniel	M	Juniors	-83kg
7.	Morgan Joshua	M	Juniors	-93kg
8.	James Oliver	M	Juniors	-93kg
9.	Hughes Will	M	Juniors	-105kg
10.	Boundford Corey	M	Juniors	-105kg
11.	Heyburn Max	M	Juniors	-120kg
12.	Rann Sebastian	M	Juniors	-120kg
13.	Nash Logan	M	Subjuniors	-74kg
14.	Jago Thomas	M	Subjuniors	-74kg
15.	Downes Jacob	M	Open	-74kg
16.	Edwards Ryan	M	Open	-83kg
17.	Francis Ieuan	M	Open	-83kg
18.	Boswell Rhys	M	Open	-93kg
19.	Warren Louie	M	Open	-93kg
20.	Davies Lewis	M	Open	-93kg
21.	Morgan Thomas	M	Open	-93kg
22.	Williams Andy	M	Open	-120kg
23.	Walton Joseph	M	Open	-120kg
24.	Warren Ben	M	Open	120+kg

Team Members: 2

1. Morgan Thomas
2. Warren Louie

- ✓ Head Coach
- ✓ Coach

Summary Table

Number of Lifters	Commonwealth Womens Equipped Powerlifting Championships	4
	Commonwealth Mens Equipped Powerlifting Championships	6
	Commonwealth Womens Classic Powerlifting Championships	64
	Commonwealth Mens Classic Powerlifting Championships	87
	Commonwealth Womens Equipped Benchpress Championships	1
	Commonwealth Mens Equipped Benchpress Championships	6
	Commonwealth Womens Classic Benchpress Championships	3
	Commonwealth Mens Classic Benchpress Championships	8
Persons as ...	Referee	2
	Representative	4
	Referee & Representative	0
All Together		185