



## GBPF Top 20 Women 2016 Ranked on Wilks

### Classic Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Joy Nnamani	GL	52	Senior	Classic World Championships	175.2545
2	Camille Holland	EM	84+	Senior	Classic World Championships	162.8988
3	Anna Macnab	GL	84+	Senior	Classic World Championships	161.9934
4	Louise Murray	SCO	57	Senior	European Classic	160.2153
5	Louise Richardson	SE	72	Senior	European Classic	158.6303
6	Ellie Steel	SW	57	Senior	SW Classic	155.2485
7	Catherine Smith	WM	52	U23	Classic World Championships	152.9402
8	Bobbie Butters	NW	63	U23	NW Team Challenge	152.3825
9	Tanya Bull	WAL	72	Senior	Classic World Championships	151.2682
10	Alice Hogg	SCO	57	U23	Classic World Championships	150.6078
11	Leigh Wetheridge	SE	84+	U23	Classic World Championships	149.9532
12	HANNAH BEAVEN	SCO	47	Senior	Perth Open	149.7636
13	WENDY MACFARLANE	SCO	84	Senior	Scottish Classic	148.2316
14	Khrys Kyriacou	SE	63	M1	British Masters	144.9843
15	Chrystal Williams	NW	84	U23	Manchester & Merseyside	147.3834
16	ROWAN HENDRY HORNE	SCO	63	Senior	Scottish Classic	146.9402
17	AIMEE SMILLIE	SCO	57	U23	Scottish Eastern Districts	146.1841
18	Hannah Chan	SW	57	U23	Classic World Championships	145.7712
19	Tara Watkins	YNE	63	Senior	YNE Senior Classic	145.6863
20	Sabrina Moore	WAL	63	Senior	Welsh Cup	145.3340

### Classic Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Louise Murray	SCO	57	Senior	European Classic	101.9552
2	Sabrina Moore	WAL	63	Senior	Classic World Championships	97.5275
3	Ellie Steel	SW	57	Senior	SW Classic	96.6642
4	Joy Nnamani	GL	52	Senior	Classic World Championships	95.5933
5	Khrys Kyriacou	SE	63	M1	Classic World Championships	92.8395
6	Bobbie Butters	NW	63	U23	NW Team Challenge	92.5179
7	Amy Atkinson	SM	72	Senior	South Midlands Open	90.8061
8	Rebecca Heath	GL	47	Senior	European Classic	89.7968
9	Christina Appelby-Phillips	WAL	84	Senior	Welsh Championships	88.5251
10	Camille Holland	EM	84+	Senior	Classic World Championships	88.4882
11	Danielle Malcolm	SW	52	Senior	SW Classic	88.1805
12	Emma Goodwin	SM	52	Senior	South Midlands Open	87.9171
13	Sophie Walker	SW	52	Senior	SW Classic	87.9171
14	Ruta Lendraitiene	YNE	72	Senior	North Midlands Four Counties	87.0488
15	Carla Wright	NI	72	Senior	Women's Raw Power	86.6246
16	Beverley Rodgers	SM	63	M1	British Masters	85.9166
17	Abi Graham	EM	63	Senior	Anglian Powerlifting Champior	85.9166
18	Lucy Rayner	SW	72	Junior	SW Classic	84.4786
19	TASMIN CAMPBELL	SCO	72	Senior	Aberdeen Open	82.8995
20	Laura Berry	YNE	84+	Senior	YNE Senior Classic	82.7493

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Joy Nnamani	GL	52	Senior	Classic World Championships	235.7969
2	Catherine Smith	WM	52	U23	Classic World Championships	206.6254
3	Emma Goodwin	SM	52	Senior	Classic World Championships	203.8497
4	Sabrina Moore	WAL	63	Senior	Welsh Cup	199.1614
5	Alexandra Langberg	WAL	52	U23	Welsh Championships	193.5162
6	Sheri Miles	SE	84	Senior	SE Classic	192.9086
7	Abi Graham	EM	63	Senior	Anglian Powerlifting Champions	188.4795
8	Ellie Steel	SW	57	Senior	SW Classic	187.4699
9	Chrystal Williams	NW	84	U23	Manchester & Merseyside	185.9298
10	Cari Davies	SW	63	Senior	SW Classic	185.7252
11	HANNAH BEAVEN	SCO	47	Senior	Perth Open	184.5924
12	Carla Wright	NI	72	Senior	Women's Raw Power	184.1391
13	Pelin Baykal	GL	57	M1	British Masters	182.1189
14	TASMIN CAMPBELL	SCO	72	Senior	Scottish Classic	181.6123
15	Sophie Walker	SW	52	Senior	SW Classic	178.9742
16	Chloe Macek	YNE	63	U18	YNE Juniors and Masters Class	178.6352
17	Alice Hogg	SCO	57	U23	Scottish Universities & College	177.7847
18	MOLLY GRAY	SCO	57	U23	Scottish Universities & College	177.2356
19	Deirdre Fenlon	WM	84	0	West Midlands Development C	176.0541
20	JULIA MCGOVERN	SCO	63	Senior	Scottish Classic	175.1507

### Equipped Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Ellie Steel	WM	57	Senior	British Equipped	213.8875
2	Charlie Shotton-Gale	SW	84	Senior	European Open	194.4187
3	Rosimery Lima Gallo	SW	63	Senior	European Open	194.1777
4	Jennifer Keane	WM	84	Senior	British Equipped	189.4750
5	Christie Civetta	SW	84	Senior	European Open	180.6139
6	Victoria Embleton	YNE	84	Senior	British Equipped	179.2116
7	Louise Edwards	WM	52	Senior	British Equipped	176.3611
8	Kelly Phasey	WM	84+	M1	British Equipped	175.5111
9	Susannah Butler	SW	63	U23	British Equipped	167.6664
10	Lucy Cohen	WAL	72	Senior	British Equipped	159.1974
11	Sue Hollands	YNE	84+	M3	British Equipped	156.4033
12	Michelle Brand	SCO	84+	M1	British Equipped	149.7548
13	Joanne Barnes	YNE	72	M1	European Masters	149.1971
14	Biancha Pennington	NM	57	U23	British Equipped	144.1341
15	Fay Jordan	EM	63	Senior	British Equipped	143.4593
16	Jean Maton	SM	84	M2	British Equipped	142.6784
17	Charlie Chester	SW	84+	U23	British Equipped	137.5750
18	Shasha Bowers	SW	84	Senior	British Equipped	135.3393
19	Jackie Blasbery	EM	84+	M2	British Equipped	130.3476
20	Helen Toms	SW	84	M2	British Equipped	125.0677

### Equipped Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Ellie Steel	WM	57	Senior	European Open	143.1332
2	Charlie Shotton-Gale	SW	84	Senior	European Open	122.9084
3	Kelly Phasey	WM	84+	M1	European Open	115.2327
4	Rosimery Lima Gallo	SW	63	Senior	European Open	110.5734
5	Fay Jordan	EM	63	Senior	British Equipped	104.8356
6	Christie Civetta	SW	84	Senior	European Open	102.8813
7	Lucy Cohen	WAL	72	Senior	British Equipped	97.9677
8	Jackie Blasbery	EM	84+	M2	British Equipped	97.7607
9	Jean Maton	SM	84	M2	British Equipped	95.8621
10	Michelle Brand	SCO	84	M1	European Masters	94.1034
11	Victoria Embleton	YNE	84	Senior	British Equipped	91.8459
12	Louise Edwards	WM	52	Senior	British Equipped	91.3298
13	Jennifer Keane	WM	84	Senior	British Equipped	90.2262
14	Susannah Butler	SW	63	U23	British Equipped	86.6277
15	Joanne Barnes	YNE	72	M1	European Masters	84.5450
16	Jenny Hunter	EM	52	M2	British Equipped	84.3987
17	Sue Hollands	YNE	84+	M3	British Equipped	81.5059
18	Charlie Chester	SW	84+	U23	British Equipped	68.7875
19	Helen Toms	SW	84	M2	British Equipped	67.0005
20	Marina Cornwall	SM	47	M3	British Equipped	66.3767

### Equipped Deadlift

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Rosimery Lima Gallo	SW	63	Senior	European Open	202.2684
2	Ellie Steel	WM	57	Senior	British Equipped	199.0342
3	Louise Edwards	WM	52	Senior	British Equipped	188.9583
4	Charlie Shotton-Gale	SW	84	Senior	European Open	181.0105
5	Marina Cornwall	SM	47	M3	British Equipped	171.1821
6	Yasmina Couty	SM	63	Senior	British Equipped	166.6064
7	Jennifer Keane	WM	84	Senior	British Equipped	162.4071
8	Susannah Butler	SW	63	U23	British Equipped	162.0776
9	Fay Jordan	EM	63	Senior	British Equipped	160.0122
10	Jackie Blasbery	EM	84+	M2	European Masters	158.1455
11	Christie Civetta	SW	84	Senior	British Equipped	157.5119
12	Biancha Pennington	NM	57	U23	British Equipped	155.9002
13	Joanne Barnes	YNE	72	M1	European Masters	154.1703
14	Charlie Chester	SW	84+	U23	British Equipped	153.1076
15	Jean Maton	SM	84	M2	British Equipped	151.5958
16	Victoria Embleton	YNE	84	Senior	British Equipped	147.8496
17	Lucy Cohen	WAL	72	Senior	British Equipped	146.9515
18	Sue Hollands	YNE	84+	M3	Yorkshire Counties	146.4929
19	Jenny Hunter	EM	52	M2	British Equipped	143.7904
20	Helen Toms	SW	84	M2	British Equipped	138.4678

# 43kg Class

Top 20 Ranked on Total

## Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Jamila Digankar	NW	40.3	U18	European Classic	57.5
2	Munibah Makda	NW	38.3	U23	Lancs & Cheshire	50
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## Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Munibah Makda	NW	38.3	U23	Lancs & Cheshire	25
2	Jamila Digankar	NW	40.3	U18	European Classic	25
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## Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Munibah Makda	NW	38.3	U23	Lancs & Cheshire	80
2	Jamila Digankar	NW	40.3	U18	European Classic	67.5
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## Equipped Squat

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## Equipped Bench Press (3 lift)

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## Equipped Deadlift

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# 47kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	107.5
2	Rebecca Heath	GL	45.25	Senior	European Classic	105
3	Sophie Tang	EM	46.3	U23	East Midlands Classic	100
4	Emily Przeslak	GL	45.9	U23	Classic World Championships	85
5	Nora Jones	SM	46.4	Senior	South Midlands Open	85
6	Sabrina Shah	GL	46.85	U23	British Universities	85
7	Marina Cornwall	SM	44.5	M3	British Equipped	77.5
8	Imelda Flanagan	EM	43.5	M2	East Midlands Classic	75
9	Imelda Flanagan	EM	43.1	M2	EM Masters, Novice and Junic	70
10	June Stamp	GL	47	M1	Greater London Championship	70
11	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	65
12	Emily Bailey	EM	44.4	Junior	East Midlands Farm Open Qu	65
13	Puja Patel	GL	46.6	U23	Greater London Championship	60
14	Sarah Lynn	NI	43.3	Sen	Summer Showdown	50
15	Dianne Hextall	NM	46.8	M2	North Midlands Four Counties	42.5
16	Nicole Neo	0	46.96	Senior	British Universities	37.5
17	Yun-ting Chen	SW	45.6	U23	British Universities	35
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### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Rebecca Heath	GL	45.25	Senior	European Classic	65
2	Nora Jones	SM	46.4	Senior	South Midlands Open	55
3	Sabrina Shah	GL	46.85	U23	British Universities	55
4	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	52.5
5	Emily Przeslak	GL	45.7	U23	European Classic	50
6	Marina Cornwall	SM	44.5	M3	British Equipped	47.5
7	Sophie Tang	EM	46.3	U23	East Midlands Classic	47.5
8	Imelda Flanagan	EM	43.1	M2	EM Masters, Novice and Junic	40
9	Imelda Flanagan	EM	43.5	M2	East Midlands Classic	40
10	Puja Patel	GL	46.6	U23	Greater London Championship	40
11	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	37.5
12	Emily Bailey	EM	44.4	Junior	East Midlands Farm Open Qu	35
13	Sarah Lynn	NI	43.3	Sen	Summer Showdown	32.5
14	Dianne Hextall	NM	46.8	M2	North Midlands Four Counties	32.5
15	June Stamp	GL	47	M1	Greater London Championship	32.5
16	Yun-ting Chen	SW	45.6	U23	British Universities	27.5
17	Nicole Neo	0	46.96	Senior	British Universities	25
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### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	132.5
2	Rebecca Heath	GL	45.84	Senior	Classic World Championships	125
3	Emily Przeslak	GL	45.9	U23	Classic World Championships	125
4	Sophie Tang	EM	46.3	U23	East Midlands Classic	120.5
5	Nora Jones	SM	46.4	Senior	South Midlands Open	120
6	Marina Cornwall	SW	44.67	M3	European Masters	117.5
7	Imelda Flanagan	EM	43.5	M2	East Midlands Classic	112.5
8	Imelda Flanagan	EM	43.1	M2	EM Masters, Novice and Junior	110
9	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	110
10	Sabrina Shah	GL	46.85	U23	British Universities	100
11	June Stamp	GL	47	M1	Greater London Championship	90
12	Puja Patel	GL	46.6	U23	Greater London Championship	85
13	Dianne Hextall	NM	46.8	M2	North Midlands Four Counties	80
14	Sarah Lynn	NI	43.3	Sen	Summer Showdown	77.5
15	Yun-ting Chen	SW	45.6	U23	British Universities	67.5
16	Emily Bailey	EM	44.4	Junior	East Midlands Farm Open Qua	62.5
17	Nicole Neo	0	46.96	Senior	British Universities	55
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### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Marina Cornwall	SM	44.5	M3	British Equipped	77.5
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Marina Cornwall	SM	44.5	M3	British Equipped	47.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Marina Cornwall	SM	44.5	M3	British Equipped	122.5
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# 52kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	50.52	Senior	Classic World Championships	137.5
2	Catherine Smith	WM	51.9	U23	Classic World Championships	122.5
3	Emma Goodwin	SM	51.58	Senior	Classic World Championships	112.5
4	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	105
5	Anastasia Dharma	GL	50.85	U23	British Universities	102.5
6	Sofia Rufus	SW	51.1	Senior	SW Classic	102.5
7	Tiana Pearce	GL	52	U23	Greater London Championship	102.5
8	Danielle Malcolm	SW	51.3	Senior	SW Classic	100
9	Sophie Walker	SW	51.5	Senior	SW Classic	100
10	Louise Sinniah-Burr	GL	51.2	Sen	All England Championships	97.5
11	Leanne Brumby	YNE	51.75	U23	YNE Juniors and Masters Clas	97.5
12	Maryam Saberi	WM	48.4	0	West Midlands Development C	95
13	ELIDH JOHNSON	SCO	51.4	U23	Scottish Universities & College	95
14	Elizabeth Hill	SCO	51.5	M1	British Masters	93
15	Ruthana Christofides	GL	50.9	Senior	Greater London	92.5
16	Beth Wylie	EM	47.2	U23	Anglian Powerlifting Champior	90
17	Karina Chan	SW	50.6	U23	British Universities	90
18	Kate Cox	SE	51.75	Senior	SE Classic	87.5
19	Tiarna Pearce	GL	51.9	U23	Greater London	87.5
20	Linda Kaminski	GL	49.7	M2	Greater London Championship	85

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	50.52	Senior	Classic World Championships	75
2	Danielle Malcolm	SW	51.3	Senior	SW Classic	70
3	Emma Goodwin	SM	51.5	Senior	South Midlands Open	70
4	Sophie Walker	SW	51.5	Senior	SW Classic	70
5	Jenny Hunter	EM	51.9	M2	British Masters	65
6	Janine Martin	NI	50.4	Senior	Women's Raw Power	62.5
7	Louise Sinniah-Burr	GL	51.2	Sen	All England Championships	62.5
8	Catherine Smith	WM	50.85	U23	European Classic	60
9	Suzie Richards	EM	51.65	M1	Essex County Championships	55
10	Leanne Brumby	YNE	51.75	U23	YNE Juniors and Masters Clas	55
11	Georgia Blakeman	EM	49.5	U23	Cambridge Classic	52.5
12	Anastasia Dharma	GL	50.3	U23	All England Championships	52.5
13	Suzanne Richards	EM	51.35	M1	All England Championships	52.5
14	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	52.5
15	Jennifer Gough	WAL	50.9	U23	Welsh Championships	50
16	Elizabeth Hill	SCO	51.5	M1	British Masters	50
17	Tess O'Flaherty	NW	51.8	M1	Lancs & Cheshire	50
18	Antonietta Moch	EM	49.6	M1	East Midlands Classic	47.5
19	Karina Chan	SW	50.6	U23	British Universities	47.5
20	Rowina Westermeiek	EM	51.6	Senior	East Midlands Farm Open Qu	47.5

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	50.52	Senior	Classic World Championships	185
2	Catherine Smith	WM	51.9	U23	Classic World Championships	165.5
3	Emma Goodwin	SM	51.58	Senior	Classic World Championships	162.5
4	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	155
5	Louise Sinniah-Burr	GL	51.2	Sen	All England Championships	142.5
6	Sophie Walker	SW	51.5	Senior	SW Classic	142.5
7	Janine Martin	NI	50.4	Senior	Women's Raw Power	135
8	Anastasia Dharma	GL	50.3	U23	All England Championships	127.5
9	Maryam Saberi	WM	48.4	0	West Midlands Development C	122.5
10	Atousa Faraji	GL	49.7	U23	Greater London	120
11	Jennifer Gough	WAL	50.9	U23	Welsh Championships	120
12	Michelle Trench	SM	51.4	Senior	South Midlands Open	120
13	Jenny Hunter	EM	51.9	M2	British Masters	117.5
14	Beth Wylie	EM	47.2	U23	Anglian Powerlifting Champion	115
15	Sofia Rufus	SW	51.1	Senior	SW Classic	115
16	Danielle Malcolm	SW	51.3	Senior	SW Classic	115
17	Antonietta Moch	EM	50.2	M1	British Masters	112.5
18	Melania Fodritto	SW	51.5	Senior	SW Classic	112.5
19	Amelia Martin-Jones	0	48.4	U23	British Universities	110
20	Linda Kaminski	GL	49.7	M2	Greater London Championship	110

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Edwards	WM	51.65	Sen	All England Championships	147.5
2	Jenny Hunter	EM	51.8	M2	British Equipped	60
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Edwards	WM	51.3	Senior	British Equipped	72.5
2	Jenny Hunter	EM	51.8	M2	British Equipped	67.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Edwards	WM	51.65	Sen	All England Championships	152.5
2	Jenny Hunter	EM	51.8	M2	British Equipped	115
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# 57kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Murray	SCO	56.7	Senior	European Classic	137.5
2	Joy Nnamani	GL	54.45	Sen	All England Championships	135
3	Ellie Steel	SW	56.3	Senior	SW Classic	132.5
4	Alice Hogg	SCO	55.72	U23	Classic World Championships	127.5
5	Hannah Chan	SW	56.64	U23	Classic World Championships	125
6	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	122.5
7	Rebecca Lynn-Nicholson	GL	56.2	Senior	Greater London Championship	122.5
8	Malena Orlando	GL	56.6	Senior	Greater London Championship	120
9	Jodie Cook	WM	56.7	Senior	South Midlands Open	120
10	Elspeth McLeod	YNE	56.75	U23	YNE Juniors and Masters Clas	117.5
11	Polin Baykal	GL	56.1	M1	British Masters	116
12	Caroline Shearer	WAL	56.4	Senior	Welsh Cup	112.5
13	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	110
14	Alexandra Wiacek	NW	56.1	M1	NW Team Challenge	110
15	Maria Andrews	NW	53.6	Senior	Cumbria Championships	107.5
16	Jane Girdlestone	NW	54.6	M1	Cumbria Championships	107.5
17	Dionne Taylor	YNE	55.8	U23	YNE Juniors and Masters Clas	107.5
18	ANNELI RITARI STEWART	SCO	56.4	M1	Aberdeen Open	107.5
19	Chloe-jade Mcdonald	NI	56.1	Sen	Summer Showdown	105
20	Chloe Simpson	NI	56.1	Sen	Summer Showdown	105

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Murray	SCO	56.7	Senior	European Classic	87.5
2	Ellie Steel	SW	56.3	Senior	SW Classic	82.5
3	Joy Nnamani	GL	50.52	Senior	Classic World Championships	75
4	Alexandra Wiacek	NW	56.1	M1	NW Team Challenge	70
5	Jodie Cook	WM	56.7	Senior	South Midlands Open	70
6	Louise Sinnah-Burr	GL	54.8	Senior	Greater London	65
7	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	65
8	Kristina March	SE	55.3	Senior	SE Novice & Junior	65
9	Alice Hogg	SCO	55.7	U23	European Classic	65
10	MOLLY GRAY	SCO	55.75	U23	University World Cup	65
11	Leeza Watts	NW	56.4	U23	Lancs & Cheshire	65
12	Kasia Huchrak-Reed	SW	56.55	Senior	SW Open	65
13	Hannah Chan	SW	59.7	U23	SW Open	65
14	Jane Girdlestone	NW	54.6	M1	Cumbria Championships	62.5
15	Polin Baykal	GL	56.1	M1	British Masters	62.5
16	Rebecca Lynn-Nicholson	GL	56.2	Senior	Greater London Championship	62.5
17	Malena Orlando	GL	56.6	Senior	Greater London Championship	60
18	Mellissa Hurley	0	55.1	0	West Midlands Development C	57.5
19	Elspeth McLeod	YNE	56.75	U23	YNE Juniors and Masters Clas	57.5
20	Georgina Taylor	SW	56.8	Senior	SW Classic	57.5

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	54.45	Sen	All England Championships	180.5
2	Ellie Steel	SW	56.3	Senior	SW Classic	160
3	Polin Baykal	GL	56.1	M1	British Masters	155
4	Alice Hogg	SCO	56.9	U23	Scottish Universities & College	153
5	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	150
6	Hannah Chan	SW	56.64	U23	Classic World Championships	145
7	Tania Franklin	SM	56.3	Sen	All England Championships	142.5
8	Louise Murray	SCO	56.7	Senior	European Classic	142.5
9	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	140
10	Abigail Blumsohn	GL	55.1	Senior	Greater London Championship	140
11	Kristina March	SE	55.3	Senior	SE Novice & Junior	140
12	Jodie Cook	WM	56.7	Senior	South Midlands Open	140
13	Chloe-jade Mcdonald	NI	56.1	Sen	Summer Showdown	137.5
14	Louise Sinnah-Burr	GL	54.8	Senior	Greater London	135
15	Georgina Stanway	NW	57	U23	Lancs & Cheshire	135
16	Gursharon Shergill	SE	56.42	U23	British Universities	132.5
17	Rebecca Lynn-Nicholson	GL	56.2	Senior	Greater London Championship	130
18	Tereza Dybisz	YNE	56.5	Senior	YNE Senior Classic	130
19	Carole Taylor	YNE	56.8	M2	YNE Juniors and Masters Class	130
20	Michelle Franklin	NM	56.1	M2	All England Championships	130

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Ellie Steel	WM	55.3	Senior	British Equipped	180
2	Biancha Pennington	NM	56	U23	British Equipped	122.5
3	Jennifer Hancock	SW	57	U18	British Equipped	65
4	Amelia Maycock	NM	57	U18	British Equipped	60
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Ellie Steel	WM	56.5	Senior	European Open	122.5
2	Biancha Pennington	NM	56	U23	British Equipped	50
3	Jennifer Hancock	SW	57	U18	British Equipped	47.5
4	Amelia Maycock	NM	57	U18	British Equipped	32.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Ellie Steel	WM	55.3	Senior	British Equipped	167.5
2	Biancha Pennington	NM	56	U23	British Equipped	132.5
3	Amelia Maycock	NM	57	U18	British Equipped	102.5
4	Jennifer Hancock	SW	57	U18	British Equipped	97.5
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# 63kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Bobbie Butters	NW	61.9	U23	NW Team Challenge	140
2	Leah Grant	GL	61.75	SEN	All England Championships	135
3	ROWAN HENDRY HORNE	SCO	61.9	Senior	Scottish Classic	135
4	Tara Watkins	YNE	62.6	Senior	YNE Senior Classic	135
5	Sabrina Moore	WAL	62.8	Senior	Welsh Cup	135
6	Khrys Kyriacou	SE	63	M1	British Masters	135
7	JANE ARMOUR	SCO	62.1	Senior	Scottish Classic	132.5
8	Sarah Stanhope	NM	61.9	U23	NM Classic	130
9	Hannah Philp	NW	63	Senior	NW Team Challenge	130
10	Abi Graham	EM	63	Senior	Anglian Powerlifting Champion	130
11	Amelia Crook	WAL	62.7	U23	Welsh Championships	127.5
12	ALICE FRANCIS -FREEMAN	SCO	61.5	U18	Perth Open	125
13	Hollie Johnson	YNE	62.6	Senior	YNE Northern Universities	125
14	JANE ARMOUR	SCO	62.7	Senior	Perth Open	125
15	Hannah Chan	SW	59.7	U23	SW Open	122.5
16	ELISKA PEJSKOVA	SCO	61	Senior	Aberdeen Open	122.5
17	Karenjeet Bains	YNE	62.38	U23	British Universities	122.5
18	Chloe Macek	YNE	57.5	U18	YNE Juniors and Masters Clas	120
19	Nina Cambatta	EM	63	Senior	East Midlands Classic	120
20	Emelie Forsberg	GL	60.8	Senior	Greater London Championship	115

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Sabrina Moore	WAL	62.26	Senior	Classic World Championships	90
2	Khrys Kyriacou	SE	61.62	M1	Classic World Championships	85
3	Bobbie Butters	NW	61.9	U23	NW Team Challenge	85
4	Louise Norden	SW	62.6	SEN	All England Championships	80
5	Beverley Rodgers	SM	63	M1	British Masters	80
6	Abi Graham	EM	63	Senior	Anglian Powerlifting Champion	80
7	ROWAN HENDRY HORNE	SCO	61.9	Senior	Scottish Classic	75
8	Hollie Johnson	YNE	62.05	Senior	YNE Senior Classic	73.5
9	Charlotte MacPherson	EM	61.85	U23	Essex County Championships	72.5
10	Faye Jordan	EM	62.7	Senior	East Midlands Classic	72.5
11	Alex Wiacek	NW	57.35	M1	The Roses Cup	70
12	Amelia Crook	WAL	62.7	U23	Welsh Championships	70
13	Amy Richardson	SM	61.2	Senior	South Midlands Open	67.5
14	Kaisia Huchrak-Reed	SW	61.3	Senior	SW Classic	67.5
15	Elly Hill	WAL	61.4	Senior	Welsh Championships	67.5
16	Leah Grant	GL	61.75	SEN	All England Championships	67.5
17	Karenjeet Bains	WM	62.8	U23	West Mids Women, Masters &	67.5
18	Nina Cambatta	EM	63	Senior	East Midlands Classic	67.5
19	Hannah Chan	SW	59.7	U23	SW Open	65
20	Claire Lilley	NM	61.5	U23	NM Classic	65

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Sabrina Moore	WAL	62.8	Senior	Welsh Cup	185
2	Abi Graham	EM	63	Senior	Anglian Powerlifting Champion	175.5
3	Cari Davies	SW	61.6	Senior	SW Classic	170
4	JULIA MCGOVERN	SCO	62.7	Senior	Scottish Classic	162.5
5	Bobbie Butters	NW	61.9	U23	NW Team Challenge	160
6	Maariyah Tahir	EM	60.9	Senior	East Midlands Farm Open Qua	157.5
7	Chloe Macek	YNE	57.5	U18	YNE Juniors and Masters Class	155
8	Leah Grant	GL	61.75	SEN	All England Championships	155
9	Shannon Clifford	NW	62.7	U23	Lancs & Cheshire	155
10	Nina Cambatta	EM	63	Senior	East Midlands Classic	155
11	NINA LEPAUS	SCO	63	U23	Scottish Universities & College	155
12	Yasmina Couty	SM	61.6	Senior	British Equipped	152.5
13	Amy Richardson	SM	61.2	Senior	South Midlands Open	150
14	Lauren May Drake	NW	61.35	SEN	All England Championships	150
15	Lynda Banks	SCO	62.36	M2	Classic World Championships	150
16	Hollie Johnson	YNE	62.6	Senior	YNE Northern Universities	150
17	Amelia Crook	WAL	62.7	U23	Welsh Championships	150
18	Claire Sear	SM	62.13	Senior	University World Cup	147.5
19	Karenjeet Bains	YNE	62.38	U23	British Universities	147.5
20	ALISON MACKENZIE	SCO	62.5	Senior	Perth Open	147.5

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Rosimery Lima Gallo	SW	62.63	Senior	European Open	180.0000
2	Susannah Butler	SW	59.8	U23	British Equipped	150.0000
3	Faye Jordan	EM	60.6	SEN	All England Championships	132.5000
4	Fay Jordan	EM	60.8	Senior	British Equipped	130.0000
5	Yasmina Couty	SM	61.6	Senior	British Equipped	105.0000
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Rosimery Lima Gallo	SW	62.63	Senior	European Open	102.5000
2	Faye Jordan	EM	60.6	SEN	All England Championships	100.0000
3	Fay Jordan	EM	60.8	Senior	British Equipped	95.0000
4	Susannah Butler	SW	59.8	U23	British Equipped	77.5000
5	Yasmina Couty	SM	61.6	Senior	British Equipped	47.5000
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Rosimery Lima Gallo	SW	62.63	Senior	European Open	187.5000
2	Yasmina Couty	SM	61.6	Senior	British Equipped	152.5000
3	Susannah Butler	SW	59.8	U23	British Equipped	145.0000
4	Fay Jordan	EM	60.8	Senior	British Equipped	145.0000
5	Faye Jordan	EM	60.6	SEN	All England Championships	140.0000
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# 72kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Richardson	SE	70.45	Sen	All England Championships	162.5
2	Tanya Bull	WAL	70.3	Senior	Classic World Championships	152.5
3	Hannah Philp	NW	64.45	Sen	The Roses Cup	140
4	Eno Majomi	GL	69.8	M1	Greater London	140
5	Paula Gould	SM	70.4	Senior	South Midlands Open	137.5
6	Diana Maylinger	GL	69.85	Sen	All England Championships	135
7	Amy Spencer	SW	69.92	U23	Classic World Championships	135
8	Ruta Lendraitiene	YNE	70	Senior	North Midlands Four Counties	135
9	Emily Louise Williams	GL	70.35	Sen	All England Championships	135
10	Amy Atkinson	SM	68.6	Senior	South Midlands Open	135
11	TASMIN CAMPBELL	SCO	68.6	Senior	Scottish Classic	135
12	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classic	133
13	Emily Williams	GL	71.25	Senior	Essex County Championships	132.5
14	SOPHIE BARRINGER	SCO	69.7	Senior	Scottish Classic	130
15	Elise Davies	WM	71.2	U23	All England Championships	130
16	Abi Graham	EM	64.9	Senior	East Midlands Classic	127.5
17	Ursula Arjoki	SM	65.1	Senior	South Midlands Open	127.5
18	Sarah Freeman Dunn	NW	65.85	Sen	The Roses Cup	127.5
19	Nina Cambatta	EM	68.9	Senior	East Midlands Farm Open Qu	127.5
20	Florence Walton	SE	70.55	Sen	All England Championships	127.5

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Amy Atkinson	SM	68.6	Senior	South Midlands Open	90
2	Ruta Lendraitiene	YNE	70	Senior	North Midlands Four Counties	87.5
3	Carla Wright	NI	70.5	Senior	Women's Raw Power	87.5
4	Lucy Rayner	SW	70.1	Junior	SW Classic	85
5	TASMIN CAMPBELL	SCO	69	Senior	Aberdeen Open	82.5
6	LEE HELSTROM	SCO	66.7	Senior	Scottish Eastern Districts	78
7	Hannah Philp	NW	64.45	Sen	The Roses Cup	77.5
8	Abi Graham	EM	64.9	Senior	East Midlands Classic	77.5
9	Louise Richardson	SE	70.45	Sen	All England Championships	77.5
10	Hannah Yardy	GL	70.85	Senior	Essex County Championships	77.5
11	Louise Norden	SW	63.29	Senior	SW Open	75
12	Rachel Hughes	YNE	68.45	U23	YNE Juniors and Masters Clas	75
13	Amy Spencer	SW	69.11	U23	SW Open	75
14	Wendie Kirkland	NM	70.2	M1	British Masters	75
15	Izi Onadim	GL	71.65	U23	Essex County Championships	75
16	Emma Sullivan	NW	71.8	Senior	Lancs & Cheshire	73
17	Sarah Freeman Dunn	NW	65.85	Sen	The Roses Cup	72.5
18	Nina Cambatta	EM	69.1	Sen	All England Championships	72.5
19	Diana Maylinger	GL	69.85	Sen	All England Championships	72.5
20	Anastasia Zinchenko	EM	70.1	Senior	Anglian Powerlifting Champior	72.5

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Carla Wright	NI	70.5	Senior	Women's Raw Power	186
2	TASMIN CAMPBELL	SCO	68.6	Senior	Scottish Classic	180
3	Tanya Bull	WAL	70.3	Senior	Classic World Championships	175
4	Louise Richardson	SE	70.45	Sen	All England Championships	175
5	SOPHIE BARRINGER	SCO	69.7	Senior	Scottish Classic	170
6	MARTHA GATES	SCO	71.1	Senior	Scottish Northern Districts	170
7	Amy O'Halloran	YNE	72	Senior	YNE Senior Classic	170
8	Amy Atkinson	SM	68.6	Senior	South Midlands Open	167.5
9	Abi Graham	EM	64.9	Senior	East Midlands Classic	165.5
10	EVE FORDYCE	SCO	67.33	U23	University World Cup	165
11	Jeni Aulman	WM	70.8	M1	West Mids Women, Masters &	165
12	Hannah Yardy	GL	70.85	Senior	Essex County Championships	165
13	SIMONE CARMO	SCO	69.1	Senior	Scottish Universities & College	162.5
14	Elise Davies	WM	71.2	U23	All England Championships	162.5
15	Emma Sullivan	NW	71.8	Senior	Lancs & Cheshire	162
16	Alexandra Jackson	NM	71.3	U18	All England Championships	160.5
17	Sarah Freeman Dunn	NW	66.3	Senior	Lancs & Cheshire	160
18	Lauren Hunt	SW	67.85	U23	All England Championships	160
19	Nina Cambatta	EM	68.9	Senior	East Midlands Farm Open Qua	160
20	Emma Dyson	YNE	69.25	Sen	The Roses Cup	160

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Lucy Cohen	WAL	71.6	Senior	British Equipped	162.5
2	Joanne Barnes	YNE	70.02	M1	European Masters	150
3	Emily Ness	SW	69.74	Senior	SW Open	105
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Lucy Cohen	WAL	71.6	Senior	British Equipped	100
2	Joanne Barnes	YNE	70.02	M1	European Masters	85
3	Emily Ness	SW	69.74	Senior	SW Open	62.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Joanne Barnes	YNE	70.5	M1	British Equipped	155
2	Lucy Cohen	WAL	71.6	Senior	British Equipped	150
3	Emily Ness	SW	69.74	Senior	SW Open	130
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# 84kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Chrystal Williams	NW	81.65	U23	All England Championships	165
2	WENDY MACFARLANE	SCO	80.9	Senior	Scottish Classic	163
3	Shachar Head	0	83	U23	British Universities	160
4	Deirdre Fenlon	WM	82	0	West Midlands Development C	155
5	Sheri Miles	SE	75.45	Sen	All England Championships	150
6	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	150
7	Abigail McLean	NI	78.9	U18	Classic World Championships	147.5
8	Charlie Chester	SW	82.15	U23	European Classic	147.5
9	Laura Loft	YNE	83.4	U23	YNE Juniors and Masters Clas	145
10	Christina Appelby-Phillips	WAL	77.5	Senior	Welsh Championships	140
11	Nicola Wheeler	SW	80.49	Senior	SW Open	140
12	Danielle Johnson	YNE	81.65	Senior	YNE Senior Classic	137.5
13	Jackie Blasbery	EM	83.4	M2	Classic World Championships	135
14	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Classic	132.5
15	Catherine Burroughs	EM	78.38	M1	Classic World Championships	132.5
16	Christie Civetta	SW	80.86	U23	British Universities	132.5
17	Lorna Durant	SW	82.3	Senior	SW Classic	132.5
18	Natasha Tranter	WM	75.3	0	West Midlands Development C	130
19	Hira Teirney	SW	82.43	Senior	SW Open	130
20	Shannon Main	NI	82.5	Senior	Women's Raw Power	130

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Christina Appelby-Phillips	WAL	77.5	Senior	Welsh Championships	95
2	Megan Batchelor	SM	80.9	Sen	All England Championships	90
3	Charlie Shotton-Gale	SW	83.9	Senior	South Midlands Open	90
4	Chrystal Williams	NW	79.61	U23	British Universities	87.5
5	Jackie Blasbery	EM	83.4	M2	Classic World Championships	87.5
6	Julia Fabrizi	SW	80.1	M2	Classic World Championships	82.5
7	Annelise Barnes	EM	83.3	Senior	Essex County Championships	82.5
8	Sheri Miles	SE	75.45	Sen	All England Championships	80
9	Shachar Head	0	83	U23	British Universities	80
10	Charlie Chester	SW	87.38	U23	SW Open	80
11	JOYCE PARK	SCO	76.2	M2	Aberdeen Open	75
12	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Eastern Districts	75
13	Orla Kaye	GL	77	Senior	Greater London Championship	75
14	Christie Civetta	SW	80.86	U23	British Universities	75
15	Deirdre Fenlon	WM	82	0	West Midlands Development C	75
16	Takara Hawthorne-Smith	WM	83.3	Senior	West Mids Women, Masters &	72.5
17	Abigail McLean	NI	77.7	U18	European Classic	72.5
18	Florence Nathan	GL	81.2	Senior	Greater London Championship	72.5
19	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	72.5
20	WENDY MACFARLANE	SCO	81.6	Senior	Perth Open	72.5

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Chrystal Williams	NW	81.3	U23	Manchester & Merseyside	205
2	Sheri Miles	SE	74.75	Senior	SE Classic	202.5
3	Deirdre Fenlon	WM	82	0	West Midlands Development C	195
4	Hira Teirney	SW	82.43	Senior	SW Open	187.5
5	Abigail McLean	NI	77.7	U18	European Classic	180
6	Takara Hawthorne-Smith	WM	83.3	Senior	West Mids Women, Masters &	180
7	Jackie Blasbery	EM	83.4	M2	Classic World Championships	171
8	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Classic	170
9	Danielle Johnson	YNE	81.65	Senior	YNE Senior Classic	170
10	Charlie Chester	SW	82.15	U23	European Classic	170
11	Amy O'Halloran	YNE	75.8	Sen	The Roses Cup	165
12	Florence Nathan	GL	81.2	Senior	Greater London Championship	165
13	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	165
14	Lorna Durant	SW	82.3	Senior	SW Classic	165
15	Charlie Connor	SE	83.7	Senior	Kent & Surrey Championships	165
16	Christina Appelby-Phillips	WAL	77.5	Senior	Welsh Championships	160
17	Julia Fabrizi	SW	80.1	M2	Classic World Championships	160
18	Nicola Wheeler	SW	80.49	Senior	SW Open	160
19	WENDY MACFARLANE	SCO	81.6	Senior	Perth Open	160
20	Jenni Sherwood	WM	81.8	m1	West Midlands Development C	160

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	83.6	Senior	European Open	217.5
2	Jennifer Keane	WM	82.1	Senior	British Equipped	210
3	Victoria Embleton	YNE	83.2	Senior	British Equipped	200
4	Christie Civetta	SW	80.08	Senior	European Open	197.5
5	Michelle Brand	SCO	83.17	M1	European Masters	162.5
6	Jean Maton	SM	84	M2	British Equipped	160
7	Shasha Bowers	SW	82.1	Senior	British Equipped	150
8	Helen Toms	SW	83.45	M2	All England Championships	145
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	84	Senior	British Equipped	137.5
2	Christie Civetta	SW	80.08	Senior	European Open	112.5
3	Jean Maton	0	83.88	M2	European Masters	110
4	Michelle Brand	SCO	83.17	M1	European Masters	105
5	Victoria Embleton	YNE	83.2	Senior	British Equipped	102.5
6	Jennifer Keane	WM	82.1	Senior	British Equipped	100
7	Helen Toms	SW	83.45	M2	All England Championships	82.5
8	Shasha Bowers	SW	82.1	Senior	British Equipped	70
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	84	Senior	British Equipped	202.5
2	Jennifer Keane	WM	82.1	Senior	British Equipped	180
3	Christie Civetta	SW	79.5	Sen	All England Championships	177.5
4	Jean Maton	SM	84	M2	British Equipped	170
5	Victoria Embleton	YNE	83.2	Senior	British Equipped	165
6	Helen Toms	SW	83.45	M2	All England Championships	157.5
7	Michelle Brand	SCO	83.17	M1	European Masters	152.5
8	Shasha Bowers	SW	82.1	Senior	British Equipped	130
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# 84+kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Camille Holland	EM	116.12	Senior	Classic World Championships	202.5
2	Anna Macnab	GL	105.8	Senior	Classic World Championships	197.5
3	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	180
4	Charlie Chester	SW	87.38	U23	SW Open	165
5	Heather Clarke	EM	105.1	Senior	EM Masters, Novice and Junic	162.5
6	Sarah Marsden	EM	106.45	M1	All England Championships	160.5
7	Tracy O'Callaghan	WAL	95.2	Senior	Welsh Cup	160
8	Laura Berry	YNE	100.35	Sen	All England Championships	160
9	Kelly Phasey	WM	122.8	M1	British Masters	160
10	Chelsey Logue	NW	84.55	Sen	The Roses Cup	150.5
11	Izzy Osborne	NW	84.7	Senior	NW Team Challenge	150
12	Paola Rocuzzo	GL	95.3	M1	British Masters	150
13	Eva-Maria Bonin	GL	95.5	Senior	Greater London Championship	150
14	KARYN McINTOSH	SCO	146.2	Senior	Scottish Classic	147.5
15	Jana Jackunaite	SE	91.45	Sen	All England Championships	145
16	Kyla Mulholland	NI	93.9	M1	British Masters	145
17	Amy Kurr	WAL	94	u23	Welsh Championships	145
18	Senga Blackmore	NW	99	Senior	Cumbria Championships	140
19	Jo Whiteley	NW	105.6	M1	British Masters	137.5
20	Ailish Marlow	NI	93.8	Senior	Women's Raw Power	135

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Camille Holland	EM	116.12	Senior	Classic World Championships	110
2	Laura Berry	YNE	100.35	Sen	All England Championships	102.5
3	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	97.5
4	Kelly Phasey	WM	122.8	M1	British Masters	95.5
5	Sylvia Osei-Tutu	GL	120.6	Senior	Greater London	92.5
6	Kyla Mulholland	NI	93.9	M1	British Masters	90
7	Anna Macnab	GL	105.8	Senior	Classic World Championships	90
8	Heather Clarke	EM	105.1	Senior	EM Masters, Novice and Junic	87.5
9	Charlie Chester	SW	86.7	Junior	SW Classic	85
10	Sarah Marsden	EM	106	M1	East Midlands Classic	85
11	Jackie Blasbery	EM	84.6	M2	British Masters	82.5
12	Chelsey Logue	NW	84.55	Sen	The Roses Cup	80
13	Michelle Brand	SCO	87.9	M1	Perth Open	77.5
14	Izzy Osborne	NW	84.7	Senior	NW Team Challenge	75
15	Tracy O'Callaghan	WAL	95.2	Senior	Welsh Cup	75
16	Paola Rocuzzo	GL	95.3	M1	British Masters	75
17	ELIZABETH BROWN	SCO	97.3	Senior	Perth Open	75
18	Sarah Bouskill	NM	102	Senior	North Midlands Four Counties	72.5
19	Jo Whiteley	NW	104.2	M1	NW Masters & Novice	72.5
20	Sam Foulds	SM	110.4	Senior	South Midlands Open	72.5

### Classic Deadlift

Updated: 28/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Anna Macnab	GL	105.8	Senior	Classic World Championships	202.5
2	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	200
3	Betty Gray	SE	103.7	M2	British Masters	185.5
4	Chelsey Logue	NW	86.5	Senior	NW Team Challenge	185
5	Camille Holland	EM	116.12	Senior	Classic World Championships	185
6	Charlie Chester	SW	87.38	U23	SW Open	182.5
7	Izzy Osborne	NW	84.7	Senior	NW Team Challenge	181
8	Jenni Sherwood	WM	94	M1	British Masters	177.5
9	Amy Kurr	WAL	94	u23	Welsh Championships	175
10	Tracy O'Callaghan	WAL	98.2	Senior	Welsh Championships	175
11	Heather Clarke	EM	105.1	Senior	EM Masters, Novice and Junior	175
12	Jackie Blasbery	EM	84.6	M2	British Masters	170
13	ELIZABETH BROWN	SCO	100.3	Senior	Scottish Classic	170
14	Sarah Bouskill	NM	102	Senior	North Midlands Four Counties	168
15	Gemma Bontoft	YNE	111	Senior	YNE Senior Classic	167.5
16	Laura Berry	YNE	100.35	Sen	All England Championships	165
17	Jo Whiteley	NW	105.6	M1	British Masters	165
18	CONNIE McCALLEN	SCO	105.1	Senior	Perth Open	162.5
19	Sarah Marsden	EM	106.45	M1	All England Championships	157.5
20	Ali Wright	NM	94.1	Senior	North Midlands Four Counties	155

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Kelly Phasey	WM	121.6	M1	British Equipped	220
2	Charlie Shotton-Gale	SW	84.15	Sen	All England Championships	200
3	Sue Hollands	YNE	86.1	M3	British Equipped	177.5
4	Michelle Brand	SCO	89	M1	British Equipped	172.5
5	Charlie Chester	SW	84.8	U23	British Equipped	155
6	Jackie Blasbery	EM	88.8	M2	British Equipped	150
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	84.15	Sen	All England Championships	150
2	Kelly Phasey	WM	124.28	M1	European Open	145
3	Jackie Blasbery	EM	88.8	M2	British Equipped	112.5
4	Michelle Brand	SCO	89	M1	British Equipped	107.5
5	Sue Hollands	YNE	86.1	M3	British Equipped	92.5
6	Charlie Chester	SW	84.8	U23	British Equipped	77.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	84.15	Sen	All England Championships	205
2	Jackie Blasbery	EM	86.64	M2	European Masters	180
3	Charlie Chester	SW	84.8	U23	British Equipped	172.5
4	Sue Hollands	YNE	84.75	M3	Yorkshire Counties	165
5	Kelly Phasey	WM	124.28	M1	European Open	160
6	Michelle Brand	SCO	89	M1	British Equipped	155
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