



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	British Classic Ladies	167.3625
3	Anna Macnab	GL	84+	Senior	British Classic Ladies	166.1715
4	Louise Murray	SCO	57	Senior	British Classic Ladies	165.8870
5	Louise Richardson	SE	72	Senior	British Classic Ladies	163.1912
6	Ellie Steel	WM	57	Senior	British Classic Ladies	160.6597
7	Catherine Smith	WM	52	U23	Classic World Championships	152.9402
8	Bobbie Butters	NW	63	U23	NW Team Challenge	152.3825
9	Jodie Cook	WM	57	Senior	British Classic Ladies	152.1075
10	Tanya Bull	WAL	72	Senior	Classic World Championships	151.2682
11	Sabrina Moore	WAL	63	Senior	British Classic Ladies	150.7167
12	Alice Hogg	SCO	57	U23	Classic World Championships	150.6078
13	Leigh Wetheridge	SE	84+	U23	Classic World Championships	149.9532
14	Hannah Phip	NW	72	Sen	The Roses Cup	147.8050
15	Sophie Walker	SW	52	Senior	British Classic Ladies	149.8190
16	HANNAH BEAVEN	SCO	47	Senior	Perth Open	149.7636
17	Chrystal Williams	NW	84	U23	All England Championships	149.3071
18	WENDY MACFARLANE	SCO	84	Senior	Scottish Classic	148.2316
19	Khrys Kyriacou	SE	63	M1	British Masters	144.9843
20	Leah Grant	GL	63	SEN	All England Championships	147.2132

Classic Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Louise Murray	SCO	57	Sen	Western European Champions	112.8052
2	Ellie Steel	WM	57	Senior	British Classic Ladies	99.3169
3	Danielle Malcolm	SW	52	Sen	Western European Champions	97.6723
4	Sabrina Moore	WAL	63	Senior	Classic World Championships	97.5275
5	Joy Nnamani	GL	52	Senior	Classic World Championships	95.5933
6	Christina Appleby-Phillips	WAL	84	Senior	British Classic Ladies	94.6616
7	Khrys Kyriacou	SE	63	M1	Classic World Championships	92.8395
8	Bobbie Butters	NW	63	U23	NW Team Challenge	92.5179
9	Amy Atkinson	SM	72	Senior	South Midlands Open	90.8061
10	Rebecca Heath	GL	47	Senior	European Classic	89.7968
11	Ruta Lendraitiene	YNE	72	Senior	British Classic Ladies	89.2730
12	Abi Graham	EM	63	Sen	Western European Champions	89.2474
13	Camille Holland	EM	84+	Senior	British Classic Ladies	89.1255
14	Christina Appelby-Phillips	WAL	84	Senior	Welsh Championships	88.5251
15	Emma Goodwin	SM	52	Senior	British Classic Ladies	88.0487
16	Sophie Walker	SW	52	Senior	SW Classic	87.9171
17	Hollie Johnson	YNE	63	Senior	British Classic Ladies	87.4001
18	Carla Wright	NI	72	Senior	Women's Raw Power	86.6246
19	Louise Norden	SW	63	SEN	All England Championships	86.3326
20	Beverley Rodgers	SM	63	M1	British Masters	85.9166

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Joy Nnamani	GL	52	Senior	Classic World Championships	235.7969
2	Emma Goodwin	SM	52	Senior	British Classic Ladies	210.6879
3	Catherine Smith	WM	52	U23	Classic World Championships	206.6254
4	Sabrina Moore	WAL	63	Senior	Welsh Cup	199.1614
5	Sheri Miles	SE	84	Senior	British Classic Ladies	195.7035
6	Alexandra Langberg	WAL	52	U23	Welsh Championships	193.5162
7	Ellie Steel	WM	57	Senior	British Classic Ladies	192.7916
8	Abi Graham	EM	63	Sen	Western European Champions	192.5581
9	Louise Sinniah-Burr	GL	52	Senior	British Classic Ladies	187.2088
10	Chrystal Williams	NW	84	U23	Manchester & Merseyside	185.9298
11	Cari Davies	SW	63	Senior	SW Classic	185.7522
12	HANNAH BEAVEN	SCO	47	Senior	Perth Open	184.5924
13	Carla Wright	NI	72	Senior	Women's Raw Power	184.1391
14	Pelin Baykal	GL	57	M1	British Masters	182.1189
15	TASMIN CAMPBELL	SCO	72	Senior	Scottish Classic	181.6123
16	Sophie Walker	SW	52	Sen	Western European Champions	180.2927
17	Maariyah Tahir	EM	63	Senior	British Classic Ladies	179.7786
18	Danielle Malcolm	SW	52	Senior	British Classic Ladies	178.9742
19	Chloe Macek	YNE	63	U18	YNE Juniors and Masters Class	178.6352
20	Jodie Cook	WM	57	Senior	British Classic Ladies	178.4338

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	Louise Edwards	WM	52	Sen	All England Championships	184.8396
6	Christie Civetta	SW	84	Sen	All England Championships	181.3498
7	Victoria Embleton	YNE	84	Senior	British Equipped	179.2116
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	Faye Jordan	EM	63	SEN	All England Championships	146.5902
15	Biancha Pennington	NM	57	U23	British Equipped	144.1341
16	Shasha Bowers	SW	84	Sen	Western European Champions	143.2040
17	Jean Maton	SM	84	M2	British Equipped	142.6784
18	Charlie Chester	SW	84+	U23	British Equipped	137.5750
19	Jackie Blasbery	EM	84+	M2	British Equipped	130.3476
20	Helen Toms	SW	84	M2	All England Championships	129.7302

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+	Sen	All England Championships	133.6423
3	Kelly Phasey	WM	84+	M1	European Open	115.2327
4	Faye Jordan	EM	63	SEN	All England Championships	110.6341
5	Rosimery Lima Gallo	SW	63	Senior	European Open	110.5734
6	Christie Civetta	SW	84	Sen	All England Championships	103.3005
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	The Roses Cup	81.9141
18	Helen Toms	SW	84	M2	All England Championships	73.8120
19	Charlie Chester	SW	84+	U23	British Equipped	68.7875
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	Sen	All England Championships	191.1053
4	Charlie Shotton-Gale	SW	84+	Sen	All England Championships	182.6444
5	Marina Cornwall	SM	47	M3	British Equipped	171.1821
6	Yasmina Couty	SM	63	Senior	British Equipped	166.6064
7	Christie Civetta	SW	84	Sen	Western European Champions	165.0592
8	Jennifer Keane	WM	84	Senior	British Equipped	162.4071
9	Susannah Butler	SW	63	U23	British Equipped	162.0776
10	Faye Jordan	EM	63	Senior	British Equipped	160.0122
11	Jackie Blasbery	EM	84+	M2	European Masters	158.1455
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	All England Championships	140.9139

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: 20/09/2016

	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	46.7	Senior	British Classic Ladies	107.5
3	Sophie Tang	EM	46.3	U23	East Midlands Classic	100
4	Nora Jones	SM	45.54	Sen	Western European Champions	87.5
5	Emily Przeslak	GL	45.9	U23	Classic World Championships	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: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	132.5
2	Rebecca Heath	GL	46.7	Senior	British Classic Ladies	127.5
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	Sophie Walker	SW	51.9	Senior	British Classic Ladies	120
4	Emma Goodwin	SM	51.4	Senior	British Classic Ladies	115
5	Danielle Malcolm	SW	51.5	Senior	British Classic Ladies	112.5
6	Sofia Rufus	SW	50.5	M1	British Classic Ladies	107.5
7	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	105
8	Anastasia Dharma	GL	50.85	U23	British Universities	102.5
9	Tiana Pearce	GL	52	U23	Greater London Championships	102.5
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	Janine Martin	NI	50	Senior	British Classic Ladies	95
14	EILIDH JOHNSON	SCO	51.4	U23	Scottish Universities & Colleg	95
15	Elizabeth Hill	SCO	51.5	M1	British Masters	93
16	Ruthana Christofides	GL	50.9	Senior	Greater London	92.5
17	Beth Wylie	EM	47.2	U23	Anglian Powerlifting Champior	90
18	Linda Kaminiski	GL	49.5	M3	British Classic Ladies	90
19	Karina Chan	SW	50.6	U23	British Universities	90
20	Kate Cox	SE	51.75	Senior	SE Classic	87.5

Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Danielle Malcolm	SW	51.27	Sen	Western European Champions	77.5
2	Joy Nnamani	GL	50.52	Senior	Classic World Championships	75
3	Emma Goodwin	SM	51.5	Senior	South Midlands Open	70
4	Sophie Walker	SW	51.5	Senior	SW Classic	70
5	Janine Martin	NI	50	Senior	British Classic Ladies	65
6	Jenny Hunter	EM	51.9	M2	British Masters	65
7	Louise Sinniah-Burr	GL	54.8	Senior	Greater London	65
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 Westermeier	EM	51.6	Senior	East Midlands Farm Open Qu	47.5

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	50.52	Senior	Classic World Championships	185
2	Emma Goodwin	SM	51.4	Senior	British Classic Ladies	167.5
3	Catherine Smith	WM	51.9	U23	Classic World Championships	165.5
4	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	155
5	Louise Sinniah-Burr	GL	50.8	Senior	British Classic Ladies	147.5
6	Sophie Walker	SW	51.5	Senior	SW Classic	142.5
7	Danielle Malcolm	SW	51.5	Senior	British Classic Ladies	142.5
8	Janine Martin	NI	50.4	Senior	Women's Raw Power	135
9	Michelle Trench	SM	51.4	Senior	British Classic Ladies	132.5
10	Anastasia Dharma	GL	50.3	U23	All England Championships	127.5
11	Maryam Saberi	WM	48.4	0	West Midlands Development C	122.5
12	Atousa Faraji	GL	49.7	U23	Greater London	120
13	Sofia Rufus	SW	50.5	M1	British Classic Ladies	120
14	Jennifer Gough	WAL	50.9	U23	Welsh Championships	120
15	Annabel Hunt	NM	51.1	Senior	British Classic Ladies	120
16	Jenny Hunter	EM	51.9	M2	British Masters	117.5
17	Beth Wylie	EM	47.2	U23	Anglian Powerlifting Champion	115
18	BEATA HARATYM	SCO	51.5	Senior	British Classic Ladies	115
19	Antonietta Moch	EM	50.2	M1	British Masters	112.5
20	Melania Fodritto	SW	51.5	Senior	SW Classic	112.5

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	55.5	Senior	British Classic Ladies	140
2	Ellie Steel	WM	56.5	Senior	British Classic Ladies	137.5
3	Joy Nnamani	GL	54.45	Sen	All England Championships	135
4	Jodie Cook	WM	56.4	Senior	British Classic Ladies	130
5	Alice Hogg	SCO	55.72	U23	Classic World Championships	127.5
6	Hannah Chan	GL	56.64	U23	Classic World Championships	125
7	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	122.5
8	Rebecca Lynn-Nicholson	GL	56.2	Senior	Greater London Championship	122.5
9	Malena Orlando	GL	56.6	Senior	Greater London Championship	120
10	Elsbeth McLeod	YNE	56.75	U23	YNE Juniors and Masters Clas	117.5
11	Polin Baykal	GL	56.1	M1	British Masters	116
12	Chloe Simpson	NI	56.2	Senior	British Classic Ladies	115
13	Melena Orlando	GL	56.4	Senior	British Classic Ladies	115
14	Caroline Shearer	WAL	56.4	Senior	Welsh Cup	112.5
15	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	110
16	Alexandra Wiacek	NW	56.1	M1	NW Team Challenge	110
17	Maria Andrews	NW	53.6	Senior	Cumbria Championships	107.5
18	Jane Girdlestone	NW	54.6	M1	Cumbria Championships	107.5
19	Dionne Taylor	YNE	55.8	U23	YNE Juniors and Masters Clas	107.5
20	Anneli Ritari-Stewart	SCO	58.6	M1	British Masters	107.5

Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Murray	Sco	55.35	Sen	Western European Champions	95
2	Ellie Steel	WM	56.5	Senior	British Classic Ladies	85
3	Joy Nnamani	GL	50.52	Senior	Classic World Championships	75
4	Jenny Hunter	EM	55	M2	British Classic Ladies	71.5
5	Alexandra Wiacek	NW	56.1	M1	NW Team Challenge	70
6	Jodie Cook	WM	56.7	Senior	South Midlands Open	70
7	Louise Sinniah-Burr	GL	54.8	Senior	Greater London	65
8	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	65
9	Kristina March	SE	55.3	Senior	SE Novice & Junior	65
10	Alice Hogg	SCO	55.7	U23	European Classic	65
11	MOLLY GRAY	SCO	55.75	U23	University World Cup	65
12	Leeza Watts	NW	56.4	U23	Lancs & Cheshire	65
13	Kasia Huchrak-Reed	SW	56.55	Senior	SW Open	65
14	Hannah Chan	GL	59.7	U23	SW Open	65
15	Jane Girdlestone	NW	54.6	M1	Cumbria Championships	62.5
16	Polin Baykal	GL	56.1	M1	British Masters	62.5
17	Rebecca Lynn-Nicholson	GL	56.2	Senior	Greater London Championship	62.5
18	Melena Orlando	GL	56.4	Senior	British Classic Ladies	60
19	Malena Orlando	GL	56.6	Senior	Greater London Championship	60
20	Melissa Hurley	0	55.1	0	West Midlands Development C	57.5

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	54.45	Sen	All England Championships	180.5
2	Ellie Steel	WM	56.5	Senior	British Classic Ladies	165
3	Polin Baykal	GL	56.1	M1	British Masters	155
4	Alice Hogg	SCO	56.9	U23	Scottish Universities & College	153
5	Jodie Cook	WM	56.4	Senior	British Classic Ladies	152.5
6	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	150
7	Katherine Teggarty	NI	56	Senior	British Classic Ladies	150
8	Louise Murray	Sco	55.35	Sen	Western European Champions	147.5
9	Hannah Chan	GL	56.64	U23	Classic World Championships	145
10	Tania Franklin	SM	56.3	Sen	All England Championships	142.5
11	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	140
12	Abigail Blumsohn	GL	55.1	Senior	Greater London Championship	140
13	Kristina March	SE	55.3	Senior	SE Novice & Junior	140
14	Chloe-jade Mcdonald	NI	56.1	Sen	Summer Showdown	137.5
15	Louise Sinniah-Burr	GL	54.8	Senior	Greater London	135
16	Chloe Simpson	NI	56.2	Senior	British Classic Ladies	135
17	SARAH MACEY	SCO	56.4	S	Scottish Seniors	135
18	Georgina Stanway	NW	57	U23	Lancs & Cheshire	135
19	Gursharon Shergill	SE	56.42	U23	British Universities	132.5
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	Sabrina Moore	WAL	62.8	Senior	British Classic Ladies	140
3	Hannah Philp	NW	61.8	Senior	British Classic Ladies	137.5
4	Leah Grant	GL	61.75	SEN	All England Championships	135
5	Rowan Hendry-Horne	SCO	61.9	Senior	Scottish Classic	135
6	Tara Watkins	YNE	62.6	Senior	YNE Senior Classic	135
7	Khrys Kyriacou	SE	63	M1	British Masters	135
8	Hollie Johnson	YNE	61.6	Senior	British Classic Ladies	132.5
9	JANE ARMOUR	SCO	62.1	Senior	Scottish Classic	132.5
10	Sarah Stanhope	NM	61.9	U23	NM Classic	130
11	Abi Graham	EM	63	Senior	Anglian Powerlifting Champior	130
12	Amelia Crook	WAL	62.7	U23	Welsh Championships	127.5
13	ALICE FRANCIS -FREEMAN	SCO	61.5	U18	Perth Open	125
14	Hannah Chan	GL	59.7	U23	SW Open	122.5
15	ELISKA PEJSKOVA	SCO	61	Senior	Aberdeen Open	122.5
16	Karenjeet Bains	YNE	62.38	U23	British Universities	122.5
17	Chloe Macek	YNE	57.5	U18	YNE Juniors and Masters Clas	120
18	Nina Cambatta	EM	63	Senior	East Midlands Classic	120
19	Amy Richardson	SM	60.4	Senior	British Classic Ladies	117.5
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	Abi Graham	EM	62.4	Sen	Western European Champions	82.5
5	Hollie Johnson	YNE	61.6	Senior	British Classic Ladies	80
6	Louise Norden	SW	62.6	SEN	All England Championships	80
7	Beverley Rodgers	SM	63	M1	British Masters	80
8	Rowan Hendry-Horne	SCO	62.3	Senior	British Classic Ladies	77.5
9	Hannah Philp	NW	64.45	Sen	The Roses Cup	77.5
10	Charlotte MacPherson	EM	61.85	U23	Essex County Championships	72.5
11	Faye Jordan	EM	62.7	Senior	East Midlands Classic	72.5
12	Alexandra Wiacek	NW	56.1	M1	NW Team Challenge	70
13	Amelia Crook	WAL	62.7	U23	Welsh Championships	70
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	Amy Richardson	SM	61.2	Senior	South Midlands Open	67.5
20	ALISON MACKENZIE	SCO	61.2	Senior	British Classic Ladies	67.5

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Sabrina Moore	WAL	62.8	Senior	Welsh Cup	185
2	Abi Graham	EM	62.4	Sen	Western European Championsl	178
3	Cari Davies	SW	61.6	Senior	SW Classic	170
4	JULIA MCGOVERN	SCO	62.7	Senior	Scottish Classic	162.5
5	Maariyah Tahir	EM	59.4	Senior	British Classic Ladies	160
6	Hollie Johnson	YNE	61.6	Senior	British Classic Ladies	160
7	Bobbie Butters	NW	61.9	U23	NW Team Challenge	160
8	Hannah Philp	NW	61.8	Senior	British Classic Ladies	157.5
9	Chloe Macek	YNE	57.5	U18	YNE Juniors and Masters Class	155
10	Leah Grant	GL	61.75	SEN	All England Championships	155
11	Shannon Clifford	NW	62.7	U23	Lancs & Cheshire	155
12	Nina Cambatta	EM	63	Senior	East Midlands Classic	155
13	NINA LEPAUS	SCO	63	U23	Scottish Universities & College	155
14	Yasmina Couty	SM	61.6	Senior	British Equipped	152.5
15	Amy Richardson	SM	61.2	Senior	South Midlands Open	150
16	Lauren May Drake	NW	61.35	SEN	All England Championships	150
17	Lynda Banks	SCO	62.36	M2	Classic World Championships	150
18	Amelia Crook	WAL	62.7	U23	Welsh Championships	150
19	Claire Sear	SM	62.13	Senior	University World Cup	147.5
20	Karenjeet Bains	YNE	62.38	U23	British Universities	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	62.19	Sen	Western European Champions	135.0000
4	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	Susannah Butler	SW	59.8	U23	British Equipped	77.5000
4	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	Faye Jordan	EM	62.19	Sen	Western European Championsl	147.5000
4	Susannah Butler	SW	59.8	U23	British Equipped	145.0000
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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	70.6	Senior	British Classic Ladies	165
2	Tanya Bull	WAL	70.3	Senior	Classic World Championships	152.5
3	Hannah Philp	NW	64.45	Sen	The Roses Cup	140
4	TASMIN CAMPBELL	SCO	69.5	Senior	British Classic Ladies	140
5	Eno Majomi	GL	69.8	M1	Greater London	140
6	SOPHIE BARRINGER	SCO	69.8	Senior	British Classic Ladies	140
7	Paula Gould	SM	70.4	Senior	South Midlands Open	137.5
8	Amy Atkinson	SM	68.6	Senior	South Midlands Open	135
9	Diana Maylinger	GL	69.85	Sen	All England Championships	135
10	Amy Spencer	SW	69.92	U23	Classic World Championships	135
11	Ruta Lendraitiene	YNE	70	Senior	North Midlands Four Counties	135
12	Florence Walton	SE	70.3	Senior	British Classic Ladies	135
13	Emily Louise Williams	GL	70.35	Sen	All England Championships	135
14	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classic	133
15	Emily Williams	GL	71.25	Senior	Essex County Championships	132.5
16	Wendie Kirkland	NM	70.4	M1	British Classic Ladies	130
17	Elise Davies	WM	71.2	U23	All England Championships	130
18	Abi Graham	EM	64.9	Senior	East Midlands Classic	127.5
19	Ursula Artjoki	SM	65.1	Senior	South Midlands Open	127.5
20	Sarah Freeman Dunn	NW	65.85	Sen	The Roses Cup	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	70.3	Senior	British Classic Ladies	90
3	Carla Wright	NI	70.5	Senior	Women's Raw Power	87.5
4	TASMIN CAMPBELL	SCO	69.5	Senior	British Classic Ladies	85
5	Lucy Rayner	SW	70.1	Junior	SW Classic	85
6	Abi Graham	EM	63	Senior	Anqlian Powerlifting Champior	80
7	LEE HELSTROM	SCO	66.7	Senior	Scottish Eastern Districts	78
8	Hannah Philp	NW	64.45	Sen	The Roses Cup	77.5
9	Louise Richardson	SE	70.45	Sen	All England Championships	77.5
10	Tanya Bull	WAL	70.6	Senior	British Classic Ladies	77.5
11	Hannah Yardy	GL	70.85	Senior	Essex County Championships	77.5
12	Louise Norden	SW	63.29	Senior	SW Open	75
13	Eno Majomi	GL	67.9	Senior	British Classic Ladies	75
14	Rachel Hughes	YNE	68.45	U23	YNE Juniors and Masters Clas	75
15	Amy Spencer	SW	69.11	U23	SW Open	75
16	Wendie Kirkland	NM	70.2	M1	British Masters	75
17	Izi Onadim	GL	71.65	U23	Essex County Championships	75
18	Emma Sullivan	NW	71.8	Senior	Lancs & Cheshire	73
19	Sarah Freeman Dunn	NW	65.85	Sen	The Roses Cup	72.5
20	Nina Cambatta	EM	69.1	Sen	All England Championships	72.5

Classic Deadlift

Updated: 20/09/2016

	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	Louise Richardson	SE	70.6	Senior	British Classic Ladies	177.5
4	Abi Graham	EM	63.8	Senior	British Classic Ladies	175
5	Tanya Bull	WAL	70.3	Senior	Classic World Championships	175
6	SOPHIE BARRINGER	SCO	69.8	Senior	British Classic Ladies	172.5
7	MARTHA GATES	SCO	71.1	Senior	Scottish Northern Districts	170
8	Amy O'Halloran	YNE	72	Senior	YNE Senior Classic	170
9	Amy Atkinson	SM	68.6	Senior	South Midlands Open	167.5
10	KARA SWANKIE	SCO	71.4	U23	Scottish Juniors	167.5
11	EVE FORDYCE	SCO	67.33	U23	University World Cup	165
12	Jeni Aulman	WM	70.8	M1	West Mids Women, Masters &	165
13	Hannah Yardy	GL	70.85	Senior	Essex County Championships	165
14	SIMONE CARMO	SCO	69.1	Senior	Scottish Universities & College	162.5
15	Ruta Lendraitiene	YNE	70.3	Senior	British Classic Ladies	162.5
16	Elise Davies	WM	71.2	U23	All England Championships	162.5
17	Emma Sullivan	NW	71.8	Senior	Lancs & Cheshire	162
18	Alexandra Jackson	NM	71.3	U18	All England Championships	160.5
19	Sarah Freeman Dunn	NW	66.3	Senior	Lancs & Cheshire	160
20	Lauren Hunt	SW	67.85	U23	All England Championships	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	Charlie Shotton-Gale	SW	84	Senior	British Classic Ladies	165
3	WENDY MACFARLANE	SCO	80.9	Senior	Scottish Classic	163
4	Deirdre Fenlon	WM	83.2	Senior	British Classic Ladies	162.5
5	Shachar Head	0	83	U23	British Universities	160
6	Christina Appleby-Phillips	WAL	78.7	Senior	British Classic Ladies	155
7	Chelsey Logue	NW	83.5	Senior	British Classic Ladies	155
8	Sheri Miles	SE	74.5	Senior	British Classic Ladies	152.5
9	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	150
10	Abigail McLean	NI	78.9	U18	Classic World Championships	147.5
11	Charlie Chester	SW	82.15	U23	European Classic	147.5
12	Danielle Johnson	YNE	82.9	Senior	British Classic Ladies	147.5
13	Laura Loft	YNE	83.4	U23	YNE Juniors and Masters Clas	145
14	Christina Appelby-Phillips	WAL	77.5	Senior	Welsh Championships	140
15	CLAIRE TOCHER	SCO	79.2	Senior	British Classic Ladies	140
16	Nicola Wheeler	SW	80.49	Senior	SW Open	140
17	Hira Teirney	SW	82.2	Senior	British Classic Ladies	135
18	Jackie Blasbery	EM	83.4	M2	Classic World Championships	135
19	Catherine Burroughs	EM	78.38	M1	Classic World Championships	132.5
20	Christie Civetta	SW	80.86	U23	British Universities	132.5

Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Christina Appleby-Phillips	WAL	78.7	Senior	British Classic Ladies	102.5
2	Christina Appelby-Phillips	WAL	77.5	Senior	Welsh Championships	95
3	Megan Batchelor	SM	80.9	Sen	All England Championships	90
4	Charlie Shotton-Gale	SW	83.9	Senior	South Midlands Open	90
5	Chrystal Williams	NW	79.61	U23	British Universities	87.5
6	Jackie Blasbery	EM	83.4	M2	Classic World Championships	87.5
7	Sheri Miles	SE	74.5	Senior	British Classic Ladies	82.5
8	Julia Fabrizi	SW	80.1	M2	Classic World Championships	82.5
9	Annelise Barnes	EM	83.3	Senior	Essex County Championships	82.5
10	CLAIRE TOCHER	SCO	79.2	Senior	British Classic Ladies	80
11	Shachar Head	0	83	U23	British Universities	80
12	Charlie Chester	SW	87.38	U23	SW Open	80
13	Chelsey Logue	NW	86.5	Senior	NW Team Challenge	77.5
14	JOYCE PARK	SCO	76.2	M2	Aberdeen Open	75
15	Orla Kaye	GL	77	Senior	Greater London Championship	75
16	Christie Civetta	SW	80.86	U23	British Universities	75
17	WENDY MACFARLANE	SCO	81.8	S	Scottish Seniors	75
18	Deirdre Fenlon	WM	82	0	West Midlands Development C	75
19	Takara Hawthorne-Smith	WM	83.3	Senior	West Mids Women, Masters &	75
20	Abigail McLean	NI	77.7	U18	European Classic	72.5

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Sheri Miles	SE	74.5	Senior	British Classic Ladies	205
2	Chrystal Williams	NW	81.3	U23	Manchester & Merseyside	205
3	Takara Hawthorne-Smith	WM	80.7	Senior	British Classic Ladies	195
4	Deirdre Fenlon	WM	82	0	West Midlands Development C	195
5	Hira Teirney	SW	82.2	Senior	British Classic Ladies	190
6	Charlie Shotton-Gale	SW	84	Senior	British Classic Ladies	187.5
7	Chelsey Logue	NW	86.5	Senior	NW Team Challenge	185
8	Abigail McLean	NI	77.7	U18	European Classic	180
9	Christina Appleby-Phillips	WAL	78.7	Senior	British Classic Ladies	180
10	Danielle Johnson	YNE	82.9	Senior	British Classic Ladies	172.5
11	Jackie Blasbery	EM	83.4	M2	Classic World Championships	171
12	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Classic	170
13	Charlie Chester	SW	82.15	U23	European Classic	170
14	Amy O'Halloran	YNE	75.8	Sen	The Roses Cup	165
15	Florence Nathan	GL	81.2	Senior	Greater London Championship	165
16	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	165
17	Jenni Sherwood	WM	81.8	M1	British Classic Ladies	165
18	WENDY MACFARLANE	SCO	81.9	Senior	British Classic Ladies	165
19	Lorna Durant	SW	82.3	Senior	SW Classic	165
20	Charlie Connor	SE	83.7	Senior	Kent & Surrey Championships	165

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	76.51	Sen	Western European Champions	152.5
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	Christie Civetta	SW	79.69	Sen	Western European Champions	180
3	Jennifer Keane	WM	82.1	Senior	British Equipped	180
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	114.5	Senior	British Classic Ladies	207.5
2	Anna Macnab	GL	106.7	Senior	British Classic Ladies	203
3	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	180
4	Kelly Phasey	WM	124.9	M1	British Classic Ladies	170
5	Charlie Chester	SW	87.38	U23	SW Open	165
6	Heather Clarke	EM	105.1	Senior	EM Masters, Novice and Junic	162.5
7	Sarah Marsden	EM	106.45	M1	All England Championships	160.5
8	Tracy O'Callaghan	WAL	95.2	Senior	Welsh Cup	160
9	Laura Berry	YNE	100.35	Sen	All England Championships	160
10	Sarah Marsden	EM	107.8	M1	British Classic Ladies	155
11	Chelsey Logue	NW	84.55	Sen	The Roses Cup	150.5
12	Izzy Osborne	NW	84.7	Senior	NW Team Challenge	150
13	Paola Rocuzzo	GL	95.3	M1	British Masters	150
14	Eva-Maria Bonin	GL	95.5	Senior	Greater London Championship	150
15	Senga Grave	NW	98.8	Senior	British Classic Ladies	150
16	KARYN McIntOSH	SCO	146.2	Senior	Scottish Classic	147.5
17	Jana Jackunaite	SE	91.45	Sen	All England Championships	145
18	Kyla Mulholland	NI	93.9	M1	British Masters	145
19	Amy Kurr	WAL	94	u23	Welsh Championships	145
20	Jo Whiteley	NW	105.6	M1	British Masters	137.5

Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Camille Holland	EM	114.5	Senior	British Classic Ladies	110.5
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	Sarah Marsden	EM	107.8	M1	British Classic Ladies	90
9	Charlie Chester	SW	93.2	u23	British Classic Ladies	87.5
10	Heather Clarke	EM	105.1	Senior	EM Masters, Novice and Junic	87.5
11	Sarah Marsden	EM	106	M1	East Midlands Classic	85
12	Jackie Blasbery	EM	84.6	M2	British Masters	82.5
13	Chelsey Logue	NW	84.55	Sen	The Roses Cup	80
14	Michelle Brand	SCO	87.9	M1	Perth Open	77.5
15	Sarah Bouskill	NM	108.4	Senior	British Classic Ladies	77.5
16	Izzy Osborne	NW	84.7	Senior	NW Team Challenge	75
17	Tracy O'Callaghan	WAL	95.2	Senior	Welsh Cup	75
18	Paola Rocuzzo	GL	95.3	M1	British Masters	75
19	ELIZABETH BROWN	SCO	97.3	Senior	Perth Open	75
20	Sam Foulds	SM	111.2	Senior	British Classic Ladies	75

Classic Deadlift

Updated: 20/09/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Anna Macnab	GL	106.7	Senior	British Classic Ladies	207.5
2	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	200
3	Camille Holland	EM	114.5	Senior	British Classic Ladies	187.5
4	Betty Gray	SE	103.7	M2	British Masters	185.5
5	Chelsey Logue	NW	86.5	Senior	NW Team Challenge	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	Laura Berry	YNE	98.6	Senior	British Classic Ladies	170
14	ELIZABETH BROWN	SCO	100.3	Senior	Scottish Classic	170
15	Sarah Bouskill	NM	102	Senior	North Midlands Four Counties	168
16	Gemma Bontoft	YNE	111	Senior	YNE Senior Classic	167.5
17	Jo Whiteley	NW	105.6	M1	British Masters	165
18	CONNIE McCALLEN	SCO	105.1	Senior	Perth Open	162.5
19	Eva-Maria Bonin	GL	99.1	Senior	British Classic Ladies	160
20	Sarah Marsden	EM	107.8	M1	British Classic Ladies	160

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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