



Top 20 Women 2016 Ranked on Wilks

Classic Powerlifting

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Joy Nnamani	GL	52	Senior	Arnold Classic Europe	506.8456
2	Ellie Steel	WM	57	Senior	British Classic Ladies	452.7682
3	Louise Murray	SCO	57	Senior	Western European Championships	451.8144
4	Sabrina Moore	WAL	63	Senior	British Classic Ladies	444.0760
5	Emma Goodwin	SM	52	Senior	British Classic Ladies	443.3879
6	Bobbie Butters	NW	63	U23	British Classic Juniors	433.7375
7	Bronagh McPeake	NI	63	SENIOR	All Ireland	431.6631
8	Catherine Smith	WM	52	U23	European Classic	431.2076
9	Abi Graham	EM	63	Senior	Western European Championships	422.4378
10	Sheri Miles	SE	84	Senior	British Classic Ladies	420.0466
11	Danielle Malcolm	SW	52	Senior	British Classic Ladies	417.6064
12	Louise Richardson	SE	72	Senior	British Classic Ladies	415.3958
13	Chrystal Williams	NW	84	U23	British Classic Juniors	415.3071
14	HANNAH BEAVEN	SCO	47	Senior	Home Nations	415.2627
15	Sophie Walker	SW	52	Senior	Western European Championships	414.3569
16	Jodie Cook	WM	57	Senior	British Classic Ladies	412.4454
17	Anna Macnab	GL	84+	Senior	British Classic Ladies	409.6987
18	Camille Holland	EM	84+	Senior	British Classic Ladies	407.7191
19	Hollie Johnson	YNE	63	Senior	British Classic Ladies	406.9566
20	Rebecca Heath	0	47	Senior	Classic Cup	406.8936

Equipped Powerlifting

Updated: 26/12/2016

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Ellie Steel	WM	57	Senior	World Open	564.0826
2	Charlie Shotton-Gale	SW	84	Senior	World Open	511.1000
3	Rosimery Lima Gallo	SW	63	Senior	European Open	507.0195
4	Louise Edwards	WM	52	Senior	All England Championships	463.6470
5	Christie Civetta	SW	84	Senior	All England Championships	447.6225
6	Jennifer Keane	WM	84	Senior	British Equipped	442.1082
7	Louise Murray	SCO	57	Senior	Home Nations	425.8877
8	Victoria Embleton	YNE	84	Senior	British Equipped	418.9071
9	Susannah Butler	SW	63	U23	British Equipped	416.3716
10	Faye Jordan	EM	63	Senior	Home Nations	414.3504
11	Kelly Phasey	WM	84+	M1	European Open	413.2484
12	Lucy Cohen	WAL	72	Senior	World Open	409.5428
13	Amy Spencer	WAL	72	Senior	Home Nations	408.8773
14	Jackie Blasbery	EM	84+	M2	World Masters	395.8720
15	Joanne Barnes	YNE	72	M1	World Masters	394.1310
16	Jean Maton	SM	84	M2	British Equipped	390.1363
17	Sue Hollands	YNE	84+	M3	British Equipped	381.0953
18	Michelle Brand	SCO	84+	M1	British Equipped	377.6426
19	SOPHIE BARRINGER	SCO	72	Senior	Home Nations	369.6552
20	Charlie Chester	SW	84+	U23	British Equipped	359.4701

Classic Bench Press

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Danielle Malcolm	SW	52	Senior	Arnold Classic Europe	94.8766
2	Laura Berry	YNE	84+	Senior	World Classic Bench Press Championsl	86.9798
3	Camille Holland	EM	84+	Senior	World Classic Bench Press Championsl	86.3568
4	Beverley Rodgers	SM	63	M1	British Bench Press	86.0200
5	Katie Cooke	SCO	52	M1	World Classic Bench Press Championsl	85.5431
6	Ruta Lendraitiene	YNE	72	Senior	World Classic Bench Press Championsl	85.1530
7	Jenny Hunter	EM	52	M2	British Bench Press	81.0314
8	Hollie Johnson	YNE	63	Senior	World Classic Bench Press Championsl	79.1080
9	Janine Martin	NI	52	Senior	NI Big Lift Combo	76.8453
10	Anna Kennett	YNE	63	Senior	World Classic Bench Press Championsl	76.0037
11	Jackie Blasbery	EM	84+	M2	British Bench Press	75.1016
12	Anastasia Zinchenko	EM	72	Senior	British Bench Press	73.9641
13	Wendie Kirkland	NM	72	M1	World Classic Bench Press Championsl	72.2688
14	Sylvia Osei-Tutu	GL	84+	Senior	British Bench Press	72.2424
15	Julia Fabrizi	SW	84	M2	British Bench Press	71.5734
16	Michelle Franklin	NM	63	M2	World Classic Bench Press Championsl	66.0447
17	Sarah Marsden	EM	84+	M1	British Bench Press	65.5440
18	Orla Kaye	GL	72	Senior	British Bench Press	63.6195
19	Louise O'Doherty	NI	72	Senior	NI Big Lift Combo	46.9432
20	Stacey O'Hagan	NI	84+	Senior	NI Big Lift Combo	46.0591

Equipped Bench Press

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Kelly Phasey	WM	84+	M1	British Bench Press	111.6078
2	Faye Jordan	EM	63	Senior	World Bench Press Championships	109.2229
3	Ruta Lendraitiene	YNE	72	Senior	Arnold Classic Europe	106.5486
4	Beverley Rodgers	SM	72	M1	World Bench Press Championships	103.7950
5	Wendie Kirkland	0	72	M1	European Masters Bench Press Cha	102.0116
6	Jenny Hunter	EM	52	M2	British Bench Press	96.6144
7	Joanne Barnes	YNE	72	M1	British Bench Press	87.2209
8	Jackie Blasbery	EM	84+	M2	British Bench Press	86.0940
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43kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Munibah Makda	NW	41.8	U23	British Classic Juniors	172.5
2	Jamila Digankar	NW	40.3	U18	European Classic	150
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Equipped Powerlifting

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Classic Bench Press

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Equipped Bench Press

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47kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	46.2	Senior	Home Nations	305
2	Rebecca Heath	0	46.99	Senior	Classic Cup	302.5
3	Sophie Tang	EM	46.4	U23	British Classic Juniors	267.5
4	Sabrina Shah	EM	46	U23	British Classic Juniors	262.5
5	Nora Jones	SM	45.54	Senior	Western European Championships	257.5
6	Emily Przeslak	GL	45.9	U23	Classic World Championships	257.5
7	Marina Cornwall	SW	44.67	M3	European Masters	242.5
8	Imelda Flanagan	EM	43.05	M2	All England Championships	225
9	Sarah Patterson	NI	44.2	SENIOR	All Ireland	217.5
10	Sarah Lynn Patterson	NI	43.9	Senior	NI Autumn Advance	200
11	Puja Patel	GL	46.4	U23	British Classic Juniors	197.5
12	Yun-ting Chen	SW	45.6	U23	British Universities	130
13	Nicole Neo	0	46.96	Senior	British Universities	117.5
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Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Marina Cornwall	SM	44.54	M3	World Masters	255.0
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Classic Bench Press

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Equipped Bench Press

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52kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	50.91	Senior	Arnold Classic Europe	400
2	Emma Goodwin	SM	51.4	Senior	British Classic Ladies	352.5
3	Catherine Smith	WM	51.9	U23	Classic World Championships	343
4	Danielle Malcolm	SW	51.5	Senior	British Classic Ladies	332.5
5	Sophie Walker	SW	51.01	Senior	Western European Championships	327.5
6	Alexandra Langberg	WAL	51.9	U23	Welsh Championships	312.5
7	Louise Sinniah-Burr	GL	50.8	Senior	British Classic Ladies	310
8	Janine Martin	NI	50.1	Senior	Home Nations	300
9	Anastasia Dharma	GL	51.4	U23	British Classic Juniors	287.5
10	Sofia Rufus	SW	50.5	M1	British Classic Ladies	272.5
11	Tiarna Pearce	GL	51	U23	British Classic Juniors	267.5
12	Leanne Brumby	YNE	51.8	U23	British Classic Juniors	267.5
13	Catriona Duncan	SCO	50.4	M1	Scottish masters	260
14	Elizabeth Hill	SCO	51.5	M1	British Masters	253
15	Bethany Wylie	EM	48	u18	British Classic Juniors	252.5
16	Jennifer Gough	WAL	50.9	U23	Welsh Championships	252.5
17	Karina Chan	SW	50.6	U23	British Universities	242.5
18	Suzanne Richards	EM	51.35	M1	All England Championships	242.5
19	Michelle Trench	SM	51.4	Senior	British Classic Ladies	242.5
20	Jenny Hunter	EM	51.8	M2	British Equipped	242.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Edwards	WM	51.65	Senior	All England Championships	370
2	Jenny Hunter	EM	51.8	M2	British Equipped	242.5
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Danielle Malcolm	SW	51.4	Senior	World Classic Bench Press Championsl	75
2	Katie Cooke	SCO	50.9	M1	World Classic Bench Press Championsl	67.5
3	Jenny Hunter	EM	52	M2	British Bench Press	65
4	Janine Martin	NI	50.2	Senior	NI Big Lift Combo	60
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Jenny Hunter	EM	52	M2	British Bench Press	77.5
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57kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Joy Nnamani	GL	56	Senior	Home Nations	395
2	Ellie Steel	WM	56.5	Senior	British Classic Ladies	387.5
3	Louise Murray	SCO	55.35	Senior	Western European Championships	380.5
4	Jodie Cook	WM	56.4	Senior	British Classic Ladies	352.5
5	Hannah Chan	GL	56.8	U23	British Classic Juniors	345
6	Alice Hogg	SCO	55.72	U23	Classic World Championships	337.5
7	Pelin Baykal	GL	56.1	M1	British Masters	333.5
8	Elsbeth McLeod	SW	55	U23	British Classic Juniors	317.5
9	MOLLY GRAY	SCO	55.75	U23	University World Cup	315
10	Chloe Simpson	NI	56.4	Senior	Home Nations	310
11	Chloé-Jade McDonald	NI	56.4	SENIOR	All Ireland	310
12	Malena Orlando	GL	56.6	Senior	Greater London Championships	302.5
13	Katherine Teggarty	NI	56	Senior	British Classic Ladies	292.5
14	Chloe-jade Mcdonald	NI	56.1	Senior	Summer Showdown	292.5
15	Tania Franklin	SM	56.1	Senior	South Midlands Open	290
16	MOLLY HARKINS	SCO	57	U23	Scottish Juniors	287.5
17	ANELLI RITARI STEWART	SCO	56.5	M1	Scottish masters	280.5
18	Lucy Robinson	YNE	56.6	U16	British Classic Juniors	277
19	Noreen McDermott	NI	55.4	SENIOR	All Ireland	275
20	SARAH MACEY	SCO	56.4	Senior	Scottish Seniors	270

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Ellie Steel	WM	56.46	Senior	World Open	482.5
2	Louise Murray	SCO	56.6	Senior	Home Nations	365
3	Biancha Pennington	NM	56	U23	British Equipped	305
4	Jennifer Hancock	SW	57	U18	British Equipped	210
5	Amelia Maycock	NM	57	U18	British Equipped	195
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Classic Bench Press

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63kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Sabrina Moore	WAL	62.8	Senior	British Classic Ladies	412.5
2	Bronagh McPeake	NI	62.6	SENIOR	All Ireland	400
3	Bobbie Butters	NW	61.8	U23	British Classic Juniors	398
4	Abi Graham	EM	62.4	Senior	Western European Championships	390.5
5	Hollie Johnson	YNE	61.6	Senior	British Classic Ladies	372.5
6	Hannah Philp	NW	61.8	Senior	British Classic Ladies	372.5
7	Khrys Kyriacou	SE	61.62	M1	Classic World Championships	365
8	Leah Grant	GL	61.75	Senior	All England Championships	357.5
9	Gabrielle Ervine	NI	62.8	SENIOR	All Ireland	357.5
10	Rowan Hendry-Horne	SCO	62.3	Senior	British Classic Ladies	352.5
11	Amelia Crook	WAL	62.7	U23	Welsh Championships	347.5
12	Claire Lilley	NM	59.2	U23	British Classic Juniors	346
13	Chloe Macek	YNE	59.4	U18	British Classic Juniors	345
14	JANE ARMOUR	SCO	62.1	Senior	Scottish Classsic	340
15	Karenjeet Bains	YNE	62.38	U23	British Universities	335
16	Sarah Stanhope	NM	61.6	U23	British Classic Juniors	332.5
17	Amy Richardson	SM	60.4	Senior	British Classic Ladies	325
18	Beverley Rodgers	SM	63	M1	British Masters	325
19	Maariyah Tahir	EM	59.4	Senior	British Classic Ladies	320
20	Lauren Elder	NI	61.8	SENIOR	All Ireland	317.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Rosimery Lima Gallo	SW	62.63	Senior	European Open	470
2	Faye Jordan	EM	62.19	Senior	Western European Championships	377.5
3	Susannah Butler	SW	59.8	U23	British Equipped	372.5
4	Yasmina Couty	SM	61.6	Senior	British Equipped	305
5	Leigh-ann Mcquillan	NI	62.2	Senior	Home Nations	292.5
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Beverley Rodgers	SM	62.9	M1	British Bench Press	80
2	Hollie Johnson	YNE	61.7	Senior	World Classic Bench Press Championsl	72.5
3	Anna Kennett	YNE	62.1	Senior	World Classic Bench Press Championsl	70
4	Michelle Franklin	NM	61	M2	World Classic Bench Press Championsl	60
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Faye Jordan	EM	61.62	Senior	World Bench Press Championships	100
2	Beverley Rodgers	SM	62.8	M1	European Masters Bench Press Cha	95
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72kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Sabrina Moore	WAL	66.6	Senior	Home Nations	426.5
2	Louise Richardson	SE	70.6	Senior	British Classic Ladies	420
3	TASMIN CAMPBELL	SCO	70.8	Senior	Home Nations	407.5
4	Tanya Bull	WAL	70.3	Senior	Classic World Championships	397.5
5	Elise Davies	WAL	71.4	U23	British Classic Juniors	397.5
6	Carla Wright	NI	70.2	SENIOR	All Ireland	390
7	Ruta Lendraitiene	YNE	70.3	Senior	British Classic Ladies	385
8	Abi Graham	EM	63.8	Senior	British Classic Ladies	382.5
9	SOPHIE BARRINGER	SCO	69.8	Senior	British Classic Ladies	372.5
10	Amy Spencer	WAL	70	U23	British Classic Juniors	370
11	Abigail McLean	NI	71.9	U18	NI Autumn Advance	366
12	Rachel Hughes	YNE	68.4	U23	British Classic Juniors	360
13	Holly Bryans	NM	67.6	U23	British Classic Juniors	357.5
14	Eno Majomi	GL	67.9	Senior	British Classic Ladies	357.5
15	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classsic	355.5
16	Alexandra Jackson	NM	71.8	u18	British Classic Juniors	355.5
17	Diana Maylinger	GL	69.85	Senior	All England Championships	355
18	Rosie Howard	SE	70	U23	British Classic Juniors	355
19	KARA SWANKIE	SCO	71.4	U23	Scottish Juniors	355
20	Melanie Stewart	NI	65.5	Senior	Home Nations	352.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Lucy Cohen	WAL	70.83	Senior	World Open	415
2	Amy Spencer	WAL	71	Senior	Home Nations	415
3	Joanne Barnes	YNE	69.7	M1	World Masters	395
4	SOPHIE BARRINGER	SCO	68.9	Senior	Home Nations	367.5
5	Claire Conway	NI	63.2	Senior	Home Nations	305
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Ruta Lendraitiene	YNE	69.7	Senior	British Bench Press	85
2	Anastasia Zinchenko	EM	70.9	Senior	British Bench Press	75
3	Wendie Kirkland	NM	69.8	M1	World Classic Bench Press Championsl	72.5
4	Orla Kaye	GL	71.7	Senior	British Bench Press	65
5	Louise O'Doherty	NI	65.5	Senior	NI Big Lift Combo	45
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Ruta Lendraitiene	YNE	70.38	Senior	Arnold Classic Europe	107.5
2	Wendie Kirkland	0	69.96	M1	European Masters Bench Press Cha	102.5
3	Beverley Rodgers	SM	65.95	M1	World Bench Press Championships	100
4	Joanne Barnes	YNE	69.8	M1	British Bench Press	87.5
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84kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Chrystal Williams	NW	82	U23	British Classic Juniors	460
2	Charlie Shotton-Gale	SW	84	Senior	British Classic Ladies	442.5
3	Sheri Miles	SE	74.5	Senior	British Classic Ladies	440
4	Christina Appleby-Phillips	WAL	78.7	Senior	British Classic Ladies	437.5
5	Deirdre Fenlon	WM	83.2	Senior	British Classic Ladies	430
6	Chelsey Logue	NW	83.5	Senior	British Classic Ladies	417.5
7	WENDY MACFARLANE	SCO	81.9	Senior	British Classic Ladies	400
8	Shachar Head	0	83	U23	British Universities	400
9	Takara Hawthorne-Smith	WM	80.7	Senior	British Classic Ladies	397.5
10	Natasha Tranter	WM	80.8	U23	British Classic Juniors	397.5
11	Abigail McLean	NI	77.7	U18	European Classic	395
12	Jackie Blasbery	EM	83.4	M2	Classic World Championships	393.5
13	Charlie Chester	SW	82.15	U23	European Classic	392.5
14	Laura Loft	YNE	83.4	U23	British Classic Juniors	392.5
15	Tanya Bull	WAL	72.2	Senior	Home Nations	387.5
16	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classsic	387.5
17	Hira Teirney	SW	82.2	Senior	British Classic Ladies	387.5
18	CLAIRE TOCHER	SCO	79.2	Senior	British Classic Ladies	385
19	Danielle Johnson	YNE	82.9	Senior	British Classic Ladies	382.5
20	Jenni Sherwood	WM	81.8	M1	British Classic Ladies	362.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	83.81	Senior	World Open	572.5
2	Jennifer Keane	WM	82.1	Senior	British Equipped	490
3	Christie Civetta	SW	79.5	Senior	All England Championships	487.5
4	Victoria Embleton	YNE	83.2	Senior	British Equipped	467.5
5	Jean Maton	SM	84	M2	British Equipped	437.5
6	Michelle Brand	SCO	83.17	M1	European Masters	420
7	Lucy Cohen	WAL	72.8	Senior	Home Nations	417.5
8	Helen Toms	SW	83.45	M2	All England Championships	385
9	Shasha Bowers	SW	82.1	Senior	British Equipped	350
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Julia Fabrizi	SW	78.7	M2	British Bench Press	77.5
2	Penny McGovern	NI	74.2	Senior	NI Big Lift Combo	45
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Orla Kaye	GL	77.2	Senior	Greater London Bench Press Champ	70
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84+kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Camille Holland	EM	114.5	Senior	British Classic Ladies	505.5
2	Anna Macnab	GL	106.7	Senior	British Classic Ladies	500.5
3	Leigh Wetheridge	SE	99.8	U23	Classic World Championships	477.5
4	Charlie Chester	SW	97.4	U23	British Classic Juniors	437.5
5	Laura Berry	YNE	98.6	Senior	British Classic Ladies	430
6	Tracy O'Callaghan	WAL	93.7	Senior	Home Nations	427.5
7	Kelly Phasey	WM	124.9	M1	British Classic Ladies	422.5
8	Sarah Marsden	EM	107.8	M1	British Classic Ladies	405
9	Amy Kurr	WAL	94	u23	Welsh Championships	392.5
10	Kyla Mulholland	NI	94.8	M1	Home Nations	392.5
11	Jackie Blasbery	EM	84.6	M2	British Masters	382.5
12	Jenni Sherwood	WM	94	M1	British Masters	377.5
13	Paola Rocuzzo	GL	95.3	M1	British Masters	375
14	Eva-Maria Bonin	GL	99.1	Senior	British Classic Ladies	375
15	ELIZABETH BROWN	SCO	100.3	Senior	Scottish Classsic	372.5
16	Betty Gray	SE	103.7	M2	British Masters	370.5
17	Jo Whiteley	NW	105.6	M1	British Masters	370
18	KARYN McINTOSH	SCO	146.2	Senior	Scottish Classsic	370
19	Lauren Rooney	NI	114	SENIOR	All Ireland	367.5
20	Sylvia Osei-Tutu	GL	115.8	Senior	British Classic Ladies	367.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Charlie Shotton-Gale	SW	85.02	Senior	Arnold Classic Europe	565
2	Kelly Phasey	WM	124.28	M1	European Open	520
3	Jackie Blasbery	EM	86.4	M2	World Masters	450
4	Michelle Brand	SCO	89	M1	British Equipped	435
5	Sue Hollands	YNE	86.1	M3	British Equipped	432.5
6	Charlie Chester	SW	84.8	U23	British Equipped	405
7	Helen Toms	SW	86.8	M2	Home Nations	387.5
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Camille Holland	EM	117	Senior	World Classic Bench Press Championsl	107.5
2	Laura Berry	YNE	101.8	Senior	World Classic Bench Press Championsl	105
3	Sylvia Osei-Tutu	GL	117.5	Senior	British Bench Press	90
4	Jackie Blasbery	EM	91.5	M2	British Bench Press	87.5
5	Sarah Marsden	EM	106.3	M1	British Bench Press	80
6	Stacey O'Hagan	NI	98.1	Senior	NI Big Lift Combo	55
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Kelly Phasey	WM	122.1	M1	British Bench Press	140
2	Jackie Blasbery	EM	90.8	M2	British Bench Press	100
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