



updated: 15/12/2021

Top 20 Women ranked by IPF points

Classic Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Joy Nnamani	Senior	57	116.45	GL	British Open Classic
2	Bobbie Butters	Senior	57	110.52	NW	IPF World Classic
3	Annie Nelson	Senior	63	103.19	SCO	EPF European Classic
4	Melissa Hexter	Senior	57	102.60	GL	British Open Classic
5	Susanna Argile	Senior	69	101.39	SM	British Open Classic
6	Alice Francis-Freeman	U23	76	101.28	SCO	EPF European Classic
7	Sophia Ellis	Senior	76	100.71	GL	EPF European Classic
8	Holly Bryans	Senior	63	100.40	NM	British Open Classic
9	Charlotte Macpherson	Senior	63	99.31	EM	All England
10	Leoni Tatman	Senior	52	98.92	SW	British Open Classic
11	Mariella Fisher	U23	69	98.74	YNE	EPF European Classic
12	Sabrina Moore	Senior	63	98.18	WAL	IPF World Classic
13	Makeda Vidal	Senior	63	97.38	GL	British Open Classic
14	Jodie Cook	Senior	57	97.08	WM	All England
15	Yasmin Bappoo	U23	47	96.66	SE	British Equipped
16	Tasmin Campbell	Senior	69	96.11	SCO	SCO Winter Open
17	Elspheth McLeod	Senior	63	95.78	YNE	British Open Classic
18	Emily Greenway	Senior	76	95.40	SW	EPF European Classic
19	Lenka Pilnikova	Senior	47	95.06	NW	EPF European Classic
20	Amy Viner	U23	63	94.11	NM	British Junior Classic

Equipped Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Ellie Steel	Senior	57	102.97	SM	British Equipped
2	Holly Bryans	Senior	63	99.11	NM	British Equipped
3	Emma Goodwin	Senior	52	90.36	SM	British Equipped
4	Kimberley Cowell	Senior	69	86.94	NW	British Equipped
5	Sheri Miles	Senior	76	85.97	SE	Arnold Classic
6	Christie Civetta	Senior	84	84.50	EM	British Equipped
7	Amelia Maycock	U23	69	77.68	NM	British Equipped
8	Galit Goldshmid	M1	63	76.40	SM	British Equipped
9	Amy Spencer	Senior	76	75.30	SM	British Equipped
10	Hannah Louise Graham	Senior	84	74.56	NM	British Equipped
11	Catherine Gordon	M1	76	72.53	SCO	British Equipped
12	Louise Edwards	M1	52	71.34	YNE	British Equipped
13	Maureen Gordon	M2	63	66.56	SCO	British Equipped
14	Wendie Kirkland	M1	69	65.80	NM	British Equipped
15	Michelle Franklin	M2	63	65.38	NM	British Equipped
16	Nikki Murphy	M1	52	63.64	EM	All England
17	Yvonne Treharne	M2	63	48.06	SW	British Equipped
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Classic Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Melissa Hexter	Senior	57	101.02	GL	English Bench Press
2	Bobbie Butters	Senior	63	94.44	NW	FForce Girl Power
3	Sophia Ellis	Senior	76	91.46	GL	English Bench Press
4	Erin Aldcroft	U23	52	90.94	YNE	British Junior Classic
5	Alice Francis-Freeman	U23	76	90.83	SCO	British Junior Classic
6	Holly Bryans	Senior	63	89.95	NM	British Open Classic
7	Joy Nnamani	Senior	57	89.62	GL	British Open Classic
8	Leoni Tatman	Senior	52	88.35	SW	British Open Classic
9	Victoria Cavalier-Hirth	Senior	84+	86.82	WAL	Welsh Championships
10	Susanna Argile	Senior	69	86.34	SM	British Open Classic
11	Jax Gough	M1	84+	85.14	NM	British Classic Bench Press
12	Camille Holland	Senior	84+	84.69	EM	EPF European Classic
13	Elspheth McLeod	Senior	63	84.58	YNE	British Open Classic
14	Caitlin Marie Baxter	U23	57	84.47	YNE	British Junior Classic
15	Tasmin Campbell	Senior	69	84.22	SCO	SCO Winter Open
16	Katie Roberts	Senior	63	83.67	WAL	IPF World Bench Press
17	Moa Wikner	Senior	63	83.52	GL	British Open Classic
18	Jodie Cook	Senior	57	83.34	WM	British Open Classic
19	Lenka Pilnikova	Senior	47	82.94	NW	EPF European Classic
20	Mariella Fisher	U23	69	82.30	YNE	EPF European Classic

Equipped Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Ellie Steel	Senior	57	98.04	SM	British Equipped
2	Katrina Sweatman	Senior	84+	81.03	WM	Arnold Classic
3	Holly Bryans	Senior	63	80.61	NM	British Equipped
4	Sarah Bouskill	M1	84+	77.20	NM	Arnold Classic
5	Beverley Rodgers	M1	69	74.82	SM	Arnold Classic
6	Charlie Marillier	Senior	84+	74.12	SW	Arnold Classic
7	Jackie Gough	M1	84+	73.52	NM	Arnold Classic
8	Christie Civetta	Senior	84	73.40	EM	British Equipped
9	Joanne Whiteley	M2	84+	71.84	NM	IPF World Bench Press
10	Kimberley Cowell	Senior	69	67.34	NW	British Equipped
11	Faye Jordan	Senior	69	66.47	EM	IPF World Bench Press
12	Rachel Steedman	Senior	76	65.17	SCO	British Equipped Bench Press
13	Wendie Kirkland	M1	69	63.71	NM	IPF World Bench Press
14	Galit Goldshmid	M1	63	61.68	SM	British Equipped
15	Maureen Gordon	M2	63	59.75	SCO	IPF World Bench Press
16	Amelia Maycock	U23	69	59.27	NM	British Equipped
17	Emma Goodwin	Senior	52	57.66	SM	Arnold Classic
18	Sheri Miles	Senior	76	56.29	SE	Arnold Classic
19	Catherine Gordon	M1	76	55.41	SCO	British Equipped
20	Amy Spencer	Senior	76	54.97	SM	British Equipped

47kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Yasmin Bappoo	U23	345	96.66	SE	British Equipped
2	Lenka Pilnikova	Senior	340	95.06	NW	EPF European Classic
3	Jessie Lee	Senior	315	88.26	YNE	British Open Classic
4	Rebecca Heath	M1	312.5	88.13	GL	British Open Classic
5	Mona Shafiei	U23	305	84.91	SE	British Junior Classic
6	Tzvetelina Tzonova	Senior	300	84.05	SM	All England
7	Gigi Nicolson	U23	280	79.67	NM	British Junior Classic
8	Cheryl Hendry	Senior	247.5	69.80	SCO	SCO Winter Open
9	June Stamp	M2	242.5	68.54	GL	British Masters Classic
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Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
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Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Lenka Pilnikova	Senior	77.5	82.94	NW	EPF European Classic
2	Rebecca Heath	Senior	67.5	72.97	GL	British Open Classic
3	Mona Shafiei	U23	67.5	71.89	SE	British Junior Classic
4	Yasmin Bappoo	U23	62.5	67.06	SE	British Equipped
5	Tzvetelina Tzonova	Senior	60	64.37	SM	All England
6	Gigi Nicolson	U23	57.5	62.81	NM	British Junior Classic
7	Jessie Lee	Senior	55	59.01	YNE	British Open Classic
8	Cheryl Hendry	Senior	52.5	56.75	SCO	SCO Winter Open
9	June Stamp	M2	45	48.77	GL	British Masters Classic
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Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
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52kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Leoni Tatman	Senior	382.5	98.92	SW	British Open Classic
2	Erin Aldcroft	U23	370	93.97	YNE	EPF European Classic
3	Justine Lee	Senior	367.5	93.57	YNE	British Open Classic
4	Danielle Malcolm	Senior	367.5	92.95	SW	British Open Classic
5	Catherine Shamel	M1	347.5	87.89	WM	All England
6	Harriet Stark	Senior	325	82.20	EM	All England
7	Natasha Maskell	U23	307.5	82.20	YNE	British Junior Classic
8	Mehpare (Moon) Atay	Senior	300	76.39	SM	British Open Classic
9	Aimee Thompson	Senior	287.5	73.20	WAL	Welsh Championships
10	Arlene Middler	M1	285	74.50	SCO	British Masters Classic
11	Lauren Recci	U18	285	73.64	WM	IPF World Classic
12	Hana Stephen	U23	282.5	76.72	YNE	British Junior Classic
13	Angelina Lane	M2	267.5	67.86	WAL	IPF World Classic
14	Jessica Davies	U23	250	63.98	NM	British Junior Classic
15	Daryl Peter	M3	240	61.53	NW	British Masters Classic
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Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Senior	442.5	90.36	SM	British Equipped
2	Louise Edwards	M1	347.5	71.34	YNE	British Equipped
3	Nikki Murphy	M1	312.5	63.64	EM	All England
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Erin Aldcroft	U23	95	90.94	YNE	British Junior Classic
2	Leoni Tatman	Senior	90	88.35	SW	British Open Classic
3	Justine Lee	Senior	80	77.25	YNE	British Open Classic
4	Danielle Malcolm	Senior	80	76.71	SW	British Open Classic
5	Natasha Maskell	U23	75	76.32	YNE	British Junior Classic
6	Catherine Shamel	M1	75	71.92	WM	All England
7	Linda long Le	Senior	72.5	70.13	GL	English Bench Press
8	Chau Long Le (Linda)	Senior	70	68.08	GL	
9	Hana Stephen	U23	60	62.13	YNE	British Junior Classic
10	Arlene Middler	M1	60	59.58	SCO	British Masters Classic
11	Harriet Stark	Senior	60	57.94	EM	British Open Classic
12	Iska Trace-Kleeberg	U23	57.5	59.41	EM	British Classic Bench Press
13	Tamsin Gamble	Senior	57.5	57.27	NW	English Bench Press
14	Mehpare (Moon) Atay	Senior	57.5	55.53	SM	British Open Classic
15	Angelina Lane	M2	55	53.11	WAL	British Masters Classic
16	Daryl Peter	M3	52.5	51.06	NW	British Masters Classic
17	Aimee Thompson	Senior	52.5	50.70	WAL	Welsh Championships
18	Jessica Davies	U23	47.5	46.12	NM	British Junior Classic
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Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Senior	82.5	57.66	SM	Arnold Classic
2	Louise Edwards	M1	65	45.48	YNE	British Equipped
3	Nikki Murphy	M1	60	41.58	EM	All England
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57kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Joy Nnamani	Senior	492.5	116.45	GL	British Open Classic
2	Bobbie Butters	Senior	470.5	110.52	NW	IPF World Classic
3	Melissa Hexter	Senior	434.5	102.60	GL	British Open Classic
4	Jodie Cook	Senior	410	97.08	WM	All England
5	Adejoke Adetayo	Senior	395	93.52	GL	British Open Classic
6	Amelia Crook	Senior	390	92.34	WAL	British Open Classic
7	Connie Rait	Senior	387.5	92.77	SM	British Open Classic
8	Caitlin Marie Baxter	U23	373.5	89.54	YNE	British Junior Classic
9	Rachel Mawer	U23	370	86.88	SCO	IPF World Classic
10	Sheina Kaye	Senior	360	87.43	NW	British Open Classic
11	Karen Burns	M2	355.5	83.39	NI	NI December Classic
12	Helen Hughes	M1	347.5	83.23	GL	IPF World Classic
13	Aimee Jarvie	U23	347.5	82.39	SCO	British Junior Classic
14	Debbie Bell	Senior	340	80.39	GBR	All England
15	Hannah Matson	U23	340	79.96	NM	British Junior Classic
16	Hannah Clayton	U23	337.5	79.59	SM	British Junior Classic
17	Katy Clarke	Senior	315	76.28	YNE	British Open Classic
18	Emma Drackford	M1	312.5	73.69	SM	British Masters Classic
19	Sandra Slowik	Senior	310	73.10	WAL	British Open Classic
20	Arlene Middler	Senior	307.5	74.68	SCO	SCO Winter Open

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	533	102.97	SM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Melissa Hexter	Senior	112.5	101.02	GL	English Bench Press
2	Bobbie Butters	Senior	105	93.50	NW	IPF Classic
3	Joy Nnamani	Senior	100	89.62	GL	British Open Classic
4	Caitlin Marie Baxter	U23	93	84.47	YNE	British Junior Classic
5	Jodie Cook	Senior	92.5	83.34	WM	British Open Classic
6	Sheina Kaye	Senior	87.5	79.26	NW	British Classic Bench Press
7	Helen Hughes	M1	85	77.14	GL	IPF Classic
8	Amelia Crook	Senior	85	76.28	WAL	British Open Classic
9	Rachel Mawer	U23	85	75.65	SCO	IPF Classic
10	Connie Rait	Senior	75	68.03	SM	British Open Classic
11	Hannah Clayton	U23	72.5	64.81	SM	British Junior Classic
12	Aimee Jarvie	U23	70	62.90	SCO	British Junior Classic
13	Claudia Nicolson	U23	70	62.61	SE	English Bench Press
14	Debra Husband	M2	67.5	60.98	YNE	British Masters Classic
15	Debbie Bell	Senior	67.5	60.49	GBR	All England
16	Hannah Matson	U23	67.5	60.18	NM	British Junior Classic
17	Arlene Middler	Senior	65	59.80	SCO	SCO Winter Open
18	Mary Anderson	Senior	65	59.54	SE	All England
19	Karen Burns	M2	65	58.22	NI	IPF Classic
20	Emma Drackford	M1	62.5	55.87	SM	British Masters Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	150.5	98.04	SM	British Equipped
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63kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Joy Nnamani	Senior	480	110.82	GL	FFForce Girl Power
2	Annie Nelson	Senior	467.5	103.19	SCO	EPF European Classic
3	Bobbie Butters	Senior	462.5	107.06	NW	FFForce Girl Power
4	Holly Bryans	Senior	457.5	100.40	NM	British Open Classic
5	Charlotte Macpherson	Senior	452.5	99.31	EM	All England
6	Sabrina Moore	Senior	447.5	98.18	WAL	IPF World Classic
7	Makeda Vidal	Senior	440	97.38	GL	British Open Classic
8	Elsbeth McLeod	Senior	436	95.78	YNE	British Open Classic
9	Amy Viner	U23	427.5	94.11	NM	British Junior Classic
10	Lucy Robinson	U23	417.5	93.31	YNE	British Junior Classic
11	Abi Graham	M1	410	89.70	EM	British Masters Classic
12	Tara Pigott	U23	400	87.87	WM	British Junior Classic
13	Stacie Jones	Senior	397.5	87.60	YNE	British Open Classic
14	Amy Craig	U23	392.5	86.59	SCO	British Junior Classic
15	Sinead Hines	M1	380	83.31	NW	British Masters Classic
16	Jody Stevens	U23	375	83.44	NI	NI December Classic
17	Al Mansell-Rowe	U23	375	83.08	SE	British Open Classic
18	Sharon Holmes	M1	355	77.67	NW	British Masters Classic
19	Beth Clinkscapes	U23	352.5	77.76	SCO	British Junior Classic
20	Katherine Cleary	U23	347.5	76.34	NM	British Junior Classic

Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Holly Bryans	Senior	545	99.11	NM	British Equipped
2	Galit Goldshmid	M1	415	76.40	SM	British Equipped
3	Maureen Gordon	M2	365	66.56	SCO	British Equipped
4	Michelle Franklin	M2	360.5	65.38	NM	British Equipped
5	Yvonne Treharne	M2	265	48.06	SW	British Equipped
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Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Melissa Hexter	Senior	110	95.96	GL	British Classic Bench Press
2	Bobbie Butters	Senior	107.5	94.44	NW	FFForce Girl Power
3	Holly Bryans	Senior	107.5	89.95	NM	British Open Classic
4	Elsbeth McLeod	Senior	101	84.58	YNE	British Open Classic
5	Katie Roberts	Senior	100	83.67	WAL	IPF World Bench Press
6	Moa Wikner	Senior	100	83.52	GL	British Open Classic
7	Joy Nnamani	Senior	97.5	85.45	GL	FFForce Girl Power
8	Charlotte Macpherson	Senior	95	79.63	SE	British Open Classic
9	Annie Nelson	Senior	90	75.68	SCO	EPF European Classic
10	Tara Pigott	U23	90	75.37	WM	British Junior Classic
11	Stacie Jones	Senior	87.5	73.48	YNE	British Open Classic
12	Sinead Hines	M1	87.5	73.15	NW	British Masters Classic
13	Abi Graham	M1	87.5	73.01	EM	British Masters Classic
14	Karenjeet Kaur Bains	Senior	85	71.15	WM	English Bench Press
15	Sabrina Moore	Senior	85	71.11	WAL	IPF Classic
16	Galit Goldshmid	M1	82.5	69.81	SM	British Classic Bench Press
17	Makeda Vidal	Senior	82.5	69.54	GL	British Open Classic
18	Amy Craig	U23	80	67.24	SCO	British Junior Classic
19	Amy Viner	U23	80	67.12	NM	British Junior Classic
20	Emma Ludlow	M1	77.5	66.65	GL	British Classic Bench Press

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Holly Bryans	Senior	132.5	80.61	NM	British Equipped
2	Galit Goldshmid	M1	100	61.68	SM	British Equipped
3	Maureen Gordon	M2	97.5	59.75	SCO	IPF World Bench Press
4	Michelle Franklin	M2	82.5	50.04	NM	British Equipped
5	Yvonne Treharne	M2	62.5	37.91	SW	British Equipped
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69kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Susanna Argile	Senior	485	101.39	SM	British Open Classic
2	Mariella Fisher	U23	472.5	98.74	YNE	EPF European Classic
3	Tasmin Campbell	Senior	460.5	96.11	SCO	SCO Winter Open
4	Genevieve Collins	M1	407.5	84.63	NW	British Masters Classic
5	Karen Lai	Senior	400	83.91	GL	British Open Classic
6	Karenjeet Kaur Bains	Senior	390	83.28	WM	British Open Classic
7	Lily Erskine	Senior	387.5	81.01	EM	British Open Classic
8	Lauren Elder	Senior	385	79.96	NI	NI Open
9	Heather Tagg	M2	380	78.96	SW	IPF World Classic
10	Danielle Broom	U23	375	78.60	SW	All England
11	Sharon Sandford	U23	372.5	79.91	WM	British Junior Classic
12	Ella Noble	U23	360	76.66	SM	British Junior Classic
13	Fanni Szilvia Fabini	U23	357.5	74.43	WM	All England
14	Dana Sutor	Senior	355	74.92	NI	NI December Classic
15	Ruth Moore	Senior	350	73.74	NI	NI Open
16	Hannah Ashworth	Senior	345	75.02	GL	All England
17	Tara Tattan-Birch	U23	342.5	71.30	NM	British Junior Classic
18	Chynnah Lockhart	U18	340	72.27	EM	British Junior Classic
19	Terrie Redmore	M2	337.5	70.50	EM	British Masters Classic
20	Lisa Liddy	M2	335	70.51	YNE	British Masters Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Kimberley Cowell	Senior	505	86.94	NW	British Equipped
2	Amelia Maycock	U23	447.5	77.68	NM	British Equipped
3	Wendie Kirkland	M1	380.5	65.80	NM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Tasmin Campbell	Senior	105	84.22	SCO	SCO Winter Open
2	Mariella Fisher	U23	102.5	82.30	YNE	EPF European Classic
3	Karen Lai	Senior	95	76.51	GL	British Open Classic
4	Karenjeet Kaur Bains	Senior	92.5	75.60	WM	All England
5	Beverley Rodgers	M1	90.5	72.69	SM	British Classic Bench Press
6	Lincoln Rose	M2	85	68.51	SE	British Classic Bench Press
7	Genevieve Collins	M1	85	67.91	NW	British Masters Classic
8	Amelia Maycock	U23	80	64.08	NM	British Classic Bench Press
9	Hollie Johnson	Senior	80	63.83	YNE	British Classic Bench Press
10	Sharon Sandford	U23	77.5	63.59	WM	British Junior Classic
11	Dana Sutor	Senior	77.5	62.73	NI	NI December Classic
12	Lily Erskine	Senior	77.5	62.25	EM	British Open Classic
13	Jodi Collins	U18	75	60.71	SE	English Bench Press
14	Lisa Liddy	M2	75	60.58	YNE	British Masters Classic
15	Wendie Kirkland	M1	75	60.28	NM	British Masters Classic
16	Tara Tattan-Birch	U23	75	60.04	NM	British Junior Classic
17	Heather Tagg	M2	75	59.96	SW	British Masters Classic
18	Terrie Redmore	M2	72.5	58.19	EM	British Masters Classic
19	Danielle Broom	U23	70	56.34	SW	All England
20	Fanni Szilvia Fabini	U23	70	56.04	WM	All England

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Beverley Rodgers	M1	130	74.82	SM	Arnold Classic
2	Kimberley Cowell	Senior	117.5	67.34	NW	British Equipped
3	Faye Jordan	Senior	115	66.47	EM	IPF World Bench Press
4	Wendie Kirkland	M1	110	63.71	NM	IPF World Bench Press
5	Amelia Maycock	U23	102.5	59.27	NM	British Equipped
6	Michelle Franklin	M2	83	49.14	NM	British Equipped Bench Press
7	Kelly Clark	M2	75	43.91	YNE	IPF World Bench Press
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76kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Alice Francis-Freeman	U23	507.5	101.28	SCO	EPF European Classic
2	Sophia Ellis	Senior	500.5	100.71	GL	EPF European Classic
3	Emily Greenway	Senior	482.5	95.40	SW	EPF European Classic
4	Sheri Miles	Senior	468	93.72	SE	British Open Classic
5	Rachel Bradish	Senior	452.5	90.01	YNE	British Open Classic
6	Lola Alabi	Senior	452.5	89.61	GL	All England
7	Rebecca Allen	M1	412.5	82.46	NW	IPF World Classic
8	Florence Walton	Senior	405	80.25	SE	British Open Classic
9	Caryl McQuilling	Senior	400	79.16	WAL	Welsh Championships
10	Grace Howse	U23	392.5	78.28	EM	British Junior Classic
11	Natasha Eaton	Senior	385	76.89	WAL	British Open Classic
12	Daira Jakobson	Senior	385	76.63	EM	All England
13	Charlotte Stewart	U23	382.5	76.91	GL	British Junior Classic
14	Ajanta Hilton	M1	382.5	76.75	EM	British Masters Classic
15	Denise Galbraith	Senior	382.5	76.49	NI	NI Open
16	Sam Hines	M1	372.5	74.85	EM	British Masters Classic
17	Olivia Wilson	U23	372.5	74.59	GL	British Junior Classic
18	Katie Higgins	Senior	372.5	74.10	EM	British Open Classic
19	Catherine Woodward	M1	370	74.19	NM	British Masters Classic
20	Alexandra Henry	U23	365	74.02	YNE	British Junior Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sheri Miles	Senior	520	85.97	SE	Arnold Classic
2	Amy Spencer	Senior	455	75.30	SM	British Equipped
3	Catherine Gordon	M1	435	72.53	SCO	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sophia Ellis	Senior	117.5	91.46	GL	English Bench Press
2	Alice Francis-Freeman	U23	117.5	90.83	SCO	British Junior Classic
3	Grace Howse	U23	95	73.58	EM	British Junior Classic
4	Rachel Bradish	Senior	95	73.44	YNE	British Open Classic
5	Sheri Miles	Senior	92.5	71.86	SE	British Open Classic
6	Emily Greenway	Senior	92.5	71.44	SW	British Open Classic
7	Lucy Glover	Senior	92.5	71.35	SM	IPF World Bench Press
8	Amy Clair	Senior	82.5	63.54	EM	British Classic Bench Press
9	Catherine Woodward	M1	80	62.21	NM	British Masters Classic
10	Natasha Eaton	Senior	80	62.02	W	British Open Classic
11	Daira Jakobson	Senior	80	61.87	EM	All England
12	Katie Higgins	Senior	80	61.84	EM	British Open Classic
13	Florence Walton	Senior	80	61.67	SE	British Open Classic
14	Joy Mineo	M2	77.5	60.48	NM	British Masters Classic
15	Olivia Wilson	U23	77.5	60.20	GL	British Junior Classic
16	Denise Galbraith	Senior	75	58.20	NI	NIPF Open
17	Rebecca Allen	M1	75	58.20	NW	British Masters Classic
18	Lola Gloria Alabi	Senior	75	57.98	GL	British Open Classic
19	Megan Taylor	Senior	72.5	57.15	SCO	SCO Winter Open
20	Ajanta Hilton	M1	72.5	56.41	EM	British Masters Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Beverley Rodgers	M1	120	68.45	SM	IPF World Bench Press
2	Rachel Steedman	Senior	118	65.17	SCO	British Equipped Bench Press
3	Sheri Miles	Senior	102.5	56.29	SE	Arnold Classic
4	Catherine Gordon	M1	100	55.41	SCO	British Equipped
5	Amy Spencer	Senior	100	54.97	SM	British Equipped
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84kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Hira Teirney	Senior	487.5	92.50	SW	British Masters Classic
2	Nicola Stimpson	Senior	480	91.03	SM	British Open Classic
3	Ziana Azariah	Senior	472.5	89.74	SW	British Open Classic
4	Natasha Brooks	Senior	460	87.32	EM	British Open Classic
5	Melina Irawo	U23	450	86.33	YNE	British Junior Classic
6	Georgina Hazell	M2	435	82.99	EM	British Masters Classic
7	Abigail McLean	U23	432.5	82.22	NI	EPF European Classic
8	Amelia Allen	M2	425	82.37	SW	British Masters Classic
9	Bethan Ashton	Senior	415	79.01	SW	British Open Classic
10	Samantha Edgar	U23	410	79.42	SCO	British Junior Classic
11	Esther Jinadu	U23	410	77.87	SE	British Junior Classic
12	Denise Vieweg	Senior	402.5	78.06	SE	British Open Classic
13	Naomi James	U23	392.5	75.46	GL	British Junior Classic
14	Chloe McMullan	Senior	390	74.78	NI	NI Open
15	Harriet Waite	U23	390	74.59	EM	All England
16	Lisa Grant	M1	377.5	72.16	NW	British Masters Classic
17	Martha Day	U18	377.5	71.77	SE	British Junior Classic
18	Kelly Phasey	M1	375	71.09	WM	British Masters Classic
19	Lucy Hyde	M1	372.5	70.68	SE	British Masters Classic
20	Mariam Mahmoud	Senior	360	69.14	GL	All England

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Senior	535	84.50	EM	British Equipped
2	Hannah Louise Graham	Senior	465	74.56	NM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Melina Irawo	U23	105	79.14	YNE	British Junior Classic
2	Temitope Nuga	Senior	105	78.67	GL	British Open Classic
3	Amelia Allen	M2	100	75.90	SW	British Masters Classic
4	Ashley Lewis	Senior	97.5	73.89	NM	English Bench Press
5	Denise Vieweg	Senior	95	72.13	SE	British Open Classic
6	Georgina Hazell	M2	95	71.34	EM	British Masters Classic
7	Lucy Hyde	M1	90	67.39	SE	English Bench Press
8	Natasha Brooks	Senior	90	67.37	EM	British Open Classic
9	Hira Teirney	Senior	87.5	65.48	SW	British Masters Classic
10	Caryl McQuilling	Senior	85	65.46	WAL	Welsh Championships
11	Nicola Stimpson	Senior	85	63.59	SM	British Open Classic
12	Ziana Azariah	Senior	82.5	61.78	SW	British Open Classic
13	Tabitha Panton	U23	80	60.88	WA	British Classic Bench Press
14	Chloe McMullan	Senior	80	60.28	NI	NIPF Open
15	Abigail McLean	U23	80	59.94	NI	EPF European Classic
16	Kelly Phasey	M1	80	59.83	WM	British Masters Classic
17	Bethan Ashton	Senior	77.5	58.12	SW	British Open Classic
18	Samantha Edgar	U23	75	56.90	SCO	British Junior Classic
19	Esther Jinadu	U23	75	56.47	SE	British Classic Bench Press
20	Harriet Waite	U23	75	56.27	EM	British Classic Bench Press

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Senior	140	73.4	EM	British Equipped
2	Hannah Louise Graham	Senior	97.5	51.9	NM	British Equipped
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84kg+ Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Camille Holland	Senior	552.5	93.03	EM	EPF European Classic
2	Victoria Cavalier-Hirth	Senior	512.5	87.48	WAL	Welsh Championships
3	Claire Roberts	Senior	490	87.70	NW	British Open Classic
4	Charlie Chester	Senior	485	83.82	SW	All England
5	Rebecca Coggle	Senior	485	82.13	SE	All England
6	Helen Ferguson Ford	M1	480	81.13	SCO	British Masters Classic
7	Joanne Whiteley	M2	470	80.42	NM	IPF World Classic
8	Inara Kuisele	Senior	462.5	80.24	NM	British Open Classic
9	Melissa Bird	U23	437.5	77.83	WAL	IPF World Classic
10	Siobhan Taylor	M1	437.5	76.21	EM	All England
11	Joanne Parkin	M1	435	74.02	SCO	British Masters Classic
12	Claire Reid	Senior	425	75.86	NI	NI Open
13	Leanne Richards	Senior	422.5	76.89	NW	British Open Classic
14	Betty Gray	M2	420	74.29	SE	British Masters Classic
15	Meg Robertson	M1	415	74.01	NM	British Masters Classic
16	Cassie (Fenton) Kelly	Senior	410	74.30	NI	NI Open
17	Catriona Bell	Senior	392.5	69.48	SCO	SCO Winter Open
18	Gillian Lomax	M2	385	68.29	NW	British Masters Classic
19	Libby Blair	M2	370	63.47	NI	NI December Classic
20	Carol Taylor	M1	365	63.94	WAL	Welsh Championships

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Victoria Cavalier-Hirth	Senior	122.5	86.82	WAL	Welsh Championships
2	Jax Gough	M1	121	85.14	NM	British Classic Bench Press
3	Camille Holland	Senior	120	84.69	EM	EPF European Classic
4	Rebecca Coggle	Senior	115	81.29	SE	All England
5	Sarah Bouskill	M1	110	78.13	NM	IPF World Bench Press
6	Katrina Sweatman	Senior	110	77.83	WM	British Classic Bench Press
7	Charlie Chester	Senior	102.5	72.98	SW	All England
8	Claire Roberts	Senior	100	72.35	NW	British Open Classic
9	Joanne Parkin	M1	100	70.77	SCO	SCO Winter Open
10	Helen Ferguson Ford	M1	100	70.65	SCO	British Masters Classic
11	Jo Whiteley	M2	97.5	69.33	NM	British Masters Classic
12	Melissa Bird	U23	92.5	66.72	WAL	IPF Classic
13	Inara Kuisele	Senior	92.5	65.96	NM	British Open Classic
14	Siobhan Taylor	M1	90	64.29	EM	All England
15	Leanne Richards	Senior	87.5	63.86	NW	British Open Classic
16	Claire Reid	Senior	85	61.41	NI	NIPF Open
17	Meg Robertson	M1	82.5	59.58	NM	British Masters Classic
18	Gillian Lomax	M2	80	57.62	NW	British Masters Classic
19	Libby Blair	M2	80	56.80	NI	NI December Classic
20	Betty Gray	M2	77.5	55.75	SE	British Masters Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Senior	172.5	81.03	WM	Arnold Classic
2	Sarah Bouskill	M1	162.5	77.20	NM	Arnold Classic
3	Jackie Gough	M1	160	73.52	NM	Arnold Classic
4	Joanne Whiteley	M2	152.5	71.84	NM	IPF World Bench Press
5	Charlie Marillier	Senior	145	74.12	SW	Arnold Classic
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