



updated: 15/12/2022

Top 20 Women ranked by IPF points

Classic Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Joy Nnamani	Senior	57	116.11	GL	Arnold Classic UK
2	Bobbie Butters	Senior	57	113.61	NW	EPF Classic
3	Sophia Ellis	Senior	76	105.21	GL	EPF Classic
4	Annie Nelson	Senior	63	105.13	SCO	British Classic
5	Ziana Azariah	Senior	84	104.61	SW	EPF Classic
6	Makeda Vidal	Senior	63	103.65	SW	Commonwealth Championships
7	Erholove Izobobe-John	U23	84	102.81	YNE	EPF Classic
8	Tasmin Campbell	Senior	69	102.39	SCO	Home Nations
9	Melissa Hexter	Senior	63	101.70	GL	Home Nations
10	Charlotte Macpherson	Senior	63	101.24	EM	Commonwealth Championships
11	Susanna Argile	Senior	76	101.09	SM	British Classic
12	Alice Francis-Freeman	U23	76	101.06	SCO	British Juniors
13	Temitope Nuga	Senior	84	100.99	GL	IPF World Classic
14	Holly Bryans	Senior	69	98.76	NM	Commonwealth Championships
15	Emily Bennett	Senior	76	98.66	SW	British Classic
16	Adejoke Adetayo	Senior	57	98.57	GL	EPA Inter Divisional
17	Ruth Grigg	Senior	57	98.19	YNE	British Classic
18	Mariella Fisher	U23	69	98.14	YNE	British Juniors
19	Jodie Cook	Senior	57	97.23	WM	All England
20	Sheri Miles	Senior	76	97.04	SE	All England

Equipped Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Ellie Steel	Senior	57	100.39	SM	EPF Equipped
2	Emma Goodwin	Senior	52	91.93	SM	EPF Equipped
3	Sheri Miles	Senior	76	90.67	SE	EPF Equipped
4	Lauren Elder	Senior	63	88.37	NI	IPF World Open
5	Christie Civetta	Senior	84	87.09	EM	EPF Equipped
6	Kimberley Cowell	Senior	76	86.10	NW	British Equipped
7	Katrina Sweatman	Senior	84+	83.67	EM	Western European
8	Amy Spencer	Senior	76	80.99	SW	Arnold Classic UK
9	Amelia Maycock	U23	69	79.77	NM	British Equipped
10	Hannah-Louise Graham	Senior	84	76.88	NM	EPF Equipped
11	Angharad Fraser-Williams	Senior	69	76.43	EM	EPF Equipped
12	Faye Jordan	M1	69	75.23	EM	British Equipped
13	Jo Whiteley	M2	84+	74.78	NM	British Equipped
14	Catherine Gordon	M1	76	74.54	SCO	Western European
15	Laura Best	Senior	69	73.31	SCO	Home Nations
16	Kelly Layden Farrer	M1	84+	73.20	NM	British Equipped
17	Louise Edwards	M1	52	71.76	YNE	British Equipped
18	Lauren Recci	U23	63	68.39	WM	EPA Inter Divisional
19	Maureen Gordon	M2	63	67.35	SCO	IPF World Masters
20	Joanne Frost	M2	76	66.98	YNE	British Equipped

Classic Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Melissa Hexter	Senior	63	102.55	GL	Home Nations
2	Bobbie Butters	Senior	57	100.32	NW	EPF Classic
3	Sophia Ellis	Senior	76	94.82	GL	EPF Classic
4	Tasmin Campbell	Senior	69	94.27	SCO	Home Nations
5	Victoria Cavalier-Hirth	Senior	84+	92.20	SM	EPA Inter Divisional
6	Ruth Grigg	Senior	57	91.39	YNE	British Classic
7	Joy Nnamani	Senior	57	91.16	GL	Arnold Classic UK
8	Caitlin Marie Baxter	U23	57	90.51	YNE	EPF Bench Press
9	Rebecca Coggle	Senior	84+	89.96	SE	EPF Bench Press
10	Holly Bryans	Senior	69	89.32	NM	Commonwealth Championships
11	Leoni Tatman	Senior	52	88.67	SW	EPF Classic
12	Alice Francis-Freeman	U23	76	88.65	SCO	British Juniors
13	Susanna Argile	Senior	76	88.61	SM	British Classic
14	Moa Wikner	Senior	69	88.23	GL	EPA Inter Divisional
15	Camille Holland	Senior	84+	88.09	EM	English Bench Press
16	Annie Nelson	Senior	69	87.76	SCO	Arnold Classic UK
17	Katie Roberts	Senior	69	86.43	WAL	EPF Bench Press
18	Melina Irawo	U23	84	86.23	YNE	IPF World Junior Classic
19	Jacqueline Gough	M1	84+	85.49	NM	British Classic Bench Press
20	Molly Clark	U23	52	85.42	SCO	IPF University Cup

Equipped Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition	
1	Katrina Sweatman	Senior	84+	98.16	EM	IPF World Open
2	Ellie Steel	Senior	63	92.63	SM	World Games
3	Kimberley Cowell	Senior	84	78.53	NW	Arnold Classic UK
4	Jo Whiteley	M2	84+	75.44	NM	IPF World Bench Press
5	Charlie Marillier	Senior	84+	74.78	WM	Arnold Classic UK
6	Jaqueline Gough	M1	84+	74.68	NM	British Equipped
7	Christie Civetta	Senior	84	71.80	EM	Arnold Classic UK
8	Rachel Steedman	Senior	76	71.19	SCO	Arnold Classic UK
9	Amelia Maycock	U23	69	70.55	NM	British Equipped
10	Faye Jordan	M1	69	67.66	EM	British Equipped
11	Amy Spencer	Senior	76	66.90	SW	Arnold Classic UK
12	Sheri Miles	Senior	76	65.71	SE	EPF Equipped
13	Maureen Gordon	M2	63	65.67	SCO	EPF Bench Press
14	Amy Clair	Senior	84	64.83	EM	EPF Bench Press
15	Wendie Kirkland	M2	69	63.40	NM	EPF Masters Equipped
16	Catherine Gordon	M1	76	60.83	SCO	Home Nations
17	Emma Goodwin	Senior	52	56.02	SM	World Games
18	Rita Shergold	M2	63	55.48	SM	EPF Bench Press
19	Kelly Layden Farrer	M1	84+	55.38	NM	British Equipped
20	Lauren Elder	Senior	69	54.44	NI	British Equipped

47kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Lenka Pilnikova	Senior	342.5	95.75	NW	All England
2	Jessie Lee	Senior	333.5	93.64	YNE	Commonwealth Championships
3	Mona Shafiei	U23	325	91.06	SE	IPF World Junior Classic
4	Rebecca Heath	M1	323.5	90.93	GL	EPF Masters
5	Tzvetelina Tzonova	Senior	310	86.11	SM	All England
6	Gigi Nicolson	U23	287.5	81.26	NM	IPF World Junior Classic
7	June Stamp	M2	252.5	70.75	GL	British Masters Classic
8	Cheryl Hendry	Senior	250	70.50	SCO	Scottish Classic
9	Isla Mitchinson	U23	245	68.50	SCO	IPF University Cup
10	Naomi Cheong	U23	230	64.03	SE	IPF University Cup
11	Chloe Trent	U16	222.5	64.94	SW	IPF World Junior 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	All England
2	Mona Shafiei	U23	72.5	77.78	SE	IPF World Junior Classic
3	Rebecca Heath	M1	67.5	72.97	GL	All England
4	Jessie Lee	Senior	65	69.91	YNE	Commonwealth Championships
5	Gigi Nicolson	U23	60	65.03	NM	IPF World Junior Classic
6	Tzvetelina Tzonova	Senior	57.5	61.09	SM	All England
7	Cheryl Hendry	Senior	50	54.05	SCO	Scottish Classic
8	June Stamp	M2	47.5	50.96	GL	British Masters Classic
9	Isla Mitchinson	U23	45	48.16	SCO	IPF University Cup
10	Chloe Trent	U16	42.5	47.84	SW	IPF World Junior Classic
11	Naomi Cheong	U23	37.5	39.94	SE	IPF University Cup
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Equipped Bench Total

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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	380	96.43	SW	British Classic
2	Justine Lee	Senior	367.5	94.05	YNE	All England
3	Danielle Malcolm	Senior	350	88.82	SW	British Classic
4	Catherine Shamel	M1	345	87.85	WM	EPF Masters
5	Molly Clark	U23	342.5	88.11	SCO	IPF University Cup
6	Chau-Long Le	Senior	325	82.47	GL	British Classic
7	Mehpare (Moon) Atay	Senior	322.5	82.12	SM	British Classic
8	Natasha Maskell	U23	315	83.26	YNE	British Juniors
9	Bridget Parris	U23	307.5	79.95	WM	IPF University Cup
10	Amna Khan	M1	303	76.89	NW	British Masters Classic
11	Hana Stephen	U23	302.5	76.64	YNE	Commonwealth Championships
12	Molly Walker	U23	300	76.39	EM	British Juniors
13	Kathryn Marron	U23	295	76.90	NI	Commonwealth Championships
14	Aimee Thompson	Senior	288	74.74	WAL	Welsh Championships
15	Jessica Davies	U23	282.5	71.93	NM	British University
16	Victoria Fa Li	U23	272.5	72.16	EM	British University
17	Jolie Liew	U23	272.5	70.60	GL	British University
18	Sharon Tang	M2	272.5	70.10	SCO	Scottish Classic
19	Angelina Lane	M2	270	68.35	WAL	Commonwealth Championships
20	Hannah Karpal	U16	260	66.24	SE	EPF Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Senior	448	91.93	SM	EPF Equipped
2	Louise Edwards	M1	350	71.76	YNE	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Leoni Tatman	Senior	92.5	88.67	SW	EPF Classic
2	Molly Clark	U23	87.5	85.42	SCO	IPF University Cup
3	Natasha Maskell	U23	77.5	77.89	YNE	British Juniors
4	Justine Lee	Senior	77.5	75.24	YNE	All England
5	Catherine Shamel	M1	75	72.42	WM	EPF Masters
6	Danielle Malcolm	Senior	75	72.17	SW	British Classic
7	Chau-Long Le	Senior	70	67.72	GL	British Classic Bench Press
8	Hana Stephen	U23	70	67.24	YNE	Commonwealth Championships
9	Jolie Liew	U23	62.5	61.47	GL	British University
10	Laura Swandel	M1	62.5	60.46	NI	NI Bench Press
11	Jennifer Hunter	M3	62.5	60.25	EM	IPF World Masters Classic
12	Gigi Nicolson	U23	60	61.85	NM	British Classic Bench Press
13	Ishka Trace-Kleeberg	Senior	60	59.58	EM	English Bench Press
14	Mehpare (Moon) Atay	Senior	60	57.94	SM	British Classic
15	Jemima Simpson	U23	57.5	57.10	WAL	British University
16	Clare Dane	Senior	57.5	55.62	GL	English Bench Press
17	Jessica Davies	U23	57.5	55.53	NM	British University
18	Molly Walker	U23	57.5	55.53	EM	British Juniors
19	Sharon Tang	M2	56	53.98	SCO	Scottish Masters
20	Victoria Fa Li	U23	55	55.39	EM	British University

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Senior	80	56.02	SM	World Games
2	Louise Edwards	M1	67.5	47.26	NM	IPF World Masters
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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	495	116.11	GL	Arnold Classic UK
2	Bobbie Butters	Senior	483	113.61	NW	EPF Classic
3	Adejoke Adetayo	Senior	420	98.57	GL	EPA Inter Divisional
4	Ruth Grigg	Senior	417.5	98.19	YNE	British Classic
5	Jodie Cook	Senior	405	97.23	WM	All England
6	Caitlin Marie-Baxter	U23	397.5	94.99	YNE	EPF Classic
7	Amelia Crook	Senior	390	92.34	WAL	British Classic
8	Aimee Jarvie	U23	372.5	88.56	SCO	Scottish Juniors
9	Kate Matthew	M1	367.5	86.66	WAL	Home Nations
10	Cat Shamel	M1	365	86.78	WM	All England
11	Hannah Matson	U23	365	86.30	NM	IPF University Cup
12	Claudia Nicolson	Senior	362.5	85.60	SW	British Classic
13	Hannah Clayton	U23	358	84.65	SM	British University
14	Helen Hughes	M1	357.5	84.76	SM	EPF Masters
15	Heidi Chapman	U23	352.5	85.61	SE	British Juniors
16	Debbie Bell	Senior	352.5	84.39	GL	All England
17	Karen Burns	M2	350.5	82.43	NI	British Masters Classic
18	Anna Clay	Senior	350	83.67	EM	All England
19	Win-yei Yau	Senior	345	82.59	SW	British Classic
20	Katie Rimell	U23	342.5	81.31	SW	British Juniors

Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Ellie Steel	Senior	522.5	100.39	SM	EPF Equipped
2	Emma Goodwin	Senior	437.5	86.37	SM	Arnold Classic UK
3	Nicola Murphy	M1	335	65.24	EM	British Equipped
4	Aimee Thompson	Senior	302.5	60.58	WAL	Home Nations
5	Claire Morrisey	U23	282.5	55.54	NI	Home Nations
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Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Bobbie Butters	Senior	112.5	100.32	NW	EPF Classic
2	Ruth Grigg	Senior	102.5	91.39	YNE	British Classic
3	Joy Nnamani	Senior	102.5	91.16	GL	Arnold Classic UK
4	Caitlin Marie Baxter	U23	100	90.51	YNE	EPF Bench Press
5	Amelia Crook	Senior	92.5	83.01	WAL	British Classic
6	Jodie Cook	Senior	90	81.86	WM	All England
7	Sheina Kaye	Senior	85	79.03	NW	British Classic Bench Press
8	Helen Hughes	M1	85	76.38	SM	EPF Masters
9	Kristina March	Senior	80	71.98	SE	British Classic Bench Press
10	Catherine Shamel	M1	80	71.42	WM	EPA Inter Divisional
11	Ellie Curtis	U23	80	65.06	SE	Commonwealth Championships
12	Hannah Clayton	U23	78	69.90	SM	British University
13	Heidi Chapman	U23	77.5	71.30	SE	British Juniors
14	Aimee Jarvie	U23	75	67.57	SCO	Scottish Juniors
15	Claudia Nicolson	Senior	75	67.13	SW	British Classic
16	Shelley Passmore	Senior	75	67.13	SCO	British Classic
17	Hannah Matson	U23	72.5	65.23	NM	British University
18	Kate Matthew	M1	72.5	64.81	WAL	Home Nations
19	Victoria Hart	U18	72.5	64.52	EM	IPF World Junior Classic
20	Debbie Bell	Senior	70	63.49	GL	All England

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Ellie Steel	Senior	142.5	92.08	SM	Arnold Classic UK
2	Emma Goodwin	Senior	82.5	55.12	SM	Arnold Classic UK
3	Nicola Murphy	M1	67.5	44.66	EM	EPF Masters Equipped
4	Claire Morrisey	U23	57.5	38.23	NI	Home Nations
5	Aimee Thompson	Senior	55	37.36	WAL	Home Nations
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63kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Annie Nelson	Senior	480.5	105.13	SCO	British Classic
2	Bobbie Butters	Senior	480	109.90	NW	Arnold Classic UK
3	Makeda Vidal	Senior	462.5	103.65	SW	Commonwealth Championships
4	Charlotte Macpherson	Senior	462.5	101.24	EM	Commonwealth Championships
5	Melissa Hexter	Senior	452.5	101.70	GL	Home Nations
6	Lucy Robinson	U23	437.5	96.82	YNE	IPF World Junior Classic
7	Tara Pigott	U23	427.5	93.82	NM	British Juniors
8	Rachel Mawer	Senior	425	93.46	SCO	Home Nations
9	Elsbeth McLeod	Senior	422.5	92.72	YNE	British Classic
10	Moya Williams - GUEST	Senior	415	95.98	GL	All England
11	Laura Simkins	Senior	412.5	91.49	SW	All England
12	Hannah Yardy	M1	410	90.60	SW	IPF World Masters Classic
13	Stacie Jones	Senior	405	88.88	YNE	All England
14	Ruth Saliu	Senior	397.5	88.26	GL	British Classic
15	Sveva (Cat) Galizia	Senior	392.5	90.44	SW	All England
16	Catherine Phipps	Senior	390	85.81	SM	EPA Inter Divisional
17	Niki Neocleous	Senior	390	85.59	EM	All England
18	Skye Moore	U18	387.5	85.17	EM	EPF Classic
19	Beatrice Fishwick	U23	385	84.93	EM	IPF University Cup
20	Sinead Hines	M1	385	84.76	NW	EPF Masters

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	517.5	98.28	SM	World Games
2	Lauren Elder	Senior	487.5	88.37	NI	IPF World Open
3	Maureen Gordon	M2	367.5	67.35	SCO	IPF World Masters
4	Madeline Connolly	M1	352.5	63.99	YNE	British Equipped
5	Sandra Slowik	Senior	332.5	62.58	WAL	Home Nations
6	Lauren Recci	U23	305	68.39	WM	EPA Inter Divisional
7	Yvonne Treharne	M2	300	54.56	SM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Melissa Hexter	Senior	120	102.55	GL	Home Nations
2	Bobbie Butters	Senior	110	95.62	NW	Arnold Classic UK
3	Charlotte Macpherson	Senior	100	83.82	EM	All England
4	Elsbeth McLeod	Senior	100	83.67	YNE	British Classic
5	Annie Nelson	Senior	97.5	81.62	SCO	IPF World Classic
6	Rachel Mawer	Senior	95	79.63	SCO	Home Nations
7	Tara Pigott	U23	92.5	77.90	NM	British University
8	Stacie Jones	Senior	92.5	77.39	YNE	All England
9	Yasmin Burt	U23	90	75.51	NM	Commonwealth Championships
10	Sinead Hines	M1	90	75.51	NW	EPF Masters
11	Hannah Yardy	M1	87.5	73.66	SW	IPF World Masters Classic
12	Beatrice Fishwick	U23	87.5	73.48	EM	British University
13	Makeda Vidal	Senior	85	72.46	SW	Commonwealth Championships
14	Beth Clinkscales	U23	85	71.65	SCO	British Juniors
15	Emily Griffiths	U23	85	71.41	WAL	British University
16	Jessica Jeramaes	U23	82.5	69.35	SW	British University
17	Skye Moore	U18	82.5	69.15	EM	IPF World Junior Classic
18	Catherine Phipps	Senior	80	67.09	SM	EPA Inter Divisional
19	Moya Williams - GUEST	Senior	77.5	68.00	GL	All England
20	Sveva (Cat) Galizia	Senior	77.5	67.77	SW	All England

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	145	92.63	SM	World Games
2	Maureen Gordon	M2	107.5	65.67	SCO	EPF Bench Press
3	Rita Shergold	M2	90	55.48	SM	EPF Bench Press
4	Lauren Elder	Senior	90	54.38	NI	Western European
5	Madeline Connolly	M1	72.5	44.02	YNE	British Equipped
6	Yvonne Treharne	M2	65	39.69	SM	EPF Masters Equipped
7	Sandra Slowik	Senior	55	34.78	WAL	Home Nations
8	Lauren Recci	U23	52.5	44.77	WM	EPA Inter Divisional
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69kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Annie Nelson	Senior	500	103.65	SCO	Arnold Classic UK
2	Tasmin Campbell	Senior	493	102.39	SCO	Home Nations
3	Holly Bryans	Senior	474	98.76	NM	Commonwealth Championships
4	Mariella Fisher	U23	471	98.14	YNE	British Juniors
5	Moa Wikner	Senior	445	92.88	GL	EPA Inter Divisional
6	Sabrina Moore	Senior	440	91.60	WAL	British Classic
7	Maxine Bantleman	Senior	427.5	88.71	SCO	Scottish Classic
8	Laura Best	Senior	425.5	88.66	SCO	Scottish Classic
9	Karen Lai	Senior	425	89.08	GL	All England
10	Genevieve Collins	M1	422.5	87.89	NW	EPF Masters
11	Karenjeet Kaur Bains	Senior	420	88.95	WM	All England
12	Helen Almond	Senior	420	87.44	SE	British Classic
13	Olivia Price	Senior	415	86.98	SW	British Classic
14	Rianna Graham	Senior	415	86.91	WAL	Home Nations
15	Gemma Surtees	Senior	410	86.30	YNE	All England
16	Sophie Smith	U23	402.5	83.69	SM	IPF University Cup
17	Sharon Sandford	Senior	400	85.14	WM	IPF University Cup
18	Lauron Cassoni	Senior	397.5	84.11	NW	All England
19	Ruth Moore	Senior	392.5	83.05	NI	Commonwealth Championships
20	Katie Roberts	Senior	392.5	81.68	WAL	Commonwealth Championships

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Lauren Elder	Senior	470	84.70	NI	Home Nations
2	Amelia Maycock	U23	463	79.77	NM	British Equipped
3	Angharad Fraser-Williams	Senior	437.5	76.43	EM	EPF Equipped
4	Faye Jordan	M1	435	75.23	EM	British Equipped
5	Laura Best	Senior	412.5	73.31	SCO	Home Nations
6	Maureen Gordon	M2	377.5	67.20	SCO	Home Nations
7	Wendie Kirkland	M2	377.5	65.33	NM	EPF Masters Equipped
8	Maddie Connolly	M1	375	66.09	YNE	All England
9	Lottie Hall	Senior	372.5	64.03	EM	Home Nations
10	Aine Apperley	Senior	362.5	62.93	NI	Home Nations
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Tasmin Campbell	Senior	118	94.27	SCO	Home Nations
2	Holly Bryans	Senior	111.5	89.32	NM	Commonwealth Championships
3	Moa Wikner	Senior	110	88.23	GL	EPA Inter Divisional
4	Annie Nelson	Senior	110	87.76	SCO	Arnold Classic UK
5	Katie Roberts	Senior	107.5	86.43	WAL	EPF Bench Press
6	Mariella Fisher	U23	105	84.11	YNE	British Juniors
7	Karen LAi	Senior	100	79.93	GL	EPA Inter Divisional
8	Karenjeet Kaur Bains	Senior	97.5	78.75	WM	British Classic Bench Press
9	Olivia Price	Senior	97.5	78.47	SW	British Classic
10	Rianna Graham	Senior	97.5	78.42	WAL	Home Nations
11	Bettina Hanlon	U23	95	76.25	NW	Commonwealth Championships
12	Sophie Smith	U23	95	75.97	SM	IPF University Cup
13	Christina Kio-Bennett	Senior	90	72.14	WAL	Home Nations
14	Genevieve Collins	M1	90	72.00	NW	EPF Masters
15	Beverley Rodgers	M2	88	70.40	SM	British Masters Classic
16	Galit Goldschmid	M1	87.5	71.30	SM	British Classic Bench Press
17	Lincoln Rose	M2	87.5	70.14	SE	English Bench Press
18	Sabrina Moore	Senior	87.5	70.04	WAL	British Classic
19	Catherine Woodward	M1	85	69.10	NM	IPF World Masters Classic
20	Llio Godfrey-Flower	U23	85	68.51	WAL	British University

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Amelia Maycock	U23	123	70.55	NM	British Equipped
2	Faye Jordan	M1	117.5	67.66	EM	British Equipped
3	Wendie Kirkland	M2	110	63.40	NM	EPF Masters Equipped
4	Maureen Gordon	M2	105	62.40	SCO	Home Nations
5	Lauren Elder	Senior	95	54.44	NI	British Equipped
6	Angharad Fraser-Williams	Senior	87.5	50.94	EM	EPF Equipped
7	Maddie Connolly	M1	80	47.02	YNE	All England
8	Laura Best	Senior	77.5	45.97	SCO	Home Nations
9	Lottie Hall	Senior	77.5	44.34	EM	Home Nations
10	Kelly Clark	M2	70	40.72	YNE	English Bench Press
11	Aine Apperley	Senior	62.5	36.14	NI	Home Nations
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76kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sophia Ellis	Senior	528	105.21	GL	EPF Classic
2	Susanna Argile	Senior	510.5	101.09	SM	British Classic
3	Alice Francis-Freeman	U23	510	101.06	SCO	British Juniors
4	Emily Bennett	Senior	495	98.66	SW	British Classic
5	Sheri Miles	Senior	487.5	97.04	SE	All England
6	Rachel Bradish	Senior	485	96.54	YNE	All England
7	Caryl McQuilling	Senior	440	87.90	WAL	Commonwealth Championships
8	Morgan Gladden	Senior	432.5	87.08	SCO	Scottish Classic
9	Nicole Olakigbe	U23	430	85.96	GL	IPF World Junior Classic
10	Safiya Chiappa-Forrester	Senior	430	85.93	GL	British University
11	Genevieve Collins	M1	417.5	86.29	NW	All England
12	Millie Mabbutt	U23	415	82.47	SW	IPF University Cup
13	Florence Walton	Senior	412.5	81.48	SE	British Classic
14	Rebecca Allen	M1	410	81.56	NW	British Masters Classic
15	Amy Leiper	Senior	407.5	80.34	YNE	All England
16	Natasha Eaton	Senior	405	80.67	WAL	Welsh Championships
17	Naomi James	U23	402.5	80.54	GL	British Juniors
18	Grace Howse	U23	402.5	79.76	EM	British University
19	Alexandra Henry	U23	400	82.03	GL	British University
20	Tash Eaton	Senior	400	79.78	WAL	British Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sheri Miles	Senior	550	90.67	SE	EPF Equipped
2	Kimberley Cowell	Senior	515	86.10	NW	British Equipped
3	Amy Spencer	Senior	492.5	80.99	SW	Arnold Classic UK
4	Catherine Gordon	M1	447.5	74.54	SCO	Western European
5	Joanne Frost	M2	405.5	66.98	YNE	British Equipped
6	Melissa Wall	M2	320	52.70	SCO	EPF Masters Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sophia Ellis	Senior	122.5	94.82	GL	EPF Classic
2	Alice Francis-Freeman	U23	115	88.65	SCO	British Juniors
3	Susanna Argile	Senior	115	88.61	SM	British Classic
4	Rachel Bradish	Senior	105	81.21	YNE	All England
5	Sheri Miles	Senior	100	77.34	SE	All England
6	Morgan Gladden	Senior	97.5	76.05	SCO	Commonwealth Championships
7	Emily Bennett	Senior	95	73.54	SW	British Classic
8	Aimee Guthrie	U23	95	73.51	SCO	Scottish Juniors
9	Grace Howse	U23	95	73.23	EM	British University
10	Genevieve Collins	M1	92.5	73.62	NW	All England
11	Amelia Allen	M2	90	69.99	SW	British Masters Classic
12	Caryl McQuilling	Senior	90	69.85	WAL	British Classic
13	Nicole Olakigbe	U23	90	69.83	GL	IPF World Junior Classic
14	Safiya Chiappa-Forrester	Senior	90	69.81	GL	British University
15	Natasha Eaton	Senior	90	69.64	WAL	Welsh Championships
16	Lucy Robinson	Senior	90	69.22	YNE	English Bench Press
17	Bettina Hanlon	U23	87.5	68.73	NW	EPA Inter Divisional
18	Odette Tobaiwa	U23	87.5	68.04	SW	British University
19	Tash Eaton	Senior	87.5	67.77	WAL	British Classic
20	Millie Mabbutt	U23	87.5	67.59	SW	IPF University Cup

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Kimberley Cowell	Senior	137.5	76.21	NW	IPF World Open
2	Rachel Steedman	Senior	125	71.19	SCO	Arnold Classic UK
3	Amy Spencer	Senior	122.5	66.90	SW	Arnold Classic UK
4	Sheri Miles	Senior	120	65.71	SE	EPF Equipped
5	Wendie Kirkland	M2	110	61.72	NM	English Bench Press
6	Catherine Gordon	M1	110	60.83	SCO	Home Nations
7	Amy Clair	Senior	100	54.76	EM	British Equipped
8	Joanne Frost	M2	90	49.38	YNE	British Equipped
9	Melissa Wall	M2	75	41.02	SCO	EPF Masters Equipped
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84kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ziana Azariah	Senior	553.5	104.61	SW	EPF Classic
2	Erholove Izobobe-John	U23	538.5	102.81	YNE	EPF Classic
3	Temitope Nuga	Senior	527.5	100.99	GL	IPF World Classic
4	Melina Irawo	U23	505	96.13	YNE	IPF World Junior Classic
5	Takara Hawthorne-Smith	Senior	497.5	94.00	WM	All England
6	Nicola Stimpson	Senior	491	93.39	SM	All England
7	Vanassa George-Macdonald	Senior	470	89.57	SCO	Scottish Classic
8	Hira Teirney	M1	466	88.21	SW	EPF Masters
9	Wendy Macfarlane	M1	440	83.09	SCO	Scottish Classic
10	Leanne Richards	Senior	435	82.66	NW	All England
11	Claire Tocher	Senior	433.5	81.94	SCO	Scottish Classic
12	Bethan Ashton	Senior	430	81.71	SW	All England
13	Harriet Waite	U23	430	81.53	EM	Commonwealth Championships
14	Sian Arterton	Senior	430	81.40	EM	All England
15	Sam Edgar	U23	427.5	82.14	SCO	Scottish Juniors
16	Georgina Hazell	M2	427.5	81.20	EM	IPF World Masters Classic
17	Victoria Douglass	Senior	422.5	80.68	NW	All England
18	Agne Zasinaita	Senior	417.5	79.93	SCO	Scottish Classic
19	Charlotte Marillier	Senior	410	77.57	SW	British Masters Classic
20	Martha Day	U18	405.5	77.75	SE	British Juniors

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Senior	552.5	87.09	EM	EPF Equipped
2	Hannah-Louise Graham	Senior	485	76.88	NM	EPF Equipped
3	Kelly Phasey	M1	405	63.69	WM	British Equipped
4	Joanne Frost	M2	395	64.28	YNE	IPF World Masters
5	Dawn Morrell	M3	327.5	51.50	SW	British Equipped
6	Helen Carrington	Senior	325	51.84	WAL	Home Nations
7	Nicola Maycock	M2	307.5	49.57	NM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Melina Irawo	U23	115	86.23	YNE	IPF World Junior Classic
2	Temitope Nuga	Senior	110	82.45	GL	British Classic Bench Press
3	Claire Tocher	Senior	102.5	77.52	SCO	Commonwealth Championships
4	Jane Ambler	U23	100.5	76.08	SCO	Scottish Juniors
5	Denise Vieweg	Senior	100	75.10	SE	English Bench Press
6	Sian Arterton	Senior	100	74.72	EM	All England
7	Ziana Azariah	Senior	100	74.64	SW	EPF Classic
8	Vanassa George-Macdonald	Senior	95	71.29	SCO	Scottish Classic
9	Takara Hawthorne-Smith	Senior	95	70.90	WM	All England
10	Georgina Hazell	M2	92.5	69.56	EM	British Masters Classic
11	Erholove Izobodo-John	U23	90	67.86	YNE	British Juniors
12	Nicola Stimpson	Senior	90	67.46	SM	All England
13	Charlotte Marillier	Senior	90	67.23	SW	British Masters Classic
14	Wendy Macfarlane	M1	90	67.15	SCO	Scottish Classic
15	Agne Zasinaita	Senior	87.5	65.86	SCO	Scottish Classic
16	Lucy Hyde	M1	87.5	65.64	SE	IPF World Bench Press
17	Victoria Douglass	Senior	85	63.87	NW	All England
18	Leanne Richards	Senior	85	63.67	NW	All England
19	Martha Day	U18	83	62.54	SE	British Juniors
20	Carole O'Neil	M1	82.5	62.34	YNE	British Masters Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Kimberley Cowell	Senior	145	78.5333	NW	Arnold Classic UK
2	Christie Civetta	Senior	137.5	71.8011	EM	Arnold Classic UK
3	Amy Clair	Senior	120	64.83	EM	EPF Bench Press
4	Hannah-Louise Graham	Senior	100	52.6225	NM	EPF Equipped
5	Joanne Frost	M2	90	48.63	YNE	IPF World Masters
6	Kelly Phasey	M1	90	46.99	WM	British Equipped
7	Amy Crossland	Senior	85	45.01	NM	British Equipped
8	Dawn Morrell	M3	72.5	37.85	SW	British Equipped
9	Nicola Maycock	M2	65	34.79	NM	British Equipped
10	Helen Carrington	Senior	65	34.42	WAL	Home Nations
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84kg+ Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Victoria Cavalier-Hirth	Senior	527.5	89.50	SM	British Classic
2	Claire Roberts	Senior	510	91.52	NW	British Classic
3	Rebecca Coggle	Senior	507.5	85.66	SE	British Classic
4	Helen Ferguson-Ford	M1	497.5	84.03	SCO	British Masters Classic
5	Aquinn Onuoha	Senior	491	89.57	GL	All England
6	Charlie Chester	Senior	482.5	83.00	SW	All England
7	Joanne Parkin	M1	480	82.04	SCO	IPF World Masters Classic
8	Siobhan Taylor	M1	460	79.14	EM	All England
9	Catriona Bell	Senior	455	80.02	SCO	Scottish Classic
10	Libby Blair	M2	450	76.92	NI	British Masters Classic
11	Sian Arterton	U23	445	83.66	EM	EPA Inter Divisional
12	Chizaram Egbuziem	U23	445	79.24	NM	EPF Classic
13	Claire Reid	Senior	442.5	78.65	NI	NI Open
14	Melissa Bird	Senior	442.5	78.47	WAL	British University
15	Tiana Ettienne	Senior	437.5	80.94	EM	British Masters Classic
16	Tracy O'Callaghan	M1	435	77.97	WAL	Welsh Championships
17	Joanne Laird	M2	432.5	73.63	YNE	Commonwealth Championships
18	Milly Stoneley	Senior	430	76.85	NM	IPF University Cup
19	Charlie Marillier	Senior	420	78.73	WM	EPA Inter Divisional
20	Leanne Lambert	Senior	417.5	73.68	SW	All England

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Senior	600	83.67	EM	Western European
2	Jo Whiteley	M2	533	74.78	NM	British Equipped
3	Kelly Layden Farrer	M1	507.5	73.20	NM	British Equipped
4	Michelle Brand	M1	390	58.32	SCO	British Equipped
5	Jackie Blasbery	M2	377.5	56.97	EM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Victoria Cavalier-Hirth	Senior	130.5	92.20	SM	EPA Inter Divisional
2	Rebecca Coggle	Senior	127.5	89.96	SE	EPF Bench Press
3	Camille Holland	Senior	125	88.09	EM	English Bench Press
4	Jacqueline Gough	M1	121.5	85.49	NM	British Classic Bench Press
5	Leah Moir	Senior	112.5	79.72	SCO	British Classic
6	Sian Arterton	U23	105	78.12	EM	EPA Inter Divisional
7	Claire Roberts	Senior	105	76.06	NW	British Classic
8	Siobhan Taylor	M1	102.5	72.90	EM	Commonwealth Championships
9	Helen Ferguson-Ford	M1	102.5	72.40	SCO	British Masters Classic
10	Joanne Parkin	M1	100.5	71.08	SCO	Scottish Masters
11	Charlie Chester	Senior	100	71.22	SW	British Classic Bench Press
12	Joanne Laird	M2	100	70.81	YNE	Commonwealth Championships
13	Jamiella Bruzulier	Senior	97.5	69.04	YNE	English Bench Press
14	Charlie Marillier	Senior	95	70.55	WM	EPA Inter Divisional
15	Milly Stoneley	Senior	92.5	66.87	NM	IPF University Cup
16	Melissa Bird	Senior	92.5	66.61	WAL	British University
17	Jo Whiteley	M2	92.5	65.56	NM	IPF World Bench Press
18	Abigail Matthews	Senior	92.5	65.26	WAL	Commonwealth Championships
19	Mairi Scobie	Senior	90	65.47	SCO	Scottish Classic
20	Claire Reid	Senior	90	64.88	NI	NI Open

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Senior	210	98.16	EM	IPF World Open
2	Jaqueline Gough	M1	163	74.68	NM	British Equipped
3	Jo Whiteley	M2	160	75.44	NM	IPF World Bench Press
4	Charlie Marillier	Senior	145	74.78	WM	Arnold Classic UK
5	Kelly Layden Farrer	M1	115	55.38	NM	British Equipped
6	Jackie Blasbery	M2	107.5	53.94	EM	British Equipped
7	Michelle Brand	M1	97.5	48.50	SCO	British Equipped
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