



updated: 11/12/2023

## Top 20 Women ranked by IPF points

### Classic Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Joy Nnamani	Open	57	117.71	GL	Sheffield 2023
2 Annie Nelson	Open	69	112.07	SCO	EPF European Classic
3 Bobbie Butters	Open	57	111.27	NW	IPF World Classic
4 Ziana Azariah	Open	84	109.87	SW	EPF European Classic
5 Sophia Ellis	Open	76	108.89	GL	EPF European Classic
6 Erholove Izobodo-John	U23	84	107.38	YNE	IPF World Juniors
7 Tasmin Campbell	Open	69	106.61	SCO	IPF World Classic
8 Adejoke Adetayo	Open	57	105.95	GL	EPA Interdivisional
9 Melissa Hexter	Open	63	105.89	GL	British Classic
10 Temitope Nuga	Open	84	105.51	GL	IPF World Classic
11 Makeda Vidal	Open	63	103.91	SW	British Classic
12 Lucy Robinson	U23	63	103.80	YNE	EPF European Juniors
13 Ruth Grigg	Open	52	102.31	YNE	British Classic
14 Melina Irawo	U23	84	101.98	GL	British Junior Classic
15 Caitlin Baxter	U23	57	101.45	YNE	EPF European Juniors
16 Suzanne Daniel	Open	63	101.14	SE	British Classic
17 Charlotte Macpherson	Open	63	100.17	EM	British Classic
18 Rebecca Stace	Open	69	99.01	SCO	EPF Western European
19 Aquinn Onuoha	Open	84+	98.79	NW	Manchester Open
20 Jessie Lee	Open	47	98.76	YNE	EPA Interdivisional

### Equipped Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Holly Bryans	Open	69	96.00	WAL	European Open & Junior
2 Katrina Sweatman	Open	84+	92.81	EM	IPF World Open Equipped
3 Emma Goodwin	Open	52	91.59	SM	European Open & Junior
4 Sheri Miles	Open	76	90.21	SE	IPF World Open Equipped
5 Lauren Elder	Open	69	90.11	NI	Home Nations
6 Christie Civetta	Open	84	88.13	EM	EPF Western European
7 Catherine Hoaresmith	Open	57	84.04	WM	European Open & Junior
8 Lucy Hart	Open	63	83.27	SM	IPF World Open Equipped
9 Amy Spencer	Open	76	81.25	SW	European Open & Junior
10 Angharad Fraser	Open	69	77.51	WAL	IPF World Open Equipped
11 Faye Jordan	M1	69	76.14	EM	EPF European Masters Equipped
12 Catherine Gordon	M2	76	75.23	SCO	British Equipped
13 Romina Basting	Open	63	72.09	EM	European Open & Junior
14 Jennifer Sherwood	M2	76	71.09	WM	British Equipped
15 Maureen Gordon	M2	69	69.49	SCO	EPF European Masters Equipped
16 Louise Edwards	M1	52	68.59	NM	British Equipped
17 Amanda Hughes	M1	57	68.57	SM	EPF European Masters Equipped
18 Lottie Hall	Open	69	65.42	EM	British Equipped
19 Joanne Frost	M2	84	64.67	YNE	EPF European Masters Equipped
20 Wendie Kirkland	M2	69	64.28	NM	EPF European Masters Equipped

### Classic Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Melissa Hexter	Open	63	101.19	GL	British Classic
2 Tasmin Campbell	Open	69	97.96	SCO	EPF European Classic
3 Bobbie Butters	Open	57	97.89	NW	EPF European Classic
4 Sophia Ellis	Open	76	94.62	GL	EPF European Classic
5 Caitlin Baxter	U23	57	93.90	YNE	EPF European Juniors
6 Camille Holland	Open	84+	93.66	EM	British Classic Bench Press
7 Melina Irawo	U23	84	93.54	GL	EPF European Juniors
8 Katie Roberts	Open	69	93.01	WAL	Home Nations
9 Annie Nelson	Open	69	91.83	SCO	EPF European Classic
10 Ruth Grigg	Open	57	91.61	YNE	English Bench Press
11 Rebecca Coggle	M1	84+	91.60	SE	EPF European Bench Press
12 Llio Godfrey-Flower	U23	69	90.58	WAL	IPF World University Cup
13 Victoria Cavalier- Hirth	Open	84+	89.92	SM	British Classic Bench Press
14 Joy Nnamani	Open	57	89.16	GL	Sheffield 2023
15 Temitope Nuga	Open	84	87.97	GL	EPF European Classic
16 Leoni Tatman	Open	57	87.04	SW	EPA Interdivisional
17 Molly Clark	U23	52	86.29	SCO	IPF World Juniors
18 Susanna Argile	Open	76	84.76	SM	British Classic
19 Sabrina Downes	Open	69	83.89	WAL	Home Nations
20 Ellen Roberts	Open	69	83.71	SW	British Classic

### Equipped Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Katrina Sweatman	Open	84+	102.44	EM	IPF World Open Equipped
2 Jodie Cook	Open	57	82.76	WM	EPF European Bench Press
3 Rachel Steedman	Open	76	78.06	SCO	British Equipped Bench Press
4 Holly Bryans	Open	69	76.06	NM	IPF World Open Equipped
5 Christie Civetta	Open	84	74.46	EM	European Open & Junior
6 Charlie Marillier	M1	84	73.14	SW	EPF European Bench Press
7 Karen Lai	Open	69	71.66	GL	EPF European Bench Press
8 Amila Dissanayake	Open	52	70.43	GL	IPF World Bench Press
9 Joanne Whiteley	M2	84+	69.36	NM	EPF European Bench Press
10 Faye Jordan	M1	69	69.17	EM	British Equipped
11 Siobhan Taylor	M1	84+	67.35	EM	EPF European Bench Press
12 Sheri Miles	Open	76	67.04	SE	IPF World Open Equipped
13 Camille Holland	Open	84+	66.73	EM	British Equipped Bench Press
14 Maureen Gordon	M2	69	66.63	SCO	EPF European Bench Press
15 Romina Basting	Open	57	66.34	EM	British Equipped Bench Press
16 Lucy Hart	Open	63	63.56	SM	IPF World Open Equipped
17 Joanne Laird	M2	84+	63.15	YNE	IPF World Bench Press
18 Spencer Amy	Open	76	62.69	SW	European Open & Junior
19 Amy Spencer	Open	76	62.67	SW	British Equipped
20 Catherine Gordon	M2	76	60.59	SCO	Scottish Equipped Championships

## 47kg Class Top 20 Women ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Jessie Lee	Open	352.5	98.76	YNE	EPA Interdivisional
2	Lenka Pilnikova	M1	340	94.81	NW	EPF European Masters Classic
3	Cherry Yeung	Open	335	95.11	SW	EPF Western European
4	Rebecca Heath	M1	322.5	90.36	GL	Manchester Open
5	Lauren Preston	U23	315	89.23	SCO	Scottish Juniors
6	Gwen Marsden	U23	302.5	88.93	SM	IPF World University Cup
7	Nikola Murray	Open	285	85.57	SCO	British Classic
8	Nisha Mistry	U18	270	76.14	NM	British Junior Classic
9	Chloe Trent	U18	265.5	73.75	SW	British Junior Classic
10	Isla Mitchinson	U23	262.5	73.39	SCO	British Junior Classic
11	Vivien Choi	U23	227.5	63.06	SCO	Scottish Juniors
12	Zoha Zaheer	U18	211	59.12	SCO	Scottish Juniors
13	Marina Cornwall	M3	207.5	61.91	SM	British Masters Classic
14	Diya Patel	U18	207.5	59.04	SE	British Junior Classic
15	Lara Mackie	U18	200	55.44	SCO	Scottish Juniors
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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	Open	77.5	82.74	NW	British Classic
2	Cherry Yeung	Open	75	81.71	SW	EPF Western European
3	Gwen Marsden	U23	70	79.48	SM	IPF World University Cup
4	Jessie Lee	Open	67.5	72.42	YNE	EPA Interdivisional
5	Lauren Preston	U23	65	70.63	SCO	Scottish Juniors
6	Rebecca Heath	M1	65	69.74	GL	Manchester Open
7	Nisha Mistry	U18	52.5	56.75	NM	British Junior Classic
8	Nikola Murray	Open	50	58.24	SCO	British Classic
9	Isla Mitchinson	U23	50	53.51	SCO	British Junior Classic
10	Chloe Trent	U18	47.5	52.24	SW	EPF European Juniors
11	Marina Cornwall	M3	40	46.24	SM	British Masters Classic
12	Vivien Choi	U23	40	42.39	SCO	Scottish Juniors
13	Diya Patel	U18	37.5	40.96	SE	British Junior Classic
14	Zoha Zaheer	U18	35	37.55	SCO	Scottish Juniors
15	Lara Mackie	U18	35	37.09	SCO	Scottish Juniors
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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	Ruth Grigg	Open	402.5	102.31	YNE	British Classic
2	Justine Lee	Open	370	94.05	YNE	British Classic
3	Lenka Pilnikova	M1	350.5	91.29	NW	British Masters Classic
4	Molly Clark	U23	347.5	90.25	SCO	IPF World Juniors
5	Mona Shafiei	Open	347.5	87.75	SE	Manchester Open
6	Sahar Sharsabz	Open	345	89.54	NW	EPA Interdivisional
7	Chau Long Le	Open	345	87.99	GL	Manchester Open
8	Mehpare Atay	Open	335	84.87	SM	Manchester Open
9	Orla Mulcahy	Open	332.5	85.54	SE	British Classic
10	Emily Caton	Open	330	85.84	YNE	IPF World University Cup
11	Adele Tickle	Open	325	83.32	NW	Manchester Open
12	Joelle Tung	Open	325	82.20	SM	EPA Interdivisional
13	Kate Clarke	M1	320	80.94	YNE	Manchester Open
14	Long Kiu Tse	U23	307.5	79.63	SM	IPF World University Cup
15	Ceileidh Mercer	Open	300	78.85	SCO	Scottish Classic
16	Aimee Thompson	Open	297.5	76.94	WAL	British Classic
17	Ruth Fowles	U23	297.5	76.67	YNE	British Junior Classic
18	Jolie Liew	U23	295	77.97	GL	British University
19	Lydia Oerton	Open	292.5	76.32	WM	EPA Interdivisional
20	Victoria Li	U23	290	74.47	EM	British University

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Open	447.5	91.59	SM	European Open & Junior
2	Louise Edwards	M1	335	68.59	NM	British Equipped
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ruth Grigg	Open	90	86.76	YNE	British Classic
2	Molly Clark	U23	87.5	86.29	SCO	IPF World Juniors
3	Lenka Pilnikova	M1	80	79.13	NW	British Masters Classic
4	Sahar Sharsabz	Open	77.5	76.37	NW	EPA Interdivisional
5	Chau Long Le	Open	77.5	74.97	GL	Manchester Open
6	Justine Lee	Open	75	72.30	YNE	British Classic
7	Mona Shafiei	Open	75	71.80	SE	Manchester Open
8	Emily Caton	Open	67.5	66.68	YNE	IPF World University Cup
9	Long Kiu Tse	U23	67.5	66.36	SM	IPF World University Cup
10	Kate Clarke	M1	65	63.81	YNE	British Classic Bench Press
11	Ruth Fowles	U23	65	63.57	YNE	British Junior Classic
12	Orla Mulcahy	Open	65	63.45	SE	British Classic
13	Adele Tickle	Open	65	63.22	NW	Manchester Open
14	Jolie Liew	U23	62.5	62.81	GL	British University
15	Clare Dane	Open	62.5	61.01	GBR	EPF European Bench Press
16	Kirsty Russell	Open	60	57.94	WAL	British University
17	Jenny Hunter	M3	60	57.90	EM	EPF European Masters Classic
18	Mehpare Atay	Open	60	57.64	SM	Manchester Open
19	Ceileidh Mercer	Open	57.5	57.44	SCO	Scottish Classic
20	Niamh Mallen	Open	57.5	56.66	WM	British Classic Bench Press

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Amila Dissanayake	Open	100	70.43	GL	IPF World Bench Press
2	Emma Goodwin	Open	82.5	57.72	SM	IPF World Open Equipped
3	Louise Edwards	M1	67.5	47.07	NM	British Equipped
4	Judith McGauley	M4	40	29.11	EM	IPF World Bench Press
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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	Open	500.5	117.71	GL	Sheffield 2023
2	Bobbie Butters	Open	472.5	111.27	NW	IPF World Classic
3	Adejoke Adetayo	Open	447.5	105.95	GL	EPA Interdivisional
4	Caitlin Baxter	U23	430	101.45	YNE	EPF European Juniors
5	Connie Raitt	Open	400	94.14	SM	British Classic
6	Amelia Fox	U23	398.5	94.35	WM	British Junior Classic
7	Hannah Matson	U23	397.5	94.76	NM	British Junior Classic
8	Leoni Tatman	Open	390	92.40	SW	British Classic
9	Aimee Jarvie	Open	390	92.22	SCO	Home Nations
10	Lynn Huynh	Open	390	91.72	WM	British Classic
11	Claudia Nicolson	Open	382.5	89.78	GL	British Classic
12	Helen Hughes	M1	373	88.44	SM	British Masters Classic
13	Katie Higham	Open	367.5	87.86	NW	Manchester Open
14	Peta Goodwin	Open	367.5	86.84	YNE	British Classic
15	Kate Matthew	M1	367.5	86.43	WAL	Home Nations
16	Cat Shamel	M1	367.5	86.43	WM	Manchester Open
17	Katie Rimell	U23	362.5	86.30	EM	British Junior Classic
18	Heidi Chapman	Open	362.5	86.00	SE	British Classic
19	Debbie Bell	Open	362.5	85.71	YNE	British Classic
20	Anna Clay	Open	360	86.31	EM	British University

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Emma Goodwin	Open	465	91.58	SM	EPF Western European
2	Lucy Hart	Open	430	82.50	SM	European Open & Junior
3	Catherine Hoaresmith	Open	427.5	84.04	WM	European Open & Junior
4	Amanda Hughes	M1	347.5	68.57	SM	EPF European Masters Equipped
5	Allison Rodney	M2	300	57.76	GL	British Equipped
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Bobbie Butters	Open	110	97.89	NW	EPF European Classic
2	Caitlin Baxter	U23	105	93.90	YNE	EPF European Juniors
3	Ruth Grigg	Open	100	91.61	YNE	English Bench Press
4	Joy Nnamani	Open	100	89.16	GL	Sheffield 2023
5	Leoni Tatman	Open	97.5	87.04	SW	EPA Interdivisional
6	Helen Hughes	M1	88	79.07	SM	British Masters Classic
7	Sheina Kaye	Open	87.5	80.06	NW	EPF European Bench Press
8	Cat Shamel	M1	85	75.69	WM	English Bench Press
9	Heidi Chapman	Open	82.5	74.18	SE	British Classic
10	Connie Raitt	Open	82.5	73.98	SM	EPF Western European
11	Peta Goodwin	Open	82.5	73.89	YNE	British Classic
12	Catherine Shamel	M1	82.5	73.63	WM	EPF European Masters Classic
13	Claudia Nicolson	Open	82.5	73.42	GL	British Classic
14	Hannah Matson	U23	80	72.27	NM	British Junior Classic
15	Amber Watson	U23	80	71.88	YNE	English Bench Press
16	Cristiana Sessini	Open	78.5	71.11	SM	British University
17	Adejoke Adetayo	Open	75	67.50	GL	EPF European Classic
18	Aimee Jarvie	Open	75	67.21	SCO	Home Nations
19	Justine Lee	Open	72.5	67.83	YNE	British Classic Bench Press
20	Anna Clay	Open	72.5	65.85	EM	British University

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Jodie Cook	Open	127.5	82.76	WM	EPF European Bench Press
2	Romina Basting	Open	102.5	66.34	EM	British Equipped Bench Press
3	Lucy Hart	Open	95	61.40	SM	European Open & Junior
4	Amanda Hughes	M1	90	59.78	SM	EPF European Bench Press
5	Emma Goodwin	Open	87.5	58.29	SM	EPF Western European
6	Catherine Hoaresmith	Open	80	52.53	WM	British Equipped
7	Allison Rodney	M2	77.5	50.10	GL	EPF European Masters Equipped
8	Nicola Murphy	M1	72.5	47.41	EM	EPF European Bench Press
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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	Open	505	111.06	GL	IPF World Classic
2	Melissa Hexter	Open	480.5	105.89	GL	British Classic
3	Bobbie Butters	Open	475	107.85	NW	FFF Girl Power
4	Makeda Vidal	Open	470.5	103.91	SW	British Classic
5	Lucy Robinson	U23	470	103.80	YNE	EPF European Juniors
6	Suzanne Daniel	Open	457.5	101.14	SE	British Classic
7	Charlotte Macpherson	Open	455	100.17	EM	British Classic
8	Hannah Yardy	M1	435.5	95.97	SW	British Masters Classic
9	Esther Mullings	U23	432.5	95.21	GL	Manchester Open
10	Tara Pigott	Open	430	94.37	NM	British Classic
11	Jenny Huang	Open	427.5	94.92	GL	British Classic
12	Tamara Dunkley	Open	422.5	94.74	WAL	British Classic
13	Skye Moore	U18	422.5	93.27	EM	EPF European Juniors
14	Grace Allinson	U23	420	91.96	YNE	IPF World Juniors
15	Sveva Galizia	Open	415	94.36	SW	British Classic
16	Stacie Jones	Open	415	91.36	YNE	British Classic
17	Rachel Mawer	Open	415	91.26	SCO	British Classic
18	Hannah Clayton	U23	410	91.84	SM	Manchester Open
19	Grace Stilgoe	Open	410	90.17	GL	EPA Interdivisional
20	Yasmin Burt	U23	407.5	89.42	NM	IPF World University Cup

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Lauren Elder	Open	482.5	87.39	NI	European Open & Junior
2	Lucy Hart	Open	460	83.27	SM	IPF World Open Equipped
3	Romina Basting	Open	392.5	72.09	EM	European Open & Junior
4	Rita Shergold	M2	352.5	63.99	SM	EPF European Masters Equipped
5	Natalie Matthews	U23	335	60.75	WM	EPA Interdivisional
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Melissa Hexter	Open	120.5	101.19	GL	British Classic
2	Bobbie Butters	Open	110	94.88	NW	FFF Girl Power
3	Joy Nnamani	Open	102.5	85.92	GL	IPF World Classic
4	Suzanne Daniel	Open	97.5	82.11	SE	British Classic
5	Hannah Yardy	M1	95	79.76	SW	EPF European Masters Classic
6	Charlotte Macpherson	Open	95	79.70	EM	British Classic
7	Stacie Jones	Open	95	79.70	YNE	British Classic
8	Rachel Mawer	Open	95	79.63	SCO	British Classic
9	Yasmin Burt	U23	95	79.38	NM	IPF World Bench Press
10	Rima Baki	M1	95	79.38	WAL	IPF World Masters
11	Charlotte Mackie	Open	92.5	78.42	SW	English Bench Press
12	Faye Callender	Open	92.5	78.19	SCO	Home Nations
13	Tara Pigott	Open	92.5	77.39	NM	British Classic
14	Makeda Vidal	Open	90	76.26	SW	EPF Western European
15	Grace Allinson	U23	90	75.15	YNE	IPF World Juniors
16	Miranda Stitt	U23	88	74.11	SCO	Scottish Juniors
17	Claudia Nicolson	Open	87.5	75.33	GL	Manchester Open
18	Louise Bray	Open	87.5	74.40	NW	Manchester Open
19	Skye Moore	U18	87.5	73.59	EM	EPF European Juniors
20	Charlotte West	U23	87.5	73.28	SM	Manchester Open

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Romina Basting	Open	107.5	65.20	EM	English Bench Press
2	Lucy Hart	Open	105	63.56	SM	IPF World Open Equipped
3	Natalie Matthews	U23	95	57.62	WM	EPA Interdivisional
4	Rita Shergold	M2	92.5	56.81	SM	EPF European Bench Press
5	Lauren Elder	Open	90	54.53	NI	IPF World Open Equipped
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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	Open	540	112.07	SCO	EPF European Classic
2	Tasmin Campbell	Open	512.5	106.61	SCO	IPF World Classic
3	Rebecca Stace	Open	477.5	99.01	SCO	EPF Western European
4	Sabrina Downes	Open	475	98.65	WAL	Home Nations
5	Holly Bryans	Open	470	98.01	NM	Manchester Open
6	Bettina Hanlon	U23	462.5	96.34	NW	IPF World Juniors
7	Moa Wikner	Open	457.5	95.48	GL	Manchester Open
8	Ayana Porteous-Simpson	Open	447.5	93.24	GL	Manchester Open
9	Lauron Cassoni	Open	445	93.91	NW	Manchester Open
10	Laura Best	Open	440	92.54	SCO	Scottish Classic
11	Domiziana Turcatti	Open	439	94.00	EM	Manchester Open
12	Llio Godfrey-Flower	U23	438	91.35	WAL	IPF World University Cup
13	Karen Lai	Open	437.5	91.62	GL	British Classic
14	Katherine Brennan	Open	430	89.97	NW	British Classic
15	Stacie Jones	Open	430	89.74	YNE	Manchester Open
16	Alexandra Henry	Open	430	89.67	GL	EPA Interdivisional
17	Helen Almond	Open	427.5	89.52	SE	British Classic
18	Ellen Roberts	Open	425	90.67	SW	British Classic
19	Leila Tahmasebi Boldaji	Open	420	87.51	NM	British Classic
20	Christina Kio-Bennett	Open	415	87.74	WAL	British Classic

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	557.5	96.00	WAL	European Open & Junior
2	Lauren Elder	Open	500	90.11	NI	Home Nations
3	Angharad Fraser	Open	447.5	77.51	WAL	IPF World Open Equipped
4	Faye Jordan	M1	440	76.14	EM	EPF European Masters Equipped
5	Maureen Gordon	M2	400	69.49	SCO	EPF European Masters Equipped
6	Lottie Hall	Open	380	65.42	EM	British Equipped
7	Wendie Kirkland	M2	372.5	64.28	NM	EPF European Masters Equipped
8	Gracie Besant	U18	358	61.85	EM	European Open & Junior
9	Dawn Morrell	M3	287.5	49.68	SW	EPF European Masters Equipped
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Tasmin Campbell	Open	122.5	97.96	SCO	EPF European Classic
2	Katie Roberts	Open	115	93.01	WAL	Home Nations
3	Annie Nelson	Open	115	91.83	SCO	EPF European Classic
4	Llio Godfrey-Flower	U23	113	90.58	WAL	IPF World University Cup
5	Sabrina Downes	Open	105	83.89	WAL	Home Nations
6	Ellen Roberts	Open	102.5	83.71	SW	British Classic
7	Moa Wikner	Open	102.5	82.22	GL	Manchester Open
8	Rebecca Stace	Open	102.5	82.16	SCO	British Classic
9	Bettina Hanlon	U23	102.5	82.09	NW	IPF World Juniors
10	Charlotte Macpherson	Open	100	81.92	EM	British Classic Bench Press
11	Yasmin Burt	U23	97.5	78.57	NM	EPF European Bench Press
12	Christina Kio-Bennett	Open	95	77.01	WAL	British Classic
13	Karen Lai	Open	95	76.46	GL	British Classic Bench Press
14	Stacie Jones	Open	95	76.20	YNE	Manchester Open
15	Holly Bryans	Open	95	76.15	NM	Manchester Open
16	Sinead Hines	M1	95	76.05	NW	British Masters Classic
17	Alexandra Henry	Open	92.5	74.15	GL	EPA Interdivisional
18	Beverley Rodgers	M2	92.5	73.96	SM	EPF European Masters Classic
19	Luciana Grant	U23	90	72.19	EM	British Junior Classic
20	Lincoln Rose	M2	90	71.95	SE	British Classic Bench Press

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	132.5	76.06	NM	IPF World Open Equipped
2	Karen Lai	Open	125	71.66	GL	EPF European Bench Press
3	Faye Jordan	M1	118	69.17	EM	British Equipped
4	Maureen Gordon	M2	115	66.63	SCO	EPF European Bench Press
5	Wendie Kirkland	M2	100	57.46	NM	EPF European Masters Equipped
6	Lauren Elder	Open	95	57.22	NI	Home Nations
7	Angharad Fraser-Williams	Open	85	49.07	WAL	British Equipped
8	Lottie Hall	Open	75	42.98	EM	British Equipped
9	Gracie Besant	U18	70	40.21	EM	British Equipped
10	Dawn Morrell	M3	62.5	35.96	SW	EPF European Masters Equipped
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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	Open	548	108.89	GL	EPF European Classic
2	Susanna Argile	Open	497.5	98.52	SM	British Classic
3	Sheri Miles	Open	492.5	98.23	SE	British Classic
4	Emily Bennett	Open	492.5	97.16	SW	British Classic
5	Ayana Porteous-Simpson	Open	482.5	95.43	GL	Home Nations
6	Nayomi Pennant	Open	467.5	93.24	GL	Manchester Open
7	Naomi James	U23	467.5	92.35	GL	EPF European Juniors
8	Caryl McQuilling	Open	463	92.40	WAL	Welsh Championships
9	Indiana Montaque	Open	460	91.87	EM	Manchester Open
10	Amy Leiper	Open	460	91.15	YNE	Manchester Open
11	Carey Mason	Open	457.5	91.25	GL	British Classic
12	Nicole Ola	Open	455	90.27	GL	British Classic
13	Ashleigh Sutton	U23	445	88.52	NM	IPF World University Cup
14	Odette Tobaiwa	Open	443	87.70	SW	IPF World University Cup
15	Sabrina Downes	Open	442.5	89.04	WAL	British Classic
16	Morgan Gladden	Open	442.5	88.14	SCO	Scottish Classic
17	Aimee Guthrie	U23	432.5	85.87	SCO	Scottish Juniors
18	Diamand Franklin	Open	432.5	85.87	EM	British Classic
19	Millie Mabbutt	U23	432.5	85.87	SW	British University
20	Genevieve Collins	M1	426	85.36	NW	British Masters Classic

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sheri Miles	Open	547.5	90.21	SE	IPF World Open Equipped
2	Amy Spencer	Open	495	81.25	SW	European Open & Junior
3	Catherine Gordon	M2	450	75.23	SCO	British Equipped
4	Jennifer Sherwood	M2	432.5	71.09	WM	British Equipped
5	Lottie Hall	Open	382.5	64.55	EM	Home Nations
6	Jaclyn Smith	Open	305	50.16	SCO	Scottish Equipped Championships
7	Dawn Morrell	M3	297.5	49.23	SW	IPF World Masters
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sophia Ellis	Open	122.5	94.62	GL	EPF European Classic
2	Susanna Argile	Open	110	84.76	SM	British Classic
3	Odette Tobaiwa	Open	108	83.20	SW	IPF World University Cup
4	Aimee Guthrie	U23	105	81.73	SCO	British Junior Classic
5	Bettina Hanlon	U23	102.5	80.52	NW	EPF European Bench Press
6	Sheri Miles	Open	100	77.45	SE	British Classic
7	Grace Howse	U23	100	77.05	EM	British Junior Classic
8	Qian Yu Phang (Krystal)	U23	100	76.81	GL	British Junior Classic
9	Amelia Allen	M2	97.5	75.47	SW	EPF European Masters Classic
10	Marianna Pinter	Open	95	74.10	SM	English Bench Press
11	Sabrina Downes	Open	95	74.06	WAL	British Classic
12	Nayomi Pennant	Open	95	73.58	GL	Manchester Open
13	Morgan Gladden	Open	95	73.51	SCO	Scottish Classic
14	Diamand Franklin	Open	95	73.33	EM	British Classic
15	Nicole Ola	Open	95	73.30	GL	British Classic
16	Amy Leiper	Open	95	73.23	YNE	Manchester Open
17	Caryl McQuilling	Open	92.5	71.68	WAL	British Classic
18	Emily Bennett	Open	92.5	71.08	SW	British Classic
19	Hollie Johnson	Open	90	69.57	YNE	British Classic Bench Press
20	Genevieve Collins	M1	90	69.51	NW	Manchester Open

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Rachel Steedman	Open	140.5	78.06	SCO	British Equipped Bench Press
2	Sheri Miles	Open	122.5	67.04	SE	IPF World Open Equipped
3	Spencer Amy	Open	115	62.69	SW	European Open & Junior
4	Amy Spencer	Open	115	62.67	SW	British Equipped
5	Catherine Gordon	M2	110	60.59	SCO	Scottish Equipped Championships
6	Katie Higgins	Open	102.5	56.06	EM	British Equipped Bench Press
7	Jenni Sherwood	M2	95	51.91	WM	EPF European Masters Equipped
8	Gracie Besant	U18	77.5	42.52	EM	EPF European Bench Press
9	Lottie Hall	Open	72.5	40.68	EM	Home Nations
10	Dawn Morrell	M3	67.5	37.11	SW	IPF World Masters
11	Jaclyn Smith	Open	65	35.51	SCO	Scottish Equipped Championships
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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	Open	581	109.87	SW	EPF European Classic
2	Erholove Izobodo-John	U23	565.5	107.38	YNE	IPF World Juniors
3	Temitope Nuga	Open	555	105.51	GL	IPF World Classic
4	Melina Irawo	U23	538	101.98	GL	British Junior Classic
5	Hettie Simpson	Open	462.5	89.79	SW	British Classic
6	Wendy Macfarlane	M1	460.5	87.50	SCO	British Masters Classic
7	Lucy Robinson	Open	460	87.84	YNE	British Classic
8	Leanne Richards	Open	460	87.49	NW	Manchester Open
9	Sian Arterton	Open	460	86.99	EM	Manchester Open
10	Tiana Ettienne	M1	456.5	86.70	EM	British Masters Classic
11	Jodi Beynon	Open	455	86.25	WAL	Home Nations
12	Georgina Hazell	M2	442	83.83	EM	British Masters Classic
13	Bethan Ashton	Open	440	83.57	EM	British Classic
14	Sam Edgar	U23	438	83.31	SCO	Scottish Juniors
15	Latasha Jackson	U23	432.5	82.85	GL	Manchester Open
16	Kerry Wood	U23	432.5	82.68	SCO	Scottish Juniors
17	Claire Tocher	Open	432.5	81.99	SCO	British Classic
18	Cheryl Dawkins	Open	420	79.93	YNE	Manchester Open
19	Beth Ion	Open	415	78.74	NW	Manchester Open
20	Jasmine Mack	Open	412.5	77.90	EM	British University

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Christie Civetta	Open	560	88.13	EM	EPF Western European
2	Joanne Frost	M2	400	64.67	YNE	EPF European Masters Equipped
3	Michelle Brand	M2	375	59.14	SCO	EPF European Masters Equipped
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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Melina Irawo	U23	125	93.54	GL	EPF European Juniors
2	Temitope Nuga	Open	117.5	87.97	GL	EPF European Classic
3	Sian Arterton	Open	107.5	80.27	EM	Manchester Open
4	Ziana Azariah	Open	107.5	80.27	SW	EPF European Classic
5	Erholove Izobodo-John	U23	100	74.87	YNE	IPF World Juniors
6	Claire Tocher	Open	100	74.79	SCO	British Classic
7	Lucy Robinson	Open	97.5	73.12	YNE	IPF World Bench Press
8	Hettie Simpson	Open	95	72.19	SW	British Classic
9	Leanne Richards	Open	95	71.20	NW	Manchester Open
10	Georgina Hazell	M2	95	71.07	EM	British Masters Classic
11	Wendy MacFarlane	M1	91	68.08	SCO	Scottish Masters
12	Beth Ion	Open	90	67.35	NW	Manchester Open
13	Amy McCarthy	Open	90	67.27	NM	EPF European Bench Press
14	Rowan Hendry-Horne	Open	87.5	65.95	SCO	Scottish Classic
15	Kerry Wood	U23	87.5	65.80	SCO	Scottish Juniors
16	Katie Baker	Open	87.5	65.62	EM	English Bench Press
17	Tiana Ettienne	M1	87.5	65.52	EM	British Masters Classic
18	Jodi Beynon	Open	87.5	65.44	WAL	Home Nations
19	Glesni Tegid	U23	85	63.59	WAL	British University
20	Lucy Hyde	M1	85	63.53	SE	British Classic Bench Press

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Christie Civetta	Open	142.5	74.4642	EM	European Open & Junior
2	Charlie Marillier	M1	140	73.14	SW	EPF European Bench Press
3	Rachel Steedman	Open	135	73.3181	SCO	IPF World Bench Press
4	Joanne Frost	M2	102.5	55.0187	YNE	EPF European Masters Equipped
5	Michelle Brand	M2	97.5	51.05	SCO	EPF European 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	Aquinn Onuoha	Open	561	98.79	NW	Manchester Open
2	Toyosi Omotoso	Open	535	96.61	EM	Manchester Open
3	Rebecca Coggle	M1	515.5	86.26	SE	IPF World Masters
4	Claire Roberts	M1	515	92.72	NW	British Masters Classic
5	Victoria Cavalier-Hirth	Open	512.5	86.53	SM	Home Nations
6	Harriet Waite	U23	502.5	89.50	EM	EPF European Juniors
7	Helen Ferguson-Ford	M1	500	84.27	SCO	Scottish Classic
8	Joanne Parkin	M1	477.5	81.76	SCO	British Masters Classic
9	Charlie Chester	Open	470	81.00	SW	EPA Interdivisional
10	Jennifer Hammonds	Open	455	83.33	YNE	Manchester Open
11	Chizaram Egbuziem	Open	455	80.72	NM	British Classic
12	Caitlin Davies	U23	455	77.04	WAL	IPF World University Cup
13	Milly Stoneley	Open	447.5	78.48	NM	British Classic
14	Libby Blair	M2	447.5	76.51	NI	British Masters Classic
15	Abigail McLean	Open	442.5	80.64	NI	Home Nations
16	Wendy McFarlane	M1	440	82.60	SCO	Home Nations
17	Catriona Bell	Open	440	79.53	SCO	British Classic
18	Kia-Re Chablis	M1	440	76.90	EM	British Masters Classic
19	Oliwia Kozorys	U23	440	76.87	GL	Manchester Open
20	Hannah Mckee	Open	436	73.22	NI	Ni Spring Classic

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Open	670	92.81	EM	IPF World Open Equipped
2	Jacqueline Blasbery	M3	410	61.15	EM	IPF World Masters
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Camille Holland	Open	133	93.66	EM	British Classic Bench Press
2	Rebecca Coggle	M1	130	91.60	SE	EPF European Bench Press
3	Victoria Cavalier- Hirth	Open	127.5	89.92	SM	British Classic Bench Press
4	Jacqueline Gough	M1	117.5	82.74	NM	English Bench Press
5	Claire Roberts	M1	107.5	78.01	NW	British Masters Classic
6	Charlie Chester	Open	105	74.68	SW	EPA Interdivisional
7	Joanne Parkin	M1	105	74.48	SCO	British Classic Bench Press
8	Helen Ferguson-Ford	M1	105	74.24	SCO	EPF European Masters Classic
9	Joanne Laird	M2	102.5	72.45	YNE	English Bench Press
10	Harriet Waite	U23	100	72.17	EM	EPF European Juniors
11	Aquinn Onuoha	Open	100	71.78	NW	Manchester Open
12	Milly Stoneley	Open	97.5	69.85	NM	British Classic
13	jameliah Oseki-Simms	U23	95.5	69.04	SE	British University
14	Miriam Weber	Open	95	69.93	SE	English Bench Press
15	Emily Greaves	U23	95	69.26	YNE	EPF European Bench Press
16	Laura Etfer	Open	95	68.03	YNE	IPF World University Cup
17	Caitlin Davies	U23	95	67.15	WAL	IPF World University Cup
18	Hannah Mckee	Open	93.5	65.94	NI	Ni Spring Classic
19	Talia Anastasiou	Open	92.5	66.93	YNE	English Bench Press
20	Katie Packer	M1	92.5	66.85	SM	British Masters Classic

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Open	220	102.44	EM	IPF World Open Equipped
2	Joanne Whiteley	M2	145	69.36	NM	EPF European Bench Press
3	Camille Holland	Open	145	66.73	EM	British Equipped Bench Press
4	Siobhan Taylor	M1	142.5	67.35	EM	EPF European Bench Press
5	Joanne Laird	M2	135	63.15	YNE	IPF World Bench Press
6	Joanne Parkin	M1	125	59.26	SCO	Scottish Bench Press
7	Jacqueline Blasbery	M3	110	54.59	EM	IPF World Masters
8	Ella Brincat-Smith	U18	100	49.81	NM	EPF European Bench Press
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