



## Top 20 Female ranked by IPF points

### Classic Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition	
1	Bobbie Butters	Open	57	116.14	NW	IPF World Classic Championships
2	Joy Nnamani	Open	63	115.29	GL	IPF World Classic Championships
3	Annie Nelson	Open	69	113.00	SCO	IPF World Classic Championships
4	Ziana Azariah	Open	84	112.00	SW	IPF World Classic Championships
5	Tasmin Campbell	M1	69	111.90	SCO	IPF World Classic Championships
6	Erholove Izobodo-John	U23	84	110.88	YNE	EPF European Open Classic Championships
7	Caitlin Baxter	U23	57	110.00	YNE	Arnold Classic UK
8	Adejoke Adetayo	Open	57	109.43	GL	IPF World Classic Championships
9	Temitope Nuga	Open	84	108.78	GL	Arnold Classic UK
10	Sophia Ellis	Open	76	107.52	GL	IPF World Classic Championships
11	Suzanne Daniel	Open	63	104.39	SE	Arnold Classic UK
12	Makeda Vidal	Open	63	103.38	SW	EPF European Open Classic Championships
13	Lucy Robinson	U23	63	103.13	YNE	Eleiko British Junior Classic Championships
14	Gwen Marsden	U23	43	103.07	SM	Eleiko British Junior Classic Championships
15	Leoni Tatman	Open	52	102.15	SW	All England
16	Sabrina Downes	Open	69	101.43	WAL	EPF European Open Classic Championships
17	Aquinn Onuoha	Open	84+	101.00	EM	Arnold Classic UK
18	Nayomi Pennant	Open	76	98.64	GL	All England
19	Hannah Yardy	M1	63	98.43	SW	British Masters Classic Championships
20	Ayana Porteous - Simpson	Open	76	98.03	GL	All England

### Equipped Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition	
1	Ellie Steel	Open	57	101.60	SM	EPF European Equipped Championships
2	Holly Bryans	Open	69	100.99	NM	British Equipped Championships
3	Christie Civetta	Open	84	94.58	SM	EPF European Equipped Championships
4	Emma Goodwin	Open	57	91.20	SM	British Equipped Championships
5	Katrina Sweatman	Open	84+	89.40	EM	British Equipped Championships
6	Lauren Elder	Open	63	88.99	NI	British Equipped Championships
7	Lucy Hart	Open	63	84.40	SM	British Equipped Championships
8	Rachel Steedman	Open	76	82.85	SCO	British Equipped Championships
9	Kimberley Cowell	Open	76	82.55	NW	British Equipped Championships
10	Kathryn Hall	Open	63	82.29	SE	British Equipped Championships
11	Katie Higgins	Open	69	81.22	EM	British Equipped Championships
12	Jenni Sherwood	M2	84	78.37	NM	British Equipped Championships
13	Emily Shergold	U23	84	77.62	SM	EPF European Equipped Championships
14	Catherine Hoaresmith	Open	57	77.10	WM	Arnold Classic UK
15	Faye Jordan	M1	69	76.74	EM	British Equipped Championships
16	Catherine Gordon	M2	76	76.21	SCO	EPF European Masters Equipped Championships
17	Gemma Salter	M1	57	75.20	EM	British Equipped Championships
18	Romina Basting	Open	69	73.05	EM	British Equipped Championships
19	Amanda Hughes	M1	57	72.14	SM	British Equipped Championships
20	Joanne Parkin	M1	84+	70.88	SCO	British Equipped Championships

### Classic Bench IPF Points

Name	Age	Weight	IPF	Division	Competition	
1	Caitlin Baxter	U23	57	101.26	YNE	Arnold Classic UK
2	Bobbie Butters	Open	57	100.56	NW	IPF World Classic Championships
3	Tasmin Campbell	M1	69	100.06	SCO	IPF World Classic Championships
4	Sophia Ellis	Open	76	96.70	GL	IPF World Classic Championships
5	Temitope Nuga	Open	84	96.62	GL	Arnold Classic UK
6	Katie Roberts	Open	63	96.35	WAL	IPF World Bench Press Championships
7	Leoni Tatman	Open	52	95.71	SW	All England
8	Ruth Grigg	Open	52	93.66	YNE	EPF European Open Classic Championships
9	Rebecca Coggle	M1	84+	91.88	SE	British Masters Classic Championships
10	Annie Nelson	Open	69	91.76	SCO	IPF World Classic Championships
11	Victoria Cavalier-Hirth	Open	84+	91.70	SM	IPF World Bench Press Championships
12	Gwen Marsden	U23	43	89.18	SM	Eleiko British Junior Classic Championships
13	Sabrina Downes	Open	69	88.75	WAL	EPF European Open Classic Championships
14	Joy Nnamani	Open	63	87.47	GL	Arnold Classic UK
15	Aimee Guthrie	U23	76	85.34	SCO	BUCS British University Championships
16	Zijun Chen	Open	57	85.25	SM	British Classic Bench Press Championships
17	Ellen Roberts	Open	69	85.11	SW	English Bench Press
18	Rima Baki	M1	63	83.94	WAL	EPF European Masters Classic Championships
19	Sheina Kaye	Open	57	82.80	NW	English Bench Press
20	Grace Howse	U23	84	82.77	EM	Eleiko British Junior Classic Championships

### Equipped Bench IPF Points

Name	Age Class	Weight	IPF	Division	Competition	
1	Katrina Sweatman	Open	84+	103.66	EM	Arnold Classic UK
2	Ellie Steel	Open	57	93.63	SM	EPF European Equipped Championships
3	Holly Bryans	Open	69	88.79	NM	EPF European Equipped Championships
4	Siobhan Taylor	M1	84+	87.98	EM	IPF World Bench Press Championships
5	Jodie Cook	Open	57	86.49	WM	IPF World Bench Press Championships
6	Rachel Steedman	Open	76	82.54	SCO	IPF World Bench Press Championships
7	Amila Dissanayake	Open	52	80.59	GL	Arnold Classic UK
8	Charlie Marillier	M1	84+	78.57	SW	Arnold Classic UK
9	Christie Civetta	Open	84	75.88	SM	EPF European Equipped Championships
10	Kimberley Cowell	Open	76	75.53	NW	EPF European Equipped Championships
11	Joanne Laird	M2	84+	74.53	YNE	IPF World Bench Press Championships
12	Kathryn Hall	Open	63	73.54	SE	IPF World Bench Press Championships
13	Romina Basting	Open	69	68.86	EM	Arnold Classic UK
14	Maureen Gordon	M3	69	68.00	SCO	IPF World Bench Press Championships
15	Helen Quinn	Open	57	65.99	NI	IPF World Bench Press Championships
16	Amanda Hughes	M1	57	65.53	SM	IPF World Bench Press Championships
17	Miriam Weber	Open	84	65.29	SE	IPF World Bench Press Championships
18	Lucy Hart	Open	63	64.87	SM	British Equipped Championships
19	Faye Jordan	M1	69	63.93	EM	British Equipped Championships
20	Katie Higgins	Open	69	63.29	EM	British Equipped Championships

## 47kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Rebecca Heath	M1	329	91.98	GL	British Masters Classic Championships
2	Gigi Nicolson	Open	317.5	88.76	NM	All England
3	Martina Pisano	Open	317.5	88.39	GL	All England
4	Lauren Preston	U23	310	87.04	SCO	Eleiko British Junior Classic Championships
5	Katie Paskin	M1	275	77.55	SM	All England
6	Allaya Rasul	U23	262.5	74.69	EM	BUCS British University Championships
7	Louise Pickenhan	Open	255	76.27	EM	BUCS British University Championships
8	Vivien Choi	U23	242.5	67.22	SCO	Scottish University Championships
9	Zoha Zaheer	U18	230	63.76	SCO	Eleiko British Sub Junior Classic Championships
10	Marina Cornwall	M4	200	60.12	SM	British Masters Classic Championships
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### Equipped Powerlifting Total

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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Gigi Nicolson	Open	67.5	72.24	NM	All England
2	Lauren Preston	U23	65	69.91	SCO	Eleiko British Junior Classic Championships
3	Rebecca Heath	M1	65	69.56	GL	British Masters Classic Championships
4	Martina Pisano	Open	60	63.90	GL	All England
5	Louise Pickenhan	Open	52.5	60.87	EM	BUCS British University Championships
6	Katie Paskin	M1	52.5	57.19	SM	British Masters Classic Championships
7	Allaya Rasul	U23	50	54.61	EM	BUCS British University Championships
8	Vivien Choi	Open	50	52.99	SCO	Scottish University Championships
9	Marina Cornwall	M4	37.5	43.75	SM	British Masters Classic Championships
10	Zoha Zaheer	U18	37.5	39.74	SCO	Eleiko British Sub Junior Classic Championships
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### Equipped Bench Total

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## 52kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Leoni Tatman	Open	395	102.15	SW	All England
2	Ruth Grigg	Open	382.5	96.90	YNE	EPF European Open Classic Championships
3	Lenka Pilnikova	M1	362	93.29	NW	British Masters Classic Championships
4	Emily Caton	Open	357.5	91.18	YNE	All England
5	Bridget Parris	U23	353	89.43	WM	Eleiko British Junior Classic Championships
6	Molly Clark	Open	342.5	87.81	SCO	Scottish University Championships
7	Katy Clarke	M1	338.5	86.48	YNE	All England
8	Abby Cooley	U23	337.5	87.28	NM	BUCS British University Championships
9	Long Kiu Tse	U23	327.5	83.82	SM	Eleiko British Junior Classic Championships
10	Mia Wannop	U23	317.5	80.98	NM	Eleiko British Junior Classic Championships
11	Najah Hatahet	M1	307.5	78.30	NW	British Masters Classic Championships
12	Kathryn Marron	Open	302.5	79.80	WAL	BUCS British University Championships
13	Christy Bond	Open	297.5	76.67	YNE	All England
14	Chloe Cornwell	U18	295	74.74	SE	All England
15	Sylvie Thomas	U18	292.5	77.16	YNE	Eleiko British Sub Junior Classic Championships
16	Megan Davenport	U23	285	76.78	GL	All England
17	Michelle Chun-Han Hsu	Open	285	72.81	WM	BUCS British University Championships
18	Megan Redshaw	U23	280	70.94	EM	Eleiko British Junior Classic Championships
19	Ni Yia Choy	Open	277.5	70.42	GL	BUCS British University Championships
20	Angelina Lane	M2	277.5	70.07	WAL	British Masters Classic Championships

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Louise Edwards	M1	335	68.50	NM	British Equipped Championships
2	Nikki Murphy	M1	307.5	63.56	EM	All England
3	Jenny Hunter	M3	240	49.47	EM	British Equipped Championships
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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Leoni Tatman	Open	97.5	95.71	SW	All England
2	Ruth Grigg	Open	97.5	93.66	YNE	EPF European Open Classic Championships
3	Molly Clark	Open	82.5	80.24	SCO	Scottish University Championships
4	Lenka Pilnikova	M1	81.5	79.71	NW	British Masters Classic Championships
5	Kirsty Russell	Open	75	73.21	WAL	British Classic Bench Press Championships
6	Cristiana Sessini	Open	72.5	70.26	SM	British Classic Bench Press Championships
7	Long Kiu Tse	U23	70	67.96	SM	Eleiko British Junior Classic Championships
8	Katy Clarke	M1	70	67.84	YNE	All England
9	Megan Davenport	U23	67.5	69.59	GL	British Classic Bench Press Championships
10	Sylvie Thomas	U18	67.5	67.70	YNE	Eleiko British Sub Junior Classic Championships
11	Gina Zimbalatti	Open	67.5	66.01	SW	British Classic Bench Press Championships
12	Kate Clarke	M1	67.5	65.41	YNE	British Classic Bench Press Championships
13	Emily Caton	Open	67.5	65.30	YNE	All England
14	Laura Petch	Open	62.5	61.59	SE	British Classic Bench Press Championships
15	Bridget Parris	U23	62.5	60.04	WM	Eleiko British Junior Classic Championships
16	Kathryn Marron	Open	60	60.18	WAL	BUCS British University Championships
17	Abby Cooley	U23	60	58.90	NM	BUCS British University Championships
18	Jodi Kay	U23	60	58.46	NM	British Classic Bench Press Championships
19	Jenny Hunter	M3	60	58.25	EM	British Masters Classic Championships
20	Ni Yia Choy	Open	60	57.74	GL	BUCS British University Championships

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Amila Dissanayake	Open	115	80.59	GL	Arnold Classic UK
2	Louise Edwards	M1	70	48.74	NM	British Equipped Championships
3	Nicola Murphy	M1	67.5	47.23	EM	English Bench Press
4	Jenny Hunter	M3	57.5	40.43	EM	British Equipped Championships
5	Chloe Annabelle Smith	U18	50.5	35.56	SM	English Bench Press
6	Judith McGauley	M4	32.5	24.37	EM	British Equipped Bench Press Championships
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## 57kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Bobbie Butters	Open	492.5	116.14	NW	IPF World Classic Championships
2	Adejoke Adetayo	Open	462.5	109.43	GL	IPF World Classic Championships
3	Caitlin Baxter	U23	442.5	110.00	YNE	Arnold Classic UK
4	Amelia Fox	U23	402.5	95.30	WM	Eleiko British Junior Classic Championships
5	Anna Clay	Open	385	92.83	EM	All England
6	Helen Hughes	M1	380	89.59	SM	EPF European Masters Classic Championships
7	Katie Higham	Open	372.5	88.56	NW	All England
8	Yana Lyntovska	Open	370	88.21	GL	All England
9	Isabelle Jackson	U23	367.5	86.66	NW	BUCS British University Championships
10	Kate Matthew	M1	365	86.19	WAL	British Masters Classic Championships
11	Catherine Shamel	M1	365	85.73	WM	All England
12	Becca Kirkpatrick	M1	360	84.89	WM	British Masters Classic Championships
13	Amy Middlemas	U23	357.5	83.97	EM	BUCS British University Championships
14	Caitlin Parrott	U23	355	83.94	NM	Eleiko British Junior Classic Championships
15	Emma Drackford	M1	355	83.49	SM	British Masters Classic Championships
16	Aleena Akhtar	U23	352.5	82.79	SW	Eleiko British Junior Classic Championships
17	Karren Burns	M2	350	82.80	NI	EPF European Masters Classic Championships
18	Annabelle Cox	U23	350	82.53	SW	BUCS British University Championships
19	Gaby Watman	U18	347.5	82.84	SE	Eleiko British Sub Junior Classic Championships
20	Laila Baig	U23	347.5	82.73	NW	BUCS British University Championships

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Open	530	101.60	SM	EPF European Equipped Championships
2	Emma Goodwin	Open	465	91.20	SM	British Equipped Championships
3	Gemma Salter	M1	391	75.20	EM	British Equipped Championships
4	Catherine Hoaresmith	Open	390	77.10	WM	Arnold Classic UK
5	Amanda Hughes	M1	370	72.14	SM	British Equipped Championships
6	Allison Rodney	M2	317.5	60.93	SE	All England
7	Amber Hinchelwood	M1	295	57.33	SE	EPF European Masters Equipped Championships
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Bobbie Butters	Open	112.5	100.56	NW	IPF World Classic Championships
2	Caitlin Baxter	U23	107.5	101.26	YNE	Arnold Classic UK
3	Zijun Chen	Open	95	85.25	SM	British Classic Bench Press Championships
4	Sheina Kaye	Open	90	82.80	NW	English Bench Press
5	Hannah Matson	Open	90	80.55	NM	British Classic Bench Press Championships
6	Helen Hughes	M1	87.5	78.19	SM	EPF European Masters Classic Championships
7	Amber Watson	U23	82.5	74.58	NW	IPF World Bench Press Championships
8	Adejoke Adetayo	Open	82.5	73.98	GL	IPF World Classic Championships
9	Caitlin Parrott	U23	77.5	69.45	NM	Eleiko British Junior Classic Championships
10	Catherine Shamel	M1	77.5	69.01	WM	All England
11	Amelia Fox	U23	75	67.30	WM	Eleiko British Junior Classic Championships
12	Becca Kirkpatrick	M1	75	67.04	WM	British Masters Classic Championships
13	Chloe Lancaster	Open	75	66.87	SE	All England
14	Ellie Weinstein	U23	75	66.70	WM	Eleiko British Junior Classic Championships
15	Katie Woods	U18	72.5	65.90	NI	IPF World Bench Press Championships
16	Isabelle Jackson	U23	72.5	64.81	NW	BUCS British University Championships
17	Anna Clay	Open	70	63.94	EM	All England
18	Emily Westray	Open	70	63.94	YNE	English Bench Press
19	Gaby Watman	U18	70	63.24	SE	Eleiko British Sub Junior Classic Championships
20	Kate Matthew	M1	70	62.65	WAL	British Masters Classic Championships

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Open	145.0	93.63	SM	EPF European Equipped Championships
2	Jodie Cook	Open	132.5	86.49	WM	IPF World Bench Press Championships
3	Amanda Hughes	M1	100	65.53	SM	IPF World Bench Press Championships
4	Helen Quinn	Open	97.5	65.99	NI	IPF World Bench Press Championships
5	Emma Goodwin	Open	95	62.05	SM	Arnold Classic UK
6	Emma Stott	M2	82.5	54.07	NM	IPF World Bench Press Championships
7	Gemma Salter	M1	82.5	53.47	EM	British Equipped Championships
8	Allison Rodney	M2	77.5	50.10	SE	All England
9	Catherine Hoaresmith	Open	75	50.18	WM	Arnold Classic UK
10	Amber Hinchelwood	M1	57.5	37.72	SE	EPF European Masters Equipped Championships
11	Chloe Annabelle Smith	U18	50	33.47	SM	British Equipped Bench Press Championships
12	Penny Walker	M3	47.5	31.40	YNE	English Bench Press
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## 63kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Joy Nnamani	Open	511.5	115.29	GL	IPF World Classic Championships
2	Makeda Vidal	Open	467.5	103.38	SW	EPF European Open Classic Championships
3	Lucy Robinson	U23	467.5	103.13	YNE	Eleiko British Junior Classic Championships
4	Suzanne Daniel	Open	455	104.39	SE	Arnold Classic UK
5	Hannah Yardy	M1	448.5	98.43	SW	British Masters Classic Championships
6	Skye Moore	U23	435	95.46	NM	Eleiko British Junior Classic Championships
7	Hannah Clayton	Open	427.5	95.54	SM	All England
8	Rima Baki	M1	423	92.64	WAL	EPF European Masters Classic Championships
9	Claudia Nicolson	Open	420	93.45	GL	All England
10	Kathleen Smartt	Open	418.5	91.65	YNE	BUCS British University Championships
11	Victoria Hart	U23	411.5	90.68	EM	Eleiko British Junior Classic Championships
12	Amelia Fox	U23	408.5	93.66	WM	BUCS British University Championships
13	Ellie Weinstein	U23	407.5	93.43	GL	BUCS British University Championships
14	Martha Marsh	U23	407.5	90.57	NW	BUCS British University Championships
15	Miranda Stitt	U23	400.5	88.73	SCO	Eleiko British Junior Classic Championships
16	Erica Leon	Open	390	85.50	GL	All England
17	Anne Burns	U23	387.5	85.67	YNE	Eleiko British Junior Classic Championships
18	Emily Rodrigues	U23	385.5	84.69	SM	BUCS British University Championships
19	Jessica Lally	U23	382.5	84.93	SE	Eleiko British Junior Classic Championships
20	Isobel David	U18	382.5	83.77	EM	Eleiko British Sub Junior Classic Championships

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Open	512.5	95.13	SM	Arnold Classic UK
2	Lauren Elder	Open	492.5	88.99	NI	British Equipped Championships
3	Lucy Hart	Open	467.5	84.40	SM	British Equipped Championships
4	Kathryn Hall	Open	452.5	82.29	SE	British Equipped Championships
5	Rita Shergold	M2	368.5	67.39	SM	British Equipped Championships
6	Yvonne Treharne	M2	285	52.02	SM	British Equipped Championships
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katie Roberts	Open	115	96.35	WAL	IPF World Bench Press Championships
2	Rima Baki	M1	100.5	83.94	WAL	EPF European Masters Classic Championships
3	Joy Nnamani	Open	100	87.47	GL	Arnold Classic UK
4	Hannah Yardy	M1	97.5	81.58	SW	British Masters Classic Championships
5	Miranda Stitt	U23	95.5	80.57	SCO	Eleiko British Junior Classic Championships
6	Suzanne Daniel	Open	95	82.74	SE	Arnold Classic UK
7	Claudia Nicolson	Open	95	80.46	GL	All England
8	Victoria Hart	U23	94	78.94	EM	Eleiko British Junior Classic Championships
9	Makeda Vidal	Open	92.5	77.91	SW	EPF European Open Classic Championships
10	Anne Burns	U23	90	76.08	YNE	IPF World Bench Press Championships
11	Skye Moore	U23	90	75.30	NM	Eleiko British Junior Classic Championships
12	Martha Marsh	U23	87.5	74.04	NW	BUCS British University Championships
13	Elena Marian Wilson	U23	87.5	73.62	NW	BUCS British University Championships
14	Charlotte West	Open	87.5	73.34	NM	British Classic Bench Press Championships
15	Hannah Clayton	Open	85	72.28	SM	All England
16	Lauryn Flanagan	U23	85	72.13	NW	BUCS British University Championships
17	Charlotte Mackie	Open	85	71.72	EM	English Bench Press
18	Karla Evans	M1	85	71.68	NW	IPF World Bench Press Championships
19	Elena Wilson	U23	85	71.58	NW	English Bench Press
20	Isobel David	U18	85	70.99	EM	Eleiko British Sub Junior Classic Championships

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Open	142.5	88.71	SM	Arnold Classic UK
2	Jodie Cook	Open	130	83.72	WM	Arnold Classic UK
3	Kathryn Hall	Open	120	73.54	SE	IPF World Bench Press Championships
4	Lucy Hart	Open	107.5	64.87	SM	British Equipped Championships
5	Lauren Elder	Open	95	57.39	NI	British Equipped Championships
6	Rita Shergold	M2	92.5	56.63	SM	British Equipped Championships
7	Rachel Spragg	M2	87.5	53.02	SE	English Bench Press
8	Yvonne Treharne	M2	70	42.76	SM	British Equipped Championships
9	Amber Hinchelwood	M1	65	41.32	SE	IPF World Bench Press Championships
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## 69kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Annie Nelson	Open	545	113.00	SCO	IPF World Classic Championships
2	Tasmin Campbell	M1	537.5	111.90	SCO	IPF World Classic Championships
3	Sabrina Downes	Open	482.5	101.43	WAL	EPF European Open Classic Championships
4	Esther Mullings	U23	464	96.52	GL	Eleiko British Junior Classic Championships
5	Domiziana Turcatti	Open	450.5	95.41	GL	All England
6	Benedetta Lupattelli Gencarelli	Open	450	93.76	WM	BUCS British University Championships
7	Emilia Martin	U23	444.5	92.16	SE	Eleiko British Junior Classic Championships
8	Hannah Davis	U23	441	92.19	WM	Eleiko British Junior Classic Championships
9	Ella Dronfield	U23	435	91.09	NM	BUCS British University Championships
10	Yasmin Burt	U23	432.5	89.82	NM	Eleiko British Junior Classic Championships
11	Rima Baki (Guest)	M1	425	91.52	WAL	British Masters Classic Championships
12	Heather Tagg	M2	422	87.57	SW	British Masters Classic Championships
13	Emily Byrne	U23	420	87.44	WM	BUCS British University Championships
14	Lois Anderton	U23	412.5	86.46	SE	Eleiko British Junior Classic Championships
15	Charlotte Macpherson	Open	410	86.90	EM	Arnold Classic UK
16	Isabel Dowling	U23	407.5	84.70	EM	Eleiko British Junior Classic Championships
17	Amy Craig	Open	405	85.78	SCO	Scottish University Championships
18	Cairo Johnson	U23	402.5	83.45	EM	Eleiko British Junior Classic Championships
19	Ayishah Roberts	U23	400	83.55	SW	BUCS British University Championships
20	Emma Williams	Open	395	82.37	SW	BUCS British University Championships

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	587.5	100.99	NM	British Equipped Championships
2	Katie Higgins	Open	470	81.22	EM	British Equipped Championships
3	Faye Jordan	M1	440	76.74	EM	British Equipped Championships
4	Romina Basting	Open	410	73.05	EM	British Equipped Championships
5	Maureen Gordon	M3	400	69.39	SCO	British Equipped Championships
6	Madeline Connolly	M2	385.5	67.50	YNE	British Equipped Championships
7	Wendie Kirkland	M2	367.5	63.41	NM	British Equipped Championships
8	Gracie Besant	U18	340	59.53	EM	EPF European Equipped Championships
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### Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition
Tasmin Campbell	M1	125	100.06	SCO	IPF World Classic Championships
Annie Nelson	Open	115	91.76	SCO	IPF World Classic Championships
Sabrina Downes	Open	110	88.75	WAL	EPF European Open Classic Championships
Ellen Roberts	Open	105	85.11	SW	English Bench Press
Yasmin Burt	U23	102.5	81.89	NM	Eleiko British Junior Classic Championships
Rima Baki (Guest)	M1	100	82.32	WAL	British Masters Classic Championships
Louise Bray	Open	100	80.85	NW	IPF World Bench Press Championships
Charlotte Macpherson	Open	100	80.08	EM	IPF World Bench Press Championships
Alexandra Henry	Open	97.5	77.75	GL	English Bench Press
Esther Mullings	U23	95	76.00	GL	Eleiko British Junior Classic Championships
Emily Byrne	U23	92.5	73.95	WM	Eleiko British Junior Classic Championships
Lincoln Rose	M2	90	72.12	SE	IPF World Bench Press Championships
Ellen O'Mahoney	Open	90	72.09	NM	British Classic Bench Press Championships
Domiziana Turcatti	Open	87.5	71.03	GL	All England
Catherine Phipps	Open	87.5	70.47	SM	British Classic Bench Press Championships
Dhyana Sehmar	U23	87.5	70.23	WM	BUCS British University Championships
Ayishah Roberts	U23	85	69.26	SW	British Classic Bench Press Championships
Abbie Windebank	U23	85	68.90	EM	English Bench Press
Amy Craig	Open	85	68.65	SCO	BUCS British University Championships
Ella Dronfield	U23	85	68.37	NM	BUCS British University Championships

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	155	88.79	NM	EPF European Equipped Championships
2	Maureen Gordon	M3	117.5	68.00	SCO	IPF World Bench Press Championships
3	Romina Basting	Open	115	68.86	EM	Arnold Classic UK
4	Faye Jordan	M1	110	63.93	EM	British Equipped Championships
5	Katie Higgins	Open	110	63.29	EM	British Equipped Championships
6	Wendie Kirkland	M2	102.5	59.03	NM	English Bench Press
7	Madeline Connolly	M2	85	49.61	YNE	British Equipped Championships
8	Sara Cardinale	Open	77.5	44.67	GL	British Equipped Bench Press Championships
9	Gracie Besant	U18	72.5	42.31	EM	EPF European Equipped Championships
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## 76kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Sophia Ellis	Open	540	107.52	GL	IPF World Classic Championships
2	Nayomi Pennant	Open	497.5	98.64	GL	All England
3	Ayana Porteous - Simpson	Open	492.5	98.03	GL	All England
4	Naomi James	Open	480	94.87	GL	All England
5	Racheal Raji	U23	458.5	91.75	SM	Eleiko British Junior Classic Championships
6	Odette Tobaiwa	Open	455	90.45	SW	BUCS British University Championships
7	Aimee Guthrie	U23	453	89.99	SCO	BUCS British University Championships
8	Ashleigh Sutton	U23	452.5	90.25	WM	Eleiko British Junior Classic Championships
9	Millie Mabbutt	U23	450	88.78	SW	Eleiko British Junior Classic Championships
10	Qian Yu Phang	U23	445	88.29	GL	Eleiko British Junior Classic Championships
11	Charleigh Lacey	U23	440	87.02	SE	All England
12	Emily Bennett	Open	440	86.86	SW	All England
13	Khloe Curnock	U23	430	85.99	GL	Eleiko British Junior Classic Championships
14	Maryam Agoro	U23	430	85.87	GL	Eleiko British Junior Classic Championships
15	Genevieve Collins	M1	430	85.81	NW	EPF European Masters Classic Championships
16	Robyn Gorman	U23	430	84.78	SCO	Eleiko British Junior Classic Championships
17	Grace du Preez	U23	427.5	85.15	EM	Eleiko British Junior Classic Championships
18	Amelia Allen	M2	427.5	84.82	SW	British Masters Classic Championships
19	Libby Rubin	U23	425	84.60	WAL	BUCS British University Championships
20	Izzy Fakkal	U23	422.5	84.15	SE	All England

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Kimberley Cowell	Open	502.5	82.55	NW	British Equipped Championships
2	Rachel Steedman	Open	500	82.85	SCO	British Equipped Championships
3	Catherine Gordon	M2	460	76.21	SCO	EPF European Masters Equipped Championships
4	Lottie Hall	Open	400	65.91	EM	All England
5	Ashleigh Parsons	Open	387.5	63.85	EM	British Equipped Championships
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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Sophia Ellis	Open	125	96.70	GL	IPF World Classic Championships
2	Aimee Guthrie	U23	110.5	85.34	SCO	BUCS British University Championships
3	Odette Tobaiwa	Open	105	81.13	SW	BUCS British University Championships
4	Qian Yu Phang	U23	105	81.02	GL	Eleiko British Junior Classic Championships
5	Nayomi Pennant	Open	105	80.98	GL	All England
6	Marianna Pinter	Open	100	77.82	SM	IPF World Bench Press Championships
7	Marinna Pinter	Open	97.5	75.55	SM	All England
8	Isabel Dowling	U23	95	75.54	EM	IPF World Bench Press Championships
9	Amelia Allen	M2	95	73.30	SW	British Masters Classic Championships
10	Millie Mabbutt	U23	95	73.07	SW	BUCS British University Championships
11	Genevieve Collins	M1	92.5	71.67	NW	EPF European Masters Classic Championships
12	Charleigh Lacey	U23	92.5	71.31	SE	Eleiko British Junior Classic Championships
13	Ayana Porteous - Simpson	Open	90	69.61	GL	All England
14	Naomi James	Open	90	69.25	GL	All England
15	Fiona MacDonald	U23	87.5	68.11	SCO	BUCS British University Championships
16	Ellie Robins	U23	85	67.12	NM	British Classic Bench Press Championships
17	Lily Erskine	Open	85	66.16	EM	All England
18	Ellie MacDougall	U23	85	66.13	SCO	Scottish University Championships
19	Racheal Raji	U23	85	66.00	SM	Eleiko British Junior Classic Championships
20	Beth Thomas	Open	85	65.90	WM	British Classic Bench Press Championships

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Rachel Steedman	Open	150	82.54	SCO	IPF World Bench Press Championships
2	Kimberley Cowell	Open	137.5	75.53	NW	EPF European Equipped Championships
3	Catherine Gordon	M2	115	63.04	SCO	IPF World Bench Press Championships
4	Melissa Wall	M2	77.5	42.67	SCO	EPF European Masters Equipped Championships
5	Lottie Hall	Open	75	41.36	EM	British Equipped Championships
6	Ashleigh Parsons	Open	72.5	39.68	EM	British Equipped Championships
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## 84kg Class Top 20 Female ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Ziana Azariah	Open	592.5	112.00	SW	IPF World Classic Championships
2	Erholove Izobodo-John	U23	583	110.88	YNE	EPF European Open Classic Championships
3	Temitope Nuga	Open	562.5	108.78	GL	Arnold Classic UK
4	Sian Arterton	Open	477.5	90.34	EM	All England
5	Natasha Brooks	Open	472.5	89.44	EM	BUCS British University Championships
6	Hettie Simpson	Open	465	89.98	SW	All England
7	Hira Teirney	M1	465	88.06	SW	British Masters Classic Championships
8	Wendy Macfarlane	M1	465	88.02	SCO	British Masters Classic Championships
9	Tiana Ettienne	M1	450	85.64	EM	British Masters Classic Championships
10	Grace Howse	U23	445	85.15	EM	Eleiko British Junior Classic Championships
11	Kerry Wood	U23	435	82.66	NM	Eleiko British Junior Classic Championships
12	Lisa Herrington	M2	431	82.10	SCO	British Masters Classic Championships
13	Abigail Marshall	U23	427.5	80.88	NW	Eleiko British Junior Classic Championships
14	Charlotte Marillier	M1	420	79.32	SW	British Masters Classic Championships
15	Erykah Boaten	U23	415	78.86	SE	Eleiko British Junior Classic Championships
16	Rachael Horton	M1	405	77.78	WM	British Masters Classic Championships
17	Kate Mitchell	U23	402.5	77.71	NM	BUCS British University Championships
18	Katie Baker	Open	402.5	76.94	EM	All England
19	Denise Galbraith	M1	400	76.31	F	British Masters Classic Championships
20	Caitlin Dinnen	Open	395	75.24	SCO	BUCS British University Championships

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Christie Civetta	Open	600	94.58	SM	EPF European Equipped Championships
2	Jenni Sherwood	M2	495.5	78.37	NM	British Equipped Championships
3	Emily Shergold	U23	492.5	77.62	SM	EPF European Equipped Championships
4	Catherine Burroughs	M1	417.5	66.10	EM	British Equipped Championships
5	Katie Tatum	U18	402.5	65.01	SE	EPF European Equipped Championships
6	Denise Westbrook	M2	330	50.83	SM	EPF European Masters Equipped Championships
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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Temitope Nuga	Open	127.5	96.62	GL	Arnold Classic UK
2	Grace Howse	U23	110	82.77	EM	Eleiko British Junior Classic Championships
3	Sian Arterton	Open	107.5	80.30	EM	All England
4	Ziana Azariah	Open	107.5	80.25	SW	IPF World Classic Championships
5	Erholove Izobodo-John	U23	105	78.70	YNE	EPF European Open Classic Championships
6	Hettie Simpson	Open	100	75.81	SW	All England
7	Nayomi Pennant	Open	97.5	73.75	GL	British Classic Bench Press Championships
8	Georgina Hazell	M2	95	71.09	EM	British Classic Bench Press Championships
9	Katie Baker	Open	92.5	69.56	EM	All England
10	Kerry Wood	U23	92.5	69.28	NM	Eleiko British Junior Classic Championships
11	Wendy Macfarlane	M1	92.5	69.11	SCO	British Masters Classic Championships
12	Erykah Boaten	U23	90	67.41	SE	Eleiko British Junior Classic Championships
13	Glesni Tegid	Open	90	67.37	WAL	British Classic Bench Press Championships
14	Miriam Weber	Open	90	67.23	SE	British Classic Bench Press Championships
15	Abigail Marshall	U23	87.5	65.36	NW	Eleiko British Junior Classic Championships
16	Charlotte Marillier	M1	87.5	65.28	SW	British Masters Classic Championships
17	Stefanie Ertzinger	Open	85	64.27	SCO	British Classic Bench Press Championships
18	Hira Teirney	M1	85	63.53	SW	British Masters Classic Championships
19	Natasha Brooks	Open	85	63.51	EM	BUCS British University Championships
20	Lisa Herrington	M2	82.5	61.89	SCO	British Masters Classic Championships

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Christie Civetta	Open	145	75.881	SM	EPF European Equipped Championships
2	Miriam Weber	Open	125	65.292	SE	IPF World Bench Press Championships
3	Emily Shergold	U23	107.5	56.2434	SM	EPF European Equipped Championships
4	Katie Tatum	U18	105	56.23	SE	English Bench Press
5	Joanne Frost	M2	105	55.52	YNE	British Equipped Bench Press Championships
6	Jenni Sherwood	M2	102.5	53.82	NM	British Equipped Championships
7	Catherine Burroughs	M1	90	47.19	EM	EPF European Masters Equipped Championships
8	Denise Westbrook	M2	72.5	37.09	SM	EPF European Masters Equipped Championships
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## 84kg+ Class Top 20 Female ranked by total

### Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Aquinn Onuoha	Open	570	101.00	EM	Arnold Classic UK
2	Claire Roberts	M1	525	94.21	NW	British Masters Classic Championships
3	Victoria Cavalier-Hirth	Open	520	87.36	SM	EPF European Open Classic Championships
4	Rebecca Coggle	M1	518	86.66	SE	EPF European Masters Classic Championships
5	Helen Ferguson-Ford	M1	510	86.02	SCO	British Masters Classic Championships
6	Sohlan Aslan	U23	492.5	88.77	YNE	Eleiko British Junior Classic Championships
7	Caitlin Davies	U23	492.5	82.96	WAL	Eleiko British Junior Classic Championships
8	Joanne Parkin	M1	490	84.22	SCO	British Masters Classic Championships
9	Oliwia Kozorys	U23	470	81.57	GL	Eleiko British Junior Classic Championships
10	Talia Firth	Open	465	83.39	YNE	All England
11	Leanne Mackenzie	Open	465	82.82	SW	All England
12	Karmen Harvey	U23	462.5	80.92	EM	Eleiko British Junior Classic Championships
13	Laura Etfer	Open	450	78.36	YNE	BUCS British University Championships
14	Emily Greaves	U23	448	81.29	YNE	BUCS British University Championships
15	Jessica Hughes	Open	447.5	73.98	SM	All England
16	Jameliah Oseki-Simms	U23	445	77.79	SE	BUCS British University Championships
17	Ada Marta Adamczyk	U23	442.5	80.29	EM	BUCS British University Championships
18	Alexis Scott	U23	440.5	77.43	NM	BUCS British University Championships
19	Kimberly Reidel	U23	437.5	78.42	YNE	BUCS British University Championships
20	Cherie Nijhuis	Open	427.5	79.15	SM	All England

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Katrina Sweatman	Open	645	89.40	EM	British Equipped Championships
2	Joanne Parkin	M1	500	70.88	SCO	British Equipped Championships
3	Emily Shergold	U23	440	68.21	SM	British Equipped Championships
4	Jacqueline Blasbery	M3	407.5	60.89	EM	EPF European Masters Equipped Championships
5	Denise Westbrook	M2	325	50.21	SM	British Equipped Championships
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### Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Rebecca Coggle	M1	130.5	91.88	SE	British Masters Classic Championships
2	Victoria Cavalier-Hirth	Open	130	91.70	SM	IPF World Bench Press Championships
3	Emily Greaves	U23	110.5	80.52	YNE	BUCS British University Championships
4	Joanne Laird	M2	107.5	75.95	YNE	IPF World Bench Press Championships
5	Caitlin Davies	U23	107.5	75.88	WAL	Eleiko British Junior Classic Championships
6	Claire Roberts	M1	105	76.06	NW	British Masters Classic Championships
7	Kimberly Reidel	U23	105	76.02	YNE	BUCS British University Championships
8	Sohlan Aslan	U23	102.5	74.42	YNE	Eleiko British Junior Classic Championships
9	Talia Firth	Open	102.5	74.23	YNE	All England
10	Joanne Parkin	M1	102.5	72.83	SCO	British Masters Classic Championships
11	Helen Ferguson-Ford	M1	102.5	72.43	SCO	Scottish Masters Championships
12	Karmen Harvey	U23	100	71.44	EM	English Bench Press
13	Laura Etfer	Open	100	71.42	YNE	BUCS British University Championships
14	Siobhan Taylor	M1	100	71.02	EM	British Classic Bench Press Championships
15	Ada Marta Adamczyk	U23	97.5	71.05	EM	BUCS British University Championships
16	Jameliah Oseki-Simms	U23	97.5	69.76	SE	BUCS British University Championships
17	Fiona Gaffney	M1	97.5	69.55	YNE	All England
18	Aquinn Onuoha	Open	95	68.39	EM	Arnold Classic UK
19	Oliwia Kozorys	U23	95	67.76	GL	Eleiko British Junior Classic Championships
20	Jackie Blasbery	M3	90.5	65.52	EM	British Masters Classic Championships

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Katrina Sweatman	Open	222.5	103.66	EM	Arnold Classic UK
2	Siobhan Taylor	M1	185	87.98	EM	IPF World Bench Press Championships
3	Joanne Laird	M2	160	74.53	YNE	IPF World Bench Press Championships
4	Charlie Marillier	M1	152.5	78.57	SW	Arnold Classic UK
5	Joanne Parkin	M1	125	59.31	SCO	British Equipped Championships
6	Miriam Weber	Open	120	61.50	SE	All England
7	Jacqueline Blasbery	M3	115	57.16	EM	EPF European Masters Equipped Championships
8	Ella Brincat-Smith	U23	112.5	55.42	NM	IPF World Bench Press Championships
9	Emily Shergold	U23	100	51.48	SM	British Equipped Championships
10	Denise Westbrook	M2	70	35.80	SM	All England
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