



## 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	Adejoke Adetayo	Open	57	109.43	GL	IPF World Classic Championships
8	Temitope Nuga	Open	84	108.78	GL	Arnold Classic UK
9	Sophia Ellis	Open	76	107.52	GL	IPF World Classic Championships
10	Gwen Marsden	U23	43	107.39	SM	IPF World Junior Classic Championships
11	Lucy Robinson	U23	63	106.71	YNE	IPF World Junior Classic Championships
12	Sabrina Downes	Open	69	105.72	WAL	Girl Power
13	Caitlin Baxter	U23	57	105.46	YNE	EPF European Junior Classic Championships
14	Suzanne Daniel	Open	63	104.39	SE	Arnold Classic UK
15	Bettina Hanlon	Open	76	103.50	NW	Manchester Open 2024
16	Makeda Vidal	Open	63	103.38	SW	EPF European Open Classic Championships
17	Aquinn Onuoha	Open	84+	103.29	EM	Manchester Open 2024
18	Leoni Tatman	Open	52	102.15	SW	All England
19	Amelia Fox	U23	57	101.37	WM	EPF European Junior Classic Championships
20	Ayana Porteous	Open	76	100.25	GL	EPF Western European Championships

### Equipped Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition	
1	Holly Bryans	Open	76	103.01	NM	Manchester Open 2024
2	Ellie Steel	Open	57	101.60	SM	EPF European Equipped Championships
3	Christie Civetta	Open	84	94.65	SM	Manchester Open 2024
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	Kathryn Hall	Open	63	85.16	SE	EPF Western European Championships
8	Lucy Hart	Open	63	84.40	SM	British Equipped Championships
9	Rachel Steedman	Open	76	82.85	SCO	British Equipped Championships
10	Kimberley Cowell	Open	76	82.55	NW	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	78.32	SM	Manchester Open 2024
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	Bobbie Butters	Open	57	100.56	NW	IPF World Classic Championships
2	Caitlin Baxter	U23	57	100.50	YNE	EPF European Junior 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	Rebecca Coggle	M1	84+	95.03	SE	EPF European Bench Press Championships
9	Zijun Chen	Open	57	94.28	SM	EPF European Bench Press Championships
10	Ruth Grigg	Open	52	93.66	YNE	EPF European Open Classic Championships
11	Gwen Marsden	U23	43	92.80	SM	IPF World Junior Classic Championships
12	Sabrina Downes	Open	69	92.76	WAL	Girl Power
13	Llio Godfrey-Flower	U23	69	92.43	EM	Euro Muscle Show
14	Annie Nelson	Open	69	91.76	SCO	IPF World Classic Championships
15	Victoria Cavalier-Hirth	Open	84+	91.70	SM	IPF World Bench Press Championships
16	Ruth Grigg	Open	57	90.83	YNE	Manchester Open 2024
17	Bettina Hanlon	Open	76	88.27	NW	Manchester Open 2024
18	Joy Nnamani	Open	63	87.47	GL	Arnold Classic UK
19	Hollie Tobun	Open	84+	86.29	YNE	Manchester Open 2024
20	Aimee Guthrie	U23	76	85.87	SCO	CPF Commonwealth Classic Championships

### Equipped Bench IPF Points

Name	Age Class	Weight	IPF	Division	Competition	
1	Katrina Sweatman	Open	222.5	103.66	EM	Arnold Classic UK
2	Ellie Steel	Open	145	93.63	SM	EPF European Equipped Championships
3	Holly Bryans	Open	165	92.64	NM	Manchester Open 2024
4	Siobhan Taylor	M1	185	87.98	EM	IPF World Bench Press Championships
5	Jodie Cook	Open	132.5	86.49	WM	IPF World Bench Press Championships
6	Rachel Steedman	Open	157.5	86.42	YNE	EPF European Bench Press Championships
7	Kimberley Cowell	Open	152.5	84.27	NW	EPF European Bench Press Championships
8	Amila Disanayake	Open	115	80.59	GL	Arnold Classic UK
9	Christie Civetta	Open	150.5	78.69	SM	Manchester Open 2024
10	Charlie Marillier	M1	152.5	78.57	SW	Arnold Classic UK
11	Kathryn Hall	Open	130	78.49	SE	EPF Western European Championships
12	Joanne Laird	M2	160	74.53	YNE	IPF World Bench Press Championships
13	Maureen Gordon	M3	125	71.92	SCO	EPF European Bench Press Championships
14	Romina Basting	Open	115	68.86	EM	Arnold Classic UK
15	Emily Shergold	U23	127.5	67.31	SM	Manchester Open 2024
16	Lucy Hart	Open	110	66.45	SM	EPF European Bench Press Championships
17	Helen Quinn	Open	97.5	65.99	NI	IPF World Bench Press Championships
18	Amanda Hughes	M1	100	65.53	SM	IPF World Bench Press Championships
19	Miriam Weber	Open	125	65.29	SE	IPF World Bench Press Championships
20	Faye Jordan	M1	110	63.93	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	Nikola Murray	Open	322.5	96.58	SCO	CPF Commonwealth Classic Championships
3	Lauren Preston	U23	317.5	89.74	SCO	IPF World Junior Classic Championships
4	Gigi Nicolson	Open	317.5	88.76	NM	All England
5	Martina Pisano	Open	317.5	88.67	GL	CPF Commonwealth Classic Championships
6	Katie Paskin	M1	285	80.82	SM	CPF Commonwealth Classic Championships
7	Allaya Rasul	U23	282.5	78.88	EM	IPF FISU University Championships
8	Louise Pickenhan	Open	255	76.27	EM	BUCS British University Championships
9	Vivien Choi	U23	242.5	67.22	SCO	Scottish University Championships
10	Zoha Zaheer	U18	230	63.76	SCO	Eleiko British Sub Junior Classic Championships
11	Marina Cornwall	M4	200	58.80	SM	IPF World 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	Lauren Preston	U23	70	75.87	SCO	IPF World Junior Classic Championships
2	Rebecca Heath	M1	70	75.38	GL	IPF World Masters Classic Championships
3	Gigi Nicolson	Open	67.5	72.24	NM	All England
4	Martina Pisano	Open	62.5	66.81	GL	CPF Commonwealth Classic Championships
5	Nikola Murray	Open	57.5	66.77	SCO	CPF Commonwealth Classic Championships
6	Katie Paskin	M1	55	59.84	SM	CPF Commonwealth Classic Championships
7	Louise Pickenhan	Open	52.5	60.87	EM	BUCS British University Championships
8	Allaya Rasul	U23	52.5	56.10	EM	IPF FISU University Championships
9	Vivien Choi	Open	50	52.99	SCO	Scottish University Championships
10	Marina Cornwall	M4	37.5	43.75	SM	British Masters Classic Championships
11	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	390	98.64	YNE	EPF Western European Championships
3	Bridget Parris	U23	370	93.89	WM	IPF World Junior Classic Championships
4	Peta Goodwin	Open	362.5	92.30	YNE	Manchester Open 2024
5	Lenka Pilnikova	M1	362	93.29	NW	British Masters Classic Championships
6	Emily Caton	Open	357.5	91.18	YNE	All England
7	Abby Cooley	U23	346.5	88.88	NM	IPF FISU University Championships
8	Molly Clark	Open	342.5	87.81	SCO	Scottish University Championships
9	Ceileidh Mercer	Open	340.5	88.21	SCO	Scottish Classic Championships
10	Katy Clarke	M1	338.5	86.48	YNE	All England
11	Kayley Phillips	Open	330	85.04	WAL	CPF Commonwealth Classic Championships
12	Long Kiu Tse	U23	327.5	83.82	SM	Eleiko British Junior Classic Championships
13	Kate Clarke	M1	325	82.27	YNE	CPF Commonwealth Classic Championships
14	Sylvie Thomas	U18	320	82.02	YNE	EPF European Junior Classic Championships
15	Mia Wannop	U23	317.5	80.98	NM	Eleiko British Junior Classic Championships
16	Laura Martin	Open	310	80.38	NI	CPF Commonwealth Classic Championships
17	Najah Hatahet	M1	307.5	78.30	NW	British Masters Classic Championships
18	Chloe Cornwell	U18	303	77.41	SE	CPF Commonwealth Classic Championships
19	Megan Davenport	U23	302.5	80.71	GL	CPF Commonwealth Classic Championships
20	Kathryn Marron	Open	302.5	79.80	WAL	BUCS British University Championships

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Louise Edwards	M1	347.5	70.82	NM	EPF Western European 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	Peta Goodwin	Open	80	77.25	YNE	Manchester Open 2024
6	Kirsty Russell	Open	80	77.12	WAL	EPF European Bench Press Championships
7	Megan Davenport	U23	72.5	74.33	GL	CPF Commonwealth Classic Bench Press Championships
8	Cristiana Sessini	Open	72.5	70.26	SM	British Classic Bench Press Championships
9	Emily Westray	Senior	70	68.27	YNE	CPF Commonwealth Classic Bench Press Championships
10	Sylvie Thomas	U18	70	68.07	YNE	EPF European Junior Classic Championships
11	Long Kiu Tse	U23	70	67.96	SM	Eleiko British Junior Classic Championships
12	Katy Clarke	M1	70	67.84	YNE	All England
13	Kate Clarke	M1	70	67.18	YNE	CPF Commonwealth Classic Championships
14	Ceileidh Mercer	Senior	70	67.12	SCO	CPF Commonwealth Classic Bench Press Championships
15	Gina Zimbalatti	Open	67.5	66.01	SW	British Classic Bench Press Championships
16	Ceileidh Mercer	Open	67.5	65.36	SCO	CPF Commonwealth Classic Championships
17	Emily Caton	Open	67.5	65.30	YNE	All England
18	Abby Cooley	U23	65	63.25	NM	IPF FISU University Championships
19	Bridget Parris	U23	65	62.55	WM	IPF World Junior Classic Championships
20	Laura Petch	Open	62.5	61.59	SE	British Classic Bench Press 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	47.38	EM	EPF European Bench Press Championships
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	447.5	105.46	YNE	EPF European Junior Classic Championships
4	Amelia Fox	U23	427.5	101.37	WM	EPF European Junior Classic Championships
5	Hannah Matson	Open	420	99.77	NM	IPF FISU University Championships
6	Ruth Grigg	Open	400	95.89	YNE	Manchester Open 2024
7	Connie Raitt	Open	387.5	91.26	SM	Manchester Open 2024
8	Anna Clay	Open	385	92.83	EM	All England
9	Helen Hughes	M1	380	89.59	SM	EPF European Masters Classic Championships
10	Molly Clark	Open	372.5	91.70	SCO	Scottish Classic Championships
11	Katie Higham	Open	372.5	88.56	NW	All England
12	Yana Lyntovska	Open	370	88.21	GL	All England
13	Isabelle Jackson	U23	367.5	87.50	NW	Euro Muscle Show
14	Amy Middlemas	U23	367.5	86.26	EM	IPF FISU University Championships
15	Kate Matthew	M1	365	86.19	WAL	British Masters Classic Championships
16	Catherine Shamel	M1	365	85.73	WM	All England
17	Lynne Gray	Open	363.5	87.14	SCO	Scottish Classic Championships
18	Emma Drackford	M1	363	85.89	SM	CPF Commonwealth Classic Championships
19	Becca Kirkpatrick	M1	360	84.89	WM	British Masters Classic Championships
20	Caitlin Parrott	U23	355	83.94	NM	Eleiko British Junior Classic 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	112.5	100.50	YNE	EPF European Junior Classic Championships
3	Zijun Chen	Open	105	94.28	SM	EPF European Bench Press Championships
4	Ruth Grigg	Open	100	90.83	YNE	Manchester Open 2024
5	Sheina Kaye	Senior	92.5	84.55	NW	CPF Commonwealth Classic Bench Press Championships
6	Molly Clark	Open	90	83.94	SCO	Scottish Classic Championships
7	Hannah Matson	Open	90	80.55	NM	British Classic Bench Press Championships
8	Helen Hughes	M1	87.5	78.19	SM	EPF European Masters Classic Championships
9	Amber Watson	U23	82.5	74.58	NW	IPF World Bench Press Championships
10	Adejoke Adetayo	Open	82.5	73.98	GL	IPF World Classic Championships
11	Connie Raitt	Open	82.5	73.65	SM	Manchester Open 2024
12	Catherine Shamel	M1	82.5	73.60	WM	CPF Commonwealth Classic Championships
13	Amelia Fox	U23	80	71.89	WM	EPF European Junior Classic Championships
14	Katie Woods	U18	78	70.70	NI	CPF Commonwealth Classic Championships
15	Isabelle Jackson	U23	77.5	69.93	NW	Euro Muscle Show
16	Caitlin Parrott	U23	77.5	69.45	NM	Eleiko British Junior Classic Championships
17	Cat Shamel	M1	77.5	69.27	WM	Manchester Open 2024
18	Hana Stephen	Open	75	68.12	YNE	Manchester Open 2024
19	Becca Kirkpatrick	M1	75	67.04	WM	British Masters Classic Championships
20	Chloe Lancaster	Open	75	66.87	SE	All England

### 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	92.5	60.50	NM	EPF European 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	62.5	40.80	SE	EPF European Bench Press 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	Lucy Robinson	U23	485	106.71	YNE	IPF World Junior Classic Championships
3	Makeda Vidal	Open	467.5	103.38	SW	EPF European Open Classic Championships
4	Suzanne Daniel	Open	455	104.39	SE	Arnold Classic UK
5	Skye Moore	U23	455	100.00	NM	EPF European Junior Classic Championships
6	Hannah Yardy	M1	448.5	98.43	SW	British Masters Classic Championships
7	Grace Allinson	Open	430	95.06	YNE	Manchester Open 2024
8	Hannah Clayton	Open	427.5	95.60	SM	CPF Commonwealth Classic Championships
9	Claudia Nicolson	Open	427.5	95.18	GL	CPF Commonwealth Classic Championships
10	Kathleen Smartt	Open	427.5	93.63	YNE	EPF Western European Championships
11	Dominique Cox	Open	425	93.86	SE	Manchester Open 2024
12	Rima Baki	M1	423	92.64	WAL	EPF European Masters Classic Championships
13	Miranda Stitt	U23	421	93.99	SCO	CPF Commonwealth Classic Championships
14	Victoria Hart	U23	411.5	90.68	EM	Eleiko British Junior Classic Championships
15	Amelia Fox	U23	408.5	93.66	WM	BUCS British University Championships
16	Ellie Weinstein	U23	407.5	93.43	GL	BUCS British University Championships
17	Martha Marsh	U23	407.5	90.57	NW	BUCS British University Championships
18	Jessica Conti	Open	405	89.73	SCO	CPF Commonwealth Classic Championships
19	Serena Blundell	U23	405	89.49	EM	CPF Commonwealth Classic Championships
20	Anne Burns	U23	405	89.35	YNE	Manchester Open 2024

### 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	Kathryn Hall	Open	470	85.16	SE	EPF Western European Championships
4	Lucy Hart	Open	467.5	84.40	SM	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	Miranda Stitt	U23	101	85.80	SCO	CPF Commonwealth Classic Championships
3	Rima Baki	M1	100.5	83.94	WAL	EPF European Masters Classic Championships
4	Joy Nnamani	Open	100	87.47	GL	Arnold Classic UK
5	Charlotte Mackie	Senior	100	84.74	EM	CPF Commonwealth Classic Bench Press Championships
6	Hannah Yardy	M1	97.5	81.65	SW	IPF World Masters Classic Championships
7	Suzanne Daniel	Open	95	82.74	SE	Arnold Classic UK
8	Claudia Nicolson	Open	95	80.50	GL	CPF Commonwealth Classic Championships
9	Faye McKie	Open	95	79.63	SCO	Scottish Classic Championships
10	Skye Moore	U23	95	79.59	NM	EPF European Junior Classic Championships
11	Victoria Hart	U23	94	78.94	EM	Eleiko British Junior Classic Championships
12	Isobel David	U18	92.5	77.99	NM	EPF European Junior Classic Championships
13	Makeda Vidal	Open	92.5	77.91	SW	EPF European Open Classic Championships
14	Anne Burns	U23	92.5	77.75	YNE	Manchester Open 2024
15	Lucy Robinson	U23	92.5	77.57	YNE	IPF World Junior Classic Championships
16	Jessica Conti	Open	90	75.93	SCO	CPF Commonwealth Classic Championships
17	Kathleen Smartt	Open	90	75.17	YNE	EPF Western European Championships
18	Hannah Clayton	Open	87.5	74.44	SM	CPF Commonwealth Classic Championships
19	Martha Marsh	U23	87.5	74.04	NW	BUCS British University Championships
20	Grace Allinson	Open	87.5	73.69	YNE	Manchester Open 2024

### 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	130	78.49	SE	EPF Western European Championships
4	Lucy Hart	Open	110	66.45	SM	EPF European Bench Press 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	490	105.72	WAL	Girl Power
4	Esther Mullings	U23	464	96.52	GL	Eleiko British Junior Classic Championships
5	Llio Godfrey-Flower	U23	462.5	96.77	EM	Euro Muscle Show
6	Domiziana Turcatti	Open	450.5	95.41	GL	All England
7	Grace Stilgoe	Open	450	97.76	GL	Manchester Open 2024
8	Laura Best	Open	450	93.92	SCO	Scottish Classic Championships
9	Benedetta Lupattelli Gencarelli	Open	450	93.76	WM	BUCS British University Championships
10	Emilia Martin	U23	444.5	92.16	SE	Eleiko British Junior Classic Championships
11	Hannah Davis	U23	441	92.19	WM	Eleiko British Junior Classic Championships
12	Christina Kio-Bennett	Open	437.5	92.99	WAL	CPF Commonwealth Classic Championships
13	Ella Dronfield	U23	435	91.09	NM	BUCS British University Championships
14	Yasmin Burt	U23	432.5	89.82	NM	Eleiko British Junior Classic Championships
15	Amy Craig	Open	430	89.86	SCO	CPF Commonwealth Classic Championships
16	Rima Baki (Guest)	M1	425	91.52	WAL	British Masters Classic Championships
17	Heather Tagg	M2	422	87.57	SW	British Masters Classic Championships
18	Amy Martin	Open	420	87.66	WAL	CPF Commonwealth Classic Championships
19	Emily Byrne	U23	420	87.44	WM	BUCS British University Championships
20	Helena Humphries	Open	415	89.20	NW	Manchester Open 2024

### 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
Sabrina Downes	Open	112.5	92.76	WAL	Girl Power
Llio Godfrey-Flower	U23	115	92.43	EM	Euro Muscle Show
Annie Nelson	Open	115	91.76	SCO	IPF World Classic Championships
Ellen Roberts	Open	105	85.11	SW	English Bench Press
Rima Baki (Guest)	M1	100	82.32	WAL	British Masters Classic Championships
Yasmin Burt	U23	102.5	81.89	NM	Eleiko British Junior 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
Grace Stilgoe	Open	95	78.79	GL	Manchester Open 2024
Alexandra Henry	Open	97.5	77.75	GL	English Bench Press
Christina Kio-Bennett	Open	95	77.35	WAL	CPF Commonwealth Classic Championships
Faye McKie	Open	95	76.12	SCO	CPF Commonwealth Classic Championships
Esther Mullings	U23	95	76.00	GL	Eleiko British Junior Classic Championships
Charlotte West	Open	92.5	75.26	NM	Manchester Open 2024
Emily Byrne	U23	92.5	73.95	WM	Eleiko British Junior Classic Championships
Beata Petenyi	Open	90	73.67	NW	Manchester Open 2024
Katarzyna Barnat	Open	90	72.29	SCO	Scottish Classic Championships
Amy Craig	Open	90	72.26	SCO	CPF Commonwealth Classic Championships
Alice Baker	U23	90	72.21	WAL	CPF Commonwealth Classic Championships

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	155	88.79	NM	EPF European Equipped Championships
2	Kathryn Hall	Open	127.5	75.91	SE	EPF European Bench Press Championships
3	Maureen Gordon	M3	125	71.92	SCO	EPF European Bench Press Championships
4	Romina Basting	Open	115	68.86	EM	Arnold Classic UK
5	Faye Jordan	M1	110	63.93	EM	British Equipped Championships
6	Katie Higgins	Open	110	63.29	EM	British Equipped Championships
7	Wendie Kirkland	M2	102.5	59.20	NM	EPF European Bench Press Championships
8	Madeline Connolly	M2	85	49.61	YNE	British Equipped Championships
9	Sara Cardinale	Open	77.5	44.67	GL	British Equipped Bench Press Championships
10	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	Bettina Hanlon	Open	510	103.50	NW	Manchester Open 2024
3	Ayana Porteous	Open	503	100.25	GL	EPF Western European Championships
4	Racheal Raji	U23	497.5	98.96	SM	IPF World Junior Classic Championships
5	Nayomi Pennant	Open	497.5	98.64	GL	All England
6	Susanna Argile	Open	485	96.26	SM	EPF Western European Championships
7	Naomi James	Open	480	94.87	GL	All England
8	Odette Tobaiwa	Open	468	92.70	SW	IPF FISU University Championships
9	Aimee Guthrie	U23	466	92.79	SCO	CPF Commonwealth Classic Championships
10	Millie Mabbutt	U23	460	90.71	SW	Euro Muscle Show
11	Morgan Gladden	Open	457.5	90.92	SCO	CPF Commonwealth Classic Championships
12	Ashleigh Sutton	U23	455	89.78	WM	EPF European Junior Classic Championships
13	Robyn Gorman	U23	452.5	89.21	SCO	CPF Commonwealth Classic Championships
14	Genevieve Collins	M1	447.5	89.22	NW	IPF World Masters Classic Championships
15	Qian Yu Phang	U23	445	88.29	GL	Eleiko British Junior Classic Championships
16	Diamand Franklin	Open	442.5	87.79	EM	Manchester Open 2024
17	Natasha Eaton	Open	442.5	87.71	WAL	CPF Commonwealth Classic Championships
18	Charleigh Lacey	U23	440	87.02	SE	All England
19	Emily Bennett	Open	440	86.86	SW	All England
20	Michelle Chendamudima	Open	437.5	86.86	SW	Manchester Open 2024

### Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Holly Bryans	Open	610	103.01	NM	Manchester Open 2024
2	Kimberley Cowell	Open	502.5	82.55	NW	British Equipped Championships
3	Rachel Steedman	Open	500	82.85	SCO	British Equipped Championships
4	Catherine Gordon	M2	460	76.21	SCO	EPF European Masters Equipped Championships
5	Lottie Hall	Open	400	65.91	EM	All England
6	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	Bettina Hanlon	Open	112.5	88.27	NW	Manchester Open 2024
3	Aimee Guthrie	U23	111	85.87	SCO	CPF Commonwealth Classic Championships
4	Krystal Qian Yu Phang	U23	110	85.20	GL	Euro Muscle Show
5	Odette Tobaiwa	Open	110.5	85.16	SW	IPF FISU University Championships
6	Susanna Argile	Open	105	81.04	SM	EPF Western European Championships
7	Qian Yu Phang	U23	105	81.02	GL	Eleiko British Junior Classic Championships
8	Nayomi Pennant	Open	105	80.98	GL	All England
9	Marianna Pinter	Open	100	77.82	SM	IPF World Bench Press Championships
10	Morgan Gladden	Open	100	77.25	SCO	CPF Commonwealth Classic Championships
11	Isabel Dowling	U23	95	75.54	EM	IPF World Bench Press Championships
12	Racheal Raji	U23	97.5	75.37	SM	IPF World Junior Classic Championships
13	Millie Mabbutt	U23	97.5	74.90	SW	Euro Muscle Show
14	Genevieve Collins	M1	95	73.56	NW	IPF World Masters Classic Championships
15	Amelia Allen	M2	95	73.30	SW	British Masters Classic Championships
16	Diamand Franklin	Open	95	73.30	EM	Manchester Open 2024
17	Carole o'Neil	M1	92.5	72.02	YNE	CPF Commonwealth Classic Championships
18	Ayana Porteous	Open	92.5	71.61	GL	EPF Western European Championships
19	Naomi James	Open	92.5	71.41	GL	Manchester Open 2024
20	Natasha Eaton	Open	92.5	71.32	WAL	CPF Commonwealth Classic Championships

### Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Holly Bryans	Open	165	92.64	NM	Manchester Open 2024
2	Rachel Steedman	Open	157.5	86.42	YNE	EPF European Bench Press Championships
3	Kimberley Cowell	Open	152.5	84.27	NW	EPF European Bench Press Championships
4	Catherine Gordon	M2	115	63.04	SCO	IPF World Bench Press Championships
5	Melissa Wall	M2	77.5	42.67	SCO	EPF European Masters Equipped Championships
6	Lottie Hall	Open	75	41.36	EM	British Equipped Championships
7	Ashleigh Parsons	Open	72.5	39.68	EM	British Equipped Championships
8	Elena Brewer	Open	70.5	38.93	NI	NI Bench Press 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	487.5	92.15	EM	CPF Commonwealth Classic Championships
5	Vanassa George-Macdonald	Open	485	92.12	SCO	Scottish Classic Championships
6	Jodi Beynon	Open	475	89.94	WAL	CPF Commonwealth Classic Championships
7	Natasha Brooks	Open	472.5	89.44	EM	BUCS British University Championships
8	Lauren Williamson	Open	468	88.67	SCO	Scottish Classic Championships
9	Leanne Richards	Open	467.5	89.05	NW	Manchester Open 2024
10	Hettie Simpson	Open	465	89.98	SW	All England
11	Hira Teirney	M1	465	88.67	SW	IPF World Masters Classic Championships
12	Wendy Macfarlane	M1	465	88.02	SCO	British Masters Classic Championships
13	Fiona MacDonald	U23	457.5	90.17	SCO	CPF Commonwealth Classic Championships
14	Tiana Ettienne	M1	450	85.64	EM	British Masters Classic Championships
15	Grace Howse	U23	445	85.15	EM	Eleiko British Junior Classic Championships
16	Abigail Marshall	U23	442.5	84.13	NW	Manchester Open 2024
17	Kerry Wood	U23	440	83.53	NM	Manchester Open 2024
18	Lisa Herrington	M2	435	82.88	SCO	IPF World Masters Classic Championships
19	Grace Burns-Murphy	Open	432.5	84.96	NW	Manchester Open 2024
20	Katherine Gathercole	Open	430	83.11	NM	Manchester Open 2024

### Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Open	601	94.65	SM	Manchester Open 2024
2	Jenni Sherwood	M2	495.5	78.37	NM	British Equipped Championships
3	Emily Shergold	U23	492.5	78.32	SM	Manchester Open 2024
4	Catherine Gordon	M2	450	73.64	SCO	EPF Western European Championships
5	Catherine Burroughs	M1	417.5	66.10	EM	British Equipped Championships
6	Katie Tatum	U18	412.5	65.77	SE	IPF World Junior Equipped Championships
7	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	Sian Arterton	Open	112.5	83.98	EM	CPF Commonwealth Classic Championships
3	Grace Howse	U23	110	82.77	EM	Eleiko British Junior Classic Championships
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	Katie Baker	Senior	97.5	73.23	EM	CPF Commonwealth Classic Bench Press Championships
9	Leanne Richards	Open	97.5	73.15	NW	Manchester Open 2024
10	Vanassa George-Macdonald	Open	97.5	73.01	SCO	Scottish Classic Championships
11	Fiona MacDonald	U23	95	72.95	SCO	CPF Commonwealth Classic Championships
12	Jodi Beynon	Open	97.5	72.86	WAL	CPF Commonwealth Classic Championships
13	Georgina Hazell	M2	95	71.09	EM	British Classic Bench Press Championships
14	Lauren Williamson	Open	95	70.96	SCO	CPF Commonwealth Classic Championships
15	Kerry Wood	U23	92.5	69.28	NM	Eleiko British Junior Classic Championships
16	Wendy Macfarlane	M1	92.5	69.11	SCO	British Masters Classic Championships
17	Erykah Boaten	U23	90	67.41	SE	Eleiko British Junior Classic Championships
18	Glesni Tegid	Open	90	67.37	WAL	British Classic Bench Press Championships
19	Miriam Weber	Open	90	67.23	SE	British Classic Bench Press Championships
20	Abigail Marshall	U23	87.5	65.56	NW	Manchester Open 2024

### Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Open	150.5	78.6852	SM	Manchester Open 2024
2	Emily Shergold	U23	127.5	67.3107	SM	Manchester Open 2024
3	Miriam Weber	Open	125	65.292	SE	IPF World Bench Press Championships
4	Catherine Gordon	M2	105	57.06	SCO	EPF Western European Championships
5	Katie Tatum	U18	105	56.23	SE	English Bench Press
6	Joanne Frost	M2	105	55.52	YNE	British Equipped Bench Press Championships
7	Jenni Sherwood	M2	102.5	53.82	NM	British Equipped Championships
8	Denise Galbraith	M1	100.5	52.67	NI	NI Bench Press Championships
9	Catherine Burroughs	M1	90	47.19	EM	EPF European Masters Equipped Championships
10	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	589	103.29	EM	Manchester Open 2024
2	Claire Roberts	M1	532.5	95.06	NW	IPF World Masters Classic Championships
3	Hollie Tobun	Open	525	96.61	YNE	Manchester Open 2024
4	Helen Ferguson-Ford	M1	522.5	87.82	SCO	CPF Commonwealth Classic Championships
5	Victoria Cavalier	Open	520	87.55	SM	EPF Western European Championships
6	Rebecca Coggle	M1	518	86.66	SE	EPF European Masters Classic Championships
7	Sohlan Aslan	U23	507.5	91.59	YNE	EPF European Junior Classic Championships
8	Joanne Parkin	M1	500	85.77	SCO	Scottish Classic Championships
9	Caitlin Davies	U23	495	83.43	WAL	IPF World Junior Classic Championships
10	Natasha Brooks	Open	492.5	92.06	EM	Manchester Open 2024
11	Karmen Harvey	U23	477.5	82.96	EM	CPF Commonwealth Classic Championships
12	Oliwia Kozorys	U23	470	81.57	GL	Eleiko British Junior Classic Championships
13	Catriona Bell	Open	465	84.37	SCO	Scottish Classic Championships
14	Talia Firth	Open	465	83.39	YNE	All England
15	Leanne Mackenzie	Open	465	82.82	SW	All England
16	Laura Etfer	Open	450	78.36	YNE	BUCS British University Championships
17	Emily Greaves	U23	448	81.29	YNE	BUCS British University Championships
18	Jessica Hughes	Open	447.5	73.98	SM	All England
19	Claire Tocher	M1	445	80.91	SCO	Scottish Classic Championships
20	Jameliah Oseki-Simms	U23	445	77.79	SE	BUCS British University Championships

### 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	135	95.03	SE	EPF European Bench Press Championships
2	Victoria Cavalier-Hirth	Open	130	91.70	SM	IPF World Bench Press Championships
3	Hollie Tobun	Open	117.5	86.29	YNE	Manchester Open 2024
4	Claire Roberts	M1	112.5	81.28	NW	IPF World Masters Classic Championships
5	Emily Greaves	U23	110.5	80.52	YNE	BUCS British University Championships
6	Sohlan Aslan	U23	107.5	78.11	YNE	EPF European Junior Classic Championships
7	Joanne Parkin	M1	107.5	76.33	SCO	Scottish Classic Championships
8	Kimberly Reidel	U23	105	76.02	YNE	BUCS British University Championships
9	Joanne Laird	M2	107.5	75.95	YNE	IPF World Bench Press Championships
10	Caitlin Davies	U23	107.5	75.88	WAL	Eleiko British Junior Classic Championships
11	Aquinn Onuoha	Open	105	75.23	EM	Manchester Open 2024
12	Claire Tocher	M1	102.5	74.77	SCO	Scottish Classic Championships
13	Catriona Bell	Open	102.5	74.69	SCO	Scottish Classic Championships
14	Talia Firth	Open	102.5	74.23	YNE	All England
15	Helen Ferguson-Ford	M1	105	74.07	SCO	CPF Commonwealth Classic Championships
16	Bell Catriona	Senior	102.5	73.23	SCO	CPF Commonwealth Classic Bench Press Championships
17	Mairi Scobie	Senior	102.5	72.76	SCO	CPF Commonwealth Classic Bench Press Championships
18	Kyla Mulholland	M2	100	71.60	NI	CPF Commonwealth Classic Bench Press Championships
19	Karmen Harvey	U23	100	71.44	EM	English Bench Press
20	Laura Etfer	Open	100	71.42	YNE	BUCS British University 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	127.5	60.27	SCO	EPF European Bench Press Championships
6	Miriam Weber	Open	120	61.50	SE	All England
7	Jacqueline Blasbery	M3	120	59.30	EM	EPF European Bench Press 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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