



Top 20 Female ranked by IPF points

Classic Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Joy Nnamani	Open	57	119.81	GL	SBD British Open Classic
2 Bobbie Butters	Open	57	116.14	NW	IPF World Classic Championships
3 Ziana Azariah	Open	84	113.36	SW	SBD British Open Classic
4 Adejoke Adetayo	Open	57	113.18	GL	SBD British Open Classic
5 Annie Nelson	Open	69	113.00	SCO	IPF World Classic Championships
6 Tasmin Campbell	M1	69	111.90	SCO	IPF World Classic Championships
7 Erholove Izobodo-John	U23	84	110.88	YNE	EPF European Open Classic Championships
8 Toyosi Omotoso	Open	84+	109.51	EM	SBD British Open Classic
9 Temitope Nuga	Open	84	108.78	GL	Arnold Classic UK
10 Sophia Ellis	Open	76	107.52	GL	IPF World Classic Championships
11 Gwen Marsden	U23	43	107.39	SM	IPF World Junior Classic Championships
12 Sabrina Downes	Open	63	107.21	WAL	SBD British Open Classic
13 Aquinn Onuoha	Open	84+	107.04	EM	SBD British Open Classic
14 Lucy Robinson	U23	63	106.71	YNE	IPF World Junior Classic Championships
15 Makeda Vidal	Open	63	106.46	SW	SBD British Open Classic
16 Caitlin Baxter	U23	57	105.46	YNE	EPF European Junior Classic Championships
17 Melina Irawo	Open	84	105.20	GL	SBD British Open Classic
18 Suzanne Daniel	Open	63	104.58	SE	SBD British Open Classic
19 Bettina Hanlon	Open	76	104.06	NW	SBD British Open Classic
20 Jessie Lee	Open	47	102.60	YNE	SBD British Open Classic

Equipped Powerlifting IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Ellie Steel	Open	57	103.55	SM	IPF World Equipped Championships
2 Holly Bryans	Open	76	103.01	NM	Manchester Open 2024
3 Christie Civetta	Open	84	94.65	SM	Manchester Open 2024
4 Emma Goodwin	Open	57	90.32	SM	IPF World Equipped Championships
5 Lauren Elder	Open	69	89.87	NI	Home Nations Championships
6 Katrina Sweatman	Open	84+	89.40	EM	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 Denise Galbraith	M1	84	74.27	NI	Home Nations Championships
19 Romina Basting	Open	69	73.05	EM	British Equipped Championships
20 Amanda Hughes	M1	57	72.14	SM	British Equipped Championships

Classic Bench IPF Points

Name	Age	Weight	IPF	Division	Competition
1 Bobbie Butters	Open	57	101.94	NW	SBD British Open Classic
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 Melina Irawo	Open	84	97.54	GL	SBD British Open Classic
5 Sophia Ellis	Open	76	96.79	GL	SBD British Open Classic
6 Temitope Nuga	Open	84	96.62	GL	Arnold Classic UK
7 Sabrina Downes	Open	63	96.40	WAL	SBD British Open Classic
8 Katie Roberts	Open	63	96.35	WAL	IPF World Bench Press Championships
9 Leoni Tatman	Open	52	95.71	SW	All England
10 Rebecca Coggle	M1	84+	95.03	SE	EPF European Bench Press Championships
11 Llio Godfrey-Flower	U23	69	94.38	EM	SBD British Open Classic
12 Zijun Chen	Open	57	94.28	SM	EPF European Bench Press Championships
13 Ruth Grigg	Open	52	93.66	YNE	EPF European Open Classic Championships
14 Gwen Marsden	U23	43	92.80	SM	IPF World Junior Classic Championships
15 Victoria Cavalier-Hirth	Open	84+	92.39	SM	SBD British Open Classic
16 Annie Nelson	Open	69	91.76	SCO	IPF World Classic Championships
17 Bettina Hanlon	Open	76	91.23	NW	SBD British Open Classic
18 Joy Nnamani	Open	57	87.49	GL	SBD British Open Classic
19 Louise Bray	Open	69	86.89	NW	SBD British Open Classic
20 Hollie Tobun	Open	84+	86.29	YNE	Manchester Open 2024

Equipped Bench IPF Points

Name	Age Class	Weight	IPF	Division	Competition
1 Katrina Sweatman	Open	227.5	105.63	EM	British Powerlifting Grand Prix
2 Ellie Steel	Open	145	94.16	SM	IPF World 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 Dissanayake	Open	115	80.59	GL	Arnold Classic UK
9 Charlie Marillier	M1	155	79.34	SW	British Powerlifting Grand Prix
10 Christie Civetta	Open	150.5	78.69	SM	Manchester Open 2024
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 Miriam Weber	Open	130	67.09	SM	British Powerlifting Grand Prix
17 Amanda Hughes	M1	102.5	66.52	SM	British Powerlifting Grand Prix
18 Lucy Hart	Open	110	66.45	SM	EPF European Bench Press Championships
19 Helen Quinn	Open	97.5	65.99	NI	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	Jessie Lee	Open	363	102.60	YNE	SBD British Open Classic
2	Rebecca Heath	M1	329	91.98	GL	British Masters Classic Championships
3	Nikola Murray	Open	322.5	96.58	SCO	CPF Commonwealth Classic Championships
4	Lauren Preston	U23	317.5	89.74	SCO	IPF World Junior Classic Championships
5	Gigi Nicolson	Open	317.5	88.76	NM	All England
6	Martina Pisano	Open	317.5	88.67	GL	CPF Commonwealth Classic Championships
7	Allaya Rasul	U23	292.5	83.23	EM	SBD British Open Classic
8	Katie Paskin	M1	287.5	81.44	SM	SBD British Open Classic
9	Louise Pickenhan	Open	255	76.27	EM	BUCS British University Championships
10	Vivien Choi	U23	242.5	67.22	SCO	Scottish University Championships
11	Zoha Zaheer	U18	230	63.76	SCO	Eleiko British Sub Junior Classic Championships
12	Marina Cornwall	M4	200	58.80	SM	IPF World Masters Classic Championships
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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	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	Jessie Lee	Open	67.5	73.16	YNE	SBD British Open Classic
4	Gigi Nicolson	Open	67.5	72.24	NM	All England
5	Martina Pisano	Open	62.5	66.81	GL	CPF Commonwealth Classic Championships
6	Nikola Murray	Open	57.5	67.29	SCO	SBD British Open Classic
7	Allaya Rasul	U23	55	60.07	EM	SBD British Open Classic
8	Katie Paskin	M1	55	59.84	SM	CPF Commonwealth Classic Championships
9	Louise Pickenhan	Open	52.5	60.87	EM	BUCS British University Championships
10	Vivien Choi	Open	50	52.99	SCO	Scottish University Championships
11	Marina Cornwall	M4	37.5	43.75	SM	British Masters Classic Championships
12	Zoha Zaheer	U18	37.5	39.74	SCO	Eleiko British Sub Junior Classic Championships
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Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
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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	99.47	YNE	SBD British Open Classic
3	Peta Emery	Open	375	95.81	YNE	SBD British Open Classic
4	Cherry Yeung	Open	372.5	97.73	SM	SBD British Open Classic
5	Bridget Parris	U23	370	93.89	WM	IPF World Junior Classic Championships
6	Emily Caton	Open	365	93.90	YNE	SBD British Open Classic
7	Peta Goodwin	Open	362.5	92.30	YNE	Manchester Open 2024
8	Lenka Pilnikova	M1	362	93.29	NW	British Masters Classic Championships
9	Abby Cooley	U23	346.5	88.88	NM	IPF FISU University Championships
10	Molly Clark	Open	342.5	87.81	SCO	Scottish University Championships
11	Ceileidh Mercer	Open	340.5	88.21	SCO	Scottish Classic Championships
12	Katy Clarke	M1	338.5	86.48	YNE	All England
13	Kayley Phillips	Open	330	85.04	WAL	CPF Commonwealth Classic Championships
14	Tzvetelina Tzonova	Open	327.5	84.55	SM	SBD British Open Classic
15	Long Kiu Tse	U23	327.5	83.82	SM	Eleiko British Junior Classic Championships
16	Kate Clarke	M1	325	82.27	YNE	CPF Commonwealth Classic Championships
17	Sylvie Thomas	U18	320	82.02	YNE	EPF European Junior Classic Championships
18	Mia Wannop	U23	317.5	80.98	NM	Eleiko British Junior Classic Championships
19	Laura Martin	Open	310	80.38	NI	CPF Commonwealth Classic Championships
20	Najah Hatahet	M1	307.5	78.30	NW	British Masters Classic 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	Cherry Yeung	Open	85	84.74	SM	SBD British Open Classic
4	Molly Clark	Open	82.5	80.24	SCO	Scottish University Championships
5	Peta Emery	Open	82.5	79.95	YNE	SBD British Open Classic
6	Lenka Pilnikova	M1	81.5	79.71	NW	British Masters Classic Championships
7	Peta Goodwin	Open	80	77.25	YNE	Manchester Open 2024
8	Kirsty Russell	Open	80	77.12	WAL	EPF European Bench Press Championships
9	Megan Davenport	U23	72.5	74.33	GL	CPF Commonwealth Bench Press Championships
10	Emily Westray	Open	72.5	72.28	YNE	SBD British Open Classic
11	Cristiana Sessini	Open	72.5	70.26	SM	British Classic Bench Press Championships
12	Emily Caton	Open	70	68.33	YNE	SBD British Open Classic
13	Sylvie Thomas	U18	70	68.07	YNE	EPF European Junior Classic Championships
14	Long Kiu Tse	U23	70	67.96	SM	Eleiko British Junior Classic Championships
15	Katy Clarke	M1	70	67.84	YNE	All England
16	Ceileidh Mercer	Open	70	67.12	SCO	CPF Commonwealth Bench Press Championships
17	Gina Zimbalatti	Open	67.5	66.01	SW	British Classic Bench Press Championships
18	Ceileidh Mercer	Open	67.5	65.36	SCO	CPF Commonwealth Classic Championships
19	Maryam Farooq	Open	65	63.45	NM	SBD British Open Classic
20	Abby Cooley	U23	65	63.25	NM	IPF FISU University Championships

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Amila Disسانayake	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	Joy Nnamani	Open	506	119.81	GL	SBD British Open Classic
2	Bobbie Butters	Open	492.5	116.14	NW	IPF World Classic Championships
3	Adejoke Adetayo	Open	478	113.18	GL	SBD British Open Classic
4	Caitlin Baxter	U23	447.5	105.46	YNE	EPF European Junior Classic Championships
5	Amelia Fox	U23	427.5	101.37	WM	EPF European Junior Classic Championships
6	Hannah Matson	Open	420	99.77	NM	IPF FISU University Championships
7	Katie Rimell	Open	417.5	99.53	EM	SBD British Open Classic
8	Ruth Grigg	Open	400	95.89	YNE	Manchester Open 2024
9	Connie Raitt	Open	387.5	91.26	SM	Manchester Open 2024
10	Anna Clay	Open	385	92.83	EM	All England
11	Yana Lyntovska	Open	385	91.78	GL	SBD British Open Classic
12	Helen Hughes	M1	380	89.59	SM	EPF European Masters Classic Championships
13	Molly Clark	Open	372.5	91.70	SCO	Scottish Classic Championships
14	Katie Higham	Open	372.5	88.56	NW	All England
15	Morgan Ellis	U23	367.5	88.10	NW	SBD British Open Classic
16	Isabelle Jackson	U23	367.5	87.50	NW	Euro Muscle Show
17	Amy Middlemas	U23	367.5	86.26	EM	IPF FISU University Championships
18	Kate Matthew	M1	365	86.19	WAL	British Masters Classic Championships
19	Catherine Shamel	M1	365	85.73	WM	All England
20	Lynne Gray	Open	363.5	87.14	SCO	Scottish Classic Championships

Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Ellie Steel	Open	537.5	103.55	SM	IPF World Equipped Championships
2	Emma Goodwin	Open	467.5	90.32	SM	IPF World 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	113	101.94	NW	SBD British Open Classic
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	Joy Nnamani	Open	97.5	87.49	GL	SBD British Open Classic
6	Sheina Kaye	Open	92.5	84.55	NW	CPF Commonwealth Bench Press Championships
7	Molly Clark	Open	90	83.94	SCO	Scottish Classic Championships
8	Hannah Matson	Open	90	80.55	NM	British Classic Bench Press Championships
9	Adejoke Adetayo	Open	87.5	78.52	GL	SBD British Open Classic
10	Helen Hughes	M1	87.5	78.19	SM	EPF European Masters Classic Championships
11	Amber Watson	U23	82.5	74.58	NW	IPF World Bench Press Championships
12	Connie Raitt	Open	82.5	73.65	SM	Manchester Open 2024
13	Catherine Shamel	M1	82.5	73.60	WM	CPF Commonwealth Classic Championships
14	Amelia Fox	U23	80	71.89	WM	EPF European Junior Classic Championships
15	Katie Woods	U18	78	70.70	NI	CPF Commonwealth Classic Championships
16	Holly Robson-Powell	Open	77.5	70.01	YNE	SBD British Open Classic
17	Isabelle Jackson	U23	77.5	69.93	NW	Euro Muscle Show
18	Caitlin Parrott	U23	77.5	69.45	NM	Eleiko British Junior Classic Championships
19	Cat Shamel	M1	77.5	69.27	WM	Manchester Open 2024
20	Hana Stephen	Open	75	68.12	YNE	Manchester Open 2024

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Ellie Steel	Open	145.0	94.16	SM	IPF World Equipped Championships
2	Jodie Cook	Open	132.5	86.49	WM	IPF World Bench Press Championships
3	Amanda Hughes	M1	102.5	66.52	SM	British Powerlifting Grand Prix
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	95	62.05	NM	British Powerlifting Grand Prix
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	Sabrina Downes	Open	487.5	107.21	WAL	SBD British Open Classic
3	Lucy Robinson	U23	485	106.71	YNE	IPF World Junior Classic Championships
4	Makeda Vidal	Open	480.5	106.46	SW	SBD British Open Classic
5	Suzanne Daniel	Open	470	104.58	SE	SBD British Open Classic
6	Skye Moore	U23	455	100.00	NM	EPF European Junior Classic Championships
7	Hannah Yardy	M1	448.5	98.43	SW	British Masters Classic Championships
8	Elsbeth McLeod	Open	445	99.68	YNE	SBD British Open Classic
9	Grace Allinson	Open	430	95.06	YNE	Manchester Open 2024
10	Hannah Clayton	Open	427.5	95.60	SM	CPF Commonwealth Classic Championships
11	Claudia Nicolson	Open	427.5	95.18	GL	CPF Commonwealth Classic Championships
12	Kathleen Smartt	Open	427.5	93.63	YNE	EPF Western European Championships
13	Dominique Cox	Open	425	93.86	SE	Manchester Open 2024
14	Rima Baki	M1	423	92.64	WAL	EPF European Masters Classic Championships
15	Miranda Stitt	U23	421	93.99	SCO	CPF Commonwealth Classic Championships
16	Erica Leon	Open	412.5	90.62	GL	SBD British Open Classic
17	Victoria Hart	U23	411.5	90.68	EM	Eleiko British Junior Classic Championships
18	Amelia Fox	U23	408.5	93.66	WM	BUCS British University Championships
19	Ellie Weinstein	U23	407.5	93.43	GL	BUCS British University Championships
20	Aimee Jarvie	Open	407.5	90.57	SCO	SBD British Open Classic

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	495	89.69	NI	IPF World 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	Sabrina Downes	Open	115	96.40	WAL	SBD British Open Classic
2	Katie Roberts	Open	115	96.35	WAL	IPF World Bench Press Championships
3	Miranda Stitt	U23	101	85.80	SCO	CPF Commonwealth Classic Championships
4	Rima Baki	M1	100.5	83.94	WAL	EPF European Masters Classic Championships
5	Joy Nnamani	Open	100	87.47	GL	Arnold Classic UK
6	Charlotte Mackie	Open	100	84.74	EM	CPF Commonwealth Bench Press Championships
7	Suzanne Daniel	Open	100	84.70	SE	SBD British Open Classic
8	Elsbeth McLeod	Open	97.5	83.07	YNE	SBD British Open Classic
9	Makeda Vidal	Open	97.5	82.26	SW	SBD British Open Classic
10	Hannah Yardy	M1	97.5	81.65	SW	IPF World Masters Classic Championships
11	Claudia Nicolson	Open	95	80.50	GL	CPF Commonwealth Classic Championships
12	Faye McKie	Open	95	79.63	SCO	Scottish Classic Championships
13	Skye Moore	U23	95	79.59	NM	EPF European Junior Classic Championships
14	Victoria Hart	U23	94	78.94	EM	Eleiko British Junior Classic Championships
15	Grace Allinson	Open	92.5	78.19	YNE	SBD British Open Classic
16	Isobel David	U18	92.5	77.99	NM	EPF European Junior Classic Championships
17	Anne Burns	U23	92.5	77.75	YNE	Manchester Open 2024
18	Lucy Robinson	U23	92.5	77.57	YNE	IPF World Junior Classic Championships
19	Jessica Conti	Open	90	75.93	SCO	CPF Commonwealth Classic Championships
20	Kathleen Smartt	Open	90	75.17	YNE	EPF Western European 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	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	57.56	NI	IPF World 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	70	42.46	SE	British Powerlifting Grand Prix
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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	Llio Godfrey-Flower	U23	487.5	101.92	EM	SBD British Open Classic
5	Esther Mullings	U23	464	96.52	GL	Eleiko British Junior Classic Championships
6	Katherine Brennan	Open	460	97.42	NW	SBD British Open Classic
7	Helen Almond	Open	455	94.42	SE	SBD British Open Classic
8	Domiziana Turcatti	Open	450.5	95.41	GL	All England
9	Grace Stilgoe	Open	450	97.76	GL	Manchester Open 2024
10	Laura Best	Open	450	93.92	SCO	Scottish Classic Championships
11	Benedetta Lupattelli Gencarelli	Open	450	93.76	WM	BUCS British University Championships
12	Dominique Cox	Open	445	93.91	SE	SBD British Open Classic
13	Emilia Martin	U23	444.5	92.16	SE	Eleiko British Junior Classic Championships
14	Stacie Jones	Open	442.5	92.28	YNE	SBD British Open Classic
15	Hannah Davis	U23	441	92.19	WM	Eleiko British Junior Classic Championships
16	Christina Kio-Bennett	Open	437.5	92.99	WAL	CPF Commonwealth Classic Championships
17	Tamara Whittaker	M1	437.5	92.91	NM	SBD British Open Classic
18	Ella Dronfield	U23	435	91.09	NM	BUCS British University Championships
19	Louise Bray	Open	432.5	91.12	NW	SBD British Open Classic
20	Yasmin Burt	U23	432.5	89.82	NM	Eleiko British Junior Classic Championships

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Open	587.5	100.99	NM	British Equipped Championships
2	Lauren Elder	Senior	500	89.87	NI	Home Nations Championships
3	Katie Higgins	Open	470	81.22	EM	British Equipped Championships
4	Faye Jordan	M1	440	76.74	EM	British Equipped Championships
5	Romina Basting	Open	410	73.05	EM	British Equipped Championships
6	Maureen Gordon	M3	400	69.39	SCO	British Equipped Championships
7	Madeline Connolly	M2	385.5	67.50	YNE	British Equipped Championships
8	Wendie Kirkland	M2	367.5	63.41	NM	British Equipped Championships
9	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
Llio Godfrey-Flower	U23	117.5	94.38	EM	SBD British Open Classic
Annie Nelson	Open	115	91.76	SCO	IPF World Classic Championships
Sabrina Downes	Open	112.5	92.76	WAL	Girl Power
Louise Bray	Open	107.5	86.89	NW	SBD British Open Classic
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
Stacie Jones	Open	100	80.16	YNE	SBD British Open Classic
Charlotte Macpherson	Open	100	80.08	EM	IPF World Bench Press Championships
Alexandra Henry	Open	97.5	77.75	GL	English Bench Press
Grace Stilgoe	Open	95	78.79	GL	Manchester Open 2024
Christina Kio-Bennett	Open	95	77.35	WAL	CPF Commonwealth Classic Championships
Faye McKie	Open	95	76.12	SCO	CPF Commonwealth Classic Championships
Rianna Graham	Open	95	76.05	SW	SBD British Open Classic
Esther Mullings	U23	95	76.00	GL	Eleiko British Junior Classic Championships
Charlotte West	Open	92.5	75.26	NM	Manchester Open 2024
Jade Stubbs	Open	92.5	74.00	NW	SBD British Open Classic
Emily Byrne	U23	92.5	73.95	WM	Eleiko British Junior 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	Temitope Nuga	Open	532.5	105.18	GL	SBD British Open Classic
3	Bettina Hanlon	Open	520	104.06	NW	SBD British Open Classic
4	Ayana Porteous	Open	503	100.25	GL	EPF Western European Championships
5	Racheal Raji	U23	497.5	98.96	SM	IPF World Junior Classic Championships
6	Nayomi Pennant	Open	497.5	98.64	GL	All England
7	Susanna Argile	Open	485	96.26	SM	EPF Western European Championships
8	Naomi James	Open	480	94.87	GL	All England
9	Romy Grieve	Open	475	94.00	SCO	SBD British Open Classic
10	Millie Mabbutt	U23	472.5	93.45	SW	SBD British Open Classic
11	Odette Tobaiwa	Open	468	92.70	SW	IPF FISU University Championships
12	Aimee Guthrie	U23	466	92.79	SCO	CPF Commonwealth Classic Championships
13	Morgan Gladden	Open	457.5	90.92	SCO	CPF Commonwealth Classic Championships
14	Ashleigh Sutton	U23	455	89.78	WM	EPF European Junior Classic Championships
15	Robyn Gorman	U23	452.5	89.21	SCO	CPF Commonwealth Classic Championships
16	Genevieve Collins	M1	447.5	89.22	NW	IPF World Masters Classic Championships
17	Amy Leiper	Open	445	88.52	YNE	SBD British Open Classic
18	Natasha Eaton	Open	445	88.29	GL	SBD British Open Classic
19	Qian Yu Phang	U23	445	88.29	GL	Eleiko British Junior Classic Championships
20	Indiana Montaque	Open	445	87.95	EM	SBD British Open Classic

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	125.5	96.79	GL	SBD British Open Classic
2	Bettina Hanlon	Open	117.5	91.23	NW	SBD British Open Classic
3	Temitope Nuga	Open	112.5	86.53	GL	SBD British Open Classic
4	Aimee Guthrie	U23	111	85.87	SCO	CPF Commonwealth Classic Championships
5	Odette Tobaiwa	Open	110.5	85.16	SW	IPF FISU University Championships
6	Krystal Qian Yu Phang	U23	110	85.20	GL	Euro Muscle Show
7	Susanna Argile	Open	105	81.04	SM	EPF Western European Championships
8	Qian Yu Phang	U23	105	81.02	GL	Eleiko British Junior Classic Championships
9	Nayomi Pennant	Open	105	80.98	GL	All England
10	Charlotte Sidaway	Open	102.5	79.31	SW	SBD British Open Classic
11	Marianna Pinter	Open	100	77.82	SM	IPF World Bench Press Championships
12	Morgan Gladden	Open	100	77.25	SCO	CPF Commonwealth Classic Championships
13	Racheal Raji	U23	97.5	75.37	SM	IPF World Junior Classic Championships
14	Millie Mabbutt	U23	97.5	75.06	SW	SBD British Open Classic
15	Isabel Dowling	U23	95	75.54	EM	IPF World Bench Press Championships
16	Mareva Flandrin	Open	95	74.50	NM	SBD British Open Classic
17	Genevieve Collins	M1	95	73.56	NW	IPF World Masters Classic Championships
18	Amelia Allen	M2	95	73.30	SW	British Masters Classic Championships
19	Diamand Franklin	Open	95	73.30	EM	Manchester Open 2024
20	Indiana Montaque	Open	95	73.10	EM	SBD British Open Classic

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	Maureen Gordon	M2	127.5	71.80	SCO	British Powerlifting Grand Prix
5	Catherine Gordon	M2	115	63.04	SCO	IPF World Bench Press Championships
6	Melissa Wall	M2	77.5	42.67	SCO	EPF European Masters Equipped Championships
7	Lottie Hall	Open	75	41.36	EM	British Equipped Championships
8	Ashleigh Parsons	Open	72.5	39.68	EM	British Equipped Championships
9	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	600	113.36	SW	SBD British Open Classic
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	Melina Irawo	Open	555.5	105.20	GL	SBD British Open Classic
5	Sian Arterton	Open	492.5	93.01	EM	SBD British Open Classic
6	Vanassa George-Macdonald	Open	485	92.12	SCO	Scottish Classic Championships
7	Natasha Brooks	Open	480	90.86	EM	SBD British Open Classic
8	Jodi Beynon	Open	475	89.94	WAL	CPF Commonwealth Classic Championships
9	Lauren Williamson	Open	468	88.67	SCO	Scottish Classic Championships
10	Leanne Richards	Open	467.5	89.05	NW	Manchester Open 2024
11	Hettie Simpson	Open	465	89.98	SW	All England
12	Hira Teirney	M1	465	88.67	SW	IPF World Masters Classic Championships
13	Rukayat Odusola	Open	465	88.62	GL	SBD British Open Classic
14	Wendy Macfarlane	M1	465	88.02	SCO	British Masters Classic Championships
15	Fiona MacDonald	U23	457.5	90.17	SCO	CPF Commonwealth Classic Championships
16	Tiana Ettienne	M1	450	85.64	EM	British Masters Classic Championships
17	Grace Howse	U23	445	85.15	EM	Eleiko British Junior Classic Championships
18	Bethany Winkler	Open	445	84.48	SCO	SBD British Open Classic
19	Zara Anwar	Open	442.5	85.44	YNE	SBD British Open Classic
20	Xyra CJ Bation	Open	442.5	84.46	NW	SBD British Open Classic

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	Denise Galbraith	M1	470	74.27	NI	Home Nations Championships
5	Catherine Gordon	M2	450	73.64	SCO	EPF Western European Championships
6	Catherine Burroughs	M1	417.5	66.10	EM	British Equipped Championships
7	Katie Tatum	U18	412.5	65.77	SE	IPF World Junior Equipped Championships
8	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	Melina Irawo	Open	130.5	97.54	GL	SBD British Open Classic
2	Temitope Nuga	Open	127.5	96.62	GL	Arnold Classic UK
3	Sian Arterton	Open	112.5	83.98	EM	CPF Commonwealth Classic Championships
4	Grace Howse	U23	110	82.77	EM	Eleiko British Junior Classic Championships
5	Ziana Azariah	Open	110	82.09	SW	SBD British Open Classic
6	Erholove Izobodo-John	U23	105	78.70	YNE	EPF European Open Classic Championships
7	Hettie Simpson	Open	100	75.81	SW	All England
8	Beth Thomas	Open	97.5	74.23	WM	SBD British Open Classic
9	Nayomi Pennant	Open	97.5	73.75	GL	British Classic Bench Press Championships
10	Katie Baker	Open	97.5	73.23	EM	CPF Commonwealth Bench Press Championships
11	Leanne Richards	Open	97.5	73.15	NW	Manchester Open 2024
12	Vanassa George-Macdonald	Open	97.5	73.01	SCO	Scottish Classic Championships
13	Bethany Winkler	Open	97.5	72.98	SCO	SBD British Open Classic
14	Jodi Beynon	Open	97.5	72.86	WAL	CPF Commonwealth Classic Championships
15	Fiona MacDonald	U23	95	72.95	SCO	CPF Commonwealth Classic Championships
16	Katie Baker	Open	95	71.44	EM	SBD British Open Classic
17	Georgina Hazell	M2	95	71.09	EM	British Classic Bench Press Championships
18	Lauren Williamson	Open	95	71.05	SCO	SBD British Open Classic
19	Charlotte Marillier	M1	95	70.90	SW	SBD British Open Classic
20	Kerry Wood	U23	92.5	69.28	NM	Eleiko British Junior Classic Championships

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	Denise Galbraith	M1	105	55.08	NI	Home Nations Championships
8	Jenni Sherwood	M2	102.5	53.82	NM	British Equipped 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	618.5	107.04	EM	SBD British Open Classic
2	Toyosi Omotoso	Open	615.5	109.51	EM	SBD British Open Classic
3	Dominique Fortune	Open	572.5	94.49	WM	SBD British Open Classic
4	Victoria Cavalier-Hirth	Open	541	90.88	SM	SBD British Open Classic
5	Claire Roberts	M1	532.5	95.06	NW	IPF World Masters Classic Championships
6	Hollie Tobun	Open	525	96.61	YNE	Manchester Open 2024
7	Helen Ferguson-Ford	M1	522.5	87.82	SCO	CPF Commonwealth Classic Championships
8	Rebecca Coggle	M1	518	86.66	SE	EPF European Masters Classic Championships
9	Sohlan Aslan	U23	507.5	91.59	YNE	EPF European Junior Classic Championships
10	Schahrazade Halfaoui	Open	507.5	89.62	GL	SBD British Open Classic
11	Joanne Parkin	M1	500	85.77	SCO	Scottish Classic Championships
12	Caitlin Davies	U23	495	83.43	WAL	IPF World Junior Classic Championships
13	Natasha Brooks	Open	492.5	92.06	EM	Manchester Open 2024
14	Leanne Mackenzie	Open	490	86.72	SW	SBD British Open Classic
15	Jameliah Oseki-Simms	U23	485	84.12	SE	SBD British Open Classic
16	Karmen Harvey	U23	477.5	82.96	EM	CPF Commonwealth Classic Championships
17	Catriona Bell	Open	470	84.64	SCO	SBD British Open Classic
18	Oliwia Kozorys	U23	470	81.57	GL	Eleiko British Junior Classic Championships
19	Talia Firth	Open	465	83.39	YNE	All England
20	Milly Stoneley	Open	460	79.74	NM	SBD British Open Classic

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	131	92.39	SM	SBD British Open Classic
3	Hollie Tobun	Open	117.5	86.29	YNE	Manchester Open 2024
4	Toyosi Omotoso	Open	117.5	84.75	EM	SBD British Open Classic
5	Dominique Fortune	Open	115	80.81	WM	SBD British Open Classic
6	Claire Roberts	M1	112.5	81.28	NW	IPF World Masters Classic Championships
7	Aquinn Onuoha	Open	112.5	80.15	EM	SBD British Open Classic
8	Emily Greaves	U23	110.5	80.52	YNE	BUCS British University Championships
9	Sohlan Aslan	U23	107.5	78.11	YNE	EPF European Junior Classic Championships
10	Jameliah Oseki-Simms	U23	107.5	76.66	SE	SBD British Open Classic
11	Joanne Parkin	M1	107.5	76.33	SCO	Scottish Classic Championships
12	Joanne Laird	M2	107.5	75.95	YNE	IPF World Bench Press Championships
13	Caitlin Davies	U23	107.5	75.88	WAL	Eleiko British Junior Classic Championships
14	Kimberly Reidel	U23	105	76.02	YNE	BUCS British University Championships
15	Helen Ferguson-Ford	M1	105	74.07	SCO	CPF Commonwealth Classic Championships
16	Claire Tocher	M1	102.5	74.77	SCO	Scottish Classic Championships
17	Catriona Bell	Open	102.5	74.69	SCO	Scottish Classic Championships
18	Talia Firth	Open	102.5	74.23	YNE	SBD British Open Classic
19	Bell Catriona	Open	102.5	73.23	SCO	CPF Commonwealth Bench Press Championships
20	Mairi Scobie	Open	102.5	72.76	SCO	CPF Commonwealth Bench Press Championships

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Katrina Sweatman	Open	227.5	105.63	EM	British Powerlifting Grand Prix
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	155	79.34	SW	British Powerlifting Grand Prix
5	Miriam Weber	Open	130	67.09	SM	British Powerlifting Grand Prix
6	Joanne Parkin	M1	127.5	60.27	SCO	EPF European Bench Press Championships
7	Jacqueline Blasbery	M3	120	59.30	EM	EPF European Bench Press Championships
8	Ella Brincat-Smith	U23	117.5	57.10	NM	British Powerlifting Grand Prix
9	Emily Shergold	U23	100	51.48	SM	British Equipped Championships
10	Caroline Buckle	M1	100	48.84	YNE	British Powerlifting Grand Prix
11	Denise Westbrook	M2	70	35.80	SM	All England
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