



Top 20 Women ranked by IPF points

Classic Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Joy Nnamani	Senior	52	840.10	GL	IPF World Classic
2 Bobbie Butters	Senior	57	829.76	NW	IPF World Classic
3 Mariella Fisher	U23	72	791.34	YNE	BP British Junior Classic
4 Temitope Nuga	Senior	84	788.08	GL	EPF European Classic
5 Susanna Argyle	Senior	72	776.64	SM	BP British Classic
6 Alice Francis-Freeman	U23	72	775.66	SC	BP British Junior Classic
7 Sabrina Moore	Senior	63	769.14	WAL	EPF European Classic
8 Leigh Wetheridge	Senior	84+	766.97	EM	EPF European Classic
9 Lucia Puricelli	Senior	63	764.67	WM	IPF World Classic
10 Ellie Steel	Senior	57	764.61	SM	BP British Classic
11 Eno Majomi	M1	72	764.49	GL	EPF European Masters Classic
12 Holly Bryans	Senior	72	763.87	NM	EPA Interdivisional
13 Moa Wikner	Senior	63	757.57	ENG	Commonwealth
14 Suzanne Daniel	U23	63	751.87	SE	BP British Junior Classic
15 Amy Atkinson	Senior	72	751.19	SM	BP British Classic
16 Grace Stilgoe	Senior	63	743.16	GL	EPF Western European
17 Abi Graham	M1	63	737.56	EM	BP British Classic
18 Sheri Miles	Senior	72	736.26	SE	EPA All England
19 Moya Williams	Senior	57	734.66	GL	EPA All England
20 Jodie Cook	Senior	57	732.76	WM	EPA All England

Equipped Powerlifting IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Ellie Steel	Senior	57	727.31	SM	IPF World Open
2 Emma Goodwin	Senior	52	657.71	SM	IPF World Open
3 Holly Bryans	Senior	72	657.58	NM	IPF World Open
4 Kimberley Cowell	Senior	72	637.84	NW	IPF World Open
5 Christie Civetta	Senior	84	625.10	EM	EPF Western European
6 Lauren Elder	Senior	63	606.86	NI	Commonwealth
7 Elizabeth Mills	U23	72	600.79	SE	British Equipped
8 Sheri Miles	Senior	84	597.12	SE	EPF European Equipped
9 Laura Berry-Webb	Senior	84+	596.71	YNE	IPF World Open
10 Jennifer Keane	M1	84	587.48	WM	British Equipped
11 Katrina Sweatman	Senior	84+	582.03	WM	Home Nations
12 Lucy Hart	Senior	63	569.52	SM	EPA All England
13 Faye Jordan	Senior	63	561.82	EM	IPF World Open
14 Galit Goldshmid	M1	63	558.80	SM	Home Nations
15 Rachel Steedman	Senior	72	555.83	SCO	Home Nations
16 Louise Edwards	M1	52	544.85	YNE	IPF World Open
17 Karolina Jarosinska	Senior	72	539.19	SCO	Home Nations
18 Ana Rojo-Echeburua	Senior	72	532.81	SE	EPA All England
19 Joanne Barnes	M1	72	528.01	YNE	EPF European Equipped Masters
20 Catherine Gordon	M1	72	526.92	SCO	Home Nations

Classic Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Christina Appleby-Phillips	Senior	84	863.83	WAL	Commonwealth
2 Ellie Steel	Senior	57	860.91	SM	IPF World Classic
3 Bobbie Butters	Senior	57	826.16	NW	BP British Classic
4 Alice Francis-Freeman	U23	72	825.85	SC	BP British Junior Classic
5 Elspeth McLeod	Senior	63	808.68	YNE	BP British Classic
6 Mariella Fisher	U23	72	780.05	YNE	IPF World Classic
7 Sabrina Moore	Senior	63	773.19	WAL	EPF European Classic
8 Joy Nnamani	Senior	57	770.82	GL	EPF European Classic
9 Amy Atkinson	Senior	72	762.31	SM	EPF European Classic
10 Moa Wikner	Senior	63	756.58	ENG	Commonwealth
11 Lucia Puricelli	Senior	63	755.11	WM	IPF World Classic
12 Sophia Ellis	U23	72	754.32	ENG	Commonwealth
13 Eno Majomi	M1	72	752.53	GL	EPF European Masters Classic
14 Susanna Argyle	Senior	72	751.12	SM	IPF World Classic
15 Jodie Cook	Senior	57	750.42	ENG	Commonwealth
16 Erin Aldcroft	U23	52	747.71	YNE	BP British Junior Classic
17 Evita Otigbah	Senior	52	747.71	GL	BP British University
18 Ashley Lewis	U23	84	747.30	NM	EPF European Classic Bench
19 Suzanne Daniel	U23	63	740.63	SE	EPF European Classic
20 Ruth Grigg	Senior	57	736.57	YNE	BP British Classic

Equipped Bench IPF Points

Name	Age Class	Weight Class	IPF	Division	Competition
1 Ellie Steel	Senior	57	792.88	SM	IPF World Open
2 Laura Berry-Webb	Senior	84+	690.82	YNE	IPF World Open
3 Kimberley Cowell	Senior	72	649.98	NW	IPF Equipped Bench Press
4 Holly Bryans	Senior	72	633.99	NM	IPF World Open
5 Faye Jordan	Senior	63	628.62	EM	IPF Equipped Bench Press
6 Katrina Sweatman	Senior	84+	627.71	WM	Home Nations
7 Christie Civetta	Senior	84	625.05	EM	EPF Western European
8 Helen Hughes	M1	57	599.60	GBR	IPF Equipped Bench Press
9 Wendie Kirkland	M1	72	596.50	GBR	EPF Bench Press
10 Sarah Bouskill	M1	84+	594.25	NM	British Equipped Bench
11 Rachel Steedman	Senior	72	593.63	GBR	EPF Bench Press
12 Michelle Brand	M1	84+	580.48	SCO	SCO Scottish Masters
13 Sheri Miles	Senior	84	573.68	SE	EPF European Equipped
14 Galit Goldshmid	M1	63	567.95	SM	EPA English Bench Press
15 Kelly Phasey	M1	84+	567.32	WM	British Equipped
16 Elizabeth Mills	U23	72	564.64	SE	British Equipped
17 Karolina Jarosinska	Senior	72	559.95	SCO	Home Nations
18 Amanda Hughes	M1	52	558.93	SM	IPF Equipped Bench Press
19 Emma Goodwin	Senior	52	555.33	SM	IPF World Open
20 Jacqueline Blasbery	M2	84	554.30	EM	IPF Equipped Bench Press

47kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Danielle Malcolm	Senior	337	685.79	SW	BP British Classic
2	Sabrina Shah	U23	332.5	679.04	GL	EPF European Classic
3	Cherry Yeung	U23	325	669.15	NW	EPF European Classic
4	Rebecca Heath	M1	324	655.63	GL	BP British Classic
5	Yasmin Bappoo	U23	312.5	634.56	WM	BP British University
6	Lenka Pilnikova	Senior	310.5	626.95	NW	EPA All England
7	Charlotte Clark	U23	282.5	584.36	YNE	BP British Junior Classic
8	Alexandra Hunter	Senior	270	538.38	YNE	BP British Classic
9	Eron Taylor	U23	265	531.30	EM	BP British University
10	Tzvetelina Tzonova	Senior	265	528.08	SM	BP British University
11	June Stamp	M2	260	520.26	GL	EPF European Masters Classic
12	Mehpare Atay (Moon)	Senior	250	493.48	SM	BP British Classic
13	Cheryl Hendry	Senior	237.5	470.01	SCO	SCO Scottish Classic
14	Gigi Nicolson	U23	237.5	467.94	NM	IPF University Powerlifting Cup
15	Michelle Ryder	M1	235	465.97	ENG	Commonwealth
16	Tamsin Gamble	U23	227.5	453.25	NW	BP British Junior Classic
17	Natasha Maskell	U23	227.5	452.17	YNE	BP British University
18	Imelda Flanagan	M2	222.5	468.39	EM	EPA All England
19	Nicole Lim	U23	222.5	434.98	GL	BP British University
20	Selina Lee	U23	215	428.75	NW	BP British University

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	Sabrina Shah	U23	77.5	715.91	GL	EPF European Classic
2	Danielle Malcolm	Senior	76	700.69	SW	BP British Classic
3	Lenka Pilnikova	Senior	72.5	670.42	NW	EPA All England
4	Rebecca Heath	M1	71	657.11	GL	BP British Masters Classic
5	Cherry Yeung	U23	70	657.17	NW	EPF European Classic
6	Alexandra Hunter	Senior	60	564.84	YNE	BP British Classic
7	Yasmin Bappoo	U23	55	526.03	SE	BP British Junior Classic
8	Natasha Maskell	U23	50	486.14	YNE	BP British University
9	Eron Taylor	U23	50	482.99	EM	BP British University
10	Cheryl Hendry	Senior	50	482.54	SCO	SCO Scottish Classic
11	June Stamp	M2	50	480.80	GBR	IPF World Classic
12	Tzvetelina Tzonova	Senior	50	480.80	SM	BP British University
13	Tamsin Gamble	U23	47.5	465.54	NW	BP British Junior Classic
14	Gigi Nicolson	U23	47.5	459.73	NM	IPF University Powerlifting Cup
15	Michelle Ryder	M1	45	449.06	GL	EPA All England
16	Mehpare Atay (Moon)	Senior	45	437.37	SM	BP British Classic
17	Charlotte Clark	U23	42.5	426.40	YNE	BP British Junior Classic
18	Imelda Flanagan	M2	40	418.31	EM	EPA All England
19	Selina Lee	U23	40	403.49	NW	BP British University
20	Nicole Ng	U23	40	398.23	GL	BP British University

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
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52kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Joy Nnamani	Senior	432.5	840.10	GL	IPF World Classic
2	Emma Goodwin	Senior	370	711.70	SM	EPF Western European
3	Evita Otigbah	Senior	368	712.59	GL	BP British University
4	Catherine Smith	Senior	365	703.34	WM	BP British Classic
5	Erin Aldcroft	U23	358	692.15	YNE	BP British Junior Classic
6	Heather Christie	U23	352.5	675.00	SW	BP British Junior Classic
7	Catherine Shamel	M1	340	649.03	WM	BP British Masters Classic
8	Tiarna Pearce	U23	340	648.89	ENG	Commonwealth
9	Leoni Tatman	Senior	322.5	616.93	SW	BP British Classic
10	Justine Lee	Senior	320	617.13	YNE	BP British Classic
11	Adele Tickle	Senior	315	604.89	NW	BP British Classic
12	Alex Bates	Senior	312.5	595.35	EM	EPA All England
13	Danielle Firth	Senior	312.5	595.35	NW	BP British Classic
14	Sofia Rufus	M1	307.5	589.72	ENG	Commonwealth
15	Natalie Banks	Senior	300	574.18	NW	EPA All England
16	Charlotte Goss	Senior	300	573.57	SE	BP British Classic
17	Hannah Munday	Senior	297.5	569.66	SM	BP British Classic
18	Amrita Panesar	U23	292.5	581.86	EM	BP British University
19	Arlene Middler	M1	292.5	564.82	WM	BP British Masters Classic
20	Tania Robins	Senior	287.5	551.48	NW	EPA All England

Equipped Powerlifting Total

	Name	Age Class	Total	IPF	Division	Competition
1	Emma Goodwin	Senior	450	657.71	SM	IPF World Open
2	Louise Edwards	M1	357.5	544.85	YNE	IPF World Open
3	Romina Basting	Senior	345	525.52	GL	Home Nations
4	Amanda Hughes	M1	337.5	519.95	SM	EPF European Equipped Masters
5	Linzi Waite	Senior	335	515.51	NM	EPF Western European
6	Michelle Franklin	M2	332.5	512.12	NM	British Equipped
7	Jenny Hunter	M3	320	495.01	EM	British Equipped
8	Angelina Lane	Senior	272.5	438.02	WAL	Home Nations
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Classic Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Joy Nnamani	Senior	87.5	760.76	GL	IPF World Classic
2	Erin Aldcroft	U23	85.5	747.71	YNE	BP British Junior Classic
3	Evita Otigbah	Senior	85.5	747.71	GL	BP British University
4	Leoni Tatman	Senior	75	661.18	SW	BP British Classic
5	Vicky Mirceta	Senior	70	631.86	ENG	Commonwealth
6	Catherine Shamel	M1	70	620.70	WM	IPF World Classic
7	Alex Bates	Senior	70	620.19	EM	EPA All England
8	Heather Christie	U23	70	619.17	SW	BP British Junior Classic
9	Jenny Hunter	M3	68	603.74	EM	IPF Classic Bench Press
10	Emma Goodwin	Senior	67.5	600.74	SM	BP British Classic
11	Arlene Middler	M1	66	592.67	SCO	SCO Scottish Masters
12	Amanda Holloway	M1	65	578.91	GBR	BP British Classic Bench
13	Amrita Panesar	U23	62.5	575.81	GL	EPF European Classic Bench
14	Jenna Brown	Senior	62.5	568.29	NM	BP British Classic
15	Amanda Hughes	M1	62.5	563.79	SM	BP British Classic Bench
16	Natalie Banks	Senior	62.5	563.56	NW	EPA All England
17	Jazmine Franks	Senior	62.5	559.03	NW	BP British Classic Bench
18	Jamie Lei Fuller	U18	60.5	544.42	SW	EPA All England
19	Tal Rosenbaum	U23	60	554.23	SE	IPF University Powerlifting Cup
20	Amanda Winter	M1	60	552.68	SW	BP British Masters Classic

Equipped Bench Total

	Name	Age Class	Total	IPF	Division	Competition
1	Amanda Hughes	M1	82.5	558.93	SM	IPF Equipped Bench Press
2	Emma Goodwin	Senior	82.5	555.33	SM	IPF World Open
3	Romina Basting	Senior	80	542.96	ENG	Commonwealth
4	Linzi Waite	Senior	77.5	534.37	NM	EPF Western European
5	Jennifer Hunter	M3	75	522.38	EM	IPF Equipped Bench Press
6	Louise Edwards	M1	67.5	493.06	YNE	British Equipped
7	Michelle Franklin	M2	67.5	492.29	NM	British Equipped
8	Angelina Lane	Senior	57.5	450.53	WAL	Home Nations
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57kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Joy Nnamani	Senior	453	831.85	GL	Reykjavik International Games
2	Bobbie Butters	Senior	450	829.76	NW	IPF World Classic
3	Ellie Steel	Senior	416	764.61	SM	BP British Classic
4	Moya Williams	Senior	401	734.66	GL	EPA All England
5	Jodie Cook	Senior	400	732.76	WM	EPA All England
6	Catherine Smith	Senior	397.5	729.65	WM	EPF Western European
7	Makeda Vidal	Senior	395	730.16	GL	EPA All England
8	Amy Viner	U23	390	717.80	WM	BP British Junior Classic
9	Amelia Crook	Senior	380	704.03	WAL	WAL Welsh Championships
10	Sonia Fierro	Senior	370	678.90	GL	EPA All England
11	Rachel Mawer	U23	362.5	665.19	SC	BP British Junior Classic
12	Abigail Stacey	Senior	357.5	661.20	SW	BP British Classic
13	Stacie Jones	U23	357.5	652.01	YNE	EPA All England
14	Ruth Saliu	U23	355	657.00	GL	BP British Junior Classic
15	Ruth Grigg	Senior	355	655.74	YNE	BP British Classic
16	Helen Hughes	M1	352.5	649.07	GBR	BP British Masters Classic
17	Sheina Kay	U23	350	649.81	NW	BP British Junior Classic
18	Claire Burns	Senior	350	639.51	NM	EPA All England
19	Sabrina Rew	U23	350	638.92	SW	BP British Junior Classic
20	Heather Christie	U23	347.5	657.26	SW	BP British University

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	532.5	727.31	SM	IPF World Open
2	Michelle Franklin	M2	350	513.61	NM	EPF European Equipped Masters
3	Catriona Duncan	M1	322.5	491.65	SCO	SCO Scottish Masters
4	Felicity Sadler	Senior	302.5	461.19	EM	British Equipped
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	105	860.91	SM	IPF World Classic
2	Bobbie Butters	Senior	100	826.16	NW	BP British Classic
3	Joy Nnamani	Senior	92.5	770.82	GL	EPF European Classic
4	Jodie Cook	Senior	90	750.42	ENG	Commonwealth
5	Ruth Grigg	Senior	87.5	736.57	YNE	BP British Classic
6	Helen Hughes	M1	87.5	731.38	SM	Arnold Classic Europe
7	Amelia Crook	Senior	80	680.49	NW	BP British Classic
8	Emily Dodd	Senior	80	672.61	SE	IPF Classic Bench Press
9	Sheina Kay	U23	77.5	662.74	NW	BP British Junior Classic
10	Rachel Mawer	U23	77.5	655.82	SC	BP British Junior Classic
11	Abigail Stacey	Senior	75	641.00	SW	BP British Classic
12	Kristina March	Senior	75	639.57	SE	BP British Classic
13	Claire Burns	Senior	75	635.37	NM	EPA All England
14	Stacie Jones	U23	75	634.09	ENG	Commonwealth
15	Kathryn Stewart	M1	72.5	622.05	NI	Commonwealth
16	Sabrina Rew	U23	72.5	617.68	SW	EPA All England
17	Moya Williams	Senior	72.5	614.24	ENG	Commonwealth
18	Emma Ludlow	Senior	70	607.44	ENG	Commonwealth
19	Joely Hawke	U23	70	599.91	GL	EPA All England
20	Elaine Collins	Senior	70	595.44	SE	BP British Classic Bench

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	150.0	792.88	SM	IPF World Open
2	Helen Hughes	M1	97.5	599.60	GBR	IPF Equipped Bench Press
3	Michelle Franklin	M2	72.5	495.33	NM	EPF European Equipped Masters
4	Catriona Duncan	M1	70	495.10	SCO	SCO Scottish Masters
5	Felicity Sadler	Senior	67.5	479.13	EM	British Equipped
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63kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Sabrina Moore	Senior	440	769.14	WAL	EPF European Classic
2	Lucia Puricelli	Senior	437.5	764.67	WM	IPF World Classic
3	Moa Wikner	Senior	432.5	757.57	ENG	Commonwealth
4	Suzanne Daniel	U23	430	751.87	SE	BP British Junior Classic
5	Grace Stilgoe	Senior	425	743.16	GL	EPF Western European
6	Abi Graham	M1	423	737.56	EM	BP British Classic
7	Jordan Wemyss	U23	402	704.01	SC	BP British Junior Classic
8	Elsbeth McLeod	Senior	400	716.40	YNE	BP British Classic
9	Makeda Vidal	Senior	400	714.55	GL	BP British Classic
10	Rima Baki	M1	397.5	690.98	GL	BP British Classic
11	Hannah Yardy	Senior	395	689.78	SW	BP British Classic
12	Lucy Robinson	U18	391	685.34	YNE	BP British Junior Classic
13	Annie Nelson	U23	387.5	679.04	SC	BP British Junior Classic
14	Karenjeet Kaur Bains	U23	387.5	674.75	WM	IPF World Classic
15	Victoria Hammond	Senior	387.5	673.32	WM	IPF University Powerlifting Cup
16	Karen Lai	Senior	382.5	667.39	GL	EPA All England
17	Madelaine Daniel	U23	382.5	666.86	SE	BP British University
18	Stephanie Pike	Senior	380	673.73	YNE	EPA All England
19	Lauren-May Drake	Senior	380	664.48	NW	BP British Classic
20	Keris Self	U23	380	663.43	WM	BP British Junior Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Lauren Elder	Senior	453.5	606.86	NI	Commonwealth
2	Lucy Hart	Senior	412.5	569.52	SM	EPA All England
3	Faye Jordan	Senior	412.5	561.82	EM	IPF World Open
4	Galit Goldshmid	M1	410	558.80	SM	Home Nations
5	Amelia Maycock	U23	372.5	520.29	NM	British Equipped
6	Ana Rojo-EcheBurua	Senior	372.5	515.99	SE	British Equipped
7	Ruth Moore	Senior	320	460.31	NI	Home Nations
8	Michelle Breen	Senior	290	425.00	NI	Home Nations
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Ellie Steel	Senior	100.5	817.66	SM	BP British Classic Bench
2	Elsbeth McLeod	Senior	100	808.68	YNE	BP British Classic
3	Sabrina Moore	Senior	97.5	773.19	WAL	EPF European Classic
4	Moa Wikner	Senior	95	756.58	ENG	Commonwealth
5	Lucia Puricelli	Senior	95	755.11	WM	IPF World Classic
6	Suzanne Daniel	U23	92.5	740.63	SE	EPF European Classic
7	Abi Graham	M1	92.5	736.08	EM	BP British Classic
8	Jordan Wemyss	U23	92	735.79	SC	BP British Junior Classic
9	Karen Lai	Senior	90	719.87	GL	EPA All England
10	Hollie Johnson	Senior	87.5	703.11	YNE	BP British Classic Bench
11	Grace Stilgoe	Senior	87.5	701.49	GL	EPF Western European
12	Rima Baki	M1	87.5	699.09	GL	BP British Classic
13	Tara Pigot	U23	85	685.83	NM	BP British Junior Classic
14	Galit Goldshmid	M1	85	685.61	SM	EPA English Bench Press
15	Beatrice Fishwick	U23	82.5	679.25	EM	BP British Junior Classic
16	Kelly Bardwell	Senior	82.5	669.37	EM	BP British Classic
17	Hannah Yardy	Senior	82.5	665.53	SW	BP British Classic
18	Karenjeet Kaur Bains	U23	82.5	664.28	WM	EPF European Classic
19	Rianna Graham	Senior	82.5	664.28	SW	BP British University
20	Sinead Hines	M1	82.5	664.28	NW	BP British Masters Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Faye Jordan	Senior	115	628.62	EM	IPF Equipped Bench Press
2	Galit Goldshmid	M1	97.5	567.95	SM	EPA English Bench Press
3	Lucy Hart	Senior	90	545.18	SM	EPF Western European
4	Lauren Elder	Senior	82.5	512.77	NI	Commonwealth
5	Amelia Maycock	U23	77.5	495.90	NM	IPF World Juniors & Sub-Juniors
6	Ana Rojo-EcheBurua	Senior	72.5	476.68	SE	British Equipped
7	Ruth Moore	Senior	60	434.47	NI	Home Nations
8	Michelle Breen	Senior	50	397.98	NI	Home Nations
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72kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Mariella Fisher	U23	478	791.34	YNE	BP British Junior Classic
2	Susanna Argyle	Senior	474.5	776.64	SM	BP British Classic
3	Alice Francis-Freeman	U23	470.5	775.66	SC	BP British Junior Classic
4	Holly Bryans	Senior	467.5	763.87	NM	EPA Interdivisional
5	Eno Majomi	M1	465	764.49	GL	EPF European Masters Classic
6	Amy Atkinson	Senior	450	751.19	SM	BP British Classic
7	Sheri Miles	Senior	450	736.26	SE	EPA All England
8	Sophia Ellis	U23	443	726.13	ENG	Commonwealth
9	Emily Greenway	Senior	437.5	716.21	SW	EPF Western European
10	Grace Stilgoe	Senior	430	734.82	GL	Home Nations
11	Sophie Culshaw	Senior	430	706.02	EM	EPA All England
12	Rosie Howard	Senior	425.5	696.77	YNE	EPA All England
13	Rachel Bradish	Senior	415	684.27	YNE	EPA All England
14	Florence Walton	Senior	412.5	681.00	SE	EPA All England
15	Emily Williams	Senior	405	663.77	GL	BP British Classic
16	Gen Collins	Senior	402.5	687.98	NW	EPA Interdivisional
17	Sian Arterton	U23	402.5	661.66	ENG	Commonwealth
18	Indiana Montaque	Senior	400	675.05	SW	BP British Classic
19	Rebecca Stace	Senior	400	669.36	SCO	IPF University Powerlifting Cup
20	Katy Jaques	Senior	400	667.18	NW	BP British Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Holly Bryans	Senior	532.5	657.58	NM	IPF World Open
2	Kimberley Cowell	Senior	505	637.84	NW	IPF World Open
3	Elizabeth Mills	U23	477	600.79	SE	British Equipped
4	Rachel Steedman	Senior	435	555.83	SCO	Home Nations
5	Joanne Barnes	M1	407.5	528.01	YNE	EPF European Equipped Masters
6	Catherine Gordon	M1	407.5	526.92	SCO	Home Nations
7	Karolina Jarosinska	Senior	405	539.19	SCO	Home Nations
8	Ana Rojo-Echeburua	Senior	405	532.81	SE	EPA All England
9	Wendy Kirkland	M1	395	519.18	NM	EPA Interdivisional
10	Joy Mineo	M2	375	502.18	NM	EPF European Equipped Masters
11	Hannah-Louise Graham	U23	367.5	485.96	NM	IPF World Juniors & Sub-Juniors
12	Maureen Gordon	M2	355.5	476.46	SCO	SCO Scottish Masters
13	Nikki Cummings	Senior	332.5	449.33	NI	Home Nations
14	Kelly Clark	M2	317.5	438.59		IPF World Masters
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Alice Francis-Freeman	U23	110.5	825.85	SC	BP British Junior Classic
2	Mariella Fisher	U23	102.5	780.05	YNE	IPF World Classic
3	Sophia Ellis	U23	100.5	754.32	ENG	Commonwealth
4	Amy Atkinson	Senior	100	762.31	SM	EPF European Classic
5	Eno Majomi	M1	100	752.53	GL	EPF European Masters Classic
6	Susanna Argyle	Senior	100	751.12	SM	IPF World Classic
7	Holly Bryans	Senior	97.5	731.82	NM	EPA Interdivisional
8	Ashley Lewis	U23	92.5	704.25	NM	BP British University
9	Ruta Lendraitiene	M1	92.5	701.81	YNE	IPF Classic Bench Press
10	Natalie Cameron	Senior	92.5	699.60	GL	IPF Classic Bench Press
11	Sheri Miles	Senior	92.5	699.60	SE	BP British Classic
12	Holly OShea	U23	90	686.95	NM	EPA English Bench Press
13	Rachel Bradish	Senior	90	684.49	ENG	Commonwealth
14	Sian Arterton	U23	90	684.41	EM	BP British Junior Classic
15	Gen Collins	Senior	87.5	689.51	NW	EPA Interdivisional
16	Grace Stilgoe	Senior	87.5	688.69	GL	Home Nations
17	Hollie Johnson	Senior	87.5	677.10	YNE	EPF European Classic Bench
18	Florence Walton	Senior	87.5	670.20	SE	EPA All England
19	Grace Howse	U18	87.5	668.79	EM	BP British Junior Classic
20	Zoe Clark	Senior	87.5	664.29	SM	EPA English Bench Press

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Kimberley Cowell	Senior	130	649.98	NW	IPF Equipped Bench Press
2	Holly Bryans	Senior	127.5	633.99	NM	IPF World Open
3	Wendie Kirkland	M1	115	596.50	GBR	EPF Bench Press
4	Rachel Steedman	Senior	115	593.63	GBR	EPF Bench Press
5	Elizabeth Mills	U23	105.5	564.64	SE	British Equipped
6	Fay Jordan	Senior	102.5	579.75	EM	British Equipped Bench
7	Karolina Jarosinska	Senior	100	559.95	SCO	Home Nations
8	Joanne Barnes	M1	100	546.34	YNE	EPF European Equipped Masters
9	Catherine Gordon	M1	95	529.49	SCO	Home Nations
10	Maureen Gordon	M2	90	516.27	GBR	IPF World Masters
11	Ana Rojo-Echeburua	Senior	87.5	512.82	SE	EPA All England
12	Joy Mineo	M2	77.5	480.95	NM	EPF European Equipped Masters
13	Hannah-Louise Graham	U23	72.5	458.59	NM	IPF World Juniors & Sub-Juniors
14	Kelly Clark	M2	70	453.24	GBR	British Equipped
15	Nikki Cummings	Senior	55	402.96	NI	Home Nations
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84kg Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Temitope Nuga	Senior	508	788.08	GL	EPF European Classic
2	Hira Tierney	Senior	470	719.20	SW	BP British Classic
3	Christina Appleby-Phillips	Senior	457.5	711.20	WAL	Commonwealth
4	Wendy Macfarlane	Senior	457.5	698.47	SCO	SCO Scottish Classic
5	Vanassa McDonald	Senior	447.5	689.60	SCO	Home Nations
6	Takara Hawthorne-Smith	Senior	447.5	686.78	WM	BP British Classic
7	Nicola Stimpson	Senior	443	679.25	SM	Home Nations
8	Sophia Ellis	U23	437.5	702.91	EM	BP British Junior Classic
9	Claire Tocher	Senior	437.5	672.92	SCO	SCO Scottish Classic
10	Chloe Whyllie	Senior	427.5	659.33	GL	BP British Classic
11	Abigail McLean	U23	425	654.17	NI	BP British Junior Classic
12	Robynne Smith	Senior	425	652.37	SCO	Home Nations
13	Jenni Sherwood	M1	417.5	641.91	NM	IPF World Classic
14	Ruby Hrynyszak	Senior	410	632.21	NM	EPA Interdivisional
15	Bronwyn Adlington	U23	407.5	631.26	SCO	IPF University Powerlifting Cup
16	Emily Greenway	Senior	405	654.41	SW	EPA Interdivisional
17	Lizzie Mills	U23	405	640.40	SE	EPA Interdivisional
18	Kerri Edwards	Senior	400	614.47	EM	BP British Classic
19	Natasha Brooks	Senior	397.5	620.34	EM	BP British Classic
20	Drew Fackrell	U23	397.5	611.57	ENG	Commonwealth

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Senior	540	625.10	EM	EPF Western European
2	Jennifer Keane	M1	497.5	587.48	WM	British Equipped
3	Sheri Miles	Senior	487.5	597.12	SE	EPF European Equipped
4	Natasha Eaton	Senior	375	471.76	WAL	Home Nations
5	Stephanie Fleming	Senior	370	485.51	WAL	Home Nations
6	Dawn Morrell	M2	325	423.38	SW	British Equipped
7	Melissa Wall	M2	320	432.06		IPF World Masters
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christina Appleby-Phillips	Senior	122.5	863.83	WAL	Commonwealth
2	Kerri Edwards	Senior	102.5	727.02	EM	BP British Classic
3	Ashley Lewis	U23	100	747.30	NM	EPF European Classic Bench
4	Sophia Ellis	U23	100	742.85	GL	EPF European Classic Bench
5	Claire Tocher	Senior	100	721.27	SCO	BP British Classic Bench
6	Bronwyn Adlington	U23	97.5	700.29	SCO	IPF University Powerlifting Cup
7	Robynne Smith	Senior	97.5	695.07	SCO	Home Nations
8	Natalie Cameron	Senior	95	705.87	GL	EPF European Classic Bench
9	Amelia Allen	M1	95	698.29	SW	EPA English Bench Press
10	Temitope Nuga	Senior	95	687.85	GL	BP British Classic
11	Wendy Macfarlane	Senior	92.5	660.68	SCO	SCO Scottish Classic
12	Ruby Hrynyszak	Senior	90	649.68	NM	EPA Interdivisional
13	Lucy Hyde	M1	90	649.14	SE	BP British Classic
14	Sara Ward	Senior	87.5	635.85	SCO	SCO Scottish Classic
15	Takara Hawthorne-Smith	Senior	87.5	631.62	WM	BP British Classic
16	Rachel Steedman	Senior	85	644.43	GBR	SCO Scottish University
17	Natasha Eaton	Senior	85	623.67	WAL	Commonwealth
18	Hira Tierney	Senior	85	614.46	SW	BP British Classic
19	Jacqueline Blasbery	M2	85	613.22	EM	EPF European Masters Classic
20	Emily Greenway	Senior	82.5	625.13	SW	EPA Interdivisional

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Christie Civetta	Senior	137.5	625.046	EM	EPF Western European
2	Sheri Miles	Senior	112.5	573.681	SE	EPF European Equipped
3	Jacqueline Blasbery	M2	112.5	554.298	EM	IPF Equipped Bench Press
4	Jennifer Keane	M1	107.5	544.267	WM	EPF European Equipped Masters
5	Amy Crossland	Senior	92.5	501.16	NM	EPA English Bench Press
6	Natasha Eaton	Senior	82.5	472.56	WAL	Home Nations
7	Melissa Wall	M2	75	458.72	SCO	British Equipped
8	Dawn Morrell	M2	75	450.92	SW	British Equipped
9	Stephanie Fleming	Senior	72.5	456.46	WAL	Home Nations
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84kg+ Class Top 20 Women ranked by total

Classic Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Leigh Wetheridge	Senior	579	766.97	EM	EPF European Classic
2	Camille Holland	Senior	567.5	725.26	EM	Arnold Classic Europe
3	Jo Whiteley	M1	493.5	640.03	NM	BP British Masters Classic
4	Charlie Chester	U23	485	666.28	ENG	Commonwealth
5	Tracy O'Callaghan	M1	480	690.43	WAL	Commonwealth
6	Katrina Sweatman	Senior	475	630.82	WM	BP British Classic
7	Helen Ferguson-Ford	Senior	462.5	596.79	SCO	SCO Scottish Classic
8	Mel Bird	Senior	447.5	639.55	WAL	Home Nations
9	Steevi Pugh	Senior	442.5	627.54	NM	BP British Classic
10	Libby Blair	M2	440	593.51	NI	Commonwealth
11	Rebecca Coggle	Senior	440	574.37	SE	BP British Classic
12	Scarlet Sotiris	Senior	435	633.86	SM	BP British Classic
13	Betty Gray	M2	430	598.73	SE	BP British Masters Classic
14	Kelly Phasey	M1	430	555.19	ENG	Commonwealth
15	Leah Moir	Senior	427.5	581.93	SCO	SCO Scottish Classic
16	Ella Gibbs	U23	425	597.27	SCO	SCO Scottish Juniors
17	Nicola Stimpson	Senior	417.5	628.94	SM	EPA Interdivisional
18	Siobhan Taylor	M1	415	588.40	EM	BP British Masters Classic
19	Kelly Layden-Farrer	M1	400	541.96	NM	BP British Masters Classic
20	Jelena Aleksic	Senior	400	523.89	EM	BP British Classic

Equipped Powerlifting Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Senior	583	582.03	WM	Home Nations
2	Laura Berry-Webb	Senior	532.5	596.71	YNE	IPF World Open
3	Kelly Phasey	M1	482.5	497.93	WM	British Equipped
4	Michelle Brand	M1	437.5	525.23	SCO	SCO Scottish Masters
5	Jacqueline Blasbery	M2	420	500.83	EM	EPF European Equipped Masters
6	Dawn Morrell	M2	332.5	419.54		IPF World Masters
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Classic Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Camille Holland	Senior	120	721.87	EM	EPF European Classic
2	Leigh Wetheridge	Senior	117.5	729.13	EM	EPF European Classic
3	Charlie Chester	U23	107.5	687.63	SW	EPA All England
4	Rebecca Coggle	Senior	107.5	653.06	SE	Commonwealth
5	Leah Moir	Senior	105	669.15	SCO	SCO Scottish Classic
6	Jo Whiteley	M1	105	645.07	NM	BP British Masters Classic
7	Sarah Bouskill	M1	103.5	652.44	NM	EPA English Bench Press
8	Kelly Phasey	M1	103	629.40	WM	BP British Masters Classic
9	Jacqueline Gough	M1	97.5	586.50	NM	EPA English Bench Press
10	Kyla Mullholland	M1	95	645.45	NI	NI Bench Press
11	Ella Gibbs	U23	95	630.17	SCO	SCO Scottish Juniors
12	Lisa Pilkington	M1	95	612.76	ENG	Commonwealth
13	Katrina Sweatman	Senior	95	603.24	WM	BP British Classic Bench
14	Melissa Bird	U23	92.5	628.14	WAL	EPF European Classic
15	Tracy O'Callaghan	M1	90	614.67	WAL	Commonwealth
16	Kelly Layden-Farrer	M1	90	581.32	NM	BP British Masters Classic
17	Helen Ferguson-Ford	Senior	90	560.89	SCO	SCO Scottish Classic
18	Scarlett Sotiris	Senior	87.5	603.16	SM	BP British Classic Bench
19	Sam Foulds	Senior	82.5	550.17	SM	BP British Classic
20	Libby Blair	M2	82.5	538.83	NI	IPF World Classic

Equipped Bench Total

Name	Age Class	Total	IPF	Division	Competition	
1	Katrina Sweatman	Senior	170.5	627.71	WM	Home Nations
2	Laura Berry-Webb	Senior	170	690.82	YNE	IPF World Open
3	Sarah Bouskill	M1	147.5	594.25	NM	British Equipped Bench
4	Kelly Phasey	M1	145	567.32	WM	British Equipped
5	Jacqueline Gough	M1	140	540.57	NM	British Equipped Bench
6	Kelly Layden-Farrer	M1	125	536.65	ENG	Commonwealth
7	Michelle Brand	M1	122.5	580.48	SCO	SCO Scottish Masters
8	Jackie Blasbery	M2	87.5	472.24	EM	British Equipped
9	Dawn Morrell	M2	80	456.00	GBR	IPF World Masters
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