

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
47kg					
1	Sabrina Shah	1996	Greater London - Inner & Outer Boroughs	332.50	Europeans 2019
2	Yasmin Bappoo	1996	South East	312.00	University competition 2019
3	Lenka Pilnikova	1983	North West	310.50	English Championship 2019
4	Alexandra Hunter	1991	Yorkshire and North East	290.00	YNEPF Open
5	Charlotte Clarke	1998	Yorkshire and North East	282.50	British Juniors 2019
6	Cheryl Hendry	1983	Scotland	250.00	All Scottish Championship
7	Jessie Lee	1997	Yorkshire and North East	250.00	YNE Novice competition, York
52kg					
1	Emma Goodwin	1987	South Midlands	370.00	Western Euros
2	Leoni Tatman	1990	South West	360.00	Bristol championships
3	Heather Christie	1998	South West	352.50	British Junior Classic Championships
4	Danielle Malcolm	1991	South West	337.00	European Classic Championship 2019
5	Justine Lee	1995	Yorkshire and North East	332.50	YNE Open
6	Natalie Banks	1991	North West	313.00	Powerpaloozer 3
7	danielle firth	1984	North West	311.00	northwest powerlifting championship 2019
8	Jenna Brown	1985	North Midlands	297.50	Four Counties
9	Arlene Middler	1979	Scotland	292.50	British Masters
10	HELEN QUINN	1992	Greater London - Inner & Outer Boroughs	287.50	Greater London Divisional
11	Michelle Watson	1989	Yorkshire and North East	282.50	YNEPF november open
12	Amila Dissanayake	1988	Greater London - Inner & Outer Boroughs	280.00	Greater London Divisional

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
57kg					
1	Joy Nnamani	1992	Greater London - Inner & Outer Boroughs	452.50	European Championships
2	Bobbie Butters	1994	North West	450.00	IPF Worlds. Sweden, Helsingborg
3	Jodie Cook	1988	West Midlands	400.00	All England Championships
4	Catherine Hoaresmith	1995	West Midlands	397.50	Western Euros
5	Makeda Vidal	1995	Wales	395.00	All England Championship
6	Amelia Crook	1993	Wales	380.00	Welsh Championships
7	Ruth Grigg	1987	Yorkshire and North East	380.00	Roses Cup
8	Sunita Raja	1989	Northern Ireland	380.00	Super Training Classic 2019
9	Adejoke Adetayo	1991	Greater London - Inner & Outer Boroughs	377.50	London Divisional Championships
10	Melissa Hexter	1994	Greater London - Inner & Outer Boroughs	375.00	Greater London Divisional
11	Stacie Jones	1996	Yorkshire and North East	363.50	YNE Junior and Sub-junior championship
12	Ruth Saliu	1996	Greater London - Inner & Outer Boroughs	355.00	British Junior Classic Championships
13	Jessica Terry	1990	Yorkshire and North East	333.00	All England's
14	Emily Przeslak	1993	Greater London - Inner & Outer Boroughs	332.50	All Englands
15	Miriam Andrews	1995	South Midlands	317.50	South Midlands Divisional Powerlifting Competition held at Elite Bodyworks, Basingstoke
16	Debbie Bell	1993	Yorkshire and North East	307.50	London Divisional at Bethnal Green Weightlifting Club
17	Anastasia Harmer	1992	Greater London - Inner & Outer Boroughs	302.50	All England

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18	Bryony Farlow	1992	West Midlands	300.00	West Midlands Full Power & Bench Only Championships
19	Melissa Henderson	1995	Yorkshire and North East	297.50	YNE November Open
20	Felicity Sadler	1990	East Midlands	282.50	East Midlands Open Powerlifting Championships
63kg					
1	Sabrina Downes	1989	Wales	440.00	EPF European Championships
2	Lucia Puricelli	1993	West Midlands	437.50	IPF World Classic Championship
3	Moa Wikner	1995	Greater London - Inner & Outer Boroughs	432.50	The Commonwealth Championship
4	Grace Stilgoe	1989	Greater London - Inner & Outer Boroughs	425.00	Western European Championships
5	Elspeth McLeod	1995	Yorkshire and North East	400.00	YNE Open
6	genevieve collins	1980	North West	400.00	Manchester Merseyside Championship
7	Rima Baki	1978	Wales	390.00	South Midlands Spring Open Guest Lifters
8	Helena Humphries	1993	North West	380.00	NW regional championship
9	Gemma Gibson	1984	Yorkshire and North East	375.00	YNE November open
10	Sinead Hines	1978	North West	375.00	British Masters Nationals 2019
11	Kate Matthew	1981	Wales	370.00	Welsh spring open pb performance results emailed to Fred sterry
12	Lauren Beet	1990	South West	370.00	SWPLA Bristol Championships
13	Kirsten Ligget	1994	North West	367.50	NWPL Christmas Spectacular
14	Catherine Phipps	1990	South Midlands	365.00	Super Training Classic Championships
15	Kelly Bardwell	1994	South East	365.00	EM Open Championships
16	Katie Roberts	1989	Wales	362.50	Welsh open winter cup

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17	Maariyah TAHIR	1989	Greater London - Inner & Outer Boroughs	355.00	Super Training Classic 2019
18	Debbie Gathercole	1991	Yorkshire and North East	345.00	YNE January Open
19	Charlotte McCoy	1990	South Midlands	335.00	South Midlands MK Barbell Bitesize
20	Rebecca Martin	1978	Yorkshire and North East	330.00	British masters 2019
76kg					
1	Mariella Fisher	2000	Yorkshire and North East	478.00	British Junior Championships
2	Holly Bryans	1994	North Midlands	467.50	Inter Regionals
3	Eno Majomi	1974	Greater London - Inner & Outer Boroughs	462.50	European Classic Championships 2019
4	Amy Atkinson	1987	South Midlands	447.50	European Classic
5	Sophia Ellis	1996	Greater London - Inner & Outer Boroughs	443.00	Commonwealth
6	Rachel Bradish	1987	Yorkshire and North East	442.50	Roses
7	Emily Bennett	1994	South West	437.50	Western Euros
8	Rosie Howard	1995	Yorkshire and North East	425.50	All England's
9	Florence Walton	1992	South East	422.50	South East Open 2019
10	Indiana Montaque	1993	East Midlands	401.00	Bristol Championships
11	Emily Williams	1990	Greater London - Inner & Outer Boroughs	392.50	Super Training Classic 2019
12	Abigail Simmons	1992	South West	390.00	All Englands
13	Rianna Graham	1994	South West	388.50	Super Training Classic
14	Karolina Jarosinska	1993	Scotland	372.50	Scottish Classic Championship
15	Lianne Brook	1990	West Midlands	367.50	Women's All England Powerlifting Championship

Weight	Name	Born	Division	Qualifying Total Achieved	Competition
16	Alison Day	1983	Greater London - Inner & Outer Boroughs	362.50	South East Summer Divisional
17	Heather Murray	1989	Yorkshire and North East	360.00	YNE Open
18	Amy-Rose Deffley	1986	West Midlands	355.00	West Midlands full power Championships
19	Alexandra Kapka	1983	Northern Ireland	352.50	Spring Classic Clash NI
20	Rebecca Patterson	1982	Scotland	350.00	Scottish classic championships 2019 (name was Rebecca Gow at the time)
21	Ria Mugglestone	1986	South East	350.00	Wiltshire and Gloucester Championships
84kg					
1	Temitope Nuga	1985	Greater London - Inner & Outer Boroughs	508.00	European championships
2	Susanna Argile	1992	South Midlands	467.50	World Championships
3	Hira Teirney	1982	South West	465.50	Western European Championships
4	Rebekah Tiler	1999	Yorkshire and North East	460.00	YNE vs NW roses 2019
5	Christina Appleby-Phillips	1982	Wales	457.50	Commonwealth championship
6	Sheri Miles	1986	South East	450.00	All England Champs
7	Vanassa George-Macdonald	1986	Scotland	447.50	Home Nations 2019
8	Nicola Stimpson	1986	South Midlands	443.00	Home Nations - Dover
9	Robynne Smith	1991	Scotland	421.00	Scottish Classic Championships
10	Chloe Whylie	1990	Greater London - Inner & Outer Boroughs	412.50	SOUTH MIDLANDS (Southampton)
11	Ruby Hryniszak	1995	North Midlands	410.00	EPA Inter-Divisional Championships
12	Elina Abel-Opurum	1996	Greater London - Inner & Outer Boroughs	402.50	Greater London Divisionals

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13	Lola Gloria Alabi	1993	Greater London - Inner & Outer Boroughs	402.50	Super Training Classic 2019
14	Sara Ward	1993	Scotland	395.00	All Scottish
15	Wiktoria Tafesse	1989	Yorkshire and North East	387.50	2019 EPA YNE Novice Riccall
16	Natasha Eaton	1992	Wales	382.50	Commonwealth
84+kg					
1	Camille Holland	1988	East Midlands	560.50	European Classic Powerlifting Championships
2	Charlie Chester	1996	South West	482.50	World Championships
3	Helen Ferguson-Ford	1981	Scotland	462.50	Scottish Classic Championship
4	Mary McCance	1980	North West	445.50	Powerpalooza
5	Rebecca Coggle	1983	South East	440.00	South East Classic
6	Leah Moir	1986	Scotland	427.50	Scottish Classics
7	Inara Kuisele	1984	North Midlands	425.00	2019 EPA North Midlands Spring Championships
8	Anca Bica	1991	West Midlands	420.00	West Midlands Full Power and Bench Only Championships
9	Kelly-Marie Edwards	1990	South Midlands	405.00	South Midlands Bitesize 4 Basingstoke
10	Susy Pyzer-Knapp	1994	East Midlands	405.00	South midlands bite size
11	Jelena Aleksic	1986	East Midlands	402.50	East Midlands Powerlifting Championship
12	Scarlett Sotiris	1989	South Midlands	402.50	South East Autumn Open