



Top 20 Women ranked by Wilks

Classic Powerlifting Wilks

	Name	Age Class	Weight Class	Wilks	Division	Competition
1	Sheri Miles	Senior	72	436.02	SE	British Women's Classic
2	Louise Richardson	M1	72	421.24	SE	IPF World Classic
3	Rosie Howard	U23	72	415.06	SE	British Junior Classic
4	Florence Walton	Senior	72	389.14	SE	EPA All England
5	Kristina March	Senior	57	389.04	SE	SE Open Championships
6	Emily Dodd	U23	57	381.59	SE	British Junior Classic
7	Khrys Kyriacou	M2	63	377.48	SE	IPF World Classic
8	Emily Norley	U23	57	376.27	SE	SE Summer Qualifier
9	Elizabeth Mills	U23	72	369.02	SE	British Junior Classic
10	Betty Gray	M2	84+	332.93	SE	IPF World Classic
11	Elizabeth Pipe	U23	57	330.62	SE	British Junior Classic
12	Sue Meaney-Burrows	M1	72	325.44	SE	British Masters Qualifier
13	Ana Rojo	Senior	72	323.34	SE	SE Open Championships
14	Melanie Golding	M2	63	321.44	SE	SE Classic
15	Louise Sawers	Senior	63	319.22	SE	SE Classic
16	Emily Killick	U18	72	317.77	SE	EPA All England
17	Paula Edwards	Senior	72	314.62	SE	SE Novice & Junior
18	Chloe Evans	Senior	72	313.72	SE	SE Open Championships
19	Eleanor Barr-Richardson	U23	63	313.15	SE	SE Novice & Junior
20	Aurelie Kent	U23	72	310.89	SE	SE Classic

Equipped Powerlifting Wilks

	Name	Age Class	Weight Class	Wilks	Division	Competition
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Classic Bench Only Wilks

	Name	Age Class	Weight Class	Wilks	Division	Competition
1	Julie Rider	Senior	84+	94.36	SE	British Bench Press
2	Sheri Miles	Senior	72	88.42	SE	SE Bench Press
3	Nicola Gregan	M1	84	64.17	SE	SE Bench Press
4	Teneka Walford	U23	84+	60.46	SE	SE Bench Press
5	Ellen Dowie	Senior	63	46.29	SE	SE Bench Press
6	Julie Briggs	M2	72	44.90	SE	British Bench Press
7	Mary Yeomans	Senior	84	39.91	SE	SE Bench Press
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Equipped Bench Only Wilks

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47kg Class Top 20 Women ranked by total

Classic Powerlifting Total

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Equipped Powerlifting Total

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Classic Bench Only Total

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Equipped Bench Only Total

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52kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Zena Tambini	Senior	237.5	299.18	SE	SE Autumn Qualifier
2	Stacia Murray	Senior	235	294.71	SE	NW Powerpalooza
3	Ishka Trace-Kleeberg	U23	212.5	284.48	SE	SE Open Championships
4	Julia Cross	M1	192.5	245.80	SE	SE Open Championships
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Equipped Powerlifting Total

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Classic Bench Only Total

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Equipped Bench Only Total

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57kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Kristina March	Senior	332.5	389.04	SE	SE Open Championships
2	Elizabeth Pipe	U23	332.5	330.62	SE	British Junior Classic
3	Emily Dodd	U23	322.5	381.59	SE	British Junior Classic
4	Emily Norley	U23	318	376.27	SE	SE Summer Qualifier
5	Katie Rusman	U23	272.5	279.91	SE	British Junior Classic
6	Caitlin Horn	Senior	247.5	303.13	SE	SE Open Championships
7	Lydia Forrest	U23	242.5	231.80	SE	British Junior Classic
8	Ellen Dowie	Senior	192.5	225.24	SE	SE Open Championships
9	Ann Hulland	M3	177.5	215.35	SE	SE Novice & Junior
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Equipped Powerlifting Total

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Classic Bench Only Total

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Equipped Bench Only Total

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63kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Khrys Kyriacou	M2	350	377.48	SE	IPF World Classic
2	Melanie Golding	M2	295.5	321.44	SE	SE Classic
3	Louise Sawers	Senior	290	319.22	SE	SE Classic
4	Eleanor Barr-Richardson	U23	290	313.15	SE	SE Novice & Junior
5	Ana Rojo	Senior	277.5	302.04	SE	British Uni
6	Emily Dodd	U23	272.5	310.47	SE	SE Spring Qualifier
7	Charlotte Tulloch	Senior	267.5	300.17	SE	SE Spring Qualifier
8	Amanda Somers	Senior	262.5	292.09	SE	SE Summer Qualifier
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Equipped Powerlifting Total

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Classic Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Ellen Dowie	Senior	40	46.29	SE	SE Bench Press
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Equipped Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
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72kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Sheri Miles	Senior	440	436.02	SE	British Women's Classic
2	Louise Richardson	M1	425	421.24	SE	IPF World Classic
3	Florence Walton	Senior	390	389.14	SE	EPA All England
4	Rosie Howard	U23	378.5	415.06	SE	British Junior Classic
5	Elizabeth Mills	U23	376.5	369.02	SE	British Junior Classic
6	Khrys Kyriacou	M2	357.5	357.78	SE	British Masters Classic
7	Sue Meaney-Burrows	M1	332.5	325.44	SE	British Masters Qualifier
8	Chloe Evans	Senior	317.5	313.72	SE	SE Open Championships
9	Paula Edwards	Senior	315	314.62	SE	SE Novice & Junior
10	Emily Killick	U18	312.5	317.77	SE	EPA All England
11	Ana Rojo	Senior	307.5	323.34	SE	SE Open Championships
12	Aurelie Kent	U23	307.5	310.89	SE	SE Classic
13	Gloria Fitzpatrick	M2	307.5	304.28	SE	EPA All England
14	Lisa Bacon	Senior	302.5	299.62	SE	SE Classic
15	Kelly Whiting	Senior	292.5	290.14	SE	SE Open Championships
16	Kim Diaper	Senior	285	279.34	SE	SE Summer Qualifier
17	Zoe Nateras	Senior	280	278.42	SE	SE Classic
18	Carla Moody	M1	277.5	274.19	SE	SE Novice & Junior
19	Ruth Mitchell	Senior	275	269.41	SE	SE Open Championships
20	Nicola Harding	M1	272.5	272.17	SE	SE Open Championships

Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Sheri Miles	Senior	90	88.42	SE	SE Bench Press
2	Julie Briggs	M2	45	44.90	SE	British Bench Press
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Equipped Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
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84kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Lucy Hyde	Senior	310	281.73	SE	SE Autumn Qualifier
2	Chloe Evans	Senior	302.5	275.65	SE	SE Spring Qualifier
3	Hwee Lee Richards	Senior	292.5	261.86	SE	SE Novice & Junior
4	Helen Cheesworth	Senior	287.5	272.63	SE	SE Open Championships
5	Kim Diaper	Senior	282.5	259.95	SE	SE Classic
6	Katie Drewett	U23	280	304.20	SE	British Junior Classic
7	Este van Heerden	M1	267.5	243.43	SE	SE Open Championships
8	Sally Davis	Senior	247.5	220.84	SE	SM Open
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Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Nicola Gregan	M1	67.5	64.17	SE	SE Bench Press
2	Mary Yeomans	Senior	42.5	39.91	SE	SE Bench Press
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Equipped Bench Only Total

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84kg+ Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Betty Gray	M2	407.5	332.93	SE	IPF World Classic
2	Kelly Tuson	M1	335	294.39	SE	British Masters Qualifier
3	Charlie Connor	Senior	332.5	283.72	SE	SE Autumn Qualifier
4	Jana Jackunaite	Senior	325	275.79	SE	SE Autumn Qualifier
5	Talya Garnett	U23	290	287.10	SE	British Junior Classic
6	Leila Bundy	Senior	290	242.40	SE	SM Open
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Equipped Powerlifting Total

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Classic Bench Only Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Julie Rider	Senior	112.5	94.36	SE	British Bench Press
2	Teneka Walford	U23	70	60.46	SE	SE Bench Press
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Equipped Bench Only Total

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