



Top 20 Women ranked by Wilks

Classic Powerlifting Wilks

Name	Age Class	Weight Class	Wilks	Division	Competition	
1	Suzanne Daniel	U23	63	438.09	SE	BP British Junior Classic
2	Sheri Miles	Senior	72	430.63	SE	EPA All England
3	Madalaine Daniel	U23	63	403.71	SE	SE Rookie and Junior
4	Emily Norley	U23	57	400.89	SE	EPA All England
5	Elizabeth Mills	U23	72	397.16	SE	EPA All England
6	Florence Walton	Senior	72	394.92	SE	BP British Womens Classic
7	Kristina March	Senior	57	393.80	SE	SE Open
8	Charlotte Goss	Senior	52	380.56	SE	SE Open
9	Emily Dodd	Senior	57	378.40	SE	SE Open
10	Louise Richardson	M1	72	377.58	SE	SE Open
11	Betty Gray	M2	84+	362.49	SE	BP British Masters Classic
12	Jana Lee Morris	Senior	72	361.94	SE	SW Autumn Bitesize
13	Lydia Forrest	U23	52	358.94	SE	SE Open
14	Sally Mann	Senior	57	349.16	SE	SE Spring Divisional
15	Alex May Wren	Senior	63	347.16	SE	SM Open 2018
16	Elaine Collins	Senior	57	346.65	SE	SE Open
17	Ana Rojo	Senior	63	346.56	SE	EPA Inter-Regional
18	Francesca Boylan	U23	57	344.69	SE	SE Open
19	Rianna Graham	Senior	63	341.83	SE	BP British Uni Women
20	Sue Burrow-Meaney	M1	72	341.24	SE	SE Astor Winter Divisional

Equipped Powerlifting Wilks

Name	Age Class	Weight Class	Wilks	Division	Competition
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Classic Bench Wilks

Name	Age Class	Weight Class	Wilks	Division	Competition	
1	Suzanne Daniel	U23	63	92.75	SE	BP British Junior Classic
2	Emily Norley	U23	57	89.93	SE	BP British Junior Classic
3	Sheri Miles	Senior	84	89.79	SE	Home Nations
4	Emily Dodd	U23	57	87.75	SE	SE Bench Press
5	Kristina March	Senior	57	87.51	SE	SE Open
6	Florence Walton	Senior	72	84.40	SE	EPA All England
7	Madalaine Daniel	U23	63	81.84	SE	SE Rookie and Junior
8	Lucy Hyde	Senior	84	79.02	SE	EPA All England
9	Jana Lee Morris	Senior	72	77.80	SE	SW Autumn Bitesize
10	Elly Barr-Richardson	Senior	63	76.48	SE	SE Classic
11	Emma Ludlow	Senior	57	76.27	SE	SE Bench Press
12	Elaine Collins	Senior	57	75.74	SE	SE Open
13	Elizabeth Mills	U23	72	74.58	SE	IPF Classic Bench Press
14	Ana Rojo	Senior	72	72.94	SE	BP British Classic Bench
15	Louise Richardson	M1	72	71.57	SE	SE Open
16	Rebecca Coggle	Senior	84+	69.52	SE	SE Open
17	Charlotte Goss	Senior	52	69.08	SE	SE Open
18	Nicola Gregan	M1	72	68.97	SE	SE Bench Press
19	Lydia Forrest	U23	52	68.67	SE	SE Open
20	Rianna Graham	Senior	63	68.37	SE	BP British Uni Women

Equipped Bench Wilks

Name	Age Class	Weight Class	Wilks	Division	Competition	
1	Elizabeth Mills	U23	84	91.00	SE	SE Bench Press
2	Ana Rojo	Senior	63	83.23	SE	SE Bench Press
3	Lucy Owen	Senior	63	82.04	SE	SE Bench Press
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47kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Ishka Trace-Kleeberg	U23	227.5	310.70	SE	SE Open
2	Alice Walters	U23	150	202.98	SE	BP British Junior Classic
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Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Ishka Trace-Kleeberg	U23	47.5	64.87	SE	SE Open
2	Alice Walters	U23	35	47.36	SE	BP British Junior Classic
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52kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Charlotte Goss	Senior	303	380.56	SE	SE Open
2	Lydia Forrest	U23	287.5	358.94	SE	SE Open
3	Sorrel Hens	U23	237.5	299.63	SE	SE Open
4	Ishka Trace-Kleeberg	U23	226	298.63	SE	SE Classic
5	Patcha Nitiahpapand	Senior	222.5	284.97	SE	BP British Uni Women
6	Julia Cross	M1	210	263.75	SE	SE Open
7	Amber Russell-Mason	U23	205	264.15	SE	SE Open
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Equipped Powerlifting Total

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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Charlotte Goss	Senior	55	69.08	SE	SE Open
2	Lydia Forrest	U23	55	68.67	SE	SE Open
3	Sorrel Hens	U23	50	63.08	SE	SE Open
4	Ishka Trace-Kleeberg	U23	48.5	64.09	SE	SE Classic
5	Julia Cross	M1	47.5	60.20	SE	SE Push & Pull
6	Amber Russell-Mason	U23	40	51.54	SE	SE Open
7	Patcha Nitiahpapand	Senior	37.5	48.03	SE	BP British Uni Women
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Equipped Bench Total

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57kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Emily Norley	U23	345.0	400.89	SE	EPA All England
2	Kristina March	Senior	337.5	393.80	SE	SE Open
3	Emily Dodd	Senior	322.5	378.40	SE	SE Open
4	Charlotte Goss	Senior	313	371.40	SE	SE Spring Divisional
5	Sally Mann	Senior	298	349.16	SE	SE Spring Divisional
6	Elaine Collins	Senior	297.5	346.65	SE	SE Open
7	Francesca Boylan	U23	295	344.69	SE	SE Open
8	Lydia Downing	U23	265	312.68	SE	SE Open
9	Jade Simmons	Senior	262.5	311.04	SE	SE Spring Divisional
10	Lydia Forrest	Senior	260	321.73	SE	EPA Inter-Regional
11	Katie Reid	Senior	260	306.78	SE	SE Open
12	Caitlin Horn	Senior	252.5	310.85	SE	SE Astor Winter Divisional
13	Ann Hulland	M3	200	242.12	SE	SE Rookie and Junior
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Equipped Powerlifting Total

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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Emily Norley	U23	77.5	89.93	SE	BP British Junior Classic
2	Emily Dodd	U23	75	87.75	SE	SE Bench Press
3	Kristina March	Senior	75	87.51	SE	SE Open
4	Emma Ludlow	Senior	65	76.27	SE	SE Bench Press
5	Elaine Collins	Senior	65	75.74	SE	SE Open
6	Jade Simmons	Senior	57.5	68.13	SE	SE Spring Divisional
7	Francesca Boylan	U23	57.5	67.18	SE	SE Open
8	Charlotte Goss	Senior	55	65.26	SE	SE Spring Divisional
9	Sally Mann	Senior	52.5	61.51	SE	SE Spring Divisional
10	Katie Reid	Senior	50	59.00	SE	SE Open
11	Lydia Forrest	U23	47.5	59.13	SE	SE Push & Pull
12	Lydia Downing	U23	47.5	56.05	SE	SE Open
13	Caitlin Horn	Senior	42.5	51.60	SE	SE Open
14	Ann Hulland	M3	37.5	45.40	SE	SE Rookie and Junior
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Equipped Bench Total

	Name	Age Class	Total	Wilks	Division	Competition
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63kg Class Top 20 Women ranked by total

Classic Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Suzanne Daniel	U23	401.5	438.09	SE	BP British Junior Classic
2	Madalaine Daniel	U23	370	403.71	SE	SE Rookie and Junior
3	Ana Rojo	Senior	322.5	346.56	SE	EPA Inter-Regional
4	Rianna Graham	Senior	312.5	341.83	SE	BP British Uni Women
5	Elly Barr-Richardson	Senior	302.5	330.48	SE	SE Classic
6	Alex May Wren	Senior	300	347.16	SE	SM Open 2018
7	Amy Cooke	U18	300	322.96	SE	SE Open
8	Liv Harris	U23	275	303.08	SE	SE Rookie and Junior
9	Gabriela Maria Martins da Silva	U23	270	291.03	SE	SE Rookie and Junior
10	Shona Hughes	U23	260	294.46	SE	SE Open
11	Rachael Camp	Senior	252.5	281.15	SE	SE Classic
12	Adefolakemi Adenugba	Senior	247.5	273.47	SE	SE Open
13	Georgia Preston Hibbert	U18	235	260.32	SE	SE Astor Winter Divisional
14	Tia Ratnavira	U18	220	243.86	SE	SE Classic
15	Marguerite Fevrier	Senior	215	240.32	SE	SE Open
16	Laura Petch	Senior	205	236.74	SE	SE Classic
17	Ellie Kirby	U16	197.5	220.76	SE	SE Open
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Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Suzanne Daniel	U23	85	92.75	SE	BP British Junior Classic
2	Madalaine Daniel	U23	75	81.84	SE	SE Rookie and Junior
3	Elly Barr-Richardson	Senior	70	76.48	SE	SE Classic
4	Ana Rojo	Senior	65	70.40	SE	SE Classic
5	Rianna Graham	Senior	62.5	68.37	SE	BP British Uni Women
6	Amy Cooke	U18	62.5	67.28	SE	SE Open
7	Rachael Camp	Senior	57.5	63.45	SE	SE Bench Press
8	Rachael Leck	U23	57.5	63.45	SE	SE Bench Press
9	Gabriela Maria Martins da Silva	U23	55	59.28	SE	SE Rookie and Junior
10	Alex May Wren	Senior	52.5	60.75	SE	SM Open 2018
11	Shona Hughes	U23	52.5	59.46	SE	SE Open
12	Liv Harris	U23	52.5	57.86	SE	SE Rookie and Junior
13	Georgia Preston Hibbert	U18	50	55.39	SE	SE Astor Winter Divisional
14	Adefolakemi Adenugba	Senior	50	55.25	SE	SE Open
15	Tia Ratnavira	U18	45	49.88	SE	SE Classic
16	Ellie Kirby	U16	42.5	47.69	SE	SE Rookie and Junior
17	Laura Petch	Senior	40	46.19	SE	SE Classic
18	Marguerite Fevrier	Senior	40	44.71	SE	SE Open
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Equipped Bench Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Ana Rojo	Senior	77.5	83.23	SE	SE Bench Press
2	Lucy Owen	Senior	75	82.04	SE	SE Bench Press
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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	437.5	430.63	SE	EPA All England
2	Elizabeth Mills	U23	400	397.16	SE	EPA All England
3	Florence Walton	Senior	395	394.92	SE	BP British Womens Classic
4	Louise Richardson	M1	382.5	377.58	SE	SE Open
5	Sue Burrow-Meaney	M1	347.5	341.24	SE	SE Astor Winter Divisional
6	Jana Lee Morris	Senior	345	361.94	SE	SW Autumn Bitesize
7	Chloe Evans	Senior	332.5	324.83	SE	SE Astor Winter Divisional
8	Rianna Graham	Senior	325	336.96	SE	SE Classic
9	Heidi Johansen	U23	317.5	310.76	SE	SE Classic
10	Gloria Fitzpatrick	M2	315	310.65	SE	BP British Masters Classic
11	Natalie Fletcher	Senior	302.5	298.46	SE	SE Classic
12	Nicola Gregan	M1	297.5	292.28	SE	BP British Masters Classic
13	Amy Cooke	U18	295	296.43	SE	SE Astor Winter Divisional
14	Nicola Harding	M1	290	286.27	SE	SE Classic
15	Rebecca Ades	U23	280	286.69	SE	SE Classic
16	Esté Van Heerden	M1	280	278.56	SE	SE Open
17	Jay Wymer	U23	270	273.83	SE	BP British Junior Classic
18	Maia Tilbury	u23	270	272.42	SE	SE Spring Divisional
19	Charley Bond	U23	265	269.89	SE	BP British Junior Classic
20	Deborah Cookson	Senior	257.5	261.16	SE	SE Open

Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Sheri Miles	Senior	90	88.50	SE	BP British Classic Bench
2	Florence Walton	Senior	85	84.40	SE	EPA All England
3	Jana Lee Morris	Senior	77.5	77.80	SE	SW Autumn Bitesize
4	Elizabeth Mills	U23	75	74.58	SE	IPF Classic Bench Press
5	Louise Richardson	M1	72.5	71.57	SE	SE Open
6	Ana Rojo	Senior	70	72.94	SE	BP British Classic Bench
7	Liz Mills	U23	70	69.07	SE	EPF Classic Bench Press
8	Nicola Gregan	M1	70	68.97	SE	SE Bench Press
9	Sue Burrows-Meaney	M1	67.5	66.25	SE	BP British Masters Classic
10	Rianna Graham	Senior	62.5	64.80	SE	SE Classic
11	Anthea Reeves	Senior	60	63.02	SE	SE Bench Press
12	Katherine Lloyd	Senior	60	61.04	GL	SE Rookie and Junior
13	Gloria Fitzpatrick	M2	60	59.17	SE	BP British Masters Classic
14	Heidi Johansen	U23	57.5	56.28	SE	SE Classic
15	Chloe Evans	Senior	57.5	56.17	SE	SE Astor Winter Divisional
16	Rebecca Ades	U23	55	56.31	SE	SE Classic
17	Charley Bond	U23	55	56.02	SE	BP British Junior Classic
18	Amy Cooke	U18	55	55.27	SE	SE Astor Winter Divisional
19	Nimita Verma	Senior	55	54.66	SE	SE Open
20	Nicola Harding	M1	55	54.29	SE	SE Classic

Equipped Bench 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	Sheri Miles	Senior	442.5	429.53	SE	Home Nations
2	Olivia Bullis	U23	355	322.84	SE	SE Open
3	Lucy Hyde	Senior	355	320.61	SE	EPA All England
4	Anita Man	Senior	352.5	314.34	SE	SM Bitesize 9
5	Heidi Johansen	U23	335	306.32	SE	BP British Junior Classic
6	Kelly Tuson	Senior	320	286.56	SE	SE Astor Winter Divisional
7	Nicola Harding	M1	310	294.45	SE	SE Open
8	Helen Cheesworth	Senior	310	293.48	SE	SE Open
9	Sophie Barnett	Senior	297.5	268.77	SE	SM Bitesize 9
10	Nicky Edgar	M1	292.5	262.26	SE	BP British Masters Classic
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Equipped Powerlifting Total

	Name	Age Class	Total	Wilks	Division	Competition
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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Sheri Miles	Senior	92.5	89.79	SE	Home Nations
2	Lucy Hyde	Senior	87.5	79.02	SE	EPA All England
3	Anita Man	Senior	75	66.88	SE	SM Bitesize 9
4	Heidi Johansen	U23	70	64.01	SE	BP British Junior Classic
5	Olivia Bullis	U23	65	59.11	SE	SE Open
6	Kelly Tuson	M1	65	58.12	SE	SE Classic
7	Nicola Harding	M1	62.5	59.37	SE	SE Open
8	Sophie Barnett	Senior	62.5	56.46	SE	SM Bitesize 9
9	Kim Diaper	Senior	60	55.70	SE	SE Push & Pull
10	Nicky Edgar	M1	57.5	51.56	SE	BP British Masters Classic
11	Helen Cheesworth	Senior	55	52.78	SE	SE Classic
12	Mary Yeomans	Senior	45	41.01	SE	SE Push & Pull
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Equipped Bench Total

	Name	Age Class	Total	Wilks	Division	Competition
1	Elizabeth Mills	U23	95.0	91.00	SE	SE Bench Press
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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	435	362.49	SE	BP British Masters Classic
2	Rebecca Coggle	Senior	387.5	307.85	SE	SE Open
3	Suzie Millns	M1	327.5	260.45	SE	SE Open
4	Talya Garnett	Senior	300	250.60	SE	BP British Uni Women
5	Nicky Edgar	M1	290	251.88	SE	SE Classic
6	Helen Falconer	Senior	245	195.97	SE	SE Open
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Equipped Powerlifting Total

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Classic Bench

	Name	Age Class	Total	Wilks	Division	Competition
1	Rebecca Coggle	Senior	87.5	69.52	SE	SE Open
2	Teneka Walford	U23	72.5	62.34	SE	SE Bench Press
3	Betty Gray	M2	72.5	60.42	SE	BP British Masters Classic
4	Helen Falconer	Senior	60	47.99	SE	SE Open
5	Suzie Millns	M1	57.5	45.92	SE	SE Classic
6	Nicky Edgar	M1	55	47.77	SE	SE Classic
7	Talya Garnett	Senior	50	41.77	SE	BP British Uni Women
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Equipped Bench Total

	Name	Age Class	Total	Wilks	Division	Competition
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