

Top 20 Women 2017 Ranked on Wilks

Classic Powerlifting

	Name	Weight Class	Age class	Competition	Wilks
1	Steph Dekker	63	S	Western Districts	443.01
2	Louise Murray	57	S	Scottish Classic Champs	436.93
3	Hannah Beaven	47	S	British Ladies Classic Champs	433.20
4	Tasmin Campbell	72	S	British Ladies Classic Champs	415.40
5	Wendy Macfarlane	84	S	Scottish Classic Champs	390.99
6	Claire Tocher	84	S	Scottish Classic Champs	385.56
7	Sophie Barringer	72	S	Scottish Classic Champs	378.56
8	Alice Hogg	57	J	Scottish Seniors Champs	378.17
9	Molly Gray	63	J	Scottish Uni and College Champs	378.07
10	Alex Close	63	S	British Ladies Classic Champs	376.49
11	Rowan Hendry-Horne	63	S	Eastern Districts	375.92
12	Simone Kupisz	84+	S	Scottish Classic Champs	370.89
13	Maggie Richmond	72	J	Scottish Uni and College Champs	370.33
14	Kara Swankie	72	J	Scottish Classic Champs	367.72
15	Molly Harkins	63	J	Scottish Uni and College Champs	367.35
16	Catriona Duncan	52	M1	Scottish Classic Champs	366.55
17	Claire Thomson	57	S	Scottish Classic Champs	360.99
18	Alice Francis-Freeman	72	SJ	Scottish Classic Champs	360.42
19	Ruth Pottinger	72	S	Perth Open	356.20
20	Eve Fordyce	84	J	World University Cup	353.65

Equipped Powerlifting

Updated: 12/08/2017

	Name	Weight Class	Age class	Competition	Wilks
1	Alice Francis-Freeman	63	SJ	European Equipped Champs	397.05
2	Shelley Tipling	72	S	Scottish Seniors Champs	387.99
3	Michelle Brand	84	M1	European Masters Champs	368.61
4	Michelle Brand	84+	M1	British Equipped Championships	355.86
5	Shasha Bowers	72	S	British Equipped Championships	329.74
6	Melissa Wall	72	M2	European Masters Champs	295.65
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Classic Bench Press

	Name	Weight Class	Age class	Competition	Wilks
1	Louise Murray	57	S	British Benchpress Champs	106.05
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Equipped Bench Press

	Name	Weight Class	Age class	Competition	Wilks
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43kg Class

Top 20 Ranked on Total

Classic Powerlifting

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Equipped Powerlifting

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Classic Bench Press

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Equipped Bench Press

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47kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Hannah Beaven	45.6	S	British Ladies Classic Champs	315.5
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52kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Catriona Duncan	50.5	M1	Scottish Classic Champs	287.5
2	Jen Bowker	50.6	S	Scottish Classic Champs	272.5
3	Bianca Mourik	50.3	J	Scottish Uni and College Champs	262.5
4	Amber Brown	51.0	J	Western Districts	257.5
5	Elizabeth Hill	51.4	M1	British Masters	237.5
6	Yasmin Al-Obaidi	50.3	J	Scottish Uni and College Champs	185
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Equipped Powerlifting

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Classic Bench Press

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57kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Louise Murray	56.8	S	Scottish Classic Champs	375.5
2	Alice Hogg	56.8	J	Scottish Seniors Champs	325
3	Claire Thomson	55	S	Scottish Classic Champs	302.5
4	Anneli Ritari-Stewart	56.3	M1	British Masters	292.5
5	Nicola Ashmole	54.9	M1	Perth Open	252.5
6	Jaimee-Lee Bowles	56.8	SJ	Perth Open	257.5
7	Roisin Meehan	56.8	S	Scottish Classic Champs	257.5
8	Beata Haratym	55.4	S	Northern Districts	242.5
9	Briana Freed-Smith	56.5	J	Scottish Uni and College Champs	217.5
10	Isobelle Grant	53.7	M2	Eastern Districts	192.5
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Equipped Powerlifting

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Classic Bench Press

	Name	Body weight	Age class	Competition	Total
1	Louise Murray	55.9	S	British Benchpress Champs	90
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63kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Steph Dekker	63.0	S	Western Districts	412.5
2	Rowan Hendry-Horne	62.4	S	Eastern Districts	347.5
3	Molly Harkins	61.9	J	Scottish Uni and College Champs	337.5
4	Molly Gray	58.5	J	Scottish Uni and College Champs	332.5
5	Alex Close	58.3	S	British Ladies Classic Champs	330
6	Alice Francis-Freeman	61	SJ	British Equipped	325
7	Lynda Banks	62.2	M2	World Classic Champs	320
8	Jennifer Newton	61.9	J	Scottish Uni and College Champs	312.5
9	Jordan Wemyss	61.4	U20	Scottish Classic Champs	310
10	Ida Petersson	61.2	J	Scottish Uni and College Champs	305
11	Emily Martin	60.5	J	Eastern Districts	292.5
12	Hayley Kerr	59.4	S	Perth Open	290
13	Isha Maini	59.0	J	Scottish Uni and College Champs	275
14	Amy Frame	61.7	J	Scottish Uni and College Champs	275
15	Jackie Day	61.3	M1	British Masters	265
16	Laura Munro	61.6	S	Western Districts	265
17	Samantha Devlin	57.9	M2	British Masters	260
18	Megan Watson	60.4	S	Perth Open	250
19	Melissa Lawson	60.1	J	Scottish Uni and College Champs	244.5
20	Iona Bruce	62.7	S	Eastern Districts	242.5

Equipped Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Alice Francis-Freeman	61.95	SJ	European Equipped Champs	365
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Classic Bench Press

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Equipped Bench Press

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72kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Tasmin Campbell	70.6	S	British Ladies Classic Champs	420
2	Sophie Barringer	69.2	S	Scottish Classic Champs	377.5
3	Kara Swankie	71.5	J	Scottish Classic Champs	375
4	Ruth Pottinger	70.7	S	Perth Open	360.5
5	Maggie Richmond	65.5	J	Scottish Uni and College Champs	355
6	Alice Francis-Freeman	68.0	SJ	Scottish Classic Champs	355
7	Eve Fordyce	68.6	J	Scottish Uni and College Champs	350
8	Nina Lepaus	68.8	J	Scottish Uni and College Champs	350
9	Sarah Watson	68.0	S	Perth Open	345
10	Martha Gates	70.8	S	Northern Districts	345
11	Lorraine Patrick	70.8	S	Scottish Classic Champs	345
12	Molly Tweedle	70.25	J	World University Cup	342.5
13	Siona Garden	69.7	M1	British Masters	340
14	Nisha Purewal	71.9	S	Western Districts	335
15	Sarah Watson	68.0	S	Western Districts	332.5
16	Katy Conlan	68.7	S	Eastern Districts	332.5
17	Shelley Tipling	70.3	S	Scottish Classic Champs	330
18	Karolina Jarosinska	68.7	S	Scottish Uni and College Champs	327.5
19	Allison Gibson	71.1	M2	British Masters	326
20	Rachel Steedman	70.1	J	Scottish Uni and College Champs	322.5

Equipped Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Shelley Tipling	70.0	S	Scottish Seniors Champs	390
2	Shasha Bowers	72	S	British Equipped Championships	335
3	Melissa Wall	72	M2	European Masters Champs	295
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Classic Bench Press

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Equipped Bench Press

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84kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Wendy Macfarlane	82.7	S	Scottish Classic Champs	435
2	Claire Tocher	77.1	S	Scottish Classic Champs	412.5
3	Sandra Dailidyte	77.7	S	Scottish Classic Champs	370
4	Eve Fordyce	72.1	J	World University Cup	362.5
5	Elena Bowles	77.3	S	Perth Open	335
6	Annina Jansson	72.1	J	World University Cup	312.5
7	Tracy Brown	80.4	S	Perth Open	307.5
8	Irene Hallyburton	78.1	M1	Perth Open	297.5
9	Beth Chinchin	76.1	S	Scottish Classic Champs	295
10	Nicola Harcus	73.1	M1	Eastern Districts	292.5
11	Leah Mears	72.5	J	Scottish Uni and College Champs	252.5
12	Fionnuala Lyons	75.7	J	Scottish Uni and College Champs	242.5
13	Jennifer Curtin	79.5	S	Scottish Uni and College Champs	237.5
14	Monica Lowrie	77.2	J	Scottish Uni and College Champs	210
15	Beth Wards	79.9	J	Scottish Uni and College Champs	195
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Equipped Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Michelle Brand	83.65	M1	European Masters Champs	412.5
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Classic Bench Press

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Equipped Bench Press

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84+kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Simone Kupisz	86.8	S	Scottish Classic Champs	422.5
2	Leah Moir	108.0	S	Scottish Classic Champs	405
3	Rachael Moir	98.3	S	British Ladies Classic Champs	380
4	Connie McCallen	102.6	S	Western Districts	365
5	Joanna Jack	103.9	M1	Scottish Classic Champs	357.5
6	Sarah Hammerton	90.7	S	Scottish Classic Champs	355
7	Lynsey Christie	93.4	S	Eastern Districts	342.5
8	Kim Smyth	113.4	S	Eastern Districts	337.5
9	Steph Elliott	89.4	M1	Northern Districts	300
10	Louise Summers	97.0	S	Western Districts	250
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Equipped Powerlifting

	Name	Body weight	Age class	Competition	Total
1	Michelle Brand	84.4	M1	British Equipped Championships	400
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Classic Bench Press

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Equipped Bench Press

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