



OVERALL WOMEN'S RANKINGS 2019



TOTAL

| RANK | NAME | KGS |
|------|-------------------|--------|
| 1 | Steevi Pugh | 433.50 |
| 2 | Lizzy Terry | 387.50 |
| 3 | Kim Cowell | 377.50 |
| 4 | Sarah Shaw | 360.00 |
| 5 | Donna Bradbury | 350.00 |
| 6 | Rebecca Haffner | 335.00 |
| 7 | Amanda McGovern | 330.00 |
| 8 | Adele Fothersgill | 327.50 |
| 9 | Jo Copeland | 315.00 |
| 10 | Venla Niemela | 312.50 |
| 11 | Laura Battersby | 307.50 |
| 12 | Lisa Coombs | 300.00 |
| 13 | Annam Ayoub | 282.50 |
| 14 | Antonia Molton | 235.00 |
| 15 | Poppy Hopkins | 230.00 |
| 16 | Greta Cerepoka | 222.50 |
| 17 | Tania Robins | 197.50 |
| 18 | Nicola Jordan | 197.50 |
| 19 | Alice Connolly | 192.50 |
| 20 | Niyah Callister | 182.50 |

IPF POINTS

| RANK | NAME | IPF PTS |
|------|-------------------|---------|
| 1 | Donna Bradbury | 636.61 |
| 2 | Elfie Higson | 627.13 |
| 3 | Kim Cowell | 624.62 |
| 4 | Steevi Pugh | 618.33 |
| 5 | Lizzy Terry | 567.07 |
| 6 | Venla Niemela | 556.99 |
| 7 | Sarah Shaw | 551.23 |
| 8 | Rebecca Haffner | 532.46 |
| 9 | Laura Battersby | 532.25 |
| 10 | Lisa Coombs | 520.36 |
| 11 | Amanda McGovern | 491.58 |
| 12 | Adele Fothersgill | 490.11 |
| 13 | Annam Ayoub | 461.24 |
| 14 | Jo Copeland | 437.98 |
| 15 | Poppy Hopkins | 428.46 |
| 16 | Greta Cerepoka | 401.41 |
| 17 | Antonia Molton | 366.82 |
| 18 | Tania Robins | 365.29 |
| 19 | Niyah Callister | 345.34 |
| 20 | Alice Connolly | 340.17 |

43KG

TOTAL

| RANK | NAME | KG |
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SQUAT

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BENCH

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DEADLIFT

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47KG

TOTAL

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Niyah Callister | 182.50 |
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SQUAT

| RANK | NAME | KG |
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| 1 | Niyah Callister | 55.00 |
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BENCH

| RANK | NAME | KG |
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| 1 | Niyah Callister | 35.00 |
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DEADLIFT

| RANK | NAME | KG |
|------|-----------------|-------|
| 1 | Niyah Callister | 92.50 |
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52KG



TOTAL

| RANK | NAME | KG |
|------|---------------|--------|
| 1 | Poppy Hopkins | 230.00 |
| 2 | Tania Robins | 197.50 |
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SQUAT

| RANK | NAME | KG |
|------|---------------|-------|
| 1 | Poppy Hopkins | 85.00 |
| 2 | Tania Robins | 0.00 |
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BENCH

| RANK | NAME | KG |
|------|---------------|-------|
| 1 | Tania Robins | 52.50 |
| 2 | Poppy Hopkins | 45.00 |
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DEADLIFT

| RANK | NAME | KG |
|------|---------------|--------|
| 1 | Tania Robins | 145.00 |
| 2 | Poppy Hopkins | 100.00 |
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57KG

TOTAL

| RANK | NAME | KG |
|------|----------------|--------|
| 1 | Donna Bradbury | 350.00 |
| 2 | Greta Cerepoka | 222.50 |
| 3 | Alice Connolly | 192.50 |
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SQUAT

| RANK | NAME | KG |
|------|----------------|--------|
| 1 | Donna Bradbury | 130.00 |
| 2 | Greta Cerepoka | 85.00 |
| 3 | Alice Connolly | 62.50 |
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BENCH

| RANK | NAME | KG |
|------|----------------|-------|
| 1 | Donna Bradbury | 65.00 |
| 2 | Greta Cerepoka | 37.50 |
| 3 | Alice Connolly | 35.00 |
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DEADLIFT

| RANK | NAME | KG |
|------|----------------|--------|
| 1 | Donna Bradbury | 155.00 |
| 2 | Greta Cerepoka | 100.00 |
| 3 | Alice Connolly | 95.00 |
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63KG

TOTAL

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Venla Niemela | 312.50 |
| 2 | Laura Battersby | 307.50 |
| 3 | Lisa Coombs | 300.00 |
| 4 | Nicola Jordan | 197.50 |
| 5 | Kealey Dermody | 182.50 |
| 6 | | |
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SQUAT

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Venla Niemela | 117.50 |
| 2 | Lisa Coombs | 110.00 |
| 3 | Laura Battersby | 100.00 |
| 4 | Nicola Jordan | 55.00 |
| 5 | Kealey Dermody | 0.00 |
| 6 | | |
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BENCH

| RANK | NAME | KG |
|------|-----------------|-------|
| 1 | Lisa Coombs | 65.00 |
| 2 | Venla Niemela | 60.00 |
| 3 | Laura Battersby | 60.00 |
| 4 | Kealey Dermody | 50.00 |
| 5 | Nicola Jordan | 37.50 |
| 6 | | |
| 7 | | |
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DEADLIFT

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Laura Battersby | 147.50 |
| 2 | Venla Niemela | 135.00 |
| 3 | Kealey Dermody | 132.50 |
| 4 | Lisa Coombs | 125.00 |
| 5 | Nicola Jordan | 105.00 |
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72KG

TOTAL

| RANK | NAME | KG |
|------|-------------|--------|
| 1 | Kim Cowell | 377.50 |
| 2 | Annam Ayoub | 282.50 |
| 3 | | |

SQUAT

| RANK | NAME | KG |
|------|-------------|--------|
| 1 | Kim Cowell | 137.50 |
| 2 | Annam Ayoub | 105.00 |
| 3 | | |

BENCH

| RANK | NAME | KG |
|------|-------------|-------|
| 1 | Kim Cowell | 80.00 |
| 2 | Annam Ayoub | 42.50 |
| 3 | | |

DEADLIFT

| RANK | NAME | KG |
|------|-------------|--------|
| 1 | Kim Cowell | 160.00 |
| 1 | Annam Ayoub | 135.00 |
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84KG

TOTAL

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Elfie Higson | 407.50 |
| 2 | Sarah Shaw | 360.00 |
| 3 | Rebecca Haffner | 335.00 |
| 4 | Antonia Molton | 235.00 |
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SQUAT

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Elfie Higson | 162.50 |
| 2 | Rebecca Haffner | 130.00 |
| 3 | Sarah Shaw | 120.00 |
| 4 | Antonia Molton | 70.00 |
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BENCH

| RANK | NAME | KG |
|------|-----------------|-------|
| 1 | Sarah Shaw | 90.00 |
| 2 | Elfie Higson | 75.00 |
| 3 | Rebecca Haffner | 60.00 |
| 4 | Antonia Molton | 42.50 |
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DEADLIFT

| RANK | NAME | KG |
|------|-----------------|--------|
| 1 | Elfie Higson | 170.00 |
| 2 | Sarah Shaw | 150.00 |
| 3 | Rebecca Haffner | 145.00 |
| 4 | Antonia Molton | 122.50 |
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84KG+

TOTAL

| RANK | NAME | KG |
|------|-------------------|-------|
| 1 | Steevi Pugh | 433.5 |
| 2 | Lizzy Terry | 387.5 |
| 3 | Amanda McGovern | 330 |
| 4 | Adele Fothersgill | 327.5 |
| 5 | Jo Copeland | 315 |
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SQUAT

| RANK | NAME | KG |
|------|-------------------|-------|
| 1 | Steevi Pugh | 196 |
| 2 | Lizzy Terry | 150 |
| 3 | Adele Fothersgill | 125 |
| 4 | Jo Copeland | 110 |
| 5 | Amanda McGovern | 107.5 |
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BENCH

| RANK | NAME | KG |
|------|-------------------|------|
| 1 | Steevi Pugh | 75 |
| 2 | Adele Fothersgill | 72.5 |
| 3 | Lizzy Terry | 65 |
| 4 | Jo Copeland | 65 |
| 5 | Amanda McGovern | 65 |
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DEADLIFT

| RANK | NAME | KG |
|------|-------------------|-------|
| 1 | Lizzy Terry | 172.5 |
| 2 | Steevi Pugh | 162.5 |
| 3 | Amanda McGovern | 157.5 |
| 4 | Jo Copeland | 140 |
| 5 | Adele Fothersgill | 130 |
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Bench
Rank

Name Kg

Deadlift
Rank

Name Kg

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