



WOMEN'S ABSOLUTE RANKINGS 2019



TOTAL

RANK	NAME	KG
1	Steevi Pugh	433.5
2	Elfie Higson	407.5
3	Lizzy Terry	387.5
4	Kim Cowell	377.5
5	Sarah Shaw	360
6	Donna Bradbury	350
7	Rebecca Haffner	335
8	Amanda McGovern	330
9	Adele Fothersgill	327.5
10	Jo Copeland	315
11	Venla Niemela	312.5
12	Laura Battersby	307.5
13	Lisa Coombs	300
14	Annam Ayoub	282.5
15	Antonia Molton	235
16	Poppy Hopkins	230
17	Greta Cerepoka	222.5
18	Tania Robins	197.5
19	Nicola Jordan	197.5
20	Alice Connolly	192.5

SQUAT

RANK	NAME	KG
1	Steevi Pugh	196
2	Elfie Higson	162.5
3	Lizzy Terry	150
4	Kim Cowell	137.5
5	Rebecca Haffner	130
6	Donna Bradbury	130
7	Adele Fothersgill	125
8	Sarah Shaw	120
9	Venla Niemela	117.5
10	Lisa Coombs	110
11	Jo Copeland	110
12	Amanda McGovern	107.5
13	Annam Ayoub	105
14	Laura Battersby	100
15	Poppy Hopkins	85
16	Greta Cerepoka	85
17	Antonia Molton	70
18	Alice Connolly	62.5
19	Niyah Callister	55
20	Nicola Jordan	55

BENCH

RANK	NAME	KG
1	Sarah Shaw	90
2	Kim Cowell	80
3	Steevi Pugh	75
4	Elfie Higson	75
5	Adele Fothersgill	72.5
6	Lizzy Terry	65
7	Lisa Coombs	65
8	Jo Copeland	65
9	Donna Bradbury	65
10	Amanda McGovern	65
11	Venla Niemela	60
12	Rebecca Haffner	60
13	Laura Battersby	60
14	Tania Robins	52.5
15	Kealey Dermody	50
16	Poppy Hopkins	45
17	Antonia Molton	42.5
18	Annam Ayoub	42.5
19	Nicola Jordan	37.5
20	Greta Cerepoka	37.5

DEADLIFT

RANK	NAME	KG
1	Lizzy Terry	172.5
2	Elfie Higson	170
3	Steevi Pugh	162.5
4	Kim Cowell	160
5	Amanda McGovern	157.5
6	Donna Bradbury	155
7	Sarah Shaw	150
8	Laura Battersby	147.5
9	Tania Robins	145
10	Rebecca Haffner	145
11	Jo Copeland	140
12	Venla Niemela	135
13	Annam Ayoub	135
14	Kealey Dermody	132.5
15	Adele Fothersgill	130
16	Lisa Coombs	125
17	Antonia Molton	122.5
18	Nicola Jordan	105
19	Poppy Hopkins	100
20	Greta Cerepoka	100