WOMEN'S POWERLIFTING UPDATE 2025

The following statistics have been developed on basis of European's competitions data published on the EPF website.

The period considered is from 2000 till December 2025, with special focus for the last ten years.

The list of the data is the following:

A. Women lifters who took part in a European competition distinguished into several kind of competition, with separated totals between powerlifting and bench press championships.

   Totals are depurated of lifters that took part in more than one competition during the year.

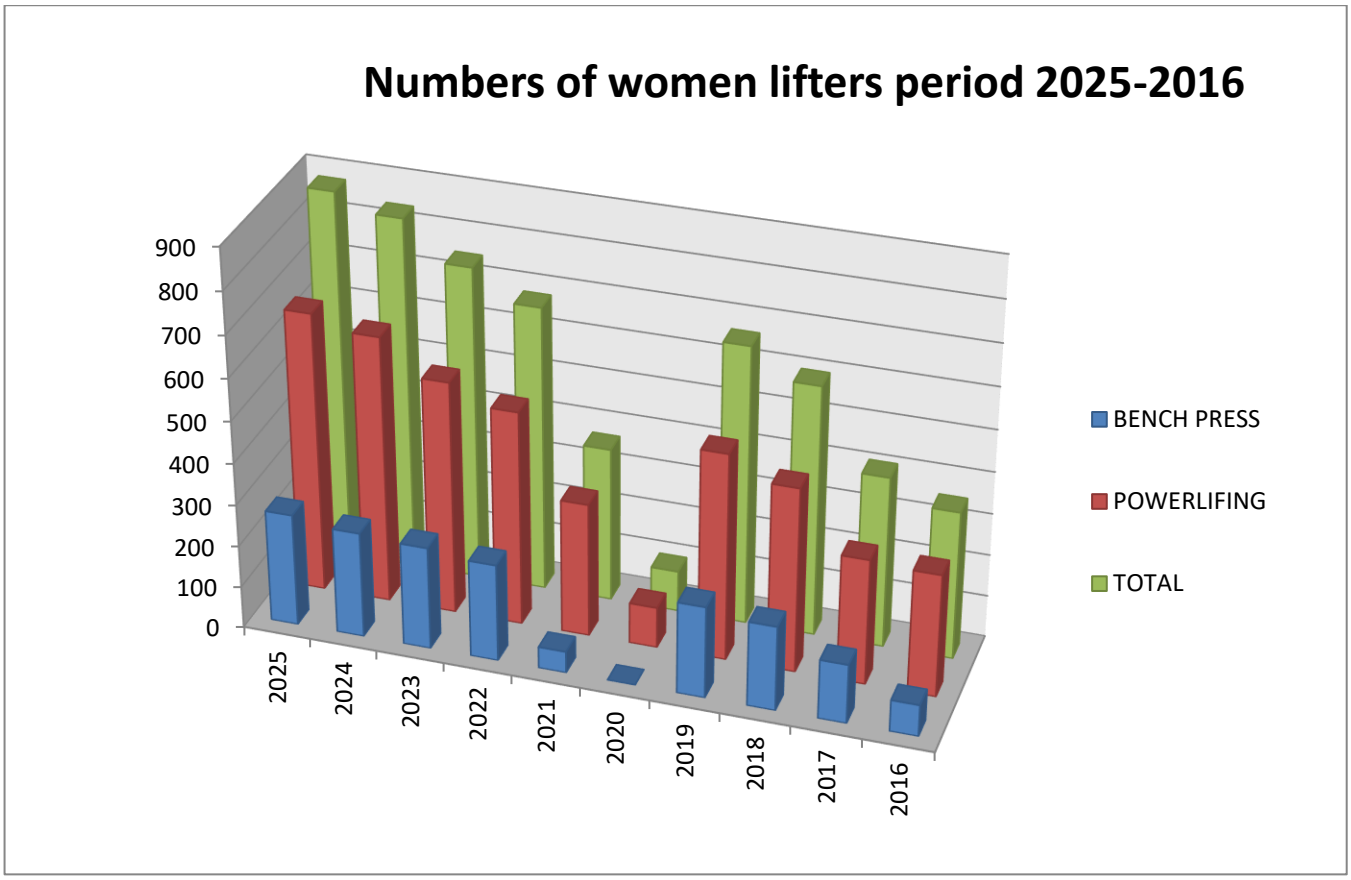
B. Distribution for age class of women lifters considering all competition.
C. Trend of the average age.
D. Details for 2025:
   - Average age.
   - Distribution for age class of women lifters in all competitions.
   - Distribution for age class of women lifters for each competition.

A) NUMBERS OF WOMEN LIFTERS IN THE PERIOD 2025 – 2000

With special focus for the last ten years

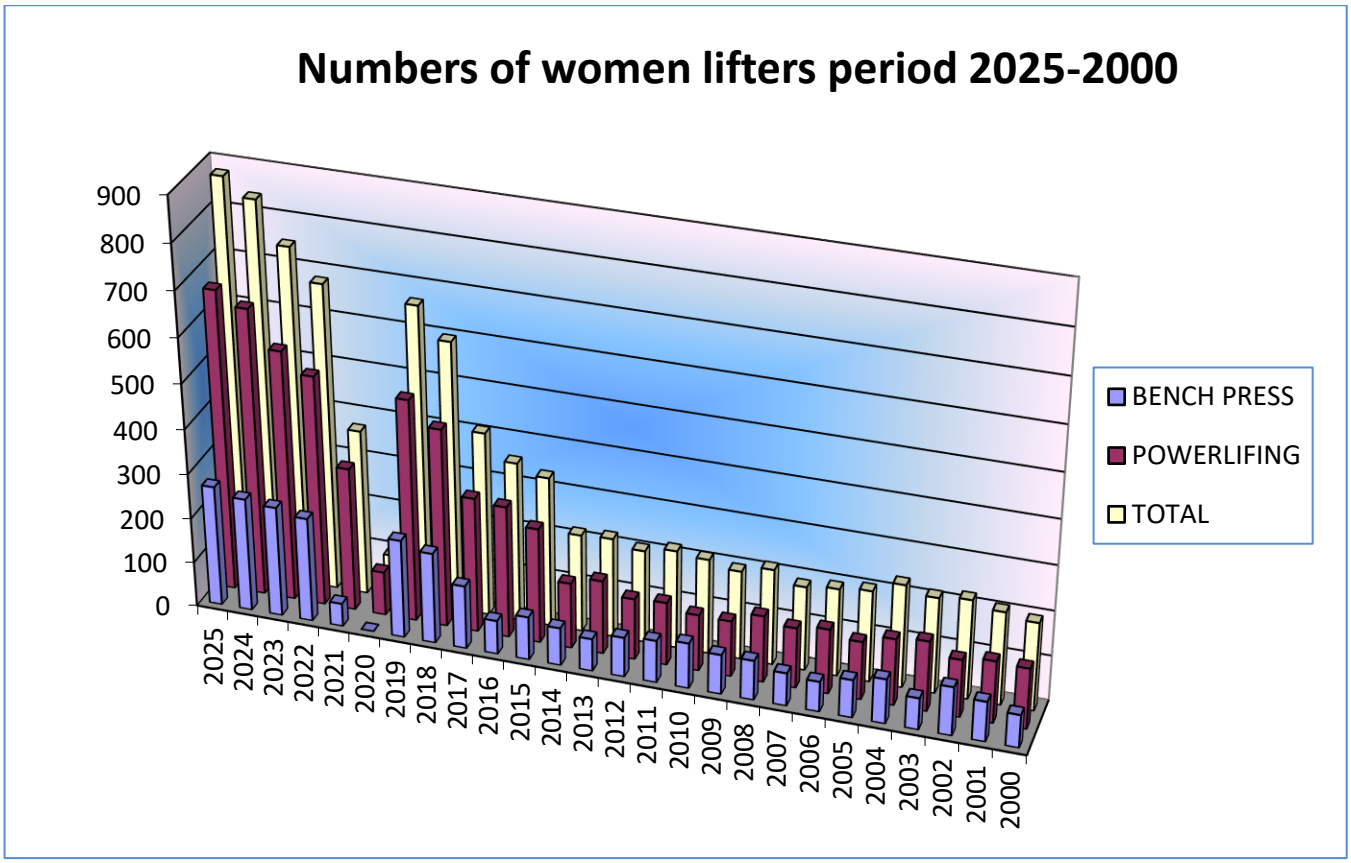
		2025	2024	2023	2022	2021	2020	2019	2018	2017	2016
POWERLIFTING	EQUIPPED SUB JUN, JUN & OPEN ([1])	103	115	90	100	76	0	112	110	95	41 55
	MASTER	48	44	57	46	13	0	43	43	34	37
	DANUBE CUP ([2])	0	0	0	10	0	0	0	0	9	0
	WEC ([3])	66	55	43	59	11	0	72	59	49	40
	CLASSIC OPEN ([4])	121	108	100	251	190	0	204	200	140	143
	CLASSIC SUB J & J ([4])	198	173	150							
	CLASSIC MASTER	155	165	146	94	30	97	99	72		
	TOTAL (*)	***667***	***637***	***556***	***512***	***319***	***97***	***494***	***441***	***300***	***293***
BENCH PRESS	EQUIPPED OPEN, SUB J, JUN & MASTER ([5])	113	112	92	87	32	0	91	91	60	24 51
	CLASSIC OPEN, SUB J, JUN & MASTER	186	181	187	177	25	0	149	127	89	
	TOTAL (*)	***268***	***252***	***245***	***232***	***51***	***0***	***219***	***202***	***141***	***75***
TOTAL (*)		**877**	**838**	**748**	**679**	**368**	***97***	**664**	**597**	***409***	***354***

(*) Obtained not considering lifters who took part in more than one competition during the year.
(1) Until 2016 divided into Junior and Open
(2) From 2017 Classic and Equipped
(3) From 2016 Classic and Equipped
(4) From 2023 divided into Sub Junior & Junior and Open
(5) Until 2016 divided into Open and Master



		2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
POWERLIFTING	JUNIOR	50	46	55	47	37	31	40	40	35	48	31	42	42	47	37	43
	OPEN	47	44	58	46	58	55	40	62	59	56	66	83	69	59	52	72
	MASTER	36	43	42	37	32	28	29	36	26	30	23	25	41	16	28	25
	DANUBE CUP	11	0	8	0	2	0	8	0	12	0	12	7	19	0	17	0
	WEC	22	23	16	15	25	20	16	25	24	22	21	18	17	28	22	23
	CLASSIC	120															
	CLASSIC MASTER																
	TOTAL (*)	***256***	***146***	***164***	***136***	***140***	***125***	***124***	***148***	***134***	***144***	***129***	***148***	***156***	***128***	***138***	***135***
BENCH PRESS	OPEN	43	42	39	42	48	62	42	52	49	38	54	55	51	72	55	51
	MASTER	56	46	37	49	51	44	46	38	29	31	33	46	19	40	35	23
	TOTAL (*)	***96***	***84***	***72***	***88***	***94***	***101***	***88***	***88***	***73***	***67***	***84***	***99***	***70***	***108***	***89***	***73***
TOTAL (*)		***333***	***217***	***221***	***206***	**218**	**211**	**197**	**213**	**187**	**195**	**203**	**229**	**213**	**221**	**207**	**196**

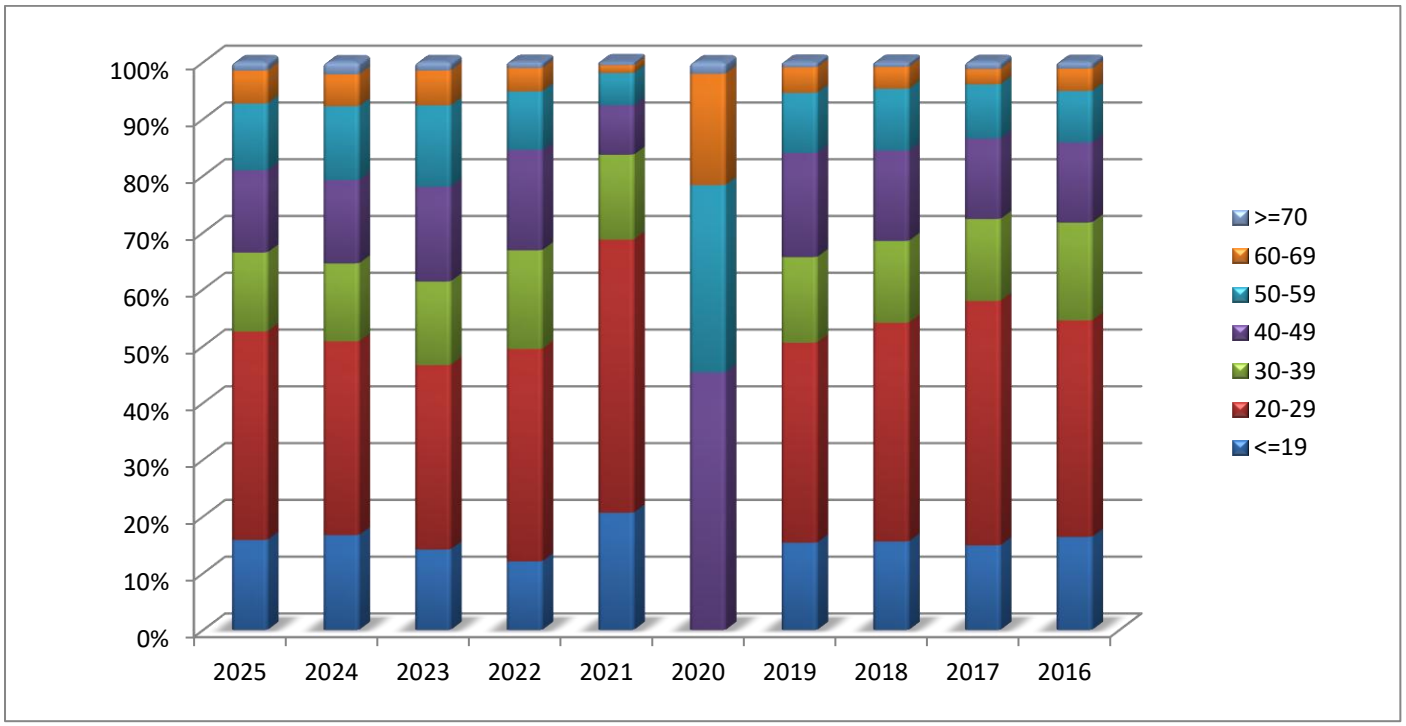
(*) Obtained not considering lifters who took part in more than one competition during the year.


Numbers of women lifters period 2025-2000
900
800
700
600
500
400
300
200
100
0
2025
2024
2023
2022
2021
2020
2019
2018
2017
2016
2015
2014
2013
2012
2011
2010
2009
2008
2007
2006
2005
2004
2003
2002
2001
2000
BENCH PRESS
POWERLIFING
TOTAL

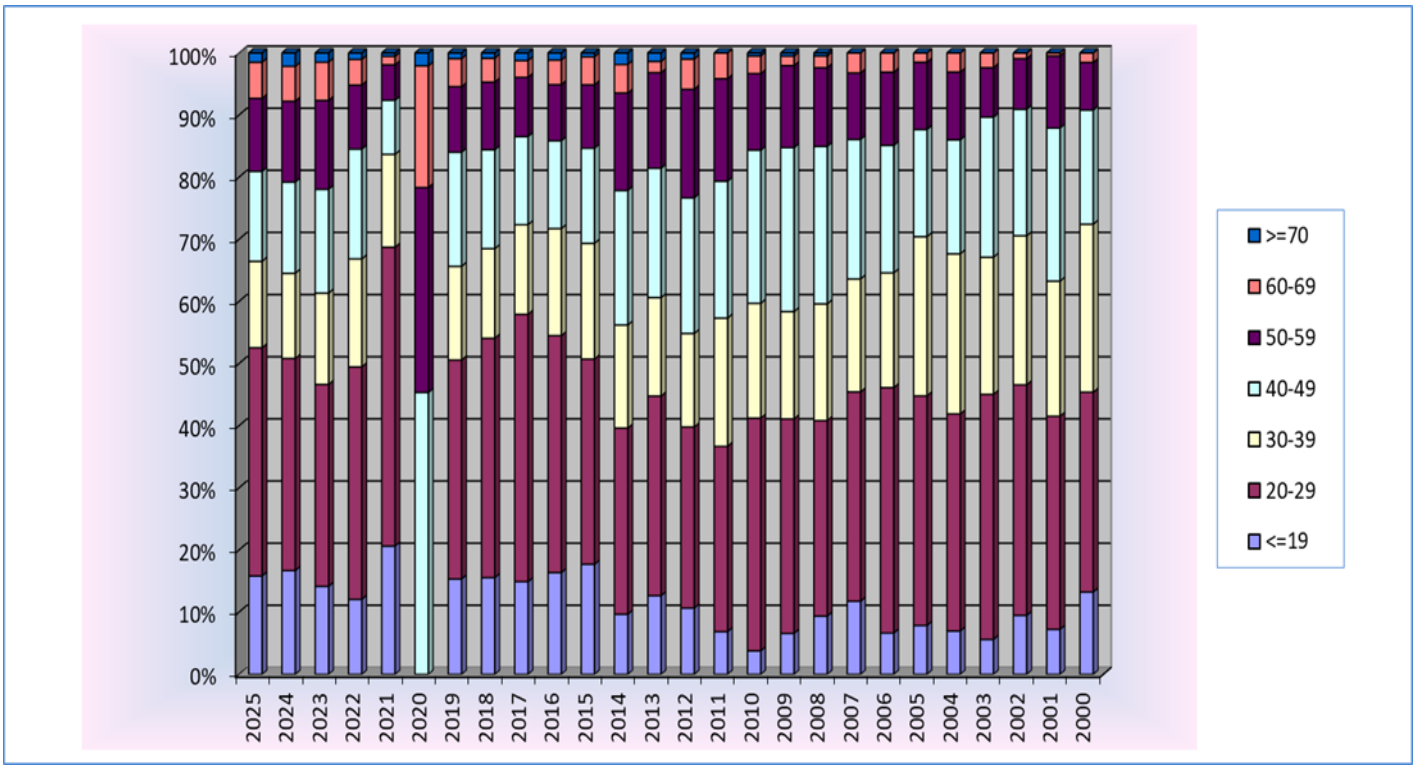
B) DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS

With special focus for the last ten years

DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS IN ALL EUROPEAN COMPETITION										
	2025	**2024**	**2023**	**2022**	**2021**	**2020**	**2019**	**2018**	**2017**	**2016**
<=19	139	140	106	82	76	0	102	93	61	58
20-29	322	286	243	254	177	0	234	230	176	135
30-39	122	115	110	118	55	0	100	86	59	61
40-49	127	123	125	120	32	44	122	95	58	50
50-59	103	109	107	70	21	32	70	65	39	32
60-69	51	47	46	28	5	19	30	23	11	14
>=70	13	18	11	7	2	2	6	5	5	4
TOTAL	**877**	**838**	**748**	**679**	**368**	**97**	**664**	**597**	**409**	**354**

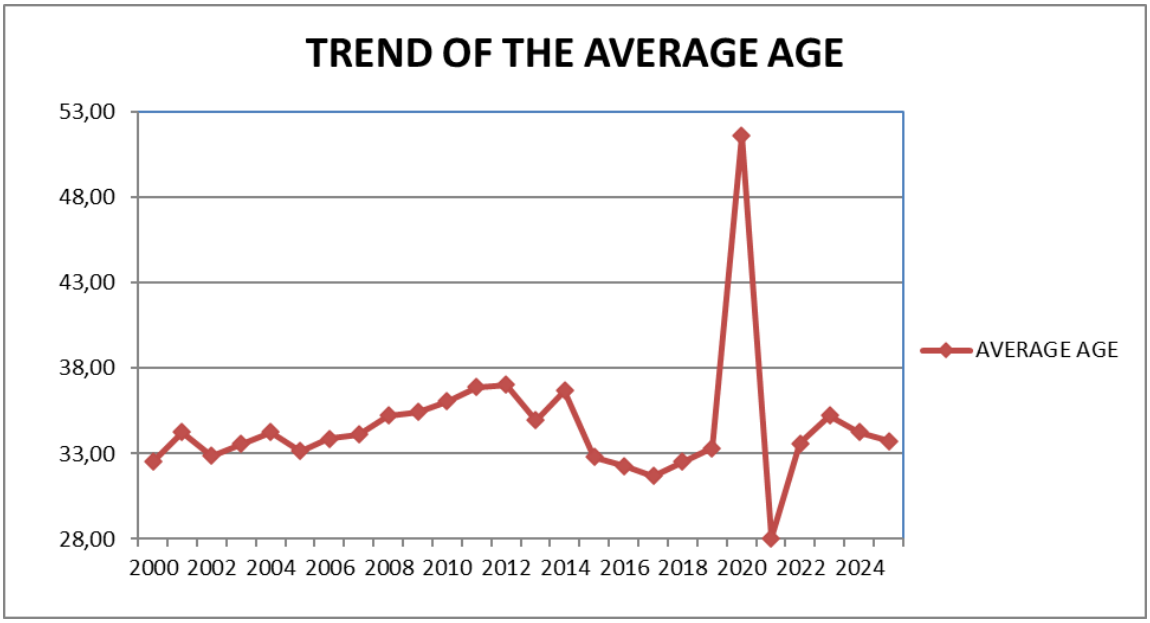


DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS IN ALL EUROPEAN COMPETITION																
	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
<=19	59	21	28	22	15	8	13	20	22	13	16	16	12	21	15	26
20-29	110	65	71	60	65	79	68	67	63	77	75	80	84	82	71	63
30-39	62	36	35	31	45	39	34	40	34	36	52	59	47	53	45	53
40-49	51	47	46	45	48	52	52	54	42	40	35	42	48	45	51	36
50-59	34	34	34	36	36	26	26	27	20	23	22	25	17	18	24	15
60-69	15	10	4	10	9	6	3	4	6	6	3	7	5	2	1	3
>=70	2	4	3	2	0	1	1	1	0	0	0	0	0	0	0	0
TOTAL	333	217	221	206	218	211	197	213	187	195	203	229	213	221	207	196



C) TREND OF THE AVERAGE AGE

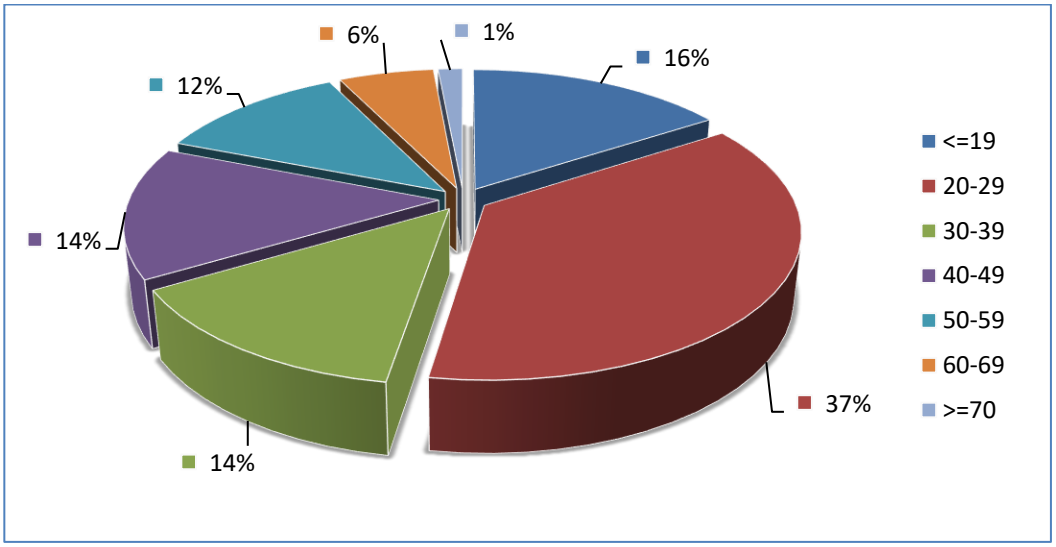
TREND OF THE AVERAGE AGE	
YEAR	**AVERAGE AGE**
2000	32,5255
2001	34,2609
2002	32,8778
2003	33,5728
2004	34,2533
2005	33,1429
2006	33,8718
2007	34,1230
2008	35,2394
2009	35,4213
2010	36,0574
2011	36,8848
2012	37,0388
2013	34,9367
2014	36,6866
2015	32,8018
2016	32,2627
2017	31,6944
2018	32,5176
2019	33,3102
2020	51,6186
2021	28,0598
2022	33,6053
2023	35,2139
2024	34,2554
2025	33,7423



D) DETAIL FOR 2025

AVERAGE AGE: 33,7423

DISTRIBUTION FOR AGE CLASS IN ALL COMPETITIONS	
AGE CLASS	**WOMEN LIFTERS**
<=19	139
20-29	322
30-39	122
40-49	127
50-59	103
60-69	51
>=70	13
TOTAL	**877**



AGE CLASS	POWERLIFTING							BENCH PRESS	
	MASTER CLASSIC Albi FRA	OPEN, SUB JUN & JUN EQUIPPED Pilsen CZE	MASTER EQUIPPED Pilsen CZE	WEC EQUIPPED Pornainen FIN	WEC CLASSIC Pornainen FIN	OPEN CLASSIC Malaga ESP	SUB JUN & JUN CLASSIC Druskininkai LTU	OPEN,SUB J,J & M EQUIPPED Valletta MLT	OPEN,SUB J,J & M CLASSIC Valletta MLT
<=19		31				1	83	21	20
20-29		47		6	34	63	115	29	60
30-39		21		9	14	53		21	23
40-49	62	2	17	3		4		19	37
50-59	55	2	19					17	31
60-69	30		10					4	13
>=70	8		2					2	2
TOTAL	**155**	**103**	**48**	**18**	**48**	**121**	**198**	**113**	**186**