



*WOMEN'S COMMITTEE*

# WOMEN'S POWERLIFTING UPDATE 2019

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 2019, with special focus of last ten years.

The list of the data is the following:

A. Women lifters who took part in an 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. Detail for 2019:

- 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 2019 – 2000

With special focus of last ten years

		2019	2018	2017	2016	2015	2014	2013	2012	2011	2010
POWERLIFTING	EQUIPPED SUB JUN, JUN & OPEN <sup>(1)</sup>	112	110	95	41	50	46	55	47	37	31
					55	47	44	58	46	58	55
	MASTER	43	43	34	37	36	43	42	37	32	28
	DANUBE CUP <sup>(2)</sup>	0	0	9	0	11	0	8	0	2	0
	WEC <sup>(3)</sup>	72	59	49	40	22	23	16	15	25	20
	CLASSIC OPEN, SUB J & JUN	204	200	140	143	120					
	CLASSIC MASTER	99	72								
<b>TOTAL (*)</b>	<b>494</b>	<b>441</b>	<b>300</b>	<b>293</b>	<b>256</b>	<b>146</b>	<b>164</b>	<b>136</b>	<b>140</b>	<b>125</b>	
BENCH PRESS	EQUIPPED OPEN, JUN & MASTER <sup>(4)</sup>	91	91	60	24	43	42	39	42	48	62
					51	56	46	37	49	51	44
	CLASSIC OPEN, SUB J, JUN & MASTER	149	127	89							
<b>TOTAL (*)</b>	<b>219</b>	<b>202</b>	<b>141</b>	<b>75</b>	<b>96</b>	<b>84</b>	<b>72</b>	<b>88</b>	<b>94</b>	<b>101</b>	
<b>TOTAL (*)</b>	<b>664</b>	<b>597</b>	<b>409</b>	<b>354</b>	<b>333</b>	<b>217</b>	<b>221</b>	<b>206</b>	<b>218</b>	<b>211</b>	

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

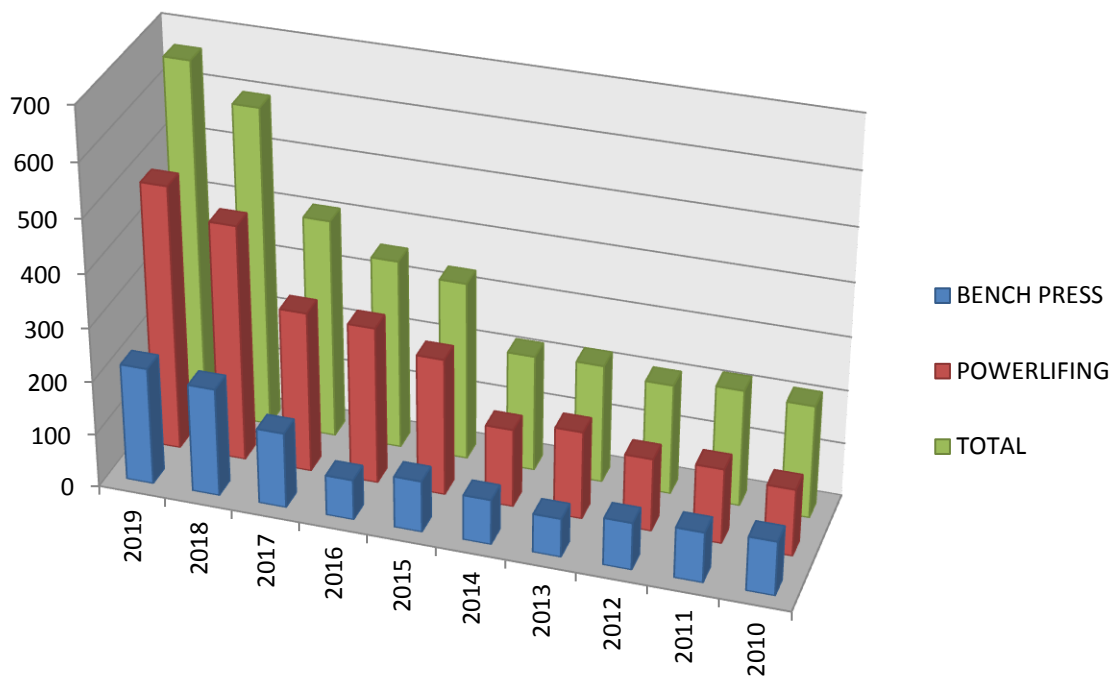
(1) Until 2016 divided into Junior and Open

(2) From 2017 Classic and Equipped

(3) From 2016 Classic and Equipped

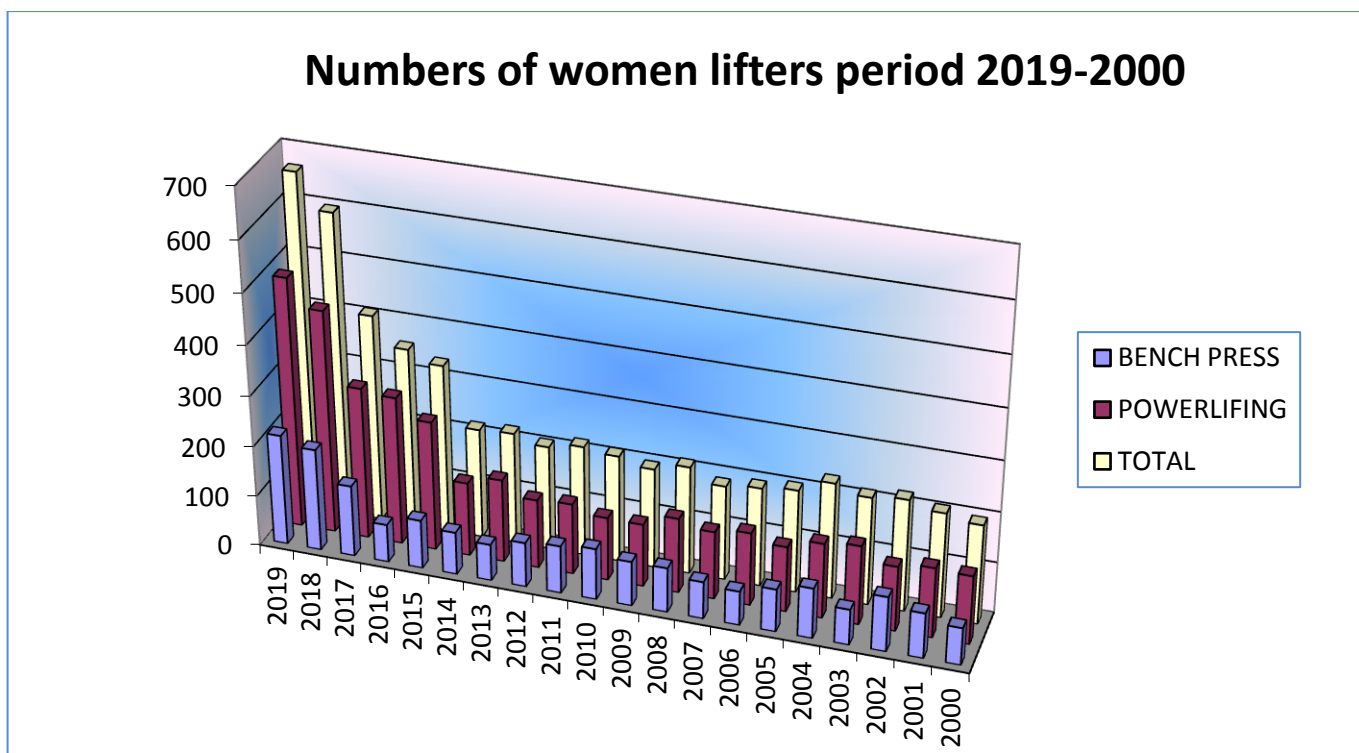
(4) Until 2016 divided into Open and Master

### Numbers of women lifters period 2019-2010



		2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
<b>POWERLIFTING</b>	<b>JUNIOR</b>	40	40	35	48	31	42	42	47	37	43
	<b>OPEN</b>	40	62	59	56	66	83	69	59	52	72
	<b>MASTER</b>	29	36	26	30	23	25	41	16	28	25
	<b>DANUBE CUP</b>	8	0	12	0	12	7	19	0	17	0
	<b>WEC</b>	16	25	24	22	21	18	17	28	22	23
	<b>CLASSIC</b>										
	<b>CLASSIC MASTER</b>										
	<b>TOTAL (*)</b>	<b>124</b>	<b>148</b>	<b>134</b>	<b>144</b>	<b>129</b>	<b>148</b>	<b>156</b>	<b>128</b>	<b>138</b>	<b>135</b>
<b>BENCH PRESS</b>	<b>OPEN</b>	42	52	49	38	54	55	51	72	55	51
	<b>MASTER</b>	46	38	29	31	33	46	19	40	35	23
	<b>TOTAL (*)</b>	<b>88</b>	<b>88</b>	<b>73</b>	<b>67</b>	<b>84</b>	<b>99</b>	<b>70</b>	<b>108</b>	<b>89</b>	<b>73</b>
<b>TOTAL (*)</b>		<b>197</b>	<b>213</b>	<b>187</b>	<b>195</b>	<b>203</b>	<b>229</b>	<b>213</b>	<b>221</b>	<b>207</b>	<b>196</b>

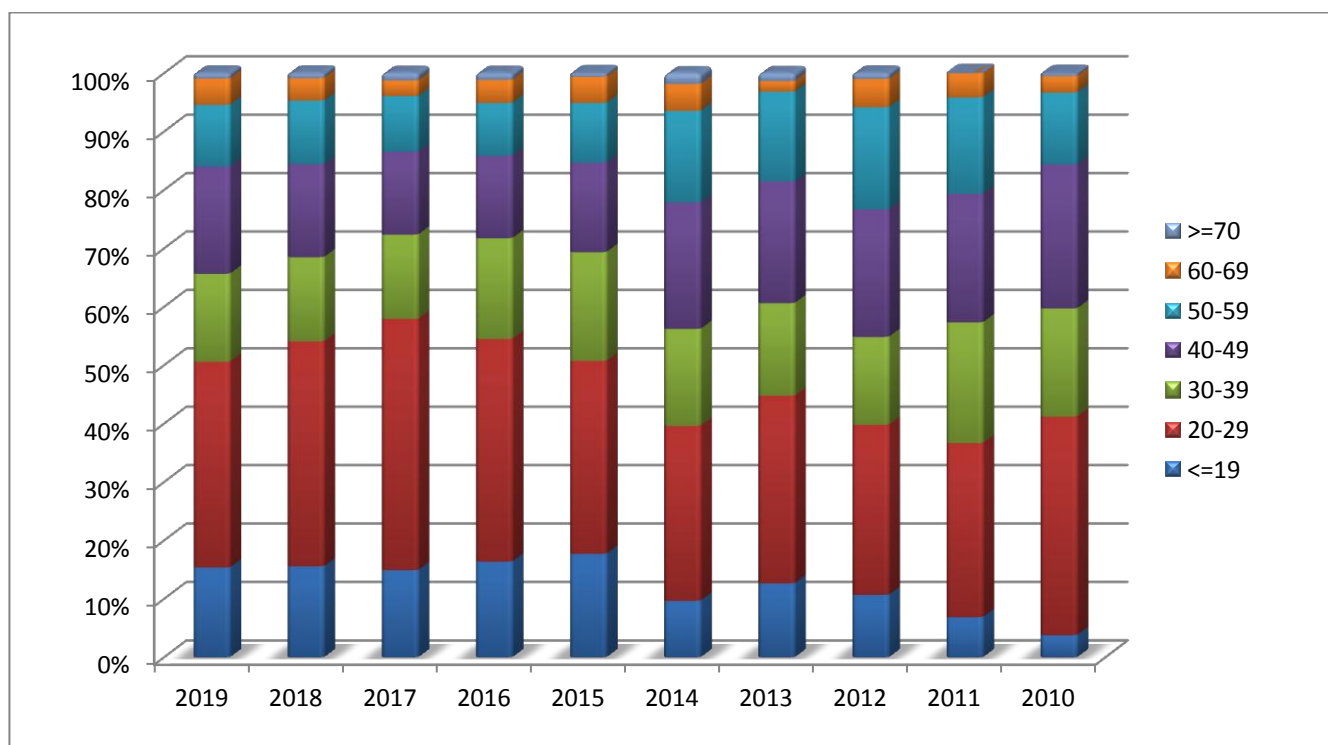
(\*) Obtained not considering lifters who took part in more than one competition during the year.



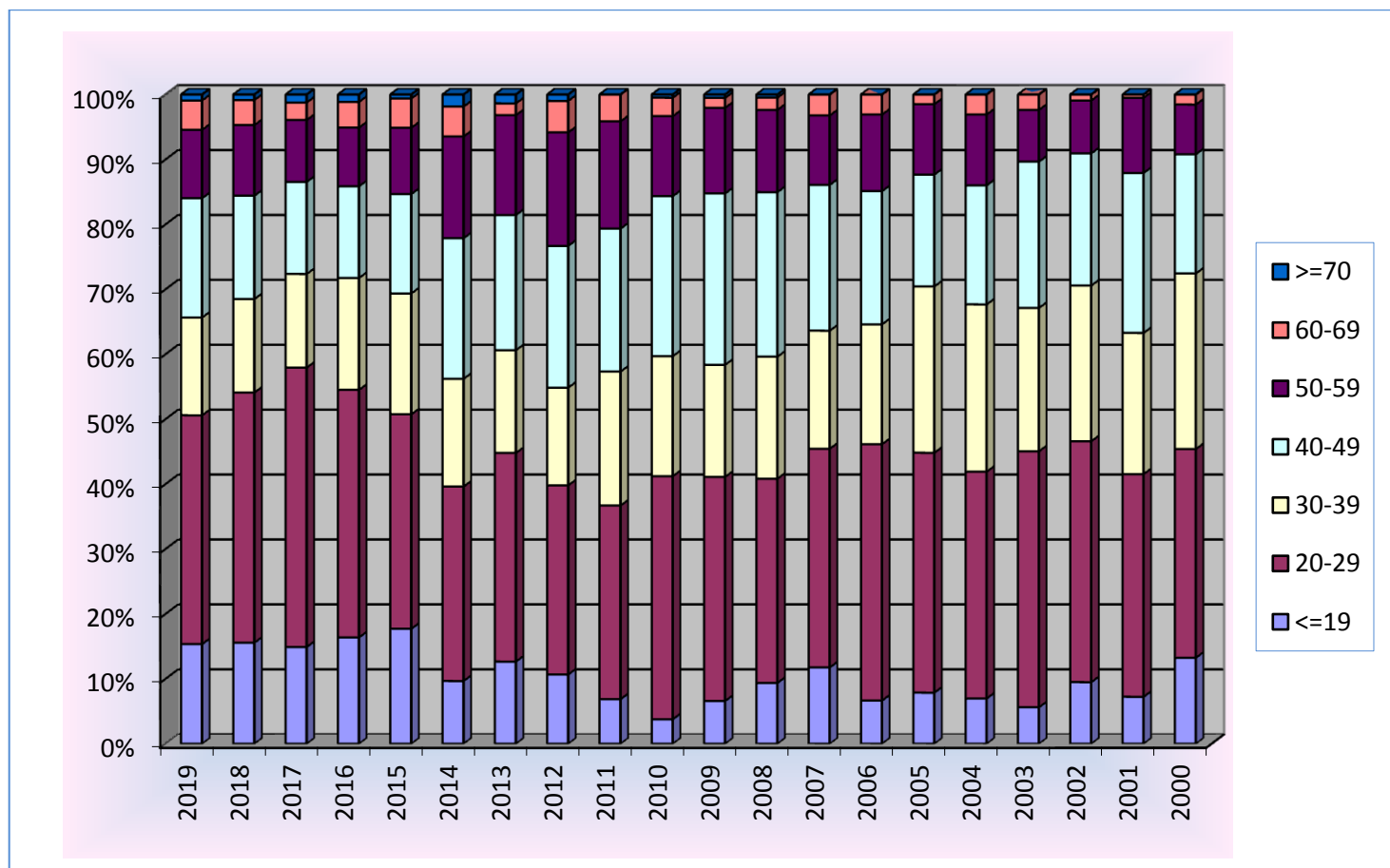
## B) DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS

With special focus of last ten years

DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS IN ALL EUROPEAN COMPETITION										
	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010
<=19	102	93	61	58	59	21	28	22	15	8
20-29	234	230	176	135	110	65	71	60	65	79
30-39	100	86	59	61	62	36	35	31	45	39
40-49	122	95	58	50	51	47	46	45	48	52
50-59	70	65	39	32	34	34	34	36	36	26
60-69	30	23	11	14	15	10	4	10	9	6
>=70	6	5	5	4	2	4	3	2	0	1
<b>TOTAL</b>	<b>664</b>	<b>597</b>	<b>409</b>	<b>354</b>	<b>333</b>	<b>217</b>	<b>221</b>	<b>206</b>	<b>218</b>	<b>211</b>

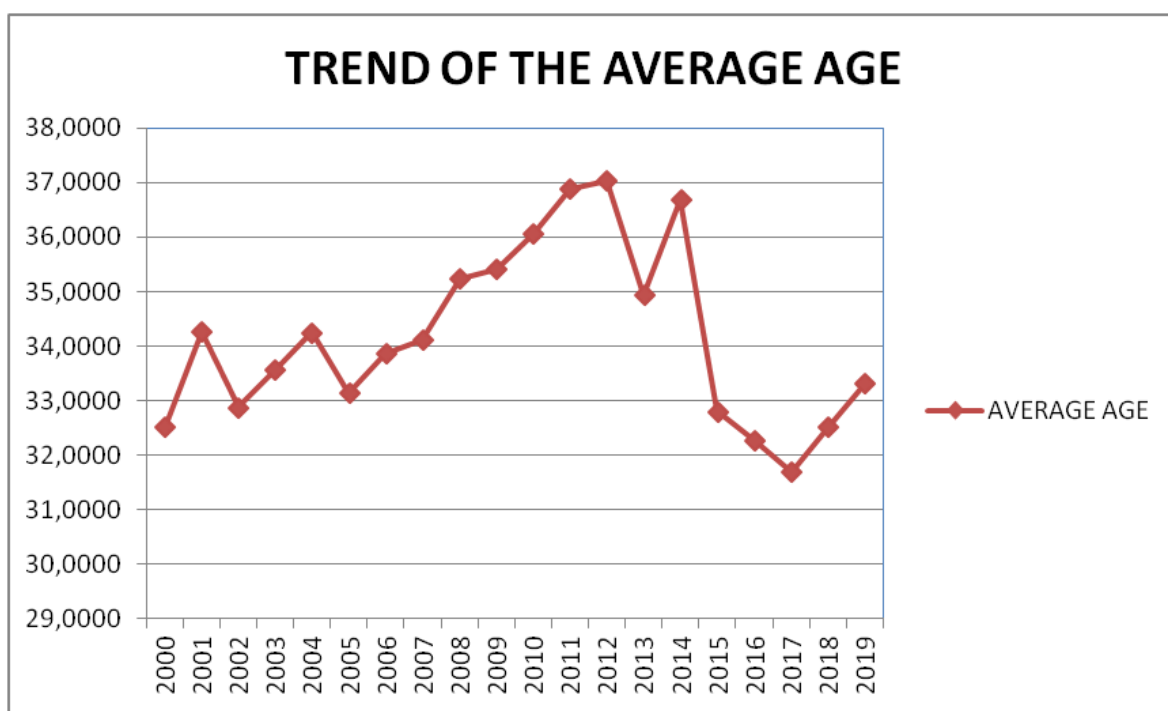


DISTRIBUTION FOR AGE CLASS OF WOMEN LIFTERS IN ALL EUROPEAN COMPETITION										
	2009	2008	2007	2006	2005	2004	2003	2002	2001	2000
<=19	13	20	22	13	16	16	12	21	15	26
20-29	68	67	63	77	75	80	84	82	71	63
30-39	34	40	34	36	52	59	47	53	45	53
40-49	52	54	42	40	35	42	48	45	51	36
50-59	26	27	20	23	22	25	17	18	24	15
60-69	3	4	6	6	3	7	5	2	1	3
>=70	1	1	0	0	0	0	0	0	0	0
<b>TOTAL</b>	<b>197</b>	<b>213</b>	<b>187</b>	<b>195</b>	<b>203</b>	<b>229</b>	<b>213</b>	<b>221</b>	<b>207</b>	<b>196</b>



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

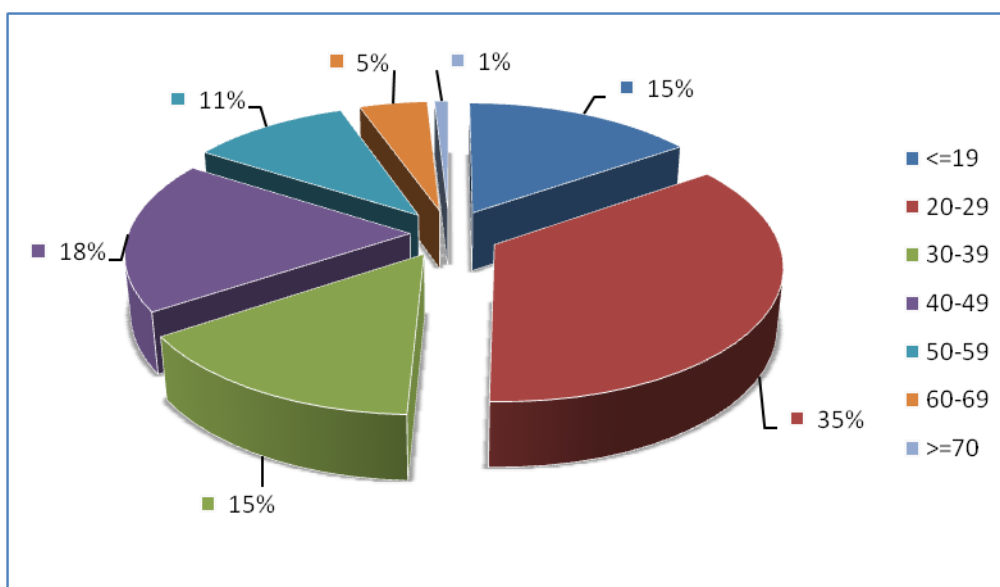




D) DETAIL FOR 2019

AVERAGE AGE: 33,3102

DISTRIBUTION FOR AGE CLASS IN ALL COMPETITIONS	
AGE CLASS	WOMEN LIFTERS
<=19	102
20-29	234
30-39	100
40-49	122
50-59	70
60-69	30
>=70	6
<b>TOTAL</b>	<b>664</b>



AGE CLASS	POWERLIFTING								BENCH PRESS	
	MASTER CLASSIC Gyor HUN	OPEN,SUB J & JUNIOR Pilsen CZE	MASTER Sibiu ROM	DANUBE CUP Mukachevo UKR	DANUBE CUP CLASSIC Mukachevo UKR	WEC San Zenone al Lambro ITA	WEC CLASSIC San Zenone al Lambro ITA	OPEN,SUB J & J CLASSIC Kaunas LTU	OPEN,JUNIOR & MASTER Tampere FIN	OPEN,SUB J,J & M CLASSIC Hamm LUX
<=19		32		0	1	0	2	52	5	21
20-29		48		0	4	15	26	109	27	41
30-39		28		0	1	11	17	33	12	21
40-49	51	3	19	0	1	0	0	10	30	32
50-59	30	1	18	0	0	1	0	0	10	22
60-69	15	0	6	0	0	0	0	0	5	10
>=70	3	0	0	0	0	0	0	0	2	2
<b>TOTAL</b>	<b>99</b>	<b>112</b>	<b>43</b>	<b>0</b>	<b>7</b>	<b>27</b>	<b>45</b>	<b>204</b>	<b>91</b>	<b>149</b>