

	U16	U18	U23
SQUAT	62.5 standard	75 Sharn Rowlands 26/02/2011	105 Cherry Yeung 08/06/2019
BENCH PRESS	35 Standard	37.5 Standard	62.5 Cherry Yeung 08/06/2019
DEADLIFT	82.5 Standard	105 Sharn Rowlands 26/02/2011	146 Cherry Yeung 08/06/2019
TOTAL	170 Standard	215 Sharn Rowlands 26/02/2011	313.5 Cherry Yeung 08/06/2019
BENCH (A/C)	35 Standard	60 Megan Ainsworth 16/07/2011	65 Megan Ainsworth 18/10/2012



British Records - Female Classic

updated: 15/07/2021

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	67.5 Standard	75 Standard	125 Sabrina Shah 13/04/2019	125.5 Sabrina Shah 07/03/2020	116.5 Rebecca Heath 02/03/2019	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
BENCH PRESS	35 Standard	40 Standard	77.5 Sabrina Shah 01/12/2019	80 Sabrina Shah 07/03/2020	71 Rebecca Heath 26/10/2019	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard	Standard	Standard
DEADLIFT	82.5 Standard	100 Niyah Callister 02/11/2019	145 Yasmin Bappoo 13/04/2019	157.5 Yasmin Bappoo 26/06/2021	140 Rebecca Heath 29/07/2018	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	82.5 Standard	Standard	Standard
TOTAL	170 Standard	197.5 Niyah Callister 02/11/2019	332.5 Sabrina Shah 01/12/2019	345 Yasmin Bappoo 26/06/2021	325 Rebecca Heath 29/07/2018	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard	Standard	Standard
BENCH (A/C)	35 Standard	40 Standard	77.5 Sabrina Shah 01/12/2019	90 Zoe Newson 06/09/2014	71 Rebecca Heath 26/10/2019	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	105.5 Jaime Lei Fuller 02/11/2019	105.5 Jaime Lei Fuller 02/11/2019	135 Joy Nnamani 02/12/2015	152.5 Joy Nnamani 11/06/2019	125 Sofia Rufus 18/09/2019	105 Linda Kaminski 15/06/2017	105 Linda Kaminski 15/06/2017	67.5 Standard	Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	60.5 Jaime Lei Fuller 25/05/2019	85.5 Erin Aldcroft 30/10/2019	90.5 Leoni Tatman 07/03/2020	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	67.5 Jenny Hunter 06/03/2018	35 Standard	Standard	Standard
DEADLIFT	130 Lauren Recci 02/11/2019	130 Lauren Recci 02/11/2019	170 Joy Nnamani 14/08/2015	197.5 Joy Nnamani 02/03/2019	155 Catherine Shamel 10/03/2020	145.5 Jenny Hunter 09/09/2012	142.5 Linda Kaminski 09/03/2020	82.5 Standard	Standard	Standard
TOTAL	280 Jaime Lei Fuller 29/11/2019	280 Jaime Lei Fuller 29/11/2019	367.5 Joy Nnamani 02/12/2015	432.5 Joy Nnamani 02/03/2019	342.5 Catherine Shamel 10/03/2020	310.5 Jenny Hunter 09/09/2012	290 Linda Kaminski 09/03/2020	170 Standard	Standard	Standard
BENCH (A/C)	60.5 Jaime Lei Fuller 25/05/2019	60.5 Jaime Lei Fuller 25/05/2019	85.5 Erin Aldcroft 30/10/2019	90.5 Leoni Tatman 07/03/2020	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	35 Standard	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	110.5 Shannon Smith 22/09/2018	115 Dayna Smith 14/07/2019	140 Abigail Stacey 02/03/2019	175 Bobbie Butters 07/03/2020	127.5 Donna Bradbury 25/05/2019	122.5 Karren Burns 04/06/2019	100 Valerie Dourley 19/05/2019	67.5 Standard	Standard	Standard
BENCH PRESS	70 Shannon Smith 22/09/2018	72.5 Lucy Rayner 21/03/2015	90 Elspeth McLeod 22/09/2018	106 Bobbie Butters 07/03/2020	85 Helen Hughes 26/10/2019	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard
DEADLIFT	145 Shannon Smith 22/09/2018	150 Dayna Smith 02/11/2019	187.5 Amy Viner 30/10/2019	213.5 Joy Nnamani 07/03/2020	163 Karen Burns 26/10/2019	163 Karen Burns 26/10/2019	130 Jennifer Hunter 06/06/2018	82.5 Standard	Standard	Standard
TOTAL	325.5 Shannon Smith 22/09/2018	325.5 Shannon Smith 22/09/2018	390 Amy Viner 30/10/2019	463.5 Bobbie Butters 07/03/2020	370 Helen Hughes 10/03/2020	346.5 Jess Jones 19/11/2011	286 Jennifer Hunter 06/06/2018	170 Standard	Standard	Standard
BENCH (A/C)	70 Shannon Smith 22/09/2018	72.5 Lucy Rayner 21/03/2015	90 Elspeth McLeod 22/09/2018	112.5 Melissa Hexter 12/06/2021	87.5 Helen Hughes 20/09/2019	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	145.5 Lucy Robinson 24/11/2018	148 Lucy Robinson 02/11/2019	155 Bobbie Butters 25/11/2017	170 Lucia Puricelli 12/06/2019	155 Genevieve Collins 07/03/2020	135 Khrys Kyriacou 15/06/2017	100 Valerie Dourley 09/03/2020	67.5 Standard	Standard	Standard
BENCH PRESS	72.5 Sophie Hills 02/11/2019	85 Lucy Rayner 31/10/2015	92.5 Suzanne Daniel 02/11/2019	100 Elspeth McLeod 03/03/2019	92.5 Abi Graham 03/03/2019	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	35 Standard	Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	173 Lucy Robinson 02/11/2019	196 Suzanne Daniel 31/10/2019	200.5 Sabrina Moore 07/03/2020	195.5 Abi Graham 03/03/2019	155 Jess Jones 25/06/2011	120 Susan Sabuda 09/03/2020	82.5 Standard	Standard	Standard
TOTAL	381 Lucy Robinson 24/11/2018	391 Lucy Robinson 02/11/2019	430 Suzanne Daniel 31/10/2019	458 Sabrina Moore 07/03/2020	423 Abi Graham 03/03/2019	350 Khrys Kyriacou 15/06/2017	250 Valerie Dourley 09/03/2020	170 Standard	Standard	Standard
BENCH (A/C)	72.5 Sophie Hills 02/11/2019	85 Lucy Rayner 31/10/2015	92.5 Suzanne Daniel 02/11/2019	102.5 Ellie Steel 23/02/2020	100 Angelique Borsboom 18/02/2018	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	40 Judith McGauley 18/02/2018	Standard	Standard

-69kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	117.5 Standard	135 Standard	147.5 Standard	170 Standard	152.5 Standard	127.5 Standard	85 Standard	67.5 Standard	Standard	Standard
BENCH PRESS	70 Standard	80 Standard	87.5 Standard	100 Standard	90 Standard	75 Standard	50 Standard	35 Standard	Standard	Standard
DEADLIFT	140 Standard	160 Standard	175 Standard	200 Standard	180 Standard	150 Standard	100 Standard	82.5 Standard	Standard	Standard
TOTAL	320 Standard	365 Standard	400 Standard	457.5 Standard	410 Standard	342.5 Standard	227.5 Standard	170 Standard	Standard	Standard
BENCH (A/C)	70 Standard	80 Standard	87.5 Standard	100 Standard	90 Standard	82.5 Lincoln Rose 12/06/2021	50 Standard	35 Standard	Standard	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	132.5 Lana Cheyne 02/11/2019	163 Mariella Fisher 23/09/2018	175 Mariella Fisher 01/11/2019	185 Holly Bryans 08/03/2020	175 Eno Majomi 06/03/2019	135 Khrys Kyriacou 11/03/2017	116 Joyce Park 18/09/2019	67.5 Standard	Standard	Standard
BENCH PRESS	70 Lana Cheyne 02/11/2019	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	110.5 Alice Francis-Freeman 01/11/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	70 Joyce Park 18/09/2019	35 Standard	Standard	Standard
DEADLIFT	150 Lana Cheyne 02/11/2019	190 Mariella Fisher 23/09/2018	200.5 Mariella Fisher 01/11/2019	207.5 Sheri Miles 20/09/2019	192.5 Eno Majomi 06/12/2019	172.5 Heather Tagg 09/03/2020	149 Joyce Park 18/09/2019	82.5 Standard	Standard	Standard
TOTAL	352.5 Lana Cheyne 02/11/2019	443 Mariella Fisher 23/09/2018	478 Mariella Fisher 01/11/2019	482.5 Holly Bryans 08/03/2020	465 Eno Majomi 06/03/2019	375 Heather Tagg 09/03/2020	335 Joyce Park 18/09/2019	170 Standard	Standard	Standard
BENCH (A/C)	70 Lana Cheyne 02/11/2019	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	110.5 Alice Francis-Freeman 01/11/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	70 Joyce Park 18/09/2019	35 Standard	Standard	Standard

72kg records archived at the end of 2020

-76kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	127.5 Standard	147.5 Standard	160 Standard	185 Standard	165 Standard	135 Standard	92.5 Standard	67.5 Standard	Standard	Standard
BENCH PRESS	75 Standard	87.5 Standard	95 Standard	110 Standard	97.5 Standard	82.5 Standard	55 Standard	35 Standard	Standard	Standard
DEADLIFT	145 Standard	165 Standard	180 Standard	207.5 Standard	185 Standard	155 Standard	102.5 Standard	82.5 Standard	Standard	Standard
TOTAL	337.5 Standard	385 Standard	420 Standard	482.5 Standard	432.5 Standard	360 Standard	240 Standard	170 Standard	Standard	Standard
BENCH (A/C)	75 Standard	87.5 Standard	95 Standard	117.5 Sophia Ellis 12/06/2021	97.5 Standard	82.5 Standard	55 Standard	35 Standard	Standard	Standard

-84kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	115 Abigail McLean 20/09/2014	150 Danielle Ellington 12/06/2018	205 Rebekah Tiler 08/03/2020	205 Rebekah Tiler 08/03/2020	157.5 Paola Rocuzzo 21/10/2018	135 Jackie Blasbery 02/06/2014	130 Sue Hollands 26/03/2011	67.5 Standard	Standard	Standard
BENCH PRESS	62.5 Abigail McLean 20/09/2014	82.5 Danielle Ellington 12/06/2018	115 Stephanie Carrillo-Chavez 23/09/2018	122.5 Christina Appleby-Phillips 20/09/2019	92.5 Amelia Allen 27/10/2019	90.5 Jackie Blasbery 05/06/2015	67.5 Sue Hollands 26/03/2011	35 Standard	Standard	Standard
DEADLIFT	155 Abigail McLean 20/09/2014	196 Danielle Ellington 12/06/2018	212.5 Chrystal Williams 25/02/2018	235 Temitope Nuga 08/03/2020	191.5 Jennifer Sherwood 21/10/2018	177.5 Georgina Hazell 09/03/2020	160 Sue Hollands 26/03/2011	82.5 Standard	Standard	Standard
TOTAL	332.5 Abigail McLean 20/09/2014	428.5 Danielle Ellington 12/06/2018	500 Chrystal Williams 01/04/2018	525 Temitope Nuga 08/03/2020	420 Jennifer Sherwood 21/10/2018	395 Jackie Blasbery 02/06/2014	357.5 Sue Hollands 26/03/2011	170 Standard	Standard	Standard
BENCH (A/C)	62.5 Abigail McLean 20/09/2014	82.5 Danielle Ellington 12/06/2018	120 Stephanie Carrillo-Chavez 18/05/2018	122.5 Christina Appleby-Phillips 20/09/2019	100 Amelia Allen 12/06/2021	100 Amelia Allen 12/06/2021	67.5 Sue Hollands 26/03/2011	35 Standard	Standard	Standard

84kg+	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	122.5 Abi-Louise Lane 24/11/2018	150 Amelia O'Donnell 02/11/2019	200.5 Charlie Chester 26/05/2018	250 Camille Holland 22/09/2019	196 Jo Whiteley 27/10/2019	195.5 Jo Whiteley 09/03/2020	135 Sue Hollands 13/10/2012	67.5 Standard	Standard	Standard
BENCH PRESS	62.5 Abi-Louise Lane 23/09/2018	72.5 Amelia O'Donnell 02/11/2019	115 Leigh Wetheridge 23/09/2017	120 Camille Holland 22/09/2019	105 Jo Whiteley 27/10/2019	103 Jo Whiteley 09/03/2020	70 Sue Hollands 13/10/2012	35 Standard	Standard	Standard
DEADLIFT	160 Abi-Louise Lane 24/11/2018	170 Abi-Louise Lane 02/11/2019	227.5 Leigh Wetheridge 23/09/2017	230 Leigh Wetheridge 03/03/2019	207.5 Betty Gray 21/10/2018	207.5 Betty Gray 21/10/2018	166.5 Sue Hollands 13/10/2012	82.5 Standard	Standard	Standard
TOTAL	342.5 Abi-Louise Lane 24/11/2018	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	579 Leigh Wetheridge 08/12/2019	493.5 Jo Whiteley 27/10/2019	488.5 Jo Whiteley 09/03/2020	371.5 Sue Hollands 13/10/2012	170 Standard	Standard	Standard
BENCH (A/C)	80 Lucy Naden 19/05/2019	80 Lucy Naden 19/05/2019	115 Leigh Wetheridge 23/09/2017	121.5 Camille Holland 23/02/2020	105.5 Jo Whiteley 23/02/2020	105.5 Jo Whiteley 23/02/2020	70 Sue Hollands 13/10/2012	35 Standard	Standard	Standard

To claim a British Record, email recordkeeper@britishpowerlifting.org