

Women	47	52	57	63	69	72*	76	84	84+
<b>SQUAT</b>	125 Sabrina Shah 13/04/2019	137.5 Evita Otigbah 13/04/2019	137.5 Amy Viner 23/07/2019	152.5 Tara Pigott 02/04/2022	147.5 Danielle Broom 02/04/2022	172.5 Alice Francis-Freeman 24/07/2019	172.5 Standard	190 Chrystal Williams 01/04/2018	172.5 Melissa Bird 05/04/2022
<b>BENCH PRESS</b>	74 Sabrina Shah 13/04/2019	87.5 Molly Clark 01/11/2022	78 Hannah Clayton 02/04/2022	92.5 Tara Pigott 02/04/2022	95 Sophie Smith 02/11/2022	107.5 Alice Francis-Freeman 24/07/2019	107.5 Standard	110.5 Stephanie Carrillo-Chavez 01/04/2018	92.5 Melissa Bird 05/04/2022
<b>DEADLIFT</b>	145 Yasmin Bappoo 13/04/2019	145 Evita Otigbah 13/04/2019	182.5 Amy Viner 23/07/2019	187.5 Stephanie Pike 25/03/2017	187.5 Standard	185 Eve Fordyce 31/03/2018	185 Standard	210 Chrystal Williams 01/04/2018	177.5 Melissa Bird 05/04/2022
<b>TOTAL</b>	326.5 Sabrina Shah 13/04/2019	368 Evita Otigbah 13/04/2019	385 Amy Viner 23/07/2019	420 Tara Pigott 02/04/2022	402.5 Sophie Smith 02/11/2022	455 Alice Francis-Freeman 24/07/2019	455 Standard	500 Chrystal Williams 01/04/2018	442.5 Melissa Bird 05/04/2022

\*72kg records archived at the end of 2020