

	U18	U23
<b>SQUAT</b>	90 Sharn Rowlands 24/03/2012	145 Sharn Rowlands 15/08/2015
<b>BENCH PRESS</b>	50 Standard	67.5 Sharn Rowlands 15/08/2015
<b>DEADLIFT</b>	107.5 Sharn Rowlands 24/03/2012	146 Cherry Yeung 08/06/2019
<b>TOTAL</b>	240 Sharn Rowlands 24/03/2012	332.5 Sharn Rowlands 15/08/2015
<b>BENCH (A/C)</b>	60 Megan Ainsworth 16/07/2011	70 Megan Ainsworth 29/06/2012



## British Records - Female Equipped

updated: 19/03/2023

	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	107.5 Sharn Rowlands 24/06/2012	155 Sharn Rowlands 24/10/2015	155 Sharn Rowlands 24/10/2015	117.5 Lenka Pilnikova 04/03/2023	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	52.5 Standard	77.5 Sabrina Shah 01/12/2019	80 Sabrina Shah 07/03/2020	77.5 Lenka Pilnikova 04/03/2023	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard	Standard	Standard
<b>DEADLIFT</b>	110 Sharn Rowlands 24/06/2012	147.5 Mona Shafiee 27/11/2022	157.5 Yasmin Bappoo 26/06/2021	145 Lenka Pilnikova 04/03/2023	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	82.5 Standard	Standard	Standard
<b>TOTAL</b>	257.5 Sharn Rowlands 24/06/2012	345 Sharn Rowlands 24/10/2015	345 Sharn Rowlands 24/10/2015	340 Lenka Pilnikova 04/03/2023	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	52.5 Standard	77.5 Sabrina Shah 01/12/2019	90 Zoe Newson 06/09/2014	77.5 Lenka Pilnikova 04/03/2023	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard	Standard	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	105.5 Jaime Lei Fuller 02/11/2019	135 Joy Nnamani 02/12/2015	180 Emma Goodwin 18/01/2020	143 Louise Edwards 18/01/2020	130 Jenny Hunter 27/09/2011	112.5 Jenny Hunter 18/01/2020	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	60.5 Jaime Lei Fuller 25/05/2019	95 Erin Aldcroft 23/10/2021	95 Erin Aldcroft 23/10/2021	83 Amanda Hughes 18/01/2020	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Standard	Standard	Standard
<b>DEADLIFT</b>	140 Lauren Recci 27/09/2021	170 Joy Nnamani 14/08/2015	197.5 Joy Nnamani 02/03/2019	165.5 Jenny Hunter 17/07/2012	165.5 Jenny Hunter 17/07/2012	142.5 Jenny Hunter 03/07/2018	82.5 Standard	Standard	Standard
<b>TOTAL</b>	287.5 Standard	370 Erin Aldcroft 23/10/2021	450 Emma Goodwin 18/11/2019	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	330 Jenny Hunter 03/07/2018	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	60.5 Jaime Lei Fuller 25/05/2019	95 Erin Aldcroft 23/10/2021	107.5 Natalie Blake 22/05/2012	83 Amanda Hughes 18/01/2020	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Judith McGauley 24/05/2022	Standard	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	137.5 Victoria Hart 01/09/2022	170 Ellie Steel 29/11/2014	217.5 Ellie Steel 19/11/2019	150 Helen Hughes 18/01/2020	136 Carole Taylor 15/08/2015	110 Jennifer Hunter 02/10/2018	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	150.5 Ellie Steel 26/06/2021	97.5 Helen Hughes 18/01/2020	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard	Standard
<b>DEADLIFT</b>	150 Dayna Smith 02/11/2019	187.5 Amy Viner 30/10/2019	230 Joy Nnamani 24/09/2022	165.5 Karen Burns 11/12/2021	165.5 Karen Burns 11/12/2021	145 Jennifer Hunter 02/10/2018	82.5 Standard	Standard	Standard
<b>TOTAL</b>	340 Victoria Hart 25/11/2022	442.5 Ellie Steel 29/11/2014	535 Ellie Steel 09/11/2021	407.5 Helen Hughes 18/01/2020	380 Jenny Hunter 02/12/2012	332.5 Jennifer Hunter 02/10/2018	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	150.5 Ellie Steel 26/06/2021	97.5 Helen Hughes 22/05/2019	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	148 Lucy Robinson 02/11/2019	167.5 Ellie Steel 06/11/2014	222.5 Ellie Steel 18/01/2020	180 Rosemary Lima 13/05/2017	135.5 Michelle Franklin 26/06/2021	117.5 Joan Trimble 08/10/2022	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Standard	100 Maureen Gordon 07/07/2022	60 Joan Trimble 28/02/2023	35 Standard	Standard	Standard
<b>DEADLIFT</b>	173 Lucy Robinson 02/11/2019	200 Amy Viner 23/10/2021	228 Joy Nnamani 17/03/2023	195.5 Abi Graham 03/03/2019	160 Jacqui North 18/06/2022	147.5 Joan Trimble 28/02/2023	82.5 Standard	Standard	Standard
<b>TOTAL</b>	391 Lucy Robinson 02/11/2019	442.5 Ellie Steel 06/11/2014	555 Ellie Steel 18/01/2020	472.5 Rosemary Lima 13/05/2017	367.5 Maureen Gordon 14/10/2022	322.5 Joan Trimble 28/02/2023	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Beverley Rodgers 21/01/2018	107.5 Maureen Gordon 05/08/2022	60 Joan Trimble 28/02/2023	40 Judith McGauley 18/02/2018	Standard	Standard

-69kg	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	142.5 Chynnah Lockhart 23/10/2021	175 Mariella Fisher 06/12/2021	200 Lauren Elder 10/12/2022	160 Faye Jordan 22/01/2022	142.5 Terrie Redmore 01/03/2023	112.5 Joan Trimble 18/06/2022	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	80 Standard	123 Amelia Maycock 22/01/2022	123 Amelia Maycock 22/01/2022	118 Faye Jordan 25/02/2023	110 Wendie Kirkland 07/07/2022	55 Joan Trimble 18/06/2022	35 Standard	Standard	Standard
<b>DEADLIFT</b>	160 Gracie Besant 25/02/2023	201 Mariella Fisher 12/05/2022	213.5 Tasmin Campbell 18/03/2023	180 Standard	175 Heather Tagg 23/09/2021	150 Joan Trimble 18/06/2022	82.5 Standard	Standard	Standard
<b>TOTAL</b>	365 Standard	472.5 Mariella Fisher 06/12/2021	507 Tasmin Campbell 18/03/2023	435.5 Faye Jordan 25/02/2023	387.5 Maureen Gordon 25/02/2023	317.5 Joan Trimble 18/06/2022	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	80 Standard	123 Amelia Maycock 22/01/2022	130 Beverley Rodgers 03/10/2021	130 Beverley Rodgers 03/10/2021	110 Wendie Kirkland 07/07/2022	55 Joan Trimble 18/06/2022	35 Standard	Standard	Standard

-72kg	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	163 Mariella Fisher 23/09/2018	180.5 Elizabeth Mills 19/01/2019	225 Holly Bryans 18/01/2020	175 Eno Majomi 06/03/2019	162.5 Joy Mineo 18/01/2020	116 Joyce Park 18/09/2019	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	140 Holly Bryans 18/01/2020	120 Standard	90 Maureen Gordon 18/01/2020	70 Joyce Park 18/09/2019	35 Standard	Standard	Standard
<b>DEADLIFT</b>	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
<b>TOTAL</b>	443 Mariella Fisher 23/09/2018	478 Mariella Fisher 01/11/2019	555 Holly Bryans 18/01/2020	465 Eno Majomi 06/03/2019	410 Joy Mineo 18/01/2020	335 Joyce Park 18/09/2019	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	140 Holly Bryans 18/01/2020	120 Standard	90 Maureen Gordon 10/10/2019	70 Joyce Park 18/09/2019	35 Standard	Standard	Standard

72kg records archived at the end of 2020

-76kg	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	147.5 Standard	185 Alice Francis-Freeman 12/05/2022	210 Kimberley Cowell 22/01/2022	172.5 Catherine Gordon 25/02/2023	172.5 Catherine Gordon 25/02/2023	110 Sue Giles 24/07/2021	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	130 Kimberley Cowell 22/01/2022	110 Catherine Gordon 10/12/2022	107.5 Catherine Gordon 25/02/2023	60 Dawn Morrell 25/02/2023	35 Standard	Standard	Standard
<b>DEADLIFT</b>	165 Standard	210 Alice Francis-Freeman 06/12/2021	242.5 Sophia Ellis 19/03/2023	185 Rebecca Patterson 12/06/2022	175 Jennifer Sherwood 25/02/2023	120.5 Dawn Morrell 25/02/2023	82.5 Standard	Standard	Standard
<b>TOTAL</b>	385 Standard	510 Alice Francis-Freeman 12/05/2022	550 Sheri Miles 08/05/2022	450 Catherine Gordon 25/02/2023	450 Catherine Gordon 25/02/2023	287.5 Sue Giles 24/07/2021	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	140.5 Rachel Steedman 05/03/2023	120 Beverley Rodgers 22/10/2021	110 Wendie Kirkland 12/06/2022	65 Gloria Fitzpatrick 12/06/2022	35 Standard	Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	160 Standard	208 Erholove Izobodo-John 29/11/2022	227.5 Charlie Shotton Gale 18/11/2016	215 Jennifer Keane 20/01/2018	185 Sue Hollands 16/03/2014	185 Sue Hollands 16/03/2014	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	83 Martha Day 14/05/2022	115 Stephanie Carrillo-Chavez 23/09/2018	150 Charlie Shotton Gale 11/05/2018	122.5 Jackie Blasbery 14/07/2015	122.5 Jackie Blasbery 14/07/2015	90 Sue Hollands 19/05/2012	35 Standard	Standard	Standard
<b>DEADLIFT</b>	196 Danielle Ellington 12/06/2018	245 Erholove Izobodo-John 28/05/2022	246 Ziana Azariah 04/12/2022	213.5 Hira Teirney 13/03/2022	192.5 Jackie Blasbery 28/04/2013	172.5 Sue Hollands 24/03/2012	82.5 Standard	Standard	Standard
<b>TOTAL</b>	428.5 Danielle Ellington 12/06/2018	538.5 Erholove Izobodo-John 29/11/2022	572.5 Charlie Shotton Gale 18/11/2016	502.5 Jennifer Keane 13/05/2017	482.5 Jackie Blasbery 09/07/2013	442.5 Sue Hollands 19/05/2012	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	83 Martha Day 14/05/2022	120.5 Melina Irawo 04/03/2023	150 Charlie Shotton Gale 11/05/2018	122.5 Jackie Blasbery 14/07/2015	122.5 Jackie Blasbery 14/07/2015	90 Sue Hollands 19/05/2012	35 Standard	Standard	Standard

84kg+	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	170 Standard	210 Standard	250.5 Katrina Sweatman 25/02/2023	222.5 Kelly Layden Farrer 22/01/2022	195.5 Jo Whiteley 09/03/2020	183 Sue Hollands 12/04/2015	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	75 Standard	115 Leigh Wetheridge 23/09/2017	202.5 Katrina Sweatman 11/09/2022	158 Jo Whiteley 22/01/2022	158 Jo Whiteley 22/01/2022	95 Sue Hollands 25/02/2017	35 Standard	Standard	Standard
<b>DEADLIFT</b>	177.5 Standard	227.5 Leigh Wetheridge 23/09/2017	242.5 Aquinn Onuoha 19/03/2023	210 Betty Gray 24/07/2021	210 Betty Gray 24/07/2021	172.5 Sue Hollands 24/06/2012	82.5 Standard	Standard	Standard
<b>TOTAL</b>	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	625.5 Katrina Sweatman 25/02/2023	533 Jo Whiteley 22/01/2022	533 Jo Whiteley 22/01/2022	445 Sue Hollands 24/06/2012	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	85 Standard	115 Leigh Wetheridge 23/09/2017	210 Katrina Sweatman 19/11/2022	163 Jaqueline Gough 22/01/2022	160 Jo Whiteley 21/05/2022	95 Sue Hollands 25/02/2017	66 Barbara Leach 04/03/2023	Standard	Standard

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