

	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: 19/03/2023

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	80 Chloe Trent 31/08/2022	80 Chloe Trent 31/08/2022	125 Sabrina Shah 13/04/2019	125.5 Sabrina Shah 07/03/2020	117.5 Lenka Pilnikova 04/03/2023	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
BENCH PRESS	42.5 Chloe Trent 14/05/2022	42.5 Chloe Trent 14/05/2022	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
DEADLIFT	100 Chloe Trent 31/08/2022	100 Niyah Callister 02/11/2019	147.5 Mona Shafiei 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
TOTAL	222.5 Chloe Trent 31/08/2022	222.5 Chloe Trent 31/08/2022	332.5 Sabrina Shah 01/12/2019	345 Yasmin Bappoo 26/06/2021	340 Lenka Pilnikova 04/03/2023	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard	Standard	Standard
BENCH (A/C)	42.5 Chloe Trent 14/05/2022	42.5 Chloe Trent 14/05/2022	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

	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	95 Erin Aldcroft 23/10/2021	95 Erin Aldcroft 23/10/2021	75 Catherine Shamel 21/08/2021	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	140 Lauren Recci 27/09/2021	170 Joy Nnamani 14/08/2015	197.5 Joy Nnamani 02/03/2019	158 Amna Khan 18/06/2022	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	285 Lauren Recci 27/09/2021	370 Erin Aldcroft 23/10/2021	432.5 Joy Nnamani 02/03/2019	347.5 Catherine Shamel 21/08/2021	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	95 Erin Aldcroft 23/10/2021	95 Erin Aldcroft 23/10/2021	75 Catherine Shamel 21/08/2021	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	35 Judith McGauley 24/05/2022	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	110.5 Shannon Smith 22/09/2018	137.5 Victoria Hart 01/09/2022	147.5 Caitlin Marie Baxter 27/11/2022	185.5 Bobbie Butters 01/12/2022	142.5 Kate Matthew 10/12/2022	125.5 Karen Burns 18/06/2022	110 Deborah Tiernan 28/02/2023	67.5 Standard	Standard	Standard
BENCH PRESS	70 Shannon Smith 22/09/2018	75 Victoria Hart 25/11/2022	100 Caitlin Marie Baxter 01/09/2022	112.5 Bobbie Butters 01/12/2022	87.5 Helen Hughes 04/03/2023	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	230 Joy Nnamani 24/09/2022	165.5 Karen Burns 11/12/2021	165.5 Karen Burns 11/12/2021	132.5 Deborah Tiernan 28/02/2023	82.5 Standard	Standard	Standard
TOTAL	325.5 Shannon Smith 22/09/2018	340 Victoria Hart 25/11/2022	397.5 Caitlin Marie Baxter 27/11/2022	495 Joy Nnamani 24/09/2022	370 Helen Hughes 10/03/2020	355.5 Karen Burns 11/12/2021	307.5 Deborah Tiernan 28/02/2023	170 Standard	Standard	Standard
BENCH (A/C)	70 Shannon Smith 22/09/2018	75 Victoria Hart 25/11/2022	100 Caitlin Marie Baxter 03/08/2022	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	165 Lucy Robinson 02/09/2022	183 Makeda Vidal 17/03/2023	155 Genevieve Collins 07/03/2020	135 Khrys Kyriacou 15/06/2017	117.5 Joan Trimble 08/10/2022	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	120.5 Melissa Hexter 17/03/2023	95 Hannah Yardy 04/03/2023	85 Khrys Kyriacou 15/06/2017	60 Joan Trimble 28/02/2023	35 Standard	Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	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
TOTAL	381 Lucy Robinson 24/11/2018	391 Lucy Robinson 02/11/2019	437.5 Lucy Robinson 02/09/2022	480.5 Annie Nelson 19/03/2022	435 Hannah Yardy 04/03/2023	360 Sharon Holmes 18/06/2022	322.5 Joan Trimble 28/02/2023	170 Standard	Standard	Standard
BENCH (A/C)	72.5 Sophie Hills 02/11/2019	85 Lucy Rayner 31/10/2015	93 Yasmin Burt 04/03/2023	120.5 Melissa Hexter 17/03/2023	100 Angelique Borsboom 18/02/2018	85 Khrys Kyriacou 15/06/2017	60 Joan Trimble 28/02/2023	40 Judith McGauley 18/02/2018	Standard	Standard

-69kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	117.5 Standard	142.5 Chynnah Lockhart 23/10/2021	175 Mariella Fisher 06/12/2021	186 Annie Nelson 18/03/2023	157.5 Genevieve Collins 24/07/2021	142.5 Terrie Redmore 01/03/2023	112.5 Joan Trimble 18/06/2022	67.5 Standard	Standard	Standard
BENCH PRESS	70 Standard	80 Standard	105 Mariella Fisher 12/05/2022	118.5 Tasmin Campbell 18/03/2023	92.5 Beverley Rodgers 01/03/2023	92.5 Beverley Rodgers 01/03/2023	55 Joan Trimble 18/06/2022	35 Standard	Standard	Standard
DEADLIFT	140 Standard	160 Emilia Martin 02/09/2022	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
TOTAL	320 Standard	365 Emilia Martin 02/09/2022	472.5 Mariella Fisher 06/12/2021	507 Tasmin Campbell 18/03/2023	422.5 Genevieve Collins 12/03/2022	380 Heather Tagg 23/09/2021	317.5 Joan Trimble 18/06/2022	170 Standard	Standard	Standard
BENCH (A/C)	70 Standard	80 Standard	105 Mariella Fisher 12/05/2022	118.5 Tasmin Campbell 18/03/2023	92.5 Beverley Rodgers 01/03/2023	92.5 Beverley Rodgers 01/03/2023	55 Joan Trimble 18/06/2022	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	185 Alice Francis-Freeman 12/05/2022	200 Susanna Argile 09/06/2022	165 Rebecca Allen 25/09/2021	142.5 Amelia Allen 01/03/2023	110 Sue Giles 24/07/2021	67.5 Standard	Standard	Standard
BENCH PRESS	75 Standard	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	122.5 Sophia Ellis 24/09/2022	97.5 Amelia Allen 01/03/2023	97.5 Amelia Allen 01/03/2023	57.5 Sue Giles 24/07/2021	35 Standard	Standard	Standard
DEADLIFT	145 Standard	165 Standard	210 Alice Francis-Freeman 06/12/2021	242.5 Sophia Ellis 19/03/2023	185 Rebecca Patterson 12/06/2022	165 Joy Mineo 18/06/2022	120 Sue Giles 24/07/2021	82.5 Standard	Standard	Standard
TOTAL	337.5 Standard	385 Standard	510 Alice Francis-Freeman 12/05/2022	537.5 Sophia Ellis 19/03/2023	432.5 Standard	405 Amelia Allen 01/03/2023	287.5 Sue Giles 24/07/2021	170 Standard	Standard	Standard
BENCH (A/C)	75 Standard	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	122.5 Sophia Ellis 24/09/2022	97.5 Amelia Allen 01/03/2023	97.5 Amelia Allen 01/03/2023	65 Gloria Fitzpatrick 12/06/2022	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	208 Erholove Izobodo-John 29/11/2022	210.5 Ziana Azariah 18/03/2023	175 Wendy Macfarlane 04/06/2022	155 Amelia Allen 12/06/2021	130 Sue Hollands 26/03/2011	67.5 Standard	Standard	Standard
BENCH PRESS	62.5 Abigail McLean 20/09/2014	83 Martha Day 14/05/2022	115 Stephanie Carrillo-Chavez 23/09/2018	122.5 Christina Appleby-Phillips 20/09/2019	100 Amelia Allen 24/07/2021	100 Amelia Allen 24/07/2021	67.5 Sue Hollands 26/03/2011	35 Standard	Standard	Standard
DEADLIFT	155 Abigail McLean 20/09/2014	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	190 Georgina Hazell 24/07/2021	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	538.5 Erholove Izobodo-John 29/11/2022	555.5 Ziana Azariah 18/03/2023	466 Hira Teirney 13/03/2022	435 Georgina Hazell 24/07/2021	357.5 Sue Hollands 26/03/2011	170 Standard	Standard	Standard
BENCH (A/C)	62.5 Abigail McLean 20/09/2014	83 Martha Day 14/05/2022	120.5 Melina Irawo 04/03/2023	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	210 Rebecca Coggie 05/03/2023	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	130.5 Victoria Cavalier-Hirth 13/08/2022	117.5 Rebecca Coggie 05/03/2023	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	242.5 Aquinu Onuoha 19/03/2023	210 Betty Gray 24/07/2021	210 Betty Gray 24/07/2021	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	497.5 Helen Ferguson-Ford 19/06/2022	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	133 Camille Holland 04/03/2023	121.5 Jax Gough 19/02/2022	105.5 Jo Whiteley 23/02/2020	70 Sue Hollands 13/10/2012	66 Barbara Leach 04/03/2023	Standard	Standard

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