



British University Records

updated: 04/11/2023

Female	47	52	57	63	69	76	84	84+
SQUAT	125 Sabrina Shah 13/04/2019	137.5 Evita Otigbah 13/04/2019	137.5 Amy Viner 23/07/2019	153 Olivia Hardingham 02/04/2023	157.5 Llio Godfrey-Flower 02/11/2023	172.5 Standard	190 Chrystal Williams 01/04/2018	185 Caitlin Davies 04/11/2023
BENCH PRESS	74 Sabrina Shah 13/04/2019	87.5 Molly Clark 01/11/2022	78.5 Cristiana Sessini 01/04/2023	93 Yasmin Burt 02/04/2023	113 Llio Godfrey-Flower 02/11/2023	108 Odette Tobaiwa 03/11/2023	110.5 Stephanie Carrillo-Chavez 01/04/2018	95.5 Jameliah Oseki-Simms 05/04/2023
DEADLIFT	145 Yasmin Bappoo 13/04/2019	145 Evita Otigbah 13/04/2019	188 Amelia Fox 01/04/2023	187.5 Stephanie Pike 25/03/2017	190.5 Anastacia Thompson 02/04/2023	200 Ashleigh Sutton 03/11/2023	210 Chrystal Williams 01/04/2018	177.5 Melissa Bird 05/04/2022
TOTAL	326.5 Sabrina Shah 13/04/2019	368 Evita Otigbah 13/04/2019	393 Amelia Fox 01/04/2023	420 Tara Pigott 02/04/2022	438 Llio Godfrey-Flower 02/11/2023	455 Standard	500 Chrystal Williams 01/04/2018	455 Caitlin Davies 04/11/2023