

	U18	U23
-43kg		
SQUAT	90 Sharn Rowlands 24/03/2012	145 Sharn Rowlands 15/08/2015
BENCH PRESS	50 Standard	67.5 Sharn Rowlands 15/08/2015
DEADLIFT	107.5 Sharn Rowlands 24/03/2012	146 Cherry Yeung 08/06/2019
TOTAL	240 Sharn Rowlands 24/03/2012	332.5 Sharn Rowlands 15/08/2015
BENCH (A/C)	60 Megan Ainsworth 16/07/2011	70 Megan Ainsworth 29/06/2012



British Records - Female Equipped

updated: 19/11/2023

	U18	U23	open	M1	M2	M3	M4	M5	M6
-47kg									
SQUAT	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
BENCH PRESS	52.5 Nisha Mistry 29/04/2023	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	125 Nisha Mistry 29/04/2023	147.5 Mona Shafiei 27/11/2022	158 Jessie Lee 23/07/2023	145 Lenka Pilnikova 04/03/2023	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	82.5 Standard	Standard	Standard
TOTAL	270 Nisha Mistry 29/04/2023	345 Sharn Rowlands 24/10/2015	352.5 Jessie Lee 23/07/2023	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)	52.5 Nisha Mistry 29/04/2023	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
-52kg									
SQUAT	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	72.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH PRESS	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	45 Lynda Follis 03/06/2023	Standard	Standard
DEADLIFT	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	110 Lynda Follis 03/06/2023	Standard	Standard
TOTAL	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	227.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH (A/C)	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	45 Lynda Follis 03/06/2023	Standard	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
-57kg									
SQUAT	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	120 Deborah Tiernan 03/06/2023	67.5 Standard	Standard	Standard
BENCH PRESS	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
DEADLIFT	150 Dayna Smith 02/11/2019	188.5 Amelia Fox 26/04/2023	230.5 Joy Nnamani 25/03/2023	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
TOTAL	342.5 Gaby Watman 28/08/2023	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
BENCH (A/C)	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
-63kg									
SQUAT	157.5 Skye Moore 29/08/2023	177.5 Lucy Robinson 14/10/2023	222.5 Ellie Steel 18/01/2020	180 Rosemary Lima 13/05/2017	135.5 Michelle Franklin 26/06/2021	120 Joan Trimble 03/06/2023	75 Josie Lee 20/05/2023	Standard	Standard
BENCH PRESS	87.5 Skye Moore 11/10/2023	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Standard	100 Maureen Gordon 07/07/2022	62.5 Joan Trimble 08/10/2023	37.5 Liz Moore 25/03/2023	Standard	Standard
DEADLIFT	180 Skye Moore 11/10/2023	207.5 Lucy Robinson 14/10/2023	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	115 Josie Lee 20/05/2023	Standard	Standard
TOTAL	422.5 Skye Moore 11/10/2023	470 Lucy Robinson 14/10/2023	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	215 Josie Lee 20/05/2023	Standard	Standard
BENCH (A/C)	87.5 Skye Moore 11/10/2023	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	62.5 Joan Trimble 08/10/2023	40 Judith McGauley 18/02/2018	Standard	Standard

-69kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	150 Lois Anderton 31/08/2023	175 Mariella Fisher 06/12/2021	220 Holly Bryans 06/05/2023	162.5 Faye Jordan 07/07/2023	145 Terrie Redmore 03/06/2023	112.5 Joan Trimble 18/06/2022	67.5 Standard	Standard	Standard
BENCH PRESS	87.5 Emily Byrne 11/10/2023	123 Amelia Maycock 22/01/2022	132.5 Holly Bryans 16/11/2023	118 Faye Jordan 25/02/2023	110 Wendie Kirkland 07/07/2022	62.5 Dawn Morrell 05/07/2023	35 Standard	Standard	Standard
DEADLIFT	163 Gracie Besant 02/05/2023	201 Mariella Fisher 12/05/2022	222.5 Tasmin Campbell 15/06/2023	180 Heather Tagg 03/06/2023	180 Heather Tagg 03/06/2023	150 Joan Trimble 18/06/2022	82.5 Standard	Standard	Standard
TOTAL	387.5 Emily Byrne 11/10/2023	472.5 Mariella Fisher 06/12/2021	557.5 Holly Bryans 06/05/2023	440 Faye Jordan 07/07/2023	400 Maureen Gordon 06/07/2023	317.5 Joan Trimble 18/06/2022	170 Standard	Standard	Standard
BENCH (A/C)	87.5 Emily Byrne 11/10/2023	123 Amelia Maycock 22/01/2022	132.5 Holly Bryans 16/11/2023	130 Beverley Rodgers 03/10/2021	115 Maureen Gordon 04/08/2023	62.5 Dawn Morrell 05/07/2023	35 Standard	Standard	Standard

-72kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	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
BENCH PRESS	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
DEADLIFT	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	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
BENCH (A/C)	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
SQUAT	147.5 Standard	185 Alice Francis-Freeman 12/05/2022	210 Kimberley Cowell 22/01/2022	180 Jenni Sherwood 06/07/2023	180 Jenni Sherwood 06/07/2023	110 Sue Giles 24/07/2021	67.5 Standard	Standard	Standard
BENCH PRESS	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	130 Kimberley Cowell 22/01/2022	110 Catherine Gordon 10/12/2022	110 Catherine Gordon 29/04/2023	67.5 Dawn Morrell 13/10/2023	40 Catherine Macaslan 25/03/2023	Standard	Standard
DEADLIFT	165 Standard	210.5 Naomi James 27/04/2021	245 Sophia Ellis 16/06/2023	190 Rebecca Patterson 16/07/2023	175 Jennifer Sherwood 25/02/2023	125 Dawn Morrell 13/10/2023	105 Catherine Macaslan 25/03/2023	Standard	Standard
TOTAL	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	297.5 Dawn Morrell 13/10/2023	207.5 Catherine Macaslan 25/03/2023	Standard	Standard
BENCH (A/C)	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	67.5 Dawn Morrell 13/10/2023	40 Catherine Macaslan 25/03/2023	Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	160 Standard	215 Erholove Izobodo-John 27/04/2023	230 Christie Civetta 10/09/2023	215 Jennifer Keane 20/01/2018	185 Sue Hollands 16/03/2014	185 Sue Hollands 16/03/2014	67.5 Standard	Standard	Standard
BENCH PRESS	83 Martha Day 14/05/2022	125 Melina Irawo 17/10/2023	150 Charlie Marillier 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
DEADLIFT	196 Danielle Ellington 12/06/2018	253 Erholove Izobodo-John 02/09/2023	253 Erholove Izobodo-John 02/09/2023	214 Tiana Ettienne 04/06/2023	192.5 Jackie Blasbery 28/04/2013	172.5 Sue Hollands 24/03/2012	82.5 Standard	Standard	Standard
TOTAL	428.5 Danielle Ellington 12/06/2018	565.5 Erholove Izobodo-John 02/09/2023	572.5 Charlie Marillier 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
BENCH (A/C)	83 Martha Day 14/05/2022	125 Melina Irawo 17/10/2023	150 Charlie Marillier 11/05/2018	140 Charlie Marillier 04/08/2023	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
SQUAT	170 Standard	210 Standard	270 Katrina Sweatman 18/11/2023	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
BENCH PRESS	75 Standard	115 Leigh Wetheridge 23/09/2017	220 Katrina Sweatman 18/11/2023	158 Jo Whiteley 22/01/2022	158 Jo Whiteley 22/01/2022	110 Jacqueline Blasbery 13/10/2023	35 Standard	Standard	Standard
DEADLIFT	177.5 Standard	227.5 Leigh Wetheridge 23/09/2017	251 Aquinn Onuoha 12/08/2023	215 Claire Roberts 04/06/2023	210 Betty Gray 24/07/2021	175 Jacqueline Blasbery 05/07/2023	82.5 Standard	Standard	Standard
TOTAL	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	670 Katrina Sweatman 18/11/2023	533 Jo Whiteley 22/01/2022	533 Jo Whiteley 22/01/2022	445 Sue Hollands 24/06/2012	170 Standard	Standard	Standard
BENCH (A/C)	100 Ella Brincat-Smith 05/08/2023	115 Leigh Wetheridge 23/09/2017	220 Katrina Sweatman 18/11/2023	163 Jaqueline Gough 22/01/2022	160 Jo Whiteley 21/05/2022	110 Jacqueline Blasbery 13/10/2023	66.5 Barbara Leach 25/06/2023	Standard	Standard

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