

	U16	U18	U23
<b>-43kg</b>			
<b>SQUAT</b>	77.5 Tiffany Pilnikova 12/10/2023	77.5 Tiffany Pilnikova 12/10/2023	120.5 Gwen Marsden 31/08/2024
<b>BENCH PRESS</b>	47.5 Tiffany Pilnikova 28/08/2023	47.5 Tiffany Pilnikova 28/08/2023	77 Gwen Marsden 31/08/2024
<b>DEADLIFT</b>	102.5 Tiffany Pilnikova 12/10/2023	105 Sharn Rowlands 26/02/2011	150.5 Gwen Marsden 31/08/2024
<b>TOTAL</b>	227.5 Tiffany Pilnikova 12/10/2023	227.5 Tiffany Pilnikova 12/10/2023	348 Gwen Marsden 31/08/2024
<b>BENCH (A/C)</b>	47.5 Tiffany Pilnikova 28/08/2023	60 Megan Ainsworth 16/07/2011	77 Gwen Marsden 31/08/2024



## British Records - Female Classic

updated: 11/09/2024

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-47kg</b>										
<b>SQUAT</b>	80 Chloe Trent 31/08/2022	102.5 Chloe Trent 12/10/2023	125 Sabrina Shah 13/04/2019	127 Jessie Lee 23/07/2023	118 Rebecca Heath 09/06/2024	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	42.5 Chloe Trent 14/05/2022	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	37.5 Marina Cornwall 12/02/2024	Standard	Standard
<b>DEADLIFT</b>	100 Chloe Trent 31/08/2022	125 Nisha Mistry 29/04/2023	147.5 Mona Shafiei 27/11/2022	158 Jessie Lee 23/07/2023	146 Rebecca Heath 09/06/2024	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	105 Marina Cornwall 12/02/2024	Standard	Standard
<b>TOTAL</b>	222.5 Chloe Trent 31/08/2022	270 Nisha Mistry 29/04/2023	332.5 Sabrina Shah 01/12/2019	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	200 Marina Cornwall 08/06/2024	Standard	Standard
<b>BENCH (A/C)</b>	42.5 Chloe Trent 14/05/2022	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	37.5 Marina Cornwall 12/02/2024	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-52kg</b>										
<b>SQUAT</b>	105.5 Jaime Lei Fuller 02/11/2019	110 Sylvie Thomas 01/09/2024	138 Bridget Parris 19/03/2024	152.5 Joy Nnamani 11/06/2019	128.5 Katy Clarke 15/06/2024	105 Linda Kaminski 15/06/2017	105 Linda Kaminski 15/06/2017	72.5 Lynda Follis 03/06/2023	Standard	Standard
<b>BENCH PRESS</b>	60.5 Jaime Lei Fuller 25/05/2019	67.5 Sylvie Thomas 24/03/2024	95 Erin Aldcroft 23/10/2021	97.5 Ruth Grigg 12/03/2024	81.5 Lenka Pilnikova 09/06/2024	72.5 Jenny Hunter 20/08/2011	67.5 Jenny Hunter 06/03/2018	47.5 Lynda Follis 08/06/2024	Standard	Standard
<b>DEADLIFT</b>	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	110 Lynda Follis 03/06/2023	Standard	Standard
<b>TOTAL</b>	280 Jaime Lei Fuller 29/11/2019	315 Sylvie Thomas 01/09/2024	370 Erin Aldcroft 23/10/2021	432.5 Joy Nnamani 02/03/2019	362 Lenka Pilnikova 09/06/2024	310.5 Jenny Hunter 09/09/2012	290 Linda Kaminski 09/03/2020	227.5 Lynda Follis 03/06/2023	Standard	Standard
<b>BENCH (A/C)</b>	60.5 Jaime Lei Fuller 25/05/2019	67.5 Sylvie Thomas 24/03/2024	95 Erin Aldcroft 23/10/2021	97.5 Ruth Grigg 12/03/2024	81.5 Lenka Pilnikova 09/06/2024	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	47.5 Lynda Follis 13/04/2024	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>-57kg</b>										
<b>SQUAT</b>	110.5 Shannon Smith 02/09/2018	137.5 Victoria Hart 01/09/2024	165 Caitlin Baxter 15/03/2024	187.5 Bobbie Butters 17/06/2024	145 Kate Matthew 03/06/2023	126 Karen Burns 03/06/2023	120 Deborah Tiernan 03/06/2023	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	70 Shannon Smith 22/09/2018	75 Victoria Hart 25/11/2022	110 Caitlin Baxter 02/09/2024	112.5 Bobbie Butters 01/12/2022	88 Helen Hughes 03/06/2023	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard
<b>DEADLIFT</b>	145 Shannon Smith 22/09/2018	160 Hannah Karpal 01/09/2024	190 Amelia Fox 19/03/2024	230.5 Joy Nnamani 25/03/2023	165.5 Karen Burns 11/12/2021	165.5 Karen Burns 11/12/2021	145 Deborah Tiernan 03/06/2023	82.5 Standard	Standard	Standard
<b>TOTAL</b>	325.5 Shannon Smith 22/09/2018	347.5 Gaby Watman 24/03/2024	447.5 Caitlin Baxter 02/09/2024	500.5 Joy Nnamani 25/03/2023	380 Helen Hughes 15/02/2024	355.5 Karen Burns 11/12/2021	332.5 Deborah Tiernan 03/06/2023	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	70 Shannon Smith 22/09/2018	77.5 Katie Woods 07/08/2024	110 Caitlin Baxter 02/09/2024	112.5 Melissa Hexter 12/06/2021	88 Helen Hughes 03/06/2023	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
<b>-63kg</b>										
<b>SQUAT</b>	145.5 Lucy Robinson 24/11/2018	157.5 Skye Moore 29/08/2023	182.5 Lucy Robinson 03/09/2024	183 Makeda Vidal 17/03/2023	158.5 Hannah Yardy 09/06/2024	135 Khrys Kyriacou 15/06/2017	121 Deborah Tiernan 08/06/2024	80 Susan Mary Sabuda 08/06/2024	Standard	Standard
<b>BENCH PRESS</b>	72.5 Sophie Hills 02/11/2019	90 Isobel David 03/09/2024	95.5 Miranda Stitt 19/03/2024	120.5 Melissa Hexter 17/03/2023	100.5 Rima Baki 16/02/2024	85 Khrys Kyriacou 15/06/2017	68 Deborah Tiernan 08/06/2024	55 Susan Subuda 12/02/2024	Standard	Standard
<b>DEADLIFT</b>	170.5 Lucy Robinson 24/11/2018	180 Skye Moore 11/10/2023	210 Lucy Robinson 03/09/2024	231.5 Joy Nnamani 18/06/2024	195.5 Abi Graham 03/03/2019	187.5 Sonia Reeve 08/06/2024	157.5 Kim Gough 08/06/2024	134 Susan Subuda 12/02/2024	Standard	Standard
<b>TOTAL</b>	381 Lucy Robinson 24/11/2018	422.5 Skye Moore 11/10/2023	485 Lucy Robinson 03/09/2024	511.5 Joy Nnamani 18/06/2024	448.5 Hannah Yardy 09/06/2024	360 Sharon Holmes 18/06/2022	337.5 Deborah Tiernan 08/06/2024	255 Susan Mary Sabuda 08/06/2024	Standard	Standard
<b>BENCH (A/C)</b>	72.5 Sophie Hills 02/11/2019	90 Isobel David 03/09/2024	95.5 Miranda Stitt 19/03/2024	120.5 Melissa Hexter 17/03/2023	100.5 Rima Baki 16/02/2024	85 Khrys Kyriacou 15/06/2017	69 Deborah Tiernan 13/04/2024	55 Susan Subuda 12/02/2024	Standard	Standard

-69kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	117.5 Standard	150 Lois Anderton 31/08/2023	176.5 Esther Mullings 20/03/2024	205 Annie Nelson 20/06/2024	182.5 Tasmin Campbell 15/03/2024	158 Heather Tagg 08/06/2024	120 Joan Trimble 08/06/2024	80 Melanie Lester 08/06/2024	Standard	Standard
<b>BENCH PRESS</b>	70 Standard	87.5 Emily Byrne 11/10/2023	115 Lio Godfrey-Flower 14/07/2024	125 Tasmin Campbell 20/06/2024	125 Tasmin Campbell 20/06/2024	92.5 Beverley Rodgers 01/03/2023	75 Maureen Gordon 23/03/2024	40 Melanie Lester 12/02/2024	Standard	Standard
<b>DEADLIFT</b>	140 Standard	175 Poppy McMulkin 15/06/2024	202 Emilia Martin 20/03/2024	232.5 Tasmin Campbell 20/06/2024	232.5 Tasmin Campbell 20/06/2024	189 Heather Tagg 08/06/2024	155 Joan Trimble 08/06/2024	125 Melanie Lester 12/02/2024	Standard	Standard
<b>TOTAL</b>	320 Standard	387.5 Emily Byrne 11/10/2023	472.5 Mariella Fisher 06/12/2021	545 Annie Nelson 20/06/2024	537.5 Tasmin Campbell 20/06/2024	422 Heather Tagg 08/06/2024	340 Joan Trimble 08/06/2024	245 Melanie Lester 08/06/2024	Standard	Standard
<b>BENCH (A/C)</b>	70 Standard	87.5 Emily Byrne 11/10/2023	115 Lio Godfrey-Flower 14/07/2024	125 Tasmin Campbell 20/06/2024	125 Tasmin Campbell 20/06/2024	92.5 Beverley Rodgers 01/03/2023	80 Maureen Gordon 25/05/2024	40 Melanie Lester 12/02/2024	Standard	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	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
<b>BENCH PRESS</b>	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
<b>DEADLIFT</b>	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
<b>TOTAL</b>	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
<b>BENCH (A/C)</b>	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
<b>SQUAT</b>	127.5 Standard	155 Harriet Cull 04/09/2024	185 Alice Francis-Freeman 12/05/2022	200.5 Emily Bennett 12/08/2023	166 Genevieve Collins 04/06/2023	160 Amelia Allen 08/06/2024	110 Sue Giles 24/07/2021	77.5 Jan Hunt 08/06/2024	Standard	Standard
<b>BENCH PRESS</b>	75 Standard	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	125 Sophia Ellis 21/06/2024	97.5 Amelia Allen 01/03/2023	97.5 Amelia Allen 01/03/2023	57.5 Sue Giles 24/07/2021	50 Jan Hunt 08/06/2024	Standard	Standard
<b>DEADLIFT</b>	145 Standard	175 Harriet Cull 04/09/2024	222.5 Racheal Raji 04/09/2024	245.5 Sophia Ellis 08/12/2023	190.5 Lisa Grant 09/06/2024	172.5 Amelia Allen 08/06/2024	120 Sue Giles 24/07/2021	110 Jan Hunt 08/06/2024	Standard	Standard
<b>TOTAL</b>	337.5 Standard	412.5 Harriet Cull 04/09/2024	510 Alice Francis-Freeman 12/05/2022	548 Sophia Ellis 08/12/2023	432.5 Standard	427.5 Amelia Allen 08/06/2024	287.5 Sue Giles 24/07/2021	237.5 Jan Hunt 08/06/2024	Standard	Standard
<b>BENCH (A/C)</b>	75 Standard	87.5 Standard	117.5 Alice Francis-Freeman 23/10/2021	125 Sophia Ellis 21/06/2024	97.5 Amelia Allen 01/03/2023	97.5 Amelia Allen 01/03/2023	65 Gloria Fitzpatrick 12/06/2022	50 Jan Hunt 08/06/2024	Standard	Standard

-84kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	157.5 Mateenah Alli 07/09/2024	157.5 Mateenah Alli 07/09/2024	215 Erholove Izobodo-John 27/04/2023	222.5 Ziana Azariah 22/06/2024	182.5 Wendy Macfarlane 23/03/2024	156.5 Lisa Herrington 08/06/2024	130 Sue Hollands 26/03/2011	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	72.5 Mateenah Alli 07/09/2024	83 Martha Day 14/05/2022	125 Melina Irawo 17/10/2023	127.5 Temitope Nuga 15/03/2024	100 Amelia Allen 24/07/2021	100 Amelia Allen 24/07/2021	67.5 Sue Hollands 26/03/2011	35 Standard	Standard	Standard
<b>DEADLIFT</b>	162.5 Mateenah Alli 07/09/2024	196 Danielle Ellington 12/06/2018	263 Erholove Izobodo-John 17/03/2024	263 Erholove Izobodo-John 17/03/2024	217.5 Hira Teirney 09/06/2024	192 Lisa Herrington 08/06/2024	160 Sue Hollands 26/03/2011	82.5 Standard	Standard	Standard
<b>TOTAL</b>	392.5 Mateenah Alli 07/09/2024	428.5 Danielle Ellington 12/06/2018	583 Erholove Izobodo-John 17/03/2024	592.5 Ziana Azariah 22/06/2024	466 Hira Teirney 13/03/2022	442 Georgina Hazell 03/06/2023	357.5 Sue Hollands 26/03/2011	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	72.5 Mateenah Alli 07/09/2024	83 Martha Day 14/05/2022	125 Melina Irawo 17/10/2023	127.5 Temitope Nuga 15/03/2024	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
<b>SQUAT</b>	122.5 Abi-Louise Lane 24/11/2018	150 Amelia O'Donnell 02/11/2019	207.5 Caitlin Davies 07/09/2024	250 Camille Holland 22/09/2019	218 Rebecca Coggle 17/02/2024	195.5 Jo Whiteley 09/03/2020	135 Sue Hollands 13/10/2012	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	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	130.5 Rebecca Coggle 09/06/2024	103 Jo Whiteley 09/03/2020	90.5 Jackie Blasbery 08/06/2024	35 Standard	Standard	Standard
<b>DEADLIFT</b>	160 Abi-Louise Lane 24/11/2018	170 Abi-Louise Lane 02/11/2019	227.5 Leigh Wetheridge 23/09/2017	251.5 Aquin Onuoha 03/08/2024	222.5 Claire Roberts 09/06/2024	210 Betty Gray 24/07/2021	190 Betty Gray 08/06/2024	82.5 Standard	Standard	Standard
<b>TOTAL</b>	342.5 Abi-Louise Lane 24/11/2018	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	589 Aquin Onuoha 03/08/2024	525 Claire Roberts 09/06/2024	488.5 Jo Whiteley 09/03/2020	392.5 Betty Gray 08/06/2024	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	80 Lucy Naden 19/05/2019	80 Lucy Naden 19/05/2019	115 Leigh Wetheridge 23/09/2017	135 Rebecca Coggle 06/08/2024	135 Rebecca Coggle 06/08/2024	107.5 Joanne Laird 27/05/2024	90.5 Jackie Blasbery 08/06/2024	66.5 Barbara Leach 25/06/2023	Standard	Standard

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