

| -43kg       | U16                                      | U18                                      | U23                                 |
|-------------|------------------------------------------|------------------------------------------|-------------------------------------|
| SQUAT       | 77.5<br>Tiffany Pilnikova<br>06/07/2023  | 102.5<br>Tiffany Pilnikova<br>28/08/2025 | 120.5<br>Gwen Marsden<br>31/08/2024 |
| BENCH PRESS | 47.5<br>Tiffany Pilnikova<br>28/08/2023  | 66<br>Tiffany Pilnikova<br>28/08/2025    | 77<br>Gwen Marsden<br>31/08/2024    |
| DEADLIFT    | 102.5<br>Tiffany Pilnikova<br>12/10/2023 | 130<br>Tiffany Pilnikova<br>28/08/2025   | 150.5<br>Gwen Marsden<br>31/08/2024 |
| TOTAL       | 227.5<br>Tiffany Pilnikova<br>12/10/2023 | 298.5<br>Tiffany Pilnikova<br>28/08/2025 | 348<br>Gwen Marsden<br>31/08/2024   |
| BENCH (A/C) | 47.5<br>Tiffany Pilnikova<br>28/08/2023  | 66<br>Tiffany Pilnikova<br>28/08/2025    | 77<br>Gwen Marsden<br>31/08/2024    |



## British Records - Female Classic

updated: 22/10/2025

| -47kg       | U16                                | U18                                | U23                                 | open                               | M1                                    | M2                                   | M3                                   | M4                                     | M5       | M6       |
|-------------|------------------------------------|------------------------------------|-------------------------------------|------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------|----------|----------|
| SQUAT       | 87.5<br>Selma Yeung<br>06/07/2025  | 102.5<br>Chloe Trent<br>12/10/2023 | 127.5<br>Gwen Marsden<br>28/08/2025 | 130.5<br>Jessie Lee<br>21/11/2024  | 118<br>Rebecca Heath<br>09/06/2024    | 100<br>June Stamp<br>05/03/2019      | 85<br>Marina Cornwall<br>14/08/2015  | 67.5<br>Standard                       | Standard | Standard |
| BENCH PRESS | 43<br>Selma Yeung<br>06/07/2025    | 52.5<br>Nisha Mistry<br>29/04/2023 | 87.5<br>Gwen Marsden<br>28/08/2025  | 87.5<br>Gwen Marsden<br>28/08/2025 | 77.5<br>Lenka Pilnikova<br>04/03/2023 | 55.5<br>Jenny Hunter<br>09/02/2025   | 55.5<br>Jenny Hunter<br>09/02/2025   | 37.5<br>Marina Cornwall<br>12/02/2024  | Standard | Standard |
| DEADLIFT    | 100<br>Chloe Trent<br>31/08/2022   | 125<br>Nisha Mistry<br>29/04/2023  | 155.5<br>Gwen Marsden<br>29/03/2025 | 165<br>Jessie Lee<br>21/11/2024    | 146<br>Rebecca Heath<br>09/06/2024    | 126<br>Marina Cornwall<br>07/03/2015 | 126<br>Marina Cornwall<br>07/03/2015 | 105<br>Marina Cornwall<br>12/02/2024   | Standard | Standard |
| TOTAL       | 225.5<br>Selma Yeung<br>06/07/2025 | 270<br>Nisha Mistry<br>29/04/2023  | 365<br>Gwen Marsden<br>28/08/2025   | 365<br>Gwen Marsden<br>28/08/2025  | 340<br>Lenka Pilnikova<br>04/03/2023  | 260<br>Marina Cornwall<br>07/03/2015 | 260<br>Marina Cornwall<br>07/03/2015 | 203.5<br>Marina Cornwall<br>28/06/2025 | Standard | Standard |
| BENCH (A/C) | 43<br>Selma Yeung<br>06/07/2025    | 52.5<br>Nisha Mistry<br>29/04/2023 | 87.5<br>Gwen Marsden<br>28/08/2025  | 90<br>Zoe Newson<br>06/09/2014     | 77.5<br>Lenka Pilnikova<br>04/03/2023 | 55.5<br>Jenny Hunter<br>09/02/2025   | 55.5<br>Jenny Hunter<br>09/02/2025   | 37.5<br>Marina Cornwall<br>12/02/2024  | Standard | Standard |

| -52kg       | U16                                     | U18                                  | U23                                   | open                               | M1                                   | M2                                  | M3                                    | M4                                  | M5       | M6       |
|-------------|-----------------------------------------|--------------------------------------|---------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|----------|----------|
| SQUAT       | 105.5<br>Jaime Lei Fuller<br>02/11/2019 | 112.5<br>Sylvie Thomas<br>05/10/2024 | 138.5<br>Bridget Parris<br>29/03/2025 | 152.5<br>Joy Nnamani<br>11/06/2019 | 130<br>Lenka Pilnikova<br>29/06/2025 | 105<br>Linda Kaminski<br>15/06/2017 | 105<br>Linda Kaminski<br>15/06/2017   | 72.5<br>Lynda Follis<br>03/06/2023  | Standard | Standard |
| BENCH PRESS | 60.5<br>Jaime Lei Fuller<br>25/05/2019  | 70<br>Sylvie Thomas<br>05/10/2024    | 95<br>Erin Aldcroft<br>23/10/2021     | 97.5<br>Ruth Grigg<br>12/03/2024   | 90<br>Lenka Pilnikova<br>29/06/2025  | 72.5<br>Jenny Hunter<br>20/08/2011  | 67.5<br>Jenny Hunter<br>06/03/2018    | 47.5<br>Lynda Follis<br>08/06/2024  | Standard | Standard |
| DEADLIFT    | 130<br>Lauren Recci<br>02/11/2019       | 140<br>Lauren Recci<br>27/09/2021    | 175<br>Abby Cooley<br>30/08/2025      | 197.5<br>Joy Nnamani<br>02/03/2019 | 158<br>Amna Khan<br>18/06/2022       | 145.5<br>Jenny Hunter<br>09/09/2012 | 142.5<br>Linda Kaminski<br>09/03/2020 | 110<br>Lynda Follis<br>03/06/2023   | Standard | Standard |
| TOTAL       | 280<br>Jaime Lei Fuller<br>29/11/2019   | 320<br>Sylvie Thomas<br>05/10/2024   | 320<br>Abby Cooley<br>30/08/2025      | 432.5<br>Joy Nnamani<br>02/03/2019 | 375<br>Lenka Pilnikova<br>29/06/2025 | 310.5<br>Jenny Hunter<br>09/09/2012 | 290<br>Linda Kaminski<br>09/03/2020   | 227.5<br>Lynda Follis<br>03/06/2023 | Standard | Standard |
| BENCH (A/C) | 60.5<br>Jaime Lei Fuller<br>25/05/2019  | 70<br>Sylvie Thomas<br>05/10/2024    | 95<br>Erin Aldcroft<br>23/10/2021     | 97.5<br>Ruth Grigg<br>12/03/2024   | 90<br>Lenka Pilnikova<br>29/06/2025  | 72.5<br>Jenny Hunter<br>20/08/2011  | 68<br>Jenny Hunter<br>18/05/2019      | 47.5<br>Lynda Follis<br>13/04/2024  | Standard | Standard |

| -57kg       | U16                                  | U18                                | U23                                   | open                                  | M1                                 | M2                                  | M3                                     | M4               | M5       | M6       |
|-------------|--------------------------------------|------------------------------------|---------------------------------------|---------------------------------------|------------------------------------|-------------------------------------|----------------------------------------|------------------|----------|----------|
| SQUAT       | 110.5<br>Shannon Smith<br>22/09/2018 | 140<br>Gaby Watman<br>05/10/2024   | 167.5<br>Caitlin Baxter<br>10/10/2024 | 188.5<br>Bobbie Butters<br>21/11/2024 | 145<br>Kate Matthew<br>03/06/2023  | 130<br>Anna Giliino<br>12/10/2025   | 120<br>Deborah Tiernan<br>03/06/2023   | 67.5<br>Standard | Standard | Standard |
| BENCH PRESS | 70<br>Shannon Smith<br>22/09/2018    | 78<br>Katie Woods<br>05/10/2024    | 112.5<br>Caitlin Baxter<br>10/10/2024 | 113<br>Bobbie Butters<br>21/11/2024   | 88<br>Helen Hughes<br>03/06/2023   | 75<br>Anna Giliino<br>12/10/2025    | 68.5<br>Jennifer Hunter<br>06/06/2018  | 35<br>Standard   | Standard | Standard |
| DEADLIFT    | 145<br>Shannon Smith<br>22/09/2018   | 160<br>Hannah Karpal<br>01/09/2024 | 197.5<br>Amelia Fox<br>10/10/2024     | 231<br>Joy Nnamani<br>21/11/2024      | 165.5<br>Karen Burns<br>11/12/2021 | 165.5<br>Karen Burns<br>11/12/2021  | 145<br>Deborah Tiernan<br>03/06/2023   | 82.5<br>Standard | Standard | Standard |
| TOTAL       | 325.5<br>Shannon Smith<br>22/09/2018 | 352.5<br>Gaby Watman<br>05/10/2024 | 447.5<br>Caitlin Baxter<br>02/09/2024 | 506<br>Joy Nnamani<br>21/11/2024      | 380<br>Helen Hughes<br>15/02/2024  | 362.5<br>Anna Giliino<br>12/10/2025 | 332.5<br>Deborah Tiernan<br>03/06/2023 | 170<br>Standard  | Standard | Standard |
| BENCH (A/C) | 70<br>Shannon Smith<br>22/09/2018    | 78<br>Katie Woods<br>05/10/2024    | 112.5<br>Caitlin Baxter<br>10/10/2024 | 113<br>Bobbie Butters<br>21/11/2024   | 88<br>Helen Hughes<br>03/06/2023   | 75<br>Anna Giliino<br>12/10/2025    | 68.5<br>Jennifer Hunter<br>06/06/2018  | 35<br>Standard   | Standard | Standard |

| -63kg       | U16                                  | U18                                        | U23                                | open                                  | M1                                  | M2                                     | M3                                     | M4                                | M5       | M6       |
|-------------|--------------------------------------|--------------------------------------------|------------------------------------|---------------------------------------|-------------------------------------|----------------------------------------|----------------------------------------|-----------------------------------|----------|----------|
| SQUAT       | 145.5<br>Lucy Robinson<br>24/11/2018 | 157.5<br>Skye Moore<br>29/08/2023          | 185<br>Lucy Robinson<br>11/10/2024 | 192.5<br>Makeda Vidal<br>21/03/2025   | 160<br>Hannah Yardy<br>14/02/2025   | 135<br>Khrys Kyriacou<br>15/06/2017    | 121<br>Deborah Tiernan<br>08/06/2024   | 118<br>Joan Trimble<br>10/10/2025 | Standard | Standard |
| BENCH PRESS | 72.5<br>Sophie Hills<br>02/11/2019   | 92.5<br>Isobel David<br>06/10/2024         | 106<br>Laura Holland<br>18/04/2025 | 120.5<br>Melissa Hexter<br>17/03/2023 | 100.5<br>Rima Baki<br>16/02/2024    | 92.5<br>Beverley Rodgers<br>12/10/2025 | 70<br>Deborah Tiernan<br>05/10/2024    | 65<br>Joan Trimble<br>10/10/2025  | Standard | Standard |
| DEADLIFT    | 170.5<br>Lucy Robinson<br>24/11/2018 | 185.5<br>Ayana White Nwankpa<br>29/03/2025 | 210<br>Lucy Robinson<br>03/09/2024 | 240<br>Joy Nnamani<br>14/08/2025      | 197.5<br>Hannah Yardy<br>08/10/2024 | 198<br>Sonia Reeve<br>12/10/2025       | 157.5<br>Kim Gough<br>08/06/2024       | 155<br>Joan Trimble<br>10/10/2025 | Standard | Standard |
| TOTAL       | 381<br>Lucy Robinson<br>24/11/2018   | 422.5<br>Skye Moore<br>11/10/2023          | 485<br>Lucy Robinson<br>03/09/2024 | 527.5<br>Joy Nnamani<br>14/08/2025    | 450<br>Hannah Yardy<br>14/10/2025   | 370.5<br>Sonia Reeve<br>12/10/2025     | 342.5<br>Deborah Tiernan<br>05/10/2024 | 338<br>Joan Trimble<br>10/10/2025 | Standard | Standard |
| BENCH (A/C) | 72.5<br>Sophie Hills<br>02/11/2019   | 92.5<br>Isobel David<br>06/10/2024         | 106<br>Laura Holland<br>18/04/2025 | 120.5<br>Melissa Hexter<br>17/03/2023 | 100.5<br>Rima Baki<br>16/02/2024    | 92.5<br>Beverley Rodgers<br>18/05/2025 | 70<br>Deborah Tiernan<br>05/10/2024    | 65<br>Joan Trimble<br>10/10/2025  | Standard | Standard |

| -69kg       | U16                    | U18                          | U23                              | open                          | M1                            | M2                             | M3                           | M4                         | M5       | M6       |
|-------------|------------------------|------------------------------|----------------------------------|-------------------------------|-------------------------------|--------------------------------|------------------------------|----------------------------|----------|----------|
| SQUAT       | 130                    | 150                          | 185.5                            | 205                           | 182.5                         | 163.5                          | 122.5                        | 122.5                      |          |          |
|             | Yin Chen<br>05/10/2024 | Lois Anderton<br>31/08/2023  | Hannah Davis<br>29/03/2025       | Annie Nelson<br>20/06/2024    | Tasmin Campbell<br>15/03/2024 | Terrie Redmore<br>11/02/2025   | Joan Trimble<br>28/06/2025   | Joan Trimble<br>28/06/2025 | Standard | Standard |
| BENCH PRESS | 75                     | 87.5                         | 117.5                            | 125                           | 125                           | 92.5                           | 75                           | 67.5                       |          |          |
|             | Yin Chen<br>05/10/2024 | Emily Byrne<br>11/10/2023    | Lio Godfrey-Flower<br>22/11/2024 | Tasmin Campbell<br>20/06/2024 | Tasmin Campbell<br>20/06/2024 | Beverley Rodgers<br>01/03/2023 | Maureen Gordon<br>23/03/2024 | Joan Trimble<br>28/06/2025 | Standard | Standard |
| DEADLIFT    | 155                    | 187.5                        | 206                              | 232.5                         | 232.5                         | 189                            | 155                          | 152.5                      |          |          |
|             | Yin Chen<br>05/10/2024 | Poppy McMulkin<br>14/12/2024 | Emilia Martin<br>29/03/2025      | Tasmin Campbell<br>20/06/2024 | Tasmin Campbell<br>20/06/2024 | Heather Tagg<br>08/06/2024     | Joan Trimble<br>08/06/2024   | Joan Trimble<br>28/06/2025 | Standard | Standard |
| TOTAL       | 360                    | 420                          | 487.5                            | 550                           | 537.5                         | 422                            | 342.5                        | 342.5                      |          |          |
|             | Yin Chen<br>05/10/2024 | Poppy McMulkin<br>14/12/2024 | Lio Godfrey-Flower<br>22/11/2024 | Annie Nelson<br>12/06/2025    | Tasmin Campbell<br>20/06/2024 | Heather Tagg<br>08/06/2024     | Joan Trimble<br>28/06/2025   | Joan Trimble<br>28/06/2025 | Standard | Standard |
| BENCH (A/C) | 75                     | 87.5                         | 117.5                            | 125                           | 125                           | 92.5                           | 80                           | 67.5                       |          |          |
|             | Yin Chen<br>05/10/2024 | Emily Byrne<br>11/10/2023    | Lio Godfrey-Flower<br>22/11/2024 | Tasmin Campbell<br>20/06/2024 | Tasmin Campbell<br>20/06/2024 | Beverley Rodgers<br>01/03/2023 | Maureen Gordon<br>25/05/2024 | Joan Trimble<br>28/06/2025 | Standard | Standard |

| -72kg       | U16                       | U18                           | U23                                 | open                                | M1                       | M2                           | M3                       | M4       | M5       | M6       |
|-------------|---------------------------|-------------------------------|-------------------------------------|-------------------------------------|--------------------------|------------------------------|--------------------------|----------|----------|----------|
| SQUAT       | 132.5                     | 163                           | 175                                 | 185                                 | 175                      | 135                          | 116                      | 67.5     |          |          |
|             | Lana Cheyne<br>02/11/2019 | Mariella Fisher<br>23/09/2018 | Mariella Fisher<br>01/11/2019       | Holly Bryans<br>08/03/2020          | Eno Majomi<br>06/03/2019 | Khrys Kyriacou<br>11/03/2017 | Joyce Park<br>18/09/2019 | Standard | Standard | Standard |
| BENCH PRESS | 70                        | 90                            | 110.5                               | 110.5                               | 100                      | 87.5                         | 70                       | 35       |          |          |
|             | Lana Cheyne<br>02/11/2019 | Mariella Fisher<br>23/09/2018 | Alice Francis-Freeman<br>01/11/2019 | Alice Francis-Freeman<br>01/11/2019 | Eno Majomi<br>06/03/2019 | Khrys Kyriacou<br>11/03/2017 | Joyce Park<br>18/09/2019 | Standard | Standard | Standard |
| DEADLIFT    | 150                       | 190                           | 200.5                               | 207.5                               | 192.5                    | 172.5                        | 149                      | 82.5     |          |          |
|             | Lana Cheyne<br>02/11/2019 | Mariella Fisher<br>23/09/2018 | Mariella Fisher<br>01/11/2019       | Sheri Miles<br>20/09/2019           | Eno Majomi<br>06/12/2019 | Heather Tagg<br>09/03/2020   | Joyce Park<br>18/09/2019 | Standard | Standard | Standard |
| TOTAL       | 352.5                     | 443                           | 478                                 | 482.5                               | 465                      | 375                          | 335                      | 170      |          |          |
|             | Lana Cheyne<br>02/11/2019 | Mariella Fisher<br>23/09/2018 | Mariella Fisher<br>01/11/2019       | Holly Bryans<br>08/03/2020          | Eno Majomi<br>06/03/2019 | Heather Tagg<br>09/03/2020   | Joyce Park<br>18/09/2019 | Standard | Standard | Standard |
| BENCH (A/C) | 70                        | 90                            | 110.5                               | 110.5                               | 100                      | 87.5                         | 70                       | 35       |          |          |
|             | Lana Cheyne<br>02/11/2019 | Mariella Fisher<br>23/09/2018 | Alice Francis-Freeman<br>01/11/2019 | Alice Francis-Freeman<br>01/11/2019 | Eno Majomi<br>06/03/2019 | Khrys Kyriacou<br>11/03/2017 | Joyce Park<br>18/09/2019 | 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    | 175                        | 206                                 | 206                             | 197.5                       | 160                        | 110                              | 80                     |          |          |
|             | Standard | Harriet Cull<br>01/09/2025 | Louise MacFeeters<br>12/10/2025     | Louise MacFeeters<br>12/10/2025 | Temitope Nuga<br>22/03/2025 | Amelia Allen<br>08/06/2024 | Sue Giles<br>24/07/2021          | Jan Hunt<br>09/02/2025 | Standard | Standard |
| BENCH PRESS | 75       | 102.5                      | 125                                 | 129.5                           | 117.5                       | 98                         | 60                               | 53                     |          |          |
|             | Standard | Harriet Cull<br>01/09/2025 | Dhyana Sehmar<br>09/08/2025         | Bettina Hanlon<br>09/08/2025    | Temitope Nuga<br>22/03/2025 | Amelia Allen<br>28/06/2025 | Jean Colter<br>28/06/2025        | Jan Hunt<br>28/06/2025 | Standard | Standard |
| DEADLIFT    | 145      | 209.5                      | 223                                 | 245.5                           | 232.5                       | 198.5                      | 142.5                            | 116                    |          |          |
|             | Standard | Harriet Cull<br>01/09/2025 | Blessing Osayi<br>29/03/2025        | Sophia Ellis<br>08/12/2023      | Temitope Nuga<br>22/03/2025 | Heather Tagg<br>07/10/2024 | Linda Thorne<br>28/06/2025       | Jan Hunt<br>28/06/2025 | Standard | Standard |
| TOTAL       | 337.5    | 487                        | 510                                 | 560                             | 547.5                       | 433.5                      | 287.5                            | 246.5                  |          |          |
|             | Standard | Harriet Cull<br>01/09/2025 | Alice Francis-Freeman<br>12/05/2022 | Bettina Hanlon<br>09/08/2025    | Temitope Nuga<br>22/03/2025 | Heather Tagg<br>07/10/2024 | Sue Giles<br>24/07/2021          | Jan Hunt<br>28/06/2025 | Standard | Standard |
| BENCH (A/C) | 75       | 102.5                      | 125                                 | 129.5                           | 117.5                       | 98                         | 65                               | 53                     |          |          |
|             | Standard | Harriet Cull<br>01/09/2025 | Dhyana Sehmar<br>09/08/2025         | Bettina Hanlon<br>09/08/2025    | Temitope Nuga<br>22/03/2025 | Amelia Allen<br>28/06/2025 | Gloria Fitzpatrick<br>12/06/2022 | Jan Hunt<br>28/06/2025 | Standard | Standard |

| -84kg       | U16                         | U18                              | U23                                 | open                        | M1                                       | M2                            | M3                            | M4       | M5       | M6       |
|-------------|-----------------------------|----------------------------------|-------------------------------------|-----------------------------|------------------------------------------|-------------------------------|-------------------------------|----------|----------|----------|
| SQUAT       | 180                         | 180                              | 215                                 | 225                         | 182.5                                    | 167.5                         | 130                           | 67.5     |          |          |
|             | Mateenah Alli<br>04/09/2025 | Mateenah Alli<br>04/09/2025      | Erholove Izobodo-John<br>27/04/2024 | Ziana Azariah<br>23/11/2024 | Wendy MacFarlane<br>23/03/2024           | Janet Pam<br>13/10/2025       | Sue Hollands<br>26/03/2011    | Standard | Standard | Standard |
| BENCH PRESS | 87.5                        | 87.5                             | 125                                 | 132.5                       | 100.5                                    | 100                           | 82.5                          | 35       |          |          |
|             | Mateenah Alli<br>04/09/2025 | Mateenah Alli<br>04/09/2025      | Melina Irawo<br>17/10/2023          | Melina Irawo<br>14/06/2025  | Charlotte Marillier<br>29/06/2025        | Amelia Allen<br>24/07/2021    | Jackie Blasbery<br>11/10/2025 | Standard | Standard | Standard |
| DEADLIFT    | 167.5                       | 196                              | 263                                 | 269.5                       | 218.5                                    | 200                           | 161                           | 82.5     |          |          |
|             | Mateenah Alli<br>04/09/2025 | Danielle Ellington<br>12/06/2018 | Erholove Izobodo-John<br>17/03/2024 | Ziana Azariah<br>14/06/2025 | Hira Teirney<br>15/02/2025               | Lisa Herrington<br>22/03/2025 | Jackie Blasbery<br>11/10/2025 | Standard | Standard | Standard |
| TOTAL       | 435                         | 435                              | 583                                 | 607.0                       | 467.5                                    | 447.5                         | 357.5                         | 170      |          |          |
|             | Mateenah Alli<br>04/09/2025 | Mateenah Alli<br>04/09/2025      | Erholove Izobodo-John<br>17/03/2024 | Ziana Azariah<br>14/06/2025 | Hira Teirney<br>29/06/2025               | Janet Pam<br>13/10/2025       | Sue Hollands<br>26/03/2011    | Standard | Standard | Standard |
| BENCH (A/C) | 87.5                        | 87.5                             | 125                                 | 132.5                       | 117.5                                    | 100                           | 82.5                          | 35       |          |          |
|             | Mateenah Alli<br>04/09/2025 | Mateenah Alli<br>04/09/2025      | Melina Irawo<br>17/10/2023          | Melina Irawo<br>14/06/2025  | Christina Appleby-Phillips<br>18/05/2025 | Amelia Allen<br>12/06/2021    | Jackie Blasbery<br>11/10/2025 | Standard | Standard | Standard |

| 84kg+       | U16                         | U18                         | U23                            | open                          | M1                           | M2                          | M3                            | M4                          | M5       | M6       |
|-------------|-----------------------------|-----------------------------|--------------------------------|-------------------------------|------------------------------|-----------------------------|-------------------------------|-----------------------------|----------|----------|
| SQUAT       | 165                         | 165                         | 217.5                          | 250                           | 218                          | 195.5                       | 135                           | 67.5                        |          |          |
|             | Mateenah Alli<br>27/07/2025 | Mateenah Alli<br>27/07/2025 | Caitlin Davies<br>14/12/2024   | Camille Holland<br>22/09/2019 | Rebecca Coggle<br>17/02/2024 | Jo Whiteley<br>09/03/2020   | Sue Hollands<br>13/10/2012    | Standard                    | Standard | Standard |
| BENCH PRESS | 90                          | 90                          | 118                            | 132.5                         | 132.5                        | 115                         | 90.5                          | 35                          |          |          |
|             | Mateenah Alli<br>27/07/2025 | Mateenah Alli<br>27/07/2025 | Ellie Wilson<br>29/03/2025     | Rebecca Coggle<br>02/03/2025  | Rebecca Coggle<br>02/03/2025 | Joanne Parkin<br>13/10/2025 | Jackie Blasbery<br>08/06/2024 | Standard                    | Standard | Standard |
| DEADLIFT    | 167.5                       | 170.5                       | 227.5                          | 270                           | 225.5                        | 210                         | 190                           | 82.5                        |          |          |
|             | Mateenah Alli<br>27/07/2025 | Lucy Lucas<br>29/03/2025    | Leigh Wetheridge<br>23/09/2017 | Ziana Azariah<br>15/08/2025   | Claire Roberts<br>29/06/2025 | Betty Gray<br>24/07/2021    | Betty Gray<br>08/06/2024      | Standard                    | Standard | Standard |
| TOTAL       | 422.5                       | 422.5                       | 542.5                          | 638.5                         | 533                          | 502.5                       | 392.5                         | 170                         |          |          |
|             | Mateenah Alli<br>27/07/2025 | Mateenah Alli<br>27/07/2025 | Leigh Wetheridge<br>23/09/2017 | Toyosi Omotoso<br>13/09/2025  | Claire Roberts<br>29/06/2025 | Joanne Parkin<br>13/10/2025 | Betty Gray<br>08/06/2024      | Standard                    | Standard | Standard |
| BENCH (A/C) | 90                          | 90                          | 118                            | 137.5                         | 137.5                        | 117.5                       | 90.5                          | 66.5                        |          |          |
|             | Mateenah Alli<br>27/07/2025 | Mateenah Alli<br>27/07/2025 | Ellie Wilson<br>29/03/2025     | Rebecca Coggle<br>18/05/2025  | Rebecca Coggle<br>18/05/2025 | Joanne Parkin<br>22/09/2025 | Jackie Blasbery<br>08/06/2024 | Barbara Leach<br>25/06/2023 | Standard | Standard |

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