

	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	135 Cherry Yeung 01/04/2018
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



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updated: 03/12/2018

	U18	U23	open	M1	M2	M3	M4
-47kg							
SQUAT	107.5 Sharn Rowlands 24/06/2012	155 Sharn Rowlands 24/10/2015	155 Sharn Rowlands 24/10/2015	117.5 Standard	85 Marina Cornwall 14/08/2015	85 Marina Cornwall 14/08/2015	67.5 Standard
BENCH PRESS	52.5 Standard	70 Sharn Rowlands 12/07/2014	72.5 Danielle Malcolm 13/06/2018	70 Rebecca Heath 21/06/2017	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard
DEADLIFT	110 Sharn Rowlands 24/06/2012	137.5 Standard	152.5 Hannah Beaven 01/07/2018	140 Rebecca Heath 29/07/2018	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	82.5 Standard
TOTAL	257.5 Sharn Rowlands 24/06/2012	345 Sharn Rowlands 24/10/2015	345 Sharn Rowlands 24/10/2015	325 Rebecca Heath 29/07/2018	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard
BENCH (A/C)	52.5 Standard	70 Sharn Rowlands 12/07/2014	90 Zoe Newson 06/09/2014	70 Rebecca Heath 21/06/2017	51.5 Marina Cornwall 07/03/2015	51.5 Marina Cornwall 07/03/2015	35 Standard

	U18	U23	open	M1	M2	M3	M4
-52kg							
SQUAT	102.5 Standard	135 Joy Nnamani 02/12/2015	155 Emma Goodwin 05/11/2018	142.5 Louise Edwards 05/11/2018	130 Jenny Hunter 27/09/2011	107.5 Jenny Hunter 03/07/2018	67.5 Standard
BENCH PRESS	60 Jaime Lei Fuller 24/11/2018	75 Erin Aldcroft 22/09/2018	85 Joy Nnamani 24/02/2018	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Standard
DEADLIFT	125 Standard	170 Joy Nnamani 14/08/2015	195.5 Joy Nnamani 13/06/2018	165.5 Jenny Hunter 17/07/2012	165.5 Jenny Hunter 17/07/2012	142.5 Jenny Hunter 03/07/2018	82.5 Standard
TOTAL	287.5 Standard	367.5 Joy Nnamani 02/12/2015	430.5 Joy Nnamani 13/06/2018	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	330 Jenny Hunter 03/07/2018	170 Standard
BENCH (A/C)	60 Jaime Lei Fuller 24/11/2018	75 Erin Aldcroft 22/09/2018	107.5 Natalie Blake 22/05/2012	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Standard

	U18	U23	open	M1	M2	M3	M4
-57kg							
SQUAT	122.5 Lucy Rayner 27/04/2014	170 Ellie Steel 29/11/2014	207.5 Ellie Steel 15/09/2018	136 Carole Taylor 15/08/2015	136 Carole Taylor 15/08/2015	110 Jennifer Hunter 02/10/2018	67.5 Standard
BENCH PRESS	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	141 Ellie Steel 15/09/2018	85 Jenny Hunter 02/10/2012	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard
DEADLIFT	145 Shannon Smith 22/09/2018	185 Catherine Smith 22/09/2018	202.5 Joy Nnamani 29/11/2018	165 Jenny Hunter 02/12/2012	165 Jenny Hunter 02/12/2012	145 Jennifer Hunter 02/10/2018	82.5 Standard
TOTAL	335 Lucy Rayner 27/04/2014	442.5 Ellie Steel 29/11/2014	523.5 Ellie Steel 15/09/2018	380 Jenny Hunter 02/12/2012	380 Jenny Hunter 02/12/2012	332.5 Jennifer Hunter 02/10/2018	170 Standard
BENCH (A/C)	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	141 Ellie Steel 15/09/2018	85 Jenny Hunter 02/10/2012	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard

-63kg	U18	U23	open	M1	M2	M3	M4
SQUAT	145.5 Lucy Robinson 24/11/2018	167.5 Ellie Steel 06/11/2014	200 Ellie Steel 20/01/2018	180 Rosemary Lima 13/05/2017	135 Carole Taylor 12/04/2015	75 Ghislaine Holland 19/03/2016	67.5 Standard
BENCH PRESS	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	142.5 Ellie Steel 20/01/2018	112.5 Standard	85 Khryss Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35 Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	181.5 Emily Lloyd-Whittington 17/11/2018	195 Stephanie Pike 28/05/2017	187.5 Rosemary Lima 13/05/2017	157.5 Carole Taylor 12/04/2015	115 Helen Jarvis 07/03/2015	82.5 Standard
TOTAL	381 Lucy Robinson 24/11/2018	442.5 Ellie Steel 06/11/2014	515 Ellie Steel 20/01/2018	472.5 Rosemary Lima 13/05/2017	350 Carole Taylor 12/04/2015	220 Ghislaine Holland 19/03/2016	170 Standard
BENCH (A/C)	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	142.5 Ellie Steel 20/01/2018	112.5 Beverley Rodgers 21/01/2018	85 Khryss Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35 Standard

-72kg	U18	U23	open	M1	M2	M3	M4
SQUAT	163 Mariella Fisher 23/09/2018	180 Standard	195 Standard	172.5 Eno Majomi 09/12/2017	135 Khryss Kyriacou 11/03/2017	95 Caroline Calver 20/10/2018	67.5 Standard
BENCH PRESS	90 Mariella Fisher 23/09/2018	105 Standard	127.5 Standard	120 Standard	87.5 Khryss Kyriacou 11/03/2017	61 Joyce Park 20/10/2018	35 Standard
DEADLIFT	190 Mariella Fisher 23/09/2018	190.5 Rosie Howard 23/09/2018	202.5 Sheri Miles 26/05/2018	185.5 Eno Majomi 20/10/2018	170 Joy Mineo 06/06/2018	128 Joyce Park 20/10/2018	82.5 Standard
TOTAL	443 Mariella Fisher 23/09/2018	455 Standard	500 Standard	453 Eno Majomi 20/10/2018	365 Joy Mineo 06/03/2018	284 Joyce Park 20/10/2018	170 Standard
BENCH (A/C)	90 Mariella Fisher 23/09/2018	105 Standard	127.5 Standard	120 Standard	87.5 Khryss Kyriacou 11/03/2017	61 Joyce Park 20/10/2018	35 Standard

-84kg	U18	U23	open	M1	M2	M3	M4
SQUAT	160 Standard	202.5 Standard	227.5 Charlie Shotton Gale 18/11/2016	215 Jennifer Keane 20/01/2018	185 Sue Hollands 16/03/2014	185 Sue Hollands 16/03/2014	67.5 Standard
BENCH PRESS	82.5 Danielle Ellington 12/06/2018	115 Stephanie Carrillo-Chavez 23/09/2018	150 Charlie Shotton Gale 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
DEADLIFT	196 Danielle Ellington 12/06/2018	212.5 Chrystal Williams 25/02/2018	213.5 Hira Teirney 14/09/2018	195 Jennifer Keane 13/05/2017	192.5 Jackie Blasbery 28/04/2013	172.5 Sue Hollands 24/03/2012	82.5 Standard
TOTAL	428.5 Danielle Ellington 12/06/2018	500 Chrystal Williams 01/04/2018	572.5 Charlie Shotton Gale 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
BENCH (A/C)	82.5 Danielle Ellington 12/06/2018	120 Stephanie Carrillo-Chavez 18/05/2018	150 Charlie Shotton Gale 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

84kg+	U18	U23	open	M1	M2	M3	M4
SQUAT	170 Standard	210 Standard	238 Camille Holland 02/12/2018	220 Kelly Phasey 27/02/2016	183 Sue Hollands 12/04/2015	183 Sue Hollands 12/04/2015	67.5 Standard
BENCH PRESS	75 Standard	115 Leigh Wetheridge 23/09/2017	161 Laura Berry 20/01/2018	152.5 Kelly Phasey 29/07/2018	125 Jackie Blasbery 30/09/2015	95 Sue Hollands 25/02/2017	35 Standard
DEADLIFT	177.5 Standard	227.5 Leigh Wetheridge 23/09/2017	228 Leigh Wetheridge 02/12/2018	207.5 Betty Gray 21/10/2018	207.5 Betty Gray 21/10/2018	172.5 Sue Hollands 24/06/2012	82.5 Standard
TOTAL	377.5 Standard	542.5 Leigh Wetheridge 23/09/2017	565 Charlie Shotton-Gale 25/09/2016	527.5 Standard	468 Jackie Blasbery 12/07/2014	445 Sue Hollands 24/06/2012	170 Standard
BENCH (A/C)	85 Standard	115 Leigh Wetheridge 23/09/2017	165 Laura Berry 17/11/2017	157.5 Jo Whiteley 24/04/2018	125 Jackie Blasbery 30/09/2015	95 Sue Hollands 25/02/2017	35 Standard

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