

	U16	U18	U23
SQUAT	62.5 Standard	75 Sharn Rowlands 26/02/2011	95 Cherry Yeung 22/09/2018
BENCH PRESS	35 Standard	37.5 Standard	55 Cherry Yeung 22/09/2018
DEADLIFT	82.5 Standard	105 Sharn Rowlands 26/02/2011	135 Cherry Yeung 01/04/2018
TOTAL	170 Standard	215 Sharn Rowlands 26/02/2011	285 Cherry Yeung 22/09/2018
BENCH (A/C)	35 Standard	60 Megan Ainsworth 16/07/2011	65 Megan Ainsworth 18/10/2012



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	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	67.5 Standard	75 Standard	115.5 Sabrina Shah 22/09/2018	115.5 Sabrina Shah 22/09/2018	115 Rebecca Heath 29/07/2018	85 Marina Cornwall 14/08/2015	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard
BENCH PRESS	35 Standard	40 Standard	70 Sabrina Shah 22/09/2018	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	Standard
DEADLIFT	82.5 Standard	92.5 Standard	135 Cherry Yeung 01/04/2018	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	Standard
TOTAL	170 Standard	190 Standard	315.5 Sabrina Shah 22/09/2018	327.5 Hannah Beaven 01/07/2018	325 Rebecca Heath 29/07/2018	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard	Standard
BENCH (A/C)	35 Standard	40 Standard	70 Sabrina Shah 22/09/2018	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	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	72.5 Standard	95 Jaime Lei Fuller 22/09/2018	135 Joy Nnamani 02/12/2015	150 Joy Nnamani 29/07/2017	115 Sofia Rufus 26/05/2018	105 Linda Kaminski 15/06/2017	105 Linda Kaminski 15/06/2017	67.5 Standard	Standard
BENCH PRESS	42.5 Jaime Lei Fuller 25/11/2017	60 Jaime Lei Fuller 24/11/2018	75 Erin Aldcroft 22/09/2018	85 Joy Nnamani 24/02/2018	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	67.5 Jenny Hunter 06/03/2018	35 Standard	Standard
DEADLIFT	97.5 Standard	122.5 Bethany Wylie 12/03/2017	170 Joy Nnamani 14/08/2015	195.5 Joy Nnamani 13/06/2018	150 Louise Sinniah-Burr 08/06/2018	145.5 Jenny Hunter 09/09/2012	130 Linda Kaminski 15/06/2017	82.5 Standard	Standard
TOTAL	197.5 Standard	265 Jaime Lei Fuller 24/11/2018	367.5 Joy Nnamani 02/12/2015	430.5 Joy Nnamani 13/06/2018	320 Louise Sinniah-Burr 20/10/2018	310.5 Jenny Hunter 09/09/2012	277.5 Linda Kaminski 15/06/2017	170 Standard	Standard
BENCH (A/C)	42.5 Jaime Lei Fuller 25/11/2017	60 Jaime Lei Fuller 24/11/2018	75 Erin Aldcroft 22/09/2018	90 Natalie Blake 18/12/2011	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	67.5 Jenny Hunter 06/03/2018	35 Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	110.5 Shannon Smith 22/09/2018	110.5 Shannon Smith 22/09/2018	137.5 Hannah Chan 19/06/2017	160 Bobbie Butters 29/11/2018	125 Jane Girdlestone 11/03/2017	115.5 Jess Jones 28/04/2012	87.5 Jennifer Hunter 06/06/2018	67.5 Standard	Standard
BENCH PRESS	70 Shannon Smith 22/09/2018	72.5 Lucy Rayner 21/03/2015	90 Elspeth McLeod 22/09/2018	95.5 Louise Murray 28/05/2017	83.5 Helen Hughes 20/10/2018	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard
DEADLIFT	145 Shannon Smith 22/09/2018	145 Shannon Smith 22/09/2018	185 Catherine Smith 22/09/2018	203 Joy Nnamani 27/01/2019	162.5 Jess Jones 19/11/2011	162.5 Jess Jones 19/11/2011	130 Jennifer Hunter 06/06/2018	82.5 Standard	Standard
TOTAL	325.5 Shannon Smith 22/09/2018	325.5 Shannon Smith 22/09/2018	375 Elspeth McLeod 22/09/2018	453 Joy Nnamani 27/01/2019	347.5 Helen Hughes 29/07/2017	346.5 Jess Jones 19/11/2011	286 Jennifer Hunter 06/06/2018	170 Standard	Standard
BENCH (A/C)	70 Shannon Smith 22/09/2018	72.5 Lucy Rayner 21/03/2015	90 Elspeth McLeod 22/09/2018	100 Natalie Blake 03/06/2017	83.5 Helen Hughes 20/10/2018	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard

-63kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	145.5 Lucy Robinson 24/11/2018	145.5 Lucy Robinson 24/11/2018	155 Bobbie Butters 25/11/2017	165 Lucia Puricelli 30/11/2018	150 Rima Baki 14/09/2018	135 Khrys Kyriacou 15/06/2017	75 Ghislaine Holland 19/03/2016	67.5 Standard	Standard
BENCH PRESS	67.5 Lucy Robinson 22/09/2018	85 Lucy Rayner 31/10/2015	90.5 Moa Wikner 22/09/2018	92.5 Jordana Freemantle 20/08/2011	90 Abi Graham 07/03/2018	85 Khrys Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35 Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	170.5 Lucy Robinson 24/11/2018	181.5 Emily Lloyd-Whittington 17/11/2018	195 Stephanie Pike 28/05/2017	185 Abi Graham 08/06/2018	155 Jess Jones 25/06/2011	115 Helen Jarvis 07/03/2015	82.5 Standard	Standard
TOTAL	381 Lucy Robinson 24/11/2018	381 Lucy Robinson 24/11/2018	409 Moa Wikner 22/09/2018	425 Lucia Puricelli 30/11/2018	410 Abi Graham 08/06/2018	350 Khrys Kyriacou 15/06/2017	220 Ghislaine Holland 19/03/2016	170 Standard	Standard
BENCH (A/C)	67.5 Lucy Robinson 22/09/2018	85 Lucy Rayner 31/10/2015	90.5 Moa Wikner 22/09/2018	100 Angelique Borsboom 18/02/2018	100 Angelique Borsboom 18/02/2018	85 Khrys Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	40 Judith McGauley 18/02/2018	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	102.5 Standard	163 Mariella Fisher 23/09/2018	163 Mariella Fisher 23/09/2018	180 Susanna Argile 25/02/2018	172.5 Eno Majomi 09/12/2017	135 Khrys Kyriacou 11/03/2017	95 Caroline Calver 20/10/2018	67.5 Standard	Standard
BENCH PRESS	52.5 Abigail McLean 23/11/2013	90 Mariella Fisher 23/09/2018	95 Alice Francis-Freeman 23/09/2018	103 Tasmin Campbell 01/07/2018	97.5 Eno Majomi 20/10/2018	87.5 Khrys Kyriacou 11/03/2017	61 Joyce Park 20/10/2018	35 Standard	Standard
DEADLIFT	130 Abigail McLean 23/11/2013	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	Standard
TOTAL	272.5 Abigail McLean 23/11/2013	443 Mariella Fisher 23/09/2018	443 Mariella Fisher 23/09/2018	467.5 Susanna Argile 30/11/2018	453 Eno Majomi 20/10/2018	365 Joy Mineo 06/03/2018	284 Joyce Park 20/10/2018	170 Standard	Standard
BENCH (A/C)	52.5 Abigail McLean 23/11/2013	90 Mariella Fisher 23/09/2018	95 Alice Francis-Freeman 23/09/2018	103 Tasmin Campbell 01/07/2018	97.5 Eno Majomi 20/10/2018	87.5 Khrys Kyriacou 11/03/2017	61 Joyce Park 20/10/2018	35 Standard	Standard

-84kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	115 Abigail McLean 20/09/2014	150 Danielle Ellington 12/06/2018	190 Chrystal Williams 01/04/2018	190 Chrystal Williams 01/04/2018	157.5 Paola Rocuzzo 21/10/2018	135 Jackie Blasbery 02/06/2014	130 Sue Hollands 26/03/2011	67.5 Standard	Standard
BENCH PRESS	62.5 Abigail McLean 20/09/2014	82.5 Danielle Ellington 12/06/2018	115 Stephanie Carrillo-Chavez 23/09/2018	115 Stephanie Carrillo-Chavez 23/09/2018	91 Sarah Shaw 21/10/2018	90.5 Jackie Blasbery 05/06/2015	67.5 Sue Hollands 26/03/2011	35 Standard	Standard
DEADLIFT	155 Abigail McLean 20/09/2014	196 Danielle Ellington 12/06/2018	212.5 Chrystal Williams 25/02/2018	213.5 Hira Teirney 14/09/2018	191.5 Jennifer Sherwood 21/10/2018	172.5 Jackie Blasbery 06/03/2018	160 Sue Hollands 26/03/2011	82.5 Standard	Standard
TOTAL	332.5 Abigail McLean 20/09/2014	428.5 Danielle Ellington 12/06/2018	500 Chrystal Williams 01/04/2018	500 Chrystal Williams 01/04/2018	420 Jennifer Sherwood 21/10/2018	395 Jackie Blasbery 02/06/2014	357.5 Sue Hollands 26/03/2011	170 Standard	Standard
BENCH (A/C)	62.5 Abigail McLean 20/09/2014	82.5 Danielle Ellington 12/06/2018	120 Stephanie Carrillo-Chavez 18/05/2018	120 Stephanie Carrillo-Chavez 18/05/2018	91 Sarah Shaw 21/10/2018	90.5 Jackie Blasbery 05/06/2015	67.5 Sue Hollands 26/03/2011	35 Standard	Standard

84kg+	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	122.5 Abi-Louise Lane 24/11/2018	142.5 Ogeneyoma Toweh 23/09/2018	200.5 Charlie Chester 26/05/2018	238 Camille Holland 02/12/2018	190 Tracy O'Callaghan 07/03/2018	155 Betty Gray 21/10/2018	135 Sue Hollands 13/10/2012	67.5 Standard	Standard
BENCH PRESS	62.5 Abi-Louise Lane 23/09/2018	62.5 Abi-Louise Lane 23/09/2018	115 Leigh Wetheridge 23/09/2017	117.5 Leigh Wetheridge 02/12/2018	97.5 Kelly Phasey 17/06/2017	87.5 Jackie Blasbery 15/08/2015	70 Sue Hollands 13/10/2012	35 Standard	Standard
DEADLIFT	160 Abi-Louise Lane 24/11/2018	160 Abi-Louise Lane 24/11/2018	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	166.5 Sue Hollands 13/10/2012	82.5 Standard	Standard
TOTAL	342.5 Abi-Louise Lane 24/11/2018	347.5 Ogeneyoma Toweh 23/09/2018	542.5 Leigh Wetheridge 23/09/2017	560.5 Leigh Wetheridge 02/12/2018	470 Jo Whiteley 09/06/2018	435 Libby Blair 21/10/2018	371.5 Sue Hollands 13/10/2012	170 Standard	Standard
BENCH (A/C)	62.5 Abi-Louise Lane 23/09/2018	65 Standard	115 Leigh Wetheridge 23/09/2017	117.5 Camille Holland 19/05/2018	103 Kelly Phasey 23/06/2018	87.5 Jackie Blasbery 15/08/2015	70 Sue Hollands 13/10/2012	35 Standard	Standard

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