

	U16	U18	U23
SQUAT	62.5 Standard	75 Sharn Rowlands 26/02/2011	105 Cherry Yeung 08/06/2019
BENCH PRESS	35 Standard	37.5 Standard	62.5 Cherry Yeung 08/06/2019
DEADLIFT	82.5 Standard	105 Sharn Rowlands 26/02/2011	146 Cherry Yeung 08/06/2019
TOTAL	170 Standard	215 Sharn Rowlands 26/02/2011	313.5 Cherry Yeung 08/06/2019
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	125 Sabrina Shah 13/04/2019	125 Sabrina Shah 13/04/2019	116.5 Rebecca Heath 02/03/2019	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard
BENCH PRESS	35 Standard	40 Standard	74 Sabrina Shah 13/04/2019	76 Danielle Malcolm 02/03/2019	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	145 Yasmin Bappoo 13/04/2019	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	326.5 Sabrina Shah 13/04/2019	337 Danielle Malcolm 02/03/2019	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	74 Sabrina Shah 13/04/2019	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	105 Jaime Lei Fuller 25/05/2019	135 Joy Nnamani 02/12/2015	152.5 Joy Nnamani 11/06/2019	121 Sofia Rufus 25/05/2019	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	60.5 Jaime Lei Fuller 25/05/2019	80 Erin Aldcroft 08/06/2019	87.5 Joy Nnamani 11/06/2019	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	197.5 Joy Nnamani 02/03/2019	152.5 Catherine Shamel 06/06/2019	145.5 Jenny Hunter 09/09/2012	140 Linda Kaminski 05/03/2019	82.5 Standard	Standard
TOTAL	197.5 Standard	278 Jaime Lei Fuller 25/05/2019	367.5 Joy Nnamani 02/12/2015	432.5 Joy Nnamani 02/03/2019	337.5 Catherine Shamel 06/06/2019	310.5 Jenny Hunter 09/09/2012	280 Linda Kaminski 05/03/2019	170 Standard	Standard
BENCH (A/C)	42.5 Jaime Lei Fuller 25/11/2017	60.5 Jaime Lei Fuller 25/05/2019	80 Erin Aldcroft 08/06/2019	90 Natalie Blake 18/12/2011	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	35 Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	115 Dayna Smith 14/07/2019	115 Dayna Smith 14/07/2019	140 Abigail Stacey 02/03/2019	172.5 Bobbie Butters 12/03/2019	127.5 Donna Bradbury 25/05/2019	122.5 Karren Burns 04/06/2019	100 Valerie Dourley 19/05/2019	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	105 Ellie Steel 12/06/2019	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	203.5 Moya Williams 25/05/2019	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	385 Amy Viner 23/07/2019	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	105 Ellie Steel 12/06/2019	85 Helen Hughes 18/05/2019	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	147.5 Lucy Robinson 09/06/2019	155 Bobbie Butters 25/11/2017	170 Lucia Puricelli 12/06/2019	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	100 Elsbeth McLeod 03/03/2019	92.5 Abi Graham 03/03/2019	85 Khrys Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35	Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	172.5 Lucy Robinson 09/06/2019	191 Suzanne Daniel 09/06/2019	195.5 Abi Graham 03/03/2019	195.5 Abi Graham 03/03/2019	155 Jess Jones 25/06/2011	115 Helen Jarvis 07/03/2015	82.5	Standard	Standard
TOTAL	381 Lucy Robinson 24/11/2018	385 Lucy Robinson 09/06/2019	421 Suzanne Daniel 09/06/2019	437.5 Lucia Puricelli 12/06/2019	423 Abi Graham 03/03/2019	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	100.5 Ellie Steel 23/02/2019	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	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5	
SQUAT	102.5 Standard	163 Mariella Fisher 23/09/2018	172.5 Mariella Fisher 10/06/2019	182 Susanna Argile 03/03/2019	175 Eno Majomi 06/03/2019	135 Khrys Kyriacou 11/03/2017	115 Joyce Park 19/05/2019	67.5	Standard	Standard
BENCH PRESS	52.5 Abigail McLean 23/11/2013	90 Mariella Fisher 23/09/2018	110 Alice Francis-Freeman 10/06/2019	110 Alice Francis-Freeman 10/06/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	67.5 Joyce Park 19/05/2019	35	Standard	Standard
DEADLIFT	130 Abigail McLean 23/11/2013	190 Mariella Fisher 23/09/2018	192.5 Sophia Ellis 26/05/2019	205 Sheri Miles 26/05/2019	190 Eno Majomi 06/03/2019	170 Joy Mineo 06/06/2018	145 Gloria Fitzpatrick 04/06/2019	82.5	Standard	Standard
TOTAL	272.5 Abigail McLean 23/11/2013	443 Mariella Fisher 23/09/2018	460 Mariella Fisher 10/06/2019	474.5 Susanna Argile 03/03/2019	465 Eno Majomi 06/03/2019	365 Joy Mineo 06/03/2018	323.5 Joyce Park 19/05/2019	170	Standard	Standard
BENCH (A/C)	52.5 Abigail McLean 23/11/2013	90 Mariella Fisher 23/09/2018	110 Alice Francis-Freeman 10/06/2019	110 Alice Francis-Freeman 10/06/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	67.5 Joyce Park 19/05/2019	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	117.5 Christina Appleby-Phillips 27/04/2019	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	225 Temitope Nuga 14/06/2019	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	502.5 Temitope Nuga 28/07/2019	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	95 Amelia Allen 22/06/2019	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 Ogenyoma Toweh 23/09/2018	200.5 Charlie Chester 26/05/2018	240 Camille Holland 03/03/2019	195 Jo Whiteley 07/06/2019	157.5 Libby Blair 04/06/2019	135 Sue Hollands 13/10/2012	67.5	Standard	Standard
BENCH PRESS	62.5 Abi-Louise Lane 23/09/2018	65 Abi-Louise Lane 03/03/2019	115 Leigh Wetheridge 23/09/2017	118.5 Camille Holland 03/03/2019	101 Kelly Phasey 28/07/2019	87.5 Jackie Blasbery 15/08/2015	70 Sue Hollands 13/10/2012	35	Standard	Standard
DEADLIFT	160 Abi-Louise Lane 24/11/2018	162.5 Abi-Louise Lane 03/03/2019	227.5 Leigh Wetheridge 23/09/2017	230 Leigh Wetheridge 03/03/2019	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 Ogenyoma Toweh 23/09/2018	542.5 Leigh Wetheridge 23/09/2017	565 Leigh Wetheridge 03/03/2019	490 Jo Whiteley 07/06/2019	435 Libby Blair 21/10/2018	371.5 Sue Hollands 13/10/2012	170	Standard	Standard
BENCH (A/C)	80 Lucy Naden 19/05/2019	80 Lucy Naden 19/05/2019	115 Leigh Wetheridge 23/09/2017	120 Camille Holland 21/05/2019	103.5 Sarah Bouskill 22/06/2019	87.5 Jackie Blasbery 15/08/2015	70 Sue Hollands 13/10/2012	35	Standard	Standard

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