

	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	146 Cherry Yeung 08/06/2019
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



British Records

WOMEN - EQUIPPED

updated: 04/09/2019

	U18	U23	open	M1	M2	M3	M4	M5
-47kg								
SQUAT	107.5 Sharn Rowlands 24/06/2012	155 Sharn Rowlands 24/10/2015	155 Sharn Rowlands 24/10/2015	117.5 Standard	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard
BENCH PRESS	52.5 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	110 Sharn Rowlands 24/06/2012	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	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	Standard
BENCH (A/C)	52.5 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

	U18	U23	open	M1	M2	M3	M4	M5
-52kg								
SQUAT	105 Jaime Lei Fuller 25/05/2019	135 Joy Nnamani 02/12/2015	175 Emma Goodwin 28/07/2019	142.5 Louise Edwards 05/11/2018	130 Jenny Hunter 27/09/2011	110 Jenny Hunter 19/01/2019	67.5 Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	80 Erin Aldcroft 08/06/2019	87.5 Joy Nnamani 11/06/2019	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Standard	Standard
DEADLIFT	125 Standard	170 Joy Nnamani 14/08/2015	197.5 Joy Nnamani 02/03/2019	165.5 Jenny Hunter 17/07/2012	165.5 Jenny Hunter 17/07/2012	142.5 Jenny Hunter 03/07/2018	82.5 Standard	Standard
TOTAL	287.5 Standard	367.5 Joy Nnamani 02/12/2015	442.5 Emma Goodwin 28/07/2019	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	330 Jenny Hunter 03/07/2018	170 Standard	Standard
BENCH (A/C)	60.5 Jaime Lei Fuller 25/05/2019	80 Erin Aldcroft 08/06/2019	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	Standard

	U18	U23	open	M1	M2	M3	M4	M5
-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	Standard
BENCH PRESS	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	145 Ellie Steel 02/05/2019	85 Jenny Hunter 02/10/2012	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard
DEADLIFT	145 Shannon Smith 22/09/2018	185 Catherine Smith 22/09/2018	203.5 Moya Williams 25/05/2019	165 Jenny Hunter 02/12/2012	165 Jenny Hunter 02/12/2012	145 Jennifer Hunter 02/10/2018	82.5 Standard	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	Standard
BENCH (A/C)	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	145 Ellie Steel 02/05/2019	97.5 Helen Hughes 22/05/2019	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard

-63kg	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	147.5 Lucy Robinson 09/06/2019	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	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 Khrys Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35 Standard	Standard
DEADLIFT	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	157.5 Carole Taylor 12/04/2015	115 Helen Jarvis 07/03/2015	82.5 Standard	Standard
TOTAL	385 Lucy Robinson 09/06/2019	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	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 Khrys Kyriacou 15/06/2017	45 Ghislaine Holland 19/03/2016	35 Standard	Standard

-72kg	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	163 Mariella Fisher 23/09/2018	180.5 Elizabeth Mills 19/01/2019	195 Holly Bryans 19/01/2019	175 Eno Majomi 06/03/2019	135 Khrys Kyriacou 11/03/2017	115 Joyce Park 19/05/2019	67.5 Standard	Standard
BENCH PRESS	90 Mariella Fisher 23/09/2018	110 Alice Francis-Freeman 10/06/2019	127.5 Kimberley Cowell 03/05/2019	120 Standard	88 Maureen Gordon 19/05/2019	67.5 Joyce Park 19/05/2019	35 Standard	Standard
DEADLIFT	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	443 Mariella Fisher 23/09/2018	477 Elizabeth Mills 19/01/2019	500 Holly Bryans 19/01/2019	465 Eno Majomi 06/03/2019	375 Joy Mineo 03/07/2019	323.5 Joyce Park 19/05/2019	170 Standard	Standard
BENCH (A/C)	90 Mariella Fisher 23/09/2018	110 Alice Francis-Freeman 10/06/2019	130 Kimberley Cowell 24/05/2019	120 Standard	88 Maureen Gordon 19/05/2019	67.5 Joyce Park 19/05/2019	35 Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5
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	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	Standard
DEADLIFT	196 Danielle Ellington 12/06/2018	212.5 Chrystal Williams 25/02/2018	225 Temitope Nuga 14/06/2019	195 Jennifer Keane 13/05/2017	192.5 Jackie Blasbery 28/04/2013	172.5 Sue Hollands 24/03/2012	82.5 Standard	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	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	Standard

84kg+	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	170 Standard	210 Standard	240 Camille Holland 03/03/2019	220 Kelly Phasey 27/02/2016	183 Sue Hollands 12/04/2015	183 Sue Hollands 12/04/2015	67.5 Standard	Standard
BENCH PRESS	75 Standard	115 Leigh Wetheridge 23/09/2017	167.5 Laura Berry 03/05/2019	152.5 Kelly Phasey 29/07/2018	125 Jackie Blasbery 30/09/2015	95 Sue Hollands 25/02/2017	35 Standard	Standard
DEADLIFT	177.5 Standard	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	172.5 Sue Hollands 24/06/2012	82.5 Standard	Standard
TOTAL	377.5 Standard	542.5 Leigh Wetheridge 23/09/2017	582.5 Kate Sweatman 28/07/2019	527.5 Standard	468 Jackie Blasbery 12/07/2014	445 Sue Hollands 24/06/2012	170 Standard	Standard
BENCH (A/C)	85 Standard	115 Leigh Wetheridge 23/09/2017	167.5 Laura Berry 03/05/2019	157.5 Jo Whiteley 24/04/2018	125 Jackie Blasbery 30/09/2015	95 Sue Hollands 25/02/2017	35 Standard	Standard

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