

| | 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 |



British Records WOMEN - CLASSIC

updated: 04/09/2019

| | 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 Ogeneyoma 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 Ogeneyoma 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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