

	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



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updated: 11/03/2020

	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	77.5 Sabrina Shah 01/12/2019	80 Sabrina Shah 07/03/2020	71 Rebecca Heath 26/10/2019	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	77.5 Sabrina Shah 01/12/2019	90 Zoe Newson 06/09/2014	71 Rebecca Heath 26/10/2019	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	105.5 Jaime Lei Fuller 02/11/2019	135 Joy Nnamani 02/12/2015	180 Emma Goodwin 18/01/2020	143 Louise Edwards 18/01/2020	130 Jenny Hunter 27/09/2011	112.5 Jenny Hunter 18/01/2020	67.5 Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	85.5 Erin Aldcroft 30/10/2019	90.5 Leoni Tatman 07/03/2020	83 Amanda Hughes 18/01/2020	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	35 Standard	Standard
DEADLIFT	130 Lauren Recci 02/11/2019	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	450 Emma Goodwin 18/11/2019	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	85.5 Erin Aldcroft 30/10/2019	107.5 Natalie Blake 22/05/2012	83 Amanda Hughes 18/01/2020	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	217.5 Ellie Steel 19/11/2019	150 Helen Hughes 18/01/2020	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	150 Ellie Steel 19/11/2019	97.5 Helen Hughes 18/01/2020	85 Jenny Hunter 02/10/2012	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard
DEADLIFT	150 Dayna Smith 02/11/2019	187.5 Amy Viner 30/10/2019	213.5 Joy Nnamani 07/03/2020	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	532.5 Ellie Steel 19/11/2019	407.5 Helen Hughes 18/01/2020	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	150 Ellie Steel 19/11/2019	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	148 Lucy Robinson 02/11/2019	167.5 Ellie Steel 06/11/2014	222.5 Ellie Steel 18/01/2020	180 Rosemary Lima 13/05/2017	135 Carole Taylor 12/04/2015	100 Valerie Dourley 09/03/2020	67.5 Standard	Standard
BENCH PRESS	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Standard	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	35 Standard	Standard
DEADLIFT	173 Lucy Robinson 02/11/2019	196 Suzanne Daniel 31/10/2019	200.5 Sabrina Moore 07/03/2020	195.5 Abi Graham 03/03/2019	157.5 Carole Taylor 12/04/2015	120 Susan Sabuda 09/03/2020	82.5 Standard	Standard
TOTAL	391 Lucy Robinson 02/11/2019	442.5 Ellie Steel 06/11/2014	555 Ellie Steel 18/01/2020	472.5 Rosemary Lima 13/05/2017	350 Carole Taylor 12/04/2015	250 Valerie Dourley 09/03/2020	170 Standard	Standard
BENCH (A/C)	85 Lucy Raynor 31/10/2015	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Beverley Rodgers 21/01/2018	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	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	225 Holly Bryans 18/01/2020	175 Eno Majomi 06/03/2019	162.5 Joy Mineo 18/01/2020	116 Joyce Park 18/09/2019	67.5 Standard	Standard
BENCH PRESS	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	140 Holly Bryans 18/01/2020	120 Standard	90 Maureen Gordon 18/01/2020	70 Joyce Park 18/09/2019	35 Standard	Standard
DEADLIFT	190 Mariella Fisher 23/09/2018	200.5 Mariella Fisher 01/11/2019	207.5 Sheri Miles 20/09/2019	192.5 Eno Majomi 06/12/2019	172.5 Heather Tagg 09/03/2020	149 Joyce Park 18/09/2019	82.5 Standard	Standard
TOTAL	443 Mariella Fisher 23/09/2018	478 Mariella Fisher 01/11/2019	555 Holly Bryans 18/01/2020	465 Eno Majomi 06/03/2019	410 Joy Mineo 18/01/2020	335 Joyce Park 18/09/2019	170 Standard	Standard
BENCH (A/C)	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	140 Holly Bryans 18/01/2020	120 Standard	90 Maureen Gordon 10/10/2019	70 Joyce Park 18/09/2019	35 Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	160 Standard	205 Rebekah Tiler 08/03/2020	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	235 Temitope Nuga 08/03/2020	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	250 Camille Holland 22/09/2019	220 Kelly Phasey 27/02/2016	195.5 Jo Whiteley 09/03/2020	183 Sue Hollands 12/04/2015	67.5 Standard	Standard
BENCH PRESS	75 Standard	115 Leigh Wetheridge 23/09/2017	180 Katrina Sweatman 18/01/2020	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	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	583 Katrina Sweatman 23/11/2019	527.5 Standard	488.5 Jo Whiteley 09/03/2020	445 Sue Hollands 24/06/2012	170 Standard	Standard
BENCH (A/C)	85 Standard	115 Leigh Wetheridge 23/09/2017	180 Katrina Sweatman 18/01/2020	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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