

-43kg	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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updated: 11/03/2020

-47kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	67.5 Standard	75 Standard	125 Sabrina Shah 13/04/2019	125.5 Sabrina Shah 07/03/2020	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	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	82.5 Standard	100 Niyah Callister 02/11/2019	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	197.5 Niyah Callister 02/11/2019	332.5 Sabrina Shah 01/12/2019	338 Sabrina Shah 07/03/2020	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	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

-52kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	105.5 Jaime Lei Fuller 02/11/2019	105.5 Jaime Lei Fuller 02/11/2019	135 Joy Nnamani 02/12/2015	152.5 Joy Nnamani 11/06/2019	125 Sofia Rufus 18/09/2019	105 Linda Kaminski 15/06/2017	105 Linda Kaminski 15/06/2017	67.5 Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	60.5 Jaime Lei Fuller 25/05/2019	85.5 Erin Aldcroft 30/10/2019	90.5 Leoni Tatman 07/03/2020	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	130 Lauren Recci 02/11/2019	130 Lauren Recci 02/11/2019	170 Joy Nnamani 14/08/2015	197.5 Joy Nnamani 02/03/2019	155 Catherine Shamel 10/03/2020	145.5 Jenny Hunter 09/09/2012	142.5 Linda Kaminski 09/03/2020	82.5 Standard	Standard
TOTAL	280 Jaime Lei Fuller 29/11/2019	280 Jaime Lei Fuller 29/11/2019	367.5 Joy Nnamani 02/12/2015	432.5 Joy Nnamani 02/03/2019	342.5 Catherine Shamel 10/03/2020	310.5 Jenny Hunter 09/09/2012	290 Linda Kaminski 09/03/2020	170 Standard	Standard
BENCH (A/C)	60.5 Jaime Lei Fuller 25/05/2019	60.5 Jaime Lei Fuller 25/05/2019	85.5 Erin Aldcroft 30/10/2019	90.5 Leoni Tatman 07/03/2020	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	35 Standard	Standard

-57kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	110.5 Shannon Smith 22/09/2018	115 Dayna Smith 14/07/2019	140 Abigail Stacey 02/03/2019	175 Bobbie Butters 07/03/2020	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 Elsbeth McLeod 22/09/2018	106 Bobbie Butters 07/03/2020	85 Helen Hughes 26/10/2019	71.5 Jenny Hunter 17/09/2016	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard
DEADLIFT	145 Shannon Smith 22/09/2018	150 Dayna Smith 02/11/2019	187.5 Amy Viner 30/10/2019	213.5 Joy Nnamani 07/03/2020	163 Karen Burns 26/10/2019	163 Karen Burns 26/10/2019	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	390 Amy Viner 30/10/2019	463.5 Bobbie Butters 07/03/2020	370 Helen Hughes 10/03/2020	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 Elsbeth McLeod 22/09/2018	106 Bobbie Butters 07/03/2020	87.5 Helen Hughes 20/09/2019	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	148 Lucy Robinson 02/11/2019	155 Bobbie Butters 25/11/2017	170 Lucia Puricelli 12/06/2019	150 Rima Baki 14/09/2018	135 Khrys Kyriacou 15/06/2017	100 Valerie Dourley 09/03/2020	67.5 Standard	Standard
BENCH PRESS	72.5 Sophie Hills 02/11/2019	85 Lucy Rayner 31/10/2015	92.5 Suzanne Daniel 02/11/2019	100 Elspeth McLeod 03/03/2019	92.5 Abi Graham 03/03/2019	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	35 Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	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	155 Jess Jones 25/06/2011	120 Susan Sabuda 09/03/2020	82.5 Standard	Standard
TOTAL	381 Lucy Robinson 24/11/2018	391 Lucy Robinson 02/11/2019	430 Suzanne Daniel 31/10/2019	458 Sabrina Moore 07/03/2020	423 Abi Graham 03/03/2019	350 Khrys Kyriacou 15/06/2017	250 Valerie Dourley 09/03/2020	170 Standard	Standard
BENCH (A/C)	72.5 Sophie Hills 02/11/2019	85 Lucy Rayner 31/10/2015	92.5 Suzanne Daniel 02/11/2019	102.5 Ellie Steel 23/02/2020	100 Angelique Borsboom 18/02/2018	85 Khrys Kyriacou 15/06/2017	52.5 Susan Sabuda 09/03/2020	40 Judith McGauley 18/02/2018	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5
SQUAT	132.5 Lana Cheyne 02/11/2019	163 Mariella Fisher 23/09/2018	175 Mariella Fisher 01/11/2019	185 Holly Bryans 08/03/2020	175 Eno Majomi 06/03/2019	135 Khrys Kyriacou 11/03/2017	116 Joyce Park 18/09/2019	67.5 Standard	Standard
BENCH PRESS	70 Lana Cheyne 02/11/2019	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	110.5 Alice Francis-Freeman 01/11/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	70 Joyce Park 18/09/2019	35 Standard	Standard
DEADLIFT	150 Lana Cheyne 02/11/2019	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	352.5 Lana Cheyne 02/11/2019	443 Mariella Fisher 23/09/2018	478 Mariella Fisher 01/11/2019	482.5 Holly Bryans 08/03/2020	465 Eno Majomi 06/03/2019	375 Heather Tagg 09/03/2020	335 Joyce Park 18/09/2019	170 Standard	Standard
BENCH (A/C)	70 Lana Cheyne 02/11/2019	90 Mariella Fisher 23/09/2018	110.5 Alice Francis-Freeman 01/11/2019	110.5 Alice Francis-Freeman 01/11/2019	100 Eno Majomi 06/03/2019	87.5 Khrys Kyriacou 11/03/2017	70 Joyce Park 18/09/2019	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	205 Rebekah Tiler 08/03/2020	205 Rebekah Tiler 08/03/2020	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	122.5 Christina Appleby-Phillips 20/09/2019	92.5 Amelia Allen 27/10/2019	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	235 Temitope Nuga 08/03/2020	191.5 Jennifer Sherwood 21/10/2018	177.5 Georgina Hazell 09/03/2020	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	525 Temitope Nuga 08/03/2020	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	122.5 Christina Appleby-Phillips 20/09/2019	95 Amelia Allen 22/06/2019	92.5 Amelia Allen 23/02/2020	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	150 Amelia O'Donnell 02/11/2019	200.5 Charlie Chester 26/05/2018	250 Camille Holland 22/09/2019	196 Jo Whiteley 27/10/2019	195.5 Jo Whiteley 09/03/2020	135 Sue Hollands 13/10/2012	67.5 Standard	Standard
BENCH PRESS	62.5 Abi-Louise Lane 23/09/2018	72.5 Amelia O'Donnell 02/11/2019	115 Leigh Wetheridge 23/09/2017	120 Camille Holland 22/09/2019	105 Jo Whiteley 27/10/2019	103 Jo Whiteley 09/03/2020	70 Sue Hollands 13/10/2012	35 Standard	Standard
DEADLIFT	160 Abi-Louise Lane 24/11/2018	170 Abi-Louise Lane 02/11/2019	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	387.5 Amelia O'Donnell 02/11/2019	542.5 Leigh Wetheridge 23/09/2017	579 Leigh Wetheridge 08/12/2019	493.5 Jo Whiteley 27/10/2019	488.5 Jo Whiteley 09/03/2020	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	121.5 Camille Holland 23/02/2020	105.5 Jo Whiteley 23/02/2020	105.5 Jo Whiteley 23/02/2020	70 Sue Hollands 13/10/2012	35 Standard	Standard

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