

	U18	U23
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 - Female Equipped

updated: 03/10/2020

	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

-69kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	145 Standard	160 Standard	202.5 Standard	157.5 Standard	145 Standard	102.5 Standard	67.5 Standard	Standard	Standard
BENCH PRESS	80 Standard	97.5 Standard	125 Standard	107.5 Standard	80 Standard	62.5 Standard	35 Standard	Standard	Standard
DEADLIFT	170 Standard	180 Standard	185 Standard	172.5 Standard	155 Standard	132.5 Standard	82.5 Standard	Standard	Standard
TOTAL	397.5 Standard	430 Standard	497.5 Standard	417.5 Standard	367.5 Standard	300 Standard	170 Standard	Standard	Standard
BENCH (A/C)	80 Standard	97.5 Standard	125 Standard	107.5 Standard	80 Standard	62.5 Standard	35 Standard	Standard	Standard

-72kg	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

72kg records will be archived at the end of 2020

-76kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	142.5 Standard	182.5 Standard	202.5 Standard	192.5 Standard	165 Standard	165 Standard	67.5 Standard	Standard	Standard
BENCH PRESS	72.5 Standard	102.5 Standard	135 Standard	110 Standard	110 Standard	80 Standard	35 Standard	Standard	Standard
DEADLIFT	175 Standard	190 Standard	210 Standard	175 Standard	172.5 Standard	155 Standard	82.5 Standard	Standard	Standard
TOTAL	385 Standard	450 Standard	515 Standard	450 Standard	432.5 Standard	397.5 Standard	170 Standard	Standard	Standard
BENCH (A/C)	72.5 Standard	107.5 Standard	135 Standard	110 Standard	110 Standard	80 Standard	35 Standard	Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

84kg+	U18	U23	open	M1	M2	M3	M4	M5	M6
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	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	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	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	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	Standard

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