

Women	47	52	57	63	69	72*	76	84	84+
SQUAT	125 Sabrina Shah 13/04/2019	137.5 Evita Otigbah 13/04/2019	137.5 Amy Viner 23/07/2019	145 Victoria Hammond 14/04/2019	145 Standard	172.5 Alice Francis-Freeman 24/07/2019	172.5 Standard	190 Chrystal Williams 01/04/2018	170 Melissa Bird 14/04/2019
BENCH PRESS	74 Sabrina Shah 13/04/2019	85.5 Evita Otigbah 13/04/2019	75 Rachel Mawer 13/04/2019	87.5 Hollie Johnson 25/03/2017	87.5 Standard	107.5 Alice Francis-Freeman 24/07/2019	107.5 Standard	110.5 Stephanie Carrillo-Chavez 01/04/2018	85 Melissa Bird 14/04/2019
DEADLIFT	145 Yasmin Bappoo 13/04/2019	145 Evita Otigbah 13/04/2019	182.5 Amy Viner 23/07/2019	187.5 Stephanie Pike 25/03/2017	187.5 Standard	185 Eve Fordyce 31/03/2018	185 Standard	210 Chrystal Williams 01/04/2018	166 Melissa Bird 14/04/2019
TOTAL	326.5 Sabrina Shah 13/04/2019	368 Evita Otigbah 13/04/2019	385 Amy Viner 23/07/2019	387.5 Hollie Johnson 25/03/2017	387.5 Standard	455 Alice Francis-Freeman 24/07/2019	455 Standard	500 Chrystal Williams 01/04/2018	421 Melissa Bird 14/04/2019

*72kg records archived at the end of 2020