



British University Records

updated: 04/03/2026

Female	47	52	57	63	69	76	84	84+
SQUAT	125 Sabrina Shah 13/04/2019	140 Emily Caton 18/04/2025	160 Caitlin Baxter 26/04/2024	163.5 Emily Gillanders 18/04/2025	179 Ella Dronfield 22/02/2025	189 Llio Godfrey-Flower 17/07/2025	190 Chrystal Williams 01/04/2018	208 Alexis Scott 19/04/2025
BENCH PRESS	74 Sabrina Shah 13/04/2019	87.5 Molly Clark 01/11/2022	105 Caitlin Baxter 26/04/2024	106 Laura Holland 18/04/2025	113 Llio Godfrey-Flower 02/11/2023	125.5 Llio Godfrey-Flower 17/07/2025	110.5 Stephanie Carrillo-Chavez 01/04/2018	111 Jameliah Oseki-Simms 19/04/2025
DEADLIFT	148.5 Allaya Rasul 16/07/2025	170 Emily Caton 18/04/2025	188 Amelia Fox 01/04/2023	193 Emily Rodrigues 18/04/2025	213 Benedetta Lupattelli Gencarelli 18/04/2025	205 Llio Godfrey-Flower 17/07/2025	210 Chrystal Williams 01/04/2018	200 Naomi d'Almeida 18/07/2025
TOTAL	326.5 Sabrina Shah 13/04/2019	382.5 Emily Caton 18/04/2025	432.5 Caitlin Baxter 26/04/2024	427.5 Isobel David 18/04/2025	483 Benedetta Lupattelli Gencarelli 18/04/2025	519.5 Llio Godfrey-Flower 17/07/2025	500 Chrystal Williams 01/04/2018	493.5 Jameliah Oseki-Simms 19/04/2025