

	U16	U18	U23
<b>SQUAT</b>	77.5 Tiffany Pilnikova 12/10/2023	102.5 Tiffany Pilnikova 28/08/2025	120.5 Gwen Marsden 31/08/2024
<b>BENCH PRESS</b>	47.5 Tiffany Pilnikova 28/08/2023	66 Tiffany Pilnikova 28/08/2025	77 Gwen Marsden 31/08/2024
<b>DEADLIFT</b>	102.5 Tiffany Pilnikova 12/10/2023	130 Tiffany Pilnikova 28/08/2025	150.5 Gwen Marsden 31/08/2024
<b>TOTAL</b>	227.5 Tiffany Pilnikova 12/10/2023	298.5 Tiffany Pilnikova 28/08/2025	348 Gwen Marsden 31/08/2024
<b>BENCH (A/C)</b>	47.5 Tiffany Pilnikova 28/08/2023	66 Tiffany Pilnikova 28/08/2025	77 Gwen Marsden 31/08/2024



## British Records - Female Classic

updated: 11/05/2026

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	87.5 Selma Yeung 06/07/2025	102.5 Chloe Trent 12/10/2023	127.5 Gwen Marsden 28/08/2025	135 Sharvari Karnik 15/03/2026	118 Rebecca Heath 09/06/2024	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	43 Selma Yeung 06/07/2025	52.5 Nisha Mistry 29/04/2023	87.5 Gwen Marsden 28/08/2025	87.5 Gwen Marsden 28/08/2025	77.5 Lenka Pilnikova 04/03/2023	55.5 Jenny Hunter 09/02/2025	55.5 Jenny Hunter 09/02/2025	39 Marina Cornwall 02/05/2026	Standard	Standard
<b>DEADLIFT</b>	100 Chloe Trent 31/08/2022	125 Nisha Mistry 29/04/2023	155.5 Gwen Marsden 29/03/2025	165 Jessie Lee 21/11/2024	146 Rebecca Heath 09/06/2024	127.5 Carrie Clarke 08/02/2026	127.5 Carrie Clarke 08/02/2026	105 Marina Cornwall 12/02/2024	Standard	Standard
<b>TOTAL</b>	225.5 Selma Yeung 06/07/2025	270 Nisha Mistry 29/04/2023	365 Gwen Marsden 28/08/2025	365 Gwen Marsden 28/08/2025	340 Lenka Pilnikova 04/03/2023	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	209 Marina Cornwall 02/05/2026	Standard	Standard
<b>BENCH (A/C)</b>	43 Selma Yeung 06/07/2025	52.5 Nisha Mistry 29/04/2023	87.5 Gwen Marsden 28/08/2025	90 Zoe Newson 06/09/2014	77.5 Lenka Pilnikova 04/03/2023	55.5 Jenny Hunter 09/02/2025	55.5 Jenny Hunter 09/02/2025	39 Marina Cornwall 02/05/2026	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	105.5 Jaime Lei Fuller 02/11/2019	112.5 Sylvie Thomas 05/10/2024	138.5 Bridget Parris 29/03/2025	152.5 Joy Nnamani 11/06/2019	135 Lenka Pilnikova 02/05/2026	110 Karen Burns 09/02/2026	105 Linda Kaminski 15/06/2017	72.5 Lynda Follis 03/06/2023	Standard	Standard
<b>BENCH PRESS</b>	60.5 Jaime Lei Fuller 25/05/2019	70 Sylvie Thomas 05/10/2024	95 Erin Aldcroft 23/10/2021	100 Leoni Tatman 05/12/2025	90.5 Lenka Pilnikova 02/05/2026	72.5 Jenny Hunter 20/08/2011	67.5 Jenny Hunter 06/03/2018	47.5 Lynda Follis 08/06/2024	Standard	Standard
<b>DEADLIFT</b>	130 Lauren Recci 02/11/2019	140 Lauren Recci 27/09/2021	175 Abby Cooley 30/08/2025	197.5 Joy Nnamani 02/03/2019	158 Amna Khan 18/06/2022	155 Karen Burns 09/02/2026	142.5 Linda Kaminski 09/03/2020	110 Lynda Follis 03/06/2023	Standard	Standard
<b>TOTAL</b>	280 Jaime Lei Fuller 29/11/2019	320 Sylvie Thomas 05/10/2024	447.5 Abby Cooley 30/08/2025	520.5 Joy Nnamani 02/03/2019	378 Lenka Pilnikova 02/05/2026	327.5 Karen Burns 09/02/2026	290 Linda Kaminski 09/03/2020	227.5 Lynda Follis 03/06/2023	Standard	Standard
<b>BENCH (A/C)</b>	60.5 Jaime Lei Fuller 25/05/2019	70 Sylvie Thomas 05/10/2024	95 Erin Aldcroft 23/10/2021	100 Leoni Tatman 05/12/2025	90.5 Lenka Pilnikova 02/05/2026	72.5 Jenny Hunter 20/08/2011	68 Jenny Hunter 18/05/2019	47.5 Lynda Follis 13/04/2024	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	110.5 Shannon Smith 22/09/2018	140 Gaby Watman 05/10/2024	167.5 Caitlin Baxter 10/10/2024	190 Adejoke Adetayo 16/03/2026	145 Kate Matthew 03/06/2023	130 Anna Gibilno 12/10/2025	120 Deborah Tiernan 03/06/2023	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	70 Shannon Smith 22/09/2018	78 Katie Woods 05/10/2024	112.5 Caitlin Baxter 10/10/2024	115 Caitlin Baxter 06/12/2025	89.5 Cat Shamel 02/05/2026	85 Helen Hughes 09/02/2026	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard
<b>DEADLIFT</b>	145 Shannon Smith 22/09/2018	160 Hannah Karpal 01/09/2024	197.5 Amelia Fox 10/10/2024	235.5 Joy Nnamani 06/12/2025	165.5 Karen Burns 11/12/2021	165.5 Karen Burns 11/12/2021	145 Deborah Tiernan 03/06/2023	82.5 Standard	Standard	Standard
<b>TOTAL</b>	325.5 Shannon Smith 22/09/2018	352.5 Gaby Watman 05/10/2024	447.5 Caitlin Baxter 02/09/2024	520.5 Joy Nnamani 06/12/2025	380 Helen Hughes 15/02/2024	367.5 Helen Hughes 09/02/2026	332.5 Deborah Tiernan 03/06/2023	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	70 Shannon Smith 22/09/2018	78 Katie Woods 05/10/2024	112.5 Caitlin Baxter 10/10/2024	115 Caitlin Baxter 06/12/2025	90 Helen Hughes 04/04/2026	90 Helen Hughes 04/04/2026	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	145.5 Lucy Robinson 24/11/2018	157.5 Skye Moore 29/08/2023	187.5 Lucy Robinson 04/12/2025	193.5 Makeda Vidal 06/12/2025	160 Hannah Yardy 14/02/2025	135 Khrys Kyriacou 15/06/2017	123.5 Deborah Tiernan 02/05/2026	118.5 Joan Trimble 08/02/2026	Standard	Standard
<b>BENCH PRESS</b>	72.5 Sophie Hills 02/11/2019	92.5 Isobel David 06/10/2024	106 Laura Holland 18/04/2025	121 Sabrina Downes 06/12/2025	100.5 Rima Baki 16/02/2024	92.5 Beverley Rodgers 12/10/2025	70 Deborah Tiernan 05/10/2024	68.5 Joan Trimble 08/02/2026	Standard	Standard
<b>DEADLIFT</b>	170.5 Lucy Robinson 24/11/2018	196 Ayana White Nwankpa 29/11/2025	210 Lucy Robinson 03/09/2024	240 Joy Nnamani 14/08/2025	198 Sonia Reeve 12/10/2025	198 Sonia Reeve 12/10/2025	157.5 Kim Gough 08/06/2024	155.5 Joan Trimble 08/02/2026	Standard	Standard
<b>TOTAL</b>	381 Lucy Robinson 24/11/2018	422.5 Skye Moore 11/10/2023	485 Lucy Robinson 03/09/2024	527.5 Joy Nnamani 14/08/2025	452.5 Hannah Yardy 06/12/2025	372.5 Joy Wright 02/05/2026	343.5 Deborah Tiernan 02/05/2026	342.5 Joan Trimble 08/02/2026	Standard	Standard
<b>BENCH (A/C)</b>	72.5 Sophie Hills 02/11/2019	92.5 Isobel David 06/10/2024	106 Laura Holland 18/04/2025	121 Sabrina Downes 06/12/2025	100.5 Rima Baki 16/02/2024	92.5 Beverley Rodgers 18/05/2025	70.5 Rita Shergold 01/03/2026	68.5 Joan Trimble 08/02/2026	Standard	Standard

-69kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	130 Yin Chen 05/10/2024	150 Lois Anderton 31/08/2023	185.5 Hannah Davis 29/03/2025	205 Annie Nelson 20/06/2024	182.5 Tasmin Campbell 15/03/2024	163.5 Terrie Redmore 11/02/2025	123 Kim Gough 02/05/2026	122.5 Joan Trimble 28/06/2025	Standard	Standard
<b>BENCH PRESS</b>	75 Yin Chen 05/10/2024	87.5 Emily Byrne 11/10/2023	117.5 Lio Godfrey-Flower 22/11/2024	125 Tasmin Campbell 20/06/2024	125 Tasmin Campbell 20/06/2024	92.5 Beverley Rodgers 01/03/2023	75 Maureen Gordon 23/03/2024	67.5 Joan Trimble 28/06/2025	Standard	Standard
<b>DEADLIFT</b>	155 Yin Chen 05/10/2024	187.5 Poppy McMulkin 14/12/2024	206 Emilia Martin 29/03/2025	233 Dominique Cox 06/12/2025	232.5 Tasmin Campbell 20/06/2024	189 Heather Tagg 08/06/2024	155 Joan Trimble 08/06/2024	152.5 Joan Trimble 28/06/2025	Standard	Standard
<b>TOTAL</b>	360 Yin Chen 05/10/2024	420 Poppy McMulkin 14/12/2024	487.5 Lio Godfrey-Flower 22/11/2024	550 Annie Nelson 12/06/2025	537.5 Tasmin Campbell 20/06/2024	422 Heather Tagg 08/06/2024	342.5 Joan Trimble 28/06/2025	342.5 Joan Trimble 28/06/2025	Standard	Standard
<b>BENCH (A/C)</b>	75 Yin Chen 05/10/2024	87.5 Emily Byrne 11/10/2023	117.5 Lio Godfrey-Flower 22/11/2024	125 Tasmin Campbell 20/06/2024	125 Tasmin Campbell 20/06/2024	95 Beverley Rodgers 01/03/2026	80 Maureen Gordon 25/05/2024	67.5 Joan Trimble 28/06/2025	Standard	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	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	Standard
<b>BENCH PRESS</b>	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	Standard
<b>DEADLIFT</b>	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	Standard
<b>TOTAL</b>	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	Standard
<b>BENCH (A/C)</b>	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	Standard

72kg records archived at the end of 2020

-76kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	127.5 Standard	175 Harriet Cull 01/09/2025	206 Louise MacFeeters 12/10/2025	211.5 Ayana Porteous-Simpson 06/12/2025	197.5 Temitope Nuga 22/03/2025	160 Amelia Allen 08/06/2024	147.5 Heather Tagg 09/02/2026	85 Jan Hunt 08/02/2026	Standard	Standard
<b>BENCH PRESS</b>	75 Standard	102.5 Harriet Cull 01/09/2025	125 Dhyana Sehmar 09/08/2025	130.5 Bettina Hanlon 06/12/2025	117.5 Temitope Nuga 22/03/2025	98 Amelia Allen 28/06/2025	75 Heather Tagg 09/02/2026	53 Jan Hunt 28/06/2025	Standard	Standard
<b>DEADLIFT</b>	145 Standard	209.5 Harriet Cull 01/09/2025	223 Blessing Osayi 29/03/2025	245.5 Sophia Ellis 08/12/2023	232.5 Temitope Nuga 22/03/2025	198.5 Heather Tagg 07/10/2024	179 Heather Tagg 09/02/2026	117.5 Jan Hunt 08/02/2026	Standard	Standard
<b>TOTAL</b>	337.5 Standard	487 Harriet Cull 01/09/2025	510 Alice Francis-Freeman 12/05/2022	565 Bettina Hanlon 20/03/2026	547.5 Temitope Nuga 22/03/2025	433.5 Heather Tagg 07/10/2024	401.5 Heather Tagg 09/02/2026	247.5 Jan Hunt 08/02/2026	Standard	Standard
<b>BENCH (A/C)</b>	75 Standard	102.5 Harriet Cull 01/09/2025	125 Dhyana Sehmar 09/08/2025	130.5 Bettina Hanlon 06/12/2025	117.5 Temitope Nuga 22/03/2025	98 Amelia Allen 28/06/2025	75 Heather Tagg 09/02/2026	53 Jan Hunt 28/06/2025	Standard	Standard

-84kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	180 Mateenah Alli 04/09/2025	180 Mateenah Alli 04/09/2025	215 Erholove Izobodo-John 27/04/2023	225 Ziana Azariah 23/11/2024	182.5 Wendy Macfarlane 23/03/2024	175 Janet Pam 11/02/2026	130 Sue Hollands 26/03/2011	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	87.5 Mateenah Alli 04/09/2025	87.5 Mateenah Alli 04/09/2025	125 Melina Irawo 17/10/2023	133.0 Melina Irawo 07/12/2025	100.5 Charlotte Marillier 29/06/2025	100 Amelia Allen 24/07/2021	82.5 Jackie Blasbery 11/10/2025	35 Standard	Standard	Standard
<b>DEADLIFT</b>	170 Mateenah Alli 01/12/2025	196 Danielle Ellington 12/06/2018	263 Erholove Izobodo-John 17/03/2024	269.5 Ziana Azariah 14/06/2025	218.5 Hira Teirney 15/02/2025	200 Lisa Herrington 22/03/2025	161 Jackie Blasbery 11/10/2025	82.5 Standard	Standard	Standard
<b>TOTAL</b>	435 Mateenah Alli 04/09/2025	435 Mateenah Alli 04/09/2025	583 Erholove Izobodo-John 17/03/2024	607.0 Ziana Azariah 14/06/2025	467.5 Hira Teirney 29/06/2025	455 Janet Pam 11/02/2026	357.5 Sue Hollands 26/03/2011	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	87.5 Mateenah Alli 04/09/2025	87.5 Mateenah Alli 04/09/2025	125 Melina Irawo 17/10/2023	133.0 Melina Irawo 07/12/2025	117.5 Christina Appleby-Phillips 18/05/2025	100 Amelia Allen 12/06/2021	82.5 Jackie Blasbery 11/10/2025	35 Standard	Standard	Standard

84kg+	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
<b>SQUAT</b>	165 Mateenah Alli 27/07/2025	165 Mateenah Alli 27/07/2025	217.5 Caitlin Davies 14/12/2024	258.5 Aquinu Onuoha 07/12/2025	218 Rebecca Coggle 17/02/2024	195.5 Jo Whiteley 09/03/2020	135 Sue Hollands 13/10/2012	67.5 Standard	Standard	Standard
<b>BENCH PRESS</b>	90 Mateenah Alli 27/07/2025	90 Mateenah Alli 27/07/2025	118 Ellie Wilson 29/03/2025	135 Toyosi Omotoso 22/03/2026	132.5 Rebecca Coggle 02/03/2025	115 Joanne Parkin 13/10/2025	90.5 Jackie Blasbery 08/06/2024	35 Standard	Standard	Standard
<b>DEADLIFT</b>	167.5 Mateenah Alli 27/07/2025	170.5 Lucy Lucas 29/03/2025	227.5 Leigh Wetheridge 23/09/2017	288 Aquinu Onuoha 07/12/2025	225.5 Claire Roberts 29/06/2025	210 Betty Gray 24/07/2021	190 Betty Gray 08/06/2024	82.5 Standard	Standard	Standard
<b>TOTAL</b>	422.5 Mateenah Alli 27/07/2025	422.5 Mateenah Alli 27/07/2025	542.5 Leigh Wetheridge 23/09/2017	671.5 Aquinu Onuoha 07/12/2025	533 Claire Roberts 29/06/2025	502.5 Joanne Parkin 13/10/2025	392.5 Betty Gray 08/06/2024	170 Standard	Standard	Standard
<b>BENCH (A/C)</b>	90 Mateenah Alli 27/07/2025	90 Mateenah Alli 27/07/2025	118 Ellie Wilson 29/03/2025	137.5 Rebecca Coggle 18/05/2025	137.5 Rebecca Coggle 18/05/2025	118 Joanne Parkin 01/03/2026	90.5 Jackie Blasbery 08/06/2024	66.5 Barbara Leach 25/06/2023	Standard	Standard

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