British SO Records

updated: 05/06/2026

Female Classic	47	52	57	63	69	76	84	84+
SQUAT	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH PRESS	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
DEADLIFT	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
TOTAL	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH (A/C)	35 Sophie Smith 24/09/2025	45 Sophie Smith 26/05/2026	Standard	Standard	Standard	Standard	Standard	Standard

Female Equipped	47	52	57	63	69	76	84	84+
SQUAT	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH PRESS	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
DEADLIFT	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
TOTAL	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard
BENCH (A/C)	Standard	Standard	Standard	Standard	Standard	Standard	Standard	Standard