

-43kg	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: 14/08/2026

-47kg	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 Lenka Pilnikova 04/03/2023	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
BENCH PRESS	52.5 Nisha Mistry 29/04/2023	77.5 Sabrina Shah 01/12/2019	80 Sabrina Shah 07/03/2020	77.5 Lenka Pilnikova 04/03/2023	52.5 Jenny Hunter 07/05/2026	52.5 Jenny Hunter 07/05/2026	35 Standard	Standard	Standard
DEADLIFT	125 Nisha Mistry 29/04/2023	147.5 Mona Shafiei 27/11/2022	158 Jessie Lee 23/07/2023	145 Lenka Pilnikova 04/03/2023	126 Marina Cornwall 07/03/2015	126 Marina Cornwall 07/03/2015	82.5 Standard	Standard	Standard
TOTAL	270 Nisha Mistry 29/04/2023	345 Sharn Rowlands 24/10/2015	352.5 Jessie Lee 23/07/2023	340 Lenka Pilnikova 04/03/2023	260 Marina Cornwall 07/03/2015	260 Marina Cornwall 07/03/2015	170 Standard	Standard	Standard
BENCH (A/C)	52.5 Nisha Mistry 29/04/2023	77.5 Sabrina Shah 01/12/2019	90 Zoe Newson 06/09/2014	77.5 Lenka Pilnikova 04/03/2023	52.5 Jenny Hunter 07/05/2026	52.5 Jenny Hunter 07/05/2026	35 Standard	Standard	Standard

-52kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	115 Marcia Lane 01/05/2026	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	72.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	95 Erin Aldcroft 23/10/2021	95 Erin Aldcroft 23/10/2021	83 Amanda Hughes 18/01/2020	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	45 Lynda Follis 03/06/2023	Standard	Standard
DEADLIFT	140 Lauren Recci 27/09/2021	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	110 Lynda Follis 03/06/2023	Standard	Standard
TOTAL	292.5 Marcia Lane 01/05/2026	370 Erin Aldcroft 23/10/2021	450 Emma Goodwin 18/11/2019	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	330 Jenny Hunter 03/07/2018	227.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH (A/C)	60.5 Jaime Lei Fuller 25/05/2019	95 Erin Aldcroft 23/10/2021	125 Amila Dissanayake 31/05/2026	83.5 Katy Clarke 24/01/2026	82.5 Jenny Hunter 24/03/2012	80 Jenny Hunter 03/07/2018	45 Lynda Follis 03/06/2023	Standard	Standard

-57kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	137.5 Victoria Hart 01/09/2022	170 Ellie Steel 29/11/2014	218 Ellie Steel 03/08/2024	160 Helen Hughes 10/05/2025	157.5 Helen Hughes 08/05/2026	120 Deborah Tiernan 03/06/2023	67.5 Standard	Standard	Standard
BENCH PRESS	85 Lucy Rayner 27/04/2014	105 Ellie Steel 17/08/2014	155 Ellie Steel 04/05/2026	117.5 Helen Hughes 08/05/2026	117.5 Helen Hughes 08/05/2026	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard	Standard
DEADLIFT	150 Dayna Smith 02/11/2019	188.5 Amelia Fox 26/04/2023	230.5 Joy Nnamani 25/03/2023	166 Gemma Salter 25/02/2024	165.5 Karen Burns 11/12/2021	145 Jennifer Hunter 02/10/2018	82.5 Standard	Standard	Standard
TOTAL	342.5 Gaby Watman 28/08/2023	442.5 Ellie Steel 29/11/2014	542.5 Ellie Steel 18/01/2025	435 Helen Hughes 08/05/2026	435 Helen Hughes 08/05/2026	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	160 Ellie Steel 28/09/2025	117.5 Helen Hughes 08/05/2026	117.5 Helen Hughes 08/05/2026	77.5 Jennifer Hunter 02/10/2018	35 Standard	Standard	Standard

-63kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	157.5 Skye Moore 29/08/2023	177.5 Lucy Robinson 14/10/2023	222.5 Ellie Steel 18/01/2020	180 Rosemary Lima 13/05/2017	142.5 Rita Shergold 12/10/2024	142.5 Rita Shergold 07/05/2026	75 Josie Lee 20/05/2023	Standard	Standard
BENCH PRESS	87.5 Skye Moore 11/10/2023	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Standard	100 Maureen Gordon 07/07/2022	100 Rita Shergold 07/05/2026	37.5 Liz Moore 25/03/2023	Standard	Standard
DEADLIFT	180 Skye Moore 11/10/2023	207.5 Lucy Robinson 14/10/2023	228 Joy Nnamani 17/03/2023	195.5 Abi Graham 03/03/2019	160 Jacqui North 18/06/2022	147.5 Joan Trimble 28/02/2023	115 Josie Lee 20/05/2023	Standard	Standard
TOTAL	422.5 Skye Moore 11/10/2023	470 Lucy Robinson 14/10/2023	555 Ellie Steel 18/01/2020	472.5 Rosemary Lima 13/05/2017	385 Rita Shergold 07/05/2026	385 Rita Shergold 07/05/2026	215 Josie Lee 20/05/2023	Standard	Standard
BENCH (A/C)	87.5 Skye Moore 11/10/2023	107.5 Ellie Steel 06/11/2014	160 Ellie Steel 18/01/2020	112.5 Beverley Rodgers 21/01/2018	107.5 Maureen Gordon 05/08/2022	102.5 Rita Shergold 22/05/2025	40 Judith McGauley 18/02/2018	Standard	Standard

-69kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	150	175	232.5	167.5	151	137.5	67.5		
	Lois Anderton 31/08/2023	Mariella Fisher 06/12/2021	Holly Bryans 25/02/2024	Faye Jordan 10/09/2023	Madeline Connolly 24/01/2026	Maureen Gordon 25/02/2024	Standard	Standard	Standard
BENCH PRESS	87.5	123	155	120	120	120	35		
	Emily Byrne 11/10/2023	Amelia Maycock 22/01/2022	Holly Bryans 25/02/2024	Maureen Gordon 11/10/2024	Maureen Gordon 11/10/2024	Maureen Gordon 11/10/2024	Standard	Standard	Standard
DEADLIFT	163	201	225	180	180	152.5	82.5		
	Gracie Besant 02/05/2023	Mariella Fisher 12/05/2022	Annie Nelson 07/12/2023	Heather Tagg 03/06/2023	Heather Tagg 03/06/2023	Maureen Gordon 25/02/2024	Standard	Standard	Standard
TOTAL	387.5	472.5	587.5	440	405	405	170		
	Emily Byrne 11/10/2023	Mariella Fisher 06/12/2021	Holly Bryans 25/02/2024	Faye Jordan 07/07/2023	Maureen Gordon 11/10/2024	Maureen Gordon 11/10/2024	Standard	Standard	Standard
BENCH (A/C)	87.5	123	155	130	125	125	35		
	Emily Byrne 11/10/2023	Amelia Maycock 22/01/2022	Holly Bryans 25/02/2024	Beverley Rodgers 03/10/2021	Maureen Gordon 09/08/2024	Maureen Gordon 09/08/2024	Standard	Standard	Standard

-72kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	163	180.5	225	175	162.5	116	67.5		
	Mariella Fisher 23/09/2018	Elizabeth Mills 19/01/2019	Holly Bryans 18/01/2020	Eno Majomi 06/03/2019	Joy Mineo 18/01/2020	Joyce Park 18/09/2019	Standard	Standard	Standard
BENCH PRESS	90	110.5	140	120	90	70	35		
	Mariella Fisher 23/09/2018	Alice Francis-Freeman 01/11/2019	Holly Bryans 18/01/2020	Standard	Maureen Gordon 18/01/2020	Joyce Park 18/09/2019	Standard	Standard	Standard
DEADLIFT	190	200.5	207.5	192.5	172.5	149	82.5		
	Mariella Fisher 23/09/2018	Mariella Fisher 01/11/2019	Sheri Miles 20/09/2019	Eno Majomi 06/12/2019	Heather Tagg 09/03/2020	Joyce Park 18/09/2019	Standard	Standard	Standard
TOTAL	443	478	555	465	410	335	170		
	Mariella Fisher 23/09/2018	Mariella Fisher 01/11/2019	Holly Bryans 18/01/2020	Eno Majomi 06/03/2019	Joy Mineo 18/01/2020	Joyce Park 18/09/2019	Standard	Standard	Standard
BENCH (A/C)	90	110.5	140	120	90	70	35		
	Mariella Fisher 23/09/2018	Alice Francis-Freeman 01/11/2019	Holly Bryans 18/01/2020	Standard	Maureen Gordon 10/10/2019	Joyce Park 18/09/2019	Standard	Standard	Standard

72kg records archived at the end of 2020

-76kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	147.5	197.5	240	180	180	145	67.5		
	Standard	Emily Shergold 18/01/2025	Holly Bryans 03/08/2024	Jenni Sherwood 06/07/2023	Jenni Sherwood 06/07/2023	Maureen Gordon 19/01/2025	Standard	Standard	Standard
BENCH PRESS	87.5	118	172.5	137.5	137.5	137.5	40		
	Standard	Emily Shergold 18/01/2025	Holly Bryans 06/05/2025	Maureen Gordon 24/01/2026	Maureen Gordon 24/01/2026	Maureen Gordon 24/01/2026	Catherine Macaslan 25/03/2023	Standard	Standard
DEADLIFT	165	210.5	245.5	190	177.5	160	105		
	Standard	Naomi James 27/04/2021	Sophia Ellis 08/12/2023	Rebecca Patterson 16/07/2023	Catherine Gordon 02/05/2024	Maureen Gordon 19/01/2025	Catherine Macaslan 25/03/2023	Standard	Standard
TOTAL	385	510	615	460	460	440	207.5		
	Standard	Alice Francis-Freeman 12/05/2022	Holly Bryans 15/11/2025	Catherine Gordon 02/05/2024	Catherine Gordon 02/05/2024	Maureen Gordon 19/01/2025	Catherine Macaslan 25/03/2023	Standard	Standard
BENCH (A/C)	87.5	118	172.5	137.5	137.5	137.5	40		
	Standard	Emily Shergold 18/01/2025	Holly Bryans 06/05/2025	Maureen Gordon 24/01/2026	Maureen Gordon 24/01/2026	Maureen Gordon 24/01/2026	Catherine Macaslan 25/03/2023	Standard	Standard

-84kg	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	165	215	247.5	215	200	185	67.5		
	Katie Tatum 30/08/2024	Erholove Izobodo-John 27/04/2023	Christie Civetta 16/11/2024	Jennifer Keane 20/01/2018	Jennifer Sherwood 24/02/2024	Sue Hollands 16/03/2014	Standard	Standard	Standard
BENCH PRESS	105.5	127.5	150.5	122.5	122.5	90	35		
	Katie Tatum 12/10/2024	Emily Shergold 03/08/2024	Christie Civetta 03/08/2024	Jackie Blasbery 14/07/2015	Jackie Blasbery 14/07/2015	Sue Hollands 19/05/2012	Standard	Standard	Standard
DEADLIFT	196	253	253.5	214	193	172.5	82.5		
	Danielle Ellington 12/06/2018	Erholove Izobodo-John 02/09/2023	Ziana Azariah 09/12/2023	Tiana Ettienne 04/06/2023	Jennifer Sherwood 24/02/2024	Sue Hollands 24/03/2012	Standard	Standard	Standard
TOTAL	428.5	565.5	601	502.5	495.5	442.5	170		
	Danielle Ellington 12/06/2018	Erholove Izobodo-John 02/09/2023	Christie Civetta 03/08/2024	Jennifer Keane 13/05/2017	Jennifer Sherwood 24/02/2024	Sue Hollands 19/05/2012	Standard	Standard	Standard
BENCH (A/C)	105.5	127.5	150.5	142.5	122.5	90	35		
	Katie Tatum 12/10/2024	Emily Shergold 03/08/2024	Christie Civetta 03/08/2024	Charlie Marillier 26/09/2025	Jackie Blasbery 14/07/2015	Sue Hollands 19/05/2012	Standard	Standard	Standard

84kg+	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	170	210	270	222.5	195.5	183	67.5		
	Standard	Standard	Katrina Sweatman 18/11/2023	Kelly Layden Farrer 22/01/2022	Jo Whiteley 09/03/2020	Sue Hollands 12/04/2015	Standard	Standard	Standard
BENCH PRESS	75	115	220	175	158	122.5	35		
	Standard	Leigh Wetheridge 23/09/2017	Katrina Sweatman 18/11/2023	Siobhan Taylor 19/01/2025	Jo Whiteley 22/01/2022	Jacqueline Blasbery 11/10/2024	Standard	Standard	Standard
DEADLIFT	177.5	227.5	251	215	210	175	82.5		
	Standard	Leigh Wetheridge 23/09/2017	Aquinn Onuoha 12/08/2023	Claire Roberts 04/06/2023	Betty Gray 24/07/2021	Jacqueline Blasbery 05/07/2023	Standard	Standard	Standard
TOTAL	387.5	542.5	670	565	533	445	170		
	Amelia O'Donnell 02/11/2019	Leigh Wetheridge 23/09/2017	Katrina Sweatman 18/11/2023	Siobhan Taylor 19/01/2025	Jo Whiteley 22/01/2022	Sue Hollands 24/06/2012	Standard	Standard	Standard
BENCH (A/C)	100	137.5	250	250	160	122.5	66.5		
	Ella Brincat-Smith 05/08/2023	Stephanie Roderick 24/01/2026	Katrina Sweatman 09/08/2026	Katrina Sweatman 09/08/2026	Jo Whiteley 21/05/2022	Jacqueline Blasbery 11/10/2024	Barbara Leach 25/06/2023	Standard	Standard

To claim a British Record, email recordkeeper@britishpowerlifting.org