

-43kg	U16	U18	U23
SQUAT	77.5 Tiffany Pilnikova 12/10/2023	102.5 Tiffany Pilnikova 28/08/2025	120.5 Gwen Marsden 31/08/2024
BENCH PRESS	47.5 Tiffany Pilnikova 28/08/2023	66 Tiffany Pilnikova 28/08/2025	77 Gwen Marsden 31/08/2024
DEADLIFT	102.5 Tiffany Pilnikova 12/10/2023	130 Tiffany Pilnikova 28/08/2025	150.5 Gwen Marsden 31/08/2024
TOTAL	227.5 Tiffany Pilnikova 12/10/2023	298.5 Tiffany Pilnikova 28/08/2025	348 Gwen Marsden 31/08/2024
BENCH (A/C)	47.5 Tiffany Pilnikova 28/08/2023	66 Tiffany Pilnikova 28/08/2025	77 Gwen Marsden 31/08/2024



British Records - Female Classic

updated: 11/09/2026

-47kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	87.5 Sin Lam Yeung 06/07/2025	102.5 Chloe Trent 12/10/2023	139 Gwen Marsden 14/05/2026	139 Gwen Marsden 14/05/2026	118 Rebecca Heath 09/06/2024	100 June Stamp 05/03/2019	85 Marina Cornwall 14/08/2015	67.5 Standard	Standard	Standard
BENCH PRESS	43 Sin Lam Yeung 06/07/2025	52.5 Nisha Mistry 29/04/2023	90 Gwen Marsden 14/05/2026	90 Gwen Marsden 14/05/2026	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
DEADLIFT	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	133 Carrie Clarke 06/06/2026	133 Carrie Clarke 06/06/2026	105 Marina Cornwall 12/02/2024	Standard	Standard
TOTAL	225.5 Sin Lam Yeung 06/07/2025	270 Nisha Mistry 29/04/2023	379 Gwen Marsden 14/05/2026	379 Gwen Marsden 14/05/2026	340 Lenka Pilnikova 04/03/2023	260.5 Carrie Clarke 06/06/2026	260.5 Carrie Clarke 06/06/2026	209 Marina Cornwall 02/05/2026	Standard	Standard
BENCH (A/C)	43 Sin Lam Yeung 06/07/2025	52.5 Nisha Mistry 29/04/2023	90 Gwen Marsden 14/05/2026	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

-52kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	105.5 Jaime Lei Fuller 02/11/2019	112.5 Sylvie Thomas 05/10/2024	157.5 Talulah Royston-Battaglia 24/08/2026	157.5 Talulah Royston-Battaglia 24/08/2026	135 Lenka Pilnikova 02/05/2026	117.5 Karen Burns 06/06/2026	105 Linda Kaminski 15/06/2017	72.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH PRESS	60.5 Jaime Lei Fuller 25/05/2019	70 Sylvie Thomas 05/10/2024	95 Erin Aldcroft 23/10/2021	100.5 Leoni Tatman 09/05/2026	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
DEADLIFT	130 Lauren Recci 02/11/2019	140 Lauren Recci 27/09/2021	180 Abby Cooley 24/08/2026	197.5 Joy Nnamani 02/03/2019	158 Amna Khan 18/06/2022	155.5 Karen Burns 06/06/2026	142.5 Linda Kaminski 09/03/2020	110 Lynda Follis 03/06/2023	Standard	Standard
TOTAL	280 Jaime Lei Fuller 29/11/2019	320 Sylvie Thomas 05/10/2024	425 Talulah Royston-Battaglia 24/08/2026	432.5 Joy Nnamani 02/03/2019	378 Lenka Pilnikova 02/05/2026	338 Karen Burns 06/06/2026	290 Linda Kaminski 09/03/2020	227.5 Lynda Follis 03/06/2023	Standard	Standard
BENCH (A/C)	60.5 Jaime Lei Fuller 25/05/2019	70 Sylvie Thomas 05/10/2024	95 Erin Aldcroft 23/10/2021	100.5 Leoni Tatman 09/05/2026	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

-57kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	110.5 Shannon Smith 22/09/2018	140 Gaby Watman 05/10/2024	173 Annabelle Cox 14/05/2026	190 Adejoke Adetayo 16/03/2026	145 Kate Matthew 03/06/2023	130 Anna Gibilino 12/10/2025	120 Deborah Tiernan 03/06/2023	67.5 Standard	Standard	Standard
BENCH PRESS	70 Shannon Smith 22/09/2018	78 Katie Woods 05/10/2024	112.5 Caitlin Baxter 10/10/2024	116 Caitlin Baxter 09/05/2026	90 Helen Hughes 06/06/2026	90 Helen Hughes 06/06/2026	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard
DEADLIFT	145 Shannon Smith 22/09/2018	160 Hannah Karpal 01/09/2024	197.5 Amelia Fox 10/10/2024	238 Joy Nnamani 15/06/2026	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
TOTAL	325.5 Shannon Smith 22/09/2018	352.5 Gaby Watman 05/10/2024	448 Annabelle Cox 14/05/2026	520.5 Joy Nnamani 06/12/2025	380 Helen Hughes 15/02/2024	370 Helen Hughes 06/06/2026	332.5 Deborah Tiernan 03/06/2023	170 Standard	Standard	Standard
BENCH (A/C)	70 Shannon Smith 22/09/2018	78 Katie Woods 05/10/2024	112.5 Caitlin Baxter 10/10/2024	116 Caitlin Baxter 09/05/2026	90 Helen Hughes 04/04/2026	90 Helen Hughes 04/04/2026	68.5 Jennifer Hunter 06/06/2018	35 Standard	Standard	Standard

-63kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	145.5 Lucy Robinson 24/11/2018	171 Ayana White Nwankpa 16/05/2026	187.5 Lucy Robinson 04/12/2025	195 Makeda Vidal 16/06/2026	165.5 Rima Baki 07/06/2026	135.5 Joy Wright 06/06/2026	123.5 Deborah Tiernan 02/05/2026	122.5 Joan Trimble 06/06/2026	Standard	Standard
BENCH PRESS	72.5 Sophie Hills 02/11/2019	92.5 Isobel David 06/10/2024	106.5 Martha Marsh 14/05/2026	121 Sabrina Downes 06/12/2025	101 Rima Baki 07/06/2026	92.5 Beverley Rodgers 12/10/2025	70.5 Deborah Tiernan 06/06/2026	68.5 Joan Trimble 08/02/2026	Standard	Standard
DEADLIFT	170.5 Lucy Robinson 24/11/2018	200.5 Ayana White Nwankpa 22/08/2026	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
TOTAL	381 Lucy Robinson 24/11/2018	453 Ayana White Nwankpa 22/08/2026	485 Lucy Robinson 03/09/2024	527.5 Joy Nnamani 14/08/2025	452.5 Hannah Yardy 06/12/2025	385.5 Joy Wright 06/06/2026	345 Joan Trimble 06/06/2026	345 Joan Trimble 06/06/2026	Standard	Standard
BENCH (A/C)	72.5 Sophie Hills 02/11/2019	92.5 Isobel David 06/10/2024	106.5 Martha Marsh 14/05/2026	121 Sabrina Downes 06/12/2025	101 Rima Baki 07/06/2026	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
SQUAT	130	150	196	205	185	163.5	125.5	122.5		
	Yin Chen 05/10/2024	Lois Anderton 31/08/2023	Hannah Davis 14/05/2026	Annie Nelson 20/06/2024	Tasmin Campbell 05/07/2026	Terrie Redmore 11/02/2025	Kim Gough 06/06/2026	Joan Trimble 28/06/2025	Standard	Standard
BENCH PRESS	75	87.5	117.5	125.5	125.5	92.5	75	67.5		
	Yin Chen 05/10/2024	Emily Byrne 11/10/2023	Lio Godfrey-Flower 22/11/2024	Tasmin Campbell 05/07/2026	Tasmin Campbell 05/07/2026	Beverley Rodgers 01/03/2023	Maureen Gordon 23/03/2024	Joan Trimble 28/06/2025	Standard	Standard
DEADLIFT	155	187.5	210	233	232.5	189	155	152.5		
	Yin Chen 05/10/2024	Poppy McMulkin 14/12/2024	Emilia Martin 14/05/2026	Dominique Cox 06/12/2025	Tasmin Campbell 20/06/2024	Heather Tagg 08/06/2024	Joan Trimble 08/06/2024	Joan Trimble 28/06/2025	Standard	Standard
TOTAL	360	420	501	550	537.5	422	342.5	342.5		
	Yin Chen 05/10/2024	Poppy McMulkin 14/12/2024	Hannah Davis 14/05/2026	Annie Nelson 12/06/2025	Tasmin Campbell 20/06/2024	Heather Tagg 08/06/2024	Joan Trimble 28/06/2025	Joan Trimble 28/06/2025	Standard	Standard
BENCH (A/C)	75	87.5	117.5	125.5	125.5	100	80	67.5		
	Yin Chen 05/10/2024	Emily Byrne 11/10/2023	Lio Godfrey-Flower 22/11/2024	Tasmin Campbell 05/07/2026	Tasmin Campbell 05/07/2026	Beverley Rodgers 02/08/2026	Maureen Gordon 25/05/2024	Joan Trimble 28/06/2025	Standard	Standard

-72kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	132.5	163	175	185	175	135	116	67.5		
	Lana Cheyne 02/11/2019	Mariella Fisher 23/09/2018	Mariella Fisher 01/11/2019	Holly Bryans 08/03/2020	Eno Majomi 06/03/2019	Khrys Kyriacou 11/03/2017	Joyce Park 18/09/2019	Standard	Standard	Standard
BENCH PRESS	70	90	110.5	110.5	100	87.5	70	35		
	Lana Cheyne 02/11/2019	Mariella Fisher 23/09/2018	Alice Francis-Freeman 01/11/2019	Alice Francis-Freeman 01/11/2019	Eno Majomi 06/03/2019	Khrys Kyriacou 11/03/2017	Joyce Park 18/09/2019	Standard	Standard	Standard
DEADLIFT	150	190	200.5	207.5	192.5	172.5	149	82.5		
	Lana Cheyne 02/11/2019	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	352.5	443	478	482.5	465	375	335	170		
	Lana Cheyne 02/11/2019	Mariella Fisher 23/09/2018	Mariella Fisher 01/11/2019	Holly Bryans 08/03/2020	Eno Majomi 06/03/2019	Heather Tagg 09/03/2020	Joyce Park 18/09/2019	Standard	Standard	Standard
BENCH (A/C)	70	90	110.5	110.5	100	87.5	70	35		
	Lana Cheyne 02/11/2019	Mariella Fisher 23/09/2018	Alice Francis-Freeman 01/11/2019	Alice Francis-Freeman 01/11/2019	Eno Majomi 06/03/2019	Khrys Kyriacou 11/03/2017	Joyce Park 18/09/2019	Standard	Standard	Standard

72kg records archived at the end of 2020

-76kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	127.5	175	206	212.5	197.5	160	147.5	96.5		
	Standard	Harriet Cull 01/09/2025	Louise MacFeeters 12/10/2025	Bettina Hanlon 19/06/2026	Temitope Nuga 22/03/2025	Amelia Allen 08/06/2024	Heather Tagg 09/02/2026	Jan Hunt 06/06/2026	Standard	Standard
BENCH PRESS	75	102.5	125	130.5	117.5	98	75.5	56		
	Standard	Harriet Cull 01/09/2025	Dhyana Sehmar 09/08/2025	Bettina Hanlon 06/12/2025	Temitope Nuga 22/03/2025	Amelia Allen 28/06/2025	Heather Tagg 06/06/2026	Jan Hunt 06/06/2026	Standard	Standard
DEADLIFT	145	209.5	223.5	246	246	198.5	182.5	117.5		
	Standard	Harriet Cull 01/09/2025	Harriet Cull 15/05/2026	Michelle Chendamudima 10/05/2026	Michelle Chendamudima 10/05/2026	Heather Tagg 07/10/2024	Heather Tagg 06/06/2026	Jan Hunt 08/02/2026	Standard	Standard
TOTAL	337.5	487	523.5	572.5	547.5	433.5	401.5	270		
	Standard	Harriet Cull 01/09/2025	Harriet Cull 15/05/2026	Bettina Hanlon 19/06/2026	Temitope Nuga 22/03/2025	Heather Tagg 07/10/2024	Heather Tagg 09/02/2026	Jan Hunt 06/06/2026	Standard	Standard
BENCH (A/C)	75	102.5	125	130.5	117.5	98	75.5	56		
	Standard	Harriet Cull 01/09/2025	Dhyana Sehmar 09/08/2025	Bettina Hanlon 06/12/2025	Temitope Nuga 22/03/2025	Amelia Allen 28/06/2025	Heather Tagg 06/06/2026	Jan Hunt 06/06/2026	Standard	Standard

-84kg	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	180	180	215	227.5	182.5	176	130	67.5		
	Mateenah Alli 04/09/2025	Mateenah Alli 04/09/2025	Erholove Izobodo-John 27/04/2023	Ziana Azariah 20/06/2026	Wendy MacFarlane 23/03/2024	Janet Pam 06/06/2026	Sue Hollands 26/03/2011	Standard	Standard	Standard
BENCH PRESS	87.5	87.5	125	133.0	110.5	100	82.5	35		
	Mateenah Alli 04/09/2025	Mateenah Alli 04/09/2025	Melina Irawo 17/10/2023	Melina Irawo 07/12/2025	Sheri Miles 07/06/2026	Amelia Allen 24/07/2021	Jackie Blasbery 11/10/2025	Standard	Standard	Standard
DEADLIFT	170	196	263	270	218.5	200.5	161	82.5		
	Mateenah Alli 01/12/2025	Danielle Ellington 12/06/2018	Erholove Izobodo-John 17/03/2024	Ziana Azariah 20/06/2026	Hira Teirney 15/02/2025	Janet Pam 06/06/2026	Jackie Blasbery 11/10/2025	Standard	Standard	Standard
TOTAL	435	435	583	620	475.5	461.5	357.5	170		
	Mateenah Alli 04/09/2025	Mateenah Alli 04/09/2025	Erholove Izobodo-John 17/03/2024	Ziana Azariah 20/06/2026	Sheri Miles 07/06/2026	Janet Pam 06/06/2026	Sue Hollands 26/03/2011	Standard	Standard	Standard
BENCH (A/C)	87.5	87.5	125	133.0	117.5	100	82.5	35		
	Mateenah Alli 04/09/2025	Mateenah Alli 04/09/2025	Melina Irawo 17/10/2023	Melina Irawo 07/12/2025	Christina Appleby-Phillips 18/05/2025	Amelia Allen 12/06/2021	Jackie Blasbery 11/10/2025	Standard	Standard	Standard

84kg+	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	165	165	217.5	275	218	196	135	67.5		
	Mateenah Alli 27/07/2025	Mateenah Alli 27/07/2025	Caitlin Davies 14/12/2024	Aquinn Onuoha 21/06/2026	Rebecca Coggle 17/02/2024	Joanne Parkin 06/06/2026	Sue Hollands 13/10/2012	Standard	Standard	Standard
BENCH PRESS	90	90	137.5	137.5	132.5	118	90.5	35		
	Mateenah Alli 27/07/2025	Mateenah Alli 27/07/2025	Sharna Burton 14/05/2026	Sharna Burton 14/05/2026	Rebecca Coggle 02/03/2025	Joanne Parkin 06/06/2026	Jackie Blasbery 08/06/2024	Standard	Standard	Standard
DEADLIFT	167.5	170.5	227.5	292.5	226	210	190	82.5		
	Mateenah Alli 27/07/2025	Lucy Lucas 29/03/2025	Leigh Wetheridge 23/09/2017	Aquinn Onuoha 21/06/2026	Claire Roberts 07/06/2026	Betty Gray 24/07/2021	Betty Gray 08/06/2024	Standard	Standard	Standard
TOTAL	422.5	422.5	542.5	700	543.5	504	392.5	170		
	Mateenah Alli 27/07/2025	Mateenah Alli 27/07/2025	Leigh Wetheridge 23/09/2017	Aquinn Onuoha 21/06/2026	Claire Roberts 07/06/2026	Joanne Parkin 06/06/2026	Betty Gray 08/06/2024	Standard	Standard	Standard
BENCH (A/C)	90	90	137.5	137.5	137.5	122.5	90.5	66.5		
	Mateenah Alli 27/07/2025	Mateenah Alli 27/07/2025	Sharna Burton 14/05/2026	Rebecca Coggle 18/05/2025	Rebecca Coggle 18/05/2025	Joanne Parkin 24/05/2026	Jackie Blasbery 08/06/2024	Barbara Leach 25/06/2023	Standard	Standard

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