

British Records - Female Classic

updated: 23/11/2026

-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

-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 Gibiino 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	238.5 Joy Nnamani 21/11/2026	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	523.5 Joy Nnamani 21/11/2026	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 Yin Chen 05/10/2024	150 Lois Anderton 31/08/2023	196 Hannah Davis 14/05/2026	205 Annie Nelson 20/06/2024	185 Tasmin Campbell 05/07/2026	163.5 Terrie Redmore 11/02/2025	125.5 Kim Gough 06/06/2026	122.5 Joan Trimble 28/06/2025	Standard	Standard
BENCH PRESS	75 Yin Chen 05/10/2024	87.5 Emily Byrne 11/10/2023	117.5 Llio Godfrey-Flower 22/11/2024	125.5 Tasmin Campbell 05/07/2026	125.5 Tasmin Campbell 05/07/2026	92.5 Beverley Rodgers 01/03/2023	75 Maureen Gordon 23/03/2024	67.5 Joan Trimble 28/06/2025	Standard	Standard
DEADLIFT	155 Yin Chen 05/10/2024	187.5 Poppy McMulkin 14/12/2024	210 Emilia Martin 14/05/2026	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
TOTAL	360 Yin Chen 05/10/2024	420 Poppy McMulkin 14/12/2024	501 Hannah Davis 14/05/2026	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
BENCH (A/C)	75 Yin Chen 05/10/2024	87.5 Emily Byrne 11/10/2023	117.5 Llio Godfrey-Flower 22/11/2024	125.5 Tasmin Campbell 05/07/2026	125.5 Tasmin Campbell 05/07/2026	100 Beverley Rodgers 02/08/2026	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
SQUAT	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
BENCH PRESS	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
DEADLIFT	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
TOTAL	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
BENCH (A/C)	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
SQUAT	127.5 Standard	175 Harriet Cull 01/09/2025	206 Louise MacFeeters 12/10/2025	212.5 Bettina Hanlon 19/06/2026	197.5 Temitope Nuga 22/03/2025	160 Amelia Allen 08/06/2024	147.5 Heather Tagg 09/02/2026	96.5 Jan Hunt 06/06/2026	Standard	Standard
BENCH PRESS	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	77.5 Heather Tagg 16/10/2026	56 Jan Hunt 06/06/2026	Standard	Standard
DEADLIFT	145 Standard	209.5 Harriet Cull 01/09/2025	223.5 Harriet Cull 15/05/2026	246 Michelle Chendamudima 10/05/2026	246 Michelle Chendamudima 10/05/2026	198.5 Heather Tagg 07/10/2024	184 Heather Tagg 16/10/2026	117.5 Jan Hunt 08/02/2026	Standard	Standard
TOTAL	337.5 Standard	487 Harriet Cull 01/09/2025	523.5 Harriet Cull 15/05/2026	572.5 Bettina Hanlon 19/06/2026	547.5 Temitope Nuga 22/03/2025	433.5 Heather Tagg 07/10/2024	406 Heather Tagg 16/10/2026	270 Jan Hunt 06/06/2026	Standard	Standard
BENCH (A/C)	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	77.5 Heather Tagg 16/10/2026	56 Jan Hunt 06/06/2026	Standard	Standard

-84kg

	U16	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	180 Mateenah Alli 04/09/2025	180 Mateenah Alli 04/09/2025	215 Erholove Izobodo-John 27/04/2023	227.5 Ziana Azariah 20/06/2026	182.5 Wendy Macfarlane 23/03/2024	181 Janet Pam 18/10/2026	130 Sue Hollands 26/03/2011	67.5 Standard	Standard	Standard
BENCH PRESS	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	112.5 Sheri Miles 19/10/2026	100 Amelia Allen 24/07/2021	82.5 Jackie Blasbery 11/10/2025	35 Standard	Standard	Standard
DEADLIFT	170 Mateenah Alli 01/12/2025	196 Danielle Ellington 12/06/2018	263 Erholove Izobodo-John 17/03/2024	270.5 Ziana Azariah 21/11/2026	225 Sheri Miles 19/10/2026	207.5 Janet Pam 18/10/2026	161 Jackie Blasbery 11/10/2025	82.5 Standard	Standard	Standard
TOTAL	435 Mateenah Alli 04/09/2025	435 Mateenah Alli 04/09/2025	583 Erholove Izobodo-John 17/03/2024	623 Ziana Azariah 21/11/2026	497.5 Sheri Miles 19/10/2026	476 Janet Pam 18/10/2026	357.5 Sue Hollands 26/03/2011	170 Standard	Standard	Standard
BENCH (A/C)	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
SQUAT	165 Mateenah Alli 27/07/2025	165 Mateenah Alli 27/07/2025	217.5 Caitlin Davies 14/12/2024	275 Aquinn Onuoha 21/06/2026	218 Rebecca Coggle 17/02/2024	196 Joanne Parkin 06/06/2026	135 Sue Hollands 13/10/2012	67.5 Standard	Standard	Standard
BENCH PRESS	90 Mateenah Alli 27/07/2025	90 Mateenah Alli 27/07/2025	137.5 Sharna Burton 14/05/2026	137.5 Sharna Burton 14/05/2026	133 Rebecca Coggle 25/09/2026	118 Joanne Parkin 06/06/2026	90.5 Jackie Blasbery 08/06/2024	35 Standard	Standard	Standard
DEADLIFT	167.5 Mateenah Alli 27/07/2025	170.5 Lucy Lucas 29/03/2025	227.5 Leigh Wetheridge 23/09/2017	292.5 Aquinn Onuoha 21/06/2026	226 Claire Roberts 07/06/2026	210 Betty Gray 24/07/2021	190 Betty Gray 08/06/2024	82.5 Standard	Standard	Standard
TOTAL	422.5 Mateenah Alli 27/07/2025	422.5 Mateenah Alli 27/07/2025	542.5 Leigh Wetheridge 23/09/2017	700 Aquinn Onuoha 21/06/2026	543.5 Claire Roberts 07/06/2026	504 Joanne Parkin 06/06/2026	392.5 Betty Gray 08/06/2024	170 Standard	Standard	Standard
BENCH (A/C)	90 Mateenah Alli 27/07/2025	90 Mateenah Alli 27/07/2025	137.5 Sharna Burton 14/05/2026	137.5 Rebecca Coggle 18/05/2025	137.5 Rebecca Coggle 18/05/2025	122.5 Joanne Parkin 24/05/2026	90.5 Jackie Blasbery 08/06/2024	66.5 Barbara Leach 25/06/2023	Standard	Standard

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