

British Records - Female Equipped

updated: 23/11/2026

-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

-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	125 Marcia Lane 19/08/2026	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	310 Marcia Lane 19/08/2026	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 Lois Anderton 31/08/2023	175 Mariella Fisher 06/12/2021	232.5 Holly Bryans 25/02/2024	167.5 Faye Jordan 10/09/2023	151 Madeline Connolly 24/01/2026	137.5 Maureen Gordon 25/02/2024	67.5 Standard	Standard	Standard
BENCH PRESS	87.5 Emily Byrne 11/10/2023	123 Amelia Maycock 22/01/2022	155 Holly Bryans 25/02/2024	120 Maureen Gordon 11/10/2024	120 Maureen Gordon 11/10/2024	120 Maureen Gordon 11/10/2024	35 Standard	Standard	Standard
DEADLIFT	163 Gracie Besant 02/05/2023	201 Mariella Fisher 12/05/2022	225 Annie Nelson 07/12/2023	180 Heather Tagg 03/06/2023	180 Heather Tagg 03/06/2023	152.5 Maureen Gordon 25/02/2024	82.5 Standard	Standard	Standard
TOTAL	387.5 Emily Byrne 11/10/2023	472.5 Mariella Fisher 06/12/2021	587.5 Holly Bryans 25/02/2024	440 Faye Jordan 07/07/2023	405 Maureen Gordon 11/10/2024	405 Maureen Gordon 11/10/2024	170 Standard	Standard	Standard
BENCH (A/C)	87.5 Emily Byrne 11/10/2023	123 Amelia Maycock 22/01/2022	155 Holly Bryans 25/02/2024	130 Beverley Rodgers 03/10/2021	125 Maureen Gordon 09/08/2024	125 Maureen Gordon 09/08/2024	35 Standard	Standard	Standard

-72kg

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

72kg records archived at the end of 2020

-76kg

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

-84kg

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

84kg+

	U18	U23	open	M1	M2	M3	M4	M5	M6
SQUAT	170 Standard	255 Stephanie Roderick 19/08/2026	270 Katrina Sweatman 18/11/2023	222.5 Kelly Layden Farrer 22/01/2022	195.5 Jo Whiteley 09/03/2020	183 Sue Hollands 12/04/2015	67.5 Standard	Standard	Standard
BENCH PRESS	75 Standard	137.5 Stephanie Roderick 19/08/2026	220 Katrina Sweatman 18/11/2023	175 Siobhan Taylor 19/01/2025	158 Jo Whiteley 22/01/2022	122.5 Jacqueline Blasbery 11/10/2024	35 Standard	Standard	Standard
DEADLIFT	177.5 Standard	227.5 Leigh Wetheridge 23/09/2017	251 Aquinn Onuoha 12/08/2023	215 Claire Roberts 04/06/2023	210 Betty Gray 24/07/2021	175 Jacqueline Blasbery 05/07/2023	82.5 Standard	Standard	Standard
TOTAL	387.5 Amelia O'Donnell 02/11/2019	577.5 Stephanie Roderick 19/08/2026	670 Katrina Sweatman 18/11/2023	565 Siobhan Taylor 19/01/2025	533 Jo Whiteley 22/01/2022	445 Sue Hollands 24/06/2012	170 Standard	Standard	Standard
BENCH (A/C)	100 Ella Brincat-Smith 05/08/2023	137.5 Stephanie Roderick 24/01/2026	250 Katrina Sweatman 09/08/2026	250 Katrina Sweatman 09/08/2026	160 Jo Whiteley 21/05/2022	122.5 Jacqueline Blasbery 11/10/2024	66.5 Barbara Leach 25/06/2023	Standard	Standard

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