

	Total	Not Set	Alina Dewshi 247.5 kg 26 March 2017	Emma Goodwin 360 kg 13 June 2018	Not Set	Not Set	Not Set	Not Set	Not Set	
			Ruth Holloway	Emma Goodwin	Amanda Holloway					
		Not Set	55 kg 31 October 2015	70 kg 22 May 2015	67.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
57 kg	Squat	Not Set	Abigail Stacey 130 kg 08 December 2018	Ellie Steel 135 kg 29 January 2017	Sofia Rufus 115 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	
			Abigail Stacey	Ellie Steel	Sofia Rufus					
		Not Set	72.5 kg 08 December 2018	90 kg 29 January 2017	57.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press		Abigail Stacey	Ellie Steel	Sofia Rufus					
		Not Set	167.5 kg 25 February 2017	162.5 kg 29 January 2017	122.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
			Catherine Smith	Ellie Steel	Sofia Rufus					
	Deadlift	Not Set	360 kg 25 February 2017	387.5 kg 29 January 2017	292.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
			Catherine Smith	Ellie Steel	Sofia Rufus					
		Not Set	72.5 kg 08 December 2018	90 kg 29 January 2017	57.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press All contest		Abigail Stacey	Ellie Steel	Sofia Rufus					
		Not Set	72.5 kg 08 December 2018	90 kg 29 January 2017	57.5 kg 08 December 2018	Not Set	Not Set	Not Set	Not Set	Not Set
			Abigail Stacey	Ellie Steel	Sofia Rufus					
63 kg	Squat	Tia Ratnavira	Lucy Hart	Beverley Rodgers	Beverley Rodgers					
		72.5 kg 28 January 2018	127.5 kg 24 February 2018	125 kg 14 September 2017	125 kg 14 September 2017	Not Set	Not Set	Not Set	Not Set	
			Lucy Hart	Angelique Borsboom	Beverley Rodgers					
	Bench Press	40 kg 28 January 2018	57.5 kg 24 February 2018	100 kg 16 December 2017	85.5 kg 21 October 2017	Not Set	Not Set	Not Set	Not Set	
			Lucy Hart	Claire Sear	Galit Goldshmid					
		Not Set	87.5 kg 28 January 2018	145 kg 24 February 2018	160 kg 21 October 2017	155 kg 01 December 2018	Not Set	Not Set	Not Set	Not Set
	Deadlift		Lucy Hart	Angelique Borsboom	Beverley Rodgers					
		200 kg 28 January 2018	330 kg 24 February 2018	375 kg 16 December 2017	350.5 kg 27 May 2017	Not Set	Not Set	Not Set	Not Set	
			Lucy Hart	Angelique Borsboom	Angelique Borsboom					
	Bench Press All contest	40 kg 28 January 2018	62.5 kg 11 August 2018	100 kg 16 December 2017	100 kg 17 February 2018	Not Set	Not Set	Not Set	Not Set	
			Lucy Hart	Angelique Borsboom	Angelique Borsboom					
		Not Set	127.5 kg 23 September 2018	150 kg 22 July 2017	127.5 kg 28 October 2017	107.5 kg 20 October 2018	Not Set	Not Set	Not Set	
72 kg	Squat		Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold				
		Not Set	127.5 kg 23 September 2018	150 kg 22 July 2017	127.5 kg 28 October 2017	107.5 kg 20 October 2018	Not Set	Not Set	Not Set	
			Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold				
	Bench Press	Not Set	80 kg 23 September 2018	90 kg 22 May 2016	87.5 kg 28 October 2017	67.5 kg 20 October 2018	Not Set	Not Set	Not Set	
			Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord				
		Not Set	147.5 kg 28 October 2018	167.5 kg 22 May 2016	140 kg 28 October 2017	132.5 kg 03 December 2017	Not Set	Not Set	Not Set	

	Total		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	342.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set
			23 September 2018	22 May 2016	28 October 2017	20 October 2018			
	Bench Press All contest		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	80 kg	90 kg	90 kg	67.5 kg	Not Set	Not Set	Not Set
			18 May 2018	22 May 2016	15 May 2018	20 October 2018			
84 kg	Squat		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
		Not Set	130 kg	170 kg	147.5 kg	120 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	10 December 2017	22 July 2017			
	Bench Press		Zoe Clark	Megan Batchelor	Jean Maton	Jean Maton			
		Not Set	77.5 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set
			28 October 2018	13 August 2016	26 January 2014	26 January 2014			
	Deadlift		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
		Not Set	125 kg	172.5 kg	170 kg	155 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	21 October 2017	26 January 2014			
	Total		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
		Not Set	332.5 kg	412.5 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	21 October 2017	26 January 2014			
Bench Press All contest		Zoe Clark	Megan Batchelor	Jean Maton	Jean Maton				
	Not Set	77.5 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set	
		28 October 2018	13 August 2016	26 January 2014	26 January 2014				
84 kg +	Squat			Nicola Stimpson	Lisa Styles				
		Not Set	Not Set	160 kg	150 kg	Not Set	Not Set	Not Set	Not Set
				28 January 2018	28 October 2017				
	Bench Press			Megan Batchelor	Lisa Styles				
		Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
				25 March 2018	28 October 2017				
	Deadlift			Lisa Styles	Lisa Styles				
		Not Set	Not Set	190 kg	190 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2017	28 October 2017				
	Total			Lisa Styles	Lisa Styles				
		Not Set	Not Set	420 kg	420 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2017	28 October 2017				
Bench Press All contest			Megan Batchelor	Lisa Styles					
	Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set	
			25 March 2018	28 October 2017					