

	Total		Sophie Smith	Sophie Smith					
		Not Set	398 kg	398 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022					
	Bench Press All contest		Sophie Smith	Sophie Smith	Beverley Rodgers				
		Not Set	93 kg	93 kg	90.5 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	07 August 2021				
72 kg	Squat		Louise Warr	Yasmina Couty	Beverley Rodgers	Rita Shergold			
		Not Set	128 kg	150 kg	127.5 kg	110 kg	Not Set	Not Set	Not Set
			07 December 2019	22 July 2017	28 October 2017	26 October 2019			
	Bench Press		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	80 kg	90 kg	87.5 kg	75 kg	Not Set	Not Set	Not Set
			23 September 2018	22 May 2016	28 October 2017	23 February 2020			
	Deadlift		Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord			
		Not Set	155 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set
			07 December 2019	22 May 2016	28 October 2017	03 December 2017			
	Total		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	350.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set
			07 December 2019	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	72.5 kg	Not Set	Not Set	Not Set	
		18 May 2018	22 May 2016	15 May 2018	22 June 2019				
76 kg	Squat			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie			
		Not Set	Not Set	145 kg	132.5 kg	132.5 kg	Not Set	Not Set	Not Set
				26 February 2022	19 March 2022	19 March 2022			
	Bench Press			Rosie McKenzie	Rosie McKenzie	Rosie McKenzie			
		Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set
				19 March 2022	19 March 2022	19 March 2022			
	Deadlift			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie			
		Not Set	Not Set	170 kg	155 kg	155 kg	Not Set	Not Set	Not Set
				26 February 2022	19 March 2022	19 March 2022			
	Total			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie			
		Not Set	Not Set	390 kg	372.5 kg	372.5 kg	Not Set	Not Set	Not Set
				26 February 2022	19 March 2022	19 March 2022			
Bench Press All contest			Rosie McKenzie	Rosie McKenzie	Rosie McKenzie				
	Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set	
			19 March 2022	19 March 2022	19 March 2022				
84 kg	Squat		Zoe Clark	Nicola Stimpson	Verena Manchip	Jean Maton			
		Not Set	130 kg	180 kg	147.5 kg	130 kg	Not Set	Not Set	Not Set
			28 October 2018	26 May 2019	10 December 2017	25 March 2018			
	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	Verena Manchip	Jean Maton				
	Not Set	125 kg	175 kg	170 kg	155 kg	Not Set	Not Set	Not Set	
		28 October 2018	26 May 2019	21 October 2017	26 January 2014				

	Total		Zoe Clark	Nicola Stimpson	Verena Manchip	Jean Maton			
		Not Set	332.5 kg	435 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set
			28 October 2018	26 May 2019	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			Victoria Cavalier-Hirth	Verena Manchip	Verena Manchip			
		Not Set	Not Set	207.5 kg	160 kg	160 kg	Not Set	Not Set	Not Set
				19 March 2022	15 January 2022	15 January 2022			
	Bench Press			Victoria Cavalier-Hirth	Lisa Styles	Jean Maton			
		Not Set	Not Set	130 kg	80 kg	77.5 kg	Not Set	Not Set	Not Set
				19 March 2022	28 October 2017	28 October 2017			
	Deadlift			Scarlett Sotiris	Lisa Styles	Verena Manchip			
		Not Set	Not Set	197.5 kg	190 kg	160 kg	Not Set	Not Set	Not Set
				03 March 2019	28 October 2017	15 January 2022			
	Total			Victoria Cavalier-Hirth	Lisa Styles	Verena Manchip			
		Not Set	Not Set	527.5 kg	420 kg	397.5 kg	Not Set	Not Set	Not Set
				19 March 2022	28 October 2017	15 January 2022			
Bench Press All contest			Victoria Cavalier-Hirth	Lisa Styles	Jean Maton				
	Not Set	Not Set	130 kg	80 kg	77.5 kg	Not Set	Not Set	Not Set	
			19 March 2022	28 October 2017	28 October 2017				