



			Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes				
	Bench Press All contest	Not Set	57.5 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set	Not Set
			20 April 2019	19 January 2019	22 May 2019				
57 kg	Squat		Abigail Stacey	Ellie Steel	Helen Hughes				
		Not Set	130 kg	207.5 kg	150 kg	Not Set	Not Set	Not Set	Not Set
			08 December 2018	15 September 2018	18 January 2020				
	Bench Press		Abigail Stacey	Ellie Steel	Helen Hughes				
		Not Set	72.5 kg	141 kg	97.5 kg	Not Set	Not Set	Not Set	Not Set
			08 December 2018	15 September 2018	18 January 2020				
	Deadlift		Catherine Smith	Ellie Steel	Helen Hughes				
		Not Set	167.5 kg	175 kg	160 kg	Not Set	Not Set	Not Set	Not Set
			25 February 2017	15 September 2018	18 January 2020				
	Total		Catherine Smith	Ellie Steel	Helen Hughes				
Not Set		360 kg	523.5 kg	407.5 kg	Not Set	Not Set	Not Set	Not Set	
		25 February 2017	15 September 2018	18 January 2020					
Bench Press All contest		Abigail Stacey	Ellie Steel	Helen Hughes					
	Not Set	72.5 kg	141 kg	97.5 kg	Not Set	Not Set	Not Set	Not Set	
		08 December 2018	15 September 2018	18 May 2019					
63 kg	Squat		Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
		Not Set	162.5 kg	165 kg	165 kg	95 kg	Not Set	Not Set	Not Set
			28 July 2018	18 January 2020	18 January 2020	17 July 2021			
	Bench Press		Sophie Smith	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
		Not Set	82.5 kg	105 kg	105 kg	65 kg	Not Set	Not Set	Not Set
			07 December 2019	18 January 2020	18 January 2020	17 July 2021			
	Deadlift		Sophie Smith	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
		Not Set	160 kg	167.5 kg	167.5 kg	115 kg	Not Set	Not Set	Not Set
			07 December 2019	18 January 2020	18 January 2020	17 July 2021			
	Total		Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
Not Set		385 kg	437.5 kg	437.5 kg	275 kg	Not Set	Not Set	Not Set	
		28 July 2018	18 January 2020	18 January 2020	17 July 2021				
Bench Press All contest		Lucy Hart	Beverley Rodgers	Beverley Rodgers	Rita Shergold				
	Not Set	77.5 kg	112.5 kg	112.5 kg	82.5 kg	Not Set	Not Set	Not Set	
		07 May 2018	21 January 2018	21 January 2018	23 January 2022				
69 kg	Squat		Sophie Smith	Sophie Smith					
		Not Set	130 kg	130 kg	Not Set	Not Set	Not Set	Not Set	
			02 April 2022	02 April 2022					
	Bench Press		Sophie Smith	Sophie Smith					
		Not Set	93 kg	93 kg	Not Set	Not Set	Not Set	Not Set	
			02 April 2022	02 April 2022					
	Deadlift		Sophie Smith	Sophie Smith					
		Not Set	175 kg	175 kg	Not Set	Not Set	Not Set	Not Set	
			02 April 2022	02 April 2022					
	Total		Sophie Smith	Sophie Smith					
Not Set		398 kg	398 kg	Not Set	Not Set	Not Set	Not Set		
		02 April 2022	02 April 2022						
Bench Press All contest		Sophie Smith	Beverley Rodgers	Beverley Rodgers					
	Not Set	93 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set		

			02 April 2022	27 June 2021	27 June 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		Louise Warr	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	Beverley Rodgers				
	Not Set	80 kg	90 kg	100 kg	100 kg	Not Set	Not Set	Not Set	
		18 May 2018	22 May 2016	20 April 2017	20 April 2017				
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	Jean Maton	Jean Maton	Jean Maton			
		Not Set	130 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Bench Press		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	77.5 kg	112.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Deadlift		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	125 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Total		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
Not Set		332.5 kg	472.5 kg	472.5 kg	472.5 kg	Not Set	Not Set	Not Set	
		28 October 2018	16 March 2014	16 March 2014	16 March 2014				
Bench Press All contest		Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
	Not Set	77.5 kg	112.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set	
		28 October 2018	16 March 2014	16 March 2014	16 March 2014				
			Victoria Cavalier-Hirth	Jean Maton	Jean Maton				

84 kg +	Squat	Not Set	Not Set	207.5 kg	172.5 kg	172.5 kg	Not Set	Not Set	Not Set
				19 March 2022	24 September 2013	24 September 2013			
	Bench Press			Victoria Cavalier-Hirth	Jean Maton	Jean Maton			
		Not Set	Not Set	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set
				19 March 2022	24 September 2013	24 September 2013			
	Deadlift			Scarlett Sotiris	Lisa Styles	Jean Maton			
		Not Set	Not Set	197.5 kg	190 kg	187.5 kg	Not Set	Not Set	Not Set
				03 March 2019	28 October 2017	24 September 2013			
	Total			Victoria Cavalier-Hirth	Jean Maton	Jean Maton			
		Not Set	Not Set	527.5 kg	477.5 kg	477.5 kg	Not Set	Not Set	Not Set
				19 March 2022	24 September 2013	24 September 2013			
	Bench Press All contest			Victoria Cavalier-Hirth	Jean Maton	Jean Maton			
Not Set		Not Set	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	
			19 March 2022	24 September 2013	24 September 2013				