

	Total		Alina Dewshi	Emma Goodwin					
		Not Set	247.5 kg	352.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 March 2017	01 December 2015					
	Bench Press All contest		Ruth Holloway	Emma Goodwin					
		Not Set	55 kg	70 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			31 October 2015	22 May 2015					
57 kg	Squat		Catherine Smith	Ellie Steel					
		Not Set	127.5 kg	135 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017					
	Bench Press		Catherine Smith	Ellie Steel					
		Not Set	65 kg	90 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017					
	Deadlift		Catherine Smith	Ellie Steel					
		Not Set	167.5 kg	162.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017					
	Total		Catherine Smith	Ellie Steel					
		Not Set	360 kg	387.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017					
Bench Press All contest		Catherine Smith	Ellie Steel						
	Not Set	50 kg	90 kg	Not Set	Not Set	Not Set	Not Set	Not Set	
		25 February 2017	29 January 2017						
63 kg	Squat	Tia Ratnavira	Lucy Hart	Beverley Rodgers	Beverley Rodgers				
		72.5 kg	127.5 kg	125 kg	125 kg	Not Set	Not Set	Not Set	Not Set
		28 January 2018	24 February 2018	14 September 2017	14 September 2017				
	Bench Press	Tia Ratnavira	Lucy Hart	Angelique Borsboom	Beverley Rodgers				
		40 kg	57.5 kg	100 kg	85.5 kg	Not Set	Not Set	Not Set	Not Set
		28 January 2018	24 February 2018	16 December 2017	21 October 2017				
	Deadlift	Tia Ratnavira	Lucy Hart	Claire Sear	Galit Goldshmid				
		87.5 kg	145 kg	160 kg	150 kg	Not Set	Not Set	Not Set	Not Set
		28 January 2018	24 February 2018	21 October 2017	28 October 2018				
	Total	Tia Ratnavira	Lucy Hart	Angelique Borsboom	Beverley Rodgers				
		200 kg	330 kg	375 kg	350.5 kg	Not Set	Not Set	Not Set	Not Set
		28 January 2018	24 February 2018	16 December 2017	27 May 2017				
Bench Press All contest	Tia Ratnavira	Lucy Hart	Angelique Borsboom	Angelique Borsboom					
	40 kg	62.5 kg	100 kg	100 kg	Not Set	Not Set	Not Set	Not Set	
	28 January 2018	11 August 2018	16 December 2017	17 February 2018					
72 kg	Squat		Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold			
		Not Set	127.5 kg	150 kg	127.5 kg	107.5 kg	Not Set	Not Set	Not Set
			23 September 2018	22 July 2017	28 October 2017	20 October 2018			
	Bench Press		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	80 kg	90 kg	87.5 kg	67.5 kg	Not Set	Not Set	Not Set
			23 September 2018	22 May 2016	28 October 2017	20 October 2018			
	Deadlift		Zoe Clark	Amy Atkinson	Beverley Rodgers	Amanda Lord			
		Not Set	135 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set
			23 September 2018	22 May 2016	28 October 2017	03 December 2017			

	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	
				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	
				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	
				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	
				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		
			25 March 2018	28 October 2017					