



Records - Women Classic

	u16	u18	u23
SQUAT			
BENCH PRESS			
DEADLIFT			
TOTAL			
BENCH (A/C)			

	u16	u18	u23	Open	M1	M2	M3
SQUAT	Emily Lloyd-Whittington 140 18/12/2018	Sabrina Moore 142.5 01/10/2021	Kate Matthew 142.5 18/06/2022	Josephine Lee 75 30/04/2022	Josephine Lee 75 30/04/2022		
BENCH PRESS	Emily Lloyd-Whittington 77.5 11/06/2018	Sabrina Moore 87.5 06/12/2019	Kate Matthew 87.5 18/06/2022	Josephine Lee 30 07/12/2019	Josephine Lee 30 07/12/2019		
DEADLIFT	Emily Lloyd-Whittington 181.5 18/12/2018	Sabrina Moore 206.5 08/03/2020	Kate Matthew 150 30/04/2022	Josephine Lee 117.5 30/04/2022	Josephine Lee 117.5 30/04/2022		
TOTAL	Emily Lloyd-Whittington 404 18/12/2018	Sabrina Moore 458 06/12/2019	Kate Matthew 362.5 18/06/2022	Josephine Lee 30 30/04/2022	Josephine Lee 30 30/04/2022		
BENCH (A/C)	Emily Lloyd-Whittington 77.5 11/06/2018	Kate Roberts 100 30/10/2021	Kate Matthew 70 18/06/2022	Josephine Lee 30 07/12/2019	Josephine Lee 30 07/12/2019		

	u16	u18	u23	Open	M1	M2	M3
SQUAT				Charlotta McInnes 125 30/04/2022	Sabrina Moore 157.5 19/03/2022	Kate Matthew 142.5 24/07/2021	Menina Morgan 85 30/04/2022
BENCH PRESS				Charlotta McInnes 67.5 30/04/2022	Rianra Graham 96.5 30/04/2022	Kate Matthew 70 24/07/2021	Menina Morgan 45 30/04/2022
DEADLIFT				Charlotta McInnes 142.5 30/04/2022	Sabrina Moore 195 19/03/2022	Sam Highway 152.5 19/06/2022	Menina Morgan 117.5 30/04/2022
TOTAL				Charlotta McInnes 345 30/04/2022	Sabrina Moore 440 19/03/2022	Kate Matthew 362.5 24/07/2021	Menina Morgan 247.5 30/04/2022
BENCH (A/C)				Charlotta McInnes 67.5 30/04/2022	Kate Roberts 105 19/03/2022	Kate Matthew 70 24/07/2021	Menina Morgan 45 30/04/2022

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	u16	u18	u23	Open	M1	M2	M3
SQUAT				Lauren Evans 120 04/11/2017	Ellie Davies 145 29/10/2016	Tanya Bull 155 18/02/2017	Sam Highway 112.5 28/07/2018
BENCH PRESS				Lauren Evans 53.5 04/11/2017	Amy Spencer 77.5 29/10/2016	Sabrina Moore 127.03/2016	Claire Hendy 62.5 15/12/2018
DEADLIFT				Lauren Evans 115 23/07/2017	Ellie Davies 177.5 29/10/2016	Sabrina Moore 191.5 12/03/2016	Sam Highway 142.5 28/07/2018
TOTAL				Lauren Evans 277.75 04/11/2017	Ellie Davies 397.5 29/10/2016	Sabrina Moore 426.5 12/03/2016	Claire Hendy 317.5 27/04/2019
BENCH (A/C)				Lauren Evans 53.5 04/11/2017	Amy Spencer 77.5 29/10/2016	Sabrina Moore 92.5 12/03/2016	Claire Hendy 62.5 15/12/2018

	u16	u18	u23	Open	M1	M2	M3
SQUAT				Olivia Hulme-Webb 127.5 30/04/2022	Olivia Hulme-Webb 127.5 30/04/2022	Carif McQuilling 162.5 19/03/2022	Dellyth Jones 135 19/06/2022
BENCH PRESS				Olivia Hulme-Webb 72.5 30/04/2022	Olivia Hulme-Webb 90 30/04/2022	Carif McQuilling 72.5 19/03/2022	Dellyth Jones 45 19/06/2022
DEADLIFT				Olivia Hulme-Webb 130 30/04/2022	Olivia Hulme-Webb 130 30/04/2022	Carif McQuilling 180 19/03/2022	Dellyth Jones 132.5 19/06/2022
TOTAL				Olivia Hulme-Webb 330 30/04/2022	Olivia Hulme-Webb 340 30/04/2022	Carif McQuilling 422.5 19/03/2022	Dellyth Jones 307.5 19/06/2022
BENCH (A/C)				Olivia Hulme-Webb 72.5 30/04/2022	Olivia Hulme-Webb 90 30/04/2022	Carif McQuilling 72.5 19/03/2022	Dellyth Jones 45 19/06/2022

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SQUAT				Alexandra Langberg 105 07/03/2016	Aimee Thompson 105.5 30/04/2022	Angelina Lane 92.5 15/09/2019	Angelina Lane 92.5 15/09/2019
BENCH PRESS				Jemima Simson 55 20/03/2022	Angelina Lane 57.5 15/09/2019	Angelina Lane 57.5 15/09/2019	Angelina Lane 57.5 15/09/2019
DEADLIFT				Alexandra Langberg 155 07/03/2016	Alexandra Langberg 155 07/03/2016	Angelina Lane 125 15/09/2019	Angelina Lane 125 15/09/2019
TOTAL				Alexandra Langberg 312.5 07/03/2016	Alexandra Langberg 312.5 07/03/2016	Angelina Lane 275 15/09/2019	Angelina Lane 275 15/09/2019
BENCH (A/C)				Alexandra Langberg 92.5 07/03/2016	Angelina Lane 55 29/07/2017	Angelina Lane 57.5 15/09/2019	Angelina Lane 57.5 15/09/2019

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SQUAT				Savanah Thomas-Millett 105 28/07/2018	Tabitha Pantton 135 13/07/2019	Christina Appleby-Phillips 110 18/06/2022	Claire Hendy 110 18/06/2022
BENCH PRESS				Savanah Thomas-Millett 57.5 28/07/2018	Tabitha Pantton 80 13/07/2019	Christina Appleby-Phillips 122.5 15/09/2019	Claire Hendy 62.5 29/01/2022
DEADLIFT				Savanah Thomas-Millett 140 28/07/2018	Tabitha Pantton 150 13/07/2019	Christina Appleby-Phillips 190 14/04/2018	Claire Hendy 130 18/06/2022
TOTAL				Savanah Thomas-Millett 302.5 28/07/2018	Tabitha Pantton 365 13/07/2019	Christina Appleby-Phillips 457.5 15/09/2019	Claire Hendy 302.5 18/06/2022
BENCH (A/C)				Savanah Thomas-Millett 57.5 28/07/2018	Tabitha Pantton 80 13/07/2019	Christina Appleby-Phillips 122.5 15/09/2019	Claire Hendy 62.5 29/01/2022

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SQUAT				Melissa Bird 170 15/09/2019	Victoria Cavalier-Hirth 205 30/10/2021	Tracy O'Callaghan 190 08/03/2018	Liz Joyce 127.5 18/06/2022
BENCH PRESS				Melissa Bird 92.5 28/09/2021	Victoria Cavalier-Hirth 122.5 30/10/2021	Tracy O'Callaghan 90 15/09/2019	Liz Joyce 67.5 30/04/2022
DEADLIFT				Melissa Bird 180 15/09/2019	Victoria Cavalier-Hirth 200 15/09/2019	Tracy O'Callaghan 200 15/09/2019	Ruth Bird 142.5 15/09/2019
TOTAL				Melissa Bird 440 15/09/2019	Victoria Cavalier-Hirth 522.5 30/10/2021	Tracy O'Callaghan 480 15/09/2019	Liz Joyce 377.5 18/06/2022
BENCH (A/C)				Melissa Bird 92.5 28/09/2021	Victoria Cavalier-Hirth 122.5 30/10/2021	Tracy O'Callaghan 90 15/09/2019	Liz Joyce 67.5 30/04/2022

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