



Records - Women Equipped

u43Kg	u16	u18	u23	u63Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				SQUAT				Amelia Crook 112.5 24/10/2015	Amelia Crook 112.5 24/10/2015		
BENCH PRESS				BENCH PRESS				Amelia Crook 62.5 24/10/2015	Amelia Crook 62.5 24/10/2015		
DEADLIFT				DEADLIFT				Amelia Crook 147.5 24/10/2015	Amelia Crook 147.5 24/10/2015		
TOTAL				TOTAL				Amelia Crook 322.5 24/10/2015	Amelia Crook 322.5 24/10/2015		
BENCH (A/C)				BENCH (A/C)				Amelia Crook 62.5 24/10/2015	Amelia Crook 62.5 24/10/2015		

u47Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT							
BENCH PRESS							
DEADLIFT							
TOTAL							
BENCH (A/C)							

u72Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				Amy Spencer 172.5 12/03/2016			
BENCH				Lucy Cohen 105 23/07/2017			
DEADLIFT				Tanya Bull 182.5 24/10/2015			
TOTAL				Lucy Cohen 427.5 23/07/2017			
BENCH				Lucy Cohen 90 24/10/2015			

u52Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT							
BENCH PRESS							
DEADLIFT							
TOTAL							
BENCH (A/C)							

u84Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT				Lucy Cohen 165 12/03/2016			
BENCH				Lucy Cohen 105 12/03/2016			
DEADLIFT				Tanya Bull 170 12/03/2016			
TOTAL				Lucy Cohen 417.5 12/03/2016			
BENCH				Lucy Cohen 105 12/03/2016			

u57Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT							
BENCH PRESS							
DEADLIFT							
TOTAL							
BENCH (A/C)							

84+Kg	u16	u18	u23	Open	M1	M2	M3
SQUAT							
BENCH							
DEADLIFT							
TOTAL							
BENCH							