

-43kg	U18	U23
SQUAT	Standard	Standard
BENCH PRESS	Standard	Standard
DEADLIFT	Standard	Standard
TOTAL	Standard	Standard
BENCH (A/C)	Standard	Standard



SE RECORDS - FEMALE EQUIPPED

Updated to 07/04/2024

-47kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	67.5 Diya Patel 29/04/2023	112.5 Yasmin Bappoo 30/10/2019	125 Yasmin Bappoo 26/06/2021	Standard	Standard	Standard	Standard	Standard	Standard
BENCH PRESS	37.5 Diya Patel 29/04/2023	72.5 Mona Shafiel 02/04/2022	72.5 Mona Shafiel 02/04/2022	Standard	Standard	Standard	Standard	Standard	Standard
DEADLIFT	102.5 Diya Patel 29/04/2023	147.5 Mona Shafiel 27/11/2022	157.5 Yasmin Bappoo 26/06/2021	Standard	Standard	Standard	Standard	Standard	Standard
TOTAL	207.5 Diya Patel 29/04/2023	325 Mona Shafiel 27/11/2022	345 Yasmin Bappoo 26/06/2021	Standard	Standard	Standard	Standard	Standard	Standard
BENCH (A/C)	37.5 Diya Patel 29/04/2023	72.5 Mona Shafiel 02/04/2022	72.5 Mona Shafiel 02/04/2022	Standard	Standard	Standard	Standard	Standard	Standard

-52kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	110 Chloe Cornwell 10/03/2024	112.5 Lydia Forrest 02/11/2019	130 Orla Mulcahy 17/03/2023	92.5 Katie Paskin 03/09/2023	85 Toni Vernelli 28/10/2023	Standard	Standard	Standard	Standard
BENCH PRESS	50 Hannah Karpal 25/11/2022	62.5 Lydia Forrest 02/11/2019	79 Mona Shafiel 07/04/2024	60 Toni Vernelli 28/10/2023	60 Toni Vernelli 28/10/2023	Standard	Standard	Standard	Standard
DEADLIFT	132.5 Chloe Cornwell 10/03/2024	130 Lydia Forrest 02/11/2019	160.5 Mona Shafiel 07/04/2024	127.5 Katie Paskin 03/09/2023	102.5 Julia Cross 29/10/2022	Standard	Standard	Standard	Standard
TOTAL	292.5 Chloe Cornwell 10/03/2024	305 Lydia Forrest 02/11/2019	354.5 Mona Shafiel 07/04/2024	270 Katie Paskin 03/09/2023	245 Toni Vernelli 28/10/2023	Standard	Standard	Standard	Standard
BENCH (A/C)	50 Hannah Karpal 25/11/2022	62.5 Lydia Forrest 02/11/2019	79 Mona Shafiel 07/04/2024	60 Toni Vernelli 28/10/2023	60 Toni Vernelli 28/10/2023	Standard	Standard	Standard	Standard

-57kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	135 Gaby Watman 28/08/2023	135 Gaby Watman 28/08/2023	135 Gaby Watman 28/08/2023	100 Kate Cox 17/07/2016	110 Allison Rodney 25/02/2024	65 Ann Hulland 30/09/2018	Standard	Standard	Standard
BENCH PRESS	70 Gaby Watman 24/03/2024	80.5 Heidi Chapman 10/04/2022	82.5 Kristina March 20/11/2021	55 Toni Vernelli 16/04/2023	72.5 Allison Rodney 25/02/2024	37.5 Ann Hulland 11/06/2017	Standard	Standard	Standard
DEADLIFT	147.5 Gaby Watman 28/08/2023	160 Elizabeth Pipe 24/11/2017	165 Heidi Chapman 16/03/2023	125 Kate Paskin 03/06/2023	110 Allison Rodney 25/02/2024	97.5 Ann Hulland 30/09/2018	Standard	Standard	Standard
TOTAL	347.5 Gaby Watman 24/03/2024	355.5 Heidi Chapman 10/04/2022	362.5 Heidi Chapman 16/03/2023	267.5 Kate Cox 17/07/2016	292.5 Allison Rodney 25/02/2024	200 Ann Hulland 30/09/2018	Standard	Standard	Standard
BENCH (A/C)	70 Gaby Watman 24/03/2024	80.5 Heidi Chapman 10/04/2022	82.5 Kristina March 20/11/2021	55 Toni Vernelli 16/04/2023	72.5 Allison Rodney 25/02/2024	37.5 Ann Hulland 11/06/2017	Standard	Standard	Standard

-63kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	130 Gaby Watman 29/04/2023	147.5 Jessica Lally 19/03/2024	180 Kathryn Hall 25/02/2024	137.5 Khrys Kyriacou 19/09/2015	135 Khrys Kyriacou 15/06/2017	65 Jenny Wildi 16/04/2023	Standard	Standard	Standard
BENCH PRESS	70 Leah Moss 10/03/2024	92.5 Suzanne Daniel 02/12/2019	112.5 Kathryn Hall 25/02/2024	85 Khrys Kyriacou 15/06/2017	85 Khrys Kyriacou 15/06/2017	62.5 Jenny Wildi 16/04/2023	Standard	Standard	Standard
DEADLIFT	145 Gaby Watman 29/04/2023	196 Suzanne Daniel 31/10/2019	205 Suzanne Daniel 17/03/2023	155 Monika Solan 10/08/2023	155 Monika Solan 10/08/2023	115 Jenny Wildi 16/04/2023	Standard	Standard	Standard
TOTAL	337.5 Gaby Watman 29/04/2023	430 Suzanne Daniel 31/10/2019	457.5 Suzanne Daniel 17/03/2023	365 Khrys Kyriacou 20/06/2016	350 Khrys Kyriacou 15/06/2017	242.5 Jenny Wildi 16/04/2023	Standard	Standard	Standard
BENCH (A/C)	70 Leah Moss 10/03/2024	92.5 Suzanne Daniel 02/12/2019	112.5 Kathryn Hall 25/02/2024	85 Khrys Kyriacou 15/06/2017	85 Khrys Kyriacou 15/06/2017	62.5 Jenny Wildi 16/04/2023	Standard	Standard	Standard

-69kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	150 Lois Anderton 31/08/2023	165 Clio Lynham 27/04/2023	165 Clio Lynham 27/04/2023	122.5 Khrys Kyriacou 07/04/2024	122.5 Khrys Kyriacou 07/04/2024	65 Pam Jackson 04/02/2024	Standard	Standard	Standard
BENCH PRESS	77.5 Lois Anderton 11/10/2023	85 Emilia Martin 28/10/2023	85 Helen Almond 19/03/2022	85 Lincoln Rose 26/11/2023	85 Lincoln Rose 26/11/2023	37.5 Pam Jackson 04/02/2024	Standard	Standard	Standard
DEADLIFT	162.5 Lois Anderton 31/08/2023	202 Emilia Martin 20/03/2024	205 Helen Almond 26/11/2023	145 Claudia Asch 23/07/2023	137.5 Khrys Kyriacou 07/04/2024	105 Pam Jackson 04/02/2024	Standard	Standard	Standard
TOTAL	387.5 Lois Anderton 11/10/2023	444.5 Emilia Martin 20/03/2024	450 Helen Almond 26/11/2023	340 Khrys Kyriacou 07/04/2024	340 Khrys Kyriacou 07/04/2024	207.5 Pam Jackson 04/02/2024	Standard	Standard	Standard
BENCH (A/C)	77.5 Lois Anderton 11/10/2023	85 Emilia Martin 28/10/2023	90 Lincoln Rose 04/03/2023	90 Lincoln Rose 04/03/2023	90 Lincoln Rose 04/03/2023	37.5 Pam Jackson 04/02/2024	Standard	Standard	Standard

-72kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	120 Emily Killick 29/05/2017	180.5 Elizabeth Mills 19/01/2019	180.5 Elizabeth Mills 19/01/2019	165 Louise Richardson 17/06/2017	135 Khrys Kyriacou 11/03/2017	115 Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
BENCH PRESS	61 Jodi Collins 02/11/2019	105.5 Elizabeth Mills 19/01/2019	105.5 Elizabeth Mills 19/01/2019	87.5 Khrys Kyriacou 11/03/2017	87.5 Khrys Kyriacou 11/03/2017	62.5 Gloria Fitzpatrick 05/03/2019	Standard	Standard	Standard
DEADLIFT	137.5 Emily Killick 29/05/2017	191 Elizabeth Mills 19/01/2019	207.5 Sheri Miles 20/09/2019	180 Louise Richardson 11/03/2017	145 Gloria Fitzpatrick 04/06/2019	145 Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
TOTAL	312.5 Emily Killick 29/05/2017	477 Elizabeth Mills 19/01/2019	477 Elizabeth Mills 19/01/2019	425 Louise Richardson 17/06/2017	357.5 Khrys Kyriacou 11/03/2017	320 Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
BENCH (A/C)	61 Jodi Collins 02/11/2019	105.5 Elizabeth Mills 19/01/2019	105.5 Elizabeth Mills 19/01/2019	87.5 Khrys Kyriacou 11/03/2017	87.5 Khrys Kyriacou 11/03/2017	62.5 Gloria Fitzpatrick 05/03/2019	Standard	Standard	Standard

72kg Records Archived at the end of 2020

-76kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	130 Amelia Bailey 07/04/2024	162.5 Kelsey English 28/10/2023	207.5 Sheri Miles 17/11/2023	145 Louise Richardson 23/07/2023	120 Nicola Gregan 10/04/2022	115 Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
BENCH PRESS	72.5 Katie Tatum 29/04/2023	92.5 Charleigh Lacey 19/03/2024	122.5 Sheri Miles 17/11/2023	72.5 Louise Richardson 23/07/2023	65 Nicola Gregan 10/04/2022	60 Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
DEADLIFT	135 Katie Tatum 24/03/2024	192.5 Izzy Fakkell 19/03/2024	225 Sheri Miles 30/01/2021	165 Louise Richardson 23/07/2023	145 Nicola Gregan 10/04/2022	135 Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
TOTAL	332.5 Amelia Bailey 07/04/2024	432.5 Charleigh Lacey 19/03/2024	550 Sheri Miles 08/05/2022	382.5 Louise Richardson 23/07/2023	330 Nicola Gregan 10/04/2022	310 Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
BENCH (A/C)	75 Katie Tatum 02/08/2023	92.5 Charleigh Lacey 19/03/2024	122.5 Sheri Miles 17/11/2023	72.5 Louise Richardson 23/07/2023	65 Nicola Gregan 10/04/2022	65 Gloria Fitzpatrick 12/06/2022	Standard	Standard	Standard

-84kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	147.5 Martha Day 14/05/2022	155 Esther Jinadu 23/10/2021	180 Sheri Miles 18/01/2020	150 Sue Burrows-Meaney 27/10/2019	90 Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
BENCH PRESS	95 Katie Tatum 25/02/2024	90 Erykah Boaten 20/03/2024	115.5 Miriam Weber 28/10/2023	90 Lucy Hyde 24/07/2021	55 Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
DEADLIFT	180 Martha Day 06/02/2022	182.5 Lizzie Mills 28/07/2019	210 Sheri Miles 18/01/2020	167.5 Sue Burrows-Meaney 27/10/2019	120 Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
TOTAL	405.5 Martha Day 14/05/2022	415 Erykah Boaten 20/03/2024	505 Sheri Miles 18/01/2020	385 Sue Burrows-Meaney 27/10/2019	265 Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
BENCH (A/C)	95 Katie Tatum 25/02/2024	95 Elizabeth Mills 28/10/2018	115.5 Miriam Weber 28/10/2023	90 Lucy Hyde 24/07/2021	55 Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard

84kg+	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	Standard	170 Leigh Wetheridge 08/03/2016	220 Rebecca Coggle 19/06/2022	218 Rebecca Coggle 17/02/2024	155 Betty Grey 21/10/2019	105 Diane Leach 07/04/2024	Standard	Standard	Standard
BENCH PRESS	Standard	95.5 Jameliah Oseki-Simms 05/04/2023	127.5 Rebecca Coggle 17/02/2024	127.5 Rebecca Coggle 17/02/2024	80 Karen Nounch 26/11/2023	50 Diane Leach 07/04/2024	Standard	Standard	Standard
DEADLIFT	Standard	197.5 Leigh Wetheridge 08/03/2016	210 Betty Grey 24/07/2021	210 Betty Grey 24/07/2021	210 Betty Grey 24/07/2021	125 Diane Leach 07/04/2024	Standard	Standard	Standard
TOTAL	Standard	460 Leigh Wetheridge 08/03/2016	518 Rebecca Coggle 17/02/2024	518 Rebecca Coggle 17/02/2024	435 Betty Grey 21/10/2018	280 Diane Leach 07/04/2024	Standard	Standard	Standard
BENCH (A/C)	Standard	95.5 Jameliah Oseki-Simms 05/04/2023	130 Rebecca Coggle 01/08/2023	130 Rebecca Coggle 01/08/2023	87.5 Hellen Frost 02/03/2024	50 Margaret Hasler 02/03/2024	Standard	Standard	Standard