

-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 11/06/2024

-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	87.5 Toni Vernelli 08/06/2024	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	247.5 Toni Vernelli 08/06/2024	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	120 Amber Hinchelwood 01/05/2024	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	57.5 Amber Hinchelwood 01/05/2024	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	120 Allison Rodney 01/05/2024	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	295 Amber Hinchelwood 01/05/2024	297.5 Allison Rodney 01/05/2024	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	57.5 Amber Hinchelwood 01/05/2024	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	120 Kathryn Hall 29/05/2024	85 Khrys Kyriacou 15/06/2017	87.5 Rachel Spragg 13/04/2027	62.5 Jenny Wildi 16/04/2023	Standard	Standard	Standard

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

-72kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	120	180.5	180.5	165	135	115			
	Emily Killick 29/05/2017	Elizabeth Mills 19/01/2019	Elizabeth Mills 19/01/2019	Louise Richardson 17/06/2017	Khrys Kyriacou 11/03/2017	Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
BENCH PRESS	61	105.5	105.5	87.5	87.5	62.5			
	Jodi Collins 02/11/2019	Elizabeth Mills 19/01/2019	Elizabeth Mills 19/01/2019	Khrys Kyriacou 11/03/2017	Khrys Kyriacou 11/03/2017	Gloria Fitzpatrick 05/03/2019	Standard	Standard	Standard
DEADLIFT	137.5	191	207.5	180	145	145			
	Emily Killick 29/05/2017	Elizabeth Mills 19/01/2019	Sheri Miles 20/09/2019	Louise Richardson 11/03/2017	Gloria Fitzpatrick 04/06/2019	Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
TOTAL	312.5	477	477	425	357.5	320			
	Emily Killick 29/05/2017	Elizabeth Mills 19/01/2019	Elizabeth Mills 19/01/2019	Louise Richardson 17/06/2017	Khrys Kyriacou 11/03/2017	Gloria Fitzpatrick 04/06/2019	Standard	Standard	Standard
BENCH (A/C)	61	105.5	105.5	87.5	87.5	62.5			
	Jodi Collins 02/11/2019	Elizabeth Mills 19/01/2019	Elizabeth Mills 19/01/2019	Khrys Kyriacou 11/03/2017	Khrys Kyriacou 11/03/2017	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	162.5	207.5	145	120	115			
	Amelia Bailey 07/04/2024	Kelsey English 28/10/2023	Sheri Miles 17/11/2023	Louise Richardson 23/07/2023	Nicola Gregan 10/04/2022	Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
BENCH PRESS	72.5	92.5	122.5	72.5	65	60			
	Katie Tatum 29/04/2023	Charleigh Lacey 19/03/2024	Sheri Miles 17/11/2023	Louise Richardson 23/07/2023	Nicola Gregan 10/04/2022	Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
DEADLIFT	135	192.5	225	165	145	135			
	Katie Tatum 24/03/2024	Izzy Fakkell 19/03/2024	Sheri Miles 30/01/2021	Louise Richardson 23/07/2023	Nicola Gregan 10/04/2022	Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
TOTAL	332.5	432.5	550	382.5	330	310			
	Amelia Bailey 07/04/2024	Charleigh Lacey 19/03/2024	Sheri Miles 08/05/2022	Louise Richardson 23/07/2023	Nicola Gregan 10/04/2022	Gloria Fitzpatrick 10/04/2022	Standard	Standard	Standard
BENCH (A/C)	75	92.5	122.5	72.5	65	65			
	Katie Tatum 02/08/2023	Charleigh Lacey 19/03/2024	Sheri Miles 17/11/2023	Louise Richardson 23/07/2023	Nicola Gregan 10/04/2022	Gloria Fitzpatrick 12/06/2022	Standard	Standard	Standard

-84kg	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	162.5	155	180	150	90				
	Katie Tatum 07/05/2024	Esther Jinadu 23/10/2021	Sheri Miles 18/01/2020	Sue Burrows-Meaney 27/10/2019	Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
BENCH PRESS	100	90	115.5	90	55				
	Katie Tatum 07/05/2024	Erykah Boaten 20/03/2024	Miriam Weber 28/10/2023	Lucy Hyde 24/07/2021	Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
DEADLIFT	180	182.5	210	167.5	120				
	Martha Day 06/02/2022	Lizzie Mills 28/07/2019	Sheri Miles 18/01/2020	Sue Burrows-Meaney 27/10/2019	Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
TOTAL	405.5	415	505	385	265				
	Martha Day 14/05/2022	Erykah Boaten 20/03/2024	Sheri Miles 18/01/2020	Sue Burrows-Meaney 27/10/2019	Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard
BENCH (A/C)	105	95	125	90	55				
	Katie Tatum 13/04/2024	Elizabeth Mills 28/10/2018	Miriam Weber 31/05/2024	Lucy Hyde 24/07/2021	Debbie Liddle 28/10/2023	Standard	Standard	Standard	Standard

84kg+	U18	U23	Open	M1	M2	M3	M4	M5	M6
SQUAT	Standard	170	220	218	155	132.5			
	Standard	Leigh Wetheridge 08/03/2016	Rebecca Coggle 19/06/2022	Rebecca Coggle 17/02/2024	Betty Gray 21/10/2019	Betty Gray 08/06/2024	Standard	Standard	Standard
BENCH PRESS	Standard	97.5	130.5	130.5	90	70			
	Standard	Jameliah Oseki-Simms 26/04/2024	Rebecca Coggle 09/06/2024	Rebecca Coggle 09/06/2024	Hellen Frost 08/06/2024	Betty Gray 08/06/2024	Standard	Standard	Standard
DEADLIFT	Standard	197.5	210	210	210	190			
	Standard	Leigh Wetheridge 08/03/2016	Betty Gray 24/07/2021	Betty Gray 24/07/2021	Betty Gray 24/07/2021	Betty Gray 08/06/2024	Standard	Standard	Standard
TOTAL	Standard	460	518	518	435	392.5			
	Standard	Leigh Wetheridge 08/03/2016	Rebecca Coggle 17/02/2024	Rebecca Coggle 17/02/2024	Betty Gray 21/10/2018	Betty Gray 08/06/2024	Standard	Standard	Standard
BENCH (A/C)	Standard	97.5	130.5	130.5	90	70			
	Standard	Jameliah Oseki-Simms 26/04/2024	Rebecca Coggle 09/06/2024	Rebecca Coggle 09/06/2024	Hellen Frost 27/05/2024	Betty Gray 08/06/2024	Standard	Standard	Standard