

-43kg	U18	U23
<b>SQUAT</b>	107.5 S Rowlands 23/06/2012	145 S Rowlands 14/08/2015
<b>BENCH PRESS</b>	42.5 S Rowlands 24/03/2012	67.5 S Rowlands 14/08/2015
<b>DEADLIFT</b>	107.5 S Rowlands 24/03/2012	120 S Rowlands 18/08/2013
<b>TOTAL</b>	252.5 S Rowlands 07/08/2012	332.5 S Rowlands 14/08/2015
<b>BENCH (A/C)</b>	Standard	62.5 M Ainsworth 06/01/2013



## East Midlands British Powerlifting WOMEN - EQUIPPED

updated: 12/12/2021

-47kg	U18	U23	open	M1	M2	M3
<b>SQUAT</b>	60 S Rowlands 26/02/2011	100 S Tang 31/01/2016	145 S Rowlands 14/08/2015	75 I Flanagan 31/01/2016	75 I Flanagan 31/01/2016	Standard
<b>BENCH PRESS</b>	27.5 S Rowlands 26/02/2011	52.5 S Rowlands 02/02/2014	67.5 S Rowlands 14/08/2015	42.5 I Flanagan 27/04/2013	42.5 I Flanagan 27/04/2013	Standard
<b>DEADLIFT</b>	75 S Rowlands 26/02/2011	120.5 S Tang 31/01/2016	120.5 S Tang 31/01/2016	115 I Flanagan 27/04/2013	115 I Flanagan 27/04/2013	Standard
<b>TOTAL</b>	162.5 S Rowlands 26/02/2011	268 S Tang 31/01/2016	332.5 S Rowlands 14/08/2015	230.5 I Flanagan 27/04/2013	230.5 I Flanagan 27/04/2013	Standard
<b>BENCH (A/C)</b>	27.5 S Rowlands 26/02/2011	52.5 S Rowlands 02/02/2014	62.5 M Ainsworth 06/01/2013	42.5 I Flanagan 27/04/2013	42.5 I Flanagan 27/04/2013	Standard

-52kg	U18	U23	open	M1	M2	M3
<b>SQUAT</b>	85 B Wylie 13/12/2015	85 B Wylie 13/12/2015	140 R Basting 25/05/2019	130 J Hunter 26/09/2011	130 J Hunter 26/09/2011	110 J Hunter 19/01/2019
<b>BENCH PRESS</b>	55 G Blakeman 09/04/2017	55 G Blakeman 09/04/2017	82.5 J Hunter 22/06/2013	82.5 J Hunter 24/03/2012	82.5 J Hunter 24/03/2012	80 J Hunter 03/07/2018
<b>DEADLIFT</b>	105 B Wylie 13/12/2015	105 B Wylie 13/12/2015	163 J Hunter 26/09/2011	163 J Hunter 26/09/2011	163 J Hunter 26/09/2011	142.5 J Hunter 03/07/2018
<b>TOTAL</b>	230 G Blakeman 09/04/2017	230 G Blakeman 09/04/2017	373 J Hunter 26/09/2011	373 J Hunter 26/09/2011	373 J Hunter 26/09/2011	330 J Hunter 03/07/2018
<b>BENCH (A/C)</b>	55 G Blakeman 09/04/2017	55 G Blakeman 09/04/2017	90 N Blake 06/01/2013	82.5 J Hunter 24/03/2012	82.5 J Hunter 24/03/2012	80 J Hunter 03/07/2018

-57kg	U18	U23	open	M1	M2	M3
<b>SQUAT</b>	67.5 S Chan 02/02/2014	95 K Bardwell 05/02/2017	135 J Hunter 02/12/2012	135 J Hunter 02/12/2012	135 J Hunter 02/12/2012	110 J Hunter 10/02/2018
<b>BENCH PRESS</b>	42.5 S Chan 02/02/2014	60 K Bardwell 05/02/2017	85 J Hunter 02/07/2012	85 J Hunter 02/07/2012	85 J Hunter 02/07/2012	77.5 J Hunter 10/02/2018
<b>DEADLIFT</b>	75 S Chan 02/02/2014	127.5 K Bardwell 05/02/2017	165 J Hunter 02/12/2012	165 J Hunter 02/12/2012	165 J Hunter 02/12/2012	145 J Hunter 10/02/2018
<b>TOTAL</b>	185 S Chan 02/02/2014	282.5 K Bardwell 05/02/2017	380 J Hunter 02/12/2012	380 J Hunter 02/12/2012	380 J Hunter 02/12/2012	332.5 J Hunter 10/02/2018
<b>BENCH (A/C)</b>	42.5 S Chan 02/02/2014	60 K Bardwell 05/02/2017	85 J Hunter 02/07/2012	85 J Hunter 02/07/2012	85 J Hunter 02/07/2012	77.5 J Hunter 10/02/2018

-63kg	U18	U23	open	M1	M2	M3
SQUAT	95	107.5	150	135	90	60
	A Dennis 22/09/2018	F Rickwood 31/01/2016	S King 06/02/2012	A Graham 03/02/2019	N Butler 26/05/2018	Kathleen Pound 24/11/2019
BENCH PRESS	55	62.5	115kg	92.5	50	45
	A Dennis 22/09/2018	S Goulder 13/08/2016	F Jordan 18/01/2020	A Graham 03/02/2019	N Butler 26/05/2018	Kathleen Pound 24/11/2019
DEADLIFT	130	132.5	195.5	195.5	122.5	100
	A Dennis 22/09/2018	S Goulder 13/08/2016	A Graham 03/02/2019	A Graham 03/02/2019	N Butler 26/05/2018	Kathleen Pound 24/11/2019
TOTAL	280	300	423	423	262.5	205
	A Dennis 22/09/2018	S Goulder 13/08/2016	A Graham 03/02/2019	A Graham 03/02/2019	N Butler 26/05/2018	Kathleen Pound 24/11/2019
BENCH (A/C)	55	62.5	115kg	92.5	50	45
	A Dennis 22/09/2018	S Goulder 13/08/2016	F Jordan 18/01/2020	A Graham 03/02/2019	N Butler 26/05/2018	Kathleen Pound 24/11/2019

-69kg	U18	U23	open	M1	M2	M3
SQUAT	0	0	150	130	130	0
	-	-	A Frazer-Williams 07/11/2021	T Redmore 04/12/2021	T Redmore 04/12/2021	-
	-	-	-	-	-	-
BENCH PRESS	0	0	82.5	70	72.5	0
	-	-	A Frazer-Williams 07/11/2021	T Redmore 04/12/2021	T Redmore 24/07/2021	-
	-	-	-	-	-	-
DEADLIFT	0	0	165	125	145	0
	-	-	A Frazer-Williams 07/11/2021	T Redmore 04/12/2021	P Gentle 04/12/2021	-
	-	-	-	-	-	-
TOTAL	0	0	397.5	345	337.5	0
	-	-	A Frazer-Williams 07/11/2021	T Redmore 04/12/2021	T Redmore 24/07/2021	-
	-	-	-	-	-	-
BENCH (A/C)	0	0	82.5	70	72.5	0
	-	-	A Frazer-Williams 07/11/2021	T Redmore 04/12/2021	T Redmore 24/07/2021	-
	-	-	-	-	-	-

-76kg	U18	U23	open	M1	M2	M3
SQUAT	0	0	145	145	85	85
	-	-	A Hilton 01/05/2021	A Hilton 01/05/2021	J Hawes 01/05/2021	J Hawes 01/05/2021
	-	-	-	-	-	-
BENCH PRESS	0	0	82.5KG	67.5	55	55
	-	-	K Roberts 07/11/2021	A Hilton 01/05/2021	J Hawes 24/07/2021	J Hawes 24/07/2021
	-	-	-	-	-	-
DEADLIFT	0	0	165	165	105	105
	-	-	A Hilton 01/05/2021	A Hilton 01/05/2021	J Hawes 24/07/2021	J Hawes 24/07/2021
	-	-	-	-	-	-
TOTAL	0	0	377.5	377.5	240	240
	-	-	A Hilton 01/05/2021	A Hilton 01/05/2021	J Hawes 24/07/2021	J Hawes 24/07/2021
	-	-	-	-	-	-
BENCH (A/C)	0	0	87.5	67.5	47.5	47.5
	-	-	A Claire 14/11/2021	A Hilton 01/05/2021	J Hawes 01/05/2021	J Hawes 01/05/2021
	-	-	-	-	-	-

-84kg	U18	U23	open	M1	M2	M3
SQUAT	100	100	207.5	172.5	172.5	
	L Wetheridge 30/06/2012	L Wetheridge 30/06/2012	C Civetta 08/09/2019	J Blasberry 16/03/2014	J Blasberry 16/03/2014	Standard
BENCH PRESS	72.5	72.5	137.5	120	120	
	L Wetheridge 30/06/2012	L Wetheridge 30/06/2012	C Civetta 08/09/2019	J Blasberry 16/03/2014	J Blasberry 16/03/2014	Standard
DEADLIFT	160	160	195	192.5	192.5	
	L Wetheridge 30/06/2012	L Wetheridge 30/06/2012	C Civetta 08/09/2019	J Blasberry 28/04/2013	J Blasberry 28/04/2013	Standard
TOTAL	332.5	332.5	540	482.5	482.5	
	L Wetheridge 30/06/2012	L Wetheridge 30/06/2012	C Civetta 08/09/2019	J Blasberry 16/03/2015	J Blasberry 16/03/2015	Standard

<b>BENCH (A/C)</b>	72.5 L Wetheridge 30/06/2012	72.5 L Wetheridge 30/06/2012	137.5 C Civetta 08/09/2019	120 J Blasberry 16/03/2015	120 J Blasberry 16/03/2014	Standard
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**84kg+**

	<b>U18</b>	<b>U23</b>	<b>open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>
<b>SQUAT</b>	Standard	127.5 V Robinson 14/07/2019	190 C Holland 13/12/2015	175 S Marsden 17/09/2017	167.5 J Blasberry 22/06/2013	70 V Harrison 04/06/2019
<b>BENCH PRESS</b>	Standard	70 V Robinson 14/07/2019	105 J Blasberry 22/06/2013	105 J Blasberry 22/06/2013	105 J Blasberry 22/06/2013	50 V Harrison 04/06/2019
<b>DEADLIFT</b>	Standard	160 V Robinson 14/07/2019	195 C Holland 20/09/2015	187.5 J Blasberry 22/06/2013	187.5 J Blasberry 22/06/2013	130 V Harrison 04/06/2019
<b>TOTAL</b>	Standard	357.5 V Robinson 14/07/2019	465 C Holland 20/09/2015	460 J Blasberry 22/06/2013	460 J Blasberry 22/06/2013	250 V Harrison 04/06/2019
<b>BENCH (A/C)</b>	Standard	70 V Robinson 14/07/2019	115 C Holland 23/02/2019	105 J Blasberry 22/06/2013	117.5 J Blasberry 19/10/2014	50 V Harrison 04/06/2019