

-43kg	U16	U18	U23
SQUAT	-	-	-
BENCH PRESS	-	-	-
DEADLIFT	-	-	-
TOTAL	-	-	-
BENCH (A/C)	-	-	-



South West Records - Female Equipped

updated: 04/05/2024

-47kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	97.5 Chloe Trent 29/04/2023	97.5 Chloe Trent 29/04/2023	120 Cherry Yeung 03/12/2022	-	-	-	-
BENCH PRESS	-	47.5 Chloe Trent 29/04/2023	47.5 Chloe Trent 29/04/2023	75 Cherry Yeung 03/12/2022	-	-	-	-
DEADLIFT	-	120.5 Chloe Trent 29/04/2023	120.5 Chloe Trent 29/04/2023	150 Cherry Yeung 03/12/2022	-	-	-	-
TOTAL	-	265.5 Chloe Trent 29/04/2023	265.5 Chloe Trent 29/04/2023	345 Cherry Yeung 03/12/2022	-	-	-	-
BENCH (A/C)	-	47.5 Chloe Trent 29/04/2023	47.5 Chloe Trent 29/04/2023	75 Cherry Yeung 03/12/2022	-	-	-	-

-52kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	80 Jaime Lei Fuller 14/04/2018	125 Heather Christie 06/04/2019	142.5 Leoni Tatman 04/09/2021	77.5 Helen Gregory 12/08/2017	-	-	-
BENCH PRESS	-	50 Jaime Lei Fuller 14/04/2018	67.5 Heather Christie 06/04/2019	92.5 Leoni Tatman 01/12/2022	55 Helen Gregory 12/08/2017	-	-	-
DEADLIFT	-	92.5 Jaime Lei Fuller 14/04/2018	150 Heather Christie 06/04/2019	152.5 Leoni Tatman 19/03/2022	127.5 Helen Gregory 12/08/2017	-	-	-
TOTAL	-	222.5 Jaime Lei Fuller 14/04/2018	342.5 Heather Christie 06/04/2019	382.5 Leoni Tatman 04/09/2021	260 Helen Gregory 12/08/2017	-	-	-
BENCH (A/C)	-	50 Jaime Lei Fuller 14/04/2018	67.5 Heather Christie 06/04/2019	92.5 Leoni Tatman 01/12/2022	55 Helen Gregory 12/08/2017	-	-	-

-57kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	110.5 Shannon Smith 22/09/2018	142.5 Annabelle Cox 26/04/2024	142.5 Annabelle Cox 26/04/2024	110 Pelin Baykal 07/03/2015	105 Kim Gough 08/10/2023	105 Kim Gough 08/10/2023	-
BENCH PRESS	-	72.5 Lucy Rayner 21/03/2015	75 Amelia Irwin 27/11/2021	97.5 Leoni Tatman 23/07/2023	62.5 Pelin Baykal 07/03/2015	60.5 Jayne Caudwell 09/10/2021	50 Kim Gough 08/10/2023	-
DEADLIFT	-	145 Shannon Smith 22/09/2018	163 Katie Rimell 17/12/2022	163 Katie Rimell 17/12/2022	147.5 Kim Gough 08/10/2023	147.5 Kim Gough 08/10/2023	147.5 Kim Gough 08/10/2023	-
TOTAL	-	325.5 Shannon Smith 22/09/2018	359 Katie Rimell 17/12/2022	390 Leoni Tatman 16/03/2023	317.5 Pelin Baykal 07/03/2015	302.5 Kim Gough 08/10/2023	302.5 Kim Gough 08/10/2023	-
BENCH (A/C)	-	72.5 Lucy Rayner 21/03/2015	75 Amelia Irwin 27/11/2021	97.5 Leoni Tatman 23/07/2023	62.5 Pelin Baykal 07/03/2015	60.5 Jayne Caudwell 09/10/2021	50 Kim Gough 08/10/2023	-

-63kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	132.5 Shannon Smith 27/01/2019	153 Olivia Hardingham 02/04/2023	183 Makeda Vidal 17/03/2023	158 Hannah Yardy 03/06/2023	97.5 Maz Glover 01/04/2017	67.5 Denise Goddard 24/09/2023	30 Peeps Nicol 13/05/2023
BENCH PRESS	-	77.5 Shannon Smith 27/01/2019	82.5 Jessica Jeremaes 02/04/2022	100 Rosi Lima 13/04/2014	95 Hannah Yardy 04/03/2023	60.5 Janet Dickinson 27/01/2019	37.5 Kim Gough 09/10/2021	27.5 Peeps Nicol 13/05/2023
DEADLIFT	-	170 Shannon Smith 27/01/2019	170 Shannon Smith 27/01/2019	202.5 Laura Simkins 29/05/2022	187.5 Hannah Yardy 04/03/2023	137.5 Janet Dickinson 06/04/2019	100.5 Denise Goddard 14/05/2023	55 Peeps Nicol 13/05/2023
TOTAL	-	380 Shannon Smith 27/01/2019	380 Shannon Smith 27/01/2019	470.5 Makeda Vidal 17/03/2023	437.5 Hannah Yardy 16/02/2024	287.5 Suzanne Shepherd 26/10/2019	202.5 Kim Gough 09/10/2021	112.5 Peeps Nicol 13/05/2023
BENCH (A/C)	-	77.5 Shannon Smith 27/01/2019	82.5 Jessica Jeremaes 02/04/2022	100 Rosi Lima 13/04/2014	95 Hannah Yardy 04/03/2023	60.5 Janet Dickinson 27/01/2019	37.5 Kim Gough 09/10/2021	27.5 Peeps Nicol 13/05/2023

-69kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	120 Adriana Nunes 14/05/2023	147.5 Danielle Broom 22/08/2021	150 Emma Williams 16/12/2023	140 Heather Tagg 03/06/2023	140 Heather Tagg 03/06/2023	105 Dawn Morrell 05/07/2023	45 Peeps Nicol 13/04/2024
BENCH PRESS	-	65 Daniella-Jade Chester 13/03/2022	90.5 Emily Griffiths 24/02/2024	102.5 Ellen Roberts 18/03/2023	75 Heather Tagg 23/09/2021	75 Heather Tagg 23/09/2021	60 Dawn Morrell 05/07/2023	33 Peeps Nicol 13/04/2024
DEADLIFT	-	135 Adriana Nunes 14/05/2023	175 Lauren Skeates 02/04/2023	177.5 Ellen Roberts 18/03/2023	180 Heather Tagg 03/06/2023	180 Heather Tagg 03/06/2023	145 Linda Thorne 03/06/2023	70.5 Peeps Nicol 13/04/2024
TOTAL	-	310 Adriana Nunes 14/05/2023	402.5 Lauren Skeates 16/12/2023	425 Ellen Roberts 18/03/2023	387.5 Heather Tagg 03/06/2023	387.5 Heather Tagg 03/06/2023	287.5 Dawn Morrell 05/07/2023	148.5 Peeps Nicol 13/04/2024
BENCH (A/C)	-	65 Daniella-Jade Chester 13/03/2022	85 Lauren Skeates 16/12/2023	102.5 Ellen Roberts 18/03/2023	75 Heather Tagg 23/09/2021	75 Heather Tagg 23/09/2021	60 Dawn Morrell 05/07/2023	33 Peeps Nicol 13/04/2024

-72kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	92.5 Daniella-Jade Chester 30/10/2019	147.5 Shannon Smith 06/04/2019	150 Emily Greenway 25/11/2017	187.5 Christie Civetta 25/02/2017	122.5 Cassie Kane 25/02/2018	120 Heather Tagg 14/04/2018	-	-
BENCH PRESS	57.5 Daniella-Jade Chester 25/05/2019	80 Shannon Smith 06/04/2019	80 Shannon Smith 06/04/2019	112.5 Christie Civetta 16/11/2017	75 Amelia Allen 15/10/2017	67.5 Heather Tagg 14/04/2018	-	-
DEADLIFT	115 Daniella-Jade Chester 25/05/2019	162.5 Shannon Smith 06/04/2019	165 Emily Greenway 25/11/2017	192.5 Emily Greenway 08/03/2020	160 Cassie Kane 15/10/2017	160 Heather Tagg 14/04/2018	-	-
TOTAL	262.5 Daniella-Jade Chester 25/05/2019	390 Shannon Smith 06/04/2019	390 Shannon Smith 06/04/2019	477.5 Christie Civetta 25/02/2017	355 Cassie Kane 25/02/2018	347.5 Heather Tagg 14/04/2018	-	-
BENCH (A/C)	57.5 Daniella-Jade Chester 25/05/2019	80 Shannon Smith 06/04/2019	80 Shannon Smith 06/04/2019	112.5 Christie Civetta 16/11/2017	75 Amelia Allen 15/10/2017	67.5 Heather Tagg 14/04/2018	-	-

72kg records archived at the end of 2020

-76kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	130 Adriana Nunes 28/10/2023	172.5 Millie Mabbutt 16/12/2023	200 Amy Spencer 27/02/2023	145 Heather Tagg 16/12/2023	145 Heather Tagg 16/12/2023	105 Dawn Morrell 08/10/2023	-
BENCH PRESS	-	55 Adriana Nunes 28/10/2023	100 Odette Tobaiwa 12/11/2022	115 Amy Spencer 27/02/2023	72.5 Heather Tagg 16/12/2023	72.5 Heather Tagg 16/12/2023	67.5 Dawn Morrell 08/10/2023	-
DEADLIFT	-	147.5 Adriana Nunes 28/10/2023	180 Millie Mabbutt 16/12/2023	210 Michelle Chendamudima 27/01/2024	182.5 Heather Tagg 16/12/2023	182.5 Heather Tagg 16/12/2023	125 Dawn Morrell 08/10/2023	-
TOTAL	-	332.5 Adriana Nunes 28/10/2023	445 Millie Mabbutt 16/12/2023	495 Emily Greenway 19/03/2022	400 Heather Tagg 16/12/2023	400 Heather Tagg 16/12/2023	297.5 Dawn Morrell 08/10/2023	-
BENCH (A/C)	-	55 Adriana Nunes 28/10/2023	100 Odette Tobaiwa 12/11/2022	115 Amy Spencer 27/02/2023	72.5 Heather Tagg 16/12/2023	72.5 Heather Tagg 16/12/2023	67.5 Dawn Morrell 08/10/2023	-

-84kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	142.5 Laila Tucker 14/05/2023	160 Drew Fackrell 26/05/2019	227.5 Charlie Shotton-Gale 18/11/2016	170 Hira Teirney 13/03/2022	152.5 Helen Toms 25/02/2017	120 Dawn Morrell 22/01/2022	-
BENCH PRESS	-	75 Laila Tucker 14/05/2023	87.5 Charlie Davey 27/01/2024	142.5 Charlie Shotton-Gale 17/11/2017	92.5 Amelia Allen 27/10/2019	87.5 Helen Toms 25/02/2017	75 Dawn Morrell 13/11/2021	-
DEADLIFT	-	167.5 Charlie Chester 14/12/2014	170 Charlie Chester 06/03/2016	253.5 Ziana Azariah 09/12/2023	213.5 Hira Teirney 13/03/2022	160 Julia Fabrizi 27/01/2019	135 Dawn Morrell 22/01/2022	-
TOTAL	-	370 Laila Tucker 14/05/2023	392.5 Charlie Chester 06/03/2016	581 Ziana Azariah 09/12/2023	466 Hira Teirney 13/03/2022	390 Helen Toms 25/02/2017	327.5 Dawn Morrell 22/01/2022	-
BENCH (A/C)	-	75 Laila Tucker 14/05/2023	87.5 Charlie Davey 27/01/2024	142.5 Charlie Shotton-Gale 17/11/2017	95 Amelia Allen 22/06/2019	87.5 Helen Toms 25/02/2017	75 Dawn Morrell 13/11/2021	-

84kg+	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	140 Abi-Louise Lane 02/11/2019	200 Charlie Chester 14/04/2018	200.5 Leanne Mackenzie 16/12/2023	160 Emily Portlock 26/01/2020	150 Jacqueline Tilley 17/12/2022	122.5 Dawn Morrell 07/10/2019	-
BENCH PRESS	-	70 Abi-Louise Lane 26/01/2020	100 Charlie Chester 14/04/2018	115 Charlie Shotton-Gale 13/04/2014	92.5 Helen Toms 13/07/2017	92.5 Helen Toms 13/07/2017	80 Dawn Morrell 07/10/2019	-
DEADLIFT	-	175 Abi-Louise Lane 26/01/2020	190 Charlie Chester 14/04/2018	220 Hira Teirney 14/12/2019	202.5 Hira Teirney 16/12/2023	157.5 Helen Toms 03/12/2016	147.5 Sue Brunt 03/06/2023	-
TOTAL	-	380 Abi-Louise Lane 26/01/2020	490 Charlie Chester 14/04/2018	505 Charlie Shotton-Gale 13/04/2014	437.5 Hira Teirney 16/12/2023	387.5 Helen Toms 03/12/2016	332.5 Dawn Morrell 07/10/2019	-
BENCH (A/C)	-	70 Abi-Louise Lane 26/01/2020	100 Charlie Chester 14/04/2018	115 Charlie Shotton-Gale 13/04/2014	92.5 Helen Toms 13/07/2017	92.5 Helen Toms 13/07/2017	80 Dawn Morrell 07/10/2019	-

To claim a South West Record, email alex_tosh@hotmail.com