





		12/3/2017	24/11/2017	24/11/2017	19/11/2011	19/11/2011		
	<b>BENCH (A/C)</b>	50	90	90	71	71	37.5	0
		Lucy Robinson	Elsbeth McLeod	Elsbeth McLeod	Jess Jones	Jess Jones	standard	standard
		29/10/2016	22/9/2018	22/9/2018	19/11/2011	19/11/2011		
<b>-63kg</b>		u18	u23	open	m1	m2	m3	m4
	<b>SQUAT</b>	145.5	145.5	145.5	107.5	107.5	65	0
		Lucy Robinson	Lucy Robinson	Lucy Robinson	Carole Taylor	Carole Taylor	standard	standard
		24/11/2018	24/11/2018	24/11/2018	16/7/2017	16/7/2017		
	<b>BENCH</b>	67.5	67.5	91	72.5	72.5	40	0
		Lucy Robinson	Lucy Robinson	Hollie Johnson	Jess Jones	Jess Jones	standard	standard
		22/9/2018	22/9/2018	18/11/2018	25/6/2011	25/6/2011		
	<b>DEADLIFT</b>	170.5	170.5	195	162.5	155	120	0
		Lucy Robinson	Lucy Robinson	Stephanie Pike	Jess Jones	Jess Jones	Helen Jarvis	standard
		24/11/2018	24/11/2018	29/5/2017	4/9/2010	25/6/2011	28/6/2014	
	<b>TOTAL</b>	381	381	388.5	337.5	332.5	205	0
		Lucy Robinson	Lucy Robinson	Hollie Johnson	Jess Jones	Jess Jones	Helen Jarvis	standard
		24/11/2018	24/11/2018	18/11/2018	4/9/2010	25/6/2011	28/6/2014	
	<b>BENCH (A/C)</b>	67.5	67.5	91	73	73	42.5	0
		Lucy Robinson	Lucy Robinson	Hollie Johnson	Jess Jones	Jess Jones	standard	standard
		22/9/2018	22/9/2018	18/11/2018	5/11/2011	5/11/2011		
<b>-72kg</b>		u18	u23	open	m1	m2	m3	m4
	<b>SQUAT</b>	92.5	142.5	156	137.5	117.5	67.5	0
		Amy Sonnenfeld	Rachel Hughes	Rosie Burlison	Emma Taylor	Jacqui North	standard	standard
		7/2/2004	25/11/2017	7/7/2018	9/12/2017	20/10/2018		
	<b>BENCH</b>	50	85	92.5	75	55	42.5	0
		Amy Sonnenfeld	Rachel Hughes	Ruta Lendraitiene	Lisa Liddy	Melanie Kaye	standard	standard
		16/11/2003	25/11/2017	4/3/2017	27/1/2018	2/7/2016		
	<b>DEADLIFT</b>	110	190.5	190.5	180	147.5	97.5	#REF!
		Amy Sonnenfeld	Rosie Howard	Rosie Howard	Emma Taylor	Jacqui North	standard	standard
		6/7/2003	9/6/2018	9/6/2018	26/5/2018	20/10/2018		
		250	403	412.5	385	320	210	0

	<b>TOTAL</b>	Amy Sonnenfeld 16/11/2003	Rosie Howard 9/6/2018	Rachel Bradish 26/5/2018	Emma Taylor 26/5/2018	Jacqui North 20/10/2018	standard	standard
	<b>BENCH (A/C)</b>	50 Amy Sonnenfeld 16/11/2003	85 Rachel Hughes 25/11/2017	92.5 Ruta Lendraitiene 14/1/2017	77.5 Lisa Liddy 27/8/2017	55 Melanie Kaye 2/7/2016	45 standard	0 standard
<b>-84kg</b>		u18	u23	open	m1	m2	m3	m4
	<b>SQUAT</b>	110 Alicia Blum 26/7/2014	170 Rebekah Tiler 7/10/2018	170 Rebekah Tiler 7/10/2018	140 Sue Hollands 23/5/2004	140 Sue Hollands 23/5/2004	130 Sue Hollands 26/3/2011	0 standard
	<b>BENCH</b>	47.5 Jenny Turnbull 18/11/2018	105 Stephanie Carrillo-Chavez 11/11/2017	105 Stephanie Carrillo-Chavez 11/11/2017	77.5 Carole O'Neil 7/7/2018	67.5 Sue Hollands 26/3/2011	67.5 Sue Hollands 26/3/2011	0 standard
	<b>DEADLIFT</b>	130 Alicia Blum 28/6/2014	183 Rebekah Tiler 7/10/2018	183 Rebekah Tiler 7/10/2018	168.5 Sue Hollands 23/5/2004	168.5 Sue Hollands 23/5/2004	160 Sue Hollands 26/3/2011	0 standard
	<b>TOTAL</b>	276 Alicia Blum 26/7/2014	433 Rebekah Tiler 7/10/2018	433 Rebekah Tiler 7/10/2018	372.5 Sue Hollands 23/5/2004	372.5 Sue Hollands 23/5/2004	357.5 Sue Hollands 26/3/2011	0 standard
	<b>BENCH (A/C)</b>	47.5 Jenny Turnbull 18/11/2018	120 Stephanie Carrillo-Chavez 18/5/2018	120 Stephanie Carrillo-Chavez 18/5/2018	77.5 Carole O'Neil 7/7/2018	67.5 Sue Hollands 26/3/2011	67.5 Sue Hollands 26/3/2011	0 standard
<b>84kg+</b>		u18	u23	open	m1	m2	m3	m4
	<b>SQUAT</b>	75 Standard	140 Bethaney Roughead 18/11/2018	170 Laura Loft 4/3/2017	150 Karen Richardson 16/8/2014	150 Karen Richardson 16/8/2014	135 Sue Hollands 13/10/2012	0 Standard
	<b>BENCH</b>	55 Amelia Lonsbrough 19/11/2011	57.5kg Bethaney Roughead 18/11/2018	106.5 Mariemy Montero 10/3/2018	75.5 Madeline Murtagh 6/6/2009	70 Sue Hollands 13/10/2012	70 Sue Hollands 13/10/2012	0 Standard
		150	150	195	185	185	166.5	

	<b>DEADLIFT</b>	Amelia Lonsbrough	Amelia Lonsbrough	Kesia Tony	Karen Richardson	Karen Richardson	Sue Hollands	Standard
		19/11/2011	19/11/2011	17/6/2017	16/8/2014	16/8/2014	13/10/2012	
	<b>TOTAL</b>	275	327.5	430	402.5	402.5	371.5	
		Amelia Lonsbrough	Bethaney Roughead	Laura Berry	Karen Richardson	Karen Richardson	Sue Hollands	Standard
		19/11/2011	18/11/2018	18/9/2016	16/8/2014	16/8/2014	13/10/2012	
	<b>BENCH (A/C)</b>	55	60	106.5	75.5	70	70	
		Amelia Lonsbrough	Standard	Mariemy Montero	Madeline Murtagh	Sue Hollands	Sue Hollands	Standard
		19/11/2011		10/3/2018	6/6/2009	13/10/2012	13/10/2012	