



GBPF - BRITISH STANDARDS - WOMEN

Last updated 05 May 2012

WOMEN'S EQUIPPED

	Under 18 equip(cp)	Under 20 equip (cp)	Under 23 equip(cp)	Open equip(cp)	Masters 1 equip(cp)	Masters 2 equip(cp)	Masters 3 equip(cp)
43kg							
Squat	105 Sharn Rowlands 08/10/2011	105 Sharn Rowlands 08/10/2011	110 Standard	0 Standard	0 Standard	0 Standard	0 Standard
Bench Press	50 Standard	55 Standard	60 Standard	0 Standard	0 Standard	0 Standard	0 Standard
Deadlift	107.5 Sharn Rowlands 08/10/2011	117.5 Standard	130 Standard	0 Standard	0 Standard	0 Standard	0 Standard
Total	252.5 Sharn Rowlands 08/10/2011	272.5 Standard	300 Standard	0 Standard	0 Standard	0 Standard	0 Standard
Bench (All Contest)	50 Standard	60 Megan Ainsworth 16/07/2011	60 Megan Ainsworth 16/07/2011	0 Standard	0 Standard	0 Standard	0 Standard
47kg							
Squat	97.5 Standard	110 Standard	120 Standard	132.5 Standard	117.5 Standard	70 Marina Cornwall 24/03/2012	45 Standard
Bench Press	52.5 Standard	55 Standard	57.5 Standard	72.5 Standard	60 Standard	50 Marina Cornwall 30/07/2011	27.5 Standard
Deadlift	107.5 Standard	122.5 Standard	137.5 Standard	145 Standard	132.5 Standard	110 Marina Cornwall 30/07/2011	72.5 Standard
Total	247.5 Standard	277.5 Standard	305 Standard	337.5 Standard	300 Standard	230 Marina Cornwall 24/03/2012	137.5 Standard
Bench (All Contest)	52.5 Standard	55 Standard	57.5 Standard	72.5 Standard	60 Standard	50 Marina Cornwall 30/07/2011	27.5 Standard
52kg							
Squat	105 Standard	117.5 Standard	130 Standard	142.5 Standard	130 Jenny Hunter 27/09/2011	130 Jenny Hunter 27/09/2011	52.5 Standard
Bench Press	55 Standard	65 Standard	72.5 Standard	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	32.5 Standard
Deadlift	125 Standard	140 Standard	152.5 Standard	163 Jenny Hunter 27/09/2011	163 Jenny Hunter 27/09/2011	163 Jenny Hunter 27/09/2011	82.5 Standard
Total	287.5 Standard	322.5 Standard	355 Standard	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	373 Jenny Hunter 27/09/2011	147.5 Standard
Bench (All Contest)	57.5 Standard	65 Standard	72.5 Standard	90 Natalie Blake 18/12/2011	82.5 Jenny Hunter 24/03/2012	82.5 Jenny Hunter 24/03/2012	32.5 Standard



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57kg							
Squat	112.5 Standard	132.5 Standard	140 Standard	147.5 Rosemary Lima 10/04/2011	140 Standard	120 Jenny Hunter 23/07/2011	60 Standard
Bench Press	57.5 Standard	70 Standard	80 Standard	95 Standard	82.5kg Jenny Hunter 23/07/2011	82.5kg Jenny Hunter 23/07/2011	35 Standard
Deadlift	132.5 Standard	147.5 Standard	160 Standard	162.5 Jess Jones 19/11/2011	162.5 Jess Jones 19/11/2011	162.5 Jess Jones 19/11/2011	90 Standard
Total	300 Standard	345 Standard	370 Standard	382.5 Rosemary Lima 10/04/2011	357.5kg Jenny Hunter 23/07/2011	357.5kg Jenny Hunter 23/07/2011	157.5 Standard
Bench (All Contest)	70 Standard	75 Standard	80 Standard	95 Standard	82.5kg Jenny Hunter 23/07/2011	82.5kg Jenny Hunter 23/07/2011	35 Standard
63kg							
Squat	125 Standard	142.5 Standard	160 Standard	185 Louise Watton 30/07/2011	152.5 Helen Barrs 24/03/2012	135 Standard	67.5 Standard
Bench Press	60 Standard	75 Standard	90 Standard	120 Standard	112.5 Standard	75 Standard	40 Standard
Deadlift	140 Standard	157.5 Standard	172.5 Standard	185.5 Louise Watton 15/12/2011	155 Helen Barrs 08/10/2011	140 Standard	100 Standard
Total	320 Standard	375 Standard	427.5 Standard	462.5 Louise Watton 30/07/2011	407.5 Standard	347.5 Standard	170 Standard
Bench (All Contest)	72.5 Standard	82.5 Standard	90 Standard	120 Standard	112.5 Standard	75 Standard	42.5 Standard
72kg							
Squat	150 Standard	165 Standard	180 Standard	195 Standard	160 Standard	145 Standard	72.5 Standard
Bench Press	75 Lisa Hicks 08/10/2011	85 Standard	105 Standard	127.5 Standard	120 Standard	80 Standard	42.5 Standard
Deadlift	157.5 Standard	172.5 Standard	187.5 Standard	190 Standard	177.5 Jackie Blasberry 27/09/2011	147.5 Standard	102.5 Standard
Total	357.5 Standard	407.5 Standard	455 Standard	500 Standard	447.5 Standard	380 Standard	202.5 Standard
Bench (All Contest)	75 Lisa Hicks 08/10/2011	90 Standard	105 Standard	127.5 Standard	120 Standard	80 Standard	42.5 Standard



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	Under 18 equip(cp)	Under 20 equip (cp)	Under 23 equip(cp)	Open equip(cp)	Masters 1 equip(cp)	Masters 2 equip(cp)	Masters 3 equip(cp)
84kg Squat	160 Standard	182.5 Standard	202.5 Standard	212.5 Standard	180 Sue Hollands 24/03/2012	180 Sue Hollands 24/03/2012	180 Sue Hollands 24/03/2012
Bench Press	70 Standard	90 Standard	110 Standard	132.5 Standard	117.5 Jean Maton 27/09/2011	88 Sue Hollands 17/09/2011	88 Sue Hollands 17/09/2011
Deadlift	167.5 Standard	182.5 Standard	195 Standard	200 Standard	192.5 Jackie Blasbery 30/07/2011	172.5 Sue Hollands 24/03/2012	172.5 Sue Hollands 24/03/2012
Total	367.5 Standard	417.5 Standard	465 Standard	530 Standard	480 Jean Maton 16/04/2011	440 Sue Hollands 24/03/2012	440 Sue Hollands 24/03/2012
Bench (All Contest)	80 Standard	95 Standard	110 Standard	132.5 Standard	117.5 Jean Maton 27/09/2011	88 Sue Hollands 17/09/2011	88 Sue Hollands 17/09/2011
84kg+ Squat	170 Standard	190 Standard	210 Standard	227.5 Standard	190 Standard	180 Sue Hollands 06/08/2011	180 Sue Hollands 06/08/2011
Bench Press	75 Standard	95 Standard	115 Standard	137.5 Standard	130 Standard	88 Sue Hollands 06/08/2011	88 Sue Hollands 06/08/2011
Deadlift	177.5 Standard	190 Standard	200 Standard	207.5 Standard	187.5 Standard	170 Sue Hollands 30/07/2011	170 Sue Hollands 30/07/2011
Total	377.5 Standard	427.5 Standard	475 Standard	557.5 Standard	527.5 Standard	435.5 Sue Hollands 06/08/2011	435.5 Sue Hollands 06/08/2011
Bench (All Contest)	85 Standard	100 Standard	115 Standard	137.5 Standard	130 Standard	88 Sue Hollands 06/08/2011	88 Sue Hollands 06/08/2011