



**GBPF - BRITISH STANDARDS - WOMEN**

Last updated 05 May 2012

**WOMEN'S UNEQUIPPED**

	<b>u16 unequip</b>	<b>u18 unequip</b>	<b>u20 unequip</b>	<b>u23 unequip</b>	<b>open unequip</b>	<b>master 1 unequip</b>	<b>master 2 unequip</b>	<b>master 3 unequip</b>
<b>43kg</b>								
<b>Squat</b>	62.5 Standard	75 Sharn Rowlands 26/02/2011	77.5 Standard	85 Standard	0 Standard	0 Standard	0 Standard	0 Standard
<b>Bench Press</b>	35 Standard	37.5 Standard	42.5 Standard	45 Standard	0 Standard	0 Standard	0 Standard	0 Standard
<b>Deadlift</b>	82.5kg Standard	105 Sharn Rowlands 26/02/2011	102.5 Standard	112.5 Standard	0 Standard	0 Standard	0 Standard	0 Standard
<b>Total</b>	170 Standard	215 Sharn Rowlands 26/02/2011	210 Standard	230 Standard	0 Standard	0 Standard	0 Standard	0 Standard
<b>Bench (All Contest)</b>	35 Standard	60 Megan Ainsworth 16/07/2011	60 Megan Ainsworth 16/07/2011	60 Megan Ainsworth 16/07/2011	0 Standard	0 Standard	0 Standard	0 Standard
<b>47kg</b>								
<b>Squat</b>	67.5 Standard	75 Standard	85 Standard	92.5 Standard	95 Standard	85 Standard	70 Imelda Flanigan 26/11/2011	35 Standard
<b>Bench Press</b>	35 Standard	40 Standard	42.5 Standard	45 Standard	55 Standard	50 Marina Cornwall 20/08/2011	50 Marina Cornwall 20/08/2011	20 Standard
<b>Deadlift</b>	82.5 Standard	92.5 Standard	107.5 Standard	120 Standard	125 Standard	115 Marina Cornwall 16/12/2011	112.5 Marina Cornwall 20/08/2011	62.5 Standard
<b>Total</b>	170 Standard	190 Standard	212.5 Standard	235 Standard	260 Standard	227.5 Marina Cornwall 16/12/2011	225 Marina Cornwall 20/08/2011	105 Standard
<b>Bench (All Contest)</b>	35 Standard	40 Standard	42.5 Standard	45 Standard	55 Standard	50 Marina Cornwall 20/08/2011	50 Marina Cornwall 20/08/2011	20 Standard
<b>52kg</b>								
<b>Squat</b>	72.5 Standard	80 Standard	90 Standard	95 Standard	100 Standard	90 Jenny Hunter 20/08/2011	90 Jenny Hunter 20/08/2011	40 Standard
<b>Bench Press</b>	37.5 Standard	42.5 Standard	50 Standard	55 Standard	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	25 Standard
<b>Deadlift</b>	97.5 Standard	107.5 Standard	122.5 Standard	132.5 Standard	145 Jenny Hunter 20/08/2011	145 Jenny Hunter 20/08/2011	145 Jenny Hunter 20/08/2011	72.5 Standard
<b>Total</b>	197.5 Standard	220 Standard	247.5 Standard	272.5 Standard	307.5 Jenny Hunter 20/08/2011	307.5 Jenny Hunter 20/08/2011	307.5 Jenny Hunter 20/08/2011	112.5 Standard
<b>Bench (All Contest)</b>	40 Standard	45 Standard	50 Standard	55 Standard	90 Natalie Blake 18/12/2011	72.5 Jenny Hunter 20/08/2011	72.5 Jenny Hunter 20/08/2011	25 Standard



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<b>57kg</b>								
<b>Squat</b>	80 Standard	87.5 Standard	102.5 Standard	105 Standard	115.5 Jess Jones 28/04/2012	115.5 Jess Jones 28/04/2012	115.5 Jess Jones 28/04/2012	45 Standard
<b>Bench Press</b>	40 Standard	45 Standard	55 Standard	62.5 Standard	72.5 Rosi Lima 22/05/2011	71 Jess Jones 19/11/2011	71 Jess Jones 19/11/2011	27.5 Standard
<b>Deadlift</b>	102.5 Standard	115 Standard	127.5 Standard	140 Standard	162.5 Jess Jones 19/11/2011	162.5 Jess Jones 19/11/2011	162.5 Jess Jones 19/11/2011	77.5 Standard
<b>Total</b>	207.5 Standard	230 Standard	265 Standard	300 Standard	346.5 Jess Jones 19/11/2011	346.5 Jess Jones 19/11/2011	346.5 Jess Jones 19/11/2011	120 Standard
<b>Bench (All Contest)</b>	50 Standard	55 Standard	57.5 Standard	62.5 Standard	72.5 Rosi Lima 22/05/2011	71 Jess Jones 19/11/2011	71 Jess Jones 19/11/2011	27.5 Standard
<b>63kg</b>								
<b>Squat</b>	85 Standard	95 Standard	110 Standard	122.5 Standard	150 Sarah King 05/02/2012	105 Jess Jones 25/06/2011	105 Jess Jones 25/06/2011	52.5 Standard
<b>Bench Press</b>	40 Standard	45 Standard	57.5 Standard	70 Standard	92.5 Jordana Freemantle 20/08/2011	72.5 Jess Jones 25/06/2011	72.5 Jess Jones 25/06/2011	30 Standard
<b>Deadlift</b>	110 Standard	125kg Ruth Nicholson 26/02/2011	137.5 Standard	150 Standard	175 Louise Watton 22/05/2011	155 Jess Jones 25/06/2011	155 Jess Jones 25/06/2011	87.5 Standard
<b>Total</b>	220 Standard	245 Standard	287.5 Standard	330 Standard	412.5 Sarah King 05/02/2012	332.5 Jess Jones 25/06/2011	332.5 Jess Jones 25/06/2011	130 Standard
<b>Bench (All Contest)</b>	50 Standard	55 Standard	62.5 Standard	70 Standard	92.5 Jordana Freemantle 20/08/2011	73 Jess Jones 05/11/2011	73 Jess Jones 05/11/2011	32.5 Standard
<b>72kg</b>								
<b>Squat</b>	102.5 Standard	115 Standard	127.5 Standard	137.5 Standard	150 Standard	135 Standard	132.5 Dawn Morrell 22/04/2012	55 Standard
<b>Bench Press</b>	45 Standard	50 Taylor Bronwyn 16/12/2011	65 Standard	80 Standard	97.5 Standard	92.5 Standard	75 Dawn Morrell 22/04/2012	32.5 Standard
<b>Deadlift</b>	125 Standard	137.5 Standard	150 Standard	162.5 Standard	167.5 Standard	145 Standard	155 Dawn Morrell 22/04/2012	90 Standard
<b>Total</b>	247.5 Standard	275 Standard	312.5 Standard	350 Standard	385 Standard	362.5 Dawn Morrell 22/04/2012	362.5 Dawn Morrell 22/04/2012	155 Standard
<b>Bench (All Contest)</b>	52.5 Standard	70 Leigh Wetheridge 31/03/2012	70 Leigh Wetheridge 31/03/2012	80 Standard	97.5 Standard	92.5 Standard	75 Dawn Morrell 22/04/2012	32.5 Standard



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<b>84kg Squat</b>	110 Standard	122.5 Standard	140 Standard	155 Standard	162.5 Standard	147.5 Standard	130 Sue Hollands 26/03/2011	130 Sue Hollands 26/03/2011
<b>Bench Press</b>	50 Standard	65 Leigh Wetheridge 27/11/2011	70 Standard	85 Standard	102.5 Standard	102.5 Standard	80 Standard	67.5 Sue Hollands 26/03/2011
<b>Deadlift</b>	130 Standard	145 Standard	157.5 Standard	170 Standard	170.5 Jackie Blasbery 20/08/2011	170.5 Jackie Blasbery 20/08/2011	160 Sue Hollands 26/03/2011	160 Sue Hollands 26/03/2011
<b>Total</b>	255 Standard	282.5 Standard	320 Standard	357.5 Standard	407.5 Standard	380.5 Jackie Blasbery 20/08/2011	357.5 Sue Hollands 26/03/2011	357.5 Sue Hollands 26/03/2011
<b>Bench (All Contest)</b>	57.5 Standard	65 Leigh Wetheridge 27/11/2011	72.5 Standard	85 Standard	102.5 Standard	102.5 Standard	80 Standard	67.5 Sue Hollands 26/03/2011
<b>84kg+ Squat</b>	117.5 Standard	130 Standard	145 Standard	162.5 Standard	175 Standard	160 Standard	112.5 Carolyn Gibson 28/04/2012	67.5 Standard
<b>Bench Press</b>	52.5 Standard	55 Amelia Lonsborough 19/11/2011	72.5 Standard	87.5 Standard	105 Standard	100 Standard	80 Standard	40 Standard
<b>Deadlift</b>	140 Standard	150 Amelia Lonsborough 19/11/2011	165 Standard	175 Standard	180 Standard	162.5 Standard	162.5 Carolyn Gibson 19/11/2011	97.5 Standard
<b>Total</b>	260 Standard	275 Amelia Lonsborough 19/11/2011	330 Standard	365 Standard	430 Standard	405 Standard	317.5 Carolyn Gibson 19-Nov	172.5 Standard
<b>Bench (All Contest)</b>	57.5 Standard	65 Standard	77.5 Standard	87.5 Standard	105 Standard	100 Standard	80 Standard	37.5 Standard