

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



South West Records - Female Classic

updated: 14/10/2025

-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	70 Carrie Clarke 28/06/2025	70 Carrie Clarke 28/06/2025	70 Carrie Clarke 28/06/2025	-
BENCH PRESS	-	47.5 Chloe Trent 29/04/2023	47.5 Chloe Trent 29/04/2023	75 Cherry Yeung 03/12/2022	47.5 Carrie Clarke 28/06/2025	47.5 Carrie Clarke 28/06/2025	47.5 Carrie Clarke 28/06/2025	-
DEADLIFT	-	120.5 Chloe Trent 29/04/2023	120.5 Chloe Trent 29/04/2023	150 Cherry Yeung 03/12/2022	105 Carrie Clarke 28/06/2025	105 Carrie Clarke 28/06/2025	105 Carrie Clarke 28/06/2025	-
TOTAL	-	265.5 Chloe Trent 29/04/2023	265.5 Chloe Trent 29/04/2023	345 Cherry Yeung 03/12/2022	222.5 Carrie Clarke 28/06/2025	222.5 Carrie Clarke 28/06/2025	222.5 Carrie Clarke 28/06/2025	-
BENCH (A/C)	-	47.5 Chloe Trent 29/04/2023	47.5 Chloe Trent 29/04/2023	75 Cherry Yeung 03/12/2022	47.5 Carrie Clarke 28/06/2025	47.5 Carrie Clarke 28/06/2025	47.5 Carrie Clarke 28/06/2025	-

-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	97.5 Leoni Tatman 22/06/2024	55 Helen Gregory 12/08/2017	-	-	-
DEADLIFT	-	92.5 Jaime Lei Fuller 14/04/2018	150 Heather Christie 06/04/2019	157.5 Leoni Tatman 22/06/2024	127.5 Helen Gregory 12/08/2017	-	-	-
TOTAL	-	222.5 Jaime Lei Fuller 14/04/2018	342.5 Heather Christie 06/04/2019	395 Leoni Tatman 22/06/2024	260 Helen Gregory 12/08/2017	-	-	-
BENCH (A/C)	-	50 Jaime Lei Fuller 14/04/2018	67.5 Heather Christie 06/04/2019	97.5 Leoni Tatman 22/06/2024	55 Helen Gregory 12/08/2017	-	-	-

-57kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	110.5 Shannon Smith 22/09/2018	157.5 Annabelle Cox 29/03/2025	157.5 Annabelle Cox 29/03/2025	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	80 Annabelle Cox 29/03/2025	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	170 Sveva Galizia 26/07/2025	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	397.5 Annabelle Cox 29/03/2025	397.5 Annabelle Cox 29/03/2025	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	80 Annabelle Cox 29/03/2025	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	185.5 Makeda Vidal 21/11/2024	158.5 Hannah Yardy 09/06/2024	117.5 Joy Wright 18/01/2025	115 Kim Gough 08/06/2024	30 Peeps Nicol 13/05/2023
BENCH PRESS	-	77.5 Shannon Smith 27/01/2019	82.5 Jessica Jeremaes 02/04/2022	100 Charlotte Mackie 17/03/2023	97.5 Hannah Yardy 09/06/2024	77.5 Joy Wright 18/01/2025	57.5 Kim Gough 08/06/2024	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	197.5 Hannah Yardy 08/10/2024	157.5 Kim Gough 08/06/2024	157.5 Kim Gough 08/06/2024	55 Peeps Nicol 13/05/2023
TOTAL	-	380 Shannon Smith 27/01/2019	392.5 Rebecca Steaton 18/04/2025	480.5 Makeda Vidal 21/11/2024	448.5 Hannah Yardy 09/06/2024	342.5 Joy Wright 18/01/2025	330 Kim Gough 08/06/2024	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 Charlotte Mackie 17/03/2023	97.5 Hannah Yardy 09/06/2024	77.5 Joy Wright 18/01/2025	57.5 Kim Gough 08/06/2024	27.5 Peeps Nicol 13/05/2023

-69kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	120 Adriana Nunes 14/05/2023	150 Sasha Preece 02/02/2025	160 Emma Williams 22/11/2024	158 Heather Tagg 08/06/2024	158 Heather Tagg 08/06/2024	90 Linda Thorne 03/06/2023	57.5 Peeps Nicol 12/10/2025
BENCH PRESS	-	65 Daniella-Jade Chester 13/03/2022	95 Ayishah Roberts 29/03/2025	102.5 Ellen Roberts 18/03/2023	97.5 Hannah Yardy 29/06/2025	75 Heather Tagg 23/09/2021	47.5 Linda Thorne 08/06/2024	37.5 Peeps Nicol 28/06/2025
DEADLIFT	-	135 Adriana Nunes 14/05/2023	187.5 Sasha Preece 02/02/2025	189 Heather Tagg 08/06/2024	189 Heather Tagg 08/06/2024	189 Heather Tagg 08/06/2024	145 Linda Thorne 03/06/2023	75 Peeps Nicol 12/10/2025
TOTAL	-	310 Adriana Nunes 14/05/2023	422.5 Sasha Preece 02/02/2025	425 Ellen Roberts 18/03/2023	442.5 Hannah Yardy 29/06/2025	422 Heather Tagg 08/06/2024	280 Linda Thorne 03/06/2023	167.5 Peeps Nicol 12/10/2025
BENCH (A/C)	-	65 Daniella-Jade Chester 13/03/2022	95 Ayishah Roberts 29/03/2025	102.5 Ellen Roberts 18/03/2023	97.5 Hannah Yardy 29/06/2025	75 Heather Tagg 23/09/2021	61 Kim Gough 18/05/2025	37.5 Peeps Nicol 28/06/2025

-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	172.5 Emily Greenway 03/03/2019	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	92.5 Rianna Graham 07/03/2020	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	447.5 Emily Greenway 08/03/2020	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	92.5 Rianna Graham 07/03/2020	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	187.5 Millie Mabbutt 24/11/2024	195 Emily Greenway 19/03/2022	160 Amelia Allen 08/06/2024	160 Amelia Allen 08/06/2024	95 Diane Hunt 19/11/2022	-
BENCH PRESS	-	55 Adriana Nunes 28/10/2023	100 Odette Tobaiwa 12/11/2022	107.5 Charlotte Sidaway 05/04/2025	98 Amelia Allen 28/06/2025	98 Amelia Allen 28/06/2025	52.5 Ana Thomas 28/06/2025	-
DEADLIFT	-	147.5 Adriana Nunes 28/10/2023	187.5 Millie Mabbutt 24/11/2024	225 Michelle Chendamudima 27/07/2025	182.5 Heather Tagg 16/12/2023	182.5 Heather Tagg 16/12/2023	142.5 Linda Thorne 28/06/2025	-
TOTAL	-	332.5 Adriana Nunes 28/10/2023	472.5 Millie Mabbutt 24/11/2024	495 Emily Greenway 19/03/2022	433 Amelia Allen 28/06/2025	433 Amelia Allen 28/06/2025	270 Linda Thorne 28/06/2025	-
BENCH (A/C)	-	55 Adriana Nunes 28/10/2023	100 Odette Tobaiwa 12/11/2022	107.5 Charlotte Sidaway 05/04/2025	98 Amelia Allen 28/06/2025	98 Amelia Allen 28/06/2025	52.5 Linda Thorne 28/06/2025	-

-84kg	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	142.5 Laila Tucker 14/05/2023	160 Drew Fackrell 26/05/2019	225 Ziana Azariah 23/11/2024	170 Hira Teirney 13/03/2022	130 Karen Houghton 16/11/2019	110 Dawn Morrell 13/11/2021	-
BENCH PRESS	-	75 Laila Tucker 14/05/2023	87.5 Charlie Davey 27/01/2024	110 Ziana Azariah 23/11/2024	100.5 Charlotte Marillier 29/06/2025	80 Julia Fabrizio 19/03/2016	75 Dawn Morrell 13/11/2021	-
DEADLIFT	-	167.5 Charlie Chester 14/12/2014	170 Charlie Chester 06/03/2016	265 Ziana Azariah 23/11/2024	217.5 Hira Teirney 09/06/2024	160 Julia Fabrizio 27/01/2019	130 Dawn Morrell 13/11/2021	-
TOTAL	-	370 Laila Tucker 14/05/2023	392.5 Charlie Chester 06/03/2016	600 Ziana Azariah 23/11/2024	467.5 Hira Teirney 29/06/2025	350 Julia Fabrizio 27/01/2019	315 Dawn Morrell 13/11/2021	-
BENCH (A/C)	-	75 Laila Tucker 14/05/2023	88 Phoebe Potchecary 18/05/2025	110 Ziana Azariah 23/11/2024	100.5 Charlotte Marillier 29/06/2025	80 Julia Fabrizio 19/03/2016	75 Dawn Morrell 13/11/2021	-

84kg+	U16	U18	U23	Open	M1	M2	M3	M4
SQUAT	-	140 Abi-Louise Lane 02/11/2019	205 Laila Tucker 29/03/2025	225 Leanne Mackenzie 24/11/2024	160 Emily Portlock 26/01/2020	150 Jacqueline Tilley 17/12/2022	90 Sue Brunt 08/10/2023	-
BENCH PRESS	-	70 Abi-Louise Lane 26/01/2020	100 Charlie Chester 14/04/2018	102.5 Charlie Chester 22/08/2021	85 Hira Teirney 16/12/2023	80 Jacqueline Tilley 17/12/2022	52.5 Sue Brunt 08/10/2023	-
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	150 Jacqueline Tilley 05/12/2021	147.5 Sue Brunt 03/06/2023	-
TOTAL	-	380 Abi-Louise Lane 26/01/2020	490 Charlie Chester 14/04/2018	490 Charlie Chester 14/04/2018	437.5 Hira Teirney 16/12/2023	377.5 Jacqueline Tilley 17/12/2022	287.5 Sue Brunt 08/10/2023	-
BENCH (A/C)	-	70 Abi-Louise Lane 26/01/2020	100 Charlie Chester 14/04/2018	102.5 Charlie Chester 22/08/2021	85 Hira Teirney 16/12/2023	80 Jacqueline Tilley 17/12/2022	52.5 Sue Brunt 28/10/2018	-

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