

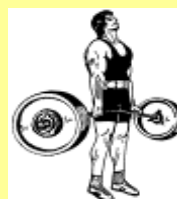
# *British Powerlifting Organisation*

**BPO**

**British Powerlifting**

**Womens Records**

**Last Updated: 11 September 2011**



# **Order Of Records**

**Teenage 15-19**

**Junior 20-23**

**Open**

**Master 40-44**

**Master 45-49**

**Master 50-54**

**Master 55-59**

**Master 60-64**

**Master 65-69**

**Master 70-74**

**Master 75-79**

**Master 80+**

## BPO British Powerlifting Records - Women's

### Teenage 15-19

Class	Discipline	Kg	Name	Country	Date
<b>48kg</b>	Squat	100	Summerfield S		
	Benchpress	50	Summerfield S		
	Deadlift	90	Summerfield S		
	Total	240	Summerfield S		
<b>52kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat	130	Callan A		
	Benchpress	90	Callan A		
	Deadlift	190.5	Callan A		
	Total	395	Callan A		
<b>75kg</b>	Squat	132.5	Callan A		
	Benchpress	80	Callan A		
	Deadlift	175	Callan A		
	Total	387.5	Callan A		
<b>82.5kg</b>	Squat	130	Morgan S		
	Benchpress	65	Morgan S		
	Deadlift	130	Morgan S		
	Total	325	Morgan S		
<b>90kg</b>	Squat	145	Buechel, Kaiya		24.04.10
	Benchpress	92.5	Buechel, Kaiya		24.04.10
	Deadlift	150	Buechel, Kaiya		24.04.10
	Total	387.5	Buechel, Kaiya		24.04.10
<b>90kg+</b>	Squat	165	Buechel, Kaiya		11.11.09
	Benchpress	95	Buechel, Kaiya		11.11.09
	Deadlift	160	Buechel, Kaiya		11.11.09
	Total	470	Buechel, Kaiya		11.11.09

<b>BPO British Powerlifting Records - Women's</b>					
<b>Junior 20-23</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat	135	Summerfield S		
	Benchpress	62.5	Summerfield S		
	Deadlift	105	Summerfield S		
	Total	277.5	Summerfield S		
<b>52kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>56kg</b>	Squat	135	Carr-Hill E		
	Benchpress	75	Carr-Hill E		
	Deadlift	166	Carr-Hill E		
	Total	365	Carr-Hill E		
<b>60kg</b>	Squat	135	Carr-Hill E		
	Benchpress	72.5	Carr-Hill E		
	Deadlift	167.5	Carr-Hill E		
	Total	372.5	Carr-Hill E		
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat	160	Bentham S		
	Benchpress	80.5	Price Louise		19.04.08
	Deadlift	150	Price Louise		19.04.08
	Total	384	Price Louise		19.04.08
<b>82.5kg</b>	Squat	180	Bentham S		
	Benchpress	80	Bentham S		
	Deadlift	150	Bentham S		
	Total	410	Bentham S		
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

<b>BPO British Powerlifting Records - Women's</b>					
<b>Open</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat	110	Allen L		
	Benchpress	65	Watson L		
	Deadlift	135	Allen L		
	Total	305	Allen L		
<b>52kg</b>	Squat	150	Barker N		
	Benchpress	87.5	Barker N		
	Deadlift	162.5	Barker N		
	Total	392.5	Barker N		
<b>56kg</b>	Squat	210	Gibson V		
	Benchpress	111	Gibson V		
	Deadlift	215	Gibson V		
	Total	522.5	Gibson V		
<b>60kg</b>	Squat	200	Gibson V		
	Benchpress	117.5	Gibson V		
	Deadlift	200	Gibson V		
	Total	512.5	Gibson V		
<b>67.5kg</b>	Squat	200	Gibson V		
	Benchpress	120	Gibson V		
	Deadlift	200	Gibson V		
	Total	517.5	Gibson V		
<b>75kg</b>	Squat	200	James E		
	Benchpress	112.5	James E		
	Deadlift	226	Blair C		
	Total	505	James E		
<b>82.5kg</b>	Squat	180	Bentham S		
	Benchpress	115	James E		
	Deadlift	225	Blair C		
	Total	505	Blair C		
<b>90kg</b>	Squat	185	James E		
	Benchpress	120	Price, Louise		11.09.11.
	Deadlift	200	James E		
	Total	497.5	James E		
<b>90kg+</b>	Squat	272.5	Shaw D		
	Benchpress	150	Shaw D		
	Deadlift	252.5	Shaw D		
	Total	667.5	Shaw D		

<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 40-44</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat	105	Schroeder J		
	Benchpress	65	Watson L		
	Deadlift	115	Schroeder J		
	Total	277.5	Schroeder J		
<b>52kg</b>	Squat	97.5	Watson L		
	Benchpress	67.5	Watson L		
	Deadlift	117.5	Watson L		
	Total	280	Watson L		
<b>56kg</b>	Squat	140	Seabright, Allison		13.11.08
	Benchpress	82.5	Seabright, Allison		13.11.08
	Deadlift	140	Seabright, Allison		13.11.08
	Total	357.5	Seabright, Allison		13.11.08
<b>60kg</b>	Squat	145.5	Seabright, Allison		24.04.10
	Benchpress	90	Seabright, Allison		24.04.10
	Deadlift	170	Challacombe, Lynda		17.04.05
	Total	387.5	Challacombe, Lynda		17.04.05
<b>67.5kg</b>	Squat	152.5	Martin A		
	Benchpress	97.5	Martin A		
	Deadlift	187.5	Martin A		
	Total	437.5	Martin A		
<b>75kg</b>	Squat	145	Davies, Sue		08.03.09
	Benchpress	120	Davies, Sue		16.04.11
	Deadlift	183	Davies, Sue		16.04.11
	Total	430	Davies, Sue		05.08.09
<b>82.5kg</b>	Squat	145	Morgan J		
	Benchpress	95	Morgan J		
	Deadlift	200	Morgan J		
	Total	440	Morgan J		
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat	168	Bates J		
	Benchpress	113	Bates J		
	Deadlift	190.5	Bates J		
	Total	450	Bates J		

<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 45-49</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat	85	Milham F		
	Benchpress	40	Milham F		
	Deadlift	110	Milham F		
	Total	235	Milham F		
<b>52kg</b>	Squat	90	McCalmon H		
	Benchpress	50.5	Hickman, Deb		01.12.07
	Deadlift	140	McCalmon H		
	Total	280	McCalmon H		
<b>56kg</b>	Squat	107.5	Hickman Debbs		24.10.10
	Benchpress	62.5	Hickman Debbs		24.10.10
	Deadlift	145.5	Hickman Debbs		24.10.10
	Total	307.5	Hickman Debbs		24.10.10
<b>60kg</b>	Squat	140	Challacombe, Lynda		13.11.05
	Benchpress	75	Challacombe, Lynda		13.11.05
	Deadlift	160	Challacombe, Lynda		13.11.05
	Total	370	Challacombe, Lynda		13.11.05
<b>67.5kg</b>	Squat	25	Morrell Dawn		06.12.10
	Benchpress	77.5	Morrell Dawn		06.12.10
	Deadlift	140	Morrell Dawn		06.12.10
	Total	230	Morrell Dawn		06.12.10
<b>75kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 50-54</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat	90	Milham F		
	Benchpress	45	Milham F		
	Deadlift	120	Milham F		
	Total	252.5	Milham F		
<b>52kg</b>	Squat	110	McCalmon H		
	Benchpress	45	McCalmon H		
	Deadlift	136	McCalmon H		
	Total	285	McCalmon H		
<b>56kg</b>	Squat	110	Hickman Debbs		07.11.10
	Benchpress	60	Hickman Debbs		07.11.10
	Deadlift	140	Hickman Debbs		07.11.10
	Total	310	Hickman Debbs		07.11.10
<b>60kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat	125	Morrell Dawn		02.06.11
	Benchpress	87.5	Morrell Dawn		02.06.11
	Deadlift	152.5	Morrell Dawn		02.06.11
	Total	365	Morrell Dawn		02.06.11
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

<b>BPO British Powerlifting Records - Women's</b>					
<b>Master 55-59</b>					
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
<b>48kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>52kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat	110	McCalmon H		
	Benchpress	62.5	McCalmon H		
	Deadlift	147.5	McCalmon H		
	Total	320	McCalmon H		
<b>67.5kg</b>	Squat	85	Carter P		
	Benchpress	48	Carter P		
	Deadlift	125	Carter P		
	Total	250	Carter P		
<b>75kg</b>	Squat	85	Carter P		
	Benchpress	42.5	Carter P		
	Deadlift	125	Carter P		
	Total	237.5	Carter P		
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's					
Master 60-64					
Class	Lift	Kg	Name	Country	Date
<b>48kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>52kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>56kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>60kg</b>	Squat	100	McCalmon, Helen		22.04.06
	Benchpress	55	McCalmon, Helen		22.04.06
	Deadlift	145	McCalmon, Helen		22.04.06
	Total	300	McCalmon, Helen		22.04.06
<b>67.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>75kg</b>	Squat	77.5	Carter P		
	Benchpress	45	Carter P		
	Deadlift	127.5	Carter P		
	Total	240	Carter P		
<b>82.5kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg</b>	Squat				
	Benchpress				
	Deadlift				
	Total				
<b>90kg+</b>	Squat				
	Benchpress				
	Deadlift				
	Total				

<b>BPO British Powerlifting Records - Women's</b> <b>Master 65-69</b>						
Class	Lift	Kg	Name	Country	Date	
<b>48kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>52kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>56kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>60kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>67.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>75kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>82.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg+</b>	Squat					
	Benchpress					
	Deadlift					
	Total					

<b>BPO British Powerlifting Records - Women's</b>						
<b>Master 70-74</b>						
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>	
<b>48kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>52kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>56kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>60kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>67.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>75kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>82.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg+</b>	Squat					
	Benchpress					
	Deadlift					
	Total					

<b>BPO British Powerlifting Records - Women's</b>						
<b>Master 75-79</b>						
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>	
<b>48kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>52kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>56kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>60kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>67.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>75kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>82.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg+</b>	Squat					
	Benchpress					
	Deadlift					
	Total					

<b>BPO British Powerlifting Records - Women's</b>						
<b>Master 80+</b>						
<b>Class</b>	<b>Lift</b>	<b>Kg</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>	
<b>48kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>52kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>56kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>60kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>67.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>75kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>82.5kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg</b>	Squat					
	Benchpress					
	Deadlift					
	Total					
<b>90kg+</b>	Squat					
	Benchpress					
	Deadlift					
	Total					