

British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
45	Snatch	45	British Standard	01 October 2018		
	Clean & Jerk	65	British Standard	01 October 2018		
	Total	110	British Standard	01 October 2018		
49	Snatch	65	Noorin Gulam	09 December 2018	Guildford Winter Open	Guildford, GBR
	Clean & Jerk	81	Noorin Gulam	09 December 2018	Guildford Winter Open	Guildford, GBR
	Total	146	Noorin Gulam	09 December 2018	Guildford Winter Open	Guildford, GBR
55	Snatch	76	Fraer Morrow	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	94	Jennifer Tong	23 February 2019	England Age Group Championships	Luton, GBR
	Total	168	Fraer Morrow	19 January 2019	England Senior Championships	Milton Keynes, GBR
59	Snatch	77	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open 2019	Lydney, GBR
	Clean & Jerk	96	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open 2019	Lydney, GBR
	Total	171	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open 2019	Lydney, GBR
64	Snatch	70	British Standard	01 October 2018		
	Clean & Jerk	90	British Standard	01 October 2018		
	Total	160	British Standard	01 October 2018		

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71	Snatch	76	Deborah Alawode	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	98	Deborah Alawode	23 February 2019	England Age Group Championships	Luton, GBR
	Total	173	Deborah Alawode	23 February 2019	England Age Group Championships	Luton, GBR
76	Snatch	79	Emily Pursehouse	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	100	Emily Pursehouse	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Total	179	Emily Pursehouse	20 January 2019	England Senior Championships	Milton Keynes, GBR
81	Snatch	81	Kayley Cook	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	102	British Standard	01 October 2018		
	Total	180	British Standard	01 October 2018		
87	Snatch	80	British Standard	01 October 2018		
	Clean & Jerk	105	British Standard	01 October 2018		
	Total	185	British Standard	01 October 2018		
87+	Snatch	85	British Standard	01 October 2018		
	Clean & Jerk	110	British Standard	01 October 2018		
	Total	195	British Standard	01 October 2018		