

British Women's Senior Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
45	Snatch	64	Hannah Powell	2 March 2019	Welsh Senior Championships	Bangor, GBR
	Clean & Jerk	84	Hannah Powell	9 July 2019	Commonwealth Championships	Apia, SAM
	Total	148	Hannah Powell	9 July 2019	Commonwealth Championships	Apia, SAM
49	Snatch	77	Fraer Morrow	4 Sept 2023	World Championships	Riyadh, KSA
	Clean & Jerk	97	Fraer Morrow	8 June 2023	IWF Grand Prix	Havana, CUB
	Total	174	Fraer Morrow	4 Sept 2023	World Championships	Riyadh, KSA
55	Snatch	89	Fraer Morrow	30 July 2022	Commonwealth Games	Birmingham, GBR
	Clean & Jerk	109	Fraer Morrow	26 June 2021	British Championships	Twickenham, GBR
	Total	198	Fraer Morrow	30 July 2022	Commonwealth Games	Birmingham, GBR
59	Snatch	93	Zoe Smith	21 September 2019	World Senior Championships	Pattaya, THA
	Clean & Jerk	123	Zoe Smith	21 September 2019	World Senior Championships	Pattaya, THA
	Total	216	Zoe Smith	21 September 2019	World Senior Championships	Pattaya, THA
64	Snatch	101	Sarah Davies	8 June 2019	British International Open	Coventry, GBR
	Clean & Jerk	129	Sarah Davies	6 April 2021	European Senior Championships	Moscow, RUS
	Total	230	Sarah Davies	6 April 2021	European Senior Championships	Moscow, RUS

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71	Snatch	103	Sarah Davies	1 August 2022	Commonwealth Games	Birmingham, GBR
	Clean & Jerk	132	Sarah Davies	13 December 2021	IWF World Championships	Uzbekistan
				13 December 2021	IWF World Championships	Uzbekistan
	Total	234	Sarah Davies	December 2021		
76	Snatch	102	Sarah Davies	29 October 2022	England Championships	Derby, GBR
	Clean & Jerk	127	Emily Muskett	11 July 2019	Commonwealth Championships	Apia, SAM
	Total	226	Sarah Davies	29 October 2022	England Championships	Derby, GBR
81	Snatch	102	Katrina Feklistova	31 March 2024	IWF World Cup	Phuket, THA
	Clean & Jerk	127	Katrina Feklistova	31 March 2024	IWF World Cup	Phuket, THA
	Total	229	Katrina Feklistova	31 March 2024	IWF World Cup	Phuket, THA
87	Snatch	113	Madias Dodo Nzesso-Ngake	10 Dec 2023	England Championships	Birmingham, GBR
	Clean & Jerk	131	Madias Dodo Nzesso-Ngake	10 Dec 2023	England Championships	Birmingham, GBR

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	Total	246	Madias Dodo Nzesso- Ngake	07 July 2024	British Championships	Birmingham, GBR
	Snatch	124	Emily Campbell	3 August 2022	Commonwealth Games	Birmingham, GBR
87+	Clean & Jerk	165	Emily Campbell	15 December 2022	World Championships	Bogota, COL
	Total	287	Emily Campbell	15 December 2022	World Championships	Bogota, COL