

# British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
<b>45</b>	Snatch	53	Asees Dhanda	27 Nov 2021	British Age Group Championships	Harrogate GBR
	Clean & Jerk	68	Alex Mackay	22 April 2023	BUCS	Bangor, GBR
	Total	120	Asees Dhanda	27 Nov 2021	British Age Group Championships	Harrogate GBR
<b>49</b>	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
<b>55</b>	Snatch	86	Fraer Morrow	26 June 2021	British Championships	Twickenham, GBR
	Clean & Jerk	109	Fraer Morrow	26 June 2021	British Championships	Twickenham, GBR
	Total	195	Fraer Morrow	26 June 2021	British Championships	Twickenham, GBR
<b>59</b>	Snatch	85	Catrin Jones	1 July 2022	Grand Prix Dudelange Lux	Dudelange, LUX
	Clean & Jerk	108	Catrin Jones	11 June 2022	Welsh Summer Open 2022	Bangor, Wales
	Total	192	Catrin Jones	1 July 2022	Grand Prix Dudelange Lux	Dudelange, LUX
<b>64</b>	Snatch	81	Josie Griffiths	11 Nov 2022	British Age Group Championships	Leeds, GBR
	Clean & Jerk	100	Emily Steel	22 April 2023	BUCS	Bangor, GBR
	Total	177	Josie Griffiths	11 Nov 2022	British Age Group Championships	Leeds, GBR

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<b>71</b>	Snatch	83	Alice Aitchison	26 June 2021	British Championships	Twickenham, GBR
	Clean & Jerk	105	Deborah Alawode	05 October 2019	British Age Group Championships	Birmingham, GBR
	Total	186	Deborah Alawode	05 October 2019	British Age Group Championships	Birmingham, GBR
<b>76</b>	Snatch	93	Tayla Howe	14 April 2019	British University & College Championships	Milton Keynes, GBR
	Clean & Jerk	110	Tayla Howe	14 April 2019	British University & College Championships	Milton Keynes, GBR
	Total	203	Tayla Howe	14 April 2019	British University & College Championships	Milton Keynes, GBR
<b>81</b>	Snatch	82	Isabella Brown	30 Jan 2022	British Championships	Derby, GBR
	Clean & Jerk	102	British Standard	01 October 2018		
	Total	183	Isabella Brown	30 Jan 2022	British Championships	Derby, GBR
<b>87</b>	Snatch	99	Mercy Brown	26 October 2019	European U23 Championships	Bucharest, ROU
	Clean & Jerk	125	Mercy Brown	26 October 2019	European U23 Championships	Bucharest, ROU
	Total	224	Mercy Brown	26 October 2019	European U23 Championships	Bucharest, ROU
<b>87+</b>	Snatch	98	Mercy Brown	10 March 2019	Las Vegas International Open	Las Vegas, USA
	Clean & Jerk	128	Mercy Brown	10 March 2019	Las Vegas International Open	Las Vegas, USA
	Total	226	Mercy Brown	10 March 2019	Las Vegas International Open	Las Vegas, USA