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| **Category** | **Record** | **Holder** | **Date** | **Event** | **Location** |
| -41kg | 91kg | Zoe Newson | 15-02-2014 | British Open | Folkestone, GBR |
| -45kg | 102kg | Zoe Newson | 09-09-2016 | Paralympic Games | Rio de Janeiro, BRA |
| -50kg | 97kg | Olivia Broome | 09-06-2019 | British Championships | Coventry, GBR |
| -55kg | 103kg | Natalie Blake | 16-07-2017 | British Championships | Coventry, GBR |
| -61kg | 86kg | Natalie Blake | 11-05-2014 | British Championships | Coventry, GBR |
| -67kg | 75kg | Nerys Pearce | 10-04-2018 | Commonwealth Games | Gold Coast, Australia |
| -73kg | 67kg | Nerys Pearce | 02-03-2017 | IPC World Cup | Dubai, UAE |
| -79kg | 73kg | Nerys Pearce | 07-10-2016 | Para Autumn Open | Stockport, GBR |
| -86kg | 125kg | Louise Sugden | 23-02-20 | Manchester 2020 Para Powerlifting World Cup | Manchester, GBR |
| +86kg | 64kg | Stefanie Probert | 20-01-2018 | English Championships | Milton Keynes, GBR |