

# British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
<b>45</b>	Snatch	45	British Standard	01 October 2018		
	Clean & Jerk	65	British Standard	01 October 2018		
	Total	110	British Standard	01 October 2018		
<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	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
<b>59</b>	Snatch	77	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
	Clean & Jerk	96	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
	Total	171	Juliett Chang-Fane	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
<b>64</b>	Snatch	71	Chloe Briggs	02 March 2019	Welsh Senior Championships	Bangor, GBR
	Clean & Jerk	90	British Standard	01 October 2018		
	Total	160	British Standard	01 October 2018		

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<b>71</b>	Snatch	78	Holly Knowles	24 April 2019	Fareham Open	Fareham, GBR
	Clean & Jerk	98	Holly Knowles	24 April 2019	Fareham Open	Fareham, GBR
	Total	176	Holly Knowles	24 April 2019	Fareham Open	Fareham, GBR
<b>76</b>	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
<b>81</b>	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		
<b>87</b>	Snatch	80	British Standard	01 October 2018		
	Clean & Jerk	105	British Standard	01 October 2018		
	Total	185	British Standard	01 October 2018		
<b>87+</b>	Snatch	85	British Standard	01 October 2018		
	Clean & Jerk	110	British Standard	01 October 2018		
	Total	195	British Standard	01 October 2018		