

British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
45	Snatch	58	Kristine Santos	11 May 2019	Oldbury Open	Birmingham, GBR
	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	82	Fraer Morrow	07 April 2019	MSC Performance Open	Birmingham, GBR
	Clean & Jerk	102	Fraer Morrow	08 June 2019	British International Open	Coventry, GBR
	Total	182	Fraer Morrow	07 April 2019	MSC Performance Open	Birmingham, GBR
59	Snatch	77	Julieta Chang-Fane	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
	Clean & Jerk	98	Amber Sheppard	08 June 2019	British Senior Championships	Coventry, GBR
	Total	173	Julieta Chang-Fane	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
64	Snatch	76	Chloe Briggs	08 June 2019	British Senior Championships	Coventry, GBR
	Clean & Jerk	91	Chloe Briggs	08 June 2019	British Senior Championships	Coventry, GBR
	Total	167	Chloe Briggs	08 June 2019	British Senior Championships	Coventry, GBR

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71	Snatch	80	Holly Knowles	08 June 2019	British Senior Championships	Coventry, GBR
	Clean & Jerk	98	Deborah Alawode	23 February 2019	England Age Groups Championships	Luton, GBR
	Total	178	Deborah Alawode	08 June 2019	British Senior Championships	Coventry, 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	97	Mercy Brown	09 June 2019	British International Open	Coventry, GBR
	Clean & Jerk	122	Mercy Brown	09 June 2019	British International Open	
	Total	219	Mercy Brown	09 June 2019	British International Open	
87+	Snatch	85	British Standard	01 October 2018		
	Clean & Jerk	110	British Standard	01 October 2018		
	Total	195	British Standard	01 October 2018		