

British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
45	Snatch	45	British Standard	01 October 2018		
	Clean & Jerk	65	British Standard	01 October 2018		
	Total	110	British Standard	01 October 2018		
49	Snatch	54	Taslima Begum	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	72	Taslima Begum	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Total	126	Taslima Begum	20 January 2019	England Senior Championships	Milton Keynes, GBR
55	Snatch	76	Fraer Morrow	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	92	Fraer Morrow	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Total	168	Fraer Morrow	19 January 2019	England Senior Championships	Milton Keynes, GBR
59	Snatch	73	Amber Sheppard	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	94	Amber Sheppard	19 January 2019	England Senior Championships	Milton Keynes, GBR
	Total	167	Amber Sheppard	19 January 2019	England Senior Championships	Milton Keynes, GBR
64	Snatch	70	British Standard	01 October 2018		
	Clean & Jerk	90	British Standard	01 October 2018		
	Total	160	British Standard	01 October 2018		

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71	Snatch	76	Deborah Alawode	20 January 2019	England Senior Championships	Milton Keynes, GBR
	Clean & Jerk	95	Deborah Alawode	13 January 2019	BWL Midlands Age Group Open	Lydney, GBR
	Total	170	Deborah Alawode	13 January 2019	BWL Midlands Age Group Open	Lydney, 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	78	British Standard	01 October 2018		
	Clean & Jerk	102	British Standard	01 October 2018		
	Total	180	British Standard	01 October 2018		
87	Snatch	80	British Standard	01 October 2018		
	Clean & Jerk	105	British Standard	01 October 2018		
	Total	185	British Standard	01 October 2018		
87+	Snatch	85	British Standard	01 October 2018		
	Clean & Jerk	110	British Standard	01 October 2018		
	Total	195	British Standard	01 October 2018		