

British Women's U23 Records

Category (kg)	Lift	Record (kg)	Holder	Date	Competition	Location
45	Snatch	51	Kristine Santos	11 May 2019	Oldbury Open	Birmingham, GBR
	Clean & Jerk	65	British Standard	01 October 2018		
	Total	112	Kristine Santos	11 May 2019	Oldbury Open	Birmingham, GBR
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	107	Fraer Morrow	20 October 2019	European U23 Championships	Bucharest, ROU
	Total	187	Fraer Morrow	20 October 2019	European U23 Championships	Bucharest, ROU
59	Snatch	82	Jenny Tong	05 October 2019	British Age Group Championships	Birmingham, GBR
	Clean & Jerk	101	Jenny Tong	21 October 2019	European U23 Championships	Bucharest, ROU
	Total	183	Jenny Tong	21 October 2019	European U23 Championships	Bucharest, ROU
64	Snatch	76	Chloe Briggs	08 June 2019	British Senior Championships	Coventry, GBR
	Clean & Jerk	94	Alice Aitchison	30 November 2019	Celtic Nations Championships	Bangor, GBR
	Total	169	Alice Aitchison	30 November 2019	Celtic Nations Championships	Bangor, GBR

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71	Snatch	82	Deborah Alawode	28 September 2019	BWL South Open Series 1	London, 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
76	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
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	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
87+	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