

Women's 45kg Category

NQT: 117kg

Rank	Name	Club	Total	Competition
1	Hannah Powell	Unattached	140	England Senior Championships, 20-01-19
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R1				
R2				

Women's 49kg Category

NQT: 125kg

Rank	Name	Club	Total	Competition
1	Samantha Franklin	Triple X Weightlifting Club	139	2018 defending Champion (W48)
2	Kelly-Jo Robson	Atlas Weightlifting Centre	153	World Senior Championships, 02-11-18
3	Noorin Gulam	BU Weightlifting	147	England Senior Championships, 20-01-19
4	Hannah Powell	Unattached	147	Welsh Senior Championships, 02-03-19
5	Lisa Tobias	Unattached	142	Scottish Masters Championships, 10-02-19
6	Natalie Cashmore	Summit Strength	132	Synergi Weightlifting Open, 09-03-19
7	Cathy-Ann Myers	NWL Seniors	127	NWL Seniors 30-03-19
8	Taslima Begum	Oaklands Weightlifters	126	England Senior Championships, 20-01-19
R1	Triona Quigley	Three White Lights Weightlifting Club	125	NI Weightlifting Senior Championships, 27-10-18
R2				

Women's 55kg Category

NQT: 135kg

Rank	Name	Club	Total	Competition
1	Aurelia Liu	Unattached	154	2018 defending Champion (W53)
2	Amy Williams	Wisdom 4 Weightlifting	170	World Senior Championships, 01-11-18
3	Fraer Morrow	Loughborough University Powerlifting and Weightlifting	170	European Junior Championships, 21-10-18
4	Catrin Jones	Unattached	168	Welsh Senior Championships, 02-03-19
5	Jennifer Tong	Hallam Barbell	167	England Age Group Championships, 23-02-19
6	Jess Gordon-Brown	Brunel University Weightlifting	163	England Senior Championships, 19-01-19
7	Noorin Gulam	BU Weightlifting	156	Fareham Barbell Club Open, 24-03-19
8	Ellie Pryor	Breeze's Weightlifting Academy	151	Welsh Senior Championships, 02-03-19
R1	Kim Pham	Crystal Palace Weightlifting Club	148	South Regional Championships, 06-10-18
R2	Leonora Brajshori	Loughborough University Powerlifting and Weightlifting	144	January London University Open 30-01-19

Women's 59kg Category

NQT: 151kg

Rank	Name	Club	Total	Competition
1	Olivia Blatch	Europa WLC	182	2018 defending Champion (W58)
2	Juliette Chang-Fane	Cardiff Metropolitan University	173	BWL Midlands Age Group Winter Open, 13-01-19
3	Laura Hollobon	Decennia Weightlifting	171	South Regional Championships, 06-10-18
4	Amy Williams	Wisdom 4 Weightlifting	171	England Senior Championships, 19-01-19
5	Nikki Hamilton	Kilwinning Olympic Weightlifting Club	168	East of Scotland Open, 10-03-19
6	Amber Sheppard	Crystal Palace Weightlifting Club	167	England Senior Championships, 19-01-19
7	Jennifer Tong	Hallam Barbell	167	Hallam Barbell Spring Open, 17-02-19
8	Rosemary McDonald	Cube Weightlifting Academy	158	England Senior Championships, 19-01-19
R1	Chloe Briggs	SA1 OLYMPIC LIFTING	156	Fareham Barbell Club Open, 24-03-19
R2	Lesley Brown	Crystal Palace Weightlifting Club	153	Scottish Open Championships, 04-11-18

Women's 64kg Category

NQT: 158kg

Rank	Name	Club	Total	Competition
1	Sarah Davies	Europa WLC	217	2018 defending Champion (W63)
2	Zoe Smith	Europa WLC	215	World Senior Championships, 07-11-18
3	Jade Hill	Locker 27	184	South Regional Championships, 06-10-18
4	Olivia Blatch	Europa WLC	181	Xmas Bash, 08-12-18
5	Helen Jewell	Unattached	180	England Senior Championships, 19-01-19
6	Hannah Philp	Triple X Weightlifting Club	176	The Hive Weightlifting Open, 03-02-19
7	Emse Richards	Surrey Barbell	163	South Regional Championships, 06-10-18
8	Heather Burt	Europa WLC	161	South Regional Championships, 06-10-18
R1	Madeleine Harris	Aylesbury Weightlifting Club	158	Aylesbury Open, 25-11-18
R2				

Women's 71kg Category

NQT: 162kg

Rank	Name	Club	Total	Competition
1	Sally Bennett	Unattached	193	2018 defending Champion (W69)
2	Zoe Horseman	Edinburgh University Weightlifting Club	190	Scottish Open Championships, 04-11-18
3	Lauren Burley	Unattached	179	Strength Academy Wales Open, 02-02-19
4	Heather Forde	Unattached	176	England Senior Championships, 19-01-19
5	Enlli Jones	Unattached	176	Strength Academy Wales Open, 02-02-19
6	Holly Knowles	Unattached	176	Fareham Barbell Club Open, 24-30-19
7	Katey Byrd	Locker 27	175	South Regional Championships, 06-10-18
8	Deborah Alawode	Stars for the Future	173	England Age Group Championships, 23-02-19
R1	Kelly Charniga	Crystal Palace Weightlifting Club	170	Xmas Bash, 08-12-18
R2	Laura Parker	Essex Weightlifting Club	172	England Senior Championships, 19-01-19

Women's 76kg Category

NQT: 165kg

Rank	Name	Club	Total	Competition
1	Tayla Howe	Unattached	208	2018 defending Champion (W75)
2	Emily Pursehouse	Woking Weightlifting Club	179	England Senior Championships, 20-01-19
3	Emma Collins-Jones	Oaklands Weightlifters	178	England Senior Championships, 20-01-19
4	Sarah Wiltshire	Locker 27	173	Fareham Barbell Club Open, 24-03-19
5	Chloe Cassar	Crystal Palace Weightlifting Club	170	London Series 1, 09-02-19
6	Kirsty Turner	Essex Weightlifting Club	165	South East Open 24-03-19
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R1				
R2				

Women's 81kg Category

NQT: 170kg

Rank	Name	Club	Total	Competition
1	Emma Collins-Jones	Oaklands Weightlifters	175	Loughborough Winter Open, 24-11-18
2	Charlotte Weatherall-Smith	Atlas Weightlifting Centre	172	England Senior Championships, 20-01-19
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R1

R2

Women's 87kg Category

NQT: 175kg

Rank	Name	Club	Total	Competition
1	Jessica Silva	Unattached	180	LOWA Invitational 2, 19-10-18

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R1

R2

Women's +87kg Category

NQT: 181kg

Rank	Name	Club	Total	Competition
1	Emily Campbell	Leeds City Weightlifting Team	257	England Senior Championships, 19-01-19

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R1

R2