

Women's 45kg Category

NQT: 117kg

Rank	Name	Club	Total	Competition
1	Hannah Powell	Unattached	146	EWF European Senior Championships, 06-04-19
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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	143	Scottish Senior Championships, 27-04-19
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	Taslina 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	Fraer Morrow	Loughborough University Powerlifting and Weightlifting	182	MSC Performance Open, 07-04-19
3	Amy Williams	Wisdom 4 Weightlifting	173	EWF European Senior Championships, 07-04-19
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	Jane Lee-Isted	Unattached	149	BWL Midlands Open Series 1, 28-04-19
R2	Kim Pham	Crystal Palace Weightlifting Club	148	South Regional Championships, 06-10-18

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	174	British University and College Championships, 13-04
3	Jennifer Tong	Hallam Barbell	174	British University and College Championships, 13-04
4	Laura Hollobon	Decennia Weightlifting	171	South Regional Championships, 06-10-18
5	Amy Williams	Wisdom 4 Weightlifting	171	England Senior Championships, 19-01-19
6	Amber Sheppard	Crystal Palace Weightlifting Club	170	British University and College Championships, 13-04
7	Nikki Hamilton	Kilwinning Olympic Weightlifting Club	168	East of Scotland Open, 10-03-19
8	Rosemary McDonald	Cube Weightlifting Academy	158	England Senior Championships, 19-01-19
R1	Lesley Brown	Crystal Palace Weightlifting Club	158	Scottish Senior Championships, 27-04-19
R2	Chloe Briggs	SA1 OLYMPIC LIFTING	156	Fareham Barbell Club Open, 24-03-19

Women's 64kg Category

NQT: 158kg

Rank	Name	Club	Total	Competition
1	Sarah Davies	Europa WLC	223	2018 defending Champion (W63)
2	Zoe Smith	Europa WLC	224	British University and College Championships, 13-04
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	Bobbie Ross	Warwickshire Weightlifting Club	172	Bethnal Green Spring Open, 14-04-19
8	Laura Hollobon	Decennia Weightlifting	168	South East Open 24-03-19
R1	Sonja Hartio	Northumbria University Olympic Weightlifting Club	166	British University and College Championships, 13-04
R2	Jodey Hughes	CrossFit East Kilbride	166	Scottish Senior Championships, 27-04-19

Women's 71kg Category

NQT: 162kg

Rank	Name	Club	Total	Competition
1	Sally Bennett	Unattached	193	2018 defending Champion (W69)
2	Emily Godley	Europa WLC	216	EWf European Senior Championships, 10-04-19
3	Zoe Horseman	Edinburgh University Weightlifting Club	190	Scottish Open Championships, 04-11-18
4	Lauren Burley	Unattached	179	Strength Academy Wales Open, 02-02-19
5	Heather Forde	Unattached	176	England Senior Championships, 19-01-19
6	Enlli Jones	Unattached	176	Strength Academy Wales Open, 02-02-19
7	Holly Knowles	Unattached	176	Fareham Barbell Club Open, 24-30-19
8	Kelly Charniga	Crystal Palace Weightlifting Club	176	British University and College Championships, 13-04
R1	Katey Byrd	Locker 27	175	South Regional Championships, 06-10-18
R2	Deborah Alawode	Stars for the Future	173	England Age Group Championships, 23-02-19

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	Chloe Cassar	Crystal Palace Weightlifting Club	177	Bethnal Green Spring Open 14-04-19
5	Sarah Wiltshire	Locker 27	173	Fareham Barbell Club Open, 24-03-19
6	Laura Parker	Essex Weightlifting Club	171	MSC Performance Open, 07-04-19
7	Ellis Brotherton	CS Hybrid Performance	166	BWL Midlands Open Series 1, 28-04-19
8	Kirsty Turner	Essex Weightlifting Club	165	South East Open 24-03-19
R1	Nicola Stiddard	London Olympic Weightlifting Academy	165	LOWA Invitational 2, 26-04-19
R2				

Women's 81kg Category

NQT: 170kg

Rank	Name	Club	Total	Competition
1	Rayen Cupid	Crystal Palace Weightlifting Club	187	South East Open, 24-03-19
2	Charlotte Weatherall-Smith	Atlas Weightlifting Centre	178	BWL Midlands Open Series 1, 28-04-19
3	Melanie Chlond	Sportesse PT Lifters	177	The Workhouse Malton Open, 14-04-19
4	Emma Collins-Jones	Oaklands Weightlifters	175	Loughborough Winter Open, 24-11-18
5	Jessica Silva	London Olympic Weightlifting Academy	173	LOWA Invitational 2, 26-04-19
6	Ellis Brotherton	NW1 Strength	170	MSC performance Open, 07-04-19
7	Chloe Whyllie	London Olympic Weightlifting Academy	170	BWL Midlands Open Series 1, 28-04-19
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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
2	Mercy Brown	TSN Strength	226	Las Vegas International Open, 03-10-19
3	Claire McLarnon	Asylum Weightlifting Club	181	NI Weightlifting Titanic Championships, 20-04-19
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R1

R2