

**Women's 45kg Category****NQT:**

117kg

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

**Women's 49kg Category****NQT:**

125kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
1	Samantha Franklin	Triple X Weightlifting Club	138	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 Scottish Masters Championships, 10-02-19
5	Lisa Tobias	Unattached	142	
6	Natalie Cashmore	Summit Strength	132	Synergi Weightlifting Open, 09-03-19
7	Taslina Begum	Oaklands Weightlifters	126	England Senior Championships, 20-01-19

<b>8</b>	Triona Quigley	Three White Lights Weightlifting Club	125	NI Weightlifting Senior Championships, 27-10-18
<b>R1</b>				
<b>R2</b>				

### Women's 55kg Category

**NQT:**

135kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
<b>1</b>	Aurelia Liu	Unattached	154	2018 defending Champion (W53)
<b>2</b>	Amy Williams	Wisdom 4 Weightlifting	170	World Senior Championships, 01-11-18
<b>3</b>	Fraer Morrow	Loughborough University Powerlifting and Weightlifting	170	European Junior Championships, 21-10-18
<b>4</b>	Catrin Jones	Unattached	168	Welsh Senior Championships, 02-03-19
<b>5</b>	Jennifer Tong	Hallam Barbell	167	England Age Group Championships, 23-02-19
<b>6</b>	Jess Gordon-Brown	Brunel University Weightlifting	163	England Senior Championships, 19-01-19
<b>7</b>	Ellie Pryor	Breeze's Weightlifting Academy	151	Welsh Senior Championships, 02-03-19
<b>8</b>	Kim Pham	Crystal Palace Weightlifting Club	148	South Regional Championships, 06-10-18
<b>R1</b>	Noorin Gulam	BU Weightlifting	146	Warwickshire Weightlifting Open, 17-11-18
<b>R2</b>	Leonora Brajshori	Loughborough University Powerlifting and Weightlifting	144	January London University Open 30-01-19

### Women's 59kg Category

**NQT:**

151kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
<b>1</b>	Olivia Blatch	Europa WLC	182	2018 defending Champion (W58)
<b>2</b>	Juliette Chang-Fane	Cardiff Metropolitan University	173	BWL Midlands Age Group Winter Open, 13-01-19

<b>3</b>	Laura Hollobon	Decennia Weightlifting	171	South Regional Championships, 06-10-18
<b>4</b>	Amy Williams	Wisdom 4 Weightlifting	171	England Senior Championships, 19-01-19
<b>5</b>	Nikki Hamilton	Kilwinning Olympic Weightlifting Club	168	East of Scotland Open, 10-03-19
<b>6</b>	Amber Sheppard	Crystal Palace Weightlifting Club	167	England Senior Championships, 19-01-19
<b>7</b>	Jennifer Tong	Hallam Barbell	167	Hallam Barbell Spring Open, 17-02-19
<b>8</b>	Rosemary McDonald	Cube Weightlifting Academy	158	England Senior Championships, 19-01-19
<b>R1</b>	Lesley Brown	Crystal Palace Weightlifting Club	153	Scottish Open Championships, 04-11-18
<b>R2</b>				

### Women's 64kg Category

**NQT:**

158kg

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

### Women's 71kg Category

**NQT:**

162kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
<b>1</b>	Sally Bennett	Unattached	193	2018 defending Champion (W69)
<b>2</b>	Zoe Horseman	Edinburgh University Weightlifting Club	190	Scottish Open Championships, 04-11-18
<b>3</b>	Lauren Burley	Unattached	179	Strength Academy Wales Open, 02-02-19
<b>4</b>	Heather Forde	Unattached	176	England Senior Championships, 19-01-19
<b>5</b>	Enlli Jones	Unattached	176	Strength Academy Wales Open, 02-02-19
<b>6</b>	Katey Byrd	Locker 27	175	South Regional Championships, 06-10-18
<b>7</b>	Deborah Alawode	Stars for the Future	173	England Age Group Championships, 23-02-19
<b>8</b>	Kelly Charniga	Crystal Palace Weightlifting Club	170	Xmas Bash, 08-12-18
<b>R1</b>	Laura Parker	Essex Weightlifting Club	170	England Senior Championships, 19-01-19
<b>R2</b>	Holly Knowles	Unattached	170	Welsh Senior Championships, 02-03-19

### **Women's 76kg Category**

**NQT:**  
165kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
<b>1</b>	Tayla Howe	Unattached	208	2018 defending Champion (W75)
<b>2</b>	Rayen Cupid	Crystal Palace Weightlifting Club	182	South Regional Championships, 06-10-18
<b>3</b>	Emily Pursehouse	Woking Weightlifting Club	179	England Senior Championships, 20-01-19
<b>4</b>	Emma Collins-Jones	Oaklands Weightlifters	178	England Senior Championships, 20-01-19
<b>5</b>	Sarah Wiltshire	Locker 27	171	Aylesbury Open, 25-11-18
<b>6</b>	Chloe Cassar	Crystal Palace Weightlifting Club	170	London Series 1, 09-02-19
<b>7</b>				
<b>8</b>				
<b>R1</b>				
<b>R2</b>				

**Women's 81kg Category****NQT:**

170kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
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

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
1	Jessica Silva	Unattached	180	LOWA Invitational 2, 19-10-18
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R1  
R2

**Women's +87kg Category**

**NQT:**

181kg

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Total</b>	<b>Competition</b>
1	Emily Campbell	Leeds City Weightlifting Team	257	England Senior Championships, 19-01-19
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R1				
R2				