

| Category (kg) | Lift | Record (kg) | Holder | Date | Competition | Location |
|---------------|--------------|-------------|----------------|------------------|---------------------------------|-----------------|
| 40 | Snatch | 42 | Julia Walesa | 9 Sept 2023 | British Age Group Championships | Leeds, GBR |
| | Clean & Jerk | 52 | Julia Walesa | 9 Sept 2023 | British Age Group Championships | Leeds, GBR |
| | Total | 94 | Julia Walesa | 25 February 2023 | British Age Group Championships | Leeds, GBR |
| 45 | Snatch | 53 | Asees Dhanda | 27 November 2021 | British Age Group Championships | Harrogate GBR |
| | Clean & Jerk | 67 | Asees Dhanda | 27 November 2021 | British Age Group Championships | Harrogate GBR |
| | Total | 120 | Asees Dhanda | 27 November 2021 | British Age Group Championships | Harrogate GBR |
| 49 | Snatch | 63 | Nikole Roberts | 11 December 2021 | Welsh Senior Championships | Bangor GBR |
| | Clean & Jerk | 78 | Asees Dhanda | 25 February 2023 | England Age Group Championships | Brunel, GBR |
| | Total | 141 | Asees Dhanda | 25 February 2023 | England Age Group Championships | Brunel, GBR |
| 55 | Snatch | 64 | Phoebe Davis | 12 Nov 2022 | British Age Groups | Leeds, GBR |
| | Clean & Jerk | 83 | Eliza Pratt | 9 December 2023 | England Championships | Birmingham, GBR |
| | Total | 146 | Eliza Pratt | 9 December 2023 | England Championships | Birmingham, GBR |
| 59 | Snatch | 73 | Phoebe Davis | 9 September 2023 | British Age Groups | Leeds, GBR |
| | Clean & Jerk | 84 | Phoebe Davis | 9 September 2023 | British Age Groups | Leeds, GBR |
| | Total | 157 | Phoebe Davis | 9 September 2023 | British Age Groups | Leeds, GBR |

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| 64 | Snatch | 79 | Lucy McGonigle | 10 August 2022 | European U15 Champs | Raszyn, POL |
| | Clean & Jerk | 97 | Lucy McGonigle | 10 August 2022 | European U15 Champs | Raszyn, POL |
| | Total | 176 | Lucy McGonigle | 10 August 2022 | European U15 Champs | Raszyn, POL |
| 71 | Snatch | 85 | Lucy Mcgonigle | 26 Nov 2023 | NI Youth Championships | Mallusk, NI |
| | Clean & Jerk | 108 | Lucy Mcgonigle | 26 Nov 2023 | NI Youth Championships | Mallusk, NI |
| | Total | 193 | Lucy Mcgonigle | 26 Nov 2023 | NI Youth Championships | Mallusk, NI |
| 76 | Snatch | 82 | Isabella Brown | 06 October 2021 | IWF Youth World Championships | Jeddah, SA |
| | Clean & Jerk | 96 | Isabella Brown | 06 October 2021 | IWF Youth World Championships | Jeddah, SA |
| | Total | 178 | Isabella Brown | 06 October 2021 | IWF Youth World Championships | Jeddah, SA |
| 81 | Snatch | 74 | Ilze Ojere | 05 October 2019 | British Age Group Championships | Birmingham, GBR |
| | Clean & Jerk | 91 | Belle Needham | 09 October 2023 | British Age Group Championships | Leeds, GBR |
| | Total | 164 | Ilze Ojere | 05 October 2019 | British Age Group Championships | Birmingham, GBR |
| 81+ | Snatch | 84 | Lottie Absolom | 10 Dec 2023 | England Championships | Birmingham, GBR |
| | Clean & Jerk | 107 | Emily Sweeney | 26 June 2021 | British Championships | Twickenham, GBR |
| | Total | 190 | Emily Sweeney | 26 June 2021 | British Championships | Twickenham, GBR |

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