

British Powerlifting Organisation

BPO

British Powerlifting

Womens Records

Last Updated: 24 April 2010



Order Of Records

Teenage 15-19

Junior 20-23

Open

Master 40-44

Master 45-49

Master 50-54

Master 55-59

Master 60-64

Master 65-69

Master 70-74

Master 75-79

Master 80+

BPO British Powerlifting Records - Women's

Teenage 15-19

Class	Discipline	Kg	Name	Country	Date
48kg	Squat	100	Summerfield S		
	Benchpress	50	Summerfield S		
	Deadlift	90	Summerfield S		
	Total	240	Summerfield S		
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat	130	Callan A		
	Benchpress	90	Callan A		
	Deadlift	190.5	Callan A		
	Total	395	Callan A		
75kg	Squat	132.5	Callan A		
	Benchpress	80	Callan A		
	Deadlift	175	Callan A		
	Total	387.5	Callan A		
82.5kg	Squat	130	Morgan S		
	Benchpress	65	Morgan S		
	Deadlift	130	Morgan S		
	Total	325	Morgan S		
90kg	Squat	145	Buechel, Kaiya		24.04.10
	Benchpress	92.5	Buechel, Kaiya		24.04.10
	Deadlift	150	Buechel, Kaiya		24.04.10
	Total	387.5	Buechel, Kaiya		24.04.10
90kg+	Squat	165	Buechel, Kaiya		11.11.09
	Benchpress	95	Buechel, Kaiya		11.11.09
	Deadlift	160	Buechel, Kaiya		11.11.09
	Total	470	Buechel, Kaiya		11.11.09

BPO British Powerlifting Records - Women's					
Junior 20-23					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	135	Summerfield S		
	Benchpress	62.5	Summerfield S		
	Deadlift	105	Summerfield S		
	Total	277.5	Summerfield S		
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat	135	Carr-Hill E		
	Benchpress	75	Carr-Hill E		
	Deadlift	166	Carr-Hill E		
	Total	365	Carr-Hill E		
60kg	Squat	135	Carr-Hill E		
	Benchpress	72.5	Carr-Hill E		
	Deadlift	167.5	Carr-Hill E		
	Total	372.5	Carr-Hill E		
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat	160	Bentham S		
	Benchpress	80.5	Price Louise		19.04.08
	Deadlift	150	Price Louise		19.04.08
	Total	384	Price Louise		19.04.08
82.5kg	Squat	180	Bentham S		
	Benchpress	80	Bentham S		
	Deadlift	150	Bentham S		
	Total	410	Bentham S		
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's					
Open					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	110	Allen L		
	Benchpress	65	Watson L		
	Deadlift	135	Allen L		
	Total	305	Allen L		
52kg	Squat	150	Barker N		
	Benchpress	87.5	Barker N		
	Deadlift	162.5	Barker N		
	Total	392.5	Barker N		
56kg	Squat	210	Gibson V		
	Benchpress	111	Gibson V		
	Deadlift	215	Gibson V		
	Total	522.5	Gibson V		
60kg	Squat				
	Benchpress	200	Gibson V		
	Deadlift	117.5	Gibson V		
	Total	200	Gibson V		
67.5kg	Squat				
	Benchpress	200	Gibson V		
	Deadlift	120	Gibson V		
	Total	200	Gibson V		
75kg	Squat				
	Benchpress	200	James E		
	Deadlift	112.5	James E		
	Total	226	Blair C		
82.5kg	Squat				
	Benchpress	180	Bentham S		
	Deadlift	115	James E		
	Total	225	Blair C		
90kg	Squat				
	Benchpress	185	James E		
	Deadlift	115	James E		
	Total	200	James E		
90kg+	Squat	497.5	James E		
	Benchpress	272.5	Shaw D		
	Deadlift	150	Shaw D		
	Total	252.5	Shaw D		
		667.5	Shaw D		

BPO British Powerlifting Records - Women's					
Master 40-44					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	105	Schroeder J		
	Benchpress	65	Watson L		
	Deadlift	115	Schroeder J		
	Total	277.5	Schroeder J		
52kg	Squat	97.5	Watson L		
	Benchpress	67.5	Watson L		
	Deadlift	117.5	Watson L		
	Total	280	Watson L		
56kg	Squat	140	Seabright, Allison		13.11.08
	Benchpress	82.5	Seabright, Allison		13.11.08
	Deadlift	140	Seabright, Allison		13.11.08
	Total	357.5	Seabright, Allison		13.11.08
60kg	Squat	145.5	Seabright, Allison		24.04.10
	Benchpress	90	Seabright, Allison		24.04.10
	Deadlift	170	Challacombe, Lynda		17.04.05
	Total	387.5	Challacombe, Lynda		17.04.05
67.5kg	Squat	152.5	Martin A		
	Benchpress	97.5	Martin A		
	Deadlift	187.5	Martin A		
	Total	437.5	Martin A		
75kg	Squat	145	Davies, Sue		08.03.09
	Benchpress	112.5	Davies, Sue		24.04.10
	Deadlift	170	Davies, Sue		05.08.09
	Total	425	Davies, Sue		05.08.09
82.5kg	Squat	145	Morgan J		
	Benchpress	95	Morgan J		
	Deadlift	200	Morgan J		
	Total	440	Morgan J		
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat	168	Bates J		
	Benchpress	113	Bates J		
	Deadlift	190.5	Bates J		
	Total	450	Bates J		

BPO British Powerlifting Records - Women's					
Master 45-49					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	85	Milham F		
	Benchpress	40	Milham F		
	Deadlift	110	Milham F		
	Total	235	Milham F		
52kg	Squat	90	McCalmon H		
	Benchpress	50.5	Hickman, Deb		01.12.07
	Deadlift	140	McCalmon H		
	Total	280	McCalmon H		
56kg	Squat	107.5	Hickman Debbs		24.10.10
	Benchpress	62.5	Hickman Debbs		24.10.10
	Deadlift	145.5	Hickman Debbs		24.10.10
	Total	307.5	Hickman Debbs		24.10.10
60kg	Squat	140	Challacombe, Lynda		13.11.05
	Benchpress	75	Challacombe, Lynda		13.11.05
	Deadlift	160	Challacombe, Lynda		13.11.05
	Total	370	Challacombe, Lynda		13.11.05
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's					
Master 50-54					
Class	Lift	Kg	Name	Country	Date
48kg	Squat	90	Milham F		
	Benchpress	45	Milham F		
	Deadlift	120	Milham F		
	Total	252.5	Milham F		
52kg	Squat	110	McCalmon H		
	Benchpress	45	McCalmon H		
	Deadlift	136	McCalmon H		
	Total	285	McCalmon H		
56kg	Squat	100	McCalmon H		
	Benchpress	47.5	McCalmon H		
	Deadlift	135	McCalmon H		
	Total	272.5	McCalmon H		
60kg	Squat				
	Benchpress				
	Deadlift				
	Total				
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat				
	Benchpress				
	Deadlift				
	Total				
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's					
Master 55-59					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat	110	McCalmon H		
	Benchpress	62.5	McCalmon H		
	Deadlift	147.5	McCalmon H		
	Total	320	McCalmon H		
67.5kg	Squat	85	Carter P		
	Benchpress	48	Carter P		
	Deadlift	125	Carter P		
	Total	250	Carter P		
75kg	Squat	85	Carter P		
	Benchpress	42.5	Carter P		
	Deadlift	125	Carter P		
	Total	237.5	Carter P		
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's					
Master 60-64					
Class	Lift	Kg	Name	Country	Date
48kg	Squat				
	Benchpress				
	Deadlift				
	Total				
52kg	Squat				
	Benchpress				
	Deadlift				
	Total				
56kg	Squat				
	Benchpress				
	Deadlift				
	Total				
60kg	Squat	100	McCalmon, Helen		22.04.06
	Benchpress	55	McCalmon, Helen		22.04.06
	Deadlift	145	McCalmon, Helen		22.04.06
	Total	300	McCalmon, Helen		22.04.06
67.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
75kg	Squat	77.5	Carter P		
	Benchpress	45	Carter P		
	Deadlift	127.5	Carter P		
	Total	240	Carter P		
82.5kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg	Squat				
	Benchpress				
	Deadlift				
	Total				
90kg+	Squat				
	Benchpress				
	Deadlift				
	Total				

BPO British Powerlifting Records - Women's						
Master 65-69						
Class	Lift	Kg	Name	Country	Date	
48kg	Squat					
	Benchpress					
	Deadlift					
	Total					
52kg	Squat					
	Benchpress					
	Deadlift					
	Total					
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg+	Squat					
	Benchpress					
	Deadlift					
	Total					

BPO British Powerlifting Records - Women's						
Master 70-74						
Class	Lift	Kg	Name	Country	Date	
48kg	Squat					
	Benchpress					
	Deadlift					
	Total					
52kg	Squat					
	Benchpress					
	Deadlift					
	Total					
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg+	Squat					
	Benchpress					
	Deadlift					
	Total					

BPO British Powerlifting Records - Women's						
Master 75-79						
Class	Lift	Kg	Name	Country	Date	
48kg	Squat					
	Benchpress					
	Deadlift					
	Total					
52kg	Squat					
	Benchpress					
	Deadlift					
	Total					
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg+	Squat					
	Benchpress					
	Deadlift					
	Total					

BPO British Powerlifting Records - Women's						
Master 80+						
Class	Lift	Kg	Name	Country	Date	
48kg	Squat					
	Benchpress					
	Deadlift					
	Total					
52kg	Squat					
	Benchpress					
	Deadlift					
	Total					
56kg	Squat					
	Benchpress					
	Deadlift					
	Total					
60kg	Squat					
	Benchpress					
	Deadlift					
	Total					
67.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
75kg	Squat					
	Benchpress					
	Deadlift					
	Total					
82.5kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg	Squat					
	Benchpress					
	Deadlift					
	Total					
90kg+	Squat					
	Benchpress					
	Deadlift					
	Total					