

NWL WOMEN'S U23 WEIGHTLIFTING RECORDS

CLASS	LIFT	RECORD HOLDER	RECORD	DATE
48kg	SNATCH	Rebecca HEARD	55kg	Mar 11, 2004
	CLEAN & JERK	Rebecca HEARD	70kg	Mar 11, 2004
	TOTAL	Rebecca HEARD	125kg	Mar 11, 2004
53kg	SNATCH	Fraer MORROW	67kg	Oct 24, 2015
	CLEAN & JERK	Fraer MORROW	80kg	Oct 24, 2015
	TOTAL	Fraer MORROW	147kg	Oct 24, 2015
58kg	SNATCH	Christobel FELLOWES	47½kg	Jul 07, 1996
	CLEAN & JERK	Christobel FELLOWES	57½kg	Mar 16, 1996
	TOTAL	Christobel FELLOWES	105kg	Jul 07, 1996
63kg	SNATCH	Sarah DAVIES	84kg	Apr 05, 2014
	CLEAN & JERK	Sarah DAVIES	107kg	Feb 22-23, 2014
	TOTAL	Sarah DAVIES	190kg	Feb 22-23, 2014
69kg	SNATCH	Rebekah TILER	102kg	Jun 11, 2016
	CLEAN & JERK	Rebekah TILER	126kg	Oct 24, 2015
	TOTAL	Rebekah TILER	227kg	Jun 11, 2016
75kg	SNATCH	Amelia SMYTH	65kg	Jul 07, 1996
	CLEAN & JERK	Amelia SMYTH	80kg	Jul 07, 1996
	TOTAL	Amelia SMYTH	145kg	Jul 07, 1996
75+kg	SNATCH	Georgie DEAN	62½kg	Sep 12, 2004
	CLEAN & JERK	Georgie DEAN	85kg	Feb 12, 2005
	TOTAL	Georgie DEAN	145kg	Feb 12, 2005