

	South Midlands Divisional Records								
	Female Equipped								
Weight Class	Lift	Under 18	Under 23	Open	Masters 1	Masters 2	Masters 3	Masters 4	Masters 5
43 kg	Squat	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Deadlift	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Total	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
	Bench Press All contest	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
47 kg	Squat			Nora Jones	Marina Cornwall	Marina Cornwall			
		Not Set	Not Set	90 kg	77.5 kg	77.5 kg	Not Set	Not Set	Not Set
				19 September 2015	01 February 2015	01 February 2015			
	Bench Press			Nora Jones	Marina Cornwall	Marina Cornwall			
		Not Set	Not Set	55 kg	51.5 kg	51.5 kg	Not Set	Not Set	Not Set
				19 September 2015	01 February 2015	01 February 2015			
	Deadlift			Marina Cornwall	Marina Cornwall	Marina Cornwall			
		Not Set	Not Set	125.5 kg	125.5 kg	125.5 kg	Not Set	Not Set	Not Set
				01 February 2015	01 February 2015	01 February 2015			
	Total			Nora Jones	Marina Cornwall	Marina Cornwall			
		Not Set	Not Set	260 kg	254.5 kg	254.5 kg	Not Set	Not Set	Not Set
				22/05/2016	01 February 2015	01 February 2015			
	Bench Press All contest			Nora Jones	Marina Cornwall	Marina Cornwall			
		Not Set	Not Set	55 kg	51.5 kg	51.5 kg	Not Set	Not Set	Not Set
				19 September 2015	01 February 2015	01 February 2015			
	Squat		Alina Dewshi	Emma Goodwin					
		Not Set	90 kg	155 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 March 2017	05 November 2018					
	Bench Press		Ruth Holloway	Emma Goodwin					
		Not Set	55 kg	80 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			31 October 2015	05 November 2018					
			Alina Dewshi	Emma Goodwin					

	52 kg	Deadlift	Not Set	107.5 kg	180 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				26 March 2017	05 November 2018					
		Total		Alina Dewshi	Emma Goodwin					
			Not Set	247.5 kg	415 kg	Not Set	Not Set	Not Set	Not Set	Not Set
		Bench Press All contest		26 March 2017	05 November 2018					
				Ruth Holloway	Emma Goodwin	Amanda Holloway				
			Not Set	55 kg	80 kg	67.5 kg	Not Set	Not Set	Not Set	Not Set
	57 kg	Squat		31 October 2015	05 November 2018	08 December 2018				
				Abigail Stacey	Ellie Steel	Sofia Rufus				
			Not Set	130 kg	207.5 kg	115 kg	Not Set	Not Set	Not Set	Not Set
		Bench Press		08 December 2018	15 September 2018	08 December 2018				
				Abigail Stacey	Ellie Steel	Sofia Rufus				
			Not Set	72.5 kg	141 kg	57.5 kg	Not Set	Not Set	Not Set	Not Set
		Deadlift		08 December 2018	15 September 2018	08 December 2018				
				Catherine Smith	Ellie Steel	Sofia Rufus				
			Not Set	167.5 kg	175 kg	122.5 kg	Not Set	Not Set	Not Set	Not Set
		Total		25 February 2017	15 September 2018	08 December 2018				
				Catherine Smith	Ellie Steel	Sofia Rufus				
			Not Set	360 kg	523.5 kg	292.5 kg	Not Set	Not Set	Not Set	Not Set
		Bench Press All contest		25 February 2017	15 September 2018	08 December 2018				
				Abigail Stacey	Ellie Steel	Sofia Rufus				
			Not Set	72.5 kg	141 kg	57.5 kg	Not Set	Not Set	Not Set	Not Set
	63 kg	Squat		08 December 2018	15 September 2018	08 December 2018				
				Lucy Hart	Lucy Hart	Galit Goldshmid				
			Not Set	162.5 kg	162.5 kg	145 kg	Not Set	Not Set	Not Set	Not Set
		Bench Press		28 July 2018	28 July 2018	19 January 2019				
				Lucy Hart	Angelique Borsboom	Galit Goldshmid				
			Not Set	77.5 kg	100 kg	95 kg	Not Set	Not Set	Not Set	Not Set
		Deadlift		07 May 2018	16 December 2017	19 January 2019				
				Lucy Hart	Galit Goldshmid	Galit Goldshmid				
			Not Set	150 kg	165 kg	165 kg	Not Set	Not Set	Not Set	Not Set
		Total		28 July 2018	19 January 2019	19 January 2019				
				Lucy Hart	Galit Goldshmid	Galit Goldshmid				
			Not Set	385 kg	405 kg	405 kg	Not Set	Not Set	Not Set	Not Set
		Bench Press All contest		28 July 2018	19 January 2019	19 January 2019				
				Lucy Hart	Beverley Rodgers	Beverley Rodgers				
			Not Set	77.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set	Not Set
		Squat		07 May 2018	21 January 2018	21 January 2018				
				Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold			
			Not Set	127.5 kg	150 kg	127.5 kg	107.5 kg	Not Set	Not Set	Not Set
				23 September 2018	22 July 2017	28 October 2017	20 October 2018			
				Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			

	72 kg	Bench Press	Not Set	80 kg	90 kg	87.5 kg	67.5 kg	Not Set	Not Set	Not Set
				23 September 2018	22 May 2016	28 October 2017	20 October 2018			
		Deadlift		Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord			
			Not Set	147.5 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set
				28 October 2018	22 May 2016	28 October 2017	03 December 2017			
		Total		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
			Not Set	342.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set
				23 September 2018	22 May 2016	28 October 2017	20 October 2018			
		Bench Press All contest		Zoe Clark	Amy Atkinson	Beverley Rodgers	Beverley Rodgers			
			Not Set	80 kg	90 kg	100 kg	100 kg	Not Set	Not Set	Not Set
				18 May 2018	22 May 2016	20 April 2017	20 April 2017			
	84 kg	Squat		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
			Not Set	130 kg	170 kg	147.5 kg	110 kg	Not Set	Not Set	Not Set
				28 October 2018	28 October 2018	10 December 2017	26 January 2014			
		Bench Press		Zoe Clark	Megan Batchelor	Jean Maton	Jean Maton			
			Not Set	77.5 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set
				28 October 2018	13 August 2016	26 January 2014	26 January 2014			
		Deadlift		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
			Not Set	125 kg	172.5 kg	170 kg	155 kg	Not Set	Not Set	Not Set
				28 October 2018	28 October 2018	21 October 2017	26 January 2014			
		Total		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
			Not Set	332.5 kg	412.5 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set
				28 October 2018	28 October 2018	21 October 2017	26 January 2014			
		Bench Press All contest		Zoe Clark	Megan Batchelor	Jean Maton	Jean Maton			
			Not Set	77.5 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set
				28 October 2018	13 August 2016	26 January 2014	26 January 2014			
	84 kg +	Squat			Nicola Stimpson	Lisa Styles				
			Not Set	Not Set	160 kg	150 kg	Not Set	Not Set	Not Set	Not Set
					28 January 2018	28 October 2017				
		Bench Press			Megan Batchelor	Lisa Styles				
			Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
					25 March 2018	28 October 2017				
		Deadlift			Lisa Styles	Lisa Styles				
			Not Set	Not Set	190 kg	190 kg	Not Set	Not Set	Not Set	Not Set
					28 October 2017	28 October 2017				
		Total			Lisa Styles	Lisa Styles				
			Not Set	Not Set	420 kg	420 kg	Not Set	Not Set	Not Set	Not Set
					28 October 2017	28 October 2017				
		Bench Press All contest			Megan Batchelor	Lisa Styles				
			Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
					25 March 2018	28 October 2017				