

South Midlands Divisional Records										
Female Unequipped										
Weight Class	Lift	Under 18	Under 23	Open	Masters 1	Masters 2	Masters 3	Masters 4	Masters 5	Masters 6
43 kg	Squat									
		Not Set	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	Not Set
	Deadlift									
		Not Set	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	Not Set
	Bench Press All contest									
		Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
47 kg	Squat			Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
		Not Set	Not Set	110 kg	77.5 kg	77.5 kg	Not Set	Not Set	Not Set	Not Set
				15 January 2022	01 February 2015	01 February 2015				
	Bench Press			Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
		Not Set	Not Set	57.5 kg	51.5 kg	51.5 kg	Not Set	Not Set	Not Set	Not Set
				15 January 2022	01 February 2015	01 February 2015				
	Deadlift			Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
		Not Set	Not Set	130 kg	125.5 kg	125.5 kg	Not Set	Not Set	Not Set	Not Set
				15 January 2022	01 February 2015	01 February 2015				
	Total			Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
		Not Set	Not Set	297.5 kg	254.5 kg	254.5 kg	Not Set	Not Set	Not Set	Not Set
				15 January 2022	01 February 2015	01 February 2015				
	Bench Press All contest			Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
		Not Set	Not Set	57.5 kg	51.5 kg	51.5 kg	Not Set	Not Set	Not Set	Not Set
				15 January 2022	01 February 2015	01 February 2015				
52 kg	Squat		Diana-Andreea Zbarcea	Emma Goodwin						
		Not Set	92.5 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	08 March 2020						
	Bench Press		Diana-Andreea Zbarcea	Emma Goodwin						
		Not Set	57.5 kg	70 kg	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	22 May 2016						
	Deadlift		Sadie Hewitt	Emma Goodwin						
		Not Set	117.5 kg	187.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
			26 November 2022	08 March 2020						
	Total		Diana-Andreea Zbarcea	Emma Goodwin						
		Not Set	252.5 kg	377.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	08 March 2020						
			Diana-Andreea Zbarcea	Emma Goodwin	Amanda Holloway					

	Bench Press All contest	Not Set	57.5 kg	70 kg	67.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	22 May 2015	08 December 2018					
57 kg	Squat		Abigail Stacey	Ellie Steel	Emma Drackford	Michelle Sadler				
		Not Set	130 kg	135 kg	132.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
			08 December 2018	29 January 2017	11 October 2022	28 August 2022				
	Bench Press		Hannah Clayton	Ellie Steel	Helen Hughes	Michelle Sadler				
		Not Set	78 kg	90 kg	85 kg	40 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	29 January 2017	26 October 2019	28 August 2022				
	Deadlift		Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler				
		Not Set	167.5 kg	162.5 kg	160 kg	110 kg	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017	09 March 2020	28 August 2022				
63 kg	Squat		Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler				
		Not Set	360 kg	387.5 kg	370 kg	230 kg	Not Set	Not Set	Not Set	Not Set
			25 February 2017	29 January 2017	09 March 2020	28 August 2022				
	Total		Hannah Clayton	Ellie Steel	Helen Hughes	Michelle Sadler				
		Not Set	78 kg	90 kg	87.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	29 January 2017	20 September 2019	28 August 2022				
	Bench Press All contest		Tia Ratnavira	Kelly Santos	Catherine Phipps	Beverley Rodgers	Rita Shergold			
			72.5 kg	140 kg	140 kg	125 kg	100 kg	Not Set	Not Set	Not Set
			28 January 2018	28 August 2022	13 August 2022	14 September 2017	28 August 2022			
69 kg	Squat		Sophie Smith	Angelique Borsboom	Beverley Rodgers	Rita Shergold				
			40 kg	82.5 kg	100 kg	85.5 kg	65 kg	Not Set	Not Set	Not Set
			28 January 2018	07 December 2019	16 December 2017	21 October 2017	17 July 2021			
	Bench Press		Tia Ratnavira	Sophie Smith	Catherine Phipps	Galit Goldshmid	Rita Shergold			
			87.5 kg	160 kg	170 kg	155 kg	125 kg	Not Set	Not Set	Not Set
			28 January 2018	07 December 2019	13 August 2022	01 December 2018	28 August 2022			
	Deadlift		Tia Ratnavira	Sophie Smith	Catherine Phipps	Beverley Rodgers	Rita Shergold			
			200 kg	370 kg	390 kg	350.5 kg	290 kg	Not Set	Not Set	Not Set
			28 January 2018	07 December 2019	13 August 2022	27 May 2017	28 August 2022			
	Total		Tia Ratnavira	Sophie Smith	Angelique Borsboom	Angelique Borsboom	Rita Shergold			
			40 kg	82.5 kg	100 kg	100 kg	65 kg	Not Set	Not Set	Not Set
			28 January 2018	07 December 2019	16 December 2017	17 February 2018	17 July 2021			
	Bench Press All contest		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
		Not Set	130 kg	130 kg	125 kg	125 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	18 June 2022	18 June 2022				
	Bench Press		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
		Not Set	93 kg	93 kg	90 kg	88 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	04 December 2021	18 June 2022				
	Deadlift		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
		Not Set	175 kg	175 kg	135 kg	135 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	18 June 2022	18 June 2022				
	Total		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
		Not Set	398 kg	398 kg	348 kg	348 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	18 June 2022	18 June 2022				
	Bench Press All contest		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
		Not Set	93 kg	93 kg	90.5 kg	88 kg	Not Set	Not Set	Not Set	Not Set
			02 April 2022	02 April 2022	07 August 2021	18 June 2022				
			Louise Warr	Yasmina Couty	Beverley Rodgers	Rita Shergold				

72 kg	Squat	Not Set	128 kg	150 kg	127.5 kg	110 kg	Not Set	Not Set	Not Set	Not Set
			07 December 2019	22 July 2017	28 October 2017	26 October 2019				
	Bench Press		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold				
		Not Set	80 kg	90 kg	87.5 kg	75 kg	Not Set	Not Set	Not Set	Not Set
	Deadlift		23 September 2018	22 May 2016	28 October 2017	23 February 2020				
			Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord				
		Not Set	155 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set	Not Set
	Total		07 December 2019	22 May 2016	28 October 2017	03 December 2017				
			Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold				
		Not Set	350.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set	Not Set
Bench Press All contest		07 December 2019	22 May 2016	28 October 2017	20 October 2018					
		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold					
	Not Set	80 kg	90 kg	90 kg	72.5 kg	Not Set	Not Set	Not Set	Not Set	
		18 May 2018	22 May 2016	15 May 2018	22 June 2019					
76 kg	Squat			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
		Not Set	Not Set	145 kg	132.5 kg	132.5 kg	Not Set	Not Set	Not Set	Not Set
				26 February 2022	19 March 2022	19 March 2022				
	Bench Press			Rosie McKenzie	Rosie McKenzie	Rosie McKenzie				
		Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set	Not Set
				19 March 2022	19 March 2022	19 March 2022				
	Deadlift			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
		Not Set	Not Set	170 kg	155 kg	155 kg	Not Set	Not Set	Not Set	Not Set
				26 February 2022	19 March 2022	19 March 2022				
	Total			Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
Not Set		Not Set	390 kg	372.5 kg	372.5 kg	Not Set	Not Set	Not Set	Not Set	
			26 February 2022	19 March 2022	19 March 2022					
Bench Press All contest			Rosie McKenzie	Rosie McKenzie	Rosie McKenzie					
	Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set	Not Set	
			19 March 2022	19 March 2022	19 March 2022					
84 kg	Squat		Zoe Clark	Nicola Stimpson	Verena Manchip	Jean Maton				
		Not Set	130 kg	180 kg	147.5 kg	130 kg	Not Set	Not Set	Not Set	Not Set
			28 October 2018	26 May 2019	10 December 2017	25 March 2018				
	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	Not Set
			28 October 2018	13 August 2016	26 January 2014	26 January 2014				
	Deadlift		Zoe Clark	Nicola Stimpson	Verena Manchip	Jean Maton				
		Not Set	125 kg	175 kg	170 kg	155 kg	Not Set	Not Set	Not Set	Not Set
			28 October 2018	26 May 2019	21 October 2017	26 January 2014				
	Total		Zoe Clark	Nicola Stimpson	Verena Manchip	Jean Maton				
Not Set		332.5 kg	435 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set	Not Set	
		28 October 2018	26 May 2019	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	Not Set	
		28 October 2018	13 August 2016	26 January 2014	26 January 2014					
	Squat		Sarah Ripley	Victoria Cavalier-Hirth	Verena Manchip	Verena Manchip				
		Not Set	145 kg	207.5 kg	160 kg	160 kg	Not Set	Not Set	Not Set	Not Set
			04 June 2022	19 March 2022	15 January 2022	15 January 2022				
			Sarah Ripley	Victoria Cavalier-Hirth	Lisa Styles	Jean Maton				

84 kg +	Bench Press	Not Set	62.5 kg	130 kg	80 kg	77.5 kg	Not Set	Not Set	Not Set	Not Set
			04 June 2022	19 March 2022	28 October 2017	28 October 2017				
	Deadlift		Sarah Ripley	Scarlett Sotiris	Lisa Styles	Verena Manchip				
		Not Set	140 kg	197.5 kg	190 kg	160 kg	Not Set	Not Set	Not Set	Not Set
			04 June 2022	03 March 2019	28 October 2017	15 January 2022				
	Total		Sarah Ripley	Victoria Cavalier-Hirth	Lisa Styles	Verena Manchip				
		Not Set	347.5 kg	527.5 kg	420 kg	397.5 kg	Not Set	Not Set	Not Set	Not Set
			04 June 2022	19 March 2022	28 October 2017	15 January 2022				
	Bench Press All contest		Sarah Ripley	Victoria Cavalier-Hirth	Lisa Styles	Jean Maton				
		Not Set	62.5 kg	130 kg	80 kg	77.5 kg	Not Set	Not Set	Not Set	Not Set
			04 June 2022	19 March 2022	28 October 2017	28 October 2017				