

South Midlands Divisional Records										
Female Equipped										
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	Amanda Hughes					
		Not Set	92.5 kg	180 kg	120 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	18 January 2020	19 January 2019					
	Bench Press		Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes					
		Not Set	57.5 kg	82.5 kg	72.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			20 April 2019	19 January 2019	19 January 2019					
	Deadlift		Alina Dewshi	Emma Goodwin	Amanda Hughes					
		Not Set	107.5 kg	193 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 March 2017	03 May 2022	19 January 2019					
			Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes					

		Total	Not Set	252.5 kg	450 kg	320 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				20 April 2019	18 November 2019	19 January 2019					
		Bench Press All contest		Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes					
			Not Set	57.5 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
57 kg	Squat		Abigail Stacey	Ellie Steel	Helen Hughes	Michelle Sadler					
		Not Set	130 kg	207.5 kg	150 kg	80 kg	Not Set	Not Set	Not Set	Not Set	
			08 December 2018	15 September 2018	18 January 2020	28 August 2022					
	Bench Press		Abigail Stacey	Ellie Steel	Helen Hughes	Michelle Sadler					
		Not Set	72.5 kg	141 kg	97.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set	
			08 December 2018	15 September 2018	18 January 2020	28 August 2022					
	Deadlift		Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler					
		Not Set	167.5 kg	175 kg	160 kg	110 kg	Not Set	Not Set	Not Set	Not Set	
			25 February 2017	15 September 2018	18 January 2020	28 August 2022					
	Total		Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler					
		Not Set	360 kg	523.5 kg	407.5 kg	230 kg	Not Set	Not Set	Not Set	Not Set	
			25 February 2017	15 September 2018	18 January 2020	28 August 2022					
	Bench Press All contest		Abigail Stacey	Ellie Steel	Helen Hughes	Michelle Sadler					
		Not Set	72.5 kg	141 kg	97.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set	
			08 December 2018	15 September 2018	18 May 2019	28 August 2022					
	63 kg	Squat		Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold				
Not Set			162.5 kg	165 kg	165 kg	100 kg	Not Set	Not Set	Not Set	Not Set	
			28 July 2018	18 January 2020	18 January 2020	28 August 2022					
Bench Press			Sophie Smith	Galit Goldshmid	Galit Goldshmid	Rita Shergold					
		Not Set	82.5 kg	105 kg	105 kg	65 kg	Not Set	Not Set	Not Set	Not Set	
			07 December 2019	18 January 2020	18 January 2020	17 July 2021					
Deadlift			Sophie Smith	Catherine Phipps	Galit Goldshmid	Rita Shergold					
		Not Set	160 kg	170 kg	167.5 kg	125 kg	Not Set	Not Set	Not Set	Not Set	
			07 December 2019	13 August 2022	18 January 2020	28 August 2022					
Total			Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold					
		Not Set	385 kg	437.5 kg	437.5 kg	290 kg	Not Set	Not Set	Not Set	Not Set	
			28 July 2018	18 January 2020	18 January 2020	28 August 2022					
Bench Press All contest		Lucy Hart	Beverley Rodgers	Beverley Rodgers	Rita Shergold						
	Not Set	77.5 kg	112.5 kg	112.5 kg	90 kg	Not Set	Not Set	Not Set	Not Set		
		07 May 2018	21 January 2018	21 January 2018	02 August 2022						
69 kg	Squat		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					
		Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers						

		Total	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	Beverley Rodgers	Beverley Rodgers	Beverley Rodgers				
			Not Set	93 kg	130 kg	130 kg	88 kg	Not Set	Not Set	Not Set	Not Set
	72 kg	Squat		Louise Warr	Yasmina Couty	Beverley Rodgers	Rita Shergold				
			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
				23 September 2018	22 May 2016	28 October 2017	23 February 2020				
		Deadlift		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
				07 December 2019	22 May 2016	28 October 2017	03 December 2017				
		Total		Louise Warr	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
				07 December 2019	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	Not Set
				18 May 2018	22 May 2016	20 April 2017	20 April 2017				
	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				
	84 kg	Squat			Beverley Rodgers	Beverley Rodgers	Rosie McKenzie				
			Not Set	Not Set	120 kg	120 kg	85 kg	Not Set	Not Set	Not Set	Not Set
					22 October 2021	22 October 2021	19 March 2022				
		Bench Press		Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
			Not Set	130 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2018	16 March 2014	16 March 2014	16 March 2014				
		Deadlift		Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
			Not Set	125 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2018	16 March 2014	16 March 2014	16 March 2014				
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton				

		Total	Not Set	332.5 kg	472.5 kg	472.5 kg	472.5 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2018	16 March 2014	16 March 2014	16 March 2014				
		Bench Press All contest		Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
			Not Set	77.5 kg	112.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set	Not Set
				28 October 2018	16 March 2014	16 March 2014	16 March 2014				
	84 kg +	Squat			Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	Not Set	207.5 kg	172.5 kg	172.5 kg	Not Set	Not Set	Not Set	Not Set
					19 March 2022	24 September 2013	24 September 2013				
		Bench Press			Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	Not Set	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set
					19 March 2022	24 September 2013	24 September 2013				
		Deadlift			Scarlett Sotiris	Lisa Styles	Jean Maton				
			Not Set	Not Set	197.5 kg	190 kg	187.5 kg	Not Set	Not Set	Not Set	Not Set
					03 March 2019	28 October 2017	24 September 2013				
		Total			Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	Not Set	527.5 kg	477.5 kg	477.5 kg	Not Set	Not Set	Not Set	Not Set
					19 March 2022	24 September 2013	24 September 2013				
		Bench Press All contest			Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	Not Set	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set
				19 March 2022	24 September 2013	24 September 2013					