

	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	Not Set	Not Set	Nora Jones	Marina Cornwall	Marina Cornwall			
				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	117.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 March 2017	16 December 2017					
	Bench Press		Ruth Holloway	Emma Goodwin					
		Not Set	55 kg	70 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			31 October 2015	22 May 2016					
			Alina Dewshi	Emma Goodwin					

	52 kg	Deadlift	Not Set	107.5 kg	167.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				26 March 2017	17/09/2016					
		Total		Alina Dewshi	Emma Goodwin					
			Not Set	247.5 kg	352.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
		Bench Press All contest		26 March 2017	01 December 2015					
			Not Set	Ruth Holloway	Emma Goodwin					
	57 kg	Squat	Not Set	55 kg	70 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				31 October 2015	22 May 2015					
				Catherine Smith	Ellie Steel					
		Bench Press	Not Set	127.5 kg	135 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				25 February 2017	29 January 2017					
				Catherine Smith	Ellie Steel					
		Deadlift	Not Set	65 kg	90 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				25 February 2017	29 January 2017					
				Catherine Smith	Ellie Steel					
		Total	Not Set	167.5 kg	162.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				25 February 2017	29 January 2017					
				Catherine Smith	Ellie Steel					
	63 kg	Squat	Not Set	360 kg	387.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				25 February 2017	29 January 2017					
				Catherine Smith	Ellie Steel					
		Bench Press All contest	Not Set	50 kg	125 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				25 February 2017	15 January 2017					
				Catherine Smith	Ellie Steel					
		Squat	Not Set	Lucy Hart	Beverley Rodgers	Beverley Rodgers				
				155 kg	125 kg	125 kg	Not Set	Not Set	Not Set	Not Set
				07 May 2018	14 September 2017	14 September 2017				
		Bench Press	Not Set	Lucy Hart	Angelique Borsboom	Beverley Rodgers				
				77.5 kg	100 kg	85.5 kg	Not Set	Not Set	Not Set	Not Set
				07 May 2018	16 December 2017	21 October 2017				
		Deadlift	Not Set	Lucy Hart	Claire Sear	Beverley Rodgers				
				142.5 kg	160 kg	147.5 kg	Not Set	Not Set	Not Set	Not Set
				07 May 2018	21 October 2017	17 June 2017				
		Total	Not Set	Lucy Hart	Angelique Borsboom	Beverley Rodgers				
				355 kg	375 kg	350.5 kg	Not Set	Not Set	Not Set	Not Set
				07 May 2018	16 December 2017	27 May 2017				
		Bench Press All contest	Not Set	Lucy Hart	Beverley Rodgers	Beverley Rodgers				
				77.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set	Not Set
				07 May 2018	21 January 2018	21 January 2018				
		Squat		Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold			
			Not Set	107.5 kg	150 kg	127.5 kg	105 kg	Not Set	Not Set	Not Set
				27 May 2017	22 July 2017	28 October 2017	21 October 2017			
				Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			

	72 kg	Bench Press	Not Set	67.5 kg	90 kg	87.5 kg	65 kg	Not Set	Not Set	Not Set
				27 May 2017	22 May 2016	28 October 2017	21 October 2017			
		Deadlift		Zoe Clark	Amy Atkinson	Beverley Rodgers	Amanda Lord			
			Not Set	125 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set
				26 March 2017	22 May 2016	28 October 2017	03 December 2017			
		Total		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
			Not Set	295 kg	392.5 kg	355 kg	295 kg	Not Set	Not Set	Not Set
				27 May 2017	22 May 2016	28 October 2017	21 October 2017			
		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		Jemma Shaw	Abbie Barnes	Varena Manchip	Jean Maton			
			Not Set	85 kg	147.5 kg	147.5 kg	110 kg	Not Set	Not Set	Not Set
				26 January 2014	27 July 2015	10 December 2017	26 January 2014			
		Bench Press		Jemma Shaw	Megan Batchelor	Jean Maton	Jean Maton			
			Not Set	50 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set
				26 January 2014	13 August 2016	26 January 2014	26 January 2014			
		Deadlift		Jemma Shaw	Varena Manchip	Varena Manchip	Jean Maton			
			Not Set	110 kg	170 kg	170 kg	155 kg	Not Set	Not Set	Not Set
				26 January 2014	21 October 2017	21 October 2017	26 January 2014			
		Total		Jemma Shaw	Abbie Barnes	Varena Manchip	Jean Maton			
			Not Set	245 kg	372.5 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set
				26 January 2014	26 January 2014	21 October 2017	26 January 2014			
		Bench Press All contest		Jemma Shaw	Megan Batchelor	Jean Maton	Jean Maton			
			Not Set	50 kg	90 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set
				26 January 2014	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			Sam Foulds	Lisa Styles				
			Not Set	Not Set	80 kg	80 kg	Not Set	Not Set	Not Set	Not Set
					29 January 2017	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			Sam Foulds	Lisa Styles				
			Not Set	Not Set	80 kg	80 kg	Not Set	Not Set	Not Set	Not Set
					29 January 2017	28 October 2017				