| South Midlands Divisional Records | | | | | | | | | | |
|-----------------------------------|-------------------------|----------|-----------------------|----------------------------|-----------------------------|-----------------------------|-----------|-----------|-----------|--|
| Female Unequipped | | | | | | | | | | |
| Weight | | | | | | I I | | | | |
| Class | Lift | Under 18 | Under 23 | Open | Masters 1 | Masters 2 | Masters 3 | Masters 4 | Masters 5 | |
| | | | | | | | | | | |
| | 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 | |
| İ | | | | | | | | | | |
| 42 1 | | No. Co. | No. Co. | No. Co. | No. Co. | NetCel | No. Co. | No. Co. | No. Co. | |
| 43 kg | 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 | |
| | 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 | |
| | | | | | | | | | | |
| | | | | Mehpare Atay | Marina Cornwall | Marina Cornwall | | | | |
| | Squat | Not Set | Not Set | 95 kg | 77.5 kg | 77.5 kg | Not Set | Not Set | Not Set | |
| | · | | | 09 February 2019 | 01 February 2015 | 01 February 2015 | | | | |
| | Bench Press | | | Nora Jones | Marina Cornwall | Marina Cornwall | | | | |
| i | | 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 | | | | |
| | | | | Marina Cornwall | Marina Cornwall | Marina Cornwall | | | | |
| 47 kg | Deadlift | 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 | Nat Cat | Nat Cat | Nora Jones | Marina Cornwall | Marina Cornwall | Nat Cat | Nat Cat | Not Cot | |
| | | Not Set | Not Set | 55 kg 19 September 2015 | 51.5 kg 01 February 2015 | 51.5 kg 01 February 2015 | Not Set | Not Set | Not Set | |
| | | | Diana-Andreea Zbarcea | Emma Goodwin | OI February 2015 | 01 February 2015 | | | | |
| | Squat | Not Set | 92.5 kg | 122.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set | |
| | | Not set | 20 April 2019 | 02 March 2019 | Not Set | Not set | NOT SET | NOU SEL | Not set | |
| | | | Diana-Andreea Zbarcea | Emma Goodwin | | | | | | |
| 52 kg | Bench Press | Not Set | 57.5 kg | 70 kg | Not Set | Not Set | Not Set | Not Set | Not Set | |
| | | | 20 April 2019 | 22 May 2016 | | | | | | |
| | Deadlift | | Alina Dewshi | Emma Goodwin | | | | | | |
| | | Not Set | 107.5 kg | 177.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set | |
| | | | 26 March 2017 | 13 June 2018 | | | | | | |
| | Total | | Diana-Andreea Zbarcea | Emma Goodwin | | | | | | |
| | | Not Set | 252.5 kg | 367.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set | |
| | | | 20 April 2019 | 02 March 2019 | | | | | | |
| | | | 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 | |

| | | | 20 April 2019 | 22 May 2015 | 08 December 2018 | | | | |
|--------|---------------------------|----------------------------------|----------------------------|---------------------------|----------------------------------|----------------------------------|---------|----------|---------|
| | | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| 57 kg | Squat Bench Press | Not Set | 130 kg | 135 kg | 125.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | NOT SET | 08 December 2018 | 29 January 2017 | 25 May 2019 | Not set | NOT SET | NOU SEL | Not set |
| | | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 72.5 kg | 90 kg | 60 kg | Not Set | Not Set | Not Set | Not Set |
| | | NOT SCT | 08 December 2018 | 29 January 2017 | 16 September 2019 | Not Set | NOT SET | 1401 301 | Not set |
| | | | Catherine Smith | Ellie Steel | Emma Drackford | | | | |
| | Deadlift | Not Set | 167.5 kg | 162.5 kg | 127.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | NOT SET | 25 February 2017 | 29 January 2017 | 25 May 2019 | Not set | NOT SET | NOU SEL | Not set |
| | | | Catherine Smith | Ellie Steel | Emma Drackford | | | | |
| | Total | Not Set | 360 kg | 387.5 kg | 310.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | NOT SET | 25 February 2017 | 29 January 2017 | 25 May 2019 | Not Set | NOT SET | 1401 301 | Not set |
| | | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| | Bench Press All contest | Not Set | 72.5 kg | 90 kg | 60 kg | Not Set | Not Set | Not Set | Not Set |
| | Denen i ress / in contest | NOT SCT | 08 December 2018 | 29 January 2017 | 16 September 2019 | Not Set | NOT SET | 1401 301 | Not set |
| | | Tia Ratnavira | Lucy Hart | Beverley Rodgers | Beverley Rodgers | | | | |
| | Squat | 72.5 kg | 127.5 kg | 125 kg | 125 kg | Not Set | Not Set | Not Set | Not Set |
| | Squat | 28 January 2018 | 24 February 2018 | 14 September 2017 | 14 September 2017 | NOU SEL | NOL SEL | NOL SEL | Not set |
| | | Tia Ratnavira | Sophie Smith | Angelique Borsboom | Beverley Rodgers | | | | |
| | Bench Press | 40 kg | 82.5 kg | 100 kg | 85.5 kg | Not Set | Not Set | Not Set | Not Set |
| | Delicii F1 e33 | 28 January 2018 | 07 December 2019 | 16 December 2017 | 21 October 2017 | Not set | Not set | NOU SEL | Not set |
| | | Tia Ratnavira | | Claire Sear | Galit Goldshmid | | | | |
| 63 kg | Deadlift | | Sophie Smith | | | Not Set | Not Set | Not Set | Not Set |
| 03 kg | | 87.5 kg 28 January 2018 | 160 kg 07 December 2019 | 160 kg 21 October 2017 | 155 kg 01 December 2018 | Not set | Not set | NOL SEL | Not set |
| | | Tia Ratnavira | Sophie Smith | Angelique Borsboom | | | | | |
| | Total | | 370 kg | 375 kg | Beverley Rodgers | Not Sot | Not Cot | Not Sot | Not Sot |
| | Total | 200 kg | 07 December 2019 | 16 December 2017 | 350.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 Tia Ratnavira | | Angelique Borsboom | 27 May 2017 Angelique Borsboom | | | | |
| | Bench Press All contest | 40 kg | Sophie Smith 82.5 kg | 100 kg | 100 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 07 December 2019 | 16 December 2017 | 17 February 2018 | Not set | Not set | NOU SEL | Not set |
| | | 20 January 2010 | Louise Warr | Yasmina Couty | Beverley Rodgers | Rita Shergold | | | |
| | Squat | Not Set | 128 kg | 150 kg | 127.5 kg | 110 kg | Not Set | Not Set | Not Set |
| | | NOL SEL | | 22 July 2017 | | | Not set | NOL SEL | Not set |
| | | | 07 December 2019 Zoe Clark | Amy Atkinson | 28 October 2017 Beverley Rodgers | 26 October 2019 Rita Shergold | | | |
| | Bench Press Deadlift | Not Set | 80 kg | 90 kg | 87.5 kg | 70 kg | Not Set | Not Set | Not Set |
| | | NOT SET | 23 September 2018 | 22 May 2016 | 28 October 2017 | 09 February 2019 | NOT SET | NOU SEL | Not set |
| | | | Louise Warr | Amy Atkinson | Beverley Rodgers | Amanda Lord | | | |
| 72 kg | | Not Set | 155 kg | 167.5 kg | 140 kg | 132.5 kg | Not Set | Not Set | Not Set |
| / 2 NB | | NOT SET | 07 December 2019 | 22 May 2016 | 28 October 2017 | 03 December 2017 | NOT SET | NOT SET | Not set |
| | Total | | 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 | 07 December 2019 | 22 May 2016 | 28 October 2017 | 20 October 2018 | Not set | NOUSEL | Not set |
| | Bench Press All contest | | 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 | NOT JET | INOU SEL | NOT JET |
| | | | Zoe Clark | Nicola Stimpson | Varena Manchip | Jean Maton | | | |
| | Squat | 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 | 147.5 kg 10 December 2017 | 25 March 2018 | NOT SET | NOT SET | NOT SET |
| | | | Zo October 2018 | 20 IVIdy 2019 | TO December 2017 | 72 INIQUELLI ZOTA | | | |

| 84 kg | 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 | 175 kg | 170 kg | 155 kg | Not Set | Not Set | Not Set |
| | | | 28 October 2018 | 26 May 2019 | 21 October 2017 | 26 January 2014 | | | |
| | Total | | Zoe Clark | Nicola Stimpson | Varena Manchip | Jean Maton | | | |
| | | Not Set | 332.5 kg | 435 kg | 372.5 kg | 347.5 kg | Not Set | Not Set | Not Set |
| | | | 28 October 2018 | 26 May 2019 | 21 October 2017 | 26 January 2014 | | | |
| | | | Zoe Clark | Megan Batchelor | Jean Maton | Jean Maton | | | |
| | Bench Press All contest | 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 | | | |
| | Squat | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 162.5 kg | 150 kg | 125 kg | Not Set | Not Set | Not Set |
| | | | | 29 July 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Bench Press | | | Megan Batchelor | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 92.5 kg | 80 kg | 77.5 kg | Not Set | Not Set | Not Set |
| | | | | 25 March 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Deadlift | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| 84 kg + | | Not Set | Not Set | 197.5 kg | 190 kg | 157.5 kg | Not Set | Not Set | Not Set |
| | | | | 03 March 2019 | 28 October 2017 | 28 October 2017 | | | |
| | Total | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 440 kg | 420 kg | 360 kg | Not Set | Not Set | Not Set |
| | | | | 26 May 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Bench Press All contest | | | Megan Batchelor | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 92.5 kg | 80 kg | 77.5 kg | Not Set | Not Set | Not Set |
| | | | | 25 March 2018 | 28 October 2017 | 28 October 2017 | | | |