

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		Sadie Hewitt	Emma Goodwin	Amanda Hughes					
		Not Set	117.5 kg	193 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 November 2022	03 May 2022	19 January 2019					
	Total		Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes					
		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	
				20 April 2019	19 January 2019	22 May 2019					
	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		Hannah Clayton	Ellie Steel	Helen Hughes	Michelle Sadler				
			Not Set	78 kg	141 kg	97.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set
				02 April 2022	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		Hannah Clayton	Ellie Steel	Helen Hughes	Michelle Sadler				
			Not Set	78 kg	141 kg	97.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set
				02 April 2022	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				
		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	Beverley Rodgers	Beverley Rodgers	Beverley Rodgers				
			Not Set	93 kg	130 kg	130 kg	88 kg	Not Set	Not Set	Not Set	Not Set

		contest		02 April 2022	03 October 2021	03 October 2021	18 June 2022				
				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	Not Set
				07 December 2019	22 July 2017	28 October 2017	26 October 2019				
		Bench Press	Not Set	Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold				
				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	Not Set	Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord				
				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	Not Set	Louise Warr	Amy Atkinson	Beverley Rodgers	Rita Shergold				
				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	Not Set	Zoe Clark	Amy Atkinson	Beverley Rodgers	Beverley Rodgers				
				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				
					Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
		Squat	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	Not Set	Not Set	Rosie McKenzie	Rosie McKenzie	Rosie McKenzie				
					85 kg	85 kg	85 kg	Not Set	Not Set	Not Set	Not Set
					19 March 2022	19 March 2022	19 March 2022				
		Deadlift	Not Set	Not Set	Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
					170 kg	155 kg	155 kg	Not Set	Not Set	Not Set	Not Set
					26 February 2022	19 March 2022	19 March 2022				
		Total	Not Set	Not Set	Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
					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	Not Set	Not Set	Beverley Rodgers	Beverley Rodgers	Rosie McKenzie				
					120 kg	120 kg	85 kg	Not Set	Not Set	Not Set	Not Set
					22 October 2021	22 October 2021	19 March 2022				
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
		Squat	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				
		Bench Press	Not Set	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
				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				
		Deadlift	Not Set	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
				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				
		Total	Not Set	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
				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	Not Set	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
				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				
				Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				

		Squat	Not Set	145 kg	207.5 kg	172.5 kg	172.5 kg	Not Set	Not Set	Not Set	Not Set
				04 June 2022	19 March 2022	24 September 2013	24 September 2013				
		Bench Press		Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	62.5 kg	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set
				04 June 2022	19 March 2022	24 September 2013	24 September 2013				
		Deadlift		Sarah Ripley	Scarlett Sotiris	Lisa Styles	Jean Maton				
			Not Set	140 kg	197.5 kg	190 kg	187.5 kg	Not Set	Not Set	Not Set	Not Set
				04 June 2022	03 March 2019	28 October 2017	24 September 2013				
		Total		Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	347.5 kg	527.5 kg	477.5 kg	477.5 kg	Not Set	Not Set	Not Set	Not Set
				04 June 2022	19 March 2022	24 September 2013	24 September 2013				
		Bench Press All contest		Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
			Not Set	62.5 kg	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set
				04 June 2022	19 March 2022	24 September 2013	24 September 2013				