

South Midlands Divisional Records									
Female Unequipped									
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			Mehpare Atay	Marina Cornwall	Marina Cornwall			
		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			
		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			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			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			
52 kg	Squat		Alina Dewshi	Emma Goodwin					
		Not Set	90 kg	120 kg	Not Set	Not Set	Not Set	Not Set	Not Set
			26 March 2017	08 December 2018					
	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					
	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		Alina Dewshi	Emma Goodwin				
		Not Set	247.5 kg	360 kg	Not Set	Not Set	Not Set	Not Set
			26 March 2017	13 June 2018				
	Bench Press All contest		Ruth Holloway	Emma Goodwin	Amanda Holloway			
		Not Set	55 kg	70 kg	67.5 kg	Not Set	Not Set	Not Set
57 kg	Squat		31 October 2015	22 May 2015	08 December 2018			
		Not Set	Abigail Stacey	Ellie Steel	Sofia Rufus			
			130 kg	135 kg	115 kg	Not Set	Not Set	Not Set
	Bench Press		08 December 2018	29 January 2017	08 December 2018			
		Not Set	Abigail Stacey	Ellie Steel	Sofia Rufus			
			72.5 kg	90 kg	57.5 kg	Not Set	Not Set	Not Set
	Deadlift		08 December 2018	29 January 2017	08 December 2018			
		Not Set	Catherine Smith	Ellie Steel	Sofia Rufus			
			167.5 kg	162.5 kg	122.5 kg	Not Set	Not Set	Not Set
	Total		25 February 2017	29 January 2017	08 December 2018			
		Not Set	Catherine Smith	Ellie Steel	Sofia Rufus			
			360 kg	387.5 kg	292.5 kg	Not Set	Not Set	Not Set
	Bench Press All contest		25 February 2017	29 January 2017	08 December 2018			
		Not Set	Abigail Stacey	Ellie Steel	Sofia Rufus			
			72.5 kg	90 kg	57.5 kg	Not Set	Not Set	Not Set
63 kg	Squat		08 December 2018	29 January 2017	08 December 2018			
			Tia Ratnavira	Lucy Hart	Beverley Rodgers	Beverley Rodgers		
			72.5 kg	127.5 kg	125 kg	125 kg	Not Set	Not Set
	Bench Press		28 January 2018	24 February 2018	14 September 2017	14 September 2017		
			Tia Ratnavira	Lucy Hart	Angelique Borsboom	Beverley Rodgers		
			40 kg	57.5 kg	100 kg	85.5 kg	Not Set	Not Set
	Deadlift		28 January 2018	24 February 2018	16 December 2017	21 October 2017		
			Tia Ratnavira	Lucy Hart	Claire Sear	Galit Goldshmid		
			87.5 kg	145 kg	160 kg	155 kg	Not Set	Not Set
	Total		28 January 2018	24 February 2018	21 October 2017	01 December 2018		
			Tia Ratnavira	Lucy Hart	Angelique Borsboom	Beverley Rodgers		
			200 kg	330 kg	375 kg	350.5 kg	Not Set	Not Set
	Bench Press All contest		28 January 2018	24 February 2018	16 December 2017	27 May 2017		
			Tia Ratnavira	Lucy Hart	Angelique Borsboom	Angelique Borsboom		
			40 kg	62.5 kg	100 kg	100 kg	Not Set	Not Set
72 kg	Squat		28 January 2018	11 August 2018	16 December 2017	17 February 2018		
			Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold		
		Not Set	127.5 kg	150 kg	127.5 kg	107.5 kg	Not Set	Not Set
	Bench Press		23 September 2018	22 July 2017	28 October 2017	20 October 2018		
			Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold		
		Not Set	80 kg	90 kg	87.5 kg	70 kg	Not Set	Not Set
	Deadlift		23 September 2018	22 May 2016	28 October 2017	09 February 2019		
			Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord		
		Not Set	147.5 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set
			28 October 2018	22 May 2016	28 October 2017	03 December 2017		

	Total		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	342.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set
			23 September 2018	22 May 2016	28 October 2017	20 October 2018			
	Bench Press All contest		Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Not Set	80 kg	90 kg	90 kg	70 kg	Not Set	Not Set	Not Set
			18 May 2018	22 May 2016	15 May 2018	09 February 2019			
84 kg	Squat		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
		Not Set	130 kg	170 kg	147.5 kg	120 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	10 December 2017	22 July 2017			
	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	172.5 kg	170 kg	155 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	21 October 2017	26 January 2014			
	Total		Zoe Clark	Nicola Stimpson	Varena Manchip	Jean Maton			
		Not Set	332.5 kg	412.5 kg	372.5 kg	347.5 kg	Not Set	Not Set	Not Set
			28 October 2018	28 October 2018	21 October 2017	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			Megan Batchelor	Lisa Styles				
		Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
				25 March 2018	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			Megan Batchelor	Lisa Styles				
		Not Set	Not Set	92.5 kg	80 kg	Not Set	Not Set	Not Set	Not Set
				25 March 2018	28 October 2017				