				S	South Midlands Divisiona						
Female Equipped											
Weight Class	Lift	Under 18	Under 23	Open	Masters 1	Masters 2	Masters 3	Masters 4	Masters 5	Masters 6	
	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	
43 kg	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	
	Squat	Not Set	Not Set	Tzvetelina Tzonova 110 kg 15 January 2022	Marina Cornwall 77.5 kg 01 February 2015	Marina Cornwall 77.5 kg 01 February 2015	Not Set	Not Set	Not Set	Not Set	
	Bench Press	Not Set	Not Set	Tzvetelina Tzonova 57.5 kg 15 January 2022	Marina Cornwall 51.5 kg 01 February 2015	Marina Cornwall 51.5 kg 01 February 2015	Not Set	Not Set	Not Set	Not Set	
47 kg	Deadlift Total	Not Set	Not Set	Tzvetelina Tzonova 130 kg 15 January 2022	Marina Cornwall 125.5 kg 01 February 2015	Marina Cornwall 125.5 kg 01 February 2015	Not Set	Not Set	Not Set	Not Set	
		Not Set	Not Set	Tzvetelina Tzonova 297.5 kg 15 January 2022	Marina Cornwall 254.5 kg 01 February 2015	Marina Cornwall 254.5 kg 01 February 2015	Not Set	Not Set	Not Set	Not Set	
	Bench Press All - contest -	Not Set	Not Set	Tzvetelina Tzonova 57.5 kg 15 January 2022	Marina Cornwall 51.5 kg 01 February 2015	Marina Cornwall 51.5 kg 01 February 2015	Not Set	Not Set	Not Set	Not Set	
	Squat	Not Set	Diana-Andreea Zbarcea 92.5 kg 20 April 2019	Emma Goodwin 180 kg 18 January 2020	Amanda Hughes 120 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set	Not Set	
	Bench Press	Not Set	Diana-Andreea Zbarcea 57.5 kg 20 April 2019	Emma Goodwin 82.5 kg 19 January 2019	Amanda Hughes 72.5 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set	Not Set	
52 kg	Deadlift	Not Set	Sadie Hewitt  117.5 kg  26 November 2022	Emma Goodwin  193 kg  03 May 2022	Amanda Hughes 127.5 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set	Not Set	
	Total	Not Set	Diana-Andreea Zbarcea 252.5 kg 20 April 2019	Emma Goodwin 450 kg 18 November 2019	Amanda Hughes 320 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set	Not Set	

			Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes					
	Bench Press All	Not Set	57.5 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
	contest -		20 April 2019	19 January 2019	22 May 2019					
			Abigail Stacey	Ellie Steel	Helen Hughes	Michelle Sadler				
	Squat	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				
			Hannah Clayton	Ellie Steel	Helen Hughes	Michelle Sadler				
	Bench Press	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				
			Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler				
57 kg	Deadlift	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				
			Catherine Smith	Ellie Steel	Helen Hughes	Michelle Sadler		Not Set Not Set		
	Total	Not Set	360 kg	523.5 kg	407.5 kg	230 kg	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 02 April 2022	141 kg	97.5 kg	40 kg	Not Set	Not Set	Not Set	Not Set
			·	15 September 2018	18 May 2019	28 August 2022				
	Squat	Nat Cat	Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold	Net Cet	Net Cet	Nat Cat	Net Cet
		Not Set	162.5 kg 28 July 2018	165 kg 18 January 2020	165 kg 18 January 2020	100 kg 28 August 2022	Not Set	Not Set	Not Set	Not Set
-			Sophie Smith Galit Goldshmid Galit Goldshmid Rita Shergold							
	Bench Press	Not Set	82.5 kg	105 kg	105 kg	65 kg	Not Set	Not Set	Not Set	Not Set
		NOT SET	07 December 2019	18 January 2020	18 January 2020	17 July 2021	Not set	Not set	Not set	NOT SET
			Sophie Smith	Catherine Phipps	Galit Goldshmid	Rita Shergold				
63 kg	Deadlift	Not Set	160 kg	170 kg	167.5 kg	125 kg	Not Set	Not Set	Not Set	Not Set
1			07 December 2019	13 August 2022	18 January 2020	28 August 2022				
			Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold				
	Total	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				
	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				
			Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
	Bench Press	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				
1			Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers				
69 kg	Deadlift	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		Sophie Smith	Beverley Rodgers	Beverley Rodgers	Beverley Rodgers				
	contact	Not Set	93 kg	130 kg	130 kg	88 kg	Not Set	Not Set	Not Set	Not Set

uat Not Set  Press Not Set  Unification of the set of t	02 April 2022 Louise Warr 128 kg 07 December 2019 Zoe Clark 80 kg 23 September 2018 Louise Warr 155 kg 07 December 2019 Louise Warr 350.5 kg 07 December 2019 Zoe Clark 80 kg 18 May 2018  Not Set	03 October 2021 Yasmina Couty 150 kg 22 July 2017 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson 167.5 kg	03 October 2021  Beverley Rodgers  127.5 kg  28 October 2017  Beverley Rodgers  87.5 kg  28 October 2017  Beverley Rodgers  140 kg  28 October 2017  Beverley Rodgers  355 kg  28 October 2017  Beverley Rodgers  305 kg  28 October 2017  Beverley Rodgers  20 October 2017  Beverley Rodgers  100 kg  20 April 2017  Rosie McKenzie	18 June 2022 Rita Shergold 110 kg 26 October 2019 Rita Shergold 75 kg 23 February 2020 Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg 20 April 2017	Not Set  Not Set  Not Set  Not Set	Not Set  Not Set  Not Set  Not Set	Not Set  Not Set  Not Set	Not Set  Not Set  Not Set  Not Set
dlift Not Set	07 December 2019  Zoe Clark  80 kg  23 September 2018  Louise Warr  155 kg  07 December 2019  Louise Warr  350.5 kg  07 December 2019  Zoe Clark  80 kg  18 May 2018	22 July 2017 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson	28 October 2017 Beverley Rodgers 87.5 kg 28 October 2017 Beverley Rodgers 140 kg 28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 305 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	26 October 2019 Rita Shergold 75 kg 23 February 2020 Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set  Not Set	Not Set  Not Set  Not Set	Not Set  Not Set	Not Set  Not Set
dlift Not Set	07 December 2019  Zoe Clark  80 kg  23 September 2018  Louise Warr  155 kg  07 December 2019  Louise Warr  350.5 kg  07 December 2019  Zoe Clark  80 kg  18 May 2018	22 July 2017 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Amy Atkinson	28 October 2017 Beverley Rodgers 87.5 kg 28 October 2017 Beverley Rodgers 140 kg 28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 305 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	26 October 2019 Rita Shergold 75 kg 23 February 2020 Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set  Not Set	Not Set  Not Set	Not Set	Not Set  Not Set
dlift Not Set  tal Not Set  Press All test  Not Set  Not Set	80 kg 23 September 2018 Louise Warr 155 kg 07 December 2019 Louise Warr 350.5 kg 07 December 2019 Zoe Clark 80 kg 18 May 2018	90 kg 22 May 2016 Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	87.5 kg 28 October 2017 Beverley Rodgers 140 kg 28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	75 kg 23 February 2020 Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set  Not Set	Not Set  Not Set	Not Set	Not Set
dlift Not Set  tal Not Set  Press All test  Not Set  Not Set	23 September 2018  Louise Warr  155 kg  07 December 2019  Louise Warr  350.5 kg  07 December 2019  Zoe Clark  80 kg  18 May 2018	90 kg 22 May 2016 Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	28 October 2017 Beverley Rodgers 140 kg 28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	23 February 2020 Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set  Not Set	Not Set  Not Set	Not Set	Not Set
Press All Not Set  Not Set  Not Set  Not Set	Louise Warr  155 kg  07 December 2019  Louise Warr  350.5 kg  07 December 2019  Zoe Clark  80 kg  18 May 2018	Amy Atkinson 167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	Beverley Rodgers  140 kg  28 October 2017  Beverley Rodgers  355 kg  28 October 2017  Beverley Rodgers  100 kg  20 April 2017	Amanda Lord 132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set	Not Set		
Press All Not Set  Not Set  Not Set  Not Set	155 kg 07 December 2019 Louise Warr 350.5 kg 07 December 2019 Zoe Clark 80 kg 18 May 2018	167.5 kg 22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	140 kg 28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	132.5 kg 03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set	Not Set		
Press All Not Set  Not Set  Not Set  Not Set	07 December 2019  Louise Warr  350.5 kg  07 December 2019  Zoe Clark  80 kg  18 May 2018	22 May 2016 Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	28 October 2017 Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	03 December 2017 Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg	Not Set	Not Set		
Press All Not Set  uat Not Set	Louise Warr 350.5 kg 07 December 2019 Zoe Clark 80 kg 18 May 2018	Amy Atkinson 392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	Beverley Rodgers 355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	Rita Shergold 300 kg 20 October 2018 Beverley Rodgers 100 kg			Not Set	Not Set
Press All Not Set  uat Not Set	350.5 kg 07 December 2019 Zoe Clark 80 kg 18 May 2018	392.5 kg 22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	355 kg 28 October 2017 Beverley Rodgers 100 kg 20 April 2017	300 kg 20 October 2018 Beverley Rodgers 100 kg			Not Set	Not Set
Press All Not Set  uat Not Set	07 December 2019  Zoe Clark  80 kg  18 May 2018	22 May 2016 Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	28 October 2017  Beverley Rodgers  100 kg  20 April 2017	20 October 2018  Beverley Rodgers  100 kg			Not Set	Not Set
test Not Set  uat Not Set	Zoe Clark 80 kg 18 May 2018	Amy Atkinson 90 kg 22 May 2016 Angela Ricciardi	Beverley Rodgers 100 kg 20 April 2017	Beverley Rodgers 100 kg	Not Set	Not Set		
test Not Set  uat Not Set	80 kg 18 May 2018	90 kg 22 May 2016 Angela Ricciardi	100 kg 20 April 2017	100 kg	Not Set	Not Set		
test Not Set  uat Not Set	18 May 2018	22 May 2016 Angela Ricciardi	20 April 2017	<del>                                       </del>	Not Set	Not Set		
uat Not Set	,	Angela Ricciardi	· ·	20 April 2017		1101 301	Not Set	Not Set
	Not Set		Pocia McKanzia	<del>                                     </del>				
	Not Set	145 kg		Rosie McKenzie				
Press Not Set		<u> </u>	132.5 kg	132.5 kg	Not Set	Not Set	Not Set	Not Set
Press Not Set		26 February 2022	19 March 2022	19 March 2022				
	Not Cot	Rosie McKenzie	Rosie McKenzie	Rosie McKenzie	Not Cot	Not Cot	Not Cot	NetCet
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				
idlift Not Set	Not Set	Angela Ricciardi 170 kg	Rosie McKenzie 155 kg	Rosie McKenzie 155 kg	Not Set	Not Set	Not Set	Not Set
Not set	Not set	26 February 2022	19 March 2022	19 March 2022	Not set	Not set	Not set	Not set
otal Not Set	Not Set				Not Set	Not Set	Not Set	Not Set
1100300	Not set				1400 300	1101 301	Not set	lot Set Not Set
Press All Not Set	Not Set	, ,	· · · ·	+	Not Set	Not Set	Not Set	Not Set
test		22 October 2021		19 March 2022				
	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
uat 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				
	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
Press 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				
	Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
dlift 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				
tal 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				
Press All				-				
test Not Set					Not Set	Not Set	Not Set	Not Set
				1				
uat n Pr	Not Set  Not Set  Not Set  Not Set  Not Set  Not Set	Not Set	26 February 2022   Beverley Rodgers   Beverley Rodgers   120 kg   22 October 2021	Not Set	Not Set	Not Set	Not Set	Not Set

	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				
			Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
	Bench Press	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				
			Sarah Ripley	Scarlett Sotiris	Lisa Styles	Jean Maton			Not Set	
84 kg -	Deadlift	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				
			Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
	Total	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			Not Set	
	Bench Press All		Sarah Ripley	Victoria Cavalier-Hirth	Jean Maton	Jean Maton				
	contest	Not Set	62.5 kg	130 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set
	contest		04 June 2022	19 March 2022	24 September 2013	24 September 2013				