				South Mic	llands Divisional Records	3					
	Female Equipped										
Weight 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		
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		
	Bench Press All	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set		
	contest -	Not set	Not Set	NOT SET	Not set	Not set	Not set	Not set	Not set		
	Squat			Mehpare Atay	Marina Cornwall	Marina Cornwall					
		Not Set	Not Set	95 kg 09 February 2019	77.5 kg 01 February 2015	77.5 kg 01 February 2015	Not Set	Not Set	Not Set		
	Bench Press			Nora Jones	Marina Cornwall	Marina Cornwall					
		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		
	Deadlift			Marina Cornwall	Marina Cornwall	Marina Cornwall					
47 kg		Not Set	Not Set	125.5 kg	125.5 kg	125.5 kg	Not Set	Not Set	Not Set		
	Total			01 February 2015 Nora Jones	01 February 2015 Marina Cornwall	01 February 2015 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	Not Set	Not Set	Nora Jones 55 kg	Marina Cornwall 51.5 kg	Marina Cornwall 51.5 kg	Not Set	Not Set	Not Set		
		NOT SET	Not set	19 September 2015	01 February 2015	01 February 2015	NOT SET	Not set	Not set		
			Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes	,					
	Squat	Not Set	92.5 kg	165 kg	120 kg	Not Set	Not Set	Not Set	Not Set		
	Bench Press		20 April 2019 Diana-Andreea Zbarcea	02 May 2019 Emma Goodwin	19 January 2019 Amanda Hughes						
		Not Set	57.5 kg	82.5 kg	72.5 kg	Not Set	Not Set	Not Set	Not Set		
			20 April 2019	19 January 2019	19 January 2019						
52 kg	Deadlift	Not Set	Alina Dewshi 107.5 kg	Emma Goodwin 180 kg	Amanda Hughes 127.5 kg	Not Set	Not Set	Not Set	Not Set		
J2 N5		NOT SET	26 March 2017	05 November 2018	19 January 2019	NOT SET	NOT SET	NOT SET	NOU SEC		
	Total		Diana-Andreea Zbarcea	Emma Goodwin	Amanda Hughes						
		Not Set	252.5 kg	425 kg	320 kg	Not Set	Not Set	Not Set	Not Set		
			20 April 2019	02 May 2019	19 January 2019						

1			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
	contest	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	20 April 2019	19 January 2019	22 May 2019	1101 001	1101001		1101001
			Abigail Stacey	Ellie Steel	Emma Drackford				
	Squat	Not Set	130 kg	207.5 kg	125.5 kg	Not Set	Not Set	Not Set	Not Set
	- 1		08 December 2018	15 September 2018	25 May 2019				
			Abigail Stacey	Ellie Steel	Sofia Rufus				
	Bench Press	Not Set	72.5 kg	141 kg	57.5 kg	Not Set	Not Set	Not Set	Not Set
			08 December 2018	15 September 2018	08 December 2018				
	Deadlift		Catherine Smith	Ellie Steel	Emma Drackford				
57 kg		Not Set	167.5 kg	175 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set
			25 February 2017	15 September 2018	25 May 2019				
			Catherine Smith	Ellie Steel	Emma Drackford				
	Total	Not Set	360 kg	523.5 kg	310.5 kg	Not Set	Not Set	Not Set	Not Set
			25 February 2017	15 September 2018	25 May 2019				
	Bench Press All		Abigail Stacey	Ellie Steel	Sofia Rufus				
	contest	Not Set	72.5 kg	141 kg	57.5 kg	Not Set	Not Set	Not Set	Not Set
	contest		08 December 2018	15 September 2018	08 December 2018				
	Squat		Lucy Hart	Lucy Hart	Galit Goldshmid				
		Not Set	162.5 kg	162.5 kg	145 kg	Not Set	Not Set	Not Set	Not Set
			28 July 2018	28 July 2018	19 January 2019				
	Bench Press		Lucy Hart	Angelique Borsboom	Galit Goldshmid				
		Not Set	77.5 kg	100 kg	95 kg	Not Set	Not Set	Not Set	Not Set
			07 May 2018	16 December 2017	19 January 2019				
	Deadlift		Lucy Hart	Galit Goldshmid	Galit Goldshmid				
63 kg		Not Set	150 kg	165 kg	165 kg	Not Set	Not Set	Not Set	Not Set
			28 July 2018	19 January 2019	19 January 2019				
			Lucy Hart	Galit Goldshmid	Galit Goldshmid				
	Total	Not Set	385 kg	405 kg	405 kg	Not Set	Not Set	Not Set	Not Set
			28 July 2018	19 January 2019	19 January 2019				
	Bench Press All contest		Lucy Hart	Beverley Rodgers	Beverley Rodgers				
		Not Set	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 Bench Press	NI-+ C :	Zoe Clark	Yasmina Couty	Beverley Rodgers	Rita Shergold	N-+C	NI-A C :	N · C ·
-		Not Set	127.5 kg	150 kg	127.5 kg	110 kg	Not Set	Not Set	Not Set
-			23 September 2018	22 July 2017	28 October 2017	26 October 2019			
-		Not Cot	Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold	Not Cot	Not Cot	Not Cot
-		Not Set	80 kg	90 kg	87.5 kg	70 kg	Not Set	Not Set	Not Set
_	Deadlift		23 September 2018	22 May 2016	28 October 2017	09 February 2019			
72 kg		Not Set	Louise Warr 150 kg	Amy Atkinson 167.5 kg	Beverley Rodgers 140 kg	Amanda Lord 132.5 kg	Not Set	Not Set	Not Set
- 12 Kg		Not Set	21 April 2019	22 May 2016	28 October 2017	03 December 2017	NOT SET	Not set	Not set
-	Total		Zoe Clark	·					
-		Not Cot		Amy Atkinson	Beverley Rodgers	Rita Shergold	Not Cot	Not Set	Not Cot
-		Not Set	342.5 kg 23 September 2018	392.5 kg 22 May 2016	355 kg 28 October 2017	300 kg 20 October 2018	Not Set	Not Set	Not Set
-	Bench Press All		Zoe Clark	,					
-		Not Set	80 kg	Amy Atkinson 90 kg	Beverley Rodgers 100 kg	Beverley Rodgers 100 kg	Not Set	Not Set	Not Set
	contact	พบเ วยเ	ou kg	an KR	TOO KR	TOO KR	พบเ วยเ	Not Set	พบเ วยเ

	Contest		18 May 2018	22 May 2016	20 April 2017	20 April 2017			
	Squat		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	130 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014		1101001	
	Bench Press		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	77.5 kg	112.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Deadlift		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
84 kg		Not Set	125 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set
1			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Total		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	332.5 kg	472.5 kg	472.5 kg	472.5 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Bench Press All contest		Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Not Set	77.5 kg	112.5 kg	112.5 kg	112.5 kg	Not Set	Not Set	Not Set
			28 October 2018	16 March 2014	16 March 2014	16 March 2014			
	Squat			Jean Maton	Jean Maton	Jean Maton			
		Not Set	Not Set	172.5 kg	172.5 kg	172.5 kg	Not Set	Not Set	Not Set
				24 September 2013	24 September 2013	24 September 2013			
	Bench Press			Jean Maton	Jean Maton	Jean Maton			
		Not Set	Not Set	117.5 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set
				24 September 2013	24 September 2013	24 September 2013			
	Deadlift			Scarlett Sotiris	Lisa Styles	Jean Maton			
84 kg +		Not Set	Not Set	197.5 kg	190 kg	187.5 kg	Not Set	Not Set	Not Set
				03 March 2019	28 October 2017	24 September 2013			
	Total			Jean Maton	Jean Maton	Jean Maton			
		Not Set	Not Set	477.5 kg	477.5 kg	477.5 kg	Not Set	Not Set	Not Set
				24 September 2013	24 September 2013	24 September 2013			
	Bench Press All contest			Jean Maton	Jean Maton	Jean Maton			
		Not Set	Not Set	117.5 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set
				24 September 2013	24 September 2013	24 September 2013			