

	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
	47 kg	Squat		Gwen Marsden	Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
			Not Set	105 kg	110 kg	77.5 kg	77.5 kg	Not Set	Not Set	Not Set	Not Set
				04 February 2023	15 January 2022	01 February 2015	01 February 2015				
		Bench Press		Gwen Marsden	Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
			Not Set	57.5 kg	57.5 kg	51.5 kg	51.5 kg	Not Set	Not Set	Not Set	Not Set
				04 February 2023	15 January 2022	01 February 2015	01 February 2015				
		Deadlift		Gwen Marsden	Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
			Not Set	120 kg	130 kg	125.5 kg	125.5 kg	Not Set	Not Set	Not Set	Not Set
				04 February 2023	15 January 2022	01 February 2015	01 February 2015				
		Total		Gwen Marsden	Tzvetelina Tzonova	Marina Cornwall	Marina Cornwall				
			Not Set	282.5 kg	297.5 kg	254.5 kg	254.5 kg	Not Set	Not Set	Not Set	Not Set
				04 February 2023	15 January 2022	01 February 2015	01 February 2015				
	52 kg	Squat		Long Kiu Tse	Emma Goodwin	Amanda Hughes					
			Not Set	97.5 kg	180 kg	120 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				04 February 2023	18 January 2020	19 January 2019					
		Bench Press		Long Kiu Tse	Emma Goodwin	Amanda Hughes					
			Not Set	62.5 kg	82.5 kg	72.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				04 February 2023	19 January 2019	19 January 2019					
		Deadlift		Long Kiu Tse	Emma Goodwin	Amanda Hughes					
			Not Set	132.5 kg	193 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				04 February 2023	03 May 2022	19 January 2019					
				Long Kiu Tse	Emma Goodwin	Amanda Hughes					

		Total	Not Set	292.5 kg	450 kg	320 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				04 February 2023	18 November 2019	19 January 2019					
		Bench Press All contest		Long Kiu Tse	Emma Goodwin	Amanda Hughes					
			Not Set	62.5 kg	82.5 kg	82.5 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				04 February 2023	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
	Deadlift			02 April 2022	15 September 2018	18 January 2020	28 August 2022				
				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
	Total			25 February 2017	15 September 2018	18 January 2020	28 August 2022				
				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
	Bench Press All contest			25 February 2017	15 September 2018	18 January 2020	28 August 2022				
				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
63 kg	Squat			02 April 2022	15 September 2018	18 May 2019	28 August 2022				
				Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold				
		Not Set		162.5 kg	165 kg	165 kg	120 kg	Not Set	Not Set	Not Set	Not Set
	Bench Press			28 July 2018	18 January 2020	18 January 2020	29 January 2023				
				Sophie Smith	Galit Goldshmid	Galit Goldshmid	Rita Shergold				
		Not Set		82.5 kg	105 kg	105 kg	90 kg	Not Set	Not Set	Not Set	Not Set
	Deadlift			07 December 2019	18 January 2020	18 January 2020	29 January 2023				
				Emily Rodrigues	Catherine Phipps	Galit Goldshmid	Rita Shergold				
		Not Set		160.5 kg	170 kg	167.5 kg	127.5 kg	Not Set	Not Set	Not Set	Not Set
	Total			29 January 2023	13 August 2022	18 January 2020	29 January 2023				
				Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold				
		Not Set		385 kg	437.5 kg	437.5 kg	337.5 kg	Not Set	Not Set	Not Set	Not Set
	Bench Press All contest			28 July 2018	18 January 2020	18 January 2020	29 January 2023				
				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
69 kg	Squat			07 May 2018	21 January 2018	21 January 2018	02 August 2022				
				Emily Rodrigues	Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers			
		100 kg		130 kg	130 kg	125 kg	125 kg	Not Set	Not Set	Not Set	Not Set
	Bench Press			26 November 2022	02 April 2022	18 June 2022	18 June 2022				
				Emily Rodrigues	Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers			
		47.5 kg		93 kg	93 kg	90 kg	88 kg	Not Set	Not Set	Not Set	Not Set
	Deadlift			26 November 2022	02 April 2022	02 April 2022	04 December 2021	18 June 2022			
				Emily Rodrigues	Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers			
		160 kg		175 kg	175 kg	135 kg	135 kg	Not Set	Not Set	Not Set	Not Set
	Total			26 November 2022	02 April 2022	02 April 2022	18 June 2022	18 June 2022			
				Emily Rodrigues	Sophie Smith	Sophie Smith	Beverley Rodgers	Beverley Rodgers			
		307.5 kg		398 kg	398 kg	348 kg	348 kg	Not Set	Not Set	Not Set	Not Set

			26 November 2022	02 April 2022	02 April 2022	18 June 2022	18 June 2022				
		Bench Press All contest	Emily Rodrigues	Sophie Smith	Beverley Rodgers	Beverley Rodgers	Beverley Rodgers				
			47.5 kg	93 kg	130 kg	130 kg	88 kg	Not Set	Not Set	Not Set	Not Set
			26 November 2022	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				
				Zoe Clark	Amy Atkinson	Beverley Rodgers	Rita Shergold				
		Bench Press	Not Set	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		Zoe Clark	Amy Atkinson	Beverley Rodgers	Beverley Rodgers				
			Not Set	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				
				Renata Jirovska	Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
		Squat	Not Set	117.5 kg	145 kg	132.5 kg	132.5 kg	Not Set	Not Set	Not Set	Not Set
				26 November 2022	26 February 2022	19 March 2022	19 March 2022				
				Renata Jirovska	Marianna Pinter	Rosie McKenzie	Rosie McKenzie				
		Bench Press	Not Set	72.5 kg	90 kg	85 kg	85 kg	Not Set	Not Set	Not Set	Not Set
				26 November 2022	05 February 2023	19 March 2022	19 March 2022				
				Renata Jirovska	Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
		Deadlift	Not Set	157.5 kg	170 kg	155 kg	155 kg	Not Set	Not Set	Not Set	Not Set
				26 November 2022	26 February 2022	19 March 2022	19 March 2022				
		Total	Not Set	Renata Jirovska	Angela Ricciardi	Rosie McKenzie	Rosie McKenzie				
				347.5 kg	390 kg	372.5 kg	372.5 kg	Not Set	Not Set	Not Set	Not Set
				26 November 2022	26 February 2022	19 March 2022	19 March 2022				
		Bench Press All contest		Renata Jirovska	Beverley Rodgers	Beverley Rodgers	Rosie McKenzie				
			Not Set	72.5 kg	120 kg	120 kg	85 kg	Not Set	Not Set	Not Set	Not Set
				26 November 2022	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				
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton				
		Bench 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				
				Tova Copeman	Jean Maton	Jean Maton	Jean Maton				
		Deadlift	Not Set	140 kg	180 kg	180 kg	180 kg	Not Set	Not Set	Not Set	Not Set
				29 January 2023	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				

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