

	South Midlands Divisional Records								
	Female Equipped								
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	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
	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
	Deadlift	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
	Total	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
	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
52 kg	Squat		Diana-Andreea Zbarcea 92.5 kg 20 April 2019	Emma Goodwin 165 kg 02 May 2019	Amanda Hughes 120 kg 19 January 2019	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
	Deadlift	Not Set	Alina Dewshi 107.5 kg 26 March 2017	Emma Goodwin 180 kg 05 November 2018	Amanda Hughes 127.5 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set
	Total	Not Set	Diana-Andreea Zbarcea 252.5 kg 20 April 2019	Emma Goodwin 425 kg 02 May 2019	Amanda Hughes 320 kg 19 January 2019	Not Set	Not Set	Not Set	Not Set

		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	
				20 April 2019	19 January 2019	22 May 2019				
	57 kg	Squat		Abigail Stacey	Ellie Steel	Helen Hughes				
			Not Set	130 kg	207.5 kg	150 kg	Not Set	Not Set	Not Set	Not Set
				08 December 2018	15 September 2018	18 January 2020				
		Bench Press		Abigail Stacey	Ellie Steel	Helen Hughes				
			Not Set	72.5 kg	141 kg	97.5 kg	Not Set	Not Set	Not Set	Not Set
				08 December 2018	15 September 2018	18 January 2020				
		Deadlift		Catherine Smith	Ellie Steel	Helen Hughes				
			Not Set	167.5 kg	175 kg	160 kg	Not Set	Not Set	Not Set	Not Set
				25 February 2017	15 September 2018	18 January 2020				
		Total		Catherine Smith	Ellie Steel	Helen Hughes				
	Not Set		360 kg	523.5 kg	407.5 kg	Not Set	Not Set	Not Set	Not Set	
			25 February 2017	15 September 2018	18 January 2020					
	Bench Press All contest		Abigail Stacey	Ellie Steel	Helen Hughes					
		Not Set	72.5 kg	141 kg	97.5 kg	Not Set	Not Set	Not Set	Not Set	
			08 December 2018	15 September 2018	18 May 2019					
	63 kg	Squat		Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
			Not Set	162.5 kg	165 kg	165 kg	95 kg	Not Set	Not Set	Not Set
				28 July 2018	18 January 2020	18 January 2020	17 July 2021			
		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
				07 December 2019	18 January 2020	18 January 2020	17 July 2021			
		Deadlift		Sophie Smith	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
			Not Set	160 kg	167.5 kg	167.5 kg	115 kg	Not Set	Not Set	Not Set
				07 December 2019	18 January 2020	18 January 2020	17 July 2021			
		Total		Lucy Hart	Galit Goldshmid	Galit Goldshmid	Rita Shergold			
	Not Set		385 kg	437.5 kg	437.5 kg	275 kg	Not Set	Not Set	Not Set	
			28 July 2018	18 January 2020	18 January 2020	17 July 2021				
	Bench Press All contest		Lucy Hart	Beverley Rodgers	Beverley Rodgers	Rita Shergold				
		Not Set	77.5 kg	112.5 kg	112.5 kg	82.5 kg	Not Set	Not Set	Not Set	
			07 May 2018	21 January 2018	21 January 2018	23 January 2022				
	69 kg	Squat		Sophie Smith	Sophie Smith					
			Not Set	130 kg	130 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				02 April 2022	02 April 2022					
		Bench Press		Sophie Smith	Sophie Smith					
			Not Set	93 kg	93 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				02 April 2022	02 April 2022					
		Deadlift		Sophie Smith	Sophie Smith					
			Not Set	175 kg	175 kg	Not Set	Not Set	Not Set	Not Set	Not Set
				02 April 2022	02 April 2022					
		Total		Sophie Smith	Sophie Smith					
	Not Set		398 kg	398 kg	Not Set	Not Set	Not Set	Not Set	Not Set	
			02 April 2022	02 April 2022						
	Bench Press All contest		Sophie Smith	Beverley Rodgers	Beverley Rodgers					
		Not Set	93 kg	117.5 kg	117.5 kg	Not Set	Not Set	Not Set	Not Set	

		contest		02 April 2022	27 June 2021	27 June 2021				
				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
				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
				23 September 2018	22 May 2016	28 October 2017	23 February 2020			
				Louise Warr	Amy Atkinson	Beverley Rodgers	Amanda Lord			
		Deadlift	Not Set	155 kg	167.5 kg	140 kg	132.5 kg	Not Set	Not Set	Not Set
				07 December 2019	22 May 2016	28 October 2017	03 December 2017			
				Louise Warr	Amy Atkinson	Beverley Rodgers	Rita Shergold			
		Total	Not Set	350.5 kg	392.5 kg	355 kg	300 kg	Not Set	Not Set	Not Set
				07 December 2019	22 May 2016	28 October 2017	20 October 2018			
				Zoe Clark	Amy Atkinson	Beverley Rodgers	Beverley Rodgers			
		Bench Press All contest	Not Set	80 kg	90 kg	100 kg	100 kg	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
					26 February 2022	19 March 2022	19 March 2022			
					Rosie McKenzie	Rosie McKenzie	Rosie McKenzie			
		Bench Press	Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set
					19 March 2022	19 March 2022	19 March 2022			
					Angela Ricciardi	Rosie McKenzie	Rosie McKenzie			
		Deadlift	Not Set	Not Set	170 kg	155 kg	155 kg	Not Set	Not Set	Not Set
					26 February 2022	19 March 2022	19 March 2022			
					Angela Ricciardi	Rosie McKenzie	Rosie McKenzie			
		Total	Not Set	Not Set	390 kg	372.5 kg	372.5 kg	Not Set	Not Set	Not Set
					26 February 2022	19 March 2022	19 March 2022			
					Rosie McKenzie	Rosie McKenzie	Rosie McKenzie			
		Bench Press All contest	Not Set	Not Set	85 kg	85 kg	85 kg	Not Set	Not Set	Not Set
					19 March 2022	19 March 2022	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
				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
				28 October 2018	16 March 2014	16 March 2014	16 March 2014			
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Deadlift	Not Set	125 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			
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Total	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			
				Zoe Clark	Jean Maton	Jean Maton	Jean Maton			
		Bench Press All contest	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			
					Jean Maton	Jean Maton	Jean Maton			

		Squat	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			
			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			