

**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                                   | Nora Jones<br>90 kg<br>19 September 2015        | Marina Cornwall<br>77.5 kg<br>01 February 2015  | Marina Cornwall<br>77.5 kg<br>01 February 2015  | Not Set   | Not Set   | Not Set   |
|              | Bench Press             | Not Set  | Not Set                                   | Nora Jones<br>55 kg<br>19 September 2015        | Marina Cornwall<br>51.5 kg<br>01 February 2015  | Marina Cornwall<br>51.5 kg<br>01 February 2015  | Not Set   | Not Set   | Not Set   |
|              | Deadlift                | Not Set  | Not Set                                   | Marina Cornwall<br>125.5 kg<br>01 February 2015 | Marina Cornwall<br>125.5 kg<br>01 February 2015 | Marina Cornwall<br>125.5 kg<br>01 February 2015 | Not Set   | Not Set   | Not Set   |
|              | Total                   | Not Set  | Not Set                                   | Nora Jones<br>260 kg<br>22/05/2016              | Marina Cornwall<br>254.5 kg<br>01 February 2015 | Marina Cornwall<br>254.5 kg<br>01 February 2015 | Not Set   | Not Set   | Not Set   |
|              | Bench Press All contest | Not Set  | Not Set                                   | Nora Jones<br>55 kg<br>19 September 2015        | Marina Cornwall<br>51.5 kg<br>01 February 2015  | Marina Cornwall<br>51.5 kg<br>01 February 2015  | Not Set   | Not Set   | Not Set   |
|              | Squat                   | Not Set  | Alina Dewshi<br>90 kg<br>26 March 2017    | Emma Goodwin<br>117.5 kg<br>16 December 2017    | Not Set   | Not Set   | Not Set   | Not Set   | Not Set   |
|              | Bench Press             | Not Set  | Ruth Holloway<br>55 kg<br>31 October 2015 | Emma Goodwin<br>70 kg<br>22 May 2016            | Not Set   | Not Set   | Not Set   | Not Set   | Not Set   |
|              |                         |          | Alina Dewshi                              | Emma Goodwin                                    |   |   |           |           |           |

|                         |                         |                   |                   |                    |                  |         |         |         |         |
|-------------------------|-------------------------|-------------------|-------------------|--------------------|------------------|---------|---------|---------|---------|
| 52 kg                   | Deadlift                | Not Set           | 107.5 kg          | 167.5 kg           | Not Set          | Not Set | Not Set | Not Set | Not Set |
|                         |                         |                   | 26 March 2017     | 17/09/2016         |                  |         |         |         |         |
|                         | Total                   | Not Set           | Alina Dewshi      | Emma Goodwin       |                  |         |         |         |         |
|                         |                         |                   | 247.5 kg          | 352.5 kg           | Not Set          | Not Set | Not Set | Not Set | Not Set |
|                         | Bench Press All contest |                   |                   | 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 2015        |                  |         |         |         |         |
| 57 kg                   | Squat                   |                   | Catherine Smith   | Ellie Steel        |                  |         |         |         |         |
|                         |                         | Not Set           | 127.5 kg          | 207.5 kg           | Not Set          | Not Set | Not Set | Not Set |         |
|                         |                         | 25 February 2017  | 15 September 2018 |                    |                  |         |         |         |         |
|                         | Bench Press             |                   | Catherine Smith   | Ellie Steel        |                  |         |         |         |         |
|                         |                         | Not Set           | 65 kg             | 141 kg             | Not Set          | Not Set | Not Set | Not Set |         |
|                         |                         |                   | 25 February 2017  | 15 September 2018  |                  |         |         |         |         |
|                         | Deadlift                |                   | Catherine Smith   | Ellie Steel        |                  |         |         |         |         |
|                         |                         | Not Set           | 167.5 kg          | 175 kg             | Not Set          | Not Set | Not Set | Not Set |         |
|                         |                         |                   | 25 February 2017  | 15 September 2018  |                  |         |         |         |         |
|                         | Total                   |                   | Catherine Smith   | Ellie Steel        |                  |         |         |         |         |
| Not Set                 |                         | 360 kg            | 523.5 kg          | Not Set            | Not Set          | Not Set | Not Set |         |         |
|                         |                         | 25 February 2017  | 15 September 2018 |                    |                  |         |         |         |         |
| Bench Press All contest |                         | Catherine Smith   | Ellie Steel       |                    |                  |         |         |         |         |
|                         | Not Set                 | 50 kg             | 141 kg            | Not Set            | Not Set          | Not Set | Not Set |         |         |
|                         |                         | 25 February 2017  | 15 September 2018 |                    |                  |         |         |         |         |
| 63 kg                   | Squat                   |                   | Lucy Hart         | Lucy Hart          | Beverley Rodgers |         |         |         |         |
|                         |                         | Not Set           | 162.5 kg          | 162.5 kg           | 125 kg           | Not Set | Not Set | Not Set |         |
|                         |                         | 28 July 2018      | 28 July 2018      | 14 September 2017  |                  |         |         |         |         |
|                         | Bench Press             |                   | Lucy Hart         | Angelique Borsboom | Beverley Rodgers |         |         |         |         |
|                         |                         | Not Set           | 77.5 kg           | 100 kg             | 85.5 kg          | Not Set | Not Set | Not Set |         |
|                         |                         |                   | 07 May 2018       | 16 December 2017   | 21 October 2017  |         |         |         |         |
|                         | Deadlift                |                   | Lucy Hart         | Claire Sear        | Galit Goldshmid  |         |         |         |         |
|                         |                         | Not Set           | 150 kg            | 160 kg             | 150 kg           | Not Set | Not Set | Not Set |         |
|                         |                         |                   | 28 July 2018      | 21 October 2017    | 28 October 2018  |         |         |         |         |
|                         | Total                   |                   | Lucy Hart         | Lucy Hart          | Beverley Rodgers |         |         |         |         |
| Not Set                 |                         | 385 kg            | 385 kg            | 350.5 kg           | Not Set          | Not Set | Not Set |         |         |
|                         |                         | 28 July 2018      | 28 July 2018      | 27 May 2017        |                  |         |         |         |         |
| 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 |         |         |
|                         |                         | 07 May 2018       | 21 January 2018   | 21 January 2018    |                  |         |         |         |         |
| Squat                   |                         | 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 |         |         |
|                         |                         | 23 September 2018 | 22 July 2017      | 28 October 2017    | 20 October 2018  |         |         |         |         |
|                         |                         | Zoe Clark         | Amy Atkinson      | Beverley Rodgers   | Rita Shergold    |         |         |         |         |

|                         |                         |                 |                   |                 |                  |                  |            |         |         |
|-------------------------|-------------------------|-----------------|-------------------|-----------------|------------------|------------------|------------|---------|---------|
| 72 kg                   | Bench Press             | Not Set         | 80 kg             | 90 kg           | 87.5 kg          | 67.5 kg          | Not Set    | Not Set | Not Set |
|                         |                         |                 | 23 September 2018 | 22 May 2016     | 28 October 2017  | 20 October 2018  |            |         |         |
|                         | Deadlift                |                 | Zoe Clark         | Amy Atkinson    | Beverley Rodgers | Amanda Lord      |            |         |         |
|                         |                         | Not Set         | 135 kg            | 167.5 kg        | 140 kg           | 132.5 kg         | Not Set    | Not Set | Not Set |
|                         | 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 |
|                         | 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 |
|                         |                         |                 | 18 May 2018       | 22 May 2016     | 20 April 2017    | 20 April 2017    |            |         |         |
|                         | 84 kg                   | Squat           |                   | Zoe Clark       | Nicola Stimpson  | Varena Manchip   | Jean Maton |         |         |
| Not Set                 |                         |                 | 130 kg            | 170 kg          | 147.5 kg         | 110 kg           | Not Set    | Not Set | Not Set |
|                         |                         |                 | 28 October 2018   | 28 October 2018 | 10 December 2017 | 26 January 2014  |            |         |         |
| 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 |
| 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 |
| Bench Press All contest |                         | 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  |                  |            |         |         |
| 84 kg +                 | Squat                   |                 |                   | Nicola Stimpson | Lisa Styles      |                  |            |         |         |
|                         |                         | Not Set         | Not Set           | 160 kg          | 150 kg           | Not Set          | Not Set    | Not Set | Not Set |
|                         | Bench Press             |                 |                   | Megan Batchelor | Lisa Styles      |                  |            |         |         |
|                         |                         | Not Set         | Not Set           | 92.5 kg         | 80 kg            | Not Set          | Not Set    | Not Set | Not Set |
|                         | 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 |
|                         | 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 |                  |                  |            |         |         |