South Midlands Divisional Records											
			•	<u> </u>	Nale Unequipped	•	1	1	•		
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		
53 kg	Deadlift	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set	Not Set		
	Total	Not Cot	Not Cot	Not Cot	Not Cot	Not Cot	Not Cot	Not Cot	Not Cot		
		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	Horser	1101 501	1101 501	1101 501	1101 501	1101 501	Not set	1101 501		
	Squat	N-+ C-+	N-+ C-+	Daniel Jay	Ted Brown	Ted Brown	Ted Brown	Ted Brown	Ted Brown		
	Squat	Not Set	Not Set	115 kg 29 January 2017	87.5 kg 17 August 2013	87.5 kg 17 August 2013	87.5 kg 17 August 2013	87.5 kg 17 August 2013	87.5 kg 17 August 2013		
	Bench			Daniel Jay	Ted Brown	Ted Brown	Ted Brown	Ted Brown	Ted Brown		
	Press	Not Set	Not Set	100 kg	81 kg	81 kg	81 kg	81 kg	81 kg 17 August 2013		
				29 January 2017 Daniel Jay	17 August 2013 Ted Brown	17 August 2013 Ted Brown	17 August 2013 Ted Brown	17 August 2013 Ted Brown	Ted Brown		
59 kg	Deadlift	Not Set	Not Set	170 kg	135 kg	135 kg	135 kg	135 kg	135 kg		
				29 January 2017	06 August 2012	06 August 2012	06 August 2012	06 August 2012	06 August 2012		
	Total	Not Set	Not Set	Daniel Jay 385 kg	Ted Brown 295 kg	Ted Brown 295 kg	Ted Brown 295 kg	Ted Brown 295 kg	Ted Brown 295 kg		
	TOLAI	Not set	Not set	29 January 2017	20 May 2012	20 May 2012	20 May 2012	20 May 2012	20 May 2012		
	Bench			Daniel Jay	Ted Brown	Ted Brown	Ted Brown	Ted Brown	Ted Brown		
	Press All	Not Set	Not Set	100 kg	81 kg	81 kg	81 kg	81 kg	81 kg		
	contest		Prince Ibahay	29 January 2017 Roderick Ramsey	17 August 2013 Roger Hamilton-Smith	17 August 2013 Michael James	17 August 2013 Michael James	17 August 2013	17 August 2013		
	Squat	Not Set	180 kg	185.5 kg	185 kg	127.5 kg	127.5 kg	Not Set	Not Set		
			29 June 2019	12 October 2019	09 February 2019	28 October 2018	28 October 2018				
	Bench	Ni-t C-t	George Olteanu	Roger Hamilton-Smith	Roger Hamilton-Smith	Michael James	Michael James	Not Cot	Not Cot		
	Press	Not Set	117.5 kg 23 March 2019	120 kg 09 February 2019	120 kg 09 February 2019	100 kg 23 June 2018	100 kg 23 June 2018	Not Set	Not Set		
	Deadlift		Prince Ibahay	Roderick Ramsey	Roger Hamilton-Smith	Michael James	Michael James				
66 kg		Not Set	230 kg	230.5 kg	230 kg	172.5 kg	172.5 kg	Not Set	Not Set		
			29 June 2019 Prince Ibahay	12 October 2019 Roger Hamilton-Smith	09 February 2019 Roger Hamilton-Smith	28 October 2018 Michael James	28 October 2018 Michael James				
	Total	Not Set	515 kg	535 kg	535 kg	395 kg	395 kg	Not Set	Not Set		
			29 June 2019	09 February 2019	09 February 2019	28 October 2018	28 October 2018				
	Bench Press All	Not Set	George Olteanu 117.5 kg	Roger Hamilton-Smith 120 kg	Roger Hamilton-Smith 120 kg	Michael James 100 kg	Michael James 100 kg	Not Set	Not Set		
	contest	Not set	23 March 2019	09 February 2019	09 February 2019	23 June 2018	23 June 2018	Not set	Not set		
		Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark			
	Squat	175 kg	222.5 kg	222.5 kg	172.5 kg	130 kg	130 kg	130 kg	Not Set		
		25 March 2018 Nathan Gevao	13 October 2018 Terry Martin	01 October 2016 Daniel Smith	01 December 2018 Roger Hamilton-Smith	01 February 2015 Nick Hawker	01 February 2015 Henry Clark	01 February 2015 Henry Clark			
	Bench Press	97.5 kg	145 kg	145 kg	115 kg	70 kg	57.5 kg	57.5 kg	Not Set		
	11633	25 March 2018	13 October 2018	01 October 2016	01 December 2018	26 January 2014	01 February 2015	01 February 2015			
74 kg	Deadlift	Nathan Gevao 200 kg	Terry Martin 235 kg	Darren Helley 250 kg	Roger Hamilton-Smith 225 kg	Henry Clark 160 kg	Henry Clark 160 kg	Henry Clark 160 kg	Not Set		
,		25 March 2018	13 October 2018	08 December 2018	01 December 2018	01 February 2015	01 February 2015	01 February 2015			
		Nathan Gevao	Terry Martin	Terry Martin	Roger Hamilton-Smith	Henry Clark	Henry Clark	Henry Clark			
	Total	472.5 kg 25 March 2018	602.5 kg 13 October 2018	602.5 kg 13 October 2018	512.5 kg 01 December 2018	347.5 kg 01 February 2015	347.5 kg 01 February 2015	347.5 kg 01 February 2015	Not Set		
	Bench	Nathan Gevao	Terry Martin	Daniel Smith	Roger Hamilton-Smith	Nick Hawker	Henry Clark	Henry Clark			
	Press All	97.5 kg	145 kg	145 kg	115 kg	70 kg	57.5 kg	57.5 kg	Not Set		
	contest	25 March 2018	13 October 2018	01 October 2016	01 December 2018	26 January 2014	01 February 2015	01 February 2015			
	Squat Bench	Jake Leach 205 kg	William Pickering 222.5 kg	Iman Salemi 247.5 kg	Francis Dorrian 190 kg	Keith Blacknell 162.5 kg	Not Set	Not Set	Not Set		
		31 October 2015	13 October 2018	20 April 2019	12 November 2016	23 November 2014					
		Jake Leach	James Vickers		01 : 01 1	Nigel Seymour					
	Bench			Iman Salemi	Chris Charles						
	Bench Press	117.5 kg	150.5 kg	156 kg	122.5 kg	110 kg	Not Set	Not Set	Not Set		
							Not Set	Not Set	Not Set		
83 kg		117.5 kg 27 July 2015 Jake Leach 195 kg	150.5 kg 29 January 2017 William Pickering 260 kg	156 kg 20 April 2019 Eze Erediauwa 280 kg	122.5 kg 20 April 2019 Chris Charles 222.5 kg	110 kg 08 December 2018 Nigel Seymour 210 kg	Not Set	Not Set	Not Set		
83 kg	Press	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018					
83 kg	Press Deadlift	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour	Not Set	Not Set	Not Set		
83 kg	Press	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018					
83 kg	Press Deadlift Total Bench	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley	Not Set Not Set	Not Set Not Set	Not Set Not Set		
83 kg	Press Deadlift Total Bench Press All	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers 150.5 kg	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery 162.5 kg	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley 127.5 kg	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley 127.5 kg	Not Set	Not Set	Not Set		
83 kg	Press Deadlift Total Bench	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach 117.5 kg 27 July 2015	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers 150.5 kg 29 January 2017	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery 162.5 kg 22 June 2019	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley 127.5 kg 17 December 2016	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley 127.5 kg 17 December 2016	Not Set Not Set	Not Set Not Set	Not Set		
83 kg	Press Deadlift Total Bench Press All	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers 150.5 kg	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery 162.5 kg	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley 127.5 kg	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley 127.5 kg	Not Set Not Set	Not Set Not Set	Not Set		
83 kg	Press Deadlift Total Bench Press All contest	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach 117.5 kg 27 July 2015 Will Harrowsmith 195 kg 12 June 2021	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers 150.5 kg 29 January 2017 William Pickering 250 kg 01 November 2019	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery 162.5 kg 22 June 2019 lain Kendrick 262.5 kg 22 July 2017	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley 127.5 kg 17 December 2016 lain Kendrick 262.5 kg 22 July 2017	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley 127.5 kg 17 December 2016 Keith Blacknell 235 kg 13 July 2017	Not Set Not Set Not Set Andy Bonner 222.5 kg 28 October 2017	Not Set Not Set Not Set David Purkiss 75 kg 09 February 2019	Not Set Not Set		
83 kg	Press Deadlift Total Bench Press All contest	117.5 kg 27 July 2015 Jake Leach 195 kg 27 July 2015 Jake Leach 517.5 kg 31 October 2015 Jake Leach 117.5 kg 27 July 2015 Will Harrowsmith 195 kg	150.5 kg 29 January 2017 William Pickering 260 kg 13 October 2018 William Pickering 625 kg 13 October 2018 James Vickers 150.5 kg 29 January 2017 William Pickering 250 kg	156 kg 20 April 2019 Eze Erediauwa 280 kg 01 February 2015 Iman Salemi 663.5 kg 20 April 2019 Adam Manery 162.5 kg 22 June 2019 lain Kendrick 262.5 kg	122.5 kg 20 April 2019 Chris Charles 222.5 kg 20 April 2019 Chris Charles 517.5 kg 20 April 2019 William Dadley 127.5 kg 17 December 2016 lain Kendrick 262.5 kg	110 kg 08 December 2018 Nigel Seymour 210 kg 08 December 2018 Nigel Seymour 465 kg 08 December 2018 William Dadley 127.5 kg 17 December 2016 Keith Blacknell 235 kg	Not Set Not Set Not Set Andy Bonner 222.5 kg	Not Set Not Set Not Set David Purkiss 75 kg	Not Set Not Set		

1	FICSS	29 October 2016	01 November 2019	22 May 2016	26 January 2014	26 January 2014	28 October 2017	01 December 2018	
93 kg	Deadlift	Will Harrowsmith	William Pickering	William Pickering	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	
		250.5 kg	300 kg	300 kg	272.5 kg	272.5 kg	272.5 kg	100 kg	Not Set
		12 June 2021	01 November 2019	01 November 2019	28 October 2017	28 October 2017	28 October 2017	09 February 2019	1100 500
		Edwin Lord	William Pickering	William Pickering	lain Kendrick	Andy Bonner	Andy Bonner	David Purkiss	
	Total	557.5 kg	715 kg	715 kg	670 kg	635 kg	635 kg	250 kg	Not Set
		29 October 2016	01 November 2019	01 November 2019	19 June 2016	28 October 2017	28 October 2017	09 February 2019	1101 501
	Bench	Edwin Lord	William Pickering	Dan Watkins	Andy Bonner	Andy Bonner	Andy Bonner	David Purkiss	
	Press All	122.5 kg	165 kg	190 kg	157.5 kg	157.5 kg	140 kg	75 kg	Not Set
	contest	29 October 2016	01 November 2019	21 October 2017	26 January 2014	26 January 2014	28 October 2017	01 December 2018	Not set
		Edwin Lord	Edwin Lord	Will Knowland	Dean Bowring	Keith Blacknell	20 October 2017	Of December 2010	
	Squat	235 kg	245 kg	260 kg	255 kg	192.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	29 January 2017	26 November 2016	22 May 2016	1100 500	Hot set	1101 501
		Sydney Boroch	Bradley Horne	Dean Bowring	Dean Bowring	Keith Blacknell			
	Bench	155 kg	175 kg	180 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set
	Press	31 October 2015	21 October 2017	26 November 2016	26 November 2016	22 May 2016			
		Edwin Lord	Edwin Lord	Nathan Scott	Nathan Scott	Keith Blacknell			
105 kg	Deadlift	285 kg	295 kg	320 kg	320 kg	202.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	26 January 2014	26 January 2014	22 May 2016			
		Edwin Lord	Edwin Lord	Dean Bowring	Dean Bowring	Keith Blacknell			
	Total	675.5 kg	697.5 kg	750 kg	750 kg	522.5 kg	Not Set	Not Set	Not Set
		25 November 2017	25 March 2018	26 November 2016	26 November 2016	22 May 2016			
	Bench	Sydney Boroch	Bradley Horne	Dean Bowring	Dean Bowring	Keith Blacknell			
	Press All	155 kg	175 kg	180 kg	180 kg	127.5 kg	Not Set	Not Set	Not Set
	contest	31 October 2015	21 October 2017	26 November 2016	26 November 2016	22 May 2016	1100 500	Not set	1100 500
	Squat	Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson	22 1110 / 2010			
		232.5 kg	262.5 kg	262.5 kg	232.5 kg	Not Set	Not Set	Not Set	Not Set
		18 June 2016	16 December 2017	16 December 2017	28 October 2018	1100 500	1100 500	Hot set	1101 501
		Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson				
	Bench Press	185 kg	200 kg	205 kg	157.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2016	16 December 2017	29 May 2018	28 October 2018				
		Jack Johnson	Jack Johnson	Mark Finnegan	Peter Jackson				
120 kg	Deadlift	270 kg	300 kg	300 kg	267.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2016	16 December 2017	29 January 2017	21 April 2019				
		Jack Johnson	Jack Johnson	Jack Johnson	Peter Jackson				
	Total	677.5 kg	762.5 kg	762.5 kg	652.5 kg	Not Set	Not Set	Not Set	Not Set
		07 March 2015	16 December 2017	16 December 2017	28 October 2018				
	Bench	Jack Johnson	Jack Johnson	Daniel Lindsell	Peter Jackson	David Brooks			
	Press All	185 kg	200 kg	205 kg	157.5 kg	145 kg	Not Set	Not Set	Not Set
	contest	07 March 2016	16 December 2017	19 May 2018	28 October 2018	12 November 2016			
120 kg +	Squat	Ray Bowring	Ray Bowring	Ray Bowring	Mike Adams	Mike Adams			
		302.5 kg	302.5 kg	302.5 kg	252.5 kg	252.5 kg	Not Set	Not Set	Not Set
		30 October 2019	30 October 2019	30 October 2019	26 November 2016	26 November 2016			
	Danah	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
	Bench	160.5 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
	Press	30 October 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016			
	Deadlift	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		285.5 kg	310 kg	310 kg	280 kg	280 kg	Not Set	Not Set	Not Set
		30 October 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
	Total	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
		748.5 kg	780 kg	780 kg	717.5 kg	717.5 kg	Not Set	Not Set	Not Set
		30 October 2019	29 July 2018	29 July 2018	26 November 2016	26 November 2016			
	Bench	Ray Bowring	Jack Johnson	Jack Johnson	Mike Adams	Mike Adams			
	Press All	160.5 kg	205 kg	205 kg	195 kg	195 kg	Not Set	Not Set	Not Set
	contest	30 October 2019	29 July 2018	29 July 2018	20 March 2016	20 March 2016			
				,		,			