| South Midlands Divisional Records Male Fouringer | | | | | | | | | | |
|---|----------------------|-------------------------------|--|---------------------------------------|--|------------------------------------|---------------------------------|-----------------------------------|----------------------------|--|
| Weight | Lift | Under 18 | Under 23 | Onen | Male Equipped | Masters 3 | Masters 2 | Martars 4 | Masters F | |
| Class | LITT | Under 18 | Under 23 | Open | Masters 1 | Masters 2 | Masters 3 | Masters 4 | Masters 5 | |
| 53 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 | Not Cot | Not Cot | Not Cot | Not Cot | Not Cot | Not Cot | Not Cot | Not Cot | |
| | contest | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set | |
| | Squat | Not Set | Not Set | Daniel Jay 115 kg | Ted Brown 105 kg | Ted Brown 105 kg | Ted Brown 105 kg | Ted Brown 105 kg | Ted Brown 105 kg | |
| | | Hot set | Not set | 1/29/2017 | 16 April 2011 | 16 April 2011 | 16 April 2011 | 16 April 2011 | 16 April 2011 | |
| | Bench | Not Set | Not Set | Daniel Jay 100 kg | Ted Brown 85 kg | Ted Brown 85 kg | Ted Brown 85 kg | Ted Brown 85 kg | Ted Brown 85 kg | |
| | Press | | | 1/29/2017 | 16 April 2011 | 16 April 2011 | 16 April 2011 | 16 April 2011 | 16 April 2011 | |
| 59 kg | Deadlift | Not Set | Not Set | Daniel Jay 170 kg | Ted Brown 145 kg | Ted Brown 145 kg | Ted Brown 145 kg | Ted Brown 145 kg | Ted Brown 145 kg | |
| | | | | 1/29/2017 Daniel Jay | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | |
| | Total | Not Set | Not Set | 385 kg | 335 kg | 335 kg | 335 kg | 335 kg | 335 kg | |
| | Bench | | | 1/29/2017 Daniel Jay | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | 16 April 2011 Ted Brown | |
| | Press All | Not Set | Not Set | 100 kg | 85 kg | 85 kg | 85 kg | 85 kg | 85 kg | |
| <u> </u> | contest | | Prince Ibahay | 1/29/2017 Roderick Ramsey | 16 April 2011 Roger Hamilton-Smith | 16 April 2011 Michael James | 16 April 2011 Michael James | 16 April 2011 Michael James | 16 April 2011 | |
| | Squat | Not Set | 180 kg | 185.5 kg | 185 kg | 155 kg | 155 kg | 155 kg | Not Set | |
| | Bench | | 29 June 2019 George Olteanu | 12 October 2019 Roger Hamilton-Smith | 09 February 2019 Roger Hamilton-Smith | 03 July 2019 Michael James | 03 July 2019 Michael James | 03 July 2019 Michael James | | |
| | Press | Not Set | 117.5 kg 23 March 2019 | 120 kg 09 February 2019 | 120 kg 09 February 2019 | 110 kg 19 January 2019 | 110 kg 19 January 2019 | 110 kg 19 January 2019 | Not Set | |
| | | | Prince Ibahay | Roderick Ramsey | Roger Hamilton-Smith | Michael James | Michael James | Michael James | | |
| 66 kg | Deadlift | Not Set | 230 kg 29 June 2019 | 230.5 kg 12 October 2019 | 230 kg 09 February 2019 | 187.5 kg 03 July 2019 | 187.5 kg 03 July 2019 | 187.5 kg 03 July 2019 | Not Set | |
| | Total | | Prince Ibahay | Roger Hamilton-Smith | Roger Hamilton-Smith | Michael James | Michael James | Michael James | | |
| | | Not Set | 515 kg 29 June 2019 | 535 kg 09 February 2019 | 535 kg 09 February 2019 | 442.5 kg 03 July 2019 | 442.5 kg 03 July 2019 | 442.5 kg 03 July 2019 | Not Set | |
| | Bench Dross All | Not Cot | George Olteanu | Roger Hamilton-Smith | Roger Hamilton-Smith | Michael James | Michael James | Michael James | N-+ C-+ | |
| | Press All contest | Not Set | 117.5 kg 23 March 2019 | 120 kg 09 February 2019 | 120 kg 09 February 2019 | 110 kg 19 January 2019 | 110 kg 19 January 2019 | 110 kg 19 January 2019 | Not Set | |
| | Squat Bench | Nathan Gevao 175 kg | Terry Martin 205 kg | Daniel Smith 222.5 kg | Roger Hamilton-Smith 172.5 kg | Henry Clark 130 kg | Henry Clark 130 kg | Henry Clark 130 kg | Not Set | |
| | | 25 March 2018 | 28 January 2018 | 01 October 2016 | 01 December 2018 | 01 February 2015 | 01 February 2015 | 01 February 2015 | Hot set | |
| | | Nathan Gevao 97.5 kg | Terry Martin 140 kg | Daniel Smith 145 kg | Roger Hamilton-Smith 115 kg | Nick Hawker 70 kg | Henry Clark 57.5 kg | Henry Clark 57.5 kg | Not Set | |
| | Press | 25 March 2018 Nathan Gevao | 28 January 2018 Terry Martin | 01 October 2016 Darren Helley | 01 December 2018 Roger Hamilton-Smith | 26 January 2014 | 01 February 2015 | 01 February 2015 Henry Clark | | |
| 74 kg | Deadlift | 200 kg | 230 kg | 250 kg | 225 kg | Henry Clark 160 kg | Henry Clark 160 kg | 160 kg | Not Set | |
| | | 25 March 2018 Nathan Gevao | 22 May 2016 Terry Martin | 08 December 2018 Daniel Smith | 01 December 2018 Roger Hamilton-Smith | 01 February 2015 Henry Clark | 01 February 2015 Henry Clark | 01 February 2015 Henry Clark | | |
| | Total | 472.5 kg | 572.5 kg | 592.5 kg | 512.5 kg | 347.5 kg | 347.5 kg | 347.5 kg | Not Set | |
| | Bench | 25 March 2018 Nathan Gevao | 28 January 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 | | |
| | Press All | 97.5 kg | 140 kg | 145 kg | 115 kg | 70 kg | 57.5 kg | 57.5 kg | Not Set | |
| | contest | 25 March 2018 Jake Leach | 28 January 2018 William Pickering | 01 October 2016 David Murray | 01 December 2018 Joao Arsenio | 26 January 2014 Keith Blacknell | 01 February 2015 | 01 February 2015 | | |
| | Squat | 205 kg 31 October 2015 | 222.5 kg 13 October 2018 | 252.5 kg 28 May 2018 | 250 kg 22 May 2016 | 162.5 kg 23 November 2014 | Not Set | Not Set | Not Set | |
| | Bench | Jake Leach | James Vickers | Iman Salemi | Joao Arsenio | Nigel Seymour | | | | |
| 02.1- | Press | 117.5 kg 27 July 2015 | 150.5 kg 29 January 2017 | 156 kg 20 April 2019 | 135 kg 29 January 2017 | 110 kg 08 December 2018 | Not Set | Not Set | Not Set | |
| | Deadlift | Jake Leach 195 kg | William Pickering 260 kg | Eze Erediauwa 280 kg | Joao Arsenio 255 kg | Nigel Seymour | Not Set | Not Cot | Not Set | |
| 83 kg | Deduliit | 27 July 2015 | 13 October 2018 | 01 February 2015 | 29 January 2017 | 210 kg 08 December 2018 | Not Set | Not Set | NOT SET | |
| | Total | Jake Leach 517.5 kg | William Pickering 625 kg | Iman Salemi 663.5 kg | Joao Arsenio 640 kg | Nigel Seymour 465 kg | Not St | Not Set | Not Set | |
| | | 31 October 2015 | 13 October 2018 | 20 April 2019 | 29 January 2017 | 08 December 2018 | NOUSE | Not Set | Horset | |
| | Bench Press All | Jake Leach 117.5 kg | James Vickers 150.5 kg | David Murray 165 kg | William Dadley 152.5 kg | William Dadley 127.5 kg | Not Set | Not Set | Not Set | |
| | contest | 27 July 2015 | 29 January 2017 | 16 December 2017 | 15 January 2017 | 17 December 2016 | | | | |
| | Squat | Edwin Lord 185 kg | Sean-Paul Mackenzie 245 kg | lain Kendrick 262.5 kg | lain Kendrick 262.5 kg | Keith Blacknell 250 kg | Andy Bonner 222.5 kg | David Purkiss 75 kg | Not Set | |
| | | 29 October 2016 | 25 March 2018 | 22 July 2017 | 22 July 2017 | 11 October 2018 | 28 October 2017 | 09 February 2019 | | |
| | Bench Press | Edwin Lord 122.5 kg | David Chudley 160 kg | David Murray 175.5 kg | Andy Bonner 157.5 kg | Andy Bonner 157.5 kg | Andy Bonner 140 kg | David Purkiss 75 kg | Not Set | |
| | . 1033 | 29 October 2016 Edwin Lord | 21 October 2017 Sean-Paul Mackenzie | 29 June 2019 Iain Kendrick | 26 January 2014 Andy Bonner | 26 January 2014 Andy Bonner | 28 October 2017 Andy Bonner | 01 December 2018 David Purkiss | | |
| 93 kg | Deadlift | 250 kg | 285 kg | 275 kg | 272.5 kg | 272.5 kg | 272.5 kg | 100 kg | Not Set | |
| | | 29 October 2016 Edwin Lord | 25 March 2018 Sean-Paul Mackenzie | 26 January 2014 Iain Kendrick | 28 October 2017 Andy Bonner | 28 October 2017 Andy Bonner | 28 October 2017 Andy Bonner | 09 February 2019 David Purkiss | | |
| | Total Bench | 557.4 kg | 662.5 kg | 670 kg | 635 kg | 635 kg | 635 kg | 250 kg | Not Set | |
| | | 29 October 2016 Edwin Lord | 25 March 2018 David Chudley | 26 January 2014 Dan Watkins | 28 October 2017 Andy Bonner | 28 October 2017 Andy Bonner | 28 October 2017 Andy Bonner | 09 February 2019 David Purkiss | | |
| | Press All | 122.5 kg | 160 kg | 190 kg | 157.5 kg | 157.5 kg | 140 kg | 75 kg | Not Set | |
| $\vdash \!$ | contest | 29 October 2016 Edwin Lord | 21 October 2017 Edwin Lord | 21 October 2017 Dean Bowring | 26 January 2014 Dean Bowring | 26 January 2014 Keith Blacknell | 28 October 2017 | 01 December 2018 | | |
| | | | | | | | | | | |

| 1 1 | Squat | 235 kg | 235 kg | 270 kg | 270 kg | 192.5 kg | Not Set | Not Set | Not Set |
|----------|----------------|-------------------|------------------|------------------|------------------|------------------|---------|---------|---------|
| 105 kg | , i | 25 November 2017 | 25 November 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | | Sydney Boroch | Bradley Horne | Dean Bowring | Dean Bowring | Keith Blacknell | | | |
| | Bench | 155 kg | 175 kg | 240 kg | 240 kg | 127.5 kg | Not Set | Not Set | Not Set |
| | Press | 31 October 2015 | 21 October 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | Deadlift | Edwin Lord | Edwin Lord | Dean Bowring | Dean Bowring | Keith Blacknell | | | |
| | | 285 kg | 285 kg | 325 kg | 325 kg | 202.5 kg | Not Set | Not Set | Not Set |
| | | 25 November 2017 | 25 November 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | Total | Edwin Lord | Edwin Lord | Dean Bowring | Dean Bowring | Keith Blacknell | | | |
| | | 675.5 kg | 675.5 kg | 910 kg | 910 kg | 522.5 kg | Not Set | Not Set | Not Set |
| | | 25 November 2017 | 25 November 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | Bench | Sydney Boroch | Bradley Horne | Martin Green | Martin Green | Keith Blacknell | | | |
| | Press All | 155 kg | 175 kg | 260 kg | 260 kg | 127.5 kg | Not Set | Not Set | Not Set |
| | contest | 31 October 2015 | 21 October 2017 | 12 July 2015 | 12 July 2015 | 22 May 2016 | | | |
| | Squat | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | , | | | |
| | | 300 kg | 345 kg | 400kg | 400kg | Not Set | Not Set | Not Set | Not Set |
| | | 03 September 2016 | 20 January 2018 | 09 November 2013 | 09 November 2013 | | | | |
| | | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| | Bench | 245 kg | 287.5 kg | 302.5 kg | 302.5 kg | Not Set | Not Set | Not Set | Not Set |
| | Press | 03 September 2016 | 20 January 2018 | 29 November 2014 | 29 November 2014 | | | | |
| | Deadlift | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| 120 kg | | 300 kg | 325 kg | 355 kg | 355 kg | Not Set | Not Set | Not Set | Not Set |
| ŭ | | 03 September 2016 | 20 January 2018 | 29 November 2014 | 29 November 2014 | | | | |
| | Total | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| | | 845 kg | 957.5 kg | 1045 kg | 1045 kg | Not Set | Not Set | Not Set | Not Set |
| | | 03 September 2016 | 20 January 2018 | 08 November 2014 | 08 November 2014 | | | | |
| | Bench | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | David Brooks | | | |
| | Press All | 245 kg | 287.5 kg | 302.5 kg | 305.5 kg | 170 kg | Not Set | Not Set | Not Set |
| | contest | 03 September 2016 | 20 January 2018 | 29 November 2014 | 19 April 2014 | 15 January 2017 | | | |
| | Squat | Ray Bowring | Ray Bowring | Ray Bowring | Mike Adams | Mike Adams | | | |
| | | 280 kg | 280 kg | 280 kg | 252.5 kg | 252.5 kg | Not Set | Not Set | Not Set |
| | | 19 January 2019 | 19 January 2019 | 19 January 2019 | 26 November 2016 | 26 November 2016 | | | |
| | Bench Press | Ray Bowring | Jack Johnson | Jack Johnson | Mike Adams | Mike Adams | | | |
| | | 180 kg | 205 kg | 205 kg | 195 kg | 195 kg | Not Set | Not Set | Not Set |
| 120 kg + | | 19 January 2019 | 29 July 2018 | 29 July 2018 | 20 March 2016 | 20 March 2016 | | | |
| | Deadlift | Ray Bowring | Jack Johnson | Jack Johnson | Mike Adams | Mike Adams | | | |
| | | 250 kg | 310 kg | 310 kg | 280 kg | 280 kg | Not Set | Not Set | Not Set |
| | | 20 April 2019 | 29 July 2018 | 29 July 2018 | 26 November 2016 | 26 November 2016 | | | |
| | Total | Ray Bowring | Jack Johnson | Jack Johnson | Mike Adams | Mike Adams | | | |
| | | 700 kg | 780 kg | 780 kg | 717.5 kg | 717.5 kg | Not Set | Not Set | Not Set |
| | | 19 January 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 | 180 kg | 205 kg | 205 kg | 195 kg | 195 kg | Not Set | Not Set | Not Set |
| | contest | 19 January 2019 | 29 July 2018 | 29 July 2018 | 20 March 2016 | 20 March 2016 | | | |