

| South Midlands Divisional Records | | | | | | | | | |
|-----------------------------------|-------------------------|--|--|--|--|---|---|---|--------------------------------------|
| Male Equipped | | | | | | | | | |
| Weight Class | Lift | 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 contest | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set | Not Set |
| | | | | | | | | | |
| 59 kg | Squat | Not Set | Not Set | Daniel Jay 115 kg 1/29/2017 | Ted Brown 105 kg 16 April 2011 | Ted Brown 105 kg 16 April 2011 | Ted Brown 105 kg 16 April 2011 | Ted Brown 105 kg 16 April 2011 | Ted Brown 105 kg 16 April 2011 |
| | Bench Press | Not Set | Not Set | Daniel Jay 100 kg 1/29/2017 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 |
| | Deadlift | Not Set | Not Set | Daniel Jay 170 kg 1/29/2017 | Ted Brown 145 kg 16 April 2011 | Ted Brown 145 kg 16 April 2011 | Ted Brown 145 kg 16 April 2011 | Ted Brown 145 kg 16 April 2011 | Ted Brown 145 kg 16 April 2011 |
| | Total | Not Set | Not Set | Daniel Jay 385 kg 1/29/2017 | Ted Brown 335 kg 16 April 2011 | Ted Brown 335 kg 16 April 2011 | Ted Brown 335 kg 16 April 2011 | Ted Brown 335 kg 16 April 2011 | Ted Brown 335 kg 16 April 2011 |
| | Bench Press All contest | Not Set | Not Set | Daniel Jay 100 kg 1/29/2017 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 | Ted Brown 85 kg 16 April 2011 |
| | | | | | | | | | |
| 66 kg | Squat | Emran Mahmutovic 90 kg 10 April 2022 | Prince Ibahay 180 kg 29 June 2019 | Roderick Ramsey 185.5 kg 12 October 2019 | Roger Hamilton-Smith 185 kg 09 February 2019 | Michael James 155 kg 03 July 2019 | Michael James 155 kg 03 July 2019 | Michael James 155 kg 03 July 2019 | Not Set |
| | Bench Press | Emran Mahmutovic 80 kg 10 April 2022 | George Olteanu 117.5 kg 23 March 2019 | Roger Hamilton-Smith 120 kg 09 February 2019 | Roger Hamilton-Smith 120 kg 09 February 2019 | Michael James 110 kg 19 January 2019 | Michael James 110 kg 19 January 2019 | Michael James 110 kg 19 January 2019 | Not Set |
| | Deadlift | Emran Mahmutovic 120 kg 10 April 2022 | Prince Ibahay 230 kg 29 June 2019 | Roderick Ramsey 230.5 kg 12 October 2019 | Roger Hamilton-Smith 230 kg 09 February 2019 | Michael James 187.5 kg 03 July 2019 | Michael James 187.5 kg 03 July 2019 | Michael James 187.5 kg 03 July 2019 | Not Set |
| | Total | Emran Mahmutovic 290 kg 10 April 2022 | Prince Ibahay 515 kg 29 June 2019 | Roger Hamilton-Smith 535 kg 09 February 2019 | Roger Hamilton-Smith 535 kg 09 February 2019 | Michael James 442.5 kg 03 July 2019 | Michael James 442.5 kg 03 July 2019 | Michael James 442.5 kg 03 July 2019 | Not Set |
| | Bench Press All contest | Emran Mahmutovic 80 kg 10 April 2022 | George Olteanu 117.5 kg 23 March 2019 | Roger Hamilton-Smith 120 kg 09 February 2019 | Roger Hamilton-Smith 120 kg 09 February 2019 | Michael James 110 kg 19 January 2019 | Michael James 110 kg 19 January 2019 | Michael James 110 kg 19 January 2019 | Not Set |
| | | | | | | | | | |
| 74 kg | Squat | Nathan Gevao 175 kg 25 March 2018 | Terry Martin 205 kg 28 January 2018 | David White 242.5 kg 11 March 2022 | David White 242.5 kg 11 March 2022 | Henry Clark 130 kg 01 February 2015 | Henry Clark 130 kg 01 February 2015 | Henry Clark 130 kg 01 February 2015 | Not Set |
| | Bench Press | Nathan Gevao 97.5 kg 25 March 2018 | Terry Martin 140 kg 28 January 2018 | Daniel Smith 145 kg 01 October 2016 | Roger Hamilton-Smith 115 kg 01 December 2018 | Nick Hawker 70 kg 26 January 2014 | Henry Clark 57.5 kg 01 February 2015 | Henry Clark 57.5 kg 01 February 2015 | Not Set |
| | Deadlift | Mani Ipchi 202.5 kg 19 March 2022 | Terry Martin 230 kg 22 May 2016 | Darren Helley 250 kg 08 December 2018 | Roger Hamilton-Smith 225 kg 01 December 2018 | Henry Clark 160 kg 01 February 2015 | Henry Clark 160 kg 01 February 2015 | Henry Clark 160 kg 01 February 2015 | Not Set |
| | Total | Nathan Gevao 472.5 kg 25 March 2018 | Terry Martin 572.5 kg 28 January 2018 | David White 612.5 kg 27 November 2021 | David White 582.5 kg 11 March 2022 | Henry Clark 347.5 kg 01 February 2015 | Henry Clark 347.5 kg 01 February 2015 | Henry Clark 347.5 kg 01 February 2015 | Not Set |
| | Bench Press All contest | Nathan Gevao 97.5 kg 25 March 2018 | Terry Martin 140 kg 28 January 2018 | Daniel Smith 145 kg 01 October 2016 | Roger Hamilton-Smith 115 kg 01 December 2018 | Nick Hawker 70 kg 26 January 2014 | Henry Clark 57.5 kg 01 February 2015 | Henry Clark 57.5 kg 01 February 2015 | Not Set |
| | | | | | | | | | |
| 83 kg | Squat | Jake Leach 205 kg 31 October 2015 | William Pickering 222.5 kg 13 October 2018 | David Murray 252.5 kg 28 May 2018 | Joao Arsenio 250 kg 22 May 2016 | Keith Blacknell 162.5 kg 23 November 2014 | Not Set | Not Set | Not Set |
| | Bench Press | Jake Leach 117.5 kg 27 July 2015 | Duncan Law 155 kg 02 April 2022 | Iman Salemi 156 kg 20 April 2019 | Joao Arsenio 135 kg 29 January 2017 | Nigel Seymour 110 kg 08 December 2018 | Not Set | Not Set | Not Set |
| | Deadlift | Jake Leach 195 kg 27 July 2015 | William Pickering 260 kg 13 October 2018 | Eze Erediauwa 280 kg 01 February 2015 | Joao Arsenio 255 kg 29 January 2017 | Nigel Seymour 210 kg 08 December 2018 | Not Set | Not Set | Not Set |
| | Total | Jake Leach 517.5 kg 31 October 2015 | William Pickering 625 kg 13 October 2018 | Iman Salemi 663.5 kg 20 April 2019 | Joao Arsenio 640 kg 29 January 2017 | Nigel Seymour 465 kg 08 December 2018 | Not St | Not Set | Not Set |
| | Bench Press All contest | Jake Leach 117.5 kg 27 July 2015 | Duncan Law 155 kg 02 April 2022 | David Murray 165 kg 16 December 2017 | William Dudley 152.5 kg 15 January 2017 | William Dudley 127.5 kg 17 December 2016 | Not Set | Not Set | Not Set |
| | | | | | | | | | |
| 93 kg | Squat | Will Harrowsmith 195 kg 12 June 2021 | William Pickering 250 kg 01 November 2019 | Mathew Hallett 287.5 kg 23 January 2022 | Iain Kendrick 262.5 kg 22 July 2017 | Keith Blacknell 250 kg 11 October 2018 | Andy Bonner 222.5 kg 28 October 2017 | David Purkiss 75 kg 09 February 2019 | Not Set |
| | Bench Press | Edwin Lord 122.5 kg 29 October 2016 | William Pickering 165 kg 01 November 2019 | Mathew Hallett 215 kg 27 November 2021 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 140 kg 28 October 2017 | David Purkiss 75 kg 01 December 2018 | Not Set |
| | Deadlift | Will Harrowsmith 250.5 kg 12 June 2021 | William Pickering 300 kg 01 November 2019 | William Pickering 335 kg 03 December 2021 | Andy Bonner 272.5 kg 28 October 2017 | Andy Bonner 272.5 kg 28 October 2017 | Andy Bonner 272.5 kg 28 October 2017 | David Purkiss 100 kg 09 February 2019 | Not Set |
| | Total | Edwin Lord 557.5 kg 29 October 2016 | William Pickering 715 kg 01 November 2019 | William Pickering 805 kg 03 December 2021 | Andy Bonner 635 kg 28 October 2017 | Andy Bonner 635 kg 28 October 2017 | Andy Bonner 635 kg 28 October 2017 | David Purkiss 250 kg 09 February 2019 | Not Set |
| | Bench Press All contest | Edwin Lord 122.5 kg 29 October 2016 | William Pickering 165 kg 01 November 2019 | Mathew Hallett 215 kg 27 November 2021 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 140 kg 28 October 2017 | David Purkiss 75 kg 01 December 2018 | Not Set |
| | | | | | | | | | |
| | | Edwin Lord | Edwin Lord | Dean Bowring | Dean Bowring | Keith Blacknell | | | |

| | | | | | | | | | |
|----------|-------------------------|-------------------|------------------|------------------|------------------|------------------|---------|---------|---------|
| 105 kg | Squat | 235 kg | 235 kg | 270 kg | 270 kg | 192.5 kg | Not Set | Not Set | Not Set |
| | | 25 November 2017 | 25 November 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | Bench Press | Sydney Boroch | Darren Liu | Dean Bowring | Dean Bowring | Keith Blacknell | | | |
| | | 155 kg | 187.5 kg | 240 kg | 240 kg | 127.5 kg | Not Set | Not Set | Not Set |
| | Deadlift | 31 October 2015 | 27 November 2021 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | | 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 |
| | Bench Press All contest | 25 November 2017 | 25 November 2017 | 13 May 2016 | 13 May 2016 | 22 May 2016 | | | |
| | | Sydney Boroch | Darren Liu | Martin Green | Martin Green | Keith Blacknell | | | |
| 120 kg | Squat | 155 kg | 187.5 kg | 260 kg | 260 kg | 127.5 kg | Not Set | Not Set | Not Set |
| | | 31 October 2015 | 27 November 2021 | 12 July 2015 | 12 July 2015 | 22 May 2016 | | | |
| | Bench Press | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| | | 300 kg | 345 kg | 400kg | 400kg | Not Set | Not Set | Not Set | Not Set |
| | Deadlift | 03 September 2016 | 20 January 2018 | 09 November 2013 | 09 November 2013 | | | | |
| | | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| | | 245 kg | 287.5 kg | 302.5 kg | 302.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | 03 September 2016 | 20 January 2018 | 29 November 2014 | 29 November 2014 | | | | |
| | Total | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| | | 300 kg | 325 kg | 355 kg | 355 kg | Not Set | Not Set | Not Set | Not Set |
| | Bench Press All contest | 03 September 2016 | 20 January 2018 | 29 November 2014 | 29 November 2014 | | | | |
| | | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | | | | |
| 120 kg + | Squat | 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 Press | Jack Johnson | Jack Johnson | Dean Bowring | Dean Bowring | David Brooks | | | |
| | | 245 kg | 287.5 kg | 302.5 kg | 305.5 kg | 170 kg | Not Set | Not Set | Not Set |
| | Deadlift | 03 September 2016 | 20 January 2018 | 29 November 2014 | 19 April 2014 | 15 January 2017 | | | |
| | | Ray Bowring | Ray Bowring | Ray Bowring | Dean Bowring | Mike Adams | | | |
| | | 380 kg | 380 kg | 380 kg | 330 kg | 252.5 kg | Not Set | Not Set | Not Set |
| | | 18 January 2020 | 18 January 2020 | 18 January 2020 | 25 January 2020 | 26 November 2016 | | | |
| | Total | Ray Bowring | Jack Johnson | Dean Bowring | Dean Bowring | Mike Adams | | | |
| | | 200 kg | 205 kg | 260 kg | 260 kg | 195 kg | Not Set | Not Set | Not Set |
| | Bench Press All contest | 18 January 2020 | 29 July 2018 | 25 January 2020 | 25 January 2020 | 20 March 2016 | | | |
| | | Ray Bowring | Jack Johnson | Dean Bowring | Dean Bowring | Mike Adams | | | |
| | Total | 290 kg | 310 kg | 330 kg | 330 kg | 280 kg | Not Set | Not Set | Not Set |
| | | 18 January 2020 | 29 July 2018 | 25 January 2020 | 25 January 2020 | 26 November 2016 | | | |
| | Bench Press All contest | Ray Bowring | Jack Johnson | Dean Bowring | Dean Bowring | Mike Adams | | | |
| | | 870 kg | 870 kg | 920 kg | 920 kg | 717.5 kg | Not Set | Not Set | Not Set |
| | Total | 18 January 2020 | 18 January 2020 | 25 January 2020 | 25 January 2020 | 26 November 2016 | | | |
| | | Ray Bowring | Jack Johnson | Dean Bowring | Dean Bowring | Mike Adams | | | |
| | Bench Press All contest | 200 kg | 205 kg | 260 kg | 260 kg | 195 kg | Not Set | Not Set | Not Set |
| | | 18 January 2020 | 29 July 2018 | 25 January 2020 | 25 January 2020 | 20 March 2016 | | | |