

| South Midlands Divisional Records | | | | | | | | | |
|-----------------------------------|-------------------------|----------|-----------------------|-------------------|------------------|------------------|-----------|-----------|-----------|
| Female Unequipped | | | | | | | | | |
| 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 | | | Mehpare Atay | Marina Cornwall | Marina Cornwall | | | |
| | | Not Set | Not Set | 95 kg | 77.5 kg | 77.5 kg | Not Set | Not Set | Not Set |
| | | | | 09 February 2019 | 01 February 2015 | 01 February 2015 | | | |
| | Bench Press | | | Nora Jones | Marina Cornwall | Marina Cornwall | | | |
| | | Not Set | Not Set | 55 kg | 51.5 kg | 51.5 kg | Not Set | Not Set | Not Set |
| | | | | 19 September 2015 | 01 February 2015 | 01 February 2015 | | | |
| | Deadlift | | | Marina Cornwall | Marina Cornwall | Marina Cornwall | | | |
| | | Not Set | Not Set | 125.5 kg | 125.5 kg | 125.5 kg | Not Set | Not Set | Not Set |
| | | | | 01 February 2015 | 01 February 2015 | 01 February 2015 | | | |
| | Total | | | Nora Jones | Marina Cornwall | Marina Cornwall | | | |
| | | Not Set | Not Set | 260 kg | 254.5 kg | 254.5 kg | Not Set | Not Set | Not Set |
| | | | | 22/05/2016 | 01 February 2015 | 01 February 2015 | | | |
| | Bench Press All contest | | | Nora Jones | Marina Cornwall | Marina Cornwall | | | |
| | | Not Set | Not Set | 55 kg | 51.5 kg | 51.5 kg | Not Set | Not Set | Not Set |
| | | | | 19 September 2015 | 01 February 2015 | 01 February 2015 | | | |
| 52 kg | Squat | | Diana-Andreea Zbarcea | Emma Goodwin | | | | | |
| | | Not Set | 92.5 kg | 122.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set |
| | | | 20 April 2019 | 02 March 2019 | | | | | |
| | Bench Press | | Diana-Andreea Zbarcea | Emma Goodwin | | | | | |
| | | Not Set | 57.5 kg | 70 kg | Not Set | Not Set | Not Set | Not Set | Not Set |
| | | | 20 April 2019 | 22 May 2016 | | | | | |
| | Deadlift | | Alina Dewshi | Emma Goodwin | | | | | |
| | | Not Set | 107.5 kg | 177.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set |
| | | | 26 March 2017 | 13 June 2018 | | | | | |
| | Total | | Diana-Andreea Zbarcea | Emma Goodwin | | | | | |
| | | Not Set | 252.5 kg | 367.5 kg | Not Set | Not Set | Not Set | Not Set | Not Set |
| | | | 20 April 2019 | 02 March 2019 | | | | | |
| | Bench Press All contest | | Diana-Andreea Zbarcea | Emma Goodwin | Amanda Holloway | | | | |
| | | Not Set | 57.5 kg | 70 kg | 67.5 kg | Not Set | Not Set | Not Set | Not Set |
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|-------|-------------------------|-----------------|-------------------|--------------------|--------------------|------------------|---------|---------|---------|
| | | | 20 April 2019 | 22 May 2015 | 08 December 2018 | | | | |
| 57 kg | Squat | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 130 kg | 135 kg | 125.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | | 08 December 2018 | 29 January 2017 | 25 May 2019 | | | | |
| | Bench Press | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 72.5 kg | 90 kg | 60 kg | Not Set | Not Set | Not Set | Not Set |
| | | | 08 December 2018 | 29 January 2017 | 16 September 2019 | | | | |
| | Deadlift | | Catherine Smith | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 167.5 kg | 162.5 kg | 127.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | | 25 February 2017 | 29 January 2017 | 25 May 2019 | | | | |
| 63 kg | Squat | | Catherine Smith | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 360 kg | 387.5 kg | 310.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | | 25 February 2017 | 29 January 2017 | 25 May 2019 | | | | |
| | Bench Press All contest | | Abigail Stacey | Ellie Steel | Emma Drackford | | | | |
| | | Not Set | 72.5 kg | 90 kg | 60 kg | Not Set | Not Set | Not Set | Not Set |
| | | | 08 December 2018 | 29 January 2017 | 16 September 2019 | | | | |
| | Squat | Tia Ratnavira | Lucy Hart | Beverley Rodgers | Beverley Rodgers | | | | |
| | | 72.5 kg | 127.5 kg | 125 kg | 125 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 24 February 2018 | 14 September 2017 | 14 September 2017 | | | | |
| 72 kg | Bench Press | Tia Ratnavira | Sophie Smith | Angelique Borsboom | Beverley Rodgers | | | | |
| | | 40 kg | 82.5 kg | 100 kg | 85.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 07 December 2019 | 16 December 2017 | 21 October 2017 | | | | |
| | Deadlift | Tia Ratnavira | Sophie Smith | Claire Sear | Galit Goldshmid | | | | |
| | | 87.5 kg | 160 kg | 160 kg | 155 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 07 December 2019 | 21 October 2017 | 01 December 2018 | | | | |
| | Total | Tia Ratnavira | Sophie Smith | Angelique Borsboom | Beverley Rodgers | | | | |
| | | 200 kg | 370 kg | 375 kg | 350.5 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 07 December 2019 | 16 December 2017 | 27 May 2017 | | | | |
| | Bench Press All contest | Tia Ratnavira | Sophie Smith | Angelique Borsboom | Angelique Borsboom | | | | |
| | | 40 kg | 82.5 kg | 100 kg | 100 kg | Not Set | Not Set | Not Set | Not Set |
| | | 28 January 2018 | 07 December 2019 | 16 December 2017 | 17 February 2018 | | | | |
| | Squat | | Louise Warr | Yasmina Couty | Beverley Rodgers | Rita Shergold | | | |
| | | 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 | | | |
| | Bench Press | | Zoe Clark | Amy Atkinson | Beverley Rodgers | Rita Shergold | | | |
| | | Not Set | 80 kg | 90 kg | 87.5 kg | 70 kg | Not Set | Not Set | Not Set |
| | | | 23 September 2018 | 22 May 2016 | 28 October 2017 | 09 February 2019 | | | |
| | Deadlift | | Louise Warr | Amy Atkinson | Beverley Rodgers | Amanda Lord | | | |
| | | 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 | | | |
| | Total | | Zoe Clark | Amy Atkinson | Beverley Rodgers | Rita Shergold | | | |
| | | 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 | | | |
| | Bench Press All contest | | Zoe Clark | Amy Atkinson | Beverley Rodgers | Rita Shergold | | | |
| | | Not Set | 80 kg | 90 kg | 90 kg | 72.5 kg | Not Set | Not Set | Not Set |
| | | | 18 May 2018 | 22 May 2016 | 15 May 2018 | 22 June 2019 | | | |
| | Squat | | Zoe Clark | Nicola Stimpson | Varena Manchip | Jean Maton | | | |
| | | Not Set | 130 kg | 180 kg | 147.5 kg | 130 kg | Not Set | Not Set | Not Set |
| | | | 28 October 2018 | 26 May 2019 | 10 December 2017 | 25 March 2018 | | | |

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|---------|-------------------------|---------|-----------------|------------------|-----------------|-----------------|---------|---------|---------|
| 84 kg | 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 |
| | | | 28 October 2018 | 13 August 2016 | 26 January 2014 | 26 January 2014 | | | |
| | Deadlift | | Zoe Clark | Nicola Stimpson | Varena Manchip | Jean Maton | | | |
| | | Not Set | 125 kg | 175 kg | 170 kg | 155 kg | Not Set | Not Set | Not Set |
| | | | 28 October 2018 | 26 May 2019 | 21 October 2017 | 26 January 2014 | | | |
| | Total | | Zoe Clark | Nicola Stimpson | Varena Manchip | Jean Maton | | | |
| | | Not Set | 332.5 kg | 435 kg | 372.5 kg | 347.5 kg | Not Set | Not Set | Not Set |
| | | | 28 October 2018 | 26 May 2019 | 21 October 2017 | 26 January 2014 | | | |
| 84 kg + | 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 | | | |
| | Squat | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 162.5 kg | 150 kg | 125 kg | Not Set | Not Set | Not Set |
| | | | | 29 July 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Bench Press | | | Megan Batchelor | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 92.5 kg | 80 kg | 77.5 kg | Not Set | Not Set | Not Set |
| | | | | 25 March 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Deadlift | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 197.5 kg | 190 kg | 157.5 kg | Not Set | Not Set | Not Set |
| | | | | 03 March 2019 | 28 October 2017 | 28 October 2017 | | | |
| | Total | | | Scarlett Sotiris | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 440 kg | 420 kg | 360 kg | Not Set | Not Set | Not Set |
| | | | | 26 May 2018 | 28 October 2017 | 28 October 2017 | | | |
| | Bench Press All contest | | | Megan Batchelor | Lisa Styles | Jean Maton | | | |
| | | Not Set | Not Set | 92.5 kg | 80 kg | 77.5 kg | Not Set | Not Set | Not Set |
| | | | | 25 March 2018 | 28 October 2017 | 28 October 2017 | | | |