

| 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 29 January 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 29 January 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 29 January 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 29 January 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 29 January 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 | Not Set | Jamie Jones 172.5 kg 31 October 2015 | Roger Hamilton-Smith 175 kg 09 December 2017 | Roger Hamilton-Smith 175 kg 09 December 2017 | Michael James 110 kg 03 December 2017 | Michael James 110 kg 03 December 2017 | Not Set | Not Set |
| | Bench Press | Not Set | Jamie Jones 112.5 kg 31 October 2015 | Roger Hamilton-Smith 115 kg 09 December 2017 | Roger Hamilton-Smith 115 kg 09 December 2017 | Michael James 95 kg 03 December 2017 | Michael James 95 kg 03 December 2017 | Not Set | Not Set |
| | Deadlift | Not Set | Jamie Jones 210 kg 31 October 2015 | Roger Hamilton-Smith 280 kg 28 October 2017 | Roger Hamilton-Smith 225 kg 28 October 2017 | Michael James 145 kg 03 December 2017 | Michael James 145 kg 03 December 2017 | Not Set | Not Set |
| | Total | Not Set | Jamie Jones 495 kg 31 October 2015 | Roger Hamilton-Smith 515 kg 09 December 2017 | Roger Hamilton-Smith 515 kg 09 December 2017 | Michael James 350 kg 03 December 2017 | Michael James 350 kg 03 December 2017 | Not Set | Not Set |
| | Bench Press All contest | Not Set | Jamie Jones 112.5 kg 31 October 2015 | Roger Hamilton-Smith 117.5 kg 17 February 2018 | Roger Hamilton-Smith 117.5 kg 17 February 2018 | Michael James 95 kg 03 December 2017 | Michael James 95 kg 03 December 2017 | Not Set | Not Set |
| 74 kg | Squat | Nathan Geavo 175 kg 25 March 2018 | Terry Martin 200 kg 22 April 2017 | Daniel Smith 222.5 kg 01 October 2016 | Henry Clark 130 kg 01 February 2015 | 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 Geavo 97.5 kg 25 March 2018 | Terry Martin 135 kg 22 April 2017 | Daniel Smith 145 kg 01 October 2016 | Nick Hawker 70 kg 26 January 2014 | 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 | Nathan Geavo 200 kg 25 March 2018 | Terry Martin 230 kg 22 May 2016 | Iman Salemi 242.5 kg 29 January 2017 | Henry Clark 160 kg 01 February 2015 | 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 Geavo 472.5 kg 25 March 2018 | Terry Martin 560 kg 22 April 2017 | Daniel Smith 592.5 kg 01 October 2016 | Henry Clark 347.5 kg 01 February 2015 | 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 Geavo 97.5 kg 25 March 2018 | Terry Martin 135 kg 22 April 2017 | Daniel Smith 145 kg 01 October 2016 | Nick Hawker 70 kg 26 January 2014 | 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 | Kyran O'Neill 206 kg 03 December 2017 | Joao Arsenio 250 kg 22 May 2016 | 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 | James Vickers 150.5 kg 29 January 2017 | Jamie Sinclair 152.5 kg 29 January 2017 | Joao Arsenio 135 kg 29 January 2017 | Keith Blacknell 105 kg 23 November 2014 | Not Set | Not Set | Not Set |
| | Deadlift | Jake Leach 195 kg 27 July 2015 | James Vickers 247.5 kg 29 January 2017 | Eze Erediaua 280 kg 01 February 2015 | Joao Arsenio 255 kg 29 January 2017 | David Horne 23 July 1900 | Not Set | Not Set | Not Set |
| | Total | Jake Leach 517.5 kg 31 October 2015 | James Vickers 603.5 kg 29 January 2017 | Eze Erediaua 635 kg 26 January 2014 | Joao Arsenio 640 kg 29 January 2017 | David Horne 450 kg 25 March 2018 | Not Set | Not Set | Not Set |
| | Bench Press All contest | Jake Leach 117.5 kg 27 July 2015 | James Vickers 150.5 kg 29 January 2017 | 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 | Edwin Lord 185 kg 29 October 2016 | Aron Hegedus 222.5 kg 26 March 2017 | Iain Kendrick 262.5 kg 22 July 2017 | Iain Kendrick 262.5 kg 22 July 2017 | Keith Blacknell 235 kg 13 July 2017 | Andy Bonner 222.5 kg 28 October 2017 | Not Set | Not Set |
| | Bench Press | Edwin Lord 122.5 kg 29 October 2016 | David Chudley 160 kg 21 October 2017 | Dan Watkins 175 kg 22 May 2015 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 140 kg 28 October 2017 | Not Set | Not Set |
| | Deadlift | Edwin Lord 250 kg 29 October 2016 | Aron Hegedus 265 kg 26 March 2017 | Iain Kendrick 275 kg 26 January 2014 | Andy Bonner 272.5 kg 28 October 2017 | Andy Bonner 272.5 kg 28 October 2017 | Andy Bonner 272.5 kg 28 October 2017 | Not Set | Not Set |
| | Total | Edwin Lord 557.4 kg 29 October 2016 | Aron Hegedus 627.5 kg 26 March 2017 | Iain Kendrick 670 kg 26 January 2014 | Andy Bonner 635 kg 28 October 2017 | Andy Bonner 635 kg 28 October 2017 | Andy Bonner 635 kg 28 October 2017 | Not Set | Not Set |
| | Bench Press All contest | Edwin Lord 122.5 kg 29 October 2016 | David Chudley 160 kg 21 October 2017 | Dan Watkins 190 kg 21 October 2017 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 157.5 kg 26 January 2014 | Andy Bonner 140 kg 28 October 2017 | Not Set | Not Set |
| 105 kg | Squat | Edwin Lord 235 kg 25 November 2017 | Edwin Lord 235 kg 25 November 2017 | Dean Bowring 270 kg 13 May 2016 | Dean Bowring 270 kg 13 May 2016 | Keith Blacknell 192.5 kg 22 May 2016 | Not Set | Not Set | Not Set |
| | Bench Press | Sydney Boroch 155 kg 31 October 2015 | Bradley Horne 175 kg 21 October 2017 | Dean Bowring 240 kg 13 May 2016 | Dean Bowring 240 kg 13 May 2016 | Keith Blacknell 127.5 kg 22 May 2016 | Not Set | Not Set | Not Set |
| | Deadlift | Edwin Lord 285 kg 25 November 2017 | Edwin Lord 285 kg 25 November 2017 | Dean Bowring 325 kg 13 May 2016 | Dean Bowring 325 kg 13 May 2016 | Keith Blacknell 202.5 kg 22 May 2016 | Not Set | Not Set | Not Set |
| | Total | Edwin Lord 675.5 kg 25 November 2017 | Edwin Lord 675.5 kg 25 November 2017 | Dean Bowring 910 kg 13 May 2016 | Dean Bowring 910 kg 13 May 2016 | Keith Blacknell 522.5 kg 22 May 2016 | Not Set | Not Set | Not Set |
| | Bench Press All contest | Sydney Boroch 155 kg 31 October 2015 | Bradley Horne 175 kg 21 October 2017 | Martin Green 260 kg 12 July 2015 | Martin Green 260 kg 12 July 2015 | Keith Blacknell 127.5 kg 22 May 2016 | Not Set | Not Set | Not Set |
| 120 kg | Squat | Jack Johnson 300 kg 03 September 2016 | Jack Johnson 300 kg 03 September 2016 | Dean Bowring 400 kg 09 November 2013 | Dean Bowring 400 kg 09 November 2013 | Not Set | Not Set | Not Set | Not Set |
| | Bench Press | Jack Johnson 245 kg 03 September 2016 | Jack Johnson 245 kg 03 September 2016 | Dean Bowring 302.5 kg 29 November 2014 | Dean Bowring 302.5 kg 29 November 2014 | Not Set | Not Set | Not Set | Not Set |
| | Deadlift | Jack Johnson 300 kg 03 September 2016 | Jack Johnson 300 kg 03 September 2016 | Dean Bowring 355 kg 29 November 2014 | Dean Bowring 355 kg 29 November 2014 | Not Set | Not Set | Not Set | Not Set |
| | Total | Jack Johnson 845 kg 03 September 2016 | Jack Johnson 845 kg 03 September 2016 | Dean Bowring 1045 kg 29 November 2014 | Dean Bowring 1045 kg 29 November 2014 | Not Set | Not Set | Not Set | Not Set |
| | Bench Press All contest | Jack Johnson 245 kg 03 September 2016 | Jack Johnson 245 kg 03 September 2016 | Dean Bowring 302.5 kg 29 November 2014 | Dean Bowring 305.5 kg 29 November 2014 | David Brooks 170 kg 15 January 2017 | Not Set | Not Set | Not Set |
| 120 kg + | Squat | Not Set | Patroklos Androulakis-Korakakis 270 kg 23 April 2017 | Tom Kelly 270 kg 22 May 2016 | Mike Adams 252.5 kg 26 November 2016 | Mike Adams 252.5 kg 26 November 2016 | Not Set | Not Set | Not Set |
| | Bench Press | Not Set | Patroklos Androulakis-Korakakis 150 kg 23 April 2017 | Tom Kelly 200 kg 22 May 2016 | Mike Adams 195 kg 20 March 2016 | Mike Adams 195 kg 20 March 2016 | Not Set | Not Set | Not Set |
| | Deadlift | Not Set | Patroklos Androulakis-Korakakis 220 kg 23 April 2017 | Mike Adams 280 kg 26 November 2016 | Mike Adams 280 kg 26 November 2016 | Mike Adams 280 kg 26 November 2016 | Not Set | Not Set | Not Set |
| | Total | Not Set | Patroklos Androulakis-Korakakis 640 kg 23 April 2017 | Mike Adams 717.5 kg 26 November 2016 | Mike Adams 717.5 kg 26 November 2016 | Mike Adams 717.5 kg 26 November 2016 | Not Set | Not Set | Not Set |
| | Bench Press All contest | Not Set | Patroklos Androulakis-Korakakis 150 kg 23 April 2017 | Tom Kelly 200 kg 22 May 2016 | Mike Adams 195 kg 20 March 2016 | Mike Adams 195 kg 20 March 2016 | Not Set | Not Set | Not Set |