

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	1.3426		Blindt		0.7477		Total	Lynch	Amend
							Clean & Press On Knees	Amend	Steinborn	Amend	1 Hand Hacklift	Amend			
Rory Hoad	M	29	0	OPEN	83.1	85KG	80	107.408	120	80.82	117.5R	87.85475	276.0828	0.9397	259.44
Paul Barette	M	41	2	40+	69.2	70KG	50	67.13	118▲	79.13625	110.5R▲	82.247	228.5133	1.0530	245.43
Jamie Livens	M	24	0	OPEN	73.4	75KG	62.5 ^{BR}	83.9125	100	67.35	87.5R	65.42375	216.6863	1.0137	219.65
Ed Shorttle	M	61	22	60+	77.0	80KG	42.5▲	57.0605	65	43.7775	70R	52.339	153.177	0.9838	183.85
Ian Thomas	M	22	0	OPEN	82.9	85KG	47.5	63.7735	85	57.2475	70R	52.339	173.36	0.9411	163.14
Jenny Watson	F	51	45	50+	58.5	60KG	25▲	33.565	30 ^{BR}	20.205	42.5R▲	31.77725	85.54725	1.1842	146.89

Successful 4th attempts: Steinborn – Ed Shorttle 67.5kg. One Hand Hacklift – Paul Barette 115kg(R)▲●, Rory Hoad 123kg(R)●.

World Open=● World Masters=▲

Promoter - Paul Barette **MC/Recorder** – Steve Gardner **Referees** – Steve Gardner, Karen Gardner & Gareth Edwards **Loaders** – Kris Singh & the lifters!

Champion & Best Open – Rory Hoad, **Runner Up and Best Masters** – Paul Barette Scored using Age, Lynch and Blindt formulas

Report by Paul Barette

An exciting and fun competition took place at the home of IAWA Southern Venues 'MetamorFIT' with a fixture containing some lifts not often seen in competition and a great day it turned out to be. Returning to the Platform for the first time since the British Power Champs was Jenny Watson who excelled on all her lifts with personal bests all round. Ian Thomas was on fine form and pulled out some great lifts even though a little disappointed after missing the clean twice on the kneeling press. Ed performed brilliantly and showing great confidence in the Steinborn to have a crack on a 4th attempt for a record. We welcomed Jamie Livens to the platform – his first local competition and only his second after competing in Wales. A very promising lifter who is very strong on his presses. The Steinborn proved a challenge after opening on his personal best, he just lost the balance on his 2nd attempt it riding too high on the neck. Paul managed his opener on the press but failed his 2nd and 3rd attempts – a 5kg increase proving just a bit too much. He regained some ground on a personal best and record Steinborn and a great lift on the Hack. Another fine performance for Rory and his 2nd Win in a row for the Southern Cup was achieved with a brilliant kneeling press (just under bodyweight). A confident lifter with great style on both the Steinborn and Hacklift saw him achieve a commendable total and secured his win. Congratulations Rory! A very big thank you to Steve and Karen Gardner who travelled down to help out at our competition!