

## Southern Cup - 22nd July 2018 - MetamorFIT

|                  |     |     |           |       |      |      | 0.8199                |          | Blindt<br>0.6461   |          | 0.3859              |          |           |        |               |
|------------------|-----|-----|-----------|-------|------|------|-----------------------|----------|--------------------|----------|---------------------|----------|-----------|--------|---------------|
|                  |     |     |           |       |      |      | <b>Jerk from Rack</b> |          | <b>Steinborn</b>   |          | <b>Straddle</b>     |          |           |        |               |
| Name             | Sex | Age | Age/Sex % | Class | Bwt  | Div  | Lift                  | Amend    | Lift               | Amend    | Lift                | Amend    | Total     | Lynch  | Amend         |
| Paul Barette     | M   | 42  | 3         | 40+   | 73.8 | 75KG | 65                    | 53.2935  | 110.5              | 71.39405 | 210                 | 81.039   | 205.72655 | 1.0102 | <b>214.06</b> |
| Ed Shorttle      | M   | 61  | 22        | 60+   | 71.7 | 75KG | 37.5 <sup>ⓐ</sup>     | 30.74625 | 60.5 <sup>BR</sup> | 39.08905 | 147.5 <sup>BR</sup> | 56.92025 | 126.75555 | 1.0289 | <b>159.12</b> |
| Beata Banas      | F   | 34  | 33        | OPEN  | 67.5 | 70KG | 45 <sup>ⓑ</sup>       | 36.8955  | 58 <sup>BR</sup>   | 37.4738  | 95                  | 36.6605  | 111.0298  | 1.0705 | <b>158.08</b> |
| Jenny Watson     | F   | 52  | 46        | 50+   | 57.6 | 60KG | 25 <sup>ⓐⓑ</sup>      | 20.4975  | 40.5 <sup>BR</sup> | 26.16705 | 75 <sup>BR</sup>    | 28.9425  | 75.60705  | 1.1980 | <b>132.25</b> |
| Charlotte Hughes | F   | 27  | 33        | OPEN  | 74.2 | 75KG | 40                    | 32.796   | 50.5               | 32.62805 | 85                  | 32.8015  | 98.22555  | 1.0067 | <b>131.52</b> |
| Natalie Voce     | F   | 36  | 33        | OPEN  | 81.7 | 85KG | 40                    | 32.796   | 48                 | 31.0128  | 90                  | 34.731   | 98.5398   | 0.9492 | <b>124.40</b> |

Successful 4<sup>th</sup> Attempts: Jerk from Rack - Ed Shorttle 40kg, Steinborn<sup>ⓐ</sup> - Beata Banas 60.5kg<sup>BR</sup>

Promoter - Paul Barette

Referees - Natalie Voce, Paul Barette & Rory Hoad (provisional)

Loaders & Spotters - The Lifters!

Overall Champion & Best Masters Lifter - Paul Barette    Best Ladies Lifter - Beata Banas

Calculated using Age, Lynch & Blindt

Report by Paul Barette:

The Summer Heatwave certainly didn't stop lifters at MetamorFIT having great fun at the Southern Cup competition! Firstly, I should mention that this has been the highest turnout of female lifters for any Southern Area Fixture. We warmly welcomed to the platform first time lifters Beata Banas and Charlotte Hughes. The competition got underway with the Jerk from Rack with lifters taking their turns promptly and flying through the lifts. The Steinborn, a challenging but fun lift was performed to a great standard by all lifters (the practising really showed) there were a number of personal bests here. We finished with the straddle where it was great to see more experienced lifters helping coach others with tips on varying width stances and angles of approach. The final scores were incredibly close with only 1 point separating 2<sup>nd</sup> and 3<sup>rd</sup> position and only 1 point between 4<sup>th</sup> and 5<sup>th</sup> position. Beata Banas was presented with the Best Ladies Lifters award and Paul Barette was awarded the Southern Cup, his name now joining those of Phil Crisp 4 x winner and Rory Hoad 2 x winner. A big thank you to Rory Hoad for assisting with refereeing and Clair Roberts who stepped in as official photographer! We are expecting a good turnout for the IAWA World Champs which are now coming to Eastbourne and lifters have been inspired to knuckle down to some good training. We all look forward to welcoming our visitors to Eastbourne!