

Southern Shield - 18th August 2019 - MetamorFIT

Name	Sex	Age	Age & Sex %	Class	Bwt	Div	1.1703		Blindt		0.3930		Total	Lynch	Amend
							2DB Clean & Press		Bent Arm Pullover		Trap Bar Deadlift				
							Lift	Amend	Lift	Amend	Lift	Amend			
Rouhul Uddin	M	39	0	OPEN	73.2	75KG	50	58.515	42.5	73.35925	180	70.74	202.61425	1.0154	205.74
Danny Kingsland	M	29	0	OPEN	57.6	60KG	50	58.515	35●	60.4135	120 ^{BR}	47.16	166.0885	1.1980	198.98
Beata Banas	F	35	33	OPEN	72.2	75KG	35●	40.9605	30●	51.783	120	47.16	139.9035	1.0244	190.60
Ed Shorttle	M	62	23	60+	80.0	80KG	45	52.6635	32.5▲	56.09825	122.5	48.1425	156.90425	0.9612	185.51
Brandon Hazell-Hyland	M	17	5	16-17	74.8	75KG	50	58.515	35▲	60.4135	130	51.09	170.0185	1.0017	178.82
Lara Bennett	F	14	53	14-15	57.2	60KG	25▲	29.2575	20▲	34.522	75▲	29.475	93.2545	1.2044	171.84
Natalie Voce	F	37	33	OPEN	77.4	80KG	35	40.9605	27.5	47.46775	100	39.3	127.72825	0.9807	166.60
Maria Bennett	F	57	51	55+	89.3	90KG	25▲	29.2575	20▲	34.522	85▲	33.405	97.1845	0.9015	132.30

Successful 4th attempts: Bent Arm Pullover - Brandon Hazell-Hyland **40kg▲**, Trap Bar Deadlift - Maria Bennett **87.5kg▲**

▲ = World Junior/Masters record; ● = World Open record

Promoter - **Paul Barette** MC/Recorder - **Paul Barette** Referees - **Natalie Voce & Paul Barette** Loaders & Spotters - **The Lifters!**

Scored using Age, Lynch & Blindt

Best Open Lifter & Overall Champion - **Rouhul Uddin** Best Ladies Lifter - **Beata Banas** Best Junior Lifter - **Brandon Hazell-Hyland**

Who needed to go to Eastbourne's International Airshow (Airbourne) today? When all the action was taking place at MetamorFIT with the Southern Shield! 8 Lifters, including 2 juniors made up of now regular attendees of our Southern fixtures, made it to the platform. Everyone was on fine form with many personal bests set and several claims of new records. A close finish between the top 2 in the Open men's division saw Rouhul take the overall win. It was great to see Maria Bennett back from injury and was head to head with daughter Lara on the first 2 lifts then setting a great new personal best on the Trap Bar Deadlift. Brandon matched competitors top presses and achieved a second heaviest Trap Bar Deadlift, securing the Best Junior lifter award.