

Southern Counties Champs - 25th February 2018 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	0.6880		Blindt		0.3930		Total	Lynch	Amend
							Bench Press FIA		1H DB C&J		Trap Bar Deadlift				
							Lift	Amend	Lift	Amend	Lift	Amend			
Rory Hoad	M	29	0	OPEN	84.1	85KG	120	82.56	55	89.6335	232.5 ^③	91.3725	263.566	0.9332	245.95
Paul Barette	M	42	3	40+	72.1	75KG	75	51.6	40	65.188	200	78.6	195.388	1.0253	206.33
Ed Shorttle	M	61	22	60+	79.5	80KG	72.5	49.88	30	48.891	150	58.95	157.721	0.9649	185.66
Ian Thomas	M	23	0	OPEN	94.0	95KG	90	61.92	32.5	52.96525	175	68.775	183.6603	0.8761	160.90
Jamie Livens	M	24	0	OPEN	73.7	75KG	85	58.48	0	0	180	70.74	129.22	1.0110	130.65
Jenny Watson	F	52	46	50+	58.8	60KG	32.5	22.36	12.5	20.37125	80	31.44	74.17125	1.1797	127.75

Successful 4th Attempts – 1 Hand DB C&J – Jenny Watson 15kg(R)^⑩

Promoter – Paul Barette Scored using Age, Lynch and Blindt Formulas.

Referees – Paul Barette, Natalie Voce, Rory Hoad (provisional) (Note: Paul's lifts only 1 full ref)

Loaders - The Lifters!

Best Open and Overall Champion – Rory Hoad **Best Masters Lifter** – Paul Barette

Report by Paul Barette:

MetamorFIT kicked off their local fixtures year with the Southern Counties Championships. A lower number than originally expected due to a couple of lifters unable to make the competition last minute. However, there was good lifting throughout and everyone pulled together to help with loading and spotting. Brilliant efforts from Rory in all of his lifts saw him take the overall win finishing with a 232.5kg Trap Bar Deadlift – a hotly contested record in the 85kg category!