

Southern Counties Championship - 28th April 2019 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	0.9267		Blindt		0.5147		Total	Lynch	Amenc
							Hands Together Bench		Cheat Curl		Ciavattone Deadlift				
							Lift	Amend	Lift	Amend	Lift	Amend			
John Merner	M	69	34	65+	94.4	95KG	75▲	69.5025	62.5▲	67.15625	140 ^{BR}	72.058	208.7168	0.8740	244.45
Rouhul Uddin	M	39	0	OPEN	72.9	75KG	80	74.136	50	53.725	125	64.3375	192.1985	1.0181	195.67
Beata Banas	F	35	33	OPEN	70.3	75KG	52.5●	48.65175	37.5	40.29375	100	51.47	140.4155	1.0422	194.62
Ed Shorttle	M	62	23	60+	79.5	80KG	55	50.9685	45	48.3525	100	51.47	150.791	0.9649	178.95
Lara Bennett	F	14	53	14-15	56.4	60KG	30▲	27.801	30▲	32.235	67.5▲	34.74225	94.77825	1.2174	176.53
Brandon Hazell-Hyland	M	17	5	16-17	77.2	80KG	65	60.2355	47.5	51.03875	115	59.1905	170.4648	0.9823	175.81
Natalie Voce	F	36	33	OPEN	79.0	80KG	45●	41.7015	37.5	40.29375	75	38.6025	120.5978	0.9685	155.35
Maria Bennett	F	57	51	55+	91.9	95KG	42.5▲●	39.38475	30▲	32.235	75 ^{BR}	38.6025	110.2223	0.8871	147.65
Steve Shah	M	70	36	70+	79.7	80KG	65▲	60.2355	45	48.3525	0	0	108.588	0.9634	142.27
Ian Thomas	M	23	0	OPEN	97.0	100KG	0	0	60	64.47	125	64.3375	128.8075	0.8612	110.92

Successful 4th Attempts: **Hands Together Bench Press** - Beata Banas 55kg ●, Brandon Hazell-Hyland 66kg ▲, Steve Shah 67.5kg ▲.

Other Record Attempts: **Middle Finger Deadlift** - John Merner 122.5kg ▲

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

Best Masters & Overall Champion - John Merner, Best Ladies Lifter - Beata Banas, Best Open Lifter - Rouhul Uddin, Best Junior Lifter - Lara Bennett

Promoter: **Paul Barette** Recorder/MC: **Paul Barette** Referees: **Rory Hoad, Natalie Voce & Paul Barette**

Loaders & Spotters: **The Lifters!** Scored Using Blindt, Age & Lynch

A great turn out for the first of this year's Southern fixtures with 10 lifters participating lifting at the regular MetamorFIT venue. It was brilliant to see so many spectators come and support the lifters this time. There were great performances throughout and in the end some incredibly close final points scores (less than 1 point between the junior lifters and just over 1 point between Beata and Rouhul).

John Merner took the overall win and best masters lifter even after starting his day with another outstanding Middle Fingers Deadlift!