

Southern Cup - 28th July 2019 - MetamorFIT

							1.7656		Blindt		0.3859				
							One Hand DB Snatch		Power Row		Straddle Deadlift				
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Beata Banas	F	35	33	OPEN	71.3	75	27.5R	48.554	60●	51.666	120	46.308	146.528	1.0326	201.25
Lee Potier	M	31	0	OPEN	98.5	100	40R	70.624	100 ^{BR}	86.11	180	69.462	226.196	0.8540	193.18
Rouhul Uddin	M	39	0	OPEN	74.2	75	30R	52.968	80	68.888	175	67.5325	189.3885	1.0067	190.67
Lara Bennett	F	14	53	14-15	57.0	60	17.5R▲	30.898	42.5▲	36.59675	75 ^{BR}	28.9425	96.43725	1.2076	178.18
Danny Kingsland	M	29	0	OPEN	56.4	60	22.5R	39.726	55●	47.3605	120	46.308	133.3945	1.2174	162.39
Jenny Watson	F	53	47	50+	59.1	60	15R▲	26.484	42.5	36.59675	77.5 ^{BR}	29.90725	92.988	1.1753	160.65
Natalie Voce	F	37	33	OPEN	77.7	80	22.5R	39.726	50	43.055	90	34.731	117.512	0.9784	152.91
Brandon Hazell-Hyland	M	17	5	16-17	75.0	75	27.5R	48.554	55	47.3605	117.5	45.34325	141.2578	1.0000	148.32

Successful 4th Attempts: **One Hand DB Snatch** - Lara Bennett (R) 18kg▲. **Power Row** - Lara Bennett 45kg▲, Rouhul Uddin 80.5kg^{BR}, Brandon Hazell-Hyland 55kg▲, **Straddle DL** - Lara Bennett 80kg^{BR}

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

Promoter - **Paul Barette**

Referees - **Paul Barette & Natalie Voce**

Recorder/MC - **Paul Barette**

Loaders/Spotters - **The Lifters!**

Scored using Blindt, Age & Lynch formulas.

Best Ladies Lifter & Overall Champion - **Beata Banas**, Best Open Lifter - **Lee Potier**, Best Masters Ladies - **Jenny Watson**, Best Junior Lifter - **Lara Bennett**

The Second Southern Fixture for 2019 was a great success coming just a week after the Old Time Strongman and in a busy period of Postal League lifting. Eight lifters competed including Lee Potier returning to the IAWA Platform after a couple of years, and in his main competition debut, Danny Kingsland (who lifted at the old Time Strongman only the week before). Disappointingly, Maria Bennett was unable to lift due to a bout of vertigo which she has now recovered from, but she was able to come and support and help by checking records. Beata Banas won the Best Ladies and Overall Champion award in her first overall title and a first ladies win for any previous Southern Fixture!