



## Southern Grip - 24th November 2019 - MetamorFIT

Name	Sex	Age	Age&Sex %	Class	Bwt	Div	1 Hand Pinch Clean & Press		2" Vertical Bar		2 Hands Fulton DB Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
<b>Timo Luttamus</b>	M	40	1	40+	85.7	90KG	29.5R▲●	29.5	131L▲●	131	168.5▲●	168.5	329	0.9230	<b>306.70</b>
<b>Danny Kingsland</b>	M	30	0	OPEN	56.3	60KG	14.5R●	14.5	71R●	71	83.5●	83.5	169	1.2190	<b>206.01</b>
<b>Beata Banas</b>	F	36	33	OPEN	69.8	70KG	12R●	12	53.5R●	53.5	78.5●	78.5	144	1.0470	<b>200.53</b>
<b>Jenn Tibbenham</b>	F	35	33	OPEN	96.7	100KG	12R●	12	66R●	66	93.5●	93.5	171.5	0.8626	<b>196.76</b>
<b>Karen Gardner</b>	F	61	55	60+	74.7	75KG	12R▲●	12	43.5R	43.5	68.5▲●	68.5	124	1.0025	<b>192.68</b>
<b>Ed Shorttle</b>	M	63	24	60+	79.4	80KG	12L▲	12	48.5R▲	48.5	83.5▲	83.5	144	0.9656	<b>172.42</b>
<b>Brandon Hazell-Hyland</b>	M	17	5	16-17	71.1	75KG	14.5R▲	14.5	53.5R▲	53.5	88.5▲	88.5	156.5	1.0345	<b>170.00</b>
<b>Rouhul Uddin</b>	M	39	0	OPEN	73.7	75KG	14.5R●	14.5	53.5R	53.5	93.5●	93.5	161.5	1.0110	<b>163.28</b>
<b>Lara Bennett</b>	F	14	53	14-15	59.4	60KG	9.5R▲	9.5	36R▲	36	43.5▲	43.5	89	1.1709	<b>159.44</b>
<b>Maria Bennett</b>	F	58	52	55+	90.9	95KG	12R▲●	12	38.5R <sup>BR</sup>	38.5	53.5▲●	53.5	104	0.8926	<b>141.10</b>

Successful 4<sup>th</sup> Attempts: 2" Vertical Bar - Brandon Hazell-Hyland 56kg ▲, Ed Shorttle 54kg ▲, Timo Luttamus 146kg ▲●.

Other records - Middle Fingers Deadlift - Timo Luttamus 183kg ▲●

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

Best Masters Lifter and Overall Champion - Timo Luttamus      Best Open Male Lifter - Danny Kingsland      Best Open Female Lifter - Beata Banas

Best Masters Female Lifter - Karen Gardner      Best Junior Lifter - Brandon Hazell-Hyland

M/C & recorder - Steve Gardner      Referees - Natalie Voce, Karen Gardner, Paul Barette, Steve Gardner      Loaders - Paul & Adrian

Scored using Total, Lynch and Age formulas.

A very big thank you to Steve and Karen for coming down to support and help at today's competition. Also, to Natalie for refereeing. Our furthest Travelled lifter was Timo! Great lifting from all competitors in the last Southern Fixture of the year. With such a wide range of lifter categories at this competition we were able to award 5 best lifter awards! Congratulations to Timo on his first-place position and on such a fantastic record attempt to top of a great day.