



Southern Cup

Name	Sex	Age	Age %	Class	Bwt	Div	0.8649		Blindt		0.5998		Total	Lynch	Amend
							Bench		Snatch		Deadlift				
							Lift	Amend	Lift	Amend	Lift	Amend			
Phil Crisp	M	43	4	40+	107.5	110KG	112.5 ^{BR}	97.3013	77.5▲	102.7185	115	68.977	268.9968	0.8155	306.08
Adrian Pryor	M	42	3	40+	84.8	85KG	80	69.192	60▲	79.524	132.5▲	79.4735	228.1895	0.9287	290.95
Nick Swain	M	48	9	45+	81.9	85KG	80	69.192	50 ^{BR}	66.27	120 ^{BR}	71.976	207.438	0.9478	286.33
David Cole	M	36	0	OPEN	69.7	70KG	91 ^{BR}	78.7059	50	66.27	95	56.981	201.9569	1.0480	281.50
Adrian Hollywood	M	25	0	OPEN	87.2	90KG	85	73.5165	55	72.897	137.5	82.4725	228.886	0.9138	278.19
Kevin Thomas	M	50	11	50+	94.3	95KG	80▲	69.192	50▲	66.27	110▲	65.978	201.44	0.8746	263.78
Paul Barette	M	37	0	OPEN	71.7	75KG	67.5	58.3808	50	66.27	110	65.978	190.6288	1.0289	260.87
Brian Heyburn	M	21	0	OPEN	75.5	80KG	80	69.192	50	66.27	95	56.981	192.443	0.9959	254.89
Ed Shorttle	M	56	17	55+	74.4	75KG	50	43.245	35▲	46.389	85 ^{BR}	50.983	140.617	1.0050	219.76
Natalie Doughty	F	31	0	OPEN	65.2	70KG	40 ^{BR}	34.596	30	39.762	55 ^{BR}	32.989	107.347	1.0960	156.47
Jenn Tibbenham	F	28	0	OPEN	101.8	105KG	45	38.9205	40	53.016	0	0	91.9365	0.8391	102.61

Southern Cup – 28th July 2013 – Held at MetamorFIT

Referees – Phil Crisp, Paul Barette, Natalie Doughty, Nick Swain, Ed Shorttle (*provisional*)

Results calculated with Blindt and Lynch formulas.

▲=World Masters, ●=World Open