

MetamorFIT 5th Anniversary Record Breakers Day

16/11/2014 - Referees: Paul Barette, Phil Crisp, Nick Swain : Promoter & MC Paul Barette - Record keeping Elisabeth Barette

Name	Age	Cat.	Bwt	Class	Lift 1			Lift 2			Lift 3			Lift 4			Lift 5		
					20	30.5	30.5●	25.5	35.5	45.5●	253	280.5●	320.5	243	280.5	330.5●	143.5	163.5	183.5●
Paul Barette	38	open	68.0	70	Shoulder Drop			Ring Finger Hack Lift			2 Man Hack Lift			2 Man Straddle Dead Lift			2" Bar Hack Lift		
Phil Crisp	44	40+	106.0	110	Standing Lateral Raise			Rectangular Fix			Power Row			LH Dumbbell Dead Lift			LH Pinch Clean & Press		
Barry Gordge	53	50+	100.9	105	Left Hand Zercher			Steinborn			RH Dumbbell Snatch			Hands Together Bench Press			Bent Arm Pullover		
Brian Heyburn	22	open	73.9	75	Clean & Jerk Bwt Reps														
Clive Madge	65	65+	99.7	100	Full Gardner			Middle Finger Clean & Jerk			Right Hand Thumb-less DL			Left Hand Thumb-less DL			Fulton Dead Lift		
Joe Morris	21	open	77.5	80	Clean & Jerk BWT Reps			2 Man Hack Lift			2 Man Straddle Dead Lift			2" Bar Straddle Dead Lift			Left Hand Bench Press		
Adrian Pryor	43	40+	84.4	85	Allen Lift			2 Man Cheat Curl			2 Man Hack Lift			Roman Chair Ab Raise			Roman Chair Bench Press		
Chris Powell	40	40+	88.5	90	Judd Clean & Jerk (Left Leg)			Judd Clean & Jerk (Right Leg)			Leg Press Self Loaded			Leg Press Unsupported			2 Man Hack Lift		
Clare Rampton	39	open	72.8	75	Shoulder Drop			Turkish Get-Up			Judd Clean & Jerk (Right leg)			Left Leg Dead Lift			Right Leg Dead Lift		
James Rampton	44	40+	83.0	85	Shoulder Drop			Judd Clean & Jerk (Left Leg)			Left Leg Dead Lift			2 Man Cheat Curl			Reverse Rim Lift		
Ed Shorttle	58	55	76.5	80	Power Row			Thumb-less Dead Lift			Stiff Leg Dead Lift			2" Bar Hack Lift			2H Seated Dumbbell Press		
Nick Swain	49	45+	82.0	85	Left Leg Dead Lift			Stiff Leg Dead Lift			Ring Finger Dead Lift			2" Bar Dead Lift			RH Pinch Clean & Press		

● = Open record ▲ = Masters record