

Southern Counties Champs - 16th February 2014

Name	Sex	Age	Age %	Class	Bwt	Div	Lunge Squat	Reflex Press	DB Snatch	Total	Lynch	Amend
							Lift	Lift	Lift			
Phil Crisp	M	44	5	40+	108.0	110KG	141	90	47.5R	278.5	0.8136	237.91
Paul Barette	M	38	0	OPEN	76.3	80KG	100	57.5	37R	194.5	0.9894	192.43
Ed Shorttle	M	57	18	55+	73.7	75KG	67.5	52.5	25L	145	1.0110	172.99
Natalie Voce	F	31	0	OPEN	71.5	75KG	45	40	22.5R	107.5	1.0308	147.38

The 6th Southern Counties championship was unfortunately hit very hard with last minute withdrawals. Late injuries, work commitments, and of course, pretty much the worst wet weather conditions seen in Britain's recorded history all colluded to shrink the final line up down to just four people! But as they say, the show must go on...and it did! Phil Crisp ended up taking his fourth Southern Counties title by edging ahead and then pulling away a little bit from Paul Barette. Paul, fresh off of his brilliant individual 3rd place overall at the National Clubs championships, would have pushed Phil much harder if he had sorted out some technical difficulties in his 3rd lift lunge squat and his 3rd lift reflex push press! And Natalie and Ed also contributed some really impressive lifting – with what should be a number of records once ratified by head of records Chris Bass!

So a small field, but brilliant fun nevertheless and no way that the weather was going to stop the comp. A fair few number of eyes are now starting to turn their attention to the next comp to be held in Eastbourne – the Southern Shield in May. Not to mention that a few of the 'squad' will also be getting down to training for the inaugural Powerhouse Strongman challenge!

Refs: Natalie Voce, Paul Barette, Phil Crisp (fully qualified) Ed Shorttle (provisional)