



Southern Counties Champs 27th Jan 2013

Name	Sex	Age	Age %	Class	Bwt	Bwt	Div	Front Squat	Continental Clean	1H DB clean and jerk	Total	Lynch	Amend
Gareth Edwards	Male	30	0	OPEN	74	3	75KG	75	70	27.5	172.5	1.0059	173.52
Natalie Doughty	Female	30	0	OPEN	67	7	70KG	57.5	42.5	25	125	1.0684	177.62
James Morgan	Male	36	0	OPEN	80	6	85KG	85	75	39.6	199.6	0.9569	191.00
Ed Shorttle	Male	56	17	55+	78	9	80KG	80	60	30	170	0.9693	192.79
Adrian Hollywood	Male	24	0	OPEN	85	8	90KG	80	100	37.2	217.2	0.9224	200.35
Kevin Thomas	Male	50	11	50+	91	3	95KG	95	70	39.6	204.6	0.8904	202.22
Paul Barette	Male	36	0	OPEN	68	9	70KG	92.5	75	34.7	202.2	1.056	213.52
Brian Heyburn	Male	20	0	OPEN	71	0	75KG	100	77.5	42.8	220.3	1.0355	228.12
Adrian Pryor	Male	41	2	40+	84	9	85KG	110	90	45	245	0.928	231.91
Chris Moloney	Male	30	0	OPEN	74	4	75KG	100	90	42.8	232.8	1.005	233.96
Phil Crisp	Male	43	4	40+	108	0	110KG	200	117.5	55.2	372.7	0.8136	315.36

Referees:

Philippe Crisp, Paul Barette, Natalie Doughty, Ed Shorttle

The 2013 Southern Counties champs took place in Metamorfit Gym in Eastbourne with Phil Crisp taking the title for the 3rd time. Whilst this was the 3rd time that the event had been run at Metamorfit gym, fast becoming a great place to do All-Round Lifting, it was actually the 5th edition of the championships in total – with the first two competitions taking place in Hailsham and New Romney respectively. This year a field of 11 took to the platform to compete, with five impressive newcomers all showing great potential and some very good lifting – alongside of course some very good lifting from the more experienced lifters! In fact the scores were, for the most part, incredibly close and meant that oftentimes the difference between placings came down to no more than a failed attempt or a few kilos on a total! Chris Maloney was the pick of the newcomers, edging past Adrian Pryor and another new lifter Brian Heyburn to snatch second place. All in all in was a great days lifting, ending with the now ‘traditional’ mini-banquet at the end. With so many new and keen lifters looking to take part in this area the next thing to see will be how many teams from Metamorfit will enter the postal champs!