

Name	Age	Class	Bwt	Class	Lunge Squat	Reflex Clean & Push Press	One Handed DB Cheat Curl	Total	Lynch	Amend	Place
Philippe Crisp	42	40+	107.1	110	140.5▲●	88▲●	45R▲	273.5	0.8171	239.12	1
Adrian Pryor	41	40+	85.2	90	90.5▲●	73▲●	50.5R▲	214	0.9261	210.08	2
Nick Swain	47	45+	84.2	85	80.5▲	60.5	53R▲	194	0.9325	202.61	3
Sam Hills	51	50+	86.1	90	80.5▲	68▲	37L▲●	185.5	0.9205	198.07	4
Paul Barette	36	open	69.8	70	95.5●	55.5	35R	186	1.047	196.69	5
Ed Shorttle	55	55+	78.4	80	50.5▲	43 ^{BR}	35L▲	128.5	0.973	150.04	6
Natalie Doughty (F)	30	open	69.8	70	50.5●	35.5●	20.5L●	106.5	1.047	148.3	7

With Metamorfit Gym in Eastbourne being the current home of the Southern Counties and the Southern All-Round Championships, and this being the fourth year of both of these competitions, a new competition, the Southern Cup, was added to the competition schedule at the gym this year. With Nick Swain, a former British All Round and British Grip overall champion, Sam Hills, IAWA Hall of Famer, and Phil Crisp, the current Southern Counties and Southern All Round Champ, expected to be at the fore of the lifting, it was Adrian Pryor who split the pack of experienced lifters and came second with some very impressive lifting. In fact, with a few more successful lifts Adrian would have pushed Phil even harder for first place. The rest of the field, Paul Barette, Ed Shorttle, and Nathalie Doughty, were very impressive too – and perhaps Paul's 100.5k lunge squat at a bodyweight of 69.8 for a fourth attempt (record) was the lift of the day!

Referees – Philippe Crisp, Nick Swain, Sam Hills

Record Attempt (4th Lift) – Paul Barette, Lunge Squat 100.5kg●

Record attempts for Ed and Nick

Ed Shorttle	Nick Swain
2 hands dumbbells snatch 35kg▲●	RH dumbbell bent press 25kg▲●
RH dumbbell cheat curl 27.5kg▲	LH dumbbell cheat curl 42kg▲
Zercher 100.5kg▲	RH dumbbell cheat curl 53kg▲
LH Zercher 40.kg▲	RH dumbbell C & J 47kg▲
Arther lift 40.5kg▲	2H dumbbell snatch 45kg▲●
Reverse grip bench press 60.5kg▲	Lateral raise standing 30kg▲
Left leg deadlift 80.5kg▲●	RH barbell push press (side press) 45.5kg▲●
Right leg deadlift 80.5kg▲	Lunge squat 80.5kg▲
Repetitions deadlift b/w 78.5kg x 25▲	Bench press LH 40.5kg▲●
Power row 40.5kg▲●	Bench press RH 40.5kg▲●
	Right leg deadlift 80.5kg▲
	power row 78kg▲●
	Pullover & press on back 100.5kg▲