

Southern Cup – 25th September 2016 - MetamorFIT

							Blindt								
							0.6913		1.8726		0.8019				
							Bench FIA		Rect. Fix		1H DB DL				
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Rory Hoad	M	28	0	OPEN	82.9	85KG	120	82.956	35	65.541	140R	112.266	260.763	0.9411	245.40
Phil Crisp	M	46	7	45+	108.3	110KG	130	89.869	40	74.904	140L	112.266	277.039	0.8124	240.82
Lee Potier	M	28	0	OPEN	98.1	100KG	120	82.956	40	74.904	105.5L	84.1995	242.0595	0.8559	207.18
Paul Barette	M	40	1	40+	73.1	75KG	70	48.391	35	65.541	105R	84.1995	198.1315	1.0163	203.37
Ryan Burchett	M	33	0	OPEN	106.0	110KG	110	76.043	42.5	79.5855	110R	88.209	243.8375	0.8215	200.31
Gareth Edwards	M	33	0	OPEN	84.0	85KG	90	62.217	32.5	60.8595	95R	76.1805	199.257	0.9338	186.07
Ian Thomas	M	21	0	OPEN	77.8	80KG	75	51.8475	25	46.815	80R	64.152	162.8145	0.9776	159.17
Natalie Voce	F	34	33	OPEN	83.8	85KG	50	34.565	20	37.452	60R	48.114	120.131	0.9351	149.41

Successful 4th Attempts – One Hand Dumbbell Deadlift – Natalie Voce 60kg(L), Paul Barette 105kg(L), Lee Potier 110kg(L)

Promoter – Paul Barette

Referees – Paul Barette, Phil Crisp, Natalie Voce, Gareth Edwards (provisional) – Loading – Clive Madge, Scoring – Jenny Watson.

Best Open Lifter – Rory Hoad, Best Masters Lifter – Phil Crisp, Best Ladies Lifter – Natalie Voce. Overall Champion – Rory Hoad

Scored using Blindt, Lynch and age formulae.

Report by Paul Barette:

Having lost a couple of lifters due to injury, 8 lifters made it to the platform to battle for the prize of the Southern Cup. Regular faces from the south welcomed new IAWA lifter, Lee Potier from Croydon who performed fantastically well receiving hints, tips and encouragement from all his fellow lifters. There were personal bests all round and a number of lifters took the opportunity of 4th Round record attempts. It was a close battle right from the start but it was obvious that the exciting fight would be between 5 times winner of the Southern Cup Phil Crisp and Rory Hoad. Phil took the lead after the 1st lift, the Feet in Air Bench Press and then managed to retain the lead after only one successful attempt at the rectangular fix really feeling the impact of a recent arm injury. Rory then bounced back with a tremendous effort on the One Hand Dumbbell deadlift to take the lead and clinch the title by only 5 amended points! Rory then went on to attempt 145kg but as skin was ripping from hands it just wasn't to be! Congratulations to all the lifters.