



Southern Counties Champs - 21st Feb 2016 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Blindt			Total	Lynch	Amend
							0.6158	2.0522	2.0551			
							Front Squat	1H DB Press	Snatch On Knees			
Lift	Lift	Lift										
Phil Crisp	M	46	7	45+	108.0	110KG	172.5	47.5 R	60	327.011	0.8136	284.67
Clive Madge	M	66	28	65+	100.9	105KG	125 ^{BR}	37.5 R	50 [ⓐ] ⓑ	256.6875	0.8431	277.01
Rory Hoad	M	27	0	OPEN	78.3	80KG	125	40 R	60 [ⓑ]	282.369	0.9738	274.97
Ryan Burchett	M	32	0	OPEN	112.0	115KG	120	42.5 R ^{BR}	55 ^{BR}	274.145	0.7985	218.92
Gareth Edwards	M	33	0	OPEN	91.8	95KG	100	35 R	45	225.8865	0.8877	200.51
Jenn Tibbenham	F	31	33	OPEN	93.2	95KG	70	17.5 L [ⓑ]	40 [ⓑ]	161.2235	0.8802	188.75
Ed Shorttle	M	59	20	55+	79.5	80KG	70	27.5 L	30	161.1945	0.9649	186.64
Charlotte Boniface	F	28	33	OPEN	65.8	70KG	60	15 R	25 ^{BR}	119.1085	1.0891	172.53
Ian Thomas	M	21	0	OPEN	69.8	70KG	75	22.5 R	32.5	159.1503	1.0470	166.63

Successful 4th Attempts – Front Squat, Clive Madge 130kg, [ⓐ]

Announcer / Referee – Paul Barette Referees – Phil Crisp & Jenn Tibbenham (Provisional). Loaders / Spotters – The Lifters!

Competition Lifts Scored using Lynch & Blindt Formulas.

Overall Winner and Best Masters Award – Phil Crisp, Best Open Lifter – Rory Hoad, Best Ladies Award – Jenn Tibbenham.

Report by Paul Barette.

The year has started well at MetamorFIT for the Southern Fixtures, with the first competition seeing 9 lifters take the platform, 3 masters, 2 ladies and 4 open. Originally 10 lifters, which would have seen Natalie Voce return to competition lifting but disappointingly having to withdraw with a sprained ankle! – We wish her a speedy recovery! (Apparently you take your life in your hands taking your child to soft play!).

Two new lifters, Charlotte and Ian lifted exceptionally well, only having gained a little experience participating in the All-Round Postal League 1st Leg. No doubt they will be finding their feet at some local competitions then hopefully lifting at some other fixtures.

Ed Shorttle, a regular to nearly all the Southern Fixtures showed solid performances in all his lifts and after age adjustments came in just 2 points below Jenn Tibbenham. Jenn also lifted very well and still managed to get in a good amount of refereeing practice, finished with the Best Ladies Lifter award! Gareth Edwards returns to IAWA this year and obviously has been working on that flexibility to demonstrate some extremely deep front squats! Ryan Burchett, coming in as runner up in the Open Division and 4th Overall has started his year with some great quality lifting, only just missing a 130kg Front Squat but still achieving the 2nd heaviest dumbbell press and 2nd heaviest kneeling snatch!

The top three was indeed a close battle with only 10 points separating the lifters. Rory (Best Open Lifter), again on exceptional form came in just 3 points behind Clive Madge who disappointedly missed his 130kg Front Squat 3rd attempt for the comp but managed to pull it out for the 4th record attempt. Overall winner and Best Masters Lifter went to Phil Crisp, having won the Southern Counties Champs for 2011,12,13 and 2014 only to see Rory Hoad take the title in 2015 now once again regaining his title for 2016!