



Southern Cup 23rd August 2015 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	1.0473		Blindt		2.0522		Total	Lynch	Amend
							Lunge Squat		Snatch From Hang		One Hand Dumbbell Press				
							Lift	Amend	Lift	Amend	Lift	Amend			
Phil Crisp	M	45	6	45+	109.7	110KG	140.5▲	147.1457	75.5▲	100.0677	50 R	102.61	349.8234	0.8071	299.26
Rory Hoad	M	27	0	OPEN	77.9	80KG	115.5	120.9632	65.5	86.8137	40 R	82.088	289.8649	0.9768	283.15
Clive Madge	M	66	28	65+	103.0	105KG	90.5▲	94.78065	60.5	80.1867	40 R▲	82.088	257.0554	0.8340	274.40
Paul Barette	M	39	0	OPEN	69.1	70KG	110.5●	115.7267	55.5	73.5597	30 R	61.566	250.8524	1.0540	264.35
Ed Shorttle	M	58	19	55+	77.3	80KG	65.5▲	68.59815	30.5	40.4247	27.5 L	56.4355	165.4584	0.9815	193.25

World Open = ●: World Masters = ▲

Successful 4<sup>th</sup> Attempts – Lunge Squat – Phil Crisp 153kg▲●, Dumbbell Press – Clive Madge 42.5kg(R)▲ & Phil Crisp 50.5kg(R)▲

Announcer / Referees – Natalie Voce, Paul Barette, Phil Crisp, Clare Rampton (Provisional)

Loaders – Jim Rampton

Scored using Lynch & Blindt Formulas

Promoter and report by Paul Barette

With numbers down a little down on recent competitions (unsurprisingly with the Welsh Open only 2 weeks away) this was still a fun competition with great performances all round. The lifting started with some cracking performances on the lunge squat with Ed lifting 65.5kg smashing his own record by 15kg! Paul also breaking his own record by 10kg, Clive lifting a personal best and seeking a record claim of 90.5kg and lastly Phil's most impressive 4<sup>th</sup> round attempt of 153kg! (the heaviest lift so far on the record books). A niggling shoulder kept Ed's snatch to a 30kg attempt and the other lifters all seeing solid performances with a personal best from Paul and a record claim in the 45+ category of 75.5kg by Phil. Finishing off with the press, which incidentally scores highest in the Blindt formula. With some more personal bests and masters record claims from Clive and Phil. Rory did really well and was snapping on Phil's heels throughout but In all a great competition finishing with Phil in the lead after age adjustments to take the Southern Cup Winners title for the 4<sup>th</sup> year running! – Is there no stopping him?