

Southern Counties Champs - 26th February 2017 - MetamorFIT



Name	Sex	Age	Age/Sex %	Class	Bwt	Div	1.0473		Blindt		3.0509		Total	Lynch	Amend
							Lunge Squat		Clean & Seated Press B/Neck		Barbell Turkish Get-Up				
							Lift	Amend	Lift	Amend	Lift	Amend			
Rory Hoad	M	28	0	OPEN	81.3	85KG	130 ^③	136.149	70	89.453	45 ^③	137.2905	362.8925	0.9520	345.47
Paul Barette	M	41	2	40+	78.4	80KG	112.5 ^⑩	117.8213	45	57.5055	37.5 ^⑩	114.40875	289.7355	0.9730	287.56
Ryan Burchett	M	33	0	OPEN	111.8	115KG	90 ^③	94.257	70 ^{BR}	89.453	40 ^③	122.036	305.746	0.7993	244.37
Ian Thomas	M	22	0	OPEN	79.1	80KG	75	78.5475	47.5	60.70025	27.5	83.89975	223.1475	0.9678	215.96
Ed Shorttle	M	60	21	60+	79.6	80KG	57.5	60.21975	32.5	41.53175	17.5 ^⑩	61.018	162.7695	0.9641	189.89
Natalie Voce	F	34	33	OPEN	85.0	85KG	47.5	49.74675	30 ^③	38.337	17.5 ^③	53.39075	141.4745	0.9274	174.50
Steve Shah	M	68	32	65+	78.6	80KG	35 ^⑩	36.6555	40 ^⑩	51.116	15 ^⑩	45.7635	133.535	0.9715	171.25

Successful 4th Attempts: Lunge Squat – Steve Shah 37.5kg^⑩, Natalie Voce 51kg^③. Clean & Seated Press B/Neck – Steve Shah 45kg^⑩. Turkish Get-Up – Natalie Voce 20kg^③, Ryan Burchett 45kg^③. World open = ^③: World masters = ^⑩.

Additional Records – John Merner (67 y/old) 94.8kg - 2” Bar Deadlift 165kg^⑩

Promoter – Paul Barette

Referees – Phil Crisp, Paul Barette, Natalie Voce

Recorder – Jenny Watson Loaders & Spotters – The Lifters

Scored using Lynch, Age & Blindt.

A great start to the Southern Fixtures for this year at MetamorFIT with the Southern Counties Championship seeing 7 lifters take the platform. Testing their abilities in the Lunge Squat, Clean & Seated Press Behind Neck and the Barbell Turkish Get-Up.

MetamorFIT gave a warm welcome to returning lifter Steve Shah who excelled at all the disciplines even though he only tried them for the first time in a brief coaching session 2 weeks ago! Natalie lifted very well (whilst also reffing between her own lifts) and definitely pulled out the stops to have a crack at a couple of 4th attempts. Fine performances were also seen from Ed and Ian both competing alongside Paul and Steve Shah in the 80kg class. Ryan finished taking 2nd place in the open and 3rd overall and completed a successful day breaking the Turkish Get-Up record held by Chad Ullom of the USA. The Best Masters award and 2nd place overall went to Paul Barette achieving a personal best in the lunge and setting a couple of new masters records along the way. Certainly on top form was Rory Hoad who led from the start with an impressive 130kg lunge, then matching Ryans 70kg press and finishing with the points boosting Turkish Get-up. Rory takes the Southern Counties Championships Overall Winner and Best Open Lifter awards....congratulations!