



Southern Counties Champs 22nd Feb 2015 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Blindt		1H DB Dead Lift	Lynch	Amend
							0.7948	1.5040			
							Pullover & Press	2" Bar Snatch			
Lift	Lift	Lift									
Rory Hoad	M	26	0	OPEN	77.5	80KG	112.5	60	140R●	0.9799	286.06
Clive Madge	M	65	26	65+	99.2	100KG	95▲	55▲	105L▲●	0.8508	259.88
Nadia Silva	F	29	33	OPEN	53.0	55KG	53●	32.5●	75R●	1.2784	256.99
Joe Morris	M	21	0	OPEN	81.2	85KG	90	55	142.5R●	0.9527	255.82
Barry Gordge	M	53	14	50+	105.6	110KG	122.5▲	50 ^{BR}	100L▲	0.8231	237.17
Adrian Pryor	M	43	4	40+	85.0	85KG	90	45▲	125R▲	0.9274	230.95
John Merner	M	65	26	65+	94.8	95KG	60▲	25▲	125R▲	0.8720	203.84
Paul Barette	M	39	0	OPEN	69.0	70KG	70	40	95R ^{BR}	1.0550	202.53
James Rampton	M	44	5	40+	85.0	85KG	70	40	100 R	0.9274	190.85
Ed Shorttle	M	58	19	55+	77.9	80KG	67.5	30	80R▲	0.9768	189.39
Ryan Burchett	M	31	0	OPEN	98.8	100KG	80	55 ^{BR}	90 R	0.8527	186.28
Clare Rampton	F	39	33	OPEN	74.9	75KG	40	25	65L●	1.0008	161.75
Jenny Watson	F	48	42	45+	54.1	55KG	35▲	16	45R▲	1.2575	157.08

Referees – Paul Barette, Phil Crisp, Natalie Voce, Jenn Tibbenham (Prov.)

MC/Recorders – Phil Crisp, Paul Barette

Best Open Male Lifter – Rory Hoad / Best Ladies Lifter – Nadia Silva / Best Masters Lifter – Clive Madge / Overall Winner – Rory Hoad

Scored using Lynch and Blindt Formulas ● = World Open record; ▲ = World Masters record