

Southern Counties Championships 26th February 2012

Metamorfit Gym Eastbourne

Placing	name	bodyweight	age	Front Squat	Reverse Curl	One hand DB Snatch	Total	Amended Points
1	Philippe Crisp	106.3	42	190.5	75.5	55R	321	282.69
2	Barry Gordge	101.5	50	150.5	52.5	52R	255	246.48
3	Emre Bennett	58.6	18	70.5	40	34L	144.5	187.99
4	Adrian Pryor	84.7	40	100.5	30	47R	177.5	173.20
5	Paul Barette	69.5	36	90.5	40	30R	160.5	168.53
6	Ed Shorttle	74.6	55	80.5	33	25L	138.5	166.77
7	Kevin Thomas	92.3	49	85.5	40	34R	159.5	160.93
8	Natalie Doughty	69.1	29	60.5	25.5	22.5R	108.5	152.50

Referees:

Ed Shorttle, Philippe Crisp

Record attempts:

Barry Gordge Zercher lift 183K

Once again Metamorfit gym in Eastbourne played host to the 2012 Southern Counties championships. In a repeat of last year Philippe Crisp won the title again. However, he was pushed hard by IAWA newcomer Barry Gordge who impressed all with his display of strength, in particular his dumbbell snatching prowess! Another newcomer, 18 year old Emre Bennett, came in third place in a very promising debut. Emre has an excellent power to weight ratio and with more training should be able to make even more impact over the coming years. The eight person field was rounded off with the positions of fourth to eighth being separated by only 21 points in total.

Last year Metamorfit entered the National Team Postal Championships and came in a very creditable fifth place. This year Metamorfit are entering two teams and as such after the Southern Counties Championships finished the lifting continued with the postal league lifts. One other highlight was seeing Barry's successful 183k Zercher lift. Barry was very close to achieving a 202.5 Zercher lift but just failed. After a successful day's lifting it was left to our lifters to achieve one last goal...eating the 'mini-banquet' that Natalie had arranged for everyone! Well done to all and we look forward to the next fixture.