

I.A.W.A.(UK) Southern Cup - 25th July 2021 - MetamorFIT



Name	Sex	Age	Age & Sex %	Class	Bwt	Div	0.8326		Blindt		0.8611		Total	Lynch	Amend
							Lunge Squat		Alternate Grip Bench Press		Power Row				
							Lift	Amend	Lift	Amend	Lift	Amend			
Beata Banas	F	37	33	OPEN	70.9	75KG	80●	66.608	55●	42.878	62.5●	53.8188	163.3048	1.0364	225.10
Sam Bonar	M	27	0	OPEN	88.1	90KG	80	66.608	90	70.164	75	64.5825	201.3545	0.9085	182.93
Paul Barette	M	45	6	45+	74.3	75KG	75▲	62.445	60	46.776	70 ^{BR}	60.277	169.498	1.0059	180.73
Gareth Edwards	M	38	0	OPEN	93.2	95KG	80	66.608	85	66.266	75	64.5825	197.4565	0.8802	173.81
Lara Bennett	F	16	43	16-17	65.8	70KG	50▲	41.63	37.5▲	29.235	45▲	38.7495	109.6145	1.0891	170.72
Ben Pullen	M	33	0	OPEN	94.3	95KG	80	66.608	75	58.47	80	68.888	193.966	0.8746	169.63
Danny Kingsland	M	31	0	OPEN	60.5	65KG	60	49.956	60	46.776	50	43.055	139.787	1.1553	161.50
Natalie Voce	F	39	33	OPEN	90.1	95KG	52.5●	43.712	60●	46.776	45	38.7495	129.237	0.8970	154.18
Maria Bennett	F	59	53	55+	99.4	100KG	20▲●	16.652	42.5▲	33.133	47.5▲	40.9023	90.68725	0.8499	117.92
Brandon Hazell-Hyland	M	19	2	18-19	80.2	85KG	82.5▲	68.69	65	50.674	0	0	119.3635	0.9598	116.85

Successful 4th Attempts: Lunge Squat - Brandon Hazell-Hyland 85kg▲, Lara Bennett 55kg▲●, Maria Bennett 25kg▲●. Power Row - Paul Barette 81kg^{BR}, Brandon Hazell-Hyland 50kg▲.

▲ = World Junior/Masters record; ● = World Open record

Best Ladies Lifter & Overall Champion - **Beata Banas** Best Open Male Lifter - **Sam Bonar** Best Masters Lifter - **Paul Barette** Best Junior Lifter - **Lara Bennett**

MC/Recorder - Paul Barette Referees - Paul Barette, Natalie Voce & Gareth Edwards Loaders & Spotters - The Lifters!

Our first event back at MetamorFIT since the Southern Grip in November 2019 was a joyous occasion, welcoming back lifters for the first time since the beginning of the coronavirus pandemic. 10 lifters participated and we welcomed new lifters to the platform, Sam Bonar and Ben Pullen. Who I am sure we will see taking part in more events soon. Gareth Edwards, originally planned on refereeing decided last minute to jump in and lift. Everybody joined in the team effort of loading and spotting and the day ran smoothly with the competition taking 3 hours to complete. There were superb performances all round and Beata Banas won the overall champion award following on from her previous win of the Southern Cup in 2019! Lifters are now in preparation for the British All Round Championships, here at MetamorFIT in just 3 weeks time.