



Southern Counties Championship - MetamorFIT - 27th February 2022

Blindt		
1.3518	1.7656	0.4621
Alternate Grip Clean & Press	One Hand Dumbbell Snatch	2" Bar Deadlift

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift1	Amended	Lift2	Amended	Lift3	Amended	Total	Lynch	Amended
Stuart Thurgood	M	45	6	45+	110.8	115KG	71▲	94.626	50R ^{BR}	88.28	220▲	101.662	284.568	0.8029	242.20
Thomas Meakin	M	70	36	70+	81.6	85KG	60▲	81.108	30R	52.968	110	50.831	184.907	0.9499	238.88
Paul Barette	M	46	7	45+	71.8	75KG	47.5▲	64.2105	37.5R	66.21	150▲	69.315	199.7355	1.0280	219.70
Beata Banas	F	38	33	Open	70.9	75KG	37.5●	50.6925	30R●	52.968	120●	55.452	159.1125	1.0364	219.33
Gary Ell	M	51	12	50+	90.7	95KG	52.5▲	70.9695	35L▲	61.796	165▲	76.2465	209.012	0.8937	209.20
Sam Bonar	M	27	0	Open	90.0	90KG	62.5	84.4875	42.5R	75.038	140	64.694	224.2195	0.8976	201.25
Danny Kingsland	M	32	0	Open	64.4	65KG	50	67.59	27.5R	48.554	115	53.1415	169.2855	1.1053	187.11
Lara Bennett	F	16	43	16-17	59.2	60KG	27.5▲	37.1745	20R▲	35.312	80▲	36.968	109.4545	1.1738	183.73
Brandon Hazell-Hyland	M	20	0	Open	77.8	80KG	55	74.349	30R	52.968	130	60.073	187.39	0.9776	183.19
Steve Shah	M	73	42	70+	83.1	85KG	40	54.072	15R	26.484	115	53.1415	133.6975	0.9397	178.41
Sonya Coles	F	44	38	40+	91.6	95KG	32.5▲	43.9335	17.5R▲	30.898	92.5▲	42.74425	117.57575	0.8887	144.20
Maria Bennett	F	60	54	60+	95.8	100KG	27.5▲	37.1745	15R▲	26.484	80▲	36.968	100.6265	0.8670	134.36
Andrew Kuttner	M	65	26	65+	92.1	95KG	30▲	40.554	X	X	90.5	41.589	82.143	0.8861	91.71

Successful 4th Attempts: Alternate Grip Clean & Press – Sonya Coles 35kg▲●, Maria Bennett 30kg▲, Beata Banas 40kg●, Thomas Meakin 61kg▲

One Hand Dumbbell Snatch – Stuart Thurgood 55kg(R)^{BR}

2" Bar Deadlift – Sonya Coles 100kg▲●, Maria Bennett 85kg▲, Thomas Meakin 115kg, Steve Shah 117.5kg▲

Other Record Attempts: Fulton Deadlift – Andrew Kuttner 95kg▲

▲ = World Junior/Masters record. ● = World Open Record.

Promoter – Paul Barette

Referees – Paul Barette / Gary Ell / Gareth Edwards

MC & Recording – Paul Barette / Gary Ell / Maria Bennett

Loaders – The Lifters

Drug Testing – Gary Ell

Scored using Age / Lynch & Blindt

Overall Champion & Best Masters Male – Stuart Thurgood

Best Open Lifter – Beata Banas

Best Masters Female Lifter – Sonya Coles

Report by Paul Barette:

The first I.A.W.A.(UK) Southern event of 2022, the Southern Counties Championship, was a great success. Eager to be back on the platform after missing this event for 2 years due to Covid we had 13 lifters participating. Ages ranged from 16 years to 73 years!

It was nice to see visiting lifters and we thank them for making to effort to travel and supporting our event

There was a great standard of lifting throughout with several lifters breaking records and taking 4th attempts.

As is always so noticeable, the support of fellow competitors remains strong and words of encouragement and lifting advice exchanged created a special environment.

A very big thank you to Gareth Edwards for coming along to help with refereeing!

We look forward to seeing you again soon at the British Powerlifting Championship, here in Eastbourne on 9th April!