



## Southern Shield - MetamorFIT - 22nd May 2022

Scored on Blindt		
1.2124	0.6880	0.6461
<b>2" Bar Clean &amp; Press</b>	<b>Feet In Air Bench Press</b>	<b>Steinborn</b>

Name	Sex	Age	Age & Sex %	Age Group	Bwt	Weight Class	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Beata Banas	F	38	33	Open	72.0	75KG	40●	48.49	57.5	39.56	81 <sup>BR</sup>	52.33	140.39	1.0262	<b>191.61</b>
Sam Bonar	M	28	0	Open	90.9	95KG	67.5	81.83	102.5	70.52	88.5	57.17	209.53	0.8926	<b>187.03</b>
Danny Kingsland	M	32	0	Open	63.6	65KG	50 <sup>(1)</sup>	60.62	85	58.48	71	45.87	164.97	1.1150	<b>183.94</b>
Olga Holcakova	F	38	33	Open	62.0	65KG	37.5●	45.46	42.5	29.24	71 <sup>BR</sup>	45.87	120.57	1.1352	<b>182.05</b>
Thomas Meakin	M	70	36	70+	83.2	85KG	60 <sup>(1)</sup>	72.74	82.5	56.76	x	X	129.50	0.9391	<b>165.39</b>
Brandon Hazell-Hyland	M	20	0	Open	80.4	85KG	55	66.68	70	48.16	81	52.33	167.17	0.9583	<b>160.21</b>
Steve Shah	M	73	42	70+	83.5	85KG	40 <sup>(1)</sup>	48.49	70	48.16	x	X	96.65	0.9371	<b>128.62</b>
Maria Bennett	F	60	54	60+	94.1	95KG	32.5▲	39.40	42.5 <sup>(1)</sup>	29.24	41▲	26.49	95.13	0.8756	<b>128.28</b>
Andrew Kuttner	M	66	28	65+	92.7	95KG	30 <sup>BR</sup>	36.37	80	55.04	x	x	91.41	0.8829	<b>103.30</b>

Please note: <sup>(1)</sup> = Single Referee, so no potential record

**Successful 4<sup>th</sup> Attempts:** 2" Bar Clean & Press – Thomas Meakin 62.5kg▲, FIA Bench Press – Maria Bennett 40kg▲

**Other Record Attempts:** Reverse Grip Clean & Press – Thomas Meakin 62.5kg▲, 2" Clean & Push Press – 62.5kg▲

Promoter – Paul Barette      Referees – Paul Barette & Gareth Edwards      MC/Recorder – Paul Barette

Loaders and Spotters – The Lifters!      Scored using Blindt, Age & Lynch Formulas

Overall Champion (Winner of the Southern Shield) & Best Female Lifter – **Beata Banas**

Best Open Male Lifter – **Sam Bonar**

Best Masters Male Lifter – **Thomas Meakin**

▲ = World Junior/Masters record; ● = World Open record; British record = <sup>BR</sup>

Report by Paul Barette:

What a great day at the I.A.W.A.(UK) Southern Shield today. Running for the first time since 2019 due to previous Covid Restrictions.

9 lifters (3 female, 3 open male & 3 masters male) took part.

Visiting Eastbourne this weekend to lift alongside regular MetamorFIT lifters were Andrew Kuttner and Thomas Meakin. We also welcomed to the platform for the first time, Olga Holcakova who has lifted in the Postal League since January.

It's worth noting that there was less than 10 amended points separating the top 4 lifters (Beata, Sam, Danny Kingsland and Olga)!

Not all lifters felt up for the Steinborn but with 6 lifters giving it a go there were some superb performances!

Well done to everyone, there were records broken (to be verified) and thank you to all the lifters for helping load and spot!

Plus great photos by Bailey Wright

You'd have thought that the main event was enough, but Thomas Meakin took on some record attempts after the main event (see above) to be ratified.