



## Southern Cup - MetamorFIT - 24th July 2022

							Scored on Blindt								
							1.4890		1.2643		0.3930				
							1H Dumbbell Swing		Snatch from Hang		Trap Bar Deadlift				
Name	Sex	Age	Age & Sex %	Age Group	Bwt	Weight Class	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Roger Davis	M	52	13	50+	82.2	85KG	55R▲	81.89	55▲	69.53	220▲	86.46	237.89	0.9458	254.25
Stuart Thurgood	M	46	7	45+	111.0	115KG	52.5R <sup>BR</sup>	78.17	72.5	91.66	220	86.46	256.29	0.8022	219.99
Adrian Pryor	M	51	12	50+	84.2	85KG	40R	59.56	52.5	66.37	190	74.67	200.60	0.9325	209.52
Beata Banas	F	38	33	Open	70.3	75KG	27.5R	40.94	40●	50.57	140	55.02	146.53	1.0422	203.11
Sam Bonar	M	28	0	Open	87.8	90KG	40R	59.56	60	75.85	160	62.88	198.29	0.9103	180.50
Olga Holcakova	F	38	33	Open	62.9	65KG	27.5R	40.94	30	37.92	102.5	40.28	119.15	1.1237	178.08
Trevor Egglestone	M	71	38	70+	106.6	110KG	30R▲	44.67	40▲	50.57	120 <sup>BR</sup>	47.16	142.40	0.8191	160.96
Brandon Hazell-Hyland	M	20	0	Open	83.3	85KG	35R	52.11	47.5	60.05	147.5	57.96	170.13	0.9384	159.66
Jenny Watson	F	56	50	55+	58.3	60KG	16.3R▲	24.19	22.5▲	28.44	82.5▲	32.42	85.06	1.1872	151.49
Natalie Voce	F	40	34	40+	88.5	90KG	25R▲	37.22	30▲●	37.92	105▲	41.26	116.41	0.9061	141.36

**Successful 4<sup>th</sup> Attempts: 1H Dumbbell Swing** – Trevor Egglestone 32.5kg▲. **Snatch from Hang** – Beata Banas 42.5kg●, Natalie Voce 32.5kg▲●, Roger Davis 60kg▲, Stuart Thurgood 75kg. **Trap Bar Deadlift** – Jenny Watson 85kg▲, Natalie Voce 110kg▲, Trevor Egglestone 140kg▲.

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

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

Scored on Lynch & Blindt

Best Masters Lifter & Overall Southern Cup Champion – **Roger Davis**

Best Masters Female Lifter – **Jenny Watson**

Best Open Male Lifter – **Sam Bonar**

Best Open Female Lifter – **Beata Banas**

### **Write Up by Paul Barette**

Now in its tenth year (missing 2020 due to Covid) the 2022 Southern Cup competition was a great success.

10 Lifters competed age ranges from 20 to 71! We welcomed regular MetamorFIT lifters, our visitors Roger Davis (his first time lifting at Eastbourne) and Stuart Thurgood. We also welcomed to the platform Trevor Egglestone lifting for the first time in the M70+ category.

The day ran smoothly in two groups with warm-up attempts accommodated on the platform.

There were a good number of records broken (to be verified) and fourth attempts completed.

A very big thank you to our officials for the day, Adrian Pryor for assisting with the set-up and Maria Bennett for her help with photos and at the scoring table.

The overall champion of the day based on amended points was Roger Davis. Roger came with numbers in mind and achieved all he set out to, breaking records along the way.

MetamorFIT takes a break from hosting for a few months now as lifters prepare for the World Postal and the forthcoming Welsh Open Championship.