



Southern Counties Championship - 12th February 2023 - MetamorFIT

Scored using Blindt		
1.4754	0.6019	0.3859
2" Bar Snatch	Pullover & Push	Straddle Deadlift

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Paul Barette	M	47	8	45+	75.4	80KG	45▲	66.39	90	54.17	200	77.18	197.74	0.9967	212.86
Beata Banas	F	39	33	Open	71.4	75KG	40●	59.02	60	36.11	140.5●	54.03	149.16	1.0317	204.67
Danny Kingsland	M	33	0	Open	63.7	65KG	40	59.02	105	63.20	130	50.17	172.38	1.1137	191.99
Sam Bonar	M	28	0	Open	86.9	90KG	60.5 ^{BR}	88.52	75	45.14	175	67.53	201.20	0.9156	184.23
Gary Ell	M	52	13	50+	90.2	95KG	45▲	66.39	70 ^{BR}	42.13	182.5	70.43	178.95	0.8964	181.28
Thomas Meakin	M	71	38	70+	82.9	85KG	42.5 ^{BR}	62.70	35	21.07	132.5 ^{BR}	51.13	134.90	0.9411	175.19
Brandon Hazell-Hyland	M	21	0	Open	82.5	85KG	45	66.39	70	42.13	147.5	56.92	165.45	0.9438	156.14
Trevor Egglestone	M	72	40	70+	105.1	110KG	30▲	44.26	45 ^{BR}	27.09	140▲	54.03	125.37	0.8252	144.83
Natalie Voce	F	40	34	40+	90.8	95KG	27.5▲	40.57	62.5▲●	37.62	82.5▲	31.84	110.03	0.8931	131.68
Sonya Coles	F	45	39	45+	91.9	95KG	22.5▲	33.20	47.5▲	28.59	80▲	30.87	92.66	0.8871	114.26
Steve Shah	M	74	44	70+	81.5	85KG	25	36.89	N/A	N/A	100	38.59	75.48	0.9506	103.32
Andrew Kuttner	M	66	28	65+	95.8	100KG	N/A	N/A	35	21.07	N/A	N/A	21.07	0.8670	23.38

Successful 4th Attempts: 2" Bar Snatch – Thomas Meakin 46kg▲. Pullover & Push – Natalie Voce 65kg▲●, Trevor Egglestone 60.5kg▲.

Straddle – Natalie Voce 90kg▲

Promoter: Paul Barette **MC/Recorder:** Paul Barette **Referees:** Gary Ell, Gareth Edwards, Natalie Voce, Paul Barette, Andrew Kuttner (Prov.)

Loaders: The lifters! **Photos:** Sonya Coles **Refreshments:** Maria Bennett

Best Masters Male & Overall Champion – Paul Barette **Best Open Male** – Danny Kingsland **Best Open Female** – Beata Banas

Best Masters Female – Natalie Voce

Top 3 Champion of Champions – 1st Paul Barette, 2nd Beata Banas, 3rd Danny Kingsland

▲ = World Junior/Masters record; ● = World Open record; British record = ^{BR}

Report by Paul Barette:

It was a delight to see such a well-attended event for our first Southern event of the 2023 lifting year. Initially 14 lifters but reducing to 12 as Max Ell and Olga Holcakova were unfortunately ill. We wish them both a speedy recovery.

We warmly welcomed our visiting lifters, Gary Ell & Sonya Coles from Devon, Thomas Meakin from Leicester and Andrew Kuttner from Hampshire who made the journey to Eastbourne and we thank them for supporting our event.

Lifting got under way at 11am running in one group with all lifters taking the 2" bar snatch first. There were a variety of styles, some splits, some squats but in all some great techniques. There were a number of 4th round attempts for records, the only successful lifter was Thomas Meakin. Taking only 40 minutes and a short break the competition moved to the Pullover and Push. Steve Shah had to withdraw from his attempts after a shoulder injury on his opener, we hope is better soon. Two notable lifts completed were Natalie Voce's 65kg 4th round record attempt and Danny Kingsland's very impressive 105kg at 63.7kg bodyweight.

The final lift was the Straddle, with a high number of successful attempts with only a couple of failed lifts due to grip. Natalie disappointingly missed her 3rd attempt of 90kg due to grip but then managed it perfectly for a 4th round attempt.

As with all our Southern event (excluding Grip) we opt for scoring using the Blinndt Co-Efficient. This makes scoring an event fairer with a variety of disciplines.

I was delighted to be able to join in today's event (which is not always possible) so I'd like to personally thank our officials, especially Gareth Edwards for coming along to referee and everyone else that supported the day.