



Southern Shield - 11th June 2023 - MetamorFIT

Scored using Blinidt coefficient		
0.7822	1.7781	0.4532
Reverse Grip Bench Press	Pullover at Arms Length	2" Bar Deadlift

Name	Sex	Age	Age & Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend3	Lift 3	Amend5	Total	Lynch	Amended
Adrian Pryor	M	52	13	50+	85.9	90KG	80 ^{BR}	62.58	47.5	84.46	175 ^{BR}	79.31	226.35	0.9218	235.76
Sam Bonar	M	29	0	Open	89.7	90KG	105	82.13	47.5	84.46	170	77.04	243.63	0.8993	219.09
Thomas Meakin	M	71	38	70+	84.0	85KG	87.5▲	68.44	25	44.45	120 ^{BR}	54.38	167.28	0.9338	215.57
Trevor Egglestone	M	72	40	70+	103.1	105KG	75	58.67	27.5 ^{BR}	48.90	80▲	36.26	143.82	0.8335	167.83

Successful 4th Attempts: Revsere Grip Bench Press – Thomas Meakin 90kg▲, 2" Bar Deadlift – Adrian Pryor 180kg▲

Other Record Attempts: Continental Clean to Chest (B28) – Thomas Meakin 80kg▲

Promoter – Paul Barette MC/Recorder – Paul Barette Referees – Gareth Edwards, Natalie Voce & Paul Barette

Loaders – The Lifters!

Best Masters Lifter & Overall Champion – Adrian Pryor **Best Open Lifter** – Sam Bonar

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

Report by Paul Barette:

A much smaller group than our recent events but squeezed between the British All-Round and the forthcoming British Power & Single Arm Champs, together with peak holiday season, it was not a surprise. However, everyone had a great day which of course wouldn't have been possible without the work of our officials so thank you to Gareth Edwards and Natalie Voce for your help on the day.

Lifter got under way just before 11am and with a smaller number of lifters and some speedy equipment changeovers the whole event was over in about 1.5hrs.

Adrian Pryor, who took Brandon Hazell-Hyland's place at last minute was our champion of the day, although with a tricky start on the Reverse Grip Bench made up for any lost scores on an impressive pullover and 2" Bar Deadlift. Sam Bonar fought tremendously well for 2nd place position and hit an amazing 105kg on the Reverse Bench and matched Adrian's pullover with 47.5kg matching his own personal best. Thomas Meakin, now a regular visitor to Eastbourne had been training the reverse bench for a record and went to take a 4th attempt of 90kg. He had enough left in the tank for a continental clean record attempt also! Trevor Egglestone, still recovering from a nerve impingement put in great lifts on the reverse grip bench and pullover but only a token on the deadlift whilst still recovering.

In all a great day with Adrian Pryor retaining the Shield for MetamorFIT gym.

We look forward to welcoming lifters to the British Power & Single Arm Champs very soon!