

Southern Grip & Strongest Event - 15 October 2023 - Club 3B, Essex



Southern Grip															
							1.1200		0.6223		0.3848				
							Clean and Push Press- 2" Bar		One Hand Vertical Bar Lift		Shanks Lift				
Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Amy Proferes	F	48	42	45+	73.4	75KG	50▲	56.00	90R▲●	56.00	210▲	80.81	192.82	1.0137	277.54
Glenn Branch	M	40	1	40+	91.8	95KG	92.5▲	103.60	110L▲	68.45	341.25▲●	131.32	303.37	0.8877	271.98
George Johns	M	24	0	Open	89.0	90KG	95●	106.40	80R	49.78	306.25	117.85	274.03	0.9033	247.52
Danny Kingsland	M	34	0	Open	59.1	60KG	55 ^{BR}	61.60	80R●	49.78	245●	94.28	205.66	1.1753	241.71
Sam Bonar	M	29	0	Open	89.5	90KG	70	78.40	80R	49.78	350●	134.69	262.87	0.9004	236.68
Aaron Hayhoe	M	38	0	Open	90.4	95KG	85	95.20	95R	59.12	245	94.28	248.60	0.8953	222.58
Michael Perry	M	58	19	55+	72.9	75KG	55 ^{BR}	61.60	80R	49.78	175	67.34	178.72	1.0181	216.52
Dan Brumpton	M	32	0	Open	150.4	125+KG	105	117.60	95R ^{BR}	59.12	315●	121.22	297.93	0.6929	206.45
Anthony Chittock	M	28	0	Open	134.6	125+KG	95	106.40	85R	52.89	280	107.75	267.04	0.7297	194.85
Sam Lee	M	39	0	Open	97.4	100KG	70	78.40	80R	49.78	236.25	90.91	219.09	0.8592	188.26
Brandon Hazell-Hyland	M	21	0	Open	80.1	85KG	60	67.20	75R	46.67	201.25	77.44	191.31	0.9605	183.76
Trevor Egglestone	M	73	42	70+	97.0	100KG	50▲	56.00	50R	31.11	140▲	53.87	140.99	0.8612	172.41
Rachel Stone	F	39	33	Open	94.4	95KG	45●	50.40	65R●	40.45	140●	53.87	144.72	0.8740	168.24

Southern Strongest															
							1.0000		1.0000		1.0000				
							Deadlift for Reps		Monster DB Reps		Farmers Walk				
Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Glenn Branch	M	40	1	40+	91.8	95KG	22 @ 170	3740	13 @ 32.5	422.5	270	270	4432.50	0.8877	3973.91
George Johns	M	24	0	Open	89.0	90KG	16 @ 160	2560	11 @ 35	385	240	240	3185.00	0.9033	2876.87
Amy Proferes	F	48	42	45+	73.4	75KG	26 @ 60	1560	14 @ 12.5	175	185	185	1920.00	1.0137	2763.64
Dan Brumpton	M	32	0	Open	150.4	125+KG	19 @ 150	2850	10 @ 50	500	320	320	3670.00	0.6929	2543.09
Trevor Egglestone	M	73	42	70+	97.0	100KG	28 @ 60	1680	15 @ 12.5	187.5	150	150	2017.50	0.8612	2467.11
Sam Lee	M	39	0	Open	97.4	100KG	19 @ 105	1995	13 @ 25	325	240	240	2560.00	0.8592	2199.67
Will Jarvis	M	27	0	Open	99.6	100KG	13 @ 160	2080	11 @ 25	275	190	190	2545.00	0.8490	2160.63
Aaron Hayhoe	M	38	0	Open	90.4	95KG	12 @ 150	1800	11 @ 30	330	215	215	2345.00	0.8953	2099.56
Brandon Hazell-Hyland	M	21	0	Open	80.1	85KG	9 @ 110	990	5 @ 30	150	110	110	1250.00	0.9605	1200.62

Grip & Strongest 'Super Total'			
Name	Grip Score	Strongest Score	Total
Glenn Branch	271.98	3973.91	4245.89
George Johns	247.52	2876.87	3124.39
Amy Proferes	277.54	2763.64	3041.18
Dan Brumpton	206.45	2543.09	2749.54
Trevor Egglestone	172.41	2467.11	2639.51
Sam Lee	188.26	2199.67	2387.92
Aaron Hayhoe	222.58	2099.56	2322.13
Will Jarvis	0.00	2160.63	2160.63
Brandon Hazell-Hyland	183.76	1200.62	1384.38
Danny Kingsland	241.71	0.00	241.71
Sam Bonar	236.68	0.00	236.68
Michael Perry	216.52	0.00	216.52
Anthony Chittock	194.85	0.00	194.85
Rachel Stone	168.24	0.00	168.24

Successful 4th Attempts: 2" Bar Clean & Push Press - Amy Proferes 52.5kg▲●, Glenn Branch 95kg▲

Shanks Lift - Sam Bonar 385kg●, Glenn Branch 367.5kg▲●, Danny Brumpton 332.5kg●

Promoters - Glenn Branch & Paul Barette

MC/Announcer - Steve Gardner

Referees - Suzie Richards, Graham Saxton & Paul Barette

Loaders - Club3B Events Team

Southern Grip Competition - Scored using Blindt Coefficients

Southern Strongest - Scored using total volume in first two events together with max weight Farmers walk. Adjusted using usual IAWA Scoring parameters.

Southern Grip Champion - Amy Proferes

Southern Strongest Champion - Glenn Branch

Report by Steve Gardner:

What a great day in Billericay today for the Southern Cup and Strongest competitions. Some huge lifts and records tumbling across the board. Great job by Glenn Branch for hosting the event. Great to see a few new faces lifting too. Great also to see three lifters go above the actual weight of the Dinnie Stones in the Shanks lift, 385 was the heaviest today I think. The Southern Grip was won by Amy Proferes with a truly outstanding performance. The Strongman event was won by Glenn Branch, and the top three overall from the two events were Amy in third, George Johns in second and the Overall Champion was Glenn Branch, well done to you all it was just a great day!