



Southern Shield - 03 March 2024 - Club 3B, Billericay, Essex



Southern Shield					
1.7453		0.5718		0.5058	
Seated Dumbbells Press		Two Vertical Bars (1 in each hand) - 1" Rods		Zercher	

Name	Sex	Age & Sex %	Age Group	Weight Class	Flight	Max	Amend	Max	Amend	Max	Amend	Total	Lynch	Amended
Joshua Davidson	M	0	Open	110KG	3	70	122.17	220	125.80	200	101.16	349.13	0.8124	283.63
Gary Ell	M	14	50+	95KG	2	35▲	61.09	250▲●	142.95	140 ^{BR}	70.81	274.85	0.8893	278.64
Jamie Oates	M	0	Open	110KG	3	70	122.17	220●	125.80	160	80.93	328.89	0.8165	268.54
Glenn Branch	M	2	40+	95KG	3	55	95.99	170	97.21	190.5▲	96.10	289.30	0.8818	260.21
Danny Kingsland	M	0	Open	60KG	2	55●	95.99	140●	80.05	90	45.52	221.56	1.1709	259.43
Paul Hallam	M	6	45+	100KG	2	45▲	78.54	220▲●	125.80	160 ^{BR}	80.93	285.26	0.8573	259.24
John Jenkins	M	17	55+	80KG	2	50▲	87.26	140▲	80.05	120	60.70	228.01	0.9671	257.99
Suzie Richards	F	45	50+	65KG	1	35▲●	61.09	90▲●	51.46	85▲	42.99	155.54	1.1287	254.56
Millie Clark	F	33	Open	85KG	1	40●	69.81	125●	71.48	120●	60.70	201.98	0.9287	249.47
Matt Jones	M	0	Open	125+KG	3	80●	139.62	200●	114.36	180	91.04	345.03	0.7065	243.76
Amy Proferes	F	43	45+	75KG	1	35▲●	61.09	180▲●	102.92	0	0.00	164.01	1.0102	236.92
Sam Bonar	M	0	Open	95KG	2	60	104.72	140	80.05	130	65.75	250.52	0.8920	223.47
Stephen Snowling	M	3	40+	90KG	2	40	69.81	165▲	94.35	145	73.34	237.50	0.9103	222.67
Danny Brumpton	M	0	Open	125+KG	3	70	122.17	190	108.64	125	63.22	294.04	0.6961	204.69
Sam Lee	M	0	Open	100KG	3	45	78.54	166	94.35	125	63.22	236.11	0.8513	200.99
Brandon Hazell-Hyland	M	0	Open	80KG	1	50	87.26	110	62.90	95	48.05	198.21	0.9823	194.70
Graham Saxton	M	23	60+	120KG	1	20▲	34.91	170▲●	97.21	126▲	63.22	195.34	0.7765	186.57
Gary Redfern-Smith	M	12	50+	110KG	1	50▲	87.26	135▲	77.19	0	0.00	164.46	0.8112	149.43
James Rutter	M	10	Junior 16-17	90KG	1	40▲	69.81	135▲	77.19	0	0.00	147.00	0.9187	148.56
Mollie Redfern-Smith	F	43	Junior 16-17	65KG	1	20▲	34.91	80▲	45.74	0	0.00	80.65	1.1174	128.87
Rachel Stone	F	34	40+	100KG	1	25▲	43.63	100▲●	57.18	0	0.00	100.81	0.8588	116.01
Paul Barette	M	9	45+	80KG	2	20	34.91	40▲	22.87	75	37.93	95.71	0.9776	101.99
David Watts	M	0	Open	70KG	2	50	87.26	0	0.00	0	0.00	87.26	1.0705	93.42
Hayden Snowling	M	10	Junior 16-17	65KG	1	0	0.00	120▲	68.62	0	0.00	68.62	1.1237	84.81

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

Promoter - Glenn Branch

MC & Announcer - Steve Gardner

Scoring - Paul Barette

Loaders & Spotters - Club 3B Events Team

Photos - Viv Andrews

Drug Testing - Gary Ell & Sam Bonar

Referees - Suzie Richards, Steve Brooker, Glenn Branch, Steve Andrews, Graham Saxton, Garl Ell

Best Junior Lifter - James Rutter
Best Female Lifter - Suzie Richards
Best Open Lifter - Joshua Davidson
Best Masters Lifter - Gary Ell

In the Overall Best lifter ranking:

5th Danny Kingsland
4th Glenn Branch
3rd Jamie Oates
2nd Gary Ell
1st Josh Davidson - Winner of the Southern Shield