



## Southern Cup - 09 February 2025 - MetamorFIT, Eastbourne



Southern Cup					
1.2779		0.5940		0.4967	
Clean and Press on Knees		Two Vertical Bars (1 in each hand) - 2" rods		Straddle Deadlift - 2" Bar	

Name	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	Amend	Total	Lynch	Amended
Joshua Davidson	M	0	Open	95KG	75		95.84	170		100.97	240	119.22	316.03	0.8926	282.08
Sam Bonar	M	0	Open	90KG	75		95.84	185●	<del>190</del>	109.88	195	96.86	302.59	0.9073	274.54
Beata Banas	F	35	40+	75KG	42.5▲		54.31	110▲		65.34	130▲●	64.58	184.22	1.0383	258.23
David Angove	M	0	Open	85KG	67.5		86.26	166	<b>170.5●</b>	98.00	180	89.41	273.67	0.9424	257.91
Paul Barette	M	10	45+	80KG	50 <sup>BR</sup>		63.89	100	<b>110<sup>BR</sup></b>	59.40	200▲	99.35	222.64	0.9902	242.50
Ben Goodman	M	0	Open	80KG	60		76.67	125		74.25	180	89.41	240.33	0.9886	237.58
Chris Jones	M	2	40+	115KG	70		89.45	180▲	<del>190</del>	106.91	190	94.38	290.75	0.7953	235.85
Paul Hallam	M	7	45+	100KG	60 <sup>BR</sup>		76.67	150		89.10	180	89.41	255.18	0.8564	233.83
Trevor Egglestone	M	44	70+	100KG	51▲		63.89	100▲		59.40	125▲	62.09	185.38	0.8471	226.15
Matt Jones	M	0	Open	125+KG	95	<del>104</del>	121.40	170		100.97	200	99.35	321.72	0.7016	225.71
Derek Prior	M	17	55+	85KG	50		63.89	100		59.40	160▲	79.48	202.77	0.9499	225.36
Matt Ashdown	M	0	Open	105KG	67.5		86.26	170		100.97	165	81.96	269.19	0.8361	225.07
Gary Ell	M	15	50+	90KG	45	<b>50<sup>BR</sup></b>	57.50	130▲		77.22	150▲	74.51	209.23	0.9061	218.03
Lara Bennett	F	35	18-19	55KG	30		38.34	82.5▲	85	49.00	80	39.74	127.08	1.2466	213.86
Brandon Hazell-Hyland	M	0	Open	80KG	55		70.28	110		65.34	140	69.54	205.16	0.9693	198.86
Theo Prior	M	0	Open	80KG	50		63.89	90		53.46	160	79.48	196.83	0.9942	195.69
Kayleigh Lamb	F	33	Open	110KG	40●		51.11	130●		77.22	100●	49.67	178.00	0.8059	190.80
Jeni Ashdown	F	33	Open	80KG	30		38.34	90	<del>100</del>	53.46	80	39.74	131.53	0.9983	174.65
Natalie Voce	F	36	40+	95KG	40▲●		51.11	80 <sup>BR</sup>		47.52	85▲	42.22	140.85	0.8882	170.15

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

Promoter: Paul Barette      MC/Announcer: Steve Gardner      Recorder: Paul Barette      Scored using Blindt, Age and Lynch      Drug Testing: Gary Ell  
 Referees: Paul Barette, Paul Hallam, Gary Ell, Natalie Voce, Matt Jones, (Michael Perry, Sam Bonar & Josh Davidson - Provsional)  
 Loaders: The Lifters

Best Open Male Lifter and Winner of the Southern Cup - Josh Davidson

Best Open Female Lifter - Kayleigh Lamb  
Best Masters Male Lifter - Paul Barette  
Best Masters Female Lifter - Beata Banas  
Best Junior Lifter - Lara Bennett