



Southern Shield - 11 May 2025 - MetamorFIT, Eastbourne

					Scored using Blindt Co-efficient											
					1.7656			0.7822			0.8555					
					One Hand Dumbbell Snatch			Reverse Grip Bench Press			Power Row					
Name	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Total	Lynch	Amended
Joshua Davidson	M	0	Open	95KG	55R	63.5R	97.11	120		93.86	105	111	89.82	280.80	0.8802	247.17
Jack Somerville	M	0	Open	80KG	52.5L	53L	92.70	97.5		76.26	90	107	76.99	245.95	0.9799	241.01
Thomas Meakin	M	42	70+	85KG	30R		52.97	85		66.49	70		59.88	179.34	0.9293	236.66
Matt Jones	M	0	Open	125+KG	65R	70	114.77	135		105.60	120		102.66	323.02	0.7060	228.06
Michael Perry	M	20	55+	75KG	25R		44.14	90		70.40	85		72.71	187.25	1.0119	227.38
Matt Ashdown	M	0	Open	105KG	45R	46R	79.45	111		86.04	100	111	85.55	251.04	0.8297	208.29
Paul Hallam	M	7	45+	100KG	45R		79.45	85		66.49	90		76.99	222.93	0.8527	203.39
Gary Ell	M	15	50+	95KG	32.5L	35L	57.38	82.5		64.53	85	95.5	72.71	194.63	0.8970	200.77
Paul Barette	M	10	45+	80KG	35R		61.80	75		58.67	75		64.16	184.62	0.9815	199.32
Trevor Egglestone	M	44	70+	105KG	25L		44.14	70	75.5	54.75	75		64.16	163.05	0.8413	197.54
Derek Prior	M	18	55+	85KG	30R		52.97	80		62.58	70		59.88	175.43	0.9345	193.44
Ben Goodman	M	0	Open	75KG	35R		61.80	77.5	80	60.62	75	81.5	64.16	186.58	1.0076	188.00
David Angove	M	0	Open	85KG	40R		70.63	75		58.67	80	83	68.44	197.73	0.9371	185.29
Natalie Voce	F	36	40+	90KG	25R		44.14	57.5	60	44.98	52.5	55	44.91	134.03	0.9181	167.35
Brandon Hazell-Hyland	M	0	Open	85KG	35R		61.80	70		54.75	55		47.05	163.60	0.9598	157.02