

# The Southern Cup and the Southern Grip Competitions

Sunday 15<sup>th</sup> Feb 2026 – Tiverton

## The Lifts:

Southern Cup 1= Dumbbell Walk      2= OH Thumbless D/L      3= OH Zercher

Southern Grip 4= OH Pinch Lift      5= Mid Fings Hacklift      6= Duck Walk

## THE SOUTHERN CUP

Name	Bwt	Age	Lift 1	Lift 2	Lift 3	Total	Amend
Group One							
Chloe Brennan	76.3	30	30 R●	60 R <sup>BR</sup>	85 R●	175	230.2
Kayliegh Lamb	114.5	36	25 R●	50 R●	---	75	78.7
Leo Moss	52.9	13	20 R	40 R <sup>BR</sup>	45 R	105	168.4
Mark Rattenberry	59.4	63	25 R▲●	55 R▲●	50 R▲	130	188.7
Kristian Nicholls	83.7	35	27.5 L	40 L	30 R	97.5	91.2
Gary Ell	91.8	55	40 L▲	75 L	--- R	115	118.4

## Successful 4<sup>th</sup> Attempts:

Mark Rattenberry DBell Walk 25.5▲●; OH Thumbless DL 56▲●; Leo Moss OH Zercher 56▲

## Group Two

Josh Davidson	94.9	35	52.5 R	92.5 R <sup>BR</sup>	120 R	265	230.9
Steve Moss	95.8	43	40 L▲	80 R <sup>BR</sup>	100 R	220	198.3
Paul Hallam	100.0	47	45 R▲	75 L▲	120 L▲	240	219.5
Jamie Oates	105.0	41	47.5 R▲●	100 R▲	127.5 R▲	275	231.5
Matt Jones	120.4	30	60 R●	82.5 R <sup>BR</sup>	150 R●	292.5	225.2
Andy Price	126.6	39	42.5 R	70 L <sup>BR</sup>	90 L●	202.5	152.1

**Winner of Southern Cup Trophy = Jamie Oates**    2<sup>nd</sup>= Josh Davidson    3<sup>rd</sup> = Chloe Brennan

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

## THE SOUTHERN GRIP

Name	Lift 4	Lift 5	Lift 6	Total	Amend
Group One					
Chloe Brennan	20 R●	75●	142.7●	237.7	312.7
Kayliegh Lamb	22.5 R●	45●	32.7●	100.2	105.2
Leo Moss	20 R▲	60▲	82.7▲	162.7	260.3
Mark Rattenberry	15 L▲	95▲●	90.2▲●	200.2	290.6
Kristian Nicholls	25 L <sup>BR</sup>	70	85.2	180.2	168.6
Gary Ell	22.5 R	90▲	102.7▲	215.2	221.5

### Successful 4<sup>th</sup> Attempts:

Leo Moss Mid Fings Hack 65▲ – Mark Rattenberry OH Pinch 17.5 L▲ and Mid Fings Hack 100; Kristian Nicholls OH Pinch 27.5 L● - Gary Ell OH Pinch 25 R

### Group Two

Josh Davidson	35 R	110	162.7●	307.7	268.1
Steve Moss	30 R▲	95▲	125.2▲	250.2	225.6
Paul Hallam	30 R▲	105▲	160.2▲●	295.2	270.8
Jamie Oates	40 R▲●	102.5▲●	162.7▲●	305.2	257.0
Matt Jones	30 R●	100●	200.2●	330.2	254.2
Andy Price	27.5 L <sup>BR</sup>	100●	130.2●	257.7	193.6

### Successful 4<sup>th</sup> Attempts:

Steve Moss Mid Fings Hack 100▲ – Jamie Oates Mid Fings Hack 110▲●  
Andy Price Mid Fings Hack 110●

**Winner of Southern Grip Trophy = Chloe Brennan** 2<sup>nd</sup> = Mark Rattenberry 3<sup>rd</sup> = Paul Hallam

### Records Outside of the Competition:

New Disability Lift Record Attempts – For British Records Only

**Gary Clarke:** Disability Liaison Officer – Bwt 91.0 Age 48yrs

Hackenschmidt Floor Press 95 kilos<sup>BR</sup> – Seated Fulton Deadlift 75kilos<sup>BR</sup>

**ALSO** – Record Attempt Outside of the Competition – **Gary Ell** OH Zercher (Left) 71 kilos▲

**MC Announcer:** Steve Gardner - **Recorder:** Gary Ell

**Refs:** Mark Rattenberry, Sonya Coles, Chloe Brennan, Jamie Oates, Josh Davidson, Paul Hallam and Matt Jones

**Loaders:** Tom Perry, Andy Price Kayliegh Lamb, Leo Moss, Paul Hallam, Josh Davidson

**Drug Testing** was carried out at this event.

**BEST LIFTER AWARDS:** Best Junior: Leo Moss - Best Open: Chloe Brennan

Best Master: Paul Hallam - Best Duck Walk: Mat Jones and Chloe Brennan