



Southern Cup - 06 July 2024 - MetamorFIT, Eastbourne, East Sussex



Southern Cup								
1.4890			1.7781			0.7387		
One Hand Swing			Stiff Arm Pullover			One Hand Dumbbell Deadlift		

Name	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Total	Lynch	Amended
Chloe Brennan	F	33	Open	80KG	45R●	50R●	67.00	30 ^{BR}		53.34	140R●		103.42	223.77	0.9992	297.36
Mark Haydock	M	10	45+	110KG	57.5R ^{BR}		85.61	52.5▲		93.35	170R▲		125.58	304.55	0.8187	274.26
Steve Andrews	M	25	60+	70KG	35L		52.11	32.5		57.79	110L▲		81.26	191.16	1.0925	261.06
Joshua Davidson	M	0	Open	95KG	60R		89.34	55		97.80	145R		107.11	294.25	0.8776	258.24
Michael Perry	M	20	55+	75KG	30L		44.67	50▲	55▲	88.91	105R	110.5R▲	77.57	211.14	1.0093	255.73
James Joyce	M	0	Open	90KG	50R		74.45	45		80.02	145L●		107.11	261.58	0.9224	241.27
Paul Hallam	M	6	45+	100KG	50L▲		74.45	40▲		71.13	155L▲		114.50	260.07	0.8564	236.09
Beata Banas	F	34	40+	70KG	32.5R▲		48.39	25▲●		44.45	95R▲●	100R▲●	70.18	163.02	1.0570	230.90
Amy Proferes	F	43	45+	75KG	28.5R▲		42.44	20▲		35.56	95R▲●	100R▲●	70.18	148.18	1.0355	219.41
Matt Jones	M	0	Open	125+KG	70R●		104.23	35		62.24	180R●	185R●	132.97	299.43	0.7132	213.55
Aaron Hayhoe	M	0	Open	90KG	45R		67.00	42.5		75.57	117.5R		86.80	229.37	0.9050	207.58
Danny Kingsland	M	0	Open	65KG	35R		52.11	30		53.34	100R●		73.87	179.33	1.1526	206.69
Jamie Oates	M	0	Open	105KG	55R		81.89	30		53.34	145R●		107.11	242.35	0.8396	203.47
Glenn Branch	M	2	40+	95KG	45R		67.00	40		71.13	110R		81.26	219.39	0.8751	195.82
Thomas Meakin	M	42	70+	85KG	27.5R		40.95	27.5		48.90	70R		51.71	141.56	0.9520	191.36
Stephen Snowling	M	3	40+	90KG	32.5L		48.39	35		62.24	115L ^{BR}		84.95	195.58	0.9199	185.31
Suzie Richards	F	45	50+	65KG	22.5L▲		33.50	22.5▲		40.01	55L▲●		40.63	114.14	1.1065	183.13
George Johns	M	0	Open	95KG	45R		67.00	40		71.13	85R		62.79	200.92	0.8970	180.23
Emily Haydock	F	66	13 & Under	45KG	15R ^{BR}		22.33	10▲		17.78	40R▲	42.5R▲	29.55	69.66	1.4741	170.47
Kim Snowling	F	36	40+	70KG	20L ^{BR}		29.78	20		35.56	60R		44.32	109.66	1.0824	161.44
Graham Saxton	M	23	60+	120KG	30R▲		44.67	25▲		44.45	100L▲		73.87	162.99	0.7855	157.49
Toni Barlow	F	42	45+	95KG	22.5R▲		33.50	17.5		31.12	50R▲●		36.94	101.55	0.8818	127.16

● = Open World Record ▲ = Masters/Junior World Record ^{BR} = British Record Scored using Blindt Coefficients

Promoter - Paul Barette MC & Announcer - Steve Gardner Scoring - Paul Barette

Loaders & Spotters - The Lifters Drug Testing - Sam Bonar & Josh Davidson

Referees - Suzie Richards, Glenn Branch, Mark Haydock, Paul Barette, Steve Andrews, Graham Saxton, (Joshua Davidson - Provisional)

Overall Best Lifter Rankings:

3rd Steve Andrews

2nd Mark Haydock

1st Chloe Brennan - Winner of The Southern Cup