

Southern Counties Divisional - Terry Morris Gym, Southampton - 24th February 2007

E/UE	Cat.	Name	Div	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	67.5	Peter Bedford	SC	66.5	Snr	160	120	200	480	353.13	1
	75	Ben Taylor	SC	73.1	Snr	140	112.5	205	457.5	310.27	1
		Felix Awuku	SC	70.4	M2	160	70	200	430	300.87	2/1
	82.5	Rob Hall	SC	81	Snr	192.5	135	235	562.5	352.85	1
		Matt Rowe	SC	82.3	Snr	182.5	130	240	552.5	342.71	2
	90	Andy Bonner	SC	88.5	Snr	215	150	250	615	363.71	1
		Eddie Van Niekirk	SC	88.5	M3	232.5	130	237.5	600	354.84	2/1
	100	Terry Jex	SC	98.5	M3	225	155	290	670	373.72	1
		Andy Green	SC	92.7	M2	190	115	240	545	313.59	2/1
	110	David Holloway	SC	109.4	M1	220	140	250	610	327.69	1
125	George Carter	SC	111	T3	160	115	230	505	270.32	1	
145	Graham Crane	SC	131.5	Snr	275	187.5	282.5	745	382.33	1	
E	67.5	Adam Willis	SC	63.4	M1	170	95	160	425	326.99	1
		John Mc Nab	SC	67	Snr	140	110x	/	n/a	n/a	n/a
	75	George Troullis	SC	74.3	M2	220	135	280	635	425.06	1
	82.5	Lee Hough	SC	81.1	M1	190	130	195	515	322.80	1
		Tom Meldon	SE	82.5	M2	160	100	150	410	253.91	2/1
	100	Ian Hawkins	SC	99.7	Snr	260	217.5	265	742.5	411.93	1
		Philip Nosko	SC	99	Snr	275	175	285	735	409.02	2
	125	Brian Mitchell	SC	99.4	M3	190	130	230	550	305.52	3/1
Matt Starling		SE	118	Snr	260	160	240	660	349	1	

Single Lifts

E/UE	Cat.	Name	Div	B Wgt	Age	Bench	Points	Place
E	125	Rob Mackereth	SC	117.5	Snr	185	97.9	1

Report from George Troullis on the Southern Counties Divisional

Back at the Terry Morris Club for the annual South Counties championships. For those of you not familiar with Terry Morris, he was a gentle giant of a man who dedicated his life to his "Powerlifting family". Every lifter that has been through this famous club would have been helped in some way by Terry. His generosity was unlimited. He funded excellent equipment and helped lifters prepare for competitions. We have had over the years, Divisional, British, European and World Champions through the door. All of this would not have been possible without the devotion and tremendous dedication and help of Terry Morris..... We honor him with today's competition.

We were pleased to see 20 lifters turn up for the South Counties Championships. In the 67.5kg class we had 3 lifters. Pete Bedford one of our senior lifters, put together an excellent 480kg total. Lot more from him at the British. Adam Willis lifted well but unfortunately, John McNab in his first competition started too heavy on the bench. He will not forget this lesson; we have all suffered from this in our history. The 75kg class again 3 lifters, Ben Taylor put in a respectable 457.5kg total and it was good to see Felix back after a long lay off with injuries. Felix is a local masters' lifter who could do with a decent bit of luck. I put my first Powerlifting total together since my knee operations. Will need to do more in the British to contend with the big boys! In the 82kg class we had 4 lifters. Local lifters Matt Rowe and Rob Hall lifted extremely well. Matt has only recently started training again after moving house (and being lazy). What will he do when he really tries! Rob is one of our experienced lifters who I am sure will have a lot to say on the result of the British 82.5kg class. Lee Hough and Tom Meldon again put in excellent totals. The 90kg class had Andy Bonner and Eddie Van Niekirk. Andy with an easy 615kg total is looking strong and will do well at the British again subject to injury! Eddie my good friend and training partner looked good with the extra weight. He enjoys the inclusive holidays too much to get down to 82.5kg. Lifted well for his 600kg total. The British squat record cannot be far behind. The 100kg class had 5 lifters. A great competition between Philip Nosko 735kg and Ian Hawkins 742.5kg. With only 7.5kg between them, with only one lift between them, I look forward to seeing them at the British. As always my good friend and training partner Terry Jex, who has been on the platform for many years, lifted very well. An excellent 670kg will again see Terry with a host of medals this year. The Terry Morris Club is famous for its hospitality but mainly for its deadlifters. Terry is probably the best technical deadlifter we have (or had). Andy Green our host, was a little off form today. As we train all together we know what Andy is capable of, we wish Andy better form for the British. Nice to see the old war horse Brian Mitchell lifting well, a good

550kg. Dave Holloway lifted on his own in the 110kg class. After losing nearly 6kg this week we thought it may affect him. However a good total of 610kg told us otherwise. Three lifters in the 125kg class. Rob Mackereth our co-sponsor for the event, only benched. Lifted a very good 185kg bench. Matt Staling lifted a respectable 660kg and George Carter just learning, placed a 505kg total. I am sure there are lots from him to come. Finally but not least, Graham Crane totaled 745kg in the 145+ category. Graham also known as "No belt Graham" showed us his incredible strength without any aids. I can't put my socks on without bandages and a belt!

My thanks go to Nick Miles and his son Jody for comparing and looking after the results, to Eric West and Rick (I am back) Meldon, who is an excellent referee and kept us all on the straight and narrow to Rob Mackereth who helped referee and arrange the event, to Terry Jex and Chris his wife for the buffet and for promoting the event and to Andy Green for allowing us to use the gym.

And finally the last word must go to Terry Morris, who without his devotion to the sport and the gym he left us as his legacy this would all not have been possible.