

Southern Grip - 25th November 2018 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	1H Pinch Grip	1H Vertical Bar (1")	Middle Fingers Deadlift	Total	Lynch	Amend
							Lift	Lift	Lift			
Timo Lattamuus	M	39	0	OPEN	87.3	90KG	38 R	154 R	150	342	0.9132	312.33
John Merner	M	69	34	65+	98.8	100KG	20.5 R▲	94 R▲	127.5▲	242	0.8527	276.50
Jenn Tibbenham	F	34	33	OPEN	97.5	100KG	25.5 L●	90 L●	100●	215.5	0.8588	246.14
Beata Banas	F	35	33	OPEN	68.9	70KG	18 R●	74 R	65 ^{BR}	157	1.0560	220.50
Graham Saxton	M	56	17	55+	112.4	115KG	23 R ^{BR}	89 R▲	120▲	232	0.7971	216.36
Paul Barette	M	42	3	40+	74.9	75KG	23 R	95.5 R▲	75▲	193.5	1.0008	199.47
Paul Hallam	M	39	0	OPEN	91.4	95KG	30.5 L	94 R	90	214.5	0.8898	190.87
Natalie Voce	F	36	33	OPEN	77.5	80KG	15.5 R●	69 R▲	55	139.5	0.9799	181.81
Ed Shorttle	M	62	23	60+	71.4	75KG	18 L▲	54 L▲	57.5 ^{BR}	129.5	1.0317	164.34
Steve Gardner	M	62	23	60+	139.0	125+KG	20.5 R▲	64 R	70 ^{BR}	154.5	0.7187	136.58

Successful 4th Attempts: **1 Hand Pinch Grip** - Graham Saxton 25.5kg R^{BR}, **1 Hand Vertical Bar** - Beata Banas 82.5kg● R, Jenn Tibbenham 100kg L●
Steve Gardner 74kg R, Paul Barette 100kg R▲, Graham Saxton 95kg R▲, **Middle Fingers Deadlift** - Beata Banas 70kg^{BR}

Record Attempts (outside of the competition) - Timo Lattamuus - Index Fingers Deadlift 120kg●

▲ = World Masters record: ● = World Open record

Overall Champion & Best Open Lifter - Timo Lattamuus

Best Ladies Lifter - Jenn Tibbenham

Best Masters Lifters - John Merner

Promoter - Paul Barette

MC/Recorder - Steve Gardner & Paul Barette

Loaders - The Lifters

Referees - Steve Gardner, Natalie Voce, Paul Barette, Jenn Tibbenham, Graham Saxton

Scored using Total, Lynch & Age Formulas

Report by Paul Barette:

We had 12 entries for the Southern Grip Competition this year (the highest number of any Southern Grip!), we unfortunately lost some entries to illness and injury, but we still had 10 lifters contesting the One Hand Pinch Grip, one hand 1" Vertical bar and the middle fingers deadlift.

The competition got underway with two flights of 5 lifters and the first flight flew by in just about an hour! Steve Gardner and Paul Barette shared the announcing, scoring and platform management. A very big thank you to our visitors - The Powerhouse Crew, John Merner and Jenn travelling from Kent and if there was an award for distance travelled it would have been Timo that won it, travelling over for the weekend from Finland!

There were a few 4th round attempts along the way for records and it was great to see lifters sharing ideas and coaching each other along the way.

I think everyone was glad that the middle fingers deadlift came last, there were a few cries of pain from the platform!

Exceptional performances from all the ladies saw Jenn take the overall lead winning the best ladies title. The masters title was won by John Merner who is particularly keen on the middle fingers deadlift - and it showed in the scores! Stealing the show from the outset was the great Timo. It was great to see that Timo has recovered so well from his accident earlier in the year and although he isn't yet back to full strength, he certainly displayed excellent grip strength all round taking the overall champion title. If that wasn't enough, he used the opportunity to take some attempts on the Index Fingers Deadlift.

MetamorFIT and all the lifters here would like to thank their IAWA family for another great year of competing and take this moment to wish everyone a very merry Christmas and a happy and healthy New Year!