

British Grip Championship - 2nd February 2019 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2H	2H Thumbless	2" Bar DL	Total	Lynch	Amend
							Fulton	DL	Lift			
Rory Hoad	M	30	0	OPEN	86.5	90KG	135	157.5 ^{BR}	215	507.5	0.9181	465.92
Gary Ell	M	48	9	45+	94.0	95KG	125	157.5▲●	180	462.5	0.8761	441.66
Paul Barette	M	43	4	40+	77.4	80KG	105	120▲	190	415	0.9807	423.27
Steve Shah	M	70	36	70+	79.8	80KG	85	85 ^{BR}	130▲	300	0.9627	392.77
Beata Banas	F	35	33	OPEN	69.1	70KG	80 ^{BR}	95●	105	280	1.0540	392.50
Jenny Watson	F	52	46	50+	57.4	60KG	65 ^{BR}	75▲	82.5▲	222.5	1.2012	390.20
Ed Shorttle	M	62	23	60+	75.5	80KG	87.5	97.5	122.5	307.5	0.9959	376.66
Rouhul Uddin	M	38	0	OPEN	72.2	75KG	95	120	152.5	367.5	1.0244	376.45
Ian Thomas	M	23	0	OPEN	95.2	100KG	100	120	190	410	0.8700	356.70
Lara Bennett	F	13	58	13 & Under	58.0	60KG	47.5▲	65▲	75▲	187.5	1.1918	353.08
Brandon Hazell-Hyland	M	17	5	16-17	74.5	75KG	100	110▲	120	330	1.0042	347.95
Andrew Kuttner	M	62	23	60+	91.3	95KG	100 ^{BR}	110▲	105▲	315	0.8904	344.98
Maria Bennett	F	57	51	55+	90.6	95KG	60▲	70▲●	80 ^{BR}	210	0.8942	283.56

Successful 4th Attempts: **Thumbless Deadlift**, Beata Banas - **100kg ●**, Brandon Hazell-Hyland **112.5kg ▲**, Steve Shah 90kg ▲, Rory Hoad **162.5kg^{BR}**

2" Bar Deadlift, Jenny Watson - **85kg ▲**, Lara Bennett **77.5kg ▲**, Beata Banas **111kg ●**, Paul Barette **200.5kg ▲**, Steve Shah **135kg ▲**

▲ = World Junior/Masters record; ● = World Open record; ^{BR} = British record

Promoters: Gary Ell & Paul Barette Announcing/Scoring: Gary Ell & Paul Barette Loaders: The Lifters!

Referees: Natalie Voce, Jenn Tibbenham, Rory Hoad, Paul Barette & Gary Ell Scored using total, age and Bodyweight adjustments

Best Open Lifter & Overall 1st Place - Rory Hoad

Best Masters Lifter and Overall 2nd Place - Gary Ell

2nd Place Masters and Overall 3rd Place - Paul Barette

Best Ladies Lifter - Beata Banas

Best Junior Lifter - Lara Bennett

Report by Paul Barette:

The 2019 IAWA(UK) Calendar got off to a flying start with a very successful British Grip Championship promoted by Gary Ell for the first time assisted by myself at MetamorFIT gym. We had 18 lifters registered to compete but, in the end, due to the adverse wintry weather, 13 lifters made it to the platform.

A very big thank you to the support crew at MetamorFIT and to our referees Natalie and Jenn, although not lifting today, came along to help.

The competition lifts of the Fulton Deadlift, Thumbless Deadlift and 2" Bar Deadlift worked together well and everyone was feeling the effects of grip fatigue when it came to the final discipline.

We ran with 2 flights, the first with 6 lifters welcoming to the platform for the first time mother and daughter, Maria and Lara Bennett (Eastbourne), our other female competitors, Jenny Watson and Beata Banas as well as our other junior lifter Brandon and myself. Flight 2 saw the return of some familiar faces and welcoming back Rouhul Uddin and Steve Shah (both from Bexhill) and also Andrew Kuttner from Hampshire who last lifted with IAWA at the 2018 British All-Round.

Lifting proceeded in good time and there numerous 4th round records attempts along the way.

The final scores saw Rory Hoad take the lead and the Best Open Title followed by Gary Ell taking Best Masters. There was a 3rd Place overall medal which went to myself. Our Best Junior lifter was Lara Bennett, who showed exceptional skill and commitment and no doubt we will see her (and mum) getting very involved in the future. The Best Ladies lifter award went to Beata Banas - such a close call with Jenny Watson only 2.3 amended points behind!

A great day all round, but disappointing that some had to miss such a good competition. We look forward to seeing as many of you soon at upcoming events!