



# Southern Shield - 28th May 2017 - MetamorFIT

| Name           | Sex | Age | Age/Sex % | Class | Bwt   | Div   | 1.1216              |        | Blindt<br>1.7702 |        | 0.4774          |         | Total    | Lynch  | Amend  |
|----------------|-----|-----|-----------|-------|-------|-------|---------------------|--------|------------------|--------|-----------------|---------|----------|--------|--------|
|                |     |     |           |       |       |       | Reflex Clean & Jerk |        | 1 Hand DB Snatch |        | 2" Bar Deadlift |         |          |        |        |
|                |     |     |           |       |       |       | Lift                | Amend  | Lift             | Amend  | Lift            | Amend   |          |        |        |
| Rory Hoad      | M   | 29  | 0         | OPEN  | 83.6  | 85KG  | 80                  | 89.728 | 55R              | 97.361 | 210             | 100.254 | 287.343  | 0.9364 | 269.08 |
| Clive Madge    | M   | 68  | 32        | 65+   | 103.2 | 105KG | 75▲                 | 84.12  | 45R▲             | 79.659 | 167.5▲          | 79.9645 | 243.7435 | 0.8331 | 268.04 |
| Ed Shorttle    | M   | 60  | 21        | 60+   | 76.7  | 80KG  | 50▲                 | 56.08  | 30L              | 53.106 | 143             | 68.2682 | 177.4542 | 0.9862 | 211.75 |
| Jenn Tibbenham | F   | 32  | 33        | OPEN  | 99.9  | 100KG | 50●                 | 56.08  | 30R●             | 53.106 | 145●            | 69.223  | 178.409  | 0.8476 | 201.12 |
| John Merner    | M   | 67  | 30        | 65+   | 99.3  | 100KG | 40                  | 44.864 | 25R▲             | 44.255 | 175▲            | 83.545  | 172.664  | 0.8503 | 190.87 |
| Kris Singh     | M   | 22  | 0         | OPEN  | 96.7  | 100KG | 70                  | 78.512 | 35R              | 61.957 | 160             | 76.384  | 216.853  | 0.8626 | 187.06 |
| Ian Thomas     | M   | 22  | 0         | OPEN  | 81.3  | 85KG  | 50                  | 56.08  | 30R              | 53.106 | 155             | 73.997  | 183.183  | 0.9520 | 174.39 |

Successful 4<sup>th</sup> Attempts – Reflex Clean & Jerk – Rory Hoad 90.5kg●, Jenn Tibbenham 55kg●. One Hand DB Snatch – Rory Hoad 55.5kgL●, Jenn Tibbenham 35kgR●, Clive Madge 41kgL▲. 2" Deadlift – Jenn Tibbenham 155kg●.

World Open Record = ●; World Masters = ▲

Promoter: Paul Barette Referees: Paul Barette, Natalie Voce & Jenn Tibbenham.

Scored using Lynch and Blindt Formulas.

Report by Paul Barette:

MetamorFIT once again held the prestigious Southern Shield competition with local lifters joined by our visitors from Kent, Jenn Tibbenham and John Merner. Ed Shorttle lifted off before the main competition and even without the competitiveness of lifting with the others managed some great lifts that saw him finish in 3<sup>rd</sup> place overall. Kris Singh and Ian Thomas showed fine performances and are both coming on leaps and bounds with confidence, strength and enthusiasm. John Merner did particularly well considering he only tried the overhead lifts on the morning of the comp and was coached and supported by all the lifters – the IAWA family is always so supportive! Jenn pulled through after injuring her back the previous day and didn't let that dampen her spirits. She finished 4<sup>th</sup> overall and still had some more in the tank for 4<sup>th</sup> round record attempts! The final showdown was between Clive Madge and Rory Hoad where the finish position came down to less than 1 amended point. Rory takes the 2017 Southern Shield title, his first win of this competition. Well done everyone!