

Southern All Round - 30th July 2017 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	0.8649		Blindt		0.5251		Total	Lynch	Amend
							Hands Together Bench Press		Strict Curl		2" Bar Straddle				
							Lift	Amend	Lift	Amend	Lift	Amend			
Clive Madge	M	68	32	65+	102.7	105KG	106▲	90.8145	50▲	88.39	160▲	84.016	263.2205	0.8352	290.20
Rory Hoad	M	29	0	OPEN	84.6	85KG	110	95.139	45	79.551	220.5●	115.522	290.212	0.9299	269.88
Ed Shorttle	M	60	21	60+	79.2	80KG	57.5	49.73175	32.5	57.4535	142.5 ^{BR}	74.82675	182.012	0.9671	212.98
Liam Casey	M	31	0	OPEN	86.3	90KG	75	64.8675	47.5	83.9705	150	78.765	227.603	0.9193	209.23
Ian Thomas	M	22	0	OPEN	83.1	85KG	60	51.894	40	70.712	140	73.514	196.12	0.9397	184.30
Paul Barette	M	41	2	40+	71.0	75KG	0	0	0	0	200.5▲●	105.02	105.02	1.0355	110.92
Nick Swain	M	52	13	50+	82.0	85KG	0	0	0	0	150▲	78.765	78.765	0.9472	84.30

Successful 4th Attempts: **Hands Together Bench** – Ed Shorttle 60kg^{BR}, Rory Hoad 115.5kg^{BR}, Liam Casey 87.5kg. **2" Straddle** – Ed Shorttle 145kg^{BR}, Ian Thomas 145kg, Rory Hoad 230.5kg ●

Best Masters and Overall Champion – Clive Madge Best Open Lifter – Rory Hoad

Scored Using Lynch, Blindt and Age formulas.

Referees – Phil Crisp, Paul Barette, Nick Swain & Gareth Edwards. Loaders & Spotters – The Lifters!

Report by Paul Barette:

Lifting got underway after observing a minutes silence to remember our friend George Dick. Nick Swain came wearing the t-shirt of the 2006 World Championships which George promoted, a fitting tribute to a wonderful man.

We welcome a new lifter – Liam Casey to his first competition and he did brilliantly! MetamorFIT regulars battled through the lifts and there were a few surprises along the way. Paul and Nick put in appearances towards the end for chasing some records on the straddle. But at the end of the day it was a fight to the end between Clive and Rory with Clive taking the lead with brilliant performances on both the Press and Curl. After the competition some of the lifters attempted some records which are listed below:

Nick Swain – LH Dumbbell Deadlift 85kg▲, LH 1” Vert Bar Lift 63.9kg, 2” Bar Hacklift 50kg▲

Phil Crisp (47y/o, 101.5kg BWT) – RH Dumbbell Deadlift 130kg▲●, LH 1” Vert Bar Lift 53.9kg▲, RH 1” Vert Bar Lift 53.9kg▲, LH Pinch Lift 22.4kg▲, RH Pinch Lift 22.4kg▲

Gareth Edwards (34y/o, 83.2kg BWT) – LH Pinch Clean & Press 20kg●, LH Pinch Lift 22.4kg^{BR}, RH Pinch Lift 22.4kg

Rory Hoad – LH Dumbbell Bent Press 40kg●

Ian Thomas – RH Dumbbell Bent Press 30kg^{BR}

Paul Barette – Repetition Deadlifts BWT 61 reps @ 71kg▲●

Ed Shorttle – Repetition Deadlifts BWT 15 reps @ 80kg▲, Stiff Leg Deadlift 130kg▲, Right Leg Deadlift 50kg▲, Left Leg Deadlift 50kg▲, RH 2” Vert Bar 53.5kg▲