

## Southern Grip - 26th Nov 2017 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2 Hand Pinch Grip		1 Hand Fulton Deadlift		2 Dumbbells Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Paul Barette	M	41	2	40+	68.8	70KG	38.4	38.4	52.5R <sup>▲</sup>	52.5	206.5 <sup>▲●</sup>	206.5	297.4	1.0570	320.64
Phil Crisp	M	47	8	45+	99.5	100KG	58.4 <sup>▲</sup>	58.4	55R <sup>BR</sup>	55	206.5 <sup>▲</sup>	206.5	319.9	0.8494	293.47
John Merner	M	68	32	65+	95.3	100KG	40.9	40.9	55R <sup>▲</sup>	55	156.5 <sup>▲</sup>	156.5	252.4	0.8695	289.69
Nick Swain	M	52	13	50+	83.8	85KG	50.9	50.9	62.5R	62.5	156.5 <sup>▲</sup>	156.5	269.9	0.9351	285.20
Gareth Edwards	M	34	0	OPEN	84.1	85KG	53.4	53.4	55R	55	166.5	166.5	274.9	0.9332	256.53
Jenny Watson	F	51	45	50+	58.2	60KG	28.4 <sup>●</sup>	28.4	35L <sup>▲●</sup>	35	76.5 <sup>▲</sup>	76.5	139.9	1.1888	241.15
Jenn Tibbenham	F	33	33	OPEN	99.7	100KG	45.9 <sup>●</sup>	45.9	50L <sup>●</sup>	50	111.5 <sup>●</sup>	111.5	207.4	0.8485	234.06
Kris Singh	M	23	0	OPEN	98.3	100KG	45.9	45.9	40R	40	186.5	186.5	272.4	0.8550	232.90
Adrian Pryor	M	46	7	45+	82.9	85KG	63.4	63.4	67.5R	67.5	201.5	201.5	332.4	0.9411	334.71

**Successful 4<sup>th</sup> Attempts** – 2 Hand Pinch Grip – Jenn Tibbenham 50.9kg<sup>●</sup>. 1 Hand Fulton DL – Jenny Watson 37.5kg(R)<sup>▲●</sup>. 2 Dumbbells DL – Paul Barette 216.5kg<sup>▲●</sup>.

**Record Attempts Outside of the Competition** – John Merner – Middle Fingers Deadlift 125kg<sup>▲</sup>.

**Promoter** – Paul Barette      Scored using Age and Lynch Formulas.      ● = World Open record; ▲ = World Master record

**Referees** – Phil Crisp, Nick Swain, Natalie Voce, Paul Barette, Gareth Edwards, Jenn Tibbenham, Kris Singh (provisional) **Loaders** – The Lifters!

**Best Masters Lifter and Overall Champion** – Paul Barette

**Best Open Lifter** – Gareth Edwards

**Best Ladies Lifter** – Jenny Watson

**Guest Lifter** – Adrian Pryor

**Report by Paul Barette:**

The last Southern fixture of the year was a great success! Eight of our regular southern lifters made it to the platform after losing one to injury and another to illness. Adrian Pryor jumped in to make the lifters numbers up as a guest lifter. It was great to see both Jenn and Jenny lifting together and we were able to award a Best Ladies Lifter trophy – which doesn't happen too often! John Merner did exceptionally well again, even after tiring his grip on his Middle Fingers Deadlift record before the main event. The One Hand Fulton proved tricky for many with a number of 2<sup>nd</sup> and 3<sup>rd</sup> attempts missed, mainly due to balance rather than loss of grip. The final battle came with the 2 Dumbbells Deadlift, a challenging one trying to find a technique allowing space for the legs and endeavouring not to return the bells onto the feet. Kris Singh lost grip on his heaviest attempt tearing some skin from hand in the process (we hope that's better soon!) leaving Phil Crisp and Paul Barette to chase the heaviest lifts performed. Final placings saw Paul in 1<sup>st</sup> position with Phil in second place. An interesting point though – had Adrian been an official member he would have clinched the overall title – maybe a sign to get back to competitive lifting?