Southern Shield - 20th May 2018 - MetamorFIT

METAMORFIT GYM | PT | SHOP

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2" Bar Snatch 1.4754		Pullover & Press Blindt 0.7784		Zercher 0.5058		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Paul Barette	M	42	3	40+	72.5	75KG	48▲		80	62.272	160.5^BR	80.928	214.019	1.0216	**225.21**
Ed Shorttle	M	61	22	60+	76.9	80KG	33	48.688	60	46.704	110	55.638	151.032	0.9846	**181.42**
Ian Thomas	M	23	0	OPEN	96.8	100KG	38	56.065	87.5	68.11	125	63.225	187.402	0.8621	**161.56**
Clive Madge	M	69	34	65+	109.2	110KG	65.5▲	96.638	0	0	0	0	96.6387	0.8089	**104.76**

Additional Record attempts: Ed Shorttle - Left Leg Deadlift 60kg▲

Paul Barette - Lunge Squat 80kg^BR (open & master)

Ian Thomas - 2H Dumbbells Seated Press 50kg● & 2H Dumbbells Snatch 40kg●

Promoter - Paul Barette   Scored Using Lynch & Blindt

Referees - Gareth Edwards, Natalie Voce & Paul Barette   Loaders & Spotters - The Lifters!

Report by Paul Barette:

A little disappointing to see only 4 lifters battling for the shield this year even with a great set of lifts really testing the skill of our lifters. Everyone had a great day and we are extremely grateful for Gareth and Natalie (together with Kyran) for coming in especially to referee. It was great to see Clive Madge also back on the MetamorFIT platform. After a brilliant start with the snatches Clive had to retire after suffering a bad tricep injury on the Pullover - We hope you make a speedy recovery! This left Paul, Ed and Ian battling through the pullovers and Zerchers. Ed performed brilliantly opting to increase some of his openers after surprising himself in the warm-ups! Ian was on fine form with solid lifting throughout. A couple of new personal bests from Paul spurred him on to try a record on the Zercher as a 3rd attempt only just bringing it together to go take the overall win claiming the Southern Shield for a 2nd time. Not content with exhausting themselves lifting there was even some fun after with some additional record attempts!