

## Southern All Round Championships

MetamorFIT Gym, Eastbourne - Sunday 9th September 2012

### Competition Lifts: Continental Clean - Strict Barbell Curl - One Hand Barbell Snatch

Name	Bwt	Class	Age	Div	Clean	Curl	Snatch	Total	Amend
Barry Gordge	100.7	105	51	M50+	110	47.5	52.5R	210	198.5
Nick Swain	85.3	90	47	M45+	105	45	45R	195	194.8
Phil Crisp	106.4	110	42	M40+	115	52.5	52.5R	220	185.7
Adrian Pryor	84.5	85	41	M40+	90	57.5	42.5R	190	180.3
Paul Barette	67.7	70	36	Open	70	45	30R	145	154.9
Kevin Thomas	92.4	95	50	M50+	75	42.5	32.5R	150	147.2
Ed Shorttle	75.4	80	56	M55+	65	34.5	25L	124.5	145.1
Natalie Doughty	68.5	70	30	Open	42.5	22.5	22.5R	97.5	137.4
Ross Robertson	88.9	90	23	Open	65	47.5	27.5R	140	126.5

**MC Recorder: Steve Gardner, Referees: Mike Archer Chris Bass Karen Gardner**

**The Overall Best Lifter**

**Results: 3rd Place - Phil Crisp, 2nd Place - Nick Swain, and the Winner: Barry Gordge**

**A Report by Phil Crisp**

The stage was set for the fourth IAWA Southern All Round Championships. With both of the former winners, Phil Crisp (2009 and 2011) and Nick Swain (2010) looking to do battle once more, the final line up of nine competitors looked to be set for a fine day of lifting. With IAWA president Steve Gardner, his wife Karen, and both Chris Bass and Mike Archer present to officiate and MC the competition, the lifting was due to start at 11am. But before this, the group undertook a one minute silence to remember one of the key architects of the re-emergence of All-Round lifting who had passed away the week before - the great American lifter John Vernacchio. After the one minute silence Steve quite eloquently spoke about how much impact John had had on the sport, and perhaps more importantly, on what a good guy

**everyone who knew John felt him to be. After this, the lifting commenced.**

**With terrific performances across the nine competitors, the competition featured a series of close results. And after second places at both the Southern Counties and the British All Round Championships this year it was Barry Gordge who emerged victorious for his first overall IAWA win. With the competition completed, and perhaps the last of the lovely English summer's weather outside, the competitors and officials wrapped up with a presentation and what might have be considered a 'mini-banquet' laid on by Paul, Adrian and Natalie!**

**Not content with having already competed, later, a number of record attempts were also undertaken by some of the competitors!**

**TRAVIS LIFT: Ed Shorttle 180K - Paul Barrette 305k - Adrian Pryor 320k -  
Natalie Doughty 90k - Ross Robertson 320k Nick Swain 305k**

**SEATED PRESS BEHIND NECK FROM  
RACKS: Ross Robertson 55k - Ed shorttle 40k**

**TWO MAN DEADLIFT: 260k Nick Swain & Ed Shorttle -  
330k Adrian Pryor and Paul Barette**