



Southern Grip - November 24th 2013

Name	Sex	Age	Age %	Class	Bwt	Div	1" Vert Bar		2H Pinch		1H Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Adrian Pryor	M	42	3	40+	84.8	85KG	104R	104	65.5	65.5	125R	125	294.5	0.9287	281.70
Adrian Hollywood	M	25	0	OPEN	85.6	90KG	89L	89	60.5	60.5	130L	130	279.5	0.9236	258.15
Phil Crisp	M	43	4	40+	109.7	110KG	89R	89	68	68 [ⓐ]	150R	150	307	0.8071	257.68
Chris Moloney	M	23	0	OPEN	71.4	75KG	74R	74	55.5	55.5	85R	85	214.5	1.0317	221.30
Natalie Doughty	F	31	0	OPEN	68.1	70KG	50R	50	33	33	72.5R	72.5	155.5	1.0642	220.09
Paul Barette	M	37	0	OPEN	74.6	75KG	69R	69	53	53	95R	95	217	1.0034	217.73
Gareth Edwards	M	30	0	OPEN	82.7	85KG	79R	79	53	53	70R	70	202	0.9424	190.37
Ed Shorttle	M	57	18	55+	74.5	75KG	51.5L	51.5	40.5	40.5	67.5R	67.5	159.5	1.0042	189.00

ⓐ = World Masters, ⓑ = World Open

The 2nd Southern Grip champs finished with last year's champ Adrian Pryor in first place. Following on from Adrian's 2" vert bar lift of 90k at the World Championships (the 3rd highest lift of the champs), Adrian continued his fine grip form and took a commanding lead in this comp by lifting 104 k in the 1" vert bar lift – the first lift of the day. Whilst Adrian Hollywood and Phil Crisp started to make up some ground in the next two lifts – Adrian Pryor did enough overall to stay ahead of them both relatively comfortably. After Adrian Hollywood and Phil Crisp's tussle for 2nd place (which Adrian Hollywood took by less than half a point!), the rest of the field were grouped together quite closely a little bit further away. Some good lifting all round in the rest of the group, but one lifter deserving a little special attention is Nathalie. Whilst Nathalie took the women's title unopposed – she also managed to come in 5th place overall in the competition!

Another great comp from the Metamorfit gym crew. All the lifters, and hopefully a few more, are now looking forward to the last comp of the year down south – the Southern Single Arm championships on Dec 15th!

Refs: Paul Barette, Nathalie Doughty, Philippe Crisp, Ed Shorttle (provisional)