

I.A.W.A. Southern Grip – 7th December 2014 at MetamorFIT Eastbourne

Referees – Phil Crisp & Paul Barette, MC – Phil Crisp, Recorder – Paul Barette, Loaders – Clare Rampton & competitors

A report by Paul Barette.

MetamorFIT once again hosted the Southern Grip Competition now in its 3 year. A smaller competition than most but nevertheless just as fun and probably the best format for welcoming new lifters Phil Padget and James Rampton

Congratulations to Clive Madge for taking the overall win and best masters title with some impressive lifts including the heaviest 2" Bar Clean & Press of the day – not bad for a 65 year old with a great tan!

Adrian Pryor saw his run of winning the Southern Grip for the last 2 years come to an end, but some great lifting especially with the pinch saw him achieve the highest total but after the age amendment was beaten by Clive.

Phil Padget, a new lifter at MetamorFIT stepped onto the platform for the first time and lifted extremely well and is keen to continue lifting with IAWA next year. Phil looks to have achieved some records in his first comp (of course)

As the year draws to a close we would like to wish all our fellow I.A.W.A. lifters a very happy and healthy New Year!



Southern Grip - 7th December 2014

| Name | Sex | Age | Age % | Class | Bwt | Div | 1 | | 1 | | 1 | | Total | Lynch | Amend |
|---------------|-----|-----|-------|-------|------|-------|------------|-------|--------------|-------|------------------|-------|-------|--------|--------|
| | | | | | | | 2" Bar C&P | | Thumbless DL | | 2H Pinch Grip | | | | |
| | | | | | | | Lift | Amend | Lift | Amend | Lift | Amend | | | |
| Clive Madge | M | 65 | 26 | 65+ | 99.4 | 100KG | 73▲ | 73 | 155▲● | 155 | 55.5▲ | 55.5 | 283.5 | 0.8499 | 303.59 |
| Adrian Pryor | M | 43 | 4 | 40+ | 84.2 | 85KG | 65.5▲ | 65.5 | 160▲● | 160 | 63 | 63 | 288.5 | 0.9325 | 279.79 |
| Phil Padget | M | 56 | 17 | 55+ | 82.9 | 85KG | 53▲ | 53 | 130▲ | 130 | 53 ^{BR} | 53 | 236 | 0.9411 | 259.85 |
| Joe Morris | M | 21 | 0 | OPEN | 80.1 | 85KG | 65.5● | 65.5 | 150 | 150 | 50.5 | 50.5 | 266 | 0.9605 | 255.49 |
| James Rampton | M | 44 | 5 | 40+ | 83.6 | 85KG | 48 | 48 | 140 | 140 | 55.5 | 55.5 | 243.5 | 0.9364 | 239.42 |