



Southern Shield - 29th May 2016 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	0.7927		Blindt		0.5077		Total	Lynch	Amend
							Rev C&P		Str8 Arm Pullover		2H Zercher				
							Lift	Amend	Lift	Amend	Lift	Amend			
Paul Barette	M	40	1	40+	76.5	80KG	50	39.635	37.5 ^{BR}	66.7275	162.5	82.5013	188.8638	0.9878	188.42
Gareth Edwards	M	33	0	OPEN	83.9	85KG	60	47.562	35	62.279	120	60.924	170.765	0.9345	159.57
Ian Thomas	M	21	0	OPEN	74.2	75KG	45	35.6715	27.5	48.9335	100	50.77	135.375	1.0067	136.29
Kris Singh	M	21	0	OPEN	87.3	90KG	50	39.635	20	35.588	110	55.847	131.07	0.9132	119.70
Natalie Voce	F	33	33	OPEN	84.9	85KG	35●	27.7445	20●	35.588	65	33.0005	96.333	0.9280	118.90

Promoter – Paul Barette

Referees – Phil Crisp, Natalie Voce, Paul Barette & Gareth Edwards (provisional)

Announcer – Phil Crisp

Loaders – Clive Madge and the lifters!

Report by Phil Crisp:

The 4th edition of the I.A.W.A. Southern Shield may have been small in terms of numbers, but it made up for it in terms of quality and enthusiasm. Whilst Ed Shorttle and Clive Madge missed the event due to injury and reigning British All Round champ Rory Hoad was away, the remaining five competitors battled out to see who could get their name engraved on the Shield. Across the board, there was very, very solid lifting. There was Kris Singh returning to the platform for just his second competition and showing good promise, Ian Thomas continuing to show his enthusiasm and application in his first year of lifting, and Natalie Voce making her long awaited comeback. But the battle for first place started to show itself at the end of the second lift, with Gareth Edwards keeping ahead of Paul Barette. But in the final round – the

Zercher lift – Paul pulled out a great lift of 162.5, well over double bodyweight, to cement his first win in IAWA competition. Paul has been close a number of times, with top four finishes at the British Club Champs and the British All Round Champs before, and we've always known about his ability to pull out some excellent, sometimes fantastic, lifts (anything from the floor!), so this was a well-deserved win! The next competition down south is the Southern All-Round Championships, so wherever you are in IAWA, feel free to come down south for some hospitality and great lifting!