# Southern Challenge 24th March 2013

| Name | Sex | Age | Age % | Class | Bwt | Bwt | Div | One Hand DB Swing | Reverse Press | Alt Grip Bench Press | Total | Lynch | Amend |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Chris Moloney | Male | 22 | 0 | OPEN | 73 | 1 | 75KG | 39.5 | 60 | 90 | 189.5 | 1.0163 | 192.59 |
| David Cole | Male | 36 | 0 | OPEN | 67 | 3 | 70KG | 34.5 | 60 | 80 | 174.5 | 1.0726 | 187.17 |
| Adrian Pryor | Male | 41 | 2 | 40+ | 84 | 7 | 85KG | 44.5 | 60 | 87.5 | 192 | 0.9293 | 181.99 |
| Gareth Edwards | Male | 30 | 0 | OPEN | 76 | 5 | 80KG | 39.5 | 57.5 | 85 | 182 | 0.9878 | 179.78 |
| Ricky Warner | Male | 37 | 0 | OPEN | 77 | 7 | 80KG | 30 | 60 | 90 | 180 | 0.9784 | 176.11 |
| James Morgan | Male | 36 | 0 | OPEN | 79 | 6 | 80KG | 30 | 55 | 90 | 175 | 0.9641 | 168.72 |
| Brian Heyburn | Male | 20 | 0 | OPEN | 75 | 1 | 80KG | 37 | 47.5 | 80 | 164.5 | 0.9992 | 164.37 |
| Paul Barette | Male | 37 | 0 | OPEN | 70 | 4 | 75KG | 34.5 | 47.5 | 72.5 | 154.5 | 1.0412 | 160.87 |
| Ed Shorttle | Male | 56 | 17 | 55+ | 75 | 7 | 80KG | 27.5 | 50 | 60 | 137.5 | 0.9942 | 159.94 |
| Chris Powell | Male | 38 | 0 | OPEN | 84 | 8 | 85KG | 34.5 | 55 | 80 | 169.5 | 0.9287 | 157.41 |
| Ross Robertson | Male | 24 | 0 | OPEN | 90 | 1 | 95KG | 37 | 52.5 | 85 | 174.5 | 0.897 | 156.53 |
| Natalie Doughty | Female | 30 | 0 | OPEN | 66 | 4 | 70KG | 22.5 | 32.5 | 52.5 | 107.5 | 1.0824 | 154.76 |
| Adrian Hollywood | Male | 25 | 0 | OPEN | 87 | 6 | 90KG | 39.5 | 60 | 0 | 99.5 | 0.9114 | 90.68 |

**Referees**: Phil Crisp, Natalie Doughty, Paul Barette

The first Southern Challenge was held at Metamorfit Gym on the 24th March. With 13 competitors, including 3 more new faces, the competition turned out to be incredibly close right across the board – with places only really separated by the occasional failed lift. But it was Chris Moloney, who came 2nd in the Southern Counties competition the month before, who came out on top in the end with his last lift. In 2nd this time, and by just 5 points, was David Cole in his first competition. All in all, an incredibly tight, competitive fixture that augurs well for the next competition down south – the Southern Shield in May. This next competition, again held at Metamorfit Gym, will provide some last minute preparation for a number of southern (and any other IAWA members that wish to compete!) lifters who will be entering IAWA's blue riband event in June – the British All-Round Championships