



Southern Grip - 29th November 2015 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2 Hand 2"	1 Hand	Dumbbell	Total	Lynch	Amend
							Vert Bar	Ciavatt one DL	Walk			
							Lift	Lift	Lift			
Nick Swain	M	50	11	50+	80.7	85KG	142 <sup>⑩</sup>	77.5 R <sup>BR</sup>	45 R <sup>⑩</sup>	264.5	0.9562	280.7392
Adrian Pryor	M	44	5	40+	84.8	90KG	164.5 <sup>⑩③</sup>	75 R	47.5 R <sup>⑩</sup>	287	0.9287	279.855
Jenn Tibbenham	F	31	33	OPEN	93.3	95KG	122 <sup>③</sup>	65 L <sup>③</sup>	40 R <sup>③</sup>	227	0.8797	265.5929
John Merner	M	66	28	65+	94.4	95KG	122 <sup>⑩</sup>	65 R <sup>⑩</sup>	45 R <sup>⑩</sup>	232	0.874	259.5551
Rory Hoad	M	27	0	OPEN	81.5	85KG	132	80 R	55 R <sup>③</sup>	267	0.9506	253.8112
Ed Shorttle	M	59	20	55+	79.4	80KG	112 <sup>BR</sup>	60 R	37.5 R <sup>⑩</sup>	209.5	0.9656	242.7493
Clive Madge	M	66	28	65+	103.6	105KG	132 <sup>⑩</sup>	0	40 R <sup>⑩</sup>	172	0.8314	183.0417

Referees – Paul Barette, Phil Crisp, Natalie Voce, Nick Swain, Jenn Tibbenham (provisional)

Successful 4<sup>th</sup> Attempts – 1H Ciaviattonne DL - Nick Swain 82.5kg (R)<sup>⑩</sup>.

Dumbbell Walk - Nick Swain 40kg (L)<sup>⑩</sup>, Rory Hoad 50kg (L)<sup>③</sup>, Adrian Pryor 50kg (L)<sup>⑩</sup>, Jenn Tibbenham 45kg (R)<sup>③</sup>

Other successful record attempts – John Merner – Little Finger Dead Lift 72.5kg<sup>⑩③</sup>

Clive Madge – One Arm Zercher (L) 110kg<sup>⑩</sup>

Ed Shorttle – Thumbless Dead Lift 100kg<sup>⑩</sup>

World Open record = <sup>③</sup>

Masters record = <sup>⑩</sup>