

Southern Grip - 27th November 2016 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Pinch	1H 1" Vert Bar	Fulton	Total	Lynch	Amend
							C&P	Lift	DL			
Clive Madge	M	67	30	65+	104.1	105KG	19.5 R ⑩③	93.9 R ⑩	130 ⑩	243.4	0.8293	262.41
Rory Hoad	M	28	0	OPEN	81.3	85KG	19.5 R	113.9 R	140	273.4	0.9520	260.28
Nick Swain	M	51	12	50+	82.7	85KG	17.7 R ⑩	93.9 R	125	236.6	0.9424	249.73
Chris Powell	M	42	3	40+	93.8	95KG	22 R ⑩	93.9 R ⑩	120	235.9	0.8771	213.12
Gareth Edwards	M	33	0	OPEN	82.6	85KG	17.7 L ③	103.9 R	100	221.6	0.9431	208.99
Ed Shorttle	M	60	21	60+	78.2	80KG	12 L ⑩	63.9 L	90	165.9	0.9745	195.63
Paul Barette	M	40	1	40+	78.2	80KG	17.7 R ⑩	78.9 R	90	186.6	0.9745	183.67
Ian Thomas	M	21	0	OPEN	78.2	80KG	12 R	63.9 R	82.5	158.4	0.9745	154.37

Successful 4th Attempts: 1H 1" Vert. Bar – Chris Powell 103.9kg (R). ⑩

Other successful record attempts – Stiff Legged Deadlift – Ed Shorttle 127.5kg ⑩

World open record = ③ ; World masters record = ⑩

Promoter – Paul Barette MC/Recorder – Steve Gardner

Refs – Karen Gardner, Natalie Voce, Phil Crisp, Gareth Edwards (provisional)

Loaders – The Lifters (and refs!)

Report by Paul Barette.

MetamorFIT once again hosted the final Southern Fixture of the year – The Southern Grip. Eight lifters took to the platform to test their grip strength on the One Hand Pinch Clean & Press, One Hand 1" Vertical Bar and the Fulton Deadlift. There were superb performances all round and plenty of laughs at some of the more 'wobbly' Pinch Clean & Presses. It was certainly a fiercely fought battle to determine the winner but in the end Clive Madge clinched the overall title just 2 amended points ahead of our Best Open Lifter, Rory Hoad. Nick Swain lifted brilliantly to achieve an overall 3rd place. And to his own surprise, Chris Powell making his return to the platform managed to pull through to 4th overall. A number of records are likely to have been set and broken today as the press does not appear in the fixtures very often.

A very big thank you to Steve and Karen for coming down to see us and help with refereeing and platform management. Also, to Natalie Voce and Phil Crisp for coming in especially to referee. We would like to take this opportunity to Wish all our fellow IAWA Lifters and their Families A Very Merry Christmas and Very Best Wishes for the New Year from all of us at MetamorFIT.