



Southern Shield 17th May 2015 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Blindt								
							1.1216		1.8259		0.4201		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Clive Madge	M	66	27	65+	99.0	100KG	70	78.512	50 R	91.295	170	71.417	241.224	0.8517	260.93
Paul Barette	M	39	0	OPEN	69.8	70KG	65	72.904	40 R	73.036	225	94.5225	240.4625	1.0470	251.77
Brian Heyburn	M	22	0	OPEN	77.0	80KG	80	89.728	35 R	63.9065	190	79.819	233.4535	0.9838	229.68
Barry Gordge	M	53	14	50+	105.6	110KG	70	78.512	40 R	73.036	220	92.422	243.97	0.8231	228.93
James Rampton	M	45	6	45+	86.9	90KG	52.5	58.884	40 R	73.036	167.5	70.36675	202.2868	0.9156	196.33
Ed Shorttle	M	58	19	55+	78.0	80KG	40	44.864	30 R	54.777	160	67.216	166.857	0.9761	193.81
Ryan Burchett	M	31	0	OPEN	100.7	105KG	80	89.728	30 R	54.777	180	75.618	220.123	0.8440	185.78

Referees – Paul Barette & Natalie Voce, Recorder – Clare Rampton (Please note with only 2 full refs present. All but Paul’s lifts qualified, if successful records). With thanks to Adrian Pryor for photos & set-up and Candice Morris for assisting with loading.

Scored using Blindt and Age Formulas

Successful 4th Attempts – Clive Madge Dumbbell Cheat Curl 50kg (Right Hand)

Other Records Outside of Competition – John Merner (65 years old) 95kg Bwt. – Middle Finger Dead Lift 120kg ▲

A report by Paul Barette

A sunny and warm day in Eastbourne today as lifters from MetamorFIT and guest Barry competed in now the 3rd Annual Southern Shield Fixture.

Attendance was a little down on normal due to injury, illness and the Viking Strongman Challenge only a week away so 7 lifters made it to the platform.

Unfortunately Phil Crisp was unable to attend due to his son being ill – we hope he is now better!

A cracking competitive spirit, with great platform management from the girls set everyone up for some great lifting with most lifters achieving personal bests in their lifts.

Clive Madge, as usual was on top form and took not only the Best Masters award but the Best Overall Winner leading Paul by just a few points. Paul Barette took overall second place and his first 'Best Open' Award in a Southern Fixture also finishing with an unofficial record lift on the Trap Bar. Newest lifter, Ryan, is showing some great strength potential and faultless techniques as he gains confidence in a competitive environment, but also managed to pull some new personal bests. Ed, once again put in a good performance and we saw him desperately hang on to a tipping trap bar to finish on 160kg and Jim Rampton lifted with great spirit and offered great encouragement to others as he also managed to break new personal bests on his lifts. Barry finished less than one whole amended point behind Brian and pulled a cracking 220kg Trap Bar Dead Lift but it wasn't enough for him to catch Clive. Our youngest competitor of the day, Brian back to All-Round lifting after taking a break to concentrate on Power demonstrated his explosive prowess just missing out on a 90kg Reflex Clean & Jerk attempt.

MetamorFIT now looks ahead to next week's Viking Strongman Challenge and then to be the proud hosts of the British All-Round on 6th June.

Records:

Clive Madge: Masters record for Reflex C&J, Masters/Open for DB cheat curl & Masters for Trap Bar

Barry Gordge: British record for Reflex C&J, Masters for DB cheat curl & Masters for Trap Bar

Ed Shorttle: Masters record for DB cheat curl