



## Southern Shield 26th May 2013

Name	Sex	Age	Age %	Class	Bwt	Bwt	Div	2" Bar Clean & Press	Power Row	One Hand Barbell Snatch	Total	Lynch	Amend
Chris Moloney	Male	23	0	OPEN	71	8	75KG	60	80	42.5	182.5	1.028	187.61
Adrian Pryor	Male	42	3	40+	84	4	85KG	65	77.5	42.5	185	0.9312	177.44
Brian Heyburn	Male	20	0	OPEN	74	1	75KG	60	70	45	175	1.0076	176.33
Gareth Edwards	Male	30	0	OPEN	82	1	85KG	65	80	37.5	182.5	0.9465	172.74
Adrian Hollywood	Male	25	0	OPEN	87	2	90KG	72.5	75	32.5	180	0.9138	164.48
Chris Powell	Male	38	0	OPEN	87	0	90KG	57.5	80	30	167.5	0.915	153.26
Paul Barette	Male	37	0	OPEN	72	1	75KG	50	60	35	145	1.0253	148.67
Natalie Doughty	Female	30	0	OPEN	66	4	70KG	37.5	37.5	25	100	1.0824	143.96
James Morgan	Male	36	0	OPEN	77	5	80KG	57.5	50	30	137.5	0.9799	134.74

Referees – Phil Crisp, Paul Barette & Natalie Doughty

MetamorFIT once again hosted a fixture in the Southern I.A.W.A. Schedule, this time with a new competition, the Southern Shield. The competition was well attended with 9 lifters, all of whom are currently lifting at MetamorFIT - which is fast becoming the home of All-Round Lifting in the South of England. The results were very, very close, particularly at the top where only 23 points separated the first 5 lifters! But it was Chris Moloney who took 1<sup>st</sup> place to follow up his win in the Southern Challenge in March. With his 2<sup>nd</sup> win in 3 competitions this year he is certainly showing some strength, especially as a newcomer this year. But this win wasn't an easy going affair for him as he was closely followed by Adrian Pryor in 2<sup>nd</sup> place, whilst Adrian himself finished only one point ahead of Brian Heyburn. With both of these lifters snapping at the heels of Chris, there certainly seems to be a close, yet friendly rivalry developing between them. And with the other lifters such as Gareth Edwards and Adrian Hollywood finishing within touching distance of the top three, it does seem that any different combination of lifts might result in a different winner down south! The very successful competition finished with a trophy and certificate presentation and this were followed by an evening meal out that was attended by all the lifters and their supporters. Whilst the next Southern Area competition is the Southern Cup on July 28th, the main focus now for IAWA members is on the upcoming British All-Round Championships - where MetamorFIT are hoping to be represented by 6 or 7 lifters!