

Name	Age	BW	class	1 Hand 2"Vert Bar	2" Fulton Deadlift	2 Hand Pinch Grip	Total	Points	Place	Overall standings
Adrian Pryor	41	84.6	80k M40	78.5	121.5	58.5	258.5	242.79	1	1
Ross Robertson	23	85.7	90k Open	63.5	106.5	48	218	201.22	1	2
Phil Crisp	42	108	110k M40	68.5	106.5	61	236	195.85	1	3
Ed Shorttle	56	74.9	75 M55	43.5	71.5	40.5	155.5	180.53	1	4
Paul Barette	36	68.8	70 Open	43.5	86.5	40.5	170.5	180.22	1	5
Natalie Doughty	30	68.6	70 open Ladies	33.5	51.5	25.5	110.5	155.64	1	6

Referees: Phil Crisp (full), Paul Barette, Natalie Doughty, Ed Shorttle (all provisional)

With All-Round Lifting comprising of the classic weightlifting movements, the three power disciplines, and a host of other lifts, one of the other areas that it encompasses is the world of grip. With so much of grip strength coming down to the strength of the hands as opposed to the body, many of the lifts that test grip present a very different challenge for all-round enthusiasts. With MetamorFIT having been the venue for a number of competitions over the last two years, it was now the turn of a grip challenge – hence the Southern Grip championships taking place on November 11th. With this being Remembrance Day, a 2 minute silence at 11am preceded the start of the competition – and with this start, a very close lifting competition took place. The competition remained relatively close throughout, with Ross Robertson in his second completion showing some terrific hand strength and finally landing in second position. **But it was Adrian Pryor, after a second place at the Southern Cup this year (and fourth place finishes at the Southern Counties and the Southern All Round championships) that finally got his first overall championship under his belt!**