

# I.A.W.A.(UK) Southern Grip Championship – 21<sup>st</sup> November 2021 - MetamorFIT



Name	Sex	Age	Age&Sex %	Class	Bwt	Div	1" Vertical Bar Lift	Dumbbell Walk Lift	Middle Fingers Straddle Lift	Total	Lynch	Amend
Gary Ell	M	50	11	50+	90.2	95KG	120 L	40 L ▲●	120 ▲	280	0.8964	278.62
Stephen Brooker	M	35	0	OPEN	84.2	85KG	105 R	37.5 L	140 ●	282.5	0.9325	263.44
John Merner	M	72	40	75+	94.0	95KG	90 R ▲	-	120 ▲	210	0.8761	257.57
Beata Banas	F	38	33	OPEN	71.2	75KG	80 R ●	31 R ●	75	185	1.0336	254.31
Adrian Pryor	M	50	11	50+	86.2	90KG	90 R	40 L ▲	115 ▲●	245	0.9199	250.17
Glenn Branch	M	38	0	OPEN	90.0	90KG	105 L	42.5 L	102.5	250	0.8976	224.39
Danny Kingsland	M	32	0	OPEN	63.3	65KG	70 R	30 R ●	90 ●	190	1.1187	212.55
Stuart Thurgood	M	45	6	45+	111.9	115KG	100 R ▲	50 R <sup>BR</sup>	70 ▲●	220	0.7989	186.30
Sam Bonar	M	27	0	OPEN	90.0	90KG	80 R	40 R	80	200	0.8976	179.51
Steven Heneghan	M	68	32	65+	92.8	95KG	55 R ▲	37.5 R	55 ▲	147.5	0.8823	171.79
Ben Pullen	M	34	0	OPEN	89.6	90KG	70 R	40 R	80	190	0.8998	170.97
Sonya Coles	F	44	38	40+	90.0	90KG	75 R ▲●	17.5 L ▲●	35 ▲●	127.5	0.8976	157.93
Brandon Hazell-Hyland	M	19	2	18-19	77.5	80KG	62.5 L ▲	30 R	55 ▲	147.5	0.9799	147.43
Dean Davies	M	40	1	40+	120.7	125KG	70 L ▲	35 L ▲	80 ▲	185	0.7692	143.72
Tony Collins	M	68	32	65+	89.2	90KG	55 R	-	40 ▲	95	0.9021	113.12

4<sup>th</sup> Attempts: **1" Vertical Bar** – Beata Banas R85kg●, Sonya Coles R80kg▲●, Brandon Hazell-Hyland L65kg▲, Adrian Pryor R100kg▲, Gary Ell L128kg▲  
**Middle Fingers Straddle** – Brandon Hazell-Hyland 60kg▲, Glenn Branch 110.5kg

Other Record Attempts: John Merner – Little Finger Deadlift 70kg▲, Little Finger Straddle 70kg▲

▲= World Junior/Masters record; ●=World Open record

Promoter – Paul Barette  
 Drug Testing – Gary Ell

MC/Recorder – Steve Gardner  
 Loaders – The Lifters!

Referees – Gary Ell, Paul Barette, Karen Gardner, Steve Gardner

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**Best Junior Lifter – Brandon Hazell-Hyland      Best Female Lifter – Beata Banas      Best Open Lifter – Stephen Brooker      Best Masters – Gary Ell**

**I.A.W.A.(UK) Southern Grip Overall Champion – Gary Ell**

Top 4 lifters (based on amended points)

1. Gary Ell	278.62
2. Stephen Brooker	263.44
3. John Merner	257.57
4. Beata Banas	254.31

What an amazing day we had yesterday with the last Southern fixture of the year – ‘The Southern Grip’. Most definitely, the best attended Southern competition we have ever had!

16 Lifters registered for the event but unfortunately Nick Swain had to withdraw due to an injury, we wish him a speedy recovery.

We had 5 regular MetamorFIT lifters (also welcoming back Adrian Pryor) and visitors from the length and breadth of the country. I’d like to pass on my thanks to them for supporting this event, and from the feedback received so far, all our lifters and new visitors to Eastbourne thoroughly enjoyed themselves.

The event ran in 2 flights, tackling the 1” Vertical Bar first following by the dumbbell walk – I think a more challenging lift than some were expecting and finally the Middle Fingers Straddle Deadlift. As is usual with all our IAWA events, there was plenty of support and encouragement and technical help on hand to everyone.

Great performances throughout the day saw Gary Ell take the overall championship title and Best Masters Lifter award. Steve Brooker from Bionic Branch Barbell Club, Essex took the Best Open Lifter and 2<sup>nd</sup> place overall pulling the heaviest Middle Fingers Straddle of the day of 140kg. Beata Banas again performed exceptionally well, and I know she will be particularly happy breaking the threshold of 80kg on the Vertical Bar, she received Best Female Lifter award. John Merner finished in a great placing overall and it is notable to point out that he did record attempts on the Little Fingers Deadlift & Straddle before the main event started!

A very big thank you to everyone that helped on the day, especially to Steve and Karen Gardner. Our spectators for the support and Lis for keeping everyone refreshed.