



## Southern Grip Championship - 20th November 2022 - MetamorFIT

Name	Sex	Age	Age & Sex %	Age Group	Bwt	Weight Class	1 Hand 2" Vertical Bar Lift		1 Hand Thumbless Deadlift - Opposite hand		2 Hands Fulton Dumbbell Deadlift		Total	Lynch	Amended
							Lift 1	Amend	Lift 2	Amend	Lift 3	Amend			
John Merner	M	73	42	70+	89.0	90KG	60L▲	60	65R <sup>BR</sup>	65	105▲	105	230	0.9033	295.00
Sam Bonar	M	28	0	Open	88.1	90KG	90.5L <sup>BR</sup>	90	80R	80	135 <sup>BR</sup>	135	305	0.9085	277.09
Max Ell	MX	25	33	Open	48.3	50KG	52.5R●	52.5	40L●	40	55●	55	147.5	1.3823	271.18
Trevor Egglestone	M	72	40	70+	106.4	110KG	60L▲	60	75R <sup>BR</sup>	75	95▲	95	230	0.8199	264.00
Beata Banas	F	39	33	Open	71.4	75KG	55R	55	50L <sup>BR</sup>	50	80●	80	185	1.0317	253.85
Steve Shah	M	73	42	70+	81.3	85KG	45R <sup>BR</sup>	45	45L <sup>BR</sup>	45	70▲	70	160	0.9520	216.29
Brandon Hazell-Hyland	M	20	0	Open	83.8	85KG	70R	70	65L	65	95●	95	230	0.9351	215.08
Graham Saxton	M	60	21	60+	120.0	120KG	60L	60	65R▲	65	85▲	85	210	0.7714	196.01
Stuart Thurgood	M	46	7	45+	115.8	120KG	0L	0	90R▲	90	140▲●	140	230	0.7852	193.24
Andrew Kuttner	M	66	28	65+	99.2	100KG	42.5L▲	42.5	45R	45	75▲	75	162.5	0.8508	176.97
Sonya Coles	F	45	39	45+	91.6	95KG	42.5L▲	42.5	40R▲●	40	55▲●	55	137.5	0.8887	169.86

**Successful 4<sup>th</sup> Attempts:** 1H 2" Vert – Max Ell 55kg(R)● Graham Saxton 65kg (L) ▲      1H Thumbless DL – Trevor Egglestone 86kg (R)▲

2H Fulton DB DL – Max Ell 60kg● Brandon Hazell-Hyland 105kg●, Sam Bonar 140kg<sup>BR</sup>, Trevor Egglestone 100kg▲, Graham Saxton 90kg▲

**Other Record Attempts:** 1H Thumbless Deadlift – Sam Bonar 80kg(L)● Little Fingers Deadlift – John Merner 50kg<sup>BR</sup> Little Fingers Straddle – John Merner 50kg▲●

▲ = World Junior/Masters record; ● = World Open record; British record = <sup>BR</sup>

**Promoter:** Paul Barette **MC/Recorder:** Steve Gardner **Referees:** Natalie Voce, Paul Barette, Graham Saxton, Steve Gardner & Prov. Max Ell, Glenn Branch & Steve Brooker **Loaders:** Danny Kingsland & The Lifters! **Photos:** Sonya Coles

**Best Masters Male Lifter & Overall Champion** – John Merner    **Best Masters Female** – Sonya Coles    **Best MX Lifter** – Max Ell

**Best Open Male Lifter** – Sam Bonar    **Best Open Female** – Beata Banas

**Top 3 Champion of Champions** – 1<sup>st</sup> John Merner, 2<sup>nd</sup> Sam Bonar, 3<sup>rd</sup> Max Ell

**Report by Paul Barette:**

A very big thank you to all that made our last Southern Fixture of the year an outstanding success! To Steve Gardner, for coming to help with MCing and Platform Management. To Natalie Voce for refereeing. To our other officials, loaders and photographer Sonya.

11 Lifters made it to the platform (we lost Gary Ell unfortunately, you were missed Gary!) 5 regular MetamorFIT lifters and visitors from around the South and Midlands! Thank you to them for travelling and supporting our event.

Lifting started with the 1 Hand 2" vertical Bar with this event having the additional challenge of having to swap hands for event 2, The 1 Hand Thumbless Deadlift.

There were great performances throughout with many records being broken and some 4<sup>th</sup> round attempts.

We didn't have any junior lifters for this event but it's worth pointing out that our age ranges were from 20 through to 73. Making it 3 over 70's taking to the platform!

We were also pleased to have Max, Glenn and Steve with us for refereeing practise. And Andrew Kuttner also used the opportunity to sit his referee exam (he passed, well done Andrew!)

Once the final scores were tallied, our overall Champion was John Merner, followed closely by home club lifter Sam Bonar. Max Ell finished with a great score in 3<sup>rd</sup> position with a notable over bodyweight lift on the 1 Hand 2" Vertical Bar!