

## Grip to Weight centile chart

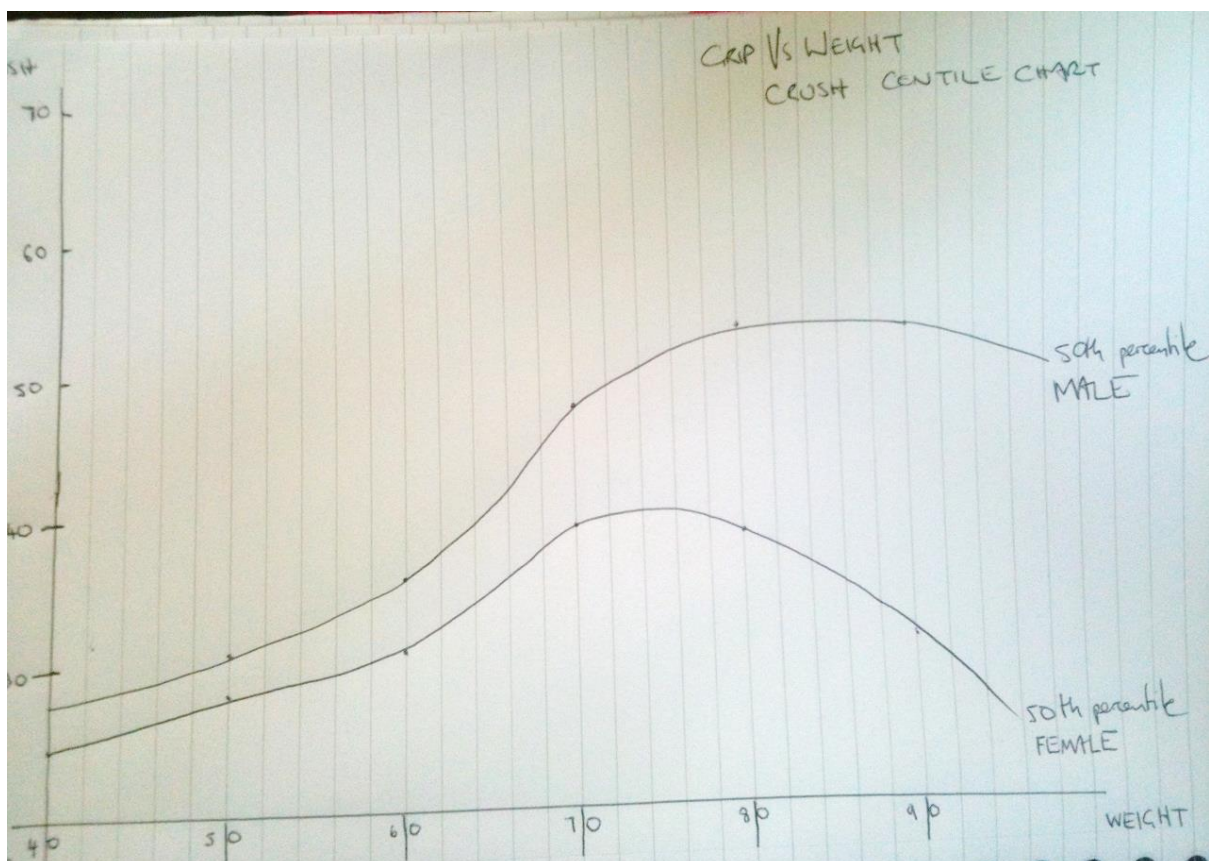
In order to prepare for the TCA Summer BBQ and Comp as well as the summer crush league I have been busy devising a way to make crush strength directly comparable between people of different sizes.

I have used the latest technology and up to the minute computer modelling algorithms to compile the below chart. Using about 300 data sets I plotted the male and female averages of grip to weight and then calculated the average – or the 50<sup>th</sup> percentile.

A few things worth noting:

- The final figures were based on right hands only
- They were only averages from 3 measurements – some of you have crushed harder but not on average.
- Outliers were ignored.
- I used measurements from non-climbers as well as climbers.

Interestingly the heaviest were not the strongest and this is likely to be due to the demographic and injury avoidance. Heavy people don't climb as often and if (like me) you are a bit heavy then you will not pull on too small a hold for fear of popping off and something going twang.



Any questions – you know where to go.