

IAWA Gold Cup 2015 – Friday 27th November – Perth, Western Australia – Promoter: John Mahon

Name	Country	Bwt	Class	Age	Division	Lift	Amount
Steve Gardner	England	145.0	125+	59	M55+	Middle Fingers Straddle	100 k
Sharni Clifford	Australia	79.8	80	27	Open	Push Press Racks	40k
Karen Gardner	England	76.8	80	57	M55+	Continental Clean	45k
Molly Myers	USA	81.4	85	17	J16/17	Clean and Push Press	55k
Al Myers	USA	102.8	105	49	M45+	Power Row	137.5k
Sam Trew	Australia	124.9	125	33	Open	Left Hand Hacklift	115k
Denny Habecker	USA	88.1	90	73	M70+	2 Bar Deadlift	145k
Paul Macmanus	Australia	108.1	110	42	M40+	2 Hands Ciavattone Deadlift	207.5k
Peter Phillips	Australia	103.7	105	61	M60+	Bench Press Feet in Air	122.5k
Graham Saxton	England	120.3	125	53	M50+	Right Hand Bench Press	42.5k
John Mahon	Australia	120.2	125	32	Open	2 Inch Bar Clean and Press	90k

Second Choice Back Up Lifts for Records:

Sharni Clifford	Australia	79.8	80	27	Open	Power Row	60k
Karen Gardner	England	76.8	80	57	M55+	Right Hand Zercher	45k
Molly Myers	USA	81.4	85	17	J16/17	Front Squat	92.5k
Al Myers	USA	102.8	105	49	M45+	Thumbless Deadlift	182.5k
Sam Trew	Australia	124.9	125	33	Open	Left Hand Clean and Jerk	56k
Denny Habecker	USA	88.1	90	73	M70+	Clean and Jerk Behind Neck	50k
Paul Macmanus	Australia	108.1	110	42	M40+	Reverse Grip Bench Press	145k
Peter Phillips	Australia	103.7	105	61	M60+	R/H Thumbless Deadlift	xxx
Graham Saxton	England	120.3	125	53	M50+	Left Hand Dumbbell Deadlift	137.5k
John Mahon	Australia	120.2	125	32	Open	Power Row	135k

MC Recorder: Steve Gardner **Assistant:** Judy Habecker **Referees:** Peter Phillips John Mahon Denny Habecker Al Myers Karen Gardner Graham Saxton John Patterson

The Howard Prechtel Award for the Best Amended Gold Cup Lift: First: Al Myers – USA Second: Denny Habecker – USA Third: Paul Macmanus – Australia

Special Western Australia Awards:

The Wilf Chapman Memorial for the Record increased by the biggest Percentage: First: Sam Trew – Australia Second: Al Myers – USA Third: Peter Phillips – Australia and

The Award for the Oldest Record Broken: Peter Phillips – Australia (broke a 1989 record belonging to the late Howard Prechtel)

Well done to John Mahon and his support team at All Round Weightlifting Western Australia. The event was a brilliant success and ran through very smoothly. As well as a great group of lifters taking part, it was wonderful to see some familiar faces from Australia present too watching, helping loading and supporting: John Patterson, Hercules Perryman, Monica and Russell Cook, Anne Whitehead, Robin Lucoscious and Bill Kappel to name a few (many of whom were side lined through injury). The lifting was outstanding and a big well done to all of the Award Winners. Molly Myers did a great job performing the heaviest front squat on the ladies record books, and at just 17 years of age she is one to watch as a star of the future. Everyone had a great time, and the lifting was followed by a great banquet feast on site at the Belmont Recreational Centre in Perth. The event took place on Friday, with a Highland Games event taking place on the Saturday and an Old Time Strongman Challenge taking place on the Sunday. All three events were very enjoyable, and again everyone had a great time. John Mahon the promoter of the event had been on course to have performed and hopefully have been successful with the biggest Pullover and Press Record on the books, but a hand injury forced him to change lifts at the last minute, never mind John.....another day mate!