IAWA GOLD CUP – WORLD RECORD BREAKERS 22/10/16 Kansas USA
Promoters: Al & Laverne Myers

Name	Bwt	Class	Age	Div	Gold Cup Lift	
Steve Gardner	148.7	125+	60	M60+	Mid Fingers Straddle	80 k
Molly Myers	81.1	85	18	J18/19	Squat	110 k
Zach Lucas	110.0	110	30	Open	Right Leg Deadlift	115 k
Bob Geib	120.4	125	73	M70+	Left Hand Fulton Deadlift	42.5 k
Dennis Mitchell	66.2	70	84	M80+	T Hs Thumbless Deadlift	70 k
Denny Habecker	90.4	95	74	M70+	R/H Ciavattone Deadlift	75 k
Art Montini	76.6	80	89	M85+	Deadlift	80 k
Karen Gardner	76.4	80	57	M55+	Hands Together Bench Press	32.5 k
Laverne Myers	107.0	110	72	M70+	The Dumbell Walk	50 k
Dean Ross	118.3	120	73	M70+	The Arthur Lift	25 k
Lance Foster	154.2	125+	50	M50+	The 2” Bar Straddle	125 k
Susan Sees	116.1	120	53	M50+	T Hs Thumbless Deadlift	80 k
George Dick	144.2	125+	68	M65+	Dumbbell & Barbell Anyhow	45 k
Peter Phillips	103.1	105	62	M60+	T Hs Thumbless Deadlift	155 k
Timo Lauttamus	94.3	95	37	Open	Little Fingers Hacklift	100 k
Eric Todd	112.9	115	37	Open	Lateral Raise Lying	60 k
Chad Ullom	111.1	115	44	M40+	Two Man Deadlift (With Al)	400 k
Al Myers	102.2	105	50	M50+	Two Man D/lift (With Chad)	400 k
Graham Saxton *	123	125	54	M50+	2 Bars Deadlift	210 k

(* Graham lifted at Als Gym a week earlier and his refs were Al and Laverne Myers)

Announcer / Recorder: Steve Gardner **Assistant:** Judy Habecker
Referees: Al Myers George Dick Peter Phillips Chad Ullom Laverne Myers

The Howard Prechtel Memorial Award

In Memory of the Gold Cup founder, this award is given to the record breaker who scores the highest points using the Lynch body weight, Age & Gender percentages, and the Blindt lift Formulas.

The 2016 Winner: Timo Lauttamus (Finland) 152.9 Amended Points
2nd Laverne Myers (USA) 108.7 points 3rd Peter Phillips (Australia) 107.4 points

Second Choice Record Lifts completed after the Gold Cup:

Bob Geib	Right Hand Fulton Deadlift	45 k
Dennis Mitchell	Press B/Neck From Racks	16 k
Denny Habecker	Pullover and Press	80 k
Art Montini	Teeth Lift	51.75 k
Karen Gardner	Stiff Leg Deadlift	75 k
Dean Ross	Hands Together Bench Press	85 k
Susan Sees	Trap Bar Deadlift	110 k
George Dick	Continental Clean	60 k
Timo Lauttamus	Middle Fingers Hacklift	XXX (tried 190.5 k)
Eric Todd	Pullover and Press	165 k