

2018 IAWA GOLD CUP – World Record Breakers Event

Metamorfit Gym, Eastbourne, England – Promoter: Paul Barette

Name	Bwt	Class	Age	Div	Gold Cup Lift	2 nd Lift for Record
Steve Gardner	139.6	125+	61	M60+	R/H Index Finger Lift 70k	Index Fingers Straddle 70k
Gary Ell	95.1	100	47	M45+	R/H Bench Press 45k	---
Beata Banas	66.7	70	35	Open	Cont. C & Jerk 57.5k	Steinborn 65k
Frank Allen	77.9	80	76	M75+	Bent Arm Pullover 30k	Lateral Raise Lying 22.5k
Steve Andrews	65.7	70	59	M55+	Shoulder Drop 52.5k	Trap Bar Deadlift 155k
Nick Swain	81.4	85	53	M50+	Middle Fingers D/L 75k	2" Bar DBell Deadlift (R) 61.5k
Ed Shorttle	69.1	70	62	M60+	Zercher 105k	2" Bar Hacklift 105k
Denny Habecker	87.6	90	76	M75+	Pullover and Push 85k	Pullover and Press 77.5k
Sylvia Stockall	57.6	60	60	M60+	Trap Bar Deadlift 110k	Bench Press Alternate Grip 57.5k
Jenny Watson	57.5	60	52	M50+	Deadlift 87.5k	Continental Clean 32.5k
Graham Saxton	113.0	115	56	M55+	Hacklift 170k	R/H Dumbbell Press 20k
Al Myers	103.2	105	52	M50+	Rim Lift 130k	Reverse Rim Lift 52.5k
Laverne Myers	105.1	110	74	M70+	Rim Lift 135k	Reverse Rim Lift 62.5k
Steve Sherwood	78.7	80	67	M65+	2" Bar Straddle 175k	2" Bar Hacklift 160k
Paul Hallam	89.0	90	39	Open	Domaal Squat 35k	L/H Bent Press Dumbbell 27.5k
Karen Gardner	74.9	80	59	M55+	L/H 2" Vertical Bar 50k	Bench Press F.I.A. 32.5k
Selina Dorn	72.1	75	42	M40+	2" Bar Straddle 115k	Reflex Clean & Jerk 45k
Nicola Thornhill	69.8	70	49	M45+	Reflex Clean & Jerk 42.5k	2" Bar Deadlift 110k
Rory Hoad	83.4	85	30	Open	2" Bar Clean & Press 85k	2" Bar Snatch 75k
Paul Barette	70.6	75	42	M40+	R/H Strict Bent Press 32.5k	L/H Bench Press 32.5k
Steve Moss	102.3	105	36	Open	Middle Fings Clean & Jerk 50k	Turkish Get Up 50k

Announcer: Steve Gardner **Assistant Recorder:** Judy Habecker **Records:** Chris Bass

Referees: Karen Gardner Denny Habecker Graham Saxton Al Myers Laverne Myers Steve Sherwood Paul Barette
Rory Hoad Nick Swain Frank Allen Steve Andrews

Loaders: The Lifters all loaded for each other when not lifting (and they did an excellent job!)

The Howard Prechtel Award: (Rankings decided on the total lifted for the Gold Cup Lift x The Blindt Formula)

- 1st Paul Barette
- 2nd Laverne Myers
- 3rd Steve Andrews
- 4th Steve Sherwood
- 5th Paul Hallam

21 Lifters made it to this Year's Gold Cup, and set 41 new IAWA World Records between them. The Event was a standout success, thank you to Paul Barette and Adrian Pryor for putting the event on, and big big thanks to everyone who helped the event to run so smoothly. The record attempts were varied and very exciting to watch, numerous great performances, in fact every lifter rose to the occasion and lifted excellently. We enjoyed the Myers Challenge lift, where we saw Laverne narrowly edge out Al, by 5 kilos to win their Rim Lift Challenge.

We award a special trophy at the Gold Cup in memory of the event founder: Howard Prechtel. This years award (at the 29th Annual Gold Cup) went to Paul Barette for his Mastery of the very difficult: Strict Bent Press with Barbell, so again a special well done to Paul!