**THE 2019 IAWA GOLD CUP – NOVEMBER 3rd - AT THE LAMBDA ACADEMY nr PERTH, WESTERN AUSTRALIA THE WORLD RECORD BREAKERS EVENT FOR THE HOWARD PRECHTEL AWARD – Promoter: Peter Phillips**

**Name Bwt Class Age Division Gold Cup Lift 2nd Record Lift Opening Lifter**: Steve Gardner 147.0 125+ 63 M60+ L/H Mid finger Lift 75k -

**Group 1: Ladies** Rachael Hin 59.5 60 50 M50+ Rev Grip Bench P 37.5k D/Lift 2” Bar 95k

Monica Cook 67.6 70 55 M55+ Bench Press 87.5k Bench Press FIA 80k

Claire Mclaren 84.5 85 48 M45+ Hip Lift 400k Hand and Thigh 300k

Julia Phillips 70.6 75 67 M65+ 2/Hs D/bells D/lift 82k Cheat Curl 30k

**Group 2: Senior Master and Junior** John Patterson 117.4 120 75 M75+ L/H 2” Vertical Bar 70k R/H Thumbless D/lift 75k

Tom Davies 77.7 80 76 M75+ L/H Ciavattone D/lift 65k L/H 2” Vertical Bar 60k

Denny Habecker 83.1 85 77 M75+ Ciavattone D/lift 125k Fulton D/lift 95k

Flynn Mclaren 72.5 75 16 J16-17 Mid Fingers D/lift 67.5k R/H Thumbless D/lift 67.5k

**Group 3: Young Masters and Open** Peter Phillips 97.6 100 65 M65+ Deadlift 190k R/H Ciavattone D/lift 80k

Al Myers 105.0 105 53 M50+ Ring Fingers Straddle 90k -

Steven Charles 90.3 95 38 Open Zeigler Clean 65k 2 Hs D/bells D/lift 110k

Sam Trew 129.6 125+ 36 Open L/H D/bell C&Jerk 55k Little Fingers Hacklift 60k

(After the lifting Al Myers and Peter Phillips performed an exhibition lift in the proposed new IAWA lift: The 2 Man 1 Hand Deadlift. The team duo pulled 3 good lifts, with 300 kilos being their top mark. This was very entertaining!)

**Loaders:** Nicki and Shaun **Refs:** Denny Habecker, Al Myers, John Mahon, John Patterson **MC Announcer**: Steve Gardner **Recorder**: Sharni Clifford **Promoter:** Peter Phillips **Asst:** John Mahon

(During the weigh in, new Junior Member Flyn Mclaren performed a R/H Thumbless D/lift with 40 kilos to qualify to take part in the event, his Refs were Al Myers, Denny Habecker and John Mahon.)

**The Howard Prechtel Award**: Goes to the winner each year determined by adding the Blindt Formula to the usual Lynch, age and gender allowances. The Winner of the Howard Prechtel Memorial Award was Al Myers (USA) Scoring 124 Points, with Steven Charles in 2nd with 111 points and Monica Cook 3rd with 108 points.

The event was a super spectacle of all round lifting in a great atmosphere of excitement and endeavour, lots of great lifting and lots of records. The event worked well at the new home of All Round Weightlifting W.A. – The Lambda Academy owned by Kat Beker, who has shown great support to the group and all round weightlifting. The lifting saw wonderful work by so many stalwart IAWA all timers and a great showing from the newer International lifters: Steve Charles, Flyn Mclaren, Rachael Hin and Claire Mclaren. All congratulations go to Peter Phillips and his support team.

After the Awards Presentaton at the Evening Dinner, four **IAWA Commitment Awards** were presented to members who had taken part in the big three events: The World Postal, The World Championships and the Gold Cup – Congratulations go to: Al Myers (USA) Steve Gardner(Eng) Peter Phillips (Australia) and Denny Habecker (USA)