

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	2 nd 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 Flynn 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, Flynn 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)