**THE RESULTS FROM THE ’ IAWA versus Covid 19’ Virtual Lift Off 2020 – 19th and 20th September**

Name Age Bwt Ciavattone Deadlift Amended 2nd Lift of Choice (+ amount) Amended Total Score Amended

**ENGLAND**

METAMORFIT

Ed Shorttle 64 81.0 95 59.2 Zercher 97.5 59.0 118.2

Danny Kingsland 30 58.6 100 61.8 Full Gardner 25 66.8 128.6

Jenny Watson 54 58.3 82.5 75.8 Squat 57.5 48.9 124.7

Beatta Banas –Hollobone 36 69.6 112.5 82.1 Bent Arm Pullover 30 72.3 154.4

Maria Bennett 58 94.0 77.5 54.0 Trap Bar Deadlift 87.5 48.9 102.9

Lara Bennett 15 61.4 70 61.9 Zercher 60 51.5 113.4

Richard James Herrigan 28 73.5 120 63.5 2 /Hs Clean & Press 52.5 53.1 116.6

Paul Barette 44 76.2 130 70.7 2/Hs Anyhow 50 57.4 128.1

Natalie Voce 38 85.8 90 57.7 Pullover & Push 60 44.7 102.4

January Newton-Baxendine 26 78.8 Seated 82.5 55.6 Seated 2 hands Press 27.5 40.9 DIS 96.5

Michelle Barette 46 72.1 Seated 75 56.3 Seated Deadlift 115 66.6 DIS 122.9

OLD POWERHOUSE

Karen Gardner 61 72.1 80 66.5 Straddle 85 53.2 119.7

Steve Gardner 63 144.3 130 59.5 R/ H Middle Finger Lift 85 71.4 130.9

Paul Hallam 41 96.5 160 73.7 L/H Turkish Get Up 35 37.9 111.6

Gary Redfern Smith 46 112.0 132.5 59.2 Bench Press 110 64.3 123.5

Pete Tryner 48 96.0 210 106.1 Trap Bar D/lift 305 123.7 229.8

Matt Jones 24 126.0 185 72.9 Mid Fingers C & Press 60 75.5 148.4

Chloe Brennan 25 65.5 140 106.4 Continental C & Jerk 70 82.6 189.0

Graham Saxton 58 118.0 130 62.9 R/H Dumbbell D/lift 105 77.9 140.6

ENGLAND Continued

Andrew Kuttner 64 99.9 135 74.8 Hacklift 182.5 79.5 154.3

Ricky Murrell 18 65.0 165.5 97.9 R/ H Clean & Jerk 50.5 119.6 217.5

Dean Kent 33 96.0 183 82.9

Mark Haydock 45 111.0 215.5 95.8

Steve Andrews 61 64.8 135 94.8 Crucifix 37.5 98.9 193.7

Simon Mansell 60 98.8 120 64.7 Hacklift 210 89.1 153.8

Roger Davis 50 83.0 186 101.6 R/H Dumbbell Press 45 96.3 197.5

Graham Alway 47 113.4 160 71.7 Zeigler Clean 55 90.4 162.1

John Merner 71 93.1 135 85.8 Little Fingers D/lift 75 130.7 216.5

Sonya Coles 43 82.0 85 57.7 Left Leg Deadlift 55 69.9 127.6

Max Ell 23 47.0 75 73.9 Domaal Squat 20 119.7 193.6

**WALES**

Neil Keddy 42 99.6 160 73.2 Arthur Lift 60 52.4 125.6

Daniel Lang 38 123.0 175 69.7 Zercher 160 61.9 131.6

Luke Osborne- Keddy 12 70.0 65 47.2 Hacklift 65 37.1 84.3

Frannie Osborne Keddy 8 31.0 35 68.2 Arthur Lift 7.0 26.0 94.2

Gemma Kemble-Stephenson 38 102.0 Seated 90 52.5 Seated Deadlift 120 53.9 DIS 106.4

**IRELAND**

Stevie Shanks 57 73.2 155 97.1 Trap Bar Deadlift 210 105.7 202.8

David Bagnall 46 88.7 160 81.0 Trap Bar Deadlift 240 97.6 178.6

**USA**

FRANKS GYM

Chris Leston 24 127.0 206 80.8 Shanks Lift 305 91.3 172.1

Jeff Ciampa 22 75.0 137.5 71.9 R/H Civattone DL 65 60.3 132.2

Frank Ciavattone 65 135.0 185 88.8 L/H Weaver Stick Front 3.0 104.6 193.4

Jeff Ciavattone 41 110.0 228 98.0 R/H Ciavattone DL 125 95.4 193.4

James Morrison 21 80.0 137.5 69.1 R/H Ciavattone DL 65 58.0 127.1

Olivia Collins 11 58.0 60 62.1 R/H Ciavattone DL 32.5 59.7 121.8

Wade Marcand 51 70.0 125 76.5 L/H Ciavattone DL 65 70.6 147.1

Natalie Collins 13 54.0 70 72.8 R/H Ciavattone DL 32.5 60.0 132.8

USA Continued

Al Myers 54 105.0 170 84.4 Fulton Deadlift 145 82.5 166.9

Dean Ross 77 94.0 100 68.7 Fulton Deadlift 65 51.2 119.9

Laverne Myers 76 101.8 125 81.2 Fulton Deadlift 125 93.1 174.3

Chad Ullom 48 100.9 190 91.4 Shanks Lift 363 133.1 224.5

Dave DeForest 60 87.0 156.5 90.6 Kneeling Snatch 40.8 92.8 183.4

RJ Jackson 58 48.5 84.0 89.3 Rectangular Fix 15 57.0 141.0

Dan Wagman 50 83.6 216 117.4 Mid Fingers Straddle 136.5 126.6 244.0

Barry Pensyl 72 67.5 104.5 81.9 L/H Dumbbell Snatch 23.5 62.3 144.2

Beth Skwarecki 39 65.5 120 91.2 R/H Strict Bent Press 37.7 115.7 206.9

Phoebe Todd 10 46.0 31.8 39.8 R/H D/B Cheat Curl 9.1 39.8 79.6

Joe Garcia 67 98.0 136 79.2 Hacklift 102.0 46.7 125.9

Aiden Habecker 17 102.5 137.5 63.1 R/H 2” Vertical bar 92.5 95.1 158.2

Denny Habecker 77 84.5 125 91.3 2x2inch Vertical bars 102.5 100.0 191.3

Abe Smith 39 85.0 200 97.1

Emory Redd 38 83.8 165.5 81.2 R/H 2” Vertical bar 62.6 68.8 GUEST LIFTING

**FINLAND**

Timo Lauttamus 41 87.6 152.5 74.1 Index Fingers D/Lift 122.5 127.6 201.7

**SCOTLAND**

Callum Crozier 24 97.0 235 105.9 R/H Dumbbell Press 60 104.6 210.5

Gary Ell 49 85.1 152.5 81.3 R/H 2 “ Vertical bar 92.5 110.5 191.8

Levi Bunyan 32 180.0 Ciavattone D/lift 2” Bar 130 R/H 2” Vertical bar 97.5 GUEST LIFTER

**AUSTRALIA**

Peter Phillips 66 105.7 170 93.6 R/H Bench Press 42.5 100.4 194.0

Russ Cook 58 79.6 125 75.0 L/H Ciavattone D/Lift 70 74.6 149.6

Smigel Mclaren 48 82.6 115 80.5 R/H 2” Vertical bar 55 86.3 166.8

Sara-Jane Machray 32 86.1 100 64.0 R/H 2” Vertical bar 47.5 68.1 132.1

Deb Huggon 45 77.8 110 78.2 R/H 2” Vertical bar 57.5 91.5 169.7

Rachael Hin 51 55.7 80 74.6 2” Bar D/lift 85 72.3 146.9

Sam Trew 37 134.4 180 68.7 L/H Bench Press 55 82.4 151.1

Bill Kappel 75 72.7 130 101.2 Alt Grip C & Press 55 110.8 212.0

**CANADA**

Sylvia Stockall 62 63.0 100.6 91.5 Clean & Push Press 51.2 79.8 171.3

**NEW ZEALAND**

Paul MacManus 47 114.0 180 80.6 Rev Grip Bench Press 140 94.9 175.5