

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 Ciavattone 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
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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 Luttamus	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
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AUSTRALIA

Peter Phillips	66	105.7		170	93.6	R/H Bench Press	42.5	100.4		194.0
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Russ Cook	58	79.6		125	75.0	L/H Ciavattone D/Lift	70	74.6		149.6
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Smigel McLaren	48	82.6		115	80.5	R/H 2" Vertical bar	55	86.3		166.8
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Sara-Jane Machray	32	86.1		100	64.0	R/H 2" Vertical bar	47.5	68.1		132.1
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Deb Huggon	45	77.8		110	78.2	R/H 2" Vertical bar	57.5	91.5		169.7
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Rachael Hin	51	55.7		80	74.6	2" Bar D/lift	85	72.3		146.9
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Sam Trew	37	134.4		180	68.7	L/H Bench Press	55	82.4		151.1
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Bill Kappel	75	72.7		130	101.2	Alt Grip C & Press	55	110.8		212.0
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CANADA

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

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