**IAWA GOLD CUP WORLD RECORD BREAKERS - BELFAST, NORTHERN IRELAND 2022** At the Crumlin Road Gaol Visitor Attraction Saturday 4th November - Promoters: Stevie Shanks and Steve Gardner **RESULTS - GOLD CUP LIFTS:** Name B/WT AGE LIFT AMOUNT

**TEAM LIFT**: A record in M40+ and Open Division - 125+ class Steve Gardner ENG 134.4 66 Two Man One Hand Deadlift (R/H) with Paul Hallam 200 kilos Paul Hallam ENG 97.3 43 Two Man One Hand Deadlift (R/H) with Steve Gardner 200 kilos **TEAM LIFT**: A record in the Open Division -55kilo class Phoebe Ames ENG 50.8 12 Two Person Deadlift with Hannah Ames 130 kilos Hannah Ames ENG 54.3 42 Two Person Deadlift with Phoebe Ames 130 kilos

Denny Habecker USA 83.3 80 Power Row 70 kilos Timo Lauttamus FIN 83.2 43 Middle Fingers Deadlift 174 kilos Brandon H-Hyland ENG 82.9 20 Domaal Squat 27.6 kilos Stevie Shanks N/IRE 72.1 59 Dumbbells Deadlift 187 kilos Rich Metcalf ENG 114.5 37 Reflex Clean and Push Press 102.5 kilos Al Myers USA 104.1 56 2 Hands Thumbless Deadlift 170 kilos Gary Ell ENG 89.0 51 1 Inch Vertical Bar Lift (R/H) 130 kilos Max Ell ENG 48.8 25 Hacklift 100 kilos Chad Ullom USA 98.1 50 Shanks Lift 332.5 kilos

**The Howard Prechtel Award** (Founder of the IAWA Gold Cup in 1991) Winner of the Howard Prechtel Award for the best lift of the event - after amendment using: Body Weight, Age, and Blindt Formulas: **Chad Ullom - USA - Shanks Lift of 332.5 kilos SCORING 121.5 Points** (Second Place: Time Lauttamus of Finland 121.1 points - Third Place: Stevie Shanks of Northern Ireland 110.3 points)

**Announcer**: Steve Gardner **Referees:** Stevie Shanks, Al Myers, Chad Ullom, Denny Habecker **Drug Testing**: Gary Ell

**Second Choice Lifts:** Lifted for after the Gold Cup Lifting concluded

Paul Hallam Right Hand Barbell Bent Press 25k Phoebe Ames One Hand Dumbbell Dealift (L/H) 25k Denny Habecker Good Morning Lift 50k Timo Lauttamus One Hand Fulton Deadlift (L/H) 140k Brandon Hazell-Hyland Straddle Deadlift Ring Fingers 41.5k Stevie Shanks Middle Fingers Straddle Deadlift 85k Rich Metcalf Jerk From Rack Behind Neck 132.5k Gary Ell Shanks Lift 262.5k Max Ell Bench Press Feet in Air 40k

**A few words about the event:** It was the 30th IAWA Gold Cup, and what an event it was. Well done to Stevie Shanks for getting a great and most unusual venue: The Crumlin Road Gaol – Visitor Attraction in Belfast. Big appreciation to his awesome Helper : Simon. The lifts were all just fantastic, and it was great to have representation from Finland, England, USA and Northern Ireland. Some new lifters alongside seasoned International Champions made for a great day in a great atmosphere. It was nice to see Phoebe and Hannah lift together as the first Mother Daughter team on record. Well done to Chad for taking the Howard Prechtel Award, just ahead of Timo (just…) **The Presentation of Awards was followed by a very special Induction to the IAWA (UK) Hall of Fame as Gary Ell became the 25th member of the elite club receiving his award from Steve Gardner. This well-deserved award , brought a magical day to an end!**