



Gold Cup - 04 November 2023 - MetamorFIT - Eastbourne, England

							Gold Cup						
							1st Choice Lifts - For the Howard Prechtel Memorial Award						
Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	IAWA Lift	Ref	Blindt	Lift	Amend	Lynch	Amended
Danny Kingsland	M	34	0	Open	58.6	60KG	One Hand Bent Press - Strict	B26	4.8922	33L●	161.44	1.1827	190.94
Matt Jones	M	28	0	Open	142.5	125+KG	Domaal Squat	E38	3.1778	80R●	254.22	0.7104	180.60
Timo Luttamus	M	44	5	40+	90.1	95KG	One Hand Fulton (2" rod) D/bell D/lift	G10	1.2491	137.5L▲●	171.75	0.8970	161.77
Joshua Davidson	M	33	0	Open	106.4	110KG	Domaal Squat	E38	3.1778	60R●	190.67	0.8199	156.33
Mark Haydock	M	48	9	45+	108.8	110KG	Two Barbell Deadlift	C08	0.4998	320▲●	159.95	0.8105	141.30
Steve Andrews	M	64	25	60+	64.8	65KG	Shoulder Drop	E28	1.8281	55▲	100.55	1.1006	138.33
Gary Ell	M	52	13	50+	88.2	90KG	Two Vertical Bars (1 in each hand) – 1" rods	F32	0.5718	235▲●	134.37	0.9079	137.86
Chloe Brennan	F	28	33	Open	73.6	75KG	The Reflex Clean and Jerk	B49	1.1014	80●	88.11	1.0119	118.58
Graham Saxton	M	61	22	60+	116.3	120KG	Middle Finger Lift	F14.3	0.9863	125.4R●	123.69	0.7835	118.23
Thomas Meakin	M	72	40	70+	84.2	85KG	Seated Dumbbells Press	G03	1.7453	50▲	87.26	0.9325	113.93
Sam Bonar	M	29	0	Open	88.6	90KG	One Hand Pinch Grip Clean and Press	F18	5.4637	22.5L●	122.93	0.9056	111.33
Glenn Branch	M	40	1	40+	89.8	90KG	Two Hands Dumbbells Deadlift	G05	0.4707	260▲●	122.39	0.8987	111.09
John Merner	M	74	44	70+	88.7	90KG	Little Fingers Deadlift	C18	1.4173	60 ^{BR}	85.04	0.9050	110.82
Steve Sherwood	M	72	40	70+	72.6	75KG	Stiff Arm Pullover	E11	1.7781	40▲	71.13	1.0207	101.64
Stephen Brooker	M	37	0	Open	84.6	85KG	Shanks Lift	F31	0.3485	306.25●	106.73	0.9299	99.25
Antony Parker	M	31	0	Open	115.2	120KG	Two Barbell Deadlift	C08	0.4998	250●	124.96	0.7872	98.37
Aaron Hayhoe	M	38	0	Open	92.5	95KG	Index Fingers Straddle Deadlift	C20	1.1063	97.5●	107.86	0.8839	95.34
Jamie Oates	M	38	0	Open	107.6	110KG	Vertical Bar Lift – 2" Rod	F19	1.0897	105L●	114.41	0.8151	93.26
Gary Redfern-Smith	M	50	11	50+	106.4	110KG	Push Press from Racks	B47	0.9698	100▲	96.98	0.8199	88.26
Natalie Voce	F	41	35	40+	90.0	90KG	Turkish Get Up	E36	2.1745	32.5R▲●	70.67	0.8976	85.63
Trevor Egglestone	M	73	42	70+	95.9	100KG	Hands Together Bench Press	B36	0.9267	75▲	69.50	0.8665	85.52
Adrian Pryor	M	52	13	50+	86.8	90KG	Weaver Stick Lift (F)	F09.1	40.6387	2R▲	81.28	0.9162	84.15
Brandon Hazell-Hyland	M	21	0	Open	80.1	85KG	Domaal Squat	E38	3.1778	27.5L●	87.39	0.9605	83.94
Denny Habecker	M	81	58	80+	82.0	85KG	Pullover and Press on Floor	B41	0.7784	67.5▲	52.54	0.9472	78.63
Beata Banas	F	39	33	Open	69.4	70KG	Jerk from Racks	B32	0.8199	67.5●	55.34	1.0510	77.36
James Gardner	M	39	0	Open	103.7	105KG	Little Finger Lift	F14.2	1.5313	60.4R●	92.49	0.8310	76.86
Ray Dews	M	76	48	75+	77.1	80KG	Bench Press	A03	0.7511	70▲	52.57	0.9830	76.49
Sonnie Wallington-Gardner	M	11	33	13 & Under	37.9	40KG	Turkish Get Up	E36	2.1745	15R▲	32.62	1.7577	76.25
Paul Barette	M	47	8	45+	73.3	75KG	One Hand Dumbbell Strict Curl	G21	3.4388	20R▲●	68.78	1.0145	75.36
Chris Marsden	M	40	1	40+	110.6	115KG	One Hand Dumbbell Cheat Curl	G19	1.8480	50L▲●	92.40	0.8037	75.00
Nicholas Swain	M	58	19	55+	80.0	80KG	Weaver Stick Lift (F)	F09.1	40.6387	1.5 ^{BR}	60.96	0.9612	69.73
Steve Shah	M	74	44	70+	75.5	80KG	One Hand Dumbbell Cheat Curl	G19	1.8480	25L▲	46.20	0.9959	66.25
Dom Gardner	M	17	5	16-17	56.8	60KG	Straddle Deadlift - 2" Bar	F24	0.4967	100▲	49.67	1.2108	63.15
Grace Gardner	F	12	66	13 & Under	52.1	55KG	One Hand Dumbbell Clean and Jerk	G06	1.6297	15.5R▲	25.26	1.2963	54.36
James Rutter	M	15	15	14-15	79.1	80KG	Alternate Grip Bench Press	B38	0.7796	60▲	46.77	0.9678	52.06
Mollie Redfern-Smith	F	16	43	16-17	60.0	60KG	Squat	A02	0.4779	65▲	31.06	1.1623	51.63
Steve Gardner	M	67	30	65+	137.5	125+KG	Teeth Lift	F11	0.9574	50.3▲	48.16	0.7224	45.22
Ailen Voce	M	9	33	13 & Under	32.1	35KG	One Hand Dumbbell Deadlift	G09	0.7387	20L▲	14.77	2.1463	42.17
Kyran Voce	M	6	33	13 & Under	18.9	20KG	One Hand Dumbbell Deadlift	G09	0.7387	12.5R▲	9.23	2.5410	31.21
Paul Hallam	M	44	5	40+	97.4	100KG	Repetition Bodyweight Deadlifts	C27	N/A	56 reps 97kg▲●	0.00	0.8592	0.00

Gold Cup Team Lifts

Name	Sex	Age	Age&Sex%	Age Group	Bwt	Weight Class	IAWA Lift	Ref	Lift
Diane Gardner	F	42	N/A	40+	53.2	55KG	Two Person Straddle Deadlift	C02	200▲
John Gardner	M	41	N/A	40+	140.2	125+KG	Two Person Straddle Deadlift	C02	
Hannah Ames	F	43	N/A	40+	55.5	60KG	Two Person Team Deadlift	C09	145▲●
Phoebe Ames	F	13	N/A	13 & Under	55.1	60KG	Two Person Team Deadlift	C09	

Silver Cup Lifts

Name	Sex	Age	Age&Sex%	Age Group	Bwt	Weight Class	IAWA Lift	Ref	Lift
Matthew Smyth	M	31	N/A	Open	143.5	125+kg	One Hand Dumbbell Press - Seated	D	60R ^{BR}
Matthew Smyth	M	31	N/A	Open	143.5	125+kg	Crucifix - Seated	G	35 ^{BR}

2nd Lifts

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	IAWA Lift	Ref	Lift
Adrian Pryor	M	52	N/A	50+	86.8	90KG	Vertical Bar Lift – 2" Rod	F19	80L▲
Brandon Hazell-Hyland	M	21	N/A	Open	80.1	85KG	Two Hands Anyhow with Dumbbells	G12	50
Beata Banas	F	39	N/A	Open	69.4	70KG	Squat with Weight at Arms Length	D04	55●
Danny Kingsland	M	34	N/A	Open	58.6	60KG	Pullover and Press on Floor	B41	100●
Denny Habecker	M	81	N/A	80+	82.0	85KG	Bench Press – Feet in Air	B35	67.5▲
Gary Ell	M	52	N/A	50+	88.2	90KG	Two Hands Hacklift - 2" Bar	F25	170▲
Glenn Branch	M	40	N/A	40+	89.8	90KG	Two Barbell Deadlift	C08	260▲●
Hannah Ames	F	43	N/A	40+	55.5	60KG	Repetition Bodyweight Deadlifts	C27	43 reps 55.5kg▲●
James Rutter	M	15	N/A	14-15	79.1	80KG	2 Hands Clean and Press	B01	52.5▲
Natalie Voce	F	41	N/A	40+	90.0	90KG	Pullover and Press on Floor	B41	60▲●
Nicholas Swain	M	58	N/A	55+	80.0	80KG	Weaver Stick Lift (F)	F09.1	1.125▲●
Paul Hallam	M	44	N/A	40+	97.4	100KG	Domaal Squat	E38	40R▲●
Phoebe Ames	F	13	N/A	13 & Under	55.1	60KG	Seated Deadlift	A	80 ^{BR}
Steve Andrews	M	64	N/A	60+	64.8	65KG	Miller Clean and Jerk	B14	37.5▲
Steve Shah	M	74	N/A	70+	75.5	80KG	Clean and Push Press- 2" Bar	F23	35▲
Thomas Meakin	M	72	N/A	70+	84.2	85KG	Push Press from Racks	B47	76▲●
Timo Luttamus	M	44	N/A	40+	90.1	95KG	Middle Fingers Deadlift	C05	171▲●

2nd Team Lifts

Name	Sex	Age	Age&Sex%	Age Group	Bwt	Weight Class	IAWA Lift	Ref	Lift
Gary Redfern-Smith	M	50	N/A	50+	106.4	110KG	Two Person Cheat Curl	E07	80▲●
Mollie Redfern-Smith	F	16	N/A	16-17	60.0	60KG	Two Person Cheat Curl	E07	
John Gardner	M	41	N/A	40+	140.2	125+KG	Two Person One Hand Deadlift	C28	250R▲●
Paul Barette	M	47	N/A	45+	73.3	75KG	Two Person One Hand Deadlift	C28	
Diane Gardner	F	42	N/A	40+	53.2	55KG	Two Person Straddle Deadlift	C02	120▲●
Grace Gardner	F	12	N/A	13 & Under	52.1	55KG	Two Person Straddle Deadlift	C02	
Sonnie Wallington-Gardner	M	11	N/A	13 & Under	37.9	40KG	Two Person Team Deadlift	C09	100▲
Grace Gardner	F	12	N/A	13 & Under	52.1	55KG	Two Person Team Deadlift	C09	
Matt Jones	M	28	N/A	Open	142.5	125+KG	Two Person Straddle Deadlift	C02	450●
Joshua Davidson	M	33	N/A	Open	106.4	110KG	Two Person Straddle Deadlift	C02	

Chloe Brennan	F	28	N/A	Open	73.6	75KG	Two Person Team Deadlift	C09	470▲●
Mark Haydock	M	48	N/A	45+	108.8	110KG	Two Person Team Deadlift	C09	
Ailen Voce	M	9	N/A	13 & Under	32.1	35KG	Two Person Team Deadlift	C09	35▲
Kyran Voce	M	6	N/A	13 & Under	18.9	20KG	Two Person Team Deadlift	C09	
Jamie Oates	M	38	N/A	Open	107.6	110KG	Two Person One Hand Deadlift	C28	300L▲
Matt Jones	M	28	N/A	Open	142.5	125+KG	Two Person One Hand Deadlift	C28	

▲ = World Junior/Masters record; ● = World Open record; British record = ^{BR}

Promoter - Paul Barette	MC - Steve Gardner	Scoring - Paul Barette
Referees - Steve Andrews, Denny Habecker, John Gardner, James Gardner, Graham Saxton, Natalie Voce, Steve Brooker, Glenn Branch, Gary Ell, Nick Swain, Mark Haydock Steve Sherwood.		
Provisional - Paul Hallam. Matt Jones, Ray Dews		
Loaders - The Lifters!	Refreshments - Maria Bennett	
Overall Champion & Winner of the Howard Prechtel Memorial Award - Danny Kingsland		