

The Northern Ireland Open All Round Weightlifting Championships

Sunday 4th March 2018 – Shankhill Barbell Club, Belfast

Promoters: Stevie Shanks and Steve Gardner

Lifter	Bwt	Class	Age	Div	OH Snatch	Alt Grip B/P	Straddle	Total	Am
Karen Gardner	72.5	75	59	M55+	19 R▲	32.5▲	70	121.5	193.3
Stevie Shanks	69.7	70	54	M50+	35.5 R	65	190	290.5	350.1
Paul Barette	72.2	75	42	M40+	40.5 R	80	240 ^{BR}	360.5	387.3
Jason Kelly	78.8	80	43	M40+	30.5 L	80	240 ^{BR}	350.5	353.5
Gareth Edwards	84.9	85	35	Open	40.5 R	90	170	300.5	278.8
Paul Hallam	90.0	90	39	Open	43 L	60	160	263	236.0
Davy Bagnall	91.2	95	43	M40+	43 R	100	230	373	345.5
Ian Thomas	93.2	95	23	Open	35.5 R	87.5	150	273	240.2
Clive Madge	106.0	110	68	M65+	48 R▲ 110▲ (115 4 th)▲		175▲	333	361.0

MC Recorder: Steve Gardner Refs: Gareth Edwards Stevie Shanks Paul Barette Karen Gardner Steve Gardner

Overall Best Lifters: Best Female: Karen Gardner Best Open Lifter: Gareth Edwards Best Master: Paul Barette

The Overall Best Lifter Award: 1st Paul Barette 2nd Clive Madge 3rd Jason Kelly 4th Stevie Shanks

Following the Competition we held a short Record Breakers Session:

Jason Kelly – Trap Bar Deadlift 230 kilos^{BR}

Stevie Shanks – Right Hand O/H Deadlift 140 kilos▲

Ian Thomas – R/H Bent Press with Dumbell 32.4 kilos● and L/H Bent Press with Dumbell 32.4 kilos●

Paul Hallam – 2 Hands Dumbells Snatch 43.8 kilos● and Index Finger Hacklift 73 kilos●

Gareth Edwards – L/H Bent Press with Barbell 7 kilos●

A few words about the day:

World open record = ●; World masters record = ▲

It was a really great day in Belfast for the first ever IAWA Open All Round Weightlifting Competition. We had 12 lifters enter for the day but lost two Irish lifters to illness and injury, and Neil Keddy had his flight cancelled due to the bad weather, so 9 made it onto the platform. The lifting went very well and there were a few British and World Records broken (awaiting ratification of course). At 23 Ian Thomas was our youngest lifter on the day and Clive Madge was the most senior, though you wouldn't tell from the ferocity of his lifting. Karen wasn't lifting originally but stepped in to take Neil's place (thanks to Stevie loaning her some shorts lol!) The lifting was good and the spirit of the day was exceptional, all the lifters loaded and caught and officiated for each other to make it a wonderful and memorable day. Congrats to Paul B, Clive M and Jason Kelly for 123 in the Best lifter Rankings. Thanks to Stevie and Heather Shanks for looking after everyone, and thanks to all those who took part. The record session afterwards put a nice finish to the day!

JUST FOR FUN:..... England v Ireland Team Match

The Top 4 Lifters from team England: (Paul B, Paul H, Gareth E and Clive M) TOTAL Scored: 1263 points

The Top 4 Lifters from team Ireland: (Stevie S, Jason K, Ian T and Davy B) TOTAL Scored: 1289 points

A Win for Team Ireland!!!