

The British Grip Championships – 8th February 2020 – at Salmesbury, Preston.

Name	Bwt	Class	Age	Div	2hs Pinch Lift	2" Bar D/lift	Shanks Lift	Total	Amend
Mollie R- Smith	54.6	55	12	J13+U	20	60▲	92.5▲	172.5	357.4 1
Karen Gardner	74.1	75	61	M60+	30▲	85▲	120▲●	235	367.0 1
Matt Wells	74.8	75	39	Open	70	155	200●	425	425.8 1
Ray Dews	83.3	85	73	M70+	37.5▲	100 ^{BR}	120▲	257.5	343.1 1
Gary Ell	86.2	90	49	M45+	40	165	245▲●	450	455.3 1
Pete Tryner	95.9	100	47	M45+	50	255▲●	350▲●	655	612.9 1
Paul Hallam	97.5	100	42	M40+	65▲	180 ^{BR}	280▲	525	464.3 1
Callum Crozier	107.9	110	24	Open	80	260	375●	715	582.0 1
Josh Davidson	109.7	110	29	Open	65	220	300	585	472.3 2
Gary R – Smith	110.9	115	46	M45+	52.5	160▲	200▲●	412.5	354.2 1
Mark Haydock	111.7	120	44	M40+	75 ^{BR}	-	-	75	-
Mike Leadbetter	116.6	120	68	M65+	47.5▲	180▲	-	227.5	-
Graham Always	118.1	120	47	M45+	45▲	160▲	100▲●	305	256.1 1
Luke Ridpath	123.3	125	29	Open	50	230	320	600	456.7 2
Matt Jones	123.3	125	24	Open	65 ^{BR}	230	375●	670	510.0 1
Steve Gardner	147.4	125+	63	M60+	40	120	152.5▲●	312.5	271.0 1

The Code (1 or 2) after the Lifters Total : 1 = Class Champion 2 = Class Runner Up

4th Attempts:

Mollie Redfern Smith - Shanks Lift 100k▲, Callum Crozier – Shanks Lift 400k●, Mike Leadbetter -2" Bar Deadlift 190k▲

EXTRA DEADLIFT RECORD ATTEMPTS BY – Mike Leadbetter: 2 Hs Deadlift 220k▲ – 2hs Ciavattone Deadlift 175k▲

▲ = World Junior/Masters record; ● = World Open record

NEW BLINDT: Shanks Lift = 0.3990

MC Scorer & Ref: Steve Gardner **Referees:** Karen Gardner, Mark Haydock, Gary Ell **Drug Testing Officer:** Gary Ell
Loaders: Pete Tryner, Gary Redfern Smith, Paul Hallam, Matt Wells, Matt Jones and Josh Davidson

Best Lifter Awards:

Best Junior Lifter: Mollie Redfern Smith

Best Female Lifter: Karen Gardner

Best Open Lifter: Callum Crozier

Best Masters Lifter: Pete Tryner

Overall Champion of Champions Rankings: 1st Pete Tryner 2nd Callum Crozier 3rd Matt Jones

A few Words on the event:

Wow, where to start? what a great day at the Grip Championships to kick off IAWA (UK)s 2020 Season.....16 lifters on the platform and all were outstanding, huge congratulations to Mollie Redfern Smith, Karen Gardner, Matt Wells, Ray Dews, Gary Ell, Paul Hallam, Pete Tryner, Steve Gardner, Josh Davidson, Gary Redfern Smith, Graham Always, Mark Haydock, Matt Jones, and a big warm welcome to our three new lifters to IAWA(UK) today, first time on an IAWA platform: Mike Leadbetter, Luke Ridpath and Callum Crozier! Well done lads and what a range of Talent!

A special well done to the overall best lifters: Mollie, Karen, Callum and Pete..... and to the top three in the overall Champion of Champions Rankings: Pete Tryner, Callum Crozier and Matt Jones.

A heartfelt thanks to all the loaders and officials, and our Drug Testing Officer: Gary Ell, carried out drug testing during the event. Steve Gardner announced and refereed along with refs: Karen Gardner, Mark Haydock (Promoter) and Gary Ell. The loading was done superbly by Matt Wells, Pete Tryner, Paul Hallam, Matt Jones, Josh Davidson and others! Well done again to Mark Haydock and his support team for putting on a great event.....Another Great Day for IAWA(UK)