

## The Midlands All Round Championships – 7<sup>th</sup> March 2020 at Haven Gym, Grimsby. Promoter Chris Bass

Name	Bwt	Class	Age	Div	I Hand snatch	Cont. C & Jerk	Front Squat	Total	Amend
Steve Andrews	64.4	65	60	M60+	40	70▲	90▲	200.5 <sup>BR</sup>	229.3 1
Steve Sherwood	79.9	80	68	M65+	40	70	120▲	232.5 <sup>BR</sup>	240.6 1
Roger Davis	81.9	85	50	M50+	45	90 <sup>BR</sup>	142.5▲	277.5 <sup>BR</sup>	238.6 1
Tony Cook	82.8	85	83	M80+	25▲	---	61	85	112.6 1
Gary Ell	84.2	85	49	M45+	37.5	80▲	110	227.5	192.7 1
Wayne Pawson	85.0	85	53	M50+	40	82.5	95	217.5	195.2 2
Richard Metcalf	107.8	110	35	Open	60	130 <sup>BR</sup>	150	345 <sup>BR</sup>	233.3 1
Terry Morris	111.2	115	64	M60+	25▲	51▲	60▲	136 <sup>BR</sup>	114.7 1
Cliff Dunlop	136.0	125+	57	M55+	35▲	70	110	215	150.7 1

*All One Hand Snatch lifts were performed with the Right Hand except: Tony Cook and Cliff Dunlop – both Left Hand*

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

### 4<sup>th</sup> Attempts:

I Hand Snatch: Steve Andrews 40.5k▲ – Steve Sherwood 42.5k▲

Continental Clean & Jerk: Gary Ell 85k▲ – Richard Metcalf 135k<sup>BR</sup>

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

**MC announcer:** Steve Gardner **Scorer/Records:** Chris Bass **Referees:** Karen Gardner, Frank Allen, Gary Ell, Steve Andrews **Loaders:** Richard Metcalf, Cliff Dunlop, Terry Morris, Wayne Pawson, Tony Cook and others....

### Best Lifter Awards:

Best Open Lifter- For the Bill Jelley Award: Richard Metcalf

Best Masters Lifter– For the Peter Ready Trophy: Steve Sherwood

**Overall Champion of Champions Rankings:** 1<sup>st</sup> Steve Sherwood 2<sup>nd</sup> Roger Davis 3<sup>rd</sup> Richard Metcalf

### A few Words about the event:

A really great competition today at Grimsby for the IAWA (UK) Midlands Open All round Championships held at the Haven Gym and promoted by Chris Bass. Despite losing a few lifters from the potential entry field on the run up to the competition we still made it with Nine Men Strong and True! The lifts today were the One Hand Snatch, Continental Clean and Jerk and the Front Squat. All of the lifters put up a good performance, and at the end of the day the top three in the Champion of Champions Rankings were: First Steve Sherwood, Second Roger Davis and Third Richard Metcalf, (with only 2 points between 1st and 2nd) Well done to all the Officials, Lifters and Loaders, with everyone mucking in to help load and catch for each other the day went as smooth as a knife through butter, so again many thanks to you all for making the day a good one. Lots of record were broken and set too, so again well done to all especially, Wayne Pawson lifting in his first IAWA competition, and to Richard Metcalf, Roger Davis and Steve Sherwood our Best Lifters. A big well done to Chris Bass for promoting the event, another super IAWA day. The opportunity was also taken to present Steve Sherwood with the 2019 All Round League Overall Winners Cup!