

# IAWA(UK) British All Round Championships- Sat 6<sup>th</sup> June 2015 – Metamorfit, Eastbourne

Promoter: Paul Barette The Lifts: 1=Reflex Clean and Push Press 2=The Hacklift 3= The Zercher

Lifter	Bwt	Class	Age	Div	RC&PPress	Hacklift	Zercher	Total	Amended
Paula Thompson	49.5	50	41	M40+	37.5▲	105	30	172.5	204.6
Nadia Silva	50.0	50	29	Open	40●	145 ●	85.5	290	285.4
Chloe Brennan	72.5	75	19	J18/19	35 ▲	115 ▲	100 ▲	250	204.3
Karen Gardner	76.1	80	56	M55+	25 ▲	75 ▲	60	160	144.2
Sian Keddy	100.6	105	38	Open	30 ●	50	62.5	142.5	106.9
Liam Keddy	46.7	50	13	J13&U	27.5 ▲	85 ▲	52.5	165	179.7
Paul Barette	69.0	70	39	Open	57.5	250 ●	160	467.5	280.9
Brian Heyburn	74.2	75	20	Open	70	180	100	350	226.3
Rory Hoad	77.3	80	27	Open	85.5 ●	215	170	470	290.7
Ed Shorttle	78.0	80	58	M55+	40	150	130	320	214.7
Steve Sherwood	79.9	80	63	M60+	70 ▲	175	140	385	290.0
Adrian Pryor	84.6	85	44	M40+	75	200 ▲	170 ▲	445	269.2
Nick Swain	81.4	85	49	M45+	60	110	120	290	200.8
Neil Keddy	85.2	90	37	Open	65	160	120	345	203.4
Steve Moss	97.0	100	32	Open	65	155	120	340	187.4
Ryan Burchett	99.8	100	31	Open	67.5	110	130	307.5	176.1
Clive Madge	101.0	105	66	M65+	80 ▲	141.5 ▲	135 <sup>BR</sup>	355	259.3
Josh Davidson	104.9	105	24	Open	90	220	190	500	260.6
Matt Jones	119.3	120	19	J18/19	80 ▲	180 ▲	180 ▲	440	220.8
Webster Reid	159.1	125+	41	M40+	90 <sup>BR</sup>	250 ▲	160	500	220.7

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

**RC&PPress:** Josh Davidson 93.5 ● **Hacklift:** Chloe Brennan 120 ▲ Matt Jones 200 ▲ **Zercher:** Nadia Silva 90 ● Sian Keddy 65 ● **Officials: Announcer Recorder:** Steve Gardner **Assistant:** Chris Bass **Referees:** Phil Crisp Natalie Voce Nick Swain Karen Gardner Steve Sherwood Paul Barette Paula Thompson **Loaders:** Thanks to all of the lifters who took part! ● =World Open ▲=World Junior/Masters

## Overall Best Lifter Awards:

**Best Overall Junior:** Matt Jones **Best Overall Female:** Nadia Silva **Best Overall Open Lifter:** Rory Hoad

**Best Overall Master:** Steve Sherwood **The Champion of Champions Overall Best Lifter and Winner of The Health and Strength Trophy for 2015:** Rory Hoad (1<sup>st</sup> Rory Hoad 290.7 2<sup>nd</sup> Steve Sherwood 290.0 3<sup>rd</sup> Nadia Silva 285.4)

**The 2015 Championships:** First of all a big thank you and well done to Paul Barette and his support team at Metamorfit on a great job well done, super organisation! And thank you to the officials who were present on the day. The loading was exceptional, all of the lifters rallied round to each help out a little bit with the loading and again it made the day flow. As for the lifting....what a great display of well performed and excellent lifts we were all treated to, and there were so many records broken it will keep Chris busy for a while. The competition was well represented by Junior Lifters, Female lifters Open and Master lifters, aging from 13 to 66 yrs across the board. It was super to see Siani Keddy and Chloe Brennan competing for their first time on a lifting platform well done girls and records too! Karen Gardner lifted well in the Masters Division with Paula Thompson, and Nadia was the best female lifter and pulled a terrific 145 kilos Hacklift! Young Liam Keddy continues to improve and nice to see him claiming records again. Solid performances from Brian Heyburn and Ed Shorttle followed, with Steve Sherwood at 63 putting up some great numbers and Paul Barette stunning everyone by lifting a record Hacklift with 250 kilos at 69k bwt, a long standing record bit the dust (3.62 x bwt). Rory Hoad competed well and took a great push press record. Adrian Pryor looked strong and Nick Swain cruised through the lifts. Neil Keddy continues to improve showing some good form. Steve Moss recovering from an injury battled it out with Ryan Burchett in the 100k class, Clive Madge had another great day some big records too. Matt Jones took a haul of Juniors records with a competent display, whilst Josh Davidson pulled in some great lifts too, super push press record! Webster Reid is a Powerhouse, learning his way through the techniques of the lifts, taking records as well he is one to watch for the future. Well done to Rory Hoad for taking the Overall Best Lifter Trophy in a close finish with the awesome Steve Sherwood, and Nadia taking 3<sup>rd</sup>!