

IAWA(UK) Welsh Open Championships – Sunday 6th Sept. – Port Talbot, South Wales

Promoter: Neil Keddy The Lifts 1 = Clean & Push Press 2 = 2" Vertical Bar Lift 3= Trap Bar Deadlift

Lifter	Bwt	Class	Age	Div	Lift 1	Lift 2	Lift 3	Total	Amend	Position
Mina Ell	45.8	50	18	J18-19	27.5▲	47.5 L▲●	92.5▲	170	335.3	50k Jun. Champion
Nadia Silva	49.6	50	29	Open	45●	30 R	120●	195	350.3	50k Open Champ.
Paula Thompson	50.1	55	41	M40+	42.5▲	47.5 R▲	95▲	185	334.5	55k Open & Mast.
Maddie Ell	52.5	55	20	Open	35	45 R	60	140	239.9	55k Open R/up
Chloe Brennan	73.4	75	19	J18-19	47.5▲●	60 R▲●	130▲	237.5	325.0	75k Open and Jun.
Karen Gardner	75.8	80	56	M55+	32.5▲	50 R▲	80	162.5	242.1	80k Open & Mast.
Sonya Cole	92.6	95	38	Open	40▲	47.5 R ^{BR}	112.5●	200	235.0	95k Open Champ.
Sianni Keddy	100.6	105	38	Open	32.5	51 L●	100	182.5	205.0	105k Open Champ.
Andrew Szuchnik	38.5	40	10	J13+U	30▲	30 R▲	80▲	140	321.6	40k Junior Champ.
Liam Keddy	47.0	50	13	J13+U	30 ^{BR}	40 R▲	75▲	145	273.1	50k Junior Champ.
Paul Barette	69.2	70	39	Open	67.5	65 R	220●	352.5	371.2	70k Open Champ.
Ed Shorttle	76.6	80	59	M55+	45	42.5 L▲	145	232.5	275.4	80k Master Champ.
Joe Morris	76.4	80	22	Open	85	95 R●	240 ^{BR}	420	415.2	80k Open Champ.
Adrian Pryor	83.8	85	44	M40+	75	95 R▲●	215	385	378.0	85k Mast & Open
Neil Keddy	85.0	85	37	Open	70	50 L	190	310	287.5	85k Open R/up
Gary Ell	89.4	90	44	M40+	77.5	87.5 R	205	370	350.0	90k Open & Mast.
Pete Tryner	91.8	95	43	M40+	92.5▲	90 R▲	280▲●	462.5	427.0	95k Open & Mast.
Steve Moss	96.3	100	33	Open	70	85 R ^{BR}	175	330	285.3	100k Open R/up
Richard Metcalf	97.7	100	30	Open	100	80 R	242.5 ^{BR}	422.5	362.4	100k Open Champ.
Clive Madge	102.1	105	66	M65+	75	75 R	180	330	253.9	105k Mast. Champ.
Simon Thomas	102.9	105	38	Open	127.5●	80 R	257.5 ^{BR}	465	388.0	105k Open Champ.
Josh Davidson	103.8	105	25	Open	102.5	90 R	250	442.5	367.5	105k Open R/up
David Anderson	106.5	110	37	Open	---	---	245	245	200.8	110k Open R/up
Ryan Burchett	106.6	110	32	Open	85	65 R	187.5	337.5	276.4	110k Open Champ.
Graham Saxton	119.9	120	53	M50+	65	60 R	230	355	312.3	120k Open & Mast.
Matt Jones	123.4	125	19	J18-19	100▲	---	220▲	320	248.3	125k Open & Jun.
Mark Jeanes	140.5	125+	28	Open	122.5●	104 L●	321●	545	389.7	125+ Open Champ.

Successful 4th Attempts: Push Press: Mina Ell 30▲ Paula Thompson 45▲ Mark Jeanes 125.5● 2" Vertical Bar: Mina Ell 50▲● Andrew Szuchnik 35 Ed Shorttle 47.5▲ Steve Moss 95^{BR} Trap Bar Deadlift: Simon Thomas 262.5^{BR} Josh Davidson 260^{BR} Matt Jones 240▲ Mark Jeanes 343● **MC Announcer:** Steve Gardner **Assistant Recorder:** Chris Bass **Referess:** Gary Ell Graham Saxton Neil Keddy (Prov) Steve Gardner Paula Thompson Paul Barette Karen Gardner World Open record = ●; World Junior/Master record = ▲ **Best Lifter Awards:** Best Junior Lifter: Andrew Szuchnik Best Female Lifter: Nadia Silve Best Open Lifter: Joe Morris Best Master Lifter: Pete Tryner **Overall Champion of Champions:** 1st Pete Tryner 2nd Joe Morris 3rd Mark Jeanes 4th Simon Thomas 5th Adrian Pryor

This was the first IAWA (UK) Welsh Open Championships, it was a great day all round, well done to Neil Keddy and family for organising the event, and well done to all the lifters who entered the competition and then gave of their time helping out with the loading. We were knocked out to have 29 lifters enter the event, and with an injury and an illness we still had 27 lifters on the platform. It is always nice to see new faces taking part, and we were treated to 4 new lifters to IAWA: Sonya Coles in the ladies division did very well under the watchful eye of coach Gary Ell, Andrew Szuchnik was a star, 10 years of age and very strong, Simon Thomas was a very capable lifter who made a big impact, his background of Olympic lifting and Strongman being self evident and so too Strongman Mark Jeanes, who really enjoyed the challenge. All lifted superb and I hope we will see much more of them in the future. Clive Madge was our most senior lifter on the day at 66 and he performed wonderfully as ever, at a mere 56 years older than young Andrew. Everyone lifted well, lots of records were broken, everyone was a credit to IAWA(UK).