

The British All Round Championships 2021 – Lifting for the Health and Strength Trophy

Venue: Metamorfit Gym, Eastbourne – Promoter Paul Barette - Saturday 14th August

Lifter	W/Class	Age	C + Press	B/Neck	Pullover + Press	Straddle D/Lift	Total	Amend
Female Lifters								
Lara Bennett	65	16	30▲		35▲	95▲	160	159.7
Beata Banas	75	37	37.5		55●	125	217.5	187.2
Sonya Coles	90	44	30.5▲●		30▲	60 ^{BR}	120	103.4
Maria Bennett	100	59	30▲●		40▲	85▲	155	130.7
MX Class Lifters								
Max Ell	55	24	25●		40●	90●	155	162.2
Male Lifters								
Danny Kingsland	60	31	50		70	125	245	188.2
Steve Andrews	70	62	57.5▲		82.5▲	145.5▲	285	248.3
Paul Barette	75	45	45		70	195	310	198.7
Brandon H Hyland	80	19	50 ^{BR}		60▲	137.5 ^{BR}	247.5	161.5
Steve Shah	80	72	45▲		45	130 ^{BR}	220	186.4
Paul Hallam	90	41	37.5		75	170	282.5	154.0
Ben Pullen	95	33	50		70	160	280	155.9
Gary Ell	95	50	55		105▲	192.5	352.5	220.0
Mark Haydock	110	46	90▲		127.5	272.5▲	490	269.5
Stuart Thurgood	110	45	81		40	200	320	174.1
Graham Saxton	125	59	40▲		70 ^{BR}	180.5▲	290	157.7

4th Attempts: Lara Bennett Pullover + Press 37.5k▲, Straddle 100k▲ – Sonya Coles C+P B/Neck 32.5k▲●, Pullover + Press 37.5k▲ – Max Ell Pullover + Press 42.5k●, Straddle 95k● – Gary Ell Straddle 193k▲

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

Officials: MC Announcer - Steve Gardner Recorder - Chris Bass Drug Control - Gary Ell
Referees: Graham Saxton, Mark Haydock, Karen Gardner, Steve Andrews, Gareth Edwards, Gary Ell

Best Female Lifter: Beata Banas

Best Junior Lifter: Brandon Hazell-Hyland

Best MX Lifter: Max Ell

Best Masters Lifter: Mark Haydock

Best Open Lifter: Danny Kingsland

The Overall Best Lifter Rankings for the Health and Strength Trophy:

First Place: Mark Haydock 269.5 – Second Place: Steve Andrews 248.3 – Third Place: Gary Ell 220.0

This was our second competition back after the Covid lockdown periods and it was a real cracker. Lots of great lifting, and lots of records were broken too. A great mix of lifters from all divisions, and good performances from two lifters new to IAWA: Ben Pullen and Stuart Thurgood. I was so impressed with everyone, it was certainly a good day for IAWA(UK). Well done to Paul and Adrian for putting on a great day, and their helpers and support team too. One of the best things of the day for me was watching Steve Shah at 72 years young smiling on the platform and having fun. Well done again EVERYONE! Steve Gardner