

Gold Cup – 6th November 2021

The Lansdowne Hotel Belfast, Northern Ireland

First Choice Lifts – for the Howard Prechtel Memorial Award

Lifter	M/F/MX	Age	Bwt	Lift1	Blindt	Lynch	% Allowance	Amount	Amended
Jim Gardner	M	37	103.3	Shoulder Drop	1.8281	0.8327	0	91.0●	138.5
Raymond Dews	M	74	78.1	Bent Arm Pullover	1.7082	0.9753	44	51.0▲●	122.4
Steve Sherwood	M	70	79.4	2" Bar Snatch	1.4754	0.9656	36	62.5▲	121.1
Steve Andrews	M	62	67.1	Crucifix	1.9341	1.0748	23	43.2▲	110.5
Paul Barette	M	45	70.5	2" Bar Hacklift	0.5572	1.0402	6	170.0▲	104.4
Gary Ell	M	50	90.3	1H Bench Press (Left)	2.2184	0.8959	11	44.0▲●	97.1
Quentin Dhumeaux	M	24	67.0	Domaal Squat (Right)	3.1778	1.0759	0	26.5●	90.6
Paul Hallam	M	42	92.2	1H Dumbbell Deadlift (Left)	0.7387	0.8855	3	130.6▲●	88.0
Al Myers	M	55	104.2	1H Fulton Deadlift (Right)	1.1508	0.8289	16	79.3▲	87.7
Thomas Meakin	M	70	82	Bench Press - Feet on Floor	0.7511	0.9472	36	90.0▲	87.1
Cliff Dunlop	M	58	129	French Press	2.0681	0.7446	19	46.0▲	84.3
Graham Saxton	M	59	121.7	Hack Lift	0.4284	0.7660	20	166.0▲	65.4
Max Ell	MX	24	51.5	Bench Press - Feet on Floor	0.7511	1.3087	33	47.5●	62.1
Brandon Rein	M	26	69.4	Domaal Squat (Right)	3.1778	1.0510	0	17.5●	58.4
Maddie Ell	F	26	53.7	Clean & Seated Press	1.1516	1.2650	33	27.5●	53.3
Brandon Hazell-Hyland	M	19	77.2	1H Dumbbell Deadlift (Right)	0.7387	0.9823	2	70.1▲	51.9
Kara Sherwood	F	18	53.7	Jerk from Rack	0.8199	1.2650	36	35.0▲	49.4
Karen Gardner	F	62	72.4	Alternate Grip Bench Press	0.7796	1.0225	56	37.5▲	46.6
Sonnie Wallington Gardner	M	9	31.6	Half Gardner	1.4649	2.1898	33	10.5▲	44.8

Second Choice Lifts

Lifter	M/F/MX	Age	Bwt	Lift2	Amount
Thomas Meakin	M	70	82	2H Dumbbells Clean & Press	58.0
Raymond Dews	M	74	78.1	Pullover at Arms Length	0.0
Jim Gardner	M	37	103.3	Full Gardner	55.0●
Karen Gardner	F	62	72.4	Bench Press - Feet on Floor	35.0▲
Graham Saxton	M	59	121.7	1H 1" Vertical Bar (Right)	90.0▲●
Steve Sherwood	M	70	79.4	2H Fulton Dumbbells Deadlift	158.6▲●
Brandon Hazell-Hyland	M	19	77.2	1H 2" Vertical Bar (Left)	57.5▲
Steve Andrews	M	62	67.1	Lateral Raise Standing	28.0▲
Sonnie Wallington Gardner	M	9	31.6	1H 2" Vertical Bar (Right)	21.25▲
Kara Sherwood	F	18	53.7	Push Press from Rack	31.0▲
Paul Barette	M	45	70.5	Left Leg Deadlift	70.0▲
Gary Ell	M	50	90.3	1H 1" Vertical Bar (Left)	127.5▲
Max Ell	MX	24	51.5	1H 1" Vertical Bar (Left)	60.0●
Maddie Ell	F	26	53.7	Lunge Squat	50.0●
Quentin Dhumeaux	M	24	67.0	Domaal Squat (Left)	27.5●
Paul Hallam	M	42	92.2	Domaal Squat (Left)	42.5▲●
Cliff Dunlop	M	58	129	Reverse Grip Bench Press	70.0▲

Promoters – Stevie Shanks & Steve Gardner

M/C – Steve Gardner Recorder – Paul Barette

Referees – Steve Andrews, Steve Sherwood, Al Myers, Gary Ell, Graham Saxton

Loaders – The Lifters!

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