

## IAWA (UK) British All Round Championships – Saturday 11<sup>th</sup> June at Grimsby

**Promoter: Chris Bass – Lifts: Pullover & Press, Continental to Belt, Stiff Leg Deadlift**

<b>Lifter</b>	<b>Bwt</b>	<b>Age</b>	<b>Pull Press</b>	<b>Cont Belt</b>	<b>Stiff Leg D/L</b>	<b>Total</b>	<b>Amend</b>
Beata Banas	72.5	36	57.5	100	100.5	257.5	208.7
Steve Andrews	67.2	62	83.0	133.0	135	350	276.9
Paul Barette	74.0	46	72.5	145	115	332.5	214.1
Steve Sherwood	78.7	70	50	130.5	141	320	245.1
Brandon Hazell Hyland	82.2	20	60	105	110	275	154.7
Gary Ell	90.2	51	70	120	150	340	201.5
Mark Haydock	109.5	47	132.5	180	217.5	530	278.0
Richard Metcalf	110.5	37	87.5	192.5	152.5	432.5	206.3
Anthony Parker	121.9	30	90	145	195	430	194.5

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

Beata Banas Pullover & Press 60 k – Steve Andrews Cont. to Belt 137.5 k – Richard Metcalf Cont. to Belt 200 k

### **Officials:**

MC/ Recorder: Steve Gardner Assistant Recorder/Records: Chris Bass Drug Testing: Gary Ell

Referees: Mark Haydock, Steve Sherwood, Karen Gardner, Paul Barette, Paul Barette, Gary Ell

### **Best Lifters:**

Best Female and Best Open Lifter: Beata Banas

Best Masters Lifter: Mark Haydock

### **The Overall Champion of Champions ..... for the Health and Strength Trophy:**

Winner: Mark Haydock 278.0

Second: Steve Andrews 276.9

Third: Steve Sherwood 245.1

Another great event for IAWA(UK) not huge in entry numbers, but stacked with quality. Great performances by all involved with lots of records falling by the wayside. A huge thanks to Chris Bass for putting on the event, and thank you also to all the lifters and those who loaded and refereed, all the eager help and involvement made the day run smoothly. Well done to Mark Haydock for retaining the Health and Strength Trophy after a close battle with Steve Andrews, and well done to new lifter Anthony Parker making his debut on the platform today. Well done again everybody and we look forward to our up and coming events: The British Olympics and the British Single Arm.