

IAWA British Grip January 28th 2023, Hoghton Barbell, Preston

Overall Best Lifters

Name	BW (KG)	Lynch	Age	Age %	Age Class	Weight Class	1H 2" Barbell Deadlift	Dumbbell Walk	2" Barbell Clean & Jerk	2H 2" Barbell Deadlift	Total KG	Total Points Ammended
Matt Wells	73.6	0.9870	42	3	O 40+	75	60R ^{BR}	40L ▲●	80 ^{BR}	130	310	315.14
Tom Cunningham	94.7	0.8725	33	0	O	95	85R	55R	70	200	410	357.72
Dean Kent	93.0	0.8813	36	0	O	95	55R	40R	85	210 ●, 220 4 th ●	390	343.70
Gary Ell	90.8	0.8931	52	13	O 50+	95	52.5R ▲	40.5L ▲●	50 ▲	170 ▲	312.5	315.37
Mark Haydock	113.2	0.7942	47	8	O 45+	115	80L ▲●	60R ▲●	102.5 ▲	290 ▲	532.5	456.74
Matt Jones	140.0	0.7163	27	0	O	125+	70R	45R	100 ^{BR}	240	455	325.91
Anthony Parker	135.0	0.7286	30	0	O	125+	75R	50R	90	220	435	316.94
Richard Caine	131.9	0.7367	39	0	O	125+	70R	47.5R 53 4 th BR	80	210	407.5	300.20

Open 1st Mark Haydock

2nd Tom Cunningham

3Rd Dean Kent

Masters 1st Mark Haydock

2nd Gary Ell

3rd Matt Wells

Overall 1st Mark Haydock

2nd Tom Cunningham

3rd Dean Kent

▲ = World Masters record; ● = World Open record; British record = ^{BR}