



## Old Time Strongman Postal - 09 December 2023 - JCB Academy, Rocester, England

Old Time Strongman Postal		
Hackenschmidt Floor Press	Dumbbell to Shoulder	Shanks Lift

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend2	Lift 3	Amend3	Total	Lynch	Amended
Mark Haydock	M	48	9	45+	108.2	110KG	130	130.00	95	95.00	402.5▲●	402.50	627.50	0.8128	555.93
Joshua Davidson	M	33	0	Open	109.2	110KG	155	155.00	120	120.00	350	350.00	625.00	0.8089	505.59
Steve Andrews	M	64	25	60+	64.9	65KG	87.5	87.50	55	55.00	219.5▲●	219.50	362.00	1.0994	497.49
Jamie Oates	M	38	0	Open	107.3	110KG	130	130.00	120	120.00	350	350.00	600.00	0.8163	489.79
Sam Bonar	M	29	0	Open	88.0	90KG	110	110.00	90	90.00	332.5	332.50	532.50	0.9091	484.08
Matt Jones	M	28	0	Open	142.5	125+KG	140	140.00	150	150.00	385●	385.00	675.00	0.7104	479.52
Paul Barette	M	47	8	45+	74.7	75KG	80	80.00	65	65.00	271.25	271.25	416.25	1.0025	450.68
Paul Hallam	M	44	5	40+	98.5	100KG	105	105.00	90	90.00	297.5▲	297.50	492.50	0.8540	441.65
Gary Ell	M	52	13	50+	89.4	90KG	90	90.00	70	70.00	271.25▲	271.25	431.25	0.9010	439.05
Antony Parker	M	31	0	Open	117.5	120KG	97.5	97.50	110	110.00	332.5●	332.50	540.00	0.7795	420.92
James Gardner	M	39	0	Open	102.7	105KG	110	110.00	90	90.00	297.5●	297.50	497.50	0.8352	415.53
James Rutter	M	15	15	14-15	84.9	85KG	100	100.00	70	70.00	192.5▲	192.50	362.50	0.9280	386.87
Gary Redfern-Smith	M	50	11	50+	107.5	110KG	110	110.00	70	70.00	175▲	175.00	355.00	0.8155	321.36
Graham Saxton	M	61	22	60+	115.5	120KG	75	75.00	40	40.00	210▲	210.00	325.00	0.7862	311.74
Mollie Redfern-Smith	F	16	43	16-17	62.0	65KG	40	40.00	30	30.00	78.75▲	78.75	148.75	1.1352	241.47

**Successful 4th Attempts: Shanks Lift - Mark Haydock 420kg▲●, Paul Hallam 306.25kg▲**

● = World Open Record ▲ = Master/Junior World Record

UK Promoter - Steve Gardner MC/Announcer - Steve Gardner

Scoring - Paul Barette

Venue/Facilities - James Gardner

Referees - Mark Haydock, Gary Ell, Steve Andrews, Graham Saxton, Paul Barette

Loaders - The Lifters

**Top 3 (on amended points- for the UK Competitors) 1st - Mark Haydock, 2nd - Joshua Davidson, 3rd - Steve Andrews**

**Report by Steve Gardner:**

It was a brilliant day at the Old Time Strongman World Championship today at JCB in Staffordshire.....we had 15 lifters who made it onto the platform, whilst lifters were also lifting today in Kentucky USA and Perth Australia. If you have seen the photos you will know that the lifters had to perform the HACKENSCHMIDT Floor Press, the Dumbell to the Shoulder lift and the Dinnie's ( Shanks lift)

We were sad to lose a couple of lifters who could not make it in the end but the 15 did a magnificent job. Everyone lifted out of their skin, a couple of highlights were Matt Jones 150 k Dumbell to Shoulder and Mark Haydock's 420 k Dinnie (Shanks lift) ..... 6 lifters lifted the weight of the Dinnie's and above!

Big thanks to James Gardner for supplying the venue and thanks to all who travelled to be there. Overall Winner on the day was Mark Haydock with 555 points, second was Josh Davidson with 505 points, and third was Steve Andrews with 497 points.

We now wait to hear the results from the other Countries to see how we did.... Well done everyone... a super special day!