

The IAWA (UK) British Grip Lifting Championships – 27th January at Salmesbury near Preston

Lift 1 = One Hand 2" Vertical Bar **Lift 2** = (Opp) One Hand 2" D/bell D/lift **Lift 3** = Two Barbells D/lift

Name	Bwt	Class	Age	Div	Lift 1	Lift 2	Lift 3	Total	Amend
Emily Haydock	41.1	45	13	J13+U	30R▲	20L▲	50▲	100	267.5
Mollie Redfern Smith	63.0	65	16	J16-17	40R▲	---	---	40	64.2
Claire Nolan	99.9	100	41	FM40+	55L▲	52.5R▲●	160▲●	267.5	306.9
James Rutter	85.5	90	16	J16-17	60R▲	47.5L▲	160 ^{BR}	327.5	332.9
Gary Ell	90	90	53	M50+	90R ^{BR}	67.5L▲	180▲	337.5	345.3
Paul Hallam	99.6	100	45	M45+	77.5R▲	75L▲	200 ^{BR}	352.5	317.2
Steve Moss	99.5	100	41	M40+	85R▲	75L▲	150▲	310	268.5
Josh Davidson	109.5	110	33	Open	90L	80R	260	430	347.3
Jamie Oates	107.5	110	39	Open	100R ^{BR}	105L●	260	465	379.2
Gary Redfern Smith	108.4	110	50	M50+	70R ^{BR}	47.5L ^{BR}	120 ^{BR}	237.5	214.0
Mark Haydock	110.1	115	48	M45+	103R▲●	82.5L▲●	320▲●	505	443.4
Antony Parker	117.3	120	31	Open	95R	80L●	260●	435	339.3
Graham Saxton	116.1	120	61	M60+	65R ^{BR}	55L▲	170▲	290	277.4
Matt Jones	147.4	125+	28	Open	90L	80R	260●	430	300.7

Successful 4th Attempts:

2" O/H Vertical Bar: Gary Redfern Smith 75R^{BR} – Gary Ell 92.5R^{BR} – Paul Hallam 80R ▲

2" O/H Dumbbell Deadlift: Claire Nolan 55R▲● – Gary Redfern Smith 50L^{BR} – Graham Saxton 60L▲ – Jamie Oates 110L●

Announcer: Steve Gardner **Scorer:** Sam Haydock

Referees: Steve Sherwood, Gary Ell, Mark Haydock, Graham Saxton, Steve Gardner

Best Lifter Awards:

Best Junior – James Rutter

Best Female – Claire Nolan

Best Male- Mark Haydock

Best Overall (Champion of Champions) 1st Mark Haydock 2nd Jamie Oates 3rd Josh Davidson

The IAWA (UK) British Olympic Lifting Championship – 27th January at Salmesbury near Preston

Lift 1 – 2 Hands Press **Lift 2** = Two Hands Snatch **Lift 3** = Two Hands Clean and Jerk

Name	Bwt	Class	Age	Div	Lift 1	Lift 2	Lift 3	Total	Amend
Emily Haydock	Same Details as per GRIP				17.5 ^{BR}	---	20▲	37.5	107
Mollie Redfern Smith					---	30▲	30▲	60	96.3
Claire Nolan					40	---	---	40	---

James Rutter	55 ^{BR}	45	55	155	157.5
Paul Hallam	60	60	85	205	184.4
Steve Moss	62.5	52.5	70	185	160.2
Josh Davidson	85	80	110	275	222.1
Jamie Oates	80	50	80	210	171.2
Gary Redfern Smith	65	55	72.5	192.5	173.8
Mark Haydock	90 ^{BR}	72.5 ^{BR}	100▲	262.5	230.4
Antony Parker	60	40	80	180	140.4
Graham Saxton	35▲	25▲	40▲	100	95.6
Matt Jones	110	80	120	310	216.8

Successful 4th Attempts: Emily Haydock - Clean and Jerk 22.5k▲

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

Announcer: Steve Gardner **Scorer:** Sam Haydock

Referees: Steve Sherwood, Gary Ell, Mark Haydock, Graham Saxton, Steve Gardner

Best Lifter Awards:

Best Junior – James Rutter

Best Female – Emily Haydock

Best Male – Mark Haydock

Best Overall (for the De Yoxall Trophy) 1st Mark Haydock 2nd Josh Davidson 3rd Matt Jones

A few words about the event: One minutes silence was held for Frank Allen. Fourteen lifters managed to make it onto the platform to lift on the day and a super competition it was. Big thanks to Mark and Sam Haydock for hosting the event, as they have done for many years now. Thank you to the officials (some had travelled there just to help with the reffing on the day. Thanks to all those who helped with the loading, helping us to keep the day going. The Grip competition was held first, and then after a short lunch break we held the Olympic lifting event.

The lifting was really top class and many records were broken and 4th attempts taken. Emily Haydock was a pocket rocket, a very strong young lady for ten. Mollie Redfern Smith continues to gain experience as she gets a bit older now (an ancient 16 lol!), we were lucky to have Claire Nolan lifting in her first IAWA competition, a lady with a lot of ability. James Rutter showed why he was voted the best Junior performer for 2023 as he continues to learn, and shows great strength. Gary Redfern Smith had some great moments showing good pressing power, and big Graham Saxton did well as usual taking a few records. Paul Hallam lifted well and is always a great help in the loading department. Steve Moss enjoyed his lifting back on the platform after a while, showing good technique. Josh Davidson lifted exceptionally well as he always does pulling off some great lifts. Jamie Oates was dazzling in the Grip comp, very strong, and was game enough to have a go at the Olympics despite never having tried before (a real winners attitude). Mark Haydock was his usual exceptional self, lots of power, lots of technique and lots of energy, supporting and helping everyone on the platform. Antony Parker continues to grow in stature, demonstrating good strength and lift application. Big Matt Jones was really explosive, and all over the lifts, putting on a great performance. During the day Trainee Refs: Ray Dews, Matt Jones and Paul Hallam, all had plenty of refereeing tuition as they continue their training on the path to becoming qualified officials. Another great day for IAWA(UK)!