

# IAWA GOLD CUP WORLD RECORD BREAKERS - BELFAST, NORTHERN IRELAND 2022

At the Crumlin Road Gaol Visitor Attraction Saturday 4<sup>th</sup> November - Promoters: Stevie Shanks and Steve Gardner

## RESULTS - GOLD CUP LIFTS:

Name	B/WT	AGE	LIFT	AMOUNT	
<b>TEAM LIFT:</b> A record in M40+ and Open Division - 125+ class					
Steve Gardner	ENG	134.4	66	Two Man One Hand Deadlift (R/H) with Paul Hallam	200 kilos} ▲●
Paul Hallam	ENG	97.3	43	Two Man One Hand Deadlift (R/H) with Steve Gardner	200 kilos}
<b>TEAM LIFT:</b> A record in the Open Division -55kilo class					
Phoebe Ames	ENG	50.8	12	Two Person Deadlift with Hannah Ames	130 kilos} ▲●
Hannah Ames	ENG	54.3	42	Two Person Deadlift with Phoebe Ames	130 kilos}
Denny Habecker	USA	83.3	80	Power Row	70 kilos▲
Timo Luttamus	FIN	83.2	43	Middle Fingers Deadlift	174 kilos▲●
Brandon H-Hyland	ENG	82.9	20	Domaal Squat (R/H)	27.6 kilos●
Stevie Shanks	N/IRE	72.1	59	Dumbbells Deadlift	187 kilos▲
Rich Metcalf	ENG	114.5	37	Reflex Clean and Push Press	102.5 kilos●
Al Myers	USA	104.1	56	2 Hands Thumbless Deadlift	170 kilos▲
Gary Ell	ENG	89.0	51	1 Inch Vertical Bar Lift (R/H)	130 kilos▲
Max Ell	ENG	48.8	25	Hacklift	100 kilos●
Chad Ullom	USA	98.1	50	Shanks Lift	332.5 kilos▲

## The Howard Prectel Award (Founder of the IAWA Gold Cup in 1991)

Winner of the Howard Prectel Award for the best lift of the event - after amendment using: Body Weight, Age, and

Blindt Formulas: **Chad Ullom - USA - Shanks Lift of 332.5 kilos SCORING 121.5 Points**

(Second Place: Timo Luttamus of Finland 121.1 points - Third Place: Stevie Shanks of Northern Ireland 110.3 points)

**Announcer:** Steve Gardner **Referees:** Stevie Shanks, Al Myers, Chad Ullom, Denny Habecker **Drug Testing:** Gary Ell

## Second Choice Lifts: Lifted for after the Gold Cup Lifting concluded

Paul Hallam	Right Hand Barbell Bent Press (strict)	25k▲●
Phoebe Ames	One Hand Dumbbell Dealift (L/H)	25k▲●
Denny Habecker	Good Morning Lift	50k▲
Timo Luttamus	One Hand Fulton Deadlift (L/H)	140k▲●
Brandon Hazell-Hyland	Straddle Deadlift Ring Fingers	41.5k●
Stevie Shanks	Middle Fingers Straddle Deadlift	85k▲●
Rich Metcalf	Jerk From Rack Behind Neck	132.5k●
Gary Ell	Shanks Lift	262.5k▲●
Max Ell	Bench Press Feet in Air	40k●

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

## A few words about the event:

It was the 30<sup>th</sup> IAWA Gold Cup, and what an event it was. Well done to Stevie Shanks for getting a great and most unusual venue: The Crumlin Road Gaol – Visitor Attraction in Belfast. Big appreciation to his awesome Helper : Simon. The lifts were all just fantastic, and it was great to have representation from Finland, England, USA and Northern Ireland. Some new lifters alongside seasoned International Champions made for a great day in a great atmosphere. It was nice to see Phoebe and Hannah lift together as the first Mother Daughter team on record. Well done to Chad for taking the Howard Prectel Award, just ahead of Timo (just...) **The Presentation of Awards was followed by a very special Induction to the IAWA (UK) Hall of Fame as Gary Ell became the 25<sup>th</sup> member of the elite club receiving his award from Steve Gardner. This well-deserved award , brought a magical day to an end!**