

IAWA POSTAL LEAGUE, LEG 1, by end of JANUARY 2025

Referees in attendance: Glenn Branch, Suzie Richards, Steve Brooker, (Observing/training referee Michael Perry)

### RECORD BREAKER LIFTS

- Sam Lee, 23/08/84 (40), 100.2kg, 2 referees for all lifts
  - 2" Bar Hacklift (F25), 170.3kg ▲
- Michael Perry, 05/07/65 (59), 75.7kg Bodyweight, 2 referees for all lift
  - Hands Together Bench Press (B36), 90kg ▲
  - Thumbless Deadlift (C4), Left Hand, 75kg ▲
  - Thumbless Deadlift (C4), Right Hand, 85kg ▲●
  - One Hand Ciavattone Deadlift (C14), Left Hand, 80kg ▲
  - Stiff Leg Deadlift (C3), 170kg ▲
  - Straddle Index Fingers (C20), 70kg ▲
  - Straddle Little Fingers (C21), 50kg ▲●
  - Straddle Ring Fingers (C23), 65kg ▲●

### RECORD BREAKERS 27/12/24

(Referees: Glenn Branch & Suzie Richards)

- Michael Perry, 05/07/65 (59), 75.8kg Bodyweight, 2 referees for all lifts
  - 2 Hand Fulton 2" Rod DBs Deadlift (G20), 133.8kg ▲
  - 1 Hand Fulton 2" Rod DB Deadlift (G10), Left Hand, 66.9kg ▲
  - 2 Hands DB Deadlift (G5), 172.4kg ▲
  - 1 Hand DB Deadlift (G9), Right Hand, 96.2kg ▲
  - Reverse Rim Lift (E34), 100kg ▲●
  - Wrestler Bridge Pullover & Press (B42), 57.5kg ▲●
  - Middle Fingers Deadlift (C5), 85.8kg ▲
  - Index Fingers Deadlift (C17), 60.3kg ▲
  - Little Fingers Deadlift (C18), 40.3kg ▲
  - Ring Fingers Deadlift (C19), 50.3kg ▲

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