

IAWA's Deadliest Duo Postal Competition 2005

A two man team lifting Challenge for the 'Presidents Cup'

Organised by Steve Gardner - IAWA President

Lifts of the competition : The Two Man Clean and Jerk - The Two Man Deadlift
Results

Ladies

1st	Karen Gardner and Mandy Hughes	Ladies Open	70k Class	
C+Jerk	70 D/Lift 200	Total 270	Ammended	440.0
2nd	Mel Laban and Karen Gardner	L/ Masters 40+	100k Class	
	70 220	290		388.0

Juniors

1st	Justin Achenbach and Joshua Monk	Juniors 16/17	75k Class	
C+Jerk	127.5 D/Lift 295	Total 422.5	Ammended	508.0
2nd	Kyle and Justin Achenbach	Juniors 16/17	70k Class	
	110 295	405		491.7
3rd	Joshua Monk and Kyle Achenbach	Juniors 16/17	75k Class	
	136.5 272.5	409		458.4
4th	Steven Beck and Joshua Monk	Juniors 16/17	85k Class	
	75 247.5	322.5		382.8

Male / Female Mixed Teams

1st	Colin and Mandy Hughes	Open	120k Class	
C+Jerk	100 D/Lift 250	Total 350	Ammended	456.6
2nd	Karen Gardner and Andy Goddard	Masters 45+	70k Class	
	75 210	285		385.9
3rd	Andy Goddard and Mel Laban	Masters 40+	100k Class	
	80 240	320		384.9
4th	Julia Taylor and Greg Biggs	Masters 40+	65k Class	
	70 175	245		352.3

Masters (Men)

1st	Andy Goddard and Steve Andrews	Masters 45+	70k Class	
C+Jerk	130 D/Lift 330	Total 460	Ammended	547.1

Open Division (Men)

1st	James Gardner and Steve Laban	Open	85k Class	
C+Jerk	175 D/Lift 380	Total 555	Ammended	518.1
2nd	John Monk and Justin Achenbach	Open	75k Class	
	125 299.5	424.5		502.5
3rd	Denny Habecker and Justin Achenbach	Open	90k Class	
	120 272.5	392.5		479.3

Open Division (Men) Continued....

4th	John and Joshua Monk	Open	75k Class	
C+Jerk	141.5 D/Lift 295	Total 436.5	Ammended	475.9
5th	Denny Habecker and John Monk	Open	90k Class	
	120 295	415		460.5
6th	Graham Saxton and Steve Laban	Open	110k Class	
	140 360	500		454.7
7th	Ian Murphy and James Gardner	Open	105k Class	
	160 350	510		452.3
8th	Steve Laban and Ian Murphy	Open	105k Class	
	150 340	490		435.5

9th	Steve Beck and Denny Habecker		Open		90k Class	
	100	258	358			431.6
10th	Mark Shaw and Jason Reed		Open		80k Class	
	110	300	410			413.1
11th	Graham Saxton and Ian Murphy		Open		110k Class	
	130	340	470			405.5
12th	Craig Biggs and James Taylor		Open		90k Class	
	100	225	325			334.1

Overall Winners Honours Board

Best Open (Senior) Team Winners - James Gardner and Steve Laban

Best Ladies Team Winners - Karen Gardner and Mandy Hughes

Best Junior Team Winners - Justin Achenbach and Joshua Monk

Best Masters Team Winners - Andy Goddard and Steve Andrews

Best Mixed (Male + Female) Team Winners - Colin and Mandy Hughes

Overall Champions of Champions

First - Andy Goddard and Steve Andrews 547.1

Second - James Gardner and Steve Laban 518.1

Third - Justin Achenbach and Joshua Monk 508.0

A word from the Promoter

Twenty three teams were entered into the competition, and looking at the results there were some very fine performances. An interesting competition in so much as the two man deadlift is a real power event, but the two man Clean and Jerk is really difficult to perform. It is hard to single teams out but it has to be said that the top three teams in the overall Champions list were awesome! (the mixed team winners are a father /daughter combination, and Mandy is only 13 years old) Well done and thank you to everyone who took part, entries were received from England, USA and Australia. Watch out, I may do it again next year and I am thinking of the Two Man Straddle Lift and the Two Man Clean and Press.

Best Wishes - Steve Gardner