

# IAWA (UK) BRITISH FINGER LIFTING CHAMPIONSHIPS

At The Powerhouse Gym, Burton. Staffordshire On Saturday 13<sup>th</sup> May 2006  
Joint Promoters - Barry Anderson and Steve Gardner

The Lifts : *Index Finger Lift – Middle Fingers Clean and Press – Ring Finger Lift and  
Little Fingers Deadlift*

NOTE : All attempts on Index and Ring Finger Lifts were Right Hand except : All attempts by Mandy Hughes (left)  
All attempts by Mark Shaw (left) and Frank Allen on the Ring Finger only (left)

Lifter	Bwt	Class	Age	Div	Index Fing	Mid Fings C+Press	Ring Fing	Lit Fings D/Lift	Total	Amm
Mandy Hughes	65.0	65	14	J14-15	40	32.5	45	35	152.5	<b>256.2</b>
Karen Gardner	72.4	75	47	M45+	42.5	27.5	40	32.5	142.5	<b>211.2</b>
Elliot Laban	59.2	60	13	J13+U	45	25	42.5	30	142.5	<b>209.0</b>
Scott Paggett	102.3	105	16	J16-17	60	60	65	60	245	<b>225.5</b>
Andy Goddard	65.0	65	46	M45+	53	35	53	40	181	<b>220.6</b>
Mark Shaw	79.2	80	45	M45+	60	35	75	52.5	222.5	<b>234.2</b>
Jason Reed	79.1	80	25	Open	50	40	82.5	30	202.5	<b>195.9</b>
Frank Allen	84.8	85	64	M60+	65	35	50	25	175	<b>209.6</b>
Peter Cokayne	94.8	95	35	Open	75	42.5	80	60	257.5	<b>224.5</b>
Barry Anderson	93.0	95	70	M70+	90	37.5	82.5	60	270	<b>333.1</b>
Ian Murphy	104.0	105	34	Open	100	55	100	62.5	317.5	<b>263.4</b>
Colin Hughes	114.6	115	43	M40+	80	40	75	40	235	<b>200.3</b>
Steve Gardner	149.2	125+	49	M45+	100	60	85	60	305	<b>242.7</b>

## 4<sup>th</sup> Attempts :

**Mandy Hughes** – Index 45k Mid Fings C+Press 35k Ring 50k Lit Fings D/Lift 37.5k

**Scott Paggett** – Index 70k Ring 70k Lit Fings D/Lift 75k

**Ian Murphy** – Lit Fings D/Lift 76k **Steve Gardner** – Ring Finger 90k

**Mc / Recorder :** Steve Gardner **Referees :** Andy Goddard Karen Gardner Ian Murphy  
Steve Gardner Mark Shaw Frank Allen

**Overall Best Lifter :** 1<sup>st</sup> Barry Anderson 2<sup>nd</sup> Ian Murphy 3<sup>rd</sup> Mandy Hughes  
4<sup>th</sup> Steve Gardner 5<sup>th</sup> Mark Shaw

## A few words about the event:

Thirteen lifters weighed in for the contest, an even mix of new and experienced lifters with Scott Paggett lifting in his first competition. There was some excellent lifting and several new records were set. The Juniors all lifted well, Mandy did well to finish in third place overall, and Scott in his first competition looked very natural. Co promoter and finger lifting supreme Barry Anderson showed everyone the way home though to take the best overall lifter title at 70 years of age, Ian Murphy finished second overall with a good performance. These results will also be used to score a postal match with a USA team, but I will not be able to publish the result until I get the USA results.