

IAWA (UK) 2" Bar Grip Championships

Saturday 14th April – Powerhouse Gym, Burton on Trent

The lifts contested were : The One Hand Vertical 2" Bar Lift, The One Hand Fulton Deadlift and The Two Hands 2" Bar Deadlift

Note : All One Hand lifts are with Right Hand unless marked L for Left

Name	Bwt	Cl	Age	Div	O/H Vert 2"	O/H Fulton	2 Hand 2"	Tot	Amm
Mandy Hughes	75.9	80	15	J14/15	52.5 L	40	L 110	202.5	297.4
Karen Gardner	70.7	75	48	M45+	45		47.5	95	187.5 284.2
Andy Goddard	64.8	65	47	M45+	62.5		45 L	155	262.5 323.2
Mark Shaw	76.8	80	46	M45+	75		55 L	120	250 273.4
John Eccleshall	79.9	80	21	Open	80		70	150	300 288.5
Jason Reed	82.5	85	26	Open	60		50	155	265 250.1
Frank Allen	85.3	90	65	M65+	60	L	57.5	165	282.5 339.8
James Gardner	89.8	90	23	Open	87.5		85	202.5	375 337.0
Jim Mills	104.9	105	36	Open	90		67.5 L	200	357.5 298.2
Scott Paggett	107.0	110	17	J16/17	70		55	135	260 223.1
Colin Hughes	116.8	120	44	M40+	65		60	170	295 251.3
John Gardner	123.9	125	24	Open	70		82.5	200	352.5 267.6

Successful 4th Attempts

O/H Vertical 2" Bar = Mandy Hughes 55 Frank Allen 67.5 Scott Paggett 75

O/H Fulton = John Eccleshall 74.0 James Gardner 90

2/H Deadlift 2" Bar = Mandy Hughes 115 Scott Paggett 142.5

Recorder and MC = Steve Gardner

Referees : Frank Allen Mark Shaw Karen Gardner Andy Goddard John Gardner Jason Reed

Note: James Gardner was not able to be at the competition despite training for it and entering, so he lifted at the Powerhouse Gym at 7pm on Wednesday 11th April, before three duly appointed Officials.

Overall Standings

The top five lifters in reverse order were:

5th Mandy Hughes, 4th Jim Mills, 3rd Andy Goddard, 2nd James Gardner, 1st Frank Allen

This was the first 2 inch bar competition run by IAWA(UK) and it proved to be a great event. The competition was the brainchild of Steve Angell, who in the event was unable to compete due to a combination of personal injury and also a bereavement in the family, we wish Steve a speedy recovery and our thoughts are with the family. The competition started at 12pm and finished at 3pm at which point the presentation of awards and certificates was made before everyone left to enjoy the rest of the sunshine. As to the lifting itself, there were some very fine performances, Mandy and Scott picking up Junior Records along the way, Frank Allen was solid as ever to edge ahead of James Gardner's total for the overall best lifter. It was nice to see John Eccleshall break his first IAWA record in the one hand Fulton and John Gardner broke Kevin Fulton's record for the right hand Fulton lift named after his very self! A good total was also posted by Derbyshire's Jim Mills