

IAWA (UK) 2008 British All Round Weightlifting Championships
Saturday 14th June – Haven Gym, Grimsby

Name	B/wt	Class	Age	Div	Alt Grip	Pullover	Straddle	Total	Amend
					C+Press	& Push	D/Lift		
Karen Gardner	69.8	70	49	LM45+	27.5	45	85	157.5	407.2
Andy Goddard	64.9	65	49	M45+	47.5	80	165	292.5	609.5
Steve Andrews	69.2	70	48	M45+	65	112.5	170	347.5	704.2
Gerry Davidson	70.5	75	71	M70+	55	92.5	155	302.5	756.4
Dave Morton	75.2	80	49	M45+	50	90	130	270	522.9
Jonny Eccleshall	76.1	80	23	Open	50	87.5	165	302.5	500.5
James Gardner	87.4	90	24	Open	57.5	120	200	377.5	572.3
John Kavanagh	90.4	95	20	Open	67.5	110	180	357.5	544.6
Tom Rowbotham	91.7	95	45	M45+	50	70	155	275	451.6
Phillipe Crisp	102.3	105	38	Open	77.5	90	215	382.5	560.8
Colin Hughes	119.5	120	46	M45+	77.5	117.5	190	385	566.7
Dave Abblett	119.6	120	55	M55+	62.5	95	150	307.5	490.0

Successful 4th Attempt: Colin Hughes – Straddle Deadlift 200.5

MC: Steve Gardner **Recorders:** Steve Gardner Chris Bass

Referees: Pete Ready Nev Brumby Clive Nevis

Loaders: John Watson and Dave Abblett

Overall Best Lifter Award – The Health and Strength Trophy

1st Gerry Davidson

2nd Steve Andrews

3rd Andy Goddard

4th James Gardner

A few words from the IAWA(UK) President

With so many of the potential entry field of lifters either injured, ill, working, holidaying or otherwise disposed, this years competition saw only 12 lifters make it onto the scales. However, small but perfectly formed was a phrase that suited the day, as the lifting was performed in a very smooth fashion and at a very good standard too! This years all round championships venue had already been changed some while earlier after the original Promoter: Frank Allen, had to cancel the event due to a clash with his hip operation (by the way Frank hope you are doing well and on the road to recovery). All thanks to the Haven Gym who put on a good competition, under the direction of Pete Ready and Nev Brumby.

A new lifter travelled up from Eastbourne to compete and Phillipe Crisp gave a good account of himself, we hope to see a lot more of him in the future. Colin Hughes continues to improve, and it was nice to see Dave Abblett back on the platform. Young John Kavanagh was as strong as ever, and fine performances were turned in by all, including Andy Goddard and Steve Andrews who both finished in the top three of the ‘overall best lifter standings’ Good as they all were, no one could stop Gerry Davidson from romping away to victory again to retain the ‘Health and Strength Trophy’ as the best overall lifter with age and bodyweight amended.