

**IAWA GOLD CUP 2008 – 8<sup>th</sup> November Lebanon PA U.S.A**

**GOLD CUP LIFTS**

<b>Name</b>	<b>Age</b>	<b>Bwt</b>	<b>Div</b>	<b>Class</b>	<b>Lift</b>	
Elizabeth Monk	12	43.0	LJ13+U	45	THs D/Bells D/Lift	81.6
Andora Quinby	90	53.7	LM90+	55	Deadlift	45.5
Frank Ciavattone 3 <sup>rd</sup>	14	78.4	J14/15	80	OH 2 inch Vert Bar (R)	40.0
Joseph Ciavattone	15	87.7	J14/15	90	Deadlift	182.5
John Monk	43	78.5	M40+	80	THs Anyhow D/B + B/B	102.0
Joe Ciavattone	40	108.0	M40+	110	Alt Grip B/Press	120.0
Barry Bryan	50	84.1	M50+	85	Bench Press	135.0
Frank Ciavattone	53	117.0	M50+	120	OH 2 inch Vert Bar (R)	80.0
Steve Gardner	52	154.2	M50+	125+	Index Finger Lift (R)	92.5
Dennis Vandermark	55	93.8	M55+	95	OH D/Bell D/Lift (L)	80.0
Ed Schock	55	96.2	M55+	100	Mansfield Lift	110.0
Scott Schmidt	55	119.7	M55+	120	Clean + Push Press	110.0
Dale Friesz	68	82.0	M65+	85	Ring Fingers Deadlift	85.0
John Joy	67	86.6	M65+	90	Abd. Raise Reps x 70	31.5
Denny Habecker	66	86.6	M65+	90	Arthur Lift	70.0
John Vernacchio	71	79.8	M70+	80	OH D/Bell D/Lift (L)	52.5
Bruce Spiegelberg	73	94.5	M70+	95	Rev Grip Bench Press	77.5
Dennis Mitchell	76	72.2	M75+	75	Ciavattone Deadlift	97.5
Art Montini	81	78.7	M80+	80	Straddle Deadlift	100.0

**MC / Recorder:** Steve Gardner      **Assistant Recorder:** Judy Habecker

**Referees:** Dick Durante Karen Gardner Dennis Mitchell Dennis Habecker Art Montini  
 Barry Bryan    **Loaders:** Don Brandt Terry Bartlet    **Promoter:** Denny Habecker

**Successful Extra Lifts**

Elizabeth Monk	Bench Dip	52.5
Andora Quinby	OH D/Bell D/Lift (R)	22.5      OH D/Bell D/Lift (L) 17.5
Frank Ciavattone 3 <sup>rd</sup>	OH 2 inch Vert Bar (L)	40.0
Joseph Ciavattone	Cont. Lift to Belt	112.5
John Monk	Kneeling Press	77.5
Joe Ciavattone	THs D/Bells D/Lift	182.5
Frank Ciavattone	OH 2 inch Vert Bar (L)	80.0
Ed Schock	OH Ciavattone D/L (R)	100.0    OH Ciavattone D/L (L) 100.0
Denny Habecker	OH Ciavattone D/L (R)	80.0
Bruce Spiegelberg	THs D/Bells D/Lift	130.0