

## IAWA(UK) 2005 Power Competition

Held on Saturday 23rd April - Held at The Powerhouse Gym, Burton on Trent

<b>Name</b>	<b>B/wt</b>	<b>Class</b>	<b>Age</b>	<b>Div.</b>	<b>Squat</b>	<b>Bench</b>	<b>D/lift</b>	<b>Total</b>	<b>Position</b>
Mandy Hughes	71.2	75	13	JL13+U	85	37.5	110	232.5	1st JL 75k
Karen Gardner	72.0	75	46	LM45+	70	42.5	100	212.5	1st LM 75k
Mel Laban	99.5	100	41	LM40+	100	52.5	147.5	300	1st LM 100k
Marc Howell	64.2	65	20	Open	80	57.5	150	287.5	2nd Open 65k
Andy Goddard	64.7	65	45	M45+	125	75	170	370	1st Op/45+ 65k
Steve andrews	69.3	70	45	M45+	155	90	187.5	432.5	1st Op/45+ 70k
Gerry Davidson	70.2	75	68	M65+	115	80	165	360	1st M65+ 75k
Karl Davidson	75.8	80	44	M40+	145	95	175	415	1st Op/40+80k
Jason Reed	79.9	80	24	Open	120	85	165	370	2nd Open 80k
Steve Laban	83.7	85	21	Open	130	80	185	395	1st Open 85k
Graham Saxton	108.7	110	43	M40+	190	105	220	515	1st Op/40+ 110
Ian Murphy	107.3	110	33	Open	155	80	180	415	2nd Open 110k
John Gardner	122.9	125	22	Open	160	100	220	480	1st Open 125k

### **Officials :**

**Recorder MC Promoter** - Steve Gardner

**Drug Control** (three tests carried out) - Frank Allen

**Referees** : G.Saxton J.Gardner I.Murphy A.Goddard G.Davidson S.Andrews  
G.Davidson K Gardner M.Shaw

All loading and catching was done by the lifters themselves

### **A word from the promoter :**

A very good afternoon was had by all, the lifting kicked off at 12 midday and we were all done and wrapped up by 4pm. Not one of the biggest competitions in terms of competitors, but the thirteen lifters who made it onto the platform did a great job of entertaining the small crowd. Some very fine lifting was witnessed with records being broken by Mandy Hughes and Mel Laban among others. As a promoter I was very pleased that everyone was prepared to get stuck in to help out. All of the lifters took it in turns to load and catch for each other, which of course helped the lifting go smooth and without a hitch, demonstrating one of the nice qualities about all round weightlifting, and this made me think that this is what IAWA(UK) is surely about, helping each other work towards a common goal of higher achievement in a pleasant atmosphere of encouragement and support. Well done to all who took part and helped out, I am sure that we all left the venue somewhat richer in the currency of human kindness.

**Steve Gardner**