

IAWA (UK) British Grip Championships

Saturday 12th April - Powerhouse Gym, Burton

The lifts performed were all 2 inch bar lifts: 1) One Hand Vertical Bar Lift
2) One Hand Fulton Dumbbell Dead lift 3) Two Hands Clean and Push Press

*All One Hand Lifts were done with the Right Hand unless marked L
T = Token attempt*

Lifter	b/wt	Age	Class	Div.	O/H Vert	O/H D/B D/L	T/Hs C+P/Press	Total
Heather Mansell	40.6	12	45	LJ13+U	27.5	17.5	27.5	72.5
Mandy Hughes 73.8	16	75	LJ16/17	60 L	40 L	50	150	
Mathew Mansell	58.0	13	60	J13+U	42.5	27.5	37.5	107.5
James Allen	78.9	14	80	J14/15	50	45	40	135
Josh Haydock	61.1	18	65	J18/19	60	45	42.5	147.5
Andy Goddard	64.9	48	65	M45+	60	50	60	170
Steve Andrews 70.0	48	70	M45+	72.5	55	80	207.5	
Gerry Davidson	70.8	71	75	M70+	45	50	62.5	157.5
Johnny Eccleshall	74.3	22	75	Open	80	72.5	57.5	210
Mark Shaw	75.6	47	80	M45+	60	60 L	30 T	150
Mark Brear	83.3	28	85	Open	90	77.5	95	262.5
James Gardner	88.8	24	90	Open	80	95	80	255
Tim Allcock	92.4	32	95	Open	80	60	100	240
Simon Mansell	103.1	47	105	M45+	72.5	55	90	217.5
Colin Hughes	118.8	45	120	M45+	60	55	82.5	197.5
Mark Haydock	129.5	33	125+	Open	87.5	80	125	292.5

Successful 4th Attempts:

O/H Vert 2 inch Bar Lift: Josh Haydock 70 Gerry Davidson 50

O/H Fulton Dumb Bell Dead Lift: Johnny Eccleshall 77.5 Colin Hughes 57.5

Two Hand 2 inch Bar Clean + Push Press: Josh Haydock 45 Andy Goddard 65 Steve Andrews 82.5

Best Female Lifter: Mandy Hughes **Best Male Junior Lifter:** Josh Haydock

Best Open Lifter: James Gardner **Best Master Lifter:** Steve Andrews

Grip Championships Overall Best Lifter: 1st = Steve Andrews **247.2 (Amended Scores)**

2nd = Mark Brear **246.3**

3rd = James Gardner **230.7**

Promoter and MC/Recorder: Steve Gardner

Referees : John Gardner Frank Allen Andy Goddard Karen Gardner Steve Andrews Mark Shaw

Loaders: James Gardner Colin Hughes Mandy Hughes James Allen

The IAWA (UK) British Grip Championships

This was the second year that we have held the 2 inch bar grip challenge competition and yet again it has proved a most popular affair, we had 16 lifters on the platform and could easily have had 20 plus if not for one or two injuries and work commitments. As promoter I would like to say thank you to all those who worked hard as officials and loaders, and a big thanks also to the lifters and spectators that made it a memorable afternoons lifting. The standard of lifting was very good, well done to Steve Andrews, Mark Brear and James Gardner for being the top three lifters on the day, but the others were never far behind. Most promising of all was to see so many good Junior lifters on the platform, they were all excellent, but a special mention for young Heather Mansell who showed great form, one to watch out for in the future I think.

Steve

Gardner