

# IAWA (UK) BRITISH POWERLIFTING

At The Powerhouse Gym, Burton. Staffordshire On Saturday 8<sup>th</sup> April 2006  
The Lifts : Squat Bench Press Deadlift

Lifter	Bwt	Class	Age	Div	SQ	BP	DL	Tot	Amm
Elliot Laban	57.0	60	13	J13+U	50	27.5	80	157.5	<b>237.7</b>
Mandy Hughes	65.2	70	14	J14-15	80	40	110	230	<b>385.6</b>
Karen Gardner	73.6	75	47	M45+	75	42.5	110	227.5	<b>333.8</b>
Mel Laban	102.0	105	42	M40+	105	60	150	315	<b>369.6</b>
Andy Goddard	66.0	70	45	M45+	120	77.5	175	372.5	<b>449.4</b>
Gerry Davidson	69.2	70	69	M65+	117.5	80	160	357.5	<b>519.4</b>
Karl Davidson	71.1	75	45	M45+	135	92.5	165	392.5	<b>446.6</b>
Peter Cokayne	91.6	95	35	Open	110	70	190	370	<b>328.8</b>
Tom Rowbotham	92.1	95	43	M40+	125	77.5	160	362.5	<b>346.9</b>
Graham Saxton	104.5	105	44	M40+	175	95	200	470	<b>423.9</b>
Ian Murphy	107.2	110	34	Open	155	80	175	410	<b>334.8</b>
Colin Hughes	113.2	115	43	M40+	160	90	185	435	<b>373.1</b>
Steve Gardner	150.1	125+	49	M45+	200	130	220	550	<b>436.7</b>

**4<sup>th</sup> Attempt** : Mandy Hughes – Deadlift 110k

**Mc / Recorder** : Steve Gardner **Referees** : Frank Allen Mark Shaw Chris Bass

**Overall Best Lifter** : 1<sup>st</sup> Gerry Davidson 2<sup>nd</sup> Andy Goddard 3<sup>rd</sup> Karl Davidson  
4<sup>th</sup> Steve Gardner 5<sup>th</sup> Graham Saxton

## A word from the Promoter

Thirteen lifters weighed in for the contest, an even mix of new and experienced lifters. Running the competition in two flights of 7 and 6, the whole event was over and done by 3pm. There was some excellent lifting, and with a bit of luck Karl will have taken some good shots with his digital camera, so keep your eyes on the website. Ten of the thirteen lifters were from the home club at Burton, with Elliot Laban lifting in his second competition, Peter Cokayne in his third and Colin Hughes in his fourth. At the other end of the scale there was Gerry and myself with far too many competitors to remember (if I told you how many competitions I have lifted in over the past 26 years, you would just say I don't look old enough) Ha Ha (Karen doesn't agree). There were some good records set and broken on the day, and the new lifters were all terrific, Elliot lifted well, Peter had a good deadlift, and Colin set new personal bests in the squat and deadlift. The three girls put up some fine performances too, though Mel Laban was wearing the biggest grin, she was smiling from ear to ear, having pulled off three personal bests and new records. Mandy Hughes put up the best amended total from the ladies, with Gerry Davidson taking the overall best amended lifter spot. Tom Rowbotham was the only lifter to get 9 good lifts from the 9 attempts. It was a very pleasant competition, all of the lifters loaded and acted as catchers for each other, and that spirit of friendliness and support is what IAWA is all about

**Steve Gardner**