

IAWA(UK) Powerlifting Championships

Saturday 11th April 2009

Held at the Powerhouse Gym, Burton on Trent

Lifter	Bwt	Class	Age	Div	Squat	Bench	Deadlift	Total	Amended	
GROUP ONE										
Josh Haydock	68.0	70	19	18-19	117.5	70	150	337.5	366.6	
Steve Andrews	69.1	70	49	M45+	150	90	172.5	412.5	495.6	
Jonny Eccleshall	77.5	80	23	Open	115	72.5	190	377.5	369.6	
Alex Rigbye	78.2	80	20	Open	150	107.5	200	457.5	445.8	
Gary Ell	79.5	80	38	Open	142.5	120	172.5	435	432.3	
Karl Birkinshaw	84.8	85	25	Open	95	60	160	315	292.5	
GROUP TWO										
John Kavanagh	90.8	95	21	Open	127.5	107.5	175	410	366.1	
James Gardner		92.8	95	25	Open	140	87.5	200	427.5	377.1
Phillipe Crisp	98.3	100	39	Open	220	140	220	580	499.2	
Chris Ward	104.5	105	35	Open	175	---	222.5	397.5	328.9	
Graham Alway	109.8	110	36	Open	160	140	180	480	391.0	
Graham Saxton	110.6	115	47	M45+	187.5	102.5	205	495	445.5	
Mark Haydock	123.5	125	34	Open	280	167.5	300	747.5	568.4	

Promoter / MC / Recorder : Steve Gardner
 Referees: Frank Allen, Chris Bass, Steve Gardner

The Top Three Amended Lifters Overall:

1 st	Mark Haydock	568.4 Points
2 nd	Phillipe Crisp	499.2
3 rd	Steve Andrews	495.6

Before the competition got underway, the whole assembly stood for one minutes silence as a mark of respect for the recently departed Andy Goddard.

This years IAWA(UK) powerlifting was a great event, with a mix of abilities across the board from Karl Birkinshaw in his first ever power competition, through to the well trained Mark Haydock who took a record in the squat and deadlift, also equalling the heaviest ever IAWA deadlift of 300 kilos.

The competition was held amid a nice atmosphere of encouragement and genuine excitement at good results. It was also unusual to have a competition that consisted of mainly open lifters. With only two master lifters on the platform, a refreshing change. That said, Graham and Steve both lifted very well representing the Masters division in style. Josh Haydock was the only junior in the competition, and he performed very well, though many of the open lifters were at the young end of the division, with a very good performance from 20 year old Alex Rigbye. All of the lifters were a credit to IAWA(UK) and when the event was over, everyone left with a great feeling of anticipation at the coming events this year for IAWA(UK).