

**IAWA (UK) Midlands (Open) All Round Weightlifting Championships
Saturday 19th March 2005 - The Haven Gym, Grimsby**

Name	Wt. Class	Age Div.	O/H Snatch	Cont. C+Jerk	Front Squat	Cheat Curl	Position
Mandy Hughes	75	J13+U	22.5	40.5	62.5	35	1st L/Jun 75k
Marc Howell	65	Op	37.5	60	80	60	1st Open 65k
Ritchie Hopper	70	J14/15	35	75	90	50	1st J14/15 70k
Andy Goddard	70	M45+	37.5	65	100	60	2nd M45+ 70k
Steve Andrews*	70	M45+	52.5	100	125	77.5	1st M45+ 70k
Lee Cook	75	Op	40	82.5	95	67.5	2nd Open 75k
Steve Sherwood*	75	M50+	50	90	110	80	1st M50+ 75k
Dave Moreton	75	M45+	40	75	87.5	55	1st M45+ 75k
Roger Davis	80	Op	55	112.5	150	70	1st Open 80k
Frank Allen	85	M60+	40	75	95	---	1st M60+ 85k
John Bates*	85	M40+	40	80	120	55	1st M40+ 85k
Martin Stanley	85	M40+	35	62.5	90	55	2nd M40+ 85k
Steve Laban	90	Op	50	90	110	70	2nd Open 90k
James Gardner	90	Op	50	90	110	65	3rd Open 90k
Tom Allsop*	90	M40+	60	110	122.5	75	1st M40+ 90k
Tom Rowbotham	95	M40+	35	60	87.5	55	1st M40+ 95k
Ian Collins	95	Op	50	120	135	75	1st Open 95k
Thilo Thauer(Germany)	105	M40+	50	105	140	85	1st M40+ 105k
Ian Miller*	110	M40+	45	95	130	80	1st M40+ 110k
Graham Saxton	110	M40+	40	90	125	60	2nd M40+ 110k
John Gardner	125	Op	57.5	100	115	82.5	1st Open 125k

* Denotes Open title as well as Masters Title

Successful 4th Attempts : Ritchie Hopper = F/Sq 100k and C/Curl 57.5k. Ian Miller = F/Sq 140k

MC + Technical Officer: Steve Gardner **Recorder:** Chris Bass **Drug Testing:** Frank Allen

Referees : P.Ready N.Brumby C.Withers S.Andrews S.Brooks A.Goddard

The 'Bill Jelley' Award for the Overall Best Open Lifter

3rd Tom Allsop 2nd Roger Davis 1st Steve Andrews

The 'Peter Ready' Award for the Overall Best Masters Lifter

3rd Tom Allsop 2nd Steve Sherwood 1st Steve Andrews

A few thoughts on the day:

It was a really good day, a nice gathering of people, a nice atmosphere and the result was 'a good start to the IAWA (UK) open competition year'. There were 21 lifters on the platform who competed in two groups, a ten and then an eleven. The competition started at 12 and was finished at 4.15pm, and that was amazing, considering there were four lifts to be contended by each group. A wonderful mix of ability was on view, from the most experienced of International Champions to first time lifters (of which there were several). It was nice to see Steve Sherwood make a triumphant return to the platform, just as if he was never away, It was also nice to have James Gardner taking part too, considering he has been away on teaching practice through his University and has not touched a bar since early December. Mandy Hughes and Ritchie Hopper both did a good job representing the Junior age divisions, and Thilo Thauer was our International guest lifter, over from Germany for the weekend. The standard of competition was very high right across the board, even the new lifters putting on a good show. Four drug tests were carried out. A big thanks for a good day, are due to the host club for all of their organising and hard work, especially to Mr and Mrs Pete Ready, John Watson, Chris Bass, Nev.Brumby and Roger Powell. What a good start to the year, this bodes very well for our future success!