

**The IAWA(UK) Midlands All Round Weightlifting Championships 2009
The Haven Gym, Grimsby - Saturday 14th March**

Lifter	Bwt	Class	Age	Div	Press on Knees	Front Squat	2" Bar D/Lift	Total
Mandy Hughes	71.5	75	17	J16-17	40	75.5	110.5	225.5
Steve Andrews	69.3	70	49	M45+	60	120	168	348.0
Stuart Brooks	68.1	70	37	Open	60	82.5	160	303.0
Nic Porter	70.1	75	24	Open	50	105	150.5	305.5
Gerry Davidson	70.4	75	72	M70+	57.5	87.5	130.5	275.5
Dave Morton	73.8	75	50	M50+	52.5	80	115.5	248.0
Jonny Eccleshall	78.2	80	23	Open	57.5	100	185.5	343.0
Steve Sherwood	80.4	85	57	M55+	70	127.5	200.5	398.0
Karl Birkinshaw	84.8	85	25	Open	42.5	65	145.5	253.0
Clive Nevis	91.0	95	70	M70+	45	110	155.5	310.5
John Kavanagh	90.7	95	21	Open	80	117.5	180.5	378.0
Graham Saxton	109.3	110	47	M45+	50	125	180.5	355.5
Rob Howe	122.2	125	44	M40+	70	100	273	443.0
Mark Haydock	122.7	125	34	Open	87.5	202.5	275.5	565.5

NOTE: The 2 inch Bar weighed 20.5 kilos

MC Recorder: Steve Gardner Assistant: Chris Bass

Referees: Frank Allen, Graham Saxton, Steve Sherwood, Clive Nevis, Steve Andrews,
Stuart Brooks, Gerry Davidson

Loaders: Chuck Withers, Nev Brumby

Drug Testing was carried out by Testing Officer: Frank Allen

The lifting was of a very good standard and kept everyones attention throughout, and there were several records broken during the afternoon. It was nice to see new lifters: Nic Porter and Karl Birkinshaw in action for their first major competition, and nice also to have Rob Howe back on the platform after many years. There were very good performances from Clive and Gerry at the most senior end of the age spectrum, with young Mandy representing female interests with a bag full of records too. Steve Sherwood was on great form and blew away the competition to take the 'Peter Ready Award' which is presented to the best overall Masters lifter, and Mark Haydock was awesome (pulling 290 kilos to his knees in the 2 inch Bar Deadlift) taking the 'Bill Jelley Award' which is presented to the Overall Best Open lifter.

Steve Gardner thanked the host Club for putting on the Championships, and Neville Brumby showed everyone the special award that is to be presented later to Peter Ready as a token of appreciation and a thank you for all of his help and input into All Round Weightlifting - none is more deserved!

The Peter Ready Award: Best Overall Masters Lifter	1st	Steve Sherwood
	2nd	Gerry Davidson
	3rd	Steve Andrews

The Bill Jelley Award: Best Open Lifter	1st	Mark Haydock
	2nd	Steve Sherwood
	3rd	Steve Andrews