

IAWA 2013 GOLD CUP – World Record Breakers Event

2nd November – Lebanon, Pennsylvania, USA – Promoter: Denny Habecker

Lifter	Bwt	Class	Age	Div	Gold Cup Lift	Second Lift	
Steve Gardner	ENG	146.9	125+	57	M55+	Middle finger Lift (R) 110.5k	
Denny Habecker	USA	85.8	90	71	M70+	O/H D/Bell Press (R) 36.3k	C+Seated Press 60k
Barry Bryan	USA	89.1	90	55	M55+	Alt Grip B/Press 105k	Rev Grip B/Press 107.5k
Laverne Myers	USA	113.6	115	69	M65+	Strict Curl 40k	O/H Fulton D/Lift (R) 80k
Karen Gardner	ENG	77.7	80	54	LM50+	O/H D/Bell D/ Lift (R) 41.3k	D/Bell D/Lift (L) 41.3k
Toni Saxton (fem)	ENG	90.7	95	51	LM50+	2" Vertical Bar (R) 42k	2" Vert Bar (L) 42k
Art Montini	USA	78.9	80	86	M85+	2" Bar Straddle 90k	2" Bar Hacklift 80k
Al Myers	USA	106.0	110	47	M45+	Power Row 145k	Thumbless D/Lift 182.5k
Jim Malloy	USA	119.8	120	72	M70+	2" Vertical Bar (R) 77.5k	Trap Bar D/Lift 137.5k
Dennis Mitchell	USA	66.9	70	81	M80+	Power Row 35k	Hacklift 90k
James Fuller	USA	106.5	110	41	M40+	Bent Press Anyhow (R) 60k	2" Bar Straddle 242.5k
Graham Saxton	ENG	120.0	120	51	M50+	Mid Fingers Straddle 125k	Hand and Thigh 410k
Scott Schmidt	USA	106.8	110	60	M60+	Clean and Press B/Neck 65k	
Dean Ross	USA	123.3	125	70	M70+	Trap Bar D/Lift 160k	Hip Lift 320k
Chad Ullom	USA	115.8	120	41	M40+	Clean and Jerk 132.5k	Front Squat 211k
Frank Ciavattone	USA	134.7	125+	58	M55+	O/H Ciav Deadlift (R) 115k	Hip Lift 460k

MC Recorder: Steve Gardner – **Assistant:** Judy Habecker – **Loaders:** Terry Bartlet and John Horn **Referees:** Scott Schmidt Jim Malloy Karen Gardner Graham Saxton Denny Habecker Al Myers Frank Ciavattone Chad Ullom

The Howard Prectel Memorial Trophy (this award is presented to the highest amended total lift using Age, Weight and Blindt Formulas) **Runner Up** – James Fuller USA **WINNER:** Al Myers USA

What an outstanding event the 2013 Gold Cup turned out to be! despite losing a few entrants at the last minute we still had 16 IAWA Gold Cup Winners with their records broken on the day with a further 14 World Records to follow. Once again the event was put on in great style by meet directors Denny and Judy Habecker, and it was great to see everyone getting in there to help with setting up and tearing down afterwards. The loaders were just great as always, the referees worked well throughout and I was pleased to have my assistant Judy keeping check alongside me too! The lifting was just great, where to start?? Denny Habecker showed he was still King of the Press, Barry Bryan was a knockout on the Bench Press lifts and Laverne Myers wowed everyone with his lifts especially the One Hand Fulton! Karen Gardner lifted light as she was still recovering from her latest Breast Cancer operation saga and Toni Saxton was competing for her first time ever, husband Graham must have been impressed as we all were with her Vertical Bar Strength. Art Montini was outstanding on the 2" bar and Al Myers was exceptional in the Power Row and Thumbless Deadlift. Jim Malloy showed real grit with his lifts, as did Dennis Mitchell, also recently recovered from surgery. James Fuller performed a wonderful Bent Press and followed with a big 2" Bar Straddle, whilst Graham Saxton pulled a great Middle fingers Straddle and then did a Hand and Thigh lift for his first time ever. Scott Schmidt was excellent with his Clean and Press Behind the Neck, and Dean Ross had fun with the Trap Bar and the Hip Lift for new records too! Chad Ullom was on great form with a great Clean and Jerk followed by IAWA's heaviest ever Front Squat, and big Frankie Ciavattone brought proceedings to an end with a One Hand Ciavattone Deadlift and a big Hip Lift to follow. The whole day was a real positive advertisement for all round weightlifting, and was thoroughly enjoyed by all. Howard Prectel (the founder of the event) was remembered on the day by the presenting of the Trophy bearing his name. James Fuller was a great runner up with his tremendous Bent Press lift, but Al Myers took the trophy for his exceptional Power Row. For those that were able to stay, the banquet that followed was excellent, and all who attended knew they had witnessed something special that day – the 23rd Annual IAWA GOLD CUP!

Best Wishes to all and heres to the next time – Steve Gardner