



Gold Cup - 01 November 2025 - Derby University

Gold Cup

1st Choice Lifts - For the Howard Prechtel Memorial Award

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift	Lynch	Amended
Matt Jones	ENG	M	30	0	Open	115KG	Domaal Squat	E38	2.8316	70R ●	0.7946	157.50
Michael Perry	ENG	M	60	21	60+	75KG	Stiff Arm Pullover	E11	1.8001	67.5 ▲	1.0067	148.02
Chloe Brennan	ENG	F	30	33	Open	80KG	Shanks Lift	F31	0.3285	306.25 ●	0.9846	131.74
Joshua Davidson	ENG	M	35	0	Open	95KG	One Hand Bent Press - Strict	B26	3.1211	42.5R ●	0.8866	117.60
Timo Luttamus	FIN	M	46	7	45+	95KG	Index Fingers Deadlift	C17	1.0046	120 ▲ ●	0.8948	115.42
Chad Ullom	USA	M	53	14	50+	105KG	Middle Fingers Straddle Deadlift	C22	0.8135	141 ▲ ●	0.8431	110.24
Chris Jones	ENG	M	41	2	40+	115KG	Duck Walk	F33	0.7561	173 ▲ ●	0.7982	106.50
Suzie Richards	ENG	F	52	46	50+	65KG	One Leg Deadlift	C6	0.8975	67.5L ▲ ●	1.1065	97.86
Josh Haydock	ENG	M	35	0	Open	90KG	Bench Press	A3	0.7157	150 ●	0.9097	97.66
Denny Habecker	USA	M	83	62	80+	85KG	Peoples Deadlift	H13	0.4221	142.5 ▲ ●	0.9451	92.09
Thomas Meakin	ENG	M	74	44	70+	90KG	One Hand Dumbbell Press	G1	2.0897	33L ▲	0.9156	90.92
Laverne Myers	USA	M	81	58	80+	100KG	One Hand Fulton Barbell Deadlift (2"bar)	F15	1.0079	65R ▲	0.8588	88.89
Gary Ell	ENG	M	54	15	50+	90KG	One Hand Vertical Bar Lift 1" rod	F2	0.6102	140L ▲	0.8976	88.17
Steve Andrews	ENG	M	66	28	65+	70KG	Shoulder Drop	E28	1.2839	47.5 ▲	1.0857	84.76
Paul Barette	ENG	M	49	10	45+	80KG	Ring Fingers Hacklift	C26	1.4469	52.5 ▲ ●	0.9983	83.42
Pandora Holladay	ENG	F	25	33	Open	85KG	One Hand Deadlift	C7	0.5092	125R ●	0.9555	80.89
Hannah Ames	ENG	F	45	39	45+	65KG	Two Hands Thumbless Deadlift	C16	0.5737	87.5 ▲ ●	1.1287	78.76
Angela Joiner-Handy	ENG	F	56	50	55+	55KG	Stiff Leg Deadlift	C3	0.4994	80 ▲ ●	1.2650	75.80
Paul Hallam	ENG	M	46	7	45+	100KG	Two Hands Dumbbells Snatch	G7	1.6755	46 ▲	0.8471	69.86
Al Myers	USA	M	59	20	55+	115KG	One Hand Fulton Barbell Deadlift (2"bar)	F15	1.0079	67.5R ▲	0.8033	65.58
Kam Wallis	ENG	F	41	35	40+	115KG	Hackenschmidt Floor Press	H9	0.6217	82.5 ▲ ●	0.8048	55.72
Steve Gardner	ENG	M	69	34	65+	125+KG	Middle Finger Lift	F14	0.5675	82.9R ▲	0.7336	46.25
Amy Robertson	ENG	F	43	37	40+	100KG	Reverse Curl	E32	1.5317	25 ▲	0.8508	44.63
Kayleigh Lamb	ENG	F	36	33	Open	115KG	Middle Finger Lift	F14	0.5675	57.9R ●	0.7964	34.80
Phoebe Ames	ENG	F	15	48	14-15	60KG	Seated Deadlift	I1	N/A	100 ▲	1.1623	0.00
Matthew Smyth	ENG	M	33	0	Open	125+KG	Seated Bench Press (Para)	I8	N/A	175 ●	0.7312	0.00
Glenn Branch	ENG	M	42	3	40+	90KG	Repetition Bodyweight Deadlifts	C27	N/A	60reps at 90kg ▲ ●	0.8998	0.00

Team Lifts

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift
Steve Moss	ENG	M	43	N/A	40+	95KG	Two Person One Hand Deadlift	C28	N/A	150R ▲ ●
Leo Moss	ENG	M	13	N/A	13 & Under	55KG	Two Person One Hand Deadlift	C28	N/A	150R ▲ ●
Jamie Oates	ENG	M	40	N/A	40+	110KG	Two Person Team Deadlift *	C9	N/A	500
Mark Haydock	ENG	M	50	N/A	50+	110KG	Two Person Team Deadlift *	C9	N/A	500

* Performed as an 'exhibition lift' not an official record attempt

2nd Choice Lifts

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift
Kayleigh Lamb	ENG	F	36	N/A	Open	115KG	Peoples Deadlift	H13	N/A	170 ●
Phoebe Ames	ENG	F	15	N/A	14-15	60KG	Seated Bench Press (Para)	I8	N/A	20 ▲
Suzie Richards	ENG	F	52	N/A	50+	65KG	Half Gardner Lift	E30	N/A	30 ▲ ●
Pandora Holladay	ENG	F	25	N/A	Open	85KG	Kelly Snatch	B9	N/A	20 ●
Kam Wallis	ENG	F	41	N/A	40+	115KG	Anderson Squat	H2	N/A	150 ▲ ●
Hannah Ames	ENG	F	45	N/A	45+	65KG	Repetition Bodyweight Deadlifts	C27	N/A	40 reps at 62.5kg ▲ ●
Angela Joiner-Handy	ENG	F	56	N/A	55+	55KG	Repetition Bodyweight Deadlifts	C27	N/A	62 reps at 54kg ▲ ●
Steve Andrews	ENG	M	66	N/A	65+	70KG	Crucifix	G18	N/A	37 ▲
Michael Perry	ENG	M	60	N/A	60+	75KG	Stiff Leg Deadlift	C3	N/A	165 ▲
Paul Barette	ENG	M	49	N/A	45+	80KG	One Hand Hacklift	C11	N/A	92.5L ▲ ●
Thomas Meakin	ENG	M	74	N/A	70+	90KG	Clean and Push Press- 2" Bar	F23	N/A	70 ▲
Josh Haydock	ENG	M	35	N/A	Open	90KG	One Hand Bench Press	B37	N/A	65L ●
Gary Ell	ENG	M	54	N/A	50+	90KG	One Hand Dumbbell Deadlift	G9	N/A	115L ▲
Paul Hallam	ENG	M	46	N/A	45+	100KG	Domaal Squat	E38	N/A	45L ▲ ●
Leo Moss	ENG	M	13	N/A	13 & Under	55KG	Steinborn	E9	N/A	45 ▲
Denny Habecker	USA	M	83	N/A	80+	85KG	Two Hands Dumbbells Deadlift	G5	N/A	105 ▲
Glenn Branch	ENG	M	42	N/A	40+	90KG	One Leg Deadlift	C6	N/A	100R ▲ ●
Timo Luttamus	FIN	M	46	N/A	45+	95KG	Middle Fingers Deadlift	C5	N/A	175 ▲ ●
Chris Jones	ENG	M	41	N/A	40+	115KG	Lurich Lift	H12	N/A	185 ▲ ●
Joshua Davidson	ENG	M	35	N/A	Open	95KG	Full Gardner Lift	E31	N/A	62.5 ●
Matt Jones	ENG	M	30	N/A	Open	115KG	Teeth Lift	F11	N/A	105 ●
Jamie Oates	ENG	M	40	N/A	40+	110KG	One Hand Pinch Grip Clean and Press	F18	N/A	27.5L ▲ ●
Mark Haydock	ENG	M	50	N/A	50+	110KG	Alternate Grip Clean and Press	B10	N/A	90 ▲ ●
Steve Moss	ENG	M	43	N/A	40+	95KG	Two Vertical Bars (1 in each hand) - 1" rods	F32	N/A	250.5 ▲ ●

Promoter - Steve Gardner MC/Announcer - Steve Gardner Scoring - Paul Barette Drug Testing - Gary Ell Loaders & Spotters - The Lifters

Referees - Al Myers, Laverne Myers, Chad Ullom, Denny Habecker, Mark Haydock, Matt Jones, Glenn Branch, Paul Hallam, Graham Saxton, Gary Ell, Suzie Richards, Steve Andrews, Michael Perry (Prov.)

Top 5 First Choice Lifts - For the Howard Prechtel Memorial Award:

- 5th - Timo Luttamus
- 4th - Josh Davidson
- 3rd - Chloe Brennan
- 2nd - Michael Perry
- 1st - Matt Jones

The Karen Gardner Memorial award for outstanding female performance awarded to: Chloe Brennan

▲ = World Junior/Masters record; ● = World Open record