

Gold Cup - 07 November 2026 - MetamorFIT Eastbourne

Gold Cup

1st Choice Lifts - For the Howard Prechtel Memorial Award

Name	Sex	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift	Lynch	Amended
David Angove	M	1	40+	85KG	Lurich Lift	H12	0.7360	250	0.9404	174.77
Matt Jones	M	0	Open	125+KG	Domaal Squat	E38	2.5869	90R	0.7389	172.03
Gary Ell	M	16	55+	95KG	Lurich Lift	H12	0.7360	225	0.8915	171.25
Joshua Davidson	M	0	Open	95KG	Domaal Squat	E38	2.5869	75R	0.8813	170.98
Michael Perry	M	22	60+	75KG	Kelly Snatch	B9	3.0188	45	1.0137	168.00
Natalie Voce	F	38	40+	80KG	Roman Chair Extensions	E20	3.8685	27.5	0.9619	141.22
Timo Lauttamus	M	8	45+	85KG	Two Vertical Bars (1 in each hand) – 2" rods	F26	0.5966	227	0.9325	136.39
Steve Moss	M	5	40+	90KG	Two Vertical Bars (1 in each hand) – 1" rods	F32	0.4830	256.2	0.9010	117.08
Adrian Pryor	M	16	55+	90KG	Kennedy Lift	H11	0.4884	225	0.9162	116.80
Kam Wallis	F	36	40+	110KG	Apollons Lift	H3	1.6843	60	0.8203	112.74
Paul Hallam	M	8	45+	100KG	Two Vertical Bars (1 in each hand) – 1" rods	F32	0.4830	246.2	0.8592	110.36
Nicholas Swain	M	22	60+	80KG	Little Fingers Deadlift	C18	1.3908	62	0.9823	103.33
Pandora Holladay	F	33	Open	85KG	Shanks Lift	F31	0.3285	245	0.9598	102.73
Paul Barette	M	11	50+	75KG	Straddle Deadlift - 2" Bar	F24	0.4783	180	1.0262	98.07
Chloe Brennan	F	33	Open	75KG	Turkish Get Up	E36	1.9377	35	1.0008	90.28
Thomas Meakin	M	46	75+	90KG	Alternate Grip Bench Press	B38	0.7638	87.5	0.9193	89.70
Sam Bonar	M	0	Open	90KG	Dumbbell to Shoulder	H7	1.0438	90	0.9044	84.96
Oskar Henze-Jones	M	2	18-19	65KG	Two Hands Clean and Jerk – 2" Bar	F22	1.0567	65	1.1313	79.26
Matt Ashdown	M	1	40+	105KG	Clean and Push Press- 2" Bar	F23	1.1221	80	0.8405	76.20
Beata Banas	F	37	40+	75KG	Arthur Lift	E29	0.9865	55	1.0216	75.94
Leo Moss	M	20	14-15	65KG	One Hand Deadlift	C7	0.5092	105R	1.1567	74.21
Chris Neumann	M	0	Open	55KG	Turkish Get Up	E36	1.9377	22.5	1.2764	55.65
Brandon Hazell-Hyland	M	0	Open	80KG	Inch Dumbbell 1 Arm Deadlift	H17	1.5138	37.5L	0.9663	54.86
Steve Gardner	M	36	70+	125+KG	Middle Finger Lift	F14	0.5675	72.8R	0.7299	41.01
Anja Pullen	F	33	Open	100KG	Arthur Lift	E29	0.9865	35	0.8540	39.22
Charlotte Bray	F	33	Open	90KG	Seated Deadlift 2" Bar	I2	N/A	140	0.9079	0.00
Gary Clarke	M	10	45+	100KG	Seated One Hand Dumbbell Press	I4	N/A	30R	0.8660	0.00

2nd Lifts

Name	Sex	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift
Matt Ashdown	M	N/A	40+	105KG	One Hand Dumbbell Strict Curl	G21	N/A	27.5L
Oskar Henze-Jones	M	N/A	18-19	65KG	Bench Press	A3	N/A	72.5
Paul Barette	M	N/A	50+	75KG	Ring Fingers Hacklift	C26	N/A	55
Charlotte Bray	F	N/A	Open	90KG	Bench Press (Para)	I8	N/A	70
Gary Ell	M	N/A	55+	95KG	One Hand Vertical Bar Lift 1" rod	F2	N/A	130L
David Angove	M	N/A	40+	85KG	Apollons Lift	H3	N/A	85
Thomas Meakin	M	N/A	75+	90KG	One Hand Dumbbell Press	G1	N/A	35R
Sam Bonar	M	N/A	Open	90KG	Kennedy Lift	H11	N/A	260
Adrian Pryor	M	N/A	55+	90KG	Two Vertical Bars (1 in each hand) – 2" rods	F26	N/A	172
Gary Clarke	M	N/A	45+	100KG	Hackenschmidt Floor Press (seated class)	I19	N/A	100
Kam Wallis	F	N/A	40+	110KG	Anderson Squat	H2	N/A	155
Chloe Brennan	F	N/A	Open	75KG	Squat Overhead (wt @ arms length)	D4	N/A	70
Chris Neumann	M	N/A	Open	55KG	Kennedy Lift	H11	N/A	140
Pandora Holladay	F	N/A	Open	85KG	Zeigler Clean	B13	N/A	27.5
Nicholas Swain	M	N/A	60+	80KG	Little Finger Lift	F14	N/A	51.4L
Michael Perry	M	N/A	60+	75KG	Stiff Leg Deadlift	C3	N/A	185.5
Steve Moss	M	N/A	40+	90KG	Index Fingers Hacklift	C24	N/A	82.5
Timo Lauttamus	M	N/A	45+	85KG	Index Fingers Hacklift	C24	N/A	115
Leo Moss	M	N/A	14-15	65KG	Vertical Bar Lift – 2" Rod	F19	N/A	75L
Paul Hallam	M	N/A	45+	100KG	Cyr Press	H5	N/A	47.5
Natalie Voce	F	N/A	40+	80KG	Shoulder Drop	E28	N/A	30
Beata Banas	F	N/A	40+	75KG	Continental Snatch	B46	N/A	50.5
Joshua Davidson	M	N/A	Open	95KG	Arthur Lift	E29	N/A	115
Matt Jones	M	N/A	Open	125+KG	Anderson Press	H1	N/A	170

Promoter: Paul Barette MC/Announcer: Steve Gardner Scoring: Paul Barette Drug Testing: Gary Ell & Chloe Brennan Loaders: Jay Webb & The Lifters!

Filming: Adrian Pryor & Owen Wheeler

Referees: Glenn Branch, Matt Jones, Natalie Voce, Paul Hallam, Josh Davidson, Gary Ell, Sam Bonar, Chloe Brennan, Michael Perry

Winner of the Howard Prechtel Memorial Award - David Angove

The Karen Gardner Memorial Award - For outstanding achievement of a Female Lifter - Natalie Voce