

2017 IAWA World Postal Championships “The Andy Goddard Memorial” August 31st, 2017

Lifts: Cheat Curl, 1 Hand Dumbbell Snatch, 1 Hand 2” Vertical Bar Lift, Bench Press Feet in Air

MEET REPORT, BY PROMOTER AL MYERS

The 2017 IAWA World Postal Championships was a huge success, with 45 lifters entered from the United States, England, Scotland and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. I felt the pressure of doing a good job promoting this event since Steve Gardner has done such an excellent job the past few years promoting the World Postal Championships. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I’ve kept the scoring format that Steve has started with individual placings as well as the three person team scoring. I’ve added a club scoring ranking which includes all members of a club. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men’s Phil Crisp and Women’s RJ Jackson. Overall winners in the Team Championships are WOMEN – Western Australia (Monica Cook, Sharni Clifford, and Mirriam Phillips) and MEN – Iron Masters (Nick Swain, Phil Crisp, and Martin Doolan). It is fitting that the hosts of this year’s upcoming IAWA World Championships, Western Australia, won the overall Club Title. Hopefully this momentum will continue through the World Championships in Australia and it will be as successful as this World Postal. Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

MASTER SCORESHEET

LIFTER	CLUB	ORG	M/F	REFS	AGE	BWT	Curl	1H DB Sn	1H 2” VB	Bench	TOTAL	POINTS
RJ Jackson	Dino Gym	USAWA	F	1	55	47.9	45	22.8 R	54.5 R	43.1	165.4	267.2
Crystal Diggs		USAWA	F	1	30	74.5	20.4	11.4 L	27.2 R	20.4	79.4	79.7
Max Ell	Twyford Celt Ladies	IAWAUK	F	1	20	44.8	30	15	51.3 R	35	131.3	194.4
Maddy Ell	Twyford Celt Ladies	IAWAUK	F	1	22	47.4	35	20	56.3	37.5	148.8	209.1
Lance Foster	KC Strongman	USAWA	M	1	51	150.9	61.4	25 R	63.6 R	70.5	220.5	170.9
Eric Todd	KC Strongman	USAWA	M	1	42	114.5	100	52.3 R	61.4 R	154.5	368.2	299.5
Chris Todd	KC Strongman	USAWA	M	2	38	121.8	70.5	36.4 R	68.2 R	106.8	281.9	215.9
Natalie Voce	Metamorfit	IAWAUK	F	2	35	92.8	35	17.5 R	33.5 R	50	136.0	120.0
Gareth Edwards	Metamorfit	IAWAUK	M	2	34	82.0	60	37.5 R	75.25 R	90	262.8	248.9
Paul Barette	Metamorfit	IAWAUK	M	2	41	70.3	60	35 R	63.5 R	70	228.5	242.9
Clive Madge	Metamorfit	IAWAUK	M	3	68	103.4	75	46 R	63.5 L	110	294.5	323.5

Ian Thomas	Metamorfit	IAWAUK	M	3	22	83.8	52.5	30 R	48.5 R	80	211.0	197.3
Nick Swain	Iron Masters	IAWAUK	M	2	52	81.0	62.5	40 R	100 R	90	292.5	315.4
Jenn Tibbenham	Iron Masters	IAWAUK	F	2	33	102.0	50	30 R	72.5 R	52.5	205.0	171.9
Phil Crisp	Iron Masters	IAWAUK	M	2	47	99.0	95	50 R	100 R	135	380.0	349.5
Martin Doolan	Iron Masters	IAWAUK	M	1	76	80.0	45	22 R	50 R	75	192.0	273.1
Kris Singh	Iron Masters	IAWAUK	M	1		94.5	60	34 R	42.5 R	92.5	229.0	200.0
Robyn Taylor	Iron Masters	IAWAUK	F	1		62.5	30	20 R	30 R	37.5	117.5	132.6
Tom Davis	Western Australia	ARWLWA	M	3	74	78.4	50	20 R	60 R	60	190.0	266.2
John Patterson	Western Australia	ARWLWA	M	3	72	124.9	50	27.5 R	70 L	75	222.5	238.9
Russ Cook	Western Australia	ARWLWA	M	3	55	76.5	40	30 L	55 L	65	190.0	217.7
Peter Phillips	Western Australia	ARWLWA	M	3	63	97.5	65	35 R	75 R	105	280.0	298.2
Steven Charles	Western Australia	ARWLWA	M	3	36	85.5	60	35 R	75 R	80	250.0	231.1
Robin Lukosius	Western Australia	ARWLWA	M	3	63	101.1	60	30 R	60 R	70	220.0	229.9
Monica Cook	Western Australia	ARWLWA	F	3	53	59.6	30	22.5 R	35 R	65	152.5	203.1
Sharni Clifford	Western Australia	ARWLWA	F	3	29	90.3	40	20 R	50 R	47.5	157.5	141.6
Miriam Phillips	Western Australia	ARWLWA	F	3	34	119.9	57.5	37.5 R	62.5 R	75	232.5	179.4
Rocky Morrison	Frank's Barbell Club	USAWA	M	1	55	121.1	50	22.75	56.75	93	222.5	198.2
Mark Raymond	Frank's Barbell Club	USAWA	M	1	54	111.0	60	27.5	85	66	238.5	219.9
Mark Shaw	Granby Grippers	IAWAUK	M	1	56	84.8	60.5	27.5 R	65 R	62.5	215.5	234.2
Steve Andrews	Granby Grippers	IAWAUK	M	1	58	66.1	62.5	36 R	50 L	80	228.5	295.2
Steve Sherwood	Granby Grippers	IAWAUK	M	1	65	78.8	80	40 R	76.8 L	75	271.8	332.2
Denny Habecker	Habecker's Gym	USAWA	M	1	74	86.7	45	22.5	47.5	77.5	192.5	254.2
Barry Pensyl	Habecker's Gym	USAWA	M	1	69	67.6	45	22.5	42.5	67.5	177.5	254.4
Aidan Habecker	Habecker's Gym	USAWA	M	1	14	64.9	35	20	80	42.5	177.5	234.1
John Douglas	Ledaig HA	USAWA	M	1	53	141.1	80	40.8 L	72.6 R	122.5	315.9	256.4
Al Myers	Dino Gym	USAWA	M	1	51	103.4	80	45.4 R	90 R	113.4	328.8	306.5
LaVerne Myers	Dino Gym	USAWA	M	1	73	108.9	57.5	25.9 L	80 R	54.4	217.8	250.5
Chad Ullom	Dino Gym	USAWA	M	2	45	109.9	100	49.9 L	93 R	120.2	363.1	310.3
Cale Dunlap	Dino Gym	USAWA	M	1	22	76.2	50	25 R	56.7 R	61.3	193.0	191.1
Brandon Rein	Dino Gym	USAWA	M	1	22	69.9	65	27.2 R	61.3 R	61.3	214.8	224.7
Zach Lucas	Dino Gym	USAWA	M	1	31	117.9	80	45.4 R	90.7 R	127	343.1	267.0
Matthew Finkle	Chateau Lait All Comers	IAWAUK	M	1	51	70.0	50	32.5 R	61.8 R	72.5	216.8	253.8
Andrew Tomlin	Chateau Lait All Comers	IAWAUK	M	1	49	90.8	77.5	45 L	96.8 R	92.5	311.8	306.3
Gary Ell	Chateau Lait All Comers	IAWAUK	M	1	46	94.8	75	40 R	92.5 R	130	337.5	314.9

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
RJ Jackson	Womens 55-59/50KG Class Champion, Best Overall Lifter, Best Lifter 55-59, Best Overall Master Lifter
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion, Best Lifter 20-39
Lance Foster	Mens 50-54/125+KG Class RunnerUp
Eric Todd	Mens 40-44/115KG Class Champion, Best Lifter 40-44
Chris Todd	Mens 20-39/125KG Class Champion
Natalie Voce	Womens 20-39/95KG Class RunnerUp
Gareth Edwards	Mens 20-39/85KG Class Champion
Paul Barette	Mens 40-44/75KG Class Champion
Clive Madge	Mens 65-69/105KG Class Champion,
Ian Thomas	Mens 20-39/85KG Class RunnerUp
Nick Swain	Mens 50-54/85KG Class Champion, Best Lifter 50-54
Jenn Tibbenham	Womens 20-39/105KG Class Champion
Phil Crisp	Mens 45-49/100KG Class Champion, Best Lifter 45-49, Best Overall Master, Best Lifter Overall
Martin Doolan	Mens 75-79/80KG Class Champion, Best Lifter 75-79
Kris Singh	Mens Open/95KG Class Champion
Robyn Taylor	Womens Open/65KG Class Champion
Tom Davis	Mens 70-74/80KG Class Champion, Best Lifter 70-74
John Patterson	Mens 70-74/125KG Class Champion
Russ Cook	Mens 55-59/80KG Class Champion
Peter Phillips	Mens 60-64/100KG Class Champion, Best Lifter 60-64
Steven Charles	Mens 20-39/90KG Class Champion
Robin Lukosius	Mens 60-64/105KG Class Champion
Monica Cook	Womens 50-54/60KG Class Champion, Best Lifter 50-54
Sharni Clifford	Womens 20-39/95KG Class Champion
Miriam Phillips	Womens 20-39/120KG Class Champion
Rocky Morrison	Mens 55-59/125KG Class Champion
Mark Raymond	Mens 50-54/115KG Class Champion
Mark Shaw	Mens 55-59/85KG Class Champion
Steve Andrews	Mens 55-59/70KG Class Champion, Best Lifter 55-59
Steve Sherwood	Mens 65-69/80KG Class Champion, Best Lifter 65-69
Denny Habecker	Mens 70-74/90KG Class Champion
Barry Pensyl	Mens 65-69/70KG Class Champion
Aidan Habecker	Mens 14-15/65KG Class Champion, Best Lifter Junior

John Douglas	Mens 50-54/125+KG Class Champion
Al Myers	Mens 50-54/105KG Class Champion
LaVerne Myers	Mens 70-74/110KG Class Champion
Chad Ullom	Mens 45-49/110KG Class Champion
Cale Dunlap	Mens 20-39/80KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion
Zach Lucas	Mens 20-39/120KG Class Champion, Best Lifter 20-39
Matthew Finkle	Mens 50-54/70KG Class Champion
Andrew Tomlin	Mens 45-49/95KG Class RunnerUp
Gary Ell	Mens 45-49/95KG Class Champion

TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY FIVE	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Phil Crisp, England	349.5	1	RJ Jackson, United States	267.2
2	Steve Sherwood, England	332.5	2	Maddy Ell, England	209.1
3	Clive Madge, England	323.5	3	Monica Cook, Australia	203.1
4	Nick Swain, England	315.4	4	Max Ell, England	194.4
5	Gary Ell, England	314.9	5	Miriam Phillips, Australia	179.4
6	Chad Ullom, United States	310.3	6	Jenn Tibbenham, England	171.9
7	Al Myers, United States	306.5	7	Sharni Clifford, Australia	141.6
8	Andy Tomlins, Scotland	306.3	8	Robyn Taylor, England	132.6
9	Eric Todd, United States	299.5	9	Natalie Voce, England	120.0
10	Peter Phillips, Australia	298.2	10	Crystal Diggs, United States	79.7
11	Steve Andrews, England	295.2			
12	Martin Doolan, England	273.1			
13	Zach Lucas, United States	267.0			
14	Tom Davis, Australia	266.2			
15	John Douglas, United States	256.4			
16	Barry Pensyl, United States	254.4			
17	Denny Habecker, United States	254.2			
18	Matthew Finkle, Scotland	253.8			
19	LaVerne Myers, United States	250.5			
20	Gareth Edwards, England	248.9			
21	Paul Barette, England	242.9			
22	John Patterson, Australia	238.9			
23	Mark Raymond, United States	238.5			

24	Mark Shaw, England	234.2		
25	Aidan Habecker, United States	234.1		

TOP 5 WOMEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Western Australia	524.1	Monica Cook, Sharni Clifford, Mirriam Phillips
2	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell
3	Iron Masters	304.5	Jenn Tibbenham, Robyn Taylor
4	Dino Gym	267.2	RJ Jackson
5	Metamorfit	120.0	Natalie Voce

TOP 10 MEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Iron Masters	938.0	Nick Swain, Phil Crisp, Martin Doolan
2	Dino Gym Varsity	884.0	Al Myers, Chad Ullom, Zach Lucas
3	Chateau Lait All Comers	875.0	Andy Tomlin, Matthew Finkle, Gary Ell
4	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood
5	Metamorfit	815.3	Gareth Edwards, Paul Barette, Clive Madge
6	Western Australia 1	803.3	Peter Phillips, Tom Davis, John Patterson
7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Western Australia 2	678.7	Russ Cook, Steven Charles, Robin Lukosius
10	Dino Gym JV	666.3	LaVerne Myers, Brandon Rein, Cale Dunlap

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Western Australia	2006.1	Tom Davis, John Patterson, Russ Cook, Peter Phillips, Steven Charles, Robin Lukosius, Monica Cook, Sharni Clifford, Mirriam Phillips
2	Dino Gym	1817.5	Al Myers, LaVerne Myers, Chad Ullom, Cale Dunlap, Brandon Rein, Zach Lucas, RJ Jackson
3	Iron Masters	1442.5	Nick Swain, Jenn Tibbenham, Phil Crisp, Martin Doolan, Kris Singh, Robyn Taylor
4	Metamorfit	1132.6	Natalie Voce, Gareth Edwards, Paul Barette, Clive Madge, Ian Thomas
5	Chateau Lait All Comers	875.0	Matthew Finkle, Andy Tomlin, Gary Ell
6	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood

7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Frank's Barbell Club	418.2	Rocky Morrison, Mark Raymond
10	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell