

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



May 2019 Edition



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RECORD BREAKER

Below: John Merner, before lifting in the Southern Counties Champs, breaks his own record in the Middle Fingers Deadlift with 122.5kg!



Team MetamorFIT posed for a photo opportunity after receiving their medals and awards for final placings in the Bob Smith All-Round Postal League for 2018.

Left to Right: Jamie Livens, Beata Banas, Ed Shorttle, Paul Barette & Natalie Voce.



Editor - Paul Barette (iawa@metamorfit.co.uk)

IAWA (UK) HALL OF FAME

2001 Frank Allen - Steve Gardner
2003 Steve Angell - Mike Archer - Peter Ready
2005 Barry Anderson - Steve Andrews - Rick Meldon - Bob Smith
2007 Karen Gardner - Andy Goddard - William Wright
2009 Agnes Mcinally - Gerry Davidson
2011 Steve Sherwood - Sam Hills
2013 Graham Saxton - George Dick - James Gardner
2015 Chris Bass - Mark Haydock - John Gardner - Andrew Tomlin

The IAWA(UK) Hall of Fame honours those who have contributed to the outstanding success of IAWA (UK)

By inducting members for their performance on merit as lifters, officials and supporters, all having attained the required number of points.

IAWA Award of Merit - Presented by IAWA President

2010 - Art Montini (USA), 2012 - Steve Gardner (England)
2014 - Frank Ciavattone (USA), 2014 - Frank Allen (England)
2018 - Denny Habecker (USA), 2018 - Steve Andrews (England)

Presented in recognition of outstanding service to Worldwide all round weightlifting.

Lest we forget - Remember those we have lost from the IAWA Flock

Australia: Bill (Wilf) Chapman USA: Howard Prechtel - John Vernacchio - Art Montini
England: Bill Jelley - Bob Smith - Peter Ready - Andy Goddard - Dave Abblett
John Watson - Jason Dorn - Keith Murdie - Andrew T Butler - Mike Archer - George Dick

I.A.W.A. (UK) Executive Committee 2019

- **President – Steve Gardner – Email stevegardneruk@gmail.com**
- **Vice President – Paul Barette – Email IAWA@metamorfit.co.uk**

MetamorFIT, Unit 5F Southbourne Business Park, Courtlands Road, Eastbourne BN22 8UY

- **Chairman – Steve Andrews – Email viv.andrews@btinternet.com**

6 Highleys Drive, Oadby, Leicester LE2 5TL. 01162 717781

- **General Secretary & Treasurer – Frank Allen**

11 Orchard Road, Birstall, Leicester LE4 4GB. 01162 676918

- **All-Round Secretary – Chris Bass – chris.bass@havengym.org.uk**

72 Beverley Cres. Grimsby, N E Lincs, DN32 9TJ. 01472 250918

Non Executive Positions

- **IAWA(UK) Technical Committee – Frank Allen, Steve Gardner, Gary Ell**
 - **Membership Secretary & Drug Control – Frank Allen**
- **All-Round Postal League Sec. & Records Registrar – Chris Bass**
 - **Assistant Records Registrar – Paul Barette**
 - **Drug Control Assistant – Gary Ell**
 - **Fixture List Co-ordinator – Steve Gardner**
- **Strength Journal Editor – Paul Barette (IAWA@metamorfit.co.uk)**

MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 2nd MARCH 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	2H Zercher KILOS	Rev Grip Bench Press KILOS	2H Hacklift KILOS	TOTAL KILOS	TOTAL POINTS
Mollie Redfern-Smith	51.0	1.3194	11	66	13&U	55	40▲ (4th=42.5▲)	20▲	60.0	120.0	134.9
Max Ell	46.3	1.4357	22	33	Open	50	65.0	35.0	87.5	187.5	186.6
Maddy Ell	47.0	1.4163	23	33	Open	50	70.0	35 ^{BR}	82.5	187.5	184.8
Nicola Thornhill	71.3	1.0326	49	43	45+	75	80.0	45▲	85.0	210.0	165.5
Selina Dorn	72.0	1.0262	42	36	40+	75	75.0	37.5▲	115.0	227.5	162.6
Karen Gardner	74.1	1.0076	60	54	60+	75	60▲	37.5▲	65▲	162.5	135.8
Steve Andrews	65.6	1.0914	59	20	55+	70	120.0	65▲	135.0	320.0	221.8
Steve Sherwood	79.7	0.9634	67	30	65+	80	146▲	85▲	160.0	390.0	261.0
Paul Barette	80.3	0.9591	43	4	40+	85	150.0	85.0	235▲	470.0	242.4
Pete Tryner	91.7	0.8882	46	7	45+	95	195▲	125▲	260▲	580.0	292.5
Paul Hallam	93.2	0.8802	40	1	40+	95	150.0	60.0	170.0	380.0	173.9
Craig Cassie	102.7	0.8352	25	0	Open	105	150.0	110 ^{BR}	170.0	430.0	196.1
Richard Metcalf	109.0	0.8097	34	0	Open	110	175.0	105.0	240.0	520.0	221.4
Graham Saxton	113.7	0.7925	57	18	55+	115	145▲	80▲ (4th=82.5▲)	172.5▲	397.5	196.2
Steve Gardner	141.8	0.7120	62	23	60+	125+	65.0	60▲	105.0	230.0	109.3

▲ = Junior, masters World Record. ● = Open World record. ^{BR} = British record.

Referees: Frank Allen, Clive Nevis, Cliff Dunlop, Steve Andrews, Gary Ell & Steve Sherwood.

Loaders: The lifters.

MC: Steve Gardner

Recorder: Chris Bass

My thanks go to all the lifters & the above helpers.

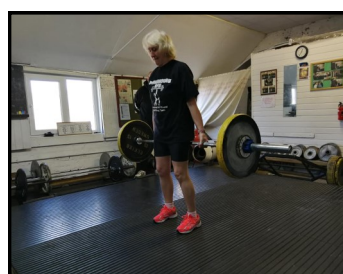
It was a good day's lifting with 15 lifters competing. Well done to Pete Tryner winning the Pete Ready (masters) trophy & Richard Metcalf winning the Bill Jelley (open) trophy.



Left: Lifters and officials at the 2019 Midlands All-Round Championship.



Right: Pete Tryner receives the Pete Ready trophy as Best Masters Lifter.



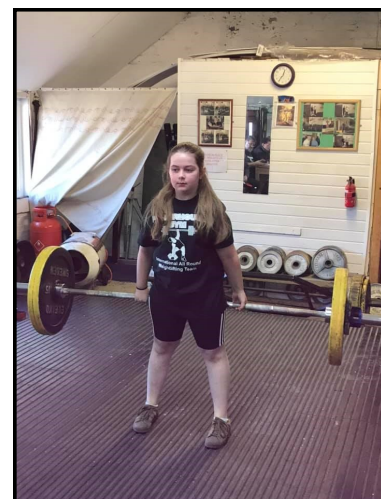
Above: Left to Right

Steve Andrews - Zercher, Steve Gardner - Zercher, (deploying an unusual technique of resting the bar on one knee to avoid his knee replacement scar)

Karen Gardner - Hack Lift, Maddy Ell - Zercher (this time competing head to head with sister Max, both in the same weight class).

Left: Richard Metcalf, here with a Hack Lift won the Bill Jelley award for Best Open Lifter.

Right: Mollie Redfern-Smith, Best Junior Lifter (age 11)



IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 1 - compiled by Chris Bass.

Ranking of Teams

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	824.9
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	808.7
3	Metamorfit1	Jamie Livens, Danny Kingsland, Paul Barette	780.6
4	Metamorfit2	Beata Banas, Ed Shorttle, Rouhul Uddin	659.5
5	Haven Hotshots	Tony Cook, Dave Morton, Terry Morris	650.4
6	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	632.5
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	511.4
8	Twyford Celts	Maddy Ell, Max Ell	420.3
9	Metamorfit4	Maria Bennett	139.4

Ranking of Lifters

1	Steve Sherwood	324.2	13	Ed Shorttle	216.5
2	Steve Andrews	302.0	14	Dave Morton	212.6
3	Gary Ell	291.8	15	Trevor Evans	210.7
4	Andy Tomlin	284.8	16	Terry Morris	210.0
5	Jamie Livens	272.1	17	Rouhul Uddin	208.3
6	Danny Kingsland	259.5	18	Mark Shaw	198.6
7	Paul Barette	249.0	19	Michelle Ryder	196.2
8	Beata Banas	234.7	20	Max Ell	193.7
9	Matthew Finkle	232.0	21	Lara Bennett	179.2
10	Tony Cook	227.8	22	Brandon Hazell-Hyland	171.6
11	Maddy Ell	226.6	23	Natalie Voce	160.6
12	Jeff Luther	225.6	24	Maria Bennett	139.4

Ranking of Lifters per Lift & Record Breakers. 1H Barbell Snatch

▲World Junior/Masters, ●World Open, ^{BR}British, ¹Single Ref Continental C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews ¹	55+	21	70	40.0R	79.2	Steve Sherwood ¹	65+	32	80	70.0	72.9
Steve Sherwood ¹	65+	32	80	40.0R	77.3	Andy Tomlin ¹	50+	13	90	87.5	72.7
Andy Tomlin ¹	50+	13	90	45.0L	69.3	Steve Andrews ¹	55+	21	70	67.5	72.1
Matthew Finkle ¹	50+	14	65	35.0R	67.5	Gary Ell ¹	45+	9	95	90.0	70.4
Gary Ell ¹	45+	9	95	42.5R	61.7	Jamie Livens ¹	Open	0	75	85.0	69.7
Jamie Livens ¹	Open	0	75	40.0R	60.8	Matthew Finkle ¹	50+	14	65	60.0	62.4
Terry Morris ¹	60+	25	110	37.5R	57.7	Tony Cook ¹	80+	62	85	50.0	62.3
Beata Banas	Open	33	75	27.5R	57.5	Beata Banas	Open	33	75	55.0●	62.0
Paul Barette ¹	40+	4	80	37.5R	56.8	Dave Morton ¹	60+	21	75	60.0	59.9
Ed Shorttle	60+	24	80	30.0L	56.0	Maddy Ell ¹	Open	33	45	37.5	59.9
Dave Morton ¹	60+	21	75	30.0R	55.5	Paul Barette ¹	40+	4	80	70.0	57.1
Tony Cook ¹	80+	62	85	23.5R	54.3	Jeff Luther ¹	60+	25	70	52.9	56.3
Jeff Luther ¹	60+	25	70	26.4R	52.1	Terry Morris ¹	60+	25	110	65.0	53.9
Maddy Ell ¹	Open	33	45	17.5R	51.8	Danny Kingsland	Open	0	60	55.0	53.6
Max Ell ¹	Open	33	50	17.5L	50.6	Max Ell ¹	Open	33	50	32.5	50.6
Danny Kingsland	Open	0	60	27.5R	49.8	Ed Shorttle	60+	24	80	50.0	50.3
Trevor Evans ¹	70+	46	85	22.8R	48.0	Rouhul Uddin	Open	0	75	60.0	50.1
Mark Shaw ¹	55+	20	85	27.5L	46.7	Mark Shaw ¹	55+	20	85	52.5	48.1
Rouhul Uddin	Open	0	75	30.0R	46.5	Lara Bennett	13&U	58	60	30.0 ^{BR}	45.9
Brandon Hazell-Hyland	16-17	5	75	27.5R	43.8	Trevor Evans ¹	70+	46	85	40.0	45.4
Lara Bennett	13&U	58	60	15.0R▲	42.6	Michelle Ryder ¹	40+	39	50	27.9	45.2
Michelle Ryder ¹	40+	39	50	12.8R	38.4	Natalie Voce ¹	Open	33	85	40.0	41.4
Natalie Voce ¹	Open	33	85	20.0R	38.4	Brandon Hazell-Hyland	16-17	5	75	45.0	38.6
Maria Bennett	55+	52	95	15.0R▲	30.6	Maria Bennett	55+	52	95	30.0▲	33.0

Front Squat

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood ¹	65+	32	80	120.0	92.2
Gary Ell ¹	45+	9	95	135.0	77.9
Steve Andrews ¹	55+	21	70	85.0	66.9
Jamie Livens ¹	Open	0	75	110.0	66.5
Maddy Ell ¹	Open	33	45	55.0	64.7
Matthew Finkle ¹	50+	14	65	80.0	61.3
Andy Tomlin ¹	50+	13	90	100.0	61.2
Paul Barette ¹	40+	4	80	100.0	60.2
Ed Shorttle	60+	24	80	77.5	57.5
Michelle Ryder ¹	40+	39	50	47.5	56.7
Beata Banas	Open	33	75	67.5	56.1
Terry Morris ¹	60+	25	110	90.0	55.0
Danny Kingsland	Open	0	60	75.0	53.9
Max Ell ¹	Open	33	50	45.0	51.7
Dave Morton ¹	60+	21	75	70.0	51.5
Lara Bennett	13&U	58	60	45.0 ^{BR}	50.7
Trevor Evans ¹	70+	46	85	60.4	50.5
Jeff Luther ¹	60+	25	70	60.4	47.4
Rouhul Uddin	Open	0	75	75.0	46.2
Tony Cook ¹	80+	62	85	50.0	45.9
Brandon Hazell-Hyland	16-17	5	75	70.0	44.3
Mark Shaw ¹	55+	20	85	65.0	43.9
Natalie Voce ¹	Open	33	85	52.5	40.1
Maria Bennett	55+	52	95	40.0▲	32.5

Lateral Raise Lying

Lifter	Age	%	Class	Kilos	Points
Danny Kingsland	Open	0	60	40.0●	102.2
Steve Andrews ¹	55+	21	70	30.0	83.8
Gary Ell ¹	45+	9	95	40.0	81.9
Steve Sherwood ¹	65+	32	80	30.0	81.8
Andy Tomlin ¹	50+	13	90	37.5	81.5
Jamie Livens ¹	Open	0	75	35.0	75.1
Paul Barette ¹	40+	4	80	35.0	74.8
Jeff Luther ¹	60+	25	70	25.0	69.7
Trevor Evans ¹	70+	46	85	22.5	66.8
Rouhul Uddin	Open	0	75	30.0	65.6
Tony Cook ¹	80+	62	85	20.0	65.2
Mark Shaw ¹	55+	20	85	25.0	59.9
Beata Banas	Open	33	75	20.0	59.0
Michelle Ryder ¹	40+	39	50	13.2	55.9
Ed Shorttle	60+	24	80	20.0	52.7
Maddy Ell ¹	Open	33	45	12.0	50.2
Dave Morton ¹	60+	21	75	17.5	45.7
Brandon Hazell-Hyland	16-17	5	75	20.0▲	44.9
Terry Morris ¹	60+	25	110	20.0	43.4
Maria Bennett	55+	52	95	15.0▲●	43.3
Matthew Finkle ¹	50+	14	65	15.0	40.8
Max Ell ¹	Open	33	50	10.0	40.8
Natalie Voce	Open	33	85	15.0●	40.7
Lara Bennett	13&U	58	60	10.0▲	40.0

Aston Set

NAME	Age	CLASS	1H Snatch	Cont C&J	Front Squat	TOTAL	TOTAL
	Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood ¹	M	65+	80	40.0	70.0	120.0	242.4
Steve Andrews ¹	M	55+	70	40.0	67.5	85.0	218.2
Gary Ell ¹	M	45+	95	42.5	90.0	135.0	209.9
Andy Tomlin ¹	M	50+	90	45.0	87.5	100.0	203.3
Jamie Livens ¹	M	Open	75	40.0	85.0	110.0	197.0
Matthew Finkle ¹	M	50+	65	35.0	60.0	80.0	191.2
Maddy Ell ¹	F	Open	45	17.5	37.5	55.0	176.4
Beata Banas	F	Open	75	27.5	55.0	67.5	175.7
Paul Barette ¹	M	40+	80	37.5	70.0	100.0	174.2
Dave Morton ¹	M	60+	75	30.0	60.0	70.0	166.9
Terry Morris ¹	M	60+	110	37.5	65.0	90.0	192.5
Ed Shorttle	M	60+	80	30.0	50.0	77.5	163.8
Tony Cook ¹	M	80+	85	23.5	50.0	50.0	123.5
Danny Kingsland	M	Open	60	27.5	55.0	75.0	157.4
Jeff Luther ¹	M	60+	70	26.4	52.9	60.4	139.7
Max Ell ¹	F	Open	50	17.5	32.5	45.0	152.9
Trevor Evans ¹	M	70+	85	22.8	40.0	60.4	143.9
Rouhul Uddin	M	Open	75	30.0	60.0	75.0	165.0
Michelle Ryder ¹	F	40+	50	12.8	27.9	47.5	88.2
Lara Bennett	F	13&U	60	15.0	30.0	45.0	90.0 ^{BR}
Mark Shaw ¹	M	55+	85	27.5	52.5	65.0	145.0
Brandon Hazell-Hyland	M	16-17	75	27.5	45.0	70.0	142.5
Natalie Voce ¹	F	Open	85	20.0	40.0	52.5	112.5
Maria Bennett	F	55+	95	15.0	30.0	40.0	85.0 ^{BR}

Recognition to Steve Andrews, Steve Sherwood & Andy Tomlin for the top 3 in the Snatch; Steve Sherwood, Andy Tomlin & Steve Andrews for the top 3 in the C&J; Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the Squat and finally Danny Kingsland, Steve Andrews & Gary Ell for the top 3 in the Lateral Raise. The top 3 lifters were: Steve Sherwood, Steve Andrews & Gary Ell. The top 3 teams were Granby, Castlemilk & Metamorfit1.

Also to Steve Sherwood, Steve Andrews & Gary Ell for being top 3 in the Aston Set.

Finally a big well done to the rest of the lifters for competing in the first leg of 2019.

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2H	2H Thumbless	2" Bar DL	Total	Lynch	Amend
							Fulton	DL	Lift			
Rory Hoad	M	30	0	OPEN	86.5	90KG	135	157.5 ^{BR}	215	507.5	0.9181	465.92
Gary Ell	M	48	9	45+	94.0	95KG	125	157.5▲●	180	462.5	0.8761	441.66
Paul Barette	M	43	4	40+	77.4	80KG	105	120▲	190	415	0.9807	423.27
Steve Shah	M	70	36	70+	79.8	80KG	85	85 ^{BR}	130▲	300	0.9627	392.77
Beata Banas	F	35	33	OPEN	69.1	70KG	80 ^{BR}	95●	105	280	1.0540	392.50
Jenny Watson	F	52	46	50+	57.4	60KG	65 ^{BR}	75▲	82.5▲	222.5	1.2012	390.20
Ed Shorttle	M	62	23	60+	75.5	80KG	87.5	97.5	122.5	307.5	0.9959	376.66
Rouhul Uddin	M	38	0	OPEN	72.2	75KG	95	120	152.5	367.5	1.0244	376.45
Ian Thomas	M	23	0	OPEN	95.2	100KG	100	120	190	410	0.8700	356.70
Lara Bennett	F	13	58	13 & Under	58.0	60KG	47.5▲	65▲	75▲	187.5	1.1918	353.08
Brandon Hazell-Hyland	M	17	5	16-17	74.5	75KG	100	110▲	120	330	1.0042	347.95
Andrew Kuttner	M	62	23	60+	91.3	95KG	100 ^{BR}	110▲	105▲	315	0.8904	344.98
Maria Bennett	F	57	51	55+	90.6	95KG	60▲	70▲●	80 ^{BR}	210	0.8942	283.56

Successful 4th Attempts: **Thumbless Deadlift**, Beata Banas - **100kg ●**, Brandon Hazell-Hyland **112.5kg ▲**, Steve Shah **90kg ▲**, Rory Hoad **162.5kg^{BR}**
2" Bar Deadlift, Jenny Watson - **85kg ▲**, Lara Bennett **77.5kg ▲**, Beata Banas **111kg ●**, Paul Barette **200.5kg ▲**, Steve Shah **135kg ▲**

▲ = World Junior/Masters record; ● = World Open record; ^{BR} = British record

Promoters: Gary Ell & Paul Barette Announcing/Scoring: Gary Ell & Paul Barette Loaders: The Lifters!
 Referees: Natalie Voce, Jenn Tibbenham, Rory Hoad, Paul Barette & Gary Ell Scored using total, age and Bodyweight adjustments

Best Open Lifter & Overall 1st Place - Rory Hoad
 Best Masters Lifter and Overall 2nd Place - Gary Ell
 2nd Place Masters and Overall 3rd Place - Paul Barette
 Best Ladies Lifter - Beata Banas
 Best Junior Lifter - Lara Bennett

Report by Paul Barette:

The 2019 IAWA(UK) Calendar got off to a flying start with a very successful British Grip Championship promoted by Gary Ell for the first time assisted by myself at MetamorFIT gym. We had 18 lifters registered to compete but, in the end, due to the adverse wintry weather, 13 lifters made it to the platform.

A very big thank you to the support crew at MetamorFIT and to our referees Natalie and Jenn, although not lifting today, came along to help.

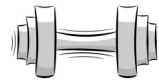
The competition lifts of the Fulton Deadlift, Thumbless Deadlift and 2" Bar Deadlift worked together well and everyone was feeling the effects of grip fatigue when it came to the final discipline.

We ran with 2 flights, the first with 6 lifters welcoming to the platform for the first time mother and daughter, Maria and Lara Bennett (Eastbourne), our other female competitors, Jenny Watson and Beata Banas as well as our other junior lifter Brandon and myself. Flight 2 saw the return of some familiar faces and welcoming back Rouhul Uddin and Steve Shah (both from Bexhill) and also Andrew Kuttner from Hampshire who last lifted with IAWA at the 2018 British All-Round.

Lifting proceeded in good time and there numerous 4th round records attempts along the way.

The final scores saw Rory Hoad take the lead and the Best Open Title followed by Gary Ell taking Best Masters. There was a 3rd Place overall medal which went to myself. Our Best Junior lifter was Lara Bennett, who showed exceptional skill and commitment and no doubt we will see her (and mum) getting very involved in the future. The Best Ladies lifter award went to Beata Banas - such a close call with Jenny Watson only 2.3 amended points behind!

A great day all round, but disappointing that some had to miss such a good competition. We look forward to seeing as many of you soon at upcoming events!



Top Left: The British Grip Champs competitors and officials.

Top Right: Rory Hoad of Eastbourne taking his first Grip Title with a fantastic total of 507.5kg and achieving a new British Record on the Thumbless Deadlift of 162.5kg. Well Done Rory!

Left: Promoter Gary Ell, himself taking the Best Masters Award alongside Beata Banas (Best Ladies Lifter), Lara Bennett (Best Junior and Rory Hoad (Best Open and Overall Champion).



Left: Lara Bennett of Eastbourne, Best Junior Lifter (youngest on the platform at 13) Here with a 2" Bar Deadlift of 70kg

Right: Steve Shah of Bexhill, our most senior competitor on the day (70 years old) Here with a thumb-less deadlift of 60kg



Right: As some of you may have seen on our Face Book Group recently, Lara Bennett's recent achievements made it to the local BBC News on South-East Today. Juliette Parkin from the BBC came and filmed Lara lifting in MetamorFIT gym and interviewed mum, Maria and Paul Barette as her coach. Unfortunately the story is no longer available on iPlayer but we hope to get it on the website soon.



The I.A.W.A.(UK) British Power Championship

Eggborough Power Station - Promoter Cliff Dunlop



BRITISH POWER COMPETITION HELD IN EGGBOROUGH ON 6th APRIL 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Squat KILOS	Bench Press FOF KILOS	Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Pete Tryner	93.0	0.8813	47	8	45+	95	207.5▲	145.0	290.0	642.5	611.5
Steve Sherwood	82.7	0.9424	67	30	65+	85	152.5▲	85.0▲	185.0 ^{BR}	422.5	517.6
Steve Andrews	65.0	1.0983	59	20	55+	65	115.0▲	80.0▲	147.5	342.5	451.4
Roxy Winterbourn	58.6	1.1827	24	33	Open	60	85.0	45.0	130.0(4th=135.0●)	260.0	409.0
Beata Banas	70.5	1.0402	35	33	Open	75	80.0	52.5(4th=55.0 ^{BR})	125.0	257.5	356.3
Jenny Watson	57.5	1.1996	52	46	50+	60	55.0▲(4th=57.5▲)	35.0	85.0	175.0	306.5
Gary Redfern Smith	107.6	0.8151	46	7	45+	110	160.0▲(4th=170.0▲)		180.0 ^{BR}	340.0	296.5
Cliff Dunlop	137.2	0.7231	56	17	55+	125+	110.0	110.0▲	120.0	340.0	287.7
Mollie Redfern-Smith	52.0	1.2984	11	66	13&U	55	35.0▲(4th=40.0▲)	20.0▲	65.0 ^{BR}	120.0	258.6

▲ = Junior, masters World Record. ● = Open World record. ^{BR} = British record.

A new venue for the 2019 British Power Champs - Eggborough Power Station (Phoenix Powerlifting). Many thanks to Cliff for organising this event assisted by the team at Eggborough, led by Dave Richardson.

There were only 9 lifters at the event this time but spirits were high and we are grateful to those that travelled so far to make it a great event. We welcomed new IAWA Lifter Roxy Winterburn introduced by Steve Sherwood, lifting alongside Jenny Watson and Beata Banas who made the trip up from Eastbourne. The competition ran in 2 flights and there just enough pairs of hands available for loading and spotting. Congratulations to all the Lifters and a big thank you to Dave Richardson who also kindly awarded the trophies. There were a number of records broken on the day kindly verified by Chris Bass who came along to help with scoring and record keeping.



Pete Tryner - Best Masters Lifter & Overall Champion, 2019 Power Champs



Roxy Winterburn (new IAWA Lifter) Best Open & Best Ladies Lifter



Mollie Redfern-Smith - Best Junior Lifter



Clockwise: Steve Sherwood - Deadlift, Gary Redfern-Smith - Deadlift, promoter of the 2019 British Power Champs Cliff Dunlop - Deadlift. The Sport & Social Club at Eggborough Power Station, Chris Bass with his Beagle Puppy, Ben who came along to score and help with announcing. Peter Tryner finishing with a 290kg Deadlift, Best Masters and Overall Champion.



Puzzle Time

Grab a coffee and a pencil - see if you can find all 20 IAWA lifts listed!

(words may be backwards and diagonal!)

L	U	L	L	B	N	J	K	J	S	G	S	H	D	H	K	F	H	R	B
X	X	A	R	M	Y	T	R	S	Y	T	N	U	K	A	V	N	B	D	E
W	Z	E	Q	U	C	P	E	T	E	X	M	Q	X	C	B	P	C	K	N
K	G	X	Q	Y	C	R	G	I	L	B	P	M	O	K	C	H	X	A	C
O	L	T	V	S	P	T	N	U	B	S	D	F	N	L	E	A	D	X	H
I	I	E	Z	H	O	B	A	E	N	H	V	A	W	I	J	T	T	H	P
P	M	F	S	G	O	O	L	E	R	T	E	H	T	F	N	L	A	M	R
X	U	U	Y	R	Q	L	E	G	H	L	Q	O	U	T	T	P	S	K	E
F	P	T	N	T	S	F	I	N	C	C	R	U	S	G	Z	O	L	K	S
Z	U	J	E	N	X	I	F	R	A	L	U	G	N	A	T	C	E	R	S
D	Y	L	A	G	T	C	E	T	F	I	L	N	E	L	L	A	Z	E	S
L	E	T	L	W	H	L	I	N	M	A	N	M	I	L	E	E	B	J	E
E	C	A	G	G	G	S	H	O	U	L	D	E	R	D	R	O	P	D	R
H	T	N	D	I	A	C	I	H	C	T	A	N	S	C	G	N	J	N	P
X	K	A	E	L	V	R	F	K	B	Q	C	X	H	T	U	L	T	A	T
D	D	Z	U	A	I	P	D	Z	R	Q	N	E	S	C	S	D	N	N	N
B	D	B	H	Q	F	F	L	N	B	U	R	W	S	D	E	K	D	A	E
M	W	W	R	I	S	H	T	V	E	E	T	A	E	U	N	Q	D	E	B
D	T	Q	N	Z	M	V	X	N	H	R	P	M	R	J	G	G	Y	L	T
X	F	S	V	U	L	I	H	U	K	B	M	E	P	V	E	E	K	C	G

- STEINBORN
- TURKISHGETUP
- ALLENLIFT
- SQUAT
- BENCHPRESS
- SNATCH
- CLEANANDJERK
- ZERCHER
- DUMBBELLSNATCH
- DEADLIFT
- CHEATCURL
- PRESS
- BENTPRESS
- PUSHPRESS
- HACKLIFT
- RECTANGULARFIX
- ZEIGLERCLEAN
- INMANMILE
- FULLGARDNER
- SHOULDERDROP

IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 2 - compiled by Chris Bass.

Ranking of Teams

1	Granby1	Steve Sherwood, Mark Godleman, Steve Andrews	961.7
2	Castlemilk	Matthew Finkle, Andy Tomlin, Gary Ell	880.5
3	Metamorfit1	Paul Barette, Jamie Livens, Ed Shorttle	819.6
4	Haven Harlots	Tony Cook, Dave Morton, Terry Morris	767.3
5	Sunbury1	Michelle Ryder, Joshua Jones, Jeff Luther	714.9
6	Metamorfit2	Beata Banas, Danny Kingsland, Rouhul Uddin	664.4
7	Metamorfit3	Lara Bennett, Natalie Voce, Brandon Hazell-Hyland	577.6
8	Twyford Celts	Max Ell, Maddy Ell	542.1
9	Metamorfit4	Maria Bennett, Charlotte Hughes	279.4
10	Haven Hotentots	Wayne Pawson	233.1
11	Granby2	Mark Shaw	219.8
12	Sunbury2	Trevor Evans	187.6

Ranking of Lifters

1	Steve Sherwood	346.4	15	Ed Shorttle	236.8
2	Mark Godleman	319.3	16	Wayne Pawson	233.1
3	Paul Barette	301.2	17	Beata Banas	227.8
4	Matthew Finkle	296.4	18	Joshua Jones	227.5
5	Steve Andrews	296.1	19	Danny Kingsland	226.8
6	Andy Tomlin	293.3	20	Mark Shaw	219.8
7	Gary Ell	290.7	21	Jeff Luther	212.6
8	Jamie Livens	281.5	22	Rouhul Uddin	209.7
9	Maddy Ell	277.4	23	Lara Bennett	206.5
10	Michelle Ryder	274.8	24	Natalie Voce	189.6
11	Tony Cook	270.8	25	Trevor Evans	187.6
12	Max Ell	264.7	26	Brandon Hazell-Hyland	181.5
13	Dave Morton	250.1	27	Maria Bennett	162.6
14	Terry Morris	246.3	28	Charlotte Hughes	116.8

Ranking of Lifters per Lift & Record Breakers.

▲World Junior/Masters, ●World Open, ^{BR}British, ¹Single Ref

2H Zercher

Reverse Grip Bench Press

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	32	80	146.0▲	93.9	Steve Sherwood	65+	32	80	85.0▲	84.6
Mark Godleman	55+	18	105	172.5▲	85.4	Tony Cook1	80+	62	85	70.0	83.7
Maddy Ell1	Open	33	45	87.5	83.0	Trevor Evans1	70+	46	85	70.4	76.1
Steve Andrews1	55+	21	70	122.5	81.6	Wayne Pawson1	50+	13	85	90.0	75.1
Matthew Finkle1	50+	14	65	125.0	80.7	Mark Godleman	55+	18	105	97.5▲	74.7
Max Ell1	Open	33	50	82.5	79.2	Gary Ell1	45+	9	95	95.0	71.1
Andy Tomlin1	50+	13	90	150.0	77.0	Matthew Finkle1	50+	14	65	70.0	69.9
Jamie Livens1	Open	0	75	150.0	76.7	Steve Andrews1	55+	21	70	67.5	69.5
Paul Barette	40+	4	85	150.0	75.7	Jamie Livens1	Open	0	75	85.0	67.2
Gary Ell1	45+	9	95	150.0	72.6	Paul Barette	40+	4	85	85.0	66.3
Ed Shorttle1	60+	24	80	110.0	67.8	Joshua Jones1	Open	0	75	80.4	63.4
Beata Banas	Open	33	70	90.0	63.3	Danny Kingsland	Open	0	60	65.0 ^{BR}	62.1
Lara Bennett	14-15	58	60	65.0▲	61.7	Terry Morris1	60+	25	110	77.5	62.0
Michelle Ryder1	45+	39	50	58.5	59.6	Andy Tomlin1	50+	13	90	75.0	59.5
Terry Morris1	60+	25	110	110.0	56.9	Dave Morton1	60+	21	75	62.5	59.3
Danny Kingsland	Open	0	60	90.0	55.6	Michelle Ryder1	45+	39	50	37.5	59.1
Dave Morton1	60+	21	75	90.0	55.2	Rouhul Uddin	Open	0	75	70.0	56.0
Rouhul Uddin	Open	0	75	105.0	54.4	Beata Banas	Open	33	70	50.0 ^{BR}	54.4
Mark Shaw1	55+	20	85	90.0	51.4	Ed Shorttle1	60+	24	80	55.0	52.4
Joshua Jones1	Open	0	75	100.4	51.2	Max Ell1	Open	33	50	35.0	52.4
Natalie Voce1	Open	33	80	75.0	48.7	Jeff Luther1	60+	25	70	50.4	51.5
Brandon H-Hyland	16-17	5	80	90.0	47.5	Maddy Ell1	Open	33	50	35.0	51.4
Jeff Luther1	60+	25	70	70.4	46.6	Natalie Voce1	Open	33	80	50.0	50.2
Wayne Pawson1	50+	13	85	80.0	43.2	Brandon H-Hyland	16-17	5	80	60.0 ^{BR}	49.0
Tony Cook1	80+	62	85	55.0	42.5	Mark Shaw1	55+	20	85	55.0	48.6
Charlotte Hughes1	Open	0	85	80.0	38.4	Maria Bennett	55+	52	95	42.5▲	44.8
Maria Bennett	55+	52	95	55.0▲	37.5	Lara Bennett	14-15	58	60	30.0▲	44.0
Trevor Evans1	70+	46	85	20.4	14.3	Charlotte Hughes1	Open	0	85	37.5	27.9

2H Hacklift

Lifter	Age	%	Class	Kilos	Points
Paul Barette	40+	4	85	235.0▲	100.4
Mark Godleman	55+	18	105	210.0▲	88.1
Michelle Ryder1	45+	39	50	101.0	87.2
Steve Sherwood	65+	32	80	160.0	87.2
Matthew Finkle1	50+	14	65	150.0	82.0
Gary Ell1	45+	9	95	200.0	82.0
Jamie Livens1	Open	0	75	180.0	78.0
Terry Morris1	60+	25	110	170.0	74.5
Andy Tomlin1	50+	13	90	170.0	73.9
Steve Andrews1	55+	21	70	130.0	73.3
Ed Shorttle1	60+	24	80	130.0	67.9
Dave Morton1	60+	21	75	130.0	67.5
Tony Cook1	80+	62	85	100.0	65.5
Danny Kingsland	Open	0	60	115.0	60.2
Beata Banas	Open	33	70	100.0	59.6
Lara Bennett	14-15	58	60	72.5 ^{BH}	58.3
Joshua Jones1	Open	0	75	130.4	56.3
Wayne Pawson1	50+	13	85	120.0	54.8
Mark Shaw1	55+	20	85	110.0	53.2
Jeff Luther1	60+	25	70	90.4	50.6
Rouhul Uddin	Open	0	75	110.0	48.2
Maddy Ell1	Open	33	45	82.5	66.3
Natalie Voce1	Open	33	80	80.0	44.0
Brandon H-Hyland	16-17	5	80	95.0	42.5
Maria Bennett	55+	52	95	65.0▲	37.5
Max Ell1	Open	33	50	87.5	71.7
Trevor Evans1	70+	46	85	50.0	29.6
Charlotte Hughes1	Open	0	85	50.0	20.3

Rectangular Fix

Lifter	Age	%	Class	Kilos	Points
Andy Tomlin1	50+	13	90	45.0	82.9
Steve Sherwood	65+	32	80	35.0	80.8
Tony Cook1	80+	62	85	28.5	79.1
Maddy Ell1	Open	33	45	22.5	76.6
Steve Andrews1	55+	21	70	30.0	71.7
Mark Godleman	55+	18	105	40.0▲	71.1
Michelle Ryder1	45+	39	50	18.8	68.8
Dave Morton1	60+	21	75	31.0	68.2
Trevor Evans1	70+	46	85	26.9	67.5
Mark Shaw1	55+	20	85	32.5	66.6
Gary Ell1	45+	9	95	37.5	65.1
Jeff Luther1	60+	25	70	26.9	63.8
Matthew Finkle1	50+	14	65	27.5	63.7
Max Ell1	Open	33	50	17.5	60.8
Wayne Pawson1	50+	13	85	31.0	60.0
Jamie Livens1	Open	0	75	32.5	59.6
Paul Barette	40+	4	85	32.5	58.8
Joshua Jones1	Open	0	75	30.9	56.6
Terry Morris1	60+	25	110	28.5	52.9
Rouhul Uddin	Open	0	75	27.5	51.1
Beata Banas	Open	33	70	20.0	50.5
Danny Kingsland	Open	0	60	22.0	48.8
Ed Shorttle1	60+	24	80	22.0	48.7
Natalie Voce1	Open	33	80	20.0	46.6
Maria Bennett	55+	52	95	17.5▲●	42.8
Brandon H-Hyland	16-17	5	80	22.5	42.6
Lara Bennett	14-15	58	60	12.5▲	42.6
Charlotte Hughes1	Open	0	85	17.5	30.2

Ranking of Teams after Legs 1+2.

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	1786.6
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	1712.1
3	Metamorfit1	Jamie Livens, Paul Barette, Danny Kingsland	1600.2
4	Haven Harlots	Tony Cook, Dave Morton, Terry Morris	1417.7
5	Metamorfit2	Beata Banas, Ed Shorttle, Rouhul Uddin	1323.9
6	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	1089.0
7	Twyford Celts	Max Ell, Maddy Ell	962.4
8	Sunbury	Michelle Ryder, Jeff Luther, Trevor Evans	808.7
9	Metamorfit4	Maria Bennett, Charlotte Hughes	418.9
10	Haven Hotentots	Wayne Pawson	233.1
11	Granby2	Mark Godleman	219.8
12	Sunbury2	Joshua Jones	187.6

Ranking of Lifters after Legs 1+2

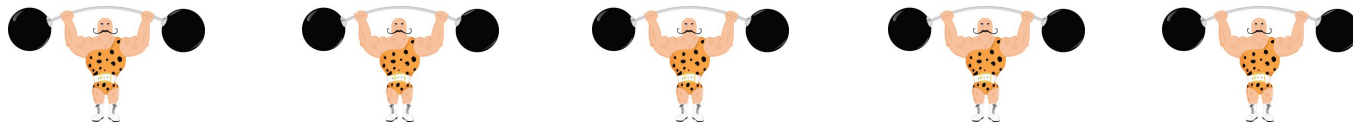
1	Steve Sherwood	670.7	15	Terry Morris	456.4
2	Steve Andrews	598.1	16	Ed Shorttle	453.3
3	Gary Ell	582.5	17	Jeff Luther	438.2
4	Andy Tomlin	578.1	18	Mark Shaw	418.4
5	Jamie Livens	553.6	19	Rouhul Uddin	418.0
6	Paul Barette	550.2	20	Trevor Evans	398.2
7	Matthew Finkle	528.4	21	Lara Bennett	385.7
8	Maddy Ell	504.0	22	Brandon Hazell-Hyland	353.0
9	Tony Cook	498.6	23	Natalie Voce	350.2
10	Danny Kingsland	486.3	24	Mark Godleman	319.3
11	Michelle Ryder	471.0	25	Maria Bennett	302.0
12	Dave Morton	462.7	26	Wayne Pawson	233.1
13	Beata Banas	462.5	27	Joshua Jones	227.5
14	Max Ell	458.4	28	Charlotte Hughes	116.8

Here's the Leg 2 results, now with 28 lifters and 12 teams.

Recognition to Steve Sherwood, Mark Godleman & Maddy Ell for the top 3 in the Zercher; Steve Sherwood, Tony Cook & Trevor Evans for top 3 in the Bench Press; Paul Barette, Mark Godleman & Michelle Ryder for top 3 in the Hacklift; Andy Tomlin, Sherwood & Tony Cook in the Rectangular Fix.

Steve Sherwood, Mark Godleman & Paul Barette are top 3 lifters overall & the top 3 Teams are Granby1, Castlemilk & Metamorfit 1. Finally a big well done to the rest of the lifters.

To date: top 3 lifters are Steve Sherwood, Steve Andrews & Gary Ell; Top 3 teams remain Granby, Castlemilk & Metamorfit 1.



2019 IAWA OLD TIME STRONGMAN WORLD POSTAL CHAMPIONSHIPS - From Co-Promoter Al Myers:

After the success of last year's inaugural OTSM World Postal, John Mahon and I have decided to continue with the promotion again this year. **This years competition dates are July 20th-21st. (see fixtures on back page)**

Now for a little "background" on this postal competition. It is much different than the other postal meets we have.

- It will be held over a weekend only and all lifts must happen at this time
- It will always be held at only one venue per participating country
- Each country will have a promoter for the event, and provide the venue

The reason for these added stipulations is to give more credibility to the event. Since all lifts will be done at a set venue at the same time, with the same set of officially recognized officials there is no question to the validity of this World Championship. Also, I like the idea of everyone world wide doing the lifts at the same time, almost like a meet we are all at together. There are different lifts chosen this year to give a new challenge to everybody.

Once completed, please send your completed forms to Al Myers this year instead of John. I would like everyone to please use the prepared form for the official scoresheet to minimize submission errors (USAWA.com or IAWA.UK)

The lifts and rules for the postal:

H12. Thor's Hammer

A 2" Vertical Bar that conforms to the rules for the 2" Vertical Bar Deadlift must be used for this lift. The Vertical Bar must be 18" in length (with ¼" tolerance), shaft diameter 2" (.1" tolerance), no knurling, and have a solid plate attached to the bottom. The bar must be gripped by only one hand, using any type of grip, near the top of the VB to begin the lift. The lifting hand must not grip the VB lower than 6" from the top of the VB. It is recommended to mark this 6" spacing on the VB. The gripping hand must not be touching the weights or collars or it is a disqualification. The lift begins at the lifter's discretion. Once the lifter chooses to use the left or right hand the other hand must not come into contact with the VB, attached weights, or lifting arm or it is a disqualification. The other hand may be braced on the body during the lift but must be removed at the completion of the lift. Once the weight leaves the platform it must remain in continuous motion till the lift is completed. The lifter may choose to swing or snatch the weight to an overhead position. A press out is a disqualification. If the forearm of the lifting arm comes into contact with the VB or attached plates it is a disqualification. If the VB or attached plates come into contact with any part of the lifter's body besides the lifting hand during the attempt it is a disqualification. The feet may move and the knees bend in executing the lift like a snatch or swing. The lift is complete when the lifter is in an upright position with the legs straight, lifting arm locked straight overhead, feet in line with the torso, and the vertical bar/weights pointing upright in a vertical position to the platform under control and motionless. At this time the official will give the command to end the lift. There will be a one minute time limit to complete a legal lift, with as many attempts taken as needed during this time limit. If a lift is missed during this time limit, the lifter may switch hands but only with the weight resting on the lifting area.

H8. Hackenschmidt Floor Press

A press (with standard Olympic bar) will be performed while lying flat on the floor/platform. The bar height, measured to the bottom of the bar, should be no greater than 15". The bar/plates may rest on blocks or supports to achieve this height. The lift starts when the lifter, while lying under the bar with the bar above the chest, starts to press. A time limit of 1 minute is given for each attempt, meaning the lifter may reset as many times as necessary within this time limit to complete a legal lift. The lift is complete when the bar is pressed completely with the lifter's elbows locked out. It is not an infraction to press unevenly, lock out at different times, raise the head, or allow the bar to lower during a part of the press. It is an infraction if the hips/legs rise off the floor/platform during any part of the lift. Once complete, an official will give a command to end the lift.

H9. Kennedy Lift

This is a partial lift using a straddle stance on the bar, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar between the legs, as defined by the rules of the Jefferson Lift. Lifting straps or any other gripping aid is not allowed. It is NOT an infraction to drag the bar up the legs, bounce the bar up the legs, or support the bar on the legs during the lift (hitching). A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

2019 IAWA World Championships

- Meet Directors: Al Myers & LaVerne Myers
Al's Phone#: 785-479-2264 Al's Email: amyers@usawa.com
- Meet Date: Saturday & Sunday, October 5th & 6th, 2019
9:00 AM – 4:00 PM
- Location: Abilene Civic Center
201 NW 2nd, Abilene, KS, USA 67410
- Sanction: International All-Round Weightlifting Association (IAWA)
(Lifter's MUST be members of an affiliated IAWA organization)
- Weigh-ins: 8:00-9:00 AM the day of the meet. Lifting will start at 9:00 AM
- Divisions: All Classes & Divisions will be contested
- Awards: Nice Championship Awards for all Classes & Divisions
- Banquet: A banquet with awards presentations will occur Sunday night at 7:00 PM
at the meet venue. The open bar will open at 6:00 PM.
- Entry Fee: **\$100** – Overseas lifters may pay at check-in
Entry fee will include meet entry, meet T-Shirt and one banquet ticket
Additional banquet tickets may be purchased at meet
- Lifts: **DAY ONE**
Reverse Curl (Curl – Strict, Reverse Grip)
2H Snatch From the Hang (Snatch – From Hang)
One Hand Clean and Jerk (Clean and Jerk – One Arm)
2H Thumbless Deadlift (Deadlift – No Thumbs, Overhand Grip)
- DAY TWO**
Pullover and Push Press with Bridge (Pullover and Push)
Continental onto Belt (Continental to Belt)
Straddle Deadlift – 2" Bar (Jefferson Lift – Fulton Bar)
- Rules: IAWA General Rules and Scoring will apply
This will be a **DRUG TESTED** event.
- Registration: Send entries to Al Myers, 1126 Eden Road, Abilene, Kansas 67410



Above: The Lifters and Officials at the 2019 Southern Counties Champs. It was great to see such a range of lifters on the platform, young to old, experienced and newer lifters, and a good number of female lifters!



Above: Best Lifter Awards - Left to right: Lara Bennett (Junior), Beata Banas (Ladies), Rouhul Uddin (Open), John Merner (Masters)



Cheat Curls: Natalie Voce



Maria Bennett

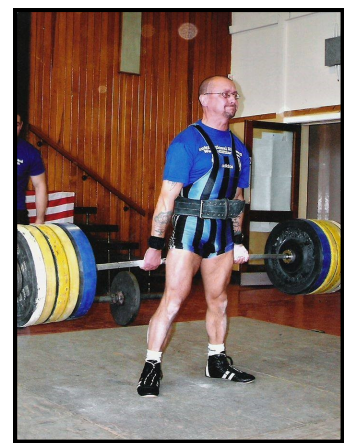


Beata Banas

LEGENDS DAY

For IAWA(UK)

Excitement is building for 'LEGENDS DAY' - The British All-Round Champs on 1st June!



A few words from Steve Gardner (who is co-promoting with Selina Dorn) Full Results will of course, be in the next issue. The final entries all in and we are really chuffed to have 24 lifters that will make it on to the platform travelling in from all parts of the Country.

As you know this years British is also tagged as Legends Day, as we will be lifting in Memory of three lifters who lifted for our club but can no longer be with us: Andy Goddard, Jason Dorn and George Dick. We will also be remembering any other of the IAWA fallen on the day too.

On the day we will be raising some money for Macmillan Nurses who as most of us will know, do an outstanding job, Selina will be providing light refreshments free, and payments by donation will go to Macmillan. At the end of the competition little Seth Dorn, who is 7, is going to perform a lift on the platform in memory of his Dad, and Selina will be trying to get him a few sponsors to do this which will add to the monies raised for the cause, I am sure that those present on the day will get behind Selina and Seth.

If you are not going to be present but would like to add a little to the total in memory of these three great guys (and others) then please feel free to contact us and donate, if cheque: make payable to S Dorn, you can also arrange a bank transfer, or you can pay Steve Gardner in the same way and by paypal...any amount would be gratefully received.

We look forward to this great and momentous occasion on 1st June, it will be a wonderful day, and we wish all the lifters the very best of luck.

Our Legends for the day (pictured above) - George Dick, Jason Dorn and Andy Goddard.

Southern Counties Championship - 28th April 2019 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Hands Together Bench		Blindt		Total	Lynch	Amenc
							Lift	Amend	Lift	Amend			
John Merner	M	69	34	65+	94.4	95KG	75▲	69.5025	62.5▲	67.15625	208.7168	0.8740	244.45
Rouhul Uddin	M	39	0	OPEN	72.9	75KG	80	74.136	50	53.725	192.1985	1.0181	195.67
Beata Banas	F	35	33	OPEN	70.3	75KG	52.5●	48.65175	37.5	40.29375	140.4155	1.0422	194.62
Ed Shorttle	M	62	23	60+	79.5	80KG	55	50.9685	45	48.3525	150.791	0.9649	178.95
Lara Bennett	F	14	53	14-15	56.4	60KG	30▲	27.801	30▲	32.235	94.77825	1.2174	176.53
Brandon Hazell-Hyland	M	17	5	16-17	77.2	80KG	65	60.2355	47.5	51.03875	170.4648	0.9823	175.81
Natalie Voce	F	36	33	OPEN	79.0	80KG	45●	41.7015	37.5	40.29375	120.5978	0.9685	155.35
Maria Bennett	F	57	51	55+	91.9	95KG	42.5▲●	39.38475	30▲	32.235	110.2223	0.8871	147.65
Steve Shah	M	70	36	70+	79.7	80KG	65▲	60.2355	45	48.3525	108.588	0.9634	142.27
Ian Thomas	M	23	0	OPEN	97.0	100KG	0	0	60	64.47	128.8075	0.8612	110.92

Successful 4th Attempts: **Hands Together Bench Press** - Beata Banas 55kg ●, Brandon Hazell-Hyland 66kg ▲, Steve Shah 67.5kg ▲.

Other Record Attempts: **Middle Finger Deadlift** - John Merner 122.5kg ▲

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

Best Masters & Overall Champion - John Merner, **Best Ladies Lifter** - Beata Banas, **Best Open Lifter** - Rouhul Uddin, **Best Junior Lifter** - Lara Bennett

Promoter: Paul Barette **Recorder/MC:** Paul Barette **Referees:** Rory Hoad, Natalie Voce & Paul Barette

Loaders & Spotters: The Lifters! Scored Using Blindt, Age & Lynch

A great turn out for the first of this year's Southern fixtures with 10 lifters participating lifting at the regular MetamorFIT venue. It was brilliant to see so many spectators come and support the lifters this time. There were great performances throughout and in the end some incredibly close final points scores (less than 1 point between the junior lifters and just over 1 point between Beata and Rouhul).

John Merner took the overall win and best masters lifter even after starting his day with another outstanding Middle Fingers Deadlift!

Remaining IAWA (UK) Fixtures 2019

Entry Fees are £15 (Except World Championships / Gold Cup)

Lifters MUST be members of IAWA (UK) to take part. Send entry details and fees to the promoter 2 weeks before.

1st June – **British All-Round Championship** – Steve Gardner/Selina Dorn - Tel: 01283 713464/07960960509

Email: stevegardneruk@gmail.com

Venue: Paragon, 134-136 Bath Street, Ilkeston, Derbyshire DE7 8FF

Lifts: Lunge Squat, Pullover at arm's length, 2 Hand Zercher

6th July - **British Olympic Championships** - Steve Gardner - Tel: 01283 713464/07960960509

Email: stevegardneruk@gmail.com

Venue: JCB Academy, Mill Street, Rocester, Staffs. ST14 5JX

Lifts: Press, Snatch, Clean and Jerk

20th-21st July - **Old Time Strongman Postal - England**, Phil Crisp & Nick Swain. **Wales**, Neil Keddy. **Scotland**, Andy Tomlin & Matt Finkle. Please see the website www.iawa.uk for scoring sheets and further info.

3rd August - **British Single Arm Championships** – Andy Tomlin – Tel: 07531046662

Email: andytomlin91@yahoo.co.uk

Venue: Castlemilk Gym, Croftfoot Scout Hall, 240 Ashcroft Drive, Croftfoot, Glasgow G44 5QG

Lifts: One Hand Snatch, One Hand Clean & Jerk (opposite hand), OH Deadlift

World Postal Championships – Al Myers (USA) - Results to be submitted by the end of August.

Lifts: Reverse Curl, Snatch from Hang, 1 Hand Clean & Jerk, 2 Hand Thumbless Deadlift

7th September – **Welsh Open Championships** – Neil Keddy Tel: 07305985461 Email: neil.keddy77@gmail.com

Venue: CrossFit SA1, 17 Business Park, Langdon Road, Port Tennant, Swansea SA1 8DB

Lifts: 1 Hand 2" Vertical Bar Lift, One Hand Deadlift (opposite hand), Hack Lift

5-6th October – **IAWA World Champs** – Al Myers - E Mail: amyers@usawa.com

Venue: Abliene, Kansas, USA

Lifts: Day 1: Reverse Curl, Snatch from Hang, 1 Hand Clean & Jerk, 2 Hand Thumbless Deadlift

Lifts: Day 2: Pullover & Push, Continental Clean to Belt, 2" Bar Straddle

3rd November.- **IAWA Gold Cup** – Peter Phillips - Email: allroundweightliftingwa@gmail.com

Venue: Lambda Academy, Mundaring, Western Australia

30th November – **IAWA(UK) AGM** 12pm - Hosted by Frank Allen – Tel: 0116 267 6918

Venue: 11 Orchard Road, Birstall, Leicester LE4 4GB

SOUTHERN AREA FIXTURES:

Venue: Metamorfit Gym, Unit 5F Southbourne Business Park, Courtlands Rd, Eastbourne BN22 8UY

Contact Promoter: Paul Barette Tel: 01323726833 E Mail: iawa@metamorfit.co.uk

Sunday 28th July - Southern Cup. **Lifts: 1H Dumbbell Snatch, Power Row, Straddle Deadlift**

Sunday 18th Aug - Southern Shield **Lifts: 2 Dumbbells Clean & Press, Bent Arm Pullover, Trap Bar Deadlift**

Sunday 24th Nov - Southern Grip Champs. **Lifts: 1H Pinch Clean & Press, 1H 2" Vertical Bar, 2H Fulton DB DL**

ALL ROUND POSTAL LEAGUE:

(Leg 1 by =End Jan 2=End Mar 3=End May 4=End July 5=End Sept 6=End Nov)

Leg 3 Squat, Bench Press, Deadlift, Crucifix

Leg 4 Press, Snatch, Clean & Jerk, Ab Raise

Leg 5 1 Hand Snatch, 1 Hand Clean & Jerk (opposite hand), 1 Hand Deadlift, Reverse Curl

Leg 6 2 Dumbbells Press, 2 Dumbbells Clean & Jerk, 2 Dumbbells Swing, 2 Dumbbells Deadlift

LOOKING AHEAD : 2020 Worlds: Pennsylvania USA - Denny Habecker **2020 IAWA Gold Cup:** Northern Ireland - Stevie Shanks/Steve Gardner

UPDATED