

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



Sept 2019 Edition



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New Baby
News!



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Above: Lifters and Officials at the Southern Shield.
Best Overall Lifter was **Rouhul Uddin**

Below: Lifters and Officials, with Janet Dick and Family, joining the group photo at the Single Arm



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)**

British Olympic Championship - 6th July 2019 - JCB Academy - Promoter, Steve Gardner

A few words from promoter, Steve Gardner: Wow what a great day at the British Olympics at JCB Academy at Rocester in Staffordshire today. We lost one due to injury but still had 18 lifters on the platform. We were treated to some outstanding lifting and a lot of records fell some from as far back as 2001. Thanks to all who attended to lift or help or support it made for a great atmosphere, and the lifters were a credit to themselves for getting stuck in with loading and lifting and helping us clear away at the end. All of the lifters were outstanding today very proud of everyone and my Grandson Dom did his first competition. A special mention to best juniors female and male: Mollie Redfern Smith and Brandon Hazell-Hyland, Best Open lifters: Chloe Brennan and Steve Thorpe, Best Masters: Nicola Thornhill and Pete Tryner and for the Champion of Champions for the De Yoxall Trophy..... 3rd was Chloe Brennan scoring 252 points, 2nd was Pete Tryner with 255 points and the winner was Steve Thorpe with 256.6 points!



L-R: Dominic Gardner (Press)
Paul Lynas, Paul Hallam and Steve Thorpe (Snatches)

BRITISH OLYMPIC COMPETITION HELD IN JCB ACADEMY, ROCESTER ON 6th JULY 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Press KILOS	Snatch KILOS	Clean & Jerk KILOS	TOTAL KILOS	TOTAL POINTS
Mollie Redfern Smith	52.9	1.2803	11	66	13&U	55	17.5 ^{BR}	20.0▲	20▲ (4th=22.5▲)	60.0 ^{BR}	122.2
Chloe Brennan	63.4	1.1174	23	33	Open	65	47.5 ^{BR}	50.0●	72.5● (4th=75●)	172.5 ^{BR}	252.6
Nicola Thornhill	72.4	1.0225	50	44	50+	75	40.0▲	30.0▲	45.0▲	115.0 ^{BR}	169.3
Karen Gardner	74.9	1.0008	60	54	60+	75	25.0▲	25.0▲	32.5▲	82.5 ^{BR}	127.2
Dominic Gardner	44.7	1.4834	13	33	13&U	45	22.5	22.5▲	25.0▲	70.0	138.1
Brandon Hazel-Hyland	75.9	0.9926	17	5	16-17	80	55.0	40.0	55.0	150.0	156.3
Paul Lynas	62.8	1.1249	60	21	60+	65	42.5 ^{BR}	55.0▲	70.0▲	167.5 ^{BR}	228.0
Steve Andrews	65.3	1.0948	59	20	55+	70	65.0	55.0	65.0	185.0	243.0
Jason Young	69.9	1.0460	48	9	45+	70	52.5	75.0▲	90.0	217.5	248.0
Matt Jones	119.9	0.7717	23	0	Open	120	90.0	70.0	100.0	260.0	200.6
Paul Barette	77.5	0.9799	43	4	40+	80	45.0 ^{BR}	45.0	40.0	130.0	132.5
Pete Tryner	92.1	0.8861	47	8	45+	95	92.5	75.0	100.0	267.5	256.0
Gary Ell	92.3	0.8850	48	9	45+	95	67.5	65.0	85.0	217.5	209.8
Paul Hallam	93.8	0.8771	40	1	40+	95	55.0	55.0	75.0	185.0	163.9
Rob Woods	96.1	0.8655	36	0	Open	100	80.0	80.0	100.0	260.0	225.0
Gary Redfern Smith	107.0	0.8175	46	7	45+	110	85.0	60.0	85.0	230.0	201.2
Richard Metcalf	108.3	0.8124	34	0	Open	110	87.5	92.5	122.5	302.5	245.8
Steve Thorpe	108.6	0.8112	38	0	Open	110	80.0	105.0 ^{BR}	132.5●	317.5	257.6

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

A selection of Best Lifter Awards - L-R: Steve Thorpe, Brandon Hazell-Hyland, Mollie Redfern-Smith, Pete Tryner



BRITISH ALL ROUND COMPETITION HELD IN ILKESTON ON 1st June 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Lunge Squat KILOS	Pullover at Arms Length KILOS	2H Zercher KILOS	TOTAL KILOS	TOTAL POINTS
Mollie Redfern-Smith	52.0	1.2984	11	66	13&U	55	▲35.0(4th40.0▲)	10.0▲	55.0▲	100.0	161.1
Maddy Ell	47.5	1.4029	23	33	Open	50	60.0	12.5	80.0	152.5	210.2
Beata Banas	70.5	1.0402	35	33	Open	75	60.0●	25.0●	95.0	180.0	197.1
Selina Dorn	74.2	1.0067	42	36	40+	75	55.0▲	17.5▲	80.0	152.5	160.7
Nicola Thornhill	71.9	1.0271	50	44	50+	75	55.0▲	17.5▲	85.0▲	157.5	177.3
Karen Gardner	74.3	1.0059	60	54	60+	75	35.0▲	10.0▲	70.0▲	115.0	127.5
Sianni Keddy	110.0	0.8059	42	36	40+	110	55.0▲●	0.0	60.0	115.0	83.5
Liam Keddy	59.0	1.1768	17	5	16-17	60	60.0▲	25.0▲	82.5	167.5	168.2
Mark Rattenberry	62.0	1.1352	56	17	55+	65	70.0	25.0	133.0▲	227.5	225.5
Steve Andrews	65.0	1.0983	59	20	55+	65	77.5▲●	32.5▲	127.5	237.5	246.2
Brandon Hazel-Hyland	75.0	1.0000	17	5	16-17	75	▲70.0(4th75.0▲)	22.5	90.0	182.5	151.0
Steve Gardner	140.3	0.7156	62	23	60+	125+	0.0	32.5▲	70.0	102.5	82.0
Rouhul Uddin	73.5	1.0128	39	0	Open	75	80.0	27.5	90.0	197.5	163.1
Ray Dews	77.1	0.9830	72	40	70+	80	30.0▲	45.0▲	75.0	150.0	196.7
Ed Shortt	77.5	0.9799	62	23	60+	80	60.0	27.5	130.0	217.5	198.4
Steve Sherwood	77.5	0.9799	67	30	65+	80	115.0▲	▲42.5(4th45.0▲)	140.0	297.5	308.4
Paul Barette	79.1	0.9678	43	4	40+	80	110.0	42.5 ^{BR}	165.0	317.5	252.2
Gary Ell	93.5	0.8787	48	9	45+	95	95.0(4th103.0▲●)	35.0	140.0	270.0	203.2
Neil Keddy	94.0	0.8761	41	2	40+	95	100.0▲	45.0	150.0	295.0	213.7
Philippe Crisp	101.0	0.8427	49	10	45+	105	140.0▲●	57.5▲	170.0 ^{BR}	367.5	282.5
Mark Godleman	101.1	0.8422	56	17	55+	105	▲110.0(4th115.0▲)	47.5 ^{BR}	180.0▲	337.5	263.2
Gary Redfern-Smith	107.1	0.8171	46	7	45+	110	50.0	30.0▲	0.0	80.0	83.0
Graham Saxton	114.3	0.7904	57	18	55+	115	▲90.5(4th92.5▲●)	40.0▲	150.0▲	280.0	207.0
Sam Keyes	139.5	0.7175	27	0	Open	125+	135.0	30.0	206.0●	370.0	193.3

▲ = Junior, Masters World Record. ● = Open World record. BR = British record.



A few words from Co-Promoter, Steve Gardner: The standard of lifting was exceptional at this years British All Round. Big congratulations to all who took part, you were a credit to yourselves and to IAWA (U.K.) So a special well done to the top three lifters in the overall Champion of Champions rankings: 3rd Mark Godleman 2nd Phil Crisp 1st Steve Sherwood. Selina and I, would like to thank everyone for supporting the day, and making it so special. The memories book which so many signed and wrote in looks amazing and I am sure George Dick, Andy Goddard and Jason Dorn would all have loved it. Thank you so much to all who helped with loading and officiating, thanks to Pete Tryner who wasn't able to lift but turned up to help with loading, and to everyone who sponsored and sent in money of support for Seth who raised a fantastic amount for Macmillan Nurses.

Photos clockwise from top: Top 3 Lifters with Frank Allen. Steve Sherwood presented with the Health & Strength Trophy. Steve Sherwood - Lunge Squat. Selina Dorn, Mark Godelman and Maddy Ell - Lunge Squats. Phil Crisp - Zercher.



British All Round Championships 2019

Mollie Redfern-Smith - Ladies Junior 55k British Champion
 Maddy Ell - Ladies Open 50k Class Champion
 Beata Banas - Ladies 75k Class Open Champion
 Selina Dorn - Ladies 75k Class 40+ Champion
 Nicola Thornhill - Ladies 75k Class 50+ Champion
 Karen Gardner - Ladies 75k Class 60+ Champion
 Sianni Keddy - Ladies 110k Class 40+ and Open Champion
 Liam Keddy - Junior 60k Class Champion
 Mark Rattenberry - 55+ 65k Class Runner Up
 Steve Andrews - 55+ and Open 65k Class Champion
 Brandon Hazell-Hyland - Junior 75k Class Champion
 Steve Gardner - 60+ 125+ Champion
 Paul Barette - 40+ and Open 80k Class Champion
 Ed Shorttle - 60+ 80k Class Champion
 Rouhul Uddin - Open 75k Class Champion
 Steve Sherwood - 65+ 80k Class Champion
 Ray Dews - 70+ 80k Class British Champion
 Gary Ell - 45+ and Open 95k Class Champion
 Mark Godleman - 55+ 105k Class Champion
 Neil Keddy - 40+ 95k Class Champion
 Gary Redfern-Smith - 45+ and Open 110k Class Champion
 Graham Saxton - 55+ and Open 115k Class Champion
 Phil Crisp - 45+ and Open 105k Class Champion
 Sam Keyes - Open 125+ British Champion



Photos Clockwise from top: Sam Keyes - Zercher. Liam Keddy - Lunge Squat. Beata Banas - Pullover at Arms Length. Paul Barette - Lunge Squat.



Overall Best Junior: Liam Keddy
Overall Best Female: Maddy Ell
Overall Best Open Lifter: Sam Keyes
Overall Best Master Lifter: Steve Sherwood
Champion of Champions for the Health and Strength Trophy:
1st Steve Sherwood
2nd Phil Crisp

Memorial Best Lifter Medals:

Sponsored by Steve and Karen Gardner:

Jason Dorn Lunge Squat:

Open: Gold - Sam Keyes, Silver - Rouhul Uddin, Bronze - Maddy Ell
 Masters: Gold - Steve Sherwood, Silver - Phil Crisp, Bronze - Paul Barette
 Ladies: Gold - Maddy Ell, Silver - Beata Banas, Bronze - Nicola Thornhill
 Junior: Gold - Liam Keddy

George Dick Pullover at Arms Length:

Open: Gold - Rouhul Uddin, Silver - Sam Keyes, Bronze - Beata Banas
 Masters: Gold - Ray Dews, Silver - Steve Sherwood, Bronze - Phil Crisp
 Ladies: Gold - Beata Banas Silver - Nicola Thornhill, Bronze - Selina Dorn
 Junior: Gold - Brandon Hazell-Hyland

Andy Goddard Zercher:

Open: Gold - Sam Keyes, Silver - Rouhul Uddin, Bronze - Maddy Ell
 Masters: Gold - Steve Sherwood, Silver - Mark Godleman, Bronze - Mark Rattenberry
 Ladies: Gold - Maddy Ell, Silver - Beata Banas, Bronze - Nicola Thornhill
 Junior: Gold - Mollie Redfern-Smith

Photos Below: Left to Right

The Legends (George Dick, Andy Goddard and Jason Dorn) all remembered here with awards and memorial book. Co-Promoter, Selina Dorn with her son Seth After his charity deadlift attempt.

Seth Dorn - Raising money for Macmillan Nurses and lifting in memory of his dad.



IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 3 - compiled by Chris Bass.

Ranking of Teams

1	Granby1	Steve Andrews, Steve Sherwood, Mark Godleman	994.6
2	Sunbury1	Rick Meldon, Michelle Ryder, Joshua Jones	937.0
3	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	847.4
4	Metamorfit1	Jamie Livens, Paul Barette, Danny Kingsland	781.1
5	Metamorfit2	Rouhul Uddin, Ed Shorttle, Beata Banas	695.6
6	Haven Hotshots	Tony Cook, Wayne Pawson, Terry Morris	680.4
7	Metamorfit3	Lara Bennett, Natalie Voce, Brandon Hazell-Hyland	584.7
8	Sunbury2	Jeff Luther, Trevor Evans	448.7
9	Twyford Celts	Maddy Ell, Max Ell	438.6
10	Metamorfit4	Charlotte Hughes, Maria Bennett	335.0
11	Granby2	Mark Shaw	216.6
12	Haven Hotentots	Dave Morton	160.6

Ranking of Lifters

1	Rick Meldon	376.3	15	Maddy Ell	231.5
2	Gary Ell	338.9	16	Jeff Luther	230.7
3	Steve Andrews	338.2	17	Wayne Pawson	229.0
4	Steve Sherwood	331.6	18	Ed Shorttle	228.2
5	Mark Godleman	324.8	19	Beata Banas	224.0
6	Michelle Ryder	302.2	20	Trevor Evans	218.0
7	Jamie Livens	268.5	21	Mark Shaw	216.6
8	Tony Cook	264.2	22	Max Ell	207.1
9	Andy Tomlin	262.1	23	Lara Bennett	200.6
10	Paul Barette	261.0	24	Natalie Voce	194.3
11	Joshua Jones	258.5	25	Brandon Hazell-Hyland	189.8
12	Danny Kingsland	251.6	26	Terry Morris	187.1
13	Matthew Finkle	246.4	27	Charlotte Hughes	186.9
14	Rouhul Uddin	243.4	28	Dave Morton	160.6
			29	Maria Bennett	148.1

Ranking of Lifters per Lift & Record Breakers.

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

Squat

Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Rick Meldon	55+	16	90	215.4▲	109.3	Rick Meldon	55+	16	90	125.4▲	100.3
Steve Sherwood	65+	32	85	152.5	90.7	Gary Ell1	45+	9	100	122.5	87.6
Gary Ell1	45+	9	100	190.0	86.2	Mark Godleman	55+	18	105	110.0	81.2
Mark Godleman	55+	18	105	180.0	84.3	Steve Andrews	55+	21	65	80.0	80.1
Steve Andrews	55+	21	65	115.0	73.0	Tony Cook1	80+	62	85	70.0	80.0
Michelle Ryder	45+	39	45	70.0▲●	70.0	Steve Sherwood	65+	32	85	85.0	79.7
Joshua Jones	Open	0	75	145.4	69.7	Trevor Evans1	70+	46	85	72.5	76.6
Matthew Finkle1	50+	14	65	110.0	67.3	Michelle Ryder	45+	39	45	45.0▲	71.0
Jamie Livens1	Open	0	75	130.0	64.7	Andy Tomlin1	50+	13	90	92.5	70.7
Paul Barette1	40+	4	85	125.0	59.2	Jamie Livens1	Open	0	75	90.0	70.7
Maddy Ell1	Open	33	50	65.5	58.7	Wayne Pawson	50+	13	85	89.0	70.5
Tony Cook1	80+	62	85	80.0	58.0	Danny Kingsland1	Open	0	60	77.5	70.0
Andy Tomlin1	50+	13	90	117.5	57.0	Rouhul Uddin	Open	0	75	90.0	68.7
Wayne Pawson	50+	13	85	112.5	56.5	Matthew Finkle1	50+	14	65	70.0	67.6
Charlotte Hughes1	Open	33	85	90.0	54.8	Joshua Jones	Open	0	75	85.4	64.6
Ed Shorttle1	60+	24	80	95.0	54.2	Jeff Luther1	60+	25	75	65.0	63.9
Rouhul Uddin	Open	0	75	110.0	53.2	Ed Shorttle1	60+	24	80	70.0	63.0
Beata Banas	Open	33	75	80.0	52.9	Paul Barette1	40+	4	85	77.5	57.9
Danny Kingsland1	Open	0	60	90.0	51.6	Beata Banas	Open	33	75	55.0	57.3
Dave Morton	60+	21	75	85.0	49.3	Maddy Ell1	Open	33	50	40.0	56.5
Max Ell1	Open	33	45	52.5	49.2	Mark Shaw1	55+	20	85	65.0	55.1
Mark Shaw1	55+	20	85	90.0	48.4	Dave Morton	60+	21	75	60.0▲	54.9
Lara Bennett	14-15	58	60	52.5 ^{BR}	47.6	Terry Morris1	60+	25	110	71.0	54.5
Brandon H-Hyland	16-17	5	80	92.5	45.6	Natalie Voce1	Open	33	80	55.0	53.2
Terry Morris1	60+	25	110	90.0	43.8	Brandon H-Hyland	16-17	5	80	67.5	52.4
Trevor Evans1	70+	46	85	65.0	43.6	Max Ell1	Open	33	45	35.0	51.7
Natalie Voce1	Open	33	80	70.0	43.0	Lara Bennett	14-15	58	60	32.5▲	46.5
Jeff Luther1	60+	25	75	65.0	40.5	Maria Bennett	55+	52	95	42.5▲	42.9
Maria Bennett	55+	52	95	32.5▲	20.8	Charlotte Hughes1	Open	33	85	42.5	40.8

2H Deadlift

Lifter	Age	%	Class	Kilos	Points
Michelle Ryder	45+	39	45	115.0▲●	93.2
Rick Meldon	55+	16	90	220.4▲	90.6
Steve Sherwood	65+	32	85	185.0	89.1
Mark Godleman	55+	18	105	220.0	83.5
Paul Barette1	40+	4	85	200.0	76.8
Tony Cook1	80+	62	85	130.0	76.3
Steve Andrews	55+	21	65	147.5	75.9
Matthew Finkle1	50+	14	65	150.0	74.4
Gary Ell1	45+	9	100	200.0	73.5
Maddy Ell1	Open	33	50	100.0	72.6
Jamie Livens1	Open	0	75	180.0	72.6
Andy Tomlin1	50+	13	90	180.0	70.7
Max Ell1	Open	33	45	90.0	68.3
Beata Banas	Open	33	75	125.0	66.9
Joshua Jones	Open	0	75	170.0	66.0
Terry Morris1	60+	25	110	165.0	65.1
Ed Shorttle1	60+	24	80	140.0	64.7
Rouhul Uddin	Open	0	75	160.0	62.7
Danny Kingsland1	Open	0	60	130.0	60.4
Mark Shaw1	55+	20	85	135.0	58.8
Wayne Pawson	50+	13	85	141.0	57.4
Dave Morton	60+	21	75	120.0	56.4
Charlotte Hughes1	Open	33	85	110.0	54.3
Brandon H-Hyland	16-17	5	80	130.0	51.9
Lara Bennett	14-15	58	60	70.0 ^{BK}	51.4
Jeff Luther1	60+	25	75	100.4	50.7
Natalie Voce1	Open	33	80	97.5	48.5
Maria Bennett	55+	52	95	87.5▲	45.4
Trevor Evans1	70+	46	85	80.4	43.6

Crucifix

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	55+	21	65	42.5	109.2
Gary Ell1	45+	9	100	50.0	91.8
Rick Meldon	55+	16	90	37.0▲	76.0
Mark Godleman	55+	18	105	40.0	75.8
Jeff Luther1	60+	25	75	30.0	75.7
Steve Sherwood	65+	32	85	30.0	72.2
Danny Kingsland1	Open	0	60	30.0●	69.6
Michelle Ryder	45+	39	45	16.8▲●	68.0
Paul Barette1	40+	4	85	35.0	67.1
Andy Tomlin1	50+	13	90	32.5	63.8
Jamie Livens1	Open	0	75	30.0	60.5
Rouhul Uddin	Open	0	75	30.0	58.8
Joshua Jones	Open	0	75	30.0	58.2
Lara Bennett	14-15	58	60	15.0▲	55.1
Mark Shaw1	55+	20	85	25.0	54.4
Trevor Evans1	70+	46	85	20.0	54.2
Tony Cook1	80+	62	85	17.0	49.9
Natalie Voce1	Open	33	80	20.0	49.7
Beata Banas	Open	33	75	17.5	46.8
Ed Shorttle1	60+	24	80	20.0	46.2
Wayne Pawson	50+	13	85	22.0	44.7
Maddy Ell1	Open	33	50	12.0	43.6
Brandon H-Hyland	16-17	5	80	20.0	39.9
Maria Bennett	55+	52	95	15.0▲	38.9
Max Ell1	Open	33	45	10.0	37.9
Matthew Finkle1	50+	14	65	15.0	37.2
Charlotte Hughes1	Open	33	85	15.0	37.0
Terry Morris1	60+	25	110	12.0	23.7
Dave Morton	60+	21	75	0.0	0.0

Ranking of Teams after Legs 1+2+3.

1	Granby1	Steve Sherwood, Steve Andrews , Mark Godleman	2781.3
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	2536.6
3	Metamorfit1	Jamie Livens, Paul Barette, Danny Kingsland	2381.3
4	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	2284.3
5	Haven Harlots	Tony Cook, Terry Morris, Dave Morton	2098.1
6	Metamorfit2	Beata Banas, Ed Shorttle, Rouhul Uddin	2019.5
7	Metamorfit3	Lara Bennett, Natalie Voce, Brandon Hazell-Hyland	1673.7
8	Twyford Celts	Maddy Ell, Max Ell	1400.9
9	Metamorfit4	Maria Bennett, Charlotte Hughes	792.4
10	Sunbury2	Joshua Jones, Rick Meldon,	636.3
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Wayne Pawson	393.6

Ranking of Lifters after Legs 1+2+3

1	Steve Sherwood	1002.2	16	Rouhul Uddin	661.4
2	Steve Andrews	936.3	17	Mark Godleman	644.1
3	Gary Ell	921.5	18	Terry Morris	643.5
4	Andy Tomlin	840.2	19	Mark Shaw	635.0
5	Jamie Livens	822.1	20	Dave Morton	623.3
6	Paul Barette	811.2	21	Trevor Evans	616.3
7	Matthew Finkle	774.8	22	Lara Bennett	586.3
8	Michelle Ryder	773.1	23	Natalie Voce	544.5
9	Tony Cook	762.8	24	Brandon Hazell-Hyland	542.9
10	Danny Kingsland	738.0	25	Joshua Jones	486.0
11	Maddy Ell	735.4	26	Wayne Pawson	462.1
12	Beata Banas	686.5	27	Maria Bennett	450.1
13	Ed Shorttle	681.5	28	Rick Meldon	376.3
14	Jeff Luther	668.8	29	Charlotte Hughes	342.3
15	Max Ell	665.5			

Power Set NAME		Age Class	CLASS Kilos	Squat KILOS	Bench Press FOF KILOS	Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Rick Meldon	M	55+	90	215.4	125.4	220.4	561.2 ^{BR}	300.3
Steve Sherwood	M	65+	85	152.5	85.0	185.0	422.5 ^{BR}	259.4
Mark Godleman	M	55+	105	180.0	110.0	220.0	510.0 ^{BR}	249.0
Gary Ell1	M	45+	100	190.0	122.5	200.0	512.5	247.2
Michelle Ryder	F	45+	45	70.0	45.0	115.0	230.0 ^{BR}	234.2
Steve Andrews	M	55+	65	115.0	80.0	147.5	342.5 ^{BR}	229.0
Tony Cook1	M	80+	85	80.0	70.0	130.0	280.0	214.3
Matthew Finkle1	M	50+	65	110.0	70.0	150.0	330.0	209.3
Jamie Livens1	M	Open	75	130.0	90.0	180.0	400.0	208.0
Joshua Jones	M	Open	75	145.4	85.4	170.0	400.8	200.3
Andy Tomlin1	M	50+	90	117.5	92.5	180.0	390.0	198.3
Paul Barette1	M	40+	85	125.0	77.5	200.0	402.5	193.9
Maddy Ell1	F	Open	50	65.5	40.0	100.0	205.5	187.9
Rouhul Uddin	M	Open	75	110.0	90.0	160.0	360.0	184.6
Wayne Pawson	M	50+	85	112.5	89.0	141.0	342.5	184.3
Danny Kingsland1	M	Open	60	90.0	77.5	130.0	297.5	182.0
Ed Shorttle1	M	60+	80	95.0	70.0	140.0	305.0	182.0
Beata Banas	F	Open	75	80.0	55.0	125.0	260.0	177.2
Max Ell1	F	Open	45	52.5	35.0	90.0	177.5	169.2
Trevor Evans1	M	70+	85	65.0	72.5	80.4	217.9	163.8
Terry Morris1	M	60+	110	90.0	71.0	165.0	326.0	163.5
Mark Shaw1	M	55+	85	90.0	65.0	135.0	290.0	162.2
Dave Morton	M	60+	75	85.0	60.0	120.0	265.0 ^{BR}	160.6
Jeff Luther1	M	60+	75	65.0	65.0	100.4	230.4	155.0
Brandon H-Hyland	M	16-17	80	92.5	67.5	130.0	290.0	149.9
Charlotte Hughes1	F	Open	85	90.0	42.5	110.0	242.5	149.9
Lara Bennett	F	14-15	60	52.5	32.5	70.0	155.0 ^{BR}	145.5
Natalie Voce1	F	Open	80	70.0	55.0	97.5	222.5	144.6
Maria Bennett	F	55+	95	32.5	42.5	87.5	162.5 ^{BR}	109.2

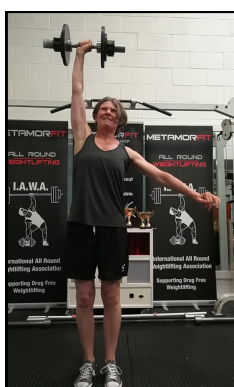
Here's the Leg 2 results, now with 29 lifters and 12 teams. Welcome back to Rick Meldon who is still a force to be reckoned with!

Recognition to Rick Meldon, Steve Sherwood & Gary Ell for the top 3 in the Squat; Rick Meldon, Gary Ell & Mark Godleman for top 3 in the Bench Press; Michelle Ryder, Rick Meldon & Steve Sherwood for top 3 in the Deadlift; Steve Andrews, Gary Ell & Rick Meldon in the Crucifix.

Rick Meldon, Gary Ell & Steve Andrews 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.

Top 3 lifters in the Power Set were: Rick Meldon, Steve Sherwood & Mark Godleman.

To date: top 3 lifters are still Steve Sherwood, Steve Andrews & Gary Ell; Top 3 teams remain Granby1, Castlemilk & Metamorfit 1.



Lifting at the Southern Cup
 Full results >>>
 Left: Jenny Watson and Lee Potier with One Hand Dumbbell Snatches
 Right: The lifters and officials at the Southern Cup.



Southern Cup - 28th July 2019 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	One Hand DB Snatch		Power Row		Straddle Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Beata Banas	F	35	33	OPEN	71.3	75	27.5R	48.554	60●	51.666	120	46.308	146.528	1.0326	201.25
Lee Potier	M	31	0	OPEN	98.5	100	40R	70.624	100 ^{BR}	86.11	180	69.462	226.196	0.8540	193.18
Rouhul Uddin	M	39	0	OPEN	74.2	75	30R	52.968	80	68.888	175	67.5325	189.3885	1.0067	190.67
Lara Bennett	F	14	53	14-15	57.0	60	17.5R▲	30.898	42.5▲	36.59675	75 ^{BR}	28.9425	96.43725	1.2076	178.18
Danny Kingsland	M	29	0	OPEN	56.4	60	22.5R	39.726	55●	47.3605	120	46.308	133.3945	1.2174	162.39
Jenny Watson	F	53	47	50+	59.1	60	15R▲	26.484	42.5	36.59675	77.5 ^{BR}	29.90725	92.988	1.1753	160.65
Natalie Voce	F	37	33	OPEN	77.7	80	22.5R	39.726	50	43.055	90	34.731	117.512	0.9784	152.91
Brandon Hazell-Hyland	M	17	5	16-17	75.0	75	27.5R	48.554	55	47.3605	117.5	45.34325	141.2578	1.0000	148.32

Successful 4th Attempts: **One Hand DB Snatch** - Lara Bennett (R) 18kg▲. **Power Row** - Lara Bennett 45kg▲, Rouhul Uddin 80.5kg^{BR}, Brandon Hazell-Hyland 55kg▲, **Straddle DL** - Lara Bennett 80kg^{BR}

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

Promoter - **Paul Barette** Referees - **Paul Barette & Natalie Voce** Recorder/MC - **Paul Barette** Loaders/Spotters - **The Lifters!**
Scored using Blindt, Age & Lynch formulas.

Best Ladies Lifter & Overall Champion - **Beata Banas**, Best Open Lifter - **Lee Potier**, Best Masters Ladies - **Jenny Watson**, Best Junior Lifter - **Lara Bennett**

The Second Southern Fixture for 2019 was a great success coming just a week after the Old Time Strongman and in a busy period of Postal League lifting. Eight lifters competed including Lee Potier returning to the IAWA Platform after a couple of years, and in his main competition debut, Danny Kingsland (who lifted at the old Time Strongman only the week before). Disappointingly, Maria Bennett was unable to lift due to a bout of vertigo which she has now recovered from, but she was able to come and support and help by checking records. Beata Banas won the Best Ladies and Overall Champion award in her first overall title and a first ladies win for any previous Southern Fixture!

2019 IAWA WORLD POSTAL OLD TIME STRONGMAN CHAMPIONSHIPS

The results from the Second Annual Old Time Strongman Championships have been tabulated. A few words from co-promoter Al Myers: I was so excited to see the international involvement again this year, as that makes this competition a truly World event.

This year a total of 26 lifters competed (exceeding that of last year). Australia had 6 lifters, the United States had 8 lifters, England had 10 lifters, Wales had 1 lifter, and Canada had 1 lifter.

Three different OTSM lifts were chosen this year to add a new challenge for everyone. The OVERALL BEST LIFTERS were Women – **Sylvia Stockall** of Canada and Men – **Greg Cook** of the USA. Congratulations to both of these lifters for their exceptional lifting. As I was putting all the results together I noticed great lifting from so many other lifters as well. I want to really thank everyone for supporting this World Championships!!! I especially want to thank the promoters from each country for hosting the venue for the lifters.

Meet Results:

2019 IAWA World OTSM Championships World Postal
July 20th-21st, 2019

Meet Directors: Al Myers & John Mahon

Scorekeeper: Al Myers

Venues: Australia – Lambda Academy with promoters John Mahon & Peter Phillips

England – Promoters Nick Swain & Phil Crisp

United States – Dino Gym with promoter Al Myers

Wales – KEDS gym with promoter Neil Keddy

Canada – Promoter Sylvia Stockall

Lifts: Thor's Hammer, Hackenschmidt Floor Press, Kennedy Lift



NOTES: All bodyweights recorded in kilograms. All lifts recorded in kilograms. TOT is total kilograms lifted. PTS are overall adjusted points corrected for age and bodyweight.

BEST LIFTER AWARDS

Womens Best Senior 20-39: Max Ell

Womens Best Master 45-49: Claire McLaren

Womens Best Master 50-54: Racheal Hin

Womens Best Master 60-64: Sylvia Stockall

Womens Overall Best Lifter: Sylvia Stockall

Mens Best Junior: Flynn McLaren

Mens Best Senior 20-39: Rory Hoad

Mens Best Master 40-44: John Strangeway

Mens Best Master 45-49: Philippe Crisp

Mens Best Master 50-54: Al Myers

Mens Best Master 55-59: John Douglas

Mens Best Master 60-64: Greg Cook

Mens Best Master 65-69: Peter Phillips

Mens Best Master 70-74: Barry Pensyl

Mens Best Master 75-79: Denny Habecker

Mens Overall Best Lifter: Greg Cook

Above: Greg Cook of the USA.

Overall Best Lifter for the 2019 Old Time
Strongman Postal.

Here with the Hackenschmidt Floor Press

Below: Rory Hoad, Lifting for England with the
Kennedy Lift



WOMENS DIVISION

LIFTER	AGE	BWT	Thor	Hack	Kenn	TOT	PTS
Sylvia Stockall, CAN	61	63.0	9.5	70.3	156.5	236.3	323.6
Racheal Hin, AUS	50	60.0	8.75	55	145	208.8	269.3
Max Ell, ENG	22	45.0	5.75	55	115	175.75	259.1
Maddy Ell, ENG	24	47.5	4.5	57.5	110	172.0	241.3
Claire McLaren, AUS	47	85.0	10	30	160	200.0	200.3

MENS DIVISION

LIFTER	AGE	BWT	Thor	Hack	Kenn	TOT	PTS
Greg Cook, USA	62	115.7	26	117.5	365	508.5	491.3
Rory Hoad, ENG	31	86.0	12	157.5	360	529.5	487.7
Philippe Crisp, ENG	49	100.5	10	157.5	307.5	475.0	444.1
Gary Ell, ENG	48	90.0	17	120	300	437.0	427.6
John Strangeway, USA	41	93.5	25	130	320	475.0	425.7
Al Myers, USA	52	106.2	20	125	300	445.0	412.7
Paul Barette, ENG	43	77.5	8.25	90	250	348.3	354.9
John Douglas, USA	55	138.2	25	137.5	250	412.5	344.8
Danny Kngsland, ENG	29	57.5	7	100	180	287.0	344.3
Peter Phillips, AUS	65	99.4	17.5	105	190	312.5	334.6
Steven Charles, AUS	38	88.4	17.5	100	250	367.5	333.2
Barry Pensyl, USA	71	67.6	13.75	72.5	137.5	223.8	330.2
Denny Habecker, USA	76	82.6	13.75	85	137.5	236.3	329.8
Neil Keddy, WALES	41	95.0	15.75	140	200	355.8	316.1
Rouhol Uddin, ENG	39	74.5	4.5	105	195	304.5	305.8
Steve Shah, ENG	70	81.5	5.75	80	145	230.8	298.3
Dean Ross, USA	76	106.2	13.75	80	140	233.8	283.9
Flynn McLaren, AUS	16	69.6	15	60	170	245	282.7
LaVerne Myers, USA	75	104.0	17.5	50	160	227.5	275.6
Brandon Hazell-Hyland, ENG	17	75.5	4.5	75	140	219.5	229.5
Cameron McLaren, AUS	53	111.7	22.5	70	145	237.5	216.5



Left: Neil Keddy
Gary Ell & Max
Ell.
Lifting for Team
Wales in the
Old Time
Strongman
Postal
Competition.

2019 English Old Time Strongman Championships (for the World Postal Champs)

England, Hailsham, East Sussex, Freedom Leisure, Sunday 21st July 2019

name	sex	age	Sex/age%	class	bwt	div	Thor's Hammer	Hackenschmidt Press	Kennedy Deadlift	total	lynch	Amended total
Philippe Crisp	M	49	10%	45+	100.5kg	105kg	10kg	157.5kg	307.5kg	475kg	0.8499	444.07
Rory Hoad	M	31		Open	86kg	90kg	12kg	157.5kg	360kg	529.5kg	0.9211	487.72
Steve Shah	M	70	36%	70+	81.5kg	50kg	5.75kg	80kg	145kg	230.75kg	0.9506	298.32
Paul Barette	M	43	4%	40+	77.5kg	80kg	8.25kg	90kg	250kg	348.25kg	0.9799	354.90
Brandon Hazell-Hyland	M	17	5%	16-17	75.5	80lg	4.5kg	75kg	140kg	219.5kg	0.9959	229.53
Rouhol Uddin	M	39		Open	74.5kg	75kg	4.5kg	105kg	195kg	304.5kg	1.0042	305.78
Danny Kingsland	M	29		Open	57.5kg	60kg	7kg	100kg	180kg	287kg	1.1996	344.29

the 2019 English Old Time Strongman Championships, the national leg for England of the World Old Time Strongman Championships, was held on 21st July in Hailsham, England. Promoted by Nick Swain and Phil Crisp, Nick very unfortunately could not make the competition due to pressing personal reasons on the day. However, his and Phil's previous work had paid off and the competition was well set up and ready to go, with Rory Hoad, who was already pencilled in for the day as a helper, stepping up to referee and help organise the day efficiently and without missing a trick..

Whilst the usual remarks on the camaraderie, the support, the great help from Freedom Leisure where the competition was held, and the lovely weather (with the first lift taking place outside!) could all be given as highlights of the competition perhaps the most impressive part of the day was the quality of the lifting.

Leading the charge here was Rory Hoad, who took the Open and Overall titles of the English Old Time Strongman Championships. Rory pulled a huge 360kg Kennedy lift to underscore his fantastic day. Phil Crisp, last year's champion and also the 2018 World Old Time Strongman champion was pushed into 2nd place, although Phil took the Masters category. In third overall, Paul Barette – with his usual pulling powers on show once more (!) – saw off Danny Kingsland's very close push for the podium by a margin of 10 points. Rouhol Uddin, in a very balanced performance, took fifth followed by the excellent Steve Shah and the very promising Junior champion Brandon Hazell-Hyland.

With a few lifters having to pull out at the last minute, the field of seven could easily have been extended. The event and the idea of the Old Time World Strongman Championship, however, seems to be growing in strength under Al Myers and John Mahon and we look forward to next year's edition!

Open champion 1. Rory Hoad, 2. Danny Kingsland, 3. Rouhol Uddin

Masters 1. Phil Crisp, 2. Barette, 3. Steve Shah

Juniors 1. Brandon Hazell-Hyland

Overall Champion 1. Rory Hoad, 2. Phil Crisp, 3. Paul Barette

Promoters: Nick Swain and Phil Crisp **Referees:** Phil Crisp and Rory Hoad

The lifters at the England Old Time Strongman event held at Freedom Leisure, Hailsham.



Steve Shah with the Thor's Hammer



Rouhol Uddin here with a Kennedy Lift



British Single Arm Championship - 3rd August 2019 - Glasgow - Promoter, Andy Tomlin



L-R: Andy Tomlin receives the George Dick Memorial Shield presented by Janet Dick.

Steve Gardner & Graham Saxton, One Hand Snatches

A few words from Steve Gardner: Great day at the Single Arm Championships today, couldn't have been closer between the top three! Lots of records broken... well done to Andy Tomlin and Matt Finkle for running a great competition, so nice to that Janet Dick and family could be in attendance, and Janet presented the awards, and the George Dick Memorial Trophy.

BRITISH SINGLE ARM COMPETITION HELD IN CASTLEMILK GYM, GLASGOW ON 3rd AUGUST 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	1H Barbell Snatch KILOS	1H Barbell C&J KILOS	1H Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Karen Gardner	74.1	1.0076	60	54	60+	75	15.0L▲	20.0R▲	70.0R▲	105.0	136.6
Matt Finkle	63.5	1.1162	53	14	50+	65	30.0L▲	42.5R ^{BR}	92.5R	165.0	196.9
Steve Andrews	64.3	1.1065	60	21	60+	65	40.0R▲	40.0L▲	110.0L▲	190.0	234.8
Steve Sherwood	79.1	0.9678	67	30	65+	80	40.5R▲	35.0L▲	150.0L▲	225.5	238.0
Andy Tomlin	87.7	0.9108	51	12	50+	90	47.5L	55.0R	175.0R	277.5	247.2
Graham Saxton	114.6	0.7893	57	18	55+	115	25.0L ^{BR}	40.0R▲	137.5R▲	202.5	155.7
Steve Gardner	147	0.7002	62	23	60+	125+	27.5	20.0	85.0	132.5	98.8

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



Steve Sherwood - One Hand Snatch (with split)



Matt Finkle - One Hand Clean & Jerk



Andy Tomlin - One Hand Deadlift



Karen Gardner - One Hand Deadlift



Left: The obligatory social after the main event!

Right: Frank Allen and Chris Bass try out Georges chair after helping with officiating and record keeping.



THE GATHERING III DONALD DINNIE DAY



A report by Steve Gardner, with thanks to Stevie Shanks. Photos courtesy of Jim & Rosemary Splaine

A Tale of Two Dinnies

The Dinnie Stones at the Gathering 2019.....featuring the first ever Donald Dinnie Games Event

Harking back to ancient times when men were men and stones were nervous (and don't get me wrong here, I mean men as in mankind and not the male of the species, because we also had members of the fairer sex taking part in these extraordinary feats of strength too!)

As with all notable Gatherings, the Pipe Band led the Competitors into the arena, and the Chieftain of the Gathering (none other than the World famous Strength Historian and Authority on such matters: David Webster in his 93rd year) Officially Opened the event.

This years meeting was the third such gathering organised by Stevie Shanks (Son of Dinnie Stones Legend: Jack Shanks - who was also on attendance) and huge thanks go out to all who helped and supported Stevie in this venture, especially the Ballogie Estate and the Event Sponsors and Coordinators, and Andy Cairney who supplied the event T Shirts.

In this the third year, Stevie's vision was to run a Donald Dinnie Games, to celebrate the great man 'Donald Dinnie' who had been the first Worlds Sporting international Superstar, as he travelled the World competing and dazzling crowds with his Highland Games abilities to become undisputed Champion of the World in the 1800,s. As he had been such a great competitor, Stevie's idea was that this event would Honour his memory, and I enjoyed our meetings and chats as we discussed ideas and decided on the events for the competition.

The Games was always going to be using and based around, Stones, keeping things very traditional! It was decided that the competitors would perform Stone Lifting, Stone Carrying, Stone Throwing and Stone Loading, in their quest to win the four event challenge to claim the title '1st Donald Dinnie Games Champion'

On the day eight strong men and true lined up to put themselves on the line: **Neil Elliot, Sean Peatfield, Lewis Mclukie, Jamie Gorrian, Andy Cairney, Dean Kent, Matt Jones and Mark Haydock....** all Champions in their own sports ... Highland Games, Weightlifting, Strongman, Powerlifting and more, so nothing was a given here, it was going to be a new challenge for all of them and so it seemed any one of them could take the title.

In the event it was just as we all expected, it was very close all the way through with the lead changing consistently by a point here and a point there:



Event One - The Ballogie Stone Challenge....As Head Referee I was delighted to be supported by fellow Officials James Grahame and Martin Jancsics . In this event the athletes had to lift the huge 223 kilos stone scoring 2 points for breaking ground, 4 points for lapping the stone, 6 points for standing upright and 8 points for taking the stone to the shoulder...it was fascinating to see how some went for the upright stand mixed with lapping and some did the shoulder and some consistent on breaking the ground for regular two points scores. When it was over Sean Peatfield was the event winner scoring 60 points in the allotted 75 seconds.

Event Two - The Nicol Stones Carry coordinated by Brett Nicol using his stones which are a little lighter than the Dinnie Stones. The athletes had to lift and carry the stones side by side as far as possible, they were allowed to set the stones down once but then lift and carry on within ten seconds. As soon as the stones hit the ground the second time then that was the distance recorded. The winner of this event was Young Matt Jones with a distance of 30 feet and 6 inches.

Event Three - The Steintossen... throwing the mighty Rendrag Stone. The stone was provided by myself and I coordinated the event. The Rendrag Stone is a Viking Granite Mill Stone brought to the U.K. 30 years ago by myself from the Channel Islands. a monster 36lbs in weight. The rules for this event were simple, the thrower could use any method to propel the stone so long as they didn't stand on or go over the stop board. It was interesting to see how everyone started with overhead reverse two hand throws, but then some started to try a running two hand putt which proved equally effective. The winner of this event was Neil Thomas with a throw of 24 feet one and a half inches, and Neil was presented with the Rendrag Stone Tankard as Winner which was sponsored by Steve and Karen Gardner.

Event Four - The Ardblair Stones, a well known event provided and coordinated by the 'Gentleman of the Stones' Charlie Blair-Oliphant. In this event the athletes raced to see who could load the most of the man hood stones up onto the barrels and in the best time. It was an exciting last event, and whilst several of the now tiring competitors managed 7 stones and a few did 8, the event was won by Andy Cairney who loaded all 9 Stones.



With all four events completed the points were totted up and the first winner of the Donald Dinnie Games was Jamie Gorrian with 24 points, just one point ahead of Sean Peatfield in Second, and again one point behind him was Andy Cairney in third. I take my hat off to all of the competitors for putting on an amazing spectacle, and again well done to Jamie a great and deserving Champion!

As if this was not enough excitement for one day, we also had official attempts on the Dinnie Stones Lift going on throughout the day, with lifters from all around the World climbing onto the platform...including USA South Africa, Canada, Italy, Ireland, England and Scotland. I was proud to have James Grahame and Strong-woman Emmajane Smith working with me as officials for these attempts! In all we had 15 attempts on the Dinnies, 8 successful and 7 not on this occasion, and one of the eight successes was another well known Strong Woman Donna Moore, straps assisted (and very close without straps too). We were also treated to a successful lift from Enzo Donadio from Italy, the Worlds oldest Dinnie Lifter at 64 years of age. That was not all, we had a Dinnie Carry attempt by Josh Brown who walked 6 feet 11 inches on the trailer carrying the Dinnies side by side and a Dinnies Hold attempt by Mitch Jackson who held them for 16.37 seconds.

There was also the Inver Stone Exhibition where Martin Jancsics and Jamie Gorrian gave a great demonstration of how to lift the famous Stone weighing 122 kilos- 268lbs, both shouldering the weight at which point Martin drew his phone with his free hand to take a Selfie (as is his trademark now) in fact Jamie almost managed to press it above his head as well!

There is no doubt that the huge and appreciative crowd at Potarch were fully entertained and were present to see history in the making at 'The Gathering 3 and the Dinnie Games'

A dream of Stevie Shanks's came true, I think the big man up there would have been very proud indeed.... so Stevie, keep dreaming. God Bless you all, stay healthy and Strong, Steve Gardner

IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 4 - compiled by Chris Bass.

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	848.2
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	811.3
3	Metamorfit1	Beata Banas, Jamie Livens, Lara Bennett	687.8
4	Sunbury1	Jeff Luther, Joshua Jones, Trevor Evans	670.5
5	Haven Harlots	Wayne Pawson, Tony Cook, Terry Morris	663.8
6	Metamorfit2	Danny Kingsland, Brandon H-Hyland, Rouhul Uddin	607.9
7	Metamorfit3	Ed Shorttle, Paul Barette, Natalie Voce	540.5
8	Twyford Celts	Maddy Ell, Max Ell	479.7
9	Sunbury2	Michelle Ryder	178.2
10	Metamorfit4	Maria Bennett,	116.2

Ranking of Lifters

1	Steve Sherwood	324.7	13	Jamie Livens	217.7
2	Steve Andrews	306.2	14	Mark Godleman	217.3
3	Gary Ell	301.6	15	Lara Bennett	209.0
4	Andy Tomlin	269.0	16	Danny Kingsland	204.8
5	Beata Banas	261.1	17	Brandon H-Hyland	202.7
6	Maddy Ell	259.3	18	Rouhul Uddin	200.4
7	Wayne Pawson	257.9	19	Ed Shorttle	196.7
8	Jeff Luther	247.8	20	Trevor Evans	196.1
9	Matthew Finkle	240.7	21	Paul Barette	180.3
10	Tony Cook	231.7	22	Michelle Ryder	178.2
11	Joshua Jones	226.6	23	Terry Morris	174.2
12	Max Ell	220.4	24	Natalie Voce	163.5
			25	Maria Bennett	116.2

Ranking of Lifters per Lift & Record Breakers. 2H Barbell Press

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref 2H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	21	70	65.0	86.1	Steve Sherwood1	65+	32	80	60.0	90.9
Wayne Pawson	50+	13	85	75.0	79.5	Steve Andrews	60+	21	70	55.0	85.8
Tony Cook1	80+	62	85	50.0	76.3	Wayne Pawson	50+	13	85	67.5	84.3
Steve Sherwood1	65+	32	80	57.5	74.0	Tony Cook1	80+	62	85	46.0	82.7
Gary Ell1	45+	9	90	67.5	66.7	Jeff Luther1	60+	25	70	51.4	79.9
Andy Tomlin1	50+	13	90	65.0	66.5	Gary Ell1	45+	9	90	67.5	78.5
Jeff Luther1	60+	25	70	47.9	63.2	Maddy Ell1	Open	33	50	30.0	67.2
Mark Godleman1	55+	18	110	65.0	63.2	Andy Tomlin1	50+	13	90	55.0	66.3
Jamie Livens1	Open	0	75	60.0	62.0	Matthew Finkle1	50+	14	65	42.5	64.4
Matthew Finkle1	50+	14	65	47.5	61.1	Mark Godleman1	55+	18	110	55.0	63.0
Danny Kingsland	Open	0	60	50.0	60.9	Lara Bennett	14-15	58	60	27.5▲	61.4
Michelle Ryder	45+	39	50	30.4▲	60.4	Jamie Livens1	Open	0	75	50.0	60.8
Trevor Evans1	70+	46	85	42.9	60.2	Beata Banas1	Open	33	75	37.5	60.4
Joshua Jones	Open	0	75	57.9	59.2	Terry Morris1	60+	25	110	50.0	59.8
Ed Shorttle1	60+	24	85	50.0	59.0	Max Ell1	Open	33	45	25.0	57.7
Rouhul Uddin	Open	0	75	57.5	58.1	Danny Kingsland	Open	0	60	40.0	57.4
Maddy Ell1	Open	33	50	30.5	58.0	Ed Shorttle1	60+	24	85	40.0	55.6
Brandon H-Hyland	16-17	5	80	55.0	57.3	Joshua Jones	Open	0	75	45.4	54.6
Lara Bennett	14-15	58	60	30.0▲	56.9	Trevor Evans1	70+	46	85	32.9	54.3
Beata Banas1	Open	33	75	37.5	51.3	Paul Barette	40+	4	80	45.0	54.0
Terry Morris1	60+	25	110	48.5	49.3	Rouhul Uddin	Open	0	75	45.0	53.5
Max Ell1	Open	33	45	25.0	49.0	Brandon H-Hyland	16-17	5	80	40.0	49.1
Natalie Voce1	Open	33	80	37.5	48.1	Natalie Voce1	Open	33	80	30.0	45.3
Paul Barette	40+	4	80	45.0 ^{BR}	45.9	Michelle Ryder	45+	39	50	15.9▲	37.2
Maria Bennett	55+	52	90	30.0▲	41.2	Maria Bennett	55+	52	90	20.0▲	32.3

<u>2H Barbell C&J</u>						<u>Abdominal Raise</u>					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	32	80	70.0	81.0	Steve Sherwood1	65+	32	80	25.0	78.9
Gary Ell1	45+	9	90	87.5	77.7	Gary Ell1	45+	9	90	32.5	78.7
Steve Andrews	60+	21	70	65.0	77.4	Beata Banas1	Open	33	75	22.5●	75.5
Beata Banas1	Open	33	75	60.0	73.8	Maddy Ell1	Open	33	50	15.0	70.0
Andy Tomlin1	50+	13	90	80.0	73.6	Andy Tomlin1	50+	13	90	25.0	62.7
Tony Cook1	80+	62	85	53.0	72.7	Steve Andrews	60+	21	70	17.5	56.8
Wayne Pawson	50+	13	85	75.0	71.5	Max Ell1	Open	33	45	10.8	51.9
Jamie Livens1	Open	0	75	75.0	69.6	Matthew Finkle1	50+	14	65	15.4	48.6
Matthew Finkle1	50+	14	65	57.5	66.5	Joshua Jones	Open	0	75	19.2	48.1
Joshua Jones	Open	0	75	70.4	64.7	Brandon H-Hyland	16-17	5	80	17.5	44.7
Maddy Ell1	Open	33	50	37.5	64.1	Paul Barette	40+	4	80	17.5	43.7
Terry Morris1	60+	25	110	70.0	63.9	Jeff Luther1	60+	25	70	13.5	43.7
Max Ell1	Open	33	45	35.0	61.7	Rouhul Uddin	Open	0	75	17.5	43.3
Mark Godleman1	55+	18	110	70.0	61.2	Danny Kingsland	Open	0	60	12.5	37.3
Jeff Luther1	60+	25	70	51.4	61.0	Lara Bennett	14-15	58	60	7.6▲	35.3
Lara Bennett	14-15	58	60	32.5▲	55.4	Michelle Ryder	45+	39	50	6.3▲	30.7
Ed Shorttle1	60+	24	85	50.0	53.1	Trevor Evans1	70+	46	85	8.9	30.6
Brandon H-Hyland	16-17	5	80	55.0	51.5	Mark Godleman1	55+	18	110	12.5	29.8
Trevor Evans1	70+	46	85	40.4	50.9	Ed Shorttle1	60+	24	85	10.0	28.9
Michelle Ryder	45+	39	50	27.9▲	49.9	Jamie Livens1	Open	0	75	10.0	25.3
Danny Kingsland	Open	0	60	45.0	49.3	Natalie Voce1	Open	33	80	7.6	23.9
Natalie Voce1	Open	33	80	40.0	46.2	Wayne Pawson	50+	13	85	8.8	22.7
Rouhul Uddin	Open	0	75	50.0	45.4	Maria Bennett	55+	52	90	2.6▲	8.8
Paul Barette	40+	4	80	40.0	36.7	Terry Morris1	60+	25	110	0.5	1.2
Maria Bennett	55+	52	90	27.5▲	34.0	Tony Cook1	80+	62	85	0.0	0.0

Ranking of Teams after Legs 1+2+3+4.

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	3629.5
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	3347.9
3	Metamorfit1	Jamie Livens, Paul Barette, Beata Banas	3069.1
4	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	2954.8
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	2761.9
6	Metamorfit2	Danny Kingsland, Ed Shorttle, Rouhul Uddin	2627.4
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	2214.2
8	Twyford Celts	Maddy Ell, Max Ell	1880.6
9	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
10	Sunbury2	Joshua Jones, Rick Meldon	814.5
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

Ranking of Lifters after Legs 1+2+3+4

1	Steve Sherwood	1327.0	16	Rouhul Uddin	861.8
2	Steve Andrews	1242.5	17	Mark Godleman	861.4
3	Gary Ell	1223.1	18	Terry Morris	817.7
4	Andy Tomlin	1109.2	19	Trevor Evans	812.3
5	Jamie Livens	1039.9	20	Lara Bennett	795.3
6	Matthew Finkle	1015.5	21	Brandon Hazell-Hyland	745.6
7	Maddy Ell	994.7	22	Wayne Pawson	720.0
8	Tony Cook	994.5	23	Joshua Jones	712.6
9	Paul Barette	991.5	24	Natalie Voce	708.0
10	Michelle Ryder	951.4	25	Mark Shaw	635.0
11	Beata Banas	947.6	26	Dave Morton	623.3
12	Danny Kingsland	942.8	27	Maria Bennett	566.4
13	Jeff Luther	916.7	28	Rick Meldon	376.3
14	Max Ell	885.9	29	Charlotte Hughes	342.3
15	Ed Shorttle	878.2			

Olympic Set NAME		Age Class	CLASS Kilos	2H Press KILOS	2H Snatch KILOS	2H C&J KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	M	60+	70	65.0	55.0	65.0	185.0	249.4
Steve Sherwood1	M	65+	80	57.5	60.0	70.0	187.5	245.9
Wayne Pawson	M	50+	85	75.0	67.5	75.0	217.5	235.2
Tony Cook1	M	80+	85	50.0	46.0	53.0	149.0	231.7
Gary Ell1	M	45+	90	67.5	67.5	87.5	222.5	222.9
Andy Tomlin1	M	50+	90	65.0	55.0	80.0	200.0	206.3
Jeff Luther1	M	60+	70	47.9	51.4	51.4	150.7	204.2
Jamie Livens1	M	Open	75	60.0	50.0	75.0	185.0	192.4
Matthew Finkle1	M	50+	65	47.5	42.5	57.5	147.5	192.1
Maddy Ell1	F	Open	50	30.5	30.0	37.5	98.0	189.4
Mark Godleman1	M	55+	110	65.0	55.0	70.0	190.0	187.5
Beata Banas1	F	Open	75	37.5	37.5	60.0	135.0	185.6
Joshua Jones	M	Open	75	57.9	45.4	70.4	173.7	178.5
Lara Bennett	F	14-15	60	30.0	27.5	32.5	90.0 ^{BR}	173.6
Terry Morris1	M	60+	110	48.5	50.0	70.0	168.5	173.0
Max Ell1	F	Open	45	25.0	25.0	35.0	85.0	168.4
Ed Shorttle1	M	60+	85	50.0	40.0	50.0	140.0	167.7
Danny Kingsland	M	Open	60	50.0	40.0	45.0	135.0	167.5
Trevor Evans1	M	70+	85	42.9	32.9	40.4	116.2	165.4
Brandon H-Hyland	M	16-17	80	55.0	40.0	55.0	150.0	158.0
Rouhul Uddin	M	Open	75	57.5	45.0	50.0	152.5	157.0
Michelle Ryder	F	45+	50	30.4	15.9	27.9	74.2	147.5
Natalie Voce1	F	Open	80	37.5	30.0	40.0	107.5	139.6
Paul Barette	M	40+	80	45.0	45.0	40.0	130.0	136.5
Maria Bennett	F	55+	90	30.0	20.0	27.5	77.5 ^{BR}	107.5

Here's the Leg 4 results, with 25 lifters and 10 teams.

Recognition to Steve Andrews, Wayne Pawson & Tony Cook for top 3 in the Press; Steve Sherwood, Steve Andrews & Wayne Pawson for top 3 in the Snatch; Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the C&J; Steve Sherwood, Gary Ell & Steve Andrews for top 3 in the Abdominal Raise. Top 3 teams were again Granby1, Castlemilk & Metamorfit1. . Finally a big well done to the rest of the lifters. Top 3 in the Olympic Set were Steve Sherwood, Steve Andrews & Wayne Pawson.

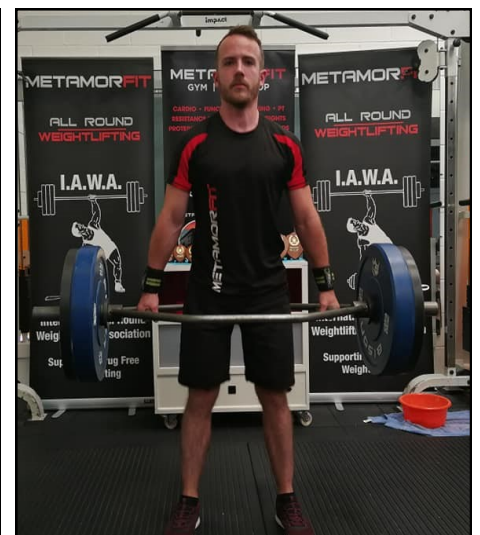
The top 3 Teams overall remain: Granby1, Castlemilk & Metamorfit1 & top 3 lifters are Steve Sherwood, Steve Andrews & Gary Ell.

The 2019 Southern Shield - Full Results >>>>

Best Lifter Awards

Beata Banas - Trap Bar

Danny Kingsland - Trap Bar



Southern Shield - 18th August 2019 - MetamorFIT

Name	Sex	Age	Age & Sex %	Class	Bwt	Div	2DB Clean & Press		Bent Arm Pullover		Trap Bar Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Rouhul Uddin	M	39	0	OPEN	73.2	75KG	50	58.515	42.5	73.35925	180	70.74	202.61425	1.0154	205.74
Danny Kingsland	M	29	0	OPEN	57.6	60KG	50	58.515	35●	60.4135	120 ^{BR}	47.16	166.0885	1.1980	198.98
Beata Banas	F	35	33	OPEN	72.2	75KG	35●	40.9605	30●	51.783	120	47.16	139.9035	1.0244	190.60
Ed Shorttle	M	62	23	60+	80.0	80KG	45	52.6635	32.5▲	56.09825	122.5	48.1425	156.90425	0.9612	185.51
Brandon Hazell-Hyland	M	17	5	16-17	74.8	75KG	50	58.515	35▲	60.4135	130	51.09	170.0185	1.0017	178.82
Lara Bennett	F	14	53	14-15	57.2	60KG	25▲	29.2575	20▲	34.522	75▲	29.475	93.2545	1.2044	171.84
Natalie Voce	F	37	33	OPEN	77.4	80KG	35	40.9605	27.5	47.46775	100	39.3	127.72825	0.9807	166.60
Maria Bennett	F	57	51	55+	89.3	90KG	25▲	29.2575	20▲	34.522	85▲	33.405	97.1845	0.9015	132.30

Successful 4th attempts: Bent Arm Pullover - Brandon Hazell-Hyland **40kg▲**, Trap Bar Deadlift - Maria Bennett **87.5kg▲**

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

Promoter - **Paul Barette** MC/Recorder - **Paul Barette** Referees - **Natalie Voce & Paul Barette** Loaders & Spotters - **The Lifters!**
Scored using **Age, Lynch & Blindt**

Best Open Lifter & Overall Champion - **Rouhul Uddin** Best Ladies Lifter - **Beata Banas** Best Junior Lifter - **Brandon Hazell-Hyland**

Who needed to go to Eastbourne's International Airshow (Airbourne) today? When all the action was taking place at MetamorFIT with the Southern Shield! 8 Lifters, including 2 juniors made up of now regular attendees of our Southern fixtures, made it to the platform. Everyone was on fine form with many personal bests set and several claims of new records. A close finish between the top 2 in the Open men's division saw Rouhul take the overall win. It was great to see Maria Bennett back from injury and was head to head with daughter Lara on the first 2 lifts then setting a great new personal best on the Trap Bar Deadlift. Brandon matched competitors top presses and achieved a second heaviest Trap Bar Deadlift, securing the Best Junior lifter award.

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.

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 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 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

Congratulations Jenn & Graham Tibbenham on the Birth of Baby Owen on 31st July. Mum, hubby and Baby are all doing fine and Jenn is thankful to her athletic background for helping her through the labour. It'll be a double birthday household now as Jenn gave birth on her Birthday!



Here's Jenn enjoying some cake after her amazing present with Baby Owen. We are waiting to see if Graham goes in for pram racing next!



Left: Brandon Hazell-Hyland who lifts at MetamorFIT in Eastbourne has been demonstrating his artistic talents with these amazing drawings!

Right: Happy 60th Birthday Steve Andrews!

Pictured here at the British All-Round in 2018 and a weightlifting themed birthday cake as part of his celebrations.

More age % points Steve and a whole new range of records to be had!

