

The IAWA (UK) Strength Journal

International All Round Weightlifting Association
(UK Division) www.iawa.org.uk December 2016 Edition



Above Left: Timo Lauttamuus (Finland)
The Howard Prectel Memorial Award
Winner at the 2016 Gold Cup



Above Right: Peter Tryner (England)
The Overall Best Lifter at the 2016 World
Championships)



NOTE: Frank Allens
E mail Address changed
for a short while, but now
it is back to the usual:
fjallen35@yahoo.co.uk



Left: At the 2016 Welsh Open Championships 'Overall Best Lifter' Josh Davidson, receives awards & gifts from Neil Keddy
Right: 2016 Health & Strength Junior Lifter Trophy (which is presented for best performance by a Junior lifter throughout the Year) goes to Max Ell. Max has competed with distinction and her list of wins and British and World Records is impressive, so well done Max on a great year!



Important Information for IAWA(UK) Members: **Remember:** The IAWA(UK) Rule Book is available to all members and it includes full listings of all of the lifts and how to perform them. A Coaching Manual is also available. **Remember:** IAWA(UK) is a dedicated Drug Free for life organisation which carries out regular testing. Check out all of the details on the IAWA(UK) Web Site: www.iawa.org.uk

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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, organisers and supporters, all having attained the required number of points.

IAWA Award of Merit - Presented by IAWA President

2010 - Art Montini (U.S.A.) 2012 - Steve Gardner (England)

2014 - Frank Ciavattone (U.S.A.) 2014 - Frank Allen (England)

Presented in recognition of outstanding service to World wide all round weightlifting.

LEST WE FORGET - REMEMBERING THOSE WE HAVE LOST FROM THE IAWA FLOCK:
AUSTRALIA: Bill (Wilf) Chapman **USA:** Howard Prechtel - John Vernacchio
ENGLAND: Bill Jelley - Bob Smith - Peter Ready - Andy Goddard - Dave Abblett
John Watson - Jason Dorn - Keith Murdie - Andrew T Butler - Mike Archer

2017 Executive Committee IAWA(UK)

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Non Executive Positions

IAWA (UK) Technical Committee: Frank Allen, Steve Gardner, Gary Ell

Membership Secretary/Drug Control: Frank Allen

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The 2016 Andy Goddard Memorial – World Postal Championships

(24 Teams entered with over 60 lifters, representing: USA, Australia, England, Wales, Scotland and Ireland)

Lifts: 1= Cont. Clean 2= Pullover and Push 3= 2x2" Vertical Bars (1 R = 1 Ref, 2 R = 2 Refs etc.)

Lifter	Bwt	Age	Lift 1	Lift 2	Lift 3	Total	Amend
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FIRST: Team: Burton Powerhouse 1 (3R) - ENGLAND

Pete Tryner	89.2	44	110	135	180	425	402.5
Josh Davidson	118.5	26	125	150	190	465	360.9
James Gardner	97.7	32	110	145	180	435	373.7

Team Total 1325 Team Amended 1137.1

SECOND: Team: Granby Grippers (1R Steve A & 2R for Steve S & Daniel) - ENGLAND

Steve Sherwood	78.7	64	97.5	90	165	352.5	427.7
Steve Andrews	66.6	57	70	105	117.5	292.5	373.5
Daniel Andrews	75.2	20	85	70	125	280	279.5

Team Total 925 Team Amended 1080.7

THIRD: Team: Burton Powerhouse 2 (3R) - ENGLAND

Don Gardner	96.4	53	90	110	150	350	344.7
Luke Davis	74.6	32	105	105	145	355	356.2
Chloe Brennan	67.3	20	72.5	65	100	237.5	338.8

Team Total 942.5 Team Amended 1039.7

FOURTH: Team : Northern Ireland (1R) - IRELAND

Roy McLean	103.0	44	110	120	185	415	363.4
Paul Cullen	134.0	42	92.5	100	130	322.5	242.8
Stevie Shanks	70.1	52	80	85	150	315	371.6

Team Total 1052.2 Team Amended 977.8

FIFTH: Team: Burton Powerhouse 3 (3R) - ENGLAND

Chris Findon	68.5	33	70	75	160	305	323.3
Steve Moss	101.2	33	80	125	180	385	324.0
Matt Jones	129.4	20	120	145	160	425	315.9

Team Total 1115 Team Amended 963.2

SIXTH: Team: Twyford Celts Ladies (1R) - WALES

Max Ell	44.9	19	50	40	92.5	182.5	363.9
Maddie Ell	51.4	21	55	45	100	200	350.9
Sonya Coles	85.0	39	60	42.5	87.5	190	176.2

Team Total 572.5 Team Amended 891.0

SEVENTH: Team: Dino Gym USA (1R) - USA

Al Myers	103.4	50	100	100	175	375	364.4
Laverne Myers	107.9	72	60	60	135	255	290.5
Dean Ross	113.1	73	50	75	95	220	248.2

Team Total 840 Team Amended 885.1

EIGHTH: Team: Shut Up and Lift (Scotland) (3R - SCOTLAND)

George Dick	147.1	67	60	60	130	250	227.5
Andy Tomlin	90.5	48	110	95	150	355	346.2
Matt Finkle	68.9	50	70	75	117.5	262.5	307.6

Team Total 867.5 Team Amended 881.3

NINTH: Team: Burton Powerhouse 4 (3R) - ENGLAND

Lee Coton	95.0	40	95	100	140	335	294.7
Webster Reid	161.2	42	110	130	190	430	297.4
Graham Saxton	119.7	54	75	120	130	325	288.6

Team Total 1090 Team Amended 880.7

TENTH: Team: Kansas City (1R) - USA

Eric Todd	117.9	41	102	195.5	81.6	379.1	300.9
Lance Foster	152.2	50	79.5	81.8	81.8	243.1	185.9
Ruth Jackson	47.7	54	52.0	47.6	81.6	181.2	374.8

Team Total 803.4 Team Amended 861.6

ELEVENTH: Team: ARWLWA (3R) - AUSTRALIA

Alex Biason	115.2	48	100	90	130	320	274.5
Peter Phillips	106.4	62	70	95	130	295	297.4
Sam Trew	133.0	33	100	105	140	345	253.1

Team Total 960 Team Amended 825.0

TWELFTH: Team: Burton Powerhouse 5 (3R)- ENGLAND

Gary RedfernSmith	102.1	43	82.5	107.5	140	330	287.5
Paul Hallam	89.6	37	70	70	155	295	265.4
Karen Gardner	75.4	58	32.5	47.5	90	170	257.5

Team Total 795 Team Amended 810.4

THIRTEENTH: Team: Franks Barbell Club (3R) - USA

Jeff Ciavattone	117.9	36	109.8	116.6	130.6	357.0	277.8
Mark Raymond	106.6	53	82.1	69.9	139.7	291.7	272.3
Kim Lydon	68.0	25	50.3	42.2	77.1	169.6	240.2

Team Total 818.3 Team Amended 790.3

FOURTEENTH: Team: Metamorfit 1 (1R)- ENGLAND

Paul Barette	73.8	40	70	82.5	117.6	270.0	275.4
Gareth Edwards	85.1	33	80	60	132.6	272.6	252.6
Ryan Burchett	107.2	33	90	90	135.1	315	257.2

Team Total 857.8 Team Amended 785.2

FIFTEENTH: Team: Habeckers Gym (1R) - USA

Judy Habecker	70.3	75	17.5	19	50	86.5	161.3
Aiden Habecker	56.6	13	40	32.5	90	162.5	262.3
Denny Habecker	86.6	73	50	90	110	250	325.7

Team Total 499.0 Team Amended 749.3

SIXTEENTH: Team: The Battling Keddy's Clan (1R) - WALES

Liam Keddy	53.0	14	40	42.5	80	162.5	249.2
Sianni Keddy	103.0	39	40	35	100	175	194.1
Neil Keddy	95.0	38	110	125	110	345	300.4

Team Total 682.5 Team Amended 743.7

SEVENTEENTH: Team: Iron Clad (1R) - ENGLAND

Nick Swain	82.0	51	74	90.0	165.5	329.5	349.5
Phil Crisp	106.5	46	118	148.0	160.0	426.0	373.5

Team Total 755.9 Team Amended 723.0

EIGHTEENTH: Team: Metamorfit 2 (1R) - ENGLAND

Natalie Voce	85.3	34	42.5	52.5	102.6	197.6	243.2
Kris Singh	93.8	22	70	102.5	102.6	275.1	241.2
Ed Shorttle	82.1	60	37.5	50	120.1	207.6	237.7

Team Total 635.3 Team Amended 722.1

NINETEENTH: Team: Burton Powerhouse 6 (3R) - ENGLAND

Steve Gardner	145.3	59	80	80	140	300	253.4
Joshua Hulse	60.7	12	32.5	32.5	80	145	222.2
Diane Baldrey	71.2	51	37.5	40	80	157.5	236.0

Team Total 602.5 Team Amended 711.6

20th: Team: Haven Gym (2R) - ENGLAND

Tom Allsopp	97.0	53	100	90	115	305	299.4
Matt Wells	71.5	36	115	80	150	345	355.6

Team Total 650 Team Amended 655.0

21st Team: Franks Barbell Club 2 (3R) - USA

Frank Ciavattone	129.3	61	20	20	90.7	130.6	117.5
Rocky Morrison	133.8	54	79.8	78.0	119.7	277.6	233.5

Team Total 408.2 Team Amended 351.0

22nd Twyford Celts – Men (1R) - WALES

Gary Ell	92.5	45	95	107.5	170	372.5	349.0
Team Total	372.5		Team Amended	349.0			
23rd Team: Burton Powerhouse 7 (3R) - ENGLAND							
Luke Adams	103.3	18	62.5	70	130	262.5	225.1
Team Total	262.5		Team Amended	225.1			
24th Team: ARWLWA 2 (3R) - AUSTRALIA							
John Mahon	118.1	33	95	--	150	245	190.4
Team Total	245		Team Amended	190.4			

Individual Rankings for the 2016 World Postal Championships:

Steve Sherwood	427.7	80 kilo Class - Masters 60+ And Open Champion
Pete Tryner	402.5	90 kilo Class – Masters 40+ And Open Champion
Ruth Jackson	374.8	50 kilo Class – Female Masters 50+ Champion
James Gardner	373.7	100 kilo Class – Open Division Winner
Steve Andrews	373.5	70 kilo Class – Masters 55+ Champion
Phil Crisp	373.5	110 kilo Class – Masters 45+ And Open Champion
Stevie Shanks	371.6	75 kilo Class – Masters 50+ Champion
Al Myers	364.4	105 kilo Class – Masters 50+ Champion
Max Ell	363.9	45 kilo Class – Female Junior 18/19 Champion
Roy McLean	363.4	105 kilo Class – Masters 40+ Champion
Josh Davidson	360.9	120 kilo Class – Open Division Champion
Luke Davis	356.2	75 kilo Class – Open Division Champion
Matt Wells	355.6	75 kilo Class – Open Division Runner Up
Maddie Ell	350.9	55 kilo Class – Ladies Open Division Champion
Nick Swain	349.5	85 kilo Class – Masters 50+ Champion
Gary Ell	349.0	95 kilo Class – Masters 45+ And Open Division Champion
Andy Tomlin	346.2	95 kilo Class – Masters 45+ And Open Division Runner Up
Don Gardner	344.7	100 kilo Class – Masters 50+ Champion
Chloe Brennan	338.8	70 kilo Class – Ladies Open Division Champion
Denny Habecker	325.7	90 kilo Class – Masters 70+ Champion
Chris Findon	323.3	70 kilo Class – Open Division Champion
Steve Moss	324.0	105 kilo Class – Open Division Champion
Matt Jones	315.9	125+ Kilo Class – Open Division Runner Up
Matt Finkle	307.6	70 kilo Class – Masters 50+ Champion
Eric Todd	300.9	120 kilo Class – Masters 40+ Champion
Neil Keddy	300.4	95 kilo Class – Open Division 3 rd Place
Tom Allsopp	299.4	100 kilo Class – Masters 50+ Runner Up
Webster Reid	297.4	125+ Kilo Class – Masters 40+ And Open Division Champion
Peter Phillips	297.4	110 kilo Class – Masters 60+ Champion
Lee Coton	294.7	95 kilo Class – Masters 40+ Champion
Laverne Myers	290.5	110 kilo Class – Masters 70+ Champion
Graham Saxton	288.6	120 kilo Class – Masters 50+ Champion
Gary Redfern Smith	287.5	105 kilo Class – Masters 40+ Champion
Daniel Andrews	279.5	80 kilo Class – Open Division Runner Up
Alex Biason	274.5	120 kilo Class – Masters 45+ Champion
Jeff Ciavattone	277.8	120 kilo Class – Open Division 3 rd Place
Paul Barette	275.4	75 kilo Class – Masters 40+ Champion
Mark Raymond	272.3	110 Kilo Class – Masters 50+ Champion
Paul Hallam	265.4	90 kilo Class – Open Division Runner Up
Aiden Habecker	262.3	60 kilo Class – Junior 13 + Under Champion
Karen Gardner	257.5	80 kilo Class – Female Masters 55+ Champion
Ryan Burchett	257.2	110 kilo Class – Open Division Runner Up
Steve Gardner	253.4	125+ kilo Class – Masters 55+ Champion
Sam Trew	253.1	125+ kilo Class – Open Division 3 rd Place
Gareth Edwards	252.6	90 kilo Class – Open Division 3 rd Place

Liam Keddy	249.2	55 kilo Class – Junior 14/15 Champion
Dean Ross	248.2	115 kilo Class – Masters 70+ Champion
Natalie Voce	243.2	90 kilo Class – Female Open Division Champion
Paul Cullen	242.8	125+ kilo Class – Masters 40+ Runner Up
Kris Singh	241.2	95 kilo Class – Open Division 5 th Place
Kim Lydon	240.2	70 kilo Class – Open Division Runner Up
Ed Shorttle	237.7	85 kilo Class – Masters 60+ Champion
Diane Baldrey	236.0	75 kilo Class – Female Masters 50+ Champion
Rocky Morrison	233.5	125+ kilo Class – Masters 50+ Champion
George Dick	227.5	125+ kilo Class – Masters 65+ champion
Luke A Adams	225.1	105 kilo Class – Junior 18/19 Champion
Joshua Hulse	222.2	65 kilo Class – Junior 13+ Under Champion
Sianni Keddy	194.1	105 kilo Class – Female Open Division Champion
John Mahon (injured)	190.4	120 kilo Class – Open Division 3 rd Place
Lance Foster	185.9	125+ kilo Class – Masters 50+ Runner Up
Sonya Coles	176.2	85 kilo Class – Female Open Division Champion
Judy Habecker	161.3	75 kilo Class – Female Masters 75+ Champion
Frank Ciavattone	117.5	125+ kilo Class – Masters 60+ Champion

The Overall Best Lifter Rankings:

Best Female Lifter:	1 st Ruth Jackson	2 nd Max Ell	3 rd Maddie Ell
Best Junior Lifter:	1 st Max Ell	2 nd Daniel Andrews	3 rd Aiden Habecker
Best Open Lifter:	1 st James Gardner	2 nd Josh Davidson	3 rd Luke Davis
Best Master 40+:	1 st Pete Tryner	2 nd Roy Mclean	3 rd Eric Todd
Best Master 45+:	1 st Phil Crisp	2 nd Andy Tomlin	3 rd Alex Biason
Best Master 50+:	1 st Stevie Shanks	2 nd Al Myers	3 rd Nick Swain
Best Master 55+:	1 st Steve Andrews	2 nd Steve Gardner	
Best Master 60+:	1 st Steve Sherwood	2 nd Ed Shorttle	3 rd Frank Ciavattone
Best Master 65+:	1 st George Dick		
Best Master 70+:	1 st Denny Habecker	2 nd Laverne Myers	3 rd Dean Ross
Best Master 75+:	1 st Judy Habecker		

Champion of Champions Ranking - Overall Best Lifter of the Postal World Championships:

1 st Steve Sherwood 427.7	2 nd Pete Tryner 402.5	3 rd Ruth Jackson 374.8
4 th James Gardner 373.7	5 th Steve Andrews 373.5	6 th Phil Crisp 373.5

The Southern Cup – Sunday 25th September – Metamorfit Gym, Eastbourne

The Lifters battled it out to get their name on the I.A.W.A. Southern Cup, testing strengths on Bench Press (feet in air), Rectangular Fix and the One Hand dumbbell Deadlift. Congratulations to Rory Hoad on clinching the title just ahead of 4 x winner Phil Crisp. A warm welcome was also extended to new IAWA lifter Lee Potier, Promoter Paul Barette also extended thanks to Bianca for the photos and Clive Madge for loading.

1 Rory Hoad - 245.40pts	2 Phil Crisp - 240.82pts	3 Lee Potier - 207.18pts	4 Paul Barette - 203.37pts
5 Ryan Burchett - 200.31	6 Gareth Edwards - 186.07	7 Ian Thomas - 159.17	8 Natalie Voce - 149.41



The Lifters with their Awards



Winner: Rory Hoad



Ryan Burchett – Rectangular Fix

The Welsh Open Championships – Port Talbot Wales – Saturday 3rd September – Promoter: Neil Keddy

The Lifts: 1 = The Steinborn Lift 2 = The O/H Dumbbell Press Lift 3 = 2" Bar Hacklift

Lifter	Bwt	Class	Age	Div	Lift 1	Lift 2	Lift 3	Total	Amend
Max Ell	44.0	45	19	J18/19	40	12	75	127	258.2
Diane Baldrey	70.0	70	51	M50+	40	12	85	137	207.6
Karen Gardner	75.9	80	57	M55+	---	15	70	85	127.4
Sian Keddy	104.3	105	39	Open	35	10	40	85	93.7
Liam Keddy	52.7	55	14	J14/15	40	15	95	150	231.2
Ian Thomas	75.5	80	21	Open	70	22	50	142	141.4
Paul Barette	73.3	75	40	M40+	107	25	190	322	329.9
Gary Ell	92.5	95	45	M45+	105	32	175	312	292.3
Neil Keddy	92.6	95	38	Open	100	35	125	260	229.7
Don Gardner	94.9	95	53	M50+	85	27	135	247	245.4
Steve Moss	100.0	100	34	Open	100	32	175	307	260.1
Rich Metcalf	102.0	105	31	Open	100	35	200	335	280.8
Josh Davidson	117.8	120	26	Open	170	45	235.5	450	350.3
Graham Saxton	119.7	120	54	M50+	120	27	170	317	281.6

Successful 4th Attempts: Steinborn: Liam Keddy 45k 2" Bar Hacklift: Max Ell 80k Liam Keddy 100k

MC Recorder: Steve Gardner **Assistant :** Chris Bass **Referees:** Gary Ell Graham Saxton Paul Barette Karen Gardner
Chris Bass Neil Keddy **Loaders:** Clive Madge Ian Thomas Josh Davidson Steve Moss Don Gardner Rich Metcalf
Diane Baldrey Max Ell

Best Lifter Awards: Best Junior & Best Female Lifter Award: Max Ell Best Open Lifter Award: Josh Davidson
Best Master Lifter: Paul Barette **Overall Champion of Champions:** 1st Josh Davidson 2nd Paul Barette 3rd Gary Ell

We lost a couple of entrants but still ended up with fourteen lifters weighing in for the 2nd Welsh Open Championships. The lifting was very good, with keen lifters taking to the platform amid a very encouraging atmosphere. All of the lifters were amazing and the result was terrific lifts, endless Personal Best performances and a bucket load of records. It was great to see the lifters helping out with the loading and reffing when needed. The competition moved very nicely to a final head to head showdown at the end to see who would be crowned overall best lifter. It shifted from Paul Barette to Josh Davidson, back again and so on. In the end Paul went for broke and couldn't quite pull the big 215k 2" Bar Hacklift that would have seen Josh having to take a massive amount. As it was Josh took the Overall title and finished with an impressive 235.5 kilos in the 2" Bar Hacklift, which is the heaviest record on the books for this lift. Well done to Josh and Paul, and indeed to all of the lifters, for a great performance across the board. This was another great IAWA (UK) event which was enjoyed by all. Well done to Neil and Sian Keddy for putting the event on and all of their hard work and preparation. ***(It was also announced that the Winner of the Health and Strength Trophy for the Best Performance by a Junior Lifter throughout 2016 went to Max Ell!!)***



Josh Davidson: Overall Best Lifter- Max Ell: Best Female & Junior - Paul Barette: Best Master- Lifters and Officials

IAWA (UK) Bob Smith All Round Postal League 2016 – Leg 5 - compiled by Chris Bass.

1	Powerhouse1	Pete Tryner, James Gardner, Josh Davidson	963.7
2	Metamorfit1	Rory Hoad, Paul Barette, Clive Madge	939.6
3	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	902.7
4	Granby	Steve Andrews, Steve Sherwood, Daniel Andrews	887.1
5	Powerhouse2	Chloe Brennan, Webster Reid, Luke Davis	873.9
6	Powerhouse3	Steve Moss, Graham Saxton, Don Gardner	791.0
7	Powerhouse4	Lee Coton, Matt Jones, Chris Findon	745.5
8	Twyford Celts	Sonya Coles, Max Ell, Maddy Ell	701.1
9	Metamorfit2	Ryan Burchett, Gareth Edwards, Ian Thomas	675.9
10	Powerhouse5	Gary Redfern Smith, Paul Hallam, Karen Gardner	630.8
11	Metamorfit3	Ed Shorttle, Jenny Watson, Natalie Voce	593.4
12	Powerhouse6	Steve Gardner, Diane Baldrey, Luke Adams	563.6
13	Norn Iron	Roy McClean, Paul Cullen	483.4
14	Sunbury1	Trevor Evans, Jeff Luther	437.3
15	Powerhouse7	Josh Hulse	167.4
16	Metamorfit4	Kris Singh	116.3

Ranking of Lifters

1	Steve Andrews	361.7	22	Matt Jones	251.0
2	Philippe Crisp	354.4	23	Chris Findon	240.5
3	Rory Hoad	347.2	24	Ryan Burchett	230.3
4	Pete Tryner	335.1	25	Gary Redfern Smith	229.7
5	Steve Sherwood	322.0	26	Jeff Luther	227.9
6	James Gardner	317.3	27	Gareth Edwards	223.9
7	Josh Davidson	311.4	28	Ian Thomas	221.7
8	Paul Barette	303.1	29	Paul Cullen	221.2
9	Chloe Brennan	295.2	30	Ed Shorttle	217.1
10	Webster Reid	292.1	31	Trevor Evans	209.5
11	Clive Madge	289.4	32	Daniel Andrews	203.4
12	Luke Davis	286.7	33	Jenny Watson	203.1
13	Nick Swain	282.6	34	Paul Hallam	201.2
14	Max Ell	271.5	35	Karen Gardner	199.9
15	Maddy Ell	269.8	36	Steve Gardner	196.9
16	Steve Moss	265.9	37	Diane Baldrey	192.8
17	Sam Hills	265.8	38	Luke Adams	173.9
18	Graham Saxton	264.1	39	Natalie Voce	173.2
19	Roy McClean	262.3	40	Josh Hulse	167.4
20	Don Gardner	261.0	41	Sonya Coles	159.8
21	Lee Coton	254.0	42	Kris Singh	116.3

Ranking of Lifters per Lift & Record Breakers. **Continental to Belt**

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

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	18	70	135.0	96.8	Steve Andrews1	55+	18	70	110.0	85.0
Rory Hoad1	Open	0	85	180.0	96.5	Philippe Crisp	45+	8	110	148.0▲	79.9
Pete Tryner	40+	4	90	180.0	95.4	Pete Tryner	40+	4	90	135.0	77.1
Steve Sherwood1	65+	26	80	135.0	94.5	James Gardner	Open	0	100	145.0	75.7
Paul Barette	40+	1	75	155.0▲	89.9	Rory Hoad1	Open	0	85	125.0	72.2
James Gardner	Open	0	100	185.0●	89.7	Josh Davidson	Open	0	120	150.0	70.9
Josh Davidson	Open	0	120	200.0●	87.7	Steve Sherwood1	65+	26	80	90.0	67.8
Chloe Brennan	Open	33	70	107.5●	86.6	Don Gardner	50+	15	100	110.0BR	66.5
Philippe Crisp	45+	8	110	165.0	82.7	Matt Jones	Open	0	125+	145.0	65.6
Graham Saxton	50+	15	120	160.0▲	80.3	Graham Saxton	50+	15	120	120.0▲	64.9
Luke Davis	Open	0	75	140.0	79.4	Luke Davis	Open	0	75	105.0	64.1
Steve Moss	Open	0	105	165.0	78.5	Steve Moss	Open	0	105	125.0	64.0
Clive Madge	65+	30	105	125.0▲	76.6	Sam Hills	55+	16	85	95.0	63.1
Matt Jones	Open	0	125+	180.0	75.6	Nick Swain	50+	12	85	90.0	57.7
Roy McClean1	40+	5	105	145.0	71.7	Gary Redfern Smith	40+	4	105	107.5	57.0
Webster Reid	40+	5	125+	175.0	69.7	Chloe Brennan	Open	33	70	65.5●	56.9

Continental to Belt

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Don Gardner	50+	15	100	120.0BR	67.4	Max Ell1	18-19	36	45	45.4	56.3
Chris Findon	Open	0	70	110.0	65.9	Kris Singh1	Open	0	95	105.0	56.0
Nick Swain	50+	12	85	110.0	65.5	Webster Reid	40+	5	125+	130.0	55.8
Paul Hallam	Open	0	90	120.0	61.0	Lee Coton	40+	1	95	100.0	53.5
Paul Cullen1	40+	3	125+	140.0	59.4	Clive Madge	65+	30	105	80.0BR	52.8
Gary Redfern Smith	40+	4	105	120.0	59.1	Paul Barette	40+	1	75	82.5	51.5
Max Ell1	18-19	36	45	50.0	57.6	Maddy Ell1	Open	33	55	45.4	48.5
Gareth Edwards1	Open	0	90	110.0	56.7	Chris Findon	Open	0	70	75.0	48.4
Ian Thomas	Open	0	80	100.0	56.0	Ian Thomas	Open	0	80	77.5	46.7
Jeff Luther1	60+	22	70	77.5	55.8	Jeff Luther1	60+	22	70	59.1	45.9
Maddy Ell1	Open	33	55	56.0	55.5	Ryan Burchett1	Open	0	110	90.0	44.7
Ryan Burchett1	Open	0	110	120.0	55.4	Karen Gardner	55+	52	80	47.5▲	43.8
Daniel Andrews	Open	0	80	95.0	53.4	Daniel Andrews	Open	0	80	70.0	42.4
Sam Hills	55+	16	85	85.0	52.4	Steve Gardner	55+	21	125+	80.0▲	41.5
Steve Gardner	55+	21	125+	100.0BR	48.1	Trevor Evans1	70+	40	85	49.1	40.1
Trevor Evans1	70+	40	85	62.5	47.4	Natalie Voce1	Open	33	85	52.5	39.8
Lee Coton	40+	1	95	95.0	47.2	Jenny Watson1	50+	44	65	39.5	39.5
Diane Baldrey	50+	46	75	55.0▲	46.9	Paul Hallam	Open	0	90	70.0	38.3
Ed Shorttle	60+	21	85	70.01	45.3	Diane Baldrey	50+	46	75	40.5▲	37.2
Jenny Watson1	50+	44	65	47.5	44.1	Luke Adams	18-19	3	105	70.0▲	36.5
Luke Adams	18-19	3	105	90.0▲	43.6	Ed Shorttle	60+	21	85	50.01	34.8
Karen Gardner	55+	52	80	50.0▲	42.8	Gareth Edwards1	Open	0	90	60.0	33.3
Josh Hulse	13&U	33	65	45.0▲	39.0	Sonya Coles1	Open	33	85	42.9	32.2
Natalie Voce1	Open	33	85	50.0	35.2	Roy McClean1	40+	5	105	60.0	32.0
Sonya Coles1	Open	33	85	50.0	34.8	Josh Hulse	13&U	33	65	32.5	30.3
Kris Singh1	Open	0	95	0.0	0.0	Paul Cullen1	40+	3	125+	60.0	27.4

Pullover & Push

2H Straddle Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Pete Tryner	40+	4	90	290.0▲●	107.2	Philippe Crisp	45+	8	110	122.5BR	106.9
Paul Barette	40+	1	75	225.0BR	91.0	Steve Andrews1	55+	18	70	85.0	106.1
Rory Hoad1	Open	0	85	240.0	89.8	Nick Swain	50+	12	85	95.0▲	98.4
Philippe Crisp	45+	8	110	243.0BR	84.9	Clive Madge	65+	30	105	90.01	96.0
Josh Davidson	Open	0	120	275.0	84.1	Paul Cullen1	40+	3	125+	130.0	95.9
Webster Reid	40+	5	125+	300.0▲●	83.3	Maddy Ell1	Open	33	55	55.0	94.9
Steve Sherwood1	65+	26	80	165.0	80.5	Lee Coton	40+	1	95	105.0▲	90.837
Chloe Brennan	Open	33	70	132.5	74.5	Rory Hoad1	Open	0	85	95.0	88.7
Steve Andrews1	55+	18	70	147.5	73.8	Roy McClean1	40+	5	105	100.0	86.1
Roy McClean1	40+	5	105	210.0	72.5	Sam Hills	55+	16	85	80.0▲	85.8
Max Ell1	18-19	36	45	90.0	72.3	Max Ell1	18-19	36	45	42.5	85.2
Ed Shorttle	60+	21	85	160.01	72.2	Webster Reid	40+	5	125+	120.0BR	83.2
James Gardner	Open	0	100	212.5	71.8	James Gardner	Open	0	100	95.0	80.1
Maddy Ell1	Open	33	55	102.5	70.9	Trevor Evans1	70+	40	85	60.4	79.7
Gareth Edwards1	Open	0	90	185.0	66.5	Steve Sherwood1	65+	26	80	65.0	79.2
Graham Saxton	50+	15	120	190.0	66.5	Luke Davis	Open	0	75	80.0●	78.9
Sam Hills	55+	16	85	150.0	64.5	Chloe Brennan	Open	33	70	55.0BR	77.2
Luke Davis	Open	0	75	162.5	64.2	Jeff Luther1	60+	22	70	60.4	75.7
Clive Madge	65+	30	105	150.01	64.1	Jenny Watson1	50+	44	65	45.0	72.7
Chris Findon	Open	0	70	152.5	63.7	Ryan Burchett1	Open	0	110	90.0	72.3
Lee Coton	40+	1	95	180.0	62.4	Gary Redfern Smith	40+	4	105	82.5▲	70.7
Matt Jones	Open	0	125+	212.5	62.3	Paul Barette	40+	1	75	70.01	70.7
Nick Swain	50+	12	85	147.0	61.0	Josh Davidson	Open	0	120	90.0	68.7
Ian Thomas	Open	0	80	155.01	60.5	Don Gardner	50+	15	100	70.0▲	68.4
Don Gardner	50+	15	100	150.0BR	58.7	Gareth Edwards1	Open	0	90	75.01	67.3
Ryan Burchett1	Open	0	110	180.0	57.9	Steve Gardner	55+	21	125+	80.0▲	67.0
Steve Moss	Open	0	105	172.5	57.2	Steve Moss	Open	0	105	80.0	66.2
Diane Baldrey	50+	46	75	95.5▲	56.8	Ed Shorttle	60+	21	85	57.5▲	64.8
Karen Gardner	55+	52	80	90.0▲	53.7	Chris Findon	Open	0	70	60.0	62.5
Paul Hallam	Open	0	90	150.0	53.2	Kris Singh1	Open	0	95	70.0	60.3
Luke Adams	18-19	3	105	152.5BR	51.5	Karen Gardner	55+	52	80	40.0▲	59.6
Jeff Luther1	60+	22	70	100.4	50.4	Daniel Andrews	Open	0	80	60.0	58.7
Natalie Voce1	Open	33	85	100.0	49.1	Ian Thomas	Open	0	80	60.01	58.5
Daniel Andrews	Open	0	80	125.0	49.0	Pete Tryner	40+	4	90	60.0	55.4

2H Straddle Deadlift						Power Row					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Jenny Watson1	50+	44	65	72.5	46.9	Josh Hulse	13&U	33	65	35.0	52.8
Josh Hulse	13&U	33	65	75.0	45.3	Graham Saxton	50+	15	120	60.0▲	52.4
Sonya Coles1	Open	33	85	90.0	43.7	Diane Baldrey	50+	46	75	35.0	51.9
Gary Redfern Smith	40+	4	105	125.0	42.9	Natalie Voce1	Open	33	85	40.0	49.0
Trevor Evans1	70+	40	85	80.0	42.3	Sonya Coles1	Open	33	85	40.4	49.0
Steve Gardner	55+	21	125+	120.0	40.3	Paul Hallam	Open	0	90	55.0	48.7
Paul Cullen1	40+	3	125+	130.0	38.4	Matt Jones	Open	0	125+	65.0	47.5
Kris Singh1	Open	0	95	0.0	0.0	Luke Adams	18-19	3	105	50.0▲	42.2

Ranking of Teams after Legs 1+2+3+4+5.

1	Powerhouse1	James Gardner, Josh Davidson, Webster Reid	4742.0
2	Metamorphit1	Rory Hoad, Clive Madge, Ryan Burchett	4604.3
3	Granby	Steve Andrews, Steve Sherwood, Mark Shaw, Daniel Andrews	4469.0
4	Powerhouse2	Pete Tryner, Luke Davis, Lee Coton	4213.3
5	Powerhouse3	Matt Jones, Chloe Brennan, Chris Findon	3748.7
6	Metamorphit2	Paul Barette, Gareth Edwards, Ed Shorttle	3448.2
7	Powerhouse4	Don Gardner, Gary Redfern Smith, Graham Saxton	3423.4
8	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	3228.4
9	Metamorphit3	Jenny Watson Ian Thomas, Steven Mephram,	3098.5
10	Powerhouse5	Paula Thompson, Karen Gardner, Diane Baldrey	3006.4
11	Powerhouse6	Mark Haydock, Steve Moss, Mandy Hughes	2518.6
12	Twyford Celts	Sonya Coles, Max Ell, Maddy Ell	2444.4
13	Metamorphit4	Natalie Voce, Charlotte Boniface, Brian Heyburn	2295.7
14	Sunbury1	Trevor Evans, Jeff Luther	1665.1
15	Powerhouse7	Nic Porter, Paul Hallam, Nic Robinson	1062.2
16	Metamorphit5	Kris Singh, Elizabeth Edwards, Chris Powell	492.1
17	Norn Iron	Roy McClean, Paul Cullen	483.4

Ranking of Lifters after Legs 1+2+3+4+5

1	Philippe Crisp	1745.2	28	Maddy Ell	907.1
2	Steve Andrews	1694.9	29	Jeff Luther	903.9
3	Steve Sherwood	1657.2	30	Karen Gardner	865.9
4	Rory Hoad	1602.2	31	Natalie Voce	846.4
5	Clive Madge	1596.9	32	Diane Baldrey	802.4
6	James Gardner	1509.5	33	Trevor Evans	761.3
7	Josh Davidson	1502.8	34	Charlotte Boniface	748.4
8	Webster Reid	1460.6	35	Josh Hulse	741.5
9	Pete Tryner	1453.1	36	Mark Haydock	719.2
10	Luke Davis	1395.5	37	Mark Shaw	691.4
11	Sam Hills	1364.3	38	Brian Heyburn	660.7
12	Lee Coton	1341.1	39	Steve Moss	608.3
13	Matt Jones	1245.5	40	Mandy Hughes	593.3
14	Chloe Brennan	1243.3	41	Sonya Coles	586.4
15	Ryan Burchett	1170.9	42	Kris Singh	518.3
16	Paul Barette	1166.1	43	Nick Swain	457.4
17	Chris Findon	1156.2	44	Daniel Andrews	425.6
18	Don Gardner	1142.0	45	Nic Porter	407.5
19	Gareth Edwards	1131.9	46	Paul Hallam	378.5
20	Ed Shorttle	1124.1	47	Elizabeth Edwards	371.9
21	Gary Redfern Smith	1111.1	48	Nic Robinson	358.1
22	Graham Saxton	1075.0	49	Mark Bowles	319.0
23	Jenny Watson	962.6	50	Roy McClean	262.3
24	Max Ell	950.9	51	Chris Powell	238.0
25	Ian Thomas	950.7	52	Paul Cullen	221.2
26	Steven Mephram	918.9	53	Steve Gardner	196.9
27	Paula Thompson	914.3	54	Luke Adams	173.9

2016 IAWA WORLD CHAMPIONSHIPS – Lebanon PA USA – Promoter: Denny Habecker

Date: 8th / 9th October Venue: New York Fitness Club **LIFTS:** 1= Continental Clean 2= Pullover & Push
3= 2x2" Vertical Bars 4= Alternate Grip Clean & Press 5= One Hand Clean and Jerk 6= Ciavattone Deadlift

Name	Bwt	Class	Age	Div	1	2	3	4	5	6	Total	Am.
Aiden Habecker	58.0	60	13	J13+U	42.5	35	90	22.5	17.5	75	282.5	420.8
Kim Lydon	69.7	70	20	Open	52.5	60	75	40	25 L	100	352.5	491.3
Karen Gardner	76.2	80	57	M55+	45	45	90	27.5	20	95	322.5	482.2
Dennis Mitchell	66.6	70	84	M80+	32.5	35	50	12.5	12.5	80	222.5	394.9
Art Montini	77.3	80	88	M85+	30	50	60	15	10	90	255	430.4
Denny Habecker	87.0	90	74	M70+	60	96	105	52.5	30	120	462.5	609.3
Laverne Myers	106.5	110	72	M70+	65	60	150	20	20 L	140	455	522.0
Dean Ross	113.3	115	73	M70+	60	80	110	40	25	130	445	501.6
Rocky Morrison	129.2	125+	54	M50+	45	45	100	45	20 L	140	395	338.0
Steve Gardner	147.0	125+	59	M55+	47.5	60	100	30	25	100	362.5	304.5
Tony Patterson	79.8	80	54	M50+	-	-	125	-	-	145	270	298.9
Peter Tryner	84.5	85	44	M40+	127.5	145	170	80	55	190	767.5	749.9
Timo Lauttamus	93.4	95	37	Open	110	105	211	70	52.5	227.5	775	681.3
Al Myers	101.8	105	50	M50+	100	115	150	55	50	185	655	610.0
Peter Phillips	101.5	105	62	M60+	70	90	120	50	40	160	530	547.9
Scott Schmidt	105.2	110	63	M60+	70	80	120	55	25	130	480	490.8
Mark Raymond	106.5	110	53	M50+	65	60	145	50	15 L	125	460	429.7
Graham Saxton	120.6	125	54	M50+	90	122.5	120	52.5	50	157.5	592.5	524.3
Frank Ciavattone	135.0	125+	61	M60+	-	-	115	-	-	188	302.5	268.8
George Dick	144.2	125+	67	M65+	57.5	65	115	42.5	30.5	151	460	422.4

Note: One Hand Clean and Jerk: All lifts were performed with the Right Hand unless marked 'L'

Successful 4th Attempts:

2x2" Vertical Bars Lift: Aiden Habecker 95k Karen Gardner 95k **One Hand Clean and Jerk:** Karen Gardner 23 k

Announcer Recorders: Steve Gardner & Al Myers **Assistant:** Judy Habecker **Referees:** George Dick (SCO) Peter Phillips (AUST) Scott Schmidt Frank Ciavattone Laverne Myers Denny Habecker Dennis Mitchell Karen Gardner (ENG)

Best Lifter Award Winners: Junior = Aiden Habecker Female Open = Kim Lydon Female Masters = Karen Gardner Open Lifter = Timo Lauttamus M40+ = Peter Tryner M50+ = Al Myers M55+ = Steve Gardner M60+ = Peter Phillips Master 65+ = George Dick Master 70+ = Denny Habecker Master 80+ = Dennis Mitchell M85+ = Art Montini

The Overall Champion of Champions: 1st Peter Tryner (ENG) 2nd Timo Lauttamus (FIN) 3rd Al Myers (USA)

Two days of lifting finally came to end and all present had witnessed a great competition. The lifters tore through the six lifts leaving a trail of new records broken and set. The fantastic attitude and sheer enthusiasm of those taking part made it a spectacular event and all present felt excited to have been a part of something so special..... with thoroughly great performances right across the board from the youngest lifter Aiden Habecker at 13yrs to the most Senior at 88 years young: Art Montini. It was also great to see new lifters to the organisation doing so well on the platform, such as Mark Raymond and Kim Lydon, and great performances too from many of the true stalwarts such as Frank Ciavattone, Dennis Mitchell and Denny Habecker, not forgetting the outstanding performances by Timo Lauttamus and Peter Tryner. The overall best lifter title was won by Peter Tryner from Burton Powerhouse Club England with Runners up spot filled by Timo Lauttamus from Finland and in third was Al Myers from Dino Gym Kansas USA. The Awards were presented at the evening Banquet which was a splendid evening with great food. All thanks again and big compliments to Denny and Judy Habecker for hosting yet another great IAWA International! A special mention also to congratulate Rocky Morrison who despite suffering a heart attack and having surgery only a few weeks earlier, still managed to compete on the platform (very sensibly and conservative of course Lol!)

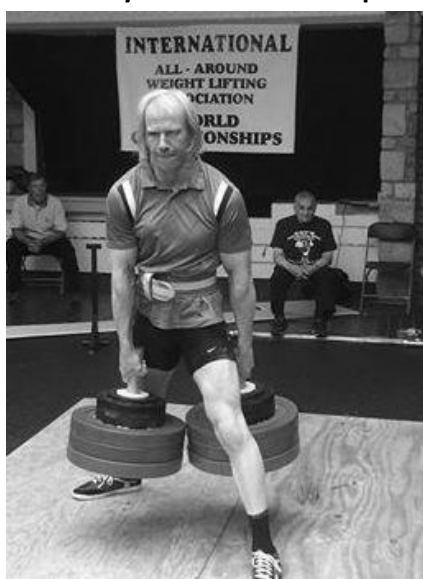
2016 IAWA WORLD CHAMPIONSHIPS PHOTOS:



The Lifters and Officials at the Worlds - Peter Tryner with the Championships Belt and Promoter Denny Habecker



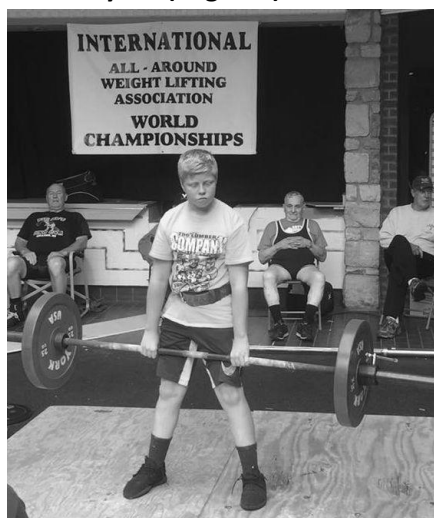
Peter Tryner (England) 1st Overall



Timo Lauttamus (Finland) 2nd Overall



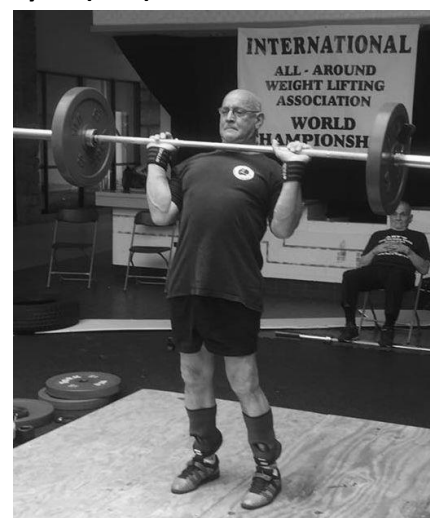
Al Myers (USA) 3rd Overall



Aiden Habecker 13yrs



Art Montini 88yrs



Peter Phillips (Australia)



Kim Lydon - Female Open Champion



Dean Ross Masters 70+ Lifter

IAWA GOLD CUP – WORLD RECORD BREAKERS 22/10/16 Kansas USA**Promoters: Al & Laverne Myers**

Name	Bwt	Class	Age	Div	Gold Cup Lift	
Steve Gardner	148.7	125+	60	M60+	Mid Fingers Straddle	80 k
Molly Myers	81.1	85	18	J18/19	Squat	110 k
Zach Lucas	110.0	110	30	Open	Right Leg Deadlift	115 k
Bob Geib	120.4	125	73	M70+	Left Hand Fulton Deadlift	42.5 k
Dennis Mitchell	66.2	70	84	M80+	T Hs Thumbless Deadlift	70 k
Denny Habecker	90.4	95	74	M70+	R/H Ciavattone Deadlift	75 k
Art Montini	76.6	80	89	M85+	Deadlift	80 k
Karen Gardner	76.4	80	57	M55+	Hands Together Bench Press	32.5 k
Laverne Myers	107.0	110	72	M70+	The Dumbell Walk	50 k
Dean Ross	118.3	120	73	M70+	The Arthur Lift	25 k
Lance Foster	154.2	125+	50	M50+	The 2" Bar Straddle	125 k
Susan Sees	116.1	120	53	M50+	T Hs Thumbless Deadlift	80 k
George Dick	144.2	125+	68	M65+	Dumbbell & Barbell Anyhow	45 k
Peter Phillips	103.1	105	62	M60+	T Hs Thumbless Deadlift	155 k
Timo Lauttamus	94.3	95	37	Open	Little Fingers Hacklift	100 k
Eric Todd	112.9	115	37	Open	Lateral Raise Lying	60 k
Chad Ullom	111.1	115	44	M40+	Two Man Deadlift (With Al)	400 k
Al Myers	102.2	105	50	M50+	Two Man D/lift (With Chad)	400 k

Graham Saxton * 123 125 54 M50+ 2 Bars Deadlift 210 k

(* Graham lifted at Als Gym a week earlier and his refs were Al and Laverne Myers)

Announcer / Recorder: Steve Gardner **Assistant:** Judy Habecker

Referees: Al Myers George Dick Peter Phillips Chad Ullom Laverne Myers

The Howard Prechtel Memorial Award

In Memory of the Gold Cup founder, this award is given to the record breaker who scores the highest points using the Lynch body weight, Age & Gender percentages, and the Blindt lift Formulas.

The 2016 Winner: Timo Lauttamus (Finland) 152.9 Amended Points

2nd Laverne Myers (USA) 108.7 points 3rd Peter Phillips (Australia) 107.4 points

Second Choice Record Lifts completed after the Gold Cup:

Bob Geib	Right Hand Fulton Deadlift	45 k
Dennis Mitchell	Press B/Neck From Racks	16 k
Denny Habecker	Pullover and Press	80 k
Art Montini	Teeth Lift	51.75 k
Karen Gardner	Stiff Leg Deadlift	75 k
Dean Ross	Hands Together Bench Press	85 k
Susan Sees	Trap Bar Deadlift	110 k
George Dick	Continental Clean	60 k
Timo Lauttamus	Middle Fingers Hacklift	XXX (tried 190.5 k)
Eric Todd	Pullover and Press	165 k

2016 Gold Cup Photos – Kansas USA



Some of the Lifters at the Gold Cup



Timo Lauttamus- Winner of the Howard Prechtel Award



Zach Lucas – One Leg Deadlift



Graham Saxton - 2 Bar Deadlift



Bob Geib – One Hand Fulton



Molly Myers – Squat



Denny Habecker OH Ciavattone



Art Montin – Teeth Lift



George Dick – Dbell Bbell Anyhow



Eric Todd – Lateral Raise Lying



Al Myers and Chad Ullom – 2 Man Deadlift



The Southern Grip - Sunday 27th November – The Metamorfit Gym, Eastbourne The lifters soon got to grips with

Lift 1) One Hand Pinch Clean & Press Lift 2) The One Hand Vertical 1" Bar and Lift 3) The Fulton D/lift.

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift1	Lift2	Lift3	Total	Lynch	Amend
Clive Madge	M	67	30	65+	104.1	105KG	19.5 R	93.9 R	130	243.4	0.8293	262.41
Rory Hoad	M	28	0	OPEN	81.3	85KG	19.5 R	113.9 R	140	273.4	0.9520	260.28
Nick Swain	M	51	12	50+	82.7	85KG	17.7 R	93.9 R	125	236.6	0.9424	249.73
Chris Powell	M	42	3	40+	93.8	95KG	22 R	93.9 R	120	235.9	0.8771	213.12
Gareth Edwards	M	33	0	OPEN	82.6	85KG	17.7 L	103.9 R	100	221.6	0.9431	208.99
Ed Shorttle	M	60	21	60+	78.2	80KG	12 L	63.9 L	90	165.9	0.9745	195.63
Paul Barette	M	40	1	40+	78.2	80KG	17.7 R	78.9 R	90	186.6	0.9745	183.67
Ian Thomas	M	21	0	OPEN	78.2	80KG	12 R	63.9 R	82.5	158.4	0.9745	154.37

Successful 4th Attempts: 1H 1" Vert. Bar – Chris Powell 103.9kg (R) Report by Paul Barette - There were superb performances all round and plenty of laughs at some of the more 'wobbly' Pinch Clean & Presses. It was certainly a fiercely fought battle to determine the winner but in the end Clive Madge clinched the overall title just 2 amended points ahead of our Best Open Lifter, Rory Hoad. Nick Swain lifted brilliantly to achieve an overall 3rd place.



Group Photo



Clive Madge Overall Champ!

The Powerhouse Gym 32nd Annual Club Championships – Sunday 11th December – Burton Powerhouse

This was the 32nd Annual Club Competition, I ran the first one in 1985. It has been a long and wonderful journey for me, but I am stepping down now for a while....(well I can't just go on forever can I Lol!) I feel so lucky to have had such a long and interesting career in All Round Weightlifting, Powerlifting, Strongman and Highland Games, and have been privileged to have coached some very talented and wonderful athletes. As you can imagine, this event was a very emotional one for me and my family. Well

done to all, Overall Best Lifter was Pete Tryner! **The Lifts:** OH Snatch OHS / Hands Tog. Bench HTBP / Trap Bar Deadlift TBDL

Dominic Gardner	28.3	30	10	J13+u	OHS 5.5 R	HTB 15	TBDL 50	Total	70.5	Am	236.1
Joshua Hulse	60.9	65	13	J13+U	15 R	32.5	80	127.5	183.2		
Chloe Brennan	67.4	70	21	L Open	30 R	47.5	140	217.5	309.9		
Diane Baldrey	78.2	80	51	LM50+	17.5 R	35	110	162.5	229.5		
Karen Gardner	75.3	80	58	LM55+	20 R	32.5	80	132.5	200.8		
Chris Findon	67.1	70	34	Open	35 L	60	160	255	274.0		
Paul Hallam	83.5	85	37	Open	40 L	60	180	280	262.3		
Pete Tryner	85.1	90	44	M40+	55 R	125	275	455	442.7		
Don Gardner	97.2	100	54	M50+	42.5 R	75	150	267.5	264.6		
James Gardner	97.9	100	33	Open	55 R	90	180	315	279.9		
Gary Redfern S	99.0	100	43	M40+	42.5 R	95	155	292.5			
Josh Davidson	119.8	120	26	Open	62.5 R	130	300	492.5	380.2		
Graham Saxton	123.6	125	54	M50+	35 R	90	220	345	301.6		
Matt Jones	130.7	125+	21	Open	55 R	100	240	395	292.3		
John Gardner	140.0	125+	34	Open	47.5 R	90	200	337.5	241.7		
Mollie Redfern S	35.7	40	9	Junior GUEST	8.0 R	16	45 (Deadlift)	69.0			



Powerhouse Family



Pete Tryner Overall Champ!

Ranking of Teams – Leg 6

1	Powerhouse1	Pete Tryner, Josh Davidson, James Gardner	1004.3
2	Granby	Steve Andrews, Steve Sherwood, Mark Godleman	998.7
3	Metamorphit1	Clive Madge, Rory Hoad, Gareth Edwards	949.5
4	Powerhouse2	Luke Davis, Chloe Brennan, Matt Jones	862.1
5	Powerhouse3	Chris Findon, Don Gardner, Gary Redfern Smith	780.5
6	Powerhouse4	Paul Hallam, Graham Saxton, Karen Gardner	731.6
7	Twyford Celts	Sonya Coles, Max Ell, Maddy Ell	716.7
8	Metamorphit2	Ryan Burchett, Paul Barette, Ed Shorttle	712.5
9	Powerhouse5	Steve Moss, Diane Baldrey, Josh Hulse	591.5
10	Iron Clan	Philippe Crisp, Nick Swain,	467.4
11	Metamorphit3	Natalie Voce, Ian Thomas, Jenny Watson	409.3

Ranking of Teams after Legs 1+2+3+4+5+6.

1	Powerhouse1	Josh Davidson, Pete Tryner, James Gardner	5746.3
2	Metamorphit1	Clive Madge, Rory Hoad, Ryan Burchett	5553.8
3	Granby	Steve Andrews, Steve Sherwood, Mark Godleman	5467.8
4	Powerhouse2	Luke Davis, Chloe Brennan, Matt Jones	5075.4
5	Powerhouse3	Webster Reid, Chris Findon, Don Gardner	4529.2
6	Metamorphit2	Gareth Edwards, Paul Barette, Ed Shorttle	4160.8
7	Powerhouse4	Gary Redfern Smith, Lee Coton	4155.0
8	Iron Clan	Philippe Crisp, Nick Swain, Sam Hills	3695.8
9	Powerhouse5	Graham Saxton, Karen Gardner, Diane Baldrey	3597.9
10	Metamorphit3	Jenny Watson, Ian Thomas, Natalie Voce	3507.8
11	Twyford Celts	Max Ell, Maddy Ell, Sonya Coles	3161.0
12	Powerhouse6	Josh Hulse, Paula Thompson, Steve Moss	2518.6
13	Metamorphit4	Steven Mephram, Charlotte Boniface, Brian Heyburn	2295.7
14	Sunbury1	Jeff Luther, Trevor Evans	1665.1
15	Powerhouse7	Mark Haydock, Paul Hallam, Mandy Hughes	1062.2
16	Metamorphit5	Kris Singh, Elizabeth Edwards, Chris Powell	492.1
17	Norn Iron	Roy McClean, Paul Cullen	483.4

Ranking of Lifters – Leg 6

1	Pete Tryner	373.7	17	Don Gardner	261.2
2	Steve Andrews	347.5	18	Gary Redfern Smith	255.3
3	Clive Madge	343.2	19	Ryan Burchett	254.6
4	Steve Sherwood	342.3	20	Paul Hallam	248.9
5	Rory Hoad	331.6	21	Graham Saxton	247.0
6	Philippe Crisp	329.7	22	Karen Gardner	235.7
7	Josh Davidson	329.1	23	Paul Barette	229.5
8	Mark Godleman	308.9	24	Ed Shorttle	228.4
9	James Gardner	301.4	25	Steve Moss	218.4
10	Luke Davis	297.0	26	Diane Baldrey	197.2
11	Chloe Brennan	286.5	27	Natalie Voce	196.6
12	Matt Jones	278.6	28	Sonya Coles	180.8
13	Gareth Edwards	274.6	29	Josh Hulse	175.9
14	Maddy Ell	270.7	30	Nick Swain	137.7
15	Max Ell	265.2	31	Ian Thomas	111.8
16	Chris Findon	264.0	32	Jenny Watson	100.9

Ranking of Lifters after Legs 1+2+3+4+5+6

1	Philippe Crisp	2074.9	4	Clive Madge	1940.1
2	Steve Andrews	2042.4	5	Rory Hoad	1933.8
3	Steve Sherwood	1999.5	6	Josh Davidson	1832.0

Ranking of Lifters after Legs 1+2+3+4+5+6 - continued

7	Pete Tryner	1826.8	32	Paula Thompson	914.3
8	James Gardner	1811.0	33	Jeff Luther	903.9
9	Luke Davis	1692.6	34	Steve Moss	826.6
10	Chloe Brennan	1529.8	35	Sonya Coles	767.2
11	Matt Jones	1524.1	36	Trevor Evans	761.3
12	Webster Reid	1460.6	37	Charlotte Boniface	748.4
13	Ryan Burchett	1425.5	38	Mark Haydock	719.2
14	Chris Findon	1420.2	39	Mark Shaw	691.4
15	Gareth Edwards	1406.5	40	Brian Heyburn	660.7
16	Don Gardner	1403.2	41	Paul Hallam	627.4
17	Paul Barette	1395.6	42	Nick Swain	595.1
18	Gary Redfern Smith	1366.4	43	Mandy Hughes	593.3
19	Sam Hills	1364.3	44	Kris Singh	518.3
20	Ed Shorttle	1352.6	45	Daniel Andrews	425.6
21	Lee Coton	1341.1	46	Nic Porter	407.5
22	Graham Saxton	1322.0	47	Elizabeth Edwards	371.9
23	Max Ell	1216.1	48	Nic Robinson	358.1
24	Maddy Ell	1177.8	49	Mark Bowles	319.0
25	Karen Gardner	1101.5	50	Mark Godleman	308.9
26	Jenny Watson	1063.5	51	Roy McClean	262.3
27	Ian Thomas	1062.5	52	Chris Powell	238.0
28	Natalie Voce	1043.0	53	Paul Cullen	221.2
29	Diane Baldrey	999.7	54	Steve Gardner	196.9
30	Steven Mephram	918.9	55	Luke Adams	173.9
31	Josh Hulse	917.4			

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

Continental Clean

Lifter	Age	%	Class	Kilos	Points
Pete Tryner	40+	4	85	127.5▲	88.7
Steve Sherwood	65+	26	80	97.5▲	85.6
Rory Hoad ¹	Open	0	85	120.0	81.7
James Gardner	Open	0	100	130.0	79.9
Steve Andrews ¹	55+	18	70	85.0	77.8
Chloe Brennan	Open	33	70	75.0	77.0
Philippe Crisp	45+	8	105	118.0	76.0
Clive Madge	65+	30	105	97.5	75.7
Luke Davis	Open	0	75	105.0	75.7
Max Ell ¹	18-19	36	10	50.4	74.3
Mark Godleman	50+	15	105	105.0	73.3
Josh Davidson	Open	0	120	130.0	72.8
Matt Jones	Open	0	125+	130.0	69.8
Maddy Ell ¹	Open	33	55	55.0	69.5
Gareth Edwards ¹	Open	0	85	100.0	67.7
Don Gardner	50+	15	100	90.0	64.6
Ryan Burchett ¹	Open	0	110	105.0	61.8
Paul Hallam	Open	0	90	90.0	58.7
Graham Saxton	50+	15	120	90.0▲	57.6
Chris Findon	Open	0	70	75.0	57.2
Gary Redfern Smith	40+	4	105	90.0	56.3
Nick Swain	50+	12	85	74.0	56.1
Paul Barette ¹	40+	1	80	77.5	54.9
Ian Thomas	Open	0	80	70.0	49.1
Karen Gardner	55+	52	80	45.0	48.9
Steve Moss	Open	0	105	80.0	48.2
Ed Shorttle ¹	60+	21	80	55.0	46.8

Alternate Grip Press

Lifter	Age	%	Class	Kilos	Points
Pete Tryner	40+	4	85	82.5	107.9
Steve Andrews ¹	55+	18	70	62.5	107.5
Clive Madge	65+	30	105	70.0▲	102.2
Rory Hoad ¹	Open	0	85	75.0	96.1
Steve Sherwood	65+	26	80	57.5▲	94.9
Josh Davidson	Open	0	120	90.0●	94.8
Philippe Crisp	45+	8	105	75.5	91.4
Matt Jones	Open	0	125+	85.0 ^{BR}	85.8
Luke Davis	Open	0	75	60.0	81.3
James Gardner	Open	0	100	70.0	80.9
Gary Redfern Smith	40+	4	105	67.5	79.4
Gareth Edwards ¹	Open	0	85	60.0 ¹	76.4
Mark Godleman	50+	15	105	57.5▲	75.5
Ryan Burchett ¹	Open	0	110	65.0	71.9
Chloe Brennan	Open	33	70	35.0●	67.5
Don Gardner	50+	15	100	50.0	67.5
Paul Barette ¹	40+	1	80	50.0	66.6
Chris Findon	Open	0	70	45.0	64.5
Ed Shorttle ¹	60+	21	80	40.0	64.0
Graham Saxton	50+	15	120	52.5▲	63.1
Ian Thomas	Open	0	80	47.5	62.7
Max Ell ¹	18-19	36	10	22.5	62.4
Paul Hallam	Open	0	90	50.0	61.3
Maddy Ell ¹	Open	33	55	25.4	60.4
Natalie Voce ¹	Open	33	85	35.0	58.8
Karen Gardner	55+	52	80	27.5	56.2
Steve Moss	Open	0	105	45.0	51.0

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

Continental Clean

Lifter	Age	%	Class	Kilos	Points
Diane Baldrey	50+	46	75	42.5	45.8
Sonya Coles1	Open	33	90	50.0	44.1
Josh Hulse	13&U	33	65	35.0	38.4
Natalie Voce1	Open	33	85	42.5	38.0
Jenny Watson1	50+	44	60	11.0	13.3

Alternate Grip Press

Lifter	Age	%	Class	Kilos	Points
Sonya Coles1	Open	33	90	30.4	50.4
Josh Hulse	13&U	33	65	22.5▲	46.4
Diane Baldrey	50+	46	75	22.5	45.6
Jenny Watson1	50+	44	60	6.0	13.6
Sonya Coles1	Open	33	90	30.4	50.4

2H Ciavattone

Lifter	Age	%	Class	Kilos	Points
Pete Tryner	40+	4	85	217.5▲●	109.9
Steve Sherwood	65+	26	80	160.0	102.0
Steve Andrews1	55+	18	70	150.0	99.8
Josh Davidson	Open	0	120	240.0●	97.7
Clive Madge	65+	30	105	160.01	90.3
Chloe Brennan	Open	33	70	120.0●	89.5
Mark Godleman	50+	15	105	175.0 ^{BR}	88.7
Chris Findon	Open	0	70	155.0	85.9
James Gardner	Open	0	100	190.0	84.8
Rory Hoad1	Open	0	85	170.0	84.1
Nick Swain	50+	12	85	148.0	81.6
Graham Saxton	50+	15	120	170.0	79.0
Luke Davis	Open	0	75	150.0	78.6
Max Ell1	18-19	36	10	72.9	78.1
Philippe Crisp	45+	8	105	165.5	77.4
Maddy Ell1	Open	33	55	82.9	76.1
Karen Gardner	55+	52	80	95.0	75.0
Ed Shorttle1	60+	21	80	120.0	74.2
Matt Jones	Open	0	125+	190.0	74.1
Paul Hallam	Open	0	90	155.0	73.4
Steve Moss	Open	0	105	162.5	71.2
Gareth Edwards1	Open	0	85	140.01	68.9
Don Gardner	50+	15	100	130.0 ^{BR}	67.8
Diane Baldrey	50+	46	75	85.0	66.6
Ryan Burchett1	Open	0	110	150.0	64.1
Gary Redfern Smith	40+	4	105	130.0 ^{BR}	59.1
Natalie Voce1	Open	33	85	85.0	55.2
Josh Hulse	13&U	33	65	67.5	53.8
Paul Barette1	40+	1	80	100.0	51.5
Sonya Coles1	Open	33	90	80.0	51.3
Jenny Watson1	50+	44	60	50.0	43.8

Reverse Curl

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	45+	8	105	58.0	84.9
Clive Madge	65+	30	105	42.51	75.1
Mark Godleman	50+	15	105	45.0▲	71.4
Rory Hoad1	Open	0	85	45.0	69.7
Pete Tryner	40+	4	85	42.5	67.2
Maddy Ell1	Open	33	55	22.5	64.7
Josh Davidson	Open	0	120	50.0	63.7
Steve Andrews1	55+	18	70	30.0	62.4
Gareth Edwards1	Open	0	85	40.01	61.6
Luke Davis	Open	0	75	37.5	61.5
Don Gardner	50+	15	100	37.5▲	61.2
Gary Redfern Smith	40+	4	105	42.5 ^{BR}	60.5
Steve Sherwood	65+	26	80	30.0	59.9
Ryan Burchett1	Open	0	110	42.5	56.9
Paul Barette1	40+	1	80	35.0	56.4
Chris Findon	Open	0	70	32.5	56.4
James Gardner	Open	0	100	40.0	55.9
Karen Gardner	55+	52	80	22.5	55.6
Paul Hallam	Open	0	90	37.5	55.6
Chloe Brennan	Open	33	70	22.5	52.5
Max Ell1	18-19	36	10	15.0	50.3
Matt Jones	Open	0	125+	40.0	48.8
Steve Moss	Open	0	105	35.0	48.0
Graham Saxton	50+	15	120	32.5▲	47.3
Natalie Voce1	Open	33	85	22.0	44.7
Ed Shorttle1	60+	21	80	22.5	43.5
Diane Baldrey	50+	46	75	16.0▲	39.2
Josh Hulse	13&U	33	65	15.0▲	37.4
Sonya Coles1	Open	33	90	17.5	35.1
Jenny Watson1	50+	44	60	11.0	30.2
Philippe Crisp	45+	8	105	58.0	84.9

Well done to Pete Tryner, Steve Andrews & Clive Madge for being the top 3 lifters in this the final leg. Pete Tryner, Steve Sherwood & Rory Hoad were the first 3 in the Clean; Pete Tryner, Steve Andrews, & Clive Madge were the first 3 in Press; Pete Tryner Steve Sherwood, & Steve Andrews were the first 3 in the Ciavattone; Phil Crisp, Clive Madge & Mark Godleman were the first 3 in the Curl. Overall for the year: Phil Crisp was the top lifter for 2016 - well done also to Steve Andrews on coming second and Steve Sherwood third. Top team this year was with Powerhouse1, followed by Metamorfit1 & Granby Grippers coming in third. I must also congratulate Chloe Brennan for being top ladies lifter & overall 10th. And finally well done to everyone & thanks for lifting throughout the year.

Final Rankings of the 2016 All round Scheme.

1	Philippe Crisp	24	British Open & 45+, 110k class & Top All Rounder
2	Steve Andrews	24	British Open & 55+, 70k class Best All Rounder

3	Steve Sherwood	24	British Open & 65+, 80k class Best All Rounder
4	Clive Madge	24	British Open & 65+, 105k class Best All Rounder
5	Roary Hoad	24	British Open, 85k class Best All Rounder
6	Josh Davidson	20	British Open 120k class Best All Rounder
7	Pete Tryner	24	British Open & 40+, 95k class Best All Rounder
8	James Gardner	24	British Open, 100k class Best All Rounder
9	Luke Davis	24	British Open, 75k class Best All Rounder
10	Chloe Brennan	24	British Ladies Open, 70k class Top All Rounder
11	Matt Jones	24	British Open, 125+k class Best All Rounder
12	Webster Reid	20	British 40+, 125+k class Best All Rounder
13	Ryan Burchett	24	British Open, 115k class Best All Rounder
14	Chris Findon	24	Runner up Open, 70k class Best All Rounder
15	Gareth Edwards	24	British Open, 90k class Best All Rounder
16	Don Gardner	24	British 50+, 100k class & Best All Rounder
17	Paul Barette	24	British Open & 40+, 75k class Best All Rounder
18	Gary Redfern Smith	24	British Open & 40+, 105k class Best All Rounder
19	Sam Hills	20	British 55+, 85k class Best All Rounder
20	Ed Shorttle	24	British 60+, 80k class Best All Rounder
21	Lee Coton	20	Runner up 40+, 95k class Best All Rounder
22	Graham Saxton	24	British 50+, 120k class Best All Rounder
23	Max Ell	20	British Ladies Open & 19 yrs, 45k class Best All Rounder
24	Maddy Ell	20	British Ladies Open, 55k class Best All Rounder
25	Karen Gardner	24	British Ladies Open, 55+, 80k class Best All Rounder
26	Jenny Watson	24	British Ladies Open & 50+, 60k class Best All Rounder
27	Ian Thomas	21	Runner up Open, 75k class Best All Rounder
28	Natalie Voce	24	British Ladies Open, 90k class Best All Rounder
29	Diane Baldrey	24	British Ladies Open, 50+, 75k class Best All Rounder
30	Steven Mephram	16	Runner up Open, 100k class Best All Rounder
31	Josh Hulse	24	British 13 yrs, 75k class Best All Rounder
32	Paula Thompson	16	British Ladies 40+, 55k class Top All Rounder
33	Jeff Luther	16	British 60+, 70k class Best All Rounder
34	Steve Moss	16	Runner up Open, 105k class Best All Rounder
35	Sonja Coles	20	British Ladies Open, 90k class Best All Rounder
36	Trevor Evans	20	British 70+, 80k class Best All Rounder
37	Charlotte Boniface	16	British Ladies Open, 70k class Best All Rounder
38	Mark Haydock	8	British 40+, 110k class All Rounder – 8 lifts
39	Mark Shaw	12	Runner up 55+, 85k class Best All Rounder
40	Brian Heyburn	4	British Open, 80k class All Rounder 4 lifts
41	Paul Hallam	12	Runner up Open, 90k class Best All Rounder
42	Nick Swain	13	British Runner up 50+, 85k class Best All Rounder
43	Mandy Hughes	12	Runner up Ladies Open, 90k class Best All Rounder
44	Kris Singh	11	British Open, 100k class All Rounder – 11 lifts
45	Daniel Andrews	4	British Open, 80k class All Rounder - 4 lifts
46	Nic Porter	8	British Open, 75k class All Rounder - 8 lifts
47	Elizabeth Edwards	8	British Ladies Open, 60k class All Rounder - 8 lifts
48	Nic Robinson	8	British Open, 90k class All Rounder - 8 lifts
49	Mark Bowles	8	British Open, 125+k class All Rounder - 8 lifts
50	Mark Godleman	4	British 50+, 105k class All Rounder 4 lifts
51	Roy McClean	4	British 40+, 105k class All Rounder 4 lifts
52	Chris Powell	4	British 40+, 95k class All Rounder 4 lifts
53	Paul Cullen	4	British 40, 125+k class All Rounder - 4 lifts
54	Steve Gardner	4	British 60, 125+k class All Rounder - 4 lifts
55	Luke Adams	4	British 19 yrs, 105k class All Rounder - 4 lifts

If you qualify for an award (**12 lifts or more**) and want one, please contact Frank Allen. No claim – No award. Congrats to all the title and award winners. I wish you good health & good lifting for 2017

IAWA (UK) Fixtures 2017 Competitions are usually on Saturdays-Entry Fees are £12 (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!

4th February - **British Grip Championships**—Mark Haydock Tel: 01254 851918 Mob: 07849 725195 E Mail: markieh@fsmail.net
Spring Bank Farm, Goose Foot Lane, Samlesbury, nr Preston PR5 0UU **Lifts:** D/bell Walk, 2" Bar C & Push Press, 2" Bar D/lift

4th March – **Midlands Open All Round Championships** – Chris Bass Tel: 01472 250918 E Mail: chris.bass@havengym.org.uk
Haven Gym Haycroft Avenue, Grimsby, DN31 2PF **Lifts:** P/O & Press, Snatch from Hang, C & J Behind Neck, Abdominal Raise

1st April - **British Powerlifting Championships** – Paul Barette Tel: 01323726833 E Mail: studio@metamorfit.co.uk
Metamorfit Gym, Unit 5F Southbourne Business Park, Courtlands Rd, Eastbourne BN22 8UY **Lifts:** Squat – Bench Press – Deadlift

10th June – **British All Round Championships** – Frank Allen Tel: 0116 267 6918 E mail: frankallen35@yahoo.co.uk
The Village Hall, Birstall Road, Birstall, Leicester LE4 4DH **Lifts:** Barbell Clean & Seated Press / Cont. Snatch / 2 Hands Zercher

1st July - **British Olympic Championships** – Chris Bass Tel: 01472 250918 E Mail: chris.bass@havengym.org.uk
Haven Gym, Haycroft Avenue, Grimsby, DN31 2PF **Lifts:** Press – Snatch - Clean and Jerk

5th August - **British Single Arm Championships** — Frank Allen Tel: 0116 267 6918 E mail: frankallen35@yahoo.co.uk
The Village Hall, Birstall Road, Birstall, Leicester LE4 4DH **Lifts:** OH Snatch -(Opp Hand) OH C & Jerk - OH Deadlift

World Postal Championships – Results to be submitted by the end of August. **Lifts:** Clean & Press, O/ H Hacklift, 2" Bar Straddle

2nd September – **Welsh Open Championships** – Neil Keddy Tel: 07459735371 E mail: Keddysfitkids@gmail.com
The Iron Shed. Cramic Way, Neath, Port Talbot, West Glamorgan SA13 1JU– **Lifts:** Trap Bar/ 2 Hs Zercher / 2" Bar Clean and Press

Sept 31/Oct 1 – **IAWA World Champs** –Belmont Centre, Perth, Australia – John Mahon E Mail: jflmahon@gmail.com
Lifts: Day 1: Cheat Curl, OH Dbell Snatch, O H 2" Vertical lift, Bench Press FIA **Day 2:** Clean & Press, OH Hacklift, 2" Bar Straddle

4th Nov.- **IAWA Gold Cup** – Glasgow, Scotland – George Dick Tel: 07961040890 or 01415692245 E Mail: janetdick@msn.com
Address of Venue: The Castlemilk Gym (new address) Ashcroft Scout Hall, Ashcroft Drive, Glasgow G44 5QG

3rd December – **IAWA(UK) AGM** – 11am at Frank Allen's Home: 11 Orchard Road, Birstall, Leicester LE44GB

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

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

Sunday 26th Feb. – Southern Counties Championships **Lifts:** Lunge Squat, Clean & Seat Press B/ Neck, Barbell Turkish Get-Up

Sunday 28th May – Southern Shield **Lifts:** Reflex Clean & Jerk, 1 Hand Dumbbell Snatch, 2" Bar Deadlift

Sunday 23rd July – Southern All Round Champs. **Lifts:** Strict Barbell Curl, Hands Together Bench Press, 2" Bar Straddle

Sunday 1st October – Southern Cup **Lifts:** Steinborn, Clean & Press on Knees, 1 Hand Hacklift

Sunday 26th Nov. – Southern Grip Champs. **Lifts:** 2 Hand Pinch Grip / 1 Hand Fulton Dead Lift / 2 x Dumbbells Dead lift

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 1 2 D/Bells: Press, Swing, C & Jerk, & OH D/B Deadlift **Leg 2** P/Over & Press, Snatch from Hang, C&J B/Neck, Abdom. Raise

Leg 3 OH B/Bell Snatch, Cont C & J, Front Squat, Strict Curl **Leg 4** Press, Snatch, Clean and Jerk Rectangular Fix.

Leg 5 OH Snatch, OH C & Jerk, OH Dlift, P/ O Arms Length **Leg 6** Push Press, Reflex C & Jerk, Straddle D/Lift, Reverse Curl

LOOKING AHEAD : 2018 Worlds: Manchester, England (Mark Haydock) - **2018 IAWA Gold Cup:** England (Frank Allen)

A Goodbye For Now, From Steve Gardner: I am very sad to be stepping down from my involvement with IAWA. I have had a wonderful career since I started Weightlifting in 1979, joining the drug free movement in All Round Weight lifting in 1985. 37 fantastic years filled with wonderful memories and treasured achievements, I feel lucky to have made so many wonderful friends. It is not Cheerio, just goodbye for now, I have other important matters in my life to get on with for a while, but I will always be at the end of the phone or e mail eager to be consulted for help or advice, I shall miss it all terribly but will look forward to seeing you again in the future, hopefully as a competitor....Love and Best Wishes to IAWA and to you all **Steve G**
