

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



April 2017 Edition



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Awards:

Phil Crisp receiving the Best All Round Lifter award for the 2016 Bob Smith Postal League and the Edward Aston Trophy, presented by Paul Barette.



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

Gareth Edwards - (gedwards6@gmail.com)

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)

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
England: Bill Jelley - Bob Smith - Peter Ready - Andy Goddard - Dave Abblett
John Watson - Jason Dorn - Keith Murdie - Andrew T Butler - Mike Archer

I.A.W.A. (UK) Executive Committee 2017

- **President – Steve Gardner – Email stevegardneruk@gmail.com**

(please note: Steve has now retired from his position, but is contactable for advice etc.)

- **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 – Email fjallen35@yahoo.co.uk**

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

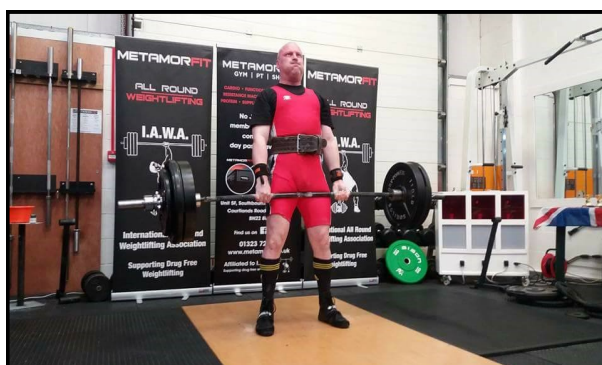
Non Executive Positions

- **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 – Chris Bass**
 - **Fixture List Co-ordinator – Steve Andrews**
- **Strength Journal Editor – Paul Barette (IAWA@metamorfit.co.uk)**
 - **Asst. Editor – Gareth Edwards (gedwards6@gmail.com)**

British Powerlifting Championships

1st April 2017 - MetamorFIT Eastbourne

Firstly thank you to all the lifters that participated in today's competition. We lost Josh Davidson due to injury (we hope he makes a speedy recovery) so had 12 lifters take the platform. Max Ell took the best ladies lifter award up against Jenny Watson of Eastbourne. Rory Hoad competed against all local open lifters to take the best open but couldn't quite catch Pete Tryner who received best masters and overall champion. A very warm welcome to Steve Shah (68) and Martin Doolan (76) who lifted tremendously well in their first national comps. We were treated to a feat of strength show and record breaking attempts by Jenn Tibbenham and Gary Ell as our half time entertainment. Finally a massive thank you to Chris Bass for scoring, Frank Allen for drug testing (2 tests were carried out), Natalie Voce, Jenn Tibbenham and our other referees. A special mention also to our loaders and supporters. Thank you everyone for a great day.



Team Ell in action!

Gary Left

Max right



Pete Tryner - Best Masters & Overall Champion



Max Ell - Best Ladies Lifter



Rory Hoad - Best Open

BRITISH POWER COMPETITION HELD IN EASTBOURNE ON 1st APRIL 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Weight Class	Squat KILOS	Bench Press FOF KILOS	Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Max Ell	44.9	1.4772	20	33	Open 45	50.5●	35.0	85 (4th=47.5)●	173.0	334.0
Jenny Watson	58.8	1.1797	51	45	50+ 60	47.5	32.5	80.0	160.0	273.7
Steve Andrews	66.4	1.0824	57	18	55+ 70	115.0	85.0	155.0	355.0	453.4
Steve Shah	75.5	0.9959	68	32	65+ 80	87.5	80 ^{BR}	140 ^{BR}	307.5	404.2
Ian Thomas	78.0	0.9761	22	0	Open 80	105.0	85.0	150.0	340.0	331.9
Martin Doolan	81.4	0.9513	76	48	75+ 85	100▲	75▲	105 ^{BR}	280.0	394.2
Brian Heyburn	79.8	0.9627	24	0	Open 80	150.0	105.0	170.0	425.0	409.1
Rory Hoad	81.3	0.9520	29	0	Open 85	165.0	120.0	202.5	487.5	464.1
Peter Tryner	85.1	0.9268	45	6	45+ 90	180▲	137.5▲●	250▲	567.5	557.5
Gary Ell	94.8	0.8720	46	7	45+ 95	175.0	130.0	195.0	500.0	466.5
Kris Singh	96.3	0.8646	22	0	Open 100	172.5	95.0	165.0	432.5	373.9
Cliff Dunlop	148.9	0.6961	54	15	50+ 125+	0.0	125▲	0.0	125.0	100.1

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

IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 1 - compiled by Chris Bass.

1	Norn Irn1	Roy McClean, Brian Irwin, David Bagnall	951.9
2	Metamorfit1	Clive Madge, Ryan Burchett, Paul Barette	868.5
3	Iron Clan1	Philippe Crisp, Sam Hills, Jenn Tibenham	856.8
4	Castlemilk	Andy Tomlin, Matthew Finkle, George Dick	794.5
5	Granby	Steve Andrews, Steve Sherwood	793.2
6	Freedom S&P	Oli Downey, Steve Sha, Martin Doolan	694.6
7	Metamorfit2	Ed Shorttle, Gareth Edwards, Kris Singh	689.5
8	Metamorfit3	Natalie Voce, Ian Thomas, Candice Morris	618.3
9	Twyford Celts	Maddy Ell, Max Ell	520.6
10	Sunbury1	Jeff Luther, Trevor Evans	502.2
11	Norn Irn2	Gary Bunting	226.3
12	Iron Clan2	Nick Swain	208.1
13	Metamorfit4	Jenny Watson	175.2

Ranking of Lifters

1	Steve Andrews	403.5	16	Max Ell	248.3
2	Steve Sherwood	389.7	17	Trevor Evans	238.7
3	Philippe Crisp	345.3	18	Ed Shorttle	235.9
4	Clive Madge	341.5	19	Steve Sha	235.0
5	Andy Tomlin	322.0	20	Gareth Edwards	227.8
6	Roy McClean	321.1	21	Gary Bunting	226.3
7	Brian Irwin	318.6	22	Kris Singh	225.7
8	David Bagnall	312.1	23	Jenn Tibenham	222.0
9	Sam Hills	289.4	24	Natalie Voce	217.3
10	Maddy Ell	272.4	25	George Dick	210.6
11	Oli Downey	265.1	26	Ian Thomas	209.7
12	Ryan Burchett	264.7	27	Nick Swain	208.1
13	Jeff Luther	263.5	28	Martin Doolan	194.5
14	Paul Barette	262.3	29	Candice Morris	191.3
15	Matthew Finkle	261.9	30	Jenny Watson	175.2

Ranking of Lifters per Lift & Record Breakers. Dumbbell Press

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

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	65.0	97.1	Steve Sherwood1	65+	28	80	60.0	91.0
Clive Madge	65+	32	110	70.0▲	89.8	Steve Andrews1	55+	19	70	52.5	81.8
Philippe Crisp	45+	9	105	80.0	85.0	Philippe Crisp	45+	9	105	72.0▲	79.8
Steve Sherwood1	65+	28	80	57.5	83.6	David Bagnall1	40+	4	95	68.0	78.1
Brian Irwin1	Open	0	125+	100.0	81.9	Clive Madge	65+	32	110	55.0▲	73.6
Roy McClean1	45+	6	110	72.5	74.6	Roy McClean1	45+	6	110	68.0	72.9
Sam Hills	55+	17	85	55.0	71.0	Andy Tomlin	45+	11	95	60.0	71.6
Ed Shorttle1	60+	22	80	50.0	69.7	Brian Irwin1	Open	0	125+	80.0	68.4
Andy Tomlin	45+	11	95	60.0	68.7	Sam Hills	55+	17	85	50.0	67.3
Jeff Luther	60+	23	75	45.0	67.8	Maddy Ell1	Open	33	55	30.0	64.6
Ryan Burchett1	Open	0	115	70.0	65.9	Jeff Luther	60+	23	75	40.0	62.9
David Bagnall1	40+	4	95	59.0	65.0	Paul Barette1	40+	2	80	50.0	61.0
Oli Downey1	Open	0	100	64.0	64.7	Max Ell1	Open	33	45	25.0	60.6
Matthew Finkle	50+	12	70	45.0	62.5	Trevor Evans	70+	42	85	35.0	58.6
Kris Singh1	Open	0	95	55.0	56.9	Matthew Finkle	50+	12	70	40.0	57.9
Trevor Evans	70+	42	85	35.0	56.2	Jenn Tibenham	Open	33	100	40.0●	55.8
Gareth Edwards1	Open	0	85	50.0	56.1	George Dick	65+	34	125+	47.5	54.5
Steve Sha1	65+	32	80	36.0	54.4	Ryan Burchett1	Open	0	115	55.0	54.0
Gary Bunting1	40+	1	125+	59.0	53.2	Steve Sha1	65+	32	80	33.0	52.0
Paul Barette1	40+	2	80	45.0	52.7	Gary Bunting1	40+	1	125+	50.0	47.0
Maddy Ell1	Open	33	55	25.0	51.6	Gareth Edwards1	Open	0	85	40.0	46.8
Ian Thomas1	Open	0	80	45.0	51.1	Oli Downey1	Open	0	100	44.0	46.4
Natalie Voce1	Open	33	90	35.0	50.9	Nick Swain	50+	13	85	35.0	45.9
George Dick	65+	34	125+	45.0▲	49.5	Ed Shorttle	60+	22	80	30.0	43.6
Martin Doolan1	75+	50	80	28.0	47.9	Kris Singh1	Open	0	95	40.0	43.2

Continued:

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Max Ell1	Open	33	45	20.0	46.5	Martin Doolan1	75+	50	80	24.0	42.8
Nick Swain	50+	13	85	35.0	44.0	Ian Thomas1	Open	0	80	35.0	41.4
Jenn Tibenham	Open	33	100	30.0 ^{BR}	40.1	Candice Morris1	Open	33	55	18.1	38.5
Jenny Watson1	50+	45	65	16.0	31.5	Natalie Voce1	Open	33	90	25.0	37.9
Candice Morris1	Open	33	55	15.0	30.8	Jenny Watson1	50+	45	65	18.0	36.9
<u>Dumbbell Clean & Jerk</u>						<u>1H Dumbbell Deadlift</u>					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	70.0	97.7	Steve Andrews1	55+	19	70	125.0	126.8
Steve Sherwood1	65+	28	80	67.5	91.7	Steve Sherwood1	65+	28	80	125.0	123.4
Clive Madge1	65+	32	110	70.0	83.9	David Bagnall1	40+	4	95	145.0	108.4
Philippe Crisp	45+	9	105	80.0▲	79.4	Roy McClean1	45+	6	110	155.0	108.2
Brian Irwin1	Open	0	125+	100.0	76.6	Andy Tomlin	45+	11	95	137.5	106.8
Andy Tomlin	45+	11	95	70.0	74.9	Philippe Crisp	45+	9	105	140.0▲●	101.0
Sam Hills	55+	17	85	60.0	72.3	Maddy Ell1	Open	33	55	70.0	98.2
Ryan Burchett1	Open	0	115	75.0	66.0	Clive Madge	65+	32	110	108.2▲	94.2
Roy McClean1	45+	6	110	68.0	65.3	Paul Barette1	40+	2	80	118.2	93.9
Oli Downey1	Open	0	100	68.0	64.2	Brian Irwin1	Open	0	125+	165.0	91.8
Jeff Luther	60+	23	75	45.0	63.4	Oli Downey1	Open	0	100	131.0	89.9
Jenn Tibenham	Open	33	100	50.0●	62.5	Matthew Finkle	50+	12	70	95.0▲	89.6
David Bagnall1	40+	4	95	59.0	60.7	Max Ell1	Open	33	45	55.0	86.8
Ed Shorttle1	60+	22	80	45.0	58.6	Candice Morris	Open	33	55	60.0	83.6
Maddy Ell1	Open	33	55	30.0	57.9	Sam Hills	55+	17	85	90.0▲	78.9
Paul Barette1	40+	2	80	50.0	54.7	Ryan Burchett	Open	0	115	123.2 ^{BR}	78.8
Natalie Voce1	Open	33	90	40.0	54.4	Steve Sha1	65+	32	80	76.0	77.9
Max Ell1	Open	33	45	25.0	54.3	Nick Swain	50+	13	85	90.0	76.9
Kris Singh1	Open	0	95	55.0	53.2	Gary Bunting1	40+	1	125+	125.0	76.5
Ian Thomas1	Open	0	80	50.0	53.0	Natalie Voce1	Open	33	90	75.0	74.1
Trevor Evans	70+	42	85	35.0	52.5	Kris Singh1	Open	0	95	103.2	72.5
Gareth Edwards1	Open	0	85	50.0	52.5	Gareth Edwards1	Open	0	85	95.0	72.4
Matthew Finkle	50+	12	70	40.0	51.9	Trevor Evans	70+	42	85	65.4	71.3
Steve Sha1	65+	32	80	36.0	50.8	Jenny Watson1	50+	45	65	52.5	70.1
Gary Bunting1	40+	1	125+	59.0	49.7	Jeff Luther	60+	23	75	67.9▲	69.5
Martin Doolan1	75+	50	80	28.0	44.7	George Dick	65+	34	125+	87.5	65.4
Nick Swain	50+	13	85	35.0	41.2	Ian Thomas1	Open	0	80	83.2	64.1
George Dick	65+	34	125+	40.0	41.2	Ed Shorttle	60+	22	80	67.5 ^{BR}	63.9
Candice Morris	Open	33	55	20.0	38.4	Jenn Tibenham	Open	33	100	70.0●	63.6
Jenny Watson1	50+	45	65	20.0	36.8	Martin Doolan1	75+	50	80	51.0	59.2

Here's Leg 1 results of the new year. Unfortunately we have lost Burton but on the plus side we have 2 teams from Northern Ireland, 1 Freedom Strength & Power from Hastings & 1 from Castlemik. This has given us 30 lifters so far.

Recognition to Steve Andrews, Clive Madge & Phil Crisp for the top 3 in the Press; Steve Sherwood, Steve Andrews & Phil Crisp for the top 3 in the Swing; Steve Andrews, Steve Sherwood, & Clive Madge for the top 3 in the C&J and finally Steve Andrews, Steve Sherwood & David Bagnall for the top 3 in the Deadlift. Also to the top 3 lifters: Steve Andrews, Steve Sherwood & Phil Crisp. The top 3 teams were Norn Irn1, Metamorfit1 & Iron Clan1.

Also to Steve Andrews, Steve Sherwood & Clive Madge for being top 3 in the Spencer Set (on page 3).

Finally a big well done to the rest of the lifters for competing in the first leg of 2017, it promises to be an interesting year.

Leg2 lifts are: Pullover & Press, Snatch from Hang, C&J behind Neck & Abdominal Raise. To be completed by 30th March 2017.

Chris Bass.

Spencer Set		Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews1	M	55+	70	65.0	52.5	70.0	187.5	276.7
Steve Sherwood1	M	65+	80	57.5	60.0	67.5	185.0	266.3
Clive Madge1	M	65+	110	70.0	55.0	70.0	195.0	247.2
Philippe Crisp	M	45+	105	80.0	72.0	80.0	232.0 ^{BR}	244.3
Brian Irwin1	M	Open	125+	100.0	80.0	100.0	280.0	226.9
Andy Tomlin	M	49	95	60.0	60.0	70.0	190.0	215.1
Roy McClean1	M	45+	110	72.5	68.0	68.0	208.5	212.8
Sam Hills	M	55+	85	55.0	50.0	60.0	165.0	210.6
David Bagnall1	M	40+	95	59.0	68.0	59.0	186.0	203.7
Jeff Luther	M	60+	75	45.0	40.0	45.0	130.0	194.0
Ryan Burchett1	M	Open	115	70.0	55.0	75.0	200.0	185.9
Oli Downey1	M	Open	100	64.0	44.0	68.0	176.0	175.2
Matthew Finkle	M	50	70	45.0	40.0	40.0	125.0	172.3
Maddy Ell1	F	Open	55	25.0	30.0	30.0	85.0	174.2
Ed Shorttle1	M	60+	80	50.0	30.0	45.0	125.0	172.0
Paul Barette1	M	40+	80	45.0	50.0	50.0	145.0	168.4
Trevor Evans	M	70+	85	35.0	35.0	35.0	105.0	167.3
Max Ell1	F	Open	45	20.0	25.0	25.0	70.0	161.4
Jenn Tibenham	F	Open	100	30.0	40.0	50.0	120.0 ^{BR}	158.4
Steve Sha1	M	65+	80	36.0	33.0	36.0	105.0	157.1
Gareth Edwards1	M	Open	85	50.0	40.0	50.0	140.0	155.4
Kris Singh1	M	Open	95	55.0	40.0	55.0	150.0	153.2
Gary Bunting1	M	40+	125+	59.0	50.0	59.0	168.0	149.8
Ian Thomas1	M	Open	80	45.0	35.0	50.0	130.0	145.6
George Dick	M	68	125+	45.0	47.5	40.0	132.5 ^{BR}	145.2
Natalie Voce1	F	Open	90	35.0	25.0	40.0	100.0	143.2
Martin Doolan1	M	75+	80	28.0	24.0	28.0	80.0	135.4
Nick Swain	M	50+	85	35.0	35.0	35.0	105.0	131.1
Candice Morris1	F	Open	55	15.0	18.0	20.0	53.0	107.7
Jenny Watson1	F	50+	65	16.0	18.0	20.0	54.0	105.1



Some photos
from the
Southern
Counties Cham-
pionships.
Results >>>>>



Southern Counties Champs - 26th February 2017 - MetamorFIT



METAMORFIT

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		Blindt													
1.0473		1.2779													
Lunge Squat		Clean & Seated Press B/Neck	Barbell Turkish Get-Up												
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Total	Lynch	Amend		
Rory Hoad	M	28	0	OPEN	81.3	85KG	130 ^③	136.149	70	89.453	45 ^③	137.2905	362.8925	0.9520	345.47
Paul Barette	M	41	2	40+	78.4	80KG	112.5 ^⑩	117.8213	45	57.5055	37.5 ^⑩	114.40875	289.7355	0.9730	287.56
Ryan Burchett	M	33	0	OPEN	111.8	115KG	90 ^③	94.257	70 ^{BR}	89.453	40 ^③	122.036	305.746	0.7993	244.37
Ian Thomas	M	22	0	OPEN	79.1	80KG	75	78.5475	47.5	60.70025	27.5	83.89975	223.1475	0.9678	215.96
Ed Shorttle	M	60	21	60+	79.6	80KG	57.5	60.21975	32.5	41.53175	17.5 ^⑩	61.018	162.7695	0.9641	189.89
Natalie Voce	F	34	33	OPEN	85.0	85KG	47.5	49.74675	30 ^③	38.337	17.5 ^③	53.39075	141.4745	0.9274	174.50
Steve Shah	M	68	32	65+	78.6	80KG	35 ^⑩	36.6555	40 ^⑩	51.116	15 ^⑩	45.7635	133.535	0.9715	171.25

Successful 4th Attempts: Lunge Squat – Steve Shah 37.5kg^⑩, Natalie Voce 51kg^③. Clean & Seated Press B/Neck – Steve Shah 45kg^⑩. Turkish Get-Up – Natalie Voce 20kg^③, Ryan Burchett 45kg^③.
World open = ^③: World masters = ^⑩.

Additional Records – John Merner (67 y/old) 94.8kg - 2" Bar Deadlift 165kg^⑩

Promoter – Paul Barette

Referees – Phil Crisp, Paul Barette, Natalie Voce

Recorder – Jenny Watson Loaders & Spotters – The Lifters

Scored using Lynch, Age & Blindt.

A great start to the Southern Fixtures for this year at MetamorFIT with the Southern Counties Championship seeing 7 lifters take the platform. Testing their abilities in the Lunge Squat, Clean & Seated Press Behind Neck and the Barbell Turkish Get-Up.

MetamorFIT gave a warm welcome to returning lifter Steve Shah who excelled at all the disciplines even though he only tried them for the first time in a brief coaching session 2 weeks ago! Natalie lifted very well (whilst also reffing between her own lifts) and definitely pulled out the stops to have a crack at a couple of 4th attempts. Fine performances were also seen from Ed and Ian both competing alongside Paul and Steve Shah in the 80kg class. Ryan finished taking 2nd place in the open and 3rd overall and completed a successful day breaking the Turkish Get-Up record held by Chad Ullom of the USA. The Best Masters award and 2nd place overall went to Paul Barette achieving a personal best in the lunge and setting a couple of new masters records along the way. Certainly on top form was Rory Hoad who led from the start with an impressive 130kg lunge, then matching Ryans 70kg press and finishing with the points boosting Turkish Get-up. Rory takes the Southern Counties Championships Overall Winner and Best Open Lifter awards.....congratulations!

MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 4th MARCH 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Pullover & Press KILOS	Snatch from Hang KILOS	C&J behind Neck KILOS	TOTAL KILOS	TOTAL 'OPEN'	TOTAL POINTS
Natalie Haydock	23.7	2.9103	7	66	13&U	25		9 ^{BR}	10▲	19.0		101.9
Steve Andrews	66.9	1.0769	57	18	55+	70	85.0	60▲	72.5	217.5		271.3
Matthew Wells	72.5	1.0216	36	0	Open	75	72.5	75.0	92.5	240.0	247.0	247.0
Steve Sherwood	78.4	0.9730	65	26	65+	80	75.0	60▲	60(4th=60.5▲)	195.0		237.9
Pete Tryner	87.1	0.9144	43	4	40+	90	120.0	65▲, 70 ¹	92.5	282.5		259.5
Tom Allsop	99.8	0.8481	53	14	50+	100	80 ^{BR}	67.5 ^{BR}	95 ^{BR}	242.5		232.1
Mark Haydock	105.0	0.8256	42	3	40+	105	130▲	90(4th=95▲●)	120▲	340.0		282.7
Josh Davidson	119.2	0.7739	26	0	Open	120	135.0	100(4th=102.5●)	120●	355.0	270.7	270.7
Cliff Dunlop	147.1	0.7000	54	15	50+	125+	90.0	60.0		150.0		121.6

▲ = Junior, masters World Record. ● = Open World record. ^{BR} = British record, ¹=one official ref + one prov ref.

Promoter: Chris Bass, MC: Chris Bass & Recorder: Alison Bass.

Referees: Clive Nevis, Tom Allsop, Mark Haydock, Steve Sherwood, Steve Andrews, Frank Allen & Cliff Dunlop (provisional ref).

Loaders & spotters: The Lifters.

Drug Testing: Frank Allen.

A small but select number of competitors lifted off at 12 noon. The competition set off at a good pace & continued throughout the event. Natalie lifted well in the 2 lifts she elected to do, breaking records in the process. The quality of lifting continued with several records being broken, most notable being the 102.5 kg Snatch from Hang by Josh Davidson. Please note, due to changes in the All Round league, the Abdominal raise was dropped from the competition.

Winner of the Bill Jelly trophy for the Open was Josh Davidson, with Matthew Wells as runner up. Mark Haydock won the Pete Ready trophy for best Master with Steve Andrews 2nd & Pete Tryner 3rd.

Additional records: Mark Haydock, 2H Thumbless deadlift = 195kg ▲●; 2H Deadlift = 285.5kg ▲●; Alt Grip Clean & Press = 92.5kg ▲●

Below - Natalie Haydock at the Midlands All- Round



Below - A presentation to MetamorFIT (Eastbourne) lifters took place before the Southern Counties Champs.

Awarding medals and trophies for their performances in the I.A.W.A.(UK) All-Round Postal League 2016.

Well done everyone!



Above- Steve Sherwood in action at the Midlands All-Round.



IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 2 - compiled by Chris Bass.

1	Granby	Steve Andrews, Steve Sherwood, Frank Allen	815.9
2	Iron Masters1	Philippe Crisp, Steve Shah, Ollie Downey	757.0
3	Metamorfit1	Clive Madge, Ryan Burchett, Ian Thomas	723.3
4	Norn Irn1	Brian Irwin, David Bagnall, Paul Cullen	709.6
5	Castlemilk	Andy Tomlin, Matthew Finkle, George Dick	688.8
6	Metamorfit2	Kris Singh, Chris Powell, Ed Shorttle	598.9
7	Twyford Celts	Maddy Ell, Max Ell	492.3
8	Metamorfit3	Jenny Watson, Candice Morris, Natalie Voce	451.0
9	Sunbury1	Jeff Luther, Trevor Evans,	436.1
10	Iron Masters2	Martin Doolan	186.1
11	Norn Irn2	Gary Bunting	176.4
12	Metamorfit4	Paul Barette	116.4

Ranking of Lifters

1	Steve Andrews	337.8	15	Ian Thomas	209.4
2	Andy Tomlin	301.4	16	Kris Singh	207.8
3	Steve Sherwood	297.3	17	Chris Powell	203.4
4	Clive Madge	296.1	18	Paul Cullen	193.8
5	Philippe Crisp	289.9	19	Ed Shorttle	187.7
6	Brian Irwin	272.8	20	Martin Doolan	186.1
7	Jeff Luther	264.5	21	Frank Allen	180.8
8	Steve Shah	255.6	22	Gary Bunting	176.4
9	Matthew Finkle	252.2	23	Trevor Evans	171.6
10	Maddy Ell	250.3	24	Jenny Watson	167.2
11	David Bagnall	243.0	25	Candice Morris	146.2
12	Max Ell	242.0	26	Natalie Voce	137.6
13	Ryan Burchett	217.8	27	George Dick	135.2
14	Ollie Downey	211.5	28	Paul Barette	116.4

Ranking of Lifters per Lift & Record Breakers. Pullover & Press

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

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Philippe Crisp1	45+	9	105	125.5	90.7	Steve Andrews	55+	19	70	60.5▲	102.8
Steve Andrews	55+	19	70	85.0	86.6	Jeff Luther	60+	23	70	59.9▲	102.1
Steve Sherwood	65+	28	80	75.0	74.2	Steve Sherwood	65+	28	80	60.0▲	99.0
Clive Madge	65+	32	105	85.0	74.0	Philippe Crisp1	45+	9	105	78.0	94.0
Andy Tomlin	45+	11	95	92.5	72.8	Andy Tomlin	45+	11	95	65.0	85.3
Max Ell1	Open	33	45	45.4	70.9	Clive Madge	65+	32	105	57.5	83.5
Brian Irwin1	Open	1	125+	120.0	68.8	David Bagnall1	40+	4	90	60.0	74.2
Matthew Finkle	50+	12	70	72.5	67.6	Steve Shah	65+	32	80	40.5	70.8
Ian Thomas	Open	0	80	83.8	65.0	Maddy Ell1	Open	33	55	30.4	70.5
Paul Barette1	40+	2	80	80.0	63.2	Matthew Finkle	50+	12	70	45.0	70.0
Maddy Ell1	Open	33	55	45.4	63.1	Ryan Burchett1	Open	0	115	65.0	69.0
Paul Cullen1	40+	4	125+	100.0	60.9	Brian Irwin1	Open	1	125+	70.0	66.9
David Bagnall1	40+	4	90	80.0	59.4	Trevor Evans	70+	42	80	36.4▲	66.1
Kris Singh1	Open	0	100	85.0	58.4	Martin Doolan1	75+	50	80	33.0	65.1
Ryan Burchett1	Open	0	115	90.0	57.3	Chris Powell1	40+	4	100	50.0	59.7
Ed Shorttle	60+	22	80	60.0	56.1	Max Ell1	Open	33	45	22.5	58.6
Jeff Luther	60+	23	70	53.9	55.1	Oli Downey1	Open	0	100	50.5	57.5
Oli Downey1	Open	0	100	80.5	54.9	Kris Singh1	Open	0	100	50.0	57.3
Gary Bunting1	Open	1	125+	90.0	54.6	Frank Allen1	75+	46	80	30.0	56.3
Chris Powell1	40+	4	100	70.0	50.1	George Dick	65+	34	125+	45.0▲	55.8
Natalie Voce1	Open	33	85	50.0	49.0	Ed Shorttle	60+	22	80	35.0	54.6
Frank Allen1	75+	46	80	42.5	47.8	Paul Cullen1	40+	4	125+	50.0	50.8
Steve Shah	65+	32	80	46.0	47.7	Gary Bunting1	Open	1	125+	50.0	50.5
Jenny Watson1	50+	45	60	35.0	47.3	Natalie Voce1	Open	33	85	30.0	49.0
Martin Doolan1	75+	50	80	35.5	42.0	Candice Morris1	Open	33	55	20.0	45.8
George Dick	65+	34	125+	55.0	40.9	Ian Thomas	Open	0	80	35.0	45.3
Trevor Evans	70+	42	80	36.4	39.6	Jenny Watson1	50+	45	60	20.0	45.1
Candice Morris1	Open	33	55	22.5	30.9	Paul Barette1	40+	2	80	0.0	0.0

Clean & Jerk behind Neck

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	55+	19	70	72.5	85.1
Brian Irwin1	Open	1	125+	120.0	79.2
Andy Tomlin	45+	11	95	85.0	77.1
Clive Madge	65+	32	105	73	72.7
Steve Sherwood	65+	28	80	60.5▲	69.0
Matthew Finkle	50+	12	70	62.5	67.2
Ryan Burchett1	Open	0	115	82.5	60.5
Paul Cullen1	40+	4	125+	85.0	59.6
Jeff Luther	60+	23	70	48.9	57.6
Kris Singh1	Open	0	100	72.5	57.4
Philippe Crisp1	45+	9	105	68.0	56.6
Oli Downey1	Open	0	100	70.5	55.4
Martin Doolan1	75+	50	80	40.5	55.2
Max Ell1	Open	33	45	30.4	54.7
Chris Powell1	40+	4	100	62.5	51.5
Steve Shah	65+	32	80	40.5	48.9
Gary Bunting1	Open	1	125+	70.0	48.9
David Bagnall1	40+	4	90	55.0	47.0
Ian Thomas	Open	0	80	52.5	46.9
Trevor Evans	70+	42	80	36.4▲	45.7
Maddy Ell1	Open	33	55	27.9	44.7
Candice Morris1	Open	33	55	25.0	39.5
Natalie Voce1	Open	33	85	35.0	39.5
Jenny Watson1	50+	45	60	25.0	38.9
Frank Allen1	75+	46	80	30.0	38.9
George Dick	65+	34	125+	45.0▲	38.5
Ed Shorttle	60+	22	80	35.0	37.7
Paul Barette1	40+	2	80	0.0	0.0

Abdominal Raise

Lifter	Age	%	Class	Kilos	Points
Steve Shah	65+	32	80	25.0BR	88.2
Maddy Ell1	Open	33	55	15.4	72.1
Andy Tomlin	45+	11	95	25.0	66.2
Clive Madge	65+	32	105	22.5▲	65.9
Steve Andrews	55+	19	70	18.5	63.4
David Bagnall1	40+	4	90	25.0	62.4
Brian Irwin1	Open	1	125+	30.0	57.9
Max Ell1	Open	33	45	11.0	57.8
Steve Sherwood	65+	28	80	16.5	55.0
Paul Barette1	40+	2	80	20.0	53.2
Ian Thomas	Open	0	80	20.0	52.2
Jeff Luther	60+	23	70	14.5	49.9
Philippe Crisp1	45+	9	105	20.0	48.6
Matthew Finkle	50+	12	70	15.1	47.4
Oli Downey1	Open	0	100	19.0	43.7
Chris Powell1	40+	4	100	17.5	42.1
Ed Shorttle	60+	22	80	12.5	39.3
Frank Allen1	75+	46	80	10.0	37.9
Jenny Watson1	50+	45	60	7.9	35.9
Kris Singh1	Open	0	100	15.0	34.7
Ryan Burchett1	Open	0	115	14.5	31.1
Candice Morris1	Open	33	55	6.5	30.0
Martin Doolan1	75+	50	80	6.0	23.9
Paul Cullen1	40+	4	125+	11.0	22.5
Gary Bunting1	Open	1	125+	11.0	22.4
Trevor Evans	70+	42	80	5.5	20.2
George Dick	65+	34	125+	0.0	0.0
Natalie Voce1	Open	33	85	0.0	0.0

Ranking of Teams after Legs 1+2.

1	Norn Irn1	Brian Irwin, David Bagnall, Gary Bunting	1661.4
2	Granby	Steve Andrews, Steve Sherwood, Frank Allen	1609.1
3	Iron Masters1	Philippe Crisp, Steve Sha, Ollie Downey	1602.4
4	Metamorfit1	Clive Madge, Ryan Burchett, Kris Singh	1591.8
5	Castlemilk	Andy Tomlin, Matthew Finkle, George Dick	1483.3
6	Metamorfit2	Ed Shorttle, Ian Thomas, Paul Barette,	1288.3
7	Metamorfit3	Natalie Voce, Jenny Watson, Candice Morris	1069.2
8	Twyford Celts	Maddy Ell, Max Ell,	1012.9
9	Sunbury1	Jeff Luther, Trevor Evans,	938.3
10	Iron Clan1	Sam Hills, Jenn Tibenham, Nick Swain	719.5
11	Norn Irn2	Paul Cullen, Roy McClean	402.8
12	Iron Masters2	Martin Doolan	380.6
13	Metamorfit4	Gareth Edwards, Chris Powell	291.6

Ranking of Lifters after Legs 1+2

1	Steve Andrews	741.3	18	Trevor Evans	410.2
2	Steve Sherwood	687.0	19	Gary Bunting	402.8
3	Clive Madge	637.5	20	Martin Doolan	380.6
4	Philippe Crisp	635.2	21	Paul Barette	378.7
5	Andy Tomlin	623.4	22	Natalie Voce	354.9
6	Brian Irwin	591.4	23	George Dick	345.8
7	David Bagnall	555.2	24	Jenny Watson	342.4
8	Jeff Luther	528.0	25	Candice Morris	337.5
9	Maddy Ell	522.7	26	Roy McClean	321.1
10	Matthew Finkle	514.1	27	Sam Hills	289.4
11	Steve Shah	490.6	28	Gareth Edwards	227.8
12	Max Ell	490.2	29	Jenn Tibenham	222.0
13	Ryan Burchett	482.5	30	Nick Swain	208.1
14	Oli Downey	476.6	31	Chris Powell	203.4
15	Kris Singh	433.5	32	Paul Cullen	193.8
16	Ed Shorttle	423.6	33	Frank Allen	180.8
17	Ian Thomas	419.1			

Here's the Leg 2 results, with 28 lifters and 13 teams. Team Freedom Strength & Power have been renamed to Iron Masters 1+2, with Phil Crisp joining them.

Recognition to Phil Crisp, Steve Andrews & Steve Sherwood for the top 3 in the Pullover; Steve Andrews, Jeff Luther & Steve Sherwood for top 3 in the Snatch; Steve Andrews, Brian Irvin & Andy Tomlin for top 3 in the C&J; Steve Shah, Maddy Ell & Andy Tomlin in the Abdominal Raise. Steve Andrews, Andy Tomlin & Steve Sherwood were top 3 lifters overall. The top 3 Teams were Granby, Iron Masters1 & Metamorfit1. Finally a big well done to the rest of the lifters.

Some lifters from the Southern Area had a crack at some records whilst lifting off for the Postal League.

● Open

▲ Master

Additional records:

Philippe Crisp

Age 47, BW: 105kg

2" 2H straddle: 145kg ▲

Bench press feet in air: 133kg^{BR}

Left hand ciavattone deadlift: 85kg ▲

Right hand ciavattone deadlift: 85kg ▲

Left hand thumbless deadlift: 75kg ▲

Right hand thumbless deadlift: 85kg ▲

2DB snatch: 65kg ▲●

Jenn Tibbenham

Age 32, BW: 99

1" vertical bar (left hand): 75kg ●

1" vertical bar (right hand): 85kg ●

2" 2H straddle: 115kg ●

2DB snatch: 35kg ●

Shoulder drop: 51kg ●

2 barbell deadlift: 123kg ●

Nick Swain

Age: 51, Bw: 83

2H wrist curl: 110.5kg ▲

2" 2H straddle: 125kg ▲

2 barbell deadlift: 150.5kg ▲

1" vertical bar (left hand): 73kg ▲

2DB snatch: 30kg ▲

Clive Madge

Age 67, BW: 105.7kg

LH dumbbell deadlift 95k ▲

Ed Shorttle

Age 60, BW: 79.1kg

LH dumbbell deadlift 67.5k^{BR}



Congratulations to Gareth Edwards (MetamorFIT Gym, Eastbourne) who has successfully passed his probation period and is now a full referee. Many thanks to our technical committee that approved his sign off at the British Power Championships on 1st April.



World Postal Competition The Andy Goddard Memorial

Don't forget—results to be submitted
by End of August.

Lifts:

Clean & Press

One Hand Hacklift

2" Bar Straddle (Jefferson)

Entries to iawa@metamorfit.co.uk

**Remember to include age,
Bodyweight and referees.**



British Grip Competition held in Preston on 4th February 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	D/B Walk KILOS	2" Bar Push Press KILOS	2" Bar Deadlift KILOS	TOTAL KILOS	OPEN POINTS	TOTAL POINTS
Max Ell	45.5	1.4589	20	33	Open	50	L18.3●	30	80	128.3	248.9	310.7
Chloe Brennan	64.7	1.1018	21	33	Open	65	25.8●	55●	150●	230.8	338.2	338.2
Matt Finkle	69.1	1.0540	50	11	50+	70	33.3▲	55▲	140	228.3	240.6	267.1
Matthew Wells	72.1	1.0253	36	0	Open	75	35.8	65	140	240.8	246.9	246.9
James McKenna	75.6	0.9950	48	9	45+	80	40.8▲	60▲	165	265.8	264.5	288.3
Pete Tryner	87.9	0.9097	44	5	40+	90	50.8▲	90.5▲●	230▲●	370.8	337.3	354.2
Andy Tomlin	94.2	0.8751	49	10	45+	95	43.3▲	82.5▲	180	305.8	267.6	294.4
Gary Ell	95.2	0.8700	46	7	45+	100	L43.3●	75.0	190(4th 195)▲	308.3	268.2	287.0
Steve Moss	100.7	0.8440	34	0	Open	105	L40.8	70.0	170	280.8	237.0	237.0
Mark Haydock	108.7	0.8109	41	2	40+	110	55.8▲	120▲●	280(4th 290)●	455.8	369.6	377.0
Josh Davidson	118.4	0.7953	26	0	Open	120	50.8	110●	270●	430.8	338.5	338.5
Matt Jones	131.4	0.7949	21	0	Open	125+	43.3		200	243.3	179.6	179.6
George Dick	147.8	0.7946	68	32	65+	125+	24.7	45▲	150▲	219.7	153.5	202.6

The 'handed' lifts were RH unless indicated otherwise.

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

Best Female: 1= Chloe Brennan; 2= Max Ell Best Masters (male): 1= Mark Haydock; 2= Pete Tryner; 3= Andy Tomlin
Best Open (male): 1= Josh Davidson; 2= Matt Wells; 3= Steve Moss Best Overall: 1= Mark Haydock; 2= Pete Tryner; 3= Josh Davidson

This was the first IAWA championship of 2017 and got off to a good start with 13 enthusiastic lifters. Despite the cold conditions all lifters performed well, with many records broken.

One record of note was Chloe's 2" bar deadlift which is the heaviest one performed by a woman. Well done to all and thanks to Mark Haydock for promoting the competition.

Report by Promoter Mark Haydock:

Big thank you and well done to all the IAWA lifters who made the trip to The Lion's Den on saturday! There was some exceptional lifting on display, Chloe Brennan with a nice 150kg deadlift on the 2" bar, Max Ell made some tidy lifts and continues to show great progress under the guidance of dad, Gary Ell! Speaking of Gary Ell, he pulled his biggest ever deadlift even though it was a 2" bar, must be more in the tank then Gary!! Good to see Steve Moss back in action, the old back injury held out and he made some great lifts. Pete Tryner lifted really well with solid lifts across the board despite no preparation and carrying an injury! Matt Wells put in his usual classy performance with his flawless speed and style. Matt Jones had a good start on the dumbbell Walk but misjudged his opener on the push press which cost him dearly, he'll be back though. Josh Davidson looked super strong with a nice 270 pull to end his set of lifts. As always we had a good Scottish contingent! Although he grumbled about the bar being too heavy and too cold Matt Finkle overcame a misload and made some solid lifts, double bodyweight deadlift on a 2" bar, nice! George Dick was on form as ever, however he took the sensible approach and only did one attempt with the Dumbbell Walk! James McKenna looked solid on all lifts and still keeps moving up the leader board every time he lifts. Andy Tomlin was on fine form, I still think he has a 200kg 2" bar deadlift in him before he turns 50...!? The youngest lifter of the day was Natalie The Myth Haydock,, 7 years old, 24kg with a nice 30kg deadlift to finish.

Extra special thanks must go out to Chris Bass and his daughter Alison who made the trip across country to run the announcing/scoring desk and making sure everything ran like a well oiled machine!! Thanks to Sam and Emily for brewing up, Holly for photos, and Amy for cheerleading Natalie!

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!

British All Round Championships

10th June

Frank Allen Tel: 0116 267 6918

Email frankallen35@yahoo.co.uk The Village Hall, Birstall Road, Birstall, Leicester LE4 4DH

Lifts: Barbell Clean & Seated Press / Cont. Snatch / 2 Hands Zercher

British Olympic Championships

1st July

*Chris Bass Tel: 01472 250918 Email chris.bass@havengym.org.uk
Haven Gym, Haycroft Avenue, Grimsby, DN31 2PF*

Lifts: Press – Snatch - Clean and Jerk

British Single Arm Championships

5th August

*Frank Allen Tel: 0116 267 6918 Email 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

Welsh Open Championships

9th September

Neil Keddy Tel: 07459735371 Email Keddysfitkids@gmail.com

Pontardawe Senior Citizens Hall Sa8 4eg

Lifts: Trap Bar/ 2 Hs Zercher / 2" Bar Clean and Press

IAWA World Champs

September 31st/October 1st

John Mahon E Mail: jflmahon@gmail.com Belmont Centre, Perth, Australia

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

UPDATED

IAWA Gold Cup

4th November

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

IAWA(UK) AGM

3rd December

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

Southern Shield

28th May

Lifts: Reflex Clean & Jerk, 1 Hand Dumbbell Snatch, 2" Bar Deadlift

Southern All Round Championships

23rd July

Lifts: Strict Barbell Curl, Hands Together Bench Press, 2" Bar Straddle

Southern Cup

1st October

Lifts: Steinborn, Clean & Press on Knees, 1 Hand Hacklift

Southern Grip Championships

6th November

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

Other News

Just as we were going to print we hear that Steve Gardner was taken ill whilst holidaying in Spain with a severe infection. We hear that he is on the mend and in good spirits.

He has received many messages of support and has been visited by sons James and John whilst hospitalised.

Get well soon Steve!



From the editor:

We hope you have enjoyed reading and catching up with I.A.W.A. News in this edition of the Journal.

Steve Gardner and Graham Saxton have done an amazing job in producing the journal for many years and in order for this tradition to continue I have taken the baton with assistance from Gareth Edwards.

We plan to continue publishing the journal in a similar format and also to make it available on the website www.iawa.uk

To ensure the content is relevant and engaging we would be very interested to hear any feedback you may have. Any stories you think should be included and suggestions can be emailed to iawa@metamorfit.co.uk.

Happy Lifting
Paul & Gareth