

# The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

[www.iawa.uk](http://www.iawa.uk)



August 2017 Edition



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**George Dick 1948-2017**

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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 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 - George Dick

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

- **President – Steve Gardner – Email [stevegardneruk@gmail.com](mailto: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](mailto:IAWA@metamorfit.co.uk)**

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

- **Chairman – Steve Andrews – Email [viv.andrews@btinternet.com](mailto:viv.andrews@btinternet.com)**

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- **General Secretary & Treasurer – Frank Allen – Email [fjallen35@yahoo.co.uk](mailto:fjallen35@yahoo.co.uk)**

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

- **All-Round Secretary – Chris Bass – [chris.bass@havengym.org.uk](mailto: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 Andrews**
  - **Strength Journal Editor – Paul Barette ([IAWA@metamorfit.co.uk](mailto:IAWA@metamorfit.co.uk))**
    - **Asst. Editor – Gareth Edwards ([gedwards6@gmail.com](mailto:gedwards6@gmail.com))**

# British All Round Championship

10th June 2017 - Leicester

Promoter - Frank Allen



**Left:** Steve Andrews  
Best Masters & Overall Champion  
Steve also receives the  
Health & Strength Trophy  
Award presented by Chris Bass



**Right:** Rory Hoad  
Best Open Lifter

BRITISH ALL ROUND COMPETITION HELD IN BIRSTALL ON 10th JUNE 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	B/B Clean & Seated Press KILOS	Continental Snatch KILOS	2H Zercher KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	66.8	1.0780	57	18	55+	70	57.5	67.5	127.5▲	252.5	321.2
Ed Shorttle	76.9	0.9846	61	22	60+	80	0.0	32.5	120.0	152.5	183.2
Ian Thomas	80.7	0.9562	22	0	Open	85	50.0	35.0	117.0	202.0	193.2
Roary Hoad	83.6	0.9364	30	0	Open	85	75.0	75.0	180(4th=191 <sup>BR</sup> )	330.0	309.0
Gary Ell	96.5	0.8636	46	7	45+	100	63.0▲	62.5▲(4th=65▲)	150.5 <sup>BR</sup>	278.0	254.6
Clive Madge	103.0	0.8340	68	32	65+	105	61.0▲	68.0▲	130.0	257.5	283.5
Josh Davidson	119.5	0.7730	26	0	Open	120	85.0 <sup>BR</sup>	90.0 <sup>BR</sup>	200.0	375.0	289.9

▲ = Junior, masters World Record. ● = Open World record. <sup>BR</sup> = British record.



**Left:**  
Ian Thomas - Clean  
& Seated Press.

**Right:**  
Josh Davidson -  
Continental Snatch



**Left:**  
Clive Madge -  
Zercher

**Right:**  
Steve Andrews -  
Zercher





# IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 3 - compiled by Chris Bass.

1	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	867.5
2	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	824.3
3	Norn Irn1	Roy McClean, David Bagnall, Paul Cullen	779.1
4	Metamorfit1	Clive Madge, Paul Barette, Ed Shorttle	730.1
5	Iron Masters2	Robyn Taylor, Kris Singh, Sarah Fry	609.8
6	Metamorfit2	Ian Thomas, Ryan Burchett, Jenny Watson	575.0
7	Castlemilk	Andy Tomlin, Matthew Finkle	509.0
8	Twyford Celts	Maddy Ell, Max Ell	457.2
9	Sunbury1	Jeff Luther, Trevor Evans	454.9
10	Iron Clan1	Sam Hills	209.3
11	Metamorfit3	Natalie Voce	163.8
12	Iron Masters3	Ollie Downey	49.2

## Ranking of Lifters

1	Steve Sherwood	331.3	15	Daniel Andrews	223.9
2	Philippe Crisp	321.0	16	Paul Cullen	214.6
3	Clive Madge	318.6	17	Kris Singh	211.9
4	Steve Andrews	312.3	18	Paul Barette	211.1
5	Roy McClean	299.9	19	Sam Hills	209.3
6	Andy Tomlin	276.5	20	Trevor Evans	204.7
7	David Bagnall	264.6	21	Ed Shorttle	200.5
8	Steve Shah	256.5	22	Ian Thomas	198.7
9	Jeff Luther	250.2	23	Ryan Burchett	188.5
10	Martin Doolan	246.8	24	Jenny Watson	187.8
11	Robyn Taylor	234.6	25	Natalie Voce	163.8
12	Matthew Finkle	232.5	26	Sarah Fry	163.3
13	Maddy Ell	231.3	27	Ollie Downey	49.2
14	Max Ell	226.0			

## Ranking of Lifters per Lift & Record Breakers.

### 1H Barbell Snatch

▲ World Junior/Masters, ● World Open, <sup>BR</sup> British, <sup>1</sup> Single Ref

### Continental C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	42.5R	81.5	Steve Sherwood1	65+	28	80	75.0	75.9
Steve Sherwood1	65+	28	80	40.0L	75.3	Steve Andrews1	55+	19	70	70.0	72.2
Clive Madge	65+	32	105	45.0R	74.5	Roy McClean1	40+	6	105	100.0	71.6
Andy Tomlin	45+	11	95	45.0L	67.6	Clive Madge	65+	32	105	80.0	71.2
Roy McClean1	40+	6	105	50.0R	66.6	Philippe Crisp1	45+	9	105	93.0	68.9
Daniel Andrews	Open	0	75	42.5R	64.9	Andy Tomlin	45+	11	95	85.0	68.6
David Bagnall1	40+	4	95	45.0R	63.4	Sam Hills1	55+	17	85	70.5	63.0
Matthew Finkle	50+	12	70	35.0R	62.9	David Bagnall1	40+	4	95	80.0	60.6
Philippe Crisp1	45+	9	105	45.5R	62.7	Max Ell1	Open	33	45	37.9	60.5
Sam Hills1	55+	17	85	35.0L	58.2	Matthew Finkle	50+	12	70	62.5	60.3
Ryan Burchett	Open	0	115	47.5R	57.5	Jeff Luther	60+	23	70	55.4▲	57.9
Steve Shah1	65+	32	80	28.0R	55.7	Maddy Ell1	Open	33	55	40.4	57.4
Jeff Luther	60+	23	70	28.5R	55.4	Paul Cullen1	40+	4	125+	90.0	56.4
Robyn Taylor1	Open	33	65	23.0R	52.5	Robyn Taylor1	Open	33	65	45.5	55.8
Ed Shorttle	60+	22	80	27.5L	49.5	Daniel Andrews	Open	0	75	67.5	55.3
Trevor Evans	70+	42	80	22.5R	46.8	Steve Shah1	65+	32	80	50.0	53.4
Paul Cullen1	40+	4	125+	40.0R	46.7	Martin Doolan1	75+	50	80	45.5	53.3
Kris Singh1	Open	0	100	35.5R	46.3	Kris Singh1	Open	0	100	75.5	52.9
Paul Barette1	40+	2	80	30.0R	45.9	Ollie Downey1	Open	0	100	70.5	49.2
Max Ell1	Open	33	45	15.4L	45.7	Paul Barette1	40+	2	80	55.0	45.2
Martin Doolan1	75+	50	80	20.5R	44.7	Trevor Evans	70+	42	80	40.4	45.2
Maddy Ell1	Open	33	55	16.4R	43.4	Sarah Fry1	Open	33	90	45.5	44.1
Ian Thomas	Open	0	85	30.0R	43.2	Ian Thomas	Open	0	85	55.0	42.5
Jenny Watson1	50+	45	60	15.0	38.7	Jenny Watson1	50+	45	60	30.0	41.6
Natalie Voce1	Open	33	95	20.0	36.0	Ed Shorttle	60+	22	80	40.0	38.7
Sarah Fry1	Open	33	90	15.5R	28.0	Natalie Voce1	Open	33	95	40.0	38.6
Ollie Downey1	Open	0	100	0.0	0.0	Ryan Burchett	Open	0	115	0.0	0.0

## Front Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Philippe Crisp1	45+	9	105	185.5	104.1	Clive Madge	65+	32	105	47.5	92.0
Steve Sherwood1	65+	28	80	120.0	92.0	Steve Sherwood1	65+	28	80	40.0	88.1
Sam Hills1	55+	17	85	130.0	88.1	Jeff Luther	60+	23	70	38.5▲	87.5
Clive Madge	65+	32	105	120.0	80.9	Steve Andrews1	55+	19	70	38.5	86.4
Roy McClean1	40+	6	105	140.0	76.0	Roy McClean1	40+	6	105	55.0	85.7
David Bagnall1	40+	4	95	130.0	74.6	Philippe Crisp1	45+	9	105	53.0	85.4
Steve Andrews1	55+	19	70	92.5	72.3	Trevor Evans	70+	42	80	35.0BR	85.2
Martin Doolan1	75+	50	80	80.0	71.0	Steve Shah1	65+	32	80	35.5	82.6
Steve Shah1	65+	32	80	80.0	64.8	Andy Tomlin	45+	11	95	45.0	79.1
Andy Tomlin	45+	11	95	100.0	61.2	Martin Doolan1	75+	50	80	30.5	77.7
Maddy Ell1	Open	33	55	55.4	59.7	Robyn Taylor1	Open	33	65	28.0	74.7
Kris Singh1	Open	0	100	110.5	58.7	Ryan Burchett	Open	0	115	52.5	74.3
Paul Cullen1	40+	4	125+	120.0	57.0	Max Ell1	Open	33	45	20.4	70.9
Matthew Finkle	50+	12	70	77.5	56.7	Maddy Ell1	Open	33	55	22.9	70.8
Ryan Burchett	Open	0	115	115.0	56.7	Ed Shorttle	60+	22	80	32.5	68.4
Paul Barette1	40+	2	80	85.0	53.0	Jenny Watson1	50+	45	60	22.5	68.0
Daniel Andrews	Open	0	75	85.0	52.8	Paul Barette1	40+	2	80	37.5	67.1
Robyn Taylor1	Open	33	65	55.5	51.6	David Bagnall1	40+	4	95	40.0	65.9
Ian Thomas	Open	0	85	85.0	49.8	Ian Thomas	Open	0	85	37.5	63.1
Jeff Luther	60+	23	70	62.5	49.5	Paul Cullen1	40+	4	125+	40.0	54.6
Max Ell1	Open	33	45	40.4	48.9	Kris Singh1	Open	0	100	35.5	54.1
Ed Shorttle	60+	22	80	60.0	44.0	Natalie Voce1	Open	33	95	25.0	52.6
Sarah Fry1	Open	33	90	58.0	42.6	Matthew Finkle	50+	12	70	25.0	52.5
Jenny Watson1	50+	45	60	37.5	39.5	Daniel Andrews	Open	0	75	28.5	50.9
Natalie Voce1	Open	33	95	50.0	36.6	Sarah Fry1	Open	33	90	23.0	48.5
Trevor Evans	70+	42	80	32.5	27.5	Sam Hills1	55+	17	85	0.0	0.0
Ollie Downey1	Open	0	100	0.0	0.0	Ollie Downey1	Open	0	100	0.0	0.0

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

1	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	2476.6
2	Norn Irn1	Roy McClean, David Bagnall, Paul Cullen	2440.5
3	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	2426.7
4	Metamorfit1	Clive Madge, Paul Barette, Ed Shorttle	2321.9
5	Castlemilk	Andy Tomlin, Matthew Finkle,	1992.3
6	Metamorfit2	Ian Thomas, Ryan Burchett, Jenny Watson	1863.3
7	Twyford Celts	Maddy Ell, Max Ell,	1470.1
8	Sunbury1	Jeff Luther, Trevor Evans,	1393.2
9	Metamorfit3	Natalie Voce, ,	1233.0
10	Iron Masters2	Robyn Taylor, Kris Singh, Sarah Fry	990.4
11	Iron Clan1	Sam Hills, ,	928.8
12	Norn Irn2	, ,	402.8
13	Metamorfit4	, ,	291.6
14	Iron Masters3	Ollie Downey, ,	49.2

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

1	Steve Andrews	1053.6	19	Brian Irwin	591.4
2	Steve Sherwood	1018.3	20	Paul Barette	589.8
3	Philippe Crisp	956.2	21	Jenny Watson	530.2
4	Clive Madge	956.1	22	Ollie Downey	525.8
5	Andy Tomlin	899.9	23	Natalie Voce	518.7
6	David Bagnall	819.8	24	Sam Hills	498.8
7	Jeff Luther	778.2	25	Paul Cullen	408.4
8	Maddy Ell	753.9	26	Gary Bunting	402.8
9	Steve Shah	747.1	27	George Dick	345.8
10	Matthew Finkle	746.6	28	Candice Morris	337.5
11	Max Ell	716.2	29	Robyn Taylor	234.6
12	Ryan Burchett	671.1	30	Gareth Edwards	227.8
13	Kris Singh	645.4	31	Daniel Andrews	223.9
14	Martin Doolan	627.4	32	Jenn Tibenham	222.0
15	Ed Shorttle	624.0	33	Nick Swain	208.1
16	Roy McClean	620.9	34	Chris Powell	203.4

17	Ian Thomas	617.7	35	Frank Allen	180.8
18	Trevor Evans	614.9	36	Sarah Fry	163.3

Aston Set		Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	40.0	75.0	120.0	235.0	243.2
Philippe Crisp1	M	45+	105	45.5	93.0	185.5	324.0	235.6
Clive Madge	M	65+	105	45.0	80.0	120.0	245.0 <sup>BR</sup>	226.6
Steve Andrews1	M	55+	70	42.5	70.0	92.5	205.0	226.0
Roy McClean1	M	40+	105	50.0	100.0	140.0	290.0	214.2
Sam Hills1	M	55+	85	35.0	70.5	130.0	235.5	209.3
David Bagnall1	M	40+	95	45.0	80.0	130.0	255.0	198.7
Andy Tomlin	M	45+	95	45.0	85.0	100.0	230.0	197.4
Matthew Finkle	M	50+	70	35.0	62.5	77.5	175.0	179.9
Steve Shah1	M	65+	80	28.0	50.0	80.0	158.0	173.9
Daniel Andrews	M	Open	75	42.5	67.5	85.0	195.0	173.0
Martin Doolan1	M	75+	80	20.5	45.5	80.0	146.0	169.0
Jeff Luther	M	60+	70	28.5	55.4	62.5	146.4	162.7
Maddy Ell1	F	Open	55	16.4	40.4	55.4	112.2	160.4
Paul Cullen1	M	40+	125+	40.0	90.0	120.0	250.0	160.1
Robyn Taylor1	F	Open	65	23.0	45.5	55.5	124.0	159.9
Kris Singh1	M	Open	100	35.5	75.5	110.5	221.5	157.8
Max Ell1	F	Open	45	15.4	37.9	40.4	93.7	155.1
Paul Barette1	M	40+	80	30.0	55.0	85.0	170.0	144.0
Ian Thomas	M	Open	85	30.0	55.0	85.0	170.0	135.5
Ed Shorttle	M	60+	80	27.5	40.0	60.0	127.5	132.1
Jenny Watson1	F	50+	60	15.0	30.0	37.5	82.5	119.8
Trevor Evans	M	70+	80	22.5	40.4	32.5	95.4	119.5
Sarah Fry1	F	Open	90	15.5	45.5	58.0	119.0	114.7
Ryan Burchett	M	Open	115	47.5	0.0	115.0	162.5	114.2
Natalie Voce1	F	Open	95	20.0	40.0	50.0	110.0	111.2
Ollie Downey1	M	Open	100	0.0	70.5	0.0	70.5	49.2

Here's the Leg 3 results, with 27 lifters and 12 teams. Welcome to 2 new lifters for Iron Master team; Sarah Fry & Robyn Taylor.

Recognition to Steve Andrews, Steve Sherwood & Clive Madge for top 3 in the Snatch; Steve Sherwood, Steve Andrews & Clive Madge for top 3 in the C&J; Phil Crisp, Steve Sherwood & Sam Hills for the top 3 in the Squat; Clive Madge, Steve Sherwood & Jeff Luther for top 3 in the Curl. The top 3 Teams were Granby, Iron Masters1 & Norn Irn1. Finally a big well done to the rest of the lifters. Top 3 in the Aston Set were Steve Sherwood, Phil Crisp & Clive Madge. Overall position of the 3 top teams remain Norn Irn1, Granby & Iron Masters1. Phil has replaced Clive in 3<sup>rd</sup> place overall leaving Steve A & Steve S remaining in 1<sup>st</sup> & 2<sup>nd</sup> place.

Leg 4 lifts are the Olympic Set + Rectangular Fix.

Chris



**Left:** Rory Hoad - Winner of the Southern Shield

**Right:** Lifters and officials at the Southern Shield

Full results on page 7 >>>>





							1.1216			Blindt					
							1.7702		0.4774						
							Reflex Clean & Jerk		1 Hand DB Snatch		2" Bar Deadlift				
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Rory Hoad	M	29	0	OPEN	83.6	85KG	80	89.728	55R	97.361	210	100.254	287.343	0.9364	269.08
Clive Madge	M	68	32	65+	103.2	105KG	75▲	84.12	45R▲	79.659	167.5▲	79.9645	243.7435	0.8331	268.04
Ed Shorttle	M	60	21	60+	76.7	80KG	50▲	56.08	30L	53.106	143	68.2682	177.4542	0.9862	211.75
Jenn Tibbenham	F	32	33	OPEN	99.9	100KG	50●	56.08	30R●	53.106	145●	69.223	178.409	0.8476	201.12
John Merner	M	67	30	65+	99.3	100KG	40	44.864	25R▲	44.255	175▲	83.545	172.664	0.8503	190.87
Kris Singh	M	22	0	OPEN	96.7	100KG	70	78.512	35R	61.957	160	76.384	216.853	0.8626	187.06
Ian Thomas	M	22	0	OPEN	81.3	85KG	50	56.08	30R	53.106	155	73.997	183.183	0.9520	174.39

Successful 4<sup>th</sup> Attempts – Reflex Clean & Jerk – Rory Hoad 90.5kg●, Jenn Tibbenham 55kg●. One Hand DB Snatch – Rory Hoad 55.5kgL●, Jenn Tibbenham 35kgR●, Clive Madge 41kgL▲. 2<sup>nd</sup> Deadlift – Jenn Tibbenham 155kg●.

World Open Record = ●; World Masters = ▲

Promoter: Paul Barette Referees: Paul Barette, Natalie Voce & Jenn Tibbenham.

Scored using Lynch and Blindt Formulas.

Report by Paul Barette:

MetamorFIT once again held the prestigious Southern Shield competition with local lifters joined by our visitors from Kent, Jenn Tibbenham and John Merner. Ed Shortle lifted off before the main competition and even without the competitiveness of lifting with the others managed some great lifts that saw him finish in 3<sup>rd</sup> place overall. Kris Singh and Ian Thomas showed fine performances and are both coming on leaps and bounds with confidence, strength and enthusiasm. John Merner did particularly well considering he only tried the overhead lifts on the morning of the comp and was coached and supported by all the lifters – the IAWA family is always so supportive! Jenn pulled through after injuring her back the previous day and didn't let that dampen her spirits. She finished 4<sup>th</sup> overall and still had some more in the tank for 4<sup>th</sup> round record attempts! The final showdown was between Clive Madge and Rory Hoad where the finish position came down to less than 1 amended point. Rory takes the 2017 Southern Shield title, his first win of this competition. Well done everyone!

## George Dick 1948 – 2017

My friend George.....by Steve Gardner

It was a very sad time indeed in July this year, when IAWA lost one of its finest members. After battling Cancer George Dick had to say goodbye and leave his beloved family and all of his many friends behind. No more will we be able to see our cheery friend George performing on the weightlifting stage, but although he is not here he will still be with all who knew him, still laughing and joking and teasing, in our hearts. George was a wonderful man and added so much to our sport, he was well liked and respected wherever he went and he will leave a big hole in our organisation, in truth we have all been blessed to have been able to know George and spend time with him.

Let me tell you a little more about the man I knew: George was born in 1948 at a place called Musselburgh in the East Lothian region of Scotland. At school George loved his sport but never thought he was particularly good, he played Football, Rugby and loved running. George qualified as a top notch Chef and worked in some high placed establishments in Edinburgh and then in many different places, he was always in demand for his services. At one time George could boast he played football for Rangers, but in truth he would admit it was for the catering team, where he was working at the time. A great family man George was dedicated to his wife Janet and his children: Jayne, Derek, Evelyn and Pauline, and he loved being Granddad to his 7 Grandchildren: 4 boys and 3 girls. Apart from his family, his work and a wee dram of whisky occasionally, he loved his sporting activities. George was a member of the East Kilbride Triathlon club and ran in dozens of races all over Scotland and he used to travel down to the Midlands to run the 'Tough Guy' competitions too. George had a reputation for stopping off in pubs for a pint whilst running his races for his own version of 'liquid refreshment'. George was a very proud man when he won the sports personality of the year one time for East Kilbride. Another activity George revelled in was his outdoor swimming, and George donned his wet suit often to swim with the Loch Lomond Swimming Club.

We, of course, know George mainly through his love of All Round Weightlifting and the Castlemilk Gym in Glasgow. George first became involved in weightlifting in 1988 when he met Bill Wright who coached him and prepared him for our beloved sport of all round weightlifting, he took to the sport like a duck to water, and never looked back. George has won so many titles and broken so many IAWA World records over the years it would not be possible to list it all, but there is no doubt he was prolific in his activities, in his success, and in his ability to assist and help others too, in coaching, training, lifting, Refereeing and promoting events. George travelled around the World with me to many events and boy o boy I could write a book about the fun and times we had, and not only did George love lifting in the International events, with the help of his club mates and his wonderful Wife Janet, he promoted several World Championships and Gold Cup World Record Breakers events too. In 2013 George was recognised for his achievements and inducted into the IAWA UK Hall of Fame, and George was immensely proud, so were we all! When asked once 'which were his favourite trophies or awards?' George replied 'all of them...every single one!'

George was my close friend for almost 30 years, and I like so many others was so very sad to have to say goodbye to him, but comforted in the knowledge that I was privileged to have known him and spent so much time in his company. I saw George a few times towards the end of his time as he battled the Cancer, and he was laughing and joking to the end just as I would have expected. George loved his extended IAWA family, friends and colleagues, he told me how much it meant to him that people had messaged and visited him, and he wished everyone to know he loved them all.

Goodbye my friend George, you will never be forgotten....that just couldn't be possible, you live on in us all who knew you, in our memories, laughing and joking, and now you get to lift on the IAWA platform in the sky....with a bottle of whisky so you can share a wee dram afterwards.....Here's to you George, Cheers!





# British Olympic Championships

1st July 2017 - Grimsby

Promoter - Chris Bass



**Top Left:** The Lifters

**Left:** Steve Andrews  
winner of the De Yoxall  
Shield

**Top Right:** Tom Allsop  
- Snatch

**Right:** Guest Lifter Dan  
Baxter - Clean & Jerk



BRITISH OLYMPIC COMPETITION HELD IN GRIMSBY ON 1st JULY 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Press KILOS	Snatch KILOS	Clean & Jerk KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	66.3	1.0835	57	18	55+	70	65.0	60.0	70.0	195.0	249.3
Matthew Wells	73.0	1.0172	37	0	Open	75	60.0	65.0	90.0	215.0	218.7
Dan Baxter (guest)	82.7	0.9424	18	3	18-19	85	65.0	80.0	102.5	247.5	240.2
Gary Ell	95.4	0.8690	46	7	45+	100	75.0	62.5	87.5	225.0	209.2
Tom Allsop	99.1	0.8513	53	14	50+	100	80.0	70.0	95.0	245.0	237.8
Clive Madge	103.6	0.8314	68	32	65+	105	75.0	65 ▲	85 ▲	225 <sup>BR</sup>	246.9
Richard Metcalf	106.7	0.8187	32	0	Open	110	85.0	90.0	117.5	292.5	239.5
Oliver Sherwood (guest)	112.5	0.7967	36	0	Open	115	70.0	55.0	82.5	207.5	165.3
Cliff Dunlop	149.9	0.6940	54	15	50+	125+	85 <sup>BR</sup>	57.5	50.0	192.5	153.6

▲ = Junior, masters World Record. ● = Open World record. <sup>BR</sup> = British record.

The competition started promptly at 12 noon with 9 lifters, 2 of which were guests.

Despite the small gathering the competition proceeded with a buzz of excitement, each lifter intending to do their best in spite of a few having not long returned from holiday.

Top 3 overall lifters: Steve Andrews, Clive Madge, Dan Baxter. This means that Steve Andrews holds the De Yoxall Shield for 2017 - well done!

Top 3 Master lifters: Steve Andrews, Clive Madge, Tom Allsop

Top 3 Open lifters: Richard Matt Wells, Oliver Sherwood

Well done to them and the rest of the lifters who all put on a good show.

MC: Chris Bass.

Recorder: Alison Bass.

Officials: Paul Barette, Fank Allen, Gary Ell & Tom Allsop.

Outside the competition: 2 man, 2H Clean & Snatch - Matt Wells + Gary Ell in Open, 100kg class = 95.0kg ●

# IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 4 - compiled by Chris Bass.

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	872.1
2	Norn Irn1	Brian Irwin, Roy McClean, David Bagnall	868.5
3	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	806.3
4	Iron Masters1	Philippe Crisp, Steve Shah, Liam Casey	796.2
5	Metamorfit1	Clive Madge, Gareth Edwards, Ed Shorttle	765.5
6	Iron Masters2	Martin Doolan, Kris Singh, Robyn Taylor	632.7
7	Sunbury1	Jeff Luther, Trevor Evans	484.8
8	Twyford Celts	Maddy Ell, Max Ell,	473.3
9	Metamorfit2	Jenny Watson, Natalie Voce, Ian Thomas	400.5
10	Norn Irn2	Gary Bunting	180.9
11	Iron Masters3	Sarah Fry	48.5

## Ranking of Lifters

1	Clive Madge	329.7	15	Trevor Evans	229.2
2	Steve Andrews	328.2	16	Martin Doolan	228.7
3	Steve Sherwood	325.8	17	Gareth Edwards	221.4
4	Philippe Crisp	315.2	18	Max Ell	220.3
5	Andy Tomlin	299.2	19	Mark Shaw	218.1
6	Brian Irwin	297.5	20	Ed Shorttle	214.5
7	Roy McClean	296.8	21	Kris Singh	210.7
8	David Bagnall	274.2	22	Robyn Taylor	193.3
9	Gary Ell	272.0	23	Jenny Watson	183.6
10	Jeff Luther	255.7	24	Gary Bunting	180.9
11	Maddy Ell	253.0	25	Natalie Voce	121.4
12	Steve Shah	240.9	26	Ian Thomas	95.4
13	Liam Casey	240.0	27	Sarah Fry	48.5
14	Matthew Finkle	235.1			

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

## ▲ World Junior/Masters, ● World Open, <sup>BR</sup> British, <sup>1</sup> Single Ref 2H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Brian Irwin1	40+	1	125+	120.0	86.0	Steve Sherwood1	65+	28	80	65.0	96.2
Clive Madge	65+	32	105	77.5 <sup>BR</sup>	85.1	Steve Andrews	55+	19	70	60.0	91.5
Steve Andrews	55+	19	70	65.0	83.8	Philippe Crisp1	45+	9	105	80.5	87.2
Philippe Crisp1	45+	9	105	83.0	76.0	Clive Madge	65+	32	105	65.0	84.3
Steve Sherwood1	65+	28	80	60.0	75.1	Roy McClean1	45+	6	105	75.0	78.0
Roy McClean1	45+	6	105	80.0	70.4	Andy Tomlin1	45+	11	95	60.0	70.5
Gary Ell1	45+	7	100	75.0	69.7	Gary Ell1	45+	7	100	62.5	68.7
Andy Tomlin1	45+	11	95	70.0	69.6	Brian Irwin1	40+	1	125+	80.0	67.8
Steve Shah1	65+	32	80	53.0	69.4	David Bagnall1	40+	4	95	60.0	65.7
Martin Doolan1	75+	50	80	45.3	65.3	Jeff Luther	60+	23	75	42.9	64.9
David Bagnall1	40+	4	95	70.0	64.8	Maddy Ell1	Open	33	50	30.0	63.4
Jeff Luther	60+	23	75	48.9	62.6	Martin Doolan1	75+	50	80	35.5	60.5
Kris Singh1	Open	0	100	70.5	61.1	Steve Shah1	65+	32	80	38.0	58.8
Matthew Finkle1	50+	12	70	50.0	59.5	Max Ell1	Open	33	45	25.0	58.1
Liam Casey1	Open	0	90	63.0	58.0	Matthew Finkle1	50+	12	70	40.0	56.3
Maddy Ell1	Open	33	50	30.5	54.5	Liam Casey1	Open	0	90	50.5	55.0
Ed Shorttle1	60+	22	80	45.0	54.1	Trevor Evans	70+	42	80	33.9	54.7
Gareth Edwards1	Open	0	85	57.5	54.0	Robyn Taylor1	Open	33	65	30.5	54.4
Mark Shaw	55+	18	85	45.5	50.2	Ed Shorttle1	60+	22	80	37.5	53.3
Trevor Evans	70+	42	80	36.4	49.7	Kris Singh1	Open	0	100	50.5	51.7
Ian Thomas	Open	0	85	52.5	49.3	Natalie Voce1	Open	33	95	35.0	48.4
Gary Bunting1	Open	1	125	60.0	46.0	Gareth Edwards1	Open	0	85	42.5	47.2
Max Ell1	Open	33	45	22.5	44.2	Mark Shaw	55+	18	85	35.0	45.7
Jenny Watson1	50+	45	60	25.0	42.3	Jenny Watson1	50+	45	60	20.0	40.0
Robyn Taylor1	Open	33	65	28.0	42.3	Gary Bunting1	Open	1	125	40.0	36.3
Natalie Voce1	Open	33	95	25.0	29.2	Ian Thomas	Open	0	85	0.0	0.0
Sarah Fry1	Open	33	90	0.0	0.0	Sarah Fry1	Open	33	90	0.0	0.0

## 2H Barbell C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Clive Madge	65+	32	105	85.0	83.2	Andy Tomlin1	45+	11	95	45.0	83.7
Steve Andrews	55+	19	70	70.0	80.5	Philippe Crisp1	45+	9	105	45.5	78.1
Roy McClean1	45+	6	105	100.0	78.5	Clive Madge	65+	32	105	37.5▲	77.1
Steve Sherwood1	65+	28	80	70.0	78.2	Steve Sherwood1	65+	28	80	32.5	76.2
Brian Irwin1	40+	1	125+	120.0	76.7	Trevor Evans	70+	42	80	29.5	75.5
Andy Tomlin1	45+	11	95	85.0	75.4	Maddy Ell1	Open	33	50	22.5	75.3
David Bagnall1	40+	4	95	90.0	74.4	Steve Andrews	55+	19	70	30.0	72.4
Philippe Crisp1	45+	9	105	90.5	74.0	Mark Shaw	55+	18	85	35.0	72.4
Gary Ell1	45+	7	100	87.5	72.6	Jeff Luther	60+	23	75	29.5	70.7
Matthew Finkle1	50+	12	70	60.0	63.7	Roy McClean1	45+	6	105	42.5	70.0
Robyn Taylor1	Open	33	65	46.5	62.6	David Bagnall1	40+	4	95	40.0	69.4
Max Ell1	Open	33	45	35.0	61.3	Liam Casey1	Open	0	90	40.0	69.0
Maddy Ell1	Open	33	50	37.5	59.8	Brian Irwin1	40+	1	125+	50.0	67.1
Gareth Edwards1	Open	0	85	70.0	58.6	Jenny Watson1	50+	45	60	20.0	63.4
Liam Casey1	Open	0	90	70.5	57.9	Steve Shah1	65+	32	80	25.5	62.5
Jeff Luther	60+	23	75	50.4	57.5	Gareth Edwards1	Open	0	85	35.0	61.5
Kris Singh1	Open	0	100	68.0	52.5	Gary Ell1	45+	7	100	35.0	60.9
Ed Shorttle1	60+	22	80	47.5	50.9	Gary Bunting1	Open	1	125	40.0	57.5
Steve Shah1	65+	32	80	43.0	50.2	Max Ell1	Open	33	45	15.4	56.7
Mark Shaw	55+	18	85	50.5	49.8	Ed Shorttle1	60+	22	80	25.0	56.2
Trevor Evans	70+	42	80	40.4▲	49.2	Matthew Finkle1	50+	12	70	25.0	55.7
Martin Doolan1	75+	50	80	38.0	48.9	Martin Doolan1	75+	50	80	20.0	54.0
Sarah Fry1	Open	33	90	45.5	48.5	Kris Singh1	Open	0	100	28.0	45.4
Ian Thomas	Open	0	85	55.0	46.1	Natalie Voce1	Open	33	95	20.0	43.8
Gary Bunting1	Open	1	125	60.0	41.1	Robyn Taylor1	Open	33	65	12.0	33.9
Jenny Watson1	50+	45	60	25.0	37.8	Ian Thomas	Open	0	85	0.0	0.0
Natalie Voce1	Open	33	95	0.0	0.0	Sarah Fry1	Open	33	90	0.0	0.0

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

1	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	3348.7
2	Norn Irn1	David Bagnall, Roy McClean, Brian Irwin	3309.0
3	Iron Masters1	Philippe Crisp, Steve Shah, Kris Singh	3222.9
4	Metamorfit1	Clive Madge, Ed Shorttle, Jenny Watson	3087.4
5	Castlemilk	Andy Tomlin, Matthew Finkle, George Dick/Gary Ell	2798.6
6	Metamorfit2	Ian Thomas, Ryan Burchett, Natalie Voce	2263.7
7	Twyford Celts	Maddy Ell, Max Ell	1943.4
8	Sunbury1	Jeff Luther, Trevor Evans	1878.0
9	Iron Masters2	Martin Doolan Ollie Downey, Robyn Taylor	1623.1
10	Metamorfit3	Paul Barette, Gareth Edwards, Candice Morris	1233.0
11	Iron Clan1	Sam Hills, Jenn Tibenham, Nick Swain	928.8
12	Norn Irn2	Gary Bunting, Paul Cullen	583.6
13	Metamorfit4	Chris Powell	291.6
14	Iron Masters3	Liam Casey, Sarah Fry	97.7

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

1	Steve Andrews	1381.9	18	Jenny Watson	713.8
2	Steve Sherwood	1344.1	19	Ian Thomas	713.2
3	Clive Madge	1285.8	20	Ryan Burchett	671.1
4	Philippe Crisp	1271.4	21	Natalie Voce	640.1
5	Andy Tomlin	1199.1	22	Paul Barette	589.8
6	David Bagnall	1094.0	23	Gary Bunting	583.6
7	Jeff Luther	1033.9	24	Ollie Downey	525.8
8	Maddy Ell	1007.0	25	Sam Hills	498.8
9	Steve Shah	988.1	26	Gareth Edwards	449.2
10	Matthew Finkle	981.7	27	Robyn Taylor	427.9
11	Max Ell	936.5	28	Paul Cullen	408.4
12	Roy McClean	917.8	29	George Dick	345.8
13	Brian Irwin	888.9	30	Candice Morris	337.5
14	Kris Singh	856.2	31	Gary Ell	272.0
15	Martin Doolan	856.1	32	Liam Casey	240.0
16	Trevor Evans	844.1	33	Daniel Andrews	223.9
17	Ed Shorttle	838.5	34	Jenn Tibenham	222.0



35	Mark Shaw	218.1	38	Chris Powell	203.4
37	Sarah Fry	211.7	39	Frank Allen	180.8
37	Nick Swain	208.1			

Olympic Set		Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews	M	55+	70	65.0	60.0	70.0	195.0	255.8
Clive Madge	M	65+	105	77.5	65.0	85.0	227.5 <sup>BR</sup>	252.6
Steve Sherwood1	M	65+	80	60.0	65.0	70.0	195.0	249.6
Philippe Crisp1	M	45+	105	83.0	80.5	90.5	254.0	237.2
Brian Irwin1	M	40+	125+	120.0	80.0	120.0	320.0	230.4
Roy McClean1	M	45+	105	80.0	75.0	100.0	255.0	226.8
Andy Tomlin1	M	45+	95	70.0	60.0	85.0	215.0	215.4
Gary Ell1	M	45+	100	75.0	62.5	87.5	225.0	211.0
David Bagnall1	M	40+	95	70.0	60.0	90.0	220.0	204.9
Jeff Luther	M	60+	75	48.9	42.9	50.4	142.2	185.0
Matthew Finkle1	M	50+	70	50.0	40.0	60.0	150.0	179.4
Steve Shah1	M	65+	80	53.0	38.0	43.0	134.0	178.4
Maddy Ell1	F	Open	50	30.5	30.0	37.5	98.0	177.7
Martin Doolan1	M	75+	80	45.3	35.5	38.0	118.8	174.7
Liam Casey1	M	Open	90	63.0	50.5	70.5	184.0	171.0
Kris Singh1	M	Open	100	70.5	50.5	68.0	189.0	165.3
Max Ell1	F	Open	45	22.5	25.0	35.0	82.5	163.6
Gareth Edwards1	M	Open	85	57.5	42.5	70.0	170.0	159.8
Robyn Taylor1	F	Open	65	28.0	30.5	46.5	105.0	159.4
Ed Shorttle1	M	60+	80	45.0	37.5	47.5	130.0	158.2
Trevor Evans	M	70+	80	36.4	33.9	40.4	110.7 <sup>BR</sup>	153.7
Mark Shaw	M	55+	85	45.5	35.0	50.5	131.0	145.7
Gary Bunting1	M	Open	125	60.0	40.0	60.0	160.0	123.4
Jenny Watson1	F	50+	60	25.0	20.0	25.0	70.0	120.2
Ian Thomas	M	Open	85	52.5	0.0	55.0	107.5	95.4
Natalie Voce1	F	Open	95	25.0	35.0	0.0	60.0	77.6
Sarah Fry1	F	Open	90	0.0	0.0	45.5	45.5	48.5

Here's the Leg 4 results, with 27 lifters and 11 teams. Welcome back to Mark Shaw who has now recovered from his operation. Gary Ell has joined Castlemilk to replace the dear departed George Dick. Condolences to his family & friends.

Recognition to Brian Irwin, Clive Madge & Steve Andrews for top 3 in the Press; Steve Sherwood, Steve Andrews & Phil Crisp for top 3 in the Snatch; Clive Madge, Steve Andrews & Rory McClean for the top 3 in the C&J; Andy Tomlin, Clive Madge & Clive Madge for top 3 in the Fix.

The top 3 Teams were Granby, Norn Irn1 & Castlemilk. Finally a big well done to the rest of the lifters. Top 3 in the Olympic Set were Steve Andrews, Clive Madge & Steve Sherwood. Overall position of the 3 top teams are now Granby, Norn Irn1 & Iron Masters1. Clive has regained 3<sup>rd</sup> place from Phil overall leaving Steve A & Steve S remaining in 1<sup>st</sup> & 2<sup>nd</sup> place.

Leg 5 lifts are the Single Arm Set + Pullover at arms length.



Gary Ell will be taking over from Chris Bass the role of Assistant Drug Control Officer.

Gary's medical background, experience and geographical location make him well suited to the role. This will ensure drug testing can continue at as many competitions as possible.

Good luck in your new role Gary!

# British Single Arm Championship

5th August 2017 - Leicester

Promoter - Frank Allen



Steve Andrews  
Overall Champion at the British Single Arm  
Award Presented by Frank Allen



Ian Thomas  
Best Open Lifter  
Pictured here performing the One  
Hand Clean & Jerk



Paul Barette  
Pictured here performing the One  
Hand Clean & Jerk

## BRITISH SINGLE ARM COMPETITION HELD IN BIRSTALL ON 5th AUGUST 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	1H Barbell Snatch KILOS	1H Barbell O&J KILOS	1H Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	65.7	1.0902	58	19	55+	70	42.5	L42.5	L132.5▲	217.5	252.4
Paul Barette	69.6	1.0490	41	2	40+	70	L37.5	42.5	140.0	220.0	204.3
Ian Thomas	82.8	0.9417	22	0	Open	85	30.0	L35.0	90.0	155.0	134.3
Clive Madge	104.9	0.8260	68	32	65+	105	45.0▲	L40.0▲	120.0 <sup>BR</sup>	205.0 <sup>BR</sup>	205.2

The 'handed' lifts were RH unless indicated otherwise.

▲ = Junior, Masters World Record. ● = Open World record. <sup>BR</sup> = British record.

## Southern All Round - 30th July 2017 - MetamorFIT

									Blindt						
							0.8649		1.7678		0.5251				
							Hands Together Bench Press		Strict Curl		2" Bar Straddle				
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Clive Madge	M	68	32	65+	102.7	105KG	106▲	90.8145	50▲	88.39	160▲	84.016	263.2205	0.8352	290.20
Rory Hoad	M	29	0	OPEN	84.6	85KG	110	95.139	45	79.551	220.5●	115.522	290.212	0.9299	269.88
Ed Shorttle	M	60	21	60+	79.2	80KG	57.5	49.73175	32.5	57.4535	142.5 <sup>BR</sup>	74.82675	182.012	0.9671	212.98
Liam Casey	M	31	0	OPEN	86.3	90KG	75	64.8675	47.5	83.9705	150	78.765	227.603	0.9193	209.23
Ian Thomas	M	22	0	OPEN	83.1	85KG	60	51.894	40	70.712	140	73.514	196.12	0.9397	184.30
Paul Barette	M	41	2	40+	71.0	75KG	0	0	0	0	200.5▲●	105.02	105.02	1.0355	110.92
Nick Swain	M	52	13	50+	82.0	85KG	0	0	0	0	150▲	78.765	78.765	0.9472	84.30

Successful 4<sup>th</sup> Attempts: **Hands Together Bench** – Ed Shorttle 60kg<sup>BR</sup>, Rory Hoad 115.5kg<sup>BR</sup>, Liam Casey 87.5kg. **2" Straddle** – Ed Shorttle 145kg<sup>BR</sup>, Ian Thomas 145kg, Rory Hoad 230.5kg ●

**Best Masters and Overall Champion – Clive Madge      Best Open Lifter – Rory Hoad**

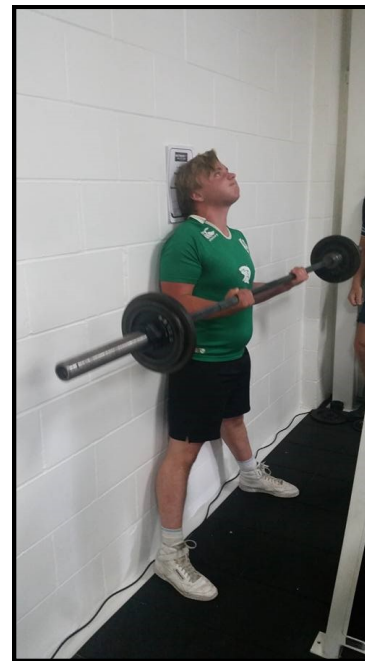
Scored Using Lynch, Blindt and Age formulas.

Referees – Phil Crisp, Paul Barette, Nick Swain & Gareth Edwards. Loaders & Spotters – The Lifters!

Report by Paul Barette:

Lifting got underway after observing a minutes silence to remember our friend George Dick. Nick Swain came wearing the t-shirt of the 2006 World Championships which George promoted, a fitting tribute to a wonderful man.

We welcome a new lifter – Liam Casey to his first competition and he did brilliantly! MetamorFIT regulars battled through the lifts and there were a few surprises along the way. Paul and Nick put in appearances towards the end for chasing some records on the straddle. But at the end of the day it was a fight to the end between Clive and Rory with Clive taking the lead with brilliant performances on both the Press and Curl. After the competition some of the lifters attempted some records which are listed below:



Nick Swain – LH Dumbbell Deadlift 85kg▲, LH 1" Vert Bar Lift 63.9kg, 2" Bar Hacklift 50kg▲

Phil Crisp (47y/o, 101.5kg BWT) – RH Dumbbell Deadlift 130kg▲●, LH 1" Vert Bar Lift 53.9kg▲, RH 1" Vert Bar Lift 53.9kg▲, LH Pinch Lift 22.4kg▲, RH Pinch Lift 22.4kg▲

Gareth Edwards (34y/o, 83.2kg BWT) – LH Pinch Clean & Press 20kg●, LH Pinch Lift 22.4kg<sup>BR</sup>, RH Pinch Lift 22.4kg

Rory Hoad – LH Dumbbell Bent Press 40kg●

Ian Thomas – RH Dumbbell Bent Press 30kg<sup>BR</sup>

Paul Barette – Repetition Deadlifts BWT 61 reps @ 71kg▲●

Ed Shorttle – Repetition Deadlifts BWT 15 reps @ 80kg▲, Stiff Leg Deadlift 130kg▲, Right Leg Deadlift 50kg▲, Left Leg Deadlift 50kg▲, RH 2" Vert Bar 53.5kg▲



## **Remaining 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!*

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### **Welsh Open Championships - 9th September**

Neil Keddy Tel: 07459735371 Email [Keddysfitkids@gmail.com](mailto:Keddysfitkids@gmail.com)

*Pontardawe Senior Citizens Hall Sa8 4eg*

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

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### **IAWA World Champs - September 31st/October 1st**

John Mahon E Mail: [jflmahon@gmail.com](mailto:jflmahon@gmail.com) Belmont Centre, Perth, Australia

**Lifts: Day 1: Cheat Curl, One Hand DB Snatch, OH 2" Vertical lift, Bench Press FIA**

**Day 2: Clean & Press, OH Hacklift, 2" Bar Straddle**

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### **IAWA Gold Cup - 4th November**

*Glasgow, Scotland –*

*Address of Venue: The Castlemilk Gym Ashcroft Scout Hall, Ashcroft Drive, Glasgow G44 5QG*

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### **IAWA(UK) AGM 3rd December**

*11am at Frank Allen's Home: 11 Orchard Road, Birstall, Leicester LE44GB*

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## **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](mailto:studio@metamorfit.co.uk)*

### **Southern Cup - 1st October**

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

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### **Southern Grip Championships - 26th November**

**Lifts: 2 Hand Pinch Grip / 1 Hand Fulton Dead Lift / 2 x Dumbbells Dead lift**

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## **ALL ROUND POSTAL LEAGUE:**

*(Leg 5=End Sept 6=End Nov)*

**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**

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**LOOKING AHEAD : 2018 Worlds:** Manchester, England (Mark Haydock)

**2018 IAWA Gold Cup:** England (Frank Allen)

## Other News

Fun and Action at Jimmys Powerhouse Gym In Barton under Needwood Staffs. Steve, Karen and James Gardner refereed Paul Hallam through a few lifts to find him some IAWA World records as he prepares for the Gold Cup

Paul is a very fit and very flexible lifter and showed impressive form and ability. He was successful with the following lifts all of which are records in the 90 kilos Class. Many thanks to Chris Bass for Record Confirmations.

Paul is 38 years old and weighed 86.0 kilos.....

Judd C+Jerk left and right legs 35 kilos (one legged Clean & Jerk)

Ziegler Clean with 56.0 kilos

Shoulder Drop 42.0 kilos

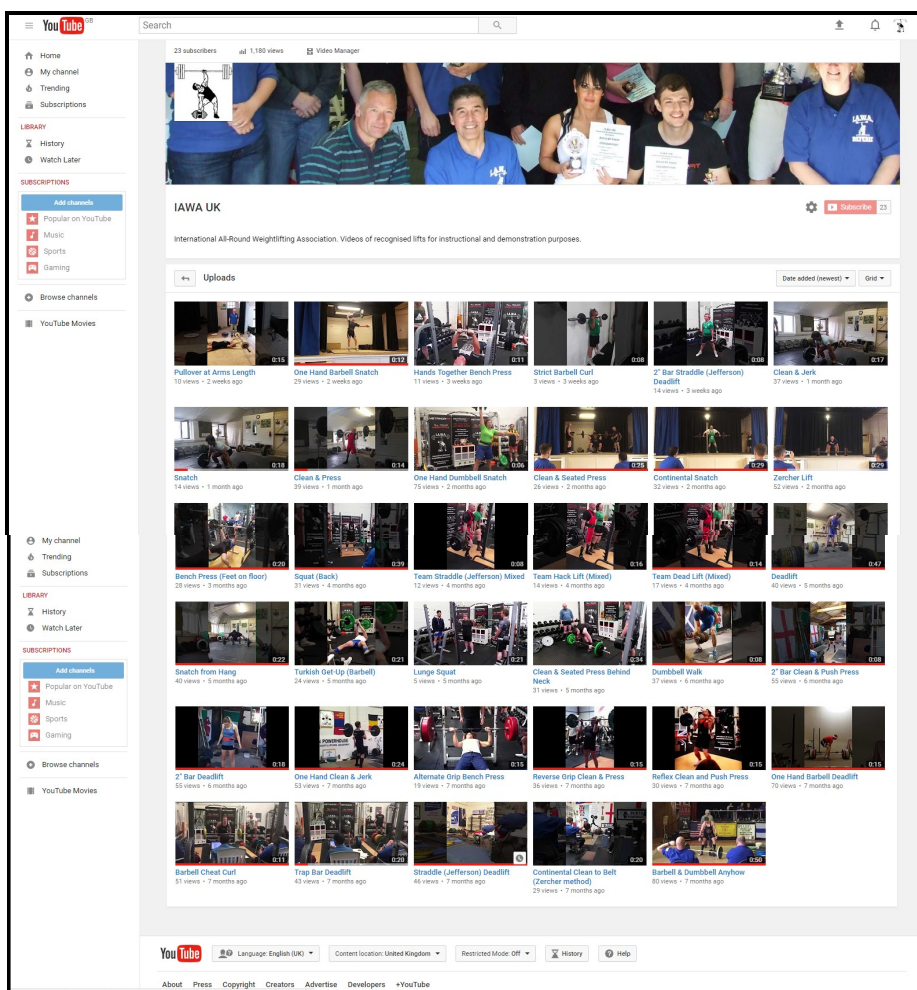
Left leg deadlift 76.0 kilos and Right Leg the same 76.0 kilos

Self Loaded Leg Press 60 kilos

James Gardner 34 years 99.9 kilos body weight

Judd left leg C+Jerk 40 kilos and Right Leg 50 kilos.

Steve Gardner commented that it was nice seeing some action again and looks forward to seeing more lifters soon!



*If you haven't already seen it.....*

The I.A.W.A.(UK) YouTube Channel is coming along well. We are running a project to collate as many different lift videos that we can to provide examples of our recognised lifts.

We are using successful lifts performed in front of referees using the best mix of abilities and ages to hopefully include as many different lifters as possible.

Search YouTube for IAWA UK or follow the link on the web-site:

**[www.iawa.uk](http://www.iawa.uk)**