

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



Dec 2017 Edition



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*Wishing all of our members and
their families a Very Merry
Christmas and a Happy,
Healthy and Prosperous
New Year!!*



Left: Steve Andrews - Winner of the Howard Prechtel Award at the 2017 Gold Cup. Presented by Promoters Andy Tomlin & Matt Finkle with IAWA (UK) President Steve Gardner.



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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 2018

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

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Non Executive Positions

- **IAWA(UK) Technical Committee – Frank Allen, Steve Gardner, Gary Ell**
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 - **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)**
 - **Asst. Editor – Gareth Edwards (gedwards6@gmail.com)**

IAWA World Championships

2017 - Perth, Australia

Promoter - John Mahon

Report from John Mahon - Promoter

Well the dust has settled, lifters have returned home from another fantastic IAWA World Championships.

Like every other Worlds so much work goes into organising the meet and the meet itself is done and dusted in the blink of an eye. This year ARWLWA was fortunate to obtain a grant from the local council and was donated a new platform from Bunnings warehouse in Belmont. So would like to start this off with saying thank you to the City of Belmont and Bunnings warehouse for your generous support. We started this World Championships with a moments silence to pay tribute to a wonderful IAWA lifter and friend George Dick. He will be truly missed by the All-Round weightlifting family.

We had a great range of lifters this year who were all very competitive.

Al Myers and Denny Habecker made the long journey from the USA and they both put on a great display of lifting. Big Al Myers shoulders may have hindered him a bit through the bench and overhead press but he came back displayed pure deadlift power in the one hand hack and straddle deadlift. Two new lifters from Australia's newest club in Victoria made the trip across the country and put in some solid lifting performances. Catherine Dorrestyn and Douglas De Prada are two lifters to keep an eye on in the future. Catherine made up apart of a very competitive female division that had the leaders chopping and changing throughout the meet. Miriam Phillips claimed the Womens Open class title with an impressive display of power while Monica Cook took out the Womens Masters class and was the best overall female lifter. Sharni Clifford and Mel Parkes-Urli did a wonderful job in at the scoring table. Their work made Al's and my work much easier over the championships. The Mens divisions were also a tightly fought battle with Peter Phillips putting in another one of his trademark tough performances. Javen Waller returned to the All-round platform and blew everyone away with his, rather unique, straddle deadlift technique and strength. Steven Charles hard training work had paid off as he was rewarded with the Mens Open title. Bill Kappel once again proved to be the unstoppable force that his is with a champion performance to claim the Mens Masters and Overall title. Bill is one the strongest pound for pound lifters I've ever seen and at the age of 72 he is still blitzing his much younger competitors.

I like to thank all of those who were involved in this World Championships. A lot of work was done behind the scenes to make this happen and all lifters, supported, loaders and officials made this a wonderful event the promote.



Above: Lifters and officials at the 2017
World Championships



Above: Overall Champion - Bill Kappel (Aus.)

Below: Best Ladies Lifter - Monica Cook (Aus.)



IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 5 - compiled by Chris Bass.

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	830.8
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	802.9
3	Metamorfit1	Paul Barette, Gareth Edwards, Clive Madge	699.3
4	Norn Irn1	David Bagnall, Brian Irwin, Gary Bunting	653.0
5	Iron Masters1	Philippe Crisp, Steve Shah, Liam Casey	643.9
6	Twyford Celts	Max Ell, Maddy Ell,	411.0
7	Iron Masters2	Martin Doolan, Robyn Taylor, Kris Singh	403.3
8	Metamorfit2	Ed Shorttle, Ian Thomas	362.8
9	Sunbury1	Trevor Evans	107.4

<u>Ranking of Lifters</u>					
1	Steve Sherwood	339.4	12	Clive Madge	205.2
2	Steve Andrews	335.5	13	Maddy Ell	196.6
3	Andy Tomlin	298.3	14	Steve Shah	189.3
4	Paul Barette	280.4	15	Liam Casey	185.7
5	Gary Ell	276.7	16	Ed Shorttle	182.4
6	Philippe Crisp	268.9	17	Ian Thomas	180.4
7	David Bagnall	249.6	18	Gary Bunting	162.5
8	Brian Irwin	240.8	19	Mark Shaw	155.8
9	Matthew Finkle	227.9	20	Martin Doolan	140.1
10	Max Ell	214.4	21	Robyn Taylor	139.6
11	Gareth Edwards	213.6	22	Kris Singh	123.6
			23	Trevor Evans	107.4

Ranking of Lifters per Lift & Record Breakers.

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

1H Barbell Snatch

1H Barbell C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews	55+	19	70	42.5R	83.4	Steve Sherwood1	65+	28	80	45.0L	80.5
Steve Sherwood1	65+	28	80	40.0R	75.4	Steve Andrews	55+	19	70	42.5L	79.0
Clive Madge	65+	32	105	45.0R▲	74.2	Matthew Finkle1	50+	12	70	42.5R	71.8
Andy Tomlin1	45+	11	95	45.0L	67.5	Andy Tomlin1	45+	11	95	50.0R	71.1
Brian Irwin1	40+	1	125+	60.0R	65.2	Paul Barette	40+	2	70	42.5R	65.2
David Bagnall1	40+	4	95	45.0R	62.9	Max Ell1	Open	33	45	23.0L	64.8
Philippe Crisp1	45+	9	100	45.0R	62.9	Gary Ell1	45+	7	95	47.5R	64.0
Paul Barette	40+	2	70	37.5L	60.7	Clive Madge	65+	32	105	40.0L▲	62.5
Gareth Edwards1	Open	0	85	42.5R	60.6	David Bagnall1	40+	4	95	40.0L	53.0
Gary Ell1	45+	7	95	42.5L	60.4	Brian Irwin1	40+	1	125+	50.0L	51.5
Ed Shorttle	60+	22	80	32.5L	58.2	Ed Shorttle	60+	22	80	30.0R	51.0
Matthew Finkle1	50+	12	70	30.0L	53.4	Gareth Edwards1	Open	0	85	37.5L	50.7
Max Ell1	Open	33	45	17.5R	52.0	Ian Thomas	Open	0	85	35.0L	47.2
Liam Casey1	Open	0	90	35.0L	48.9	Maddy Ell1	Open	33	50	17.5R	45.8
Maddy Ell1	Open	33	50	17.5L	48.3	Mark Shaw	55+	18	85	28.0R	44.2
Mark Shaw	55+	18	85	28.0L	46.6	Gary Bunting1	Open	1	125	40.0L	43.9
Ian Thomas	Open	0	85	30.0R	42.7	Philippe Crisp1	45+	9	100	32.5L	43.0
Robyn Taylor1	Open	33	65	17.5R	40.2	Liam Casey1	Open	0	90	30.0R	39.7
Steve Shah1	65+	32	75	20.0R	39.9	Robyn Taylor1	Open	33	65	15.0L	32.6
Gary Bunting1	Open	1	125	30.0R	34.8	Trevor Evans1	70+	42	80	15.0L	29.3
Kris Singh1	Open	0	95	25.0R	33.1	Martin Doolan1	75+	50	85	12.5L	25.6
Martin Doolan1	75+	50	85	15.0R	32.5	Kris Singh1	Open	0	95	20.0L	25.1
Trevor Evans1	70+	42	80	15.0R	31.0	Steve Shah1	65+	32	75	12.5L	23.6

1H Barbell Deadlift

Pullover @ Arms Length

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	28	80	145.0L	94.7	Gary Ell1	45+	7	95	55.0	92.0
Andy Tomlin1	45+	11	95	180.0R	93.5	Steve Sherwood1	65+	28	80	40.0	88.8
Steve Andrews	55+	19	70	132.5L▲	90.0	Steve Andrews	55+	19	70	36.0▲	83.1
Philippe Crisp1	45+	9	100	175.5L	84.9	Philippe Crisp1	45+	9	100	47.5	78.1
Paul Barette	40+	2	70	140.0R	78.4	Paul Barette	40+	2	70	40.0BR	76.2
Clive Madge	65+	32	105	120.0R ^{BR}	68.5	Steve Shah1	65+	32	75	30.0	70.5
David Bagnall1	40+	4	95	140.0R	67.8	Andy Tomlin1	45+	11	95	37.5	66.2

1H Barbell Deadlift - cont						Pullover @ Arms Length - cont					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Gary Ell1	45+	7	95	122.5R	60.3	David Bagnall1	40+	4	95	40.0	65.8
Brian Irwin1	40+	1	125+	160.0R	60.2	Brian Irwin1	40+	1	125+	50.0	63.9
Max Ell1	Open	33	45	57.5L	59.2	Liam Casey1	Open	0	90	32.5	53.4
Matthew Finkle1	50+	12	70	90.0R	55.5	Maddy Ell1	Open	33	50	16.0	52.0
Steve Shah1	65+	32	75	80.0L	55.3	Gareth Edwards1	Open	0	85	30.0	50.4
Gareth Edwards1	Open	0	85	105.0R	51.9	Gary Bunting1	Open	1	125	35.0	47.7
Maddy Ell1	Open	33	50	52.9L	50.6	Matthew Finkle1	50+	12	70	22.5	47.2
Trevor Evans1	70+	42	80	65.9R	47.1	Ian Thomas	Open	0	85	27.5	46.1
Kris Singh1	Open	0	95	100.0R	45.9	Martin Doolan1	75+	50	85	17.5	44.6
Ian Thomas	Open	0	85	90.0R	44.4	Ed Shorttle	60+	22	80	20.0	42.2
Liam Casey1	Open	0	90	90.0R	43.6	Max Ell1	Open	33	45	11.0	38.5
Mark Shaw	55+	18	85	70.5L	40.6	Robyn Taylor1	Open	33	65	10.0	27.0
Robyn Taylor1	Open	33	65	50.0L	39.8	Mark Shaw	55+	18	85	12.5	24.5
Martin Doolan1	75+	50	85	50.0L	37.5	Kris Singh1	Open	0	95	12.5	19.5
Gary Bunting1	Open	1	125	90.0R	36.1	Clive Madge	65+	32	105	0.0	0.0
Ed Shorttle	60+	22	80	50.0R1	31.0	Trevor Evans1	70+	42	80	0.0	0.0

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

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	4179.5
2	Norn Irn1	David Bagnall, Brian Irwin, Roy McClean	3962.0
3	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	3866.7
4	Metamorfit1	Clive Madge, Ed Shorttle, Ian Thomas,	3786.7
5	Castlemilk	Andy Tomlin, Matthew Finkle, Gary Ell	3601.5
6	Metamorfit2	Paul Barette, Jenny Watson, Ryan Burchett	2626.6
7	Twyford Celts	Maddy Ell, Max Ell	2354.4
8	Iron Masters2	Kris Singh, Robyn Taylor, Sarah Fry	2026.4
9	Sunbury1	Jeff Luther, Trevor Evans,	1985.4
10	Metamorfit3	Gareth Edwards, Natalie Voce, Candice Morris	1233.0
11	Iron Clan1	Sam Hills, Jenn Tibenham, Nick Swain	928.8
12	Norn Irn2	Paul Cullen	583.6
13	Granby2	Daniel Andrews, Frank Allen	404.7
14	Castlemilk2	George Dick	345.8
15	Metamorfit4	Chris Powell	291.6
16	Iron Masters3	Ollie Downey, Liam Casey	97.7

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

1	Steve Andrews	1717.4	21	Jenny Watson	713.8
2	Steve Sherwood	1683.5	22	Ryan Burchett	671.1
3	Philippe Crisp	1540.3	23	Gareth Edwards	662.8
4	Andy Tomlin	1497.3	24	Natalie Voce	640.1
5	Clive Madge	1491.0	25	Robyn Taylor	567.5
6	David Bagnall	1343.6	26	Gary Ell	548.7
7	Matthew Finkle	1209.6	27	Ollie Downey	525.8
8	Maddy Ell	1203.6	28	Sam Hills	498.8
9	Steve Shah	1177.4	29	Liam Casey	425.6
10	Max Ell	1150.8	30	Paul Cullen	408.4
11	Brian Irwin	1129.7	31	Mark Shaw	373.9
12	Jeff Luther	1033.9	32	George Dick	345.8
13	Ed Shorttle	1020.9	33	Candice Morris	337.5
14	Martin Doolan	996.2	34	Daniel Andrews	223.9
15	Kris Singh	979.7	35	Jenn Tibenham	222.0
16	Trevor Evans	951.5	36	Sarah Fry	211.7
17	Roy McClean	917.8	37	Nick Swain	208.1
18	Ian Thomas	893.6	38	Chris Powell	203.4
19	Paul Barette	870.2	39	Frank Allen	180.8
20	Gary Bunting	746.2			

Single Arm Set		Age	CLASS	1H Barbell Snatch	1H Barbell C&J	1H Barbell Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews	M	55+	70	42.5	42.5	132.5	217.5	252.4
Steve Sherwood1	M	65+	80	40.0	45.0	145.0	230.0	250.6
Andy Tomlin1	M	45+	95	45.0	50.0	180.0	275.0	232.1
Clive Madge	M	65+	105	45.0	40.0	120.0	205.0 ^{BR}	205.2
Paul Barette	M	40+	70	37.5	42.5	140.0	220.0	204.3
Philippe Crisp1	M	45+	100	45.0	32.5	175.5	253.0	190.8
Gary Ell1	M	45+	95	42.5	47.5	122.5	212.5	184.7
David Bagnall1	M	40+	95	45.0	40.0	140.0	225.0	183.7
Matthew Finkle1	M	50+	70	30.0	42.5	90.0	162.5	180.7
Brian Irwin1	M	40+	125+	60.0	50.0	160.0	270.0	176.9
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	175.9
Gareth Edwards1	M	Open	85	42.5	37.5	105.0	185.0	163.3
Maddy Ell1	F	Open	50	17.5	17.5	52.9	87.9	144.6
Ed Shorttle1	M	60+	80	32.5	30.0	50.0	112.5	140.2
Ian Thomas	M	Open	85	30.0	35.0	90.0	155.0	134.3
Liam Casey1	M	Open	90	35.0	30.0	90.0	155.0	132.2
Mark Shaw	M	55+	85	28.0	28.0	70.5	126.5	131.4
Steve Shah1	M	65+	75	20.0	12.5	80.0	112.5	118.9
Gary Bunting1	M	Open	125	30.0	40.0	90.0	160.0	114.8
Robyn Taylor1	F	Open	65	17.5	15.0	50.0	82.5	112.6
Trevor Evans1	M	70+	80	15.0	15.0	65.9	95.9	107.4
Kris Singh1	M	Open	95	25.0	20.0	100.0	145.0	104.1
Martin Doolan1	M	75+	85	15.0	12.5	50.0	77.5	95.6

Here's the Leg 5 results, with 23 lifters making 9 teams. I hope for more numbers in the 6th & final leg of 2017.

Recognition to Steve Andrews, Steve Sherwood & Clive Madge for top 3 in the Snatch; Steve Sherwood, Steve Andrews & Matt Finkle for the top 3 in the C&J; Steve Sherwood, Andy Tomlin & Steve Andrews for top 3 in the Deadlift; Gary Ell, Steve Sherwood & Steve Andrews for top 3 in the Pullover.

The top 3 Teams were Granby, Castlemilk & Metamorfit1. Top 3 in the Single Arm Set were Steve Andrews, Steve Sherwood & Andy Tomlin. Finally a big well done to the rest of the lifters.

Overall position of the 3 top teams are still Granby, Norn Irn1 & Iron Masters1. Phil has regained 3rd place overall from Clive leaving Steve A & Steve S remaining in 1st & 2nd place.

Leg 6 lifts are Push Press, Reflex C&J, 2H Straddle & Reverse Curl.



Pictures from the Southern Cup - Results on next page >>>

Clockwise from left: Paul Barette (Best Masters Lifter) - Steinborn, The lifters and officials, Rory Hoad (Best Open and Winner of the Southern Cup) - One Hand Hacklift, Ed Shorttle - Clean & Press on knees.

Blindt															
1.3426					0.6735										
Clean & Press On Knees					Steinborn										
1 Hand Hacklift															
Name	Sex	Age	Age/Sex %	Class	Bwt	Div	Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend
Rory Hoad	M	29	0	OPEN	83.1	85KG	80	107.408	120	80.82	117.5R	87.85475	276.0828	0.9397	259.44
Paul Barette	M	41	2	40+	69.2	70KG	50	67.13	118	79.13625	110.5R	82.247	228.5133	1.0530	245.43
Jamie Livens	M	24	0	OPEN	73.4	75KG	62.5	83.9125	100	67.35	87.5R	65.42375	216.6863	1.0137	219.65
Ed Shorttle	M	61	22	60+	77.0	80KG	42.5	57.0605	65	43.7775	70R	52.339	153.177	0.9838	183.85
Ian Thomas	M	22	0	OPEN	82.9	85KG	47.5	63.7735	85	57.2475	70R	52.339	173.36	0.9411	163.14
Jenny Watson	F	51	45	50+	58.5	60KG	25	33.565	30	20.205	42.5R	31.77725	85.54725	1.1842	146.89

Successful 4th attempts: Steinborn – Ed Shorttle 67.5kg. One Hand Hacklift – Paul Barette 115kg(R) Rory Hoad 123kg(R).

Promoter - Paul Barette
MC/Recorder - Steve Gardner
Referees - Steve Gardner, Karen Gardner & Gareth Edwards
Loaders - Kris Singh & the lifters!

Champion & Best Open – Rory Hoad, Runner Up and Best Masters – Paul Barette

Report by Paul Barette

An exciting and fun competition took place at the home of IAWA Southern Venues 'MetamorFIT' with a fixture containing some lifts not often seen in competition and a great day it turned out to be. Returning to the Platform for the first time since the British Power Champs was Jenny Watson who excelled on all her lifts with personal bests all round. Ian Thomas was on fine form and pulled out some great lifts even though a little disappointed after missing the clean twice on the kneeling press. Ed performed brilliantly and showing great confidence in the Steinborn to have a crack on a 4th attempt for a record. We welcomed Jamie Livens to the platform – his first local competition and only his second after competing in Wales. A very promising lifter who is very strong on his presses. The Steinborn proved a challenge after opening on his personal best, he just lost the balance on his 2nd attempt it riding too high on the neck. Paul managed his opener on the press but failed his 2nd and 3rd attempts – a 5kg increase proving just a bit too much. He regained some ground on a personal best and record Steinborn and a great lift on the Hack. Another fine performance for Rory and his 2nd Win in a row for the Southern Cup was achieved with a brilliant kneeling press (just under bodyweight). A confident lifter with great style on both the Steinborn and Hacklift saw him achieve a commendable total and secured his win. Congratulations Rory! A very big thank you to Steve and Karen Gardner who travelled down to help out at our competition!

2017 IAWA World Postal Championships "The Andy Goddard Memorial" August 31st, 2017

Lifts: Cheat Curl, 1 Hand Dumbbell Snatch, 1 Hand 2" Vertical Bar Lift, Bench Press Feet in Air

MEET REPORT, BY PROMOTER AL MYERS

The 2017 IAWA World Postal Championships was a huge success, with 45 lifters entered from the United States, England, Scotland and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. I felt the pressure of doing a good job promoting this event since Steve Gardner has done such an excellent job the past few years promoting the World Postal Championships. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've kept the scoring format that Steve has started with individual placings as well as the three person team scoring. I've added a club scoring ranking which includes all members of a club. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men's Phil Crisp and Women's RJ Jackson. Overall winners in the Team Championships are WOMEN – Western Australia (Monica Cook, Sharni Clifford, and Mirriam Phillips) and MEN – Iron Masters (Nick Swain, Phil Crisp, and Martin Doolan). It is fitting that the hosts of this year's upcoming IAWA World Championships, Western Australia, won the overall Club Title. Hopefully this momentum will continue through the World Championships in Australia and it will be as successful as this World Postal. Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

MASTER SCORESHEET

LIFTER	CLUB	ORG	M/F	REFS	AGE	BWT	Curl	1H DB Sn	1H 2" VB	Bench	TOTAL	POINTS
RJ Jackson	Dino Gym	USAWA	F	1	35	47.9	45	22.8 R	54.5 R	43.1	165.4	267.2
Crystal Diggs		USAWA	F	1	30	74.5	20.4	11.4 L	27.2 R	20.4	79.4	79.7
Max Eli	Twyford Celt Ladies	IAWAUK	F	1	20	44.8	30	15	51.3 R	35	131.3	194.4
Maddy Eli	Twyford Celt Ladies	IAWAUK	F	1	22	47.4	35	20	56.3	37.5	148.8	209.1
Lance Foster	KC Strongman	USAWA	M	1	51	150.9	61.4	25 R	63.6 R	70.5	220.5	170.9
Eric Todd	KC Strongman	USAWA	M	1	42	114.5	100	52.3 R	61.4 R	154.5	368.2	299.5
Chris Todd	KC Strongman	USAWA	M	2	38	121.8	70.5	36.4 R	68.2 R	106.8	281.9	215.9
Natalie Voce	Metamorphit	IAWAUK	F	2	35	92.8	35	17.5 R	33.5 R	50	136.0	120.0
Gareth Edwards	Metamorphit	IAWAUK	M	2	34	82.0	60	37.5 R	75.25 R	90	262.8	248.9
Paul Barette	Metamorphit	IAWAUK	M	2	41	70.3	60	35 R	63.5 R	70	228.5	242.9
Clive Madde	Metamorphit	IAWAUK	M	3	68	103.4	75	46 R	63.5 L	110	294.5	323.5
Ian Thomas	Metamorphit	IAWAUK	M	3	22	83.8	52.5	30 R	48.5 R	80	211.0	197.3
Nick Swain	Iron Masters	IAWAUK	M	2	52	81.0	62.5	40 R	100 R	90	292.5	315.4
Jenn Tibbenham	Iron Masters	IAWAUK	F	2	33	102.0	50	30 R	72.5 R	52.5	205.0	171.9
Phil Crisp	Iron Masters	IAWAUK	M	2	47	99.0	95	50 R	100 R	135	380.0	349.5
Martin Doolan	Iron Masters	IAWAUK	M	1	76	80.0	45	22 R	50 R	75	192.0	273.1
Kris Singh	Iron Masters	IAWAUK	M	1		94.5	60	34 R	42.5 R	92.5	229.0	200.0
Robyn Taylor	Iron Masters	IAWAUK	F	1		62.5	30	20 R	30 R	37.5	117.5	132.6
Tom Davis	Western Australia	ARWLWA	M	3	74	78.4	50	20 R	60 R	60	190.0	266.2
John Patterson	Western Australia	ARWLWA	M	3	72	124.9	50	27.5 R	70 L	75	222.5	238.9
Russ Cook	Western Australia	ARWLWA	M	3	55	76.5	40	30 L	55 L	65	190.0	217.7
Peter Phillips	Western Australia	ARWLWA	M	3	63	97.5	65	35 R	75 R	105	280.0	298.2
Steven Charles	Western Australia	ARWLWA	M	3	36	85.5	60	35 R	75 R	80	250.0	231.1
Robin Lukosius	Western Australia	ARWLWA	M	3	63	101.1	60	30 R	60 R	70	220.0	229.9
Monica Cook	Western Australia	ARWLWA	F	3	53	59.6	30	22.5 R	35 R	65	152.5	203.1
Sharni Clifford	Western Australia	ARWLWA	F	3	29	90.3	40	20 R	50 R	47.5	157.5	141.6
Mirriam Phillips	Western Australia	ARWLWA	F	3	34	119.9	57.5	37.5 R	62.5 R	75	232.5	179.4
Rocky Morrison	Frank's Barbell Club	USAWA	M	1	55	121.1	50	22.75	56.75	93	222.5	198.2
Mark Raymond	Frank's Barbell Club	USAWA	M	1	54	111.0	60	27.5	85	66	238.5	219.9
Mark Shaw	Granby Grippers	IAWAUK	M	1	56	84.8	60.5	27.5 R	65 R	62.5	215.5	234.2
Steve Andrews	Granby Grippers	IAWAUK	M	1	58	66.1	62.5	36 R	50 L	80	228.5	295.2
Steve Sherwood	Granby Grippers	IAWAUK	M	1	65	78.8	80	40 R	76.8 L	75	271.8	332.2
Denny Habecker	Habecker's Gym	USAWA	M	1	74	86.7	45	22.5	47.5	77.5	192.5	254.2
Barry Pensyl	Habecker's Gym	USAWA	M	1	69	67.6	45	22.5	42.5	67.5	177.5	234.4
Aidan Habecker	Habecker's Gym	USAWA	M	1	14	64.9	35	20	80	42.5	177.5	234.1
John Douglas	Ledaig HA	USAWA	M	1	53	141.1	80	40.8 L	72.6 R	122.5	315.9	256.4
Al Myers	Dino Gym	USAWA	M	1	51	103.4	80	45.4 R	90 R	113.4	328.8	306.5
LaVerne Myers	Dino Gym	USAWA	M	1	73	108.9	57.5	25.9 L	80 R	54.4	217.8	250.5
Chad Ullom	Dino Gym	USAWA	M	2	45	109.9	100	49.9 L	93 R	120.2	363.1	310.3
Cale Dunlap	Dino Gym	USAWA	M	1	22	76.2	50	25 R	56.7 R	61.3	193.0	191.1
Brandon Rein	Dino Gym	USAWA	M	1	22	69.9	65	27.2 R	61.3 R	61.3	214.8	224.7
Zach Lucas	Dino Gym	USAWA	M	1	31	117.9	80	45.4 R	90.7 R	127	343.1	267.0
Matthew Finkle	Chateau Lait All Comers	IAWAUK	M	1	51	70.0	50	32.5 R	61.8 R	72.5	216.8	253.8
Andrew Tomlin	Chateau Lait All Comers	IAWAUK	M	1	49	90.8	77.5	45 L	96.8 R	92.5	311.8	306.3
Gary Eli	Chateau Lait All Comers	IAWAUK	M	1	46	94.8	75	40 R	92.5 R	130	337.5	314.9

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.



CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
RJ Jackson	Womens 33-39/30KG Class Champion, Best Overall Lifter, Best Lifter 33-39, Best Overall Master Lifter
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Eli	Womens 20-39/45KG Class Champion
Maddy Eli	Womens 20-39/30KG Class Champion, Best Lifter 20-39
Lance Foster	Mens 30-34/125+KG Class RunnerUp
Eric Todd	Mens 40-44/115KG Class Champion, Best Lifter 40-44
Chris Todd	Mens 20-39/125KG Class Champion
Natalie Voce	Womens 20-39/95KG Class RunnerUp
Gareth Edwards	Mens 20-39/85KG Class Champion
Paul Barette	Mens 40-44/75KG Class Champion
Clive Medge	Mens 63-69/105KG Class Champion,
Ian Thomas	Mens 20-39/85KG Class RunnerUp
Nick Swain	Mens 30-34/85KG Class Champion, Best Lifter 30-34
Jenn Tibbenham	Womens 20-39/105KG Class Champion
Phil Crisp	Mens 43-49/100KG Class Champion, Best Lifter 43-49, Best Overall Master, Best Lifter Overall
Martin Doolan	Mens 73-79/80KG Class Champion, Best Lifter 73-79
Kris Singh	Mens Open/95KG Class Champion
Robyn Taylor	Womens Open/65KG Class Champion
Tom Davis	Mens 70-74/80KG Class Champion, Best Lifter 70-74
John Patterson	Mens 70-74/125KG Class Champion
Russ Cook	Mens 33-39/80KG Class Champion
Peter Phillips	Mens 60-64/100KG Class Champion, Best Lifter 60-64
Steven Charles	Mens 20-39/90KG Class Champion
Robin Lukosius	Mens 60-64/105KG Class Champion
Monica Cook	Womens 30-34/60KG Class Champion, Best Lifter 30-34
Sharni Clifford	Womens 20-39/95KG Class Champion
Miriam Phillips	Womens 20-39/120KG Class Champion
Rocky Morrison	Mens 33-39/125KG Class Champion
Mark Raymond	Mens 30-34/115KG Class Champion
Mark Shaw	Mens 33-39/85KG Class Champion
Steve Andrews	Mens 33-39/70KG Class Champion, Best Lifter 33-39
Steve Sherwood	Mens 63-69/80KG Class Champion, Best Lifter 63-69
Denny Habecker	Mens 70-74/90KG Class Champion
Barry Pensyl	Mens 63-69/70KG Class Champion
Aidan Habecker	Mens 14-13/65KG Class Champion, Best Lifter Junior
John Douglas	Mens 30-34/125+KG Class Champion
Al Myers	Mens 30-34/105KG Class Champion
LaVerne Myers	Mens 70-74/110KG Class Champion
Chad Ullom	Mens 43-49/110KG Class Champion
Cale Dunlap	Mens 20-39/80KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion
Zach Lucas	Mens 20-39/120KG Class Champion, Best Lifter 20-39
Matthew Finkle	Mens 30-34/70KG Class Champion
Andrew Tomlin	Mens 43-49/95KG Class RunnerUp
Gary Eli	Mens 43-49/95KG Class Champion

TOP INDIVIDUAL PLACINGS

MENS OVERALL TOP TWENTY FIVE		POINTS	WOMENS OVERALL TOP TEN		POINTS
1	Phil Crisp, England	349.5	1	RJ Jackson, United States	267.2
2	Steve Sherwood, England	332.5	2	Maddy Eli, England	209.1
3	Clive Medge, England	323.5	3	Monica Cook, Australia	203.1
4	Nick Swain, England	315.4	4	Max Eli, England	194.4
5	Gary Eli, England	314.9	5	Miriam Phillips, Australia	179.4
6	Chad Ullom, United States	310.3	6	Jenn Tibbenham, England	171.9
7	Al Myers, United States	306.5	7	Sharni Clifford, Australia	141.6
8	Andy Tomlins, Scotland	306.3	8	Robyn Taylor, England	132.6
9	Eric Todd, United States	299.5	9	Natalie Voce, England	120.0
10	Peter Phillips, Australia	298.2	10	Crystal Diggs, United States	79.7
11	Steve Andrews, England	295.2			
12	Martin Doolan, England	273.1			
13	Zach Lucas, United States	267.0			
14	Tom Davis, Australia	266.2			
15	John Douglas, United States	256.4			
16	Barry Pensyl, United States	254.4			
17	Denny Habecker, United States	254.2			
18	Matthew Finkle, Scotland	253.8			
19	LaVerne Myers, United States	250.5			
20	Gareth Edwards, England	248.9			
21	Paul Barette, England	242.9			
22	John Patterson, Australia	238.9			
23	Mark Raymond, United States	238.5			
24	Mark Shaw, England	234.2			
25	Aidan Habecker, United States	234.1			

TOP 5 WOMEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Western Australia	524.1	Monica Cook, Sharni Clifford, Mirriam Phillips
2	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell
3	Iron Masters	304.5	Jenn Tibbenham, Robyn Taylor
4	Dino Gym	267.2	RJ Jackson
5	Metamorfit	120.0	Natalie Voce

TOP 10 MEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Iron Masters	938.0	Nick Swain, Phil Crisp, Martin Doolan
2	Dino Gym Versity	884.0	Al Myers, Chad Ullom, Zach Lucas
3	Chateau Lait All Comers	875.0	Andy Tomlin, Matthew Finkle, Gary Ell
4	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood
5	Metamorfit	815.3	Gareth Edwards, Paul Barette, Clive Mudge
6	Western Australia 1	803.3	Peter Phillips, Tom Davis, John Patterson
7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Western Australia 2	678.7	Russ Cook, Steven Charles, Robin Lukosius
10	Dino Gym JV	666.3	LaVerne Myers, Brandon Rein, Cale Dunlap

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Western Australia	2006.1	Tom Davis, John Patterson, Russ Cook, Peter Phillips, Steven Charles, Robin Lukosius, Monica Cook, Sharni Clifford, Mirriam Phillips
2	Dino Gym	1817.5	Al Myers, LaVerne Myers, Chad Ullom, Cale Dunlap, Brandon Rein, Zach Lucas, RJ Jackson
3	Iron Masters	1442.5	Nick Swain, Jenn Tibbenham, Phil Crisp, Martin Doolan, Kris Singh, Robyn Taylor
4	Metamorfit	1132.6	Natalie Voce, Gareth Edwards, Paul Barette, Clive Mudge, Ian Thomas
5	Chateau Lait All Comers	875.0	Matthew Finkle, Andy Tomlin, Gary Ell
6	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood
7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Frank's Barbell Club	418.2	Rocky Morrison, Mark Raymond
10	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell



Many thanks to Al Myers (Left) for collating, calculating and publishing the results of the Andy Goddard Memorial World Postal Competition.



Steve Andrews - Winner of the British All-Round Championships held in Leicester back in June was presented with the Health & Strength Trophy. The presentation was made at the Gold Cup Banquet by IAWA(UK) Vice President Paul Barette.



Welsh Open Championships

9th September 2017 - Pontardawe

Promoter - Neil Keddy



Left:

Lifters and officials at the Welsh Open 2017.

Right:

Pete Tryner - Overall Champion and Best Masters Lifter. Award presented by Promoter Neil Keddy.



WELSH OPEN CHAMPIONSHIPS HELD IN PONTARDAWE, WALES ON 9th SEPTEMBER 2017

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	2" bar Clean & Press KILOS	Trap Bar Deadlift KILOS	2H Zercher KILOS	TOTAL KILOS	TOTAL POINTS
Maddy Ell	49.1	1.3627	22	33	Open	50	25 (4th=28●)	95.0	70.0	190.0	344.3
Sian Keddy	107.0	0.8175	40	34	40+	110	25▲●	110▲● (4th=115▲●)	62.5 ^{BR}	197.5	216.3
Paul Barette	68.5	1.0601	41	2	40+	70	52.5▲	225▲●	165 ^{BR}	442.5	478.5
Jamie Livens	73.3	1.0145	24	0	Open	75	67.5	187.5	135.0	390.0	395.7
Ian Thomas	84.0	0.9338	22	0	Open	85	57.5	150.0	125.0	332.5	310.5
Craig Fraser	84.3	0.9319	32	0	Open	85	55.0	231●	162.5	447.5	417.0
Pete Tryner	87.8	0.9103	45	6	45+	90	88▲●	280▲●	190.5▲	557.5	537.9
Neil Keddy	94.3	0.8746	39	0	Open	95	72.5	210.0	140.0	422.5	369.5
Gary Ell	93.2	0.8802	46	7	45+	95	72.5	208▲	145.0	425.0	400.3
Steve Moss	99.5	0.8494	35	0	Open	100	72.5	185.0	130.0	387.5	329.2
David Anderson	106.3	0.8203	39	0	Open	110	0.0	250.0	0.0	250.0	205.1
Gary Redfern Smith	108.4	0.8120	44	5	40+	110	80 ^{BR}	190.0	0.0	270.0	230.2
Josh Davidson	116.9	0.7815	27	0	Open	120	90 ^{BR}	275.0	180.0	545.0	425.9

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

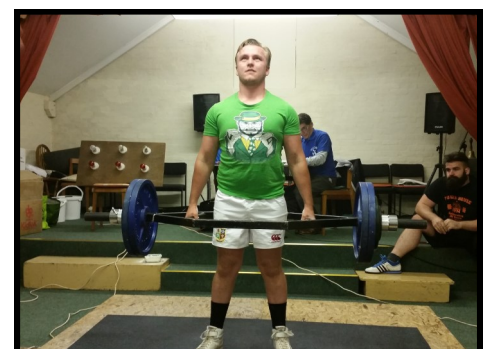
13 lifters presented themselves at the Pontardawe Senior Citizens Hall ready to lift by 11:30am. The lifting went off at a good pace giving each lifter plenty of 'warm up time' for the next lift. The only disappointment was that there was no Junior lifter represented. The level of lifting was good, there were several records broken including 3 notable lifts from Paul Barette & Pete Tryner. There were also 2 new lifters to the IAWA platform, Jamie Livens & Craig Fraser both giving a creditable performance with Craig attaining a Trapbar record.

Best Ladies lifter: Maddy Ell, with Sian Keddy as runner up.

Best Master lifter: Pete Tryner, with Paul Barette 2nd & Gary Ell 3rd.

Best Open lifter: Josh Davidson with Craig Fraser 2nd & Jamie Livens 3rd.

Best Overall lifter: Peter Tryner with Paul Barette 2nd & Josh Davidson 3rd.



Right - Ian Thomas - Trap Bar Deadlift

Bottom L - R:

Best Ladies Lifter - Maddie Ell, Best Open Lifter - Josh Davidson

Pete Tryner - Zercher, New IAWA Lifter, Craig Fraser - Trap Bar Deadlift



IAWA Gold Cup - 'This One's for George'

4th November 2017 - Castlemilk Gym, Glasgow

Promoters - Andy Tomlin & Matt Finkle



An amazing event arranged by Andy and Matt remembering their friend and lifting colleague George Dick (left).

41 Lifters from England, Scotland, Wales, Ireland, USA & Finland.

A number of 'heaviest ever' lifts accomplished. Brilliant techniques put into practice and some fantastic team-work!

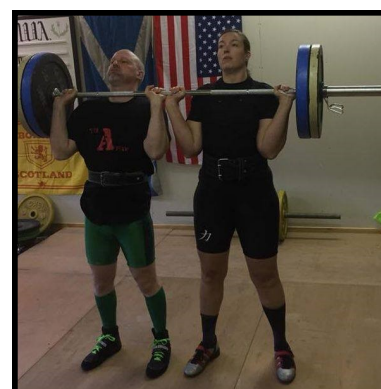
MC Steve Gardner, Score keeping and records Chris Bass



2017 Gold Cup held in Glasgow on 4th November

Lifter	M/F	Age class	B/W div	Gold Cup Lift	Amount
Pete Tryner	M	45+	90	Trap Bar Deadlift	300▲●
Davy Bagnall	M	40+	95	Squat	240▲●
Timo Luttamus	M	Open	105	Deadlift - Middle Fingers	202.5●
Andy Tomlin	M	50+	95	RH Deadlift	185▲
James Fuller	M	45+	120	Leg Press - self loaded	135▲●
Chloe Brennan	F	Open	65	Squat	130●
Selina Dorn	F	40+	75	Hacklift - 2" Bar	120▲●
Graham Saxton	M	55+	125	Middle Fingers Deadlift	115▲
Mark Haydock	M	40+	110	Reflex Clean & Push Press	110▲●
Dean Kent	M	Open	105	Barbell Clean & Push Press - 2" Bar	107.5●
James Gardner	M	Open	100	RH Fulton Deadlift	100●
Steve Gardner	M	60+	125+	RH Middle Finger Lift	92.5▲
Al Myers	M	50+	105	RH Thumbless DL	90▲
Denny Habecker	M	75+	90	Power Row	90▲
Steve Moss	M	Open	105	Straddle - Index Fingers	90●
Laverne Myers	M	70+	110	RH Thumbless DL	85▲
Paul Hallam	M	Open	90	Leg Press - self loaded	80●
Rory Hoad	M	Open	85	2H Dumbell Snatch	65●
Matt Jones	M	Open	125+	Turkish Getup	65●
Neil Keddy	M	40+	95	Hacklift - Ring Fingers	65▲●
Steve Sherwood	M	65+	85	2" bar Snatch	62.5▲
David McFadzean	M	45+	105	Zeigler Clean	62.5▲
Joshua Davidson	M	Open	120	Turkish Getup	60●
Steve Andrews	M	55+	65	Shoulder Drop	55▲●
Cliff Dunlop	M	50+	125+	French Press	55▲
Siani Keddy	F	40+	110	Continental Clean to Belt	55▲●
Gareth Edwards	M	Open	85	Barbell Snatch on Knees	52.5●
Maddie Ell	F	Open	50	REP Deadlift bodyweight	50kg, 30reps●
Clive Madge	M	65+	110	LH Dumbell Snatch	47.5▲●
Nicola Thornhill	F	45+	75	Pullover & Press on Back	47.5▲
Frank Allen	M	75+	85	Bent Arm Pullover	45▲
Ian Thomas	M	Open	85	RH Dumbell Bent Press	40●
Karen Gardner	F	55+	75	Pullover & Push on Back	40▲
Max Ell	F	Open	50	Bench Press - Hands together	35●
Matt Finkle	M	50+	70	Full Gardner	22.5▲
Stevie Shanks	M	50+	75	2 Person Deadlift	400▲●
Paul Barette	M	40+	75		
Matthew Wells	M	Open	75	2 Person - 2 H Clean & Snatch	107.5▲●
Gary Ell	M	45+	95		
Jenn Tibbenham	MIX	Open	100	2 Person - Cheat Curl	125●
Nick Swain		50+	85		

● = Open World ▲ = Junior/Master



Second lifts taken for further records after the main event.

Lifter	M/F	Age class	B/W div	Gold Cup Lift	Amount
Paul Barette	M	40+	75	Deadlift - 2 Barbells	210▲●
Chloe Brennan	F	Open	65	2H Deadlift	160●
Stevie Shanks	M	50+	75	RH Deadlift	155▲
Steve Andrews	M	55+	65	Trap Bar Deadlift	155▲
Steve Sherwood	M	65+	85	Squat	150▲
Timo Lattamaus	M	Open	105	LH Fulton Deadlift	115●
Nick Swain	M	50+	85	Rim Lift (Reeves)	110▲
Siani Keddy	F	40+	110	(2H) Vertical Bar Lift - 2" bar	100▲●
James Gardner	M	Open	100	Shoulder Drop	95●
Max Ell	F	Open	50	(2H) Vertical Bar Lift - 2" bar	90●
Karen Gardner	F	55+	75	Straddle	80▲
Steve Moss	M	Open	105	Hacklift - Index Fingers	75●
Neil Keddy	M	40+	95	Barbell Clean and Press 2" bar	72.5▲
Selina Dorn	F	40+	75	Barbell Clean & Push Press	45▲
Nicola Thornhill	F	45+	75	Bench Press - Alt grip	45▲
Denny Habecker	M	75+	90	RH Dumbbell Press	25▲
Paul Hallam	M	Open	90	REP Deadlift bodyweight	90kg, 54 reps●

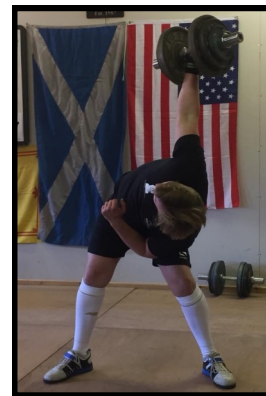
Andy Tomlin	M	50.0	95	2 Person Hacklift	340.5▲●
Gary Ell	M	45+	95		
Matthew Wells	M	Open	75	2 Person - Snatch	90●
Gary Ell	M	45+	95		
Jenn Tibbenham	MIX	Open	100	2 Person - Clean & Jerk	125●
Gary Ell		45+	95		
Joshua Davidson	M	Open	116.3	2 Person Clean & Press	160●
Matt Jones	M	Open	135.9		

● = Open World ▲ = Junior/Master



Above: Andy Tomlin - One Hand Deadlift.

Below L-R: Clive Madge - OH DB Snatch, Josh Davidson - Turkish Get-Up, Chloe Brennan - Deadlift, Ian Thomas - Bent Press



Photos (Left) Top-Bottom: Steve Andrews - Shoulder Drop (Howard Prechtel Award winner calculated on Blindt Score)
James Fuller (USA) - Self Loaded Leg Press, Gary Ell & Jenn Tibbenham - Team (mixed) Clean & Jerk
Timo Lattamaus (Finland) - Middle Fingers Deadlift



Far left: Dean Kent - 2" Bar Clean & Push Press

Left: The after-party in full swing at the Ivory Hotel.

As a memorial event for George, it was a great privilege to be joined by Janet, Derek & Evelyn at the awards presentation and meal. A special presentation of engraved glasses was made allowing everyone to enjoy their favourite drink and remember him.



IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 6 - compiled by Chris Bass.

Ranking of Teams – Leg 6

1	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	963.8
2	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	867.4
3	Norn Irn1	Brian Irwin, David Bagnall, Gary Bunting	808.1
4	Metamorfit1	Paul Barette, Gareth Edwards, Jamie Livens	785.9
5	Iron Masters1	Philippe Crisp, Kris Singh, Robyn Taylor	756.4
6	Metamorfit2	Ed Shorttle, Ian Thomas, Natalie Voce	562.0
7	Twyford Celts	Maddy Ell, Max Ell	529.3
8	Sunbury1	Trevor Evans	216.0

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	5046.8
2	Norn Irn1	David Bagnall, Brian Irwin, Gary Bunting	4770.1
3	Iron Masters1	Philippe Crisp, Martin Doolan, Kris Singh	4623.1
4	Metamorfit1	Clive Madge, Ed Shorttle, Paul Barette	4572.6
5	Castlemilk	Andy Tomlin, Matthew Finkle, Gary Ell	4565.3
6	Metamorfit2	Ian Thomas, Gareth Edwards, Natalie Voce	3188.6
7	Twyford Celts	Maddy Ell, Max Ell,	2883.7
8	Sunbury1	Jeff Luther, Trevor Evans,	2201.4
9	Iron Masters2	Steve Shah, Robyn Taylor, Ollie Downey	2026.4
10	Metamorfit3	Jenny Watson, Ryan Burchett, Candice Morris	1233.0
11	Iron Clan1	Sam Hills, Jenn Tibenham, Nick Swain	928.8
12	Norn Irn2	Roy McClean, Paul Cullen	583.6
13	Metamorfit4	Jamie Livens, Chris Powell,	291.6
14	Iron Masters3	Liam Casey, Sarah Fry	97.7

Ranking of Lifters – Leg 6

1	Andy Tomlin	339.0	11	Max Ell	257.5
2	Steve Sherwood	326.4	12	Gareth Edwards	248.0
3	Brian Irwin	322.9	13	Mark Shaw	243.3
4	Gary Ell	321.8	14	Jamie Livens	242.9
5	Matthew Finkle	303.1	15	Kris Singh	235.0
6	Philippe Crisp	299.8	16	Robyn Taylor	221.5
7	Steve Andrews	297.7	17	Trevor Evans	216.0
8	Paul Barette	294.9	18	Ed Shorttle	206.8
9	David Bagnall	286.2	19	Gary Bunting	199.0
10	Maddy Ell	271.8	20	Ian Thomas	187.6
			21	Natalie Voce	167.7

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

1	Steve Andrews	2015.1	18	Martin Doolan	996.2
2	Steve Sherwood	2009.9	19	Gary Bunting	945.2
3	Philippe Crisp	1840.1	20	Roy McClean	917.8
4	Andy Tomlin	1836.3	21	Gareth Edwards	910.9
5	David Bagnall	1629.7	22	Gary Ell	870.5
6	Matthew Finkle	1512.7	23	Natalie Voce	807.8
7	Clive Madge	1491.0	24	Robyn Taylor	789.1
8	Maddy Ell	1475.4	25	Jenny Watson	713.8
9	Brian Irwin	1452.7	26	Ryan Burchett	671.1
10	Max Ell	1408.3	27	Mark Shaw	617.2
11	Ed Shorttle	1227.7	28	Ollie Downey	525.8
12	Kris Singh	1214.8	29	Sam Hills	498.8
13	Steve Shah	1177.4	30	Liam Casey	425.6
14	Trevor Evans	1167.5	31	Paul Cullen	408.4
15	Paul Barette	1165.2	32	George Dick	345.8
16	Ian Thomas	1081.2	33	Candice Morris	337.5
17	Jeff Luther	1033.9	34	Jamie Livens	242.9

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

35	Daniel Andrews	223.9	38	Nick Swain	208.1
36	Jenn Tibenham	222.0	39	Chris Powell	203.4
37	Sarah Fry	211.7	40	Frank Allen	180.8

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

Push Press						Reflex C&J					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood ¹	65+	28	80	70.0	77.5	Brian Irwin ¹	40+	1	125+	120.0	96.4
Brian Irwin ¹	40+	1	125+	120.0	77.1	Steve Sherwood ¹	65+	28	80	65.0	90.0
Steve Andrews ¹	55+	19	65	62.5	73.9	Andy Tomlin ¹	50+	11	95	80.0	89.1
Andy Tomlin ¹	50+	11	95	82.5	73.5	Philippe Crisp ¹	45+	9	100	85.0	88.1
Philippe Crisp ¹	45+	9	100	85.0	70.4	Gary Ell ¹	45+	7	100	82.5	86.2
Gary Ell ¹	45+	7	100	80.0	66.8	Steve Andrews ¹	55+	19	65	57.5	85.0
David Bagnall ¹	40+	4	95	80.0	66.2	Paul Barette	40+	2	70	65.0▲	78.6
Matthew Finkle ¹	50+	12	70	60.0	64.1	Gareth Edwards ¹	Open	0	85	71.0	75.2
Gareth Edwards ¹	Open	0	85	70.0	59.3	Matthew Finkle ¹	50+	12	70	55.0	73.5
Jamie Livens	Open	0	75	65.0	58.6	David Bagnall ¹	40+	4	95	70.0	72.4
Kris Singh	Open	0	100	71.0	54.8	Kris Singh ¹	Open	0	100	72.5	70.0
Maddy Ell ¹	Open	33	50	32.5	53.2	Robyn Taylor ¹	Open	33	65	40.0	68.1
Ed Shorttle	60+	22	80	50.0	53.2	Jamie Livens	Open	0	75	60.0	67.6
Mark Shaw ¹	55+	18	85	53.0	52.4	Maddy Ell ¹	Open	33	50	32.5	66.5
Trevor Evans ¹	70+	42	80	41.8	51.5	Max Ell ¹	Open	33	45	30.0	66.1
Robyn Taylor ¹	Open	33	65	37.5	51.1	Mark Shaw ¹	55+	18	85	53.0	65.5
Max Ell ¹	Open	33	45	28.0	49.3	Trevor Evans ¹	70+	42	80	36.7	56.6
Paul Barette ¹	40+	2	70	50.0	48.4	Gary Bunting ¹	40+	1	125	60.0	52.0
Ian Thomas	Open	0	85	57.5	47.8	Natalie Voce	Open	33	85	35.0●	48.8
Gary Bunting ¹	40+	1	125	60.0	41.6	Ian Thomas ¹	Open	0	85	45.0	46.8
Natalie Voce	Open	33	85	35.0	39.0	Ed Shorttle	60+	22	80	30.0	39.9

2H Straddle

Reverse Curl

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Paul Barette	40+	2	70	225.0▲	95.6	Andy Tomlin ¹	50+	11	95	67.5	109.8
David Bagnall ¹	40+	4	95	240.0	87.2	Matthew Finkle ¹	50+	12	70	50.0	97.5
Brian Irwin ¹	40+	1	125+	280.0	79.0	Gary Ell ¹	45+	7	100	62.5	95.4
Steve Sherwood ¹	65+	28	80	160.0	77.9	Steve Sherwood ¹	65+	28	80	40.0	80.9
Maddy Ell ¹	Open	33	50	107.5	77.3	Maddy Ell ¹	Open	33	50	25.0	74.7
Steve Andrews ¹	55+	19	65	142.5	74.0	Paul Barette	40+	2	70	41.0▲	72.4
Gary Ell ¹	45+	7	100	200.0	73.4	Max Ell ¹	Open	33	45	22.5	72.4
Philippe Crisp ¹	45+	9	100	201.0	73.2	Brian Irwin ¹	40+	1	125+	60.0	70.4
Ed Shorttle	60+	22	80	150.0	70.0	Mark Shaw ¹	55+	18	85	38.0	68.6
Max Ell ¹	Open	33	45	90.0	69.7	Philippe Crisp ¹	45+	9	100	45.0	68.1
Matthew Finkle ¹	50+	12	70	145.0	68.0	Steve Andrews ¹	55+	19	65	30.0	64.8
Kris Singh ¹	Open	0	100	200.0	67.9	Trevor Evans ¹	70+	42	80	27.5	61.9
Jamie Livens	Open	0	75	170.0	67.3	David Bagnall ¹	40+	4	95	40.0	60.4
Andy Tomlin ¹	50+	11	95	170.0	66.5	Robyn Taylor ¹	Open	33	65	22.5	56.0
Gareth Edwards ¹	Open	0	85	160.0	59.5	Gareth Edwards ¹	Open	0	85	35.0	54.1
Mark Shaw ¹	55+	18	85	130.5	56.7	Gary Bunting ¹	40+	1	125	40.0	50.6
Gary Bunting ¹	40+	1	125	180.0	54.8	Jamie Livens	Open	0	75	30.0	49.4
Ian Thomas ¹	Open	0	85	140.0	51.2	Ed Shorttle	60+	22	80	22.5	43.7
Robyn Taylor ¹	Open	33	65	77.5	46.4	Kris Singh ¹	Open	0	100	30.0	42.3
Trevor Evans ¹	70+	42	80	85.0	46.0	Ian Thomas ¹	Open	0	85	27.5	41.8
Natalie Voce	Open	33	85	80.0	39.2	Natalie Voce	Open	33	85	20.0	40.7

Here's the roundup of the results 2017:

Well done to Andy Tomlin, Steve Sherwood & Brian Irwin for being the top 3 lifters in this the final leg. Steve Sherwood, Brian Irwin & Steve Andrews were the first 3 in the Press; Brian Irwin, Steve Sherwood, & Andy Tomlin were the first 3 in C&J; Paul Barette, David Bagnall, & Brian Irwin were the first 3 in the Straddle; Andy Tomlin, Matt Finlke & Garry Ell were the first 3 in the Curl. Overall for the year: Steve Andrews was the top lifter for 2017 - well done also to Steve Sherwood on coming second and Philippe Crisp third. Top team this year was with Granby, followed by Norn Irn then Metamorfit1 in third. I must also congratulate Maddy Ell for being top ladies lifter & overall 8th. And finally well done to everyone else & thanks for lifting throughout the year.

If you qualify for an award (**12 lifts or more**) and want one then please contact Frank Allen. No claim – No award. Congratulations to all the title and award winners.

I wish you all good health & good lifting for 2018. Leg 1 lifts are: 1H B/B Snatch, Cont C&J, Front Squat & 2H Thumbless Deadlift. To be completed by end of January please.

Chris



Lifters in Action at the Southern Grip - Results on next page >>

Top Left: Lifters and Officials

Top Right: John Merner - Middle Finger Deadlift Record Attempt



Below L-R: Gareth Edwards (Best Open Lifter) - Pinch Grip, Jenny Watson (Best Ladies Lifter) - 1 Hand Full-ton Deadlift, Paul Barette - Best Masters and Overall Winner



Southern Grip - 26th Nov 2017 - MetamorFIT

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	2 Hand Pinch Grip		1 Hand Fulton Deadlift		2 Dumbbells Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Paul Barette	M	41	2	40+	68.8	70KG	38.4	38.4	52.5R▲	52.5	206.5▲●	206.5	297.4	1.0570	320.64
Phil Crisp	M	47	8	45+	99.5	100KG	58.4▲	58.4	55RBR	55	206.5▲	206.5	319.9	0.8494	293.47
John Merner	M	68	32	65+	95.3	100KG	40.9	40.9	55R▲	55	156.5▲	156.5	252.4	0.8695	289.69
Nick Swain	M	52	13	50+	83.8	85KG	50.9	50.9	62.5R	62.5	156.5▲	156.5	269.9	0.9351	285.20
Gareth Edwards	M	34	0	OPEN	84.1	85KG	53.4	53.4	55R	55	166.5	166.5	274.9	0.9332	256.53
Jenny Watson	F	51	45	50+	58.2	60KG	28.4●	28.4	35L▲●	35	76.5▲	76.5	139.9	1.1888	241.15
Jenn Tibbenham	F	33	33	OPEN	99.7	100KG	45.9●	45.9	50L●	50	111.5●	111.5	207.4	0.8485	234.06
Kris Singh	M	23	0	OPEN	98.3	100KG	45.9	45.9	40R	40	186.5	186.5	272.4	0.8550	232.90
Adrian Pryor	M	46	7	45+	82.9	85KG	63.4	63.4	67.5R	67.5	201.5	201.5	332.4	0.9411	334.71

Successful 4th Attempts – 2 Hand Pinch Grip – Jenn Tibbenham 50.9kg●. 1 Hand Fulton DL – Jenny Watson 37.5kg(R)▲●. 2 Dumbbells DL – Paul Barette 216.5kg▲●.

Record Attempts Outside of the Competition – John Merner – Middle Fingers Deadlift 125kg▲.

Promoter – Paul Barette

Scored using Age and Lynch Formulas. ● = World Open record; ▲ = World Master record

Referees – Phil Crisp, Nick Swain, Natalie Voce, Paul Barette, Gareth Edwards, Jenn Tibbenham, Kris Singh (provisional) **Loaders** – The Lifters!

Best Masters Lifter and Overall Champion – Paul Barette

Best Open Lifter – Gareth Edwards **Best Ladies Lifter** – Jenny Watson

Guest Lifter – Adrian Pryor

Report by Paul Barette:

The last Southern fixture of the year was a great success! Eight of our regular southern lifters made it to the platform after losing one to injury and another to illness. Adrian Pryor jumped in to make the lifters numbers up as a guest lifter. It was great to see both Jenn and Jenny lifting together and we were able to award a Best Ladies Lifter trophy – which doesn't happen too often! John Merner did exceptionally well again, even after tiring his grip on his Middle Fingers Deadlift record before the main event. The One Hand Fulton proved tricky for many with a number of 2nd and 3rd attempts missed, mainly due to balance rather than loss of grip. The final battle came with the 2 Dumbbells Deadlift, a challenging one trying to find a technique allowing space for the legs and endeavouring not to return the bells onto the feet. Kris Singh lost grip on his heaviest attempt tearing some skin from hand in the process (we hope that's better soon!) leaving Phil Crisp and Paul Barette to chase the heaviest lifts performed. Final placings saw Paul in 1st position with Phil in second place. An interesting point though – had Adrian been an official member he would have clinched the overall title – maybe a sign to get back to competitive lifting?

IAWA (UK) Fixtures 2018

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

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

3rd February - **British Grip Championships** - Mark Haydock - Tel: 01254 851918 Mob: 07849 725195

E Mail: markieh@fsmail.net

Venue: Spring Bank Farm, Goose Foot Lane, Samlesbury, Nr. Preston PR5 0UU.

Lifts: 2" Bar Clean & Press, 2x2" Vertical Bars Lift, 2" Bar Straddle

10th March – **Midlands Open All Round Championships** - Chris Bass - Tel: 01472 250918

E Mail: chris.bass@havengym.org.uk

Venue: Haven Gym Haycroft Avenue, Grimsby, DN31 2PF.

Lifts: Clean & Seated Press, Continental Snatch, Reflex Clean & Jerk

7th April – **British All Round Championships** – Paul Barette - Tel: 01323726833 E Mail: iawa@metamorfit.co.uk

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

Lifts: Continental Clean (to chest), Pullover & Push, Hack Lift

2nd June – **British Power Championships** – Chris Bass - Tel: 01472 250918 Email: chris.bass@havengym.org.uk

Venue: Haven Gym, Haycroft Avenue, Grimsby, DN31 2PF

Lifts: Squat, Bench Press, Deadlift

14th July - **British Olympic Championships** – Frank Allen - Tel: 0116 267 6918

Venue: The Village Hall, Birstall Road, Birstall, Leicester LE4 4DH **(1PM Start Time)**

Lifts: Press, Snatch, Clean and Jerk

4th August - **British Single Arm Championships** – Andy Tomlin – Tel: 07531046662 Email: andytomlin91@yahoo.co.uk

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

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

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

Lifts: Front Squat, Clean & Press Behind Neck, One Hand Barbell Snatch, One Hand 2" DB Deadlift

1st September – **Welsh Open Championships** – Neil Keddy Tel: 07459735371 Email: Keddysfitkids@gmail.com

Venue: Pontardawe Senior Citizens Hall SA8 4EG

Lifts: Front Squat, One Hand Dumbbell Clean & Jerk, Trap Bar Deadlift

6-7th Oct – **IAWA World Champs** – Mark Haydock Tel: 01254 851918 Mob: 07849 725195 E Mail: markieh@fsmail.net

Venue: TO BE CONFIRMED

Lifts: Day 1: Front Squat, Clean & Press Behind Neck, One Hand Barbell Snatch, One Hand 2" DB Deadlift

Lifts: Day 2: Power Row, Continental Clean & Jerk, Deadlift

13th Oct.- **IAWA Gold Cup** – Paul Barette Tel: 01323726833 Email iawa@metamorfit.co.uk

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

1st December – **IAWA(UK) AGM** 11am - Hosted by Frank Allen – Tel: 0116 267 6918

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

SOUTHERN AREA FIXTURES:

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

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

Sunday 25th Feb. – Southern Counties Champs **Lifts: One Hand DB Clean & Jerk, Feet in Air Bench Press, Trap Bar Deadlift**

Sunday 20th May – Southern Shield **Lifts: 2" Bar Snatch, Pullover & Press, Zercher**

Sunday 22nd July – Southern Cup. **Lifts: Jerk from Rack, Steinborn, Straddle Deadlift**

Sunday 25th Nov. – Southern Grip Champs. **Lifts: One Hand Pinch Grip, 1" Vert Bar, Middle Finger Deadlift**

Also....Possible Southern All-Round (Date and Venue to be confirmed)

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 One Hand Snatch, Continental Clean & Jerk, Front Squat, Thumbless Deadlift

Leg 2 Clean & Seated Press, Continental Snatch, Reflex Clean & Jerk, Rectangular Fix

Leg 3 Squat, Bench Press, Deadlift, Cheat Curl

Leg 4 Press, Snatch, Clean & Jerk, Bent Arm Pullover

Leg 5 One Hand Snatch, One Hand Clean & Jerk (Opposite Hand), One Hand Deadlift, Crucifix

Leg 6 Two Hand Dumbbell Press, Two Hand Dumbbell Swing, Two Hand Dumbbell Clean & Jerk, One Hand Dumbbell Deadlift

LOOKING AHEAD : 2019 Worlds: Abilene, USA (Al Myers) - **2019 IAWA Gold Cup:** Perth, Australia (John Mahon)

A reminder to lifters participating in the All-Round Postal League:

Uniform requirements are the same as they would be in competition i.e. No tracksuit bottoms/leggings/ elbow sleeves etc.

If in doubt, check the rule book which is available on the website (www.iawa.uk/downloads).

Maximum number of refereed attempts is 6.

Lifts are to be performed on one day. Please ensure entries are submitted to Chris Bass as soon as the month ends.



A Message for IAWA(UK) Competition Promoters:

Following a proposal made by Frank Allen at the recent AGM a fund will be made available to assist promoters with the costs associated with running a competition. It is recognised that venue hire particularly can be difficult to cover with the entry fees received as well as provide trophies and awards.

A subsidy of £50 for Local and National IAWA(UK) officially sanctioned events and £100 for International events can be applied for directly to Frank Allen to be claimed after the arranged event has taken place.

Also....a reminder that Promoters should be checking that all lifters have current membership before allowing them to enter an event. The website has a membership register (www.iawa.uk/membership-register) which can be used to confirm this. The password is available on request from Paul Barette.

Other News

IAWA (UK) AGM - 3rd December 2017

Present - Paul Barette, Frank Allen, Chris Bass, Steve Andrews

A summary of the meeting minutes:

- Executive committee and non-executive committee members to remain the same for 2018
- Report from Steve Gardner - (absent following knee replacement surgery - we wish you a speedy recovery!) Steve has enjoyed his involvement over the last 12 months since stepping back last year and wishes to continue to support all things IAWA by remaining as our President and travelling to fixtures across the country to help where he can.
- Report from Treasurer Frank Allen - Frank reports that the IAWA account remains healthy and that there will be no need to review membership fees for 2018. Membership numbers stand at 87. It was proposed and accepted that entry fees should increase to £15 as promoters are facing increased costs in running events. The cost of Record Certificates is also to increase to £3 to cover increased stationery costs. A proposal was made to introduce a fund available to promoters to assist in covering venue expenses - see page 19 for more details.
- Fixtures for 2018 were discussed and approved.
- Report from Gary Ell (technical committee) - New drug testing process is working well with 3 tests carried out in the last 3 months. (one negative and two awaiting results). Gareth Edwards signed off as full referee.
- It was proposed and accepted that an 'opt-out' would be put on membership forms for 2018 if members do not require a paper copy of the journal.
- A guide to scoring competitions is to be produced and made available on the website.
- Lifters are to be reminded of the Postal League 'Rules' see page 19 for more details.

Record Certificates

Laminated certificates are available on request for British & World

Records. The cost is £3 each.

(Make cheques payable to I.A.W.A.)

Make your request directly to Frank Allen in writing confirming the following: Your name, Age & Weight Class, Lift name, amount lifted and the date achieved.



An announcement as the Journal Went to Press...

Chris Bass has notified us that the remaining founder of the Haven Gym has passed away. Nev Brumby passed away on 3rd December.

Our thoughts and prayers are with Nev's family and friends at this difficult time.

His funeral is to be held at the Grimbsy Crematorium on Wednesday 20th December at 1pm.

The family have requested donations in lieu of floral tributes to St Andrews Hospice, Peaks Lane, Grimsby, DN32 9RP.



(Left) Matt Finkle and Andy

Tomlin of Castlemilk Gym,

Glasgow have been swatting up on weightlifting.

They've both just completed and passed their British Weightlifting Coaching Level 1 course to help them develop the club. Well done guys!

