

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



Apr 2018 Edition



This Edition:

British Grip Championships - page 3

Northern Ireland Open - pages 12 & 13

British All-Round Championships - pages 8 & 9

Look out for World Champs
and Gold Cup Entry Forms
soon to be available online!



Left:

Steve Andrews was presented with the
Champions Trophy for the Bob Smith All-
Round Postal League for 2017.

Right:

Steve Sherwood is presented with the
Edward Aston Trophy achieving the
highest amended total in the Aston Set
(Front Squat, Continental Clean & Jerk
and One Hand Barbell Snatch) which
was contested in Leg 1 of the All-Round
Postal League.



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

Gareth Edwards - (gedwards6@gmail.com)

IAWA (UK) HALL OF FAME

2001 Frank Allen - Steve Gardner
2003 Steve Angell - Mike Archer - Peter Ready
2005 Barry Anderson - Steve Andrews - Rick Meldon - Bob Smith
2007 Karen Gardner - Andy Goddard - William Wright
2009 Agnes Mcinally - Gerry Davidson
2011 Steve Sherwood - Sam Hills
2013 Graham Saxton - George Dick - James Gardner
2015 Chris Bass - Mark Haydock - John Gardner - Andrew Tomlin

The IAWA(UK) Hall of Fame honours those who have contributed to the outstanding success of IAWA (UK)

By inducting members for their performance on merit as lifters, officials and supporters, all having attained the required number of points.

IAWA Award of Merit - Presented by IAWA President

2010 - Art Montini (USA), 2012 - Steve Gardner (England)
2014 - Frank Ciavattone (USA), 2014 - Frank Allen (England)

Presented in recognition of outstanding service to Worldwide all round weightlifting.

Lest we forget - Remember those we have lost from the IAWA Flock

Australia: Bill (Wilf) Chapman USA: Howard Prechtel - John Vernacchio
England: Bill Jelley - Bob Smith - Peter Ready - Andy Goddard - Dave Abblett
John Watson - Jason Dorn - Keith Murdie - Andrew T Butler - Mike Archer - 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**

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

- **Chairman – Steve Andrews – Email viv.andrews@btinternet.com**

6 Highleys Drive, Oadby, Leicester LE2 5TL. 01162 717781

- **General Secretary & Treasurer – Frank Allen**

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

- **All-Round Secretary – Chris Bass – chris.bass@havengym.org.uk**

72 Beverley Cres. Grimsby, N E Lincs, DN32 9TJ. 01472 250918

Non Executive Positions

- **IAWA(UK) Technical Committee – Frank Allen, Steve Gardner, Gary Ell**
 - **Membership Secretary & Drug Control – Frank Allen**
- **All-Round Postal League Sec. & Records Registrar – Chris Bass**
 - **Assistant Records Registrar – Paul Barette**
 - **Drug Control Assistant – Gary Ell**
 - **Fixture List Co-ordinator – Steve Andrews**
- **Strength Journal Editor – Paul Barette (IAWA@metamorfit.co.uk)**
 - **Asst. Editor – Gareth Edwards (gedwards6@gmail.com)**

British Grip Championships

2018 - Preston

Promoter - Mark Haydock



Above: Lifters and Officials at the 2018 British Grip Champs.

A great band of lifters met at Marks den contesting their strength in the 2" Bar Clean & Press, 2x2" Vertical Bars Lift and the 2" Bar Straddle Deadlift.

The group warmly welcomed new IAWA Lifter Tony Collins and it was nice to see that Andy and Matt made it down from Glasgow.

Best Masters Lifter & Champion of Champions - Pete Tryner

Best Open Lifter - Matthew Wells

Best Ladies Lifter & Junior Lifter - Natalie Haydock

A big thank you also to Holly Craig to managed to capture photos from the day!



Far Left: Gary Ell
Left: Pete Tryner - Best Masters and Overall Champion
Right: Promoter Mark Haydock
Far Right: Andy Tomlin



IAWA GRIP CHAMPS 2018																		
2" Bar Clean+Press								2x2" Vertical Bars				2" Bar Straddle						
Name	Age	BW kg	CoEf	Lift 1	Lift 2	Lift 3	Lift 4	Lift 1	Lift 2	Lift 3	Lift 4	Sub	Lift 1	Lift 2	Lift 3	Lift 4	Total kg	Amm
Natalie Haydock	8 33%	25		7.5	10	Existing record		30.5 B/W J/O	33 B/W J/O	33.5 B/W J/O	34.5 x	43.5	20 B/W J/O	25 B/W J/O	32.5 B/W J/O		76kg	101.1
Matt Finkle	51 12%	68.7	1.058	45	50	52.5 x		90	100.5	105.5 x		150.5	120	135	142.5	148 B/W M	293	347.2
Matt Wells	37	72.6	1.0207	60	62.5 x			145.5 B/W O	150.5 B/W O	163.5 B/W O		223.5	140	150	160 x		373.5	381.2
Tony Collins	65 26%	97.9	0.8569	40 B/W M	45 B/W M	50 B/W M		70.5 B/W M	80.5 X	80.5 B/W M	85.5 B/W M	130.5	100 BM W M	105 BM W M	110 BM W M	120 B W M	240.5	259.7
Gary Ell	47 8%	98.4	0.8545	65	70	72.5		150.5 B/W M	160.5 B/W M	165.5 X		233	165 B O/M	175 B O/M	185 B O/M	190 B O/M	418	385.8
Pete Tryner	45 6%	90	0.8976	80 B M	90 B/W M	95 x		165 B/W M	175 B/W M	185.5 B/W O/M		275.5	240 B/W O/M	255 B/W O/M	270 x		530.5	504.7
Andy Tomlin	50 11%	92.7	0.8829	60 B/W M	65 B/W M	67.5 B/W M		145.5 B/W M	160.5 X	160.5 X		213	150 B/W M	160 B/W M			373	365.5
Steve Moss	35	103.5	0.8318	60	65	70 X		160.5	170.5	180.5	200.5 X	245.5	160	170 B O	180 X		415.5	345.6
Mark Haydock	42 3%	109.6	0.8074	90	100	105 X		185.5	213 B/W O/M	218 B/W O/M		318	250 B/W O/M	275 x			568	472.36
B – British W – World O-Open M-Master J-Junior																		

B – British W – World O – Open M – Master J – Junior

IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 1 - compiled by Chris Bass.

Ranking of Teams

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	886.2
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	851.2
3	Metamorfit1	Jamie Livens, Gareth Edwards, Paul Barette	751.5
4	Metamorfit2	Ed Shorttle, Chris Powell, Ian Thomas	653.8
5	Metamorfit3	Charlotte Hughes, Kris Singh, Natalie Voce	533.9
6	Twyford Celts	Maddy Ell, Max Ell	477.0
7	Sunbury	Jeff Luther, Trevor Evans	450.6

Ranking of Lifters

1	Steve Sherwood	342.0	11	Ed Shorttle	231.9
2	Steve Andrews	327.0	12	Max Ell	230.6
3	Gary Ell	297.2	13	Chris Powell	225.8
4	Andy Tomlin	294.6	14	Mark Shaw	217.2
5	Jamie Livens	263.2	15	Trevor Evans	215.8
6	Matthew Finkle	259.4	16	Ian Thomas	196.2
7	Maddy Ell	246.5	17	Charlotte Hughes	186.2
8	Gareth Edwards	245.6	18	Kris Singh	178.6
9	Paul Barette	242.7	19	Natalie Voce	169.1
10	Jeff Luther	234.8			

Ranking of Lifters per Lift & Record Breakers. 1H Barbell Snatch

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

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	40.0R	85.4
Steve Sherwood1	65+	30	80	40.0R	70.0
Andy Tomlin1	50+	12	95	45.0L	67.7
Paul Barette1	40+	3	75	37.5R	60.0
Gareth Edwards1	Open	0	85	42.5R	59.6
Matthew Finkle1	50+	13	70	32.5R	58.4
Gary Ell1	45+	8	100	40.0L	56.8
Jeff Luther1	60+	24	75	29.1R	56.1
Ed Shorttle	60+	23	80	30.0L	54.6
Jamie Livens1	Open	0	75	35.0R	53.3
Max Ell1	Open	33	45	17.5L	51.9
Trevor Evans1	70+	44	85	24.2R	50.6
Maddy Ell1	Open	33	50	17.5L	49.3
Mark Shaw1	55+	19	85	28.0L	46.9
Chris Powell1	40+	5	100	32.5R	44.0
Ian Thomas	Open	0	95	30.0R	39.9
Natalie Voce	Open	33	85	20.0R●	37.4
Charlotte Hughes1	Open	33	80	17.5R	34.7
Kris Singh	Open	0	95	20.0R	26.5

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	74.8
Andy Tomlin1	50+	12	95	87.5	71.0
Gary Ell1	45+	8	100	90.0	68.9
Steve Sherwood1	65+	30	80	70.0	66.0
Gareth Edwards1	Open	0	85	82.5	62.3
Jamie Livens1	Open	0	75	75.0	61.5
Matthew Finkle1	50+	13	70	62.5	60.5
Jeff Luther1	60+	24	75	55.4	57.6
Maddy Ell1	Open	33	50	37.5	57.0
Paul Barette1	40+	3	75	65.0	56.1
Max Ell1	Open	33	45	32.5	52.0
Chris Powell1	40+	5	100	70.0	51.1
Mark Shaw1	55+	19	85	55.5	50.1
Kris Singh	Open	0	95	70.0	50.1
Trevor Evans1	70+	44	85	41.6	46.8
Ed Shorttle	60+	23	80	45.0	44.1
Ian Thomas	Open	0	95	60.0	43.0
Charlotte Hughes1	Open	33	80	40.0	42.7
Natalie Voce	Open	33	85	40.0	40.4

Front Squat

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	120.0	83.4
Gary Ell1	45+	8	100	130.0	73.4
Steve Andrews1	55+	20	70	82.5	70.0
Andy Tomlin1	50+	12	95	102.5	61.3
Jamie Livens1	Open	0	75	100.0	60.5
Matthew Finkle1	50+	13	70	82.5	58.9
Maddy Ell1	Open	33	50	52.5	58.8
Paul Barette1	40+	3	75	90.0	57.3
Gareth Edwards1	Open	0	85	97.5	54.3
Ian Thomas	Open	0	95	100	52.9

2H Thumbless Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	170.0	122.6
Gary Ell1	45+	8	100	167.5	98.1
Steve Andrews1	55+	20	70	110.0	96.8
Andy Tomlin1	50+	12	95	152.5	94.6
Jamie Livens1	Open	0	75	140.0	87.9
Ed Shorttle	60+	23	80	110.0	82.5
Matthew Finkle1	50+	13	70	110.0	81.5
Maddy Ell1	Open	33	50	70.0	81.4
Mark Shaw1	55+	19	85	115.5	79.9
Chris Powell1	40+	5	100	142.5	79.6

Continued:

Front Squat

2H Thumbless Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Kris Singh	Open	0	95	100.0	52.8	Trevor Evans1	70+	44	85	90.1	77.6
Chris Powell1	40+	5	100	95.0	51.1	Max Ell1	Open	33	45	62.5	76.5
Ed Shorttle	60+	23	80	70.0	50.6	Jeff Luther1	60+	24	75	90.4	71.9
Max Ell1	Open	33	45	42.5	50.1	Charlotte Hughes1	Open	33	80	85.0	69.5
Jeff Luther1	60+	24	75	64.1	49.1	Gareth Edwards1	Open	0	85	120.0	69.4
Trevor Evans1	70+	44	85	49.1	40.8	Paul Barette1	40+	3	75	105.0	69.3
Mark Shaw1	55+	19	85	60.5	40.3	Ian Thomas	Open	0	95	110.0	60.4
Charlotte Hughes1	Open	33	80	50.0	39.4	Natalie Voce	Open	33	85	70.0	54.1
Natalie Voce	Open	33	85	50.0 ^{BR}	37.2	Kris Singh	Open	0	95	90.0	49.3

Aston Set		Age	CLASS	1H Snatch	Cont C&J	Front Squat	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	40.0	70.0	120.0	230.0	237.7
Steve Andrews1	M	55+	70	40.0	65.0	82.5	187.5	212.4
Andy Tomlin1	M	50+	95	45.0	87.5	102.5	235.0	200.0
Gary Ell1	M	45+	100	40.0	90.0	130.0	260.0	199.1
Matthew Finkle1	M	50+	70	32.5	62.5	82.5	177.5	177.9
Gareth Edwards1	M	Open	85	42.5	82.5	97.5	222.5	176.2
Jamie Livens1	M	Open	75	35.0	75.0	100.0	210.0	175.3
Paul Barette1	M	40+	75	37.5	65.0	90.0	192.5	173.4
Maddy Ell1	F	Open	50	17.5	37.5	52.5	107.5	165.1
Jeff Luther1	M	60+	75	29.1	55.4	64.1	148.6	162.9
Max Ell1	F	Open	45	17.5	32.5	42.5	92.5	154.1
Ed Shorttle	M	60+	80	30.0	45.0	70.0	145.0	149.3
Chris Powell1	M	40+	100	32.5	70.0	95.0	197.5	146.2
Trevor Evans1	M	70+	85	24.2	41.6	49.1	114.9	138.2
Mark Shaw1	M	55+	85	28.0	55.5	60.5	144.0	137.4
Ian Thomas	M	Open	95	30.0	60.0	100.0	190.0	135.8
Kris Singh	M	Open	95	20.0	70.0	100.0	190.0	129.4
Charlotte Hughes1	F	Open	80	17.5	40.0	50.0	107.5	116.8
Natalie Voce	F	Open	85	20.0	40.0	50.0	110.0 ^{BR}	115.0

Here's Leg 1 results of the new year. Unfortunately we have lost Iron Clan & Northern Ireland. Hopefully Northern Ireland will return for leg 2. This has given us 7 team & 19 lifters so far.

Recognition to Steve Andrews, Steve Sherwood & Andy Tomlin for the top 3 in the Snatch; Steve Andrews, Andy Tomlin & Gary Ell for the top 3 in the C&J; Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the Squat and finally Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the Deadlift. The top 3 lifters were: Steve Sherwood, Steve Andrews & Gary Ell. The top 3 teams were Granby, Castlemilk & Metamorfit1.

Also to Steve Andrews, Steve Sherwood & Andy Tomlin for being top 3 in the Aston Set.

Finally a big well done to the rest of the lifters for competing in the first leg of 2018.

Leg2 lifts are: Clean & Seated Press, Continental Snatch, Reflex C&J & Rectangular Fix. To be completed by 30th March 2018.

Chris Bass.

Midlands All-Round Championships

2018 - Grimsby
Promoter - Chris Bass



Chris Bass hosted the Midlands All-Round with lifters contesting the Clean & Seated Press, Continental Snatch and the Reflex Clean & Jerk. The gym's new platform proved to be just the ticket! – well done Chris!
Top 3 placings went to Steve Andrews, Steve Sherwood and Paul Barette.
Many thanks to Maddison (Chris's granddaughter) who kindly took photos!



Steve Andrews receives the overall Best Lifter Award presented by Clive Nevis



Tony Collins (A new IAWA Lifter) Performs the continental snatch.

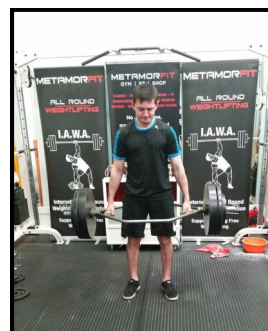
MIDLANDS ALL ROUND COMPETITION HELD IN GRIMSBY ON 5th MARCH 2016

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Clean & Seated Press KILOS	Continental Snatch KILOS	Reflex C&J KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	65.8	1.0891	58	19	55+	70	52.5	60.0	57.5▲	170.0	241.2
Steve Sherwood	79.0	0.9685	66	28	65+	80	47.5, 4th 50.5▲	62.5▲	50.5	160.0	216.3
Paul Barette	72.1	1.0253	42	3	40+	75	47.5	50.0	65.0▲	162.5	188.5
Terry Morris	103.6	0.8314	62	23	60+	105	47.5▲	50.0▲	45.0▲	142.5	159.7
Tony Collins	95.0	0.8710	65	26	65+	95	30.0 ^{BR}	40.0 ^{BR}	45.0▲	115.0	138.0
Cliff Dunlop	144.4	0.7060	55	16	55+	125+	50.0▲	50.0▲	50.0▲	150.0	134.8

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

It was a good day's lifting in spite of the small number of lifters. Everyone lifted with great enthusiasm, with several records broken.
Referees: Frank Allen, Clive Nevis, Cliff Dunlop (provisional) & Steve Sherwood.
Loaders: Tony Cook & Terry Morris.
MC: Chris Bass
Recorder: Alison Bass
My thanks go to all the lifters & the above helpers.

Some Photos from the Southern Counties Championships.....Full Results and write-up >>>>>>>



Clockwise: Ian Thomas
(Feet in Air Bench)
The Lifters!
Rory Hoad - Best Open Lifter and Overall Champion
Jamie Livens - Trap Bar Deadlift
Paul Barette - OH DB Clean & Jerk
Thank you to Natalie for help with reffing. Kyran joined in the fun!



Successful 4th Attempts – 1 Hand DB C&J – Jenny Watson 15kg(R) 20

Promoter – Paul Barette Scored using Age, Lynch and Blindt Formulas.

Referees – Paul Barette, Natalie Voce, Rory Hoad (provisional) (Note: Paul's lifts only 1 full ref)

Best Open and Overall Champion – Rory Hoad **Best Masters Lifter – Paul Barette**

Report by Paul Barette:

MetamorFIT kicked off their local fixtures year with the Southern Counties Championships. A lower number than originally expected due to a couple of lifters unable to make the competition last minute. However, there was good lifting throughout and everyone pulled together to help with loading and spotting. Brilliant efforts from Rory in all of his lifts saw him take the overall win finishing with a 232.5kg Trap Bar Deadlift – a hotly contested record in the 85kg category!

British All-Round Championships

7th April 2018 - MetamorFIT Eastbourne

Promoter - Paul Barette

MetamorFIT hosted the British All-Round Championship with 16 lifters participating. This year kindly receiving sponsorship from Muscle Finesse Wholesale, USN and Applied Nutrition.

The competition lifts were Continental Clean, Pullover and Push and the Hacklift. There were many great performances on the platform with lifters split into 2 flights. A very big thank you to all our visiting lifters who made the whole day a great experience. There was also a warm welcome for Andrew Kuttner as a new IAWA Lifter attempting records on the Hack Lift.

The lifters met for a great meal and a few drinks in the evening to round off a great day.

Max Ell took the Best Ladies Title

Rory Hoad took the Best Open Lifter Title

Paul Barette took the Best Masters Lifter Title

Top 3 placings were Steve Andrews 3rd, Rory Hoad 2nd and Paul Barette 1st, who receives the Health & Strength Trophy.

Many thanks to Chris Bass for scoring and record verifications, Frank Allen for drug control and refereeing and Steve Gardner for MCing and platform management.



Above - Max Ell
Below - Selina Dorn



From left to right:
Paul Barette - Hacklift
Rory Hoad - Hacklift
Steve Moss - Continental Clean
Ian Thomas - Continental Clean



From left to right:
Steve Andrews - Pullover & Push
Paul Hallam - Hack Lift
Gary Ell - Hack Lift
Nicola Thornhill - Pullover & Push



BRITISH ALL ROUND COMPETITION HELD IN EASTBOURNE ON 7th APRIL 2018

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Continental Clean KILOS	Pullover & Push KILOS	2H Hacklift KILOS	TOTAL KILOS	TOTAL POINTS
Max Ell	46.4	1.4329	21	33	Open	50	45.0	45.0	90.0	180.0	185.6
Selina Dorn	70.9	1.0364	41	35	40+	75	52.5▲	50.0	130.0 (4th 137.5▲)	232.5	171.9
Nicola Thornhill	72.4	1.0225	49	43	45+	75	57.5▲	55.0	100.0	212.5	170.4
Karen Gardner	74.6	1.0034	59	53	55+	75	40.0▲	42.5▲	65.0▲	147.5	125.4
Paul Barette	71.5	1.0308	42	3	40+	75	110.0	90.0	240.0 ^{BR}	440.0	249.1
Rory Hoad	82.8	0.9417	30	0	Open	85	120.0	130.0	230.0	480.0	246.3
Steve Andrews	65.6	1.0914	58	19	55+	70	82.5	100.0	135.0	317.5	228.9
Gary Ell	99.0	0.8517	47	8	45+	100	100.0 ^{BR}	120.0	210.0 ^{BR}	430.0	214.1
Steve Moss	99.3	0.8503	35	0	Open	100	110.0	125.0	170.0	405.0	191.9
Paul Hallam	91.3	0.8904	39	0	Open	95	100.0	80.0	190.0	370.0	178.2
Gareth Edwards	84.3	0.9319	35	0	Open	85	100.0	60.0	180.0	340.0	171.3
Ed Shorttle	78.4	0.9730	61	22	60+	80	62.5	60.0	140.0	262.5	166.4
Ian Thomas	97.0	0.8612	23	0	Open	100	75.0	95.0	130.0	300.0	142.8
Jamie Livens	70.2	1.0431	24	0	Open	75	75.0	0.0	170.0	245.0	131.2
Andrew Kutner	93.0	0.8813	62	23	60+	95	0.0	0.0	175.5▲	175.5	81.3
Steve Gardner	141.4	0.7130	61	22	60+	125+	40.0	50.0	80.0	170.0	80.6

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

IWA (UK) Bob Smith All Round Postal League 2018 – Leg 2 - compiled by Chris Bass.

Ranking of Teams

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	845.9
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	821.7
3	Metamorfit 1	Jamie Livens, Gareth Edwards, Paul Barette	787.0
4	Metamorfit 2	Chris Powell, Charlotte Hughes, Ian Thomas	565.1
5	Twyford Celts	Maddy Ell, Max Ell	490.7
6	Metamorfit3	Ed Shorttle, Natalie Voce	292.8
7	Sunbury	Trevor Evans	228.6

Ranking of Lifters

1	Steve Andrews	343.6	9	Matthew Finkle	236.9
2	Andy Tomlin	302.3	10	Trevor Evans	228.6
3	Gary Ell	282.5	11	Max Ell	226.0
4	Steve Sherwood	280.1	12	Mark Shaw	222.2
5	Jamie Livens	278.4	13	Chris Powell	208.1
6	Maddy Ell	264.7	14	Charlotte Hughes	179.1
7	Gareth Edwards	259.2	15	Ian Thomas	177.8
8	Paul Barette	249.5	16	Ed Shorttle	170.8
			17	Natalie Voce	122.0

Ranking of Lifters per Lift & Record Breakers.

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

Seated Press

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	55.5	90.0
Jamie Livens1	Open	0	75	60.0	70.9
Gary Ell1	45+	8	100	65.0	69.4
Andy Tomlin1	50+	12	95	60.0	68.4
Steve Sherwood	65+	30	80	50.5▲	67.6
Matthew Finkle1	50+	13	70	45.0	61.8
Gareth Edwards1	Open	0	85	55.02	59.1
Maddy Ell1	Open	33	50	27.5	58.8
Paul Barette	40+	3	75	47.5	57.8
Trevor Evans1	70+	44	85	35.0	55.7
Ian Thomas	Open	0	95	52.5	53.3
Mark Shaw1	55+	19	85	40.5	51.7
Chris Powell1	40+	5	100	47.5	48.9
Max Ell1	Open	33	45	21.0	47.5
Charlotte Hughes1	Open	33	80	30.0	45.7
Ed Shorttle	60+	23	80	32.51	45.1
Natalie Voce	Open	33	85	30.0●	42.8

Continental Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	60.5	86.9
Steve Sherwood	65+	30	80	62.5▲	74.1
Andy Tomlin1	50+	12	95	65.0	65.6
Gareth Edwards1	Open	0	85	65.0	61.9
Gary Ell1	45+	8	100	65.0	61.5
Matthew Finkle1	50+	13	70	50.0	60.8
Max Ell1	Open	33	45	30.0	60.1
Maddy Ell1	Open	33	50	31.0	58.6
Jamie Livens1	Open	0	75	55.0	57.5
Paul Barette	40+	3	75	50.0	53.8
Mark Shaw1	55+	19	85	43.0	48.6
Trevor Evans1	70+	44	85	34.1	48.1
Chris Powell1	40+	5	100	47.5	43.3
Charlotte Hughes1	Open	33	80	30.0	40.4
Ed Shorttle	60+	23	80	32.5	39.9
Ian Thomas	Open	0	95	40.0	36.0
Natalie Voce	Open	33	85	25.0	31.5

Reflex Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	58.0	90.0
Andy Tomlin1	50+	12	95	80.0	87.3
Jamie Livens1	Open	0	75	75.0	84.8
Gary Ell1	45+	8	100	82.5	84.3
Paul Barette	40+	3	75	65.0▲	75.6
Gareth Edwards1	Open	0	85	72.5	74.6
Maddy Ell1	Open	33	50	35.0	71.5
Matthew Finkle1	50+	13	70	50.0	65.7
Max Ell1	Open	33	45	30.0	64.9
Steve Sherwood	65+	30	80	50.5▲	64.6
Chris Powell1	40+	5	100	60.0	59.1
Trevor Evans1	70+	44	85	36.6	55.8
Mark Shaw1	55+	19	85	45.5	55.5
Charlotte Hughes1	Open	33	80	35.0	51.0
Ian Thomas	Open	0	95	50.0	48.6
Natalie Voce	Open	33	85	35.0	47.7
Ed Shorttle	60+	23	80	27.5	36.5

Rectangular Fix

Lifter	Age	%	Class	Kilos	Points
Andy Tomlin1	50+	12	95	45.0	80.9
Steve Andrews1	55+	20	70	30.0	76.7
Maddy Ell1	Open	33	50	22.5	75.8
Steve Sherwood	65+	30	80	35.0	73.8
Trevor Evans1	70+	44	85	27.5	69.0
Gary Ell1	45+	8	100	40.0	67.3
Mark Shaw1	55+	19	85	33.0	66.4
Jamie Livens1	Open	0	75	35.0	65.2
Gareth Edwards1	Open	0	85	37.5	63.6
Paul Barette	40+	3	75	32.5▲	62.3
Chris Powell1	40+	5	100	35.0	56.8
Max Ell1	Open	33	45	15.0	53.5
Ed Shorttle	60+	23	80	22.5	49.2
Matthew Finkle1	50+	13	70	22.5	48.7
Charlotte Hughes1	Open	33	80	17.5	42.0
Ian Thomas	Open	0	95	25.0	40.0
Natalie Voce	Open	33	85	0.0	0.0

Ranking of Teams after Legs 1+2.

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	1732.1
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	1672.9
3	Metamorfit 1	Jamie Livens, Gareth Edwards, Paul Barette	1538.6
4	Metamorfit 2	Chris Powell, Charlotte Hughes, Ian Thomas	1218.9
5	Twyford Celts	Maddy Ell, Max Ell	967.7
6	Metamorfit 3	Ed Shorttle, Natalie Voce	826.7
7	Sunbury	Trevor Evans	679.3

Ranking of Lifters after Legs 1+2

1	Steve Andrews	670.6	11	Trevor Evans	444.4
2	Steve Sherwood	622.1	12	Mark Shaw	439.4
3	Andy Tomlin	596.9	13	Chris Powell	433.9
4	Gary Ell	579.7	14	Ed Shorttle	402.6
5	Jamie Livens	541.6	15	Ian Thomas	374.0
6	Maddy Ell	511.2	16	Charlotte Hughes	365.3
7	Gareth Edwards	504.8	17	Natalie Voce	291.1
8	Matthew Finkle	496.3	18	Jeff Luther	234.8
9	Paul Barette	492.2	19	Kris Singh	178.6
10	Max Ell	456.6			

Here's the Leg 2 results, with 17 lifters and 7 teams. Disappointingly team Norn Irn have not returned.

Recognition to Steve Andrews, Jamie Livens & Gary Ell for the top 3 in the Press; Steve Andrews, Steve Sherwood & Andy Tomlin for top 3 in the Snatch; Steve Andrews, Andy Tomlin & Jamie Livens for top 3 in the C&J; Andy Tomlin, Steve Andrews & Maddy Ell in the Rectangular Fix.

Steve Andrews, Steve Sherwood & Andy Tomlin are top 3 lifters overall. The top 3 Teams are Granby, Castlemilk & Metamorfit 1. Finally a big well done to the rest of the lifters.

Lifts for Leg3 are: Squat, Bench Press fof, Deadlift & Barbell Cheat Curl.

Blindt Coefficients

Chris Bass has diligently reworked the Blindt Coefficients following the recent Gold Cup. They have been uploaded to the website and be found here under the 'records' tab - **www.iawa.uk**

We will soon be producing a handy document for promoters and competitors covering scoring and explaining how the Blindt coefficients are used.

BLINDT COEFFICIENTS					
IAWA Basic Lifts					
A01	Deadlift	0.3890	A04	Snatch	1.1779
A02	Squat	0.4779	A05	Clean and Jerk	0.8992
A03	Bench Press	0.7534			
Barbell Lift: Presses, Snatches, Cleans, Jerks.					
B01	2 Hands Clean and Press	1.0000	B26	One Hand Bent Press - Strict	4.8922
B02	Clean and Press Behind Neck	1.1875	B27	One Armed Push (side press)	2.3177
B03	2 Hands Snatch from the Hang	1.2643	B28	Continental Clean	0.7060
B04	Clean and Press on Knees	1.2779	B29	Clean and Jerk Behind Neck	0.9137
B05	Seated Press	1.1516	B30	Continental Clean and Jerk	0.8142
B06	Seated Press Behind Neck	1.2742	B31	Clean and Push Press	0.8898
B07	Middle Fingers Clean and Press	1.6680	B32	Jerk from Racks	0.8199
B08	2 Hands Reverse Clean and Press	1.4717	B33	Jerk Behind Neck from Rack	0.7849
B09	Kelly Snatch	2.9677	B34	French Press	2.0681
B10	Alternate Grip Clean and Press	1.3518	B35	Bench Press - Feet in Air	0.6880

Northern Ireland Open All-Round Championships

4th March 2018 - Belfast

Promoters - Stevie Shanks & Steve Gardner



A few words from Steve Gardner (joint promoter):

I got together with Stevie Shanks to see if I could help him run a competition in Ireland with a view to helping him to get things off the ground in the Emerald Isle. Giving some of those interested in Ireland a chance to take part in an IAWA event. We set the date and Stevie secured the venue and the competition was set, to consist of the One Hand Snatch, the Alternate Grip Bench Press and the Straddle Deadlift, which proved to be a great set of lifts.

As the entries came in I was delighted to see that several lifters on the mainland wanted to take part in the event also, which I first hadn't thought would be the case for the first ever event, but in fact it was that spirit of support that made it such a great day. We had 12 lifters entered, but lost a couple of the Ireland entries to injury and illness, and poor Neil and Sianni Keddy had their flight cancelled due to the bad weather. Despite the delays and disruptions everyone else managed to make it over eventually.

The lifting was really good, and the IAWA spirit shone through as the lifters willingly loaded and caught for each other. There were some excellent performances and several records were broken. We started at 11am and finished at 3pm, we then held a records session until 4.30pm where lifters were performing several different lifts: Bent Presses, Dumbbell Snatches, one Hand Deadlifts etc.

Later in the day we all went out with Stevie and Heather for dinner and then on to a pub where the traditional Irish Music had everyone singing and dancing all night.

It was a great trip, a real plus for IAWA and I will type up the results and post when I get home. Thanks to Stevie and Heather Shanks for looking after us, and thanks to all who took part, especially all those who travelled over to Ireland.



Paul Barette receives his award from promoter Stevie Shanks



Clive Madge - Runner-Up Best Masters Lifter and 2nd Place overall



Ian Thomas representing the Republic of Ireland



Jason Kelly (NI) & New IAWA Lifter 3rd place overall



Karen Gardner - steps in last minute to lift!

The Northern Ireland Open All Round Weightlifting Championships

Sunday 4th March 2018 – Shankhill Barbell Club, Belfast

Promoters: Stevie Shanks and Steve Gardner

Lifter	Bwt	Class	Age	Div	OH Snatch	Alt Grip B/P	Straddle	Total	Am
Karen Gardner	72.5	75	59	M55+	19 R▲	32.5▲	70	121.5	193.3
Stevie Shanks	69.7	70	54	M50+	35.5 R	65	190	290.5	350.1
Paul Barette	72.2	75	42	M40+	40.5 R	80	240 ^{BR}	360.5	387.3
Jason Kelly	78.8	80	43	M40+	30.5 L	80	240 ^{BR}	350.5	353.5
Gareth Edwards	84.9	85	35	Open	40.5 R	90	170	300.5	278.8
Paul Hallam	90.0	90	39	Open	43 L	60	160	263	236.0
Davy Bagnall	91.2	95	43	M40+	43 R	100	230	373	345.5
Ian Thomas	93.2	95	23	Open	35.5 R	87.5	150	273	240.2
Clive Madge	106.0	110	68	M65+	48 R▲ 110▲ (115 4 th)▲		175▲	333	361.0

MC Recorder: Steve Gardner Refs: Gareth Edwards Stevie Shanks Paul Barette Karen Gardner Steve Gardner

Overall Best Lifters: Best Female: Karen Gardner Best Open Lifter: Gareth Edwards Best Master: Paul Barette

The Overall Best Lifter Award: 1st Paul Barette 2nd Clive Madge 3rd Jason Kelly 4th Stevie Shanks

Following the Competition we held a short Record Breakers Session:

Jason Kelly – Trap Bar Deadlift 230 kilos^{BR}

Stevie Shanks – Right Hand O/H Deadlift 140 kilos▲

Ian Thomas – R/H Bent Press with Dumbell 32.4 kilos● and L/H Bent Press with Dumbell 32.4 kilos●

Paul Hallam – 2 Hands Dumbells Snatch 43.8 kilos● and Index Finger Hacklift 73 kilos●

Gareth Edwards – L/H Bent Press with Barbell 7 kilos●

A few words about the day:

World open record = ●; World masters record = ▲

It was a really great day in Belfast for the first ever IAWA Open All Round Weightlifting Competition. We had 12 lifters enter for the day but lost two Irish lifters to illness and injury, and Neil Keddy had his flight cancelled due to the bad weather, so 9 made it onto the platform. The lifting went very well and there were a few British and World Records broken (awaiting ratification of course). At 23 Ian Thomas was our youngest lifter on the day and Clive Madge was the most senior, though you wouldn't tell from the ferocity of his lifting. Karen wasn't lifting originally but stepped in to take Neil's place (thanks to Stevie loaning her some shorts lol!) The lifting was good and the spirit of the day was exceptional, all the lifters loaded and caught and officiated for each other to make it a wonderful and memorable day. Congrats to Paul B, Clive M and Jason Kelly for 123 in the Best lifter Rankings. Thanks to Stevie and Heather Shanks for looking after everyone, and thanks to all those who took part. The record session afterwards put a nice finish to the day!

JUST FOR FUN:..... England v Ireland Team Match

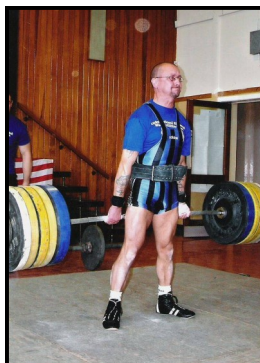
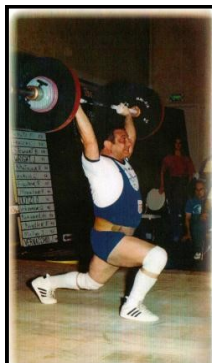
The Top 4 Lifters from team England: (Paul B, Paul H, Gareth E and Clive M) TOTAL Scored: 1263 points

The Top 4 Lifters from team Ireland: (Stevie S, Jason K, Ian T and Davy B) TOTAL Scored: 1289 points

A Win for Team Ireland!!!

The John Vernacchio Memorial Records Day

16th December 2017 - Burton



Left to Right: John Vernacchio, Andy Goddard, Jason Dorn and George Dick.

Lifters gathered at James Gardners training shed for a fun lifting event attempting numerous records whilst paying respect to former lifting friends.

The John Vernacchio Memorial Records Day

Saturday 16th December 2017 – James Shed Gym, Burton, England

Legends Day:

Also remembering our former club members now departed: Andy Goddard, Jason Dorn and George Dick!

Referees: Steve Gardner Graham Saxton James Gardner Karen Gardner

Lifters:

Chloe Brennan 64.5 K 22yrs

Karen Gardner 70.2k 59yrs

Nicola Thornhill 72.0k 48yrs

Selina Dorn 73.1k 41yrs

Paul Hallam 89.0k 38yrs

James Gardner 100.1k 33yrs

Steve Moss 101.1k 35yrs

Graham Saxton 120k 55yrs

Matt Jones 138.2k 22yrs

Lifts:

Steve Moss (105k Open)	Middle Fingers Hacklift	100k●	L/H Hacklift	102.5k●
Graham Saxton (120k M55+)	R/H D/Bell Cheat Curl	33.5k▲	Rev Grip Bench P	90k▲
Paul Hallam (90k Open)	Little Fingers Straddle	33k●	Little Fings Hack	33k●
	Ring Fingers Straddle	60k●	Ring Fins Hack	60k●

Two Man Team Lifts:

Karen + James Gardner (105k Open) 2 Mixed Hacklift	150k●	2 Mixed Straddle	200k●
Selina Dorn + James Gardner (105k Open)		2 Mixed Cheat Curl	80k●
Steve Moss + James Gardner (105k Open)		2 Man Cheat Curl	150k●
Paul Hallam + Nicola Thornhill (90k Open)		2 Mixed Cheat Curl	80k●
Nicola Thornhill + Selina Dorn (75k M 40+) 2 Woman Cheat Curl	60k▲●	2 Woman Hacklift	160k▲●
2 Woman Straddle D/Lift	205k▲	2 Woman Deadlift	200k▲
Matt Jones + Chloe Brennan (125+ Open) 2 Mixed Cheat Curl	100k●	2 Mixed Hacklift	200k●
2 Mixed Straddle D/Lift	300k●	2 Mixed Deadlift	350k●

Word open record = ● ; World master record = ▲



Remaining 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.

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: Unit 7 The Maltings Industrial Estate, Derby Road, Burton-on-Trent, DE14 1RN

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 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 3=End May 4=End July 5=End Sept 6=End Nov)

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)

Other News

A message to lifters, referees and promoters on IAWA Lifting Etiquette

After many many years of running and helping to run competitions, I have found there are a number of points that come up, time and time again, things that we get asked or confronted with, and which keep the Technical Officers and Officials on their toes. Some of it is easily answered and dealt with, some takes a little more explanation, these matters relate to us all: lifters officials and promoters.....here are some of the main points to remember and take on board with regard to competitions etc within our organisation..... Hence: Lifting Etiquette:

1 Entry Fees: competition entry fees should always be sent to and received by the Promoter at least 2 weeks before (unless an arrangement has been made with the promoter) it is very important to those running competitions because they have to order trophies and organise premises etc to make the competition happen. If for some reason the entrant does not attend the competition a refund would not normally be paid.

2 Returning Main Trophies: it is of course very important that main awards are returned to promoters in time to be presented to the new winners, even if the past winner can not enter or be there, it is a rotten shame if a new winner is deprived of their moment of presentation because of another's error in not returning (it is hoped that it will be returned with engraving done also, where required)

3 Weigh In: lifters should weigh in in underwear only (naked if it's close on the line) it is not acceptable to have lifters trying to weigh wearing clothing? making them heavier of course, females will usually have a female weigh official, but can weigh wearing lifting costume if they wish, or need too, and an allowance of .5 kilos (half a kilo) is given.

4 it is important that lifters have joined or rejoined IAWA before being allowed to lift, it is important that promoters always remember to check this with any lifters entering their competition!

5 Attire on the platform: wrist wraps are always allowed, knee wraps / sleeves are allowed for front and back squat, no hats to be worn, shoes should always be worn, no stocking feet. Lifters can wear a lifting suit/ leotard or shorts and a t shirt, however the sleeves should finish above the elbows and shorts above knees for obvious reasons (officials need a clear view of rules of lifts being met) wearing two pairs of shorts is not allowed as can be seen as extra supportive clothing (it has become a habit of wearing legging style shorts under regular shorts... so this is not allowed.....only underwear) also a belt can only be maximum of 4 inches wide, and wider, body hugging supportive belts cannot be worn, again one belt only is allowed . Only chalk can be used on the hands (and then, only on the hands, not legs or shoulders etc) plasters or dressings can only be worn to cover a blood wound and even then only when sanctioned by an official.

6 Questioning of Decisions by Officials: lifters should not call out from the platform to question any decision, it is crass and unprofessional... simply approach the official off the platform and ask politely.....at the appropriate Moment

7 Officials position: Referees should always be sure they are in a position to see the lifting, and should move their chair or position if needs be

Also... it is unprofessional for officials to openly discuss decisions made whilst at the platform so that others in the room can hear the conversation. Better to discuss quietly between lifts, groups or sessions if necessary Also... when using sticks and not a light system, Officials should be careful not to look at other Officials decisions before showing their own, even if done unwittingly, it looks unprofessional and as though the ref doesn't know what signal to give

Alsoas a centre Ref, remember to give clear audible signals. (and visual, if it is very noisy in the room)

There may well be some points we have missed here, but I think we have most of the regular ones highlighted. IAWA is a great organisation, run by enthusiastic volunteers and lifters. As i mentioned, these points are for us all to follow : lifters promoters and officials, and if we all try to do our bit and keep these points in mind it makes the whole organisation and the running of competitions go so much smoother!

Thanks for reading these notes, hope they all make sense, lets carry on having great lifting and keep our organisation great too.....and of course 'have great fun out there.....'

Cheers all

Steve Gardner IAWA (uk) President

