

The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

www.iawa.uk



Aug 2018 Edition



This Edition:

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British Single Arm Champs - pages 12-13

World Champs & Gold Cup Entry Forms inside!



STOP PRESS

Entries for the Andy Goddard Memorial World Postal Competition need to be with promoter Al Myers by the end of August!



The new George Dick Memorial Award

Presented to the overall champion at the British Single Arm Championship

See pages 12-13

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 - Art Montini
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

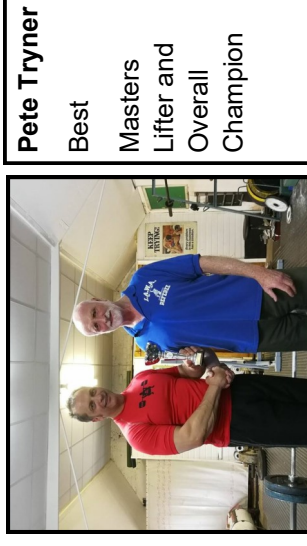
- **IAWA(UK) Technical Committee – Frank Allen, Steve Gardner, Gary Ell**
 - **Membership Secretary & Drug Control – Frank Allen**
- **All-Round Postal League Sec. & Records Registrar – Chris Bass**
 - **Assistant Records Registrar – Paul Barette**
 - **Drug Control Assistant – Gary Ell**
 - **Fixture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

British Power Championships

2nd June 2018 - Grimsby

Promoter - Chris Bass

NAME	BW Kilos	LYNCH	Age Yr	Age %	Age Class	Weight Class	Squat KILOS	Bench Press FOF KILOS	Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Rebecca Routledge	60.7	1.1526	23	33	Open	65	90.0	57.5 BR	135.0	282.5 BR	433.0
Danielle Rucastle	87.5	0.9120	29	33	Open	90	50.0	27.5	95.0	172.5	209.2
Steve Andrews	65.9	1.0880	58	19	55+	70	112.5	80.0	157.5	350.0	453.1
Tony Collins	95.5	0.8685	65	26	65+	100	120.0 ▲	60.0 ▲	135.0 BR	315.0 BR	344.7
Tony Cook	81.7	0.9492	81	58	80+	85	80.0	72.5 ▲	115.0	267.5 BR	401.2
Terry Morris	105.0	0.8256	63	24	60+	105	130.0 ▲	70.0 BR	170.0 BR	370.0 BR	378.8
Paul Barette	73.4	1.0137	42	3	40+	75	130.0	80.0 ▲	195.0 BR	405.0	422.8
Steve Sherwood	79.8	0.9627	66	28	65+	80	150.0 ▲	85.0 BR	183.0 ▲	418.0 BR	514.5
Thomas Iles	79.7	0.9634	30	0	Open	80	155.0	115.0	220.0	490.0	472.1
Pete Tryner	89.7	0.8993	46	7	45+	90	187.5 ▲	140.0 ▲ ●	260.0 ▲	587.5 BR	565.3
Gary Ell	97.6	0.8583	47	8	45+	100	185.0	132.5	200.0	517.5	479.7
Gary Redfern Smith	112.2	0.7978	45	6	45+	115	145.0	112.5	180.0	437.5	370.0
Cliff Dunlop	135.0	0.7286	55	16	55+	125+	130.0 ▲	90.0	110.0	330.0 BR	278.9



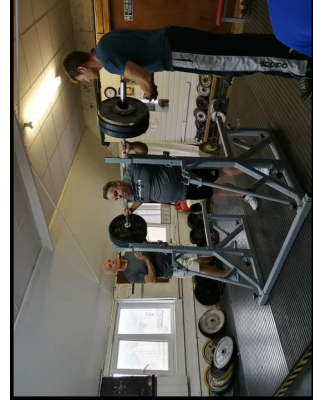
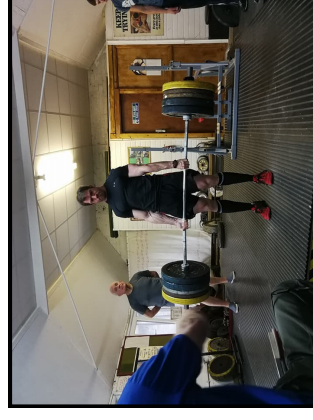
Pete Tryner
Best
Masters
Lifter and
Overall
Champion



**New IAWA
Lifter -
Rebecca
Routledge.**
Taking the
Best Ladies
lifter award



Left to right:
Tony Cook
Gary Redfern-Smith
Steve Sherwood
Thomas Iles



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

13 lifters presented themselves at the Haven Gym, Grimsby ready to lift by 12:00am. 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 & only 1 Open male lifter represented. The level of lifting was good, there were several records broken & many personal bests increased. There were 3 new lifters to the IAWA platform, Rebecca Routledge, Danielle Rucastle & Thomas Iles all giving a creditable performance with Rebecca attaining a British record for the Bench Press.

Best Ladies lifter: Rebecca Routledge.

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

Best Overall lifter: Peter Tryner with Steve Sherwood 2nd, Gary Ell 3rd & Thomas Iles 4th.

Many thanks to those that refereed & loaded, especially Adrian Pryor who loaded for all the lifts!

IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 3 - compiled by Chris Bass.

Ranking of Teams

1	Granby1	Steve Andrews, Steve Sherwood, Mark Godleman	1008.0
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	822.7
3	Metamorfit1	Paul Barette, Jamie Livens, Theo Hendley	806.2
4	Metamorfit2	Ryan Shields, Ed Shorttle, Gareth Edwards	713.4
5	Metamorfit3	Ian Thomas, Charlotte Hughes, Natalie Voce	590.5
6	Twyford Celts	Maddy Ell, Max Ell	472.5
7	Sunbury	Trevor Evans, Jeff Luther	455.6
8	Granby2	Mark Shaw, Daniel Andrews	433.0

Ranking of Lifters

1	Steve Sherwood	363.2	11	Maddy Ell	240.8
2	Steve Andrews	330.0	12	Mark Shaw	239.2
3	Mark Godleman	314.8	13	Ed Shorttle	235.0
4	Gary Ell	313.7	14	Max Ell	231.6
5	Paul Barette	279.9	15	Trevor Evans	231.3
6	Jamie Livens	268.3	16	Gareth Edwards	225.8
7	Andy Tomlin	263.5	17	Jeff Luther	224.3
8	Theo Hendley	258.0	18	Ian Thomas	214.4
9	Ryan Shields	252.7	19	Charlotte Hughes	204.3
10	Matthew Finkle	245.5	20	Daniel Andrews	193.8
			21	Natalie Voce	171.8

Ranking of Lifters per Lift & Record Breakers. Squat

▲ World Junior/Masters, ● World Open, ^{BR} British, ¹ Single Ref Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	150.0▲	89.7	Gary Ell1	45+	8	100	130.0	90.3
Gary Ell1	45+	8	100	185.0	81.5	Steve Andrews1	55+	20	70	82.5	81.0
Mark Godleman	55+	17	105	170.0▲	78.9	Trevor Evans1	70+	44	85	77.9	80.3
Steve Andrews1	55+	20	70	120.0	74.7	Steve Sherwood	65+	30	80	85.0 ^{BR}	80.1
Theo Hendley	16-17	10	65	112.5▲	65.8	Mark Godleman	55+	17	105	105.0▲	76.8
Jamie Livens1	Open	0	70	130.0	64.9	Andy Tomlin1	50+	12	95	92.5	69.2
Paul Barette	40+	3	75	130.0	64.9	Jamie Livens1	Open	0	70	85.0	66.9
Maddy Ell1	Open	33	55	65.4	54.7	Jeff Luther1	60+	24	70	67.9	66.9
Charlotte Hughes1	Open	33	75	85.0	54.0	Ian Thomas1	Open	0	100	100.0	65.0
Matthew Finkle1	50+	13	70	95.0	54.0	Ed Shorttle	60+	23	80	70.0▲	63.2
Mark Shaw1	55+	19	85	100.5	53.4	Gareth Edwards	Open	0	85	90.0	63.1
Gareth Edwards	Open	0	85	120.0	53.4	Paul Barette	40+	3	75	80.0▲	62.9
Andy Tomlin1	50+	12	95	110.0	52.2	Matthew Finkle1	50+	13	70	70.0	62.8
Ryan Shields	16-17	10	85	100.0	50.4	Ryan Shields	16-17	10	85	77.5 ^{BR}	61.6
Ian Thomas1	Open	0	100	120.0	49.4	Theo Hendley	16-17	10	65	65.0▲	59.9
Daniel Andrews	Open	0	75	100.0	49.3	Max Ell1	Open	33	45	40.0	59.2
Max Ell1	Open	33	45	50.5	47.4	Maddy Ell1	Open	33	55	42.5	56.0
Ed Shorttle	60+	23	80	82.5	47.2	Mark Shaw1	55+	19	85	65.5	54.9
Trevor Evans1	70+	44	85	70.4	46.1	Natalie Voce	Open	33	85	47.5	44.6
Jeff Luther1	60+	24	70	67.9	42.4	Charlotte Hughes1	Open	33	75	40.0	40.1
Natalie Voce	Open	33	85	70.0	41.7	Daniel Andrews	Open	0	75	50.0	38.9

Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	183.0▲	89.1
Steve Andrews1	55+	20	70	157.5	79.8
Paul Barette	40+	3	75	195.0BR	79.2
Mark Godleman	55+	17	105	200.0▲	75.6
Gary Ell1	45+	8	100	195.0	70.0
Ed Shorttle	60+	23	80	150.0	69.9
Jamie Livens1	Open	0	70	170.0	69.1
Max Ell1	Open	33	45	90.4	69.1
Maddy Ell1	Open	33	55	100.4	68.3
Andy Tomlin1	50+	12	95	175.0	67.6
Matthew Finkle1	50+	13	70	140.0	64.8

Barbell Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	77.5▲	104.2
Steve Andrews1	55+	20	70	67.5	94.5
Mark Godleman	55+	17	105	80.0▲	83.5
Ryan Shields	16-17	10	85	67.5	76.5
Andy Tomlin1	50+	12	95	70.0	74.6
Paul Barette	40+	3	75	65.0	72.9
Mark Shaw1	55+	19	85	60.5	72.3
Gary Ell1	45+	8	100	72.5	71.9
Jamie Livens1	Open	0	70	60.0	67.4
Matthew Finkle1	50+	13	70	50.0	63.9
Jeff Luther1	60+	24	70	45.4	63.8

Deadlift						Barbell Cheat Curl					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Theo Hendley	16-17	10	65	130.0	61.9	Maddy Ell1	Open	33	55	32.9	61.8
Mark Shaw1	55+	19	85	135.5	58.6	Trevor Evans1	70+	44	85	40.4	59.4
Gareth Edwards	Open	0	85	150.0	54.3	Theo Hendley	16-17	10	65	45.0	59.2
Ian Thomas1	Open	0	100	160.0	53.7	Charlotte Hughes1	Open	33	75	40.0	57.2
Ryan Shields	16-17	10	85	130.0	53.3	Max Ell1	Open	33	45	26.5	55.9
Charlotte Hughes1	Open	33	75	102.5	53.0	Daniel Andrews	Open	0	75	50.0	55.4
Jeff Luther1	60+	24	70	100.4	51.1	Gareth Edwards	Open	0	85	55.0	55.0
Daniel Andrews	Open	0	75	125.0	50.2	Ed Shorttle	60+	23	80	42.5	54.7
Trevor Evans1	70+	44	85	85.4	45.5	Natalie Voce	Open	33	85	35.01	46.8
Natalie Voce	Open	33	85	80.0	38.8	Ian Thomas1	Open	0	100	50.0	46.3

Ranking of Teams after Legs 1+2+3.

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	2740.1
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	2495.6
3	Metamorfit1	Paul Barette, Jamie Livens, Gareth Edwards	2344.8
4	Metamorfit2	Ed Shorttle, Ian Thomas, Charlotte Hughes	1932.3
5	Twyford Celts	Maddy Ell, Max Ell,	1440.2
6	Metamorfit3	Natalie Voce, Chris Powell, Theo Hendley	1417.2
7	Sunbury	Trevor Evans, Jeff Luther,	1134.8
8	Granby2	Mark Godleman, Daniel Andrews,	433.0
7	Metamorfit3	Ryan Shields, Kris Singh	

Ranking of Lifters after Legs 1+2+3

1	Steve Andrews	1000.6	13	Ed Shorttle	637.6
2	Steve Sherwood	985.3	14	Ian Thomas	588.4
3	Gary Ell	893.4	15	Charlotte Hughes	569.6
4	Andy Tomlin	860.4	16	Natalie Voce	462.9
5	Jamie Livens	809.9	17	Jeff Luther	459.1
6	Paul Barette	772.1	18	Chris Powell	433.9
7	Maddy Ell	752.0	19	Mark Godleman	314.8
8	Matthew Finkle	741.8	20	Theo Hendley	258.0
9	Gareth Edwards	730.5	21	Ryan Shields	252.7
10	Max Ell	688.2	22	Daniel Andrews	193.8
11	Mark Shaw	678.6	23	Kris Singh	178.6
12	Trevor Evans	675.7			

Power Set		Age	CLASS	Squat	Bench	Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	Press FOF	KILOS	KILOS	POINTS
Steve Sherwood	M	65+	80	150.0	85.0	183.0	418.0 ^{BR}	258.9
Gary Ell1	M	45+	100	185.0	130.0	195.0	510.0	241.9
Steve Andrews1	M	55+	70	120.0	82.5	157.5	360.0	235.5
Mark Godleman	M	55+	105	170.0	105.0	200.0	475.0 ^{BR}	231.3
Paul Barette	M	40+	75	130.0	80.0	195.0	405.0	207.0
Jamie Livens1	M	Open	70	130.0	85.0	170.0	385.0	201.0
Andy Tomlin1	M	50+	95	110.0	92.5	175.0	377.5	188.9
Theo Hendley	M	16-17	65	112.5	65.0	130.0	307.5 ^{BR}	187.6
Matthew Finkle1	M	50+	70	95.0	70.0	140.0	305.0	181.6
Ed Shorttle	M	60+	80	82.5	70.0	150.0	302.5	180.3
Maddy Ell1	F	Open	55	65.4	42.5	100.4	208.3	179.0
Max Ell1	F	Open	45	50.5	40.0	90.4	180.9	175.7
Trevor Evans1	M	70+	85	70.4	77.9	85.4	233.7	171.9
Gareth Edwards	M	Open	85	120.0	90.0	150.0	360.0	170.8
Ian Thomas1	M	Open	100	120.0	100.0	160.0	380.0	168.1
Mark Shaw1	M	55+	85	100.5	65.5	135.5	301.5	166.9
Ryan Shields	M	16-17	85	100.0	77.5	130.0	307.5 ^{BR}	165.2
Jeff Luther1	M	60+	70	67.9	67.9	100.4	236.2	160.5
Charlotte Hughes1	F	Open	75	85.0	40.0	102.5	227.5	147.1
Daniel Andrews	M	Open	75	100.0	50.0	125.0	275.0	138.3
Natalie Voce	F	Open	85	70.0	47.5	80.0	197.5	125.0

Here's the Leg 3 results, with 21 lifters and 7 teams. Welcome to 2 new lifters for Metamorfit team; Theo Hendley & Ryan Shields.

Recognition to Steve Sherwood, Gary Ell & Mark Godleman, for top 3 in the Squat; Gary Ell, Steve Andrews & Trevor Evans for top 3 in the Bench Press; Steve Andrews, Steve Sherwood & Paul Barette for the top 3 in the Deadlift; Steve Sherwood, Andrews & Mark Godleman for top 3 in the Curl.

The top 3 Teams were Granby, Castlemilk & Metamorfit1. Finally a big well done to the rest of the lifters. Top 3 in the Power Set were Steve Sherwood, Gary Ell & Steve Andrews. Overall position of the 3 top teams remain Granby, Castlemilk & Metamorfit1. Gary has replaced Andy in 3rd place overall leaving Steve A & Steve S remaining in 1st & 2nd place.

Leg 4 lifts are the Olympic Set + Bent arm Pullover.

Chris

Some Photos from the Southern Shield - Results on next page >>>>>>>



Paul Barette - Best Masters Lifter and Overall Winner at the Southern Shield



The Lifters and officials - including Kyran!

Clive Madge - 2" Bar Snatch



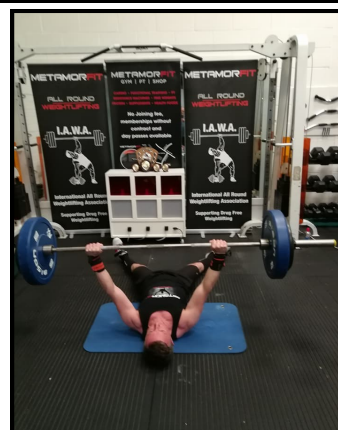
Ian Thomas - 2" Bar Snatch



Ed Shorttle - Pullover & Press



Paul Barette - Pullover & Press





GYM | PT | SHOP Blindt

1.4754	0.7784	0.5058
2" Bar Snatch	Pullover & Press	Zercher

7

British Olympic Championships

14th July 2018 - Birstall Village Hall, Leicester

Promoter - Frank Allen



Jason Young - Winner of the De Yoxall Shield



Joshua Hulse - Returning to the platform - Junior



Selina Dorn - Best Ladies Lifter



Steve Andrews - Last Years Winner

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	Press KILOS	Snatch KILOS	Clean & Jerk KILOS	TOTAL KILOS	TOTAL POINTS
Selina Dorn	70.0	1.0451	42	36	40+	70	37.5▲	32.5▲	50.0 ^{BR}	120.0 ^{BR}	170.6
Nicola Thornhill	69.9	1.0460	48	42	45+	70	40.0 ^{BR}	25.0	45.0(4th=47.5▲)	112.5 ^{BR}	163.4
Josh Hulse	70.7	1.0383	14	20	14-15	75	35.0	30.0	42.5	107.5	133.9
Paul Lynas	63.3	1.1187	59	20	55+	65	42.5(4th=45.0)	57.5▲	75.0▲	177.5 ^{BR}	234.9
Steve Andrews	64.2	1.1077	58	19	55+	65	60.0▲	52.5	60.0	172.5	227.4
Jason Young	69.4	1.0510	47	8	45+	70	52.5	73.0▲	92.5▲	217.5	246.9
Paul Barette	73.4	1.0137	42	3	40+	75	55.0	57.5	70.0	182.5	190.5
Paul Hallam	89.1	0.9027	39	0	Open	90	47.5	52.5	67.5	167.5	151.2
Tony Collins	97.4	0.8592	65	26	65+	100	55.0 ^{BR}	42.5▲	50.0▲	147.5 ^{BR}	159.7
Steve Moss	100.0	0.8471	35	0	Open	100	70.0	55.0	80.0	205.0	173.7
Josh Davidson	113.9	0.7918	28	0	Open	115	90.0	100.0	120.0	310.0	245.4
Steve Thorpe	118.8	0.7752	37	0	Open	120	77.5	100.0	130.0	307.5	238.4
Cliff Dunlop	136.4	0.7251	55	16	55+	125+	67.5	50.0	70.0	187.5	157.7

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



New IAWA Lifters L-R: Jason Young, Steve Thorpe & Paul Lynas

Josh Davidson

Some Photos from the Southern Cup - Full Results on next page >>>>>



The Lifters



Beata Banas - Straddle



Jenny Watson - Straddle

Southern Cup - 22nd July 2018 - MetamorFIT

							Blindt														
							0.8199		0.6461		0.3859										
							Jerk from Rack				Steinborn										
							Lift	Amend	Lift	Amend	Lift	Amend	Total	Lynch	Amend						
Paul Barette							M	42	3	40+	73.8	75KG	65	53.2935	110.5	71.39405	210	81.039	205.72655	1.0102	214.06
Ed Shorttle							M	61	22	60+	71.7	75KG	37.5 [Ⓢ]	30.74625	60.5 ^{BR}	39.08905	147.5 ^{BR}	56.92025	126.75555	1.0289	159.12
Beata Banas							F	34	33	OPEN	67.5	70KG	45 [Ⓢ]	36.8955	58 ^{BR}	37.4738	95	36.6605	111.0298	1.0705	158.08
Jenny Watson							F	52	46	50+	57.6	60KG	25 [Ⓢ]	20.4975	40.5 ^{BR}	26.16705	75 ^{BR}	28.9425	75.60705	1.1980	132.25
Charlotte Hughes							F	27	33	OPEN	74.2	75KG	40	32.796	50.5	32.62805	85	32.8015	98.22555	1.0067	131.52
Natalie Voce							F	36	33	OPEN	81.7	85KG	40	32.796	48	31.0128	90	34.731	98.5398	0.9492	124.40

Successful 4th Attempts: Jerk from Rack - Ed Shorttle 40kg, Steinborn[Ⓢ] - Beata Banas 60.5kg^{BR}

Promoter - Paul Barette

Referees - Natalie Voce, Paul Barette & Rory Hoad (provisional)

Loaders & Spotters - The Lifters!

Overall Champion & Best Masters Lifter - Paul Barette

Best Ladies Lifter - Beata Banas

Calculated using Age, Lynch & Blindt

Report by Paul Barette:

The Summer Heatwave certainly didn't stop lifters at MetamorFIT having great fun at the Southern Cup competition! Firstly, I should mention that this has been the highest turnout of female lifters for any Southern Area Fixture. We warmly welcomed to the platform first time lifters Beata Banas and Charlotte Hughes. The competition got underway with the Jerk from Rack with lifters taking their turns promptly and flying through the lifts. The Steinborn, a challenging but fun lift was performed to a great standard by all lifters (the practising really showed) there were a number of personal bests here. We finished with the straddle where it was great to see more experienced lifters helping coach others with tips on varying width stances and angles of approach. The final scores were incredibly close with only 1 point separating 2nd and 3rd position and only 1 point between 4th and 5th position. Beata Banas was presented with the Best Ladies Lifters award and Paul Barette was awarded the Southern Cup, his name now joining those of Phil Crisp 4 x winner and Rory Hoad 2 x winner. A big thank you to Rory Hoad for assisting with refereeing and Clair Roberts who stepped in as official photographer! We are expecting a good turnout for the IAWA World Champs which are now coming to Eastbourne and lifters have been inspired to knuckle down to some good training. We all look forward to welcoming our visitors to Eastbourne!

IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 4 - compiled by Chris Bass.

1	Granby1	Steve Andrews, Steve Sherwood, Mark Shaw	929.9
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	906.8
3	Metamorfit1	Jamie Livens, Paul Barette, Ryan Shields	874.7
4	Metamorfit2	Theo Hendley, Ed Shorttle, Beata Banas	697.0
5	Sunbury	Jeff Luther, Trevor Evans,	501.6
6	Twyford Celts	Maddy Ell, Max Ell,	498.6
7	Metamorfit3	Ian Thomas, Natalie Voce,	390.7

Ranking of Lifters

1	Steve Andrews	359.0	10	Jeff Luther	260.7
2	Steve Sherwood	357.3	11	Theo Hendley	253.4
3	Gary Ell	336.7	12	Trevor Evans	240.9
4	Andy Tomlin	303.3	13	Max Ell	230.7
5	Jamie Livens	300.2	14	Ed Shorttle	221.9
6	Paul Barette	288.0	15	Beata Banas	221.6
7	Ryan Shields	286.5	16	Mark Shaw	213.6
8	Maddy Ell	267.8	17	Ian Thomas	211.7
9	Matthew Finkle	266.8	18	Natalie Voce	179.0

Ranking of Lifters per Lift & Record Breakers.

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

2H Barbell Press

2H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	85.1	Steve Sherwood1	65+	30	80	65.0	97.3
Steve Sherwood1	65+	30	80	60.0	76.3	Steve Andrews1	55+	20	70	55.0	84.8
Andy Tomlin1	50+	12	95	70.0	70.1	Gary Ell1	45+	8	100	67.5	73.9
Gary Ell1	45+	8	100	75.0	69.8	Jamie Livens1	Open	0	75	60.0	72.3
Jamie Livens1	Open	0	75	65.0	66.5	Andy Tomlin1	50+	12	95	60.0	70.8
Ryan Shields	16-17	10	85	62.5	64.8	Paul Barette	40+	3	75	57.5	70.7
Matthew Finkle1	50+	13	70	50.0	61.7	Ryan Shields	16-17	10	85	55.0	67.2
Jeff Luther1	60+	24	70	46.0	59.9	Maddy Ell1	Open	33	50	30.5	67.0
Maddy Ell1	Open	33	50	31.0	57.8	Matthew Finkle1	50+	13	70	42.5	61.8
Paul Barette	40+	3	75	55.0	57.4	Jeff Luther1	60+	24	70	39.0	59.8
Ed Shorttle1	60+	23	75	45.0	56.1	Beata Banas	Open	33	70	35.0	58.2
Trevor Evans1	70+	44	85	40.1	55.1	Max Ell1	Open	33	45	25.0	57.7
Theo Hendley	16-17	10	70	45.0	54.2	Theo Hendley	16-17	10	70	40.0	56.8
Mark Shaw1	55+	19	85	47.5	53.1	Trevor Evans1	70+	44	85	34.9	56.5
Ian Thomas1	Open	0	100	60.0	51.8	Mark Shaw1	55+	19	85	40.0	52.7
Natalie Voce1	Open	33	85	37.5	47.0	Ed Shorttle1	60+	23	75	35.0	51.4
Beata Banas	Open	33	70	32.5	45.9	Natalie Voce1	Open	33	85	30.0	44.3
Max Ell1	Open	33	45	22.5	44.1	Ian Thomas1	Open	0	100	42.5	43.2

2H Barbell C&J

Bent Arm Pullover

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	75.0	85.0	Gary Ell1	45+	8	100	75.0	120.4
Andy Tomlin1	50+	12	95	85.0	76.0	Steve Andrews1	55+	20	70	50.0	113.0
Steve Andrews1	55+	20	70	65.0	76.0	Steve Sherwood1	65+	30	80	45.0	98.7
Jamie Livens1	Open	0	75	80.0	73.0	Paul Barette	40+	3	75	52.5□●	94.6
Gary Ell1	45+	8	100	87.5	72.6	Jamie Livens1	Open	0	75	50.0	88.3
Ryan Shields	16-17	10	85	75.0	69.4	Andy Tomlin1	50+	12	95	50.0	86.4
Paul Barette	40+	3	75	70.0	65.2	Ryan Shields	16-17	10	85	47.5□	85.1
Matthew Finkle1	50+	13	70	57.5	63.3	Theo Hendley	16-17	10	70	40.0□	83.2
Maddy Ell1	Open	33	50	37.5	62.4	Maddy Ell1	Open	33	50	25.0	80.5
Jeff Luther1	60+	24	70	52.9	61.4	Matthew Finkle1	50+	13	70	37.5	79.9
Max Ell1	Open	33	45	35.0	61.2	Jeff Luther1	60+	24	70	35.4	79.6
Theo Hendley	16-17	10	70	55.0	59.2	Trevor Evans1	70+	44	85	33.4	79.2
Beata Banas	Open	33	70	45.0	56.7	Ian Thomas1	Open	0	100	50.0	74.4
Trevor Evans1	70+	44	85	40.9	50.1	Ed Shorttle1	60+	23	75	32.5	69.9
Mark Shaw1	55+	19	85	50.0	49.9	Max Ell1	Open	33	45	20.0	67.7
Ed Shorttle1	60+	23	75	40.0	44.5	Beata Banas	Open	33	70	25.0●	60.9
Ian Thomas1	Open	0	100	55.0	42.3	Mark Shaw1	55+	19	85	30.0	57.9
Natalie Voce1	Open	33	85	35.0	39.1	Natalie Voce1	Open	33	85	22.5	48.6

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	3670.0
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	3402.4
3	Metamorfit1	Jamie Livens, Paul Barette, Ed Shorttle	3219.5
4	Metamorfit2	Ian Thomas, Gareth Edwards, Natalie Voce,	2629.3
5	Twyford Celts	Maddy Ell, Max Ell,	1938.8
6	Metamorfit3	Charlotte Hughes, Theo Hendley, Ryan Shields	1807.9
7	Sunbury	Jeff Luther, Trevor Evans,	1636.4
8	Granby2	Daniel Andrews, Mark Godleman	433.0
9	Metamorfit4	Beata Banas, Kris Singh	400.2

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

1	Steve Andrews	1359.5	13	Ian Thomas	800.1
2	Steve Sherwood	1342.6	14	Gareth Edwards	730.5
3	Gary Ell	1230.1	15	Jeff Luther	719.8
4	Andy Tomlin	1163.7	16	Natalie Voce	641.9
5	Jamie Livens	1110.2	17	Charlotte Hughes	569.6
6	Paul Barette	1060.1	18	Ryan Shields	539.2
7	Maddy Ell	1019.8	19	Theo Hendley	511.4
8	Matthew Finkle	1008.6	20	Chris Powell	433.9
9	Max Ell	918.9	21	Mark Godleman	314.8
10	Trevor Evans	916.7	22	Beata Banas	221.6
11	Mark Shaw	892.2	23	Daniel Andrews	193.8
12	Ed Shorttle	859.6	24	Kris Singh	178.6

Olympic Set		Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	60.0	65.0	75.0	200.0	258.6
Steve Andrews1	M	55+	70	65.0	55.0	65.0	185.0	245.9
Andy Tomlin1	M	50+	95	70.0	60.0	85.0	215.0	216.8
Gary Ell1	M	45+	100	75.0	67.5	87.5	230.0	216.3
Jamie Livens1	M	Open	75	65.0	60.0	80.0	205.0	211.9
Ryan Shields	M	16-17	85	62.5	55.0	75.0	192.5 ^{BR}	201.5
Paul Barette	M	40+	75	55.0	57.5	70.0	182.5	193.3
Maddy Ell1	F	Open	50	31.0	30.5	37.5	99.0	187.3
Matthew Finkle1	M	50+	70	50.0	42.5	57.5	150.0	186.9
Jeff Luther1	M	60+	70	46.0	39.0	52.9	137.9	181.2
Theo Hendley	M	16-17	70	45.0	40.0	55.0	140.0	170.2
Max Ell1	F	Open	45	22.5	25.0	35.0	82.5	163.1
Trevor Evans1	M	70+	85	40.1	34.9	40.9	115.9	161.7
Beata Banas	F	Open	70	32.5	35.0	45.0	112.5	160.7
Mark Shaw1	M	55+	85	47.5	40.0	50.0	137.5	155.7
Ed Shorttle1	M	60+	75	45.0	35.0	40.0	120.0	152.0
Ian Thomas1	M	Open	100	60.0	42.5	55.0	157.5	137.3
Natalie Voce1	F	Open	85	37.5	30.0	35.0	102.5	130.3

Here's the Leg 4 results, with 18 lifters and 7 teams.

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

The top 3 Teams remain: Granby1, Castlemilk & Metamorfit1. Finally a big well done to the rest of the lifters. Top 3 in the Olympic Set were Steve Sherwood, Steve Andrews & Andy Tomlin.

Leg 5 lifts are the Single Arm Set + Crucifix.

CHRIS

The George Dick Memorial – IAWA(UK) British Single Arm Championships

Saturday 4th August – Castlemilk Gym, Glasgow – Promoter: Andy Tomlin

Name	Bwt	Class	Age	O H Snatch	O H C+Jerk (Opp Hand)	O H D/Lift	Total	Amend
Karen Gardner	75.2	80	59	16.3 L▲●	20 R	70 R	106.3 ^{BR}	162.2
Melissa Johnson	88.2	90	33	27.5 L	27.5 R	70 R	125 ^{BR}	150.9
Steve Andrews	64.3	65	59	42.5 R▲	40 L▲	130 L▲	212.5 ^{BR}	282.1
Matt Finkle	64.8	65	52	28 L	40 R▲	100 R▲	167.5 ^{BR}	208.3
Andy Tomlin	88.9	90	50	45 L	57.5 R	182.5 R▲	285 ^{BR}	285.9
James Gardner	100.4	105	34	55 L	60 R	180 R	295	249.3
Steve Gardner	145.7	125+	61	25 R	---	85 R	110 ^{BR}	94.3

MC Announcer: Steve Gardner – **The Loaders:** Jim Madden, Matt Finkle and the lifters themselves

Referees: Frank Allen, Matt Finkle, James Gardner, Steve Andrews, Andy Tomlin, Steve Gardner and Karen Gardner

Best Open Female: Melissa Johnson **Best Master Female:** Karen Gardner

Best Open Male Lifter: James Gardner **Best Masters Male Lifter:** Andy Tomlin

The Overall Best Lifter Rankings, Champion of Champions – 1st Andy Tomlin 2nd Steve Andrews 3rd James Gardner

Andrew Tomlin was presented with the George Dick Memorial Trophy by Georges Wife: Janet Dick!

A few Words:

Even though we lost a couple of lifters just prior to the event, there were still seven lifters to take their turn on the lifting platform. It was a really good competition with some very fine lifting. It was nice to see a new IAWA lifter in the shape of well experienced Olympic Lifter: Melissa Johnson taking part, I hope we shall see her on the platform again soon! The lifting was very close between the top three: Steve James and Andy, who all performed really well, with Andy Tomlin taking his first ever 'Overall Best Lifter Title' after 30 years in the sport. Thanks to Andy and Matt for running the competition, thanks to Jim Madden for helping with loading, to Frank Allen for coming along and acting as Head, Centre Referee, and thanks to Janet and the members of George's family that were present to witness this great occasion. Finally: thanks to all those who travelled to be there, and helped make it a very memorable day! I am sure my friend George would have been looking down on us and would have been very proud!

Steve Gardner

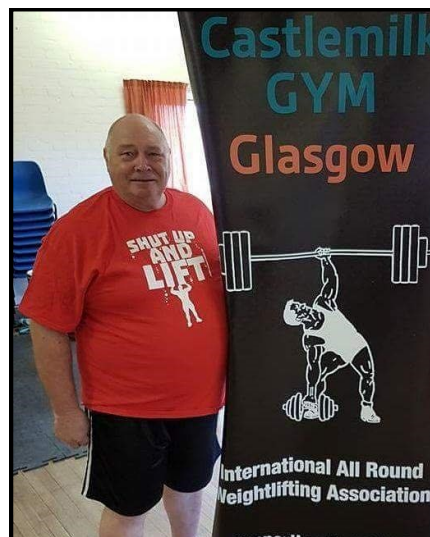


Andy Tomlin -

Best Masters Lifter and Overall Champion. 30th Year Lifting and his first Overall British Title Congratulations Andy!



The Lifters and Officials group photograph with Janet Dick and son Derek. It was fantastic having members of George's family present for the presentation of the award.



George was certainly there in spirit and the lifters did him proud!



Steve Andrews - One Hand Clean & Jerk



We welcome new IAWA Lifter
Melissa Johnson - One Hand Deadlift



Matt Finkle - One Hand Snatch (with style!)



Karen Gardner - One Hand Deadlift

The Gardner's in Action!



James Gardner - One Hand Clean & Jerk



Steve Gardner - He did lift, but this was a better photo!



Old Time Strongman - World Postal Competition

Promoters - John Mahon & Al Myers Report by Al Myers

The results for the FIRST EVER OTSM World Championship have finally been compiled. I was so impressed with the participation in this Championship, with 5 women and 19 men competing. Also, lifters from Australia (8 lifters), the USA (11 lifters), England (4 lifters), and Wales (1 lifter) were part of this Championships. That indeed makes it a World event! I sure hope this continues as an annual IAWA Championship – and for those that entered this year will always go down in history as part of the inaugural class of OTSM IAWA lifters. That's something to be proud of!

Now for the BEST LIFTERS of the OTSM IAWA World Championship –

OVERALL BEST MENS LIFTER – Philippe Crisp, England
OVERALL BEST WOMENS LIFTER – Kat Becker, Australia
BEST WOMENS MASTER 45-49 LIFTER – Racheal Hin, Australia
BEST WOMENS MASTER 50-54 LIFTER – Monica Cook, Australia
BEST WOMENS MASTER 55-59 LIFTER – Sonya Becker, Australia
BEST MENS MASTER 40-44 LIFTER – Eric Todd, USA
BEST MENS MASTER 45-49 LIFTER – Philippe Crisp, England
BEST MENS MASTER 50-54 LIFTER – Nick Swain, England
BEST MENS MASTER 60-64 LIFTER – Peter Phillips, Australia
BEST MENS MASTER 70-74 LIFTER – LaVerne Myers, USA
BEST MENS MASTER 75-79 LIFTER – Martin Doolan, England
BEST MENS JUNIOR LIFTER – Calvin Heit, USA
BEST MENS SENIOR 20-39 LIFTER – Braden Reddenbagh, USA
BEST WOMENS SENIOR 20-39 LIFTER – Kat Becker, Australia

I want to thank the host club/promoters in each country that helped promote this year's OTSM Worlds. This includes:

Australia – Lambda Academy with promoter John Mahon
England – promoters Nick Swain and Phil Crisp
USA – Dino Gym with promoter Al Myers
Wales – promoter Neil Keddy

Lastly, I want to thank my co-promoter for this event, John Mahon for all his help. John did alot of work to make this happen – organized the entry forms, collected the entries, and tabulated the results/scoresheets.

I'm very much looking forward to next year and the future of Oldtime Strongman in IAWA.

Meet Results:

2018 IAWA OTSM World Championship
Postal World Championship
July 14-15th, 2018

Meet Directors: Al Myers & John Mahon

Meet Scorekeepers: Al Myers & John Mahon

OTSM Lifts: Anderson Squat, Cyr Press, Peoples Deadlift

WOMENS DIVISION

LIFTER	CO	AGE	BWT	SQ	Cyr	DL	TOT	PTS
Kat Becker	Aus	34	82.3	220	40	240	500	628.5
Monica Cook	Aus	54	66.4	120	22.5	150	292.5	484.2
Racheal Hin	Aus	49	59.5	90	16	110	216	369.5
Claire McLaren	Aus	46	85.1	105	21	110	236	311.2
Sonya Becker	Aus	56	106.2	90	17.5	100	207.5	264.9

MENS DIVISION

LIFTER	CO	AGE	BWT	SQ	Cyr	DL	TOT	PTS
Philippe Crisp	Eng	48	97.5	385	60	282.5	727.5	680.9
Gary Ell	Eng	47	97.5	285	47.5	220	552.5	512.4
Eric Todd	USA	43	116.5	320	77.2	220	617.2	502.3
Braden Reddenbagh	USA	22	133.3	300	63.6	285	648.6	475.3
Nick Swain	Eng	53	80.2	161.5	60	212.5	434	474.8
Zach Lucas	USA	32	121.5	250	59	270	579	443.7
John Douglas	USA	54	144.2	230	43.1	270	543.1	441.1
Neil Keddy	Wal	40	90.5	225	37.5	220	482.5	436.0
Calvin Heit	USA	16	68.9	182.5	36.3	180	398.8	420.9
Scott Tully	USA	42	155.1	240	56.8	300	596.8	420.0
Martin Doolan	Eng	77	75.8	140.5	20	120.5	281	385.2
Lance Foster	USA	52	145.6	145	31.8	185	361.8	382.4
Steven Charles	Aus	37	91.7	180	40	210	430	381.9
Brandon Rein	USA	23	68.0	160	31.8	160	351.8	374.6
Peter Phillips	Aus	64	104.8	90	32.5	230	352.5	364.1
Chris Todd	USA	39	126.5	210	50	200	460	345.7
Tom Davis	Aus	75	78.0	100	20	130	250	331.8
Dean Ross	USA	75	111.5	130	22.7	150	302.7	329.3
LaVerne Myers	USA	74	107.5	110	22.7	150	282.7	311.2



Left:
Gary Ell -
 Peoples Deadlift
 Right:
Neil Keddy -
 Anderson Squat
 Lifting off for team
 Wales OTSM



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.

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** – Paul Barette/Steve Gardner Tel: 01323 726833 E Mail: iawa@metamorfit.co.uk

Venue: Eastbourne Sports Park, Cross Levels Way, Eastbourne, East Sussex BN21 2UF

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

UPDATED!

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

ALL ROUND POSTAL LEAGUE:

(5=End Sept 6=End Nov)

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)

We wish our friend from Finland - Timo, a speedy recovery following his recent accident. You will certainly be missed at the World Champs and Gold Cup this year Timo. All the best!



Award of Merit. Many of you will recall this great photo of the youngest competitor (Liam Keddy of Wales) and Art the most senior competitor at the 2015 World Champs in Glasgow.

RIP Art Montini. Art passed away on 25th May. Many in IAWA will remember Art, the pocket rocket from Pittsburgh USA. Art was well into his 90s and still lifting until the end. Art was there at the very start of IAWA and a tremendous Lifter. The very first to be presented with IAWA's highest distinction, The

