

# The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

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



Dec 2018 Edition



## This Edition:

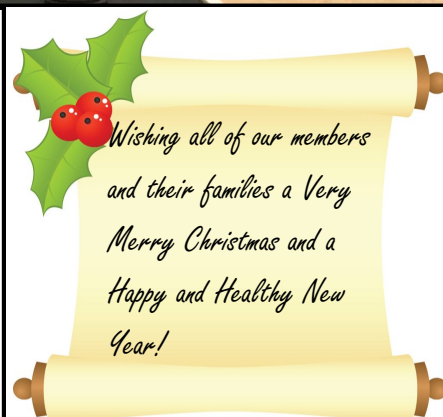
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**The I.A.W.A.  
Award of Merit**  
Left: Presented to Steve  
Andrews by I.A.W.A.  
(UK) President Steve  
Gardner  
Right: Denny Habecker  
presented by I.A.W.A.  
President Al Myers  
Full Story Pages 12&13



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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)

2018 - Denny Habecker (USA), 2018 - Steve Andrews (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 2019**

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

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

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

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](mailto:chris.bass@havengym.org.uk)**

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

## **Non Executive Positions**

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



**The Welsh Open Championships – Saturday 1<sup>st</sup> September 2018**  
**Pontardawe, Swansea, Wales – Promoter: Neil Keddy**

Lifter	bwt	Age	Front Squat	O/H D Bell C&Jerk	Trap Bar D/Lift	Total	Am.
Karen Gardner	75.9	59	35▲	17.5 R▲●	80	132.5	201.2
Sianni Keddy	107.1	41	---	---	115	115	125.9
Mark Rattenberry	63.0	56	92.5▲	15 R▲	165▲	272.5	357.8
Paul Barette	72.8	42	100	42.5 R▲	225	367.5	385.7
Dylan Thomas	73.5	45	95	30 R	160	285	305.9
Pete Tryner	88.7	46	150.5▲	57.5 R▲	280	487.5	472.0
Neil Keddy	90.5	40	120	40 R	205	365	329.8
Paul Hallam	91.2	39	95	37.5 L	175	307.5	273.9
Gary Ell	95.1	47	135	47.5 R▲	216.5▲	397.5	373.7
Simon Thomas	99.6	41	160▲	60 R▲	280▲	500	432.9
Steve Moss	100.2	36	100	46.0 L●	190	335	283.4
Gary Redfern Smith	114.8	45	132.5 <sup>BR</sup>	45 R▲	180	357.5	298.8

Successful 4th Lifts:

Gary Ell R/H DBell C&Jerk 50▲

Sianni Keddy Trap Bar DLift 120▲● - Mark Rattenberry Trap Bar D Lift 167.5▲

A successful Record Attempt following the Competition:

Mark Rattenberry - Straddle Deadlift 155k▲

MC Recorder: Steve Gardner Referees: Paul Barette, Gary Ell, Karen Gardner, Neil Keddy, Steve Gardner - Loaders: Ken Williams and Crew (They did a really great job!)

Overall Best Lifter Rankings:

1<sup>st</sup> Pete Tryner - 2<sup>nd</sup> Simon Thomas - 3<sup>rd</sup> Paul Barette

This year Welsh Championships was a very lively competition with 12 lifters making it onto the platform. A big thank you to Neil and Sianni Keddy for once again organising a great competition, and thank you to all of the lifters who turned out to support it (sorry that Josh Davidson couldn't make it last minute because of serious family matters – hope all turns out ok for Josh). It was great to see a new lifter on the platform: Dylan Thomas, who proved to be a very good lifter indeed, and nice to welcome Simon Thomas back onto the platform too. There were quite a number of record and fourth attempts, so hopefully when ratified we will have some records from the day also! ALL THOUGHTS NOW LOOK TO THE WORLD CHAMPIONSHIPS IN EASTBOURNE 6<sup>th</sup> and 7<sup>th</sup> OCTOBER!



Far Left: The lifters & officials  
 Left: Pete Tryner is awarded the Best Overall Lifter award by promoter Neil Keddy  
 Right: New IAWA Lifter Dylan Thomas with the DB Clean & Jerk



# IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 5 - compiled by Chris Bass.

1	Granby1	Steve Andrews, Steve Sherwood, Mark Shaw	824.9
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	811.6
3	Metamorfit1	Paul Barette, Jamie Livens, Gareth Edwards	696.3
4	Sunbury	Jeff Luther, Michelle Ryder, Trevor Evans	588.4
5	Metamorfit2	Beata Banas, Ed Shorttle, Charlotte Hughes	535.5
6	Twyford Celts	Max Ell, Maddy Ell	419.3
7	Metamorfit3	Natalie Voce	159.7

## Ranking of Lifters

1	Steve Andrews	355.1	10	Maddy Ell	205.3
2	Andy Tomlin	304.5	11	Gareth Edwards	200.5
3	Steve Sherwood	298.7	12	Beata Banas	184.8
4	Gary Ell	274.2	13	Ed Shorttle	176.7
5	Paul Barette	252.0	14	Michelle Ryder	175.4
6	Jamie Livens	243.9	15	Charlotte Hughes	173.9
7	Jeff Luther	241.5	16	Trevor Evans	171.5
8	Matthew Finkle	232.9	17	Mark Shaw	171.2
9	Max Ell	214.0	18	Natalie Voce	159.7

## Ranking of Lifters per Lift & Record Breakers.

### 1H Barbell Snatch

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

### 1H Barbell C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	65	42.5R	85.3	Andy Tomlin1	50+	12	90	57.5R	84.4
Steve Sherwood1	65+	30	80	40.0R	76.9	Steve Andrews1	55+	20	65	40.0L	77.0
Andy Tomlin1	50+	12	90	45.0L	68.8	Steve Sherwood1	65+	30	80	40.0L	73.8
Jamie Livens1	Open	0	75	42.5R	65.9	Matthew Finkle1	50+	13	65	40.0R	72.1
Paul Barette1	40+	3	75	37.5L	59.4	Max Ell1	Open	33	45	23.0R	65.3
Gary Ell1	45+	8	100	40.0R	56.5	Gary Ell1	45+	8	100	47.5L	64.4
Beata Banas	Open	33	70	25.0L	53.4	Paul Barette1	40+	3	75	40.0R	60.7
Gareth Edwards1	Open	0	85	37.5L	53.3	Jamie Livens1	Open	0	75	40.0L	59.5
Matthew Finkle1	50+	13	65	28.0L	52.6	Jeff Luther1	60+	24	70	30.1R	56.9
Max Ell1	Open	33	45	17.5L	51.8	Maddy Ell1	Open	33	50	20.5R	56.5
Maddy Ell1	Open	33	50	17.5L	50.3	Charlotte Hughes1	Open	33	80	25.0R	47.8
Jeff Luther1	60+	24	70	25.4L	50.1	Gareth Edwards1	Open	0	85	35.0R	47.7
Ed Shorttle	60+	23	70	25.0L▲	48.7	Ed Shorttle	60+	23	70	25.0R	46.7
Trevor Evans1	70+	44	85	22.9R	47.4	Beata Banas	Open	33	70	22.5R	46.1
Charlotte Hughes1	Open	33	80	22.5L	44.8	Mark Shaw1	55+	19	85	28.0R	45.3
Mark Shaw1	55+	19	85	25.5L	43.0	Trevor Evans1	70+	44	85	20.0L	39.7
Natalie Voce1	Open	33	80	20.0R	38.9	Natalie Voce1	Open	33	80	20.0L	37.3
Steve Andrews1	55+	20	65	42.5R	85.3	Andy Tomlin1	50+	12	90	57.5R	84.4

### 1H Barbell Deadlift

Lifter	Age	%	Class	Kilos	Points
Andy Tomlin1	50+	12	90	182.5R	96.5
Steve Andrews1	55+	20	65	130.0L	90.1
Steve Sherwood1	65+	30	80	130.0L	86.4
Michelle Ryder	40+	38	50	74.5R▲●	75.5
Paul Barette1	40+	3	75	130.0R	71.1
Matthew Finkle1	50+	13	65	100.0R	64.9
Gary Ell1	45+	8	100	125.0R	61.1
Jamie Livens1	Open	0	75	110.0R	58.9
Max Ell1	Open	33	45	57.5R	58.9
Gareth Edwards1	Open	0	85	110.0R	54.0
Maddy Ell1	Open	33	50	52.9L	52.5
Jeff Luther1	60+	24	70	67.9R	46.3
Beata Banas	Open	33	70	60.0R	44.3
Ed Shorttle	60+	23	70	65.0R	43.8
Charlotte Hughes1	Open	33	80	62.5R	43.1
Mark Shaw1	55+	19	85	68.0L	39.7
Natalie Voce1	Open	33	80	50.0R	33.6

### Crucifix

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	65	40.0	102.7
Gary Ell1	45+	8	100	51.0	92.3
Jeff Luther1	60+	24	70	35.0	88.3
Trevor Evans1	70+	44	85	25.0	66.2
Steve Sherwood1	65+	30	80	25.0	61.5
Paul Barette1	40+	3	75	30.0	60.8
Jamie Livens1	Open	0	75	30.0	59.5
Michelle Ryder	40+	38	50	15.0	56.3
Andy Tomlin1	50+	12	90	28.0	54.8
Natalie Voce1	Open	33	80	20.0	49.8
Maddy Ell1	Open	33	50	12.5	46.0
Gareth Edwards1	Open	0	85	25.0	45.5
Matthew Finkle1	50+	13	65	18.0	43.3
Mark Shaw1	55+	19	85	20.0	43.2
Beata Banas	Open	33	70	15.0	41.0
Charlotte Hughes1	Open	33	80	15.0	38.3
Max Ell1	Open	33	45	10.0	37.9

1H Barbell Deadlift - cont

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Trevor Evans1	70+	44	85	25.4R	18.2	Ed Shorttle	60+	23	70	15.0	37.4

Crucifix - contRanking of Teams after Legs 1+2+3+4+5.

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	4494.9
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	4214.0
3	Metamorfit1	Paul Barette, Ed Shorttle, Gareth Edwards	3915.9
4	Metamorfit2	Natalie Voce, Ian Thomas, Charlotte Hughes	3164.8
5	Twyford Celts	Maddy Ell, Max Ell,	2358.0
6	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	2224.8
7	Metamorfit3	Ryan Shields Theo Hendley, Chris Powell, Beata Banas	1967.7
8	Granby2	Daniel Andrews, Mark Godleman	433.0

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

1	Steve Andrews	1714.6	14	Gareth Edwards	931.0
2	Steve Sherwood	1641.3	15	Natalie Voce	801.6
3	Gary Ell	1504.3	16	Ian Thomas	800.1
4	Andy Tomlin	1468.1	17	Charlotte Hughes	743.6
5	Jamie Livens	1354.0	18	Ryan Shields	539.2
6	Paul Barette	1312.1	19	Theo Hendley	511.4
7	Matthew Finkle	1241.5	20	Chris Powell	433.9
8	Maddy Ell	1225.1	21	Beata Banas	406.4
9	Max Ell	1132.9	22	Mark Godleman	314.8
10	Trevor Evans	1088.2	23	Daniel Andrews	193.8
11	Mark Shaw	1063.4	24	Kris Singh	178.6
12	Ed Shorttle	1036.3	25	Michelle Ryder	175.4
13	Jeff Luther	961.3			

Single Arm Set		Age	CLASS	1H Barbell	1H Barbell	1H Barbell	TOTAL	TOTAL
NAME		Class	Kilos	Snatch	C&J	Deadlift	KILOS	POINTS
Steve Andrews1	M	55+	65	42.5	40.0	130.0	212.5	252.4
Andy Tomlin1	M	50+	90	45.0	57.5	182.5	285.0	249.6
Steve Sherwood1	M	65+	80	40.0	40.0	130.0	210.0	237.1
Paul Barette1	M	40+	75	37.5	40.0	130.0	207.5	191.2
Matthew Finkle1	M	50+	65	28.0	40.0	100.0	168.0	189.6
Jamie Livens1	M	Open	75	42.5	40.0	110.0	192.5	184.3
Gary Ell1	M	45+	100	40.0	47.5	125.0	212.5	182.0
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	176.0
Maddy Ell1	F	Open	50	17.5	20.5	52.9	90.9	159.3
Gareth Edwards1	M	Open	85	37.5	35.0	110.0	182.5	155.0
Jeff Luther1	M	60+	70	25.4	30.1	67.9	123.4	153.2
Beata Banas	F	Open	70	25.0	22.5	60.0	107.5	143.8
Ed Shorttle	M	60+	70	25.0	25.0	65.0	115.0 <sup>BR</sup>	139.3
Charlotte Hughes1	F	Open	80	22.5	25.0	62.5	110.0	135.7
Mark Shaw1	M	55+	85	25.5	28.0	68.0	121.5	128.0
Michelle Ryder	F	40+	50	7.6	7.6	74.5	89.7 <sup>BR</sup>	119.1
Natalie Voce1	F	Open	80	20.0	20.0	50.0	90.0	109.9
Trevor Evans1	M	70+	85	22.9	20.0	25.4	68.3	105.3

Here's the Leg 5 results, with 18 lifters making 7 teams.

Recognition to Steve Andrews, Steve Sherwood & Andy Tomlin for top 3 in the Snatch; Andy Tomlin, Steve Andrews & Steve Sherwood for the top 3 in the C&J; Andy Tomlin, Steve Andrews & Steve Sherwood for top 3 in the Deadlift; Steve Andrews, Gary Ell & Jeff Luther for top 3 in the Crucifix. The top 3 Teams again were Granby, Castlemilk & Metamorfit1. Top 3 in the Single Arm Set were Steve Andrews, Andy Tomlin & Steve Sherwood. Finally a big well done to the rest of the lifters. Leg 6 lifts are: 2H D/B Press, 2H D/B Swing, 2H D/B C&J & 1H D/B Deadlift



## 2018 IAWA World Championships – Sat 6<sup>th</sup> and Sun 7<sup>th</sup> October at Eastbourne, England

**Day One:** Lift 1 – Front Squat Lift 2 - Clean & Press B/Neck Lift 3 – One Hand Snatch Lift 4 – O/H 2” DBell Deadlift

**Day Two:** Lift 5 – Power Row Lift 6 – Continental Clean & Jerk Lift 7 - Deadlift

Lifter	Bwt	Class	Age	Div	Lift1	Lift2	Lift3	Lift4	Lift5	Lift6	Lift7	Total	Amended
Jenny Watson	56.6	60	52	M50+	42.5 <sup>BR</sup>	25▲	15R	32.5R▲●	40 <sup>BR</sup>	30	85▲	270	478.6
Sylvia Stockall	57.6	60	60	M60+	70▲●	35▲	20R▲	32.5R▲	42.5▲	40▲	112.5▲	352.5	650.4
Beata Banas	66.9	70	35	Open	62.5	32.5	27.5R	37.5R	50	50	115	375	537.1
Karen Gardner	74.4	75	59	M55+	35▲	22.5	20R▲	45R	40▲	30	85.5▲	277.5	428.2
Charlotte Hughes	75.0	75	28	Open	70	27.5	22.5R	37.5R	45●	40	120	362.5	482.1
Natalie Voce	77.9	80	36	Open	50	30●	22.5R	30R●	47.5●	42.5 <sup>BR</sup>	90	312.5	406.0
Steve Andrews	64.0	65	59	M55+	85	55▲	43R▲	55L▲●	65▲	72.5▲	150▲	525	699.4
Ed Shorttle	68.1	70	62	M60+	62.5	45▲	27.5L▲	40R▲	62.5 <sup>BR</sup>	50	150	437.5	572.7
Uddin Rouhul	69.3	70	37	Open	75	45▲	25R	47.5R	75.5	60	150	477.5	502.3
Paul Barette	69.9	70	42	M40+	95	47.5	37.5R	52.5R▲	80▲●	67.5 <sup>BR</sup>	202.5▲	582.5	627.6
Brandon H Hyland	71.5	75	16	J16/17	80	45	27.5R	47.5R▲	30▲	50	125	405	459.2
Dylan Thomas	75.8	80	45	M45+	105 <sup>BR</sup>	55	30R	60R	90▲	70▲	180	590	621.3
Steve Shah	78.4	80	67	M65+	70	50	25R	50R▲	70	45	140	450	569.2
Rory Hoad	80.9	85	30	Open	140	75	55L	72.5R	100	90	225	757.5	723.3
David Bleay	81.3	85	84	M80+	55	27.5	22.5L▲	50R▲	50▲	30	120▲	355	554.3
Denny Habecker	85.6	90	76	M75+	-	52.5▲	25R	50R	85	55▲	130▲	397.5	543.4
Paul Hallam	87.5	90	39	Open	100	42.5	40L	60L	75	70	165	552.5	503.9
Pete Tryner	88.2	90	46	M45+	160▲	90▲●	57.5R	-	115▲●	110▲	280▲●	812.5	789.3
Neil Keddy	90.6	95	40	M40+	115	60	42.5L	55L▲	90	80	195	637.5	575.8
Gary Ell	94.5	95	47	M45+	131▲	65.5 <sup>BR</sup>	40R	62.5L▲	95	90▲	202.5	685	646.2
Steve Moss	101.2	105	36	Open	115	70	40R	67.5R <sup>BR</sup>	101 <sup>BR</sup>	85	185	662.5	557.7
Al Myers	103.7	105	52	M50+	90	55▲	50R	75R▲	115	60	225	670	629.1
Laverne Myers	105.3	110	74	M70+	70▲	30▲	25L	80R▲	80	35	127.5	447.5	531.2
Gary R Smith	110.0	110	45	M45+	142.5▲	80▲	47.5R	55R <sup>BR</sup>	110 <sup>BR</sup>	100 <sup>BR</sup>	190	725	619.4
Graham Saxton	112.4	115	56	M55+	90.5 <sup>BR</sup>	32.5	25.5R	50R	65 <sup>BR</sup>	60.5	172.5 <sup>BR</sup>	495	461.6
Graham Alway	119.5	120	45	M45+	80 <sup>BR</sup>	60▲	30R▲	55L▲	80▲	60 <sup>BR</sup>	170	535	438.4
Matt Jones	128.0	125+	22	Open	165	80	60R	70R	90	130 <sup>BR</sup>	220	815	609.2
Cliff Dunlop	135.0	125+	55	M55+	130▲	70▲	30L▲	50L▲	120▲	80▲	120	600	507.1
Steve Gardner	141.3	125+	61	M60+	-	-	27.5R	45R <sup>BR</sup>	85	-	100	257.5	224.1

**Second Day moved to a heavier Class:**

● = Open World ▲ = Jnr/Masters World

Gary R Smith Bwt 110.8 = 115k Class

**Did Not Weigh in on 2<sup>nd</sup> Day:** (lifters do not have to weigh on the 2<sup>nd</sup> day unless they wish to try and claim records)

Beata Banas - Steve Shah - Rory Hoad - Paul Hallam - Al Myers - Laverne Myers - Steve Gardner

**Successful 4<sup>th</sup> Attempts:** (Lifts outside of the competition but for record attempts)

Front Squat: Karen Gardner 40.5▲ David Bleay 62.5▲ Graham Saxton 95<sup>BR</sup>

Clean & Press B/Neck: Sylvia Stockall 40▲●

O/H 2” D/Bell Deadlift: Karen Gardner 47.5R▲ David Bleay 52.5R▲ Denny Habecker 55▲

Power Row: Jenny Watson 42.5▲ Sylvia Stockall 45▲● Karen Gardner 42.5▲

Power Row (Cont): Charlotte Hughes 47.5● Steve Moss 110<sup>BR</sup> Graham Saxton 70<sup>BR</sup>

Cont. Clean & Jerk: Sylvia Stockall 42.5▲

Deadlift: Karen Gardner 90▲ Paul Barette 205.5▲● Denny Habecker 135▲

**Referees:** Gary Ell (WAL) Laverne Myers (USA) Graham Saxton (ENG) Denny Habecker (USA) Neil Keddy (WAL) Steve Gardner & Karen Gardner(ENG) Paul Barette(ENG) Frank Allen(ENG) Steve Andrews(ENG) Natalie Voce(ENG)

**Announcers:** Al Myers (USA) & Steve Gardner (ENG) **Assistant:** Judy Habecker (USA) **Records:** Chris Bass (ENG)  
**Drug Testing Officer:** Frank Allen (ENG)

**The Loaders:** The Loading was outstanding throughout the whole two days and was undertaken by all of the lifters, who loaded for each other in the groups where they were not lifting themselves – Well done to all, again ....OUTSTANDING!

**Promoters:** Joint Promoters- Paul Barette assisted by Steve Gardner

**Best Lifter Awards:**

Best Junior: Brandon H Hyland (ENG)  
Best Female Open: Beata Banas (ENG)  
Best Female Master: Sylvia Stockall (Canada)  
Best Open Lifter: Rory Hoad (ENG)  
Best Master 40+: Paul Barette (ENG)  
Best Master 45+: Pete Tryner (ENG)  
Best Master 50+: Al MYERS (USA)  
Best Master 55+: Steve Andrews (ENG)  
Best Master 60+: Ed Shorttle (ENG)  
Best Master 65+: Steve Shah (ENG)  
Best Master 70+: Laverne Myers (USA)  
Best Master 75+: Denny Habecker (USA)  
Best Master 80+: David Bleay (ENG)

**The Overall Best Lifter Ranking – Champion of Champions:**

Winner: Pete Tryner (ENG)  
Runner Up: Rory Hoad (ENG)  
Third Place: Steve Andrews (ENG)

**Presentations of the IAWA Award of Merit**

(The IAWA's Highest Award - presented for long and loyal service to our organisation and All Round Weightlifting)

IAWA (UK) President: Steve Gardner, gave a short speech and presented the Award of Merit to: Steve Andrews

IAWA President: Al Myers, gave a short speech and presented the Award of Merit to: Denny Habecker

**A word about the event from Co Promoter Steve Gardner:**

Paul Barette found an excellent venue for the Championships, and again for the Banquet and Presentation of Awards. It was my pleasure to assist Paul with arranging the event, and I thank him for his tireless efforts on our behalf, recognising the help and support of Adrian Pryor who managed to keep things going at Metamorfit enabling Paul to be free enough to run the event. Well done to Paul's club members and family and friends who also helped out in many ways to. The competition was outstanding and easily ranks as one of the best events ever, with the lifting going so well and everyone helping out with reffing and loading, making the day run so smoothly. Our youngest competitor was 16 year old Brandon H Hyland, and our most Senior was David Bleay at 84 years young. It was nice to note that David lifted in this event, after a break of 14 years, in memory of his good friend and lifting partner who passed a few years ago: a true IAWA Champion: Keith Murdie. Nice moments included witnessing 74 year old Laverne Myers from Kansas USA pulling the heaviest One Hand 2" Dumbbell Deadlift of the competition at 80 kilos, and the wonderful style and commitment of the female lifters. Everyone performed brilliantly, congratulations to Pete Tryner for taking his second Overall Best Lifter title at World Championships. Finally, the presentation of the Awards of Merit made a fitting end to the weekend, well done to Steve Andrews and Denny Habecker!



Above: Laverne Myers - Power Row

Left: Pete Tryner - Deadlift

Some presentation photos on the back page!

## 2018 IAWA GOLD CUP – World Record Breakers Event

### Metamorfit Gym, Eastbourne, England – Promoter: Paul Barette

Name	Bwt	Class	Age	Div	Gold Cup Lift	2 <sup>nd</sup> Lift for Record
Steve Gardner	139.6	125+	61	M60+	R/H Index Finger Lift 70k▲	Index Fingers Straddle 70k▲
Gary Ell	95.1	100	47	M45+	R/H Bench Press 45k▲●	---
Beata Banas	66.7	70	35	Open	Cont. C & Jerk 57.5k●	Steinborn 65k <sup>BR</sup>
Frank Allen	77.9	80	76	M75+	Bent Arm Pullover 30k▲	Lateral Raise Lying 22.5k▲
Steve Andrews	65.7	70	59	M55+	Shoulder Drop 52.5k▲●	Trap Bar Deadlift 155k▲
Nick Swain	81.4	85	53	M50+	Middle Fingers D/L 75k▲	2" Bar DBell Deadlift (R) 61.5k▲
Ed Shorttle	69.1	70	62	M60+	Zercher 105k▲	2" Bar Hacklift 105k▲
Denny Habecker	87.6	90	76	M75+	Pullover and Push 85k▲	Pullover and Press 77.5k▲
Sylvia Stockall	57.6	60	60	M60+	Trap Bar Deadlift 110k▲	Bench Press Alternate Grip 57.5k▲●
Jenny Watson	57.5	60	52	M50+	Deadlift 87.5k▲	Continental Clean 32.5k <sup>BR</sup>
Graham Saxton	113.0	115	56	M55+	Hacklift 170k▲	R/H Dumbbell Press 20k▲
Al Myers	103.2	105	52	M50+	Rim Lift 130k▲	Reverse Rim Lift 52.5k▲
Laverne Myers	105.1	110	74	M70+	Rim Lift 135k▲●	Reverse Rim Lift 62.5k▲●
Steve Sherwood	78.7	80	67	M65+	2" Bar Straddle 175k▲	2" Bar Hacklift 160k▲
Paul Hallam	89.0	90	39	Open	LH Domaal Squat 35k●	L/H Bent Press Dumbbell 27.5k●
Karen Gardner	74.9	75	59	M55+	L/H 2" Vertical Bar 50k▲	Bench Press F.I.A. 32.5k▲
Selina Dorn	72.1	75	42	M40+	2" Bar Straddle 115k▲●	Reflex Clean & Jerk 45k▲
Nicola Thornhill	69.8	70	49	M45+	Reflex Clean & Jerk 42.5k▲	2" Bar Deadlift 110k▲●
Rory Hoad	83.4	85	30	Open	2" Bar Clean & Press 85k●	2" Bar Snatch 75k●
Paul Barette	70.6	75	42	M40+	R/H Strict Bent Press 32.5k▲●	L/H Bench Press 32.5k▲●
Steve Moss	102.3	105	36	Open	Middle Fings Clean & Jerk 50k●	Turkish Get Up 50k●

● = Open World ▲ = Jnr/Masters World

**Announcer:** Steve Gardner **Assistant Recorder:** Judy Habecker **Records:** Chris Bass

**Referees:** Karen Gardner Denny Habecker Graham Saxton Al Myers Laverne Myers Steve Sherwood Paul Barette  
Rory Hoad Nick Swain Frank Allen Steve Andrews

**Loaders:** The Lifters all loaded for each other when not lifting (and they did an excellent job!)

**The Howard Prechtel Award:** (Rankings decided on the total lifted for the Gold Cup Lift x The Blindt Formula)

- 1<sup>st</sup> Paul Barette
- 2<sup>nd</sup> Laverne Myers
- 3<sup>rd</sup> Steve Andrews
- 4<sup>th</sup> Steve Sherwood
- 5<sup>th</sup> Paul Hallam

21 Lifters made it to this Year's Gold Cup, and set 41 new IAWA World Records between them. The Event was a standout success, thank you to Paul Barette and Adrian Pryor for putting the event on, and big big thanks to everyone who helped the event to run so smoothly. The record attempts were varied and very exciting to watch, numerous great performances, in fact every lifter rose to the occasion and lifted excellently. We enjoyed the Myers Challenge lift, where we saw Laverne narrowly edge out Al, by 5 kilos to win their Rim Lift Challenge.

We award a special trophy at the Gold Cup in memory of the event founder: Howard Prechtel. This years award (at the 29<sup>th</sup> Annual Gold Cup) went to Paul Barette for his Mastery of the very difficult: Strict Bent Press with Barbell, so again a special well done to Paul!





Left: The Lifters & Officials of the 2018 IAWA Gold Cup!

Right: Paul Barette with a Strict Bent Press which with amended points won the Howard Prechtel Memorial Award.



As many of you know Al Myers (left) and dad Laverne Myers (right) have battled it out at the Gold Cup to see which of them can lift the most head to head!

This year they chose the Rim Lift and Reverse Rim Lift and it was dad (Laverne) that just nudged ahead with an amazing 135kg Rim Lift



Far left: The Ladies of the 2018 Gold Cup

Left: Nick Swain with a Middle Fingers Deadlift

Right: Steve Gardner with an Index Finger Lift



Left: Selina Dorn - 2" Bar Straddle

Right: Beata Banas - Continental Clean & Jerk

Far Right: Paul Hallam - Domaal Squat



# **IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 6 - compiled by Chris Bass.**

## Ranking of Teams – Leg 6

1	Granby1	Steve Sherwood, Steve Andrews, Mark Shaw	1043.4
2	Castlemilk	Andy Tomlin, Matthew Finkle, Gary Ell	888.5
3	Metamorphit1	Jamie Livens, Paul Barette, Beata Banas	794.3
4	Sunbury	Michelle Ryder, Jeff Luther, Trevor Evans	717.9
5	Metamorphit2	Ed Shorttle, Natalie Voce, Rouhul Uddin	682.2
6	Twyford Celts	Maddy Ell, Max Ell	522.4

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	5538.3
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	5106.4
3	Metamorphit1	Jamie Livens, Paul Barette, Ed Shorttle	4710.1
4	Metamorphit2	Natalie Voce, Gareth Edwards Ian Thomas	3847.0
5	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	2943.8
6	Twyford Celts	Maddy Ell, Max Ell,	2880.4
7	Metamorphit3	Beata Banas, Charlotte Hughes, Ryan Shields	1967.7
8	Granby2	Daniel Andrews, Mark Godleman	433.0

## Ranking of Lifters – Leg 6

1	Steve Sherwood	410.4	10	Paul Barette	252.0
2	Steve Andrews	396.1	11	Michelle Ryder	250.1
3	Andy Tomlin	326.5	12	Ed Shorttle	248.1
4	Jamie Livens	288.9	13	Max Ell	243.6
5	Gary Ell	285.6	14	Mark Shaw	236.9
6	Maddy Ell	278.8	15	Natalie Voce	217.2
7	Matthew Finkle	276.4	16	Rouhul Uddin	216.9
8	Beata Banas	253.3	17	Trevor Evans	215.3
9	Jeff Luther	252.5			

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

1	Steve Andrews	2110.7	14	Natalie Voce	1018.8
2	Steve Sherwood	2051.7	15	Gareth Edwards	931.0
3	Andy Tomlin	1798.6	16	Ian Thomas	800.1
4	Gary Ell	1789.9	17	Charlotte Hughes	743.6
5	Jamie Livens	1642.9	18	Beata Banas	659.8
6	Paul Barette	1564.1	19	Ryan Shields	539.2
7	Matthew Finkle	1518.0	20	Theo Hendley	511.4
8	Maddy Ell	1503.9	21	Chris Powell	433.9
9	Max Ell	1376.5	22	Michelle Ryder	426.5
10	Trevor Evans	1303.4	23	Mark Godleman	314.8
11	Mark Shaw	1300.3	24	Rouhul Uddin	216.9
12	Ed Shorttle	1284.3	25	Daniel Andrews	193.8
13	Jeff Luther	1213.8	26	Kris Singh	178.6

## Ranking of Lifters per Lift & Record Breakers.

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

<sup>1</sup> Single Referee

### Dumbbell Press

Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	55+	20	70	60.0	91.8
Steve Sherwood <sup>1</sup>	65+	30	80	55.0	81.4
Gary Ell <sup>1</sup>	45+	8	95	65.0	71.8
Andy Tomlin <sup>1</sup>	50+	12	90	60.0	71.0
Jamie Livens <sup>1</sup>	Open	0	80	60.0	70.0
Ed Shorttle <sup>1</sup>	60+	23	75	45.0	66.4
Matthew Finkle <sup>1</sup>	50+	13	65	43.0	64.4
Maddy Ell <sup>1</sup>	Open	33	50	28.0	62.9

### Dumbbell Swing

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood <sup>1</sup>	65+	30	80	60.0	96.3
Steve Andrews <sup>1</sup>	55+	20	70	50.0	83.0
Andy Tomlin <sup>1</sup>	50+	12	90	55.0	70.6
Jamie Livens <sup>1</sup>	Open	0	80	55.0	69.6
Jeff Luther <sup>1</sup>	60+	24	70	40.0	66.3
Gary Ell <sup>1</sup>	45+	8	95	55.0	65.9
Beata Banas	Open	33	70	35.5	62.9
Matthew Finkle <sup>1</sup>	50+	13	65	38.0	61.7



<u>D/B Press cont</u>	Age	%	Class	Kilos	Points	<u>D/B Swing cont</u>	Age	%	Class	Kilos	Points
Jeff Luther1	60+	24	70	40.0	61.1	Maddy Ell1	Open	33	50	25.0	61.0
Mark Shaw1	55+	19	85	45.0	58.5	Paul Barette	40+	3	75	45.01	59.2
Michelle Ryder1	40+	38	50	25.0	57.7	Ed Shorttle1	60+	23	75	35.0	56.0
Beata Banas	Open	33	70	35.0	57.1	Rouhul Uddin	Open	0	70	40.01	53.2
Rouhul Uddin	Open	0	70	45.0	55.1	Trevor Evans1	70+	44	85	30.0	52.2
Paul Barette	40+	3	75	45.0	54.6	Michelle Ryder1	40+	38	50	20.0	50.1
Natalie Voce	Open	33	80	35.0●	52.9	Mark Shaw1	55+	19	85	35.0	49.4
Max Ell1	Open	33	45	22.0	50.5	Natalie Voce	Open	33	80	27.51	45.1
Trevor Evans1	70+	44	85	30.0	48.1	Max Ell1	Open	33	45	18.0	44.8

#### Dumbbell C&J

#### 1H Dumbbell Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	100.7	Steve Sherwood1	65+	30	80	145.0	135.4
Steve Sherwood1	65+	30	80	65.0	97.4	Steve Andrews1	55+	20	70	125.0	120.7
Andy Tomlin1	50+	12	90	70.0	83.9	Andy Tomlin1	50+	12	90	135.0	100.9
Gary Ell1	45+	8	95	70.0	78.3	Maddy Ell1	Open	33	50	61.0	86.6
Jamie Livens1	Open	0	80	65.0	76.8	Matthew Finkle1	50+	13	65	90.0	85.1
Jeff Luther1	60+	24	70	45.0	69.6	Michelle Ryder1	40+	38	50	57.5	83.8
Maddy Ell1	Open	33	50	30.0	68.3	Max Ell1	Open	33	45	57.5	83.3
Matthew Finkle1	50+	13	65	43.0	65.2	Paul Barette	40+	3	75	108.21	82.9
Max Ell1	Open	33	45	28.0	65.1	Beata Banas	Open	33	70	73.2●	75.4
Natalie Voce	Open	33	80	40.0●	61.3	Jamie Livens1	Open	0	80	98.2	72.4
Ed Shorttle1	60+	23	75	40.0	59.8	Mark Shaw1	55+	19	85	85.0	69.8
Mark Shaw1	55+	19	85	45.0	59.3	Gary Ell1	45+	8	95	100.0	69.7
Michelle Ryder1	40+	38	50	25.0	58.5	Ed Shorttle1	60+	23	75	70.7	65.9
Beata Banas	Open	33	70	35.0	57.9	Trevor Evans1	70+	44	85	57.5	58.2
Trevor Evans1	70+	44	85	35.0	56.8	Natalie Voce	Open	33	80	60.71	57.9
Rouhul Uddin	Open	0	70	45.0	55.8	Jeff Luther1	60+	24	70	57.5	55.5
Paul Barette	40+	3	75	45.0	55.3	Rouhul Uddin	Open	0	70	68.2	52.7

Here's the roundup of the results 2018:

Well done to Steve Andrews, Steve Sherwood & Andy Tomlin for being the top 3 lifters in this the final leg. Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the Press; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in Swing; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the C&J; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the Deadlift.

Overall for the year: Steve Andrews was the top lifter for 2018 - well done also to Steve Sherwood on coming second and Andy Tomlin third. Top team this year was with Granby, followed by Castlemilk then Metamorfit1 in third. I must also congratulate Maddy Ell for being top ladies lifter & overall 8<sup>th</sup>. I feel sure that Beata & Michelle will be strong contenders next year if they complete all 24 lifts. And finally well done to everyone else & thanks for lifting throughout the year. I hope you all compete next year for without you the postal league would not continue.

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.



## Final Rankings of the 2018 All round Scheme.

1	Steve Andrews	24	Best British Open & 55+, 70k class & Top All Rounder
2	Steve Sherwood	24	Best British Open & 65+, 80k class All Rounder
3	Andy Tomlin	24	Best British Open & 50+, 95k class All Rounder
4	Gary Ell	24	Best British Open & 45+, 100k class All Rounder
5	Jamie Livens	24	Best British Open, 75k class All Rounder
6	Paul Barette	24	Best British 40+, 75k class All Rounder
7	Matt Finkle	24	Best British 50+, 70k class All Rounder
8	Maddy Ell	24	Best British Ladies Open, 50k class Top All Rounder
9	Max Ell	24	Best British Ladies Open, 45k class All Rounder
10	Mark Shaw	24	Best British Open & 55+, 85k class All Rounder
11	Trevor Evans	23	Best British 70+, 85k class All Rounder
12	Ed Shorttle	24	Best British 60+, 75k class All Rounder
13	Jeff Luther	20	Best British 60+, 75k class All Rounder
14	Natalie Voce	24	Best British Ladies Open, 85k class All Rounder
15	Gareth Edwards	16	Runner up British Open, 85k class All Rounder
16	Ian Thomas	16	Runner up British Open, 95k class All Rounder
17	Charlotte Hughes	16	Best British Ladies Open, 80k class All Rounder
18	Beata Banas	12	Best British Ladies Open, 70k class All Rounder
19	Ryan Shields	8	British 16 year old, 65k class All Rounder - 8 lifts
20	Theo Hendley	8	British 17 year old, 85k class All Rounder - 8 lifts
21	Chris Powell	8	British 40+, 100k class All Rounder - 8 lifts
22	Michelle Ryder	8	British Ladies 40+, 50k class All Rounder – 8 lifts
23	Mark Godleman	4	British 55+, 105k class All Rounder - 4 lifts
24	Rouhul Uddin	4	British Open, 70k class All Rounder – 4 lifts
25	Daniel Andrews	4	British Open, 75k class All Rounder - 4 lifts
26	Kris Singh	4	British Open, 95k class All Rounder – 4 lifts

Spencer Set			Age	CLASS	D/B Press	D/B Swing	D/B C&J	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1		M	65+	80	60.0	50.0	65.0	175.0	275.4
Steve Andrews1		M	55+	70	55.0	60.0	65.0	180.0	275.0
Andy Tomlin1		M	50+	90	60.0	55.0	70.0	185.0	225.6
Jamie Livens1		M	Open	80	60.0	55.0	65.0	180.0	216.5
Gary Ell1		M	45+	95	65.0	55.0	70.0	190.0	215.9
Jeff Luther1		M	60+	70	40.0	40.0	45.0	125.0	197.1
Maddy Ell1		F	Open	50	28.0	25.0	30.0	83.0	192.2
Matthew Finkle1		M	50+	65	43.0	38.0	43.0	124.0	191.4
Ed Shorttle1		M	60+	75	45.0	35.0	40.0	120.0	182.2
Beata Banas		F	Open	70	35.0	35.5	35.0	105.5	177.9
Paul Barette		M	40+	75	45.0	45.0	45.0	135.0	169.1
Mark Shaw1		M	55+	85	45.0	35.0	45.0	125.0	167.2
Michelle Ryder1		F	40+	50	25.0	20.0	25.0	70.0	166.3
Rouhul Uddin		M	Open	70	45.0	40.0	45.0	130.0	164.1
Max Ell1		F	Open	45	22.0	18.0	28.0	68.0	160.3
Natalie Voce		F	Open	80	35.0	27.5	40.0	102.5 <sup>BR</sup>	159.3
Trevor Evans1		M	70+	85	30.0	30.0	35.0	95.0	157.1

I wish you all good health & good lifting for 2019. Leg 1 lifts are: 1H B/B Snatch, Cont C&J, Front Squat & Lateral Raise Lying. To be completed by end of January please.

CHRIS

Name	Sex	Age	Age/Sex %	Class	Bwt	Div	1H Pinch Grip	1H Vertical Bar (1")	Middle Fingers Deadlift	Total	Lynch	Amend
							Lift	Lift	Lift			
Timo Lattamaus	M	39	0	OPEN	87.3	90KG	38 R	154 R	150	342	0.9132	312.33
John Merner	M	69	34	65+	98.8	100KG	20.5 R▲	94 R▲	127.5▲	242	0.8527	276.50
Jenn Tibbenham	F	34	33	OPEN	97.5	100KG	25.5 L●	90 L●	100●	215.5	0.8588	246.14
Beata Banas	F	35	33	OPEN	68.9	70KG	18 R●	74 R	65 <sup>BR</sup>	157	1.0560	220.50
Graham Saxton	M	56	17	55+	112.4	115KG	23 R <sup>BR</sup>	89 R▲	120▲	232	0.7971	216.36
Paul Barette	M	42	3	40+	74.9	75KG	23 R	95.5 R▲	75▲	193.5	1.0008	199.47
Paul Hallam	M	39	0	OPEN	91.4	95KG	30.5 L	94 R	90	214.5	0.8898	190.87
Natalie Voce	F	36	33	OPEN	77.5	80KG	15.5 R●	69 R▲	55	139.5	0.9799	181.81
Ed Shorttle	M	62	23	60+	71.4	75KG	18 L▲	54 L▲	57.5 <sup>BR</sup>	129.5	1.0317	164.34
Steve Gardner	M	62	23	60+	139.0	125+KG	20.5 R▲	64 R	70 <sup>BR</sup>	154.5	0.7187	136.58

Successful 4<sup>th</sup> Attempts: **1 Hand Pinch Grip** - Graham Saxton 25.5kg R<sup>BR</sup>, **1 Hand Vertical Bar** - Beata Banas 82.5kg● R, Jenn Tibbenham 100kg L●  
 Steve Gardner 74kg R, Paul Barette 100kg R▲, Graham Saxton 95kg R▲, **Middle Fingers Deadlift** - Beata Banas 70kg<sup>BR</sup>

Record Attempts (outside of the competition) - Timo Lattamaus - Index Fingers Deadlift 120kg●

▲ = World Masters record: ● = World Open record

Overall Champion & Best Open Lifter - Timo Lattamaus

Best Ladies Lifter - Jenn Tibbenham

Best Masters Lifters - John Merner

Promoter - Paul Barette

MC/Recorder - Steve Gardner & Paul Barette

Loaders - The Lifters

Referees - Steve Gardner, Natalie Voce, Paul Barette, Jenn Tibbenham, Graham Saxton

Scored using Total, Lynch & Age Formulas

Report by Paul Barette:

We had 12 entries for the Southern Grip Competition this year (the highest number of any Southern Grip!), we unfortunately lost some entries to illness and injury, but we still had 10 lifters contesting the One Hand Pinch Grip, one hand 1" Vertical bar and the middle fingers deadlift.

The competition got underway with two flights of 5 lifters and the first flight flew by in just about an hour! Steve Gardner and Paul Barette shared the announcing, scoring and platform management. A very big thank you to our visitors - The Powerhouse Crew, John Merner and Jenn travelling from Kent and if there was an award for distance travelled it would have been Timo that won it, travelling over for the weekend from Finland!

There were a few 4<sup>th</sup> round attempts along the way for records and it was great to see lifters sharing ideas and coaching each other along the way.

I think everyone was glad that the middle fingers deadlift came last, there were a few cries of pain from the platform!

Exceptional performances from all the ladies saw Jenn take the overall lead winning the best ladies title. The masters title was won by John Merner who is particularly keen on the middle fingers deadlift - and it showed in the scores! Stealing the show from the outset was the great Timo. It was great to see that Timo has recovered so well from his accident earlier in the year and although he isn't yet back to full strength, he certainly displayed excellent grip strength all round taking the overall champion title. If that wasn't enough, he used the opportunity to take some attempts on the Index Fingers Deadlift.

MetamorFIT and all the lifters here would like to thank their IAWA family for another great year of competing and take this moment to wish everyone a very merry Christmas and a happy and healthy New Year!

Timo Lattamaus - Back on the road to recovery and winning the Southern Grip Championship



Timo Lattamaus - Here with a Middle Fingers Deadlift of 150kg



The Lifters & Officials of the 2018 Southern Grip Championship





## **The I.A.W.A. Award of Merit - Steve Andrews**

*A little about Steve Andrews – 38 / 39 years in weightlifting by Steve Gardner*

*In 1979 Steve joined a night school for weightlifting in order to lose weight, later in 1980 he was introduced to the BAWLA All Round Scheme. (in the days before our drug free all round lifting organisation had begun) Steve, who was in his 20's and had never been involved in sports, was surprised how much he loved the new challenge. At the Leicester club Frank Allen was always an inspiration to Steve, who also improved his ability by watching some of the other excellent technicians in all round weightlifting.*

*The rest is history, this multi-title winning British Champion especially enjoys his Single Arm*

*lifting and is proud of winning the 'best Single Arm' title for many, many times over the years. Steve is proud of all his records and hopes to carry on lifting for as many years as his body will allow!*

*So Steve was lifting in All Round Weightlifting when we formed our International organisation way back in 1985, and without exception (I think) he is the only person who has lifted consistently throughout the last 33 years, even operations on elbows and stuff like that hasn't kept him away for any lengthy periods, he is like the energiser battery bunny, he just keeps going and going.*

*A competitor at Internationals abroad on occasions too, Steve has not missed many IAWA(UK)*

*National events in all those years. Steve has been a referee for many years, and is always supportive and helpful to new lifters at events, always offering to help out with loading and whatever other tasks arise. Steve has become involved in the Committee work in more recent years, having held position as UK Chairman for some years now. Steve has also been active in*

*supporting Frank Allen in running events and keeping the Leicester Club alive for many, many years too.*

*All in all, Steve's dedication and unfaltering support to our beloved sport of all round weightlifting and all of those people involved therein is recognised as being outstanding, and deserving of the highest Award IAWA can present ...the IAWA Award of Merit*

### **Steve Andrews**

**In action at the 2018 World Championships**



### **Denny Habecker**

**In action at the 2018 World Championships**





## **The I.A.W.A. Award of Merit - Denny Habecker**

Presented by Al Myers

*I'm honored to be able to present Denny Habecker with this very prestigious IAWA Award. This is the highest award the IAWA has to present, and only a few have received it in the past. I have known Denny for many years, and throughout the year we spend lots of time with each other. I often jokingly refer to Denny as "Uncle Denny" as he seems like family to me. We have traveled to many overseas IAWA meets together through the years, and I've spent many a nights at his and Judy's house in Pennsylvania. I've enjoyed many fine meals at their place, but I should recognize Judy for that instead of Denny!*

*In looking over the many accomplishments Denny has had in the IAWA, it made me realize that I would need to narrow down the list or this speech would get too long. So I'm going to just hit a few highlights of Denny's involvement and accomplishments. Here it goes –*

- *Started training in 1957 when in highschool to prepare himself for highschool football*
- *Competed in Olympic Lifting competitions in the early 60's, as well as a few bodybuilding competitions (I've brought a few pictures along to confirm this as I'm sure some are doubting – so see me afterwards if you want to see a picture of Denny all oiled down and posing)*
- *Was inspired to get involved in All Round Weightlifting in 1989, by the great John Vernacchio. Denny was part of John's Valley Forge Lifting Team and also entered many Masters Olympic Lifting Meets, including many Pan American Championships and World Championships*
- *IAWA World Championship Meet Promoter 2002, 2005, 2009, and 2016*
- *Has placed in the Top Ten Overall at Worlds many times – 6<sup>th</sup> in 2017, 4<sup>th</sup> in 2016, 6<sup>th</sup> in 2014, 4<sup>th</sup> in 2012, 8<sup>th</sup> in 2011, 9<sup>th</sup> in 2010, 5<sup>th</sup> in 2009, 8<sup>th</sup> in 2007, 4<sup>th</sup> in 2003, 6<sup>th</sup> in 2002, 6<sup>th</sup> in 2001, 10<sup>th</sup> in 2000, 3<sup>rd</sup> in 1999, 10<sup>th</sup> in 1997, and 10<sup>th</sup> in 1996,*
- *Won Best Lifter Awards in his Age Group in 2016, 2014, 2013, 2012, 2010, 2009, and 1999,*
- *IAWA Gold Cup Meet Promoter: 2006, 2008 and 2013*
- *Holds many IAWA World Records*
- *Has competed in over 20 IAWA World Championships, and over 20 Gold Cups*
- *Founder of Habecker's Gym, and has coached many lifters through the Years*
- *Has served as an IAWA Vice President since 2004*
- *Has served on the IAWA Technical Committee since 1996*

*Another thing about Denny I want to mention is I've always considered him my role model in All Round Lifting. When I first got started with IAWA Denny was one of the first to encourage me to compete at the IAWA level, beyond just USAWA competitions. I really doubt I would have made that first meet "overseas" without Denny's support. For that Denny – I owe you a lot of thanks.*

*Denny is one of the most reliable people I know. He has given so much of his time and energy to IAWA, more than most realize. I don't know how many times in the past when we have needed someone to "step up", whether it's a promotion or just attending an event that needs supported – Denny's always there and ready to do it. He has been a steady backbone of IAWA with his leadership, which goes away beyond what he has done on the platform. Our organization wouldn't be as strong as it is without Denny.*

*Denny, I consider you one of my best friends. It gives me great honor to be able to present you with this award. Thank you for all you have done for IAWA.*

# 2018 IAWA World Postal Championships "The Andy Goddard Memorial" August 31<sup>st</sup>, 2018

Lifts: Front Squat, Clean and Press Behind Neck, 1H Barbell Snatch, 1H 2" Dumbbell Deadlift

## MEET REPORT, BY PROMOTER AL MYERS

The 2018 IAWA World Postal Championships was a huge success, with 42 lifters entered from the United States, England, Scotland, Wales and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. 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 included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings for men and women, and club rankings. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men's Steve Sherwood and Women's Kat Becker. Overall winners in the 3 - Person Team Championships are WOMEN – Western Australia (Kat Becker, Miriam Phillips, and Racheal Hin) and MEN – Granby Grippers (Mark Shaw, Steve Andrews, and Steve Sherwood). The OVER CLUB CHAMPION is the Dino Gym (RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, LaVerne Myers, Dean Ross and Brandon Rein). 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	Squat	C&P Neck	1H Snatch	2"DL	TOTAL	POINTS
RJ Jackson	Dino Gym	USAWA	F	1	56	48.0	52.1	31.7	24.9 R	34.9 R	143.8	233.9
Crystal Diggs	Dino Gym	USAWA	F	1	31	74.0	20.4	15.0	12.9 R	23.6 R	71.9	72.5
Max Ell	Twyford Celt Ladies	IAWAUK	F	1	21	45.0	40.0	20.0	17.5	32.5	110.0	162.2
Maddy Ell	Twyford Celt Ladies	IAWAUK	F	1	23	47.0	55.0	25.0	16.8	30.0	126.8	179.6
Lance Foster	KC Strongman	USAWA	M	1	52	148.0	0.0	38.6	25 R	42.3 R	105.9	83.5
Eric Todd	KC Strongman	USAWA	M	1	43	118.0	0.0	0.0	54.5 R	0.0	54.5	44.1
Chris Todd	KC Strongman	USAWA	M	1	39	126.0	125.0	73.2	40.9 R	51.4 R	290.5	218.8
John Strangeway	KC Strongman	USAWA	M	1	40	89.0	188.6	73.2	54.5 R	94.1 L	410.4	374.4
Natalie Voce	Metamorfit	IAWAUK	F	1	36	81.5	52.5	32.5	20.0 R	28.5 R	133.5	126.9
Jamie Livens	Metamorfit	IAWAUK	M	3	25	71.0	110.0	55.0	41.2 R	58.5 R	264.8	274.2
Paul Barette	Metamorfit	IAWAUK	M	2	42	73.7	95.0	47.5	37.5 R	48.5 R	228.5	237.9
Ed Shorttle	Metamorfit	IAWAUK	M	3	62	70.0	65.0	40.0	25.0 L	38.5 L	168.5	216.6
Beata Banas	Metamorfit	IAWAUK	F	1	34	68.1	55.0	30.0	20.0 R	36.0 R	141.0	150.1
Jenny Wilson	Metamorfit	IAWAUK	F	1	52	58.6	42.5	22.5	15.0 R	31.0 R	111.0	148.4
Phil Crisp	Iron Masters	IAWAUK	M	1	48	100.0	190.5	68.0	48.0 R	70.0 R	376.5	349.6
Martin Doolan	Iron Masters	IAWAUK	M	1	77	75.0	60.5	40.5	24.0 R	50.0 R	175.0	262.5
Steve Shah	Iron Masters	IAWAUK	M	1	68	78.0	70.5	48.0	25.5 R	50.0 R	194.0	250.0
Rouhul Uddin	Iron Masters	IAWAUK	M	1	37	70.0	50.5	48.0	25.5 R	50.0 R	174.0	181.8
Kat Becker	Western Australia	ARWLWA	F	1	34	85.0	140.0	50.0	30.0 R	35.0	255.0	236.5
Miriam Phillips	Western Australia	ARWLWA	F	1	36	124.5	80.0	45.0	30.0 R	45.0	200.0	151.5
Racheal Hin	Western Australia	ARWLWA	F	1	49	59.0	50.0	17.5	12.5 R	30.0	110.0	142.4
Steven Charles	Western Australia	ARWLWA	M	1	37	89.0	95.0	50.0	30.0 L	60.0	235.0	212.3
Mark Shaw	Granby Grippers	IAWAUK	M	2	57	83.1	60.5	32.5	28.0 L	56.0 L	177.0	196.2
Steve Andrews	Granby Grippers	IAWAUK	M	1	59	65.2	85.0	55.5	40.5 R	51.0 L	232.0	305.2
Steve Sherwood	Granby Grippers	IAWAUK	M	1	66	76.8	120.0	55.0	42.5 R	85.0 L	302.5	381.6
Denny Habecker	Habecker's Gym	USAWA	M	1	75	87.1	0.0	50.0	25.0 R	55.0 R	130.0	173.6
Aidan Habecker	Habecker's Gym	USAWA	M	1	15	81.7	55.0	27.5	27.5 R	47.5 R	157.5	171.9
John Douglas	Dino Gym	USAWA	M	1	54	140.6	155.0	75.0	55.0 R	65.0 L	350.0	287.8
Al Myers	Dino Gym	USAWA	M	1	52	106.6	90.0	40.0	50.0 R	77.5 R	257.5	238.4
LaVerne Myers	Dino Gym	USAWA	M	1	74	107.9	77.5	30.0	25.5 R	77.5 R	210.5	246.7
Chad Ullom	Dino Gym	USAWA	M	1	46	109.8	185.0	20.0	60.0 L	82.5 R	347.5	300.1
Dean Ross	Dino Gym	USAWA	M	1	75	111.6	77.5	45.0	25.0 L	32.5 L	180.0	210.2
Brandon Rein	Dino Gym	USAWA	M	1	23	67.6	60.0	40.0	30.0 R	42.5 R	172.5	184.7
Matthew Finkle	Chateau Lait All Comers	IAWAUK	M	1	52	64.0	80.0	42.5	32.5 R	45.0 R	200.0	250.9
Andrew Tomlin	Chateau Lait All Comers	IAWAUK	M	1	50	89.4	102.5	50.0	45.0 L	80.0 R	277.5	277.5
Gary Ell	Chateau Lait All Comers	IAWAUK	M	1	47	96.0	132.5	63.0	42.5 R	68.5 L	306.5	286.6
Neil Keddy	Wales	IAWAUK	M	1	40	90.5	100.0	55.0	30.0	57.5	242.5	219.1
Karen Gardner	James's Shed Gym	IAWAUK	F	3	59	75.0	30.0	22.5	17.5 R	45.0 R	115.0	138.0
Paul Hallam	James's Shed Gym	IAWAUK	M	3	39	89.5	95.0	40.0	40.0 L	60.0 L	235.0	211.6
Steve Moss	James's Shed Gym	IAWAUK	M	3	36	97.0	100.0	65.0	40.0 R	70.0 R	275.0	236.8
James Gardner	James's Shed Gym	IAWAUK	M	3	34	99.9	125.0	65.0	55.0 R	95.0 R	340.0	288.2
Graham Saxton	James's Shed Gym	IAWAUK	M	3	56	114.0	90.0	40.0	30.0 R	55.0 R	215.0	199.1

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 55-59/50KG Class Champion, Best Lifter 55-59, Best Master Lifter
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion,
Natalie Voce	Womens 20-39/85KG Class RunnerUp
Beata Banas	Womens 20-39/70KG Class Champion
Jenny Wilson	Womens 50-54/60KG Class Champion, Best Lifter 50-54
Kat Becker	Womens 20-39/85KG Class Champion, Best Lifter 20-39, Best Senior Lifter, Best Lifter Overall
Miriam Phillips	Womens 20-39/125KG Class Champion
Racheal Hin	Womens 45-49/60KG Class Champion, Best lifter 45-49
Karen Gardner	Womens 55-59/75KG Class Champion
Lance Foster	Mens 50-54/125+KG Class RunnerUp
Eric Todd	Mens 40-44/120KG Class Champion
Chris Todd	Mens 20-39/125+KG Class Champion
John Strangeway	Mens 40-44/90KG Class Champion, Best Lifter 40-44
Jamie Livens	Mens 20-39/75KG Class Champion
Paul Barrette	Mens 40-44/75KG Class Champion
Ed Shorttle	Mens 60-65/70KG Class Champion, Best Lifter 60-64
Phil Crisp	Mens 45-49/100KG Class Champion, Best Lifter 45-49
Martin Doolan	Mens 75-79/75KG Class Champion, Best Lifter 75-79
Steve Shah	Mens 65-69/80KG Class RunnerUp
Rouhul Uddin	Mens 20-39/70KG Class RunnerUp
Steven Charles	Mens 20-39/90KG Class Champion
Mark Shaw	Mens 55-59/85KG Class Champion
Steve Andrews	Mens 55-59/70KG Class Champion, Best Lifter 55-59
Steve Sherwood	Mens 65-69/80KG Class Champion, Best Lifter 65-69, Best Master Lifter, Best Lifter Overall
Denny Habecker	Mens 75-79/90KG Class Champion
Aidan Habecker	Mens 14-15/85KG Class Champion, Best Lifter Junior
John Douglas	Mens 50-54/125+KG Class Champion, Best Lifter 50-54
Al Myers	Mens 50-54/110KG Class Champion
LaVerne Myers	Mens 70-74/110KG Class Champion, Best Lifter 70-74
Chad Ullom	Mens 45-49/110KG Class Champion
Dean Ross	Mens 75-79/115KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion
Matthew Finkle	Mens 50-54/65KG Class Champion
Andrew Tomlin	Mens 50-54/90KG Class Champion
Gary Ell	Mens 45-49/100KG Class RunnerUp
Neil Keddy	Mens 40-44/95KG Class Champion
Paul Hallam	Mens 20-39/90KG Class RunnerUp
Steve Moss	Mens 20-39/100KG Class RunnerUp
James Gardner	Mens 20-39/100KG Class Champion, Best Lifter 20-39, Best Senior Lifter
Graham Saxton	Mens 55-59/115KG Class Champion

## TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Steve Sherwood, England	381.6	1	Kat Becker, Australia	236.5
2	John Strangeway, USA	374.4	2	RJ Jackson, USA	233.9
3	Phil Crisp, England	349.6	3	Maddy Ell, England	179.6
4	Steve Andrews, England	305.2	4	Max Ell, England	162.2
5	Chad Ullom, USA	300.1	5	Miriam Phillips, Australia	151.5
6	James Gardner, England	288.2	6	Beata Banas, England	150.1
7	John Douglas, USA	287.8	7	Jenny Wilson, England	148.4
8	Gary Ell, England	286.6	8	Racheal Hin, Australia	142.4
9	Andy Tomlin, Scotland	277.5	9	Karen Gardner, England	138.0
10	Jamie Livens, England	274.2	10	Natalie Voce, England	126.9
11	Martin Doolan, England	262.5			
12	Matthew Finkle, Scotland	250.9			
13	Steve Shah, England	250.0			
14	LaVerne Myers, USA	246.7			
15	Al Myers, USA	238.4			
16	Paul Barrette, England	237.9			
17	Steve Moss, England	236.8			
18	Neil Keddy, Wales	219.1			
19	Chris Todd, USA	218.8			
20	Ed Shorttle, England	216.6			



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

	TEAM	POINTS	LIFTERS
1	Western Australia	530.4	Kat Becker, Miriam Phillips, Racheal Hin
2	Metamorfit	425.4	Natalie Voce, Beata Banas, Jenny Wilson
3	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell
4	Dino Gym	306.4	RJ Jackson, Crystal Diggs
5	James Shed Gym	138.0	Karen Gardner

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

	TEAM	POINTS	LIFTERS
1	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
2	Iron Masters	862.1	Phil Crisp, Martin Doolan, Steve Shah
3	Dino Gym Varsity	834.6	John Douglas, Chad Ullom, LaVerne Myers
4	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
5	James Shed Gym	736.6	Paul Hallam, James Gardner, Steve Moss
6	Metamorfit	728.7	Jamie Livens, Paul Barette, Ed Shorttle
7	KC Strongman	676.7	John Strangeway, Lance Foster, Chris Todd
8	Dino Gym JV	633.3	Al Myers, Dean Ross, Brandon Rein
9	Habecker's Gym	345.5	Denny Habecker, Aidan Habecker
10	Wales	219.1	Neil Keddy

### TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Dino Gym	1774.3	RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, Dean Ross, Brandon Rein
2	Metamorfit	1154.1	Natalie Voce, Jamie Livens, Paul Barette, Ed Shorttle, Beata Banas, Jenny Wilson
3	James Shed Gym	1073.7	Karen Gardner, Paul Hallam, Steve Moss, James Gardner, Graham Saxton
4	Iron Masters	1043.9	Phil Crisp, Martin Doolan, Steve Shah, Rouhul Uddin
5	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
6	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
7	Western Australia	742.7	Kat Becker, Miriam Phillips, Racheal Hin, Steven Charles
8	KC Strongman	720.8	John Strangeway, Lance Foster, Chris Todd, Eric Todd
9	Habeckers Gym	345.5	Denny Habecker, Aidan Habecker
10	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell

## IAWA (UK) Fixtures 2019

**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 February - **British Grip Championships** - Gary Ell & Paul Barette

Email: ellgary@hotmail.com iawa@metamorfit.co.uk

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

**Lifts: 2 Hand Fulton Deadlift, Thumbless Deadlift, 2" Bar Deadlift**

2nd March – **Midlands Open All Round Championships** - Chris Bass - Tel: 01472 250918

Email: chris.bass@havengym.org.uk

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

**Lifts: 2 Hand Zercher, Reverse Grip Bench Press, Hack Lift**

6th April – **British Power Championships** – Cliff Dunlop - Tel: 07845146763 E Mail: narrachan@yahoo.co.uk

Venue: Phoenix Power Lifting, Eggborough Sports & Social Club, Eggborough Power Station DN14 0UZ

**Lifts: Squat, Bench Press, Deadlift**

1<sup>st</sup> June – **British All-Round Championship** – Steve Gardner/Selina Dorn - Tel: 01283 713464/07960960509

Email: stevegardneruk@gmail.com

6<sup>th</sup> July - **British Olympic Championships** - Steve Gardner - Tel: 01283 713464/07960960509

Email: stevegardneruk@gmail.com

Venue: JCB Academy, Mill Street, Rocester, Staffs. ST14 5JX

**Lifts: Press, Snatch, Clean and Jerk**

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3<sup>rd</sup> 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**

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

**Lifts: Reverse Curl, Snatch from Hang, 1 Hand Clean & Jerk, 2 Hand Thumbless Deadlift**

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7th September – **Welsh Open Championships** – Neil Keddy Tel: 07305985461 Email: neil.keddy77@gmail.com

Venue: CrossFit SA1, 17 Business Park, Langdon Road, Port Tennant, Swansea SA1 8DB

**Lifts: 1 Hand 2" Vertical Bar Lift, One Hand Deadlift (opposite hand), Hack Lift**

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5-6<sup>th</sup> October – **IAWA World Champs** – Al Myers - E Mail: amyers@usawa.com

Venue: Abliene, Kansas, USA

**Lifts: Day 1: Reverse Curl, Snatch from Hang, 1 Hand Clean & Jerk, 2 Hand Thumbless Deadlift**

**Lifts: Day 2: Pullover & Push, Continental Clean to Belt, 2" Bar Straddle**

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3<sup>rd</sup> November.- **IAWA Gold Cup** – Peter Phillips - Email: allroundweightliftingwa@gmail.com

Venue: Lambda Academy, Mundaring, Western Australia

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30<sup>th</sup> November – **IAWA(UK) AGM** 12pm - Hosted by Frank Allen – Tel: 0116 267 6918

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

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#### **SOUTHERN AREA FIXTURES:**

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

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

Sunday 28<sup>th</sup> April – Southern Counties Champs **Lifts: Cheat Curl, Hands Together Bench Press, Ciavattone Deadlift**

Sunday 26<sup>th</sup> May – Southern Shield **Lifts: 2 Dumbbells Clean & Press, Bent Arm Pullover, Trap Bar Deadlift**

Sunday 28<sup>th</sup> July – Southern Cup. **Lifts: 1H Dumbbell Snatch, Power Row, Straddle Deadlift**

Sunday 24<sup>th</sup> Nov. – Southern Grip Champs. **Lifts: 1H Pinch Clean & Press, 1H 2" Vertical Bar, 2H Fulton Dumbbell Deadlift**

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#### **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, Lateral Raise Lying

**Leg 2** 2 Hand Zercher, Reverse Grip Bench Press, Hack Lift, Rectangular Fix

**Leg 3** Squat, Bench Press, Deadlift, Crucifix

**Leg 4** Press, Snatch, Clean & Jerk, Ab Raise

**Leg 5** 1 Hand Snatch, 1 Hand Clean & Jerk (opposite hand), 1 Hand Deadlift, Reverse Curl

**Leg 6** 2 Dumbbells Press, 2 Dumbbells Clean & Jerk, 2 Dumbbells Swing, 2 Dumbbells Deadlift

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**LOOKING AHEAD :** **2020 Worlds:** Pennsylvania USA - Denny Habecker

**2020 IAWA Gold Cup:** Northern Ireland - Stevie Shanks/Steve Gardner



#### Above: IAWA Commitment Award

After the Gold Cup, IAWA presented a new award – the IAWA Commitment Award. As President of IAWA, Al Myers presented this award to 13 very deserving lifters. The intention of this award is to properly recognise those lifters that compete in ALL THREE of the IAWA competitions within the year. The certificate states:

*This award recognizes those who have demonstrated outstanding commitment to the International All Round Weightlifting Association by participating in the IAWA World Postal Championships, the IAWA World Championships, and the IAWA Gold Cup during the year of 2018.*

The inaugural class of Commitment Awards winners are:

Paul Barette	Ed Shorttle	Beata Banas
Jenny Watson	Steve Andrews	Denny Habecker
Al Myers	LaVerne Myers	Gary Ell
Karen Gardner	Paul Hallam	Steve Moss
Graham Saxton		



Record Session – Sunday 30<sup>th</sup> September - At Powerhouse Gym, Barton under Needwood

10.30am

Referees: Graham Saxton Steve Gardner Karen Gardner

Best successful lifts recorded!

**Kirsty Murden** Bwt 98.0 kilos 100k Class – Age 27 Open Division

Power Row 55 kilos ●

Seated Dumbbells Clean and Press 28 kilos (2x14) ●

Alternate Grip Bench Press 45 kilos ●

Continental Clean 50 kilos ●

Straddle Deadlift 100 kilos

**Nicola Thornhill** Bwt 67.5 kilos 70k Class – Age 49 Masters 45+

Power Row 50 kilos ▲

R/H 2" Dumbell Deadlift 40 kilos ▲

Continental Clean and Jerk 45 kilos ▲

Deadlift 100 kilos ▲

2" Bar Straddle 95 kilos ▲

**Selina Dorn** Bwt 69.5 kilos 70k Class – Age 42 Masters 40+

Power Row 50 kilos ▲

R/H 2" Dumbell Deadlift 40 kilos ▲

Continental Clean 52.5 kilos ▲

2" Bar Deadlift 90 kilos ▲

Straddle Deadlift 112.5 kilos ▲

IAWA Record Attempts – The Old Powerhouse, Barton under Needwood, Staffs.

Saturday 10<sup>th</sup> November – 1pm

Stevie Shanks, 55years Bodyweight 74.0 .....Masters 55+ in the 75 kilo class

Name of Lift: Amount lifted

R/H Thumbless Deadlift 65k▲

R/H Ciavattone Deadlift 76k▲

Ciavattone Deadlift 140.5k▲

R/H Dumbbell Deadlift 110k▲

L/H Dumbbell Deadlift 110k●

R/H Deadlift 140k▲

Deadlift 190k▲

Hacklift 190k▲

Straddle Deadlift 195k▲

Trap Bar Deadlift 200k▲

▲ = World Masters record: ● = World Open record

Referees: James Gardner, Karen Gardner, Steve Gardner



First Five lifts completed in 6 minutes, all ten lifts were completed in 30 minutes!



World Championships Presentation Photos:

Left (Clockwise) Pete Tryner, Brandon Hazell-Hyland (Best Junior Lifter), Sylvia Stockall (Canada - Best Masters Female), Beata Banas (Best Open Female Lifter)

Right: David Bleay (our most senior competitor lifting in memory of the late Keith Murdie)

