

# The IAWA (UK) Strength Journal

International All Round Weightlifting Association (UK)

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



Dec 2019 Edition



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Above: The World Championships in Abilene, Kansas.

Right: The Gold Cup in Perth, Australia

Below: The IAWA Commitment Awards presentation



**The IAWA(UK) Committee would like to wish all our members and their families a Very Merry Christmas and a Happy and Healthy New Year!**



## Some important information.....

Please take a moment to read the enclosed sheet regarding changes to the membership process for 2020.

This will be the last automatic mailing of the IAWA Strength Journal in paper format.

But it is not Goodbye though! We will be continuing to produce the journal in electronic format which has now been available on the website for a couple of years.

We can also email you a copy, or if you are not online please request a paper copy from us directly. Your editors for 2020 - Paul Barette & Steve Gardner

Editor - Paul Barette ([iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk))

## **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 2020**

- **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**
  - **Drug Control – Frank Allen**

- **All-Round Postal League Sec. & Records Registrar – Chris Bass**

- **Membership Secretary & Assistant Records Registrar – Paul Barette**

- **Drug Control Assistant – Gary Ell**

- **Fixture List Co-ordinator – Steve Gardner**

- **Disability Lifting Liaison Officer - Neil Keddy**

- **All-Round League Perpetual Awards Coordinator - Steve Andrews**

- **Strength Journal Editors – Paul Barette & Steve Gardner ([IAWA@metamorfit.co.uk](mailto:IAWA@metamorfit.co.uk))**



## Welsh Open - 7th September 2019 - Port Talbot - Promoter Neil Keddy



Above: The lifters and officials of the 2019 Welsh Open Championship

A few words from Steve Gardner:

Great lifting at 2019 Welsh Championships...

Well done to Neil and Sianni Keddy for putting on a great competition in Port Talbot, well done to all the officials for being present and working steadily throughout with myself and Chris at the announcing and recording table. It was great to see so many junior lifters taking part and they were all brilliant.

The standard of lifting was really good and several records were broken both British and International. Especially well done to our overall Champions... best female Lifter: Franni Osborne Keddy best Junior: Evan James Best Master: Peter Tryner Best Open Lifter: Peter Hoar and the Overall Champions Rankings were: first Pete Tryner second Gary Ell third place Anthony Scott.

WELSH OPEN CHAMPIONSHIPS HELD IN PORT TENNANT, WALES ON 7th SEPTEMBER 2019

NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	1H 2" Vertical bar KILOS	1H Deadlift KILOS	2H Hacklift KILOS	TOTAL KILOS	TOTAL POINTS
Frannie Osborne-Keddy	25.0	2.8450	7	66	138U	25	R 15.0▲	L 17.5▲	30▲, 4th=35▲	62.5	295.2
Mollie Redfern Smith	54.4	1.2520	11	66	138U	55	L 27.5▲	R 27.5 <sup>BR</sup>	60, 4th=68▲	115.0	239.0
Sian Osborne-Keddy	106.8	0.8183	42	36	40+	110	R 40.0▲●	L 45.0▲●	0.0	85.0	94.6
Luke Osborne-Keddy	54.6	1.2484	11	33	138U	55	R 30.0▲, 4th=32.5▲	L 30.0▲	60 <sup>BR</sup>	120.0	199.2
Brandon H-Hyland	74.0	1.0085	17	5	16-17	75	L 50.0▲, 4th=52.5▲	R 80.0	110.0	240.0	254.1
Paul Hallam	93.3	0.8797	40	1	40+	95	R 72.5	L 120.0	185.0	377.5	335.4
Neil Keddy	94.8	0.8720	41	2	40+	95	R 67.5	L 115.0	170.0	352.5	313.5
Gary Redfern Smith	107.5	0.8155	46	7	45+	110	L 60.0▲, 4th=65▲	R 82.5	50.0	192.5	168.0
Samuel Pearce	84.9	0.9280	13	25	138U	85	R 42.5▲	L 40.0▲	100▲, 4th=105▲	182.5	211.7
Tom Perry	65.8	1.0891	15	15	14-15	70	R 65.0▲	L 70.0▲	90.0	225.0	281.8
Callum Wells	112.3	0.7975	15	15	14-15	115	L 45.0▲	R 60.0▲	85▲	190.0	174.2
Evan James	91.1	0.8915	19	2	18-19	95	R 100.0▲, 4th=105▲	L 140.0▲, 4th=150▲	170.0	410.0	372.8
Mark Rattenberry	63.6	1.1150	57	18	55+	65	L 45.0▲, 4th=47.5▲	R 67.5▲, 4th=70▲	160▲	272.5	358.5
Pete Tryner	89.7	0.8993	47	8	45+	90	L 80.0	R 140.0	280▲●	500.0	485.6
Gary Ell	86.0	0.9211	48	9	45+	90	L 85.0▲	R 122.5	185.0	392.5	394.1
Andrew Kuttner	94.9	0.8715	63	24	60+	95	R 60.0▲	L 75.0 <sup>BR</sup>	160.0	295.0	318.8
Anthony Scott	95.9	0.8665	57	18	55+	100	L 67.5▲	R 110.0▲	200▲	377.5	386.0
Peter Hoar	118.2	0.7772	27	0	Open	120	L 92.5	R 120.0	220.0	432.5	336.1
Dan Lang	114.1	0.7911	37	0	Open	115	R 85.0 <sup>BR</sup>	L 130.0 <sup>BR</sup>	165.0	380.0	300.6



Clockwise from Left:  
Team Keddy - Luke (Hack Lift) Dad Neil (2" Vert Bar) Frannie (Hack Lift)  
Top:  
Mollie Redfern-Smith - Hack Lift



Clockwise from left:  
Pete Tryner - Best Master Lifter and Overall Champion.  
Andrew Kuttner - Hack Lift  
Gary Ell - 2" Vert Bar

# IAWA World Championships - 5th&6th October 2019 - Abilene, Kansas

The 2019 International All Round Weightlifting Association World Championships was held on October 5th & 6th in Abilene, Kansas, promoted by Al Myers. Lifters from all over the World came to compete at this Championships. Several lifters attended from England, as well as lifters from Northern Ireland and Australia. The lifts contested over the two days were the Reverse Curl, Snatch from Hang, One Hand Clean and Jerk, Thumbless Deadlift, Pullover and Push, Continental Clean to the Belt, and the 2" Bar Straddle Lift. The overall women's best lifter was Elizabeth Skwarecki from Pittsburgh, Pennsylvania. The overall men's best lifter was Steve Sherwood, from England.

Day 1 on 5th October 2019

WORLD CHAMPIONSHIPS HELD IN ABILENE, KANSAS - USA.

NAME	B/W Kilos	AGE yr	Age Class	CLASS Kilos	Reverse Curl KILOS	Snatch from Hang KILOS	1H Barbell C&J KILOS	2H Thumbless Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Ruth J Jackson	47.3	57	55+	50	17.5▲	30.0▲	R22.5▲	80.0▲●	127.5	271.1
Elizabeth Skwarecki	60.0	38	Open	60	20.0	37.5● (4th=40●)	R35.0●	102.5●	195.0	301.4
Karen Gardner	74.9	60	60+	75	17.5▲	20.0▲	R20	85.0▲	142.5	219.6
Charlotte Hughes	85.0	29	Open	85	22.5 BR	30● (4th=35●)	R25	85.0●	162.5	200.4
Dennis Mitchell	63.9	87	85+	65	15.0▲	10.0▲	0.0	65 (4th=70.5)	90.0	170.0
Steve Andrews	63.8	60	60+	65	30.0▲	55.0▲●	L40.5▲	115.0▲	240.0	323.1
Brandon Rein	68.0	24	Open	70	30.0	35.0	R30	110.0	205.0	218.4
Paul Barette	74.3	43	40+	75	37.5	50.0	R37.5	115.0▲	240.0	251.1
Steve Shanks	72.9	56	55+	75	30.0	41.0▲	R30	125.0▲	225.0	268.0
Steve Sherwood	80.2	68	65+	85	35.0	60.0▲	L37.5	150.0▲	282.5	357.9
Denny Habecker	82.5	77	75+	85	32.5▲	37.5	R25	115.0▲	210.0	297.3
Dan Wagman	80.9	Open	85	62.5 (4th=69.5●)	67.5	R37.5	163.0●	330.0	315.1	
John Strangeway	92.3	41	40+	95	50.0	77.5▲	L47.5▲	180▲● (4th=182.5▲●)	355.0	320.5
Peter Phillips	99.3	65	65+	100	32.5▲	45.0	R35.0▲	156.0▲	267.5	286.6
Chad Ullom	103.8	47	45+	105	55.0▲	30.0	L20	175.0	280.0	251.2
Laverne Myers	102.5	75	75+	105	37.5▲	35.0	L20	130.0	222.5	271.6
Dean Ross	106.0	76	75+	110	30.0▲	25.0	L10	110.0	175.0	212.8
Eric Todd	113.8	44	40+	115	65.0	77.5	R55	137.5	335.0	278.6
Chris Todd	121.7	40	40+	125	42.5	67.5▲	R45	137.5▲	292.5	226.3
Christopher Lestan	127.6	23	Open	125+	53.0●	95.5●	R57.5	190.0	395.0	295.7
Frank Ciavattone	136.0	64	60+	125+	35.0	20.0▲	R15	155.5▲	225.0	204.2
John Douglas	141.2	56	55+	125+	53.0▲	70.0▲	R41.0▲	165.0▲	327.5	273.4
Lance Foster	156.0	53	50+	125+	42.5	35.0	R25.0▲	120.0	222.5	172.9



Far Left: Dennis Mitchell of the USA -  
Continental Clean to Belt

Left: Denny Habecker of the USA -  
Thumbless Deadlift

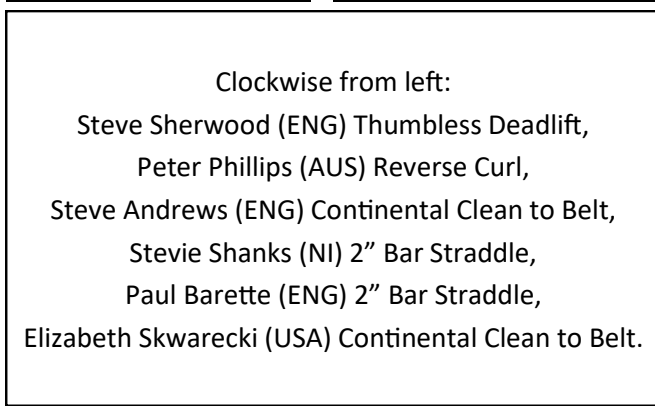
Right: Charlotte Hughes of England -  
Thumbless Deadlift



NAME	Gender	Day 1		Day 2		Both Days	
		B/W Kilos	AGE yr	B/W Class	Age Class	TOTAL KILOS	TOTAL POINTS
Steve Sherwood	M	80.2	85	68	65+	282.5	357.9
Steve Andrews	M	63.8	65	60	60+	240.0	323.1
Dan Wagman	M	80.9	85	39	Open	330.0	315.1
Christian Lestan	M	127.6	125+	23	Open	395.0	295.7
John Strangeway	M	92.3	95	41	40+	355.0	320.5
Denny Habecker	M	82.5	85	77	75+	210.0	297.3
Paul Barette	M	74.3	75	43	40+	240.0	251.1
Steve Shanks	M	72.9	75	56	55+	225.0	268.0
Elizabeth Skwarecki	F	60.0	60	38	Open	195.0	301.4
Chad Ullom	M	103.8	105	47	45+	280.0	251.2
Ruth J Jackson	F	47.3	50	57	55+	127.5	271.1
Peter Phillips	M	99.3	100	65	65+	267.5	286.6
Eric Todd	M	113.8	115	44	40+	335.0	278.6
John Douglas	M	141.2	125+	56	55+	327.5	273.4
Laverne Myers	M	102.5	105	75	75+	222.5	271.6
Brandon Rein	M	68.0	70	24	Open	205.0	218.4
Dean Ross	M	106.0	110	76	75+	175.0	212.8
Chris Todd	M	121.7	125	40	40+	292.5	226.3
Karen Gardner	F	74.9	75	60	60+	142.5	219.6
Frank Ciavattone	M	136.0	125+	64	60+	225.0	204.2
Charlotte Hughes	F	85.0	85	29	Open	162.5	200.4
Dennis Mitchell	M	63.9	65	87	85+	90.0	170.0
Lance Foster	M	156.0	125+	53	50+	222.5	172.9



NAME	B/W Kilos	AGE yr	Age Class	CLASS Kilos	Pullover & Push KILOS	Cont Clean to Belt KILOS	2"bar Straddle KILOS	TOTAL KILOS	TOTAL POINTS
Ruth J Jackson	47.2	57	55+	50	52.5▲	62.5▲●	80.0▲●	195.0	414.6
Elizabeth Skwarecki	62.5	38	Open	65	70 (4th=75●)	85.0	100.0	255.0	394.2
Karen Gardner	74.9	60	60+	75	42.5▲	65.0▲	80.0▲	187.5	289.0
Charlotte Hughes	84.9	29	Open	85	50.0	75● (4th=80●)	95 (4th=105.5●)	220.0	271.4
Dennis Mitchell	63.9	87	85+	65	27.5	45.5▲	60▲ (4th=70▲)	132.5	250.3
Steve Andrews	64.5	60	60+	65	100.0▲	125.0▲	140.0▲	365.0	491.3
Brandon Rein	69.0	24	Open	70	70.0	120.0	110.0	300.0	319.6
Paul Barette	74.6	43	40+	75	90.0	150.0	200 (4th=207.5▲●)	440.0	460.3
Steve Shanks	72.9	56	55+	75	70.0▲	100.0▲	190.0▲	360.0	428.8
Steve Sherwood	79.9	68	65+	80	90.0	132.5▲	170.0	392.5	497.3
Denny Habecker	83.0	77	75+	85	86.0▲	107.5▲	110▲ (4th=115▲)	302.5	428.2
Dan Wagman	80.7	39	Open	85	120.0	165.0	200.0	485.0	463.1
John Strangeway	92.9	41	40+	95	112.5	160.0	192.5▲ (4th=200▲)	465.0	419.7
Peter Phillips	99.3	65	65+	100	95.0▲	115.0▲	150▲ (4th=160▲)	360.0	385.7
Chad Ullom	103.8	47	45+	105	100.0▲	185.0▲	210.5▲●	495.0	444.0
Laverne Myers	103.4	75	75+	105	60.0▲	105.0▲	120.0▲	285.0	347.9
Dean Ross	107.0	76	75+	110	60.0	80.0	120.0▲	260.0	316.1
Eric Todd	115.6	44	40+	120	165.0▲	147.5	160.0▲	472.5	393.0
Chris Todd	122.9	40	40+	125	120.0	120.0	135.0▲	375.0	290.1
Christopher Lestan	128.3	23	Open	125+	170.0	200.5●	225● (4th=240●)	595.0	445.4
Frank Ciavattone	136.0	64	60+	125+	85.0	115.0▲	115.0	315.0	285.9
John Douglas	143.3	56	55+	125+	115.0▲	160.0▲	140.0▲	415.0	346.4
Lance Foster	158.0	53	50+	125+	57.5	112.5▲ (4th=125▲)	102.5	272.5	211.7
Steve Shanks	72.9	56	55+	75	Shanks Lift performed @ banquet: 189 + 141 = 330kg ▲●				



Right: Steve Sherwood is presented with the World Championship Belt.

Far Right: The British Contingent of the 2019 World Champs: Steve Andrews, Karen Gardner, Stevie Shanks, Steve Sherwood, Steve Gardner, Charlotte Hughes, Paul Barette and Chris Bass



# IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 5 - compiled by Chris Bass.

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	870.2
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	840.9
3	Sunbury1	Rick Meldon, Jeff Luther, Michelle Ryder	757.2
4	Haven Harlots	Wayne Pawson, Tony Cook, Terry Morris	730.5
5	Metamorphit1	Beata Banas, Paul Barette, Lara Bennett	649.8
6	Metamorphit2	Danny Kingsland, Rouhul Uddin, Natalie Voce	571.8
7	Metamorphit3	Ed Shorttle, Brandon Hazell-Hyland, Maria Bennett	509.2
8	Twyford Celts	Max Ell, Maddy Ell,	493.6
9	Sunbury2	Joshua Jones, Trevor Evans,	392.9

<u>Ranking of Lifters</u>					
		13	Paul Barette	222.3	
1	Rick Meldon	314.2	14	Jeff Luther	222.0
2	Andy Tomlin	312.8	15	Michelle Ryder	221.0
3	Steve Sherwood	310.6	16	Terry Morris	208.3
4	Steve Andrews	295.4	17	Lara Bennett	202.6
5	Gary Ell	273.6	18	Danny Kingsland	202.1
6	Wayne Pawson	265.9	19	Joshua Jones	201.1
7	Mark Godleman	264.2	20	Trevor Evans	191.9
8	Tony Cook	256.3	21	Rouhul Uddin	185.1
9	Matthew Finkle	254.5	22	Natalie Voce	184.6
10	Maddy Ell	253.7	23	Ed Shorttle	182.5
11	Max Ell	239.9	24	Brandon Hazell-Hyland	179.2
12	Beata Banas	224.8	25	Maria Bennett	147.5

## 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 Andrews	60+	21	65	40.0R▲	80.9	Andy Tomlin1	50+	13	90	55.0R	82.0
Rick Meldon	55+	16	85	47.9L	78.5	Rick Meldon	55+	16	85	50.4R	79.2
Steve Sherwood	65+	32	80	40.5R▲	78.2	Matthew Finkle	50+	14	65	42.5R <sup>BR</sup>	78.4
Andy Tomlin	50+	13	90	47.5L	73.9	Steve Andrews	60+	21	65	40.0L▲	77.6
Wayne Pawson	50+	13	85	45.0R <sup>BR</sup>	71.5	Wayne Pawson	50+	13	85	45.0L	68.6
Gary Ell1	45+	9	85	42.5L	64.9	Gary Ell1	45+	9	85	45.0R	65.9
Mark Godleman	55+	18	105	42.5L▲	63.1	Tony Cook1	80+	62	85	30.0L	65.9
Tony Cook1	80+	62	85	26.5R	60.7	Max Ell1	Open	33	45	23.0	65.3
Matthew Finkle	50+	14	65	30.0L	57.7	Steve Sherwood	65+	32	80	35.0L▲	64.8
Terry Morris1	60+	25	110	37.5R	57.6	Beata Banas	Open	33	75	30.0R	59.3
Beata Banas	Open	33	75	27.5L	56.7	Mark Godleman	55+	18	105	40.0R▲	57.0
Max Ell1	Open	33	45	17.5	51.8	Maddy Ell1	Open	33	50	20.5	56.8
Paul Barette1	40+	4	80	32.5L	50.9	Jeff Luther	60+	25	75	30.4R	56.4
Joshua Jones	Open	0	75	32.9L	50.8	Lara Bennett	14-15	58	60	20.0L▲	54.1
Maddy Ell1	Open	33	50	17.5	50.6	Danny Kingsland	Open	0	60	30.0L	52.0
Ed Shorttle1	60+	24	80	27.5L	49.9	Terry Morris1	60+	25	110	35.0L	51.6
Danny Kingsland	Open	0	60	27.5R	49.7	Natalie Voce1	Open	33	80	27.5R	50.9
Lara Bennett	14-15	58	60	17.5R▲	49.3	Paul Barette1	40+	4	80	32.5R	48.8
Jeff Luther	60+	25	75	25.4L	49.1	Ed Shorttle1	60+	24	80	27.5R	47.8
Rouhul Uddin	Open	0	80	32.5L	49.1	Joshua Jones	Open	0	75	30.4R	45.0
Brandon H-Hyland	16-17	5	75	30.0L	47.7	Brandon H-Hyland	16-17	5	75	27.5R	42.0
Natalie Voce1	Open	33	80	22.5L	43.5	Trevor Evans	75+	46	85	20.0R	40.6
Trevor Evans	75+	46	85	16.7L	35.3	Michelle Ryder	45+	39	50	12.7R <sup>BR</sup>	37.1
Michelle Ryder	45+	39	50	10.1L <sup>BR</sup>	30.8	Rouhul Uddin	Open	0	80	25.0R	36.2
Maria Bennett	55+	52	95	15.0L▲●	30.6	Maria Bennett	55+	52	95	17.5R▲	34.2

### 1H Barbell Deadlift

### Reverse Curl

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	32	80	150.0R▲	100.1	Maddy Ell1	Open	33	50	30.0	93.4
Andy Tomlin	50+	13	90	175.0R	94.1	Rick Meldon	55+	16	85	50.0▲	88.3
Michelle Ryder	45+	39	50	78.5R▲●	82.6	Gary Ell1	45+	9	85	47.5	78.2
Steve Andrews	60+	21	65	110.0R▲	76.9	Mark Godleman	55+	18	105	45.0▲	72.0
Mark Godleman	55+	18	105	140.5R▲	72.1	Michelle Ryder	45+	39	50	21.5▲	70.5
Rick Meldon	55+	16	85	120.4R	68.2	Tony Cook1	80+	62	85	28.5	70.3
Wayne Pawson	50+	13	85	120.0R <sup>BR</sup>	65.9	Jeff Luther	60+	25	75	32.5	67.7
Gary Ell1	45+	9	85	122.5R	64.7	Steve Sherwood	65+	32	80	32.5	67.6



Matthew Finkle	50+	14	65	92.5R	61.5	Max Ell1	Open	33	45	20.0	63.8
Paul Barette1	40+	4	80	110.0R	59.5	Paul Barette1	40+	4	80	37.5	63.2
Tony Cook1	80+	62	85	75.0R	59.4	Andy Tomlin	50+	13	90	37.5	62.8
Max Ell1	Open	33	45	57.5	58.9	Trevor Evans	75+	46	85	27.5	62.7
Beata Banas	Open	33	75	82.5R	58.8	Steve Andrews	60+	21	65	27.5	59.9
Lara Bennett	14-15	58	60	55.0R <sup>BR</sup>	53.6	Wayne Pawson	50+	13	85	35.0	59.9
Trevor Evans	75+	46	85	72.9R	53.3	Matthew Finkle	50+	14	65	27.5	57.0
Maddy Ell1	Open	33	50	52.9	52.9	Joshua Jones	Open	0	75	33.5	55.7
Joshua Jones	Open	0	75	92.9R	49.6	Danny Kingsland	Open	0	60	27.5	53.6
Jeff Luther	60+	25	75	72.9R	48.7	Rouhul Uddin	Open	0	80	32.5	52.9
Terry Morris1	60+	25	110	90.0R	47.8	Terry Morris1	60+	25	110	31.0	51.3
Rouhul Uddin	Open	0	80	90.0R	47.0	Beata Banas	Open	33	75	22.5	50.0
Danny Kingsland	Open	0	60	75.0R	46.9	Ed Shorttle1	60+	24	80	25.0	48.8
Brandon H-Hyland	16-17	5	75	85.0R	46.7	Natalie Voce1	Open	33	80	22.5	46.8
Natalie Voce1	Open	33	80	65.0R	43.4	Lara Bennett	14-15	58	60	15.0▲	45.6
Maria Bennett	55+	52	95	55.0R▲	38.8	Maria Bennett	55+	52	95	20.0▲	43.9
Ed Shorttle1	60+	24	80	57.5R	36.0	Brandon H-Hyland	16-17	5	75	25.0	42.8

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

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	4499.6
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	4188.7
3	Metamorfit1	Paul Barette, Beata Banas, Danny Kingsland	3718.9
4	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	3712.0
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	3492.4
6	Metamorfit2	Ed Shorttle, Rouhul Uddin, Jamie Livens	3199.2
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	2723.4
8	Twyford Celts	Maddy Ell, Max Ell	2374.1
9	Sunbury2	Joshua Jones, Rick Meldon	1207.5
10	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

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

1	Steve Sherwood	1637.6	16	Rouhul Uddin	1046.9
2	Steve Andrews	1537.9	17	Jamie Livens	1039.9
3	Gary Ell	1496.7	18	Terry Morris	1026.0
4	Andy Tomlin	1422.0	19	Trevor Evans	1004.2
5	Matthew Finkle	1270.0	20	Lara Bennett	997.9
6	Tony Cook	1250.8	21	Wayne Pawson	985.9
7	Maddy Ell	1248.4	22	Brandon Hazell-Hyland	924.8
8	Paul Barette	1213.8	23	Joshua Jones	913.7
9	Beata Banas	1172.5	24	Natalie Voce	892.7
10	Michelle Ryder	1172.4	25	Maria Bennett	713.8
11	Danny Kingsland	1144.9	26	Rick Meldon	690.5
12	Jeff Luther	1138.7	27	Mark Shaw	635.0
13	Max Ell	1125.8	28	Dave Morton	623.3
14	Mark Godleman	1125.6	29	Charlotte Hughes	342.3
15	Ed Shorttle	1060.7			

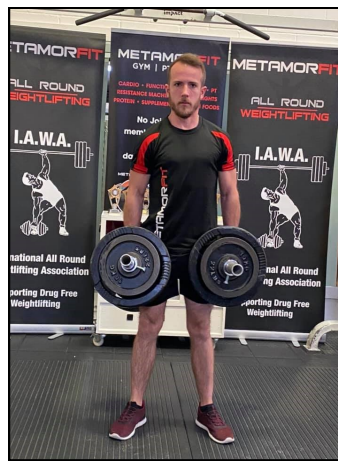
Here's the Leg 5 results, with 25 lifters making 9 teams.

Recognition to Steve Andrews, Rick Meldon & Steve Sherwood for top 3 in the Snatch; Andy Tomlin, Rick Meldon & Matt Finkle for the top 3 in the C&J; Steve Sherwood, Andy Tomlin & Michelle Ryder for top 3 in the Deadlift; Maddy Ell, Rick Meldon & Gary Ell for top 3 in the Reverse Curl.

The top 3 Teams continue to be Granby1, Castlemilk & Metamorfit1. Top 3 lifters overall continue to be Steve Sherwood, Steve Andrews & Gary Ell. Top 3 in the Single Arm Set were Andy Tomlin, Steve Sherwood & Steve Andrews. Finally a big well done to the rest of the lifters.

Single Arm Set NAME		Age Class	CLASS Kilos	1H Barbell Snatch KILOS	1H Barbell C&J KILOS	1H Barbell Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Andy Tomlin	M	50+	90	47.5	55.0	175.0	277.5	250.0
Steve Sherwood	M	65+	80	40.5	35.0	150.0	225.5 <sup>BR</sup>	243.0
Steve Andrews	M	60+	65	40.0	40.0	110.0	190.0 <sup>BR</sup>	235.4
Rick Meldon	M	55+	85	47.9	50.4	120.4	218.7	225.9
Wayne Pawson	M	50+	85	45.0	45.0	120.0	210.0	206.0
Matthew Finkle	M	50+	65	30.0	42.5	92.5	165.0	197.5
Gary Ell1	M	45+	85	42.5	45.0	122.5	210.0	195.5
Mark Godleman	M	55+	105	42.5	40.0	140.5	223.0 <sup>BR</sup>	192.2
Tony Cook1	M	80+	85	26.5	30.0	75.0	131.5	186.0
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	176.0
Beata Banas	F	Open	75	27.5	30.0	82.5	140.0	174.8
Maddy Ell1	F	Open	50	17.5	20.5	52.9	90.9	160.3
Paul Barette1	M	40+	80	32.5	32.5	110.0	175.0	159.1
Lara Bennett	F	14-15	60	17.5	20.0	55.0	92.5 <sup>BR</sup>	157.0
Terry Morris1	M	60+	110	37.5	35.0	90.0	162.5	157.0
Jeff Luther	M	60+	75	25.4	30.4	72.9	128.7	154.3
Michelle Ryder	F	45+	50	10.1	12.7	78.5	101.3 <sup>BR</sup>	150.5
Danny Kingsland	M	Open	60	27.5	30.0	75.0	132.5 <sup>BR</sup>	148.6
Joshua Jones	M	Open	75	32.9	30.4	92.9	156.2	145.3
Natalie Voce1	F	Open	80	22.5	27.5	65.0	115.0	137.8
Brandon H-Hyland	M	16-17	75	30.0	27.5	85.0	142.5	136.4
Ed Shorttle1	M	60+	80	27.5	27.5	57.5	112.5	133.7
Rouhul Uddin	M	Open	80	32.5	25.0	90.0	147.5	132.2
Trevor Evans	M	75+	85	16.7	20.0	72.9	109.6	129.2
Maria Bennett	F	55+	95	15.0	17.5	55.0	87.5 <sup>BR</sup>	103.5

## A few pictures from the Southern Grip - Full Results next page>>>



From Left to Right:  
Lara Bennett - 2" Vertical Bar  
Jenn Tibbenham - 2 Fulton  
Dumbbells Deadlift  
Danny Kingsland - 2 Fulton  
Dumbbells Deadlift



Left: Timo Lauttamus  
(Best Masters Lifter and  
Overall Champion) of  
Finland with an  
impressive 2" Vertical Bar  
Lift of 146kg!  
Right: Lifters and Officials  
(including young Owen  
Tibbenham at his first  
IAWA competition)





## Southern Grip - 24th November 2019 - MetamorFIT

Name	Sex	Age	Age&Sex %	Class	Bwt	Div	1 Hand Pinch Clean & Press		2" Vertical Bar		2 Hands Fulton DB Deadlift		Total	Lynch	Amend
							Lift	Amend	Lift	Amend	Lift	Amend			
Timo Lauttamus	M	40	1	40+	85.7	90KG	29.5R▲●	29.5	131L▲●	131	168.5▲●	168.5	329	0.9230	306.70
Danny Kingsland	M	30	0	OPEN	56.3	60KG	14.5R●	14.5	71R●	71	83.5●	83.5	169	1.2190	206.01
Beata Banas	F	36	33	OPEN	69.8	70KG	12R●	12	53.5R●	53.5	78.5●	78.5	144	1.0470	200.53
Jenn Tibbenham	F	35	33	OPEN	96.7	100KG	12R●	12	66R●	66	93.5●	93.5	171.5	0.8626	196.76
Karen Gardner	F	61	55	60+	74.7	75KG	12R▲●	12	43.5R	43.5	68.5▲●	68.5	124	1.0025	192.68
Ed Shorttle	M	63	24	60+	79.4	80KG	12L▲	12	48.5R▲	48.5	83.5▲	83.5	144	0.9656	172.42
Brandon Hazell-Hyland	M	17	5	16-17	71.1	75KG	14.5R▲	14.5	53.5R▲	53.5	88.5▲	88.5	156.5	1.0345	170.00
Rouhul Uddin	M	39	0	OPEN	73.7	75KG	14.5R●	14.5	53.5R	53.5	93.5●	93.5	161.5	1.0110	163.28
Lara Bennett	F	14	53	14-15	59.4	60KG	9.5R▲	9.5	36R▲	36	43.5▲	43.5	89	1.1709	159.44
Maria Bennett	F	58	52	55+	90.9	95KG	12R▲●	12	38.5R <sup>BR</sup>	38.5	53.5▲●	53.5	104	0.8926	141.10

Successful 4<sup>th</sup> Attempts: 2" Vertical Bar - Brandon Hazell-Hyland 56kg ▲, Ed Shorttle 54kg ▲, Timo Lauttamus 146kg ▲●.

Other records - Middle Fingers Deadlift - Timo Lauttamus 183kg ▲●

▲=World Junior/Masters record; ●=World Open Record

Best Masters Lifter and Overall Champion - Timo Lauttamus      Best Open Male Lifter - Danny Kingsland      Best Open Female Lifter - Beata Banas

Best Masters Female Lifter - Karen Gardner      Best Junior Lifter - Brandon Hazell-Hyland

M/C & recorder - Steve Gardner      Referees - Natalie Voce, Karen Gardner, Paul Barette, Steve Gardner      Loaders - Paul & Adrian  
Scored using Total, Lynch and Age formulas.

A very big thank you to Steve and Karen for coming down to support and help at today's competition. Also, to Natalie for refereeing. Our furthest Travelled lifter was Timo! Great lifting from all competitors in the last Southern Fixture of the year. With such a wide range of lifter categories at this competition we were able to award 5 best lifter awards! Congratulations to Timo on his first-place position and on such a fantastic record attempt to top of a great day.

# 2019 IAWA World Postal Championships "The Andy Goddard Memorial" August 31<sup>st</sup>, 2019

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

## MEET REPORT, BY PROMOTER AL MYERS

Another great year for the IAWA World Postal Championships!!

This year we had 44 lifters compete from the United States, Australia, England, Scotland and Canada. This World Postal Championships is one of three (with the World Championships 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, and club rankings.

I want to give special mention to the overall winners in each category. The Overall Best Men's Lifter was GARY ELL, and the Overall Best Women's Lifter was MADDY ELL. The Overall Best 3-person Team went to the DINO GYM VARSITY (Al Myers, LaVerne Myers, and John Douglas). The Overall Best Club went to BURTON POWERHOUSE (Karen Gardner, Paul Hallam, Dominic Gardner, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner, Selina Dorn, Nicola Thornhill). I scored a new category this year – the best overall association. The Overall Best Association went to the IAWAUK, with the USAWA in second, and the newly formed Australian Association the ARWFA was in third.

It was exciting to see 3 clubs participating from Australia this year (Ballina, The Shed, and the Lambda Lifters). For the lifters of the Ballina Club this was their first time participating in the World Postal. There were several Junior Lifters competing this year with the youngest, Phoebe Todd, at nine years of age. The oldest lifters in the meet were Dean Ross and Denny Habecker at 76 years of age. The best club name goes to the MacBaldie Brothers consisting of Gary Ell and Andy Tomlin. I also want to mention Sylvia Stockall of Canada. She competed as an exhibition lifter since her club does not have a certified IAWA official yet, but turned in great lifts and becomes the first lifter from Canada to compete in the IAWA World Postal Championships.

Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

## MASTER SCORESHEET

LIFTER	CLUB/TEAM	ORG	M/F	OFF#	AGE	BWT	Curl	Snatch	1H C&J	NTDL	TOTAL	POINTS
Max Ell	Twyford Celt Ladies	IAWAUK	F	1	22	45.0	20.0	22.5	22.5 R	72.5	137.5	202.7
Maddy Ell	Twyford Celt Ladies	IAWAUK	F	1	24	46.8	25.0	30.0	20.5 L	70.0	145.5	206.9
Lance Foster	KC Strongman	USAWA	M	2	53	156.5	43.0	41.0	20.4	122.3	226.7	175.9
Eric Todd	KC Strongman	USAWA	M	2	44	116.1	63.5	79.8	49.9	140.6	333.8	274.9
Chris Todd	KC Strongman	USAWA	M	3	40	122.5	45.4	66.2	43.1	131.5	286.2	220.7
John Strangeway	KC Strongman	USAWA	M	2	41	95.3	49.9	77.6	47.6 L	179.2	354.3	314.2
Phoebe Todd	KC Strongman	USAWA	F	3	9	38.1	0.0	0.0	0.0	34.0	34.0	79.0
Natalie Voce	Metamorfit	IAWAUK	F	1	37	77.9	25.0	27.5	25.0 R	75.0	152.5	148.9
Maria Bennett	Metamorfit	IAWAUK	F	2	57	90.0	20.0	20.0	15.0 R	75.0	130.0	137.7
Paul Barette	Metamorfit	IAWAUK	M	1	43	75.3	35.0	45.0	30.0 R	110.0	220.0	228.2
Danny Kingsland	Metamorfit	IAWAUK	M	2	29	58.6	30.0	40.0	30.0 R	100.0	200.0	236.5
Beata Banas	Metamorfit	IAWAUK	F	1	35	72.8	22.5	35.0	25.0 R	95.0	177.5	180.9
Lara Bennett	Metamorfit	IAWAUK	F	2	14	58.9	15.0	27.5	20.0 R	67.5	130.0	183.8
Jason Farrugia	Ballina	ARWFA	M	1	48	78.0	35.0	50.0	35.0 L	115.0	235.0	250.0
Andrew Parker	Ballina	ARWFA	M	1	44	79.0	35.0	40.0	25.0 R	110.0	210.0	213.6
Daniel Parker	Ballina	ARWFA	M	1	19	77.0	30.0	35.0	25.0 R	100.0	190.0	190.7
Peter Phillips	The Shed	ARWFA	M	3	65	99.8	25.0	37.5	35.0 R	140.0	237.5	253.8
Miriam Phillips	The Shed	ARWFA	F	3	37	127.0	25.0	40.0	35.0 R	105.0	205.0	153.8
Steven Charles	The Shed	ARWFA	M	3	38	89.0	35.0	45.0	37.5 L	140.0	257.5	232.6
Racheal Hin	Lambda Lifters	ARWFA	F	3	50	61.0	15.0	22.5	15.0 R	82.5	135.0	172.1
Claire McLaren	Lambda Lifters	ARWFA	F	3	47	84.9	20.0	27.5	22.5 R	97.5	167.5	167.9
Flynn McLaren	Lambda Lifters	ARWFA	M	3	16	71.0	25.0	35.0	32.5 R	120.0	212.5	242.0
Steve Andrews	Granby Grippers	IAWAUK	M	1	60	65.0	27.5	52.5	35.0 L	95.0	210.0	279.1
Denny Habecker	Habecker's Gym	USAWA	M	1	76	83.0	30.0	35.0	25.0 R	115.0	205.0	285.3
Aidan Habecker	Habecker's Gym	USAWA	M	2	16	93.5	25.0	45.0	35.0 R	105.0	210.0	202.9
Barry Pensyl	Habecker's Gym	USAWA	M	1	71	68.0	22.5	32.5	17.5 R	87.5	160.0	235.2
John Douglas	Dino Gym	USAWA	M	1	55	139.7	50.0	70.0	30.0 R	160.0	310.0	257.8
Al Myers	Dino Gym	USAWA	M	1	53	104.8	45.0	55.0	55.0 R	180.0	335.0	315.6
LaVerne Myers	Dino Gym	USAWA	M	1	75	104.4	37.5	35.0	20.0 L	120.0	212.5	256.9
Chad Ullom	Dino Gym	USAWA	M	1	47	102.2	43.0	43.0	20.0 L	166.0	272.0	245.9
Dean Ross	Dino Gym	USAWA	M	1	76	108.9	35.0	30.0	20.0 L	100.0	185.0	221.8
Brandon Rein	Dino Gym	USAWA	M	1	24	70.8	30.0	30.0	35.0 R	120.0	215.0	223.0
Andrew Tomlin	MacBaldie Brothers	IAWAUK	M	1	51	87.8	42.5	60.0	50.0 R	145.0	297.5	303.3



Gary Ell	MacBaldie Brothers	IAWAUK	M	1	48	86.5	47.5	62.5	45.0 R	167.5	322.5	322.7
Karen Gardner	Burton Powerhouse	IAWAUK	F	3	60	74.2	20.0	22.5	20.0 R	70.0	132.5	161.4
Paul Hallam	Burton Powerhouse	IAWAUK	M	3	40	93.2	37.5	60.0	40.0 L	150.0	287.5	255.6
Dominic Gardner	Burton Powerhouse	IAWAUK	M	3	13	44.9	17.5	20.0	15.0 R	60.0	112.5	207.7
Mollie Redfern-Smith	Burton Powerhouse	IAWAUK	F	3	11	55.0	12.5	20.0	15.0 R	50.0	97.5	160.9
Graham Saxton	Burton Powerhouse	IAWAUK	M	3	57	114.6	25.0	35.0	40.0 R	130.0	230.0	214.2
Gary Redfern-Smith	Burton Powerhouse	IAWAUK	M	3	46	107.5	45.0	60.0	37.5 R	140.0	282.5	246.5
Steve Gardner	Burton Powerhouse	IAWAUK	M	3	62	142.3	30.0	30.0	20.0 R	130.0	210.0	183.6
Selina Dorn	Burton Powerhouse	IAWAUK	F	3	43	74.0	20.0	30.0	25.0 R	90.0	165.0	173.1
Nicola Thornhill	Burton Powerhouse	IAWAUK	F	3	50	73.0	22.5	30.0	25.0 R	90.0	167.5	189.1
Sylvia Stockall	Canada	-----	F	1*	61	63.0	24.0	33.0	21.0	97.5	175.5	240.3

#### 4<sup>th</sup> Attempts for RECORDS:

Hang Snatch: John Strangeway 79.8, Miriam Phillips 45, Barry Pensyl 33.5

1 H Clean and Jerk: Miriam Phillips 38R, Barry Pensyl 18.5R

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.

One IAWA Certified Official is required for competition. Two/Three IAWA Certified Officials required for IAWA World Records. Listed below are the IAWA Certified Officials for each club/team participating.

- Twyford Ladies – Official Gary Ell
- KC Strongman – Officials Eric Todd, Lance Foster, John Strangeway
- Metamorfit – Officials Paul Barette, Natalie Voce
- Ballina – Officials Jason Farrugia, Andrew Parker
- The Shed – Officials Tom Davis, John Patterson, Julia Phillips
- Lambda Lifters – Officials Tom Davis, John Patterson, Julia Phillips
- Granby Grippers – Official Frank Allen
- Habecker's Gym – Officials Denny Habecker, Barry Pensyl
- Dino Gym – Officials LaVerne Myers, Al Myers
- MacBaldie Brothers – Officials Andy Tomlin, Gary Ell
- Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner, James Gardner
- Canada – (1\*) Uncertified Official Jesse Campbell

## CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/40KG Class Champion
Maria Bennett	Womens 55-59/90KG Class Champion, BEST MASTER 55-59
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion, BEST SENIOR 20-39, OVERALL BEST WOMENS LIFTER
Natalie Voce	Womens 20-39/80KG Class Champion
Beata Banas	Womens 20-39/75KG Class Champion
Lara Bennett	Womens 14-15/60KG Class Champion, BEST JUNIOR
Claire McLaren	Womens 45-49/85KG Class Champion, BEST MASTER 45-49
Miriam Phillips	Womens 20-39/125+KG Class Champion
Racheal Hin	Womens 50-54/65KG Class Champion
Karen Gardner	Womens 60-64/75KG Class Champion, BEST MASTER 60-64
Mollie Redfern-Smith	Womens <13/55KG Class Champion
Selina Dorn	Womens 40-44/75KG Class Champion, BEST MASTER 40-44
Nicola Thornhill	Womens 50-54/75KG Class Champion, BEST MASTER 50-54, BEST MASTER OVERALL
Sylvia Stockall	Womens 60-64/65KG Class Champion (Exhibition Lifter)
Lance Foster	Mens 50-54/125+KG Class Champion
Eric Todd	Mens 40-44/120KG Class Champion
Chris Todd	Mens 40-44/125KG Class Champion
John Strangeway	Mens 40-44/100KG Class Champion, BEST MASTER 40-44
Paul Barette	Mens 40-44/80KG Class Champion
Danny Kingsland	Mens 20-39/60KG Class Champion, BEST SENIOR 20-39
Jason Farrugia	Mens 45-49/80KG Class Champion
Andrew Parker	Mens 40-44/80KG Class RunnerUp
Daniel Parker	Mens 18-19/80KG Class Champion
Peter Phillips	Mens 65-69/100KG Class Champion, BEST MASTER 65-69
Steven Charles	Mens 20-39/90KG Class Champion
Flynn McLaren	Mens 16-17/75KG Class Champion, BEST JUNIOR
Steve Andrews	Mens 60-64/65KG Class Champion, BEST MASTER 60-64
Denny Habecker	Mens 75-79/85KG Class Champion, BEST MASTER 75-79
Aidan Habecker	Mens 16-17/95KG Class Champion
Barry Pensyl	Mens 70-74/70KG Class Champion, BEST MASTER 70-74
John Douglas	Mens 55-59/125+KG Class Champion, BEST MASTER 55-59
Al Myers	Mens 50-54/105KG Class Champion, BEST MASTER 50-54
LaVerne Myers	Mens 75-79/105KG Class Champion

Chad Ullom	Mens 45-49/105KG Class Champion
Dean Ross	Mens 75-79/110KG Class Champion
Brandon Rein	Mens 20-39/75KG Class Champion
Andrew Tomlin	Mens 50-54/90KG Class Champion
Gary Ell	Mens 45-49/90KG Class Champion, BEST MASTER 45-49, BEST MASTER OVERALL, OVERALL BEST MENS LIFTER
Paul Hallam	Mens 40-44/95KG Class Champion
Dominic Gardner	Mens <13/45KG Class Champion
Gary Redfern-Smith	Mens 45-49/110KG Class Champion
Graham Saxton	Mens 55-59/115KG Class Champion
Steve Gardner	Mens 60-64/125+KG Class Champion

### TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Gary Ell, England	322.7	1	Maddy Ell, England	206.9
2	Al Myers, USA	315.6	2	Max Ell, England	202.7
3	John Strangeway, USA	314.2	3	Nicola Thornhill, England	189.1
4	Andrew Tomlin, Scotland	303.3	4	Lara Bennett, England	183.8
5	Denny Habecker, USA	285.3	5	Beata Banas, England	180.9
6	Steve Andrews, England	279.1	6	Selina Dorn, England	173.1
7	Eric Todd, USA	274.9	7	Racheal Hin, Australia	172.1
8	John Douglas, USA	257.8	8	Claire McLaren, Australia	167.9
9	LaVerne Myers, USA	256.9	9	Karen Gardner, England	161.4
10	Paul Hallam, England	255.6	10	Mollie Redfern-Smith, England	160.9
11	Peter Phillips, Australia	253.8			
12	Jason Farrugia, Australia	250.0			
13	Gary Redfern-Smith, England	246.5			
14	Chad Ullom, USA	245.9			
15	Flynn McLaren, Australia	242.0			
16	Danny Kingsland, England	236.5			
17	Barry Pensyl, USA	235.2			
18	Steven Charles, Australia	232.6			
19	Paul Barette, England	228.2			
20	Brandon Rein, USA	223.0			

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

	TEAM	POINTS	LIFTERS
1	Dino Gym Varsity	830.3	Al Myers, LaVerne Myers, John Douglas
2	KC Strongman	809.8	John Strangeway, Eric Todd, Chris Todd
3	Habecker's Gym	723.4	Aidan Habecker, Denny Habecker, Barry Pensyl
4	Burton Powerhouse	716.3	Gary Redfern-Smith, Paul Hallam, Graham Saxton
5	Dino Gym JV	690.7	Dean Ross, Brandon Rein, Chad Ullom
6	Ballina	654.3	Jason Farrugia, Andrew Parker, Daniel Parker
7	Metamorfit	648.5	Paul Barette, Danny Kingsland, Lara Bennett
8	The Shed	640.2	Miriam Phillips, Steven Charles, Peter Phillips
9	MacBaldie Brothers	626.0	Gary Ell, Andy Tomlin
10	Lambda Lifters	582.0	Racheal Hin, Claire McLaren, Flynn McLaren

### TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Burton Powerhouse	1792.1	Karen Gardner, Paul Hallam, Dominic Gardner, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner, Selina Dorn, Nicola Thornhill
2	Dino Gym	1521.0	John Douglas, Al Myers, LaVerne Myers, Chad Ullom, Dean Ross, Brandon Rein
3	Metamorfit	1116.0	Natalie Voce, Marla Bennett, Paul Barette, Danny Kingsland, Beata Banas, Lara Bennett
4	KC Strongman	1064.7	Lance Foster, Eric Todd, Chris Todd, John Strangeway, Phoebe Todd
5	Habecker's Gym	723.4	Denny Habecker, Aidan Habecker, Barry Pensyl
6	Ballina	654.3	Jason Farrugia, Andrew Parker, Daniel Parker
7	The Shed	640.2	Peter Phillips, Miriam Phillips, Steven Charles
8	MacBaldie Brothers	626.0	Gary Ell, Andrew Tomlin
9	Lambda Lifters	582.0	Racheal Hin, Claire McLaren, Flynn McLaren
10	Twyford Celt Ladies	409.6	Max Ell, Maddy Ell

### TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	IAWAUK	4222.8
2	USAWA	3309.1
3	ARWFA	1879.5



## Minutes from the World Council Meeting - 5th October - Abilene, Kansas

By Al Myers:

The 2019 IAWA Annual General Meeting was called to order at the Abilene Civic Center, in Abilene Kansas, at 5:30 PM on Saturday, October 5th by President Al Myers. Roll call was taken and these members were in attendance: Al Myers, LaVerne Myers, Chris Bass, Lance Foster, Steve Sherwood, Thom Van Vleck, Steve Andrews, John Strangeway, Chad Ullom, Stevie Shanks, Paul Barette, Dennis Mitchell, Denny Habecker, Judy Habecker, Frank Ciavattone, Karen Gardner, Steve Gardner, Eric Todd, Peter Phillips, Christopher Lestan, and Charlotte Hughes. Roll call of the IAWA VP's was done and these VP's were in attendance: Denny Habecker (USA), Chad Ullom (USA), Steve Gardner (IAWAUK), and Peter Phillips (Australia). Steve Gardner read the 2018 IAWA minutes on behalf of the IAWA General Secretary Frank Allen. Chad moved to accept the minutes, with a second by Karen, and it passed unanimously. Reports from the IAWA Vice Presidents were given next. Steve reported an increase in membership in the IAWAUK. Peter reported the growth of independent clubs in Australia, as well as complying with the new regulations of organizing the new association. John Mahon has assumed the responsibilities of the IAWA Vice President, previously held by Robin Lukosis. Judy moved to accept the reports, with a second by Chad, and it passed unanimously. Al gave a report on the success of the 2019 World Postal Championships, with plans to continue it next year. He emphasized that this World Postal will also continue to be known as the Andy Goddard Memorial Championships. Chad moved to accept the report, with a second by Denny, and it passed unanimously. Peter gave a report on the upcoming IAWA Gold Cup held in Perth, Australia next month and how the plans are coming along. Paul moved to accept the report, with a second by LaVerne, and it passed unanimously. The report from the Chairman of the Technical Committee was given next. Dennis reported that there was nothing to report this year. The report on next years World Championship was given by meet promoter Denny Habecker. Denny had proposed these lifts for the 2020 World Championships, which have been already approved by the Technical Committee: DAY 1 – clean and press, one hand snatch, power row, one hand deadlift DAY 2 – cheat curl, pullover and push, 2x2" vertical bar deadlift. The meet was proposed for the first of October. Frank moved to accept the report with the proposed lifts, with a second by Paul, and it passed unanimously. A report on next years Gold Cup was given by joint meet promoters Stevie Shanks and Steve Gardner. Entry forms and entry information have already been made and plans are fully underway. Frank moved to accept the report, with a second by Chad, and it passed unanimously. The first item on New Business was discussion and voting on the new proposed lift, the Shanks Lift. This lift was brought up at the 2018 meeting and then discussed this past year among the technical committee which supported it fully. Steve G read the rule. There was no discussion. Chad moved to accept the Shanks Lift, with a second by Steve A, and it passed unanimously. At this point Stevie Shanks expressed his appreciation for the acceptance of this lift, and how it meant for his family. Next, Al asked if there was any new business regarding the Ad Hoc committee formed at last years general meeting led by Cliff Dunlop. After a few moments of silence, it was assumed that the committee has not moved forward. Steve G then proposed that the technical committee review a new proposed lift, the two man one hand deadlift. This lift has been a popular lift in the USAWA, and has been performed before in IAWA as a challenge event at a previous Gold Cup with much success. Paul moved to send this lift to the technical committee for review, with a second by Frank, and it passed unanimously. Bids for the 2021 IAWA Gold Cup were taken, and the only bid came from Paul Barette to be held in Eastbourne, England. Peter moved to accept the bid, with a second by LaVerne, and it passed unanimously. Bids for the 2021 IAWA World Championships were taken, with the only bid coming from Peter Phillips to be held in Perth, Australia. Peter stated that John Mahon would be joint promoter with him. Denny moved to accept the bid, with a second by LaVerne, and it passed unanimously. Al, as promoter of this years Worlds, gave a few words about the weekend championships. The highlight of his report was when he stated that beer and pizza was going to be available after the meeting free of charge. Judy then moved to adjourn the meeting, with a second by Chad, and it passed unanimously. The meeting ended promptly at 6:10 PM.

**THE 2019 IAWA GOLD CUP – NOVEMBER 3<sup>rd</sup> - AT THE LAMBDA ACADEMY nr PERTH, WESTERN AUSTRALIA**  
**THE WORLD RECORD BREAKERS EVENT FOR THE HOWARD PRECHTEL AWARD – Promoter: Peter Phillips**

Name	Bwt	Class	Age	Division	Gold Cup Lift	2 <sup>nd</sup> Record Lift
<b>Opening Lifter:</b>						
Steve Gardner	147.0	125+	63	M60+	L/H Mid finger Lift 75k▲	-
<b>Group 1: Ladies</b>						
Rachael Hin	59.5	60	50	M50+	Rev Grip Bench P 37.5k▲	D/Lift 2" Bar 95k▲
Monica Cook	67.6	70	55	M55+	Bench Press 87.5k▲●	Bench Press FIA 80k▲
Claire McLaren	84.5	85	48	M45+	Hip Lift 400k▲●	Hand and Thigh 300k▲
Julia Phillips	70.6	75	67	M65+	2/Hs D/bells D/lift 82k▲	Cheat Curl 30k▲
<b>Group 2: Senior Master and Junior</b>						
John Patterson	117.4	120	75	M75+	L/H 2" Vertical Bar 70k▲	R/H Thumbless D/lift 75k▲
Tom Davies	77.7	80	76	M75+	L/H Ciavattone D/lift 65k▲	L/H 2" Vertical Bar 60k▲
Denny Habecker	83.1	85	77	M75+	Ciavattone D/lift 125k▲	Fulton D/lift 95k▲
Flynn McLaren	72.5	75	16	J16-17	Mid Fingers D/lift 67.5k▲	R/H Thumbless D/lift 67.5k▲
<b>Group 3: Young Masters and Open</b>						
Peter Phillips	97.6	100	65	M65+	Deadlift 190k▲	R/H Ciavattone D/lift 80k▲
Al Myers	105.0	105	53	M50+	Ring Fingers Straddle 90k▲●	-
Steven Charles	90.3	95	38	Open	Zeigler Clean 65k●	2 Hs D/bells D/lift 110k
Sam Trew	129.6	125+	36	Open	L/H D/bell C&Jerk 55k●	Little Fingers Hacklift 60k●

▲ = World Junior/Masters record; ● = World Open record

(After the lifting Al Myers and Peter Phillips performed an exhibition lift in the proposed new IAWA lift: The 2 Man 1 Hand Deadlift. The team duo pulled 3 good lifts, with 300 kilos being their top mark. This was very entertaining!)

**Loaders:** Nicki and Shaun **Refs:** Denny Habecker, Al Myers, John Mahon, John Patterson

**MC Announcer:** Steve Gardner **Recorder:** Sharni Clifford **Promoter:** Peter Phillips **Asst:** John Mahon

(During the weigh in, new Junior Member Flynn McLaren performed a R/H Thumbless D/lift with 40 kilos to qualify to take part in the event, his Refs were Al Myers, Denny Habecker and John Mahon.)

**The Howard Prechtel Award:** Goes to the winner each year determined by adding the Blindt Formula to the usual Lynch, age and gender allowances. The Winner of the Howard Prechtel Memorial Award was Al Myers (USA) Scoring 124 Points, with Steven Charles in 2<sup>nd</sup> with 111 points and Monica Cook 3<sup>rd</sup> with 108 points.

The event was a super spectacle of all round lifting in a great atmosphere of excitement and endeavour, lots of great lifting and lots of records. The event worked well at the new home of All Round Weightlifting W.A. – The Lambda Academy owned by Kat Beker, who has shown great support to the group and all round weightlifting. The lifting saw wonderful work by so many stalwart IAWA all timers and a great showing from the newer International lifters: Steve Charles, Flynn McLaren, Rachael Hin and Claire McLaren. All congratulations go to Peter Phillips and his support team.

After the Awards Presentaton at the Evening Dinner, four **IAWA Commitment Awards** were presented to members who had taken part in the big three events: The World Postal, The World Championships and the Gold Cup – Congratulations go to: Al Myers (USA) Steve Gardner(Eng) Peter Phillips (Australia) and Denny Habecker (USA)





Left: The winner of the Howard Prechtel Memorial Award at the 2019 IAWA Gold Cup..... Al Myers who scored a terrific amended score of 124 points with his Ring Fingers Straddle Deadlift! (presented by Promoter Peter Phillips)  
Monica Cook was 3rd with 108 points amended and Steven Charles was 2nd with 111 points)



Above: Julia Phillips - Dumbbells Deadlift  
Left: Flynn McLaren - Middle Fingers Deadlift  
Far left: Denny Habecker - Ciavattone Deadlift  
Below: The Gold Cup Banquet



**Nick Swain 54, 83.5k BW,**

RH pinch clean and press 22.3k ▲●

2H pinch 72.5k ▲

LH DB walk 32k

LH DB Fulton DL 46k ▲

LH 1" vert bar 72k ▲

Shanks Lift 208.5k ▲●

**Jenn Tibbenham 35, 99.7k,**

RH DB walk 41k ●

LH DB walk 38k ●

RH DB Fulton DL 52 k ●

Referees: Phil Crisp, Nick Swain, Jenn Tibbenham

▲ = World Junior/Masters record; ● = World Open record

***Phil Crisp, Nick Swain and Jenn Tibbenham got together for an 'Iron Masters' records session on the 17th November at Zeus Gym, Hastings. Here are their lifts and confirmed records. Great work everyone!***

**Philippe Crisp 49, 102k BW,**

2H pinch 72.5k ▲

LH DB Fulton DL 55k ▲●

LH DB walk 37k ▲

RH DB walk 37k ▲

LH deadlift 100.5k ▲

LH 1" vert bar 72k ▲

RH 1" vert bar 72k ▲

Alternate Grip Press 60.5k ▲

Reverse Grip Press 60.5k ▲

# IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 6 - compiled by Chris Bass.

## Ranking of Teams – Leg 6

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	1011.2
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	897.7
3	Sunbury1	Rick Meldon, Joshua Jones, Jeff Luther	889.5
4	Haven Harlots	Tony Cook, Wayne Pawson, Terry Morris	849.9
5	Metamorfit1	Danny Kingsland, Rouhul Uddin, Beata Banas	805.4
6	Metamorfit2	Paul Barette, Lara Bennett, Natalie Voce	680.8
7	Metamorfit3	Brandon Hazell-Hyland, Charlotte Hughes, Maria Bennett	572.0
8	Twyford Celts	Maddy Ell, Max Ell	514.8
9	Sunbury2	Trevor Evans	217.0

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

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	5510.8
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	5086.4
3	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	4601.5
4	Metamorfit1	Jamie Livens, Paul Barette, Beata Banas	4524.3
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	4342.2
6	Metamorfit2	Danny Kingsland, Ed Shorttle, Rouhul Uddin	3880.0
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	3295.4
8	Twyford Celts	Maddy Ell, Max Ell	2889.0
9	Sunbury2	Joshua Jones, Rick Meldon	1424.5
10	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

## Ranking of Lifters – Leg 6

1	Rick Meldon	374.7	13	Joshua Jones	258.4
2	Steve Sherwood	360.4	14	Beata Banas	256.8
3	Steve Andrews	359.8	15	Jeff Luther	256.5
4	Tony Cook	345.9	16	Max Ell	251.2
5	Andy Tomlin	307.2	17	Paul Barette	238.5
6	Gary Ell	305.7	18	Lara Bennett	228.3
7	Mark Godleman	291.0	19	Terry Morris	220.6
8	Danny Kingsland	289.7	20	Trevor Evans	217.0
9	Matthew Finkle	284.8	21	Natalie Voce	214.1
10	Wayne Pawson	283.4	22	Brandon Hazell-Hyland	213.6
11	Maddy Ell	263.6	23	Charlotte Hughes	186.8
12	Rouhul Uddin	259.0	24	Maria Bennett	171.6

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

1	Steve Sherwood	1997.9	16	Terry Morris	1246.6
2	Steve Andrews	1897.7	17	Lara Bennett	1226.2
3	Gary Ell	1802.4	18	Trevor Evans	1221.3
4	Andy Tomlin	1729.2	19	Michelle Ryder	1172.4
5	Tony Cook	1596.6	20	Joshua Jones	1172.0
6	Matthew Finkle	1554.7	21	Brandon Hazell-Hyland	1138.4
7	Maddy Ell	1512.1	22	Natalie Voce	1106.7
8	Paul Barette	1452.3	23	Rick Meldon	1065.2
9	Danny Kingsland	1434.6	24	Ed Shorttle	1060.7
10	Beata Banas	1429.2	25	Jamie Livens	1039.9
11	Mark Godleman	1416.6	26	Maria Bennett	885.5
12	Jeff Luther	1395.2	27	Mark Shaw	635.0
13	Max Ell	1376.9	28	Dave Morton	623.3
14	Rouhul Uddin	1305.8	29	Charlotte Hughes	529.0
15	Wayne Pawson	1269.3			



## 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
Rick Meldon1	55+	16	85	72.5	91.5
Steve Andrews1	60+	21	65	57.5	90.1
Steve Sherwood1	65+	32	80	57.5	86.5
Tony Cook1	80+	62	85	47.5	85.0
Danny Kingsland	Open	0	60	55.0	77.5
Gary Ell1	45+	9	85	64.0	76.0
Andy Tomlin1	50+	13	90	60.0	72.3
Jeff Luther	60+	25	75	45.0	67.4
Matthew Finkle1	50+	14	65	45.0	66.6
Mark Godleman	55+	18	105	57.5 <sup>BR</sup>	65.8
Joshua Jones	Open	0	75	55.0	65.6
Rouhul Uddin1	Open	0	75	55.0	64.9
Maddy Ell1	Open	33	50	27.6	62.0
Trevor Evans	75+	46	80	35.0	57.5
Max Ell1	Open	33	45	25.0	57.5
Beata Banas1	Open	33	75	35.0	56.4
Brandon H-Hyland	16-17	5	75	45.0	56.1
Paul Barette1	40+	4	80	45.0	54.4
Lara Bennett	14-15	58	60	25.0□	54.3
Natalie Voce1	Open	33	80	35.0	52.7
Wayne Pawson	50+	13	85	40.5	49.8
Terry Morris1	60+	25	110	40.5	48.2
Charlotte Hughes1	Open	33	85	30.0	44.1
Maria Bennett	55+	52	95	25.0	39.5

### Dumbbell Swing

Lifter	Age	%	Class	Kilos	Points
Rick Meldon1	55+	16	85	67.7	92.7
Steve Sherwood1	65+	32	80	52.5	85.7
Wayne Pawson	50+	13	85	62.5	83.4
Tony Cook1	80+	62	85	42.5	82.5
Steve Andrews1	60+	21	65	47.5	80.7
Andy Tomlin1	50+	13	90	55.0	71.9
Mark Godleman	55+	18	105	55.0□	68.3
Jeff Luther	60+	25	75	40.0	65.0
Gary Ell1	45+	9	85	50.0	64.4
Matthew Finkle1	50+	14	65	40.0	64.3
Beata Banas1	Open	33	75	35.0	61.2
Maddy Ell1	Open	33	50	25.0	61.0
Paul Barette1	40+	4	80	45.0	59.0
Lara Bennett	14-15	58	60	25.0□	58.9
Rouhul Uddin1	Open	0	75	45.0	57.6
Danny Kingsland	Open	0	60	35.0	53.5
Trevor Evans	75+	46	80	30.0	53.4
Terry Morris1	60+	25	110	41.0	53.0
Joshua Jones	Open	0	75	40.0	51.8
Max Ell1	Open	33	45	20.0	49.9
Brandon H-Hyland	16-17	5	75	35.0	47.3
Natalie Voce1	Open	33	80	27.5	44.9
Charlotte Hughes1	Open	33	85	27.5	43.9
Maria Bennett	55+	52	95	22.5□	38.6

### Dumbbell C&J

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	60+	21	65	62.5	99.2
Rick Meldon1	55+	16	85	72.5	92.7
Steve Sherwood1	65+	32	80	60.0	91.4
Tony Cook1	80+	62	85	50.0	90.6
Wayne Pawson	50+	13	85	72.0□	89.7
Gary Ell1	45+	9	85	72.0	86.6
Andy Tomlin1	50+	13	90	70.0	85.4
Danny Kingsland	Open	0	60	55.0	78.5
Beata Banas1	Open	33	75	45.0	73.4
Joshua Jones	Open	0	75	60.0	72.5
Rouhul Uddin1	Open	0	75	60.0	71.7
Max Ell1	Open	33	45	30.0	69.8
Mark Godleman	55+	18	105	60.0□	69.5
Maddy Ell1	Open	33	50	30.0	68.3
Jeff Luther	60+	25	75	45.0	68.3
Matthew Finkle1	50+	14	65	45.0	67.5
Lara Bennett	14-15	58	60	30.0 <sup>BR</sup>	65.9
Natalie Voce1	Open	33	80	40.0	61.0
Terry Morris1	60+	25	110	50.5	60.9
Trevor Evans	75+	46	80	35.0	58.2
Brandon H-Hyland	16-17	5	75	45.0	56.8
Paul Barette1	40+	4	80	40.0	49.0
Maria Bennett	55+	52	95	30.0□	48.1
Charlotte Hughes1	Open	33	85	30.0	44.7

### 2H Dumbbells Deadlift

Lifter	Age	%	Class	Kilos	Points
Rick Meldon1	55+	16	85	192.5	97.7
Steve Sherwood1	65+	32	80	160.0	96.8
Steve Andrews1	60+	21	65	142.5	89.805
Tony Cook1	80+	62	85	122.0	87.8
Mark Godleman	55+	18	105	190.0□	87.4
Matthew Finkle1	50+	14	65	145.0	86.4
Danny Kingsland	Open	0	60	141.4●	80.2
Gary Ell1	45+	9	85	165.0	78.8
Andy Tomlin1	50+	13	90	160.0	77.6
Paul Barette1	40+	4	80	156.4	76.1
Max Ell1	Open	33	45	80.0	74.0
Maddy Ell1	Open	33	50	80.0	72.3
Joshua Jones	Open	0	75	142.5	68.4
Beata Banas1	Open	33	75	101.4	65.7
Rouhul Uddin1	Open	0	75	136.4	64.7
Wayne Pawson	50+	13	85	122.0	60.4
Terry Morris1	60+	25	110	122.0	58.5
Jeff Luther	60+	25	75	92.5	55.8
Natalie Voce1	Open	33	80	91.4	55.4
Charlotte Hughes1	Open	33	85	91.4	54.1
Brandon H-Hyland	16-17	5	75	106.4□	53.4
Lara Bennett	14-15	58	60	56.4□	49.2
Trevor Evans	75+	46	80	72.5	47.9
Maria Bennett	55+	52	95	71.4▲●	45.4

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

Overall for the year: Steve Sherwood was the top lifter for 2019 - well done also to Steve Andrews on coming second and Gary Ell third. Top team this year was with Granby, followed by Castlemilk then Sunbury1 in third. I must also congratulate Maddy Ell for being top ladies lifter & overall 7<sup>th</sup>. 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 2019 All round Scheme.

1	Steve Sherwood	24	Best British Open & 65+, 80k class & Top All Rounder
2	Steve Andrews	24	Best British Open & 55+, 70k class All Rounder
3	Gary Ell	24	Best British Open & 45+, 90k class All Rounder
4	Andy Tomlin	24	Best British Open & 50+, 95k class All Rounder
5	Tony Cook	24	Best British 80+, 85k class All Rounder
6	Matt Finkle	24	Best British Open & 50+ 65k class All Rounder
7	Maddy Ell	24	Best British Ladies Open, 50k class Top All Rounder
8	Paul Barette	24	Best British 40+, 80k class All Rounder
9	Danny Kingsland	24	Best British Open 60k class All Rounder
10	Beata Banas	24	Best British Ladies Open, 75k class All Rounder
11	Mark Godleman	20	Best British Open & 55+, 105k class All Rounder
12	Jeff Luther	24	Best British 60+, 75k class All Rounder
13	Max Ell	24	Runner up British Ladies Open, 50k class All Rounder
14	Rouhul Uddin	24	Best British Open, 75k class All Rounder
15	Wayne Pawson	20	Best British Open & 50+, 85k class All Rounder
16	Terry Morris	24	Best British Open & 60+, 110k class All Rounder
17	Lara Bennett	24	Best British Ladies Open/Junior 60k class All Rounder
18	Trevor Evans	24	Best British 70+, 85k class All Rounder
19	Michelle Ryder	20	Best British Ladies 45+, 50k class All Rounder
20	Joshua Jones	20	Runner up British Open, 75k class All Rounder
21	Brandon Hazell-Hyland	24	Best British Junior 80k class All Rounder
22	Natalie Voce	24	Best British Ladies Open, 80k class All Rounder
23	Rick Meldon	12	Best British Open & 55+, 90k class All Rounder
24	Ed Shorttle	20	Best British 60+, 80k class All Rounder
25	Jamie Livens	16	3 <sup>rd</sup> British Open, 75k class All Rounder
26	Maria Bennett	24	Best British Ladies Open, 55+ 95k class All Rounder
27	Mark Shaw	12	Best British 55+, 85k class All Rounder
28	Dave Morton	12	Best British 60+, 75k class All Rounder
29	Charlotte Hughes	12	Best British Ladies Open, 85k class All Rounder



Spencer Set		Age	CLASS	D/B Press	D/B Swing	D/B C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Rick Meldon1	M	55+	85	72.5	67.7	72.5	212.7	276.9
Steve Andrews1	M	60+	65	57.5	47.5	62.5	167.5	270.0
Steve Sherwood1	M	65+	80	57.5	52.5	60.0	170.0	263.6
Tony Cook1	M	80+	85	47.5	42.5	50.0	140.0	258.1
Andy Tomlin1	M	50+	90	60.0	55.0	70.0	185.0	229.7
Gary Ell1	M	45+	85	64.0	50.0	72.0	186.0	226.9
Wayne Pawson	M	50+	85	40.5	62.5	72.0	175.0	223.0
Danny Kingsland	M	Open	60	55.0	35.0	55.0	145.0	209.5
Mark Godleman	M	55+	105	57.5	55.0	60.0	172.5	203.6
Jeff Luther	M	60+	75	45.0	40.0	45.0	130.0	200.7
Matthew Finkle1	M	50+	65	45.0	40.0	45.0	130.0	198.4
Rouhul Uddin1	M	Open	75	55.0	45.0	60.0	160.0	194.2
Maddy Ell1	F	Open	50	27.6	25.0	30.0	82.6	191.3
Beata Banas1	F	Open	75	35.0	35.0	45.0	115.0	191.0
Joshua Jones	M	Open	75	55.0	40.0	60.0	155.0	189.9
Lara Bennett	F	14-15	60	25.0	25.0	30.0	80.0	179.1
Max Ell1	F	Open	45	25.0	20.0	30.0	75.0	177.2
Trevor Evans	M	75+	80	35.0	30.0	35.0	100.0	169.1
Paul Barette1	M	40+	80	45.0	45.0	40.0	130.0	162.4
Terry Morris1	M	60+	110	40.5	41.0	50.5	132.0	162.2
Brandon H-Hyland	M	16-17	75	45.0	35.0	45.0	125.0	160.2
Natalie Voce1	F	Open	80	35.0	27.5	40.0	102.5	158.7
Charlotte Hughes1	F	Open	85	30.0	27.5	30.0	87.5	132.7
Maria Bennett	F	55+	95	25.0	22.5	30.0	77.5	126.2

In addition, the Aston Set winner for 2019 is Steve Sherwood.

I wish you all good health & good lifting for 2020. Leg 1 lifts are: Pullover & Press, Cont Clean to Belt, Stiff Legged Deadlift & Pullover at Arms Length. To be completed by end of January please.



If lifting at the Welsh Open Championship wasn't enough for Gary Ell and Peter Hoar, they pulled out all the stops for some amazing record attempts in the Two Man Deadlift.

Spurred on by a fundraising effort of behalf 'Cayla's Fight' run by the The Bradley Lowery Foundation raising money for a vaccine treatment in the USA to prevent relapse for High risk Neuroblastoma.

The Bradley Lowery foundation was set up in memory of the late Bradley Lowery. The foundation helps raise funds for medical treatment or equipment not available on the NHS.

First up was 370 kilos to set a British record, next was 400.5 kilos to take the Australians World

Record, then taking it to 420 kilos.

Gary Ell thanks everyone who has donated so far with sponsorship now exceeding £120.



NAME	BW Kilos	LYNCH	Age yr	Age %	Age Class	Weight Class	2 Man Deadlift KILOS	
Gary Ell	86.0	0.9211	48	9	45+	90	400.5•	420.0•
Peter Hoar	118.2	0.7772	27	0	Open	120		

## Important Information from the IAWA (UK) AGM on 30th November 2019

### **Intorduction by IAWA(UK) President: Steve Gardner**

*"As we head towards Christmas, we realise we are about to put a close on 2019 and look forward to a new year coming.....Well 2019 was a great year for All Round Weightlifting and IAWA(UK), but you know what? with so much happening and so much in the pipe line (as you will gather from reading through the AGM notes)....2020 is going to be even greater!*

*There is a lot of work to do, there always is and that never changes, but we are so fortunate to have our organisation around us, pretty well rounded and with its feet firmly on the ground it can offer so much to the competitive enthusiast. I am very proud of our members, and our organisation, and the officers who work hard to uphold what we have (a tireless job sometimes lol!) but here we are on the brink of a new and exciting year for All Round Weightlifting, have a read through the much and varied discussion and actioned topics from the AGM and enjoy the festive period with your families, and then be ready to go for it in 2020!"*

### **The 2019 AGM for the IAWA(UK) – 12pm at 11 Orchard Road, Birstall, Leicester LE44GB**

Members of the IAWA (UK) Committee and other members assembled at Franks house: Frank Allen, Steve Gardner, Chris Bass, Steve Andrews Neil Keddy, Paul Barette, Karen Gardner and Sianni Keddy Apologies: Gary Ell, Graham Saxton

**IAWA(UK) Finance** – The Financial Statement was produced by the Treasurer: Frank Allen. The bank account has a balance currently of £5,604. (As an organisation we have always tried to run with a reserve of £4000 to £5000 in the account as an insurance to cover any unforeseen eventualities)

**IAWA(UK) Membership**- 2019 has been a good year for membership for IAWA(UK) with numbers sitting at about 95 members at the end of November. After a full discussion on new membership options it was decided that IAWA (UK) is going to be transforming the Membership Strategy and the 'how to join and pay' procedures are being catapulted into the up to date, technological age – Paul Barette will enlarge on this when matters are being implemented, but in short, members will be able to go on line to pay their membership if they wish to do so using a Paypal or Bank Transfer system which will keep a fully up to date membership list for us available and active at all times. It will also mean that if a member joins on 30th June their membership will run for a full 12 months and they will receive an automatic reminder their renewal has become due on 30th June the following year. IAWA(UK) will be able to view a list of all current paid up members at any given time.

**Drug Testing** – Drug Testing Officers Frank Allen and Gary Ell have both carried out testing during the previous 12 months at a spread of events including The British All Round, The Welsh Open and The World Championships and. All tests were returned with a Negative result. A discussion on testing confirmed drug testing continues to be very important to IAWA(UK) as well as an obvious requirement for a drug free body. Both officers will be active during 2020 and a 10% of membership guide line is a good result and appropriate for our small organisation. Paul will be making sure test kit stocks are replenished. (The only people who know where and when testing will be taking place are the testing officers themselves).

**Claiming of World and British Records** – It was discussed that although it is mentioned from time to time that members can claim World and British Record Certificates from Frank Allen for any records broken, there are still a lot of members who don't realise this. For three pounds Frank will provide a beautiful record certificate complete with seal. It was mentioned also that the method of application: writing to Frank with the information and the request can be off putting to members of today's modern society and so it was discussed as to was there a better way for members to apply? It was decided that Paul will design a form which can be accessed on line, and easily filled in with sufficient detail for Frank to issue the certificate, with appropriate method of payment. Paul will look closer at bringing this method about in the near future.



**The 2020 IAWA(UK) Fixture List** - was presented, discussed and agreed. All details will be released shortly, we will have listed: all IAWA(UK) National and International Events, all Southern League Fixtures, the All Round League Legs and Lifts, the Andy Goddard World Postal Competition and the Old Time Strongman Championships. A quick look through the listings will show that 2020 is going to be a very exciting year for competitors and all round lifting enthusiasts!

**Disability All Round Weightlifting** - Steve Gardner introduced Neil Keddy to the Committee in his new qualified capacity as a Para disable Coach for Powerlifting and Weight training / lifting. Neil spoke about his recent involvement with coaching disabled lifters and the tantalising prospect of organising disabled lifting competitions through IAWA(UK). Steve had many conversations with Neil prior to the AGM and was keen to support this venture seeing that this could be a bold and important move for IAWA to introduce All Round Weightlifting into the busy World of Disability weightlifting sports. Neill had conversations with Gary Clarke who runs National Championships in Strongman events for disabled and then Steve too spoke with Gary. This man has the ear of disabled lifting World and is keen to support IAWA and Neil in any way possible. So in short, the Committee liked the idea very much, and early investigations have led to the likelihood of two things happening in 2020: first a try out disabled all round event in May with a view to a first IAWA National Disabled All Round Weightlifting Championships in September (the day after the Welsh Open event). There is a lot to do yet but it is taking shape, a list of potential lifts were spoken about which could be competed for in two classifications, Seated Disabled and Standing. Some small additions would need to be made to Rules of Performance for the lifts to be used under the classification, but it is really minor detail changes that make the lifts appropriate for the disabled lifters, and the officials to oversee the lifts. There will be several questions arriving but the Committee felt we would be able to answer them all and deal with them as we progress. Steve and Neil will be working on the implementation of this, and Steve proposed to the Committee that Neil be invited onto the Committee to sit as IAWA(UK) Disability Liason Officer, all were keen to support this proposal and Neil was welcomed into his new position.

**All Round League Annual Perpetual Awards** -Paul Barette raised the question of having a person invested with the responsibility of seeing the All Round Award League Annual Best Lifter Awards are located, re collected and presented each year to the previous years Winners. The Awards are: The Aston Award, The Bert Spencer Trophy and the All Round League Annual Overall Champion. It is an important job which has often been difficult to carry out. This way it was felt the matter can be confidently dealt with. Steve Andrews volunteered to take on the role, all were agreed and thankful for Steve's offer, who now will be the 'All Round League Perpetual Awards Co-ordinator'. There is one other award which is a stand-alone award and that is the Health and Strength Best Overall Junior Performance throughout the year Trophy. Paul will collect the award in and it will be presented at an appropriate event in 2020 to the Winner, who after a short discussion (and despite the fact we have had a lot of Junior lifters competing throughout 2019) was easily identified...watch this space!

**The IAWA(UK) Journal**- Paul raised the point that the new Membership transition work would take a lot of his time and asked if there was anyone could help him with the Journal work that he currently undertakes which is again very time consuming. After a full discussion on the topic it was agreed that now was the time for the Journal to go online, and with the environment and green issues in mind too it was decided it was time to stop mailing out great piles of journals. The journal will still be produced and can be viewed on line, and if the member wishes, they can of course print themselves off a copy. If a member does not have the facility to do this, and would still like a hard copy, all they need do is apply to Paul and he will then provide a copy as needed. Paul said this would reduce a lot of the strain on him but would still appreciate some help with production of the online version. Steve Gardner offered to help with the editing of the Journal (Steve was the previous Journal Editor for many years) Paul was delighted to accept Steve's offer and the Committee were all in favour of the new arrangements, so the Journal will be a joint responsibility between Paul Barette and Steve Gardner

Cont/....

**LGBT and IAWA(UK)** – Gary Ell had offered his apologies as he could not make the meeting but had asked Paul to raise a matter on his behalf, regarding LGBT (Lesbian, Gay, Bi Sexual and Transitioning) In Modern sport today all of these issues are having to be addressed but the latter has to be looked at closer with a view to the Classification of entrants categories. Male and Female categories are not enough now as increasingly, some people want to compete under the Banner which is often referred to today as 'MX. The competitors wanting to compete under this banner do not wish to be recognised as either Male or Female. The Committee were very interested in hearing more about this, and as ever remain ready to respond as is required to the wishes of modern day society and standards. This already happens in many sporting bodies and may one day present itself to IAWA(UK). It was not considered it would be too difficult to administer lifters in such a category but in the first instance the Committee requested that Gary might look into this matter further on their behalf to find out what might be required and report back to the Committee at a future meeting with any proposals.

The Election of Officers - There were no new applicants asking to be considered for positions on the IAWA(UK) Committee, all existing holders of office were happy to continue in post, so a proposal was made to re elect the Committee en Bloc, proposed by Karen Gardner and Seconded by Sianni Keddy. The Proposal was passed and the Committee will remain the same with the following additions:

**Neil Keddy – Disability Lifting Liason Officer**

**Added to Steve Andrews Roles: The All Round League Perpetual Awards Co ordinator**

**Added to Steve Gardners Roles : Assistant Journal Editor**

**Added to Paul Barettes Roles: Membership Secretary**

## **IAWA Fixtures for 2020**

***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.***

**8th February - British Grip Championships**

Promoter: Mark Haydock Email: haydockconvertors@gmail.com

Venue: Spring Bank Farm, Goosefoot Lane, Samlesbury, Preston, PR5 0UU

**Lifts: 2 Hands Pinch Lift, 2" Bar Deadlift, The Shanks Lift**

**7th March – Midlands Open All Round Championships**

Promoter: Chris Bass - Tel: 01472 250918 Email: Chris.bass@havengym.org.uk

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

**Lifts: 1 Hand Snatch, Continental Clean & Jerk, Front Squat**

**4th April – British Power Championships**

Promoters: Selina Dorn & Steve Gardner - Tel: (Steve) 07960960509 Email: stevegardneruk@gmail.com

Venue: Paragon Martial Arts Acedemy, 134-136 Bath Street, Ilkeston, Derbyshire, DE7 8FF

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

**2nd May - The Scottish Open Championships**

Promoter: Andy Tomlin - Tel: 07531046662 Email: andytomlin91@yahoo.co.uk

Venue: Glasgow (to be confirmed)

**Lifts: Barbell Cheat Curl, Pullover & Press, One Hand Dumbbell Deadlift**

**6th June – British All-Round Championship**

Promoter: Paul Barette - Tel: 01323 726833 Email: iawa@metamorfit.co.uk

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

**Lifts: Clean & Press Behind Neck, Pullover & Press, Straddle Deadlift**

**4th July - British Olympic Championships**

Promoter: Steve Gardner (Pete Tryner assisting) - Tel: 07960960509 Email: stevegardneruk@gmail.com

Venue: Unit 7 Maltings Ind Estate, Derby Rd, Burton, Staffs, DE14 1RN

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



#### 4th July - **British Olympic Championships**

Promoter: Steve Gardner (Pete Tryner assisting) - Tel: 07960960509 Email: stevegardneruk@gmail.com

Venue: Unit 7 Maltings Ind Estate, Derby Rd, Burton, Staffs, DE14 1RN

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

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#### 18th July - **Old Time Strongman Postal Championship**

Promoters: Scotland - Andy Tomlin & Matthew Finkle, Wales - Neil Keddy, England - Steve Gardner

**Lifts: Cyr Press, Habecker Lift, Goerner Stroll**

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#### 8th August - **British Single Arm Championships**

Promoter: Frank Allen (Steve Andrews assisting) Tel: 01162 676918 Email: viv.andrews@btinternet.com

Venue: Birstall Village Hall, Birstall Road, Leicester, LE4 4DH

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

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#### **World Postal Championships**

Promoter: Al Myers (USA) - Results to be submitted by the end of August.

**Lifts: Clean & Press, One Hand Snatch, Power Row, One Hand Deadlift**

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#### 5th September – **Welsh Open Championships**

Pomoter: Neil Keddy Tel: 07305985461 Email: neil.keddy77@gmail.com

Venue: Aberavon Community Centre, Mitchna St. Port Talbot SA12 6UH

**Lifts: 2" Bar Clean & Jerk, Steinborn Lift, The Shanks Lift**

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#### 3rd-4th October – **IAWA World Championships**

Promoter: Denny Habecker - E Mail: liftingliar@comcast.net

Venue: Acernus Crossfit, 100 N Harris St, Cleona, PA 17042, USA

**Lifts: Day 1: Clean & Press, One Hand Snatch, Power Row, One Hand Deadlift**

**Lifts: Day 2: Barbell Cheat Curl, Pullover & Push, 2x2" Vertical Bars Lift**

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#### 7th November.- **IAWA Gold Cup**

Promoter: Stevie Shanks (Steve Gardner assisting) Tel: 07818455573 Email: stevieshanks45@gmail.com

Venue: Valley Leisure Centre, 67 Church Rd, Newtownabbey, Belfast, NI, BT36 7LS

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#### 5th December – **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, 5F Southbourne Business Park, Courtlands Rd, Eastbourne BN22 8UY

**Promoter:** Paul Barette Tel: 01323726833 Email: iawa@metamorfit.co.uk

Sunday 22nd March – Southern Counties Champs

**Lifts: 2" Bar Snatch, Pullover at Arms Length, One Hand Hacklift**

Sunday 26th July – Southern Cup

**Lifts: Lunge Squat, Alternate Grip Bench Press, Power Row**

Sunday 22nd November – Southern Grip Champs.

**Lifts: One Hand 1" Vertical Bar Lift, Dumbbell Walk, Middle Fingers Straddle DL**

**Venue:** Hailsham or TBC

**Promoters:** Phil Crisp and Nick Swain Email: phillipecrisp@yahoo.com

Sunday 17th May - Southern Shield

**Lifts: One Hand Dumbbell Press, 2x2" Vertical Bar Lift, One Hand Deadlift**

Sunday 21st June - Southern Strength Show (**Strongman comp and IAWA Records event**)

Sunday 23rd August - Southern All-Round

**Lifts: 2 Hand Pinch Grip, Pullover at Arms Length, Cheat Curl**

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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** Pullover & Press, Continental Clean to Belt, Stiff Legged Deadlift, Pullover at Arms Length

**Leg 2** One Hand Snatch, Continental Clean & Jerk, Front Squat, Rectangular Fix

**Leg 3** Squat, Bench Press, Deadlift, Lateral Raise Standing

**Leg 4** Press, Snatch, Clean & Jerk, Power Row

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

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

## New IAWA Lift - The Shanks Lift (F31)

At the World Council Meeting a new official IAWA lift was accepted by the membership – The Shanks Lift. The proposed lift was put forward by Steve Gardner and Stevie Shanks of Northern Ireland, the idea being to honour Stevie's dad, the great Dinnie Stone lifter Jack Shanks. The IAWA Technical Committee reviewed this lift during this past year, and now, it has become an official lift.

At the Awards banquet following the IAWA World Championships, Stevie became the first IAWA lifter to perform the Shanks Lift. He lifted an outstanding 330kgs!

Particularly impressive, considering he did this after two strenuous days of lifting in the World Championships. The Shanks Lift will no doubt be attempted by many IAWA lifters and it will become a very popular lift. The entire crowd who witnessed this first Shanks Lift will never forget watching Stevie hoisting up the weight – as it was a very moving Experience.



Rule Book Text: The Shanks lift must be attempted on loading pins with rings attached. The pins must be made to the correct dimensions and loaded as follows: The large pin must be a maximum of 20.5 inches from the bottom of the pin to the top of the ring (with a tolerance of 1") and may be loaded to any weight that the lifter desires. The ring should be made of metal and approximately ¾ inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches. The smaller pin must be a maximum of 18 inches from the bottom of the pin to the top of the ring (with a tolerance of 1 inch) and must always be loaded to 75% of the weight on the large pin. The ring should be made of metal and approximately ¾ inches in diameter. The internal diameter of the ring should be a maximum of approximately 5.5 inches. (For those training to attempt the actual Dinnie Stones Lift, you might like to know that the official dimensions for the smaller ring are '9/16 inches in diameter and the internal diameter of the ring should be approximately 4.5 inches' but for the purposes of this IAWA 'all round lift version' and for ease of creating the lift equipment, we have allowed the rings to be the same dimensions – anyone wishing to lift on actual correct replica rings, if they have them, will of course be permitted to do so also) The lifter may adopt any stance; and place the loaded pins in any position, then taking one ring in each hand will lift the weights simultaneously to a shoulders upright and legs fully locked out position. Once this position is achieved the head referee will give the down signal. The lift may pause on the way up, but there must not be any downward movement of the weights during the lift.

As per IAWA rules: the only lifting aids allowed are a belt and wrist wraps, and only chalk may be applied to the hands.

Causes for failure: 1. Any downward movement of the weights during ascent. 2. Not achieving a fully upright and legs locked out position.  
3. Setting the weights back to the lifting surface before receiving the down signal.



Left: The World Championships Awards Evening saw two special presentations made by Frank Ciavattone to Steve and Karen Gardner, and to Al Myers for Services to All-Round Weightlifting



Owners Paul Barette and Adrian Pryor of MetamorFIT Gym in Eastbourne took a moment to celebrate 10 years in Business at the recent Southern Grip Competition.

They were presented with this amazing cake made by Maria Bennett.

Steve Gardner was kind enough to offer a few words.....

"I am sure the community of Eastbourne will never fully appreciate what a gem of a fitness centre they have at Metamorfit. Driven by Adrian and Paul it really is a very special place indeed with so much to offer people be it just fitness training they are looking for or of course all round weightlifting action in a fun and drug free environment. The boys have worked so hard to achieve what they have and I am so proud for them that they are celebrating the ten years milestone.... so no looking back now, upwards and onwards, keep doing what you are doing..... you know what they say: if it ain't broke don't fix it! Well done again Paul and Adrian and happy birthday Metamorfit!"

