

2021 IAWA World Postal Championships “The Andy Goddard Memorial” August 31st, 2021

Lifts: Clean and Press, 1H Snatch, Power Row, 1H Deadlift

MEET REPORT, BY PROMOTER AL MYERS

Another great year for the IAWA World Postal Championships!!

This year we had 42 lifters compete from the United States, Australia, England, 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 JEFF CIAVATTONE, and the Overall Best Women’s Lifter was BEATA BANAS. The Overall Best 3-person Team went to FRANK’S BARBELL CLUB (Jeff Ciavattone, Frank Ciavattone, and Wade Marchand). The Overall Best Club went also to FRANK’S BARBELL CLUB. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

It’s always exciting to see new clubs participate. This year CLARK’S CHAMPIONSHIP joined in and 3 lifters from their club (Nick Frieders, Tony Hose, and Dave DeForest) competed in their first World Postal.

There were several Junior Lifters competing this year with the youngest, Everett Todd, at eight years of age. The oldest lifter in the completion was Denny Habecker at 78 years of age. I also want to mention 3 lifters who competed as Exhibition Lifters (because of lack of an official to judge their lifts) just to show support to IAWA and the memory of Andy Goddard. These lifters were Gary Ell, Jason Farrugia, and Sylvia Stockall of Canada.

If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I have difficulties reading the handwriting on the official scoresheets.

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	C&P	Snatch	Row	DL 1H	TOTAL	POINTS
Max Ell	Twyford Celts	IAWAUK	F	1	24	51.6	28.0	17.5R	40.0	55.0L	140.5	183.6
Sonya Coles	Twyford Celts	IAWAUK	F	1	44	86.2	32.5	17.5R	42.5	55.0L	147.5	142.5
Gary Ell	Twyford Celts	IAWAUK	M	1*	50	90.2	57.5	37.5R	102.5	135.0L	332.5	327.9
Lance Foster	KC Strongman	USAWA	M	2	55	152.3	50.5	22.7R	93.1	86.4L	252.7	201.9
Eric Todd	KC Strongman	USAWA	M	2	46	119.3	100.0	54.5R	135.5	181.8	471.8	390.5
Chris Todd	KC Strongman	USAWA	M	2	42	120.3	66.2	40.8R	83.9	123.8	314.7	249.7
Everett Todd	KC Strongman	USAWA	M	3	8	29.5	11.4	6.8	20.5	18.2	56.9	181.0
Phoebe Todd	KC Strongman	USAWA	F	3	11	55.0	18.2	11.4	25.0	31.8	86.4	142.6
Stacy Todd	KC Strongman	USAWA	F	3	38	85.0	34.1	22.7	64.1	86.4	207.3	192.3
Natalie Voce	Metamorfit	IAWAUK	F	1	39	89.9	37.5	22.5R	40.0	50.0R	150.0	134.7
Paul Barette	Metamorfit	IAWAUK	M	1	45	74.8	45.0	30.0R	60.0	60.0R	195.0	207.1
Danny Kingsland	Metamorfit	IAWAUK	M	1	31	60.4	50.0	25.0R	60.0	100.0R	235.0	271.8
Beata Banas	Metamorfit	IAWAUK	F	1	38	70.8	42.5	30.0R	60.0	80.0R	212.5	220.4
Jason Farrugia	Ballina	AWFA	M	1*	50	78.0	65.0	35.0L	105.0	125.0R	330.0	357.5
Riley Farrugia	Ballina	AWFA	M	1	14	81.0	45.0	25.0R	80.0	80.0R	230.0	263.3
Steve Andrews	Granby Grippers	IAWAUK	M	2	62	66.6	55.0	40.0R	75.0	100.0L	270.0	359.5
Denny Habecker	Habecker's Gym	USAWA	M	1	78	85.7	45.0	20.0R	77.5	95.0R	237.5	333.2
Aidan Habecker	Habecker's Gym	USAWA	M	2	18	92.0	40.0	32.5R	70.0	110.0R	252.5	230.6
Barry Pensyl	Habecker's Gym	USAWA	M	1	73	65.0	35.0	22.5L	70.0	77.5R	205.0	319.7
Al Myers	Dino Gym	USAWA	M	2	55	102.9	43.1	40.8R	110.0	140.0R	333.9	323.2
LaVerne Myers	Dino Gym	USAWA	M	2	77	98.0	27.7	15.9L	70.0	90.0R	203.6	261.5
Chad Ullom	Dino Gym	USAWA	M	2	49	104.4	20.0	-----	102.1	165.6R	287.7	262.1
Karen Gardner	Burton Powerhouse	IAWAUK	F	2	62	73.4	25.0	15.0R	50.0	70.0R	160.0	199.5
Paul Hallam	Burton Powerhouse	IAWAUK	M	2	42	91.3	45.0	40.0L	90.0	120.0L	295.0	270.5
Mollie Redfern-Smith	Burton Powerhouse	IAWAUK	F	2	13	49.3	20.0	15.0R	30.0	30.0R	95.0	161.3
Graham Saxton	Burton Powerhouse	IAWAUK	M	2	59	121.0	45.0	25.0R	70.0	120.0R	260.0	239.7
Gary Redfern-Smith	Burton Powerhouse	IAWAUK	M	2	48	113.4	70.0	40.0R	110.0	70.0	290.0	250.8
Steve Gardner	Burton Powerhouse	IAWAUK	M	2	64	128.8	-----	-----	90.0	90.0R	180.0	169.0
Sylvia Stockall	Victoria	CANADA	F	1*	63	68.1	46.7	20.0R	60.3	55.0R	182.0	240.2
Tony Hose	Clark's Gym	USAWA	M	2	52	104.3	81.7	48.1L	79.4	122.5	331.7	310.4
Nick Frieders	Clark's Gym	USAWA	M	2	20	70.7	49.9	45.4R	90.7	140.6R	326.6	339.1
Dave DeForest	Clark's Gym	USAWA	M	1	61	89.3	56.7	38.6R	83.4	90.7L	269.4	296.3
Nick Swain	Iron Masters	IAWAUK	M	1	56	78.2	30.5	28R	70.5	100.5R	229.5	261.7

Philippe Crisp	Iron Masters	IAWAUK	M	1	51	106.5	73	25.5R	125.5	155.5R	379.5	348.3
Olivia Collins	Frank's Barbell Club	USAWA	F	2	12	63.5	25.0	12.5R	30.0	50.0R	117.5	174.4
Natalie Collins	Frank's Barbell Club	USAWA	F	2	14	68.1	27.5	15.0R	35.0	52.5R	130.0	166.0
Frank Ciavattone	Frank's Barbell Club	USAWA	M	2	66	127.0	40.0	30.0R	100.0	160.0L	330.0	316.9
Mark Raymond	Frank's Barbell Club	USAWA	M	2	58	104.4	66.0	20.0R	88.0	60.0L	234.0	230.6
James Morrison	Frank's Barbell Club	USAWA	M	2	22	77.1	50.0	37.5R	70.0	105.0R	262.5	258.0
Mike Marchand	Frank's Barbell Club	USAWA	M	2	15	76.7	43.0	33.0R	55.0	91.0R	222.0	251.8
Wade Marchand	Frank's Barbell Club	USAWA	M	2	51	74.9	53.0	26.0R	65.0	91.0R	235.0	263.4
Jeff Ciavattone	Frank's Barbell Club	USAWA	M	2	41	109.8	110.0	72.5L	160.0	205.0R	547.5	450.5

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. Exhibition lifters are marked with a *.

- Twyford Celts– Official Gary Ell (1*) Gary officiated himself “just for fun and to honor Andy”
- KC Strongman – Officials Eric Todd, Lance Foster, Chris Todd
- Metamorfit – Officials Paul Barette, Natalie Voce
- Ballina – Official Jason Farrugia (1*) Jason officiated himself
- Granby Grippers – Officials Steve Gardner, Karen Gardner
- Habecker's Gym – Officials Denny Habecker, Barry Pensyl
- Dino Gym – Officials LaVerne Myers, Al Myers
- Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner
- Canada – (1*) Uncertified Official Jesse Campbell
- Clark's Gym – Officials Bill Clark, Dave DeForest
- Iron Masters - Officials Nick Swain, Philippe Crisp
- Frank's Barbell Club – Officials Chris Lestan, Jeff Ciavattone, Frank Ciavattone

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/50KG Class Runner Up
Max Ell	Womens 20-39/55KG Class Champion
Natalie Voce	Womens 20-39/90KG Class Champion
Beata Banas	Womens 20-39/75KG Class Champion

Karen Gardner	Womens 60-64/75KG Class Champion, BEST MASTER 60-64
Mollie Redfern-Smith	Womens <13/50KG Class Champion
Sylvia Stockall	Womens 60-64/70KG Class Champion (Exhibition Lifter)
Sonya Coles	Womens 40-44/90KG Class Champion BEST MASTER 40-44
Olivia Collins	Womens <13/65KG Class Champion
Natalie Collins	Womens 14-15/70KG Class Champion
Stacy Todd	Womens 20-39/85KG Class Champion
Gary Ell	Mens 50-54/95KG Class Champion (Exhibition Lifter)
Lance Foster	Mens 55-59/125+KG Class Champion
Eric Todd	Mens 45-49/120KG Class Champion BEST MASTER 45-49
Chris Todd	Mens 40-44/125KG Class Champion
Everett Todd	Mens <13/30KG Class Champion
Paul Barette	Mens 45-49/75KG Class Champion
Danny Kingsland	Mens 20-39/65KG Class Champion
Jason Farrugia	Mens 50-54/80KG Class Champion (Exhibition Lifter)
Riley Farrugia	Mens 14-15/85KG Class Champion BEST JUNIOR
Steve Andrews	Mens 60-64/70KG Class Champion, BEST MASTER 60-64
Denny Habecker	Mens 75-79/90KG Class Champion, BEST MASTER 75-79
Aidan Habecker	Mens 18-19/95KG Class Champion
Barry Pensyl	Mens 70-74/65KG Class Champion, BEST MASTER 70-74
Al Myers	Mens 55-59/105KG Class Champion, BEST MASTER 55-59
LaVerne Myers	Mens 75-79/100KG Class Champion
Chad Ullom	Mens 45-49/105KG Class Champion
Paul Hallam	Mens 40-44/95KG Class Champion
Gary Redfern-Smith	Mens 45-49/115KG Class Champion
Graham Saxton	Mens 55-59/125KG Class Champion
Steve Gardner	Mens 60-64/125+KG Class Champion
Tony Hose	Mens 50-54/105KG Class Champion
Nick Frieders	Mens 20-39/75KG Class Champion BEST SENIOR 20-39
Dave DeForest	Mens 60-64/90KG Class Champion
Nick Swain	Mens 55-59/80KG Class Champion
Philippe Crisp	Mens 50-54/110KG Class Champion BEST MASTER 50-54
Frank Ciavattone	Mens 65-69/125+KG Class Champion BEST MASTER 65-69
Mark Raymond	Mens 55-59/105KG Class Runner Up
James Morrison	Mens 20-39/80KG Class Champion
Mike Marchand	Mens 14-15/80KG Class Champion
Wade Marchand	Mens 50-54/75KG Class Champion

Jeff Ciavattone	Mens 40-44/110KG Class Champion BEST MASTER 40-44, BEST MASTER OVERALL, OVERALL BEST LIFTER
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TOP INDIVIDUAL PLACINGS

MENS OVERALL TOP TWENTY			POINTS	WOMENS OVERALL TOP TEN			POINTS
1	Jeff Ciavattone, USA	450.5	1	Beata Banas, England	220.4		
2	Eric Todd, USA	390.5	2	Karen Gardner, England	199.5		
3	Steve Andrews, England	359.5	3	Stacy Todd, USA	192.3		
4	Philippe Crisp, England	348.3	4	Max Ell, England	183.6		
5	Nick Frieders, USA	339.1	5	Olivia Collins, USA	174.4		
6	Denny Habecker, USA	333.2	6	Natalie Collins, USA	166.0		
7	Al Myers, USA	323.2	7	Mollie Redfern-Smith, England	161.3		
8	Barry Pensyl, USA	319.7	8	Phoebe Todd, USA	142.6		
9	Frank Ciavattone, USA	316.9	9	Sonya Coles, England	142.5		
10	Tony Hose, USA	310.4	10	Natalie Voce, England	134.7		
11	Dave DeForest, USA	296.3					
12	Danny Kingsland, England	271.8					
13	Paul Hallam, England	270.5					
14	Wade Marchand, USA	263.4					
15	Riley Farrugia, Australia	263.3					
16	Chad Ullom USA	262.1					
17	Nick Swain, England	261.7					
18	LaVerne Myers, USA	261.5					
19	James Morrison, USA	258.0					
20	Mike Marchand, USA	251.8					

TOP 10 TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Frank's Barbell Club 1	1030.8	Jeff Ciavattone, Frank Ciavattone, Wade Marchand
2	Clark's Championship Gym	945.8	Nick Frieders, Tony Hose, Dave DeForest
3	Habecker's Gym	883.5	Aidan Habecker, Denny Habecker, Barry Pensyl
4	Dino Gym	846.8	Al Myers, LaVerne Myers, Chad Ullom
5	KC Strongman	842.1	Eric Todd, Chris Todd, Lance Foster
6	Frank's Barbell Club 2	740.4	Mark Raymond, James Morrison, Mike Marchand
7	Burton Powerhouse 1	720.8	Paul Hallam, Karen Gardner, Gary Redfern-Smith
8	Metamorfit	699.3	Paul Barette, Danny Kingsland, Beata Banas
9	Iron Masters	610.0	Philippe Crisp, Nick Swain
10	Burton Powerhouse 2	570.0	Graham Saxton, Mollie Redfern-Smith, Steve Gardner

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Frank's Barbell Club	2111.6	Olivia Collins, Natalie Collins, Frank Ciavattone, Mark Raymond, James Morrison, Mike Marchand, Wade Marchand, Jeff Ciavattone
2	KC Strongman	1358.0	Lance Foster, Eric Todd, Chris Todd, Everett Todd, Phoebe Todd, Stacy Todd
3	Burton Powerhouse	1290.8	Karen Gardner, Paul Hallam, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner
4	Clark's Championship Gym	945.8	Nick Frieders, Tony Hose, Dave DeForest
5	Habecker's Gym	883.5	Denny Habecker, Aidan Habecker, Barry Pensyl
6	Dino Gym	846.8	Al Myers, LaVerne Myers, Chad Ullom
7	Metamorfit	834.0	Natalie Voce, Paul Barette, Danny Kingsland, Beata Banas
8	Iron Masters	610.0	Philippe Crisp, Nick Swain
9	Granby Grippers	359.5	Steve Andrews
10	Twyford Celts	326.1	Max Ell, Sonya Coles

TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	6145.7
2	IAWAUK	3420.4
3	AWFA	263.3

