

2022 IAWA World Postal Championships “The Andy Goddard Memorial” August 31st, 2022

Lifts: Clean and Press, Continental Snatch, Cheat Curl, 1H Deadlift

MEET REPORT, BY PROMOTER AL MYERS

Another great year for the IAWA World Postal Championships!!

This year we had 44 lifters compete (up 2 from last year) 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 ABE SMITH, and the Overall Best Women’s Lifter was BEATA BANAS. The Overall Best 3-person Team went to CLARK’S GYM (Abe Smith, Randy Smith, and Dave DeForest). The Overall Best Club went to METAMORFIT. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

The youngest lifter that entered Everett Todd at 9 years of age. The oldest lifter in the completion was Bill Clark at 90 years of age! The Clubs with the most lifters entered were KC Strongman and Metamorfit at 8 lifters each. I want to mention 5 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, Chad Ullom and two lifters from Canada – Sylvia Stockall and Sarah Douglas.

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	Curl	DL 1H	TOTAL	POINTS
Max Ell	Twyford Devon	IAWAUK	F	1	25	52.0	27.5	27.5	30.0	60.0R	145.0	188.3
Sonya Coles	Twyford Devon	IAWAUK	F	1	45	92.0	37.5	32.5	32.5	60.0R	162.5	152.7
Gary Ell	Twyford Devon	IAWAUK	M	1*	51	90.1	50.0	57.5	65.0	135.0L	307.5	308.9
Leroy Todd	KC Strongman	USAWA	M	2	11	38.2	13.6	13.6	15.9	29.5R	72.6	168.7
Lilly Todd	KC Strongman	USAWA	F	2	13	59.1	20.5	15.9	27.3	40.9R	104.6	153.7
Eric Todd	KC Strongman	USAWA	M	1	47	122.7	97.7	59.5	95.5	140.0R	393.2	324.0
Chris Todd	KC Strongman	USAWA	M	1	43	125.5	66.4	69.1	75.0	137.7R	348.2	273.3
Everett Todd	KC Strongman	USAWA	M	2	9	36.4	13.6	11.4	14.8	29.5R	69.3	170.2
Phoebe Todd	KC Strongman	USAWA	F	2	12	55.0	20.5	20.5	25.0	54.5R	120.5	198.9
Stacy Todd	KC Strongman	USAWA	F	2	39	81.8	31.8	38.6	50.0	90.9R	211.3	200.4
John Strangeway	KC Strongman	USAWA	M	2	42	97.3	----	-----	77.3	-----	77.3	68.4
Natalie Voce	Metamorfit	IAWAUK	F	1	40	88.3	42.5	30.0	37.5	60.0R	170.0	155.9
Paul Barette	Metamorfit	IAWAUK	M	1	46	73.9	45.0	45.0	62.5	120.0L	272.5	294.3
Danny Kingsland	Metamorfit	IAWAUK	M	1	32	64.3	60.0	45.0	57.5	110.0R	272.5	301.8
Beata Banas	Metamorfit	IAWAUK	F	1	38	72.5	42.5	45.0	42.5	95.0R	225.0	230.1
Sam Bonar	Metamorfit	IAWAUK	M	2	28	89.5	70.0	70.0	65.0	115.0R	320.0	288.3
Lara Bennett	Metamorfit	IAWAUK	F	1	17	69.0	30.0	30.0	37.5	40.0R	137.5	152.3
Maria Bennett	Metamorfit	IAWAUK	F	1	60	96.4	32.5	20.0	30.0	35.0R	117.5	122.9
Harry Fisher	Metamorfit	IAWAUK	M	1	36	103.8	67.5	55.0	75.0	105.0L	302.5	251.4
Jason Farrugia	Ballina	AWFA	M	1*	51	84.0	60.0	45.0	60.0	120.0R	285.0	298.1
Riley Farrugia	Ballina	AWFA	M	1	15	84.0	60.0	45.0	50.0	105.0R	260.0	279.2
Andrew Parker	Ballina	AWFA	M	1	46	79.0	40.0	40.0	40.0	105.0R	225.0	233.2
Daniel Parker	Ballina	AWFA	M	1	22	74.0	30.0	30.0	30.0	90.0R	180.0	181.5
Chad Ullom	Dino Gym	USAWA	M	1*	50	102.1	-----	-----	83.9	142.9R	226.8	210.9
Karen Gardner	Burton Powerhouse	IAWAUK	F	2	63	73.7	22.5	22.5	25.0	50.0R	120.0	150.4
Paul Hallam	Burton Powerhouse	IAWAUK	M	3	43	92.5	57.5	50.0	40.0	120.0L	267.5	245.9
Graham Saxton	Burton Powerhouse	IAWAUK	M	2	60	119.0	40.0	27.5	30.0	120.0R	217.5	203.9
Steve Gardner	Burton Powerhouse	IAWAUK	M	2	63	131.3	20.0	20.0	40.0	75.0R	155.0	141.9
Sylvia Stockall	Victoria	CANADA	F	1*	64	68.1	47.6	61.3	44.0	52.6R	205.5	273.4
Sarah Douglas	Victoria	CANADA	F	1*	28	68.1	35.0	25.0	35.0	35.0	130.0	138.3
Abe Smith	Clark's Gym	USAWA	M	3	40	83.5	98.5	79.5	93.5	145.0L	416.5	394.2
Randy Smith	Clark's Gym	USAWA	M	3	67	89.8	57.5	52.5	68.5	127.0L	305.5	357.2
Tony Lupo	Clark's Gym	USAWA	M	3	56	108.0	73.0	50.0	54.5	73.0L	250.5	238.5
Janet Thompson	Clark's Gym	USAWA	F	3	64	73.5	10.0	10.0	20.5	45.5L	86.0	108.9
Joe Caron	Clark's Gym	USAWA	M	3	76	84.0	----	----	----	84.0R	84.0	116.1

Bill Clark	Clark's Gym	USAWA	M	3	90	94.8	----	----	20.0	61.5R	81.5	125.2
Dave DeForest	Clark's Gym	USAWA	M	3	62	87.2	57.0	54.5	64.0	113.5L	289.0	324.8
Claire McLaren	The Shed	AWFA	F	1	50	84.0	32.5	35.0	40.0	95.0R	202.5	209.9
David Reeve	The Shed	AWFA	M	1	76	78.5	45.0	----	45.0	100.0R	190.0	273.6
Stephen Charles	The Shed	AWFA	M	1	41	88.3	55.0	55.0	62.5	100.0R	272.5	252.4
Chris Wacora	The Shed	AWFA	M	1	42	86.3	50.0	----	55.0	90.0R	195.0	184.8
Peter Phillips	The Shed	AWFA	M	1	68	98.8	40.0	10.0	50.0	100.0R	200.0	225.2
Flynn McLaren	The Shed	AWFA	M	1	19	75.3	40.0	55.0	62.5	110.0R	267.5	272.4
Bill Kappel	The Shed	AWFA	M	1	77	74.8	55.0	30.0	45.0	100.0L	230.0	345.9

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 an asterisk (*) and are not eligible for placings or records.

- Twyford Celts– Official Gary Ell (1*), Gary was officiated by Uncertified official Max Ell
- KC Strongman – Officials Eric Todd, Chris Todd
- Metamorfit – Officials Paul Barette, Natalie Voce
- Ballina – Official Jason Farrugia (1*) Jason officiated himself
- Dino Gym – Official Chad Ullom (1*), Chad officiated himself
- Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner
- Canada – (1*) Uncertified Officials Christian Pederson, Gordon Stockall
- Clark's Gym – Officials Bill Clark, Dave DeForest, Randy Smith, Abe Smith, Joe Garcia
- The Shed – Peter Phillips, Tom Davies, Bill Kappel

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/55KG Class Champion BEST JUNIOR
Max Ell	Womens 20-39/55KG Class Champion
Natalie Voce	Womens 40-44/90KG Class Champion BEST MASTER 40-44
Beata Banas	Womens 20-39/75KG Class Champion BEST SENIOR 20-39 BEST LIFTER OVERALL
Karen Gardner	Womens 60-64/75KG Class Champion BEST MASTER 60-64
Lilly Todd	Womens <13/60KG Class Champion
Sylvia Stockall	Womens 60-64/70KG Class Champion (Exhibition Lifter)

Sarah Douglas	Womens 20-39/70KG Class Champion (Exhibition Lifter)
Sonya Coles	Womens 45-49/95KG Class Champion BEST MASTER 45-49
Lara Bennett	Womens 16-17/70KG Class Champion
Maria Bennett	Womens 60-64/100KG Class Champion
Stacy Todd	Womens 20-39/85KG Class Champion
Janet Thompson	Womens 60-64/75KG Class Champion
Claire McLaren	Womens 50-54/85KG Class Champion BEST MASTER 50-54 BEST MASTER OVERALL
Gary Ell	Mens 50-54/95KG Class Champion (Exhibition Lifter)
Leroy Todd	Mens <13/40KG Class Runner Up
Eric Todd	Mens 45-49/125KG Class Champion BEST MASTER 45-49
Chris Todd	Mens 40-44/125+KG Class Champion
Everett Todd	Mens <13/40KG Class Champion
John Strangeway	Mens 40-44/100KG Class Champion
Paul Barette	Mens 45-49/75KG Class Champion
Danny Kingsland	Mens 20-39/65KG Class Champion BEST SENIOR 20-39
Sam Bonar	Mens 20-39/90KG Class Champion
Harry Fisher	Mens 20-39/105KG Class Champion
Jason Farrugia	Mens 50-54/85KG Class Champion (Exhibition Lifter)
Riley Farrugia	Mens 14-15/85KG Class Champion BEST JUNIOR
Andrew Parker	Mens 45-49/80KG Class Champion
Daniel Parker	Mens 20-39/75KG Class Champion
Chad Ullom	Mens 50-54/105KG Class Champion (Exhibition Lifter)
Paul Hallam	Mens 40-44/95KG Class Champion
Graham Saxton	Mens 60-64/120KG Class Champion
Steve Gardner	Mens 60-64/125+KG Class Champion
Abe Smith	Mens 40-44/90KG Class Champion BEST MASTER 40-44 BEST MASTER OVERALL BEST LIFTER OVERALL
Randy Smith	Mens 65-69/90KG Class Champion BEST MASTER 65-69
Tony Lupo	Mens 55-59/110KG Class Champion BEST MASTER 55-59
Joe Caron	Mens 75-79/85KG Class Champion
Bill Clark	Mens 90-94/95KG Class Champion BEST MASTER 90-94
Dave DeForest	Mens 60-64/95KG Class Champion BEST MASTER 60-64
David Reeve	Mens 75-79/80KG Class Champion
Stephen Charles	Mens 40-44/90KG Class Runner Up
Chris Wacora	Mens 40-44/90KG Class Third Place
Peter Phillips	Mens 65-69/100KG Class Champion
Flynn McLaren	Mens 18-19/80KG Class Champion
Bill Kappel	Mens 75-79/75KG Class Champion BEST MASTER 75-79

TOP INDIVIDUAL PLACINGS

MENS OVERALL TOP TWENTY			POINTS	WOMENS OVERALL TOP TEN			POINTS
1	Abe Smith	394.2	1	Beata Banas	230.1		
2	Randy Smith	357.2	2	Claire McLaren	209.9		
3	Bill Kappel	345.9	3	Stacy Todd	200.4		
4	Dave DeForest	324.8	4	Phoebe Todd	198.9		
5	Eric Todd	324.0	5	Max Ell	188.3		
6	Danny Kingsland	301.8	6	Natalie Voce	155.9		
7	Paul Barette	294.3	7	Lilly Todd	153.7		
8	Sam Bonar	288.3	8	Sonya Coles	152.7		
9	Riley Farrugia	279.2	9	Lara Bennett	152.3		
10	David Reeve	273.6	10	Karen Gardner	150.4		
11	Chris Todd	273.3					
12	Flynn McLaren	272.4					
13	Stephen Charles	252.4					
14	Harry Fisher	251.4					
15	Paul Hallam	245.9					
16	Tony Lupo	238.5					
17	Andrew Parker	233.2					
18	Peter Phillips	225.2					
19	Graham Saxton	203.9					
20	Chris Wacora	184.8					

TOP 10 TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Clark's Gym 1	1076.2	Abe Smith, Randy Smith, Dave DeForest
2	The Shed 1	891.9	Bill Kappel, David Reeve, Flynn McLaren
3	Metamorfit 1	884.4	Paul Barette, Danny Kingsland, Sam Bonar
4	KC Strongman 1	797.7	Eric Todd, Chris Todd, Stacy Todd
5	Ballina	693.9	Riley Farrugia, Andrew Parker, Daniel Parker
6	The Shed 2	687.5	Claire McLaren, Stephen Charles, Peter Phillips
7	Metamorfit 2	637.4	Harry Fisher, Beata Banas, Natalie Voce
8	Burton Powerhouse Gym	600.2	Karen Gardner, Paul Hallam, Graham Saxton
9	KC Strongman 2	522.8	Phoebe Todd, Lilly Todd, Everett Todd
10	Clark's Gym 2	479.8	Tony Lupo, Bill Clark, Joe Caron

TOP 5 CLUBS

	CLUB	POINTS	MEMBERS
1	Metamorfit	1797.0	Natalie Voce, Paul Barette, Danny Kingsland, Beata Banas, Sam Bonar, Lara Bennett, Maria Bennett, Harry Fisher
2	The Shed	1764.2	Claire McLaren, David Reeve, Stephen Charles, Chris Wacora, Peter Phillips, Flynn McLaren, Bill Kappel
3	Clark's Gym	1664.9	Abe Smith, Randy Smith, Tony Lupo, Janet Thompson, Joe Caron, Bill Clark, Dave DeForest
4	KC Strongman	1557.6	Leroy Todd, Lilly Todd, Eric Todd, Chris Todd, Everett Todd, Phoebe Todd, Stacy Todd, John Strangeway
5	Burton Powerhouse Gym	742.1	Karen Gardner, Paul Hallam, Graham Saxton, Steve Gardner

TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	3222.5
2	IAWAUK	2880.1
3	AWFA	2457.4