

# **2023 IAWA World Postal Championships “The Andy Goddard Memorial” August 31<sup>st</sup>, 2023**

Lifts: 1 Hand Dumbbell Swing, Continental Clean & Jerk, 1 Hand 2” Vertical Bar Lift, 2 Hand Ciavattone Deadlift

## **MEET REPORT, BY PROMOTER AL MYERS**

Another great year for the IAWA World Postal Championships!!

This year we had 51 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 ABE SMITH, and the Overall Best Women’s Lifter was MAX ELL. The Overall Best 3-person Team went to CLARK’S GYM (Abe Smith, Travis Luther, Tony Hose). The Overall Best Club went to CLARK’S GYM, which had 11 members participate. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

The youngest lifter that entered was KYRAN VOCE at 5years of age. The oldest lifter in the completion was BILL CLARK at 91 years of age! I want to mention 2 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 Chad Ullom 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	Swing1	C&J	VB1	DL CG	TOTAL	POINTS
Max Ell	Twyford Celts	IAWAUK	F	1	26	49.0	16.5L	32.5	52.5R	80.0	101.6	247.4
Sonya Coles	Twyford Celts	IAWAUK	F	2	46	90.0	20.0R	40.0	42.5L	97.5	200.0	192.1
Gary Ell	Twyford Celts	IAWAUK	M	1	52	89.0	35.0L	75.0	91.2R	170.0	371.2	378.9
Leroy Todd	KC Strongman	USAWA	M	2	12	47.6	11.3R	15.9	29.0R	29.5	85.7	159.6
Lilly Todd	KC Strongman	USAWA	F	2	14	66.3	15.9R	38.6	29.0R	68.6	152.1	197.8
Eric Todd	KC Strongman	USAWA	M	1	48	127.7	45.5R	79.4	54.3R	145.2	324.3	264.5
Chris Todd	KC Strongman	USAWA	M	2	44	125.0	38.6R	79.4	66.7R	145.2	329.8	261.8
Everett Todd	KC Strongman	USAWA	M	2	10	44.1	9.1R	18.2	17.5R	50.0	94.8	189.4
Phoebe Todd	KC Strongman	USAWA	F	2	13	57.7	18.2R	31.8	40.9R	59.5	150.4	224.8
Stacy Todd	KC Strongman	USAWA	F	2	40	82.2	26.1R	45.5	54.0R	98.2	223.8	213.8
Lance Foster	KC Strongman	USAWA	M	1	57	108.8	18.1R	----	59.5R	113.6	191.2	182.9
Natalie Voce	Metamorfit	IAWAUK	F	1	41	90.7	25.0R	47.5	38.5R	80.0	191.0	174.1
Paul Barette	Metamorfit	IAWAUK	M	1	47	75.2	35.0R	55.0	53.5R	105.0	248.5	274.2
Danny Kingsland	Metamorfit	IAWAUK	M	2	33	61.6	35.0R	65.0	73.5R	110.0	283.5	323.3
Sam Bonar	Metamorfit	IAWAUK	M	2	29	89.6	45.0R	90.0	88.5L	160.0	383.5	345.1
Kyran Voce	Metamorfit	IAWAUK	M	2	5	18.8	3.0R	----	12.5R	20.0	35.5	134.3
Matt Grimshaw	Metamorfit	IAWAUK	M	2	36	99.0	40.0R	70.0	83.5R	140.0	333.5	284.0
Barry Pensyl	Habeckers Gym	USAWA	M	1	75	61.6	20.5R	37.5	40.0R	92.5	190.5	321.1
Denny Habecker	Habeckers Gym	USAWA	M	1	80	83.0	20.5R	35.0	42.5R	110.0	208.0	309.1
Chad Ullom	Dino Gym	USAWA	M	1*	51	102.1	36.3R	61.3	86.2R	183.8	367.6	344.9
Mollie Redfern-Smith	Burton Powerhouse	IAWAUK	F	2	15	59.2	17.5R	32.5	40.0R	65.0	155.0	209.5
James Rutter	Burton Powerhouse	IAWAUK	M	2	15	77.7	27.5R	40.0	57.5R	125.0	250.0	281.3
Paul Hallam	Burton Powerhouse	IAWAUK	M	2	44	98.0	37.5L	80.0	80.0R	150.0	347.5	312.5
Gary Redfern-Smith	Burton Powerhouse	IAWAUK	M	2	50	109.8	32.5R	70.0	62.5R	110.0	275.0	246.2
Graham Saxton	Burton Powerhouse	IAWAUK	M	1	61	115.5	32.5R	45.0	62.5R	125.0	265.0	254.2
Steve Gardner	Burton Powerhouse	IAWAUK	M	1	66	130.3	30.0R	20.0	52.5R	110.0	212.5	201.6
Sylvia Stockall	Home Gym	CANADA	F	1*	65	70.0	22.5R	50.0	30.0R	118.0	220.5	290.4
Sanjiv Gupta	Unaffiliated	USAWA	M	1	52	87.5	34.0	66.0	59.5L	138.0	297.5	306.6
Abe Smith	Clark's Gym	USAWA	M	3	41	82.8	52.1R	120.2	83.9R	201.8	458.1	440.0
Travis Luther	Clark's Gym	USAWA	M	3	30	80.2	45.3R	74.8	72.5L	165.5	358.3	343.9
Tony Hose	Clark's Gym	USAWA	M	3	54	102.1	38.5L	74.8	81.6R	138.3	333.4	321.2
John Carter	Clark's Gym	USAWA	M	3	64	92.6	38.5R	54.4	68.0R	163.3	324.3	358.1
Dave DeForest	Clark's Gym	USAWA	M	3	63	89.0	31.7R	58.9	61.2L	147.4	299.3	335.3
Jeff Wenzel	Clark's Gym	USAWA	M	3	48	103.8	34.0R	70.3	72.5R	151.9	328.8	297.7
Tony Lupo	Clark's Gym	USAWA	M	3	57	108.0	34.0R	74.8	36.2R	151.9	297.1	285.2

Spencer Wenzel	Clark's Gym	USAWA	M	3	16	58.1	15.8R	45.3	52.1R	90.7	204.1	267.3
Bill Clark	Clark's Gym	USAWA	M	3	91	92.0	9.0L	13.6	38.5L	83.9	145.1	229.1
Janet Thompson	Clark's Gym	USAWA	F	3	65	74.8	13.6L	13.6	38.5L	70.3	136.0	171.8
Allison Lupo	Clark's Gym	USAWA	F	3	57	87.0	13.6L	20.4	36.2R	81.65	151.9	164.1
Nils Larson	Frank's Barbell Club	USAWA	M	3	69	114.0	17.5R	55.0	67.5R	125.0	260.0	275.7
Carl Puzin	Frank's Barbell Club	USAWA	M	3	67	109.0	30.0R	60.0	70.0R	130.0	290.0	305.3
Frank Ciavattone	Frank's Barbell Club	USAWA	M	2	68	132.5	25.0R	30.0	90.0R	170.0	315.0	305.7
Maverick Butters	Frank's Barbell Club	USAWA	M	3	17	62.5	30.0R	47.5	77.5R	110.0	265.0	314.1
Dan Jones	Frank's Barbell Club	USAWA	M	3	39	87.5	35.0R	80.0	97.5R	160.0	372.5	339.7
Wade Marchand	Frank's Barbell Club	USAWA	M	2	54	75.0	17.5R	45.0	67.5R	120.0	250.0	234.3
Eric Carney	Frank's Barbell Club	USAWA	M	3	55	109.5	30.0R	45	112.5R	140.0	327.5	306.9
Mark Raymond	Frank's Barbell Club	USAWA	M	2	60	102.5	30.0R	45	90.0R	115.0	280.0	283.3
Julia Phillips	The Shed	AWFA	F	3	70	67.4	17.5R	27.5	40.0L	75.0	160.0	233.2
Peter Phillips	The Shed	AWFA	M	3	69	94.4	----	----	65.0L	110.0	175.0	204.9
David Reeve	The Shed	AWFA	M	3	77	74.8	25.0R	50.0	60.0L	120.0	255.0	383.2
Charlie Carabott	The Shed	AWFA	M	3	69	92.0	20.0R	35.0	35.0R	100.0	190.0	225.7

*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.*

- *Twynford Celts– Officials Gary Ell, Max Ell*
- *KC Strongman – Officials Eric Todd, Lance Foster*
- *Metamorfit – Officials Paul Barette, Natalie Voce*
- *Habeckers Gym – Officials Denny Habecker, Barry Pensyl*
- *Dino Gym – Official Chad Ullom (1\*), Chad officiated himself*
- *Burton Powerhouse – Officials Graham Saxton, Steve Gardner*
- *Canada – (1\*) Uncertified Official Derek Douglas*
- *Sanjiv Gupta – Official RJ Jackson*
- *Clark's Gym – Officials Bill Clark, Dave DeForest, Abe Smith, Tony Lupo*
- *Franks Barbell Club – Officials Frank Ciavattone, Mark Raymond, Wade Marchand*
- *The Shed – Peter Phillips, Julia Phillips, John Mahon, John Patterson*

## CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/60KG Class Champion BEST JUNIOR
Max Ell	Womens 20-39/50KG Class Champion BEST SENIOR BEST LIFTER OVERALL
Natalie Voce	Womens 40-44/95KG Class Champion BEST MASTER 40-44
Lilly Todd	Womens 14-15/70KG Class Champion
Sylvia Stockall	Womens 65-69/70KG Class Champion (Exhibition Lifter)
Sonya Coles	Womens 45-49/90KG Class Champion BEST MASTER 45-49
Mollie Redfern-Smith	Womens 14-15/60KG Class Champion
Julia Phillips	Womens 70-74/70KG Class Champion BEST MASTER 70-74 BEST MASTER OVERALL
Stacy Todd	Womens 40-44/85KG Class Champion BEST MASTER 40-44
Janet Thompson	Womens 65-69/75KG Class Champion BEST MASTER 65-69
Allison Lupo	Womens 55-59/90KG Class Champion BEST MASTER 55-59
Gary Ell	Mens 50-54/90KG Class Champion BEST MASTER 40-44
Leroy Todd	Mens <13/50KG Class Runner Up
Eric Todd	Mens 45-49/125+KG Class Champion
Chris Todd	Mens 40-44/125KG Class Champion
Everett Todd	Mens <13/45KG Class Champion
Lance Foster	Mens 55-59/110KG Class Runnerup
Paul Barette	Mens 45-49/80KG Class Champion
Danny Kingsland	Mens 20-39/65KG Class Champion
Sam Bonar	Mens 20-39/90KG Class Champion BEST SENIOR 20-39
Kyran Voce	Mens <13/20KG Class Champion
Matt Grimshaw	Mens 20-39/100KG Class Champion
Barry Pensyl	Mens 75-79/65KG Class Champion
Denny Habecker	Mens 80-84/85KG Class Champion BEST MASTER 80-84
Chad Ullom	Mens 50-54/105KG Class Champion (Exhibition Lifter)
James Rutter	Mens 14-15/80KG Class Champion
Paul Hallam	Mens 40-44/100KG Class Champion
Gary Redfern-Smith	Mens 50-54/110KG Class Champion
Graham Saxton	Mens 60-64/120KG Class Champion
Steve Gardner	Mens 65-69/125+KG Class Runnerup
Sanjiv Gupta	Mens 50-54/90KG Class Runnerup
Abe Smith	Mens 40-44/85KG Class Champion BEST MASTER 40-44 BEST MASTER OVERALL BEST LIFTER OVERALL
Travis Luther	Mens 20-39/85KG Class Champion
Tony Hose	Mens 50-54/105KG Class Champion

John Carter	Mens 60-64/95KG Class Champion BEST MASTER 60-64
Dave DeForest	Mens 60-64/90KG Class Champion
Jeff Wenzel	Mens 45-49/105KG Class Champion BEST MASTER 45-49
Spencer Wenzel	Mens 16-17/60KG Class Champion
Bill Clark	Mens 90-94/95KG Class Champion BEST MASTER 90-94
Nils Larson	Mens 65-69/115KG Class Champion
Carl Puzin	Mens 65-69/110KG Class Champion
Frank Ciavattone	Mens 65-69/125+KG Class Champion BEST MASTER 65-69
Maverick Butters	Mens 16-17/65KG Class Champion BEST JUNIOR
Dan Jones	Mens 20-39/90KG Class Runnerup
Wade Marchand	Mens 50-54/75KG Class Champion
Eric Carney	Mens 55-59/110KG Class Champion BEST MASTER 55-59
Mark Raymond	Mens 60-64/105KG Class Champion
David Reeve	Mens 75-79/75KG Class Champion BEST MASTER 75-79
Peter Phillips	Mens 65-69/95KG Class Runnerup
Charlie Carabott	Mens 65-69/95KG Class Champion

## TOP INDIVIDUAL PLACINGS

MENS OVERALL TOP TWENTY			POINTS	WOMENS OVERALL TOP TEN			POINTS
1	Abe Smith	440.0	1	Max Ell	247.4		
2	David Reeve	383.2	2	Julia Phillips	233.2		
3	Gary Ell	378.9	3	Phoebe Todd	224.8		
4	John Carter	358.1	4	Stacy Todd	213.8		
5	Sam Bonar	345.1	5	Mollie Redfern-Smith	209.5		
6	Travis Luther	343.3	6	Lilly Todd	197.8		
7	Dan Jones	339.7	7	Sonya Coles	192.1		
8	Dave DeForest	335.3	8	Natalie Voce	174.1		
9	Danny Kingsland	323.3	9	Janet Thompson	171.8		
10	Tony Hose	321.2	10	Allison Lupo	164.1		
11	Barry Pensyl	321.1					
12	Maverick Butter	314.1					
13	Paul Hallam	312.5					
14	Denny Habecker	309.1					
15	Eric Carney	306.9					
16	Sanjiv Gupta	306.6					
17	Frank Ciavattone	305.7					
18	Carl Puzin	305.3					
19	Jeff Wenzel	297.7					
20	Tony Lupo	285.2					

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

	TEAM	POINTS	LIFTERS
1	Clark's Gym 1	1105.1	Abe Smith, Travis Luther, Tony Hose
2	Clark's Gym 2	991.1	John Carter, Dave DeForest, Jeff Wenzel
3	Frank's Barbell Club 1	960.7	Dan Jones, Eric Carney, Maverick Butters
4	Metamorfit	952.4	Sam Bonar, Danny Kingsland, Matt Grimshaw
5	Frank's Barbell Club 2	894.3	Carl Puzin, Frank Ciavattone, Mark Raymond
6	Powerhouse Gym 1	848.0	Paul Hallam, James Rutter, Graham Saxton
7	The Shed	842.1	Julia Phillips, David Reeve, Charlie Carabott
8	Twyford Celts	818.4	Gary Ell, Max Ell, Sonya Coles
9	KC Strongman	751.1	Eric Todd, Chris Todd, Phoebe Todd
10	Powerhouse Gym 2	657.3	Mollie Redfern-Smith, Gary Redfern-Smith, Steve Gardner

## TOP 5 CLUBS

	CLUB	POINTS	MEMBERS
1	Clark's Gym	3030.5	Abe Smith, Travis Luther, Tony Lupo, John Carter, Dave DeForest, Jeff Wenzel, Tony Lupo, Spencer Wenzel, Bill Clark, Janet Thompson, Allison Lupo
2	Frank's Barbell Club	2365.0	Dan Jones, Eric Carney, Maverick Butters, Carl Puzin, Frank Ciavattone, Mark Raymond, Nils Larson, Wade Marchand
3	KC Strongman	1694.6	Eric Todd, Chris Todd, Phoebe Todd, Stacy Todd, Lilly Todd, Everett Todd, Leroy Todd, Lance Foster
4	Metmorfit	1535.0	Sam Bonar, Danny Kingsland, Matt Grimshaw, Kyran Voce, Natalie Voce, Paul Barette
5	Burton Powerhouse Gym	1505.3	Paul Hallam, James Rutter, Graham Saxton, Mollie Redfern-Smith, Gary Redfern-Smith, Steve Gardner

## TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	8027.3
2	IAWAUK	3858.7
3	AWFA	1047.0