

IAWA World Council Meeting

Held at 5pm on 4th October 2025 at RTF Lurgan, Northern Ireland

Present:

International Secretary: Steve Gardner –Recorded the Meeting

International President: Paul Barette – Chaired the Meeting

IAWA Members: Sanjiv Gupta, Denny Habecker – USA Chloe Brennan, Matt Jones, Paul Hallam, Josh Davidson – UK

Reports:

USA IAWA Vice President Sanjiv Gupta gave a report on the situation in the USAWA, supported by Vice President Denny Habecker. A general discussion took place where concerns and observations were made, and Sanjiv was thanked for his report and all best wishes were given for the future of the USAWA

In the absence of a UK Vice President, Steve Gardner as UK President, gave a report. Steve informed those present that the UK division of IAWA had been enjoying an amazing year where all events have been well attended and eagerly contested, with many new as well as existing members in action. The number of female and Junior athletes has been outstanding, and once again the disability Championships had been a success. Steve was thanked by the meeting for his report.

Paul Barette said a few words about his first year in office as IAWA International President, and he was thanked by those present for all of his continued hard work and efforts.

Steve Gardner said he had been in contact a few times recently with John Mahon, Australian Vice President, and that all seemed well down under, they continue to support IAWA events and are looking forward to the Old Time Strongman in December

Technical Committee Business

As Technical Committee Chairman, Steve Gardner informed the meeting that we were due to vote on the acceptance or otherwise, of the new lift: E39 The Two Man Turkish Get Up. The lift was first proposed by Matt Jones and Josh Davidson and was submitted at the World Council Meeting in 2024 supported by IAWA (UK). The two had given a demonstration of the lift at the 2024 World Championships. Twelve months later he reported the IAWA Technical Committee were in favour of supporting and accepting the new lift. A vote took place and the lift was voted in Unanimously. It will now be added to the rule book and World Records lists.

E 39 TWO PERSON TURKISH GET UP

The Rules of the Turkish get up will apply, except that two lifters will be lifting the weight together, the weights will be loaded onto a regular lifting bar, as a dumbbell or a kettle bell cannot be used in this version of the lift for obvious reasons. Causes for Failure remain the same.

Causes for Failure:

- 1 Starting to lift before the referees signal.
- 2 Failure to maintain the arm straight and locked throughout the lift.
- 3 Any contact of the equipment with the lifting surface during the lift.
- 4 Failure to achieve the finished position, the implement locked out at arms-length, overhead.
- 5 Lowering /replacing the bar before the referees signal.

IAWA Internationals 2026, 2027 and 2028 Those present were reminded that the International events for 2026 and 2027 are already agreed and in place:

2026 Worlds – Lebanon PA USA – Promoter: Denny Habecker (Lifts Proposed and accepted)

Lifts: Day One

Snatch from Hang – Clean and Press Behind Neck – Pullover and Push – One Hand Deadlift

Lifts: Day Two

Two Hands Ciavattone Deadlift – Straight Arm Pullover – 2 x 1 inch Vertical Bars

2026 Gold Cup – Eastbourne , England – Promoter: Paul Barette

2027 Worlds – Perth, Western Australia – Promoters: John Mahon and Peter Phillips

2027 Gold Cup – Colorado, USA – Promoter: Sanjiv Gupta

Bids were received and accepted Unanimously for 2028:

2028 Worlds – Eastbourne, UK – Promoter: Paul Barette

2028 Gold Cup: - Derby, England – Promoters: Josh Davidson and Matt Jones

The IAWA President reflected that the organisation is in good hands for the next three years for our main Internationals.

International Postal Events:

The Old Time Strongman World Postal Championships:

Clint Poore had stepped down from his role as organiser and it will now continue under the care of organiser: Steve Gardner. For this year's event on Saturday 13th December, lifts are: Hackenschmidt Floor Press(H9), Dumbbell to Shoulder(H7), Peoples Deadlift(H13)

Lifting hubs will be Derby in the UK, Belfast in Northern Ireland, Perth in Western Australia, Colorado and Pennsylvania in the USA and hopefully a venue in Canada.....

The Andy Goddard World All Round Postal Championships:

This event takes place in August each year and usually comprises of Day One lifts of the forthcoming World Championships. As per tradition this event is coordinated by the IAWA International President. Paul Barette ran his first event this year and he reported on it's success, and was congratulated by those present!

IAWA Presidential Award of Merit – The highest Honour that can be bestowed in IAWA

As a past President of the organisation, Steve Gardner brought it to the attention of those present that he had been in discussions during 2025 with Past President Al Myers, and current President Paul Barette, and they had agreed that Dennis Mitchell from OHIO USA is a deserving candidate to receive the award. Dennis was our International Technical Secretary for 25 years and carried out his duties seamlessly, he also attended very many international IAWA events wherever they were held around the World. Having stood down in 2024 due to very poor health, it was agreed it was right to recognise his work and efforts on behalf of IAWA. Unfortunately before this could be organised Dennis sadly passed away. Steve suggested this award could and should still be presented to Dennis's widow Flossy. It was agreed this will be done, and Steve said he and Stevie Shanks (promoters of this year's World Championships) would cover the cost of the Award and postage. All agreed this was a great idea and should certainly go ahead. Steve Gardner agreed to see it is done.

Other news:

...a short discussion took place where Paul Barette advised those present about the work he is currently undertaking to digitise the complete record of all of IAWA's lifts. It is a mammoth task and taking him a long time, he estimates it is about 20,000 entries, and he has completed over 4,000 so far. When it is completed anyone will be able to look up the complete history of any of our lifts, who held it from day one, then who broke it and when etc. through to present day. This will be an amazing record of our records at our fingertips.

Matt Jones suggested that maybe video footage can be attached to those records of the lifts being performed, where available. All agreed this was a great idea, and Paul was thanked by all present for the hard work he is undertaking on our behalf.

There being no other business - at 6.20pm the Meeting was concluded

Date and Place of Next IAWA World Council Meeting – First Saturday in October 2026 following the lifting on Day One of the World Championships in Pennsylvania USA

IAWA Officers:

There was no voting of Officers as the election is every 4 years, so with three years to go the Officers remain in position:

IAWA President – Paul Barette: iawa@metamorfit.co.uk

IAWA General / Technical Secretary – Steve Gardner: stevegardneruk@gmail.com

(The IAWA General Secretary shall maintain a list of all International Officials - and The IAWA General Secretary shall also be the competition Secretary for the World Championships

IAWA Vice Presidents

Sanjiv Gupta, USA - Denny Habecker, USA

Steve Andrews, UK – Graham Saxton, UK

John Mahon, Australia – Peter Phillips, Australia