

# 2015 YEAR IN REVIEW

Dear USAWA Family,

The year of 2015 was a very good year for the USAWA. Lots of exciting events, great lifts, and friendships were had. The purpose of this Year in Review is to accumulate the entire year in print to summarize everything that was accomplished within the USAWA during the year. This includes all the website news, meet results, and other news.

The USAWA website was overhauled this year which took some time. That is the reason there is a lengthy period where the USAWA Daily News on the website is missing. I mention this because I don't want at some later time period someone thinking information was left out of this review!

Again, I want to thank everyone who contributed to the USAWA Daily News on the website. This includes everyone who wrote blogs, turned in meet reports, or promoted meets. Especially I want to thank all the members of the USAWA who participated in our USAWA events. This is the reason our organization continues to thrive every year!

Sincerely,

Al Myers, USAWA Secretary

## [A New Year!](#)

[January 6, 2015 Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

I know it's kind of a thing that most of us who lift regularly get fed up with the New Years resolution bunch crowding into the gym and bugging us for training advice that they'll never use. At least that's my perspective but let's look at this positively.

First of all, when is the best time to be in the gym? WINTER. I am mainly a highland games thrower which means as soon as it's nice out until it's too cold and snowy I'm out throwing every chance I get. But even when I was a regular lifter winter was a great time to be in the gym. It was too dark outside by the time I got off work to do much so why not retreat to the gym. I generally come out of the busy holidays having traveled, went to a dozen or so parties (most for work or I wouldn't go!) and find myself in January with a lot of time on my hands. GYM TIME!

Second, when the New Year's warriors come seeking advice or crowding the gym I look at it as an opportunity AND a compliment. It's a chance to have a positive impact on others and reach out to that one in a thousand that will actually take off with it. I recall a 15 year old kid coming to the gym. He had to keep all his clothes on, his wallet and keys in his pocket, to break 100lbs. He bugged the crap out of me for advice. More of it was seeking affirmation and motivation than actually lifting advice. I remember being annoyed as can be....but I did it. And many years later he made the cover of Powerlifting USA and sent me an autographed copy thanking me for my help. He pulled more than quadruple bodyweight at 160lbs in the deadlift. Now I take it as my duty to help others and a compliment they would think I could even help them.

Last, It's just a great time for a new start. I have notice in my life time that I have set 100's of goals, probably more like 1000's of goals. And I've made very few of them. My Uncle Phil used to tell me that it's better to set goals that are almost unreachable because when you set them too low we tend to

quit trying when we reach them. I hear people complaining that they get tired of hearing about all these “New Year’s resolutions” that nobody will keep. Well, out of a 100, even if just ONE makes that goal then I say keep at it. Otherwise, what do you say, roll over and quit!

So, as this New Year begins I look forward to the new faces, the questions, and that one guy....that will make the cover of PL USA someday!

### [Art’s Birthday Bash](#)

[January 9, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

2015 is barely underway and in the mail today I received a sanction request from Art Montini announcing his 2015 Annual Birthday Bash! Art’s Birthday Bash is the longest running sanctioned event in the USAWA (besides our Nationals). Last year Art celebrated his 87th birthday and he’s already in training for year number 88. He likes to celebrate his birthday every year by hosting a record day in conjunction with it! So come prepared to break a few records and share a little birthday cake with Art (or donuts, as we all know Art likes his donuts!).

I should mention that this meet is still over 10 months away!! That’s giving some advance notice. There are those in the organization who should “take note” of Art’s punctuality in getting his sanction request in this early, and realize that if someone “pushing 90” doesn’t have a problem meeting the “6 week notice” you sure don’t have an excuse.

There is no entry form, but please let Art know ahead of time if you plan to attend his Birthday Bash. Art can be reached by phone 724-375-2052.

#### **MEET DETAILS:**

Art’s Birthday Bash  
Ambridge VFW BBC  
1098 Duss Avenue  
Ambridge, PA 15003

DATE: Sunday, October 18th, 2015

LIFTS: Record Day (max 5 lifts)

## [Colorado RB](#)

[January 9, 2015](#) [Al Myers](#) [Edit Post](#)



Dan Wagman is back in action, performing a USAWA record lift in the Wrist Curl! (photo courtesy Dan Wagman)

By Dan Wagman, PhD, CSCS

### **MEET REPORT: 2014 Colorado Record Breaker**

On December 27, 2014 four lifters got together at Denver Martial Arts (DMA) for record-breaking attempts in varied types of all-round lifts. Jarrod Fobes, our meet director, trains and teaches martial arts at DMA and they have a weight room in the basement that's equipped with the essentials, so I had to bring some of my all-round toys. Prior to commencing the Record Breaker, Ruth Jackson and I "warmed up" via maximal efforts in the Postal National lifts. Although the results of all lifters across the country competing in this Postal event will be posted soon, I'm happy to report that Ruth's pullover and push broke the USAWA record by a large margin, as did my deadlift-dumbbell-one arm-left.

I suppose I was the one to start the Record Breaker festivities because immediately after pulling the deadlift-dumbbell-one arm-left for the Postal I

pulled the same weight with my right arm, thus registering the first Record Breaker lift of the day. After Ruth completed her Postal lifts she transitioned smoothly into her Record Breaker attempts while meet director Jarrod Fobes and new USAWA member Marcus Lucero were going through the record book in an effort to determine which lifts to choose for record attempts.

Ruth seems to have never-ending passion for lifting weights and putting scientific training to the test on the platform. Besides the three Postal lifts, she broke records in 17 additional lifts. Although women-specific research into an athlete's muscles does account for why a woman could do so many maximal attempts more easily than a man, I'm amazed that she has the psychological wherewithal to do so. After the meet Ruth explained that she was most proud of her finger and grip lifts. She recalled that it was exactly two years ago that she first met Jarrod when he put on a Record Breaker. At the current event she was able to increase her strength in the little finger lift by nearly 20 pounds, in the ring finger lift by 12 pounds, and in the middle finger lift by 34 pounds. She was also stoked about taking her deadlift-no thumbs-overhand from 155 pounds to 175 pounds.

Ruth is a perfect example of how shedding old training fiction from one's programming and replacing it with new science-based information can result in unparalleled and continuous gains, but there can also be a dark side to doing so. You see, I had employed one of the latest science-based training methods referred to as Intra-Set Rest or simply ISR.\* In addition, since there was no need to travel the day prior to the meet I was able to train most of my competitive lifts heavily the day prior. As a result I ended up severely underestimating my strength in most of my lifts. To illustrate, my deadlift-dumbbell-one arm ended up being 35 pounds over what I had thought I could do. In the deadlift-middle finger I had projected a training gain of about 10 to 15 pounds over the record I set a year ago but ended up turning an almost 40-pound increase into repping weight and running out of attempts. The situation was similar with almost all other lifts. Bear in mind that in general terms, these training approaches take the knowledge exercise scientists have acquired about neuromuscular physiology to provide you with something akin to a rubber band effect in which your gains slingshot ahead

(in science lingo referred to as supercompensation, a term often misapplied and misunderstood when training for it). The dark side of this, however, is that it's difficult to know exactly by how many pounds your performance will slingshot ahead on competition day. That, however, is a downside I can live with. Heil science!

Jarrold's passion for martial arts is undeniable and it has resulted in a world championship win. But he's one of those guys who understands to what extent lifting weights can enhance his performance on the mat. And when he approaches the weights, he does so as if all Norse warrior gods are behind him. Sadly, a back injury has prevented him from training to the extent that he's used to and thus he tried to keep his record attempts to only four lifts. Despite his lack of training, his Turkish get up with a barbell was smooth and solid and it seemed as though he derived the most pleasure out of quickly getting a feel for Thor's hammer, a lift he's never done before. His 40.5-pound attempt shows that with more practice he's going to turn that lift into "Jarrod's Mjölnir."\*\*

Showing up out of the blue was Marcus Lucero. Initially, as Ruth and I started with our Postal lifts, I got the impression that he was one of the martial arts guys who just got done training upstairs and wanted to see what all the yelling, grunting, and groaning—mainly by Ruth—was all about. Turns out, however, that he's been an avid reader of old-time strongmen and one book/article made reference to USAWA, he learned about the Colorado Record Breaker, and decided to head down to Denver from northern Colorado to see what all-round is all about. Jarrod was very welcoming and gave Marcus a quick primer on the basics, then they both started to sift through the record and rule books. Marcus was, in my estimation, a bit overwhelmed by all of the possibilities in all-round. As he seemed to contemplate his approach he was helpful in loading the bars for us and decided that the dumbbell side press would be his first lift. Unfortunately he got out of the groove in his first attempt at 84 pounds. Yet after some rest he came back and smoked it. His dumbbell Turkish get up was so smooth, you'd think that's the way he gets out of bed every morning. He revealed to us that he's had some practice through wrestling in a similar movement. He then

decided to join Jarrod in tossing Thor's hammer, but although he was able to register a USAWA record, the requisite coordination and balancing strength in his wrist proved a real challenge. Although he's a much quieter and reserved lifter than Jarrod and I, he seemed to have enjoyed the challenge and I hope to see him in many more USAWA meets.

I'd like to thank the owners of DMA for allowing us to lift in clouds of chalk and Jarrod for putting on another Record Breaker. And the fact that Ruth and Jarrod also judged is much appreciated. Till next time...

\*Disclaimer: Implementing ISR is a complicated process in which you need to manipulate all training variables based on physiological adaptation patterns specific to your goals. Without doing so you'll end up like the guy who wants a faster truck, throws in a 600 hp engine, and wonders why he keeps snapping axles and his driveline, and why his stock tranny ends up on the asphalt behind him. Thus, simply "doing ISR" will prove ineffective on one end of the spectrum and injurious on the other.

\*\* Mjölnir is the name Thor gave his hammer.

## **MEET RESULTS:**

Colorado Record Breaker

Denver, Colorado

December 27th, 2014

Meet Director: Jarrod Fobes

Officials (1 official system used); Jarrod Fobes, Ruth Jackson

Lifts: Record Day Session

### **Ruth Jackson – 53 years old, 106 KG BWT**

Bench Press – Reverse Grip: 100#

Deadlift – No Thumbs, Overhand Grip: 175#

Curl – Wrist: 115#

Deadlift – Dumbbell, Left Hand: 170#

Press – Dumbbell, Left Hand: 40#

Clean and Press – Fulton Bar: 73#

Clean and Push Press – Fulton Bar: 83#

Thor's Hammer: 20.5#

Finger Lift – Little, Left: 28.8#

Finger Lift – Little, Right: 33.8#

Finger Lift – Ring, Left: 48.8#

Finger Lift – Ring, Right: 48.8#

Finger Lift – Middle, Left: 68.8#

Finger Lift – Middle, Right: 78.8#

Pinch Grip – Left Hand: 50.4#

Pinch Grip – Right Hand: 55.4#

Teeth Lift: 52.8#

### **Jarrold Fobes – 37 years old, 197# BWT**

Bench Press – Left Arm: 95#

Turkish Get Up: 96#

Abdominal Raise: 45#

Thor's Hammer: 40.5#

### **Dan Wagman – Open Age Class, 185# BWT**

Deadlift – Middle Fingers: 275#

Deadlift – No Thumbs, Overhand Grip: 345#

Bentover Row: 320#

Deadlift – Dumbbell, Right Arm: 350#

Curl – Wrist: 275#

### **Markus Lucero – 23 years old, 170# BWT**

Side Press – Right: 84#

Thor's Hammer: 35.5#

Turkish Get Up: 119#

## **[The Bully](#)**

[January 15, 2015 Thom Van Vleck Edit Post](#)

by Thom Van Vleck

I recently read a story about an author who tracked down a kid that had been a bully to him in his youth. He talked about how his father had died



and he was placed in a private boarding school. His one connection to his father was a wrist watch that he carried around and he talked about how the watch “transported” him back to a happier time....until the bully took it from him and threw it out a window! The story tracked how this bully impacted the author’s life and then his mission to find this bully again. The story took a familiar turn from one of revenge to one of looking at how his reaction to the bully made him stronger.

I have a “bully” story. I imagine most of us do. Considering my size now you might think that I was a big kid. I was not. I was actually one of the smallest boys in grade school. Tommy (aka Shorty) was the only one smaller among my small, rural school that had less than 20 in my class. I was shy, I was very sensitive, and let’s be honest.....a big bullseye for a bully. From around the 2nd grade to the 6th grade Bryan was my bully and he made my life hell. All the usual stories but one sets it up quite well.

We were on the play ground in the 3rd grade. My Dad’s advice was to stand up to him. He said bully’s were usually cowards and if you stood up to them they would respect you and back down. So I tried it. I got beat up and to make matters worse the teacher made the bully stand up in front of the class and apologize to me. It was right out of a movie, but as he offered his most sincere apology and the teacher turned around he looked right at me and smashed his fist in his hand and mouthed the word, “LATER”. Later was on the bus.....I lost count how many times I got punched.

In the 6th grade he recruited me to join his minions. My initiation was to punch a girl in the back of the head. I was at an important decision point in my life. Become like him and join him or hold true to my own beliefs and stand up to him. I refused and while I’d like to tell you that I beat him up on the spot and lived happily ever after that’s not what happened. He beat me up....again....and again I went home crying. He was simply physically superior to me.

Like a lot of kids I turned to weight lifting. I have to admit, one of my primary motivators was to some day look up Ol’ Bryan and give him a taste of his own medicine. We moved just far enough south I changed schools and while the

two schools were very close this meant I didn't have to deal with Bryan much. Soon I graduated and went in the Marines. Genetics and hard work kicked in and I was soon pretty big...and I like to think I got pretty strong! Bryan became a memory.

So, about a decade goes by and I was at a bar in town watching football with a couple of friends. One was my buddy Jay who also attended both schools. I brought up Bryan the Bully and told him about how I motivated myself to lift weights with the thought of punching Bryan right on the nose. To my surprise Jay said, "Well, here's your chance, he's sitting right over there!". I looked over and there was this guy who had once physically been several inches taller and 20 or 30 lbs heavier....now was about 5'7" and maybe 165lbs. At that time I was 6'3" and well over 300lbs.

Jay did not like Brian and wanted to have a little fun. I have to admit I was thinking about having a little fun myself. After all, revenge is a dish best served cold. Jay walked up and began talking. He and Bryan had went to high school together whereas I don't think Bryan saw me much after the 6th grade. My full beard and long hair I'm sure added to the change. The tables had turned!

Jay began to remind Bryan of who I was, in a teasing way....giving him hints until he figured it out. When he realized who I was his eyes got really big and that's when Jay dropped the punch line. "You know, Bryan, that Thom told me he started lifting weights so that some day he could look you up and beat the holy living sh!t out of you!". Well, the look on his face was priceless and worth it. But the reality is I'm not a bully.

It was at that bar I found out that Bryan's father was an alcoholic and abused him. His father also got caught up in a check kiting scheme and lost everything including the family farm. Bryan was the classic bully. He was in pain but took his pain out on others.

I actually owed Bryan a bit of a thanks. You see, he motivated me. I know for a fact that there many times in my youth I would think goofing off was a better option than lifting weights but I wanted to be ready for the next

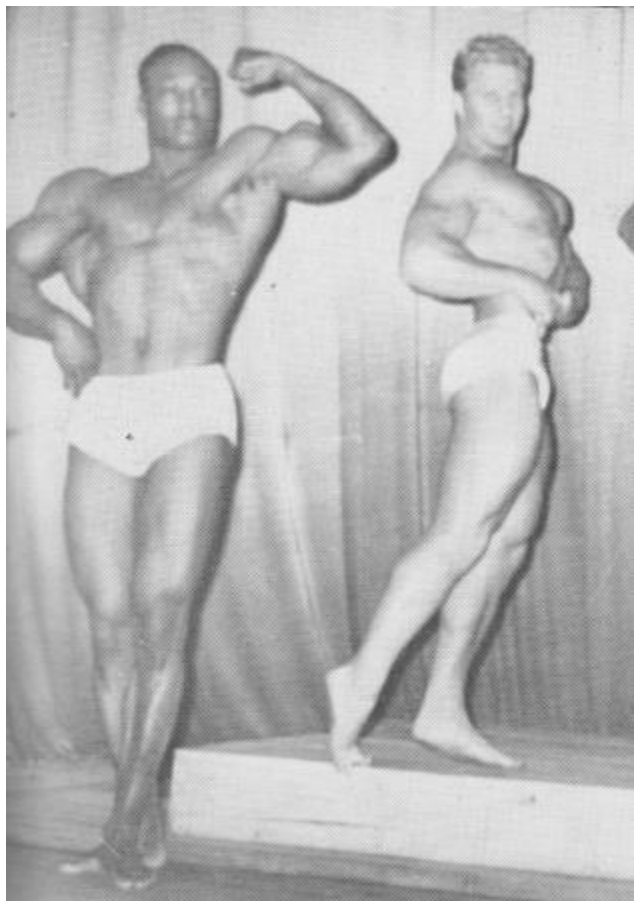
bully. So I lifted. I did a lot of heavy bag and speed bag work as a teen as the gym was also set up for boxing. Many times Bryan's face was on that bag!

We all have negative things happen to us. Everyone will be bullied at some point. But to me, the real question is are you going to allow yourself to be bullied. Some things can't be helped but the biggest mistake one can make is when they allow what can be helped to be taken out of their hands. Now when I think of the word bully the first thing that comes to my mind is Teddy Roosevelt. BULLY FOR YOU!

### [STRICT!](#)

[January 16, 2015](#) [Al Myers](#) [Edit Post](#)

John McKean



Melvin Wells (left) easily took "best arms" awards at Mr America contests by training just two, strictly performed All-Round lifts. On the right is that years winner, for comparison sake, the famous Jack Delinger.

Our very first USAWA Hall-of-Famer, John Grimek, originally developed his amazingly thick arms from heavy, STRICT presses and equally good form barbell curls. Heck, he had to do strict presses, because in the old days of lifting (John won the U.S. Nationals and made our team for the Olympics , flirting with the world press record several times !) the lifters had to press at the speed of the head ref slowly raising his finger! (our own Art Montini is still mad at the late Bob Hoffman, who turned Art down on a 235 pound press for going just a bit faster than Bob's finger raise!!).

Yet it will surprise many that during Grimek's heyday there was another competitor that not only pressed and curled better, but according to serious, expert officials of the time, actually displayed more impressive arm musculature!! His name was Melvin Wells, a physique man who placed second in a few early 1950s Mr. America contests, while always winning "best arms" , "best back", and "most muscular" awards. It is said that no photo did this man justice, but he achieved the first REAL 19" arm ,so full, thick, and defined, as to defy description during those pre steroid times. And he got size and strength with a very basic All-Round training scheme.

Mel's entire arm program consisted only of 3 sets of ten in the strict curl and the press! Yet when I say STRICT, Wells took this to a whole 'nuther level- our USAWA rules tell us for curling to put a sheet of paper behind our head & butt, backed up to a wall, then curl(without paper slipping) ; for training, Wells didn't use the paper thing, but very reliable witnesses observed him ALWAYS performing very SLOW, picture perfect barbell curls ,full range, with 150 pounds for his 3 sets of 10 (one writer counted him doing 12 perfect reps with 145 in front of a large crowd at the famous York picnic!). His presses were perhaps even more noteworthy – 3 sets of 10 ,super strict with 120 pounds ! Oh, wait, I forgot to mention, these were one arm presses!! Absolutely no side leaning or back bend either. Hmm, this guy coulda done some major damage to the USAWA record book for curling & pressing!!

Now I write this not only to publish great lifting history and get guys thinking of training more on strict curls and our one arm dumbbell press, but due to recently my wife joining a local health spa, and dragging me along to keep her company. Fortunately, this gym has plenty of olympic weights, and good

heavy dumbbells, and they tend to leave ya alone (nobody has yelled at me for using chalk -YET!)- But, man, talk about STRICT lifting – i see NONE of it!! Seems in the old days at public gyms I expected to see high squats by the uninitiated, but nowadays it seems that overhead presses ,incline work, bench presses, pulls, etc, whether with barbells or dumbbells, are ALL performed as QUARTER lifts -many only through mere inches of movement at the top ends! And most trainees are not even using big weights (but I guess they THINK they are!)- Seems there'd certainly be better functional strength and lasting development if modern gym people would adopt our "old fashioned" concept of complete lifts!

Just a thought -maybe those of us in the USAWA ought to visit local commercial gyms and arrange to put on free exhibitions of some of our lifts. I know from talking to a few guys, that many of those training would love to get into meets -it's just that no one is available to show them proper procedures! It sure would be nice to increase our membership, as well as possibly opening up new venues for contests!

As for me, ole Mel Wells has inspired me onto more strict curling and one arm DB presses (tho "early middle age" allows me only to press right handed!) ; must be working -at 5'3" tall I recently measured my right arm at 18 inches (hey, you do measure from your shoulder down to the base of yer hand, don't ya??!!)- Train hard ,but strictly and safely, during 2015 ,guys!

## [Postal Championships](#)

[January 20, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The results from the 2014 USAWA Postal Championships are in!

Many thanks goes to USAWA Postal Director Denny Habecker for getting these results tabulated so quickly (considering the circumstance!)-

I want to mention the lifters that competed in every one of the 4 postal meets promoted by the USAWA. These lifters deserve special recognition for their support to our postal series: Eric Todd, Barry Bryan, Denny Habecker, Ruth Jackson, and Lance Foster.

## **MEET RESULTS:**

USAWA Postal Championships  
December, 2014

Postal Director: Denny Habecker

Lifter/Official (1-Official System Used):

Al Myers – Chad Ullom

Chad Ullom – Al Myers

Dan Wagman – Jarrod Fobes

Eric Todd – Lance Foster

Barry Bryan – Denny Habecker

Denny Habecker – Barry Bryan

Cale Dunlop – Al Myers

Lance Foster – Eric Todd

Ruth Jackson – Jarrod Fobes

Molly Myers – Al Myers

Lifts: Snatch – From Hang, Deadlift – Dumbbell, One Arm, Pullover and Push

## **WOMENS DIVISION**

LIFTER	AGE	BWT	SN	DL1	P&P	TOT	PTS
Ruth Jackson	53	106	65	180-R	115	350	554.6
Molly Myers	16	174	83	140-R	93	316	336.9

## **MENS DIVISION**

LIFTER	AGE	BWT	SN	DL1	P&P	TOT	PTS
Al Myers	48	236	155	373-R	340	868	773.5
Chad Ullom	42	258	190	417-R	320	927	745.6
Dan Wagman	?	185	167	350-R	250	767	716.8
Eric Todd	39	255	175	310-R	411	896	704.2
Barry Bryan	56	191	127	184-R	221	532	570.3

Denny Habecker	72	197	83	184-R	198	465	557.5
Cale Dunlap	19	149	95	180-R	143	418	455.1
Lance Foster	48	336	95	220-R	155	470	352.9

*NOTES: AGE is age in years. BWT is bodyweight in pounds. All lifts recorded in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points for age and bodyweight corrections.*

The combined totals for the 5 lifters that did all four postals are:

Eric Todd – 2325.75 Points

Barry Bryan – 2192.96

Denny Habecker – 2161.35

Ruth Jackson – 1980.69

Lance Foster – 1517.50

### [Dino Gym Challenge](#)

[January 26, 2015 Al Myers Edit Post](#)

by Thom Van Vleck

### **2015 DINO GYM CHALLENGE**



Group picture from the 2015 Dino Gym Challenge - (front left to right): Kyle Jones, Chad Ullom, Eric Todd, Lance Foster, (back left to right): LaVerne Myers, Dave Glasgow, Dean Ross, Thom Van Vleck

The Dino Gym Challenge was held at the Dino Gym near Abilene, Kansas on January 17, 2015. Meet director Al Myers has held this meet the 3rd weekend in January for some time and I believe I've attended most of them. Every year Al comes up with a new challenge and this year his focus was the deadlift. There were five lifts contested and six lifters showed to test themselves against the iron.

The first lift was the Deadlift-Ciavattone Grip with the Fulton Bar. This lift can be very humbling as the Ciavattone grip is a double overhand grip with no hooking allowed. The deciding factor is the grip and having a Fulton bar that is 2 inches in diameter just adds to the difficulty. Two time Highland Games Masters World Champion Dean Ross was the oldest competitor present. He pulled in 203 pounds. He was matched by Lance Foster. Eric Todd made a 256lb pull. Eric just turned 40 so he's now in the master's class. Newcomer Kyle Jones, who has been training with Al Myers recently, pulled 276lbs. Kyle is 27 years old and recently out of the Army. He was matched by Dave Glasgow who was more than twice Kyle's age. Both pulled 276lbs. Chad Ullom was the only lifter to get more than 300lbs. He finished a nice pull of 323lbs.

The next lift was the one hand deadlift. Everyone went right handed on this lift. Dean Ross got things started with a 164lb effort. Lance and Kyle tied with 242lbs. Dave Glasgow pushed the bar over 300lbs with a nice 314lb effort. Eric Todd pulled 363lbs. Normally this would wind most meets but Chad Ullom really excels at this event and he went over the 400lb barrier with a 418lb pull. Chad one more pull left and he chose to go to a record 453lbs! Everyone was pretty excited to see this feat and it got pretty loud as Chad pulled the bar to the finish position. He basically had the lift completed, then disaster struck. Chad said later he thought the bar was slipping out. It wasn't the bar slipping....it was Chad's skin tearing away from his hand! As the bar popped out and dropped back to earth a flap of skin shot across the platform. It was pretty ugly, but Chad taped it up and the meet continued. I



think everyone there took a photo of his hand and it was soon all over social media. Everyone likes a good train wreck!

The Third lift was the Deadlift, no thumbs, overhand grip. Dave Glasgow ended up missing his opener. Dean was next out at 253lbs and Lance Foster ended with 303lbs. Eric Todd was next at 325lbs and Kyle made 369lbs. Chad Ullom was the only lifter to make it to 400 with a nice 402lber. Considering his right hand was taped and the damage done, I was impressed he could pull anything at all.

The fourth lift was the Deadlift, Ciavattone Grip. This time Lance was the first out with a 297lb pull. He was followed by Dean Ross at 314lbs. Eric Todd had 347lbs while Dave Glasgow matched the youngster Kyle Jones at 374lbs. Chad Ullom waited everyone out before even starting his pulls and eventually hit the meet best at 467lbs.



Chad Ullom pulling a new USAWA record in the Heels Together Deadlift at 551 pounds.

The last lift was the Deadlift, heels together. This lift was sure to produce the heaviest poundage lifted for the day. It also, in my opinion, produced a couple of the best efforts of the day. Dean got us started with a 242lb lift with Lance pulling 352lbs. Eric Todd pulled 402lbs. Then Dave Glasgow called for 418lbs. He missed it and called for it on his third attempt. He had such a

tough miss I think most of us thought this would be a really tough lift. It was as tough lift, but Dave pulled it through nicely! Kyle Jones finished his first every USAWA meet with a 452lb pull. Hopefully we'll see more of him. I know he had much more in the tank but he had never even seen some of the lifts, let alone practiced them. Oh...wait, I almost forgot! Chad Ullom called for 551lbs for his final attempt. He pulled it so cleanly that he honestly made it look easy.....making it one of the best efforts of the day along with Dave's comeback third attempt.

Once the points were tabulated the top three included Eric Todd (3rd), Kyle Jones (2nd) and Chad Ullom (1st). Dave Glasgow might have given Chad a run for his money had he not bombed on one of the lifts. I know he certainly would have been 2nd. Dave looked as strong as I've seen him in years! Overall, we had a great day for lifting and it seemed to me that everyone had fun. Other than Chad's skin tear there were no injuries.

Al Myers was the meet director, I was the scorekeeper and announcer, while Laverne Myers was the judge (single judge system). The lifters all took turns helping load. After the meet we all hung around telling some stories. That is one of my favorite things, the "after meet glow". It looks like we have several meets coming up but this was a nice start to the new year.

## **MEET RESULTS:**

Dino Gym Challenge

Dino Gym, Abilene, Kansas

Saturday, January 17th, 2014

Meet Director: Al Myers

Official (1-Official System Used): LaVerne Myers

Scorekeeper: Thom Van Vleck

Lifts: Deadlift – Fulton Bar, Ciavattone Grip, Deadlift – One Arm, Deadlift – No Thumbs, Overhand Grip, Deadlift – Ciavattone Grip, Deadlift – Heels Together

LIFTER	AGE	BWT	DL- FBCG	DL-1 R	DL- NTOH	DL- CG	DL- HT	TOT	PTS
Chad Ullom	43	255	323	418- R	402	467	551	2161	1765
Kyle Jones	27	244	276	242- R	369	374	452	1713	1376
Eric Todd	40	263	256	363- R	325	347	402	1693	1322
Dave Glasgow	61	261	276	314- R	0	374	418	1382	1309
Dean Ross	72	260	203	164- R	253	314	242	1176	1216
Lance Foster	49	323	203	242- R	303	297	352	1397	1077

*NOTES: All lifts recorded in pounds. AGE is age in years. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS are adjusted points corrected for age and bodyweight.*

### [Florida Record Day](#)

[January 26, 2015](#) [Al Myers](#) [Edit Post](#)

by Derek Prior



Group picture from the Florida Record Day (left to right): Theo Prior, Derek Prior, Stephen Santangelo, Chad Ullom, and Al Myers

We had three very different lifters for the first ever Florida USAWA record day at the Iron Cave on Saturday 24th January:

Stephen Santangelo is just starting out with the teeth lift, but managed 100lbs. He also did some impressive vertical bar lifts with both the 1-inch and 2-inch bars.

Theo Prior, age 13, bent pressed 50lbs and Ciavatone dead lifted 185, and 235 staggered. He also managed an incredible 705lbs Travis lift.

Derek Prior hit a personal best dumbbell bent press of 85lbs, and another personal best barbell bent press of 85.6lbs.

Al Myers and Chad Ullom officiated, after wrestling gators on the way down from Orlando.

We finished off at the Marsh Landing restaurant for gator tail and frogs legs.

**MEET RESULTS:**

Florida Record Day  
The Iron Cave  
Fellsmere, Florida  
January 24th, 2015

Meet Director: Derek Prior

Officials (1-official system used): Al Myers, Chad Ullom

Lifts: Record Day

Lifters:

**Theo Prior – Age 13, BWT 130#**

Bent Press – Dumbbell, Left: 50#

Bent Press – Dumbbell, Right: 50#

Bent Press – Bar, Right: 45#

Travis Lift: 705#

Deadlift – Ciavattone: 185#

Deadlift: 235#

Clean and Press – Dumbbells: 80#

**Derek Prior – Age 46, BWT 185#**

Bent Press – Dumbbell, Right: 85#

Bent Press – Dumbbell, Left: 50#

Bent Press – Bar, Right: 85#

Travis Lift: 585#

Deadlift – Ciavattone Grip: 315#

Clean and Press – Dumbbells, Heels Together: 120#

**Stephen Santangelo – Age 62, BWT 160#**

Vertical Bar Deadlift – 1 Bar, 1", Left: 180#

Vertical Bar Deadlift – 1 Bar, 1", Right: 190#

Pinch Grip – Two Hands: 141.5#

Vertical Bar Deadlift – 1 Bar, 2", Right: 145.5#

Dumbbell Walk: 76#

**Chad Ullom – Age 43, BWT 263#**

Bent Over Row: 295#

Cheat Curl – Dumbbell, Left: 100#  
Cheat Curl – Dumbbell, Right: 100#  
Snatch – Dumbbell, Left: 85#  
Pullover and Press – Wrestlers Bridge: 85#

**Al Myers – Age 48, BWT 237#**

Bench Press – Feet in Air: 280#  
Bench Press – Alternate Grip: 280#  
Bench Press – Reverse Grip: 280#  
Bench Press – Hands Together: 250#

**[1st Quarter Postal](#)**

[January 28, 2015 Al Myers Edit Post](#)

by Al Myers

**MEET ANNOUNCEMENT**

**1st QUARTER POSTAL MEET**

This is the announcement for the first quarterly postal meet promoted by the USAWA. Results must be turned into the USAWA Postal Meet Director Denny Habecker by the deadline stated on the entry form.

LIFTS:

**Pullover and Press**

**Curl – Cheat, Reverse Grip**

**Clean and Jerk – Behind Neck**

ENTRY FORM (PDF) – [2015 1st Quarter Postal Entry Form](#)

**[2nd Quarter Postal](#)**

[January 28, 2015 Al Myers Edit Post](#)

by Al Myers

**MEET ANNOUNCEMENT**

**2ND QUARTER POSTAL MEET**

LIFTS:

**Clean and Seated Press – 2 Dumbbells**

**Bent Over Row**

**Rectangular Fix**

ENTRY FORM (PDF) – [2015 2nd Quarter Postal Entry Form](#)

[\*\*3rd Quarter Postal\*\*](#)

[January 28, 2015 Al Myers Edit Post](#)

by Al Myers

**MEET ANNOUNCEMENT**

**3RD QUARTER POSTAL MEET**

Denny picked an interesting assortment of lifts for this postal meet! It also has an interesting “twist” to make it more challenging – whatever arm you choose for the Dumbbell Cheat Curl you MUST choose the other for the One Arm Deadlift. Failure to follow this simple rule will result in a forfeit of a lift.

LIFTS:

**Crucifix**

**Curl – Cheat, Dumbbell, One Arm**

**Deadlift – One Arm (opposite arm)**

ENTRY FORM (PDF) – [2015 3rd Quarter Postal Entry Form](#)

[\*\*Postal Championships\*\*](#)

[January 28, 2015 Al Myers Edit Post](#)

by Al Myers

**MEET ANNOUNCEMENT**

**2015 USAWA POSTAL CHAMPIONSHIPS**

The USAWA Postal Championships is the fourth and final meet in our postal series. It is considered the Championships, and is worth DOUBLE POINTS in

the postal series rankings. Our USAWA Postal Director, Denny Habecker, picked a great assortment of lifts for this championships.

LIFTS:

**Deadlift – Fulton Bar, Ciavattone Grip**

**Arthur Lift**

**Snatch – Dumbbell, One Arm (RIGHT/LEFT)**

ENTRY FORM (PDF) – [2015 USAWA Postal Championships Entry Form](#)

[Final 2014 Postal Series Rankings](#)

[January 28, 2015 Al Myers Edit Post](#)

by Al Myers

The USAWA has 4 postal meets per year (March, June, September, and December), with the last one being designated as the Postal Championships. All these together make up the Postal Meet Series. Each postal meet a lifter competes in generates points for him/her, that total up for the final Postal Series Ranking.

The way the points are generated is pretty simple. I take the overall placings of the meet and then reverse “the count” for the points earned for each lifter. I.E – if three lifters compete lifter number 1 gets 3 points, lifter number 2 gets 2 points, and lifter number three gets 1 point. The Postal Championships is worth “double points”. Obviously then, as more lifters enter more points can be earned for winning the meet, and ALL lifters earn points regardless where they place overall. Just entering will earn points toward the Postal Series Ranking.

Overall there was good participation in the USAWA Postal Meets last year. A total of 18 lifters competed in the various postal meets, which is the EXACT number of lifters who competed last year. The first Postal Meet had 8 lifters, the second had 13 lifters, the third had 7 lifters, and the Postal Championship drew 10 lifters. Several lifters competed in ALL of the postal meets last year and they deserve to be recognized. These lifters are Ruth Jackson, Eric Todd, Denny Habecker, Barry Bryan, and Lance Foster.



Now for the overall rankings for the 2014 USAWA Postal Series!

### **WOMENS DIVISION – TOP THREE**

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Ruth Jackson	4	10
2	Crystal Diggs	3	3
3	Molly Myers	1	2

### **MENS DIVISION – TOP TEN**

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	3	31
2	Eric Todd	4	26
3	Barry Bryan	4	25
4	Denny Habecker	4	21
5	Al Myers	1	16
6	Dan Wagman	1	14
7	Lance Foster	4	9
8	Randy Smith	1	8
9	Tim Piper	1	7
10	Logan Kressly	1	5

Congrats to Ruth Jackson and Chad Ullom for being the OVERALL WINNERS of the 2014 USAWA Postal Series. Ruth won EVERY one of the quarterly postal meets, and Chad placed 1st in the first and second postal, and second in the Postal Championships.

### **[The Dreaded “Participation” Award](#)**

[January 29, 2015 Thom Van Vleck Edit Post](#)

by Thom Van Vleck

Every so often I have this same conversation with Al Myers and Chad Ullom. Since Al and I are pretty conservative and Chad went to the University of Kansas (the liberal bastion of the midwest) Chad likes to make fun of the fact that Al and I give out participation awards. The way Chad sees it is that as conservative guys we should believe in “you get what you earn” and that “only winners get awards”. This goes all the way to how they don’t keep scores in youth sports then everyone gets a trophy at the end of the season. “Everyone is a winner” mentality that some think is leading to the downfall of America.

Now I’m picking on Chad a bit. He’s not really that liberal...at least for a guy that went to KU! But I think he does see it as contradictory that Al and I would believe in the idea you get what you earn then turn around and hand out awards to everyone. The reality is I DON’T HAND OUT AWARDS TO EVERYONE! I never will! You do get what you earn. I also believe in keeping score, winners AND losers, and competition is healthy in all aspects of life.

So how do I believe in all those things and hand out awards to seemingly everyone that comes to my meets? Here’s how I look at it. When I went to boot camp we started with over 80 in my platoon. We ended up graduating 66. We lost almost 20 guys! They got booted out along the way. Some flat out quit, some got booted for not being good enough, I know blew out his knee and was saying he might not recover enough to come back. In the end those that completed the task won the prize: The honor of being called a United States Marine!

We also had a “Top Marine” award. The award went to the guy that did the best. We had a guy Levier. He was the “Honorman” and his award was a meritorious promotion to Lance Corporal, a plaque, and a set of dress blues. At that time you didn’t get dress blues out of bootcamp. You had to buy your own unless you were assigned to a position where wearing the dress blues was part of your job, like and embassy guard. So it was a pretty nice award.

The point is you had the “Overall” winner who was number one getting the top prize. Then you had those that passed the test. They had worked hard

and accomplished what others didn't dare to do or were unable to do for whatever reason. They were all awarded the title of "Marine". I guess that's how I feel about those that do what others won't. They go to the gym, work hard, then have the guts to sign the dotted line and then show up and put it all out there for everyone to see. I would never give an award to someone who didn't show up (and yes, I had someone ask for an award that didn't show.....seemed to think his entry fee entitled him). I also only give out ONE award that says "First Place" on it. You better earn it by beating someone. A few years back I had only one person show up for a class. They wanted the first place award I had already made for that group.....NO WAY. Sorry, but you didn't win because you didn't beat anyone. So make fun of me if you want. I will continue to award those that choose to succeed.

Now, I'm going to take this one step further. I think we have become a nation so obsessed with winning and being number one being the only acceptable outcome we are becoming a nation of drop outs or "never even tried's". I recently talked to someone who runs the amateur and pro strongman meets in the USA. She told me that the number of women competitors has quadrupled in the past few years and she thinks eventually there will be more women than men competing in Strongman. What are we going to do when that happens? Change the name to "Strongwoman"?

The reason she gave is one I think is completely true. She said that guys come in and if they can't win, they won't try. They also fear embarrassment and if there's one event that will make them look bad they won't try. The women, on the other hand, are ready, willing and able to risk failure for the chance at success. They haven't been indoctrinated to believe that winning is the only thing in live. Personal success is their focus. They check their ego's at the door.

So, there you have it. I hand out awards to everyone that completes the task. You win when you work hard and finish the game regardless of who else showed up and how they did that particular day. I have a lot of admiration for the guy that sets several Personal Bests over the guy that "mails it in" and wins. So, the only participation awards I hand out are those that participated in being successful.

## TOO SOON OLD

January 30, 2015 Al Myers Edit Post

BY DAVE GLASGOW



IF YOU WANT QUALITY EQUIPMENT THAT CAN BE CUSTOM MADE TO YOUR NEEDS, GIVE AL MYERS A TRY. NONE BETTER. I GUARANTEE IT. GIVE HIM A TRY! WHY??? 'CAUSE I SAID SO!!!!

RECENTLY, I HAD OPPORTUNITY TO MAKE A WONDERFUL PURCHASE OF A VERY FINE, SUPERBLY CRAFTED POWER RACK, BUILT BY OUR OWN AL MYERS. I DIDN'T REALLY NEED IT, AS I PURCHASED ONE FROM ANOTHER OUT FIT A COUPLE YEARS AGO. IT WAS VERY BASIC, BUT WELL BUILT, STURDY AND FUNCTIONAL. HOWEVER, WHEN I SAW THAT AL WAS IN BUSINESS, I JUST COULD NOT RESIST AND HAD TO HAVE ONE OF HIS CREATIONS.

CHRISTMAS CAME A COUPLE WEEKS LATE BUT THAT WAS OKAY. ALONG WITH DELIVERY CAME TWO YOUNG MEN TO ASSEMBLE THE RACK RIGHT IN FRONT OF ME, SO THIS WAS A WIN/WIN SITUATION. I STILL HAD A LITTLE

WORK TO DO TO ATTACH IT TO THE FLOOR BUT THAT WAS MINOR, IN RELATION TO SETTING IT UP.

WHILE I WAS WORKING PLACING THE RACK IN IT'S PERMANENT POSITION, I HAD SOME THOUGHTS THAT MADE ME CHUCKLE. THE ONE THAT KEPT COMING BACK TO ME WAS, 'WELL, OLE MAN', NOW YOU HAVE THIS FANCY ASS RACK AND YOU ARE TOO OLD TO PUT ANY SERIOUS WEIGHT ON IT!' THEN IT OCURRED TO ME JUST HOW 'LONG' I HAD WAITED TO HAVE SOMETHING OF THIS QUALITY, WITH ALL THE 'BELLS AND WHISTLES' AND SUCH. IT WAS THEN THAT I STARTED A TRIP DOWN 'MEMORY LANE'.

I GOT OUT OF COLLEGE IN THE MID-SEVENTIES; WITHOUT A DEGREE, I MIGHT ADD. I IMMEDIATLEY WENT TO WORK IN THE 'OIL PATCH'. MONEY WAS TIGHT, THE WORK WAS HARD AND, SOMETIMES, HARD TO FIND. WHAT IS REFERRED TO, THESE DAYS, AS 'DISPOSABLE INCOME' WAS NON-EXSISTANT. WHY MY WIFE, GUNNER, LET ME BLOW THREE BILLS ON A YORK OLY SET IS WELL BEYOND MY COMPREHENSION. TO THINK I COULD 'BLOW' MONEY ON SOMETHING AS EXTRAVIGANT AS STORE BOUGHT LIFTING EQUIPMENT WAS OUT OF THE QUESTION.

SO, HAVING RUDIMENTARY WELDING SKILLS, I SET ABOUT MAKING MY OWN EQUIPMENT. THE NAME OF MY FIRST 'GYM' WAS 'THE SCRAP IRON WEIGHT HOUSE'. IT DOES'NT TAKE A GENIUS OR DEEP THINKER TO FIGURE OUT WHY AND HOW IT GOT IT'S NAME. EVERYTHING I MADE WAS FROM THE 'BONE YARD' OF SCRAP METAL WE HAD AT THE FARM. I STILL HAVE THE BENCH I MADE AND MY FRIEND CONTINUES TO USE THE SQUAT RACKS I THREW TOGETHER (WHICH WILL BE ONE OF THOSE THINGS THAT COULD POSSIBLY LIVE FOR HUNDREDS OF YEARS, THAT'S HOW HEAVY AND DURABLE IT IS).

THE THING I WAS (AM) PROUDEST OF, HOWEVER, IS THE POWER RACK THAT I MADE, WITH MY DAD'S ASSISTANCE. I SCROUNGED FOUR 4 X 4s FROM AN OLD CRATE WE HAD AND DAD BORROWED A DRILL PRESS FROM A SHOP HE HAD CONNECTIONS WITH. WE HAD A 'DOWN' SATURDAY SO WE GOT TO WORK. DRILLING THE HOLES TOOK TWO HOURS AND WE FIGURED, WHEN WE WERE DONE, THAT WE HAD DRILLED 33' FEET OF 'HOLE'(COMING FROM THE 'OIL PATCH', THIS WAS IMPORTANT TO US!! HAHAAHA). WITH SOME

ANGLE IRON FOR SUPPORTS AND 'SUCKER' ROD FOR CROSS PIECES, I WAS IN BUSINESS!

THAT POWER RACK SERVED WELL UNTIL ABOUT 2007, WHEN I LOST THE PLACE I HAD BEEN LIFTING IN DUE TO AN 'ECONOMIC DOWNTURN'. IT WAS A COUPLE YEARS BEFORE IT WAS PUT BACK IN USE.

ALL OF THESE THINGS WERE SWERLING OVER AND OVER IN MY HEAD AND I STOPPED AND MARVELED AT HOW FAR WE (GUNN AND I) HAD COME. I WAS SETTING UP A RACK THAT I, REALLY, DID'NT NEED AND WAS APROACHING AN AGE WHERE I COULD NOT, IN ALL SERIOUSNESS, USE TO IT'S FULL CAPABILITIES. DON'T MISUNDERSTAND WHAT I AM SAYING. I WILL CONTINUE TO TRAIN JUST AS HARD BUT IN NO WAY WILL THIS RACK GET WORKED AS HARD AS IT IS FULLY CAPABLE OF. I KNOW I AM NOT THE ONLY ONE THAT HAS BEEN DOWN THIS ROAD, IT'S JUST VERY HARD FOR ME TO REALIZE THAT I AM AT 'THAT' TIME IN MY LIFE! AT THIS POINT, I AM FIGHTING JUST TO SAVE WHAT I HAVE!!

FOR SOME REASON, I THOUGHT OF THE MOVIE, 'IT'S A WONDERFUL LIFE'. GEORGE IS COURTING MARY AND STANDING IN FRONT OF A HOUSE WHERE AN 'OLDER' MAN IS SITTING ON THE PORCH, READING A PAPER. GEORGE IS STRUGGLING WITH WHAT TO DO AND THE OLE GUY HOLLARS, 'WHY DON'T YOU GO AHEAD AND KISS HER?!' AS GEORGE JUST STANDS THERE, MOTIONLESS, THE MAN GETS UP FROM HIS CHAIR AND STARTS WALKING TO THE DOOR TO GO INSIDE. AS HE IS WALKING, HE SAYS, IN DISGUST, 'AWWW, YOUTH IS WASTED ON THE YOUNG!!!'

HOW TRUE, HOW TRUE! WHEN WE ARE YOUNG, WE HAVE NO COMPREHENSION OF TIME OR WHAT LIFE HAS IN STORE FOR US. AS GEORGE DID, WE MUDDLE THRU BEST WE CAN, AND, USUALLY, AS CHEAP AS WE CAN. IT IS ONLY WHEN WE REACH A CERTAIN AGE THAT WE CAN BE A BIT MORE EXTRAVIGANT AND PURCHASE SOMETHING WE REALLY WANT, NOT NECCESARILY WHAT WE NEED.

STILL, AGED OR NOT, LOWER WEIGHTS BE DAMNED, I WILL ENJOY THIS HOLLAND STRENGTH RACK AND PUT IT TO USE AS BEST AS AN 'OLD GUY'

CAN. I WILL, WITHOUT A DOUBT, VERY MUCH APPRECIATE IT, AS IT HAS TAKEN FORTY YEARS TO ACQUIRE.

ODD, IT SEEMS AS THOUGH IT WERE JUST YESTERDAY THAT I

.....

### **Deanna Springs Meet**

[February 1, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

#### **MEET ANNOUNCEMENT**

#### **Deanna Springs Memorial Meet**

Meet Director: Bill Clark

Date: Saturday, March 21st, 2015

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Lifts: Crucifix, Cheat Curl, Deanna Lift, Hand and Thigh Lift, and Hip Lift

A record day session will follow the meet.

To enter, a confirmation must be sent to Bill Clark by the Tuesday preceding the meet. Bill can be reached by phone: 573-474-4510, Fax: 573-474-1449, or mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202.

### **Zercher Strength Classic**

[February 1, 2015](#) [Al Myers](#) [Edit Post](#)

by Bill Clark

The only entry was Joe Garcia, age 61, bodyweight 214. He was injured in the Steinborn lift and could not finish. His lifts for USAWA record – leg press 325, military press feet together 155, two-hand C&J 155, RH deadlift 285, hack 235, zercher 235, heels together deadlift 285, bench feet in air 235, neck 425, Steinborn – failed with 145. Did not harness, hip, or hand and thigh. His neck, bench and zercher exceeded the records in the current record book.

## **MEET RESULTS:**

Zercher Strength Classic

Clarks Gym

January 24th, 2015

Meet Director: Bill Clark

Officials: Bill Clark, Joe Garcia, Steve Schmidt

**Bill Clark – Age 82, bodyweight 230.5#**

Hip Lift: 771#

Harness Lift: 1078#

**David Emslie – Age 74, bodyweight 175.5#**

Harness Lift: 1233#

Deadlift – Ciavattone Grip: 290#

Deadlift – Middle Fingers: 170#

Deadlift – Ciavattone Grip, Right Hand: 170#

Deadlift – Ciavattone Grip, Left Hand: 165#

Deadlift – Fulton Bar, Left Hand: 110#

Deadlift – Fulton Bar, Right Hand: 110#

Deadlift – Inch Dumbbell, Right Hand: 96#

Deadlift – Inch Dumbbell, Left Hand: 101#

Deadlift – Inch Dumbbell with 2 Hands: 172#

Deadlift – Dumbbell, Right Arm: 165#

Deadlift – Dumbbell, Left Arm: 165#

Deadlift – 2 Dumbbells: 270#

Swing – Dumbbell, Right Arm: 45#



Swing – Dumbbell, Left Arm: 45#

Swing – 2 Dumbbells: 70#

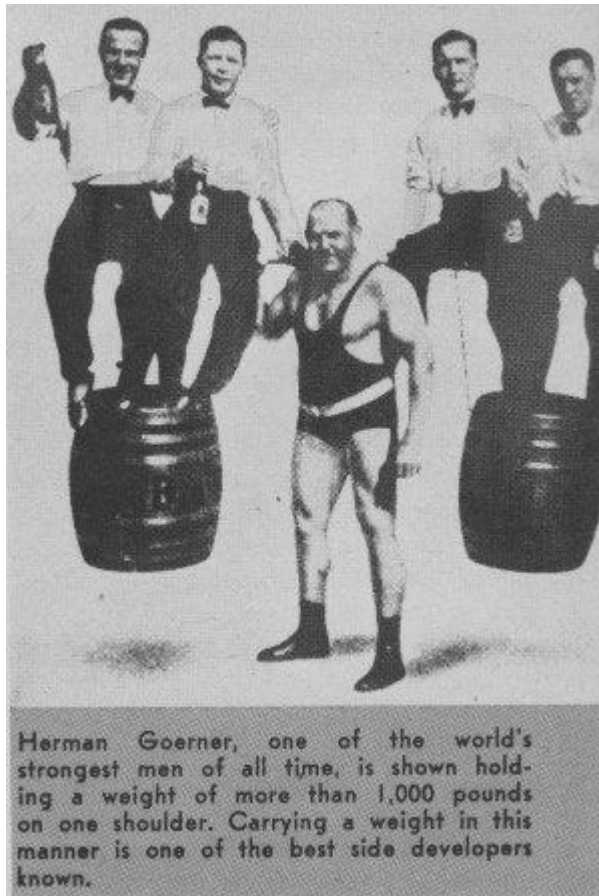
Curl, Cheat – 2 Dumbbells: 90#

Weaver Stick: 3.75#

### Parallel Lift Training

February 1, 2015 Al Myers Edit Post

by John McKean



Hermann Goerner

Gomers hate Goernor! Yep, those Grumpy Old Men (GOMers) who these days have little to do other than take delight from obnoxious blogging and crabbing on certain weightlifting websites, just detest the many huge poundage lifts that the legendary all-round strongman established during his prime. Though few living were around during the 1920s, our iron game gomers will loudly proclaim that Hermann's lifts were done improperly, plates or globe bells were hollow, bars were bent for better leverages, etc., etc..

Being this is Superbowl week as I write, I submit that our highly critical WL goms use the same “absolute evidence” to INVALIDATE a lift ( that perhaps hundreds witnessed or was judged good by highly respected officials of that time) as is used by the instant replays in pro football. OK, no exacting vids for proof during Goernor’s heyday, but can ANYTHING,even an old bar, globe,or dumbbell that was used,be produced to reduce stature of one of our historic all time greats? (by the way, Goms, opinions,speculation, and rumors count for nothing!).

I mention the above ,not only to glorify Goernor’s 430 pound Two Hand Anyhow overhead (with kettlebells!), 330 pound right arm cheat curl (you’ll have to read his book for the exact, bizarre technique), and his mind-blowing 727 1/2 pound right hand deadlift, but,rather, to discuss Hermann’s inventive training system. Many have heard of his “chain” warmup where he would move up a dumbbell or kettlebell rack, starting at the lightest weight and progressing to the heaviest ‘bell in the gym. Ole Herm would perform a swing ,then a press, down to a curl, then a final press-all one arm for a single on each event. He often changed the sequence or even the exercises, yet always did a bunch with the individual weights.Yet most all-rounders of today may have missed the fact that “Mr. Mighty” also did “chains” of sorts with his main, heavier lifts!

One passage in “Goernor The Mighty” shows this hard working man doing a combination of various curls, presses, and holdouts for 2 reps each, then increasing the barbell or db weight, going through the same sequence, then usually going through a third rotation. Indications are that Hermann also did this with various types of deadlifts and presses/jerks.

We modern all-rounders could also “chain” certain similar lifts to intensify our efforts by condensing work within a relatively short time frame. For instance, we can put together a routine of rows, hacks, straddles, and, say, one arm deadlifts , starting at maybe 135# for the first round, then progressing up in weight for a single at each of the four events. When a limit is reached on any of the lifts,we merely drop it from the upcoming sequence, until we reach perhaps just a final single by itself on our particular specialty. Not much fuss overall devoted to time wasting, constantly changing weights

up and down during a workout ! I'm sure most of our guys can dream up endless amounts of similar poundage, "PARALLEL" all-round combos to sneak in more lifts than formerly possible within one workout!

Most will discover that this "new,yet old" parallel system of simultaneously working several events will supply just the stimulation needed for exciting training during 2015. Heck, ole Al needs to get a bit busier, constantly adding records to the books! And,gees, 50 years from now, we WANT the old Gomers of that day angry over OUR lifts!!

## [Website Upgrade](#)

[February 1, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The USAWA website will be undergoing an upgrade over the next 2-3 weeks. During this time there will be no new material added to the website (blogs, meet announcements, roster updates, etc) until the new upgrade is complete. All information on the current site will be transferred to the upgraded site. There may also be time periods where the website is "down" during this process – just please be patient because before long we will have a new and improved USAWA website!!!!

## [NEW WEBSITE](#)

[March 28, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The website upgrade is now complete! I will be spending the next few days updating the new content and reorganizing the site. There may be a few glitches until everything has been gone through – so please be patient with me till this has been done.

Also – I could use some help with this. If anyone notices something not functioning well please send me an email about it. I would greatly appreciate that. Hopefully all content has been transferred from the previous website, but if anything is missing please let me know so we can get it added.

I especially want to thank Brian Krenzin for his help with this project. He was instrumental in organizing all of this.

## Heavy Lift Update

[April 24, 2015 Al Myers Edit Post](#)

by Eric Todd

As the Heavylift championship is coming right up, I wanted to post an update. First of all, I wanted to touch base on the record breaking event following the meet. I will have all records for the 3 lifts being contested in the championship; however, if you want to attempt a record in any other discipline, you need to email me at [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com) so that I can be sure to print off the records for that list. It will also help me be sure to have the appropriate equipment out in the barn.

Secondly, I wanted to give directions for anyone who does not know their way through God's country.

from the North: take I-35 south until you pass Cameron. About 4 miles past Cameron, you will come to the HWY 69 exit. Take that exit, and take a left on 69 at the top of the ramp. Take 69 South 5 or 6 miles until you get to 292 on the left. Take 292 maybe a mile to the first right, deer creek. Wind around on deer creek for a spell until you get to the first left, 286. Take 286th about a mile. Mine is the third house on the right. The meet is in the big tin can.

From the South: take I-35 North until you get to the Lathrop/Polo exit, which is HWY116. Take the exit, then take a right at the top on 116. Take 116 a little over a mile, then take a left on HWY69. Take 69 North about 4 miles, then take a right on 280th. Take 280th about a mile to your first left, Deer Creek. Take Deer Creek about a mile North until your first right, 286th. Take 286th about a mile until you get to the third house on the right. The meet is in the big tin can.

We have an excellent group competing for the Heavylift Chamionship, and I am very excited to be hosting. See you next weekend!

- [USAWA Daily News](#)

## 1st Quarter Postal

[April 24, 2015](#) [Al Myers](#) [Edit Post](#)

by Denny Habecker

### **MEET RESULTS**

#### **1ST QUARTER POSTAL SERIES**

Results:

USAWA 1st Quarter Postal Meet

March 30th, 2015

Meet Promoter: Denny Habecker

Lifts: Pullover and Push, Curl – Cheat, Reverse Grip, Clean and Jerk – Behind Neck

Lifters with Certified Officials:

Eric Todd – Official Lance Foster

Lance Foster – Official Eric Todd

Barry Bryan – Official Denny Habecker and Art Montini

Denny Habecker – Official Barry Bryan and Art Montini

Art Montini – Official Denny Habecker and Barry Bryan

Chad Ullom – Official Al Myers and LaVerne Myers

Dean Ross – Official Al Myers, LaVerne Myers, and Chad Ullom

LaVerne Myers – Official Al Myers and Chad Ullom

Crystal Diggs – Official Ruth Jackson

### **WOMENS DIVISION**

LIFTER	AGE	BW	T&P	CURL	C&J	TOT	PTS
Ruth Jackson	53	107	115	90	90	295	464.0
Mary McConnaughey	55	298	125	95	65	285	240.7
Crystal Diggs	28	154	43	40	50	133	139.3

## MENS DIVISION

LIFTER	AGE	BWT	P&P	CURL	C&J	TOT	PTS
Eric Todd	40	261	381	216	231	828	649.7
Barry Bryan	57	190	209	143	176	528	572.4
Chad Ullom	43	255	253	198	132	583	477.1
Denny Habecker	72	190	176	99	99	374	457.9
Dean Ross	72	252	154	137	75	366	384.8
Christian Schimpf	16	150	125	115	75	315	375.1
Al Myers	48	233	281	176	—	417	374.1
LaVerne Myers	70	242	132	137	75	344	363.7
Art Montini	87	171	101	66	66	233	337.9
Lance Foster	49	315	160	151	111	422	330.1

*NOTES: All lifts recorded in pounds. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS are adjusted points corrected for age and bodyweight.*

- [2015 Meet Results](#)
- [USAWA Daily News](#)

### Club Championships

[April 24, 2015 Al Myers Edit Post](#)

by Dave Glasgow

## MEET ANNOUNCEMENT

### 2015 USAWA CLUB CHAMPIONSHIPS

Hosted by

### LEDAIG HEAVY ATHLETICS

Saturday, August 29th, 2015

Weigh In 9:00-10:00 AM

Lifting starts at 10:00 AM sharp

### **LIFTS TO BE CONTESTED**

Push Press – From Rack

Snatch – Dumbbell, One Arm (non dominate hand)

Vertical Bar Deadlift – 1 Bar, 2", One Hand

Deadlift – 2 Bars

Questions or directions to the venue

dglasgow@cox.net

- [USAWA Daily News](#)
- [USAWA Events](#)

### **Lebanon County RD**

[April 24, 2015 Al Myers Edit Post](#)

by Denny Habecker

Well the Lebanon County Record Day is in. I had one lifter, Bill Clark. I didn't lift because I had no one to officiate me. As you can see, he is a very strong guy and I think he is an excellent addition to our organization.

### **MEET RESULTS**

Lebanon County Record Day

April 11th, 2015

Habecker's Gym

Lebanon, PA

**Bill Clark – Age 47, Bodyweight 196 pounds**

Curl – Cheat, Reverse Grip: 171 lbs.

Anderson Squat: 650 lbs.

Peoples Deadlift: 501 lbs.

Bent Over Row: 264 lbs.

- [2015 Meet Results](#)

- [USAWA Daily News](#)

## [The 1964 Missouri State Champ!](#)

[April 15, 2015](#) [Al Myers](#) [Edit Post](#)

by Thom Van Vleck



Wayne Gardner holding the 1964 State Champ trophy and a copy of the Obituary of his good friend Wayne Smith.

Recently I visited an old friend and member of the JWC, Wayne Gardner. Wayne had been a member of the Jackson Weightlifting Club in the 1960's and had them moved away for a job in Kansas City. Wayne continued to lift competitively into his 50's and lifted often in the old Odd Lifting days that preceded the USAWA.

I was looking at all of Gardner's trophies and he told me there was one that was extra special to him. It was one that he didn't win but was given to him because he should have won it. It was for the 165lb weight class of the 1964 Missouri State Championships.



The story goes like this. When I was growing up there was a club member (and a former USAWA member and odd lifter) named Wayne Smith. Smith lifted with the JWC and was on the two time State Team Champs. Now, no disrespect to Smith as he was a great lifter and chin up champ. But Olympic lifting was not his best area of lifting. Gardner was a great Oly lifter and in 1964 they ended up in the same weight class.

Gardner had won the previous year. He was the favorite to repeat. As the meet progressed a funny thing happened. Everyone bombed out except Gardner and Smith! Going into the last lift, the Clean & Jerk, Gardner needed only a 135lbs to seal his second stated championship. Smith came up and told him to take it a seal the win. Gardner didn't like the idea of taking such a light weight so he stuck with his original opener of 240lbs. Smith finished his C&J's and then waited on Gardner. Who promptly BOMBED OUT!

Smith ended up with his only state championship. He was pretty happy about it even if the other members kidded him for years about it being by default. Many times I remember Smith retorting with, "Yeah, but I did what I had to do...to bad those other guys didn't"!



Close up of the trophy

Over the years Gardner and Smith remained great friends and then a few years ago Smith passed away. It was a sad day for the JWC. Gardner went to Smith's family and asked if he could have that trophy and promised to give it a good home. So they did and now after all these years it was in Gardner's hands.

As Gardner recounted the story to me that I've heard a hundred times it took on a new meaning. It was obvious to me this was more about friendship and less about a piece of metal mounted on wood. A tear came to his eye as he finished knowing that Smith is no longer around to share in the moment. Which considering Gardner was a Marine and one of the toughest guys I've ever known was saying much about how much it meant to him. I'm pretty sure knowing him all my life I never saw him shed a tear before.

So that's the story of a long forgotten state championship upon which a lifetime of friendship was built!

- [USAWA Daily News](#)

### [National Championships](#)

[April 6, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT

2015 USAWA NATIONAL CHAMPIONSHIPS

Meet Details:

Schedule of Events

Venue: York Barbell

3300 Board Road

York, Pa.

Meet Promoter: Denny Habecker

Competition Date: Saturday – June 20th, 2015

Weigh-ins: 7:30 A.M. to 8:30 A.M

Starts: 9:30 A.M.

Lifts :

One Hand Snatch

Reverse Grip Cheat Curl

One Hand Deadlift

Pullover and Push

Ciavattone Deadlift

Zercher

Entry Fee – \$55.00

T-Shirt Included

Awards:

First, Second and Third in each Age/Weight Class based on total poundage lifted.

Age divisions for Masters, Juniors, and Women

Best Lifter Awards for each age group in Masters, Juniors, Senior [20-39], and Women by Formula

ENTRY FORM (PDF) – [2015 USAWA Nationals Entry](#)

[Clark's Spring RD](#)

[April 4, 2015 Al Myers Edit Post](#)

by Al Myers

## **MEET RESULTS – CLARK'S GYM SPRING RECORD DAY**

Clark's Championship Gym was an active day for 2 lifters – Joe Garcia and David Emslie – and 1 busy official Bill Clark. When the Deanna Springs Meet was cancelled due to lack of interest, Bill turned the day meet sanction into a full fledged record day. Bill stated in his summary letter that Al Springs intended to compete in the Deanna but injured his wrist and could not participate. Let's all hope Al gets his wrist healed up and back in competition soon. After entering these 2 guys long list of new USAWA records in this meet results, I have to wonder if any time in the day was left for the Golden

Corral! It is interesting the broad array of different lifts that they set their records in. The USAWA is full of lifting challenges, and Joe and David did their part in taking this challenge on!

### **Meet Results:**

Clark's Gym Spring Record Day

Clark's Gym

Columbia, MO

March 28th, 2015

Meet Director: Bill Clark

Officials: Bill Clark and Joe Garcia

(Lifter David Emslie used 2 officials, Joe Garcia used 1 official)

Lifts: Record Day

### **Joe Garcia – Age 61, Bodyweight 206#**

Bench Press – Fulton Bar: 220#

Bench Press – Alternate Grip: 185#

Bench Press – Reverse Grip: 155#

Bench Press – Right Arm: 85#

Bench Press – Left Arm: 75#

Clean and Jerk – Right Arm: 75#

Clean and Press – 2 Dumbbells: 120#

Cyr Press: 80#

Reeves Deadlift: 241#

Deadlift – Left Leg: 135#

Bench Dip: 150#

Deadlift – Inch Dumbbell, Left Hand: 128#

Deadlift – Inch Dumbbell, Right Hand: 128#

Deadlift – 2 Inch Dumbbells: 236#

Pinch Grip: 130#

Swing – Dumbbell, Right Arm: 85#

Swing – Dumbbell, Left Arm: 70#

Swing – 2 Dumbbells: 120#

Abdominal Raise: 22#

**David Emslie – Age 74, Bodyweight 174.75#**

Bench Press – Alternate Grip: 130#

Bench Press – Reverse Grip: 125#

Bench Press – Right Arm: 45#

Bench Press – Left Arm: 45#

Bench Press – Roman Chair: 75#

Roman Chair Situp: 90#

Abdominal Raise – Roman Chair: 32#

Clean and Press – Behind Neck: 80#

Clean and Press – Alternate Grip: 95#

Clean and Press – Reverse Grip: 100#

French Press: 65#

Clean and Seated Press: 90#

Clean and Seated Press – Behind Neck: 75#

Clean and Press – On Knees: 100#

Snatch – On Knees: 100#

Curl – Reverse Grip: 85#

Curl – Cheat, Reverse Grip: 90#

Rectangular Fix: 85#

Miller Clean and Jerk: 75#

Clean and Press – Middle Fingers: 75#

Good Morning: 100#

Bench Press – Fulton Bar: 150#

Bear Hug: 210#

Reeves Deadlift: 226#

Bench Dip: 100#

Abdominal Raise: 22#

Clean and Press – Fulton Bar: 100#

Deadlift – 3" Bar: 235#

Pinch Grip: 120#

Deadlift – Inch Dumbbell, Right Hand: 103#

Deadlift – Inch Dumbbell, Left Hand: 103#  
Deadlift – 2 Inch Dumbbells: 196#  
Vertical Bar Deadlift – 2", Right Hand: 125#  
Vertical Bar Deadlift – 2", Left Hand: 125#  
Swing – Dumbbell, Right Arm: 50#  
Swing – Dumbbell, Left Arm: 50#  
Pullover and Press: 135#  
Pullover and Push: 150#

### [Dino Gym RD](#)

[April 3, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **DINO GYM RECORD DAY MEET RESULTS**

Meet Results:

Dino Gym Record Day  
February 15th, 2015  
Dino Gym, Abilene, Kansas

Officials (1-official system used): Al Myers & LaVerne Myers

### **Casey Barten – Age 35, Bodyweight 190#**

Deadlift – Inch Dumbbell, Left Hand: 80#  
Deadlift – Inch Dumbbell, Right Hand: 80#

### **Al Myers – Age 48, Bodyweight 235#**

Abdominal Raise – Roman Chair: 70#  
Bench Press – Roman Chair: 210#  
Deadlift – Inch Dumbbell, Right Hand: 140#  
Deadlift – Inch Dumbbell, Left Hand: 130#  
Pinch Grip – Right Hand: 88#

### **Stephen Santangelo – Age 62, Bodyweight 157#**

Vertical Bar Deadlift – 2 Bars, 1": 305#  
Weaver Stick: 2.5#  
Thor's Hammer: 50#

Saxon Snatch: 60#

Kelly Snatch: 40#

**LaVerne Myers – Age 70, Bodyweight 241#**

Deadlift – Inch Dumbbell, Right Hand: 140#

Deadlift – Inch Dumbbell, Left Hand: 140#

Weaver Stick: 5#

Pinch Grip – Right Hand: 88#

Finger Lift – Little, Left: 64#

**Dean Ross – Age 72, Bodyweight 261#**

Bench Press – Fulton Bar: 203#

Weaver Stick: 2.5#

Bench Press – Alternate Grip: 165#

Deadlift – Dumbbell, Right: 145#

Deadlift – Dumbbell, Left: 145#

## [Grip Championships](#)

[April 3, 2015](#) [Ben Edwards](#) [Edit Post](#)

by Al Myers

## **2015 USAWA GRIP CHAMPIONSHIPS**



Group picture from the 2015 USAWA Grip Championships.

I know the reporting of this is a little late – but with the recent website upgrade in process many things have been delayed in getting reported. I am working hard to get everything “caught up”, but I only have a couple of extra hours per day to work on this project. So this report will be extremely brief.

This had to be one of the best USAWA Grip Championships the USAWA has ever had. There was lots of excitement in the Dino Gym all day long. Veteran lifter Mary McConnaughey made her return to the USAWA after a few years of absence. It was a great pleasure having her at the meet, as meets when Mary is present make for a fun time. She is so full of enthusiasm and encouragement that it seems everyone lifts better. She brought along young Christian for his first USAWA meet, and he lifted outstanding placing 4th overall.

Seasoned grip master LaVerne Myers topped the field of great lifters in total points in an extremely tough group of grip lifters. He lifted superb – and had the top total lift of the day in two lifts. His 116# Index Finger Lift and his 182# one arm Fulton Bar Deadlift were the top lifts. A newcomer from the Dino Gym, Kyle Jones, placed second overall. Kyle had the top Bearhug with a very great lift of 305 pounds. Scott Tully was the only lifter to exceed 400 pounds in the VB deadlift with a best of 404 pounds. Ben Edwards placed third overall and was at the top of the list in each lift.

It is always great to see new lifters. Young Calvin Heit also made his USAWA debut. Calvin is only 13 years old but shows great promise as a lifter. It was nice to see the mixture of new lifters with the mix of veterans such as Dave Glasgow, Chad Ullom, and Dean Ross.

### **Meet Results:**

2015 USAWA Grip Championships

February 14th, 2015

Dino Gym

Abilene, KS 67410

Meet Promoter: Al Myers



Official (1-official system used): Al Myers

Scorekeeper: Al Myers

Lifts: Finger Lift – Index (Right and Left), Deadlift – Fulton Bar, One Arm, Bearhug, Vertical Bar Deadlift – 2 Bars, 2"

### **WOMENS DIVISION**

Lifter	Age	BWT	FingerR	FingerL	DLFB1	Bear	VBDL2	TOT	PTS
Mary McConnaughey	55	300	75	80	83R	130	184		

### **MENS DIVISION**

Lifter	Age	BWT	FingerR	FingerL	DLFB1	Bear	VBDL2	TOT	PTS
LaVerne Myers	70	241	116	110	172R	200	274	872	923.2
Kyle Jones	27	238	115	115	165R	305	354	1054	857.5
Ben Edwards	39	229	115	105	154R	255	354	983	815.9
Christian Schimpf	16	149	75	75	93R	180	254	677	797.2
Dave Glasgow	61	260	110	105	143R	185	294	837	794.2
Alan English	31	230	115	115	154R	205	364	953	789.2
Chad Ullom	43	258	110	100	166R	205	364	945	767.4
Dean Ross	72	258	65	75	113R	205	254	712	739.4
Scott Tully	39	343	110	100	176R	205	404	995	678.9
Calvin Heit	13	128	55	55	53R	105	134	402	598.9
Lance Foster	49	317	90	90	121R	185	274	760	591.4

### **EXTRA ATTEMPTS FOR RECORDS**

Christian Schimpf: Finger Lift -Index, Right 80#

Christian Schimpf: Finger Lift – Index, Left 80#

Mary McConnaughey: Finger Lift – Index, Left 90#

LaVerne Myers: Deadlift-Fulton Bar, Right Arm 182#

Calvin Heit: Bearhug 130#

Alan English: Bearhug 255#

*Notes: Age is age in years. BWT is bodyweight in pounds. R and L designate right and left. All lifts recorded in pounds. TOT is total pounds lifted. PTS are adjusted points corrected for age and bodyweight.*

- [2015 Meet Results](#)
- [USAWA Daily News](#)

### **Lebanon Valley RD**

[April 1, 2015 Al Myers Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT**

### **LEBANON VALLEY RECORD DAY**

Our USAWA President Denny Habecker is healing up from his recent heart issue and ready to get back on the lifting platform. He has scheduled a record day to kick-start his comeback later in the month. This meet will be held at his own gym, Habecker's Gym, in Lebanon PA.

Meet Details:

Lebanon Valley Record Day

April 11th, 2015

Habecker's Gym

Lebanon, PA

Please contact Denny ahead of time if you plan to attend. He may be reached by email ([liftingliar@comcast.net](mailto:liftingliar@comcast.net)) or by phone 717-272-5077.

- [USAWA Daily News](#)
- [USAWA Events](#)

## [Forum Update](#)

[May 19, 2015](#) [Admin](#) [Edit Post](#)

We have completed the migration of all the old forum posts into the new forum software.

I would encourage everyone to take a look at the new Forum.

Brian

- [USAWA Daily News](#)

## [Yearly Award Nominations](#)

[May 6, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started in 2009 to honor those individuals that displays outstanding achievements throughout the year in different categories. I have been the USAWA Award Director that entire time and was the one who started the USAWA Awards Program. Part of the USAWA budget goes to these awards, which means that part of your membership dues support this program. These awards are awarded at the Annual General Meeting of the USAWA, which occurs at the same time as the National Championships. It is important to remember when "casting your vote" that these awards are for the calendar year 2014 (which is the calendar the USAWA follows for memberships, etc.). Now for a little "overview" of the rules for nominations:

- You must be a USAWA member to make a nomination or cast a vote
- Nominated individuals must be a USAWA members to be eligible
- Only one individual may be nominated per person per award
- Two nominations for each award may be submitted, one for your choice of the Winner and one for your choice of the runner-up.

- The awards are for the calendar year 2014
- An individual may be nominated for more than one award

These are the different awards for which you should chose your nominations for:

***Athlete of the Year*** – This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.

***Leadership Award*** – This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.

***Sportsmanship Award*** – This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional sportsmanship.

***Courage Award*** – This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.

***Newcomer Award***– This award goes to an individual who in new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.

As stated earlier in the rules, I would like you to submit your choice for the WINNER and your choice for the RUNNER UP for each award. I will score it this way: for each nomination per award I will give 2 points for the

nominated winner and 1 point for the nominated runner up. I will then add up all the points from all nominations with the person receiving the most points declared the winner and the one with the second most points the runner up. So you can see that the Award Winners are chosen by YOU THE MEMBERSHIP! That's the way it should be done.

Please email me at [amyers@usawa.com](mailto:amyers@usawa.com) with your nominations. The deadline for this is this Friday. I'm only giving a week because it has been my experience with this is that if a person does not make their nominations shortly after reading this announcement, it never gets done. So make it easy on yourself (and me!) and turn your nominations in today!!!!

- [USAWA Daily News](#)

### Nationals Update

[May 6, 2015 Al Myers Edit Post](#)

by Al Myers

Our USAWA National Championships is fast approaching! If you haven't sent in your entry form, now is the time to get that done. Meet director Denny Habecker has told me that everything is on schedule for a great meet in York. This year Nationals will be a one day meet on Saturday. Denny and Judy are planning on having a picnic at their place on Sunday afternoon for all those that want to attend. This will give us a great time to "unwind" after the meet. The Annual General Meeting of the USAWA will be held on Sunday before the picnic.

Denny has also picked a couple of hotels in York for us. The contact information is below:

#### **Comfort Inn:**

- **Double Queen and King rooms are available (smoking or non-smoking).**
- **Check-in: 3 pm, Check-out: 11 am.**
- **Continental breakfast included.**

2250 North George St., York, PA 17406, (717) 699-1919.

<http://www.comfortinn.com/ires/en-US/html/HotelHome?hotel=PA257>

### **Homewood Suites by Hilton:**

- **Studio rooms are available in this new hotel.**
- **Check-in: 3 pm, Check-out: 12 pm.**
- **Complimentary “Suite Start” hot breakfast every day.**
- **“Welcome Home” dinner buffet Monday –Thursday nights from 5 pm –7 pm.**

200 Masonic Drive, York, PA 17406, (717) 434-1848.

[www.homewoodsuitesYork.com](http://www.homewoodsuitesYork.com).

- [USAWA Daily News](#)

### **[Heavy Lift Championships](#)**

[May 3, 2015 Al Myers](#) [Edit Post](#)

by Al Myers



Group picture from the 2015 USAWA Heavy Lift Championships.

Yesterday Eric Todd hosted the 2015 USAWA Heavy Lift Championships at his gym in Cameron, Missouri. Actually ET lives outside of Cameron in the boondocks and his address is listed as Turney, MO which I’ve yet to

identify. I'm betting it is a collection of deer blinds. (the road leading into his place is Deer Creek!).

But on to the big meet! I'm writing this report because Eric deserves high praise for his efforts yesterday, and I know he is too modest to truly report the day's events as they unfolded. ET has one of those unique gyms that only hardcore lifters would appreciate. It is a big Quonset shed which he refers to as his "big tin can". Inside the gym really reflects ET's personality – all serious heavy duty equipment with loads of strongman stuff, rusty bars and plates, concrete platforms, and a big American Flag hanging on one end. No frills here. It's a serious place. It provides the perfect training environment for someone who wants to get strong.

I consider the Heavy Lift Championships as one of the premier championships the USAWA hosts every year. It has a rich history, and it's longevity rivals our USAWA Nationals. We have tried to make this meet a rotational annual event to provide opportunities around the country for participation. This was Eric's first promotion of the Championships, and he did a superb job! Very few places have the adequate equipment to put on the Heavy Lift Championships, but ET has all the iron anyone needs (I counted 24 100 pound plates laying around!).

A great turnout made the day a great meet. I didn't lift as I figured I was more needed officiating and scorekeeping. It was great seeing Mary Mac there as well as young Christian. He's a junior lifter just getting involved in the USAWA and he shows A LOT OF PROMISE! This was his first experience with the chain lifts, and with a little more seasoning will only increase his poundages. Mary has been involved with the USAWA for many years off and on. It is so nice to see her back getting involved this year.

I was so glad to see our Prez Denny back in action. Actually I was a little surprised to see that he was lifting in this meet! It's so obvious that Denny loves the USAWA! Art made the trip with him and put up great lifts. Sometimes I forget Art's age – because it's hard to believe that someone who is 87 would actually be doing a hardcore meet like this!

Of course Dean Ross was here. These past few years there has not been a more active lifter than Dean. Dean lifted great – and even had the energy to do some records afterwards. KCSTRONGMAN gym member Lance Foster made another solid performance.

The big showdown was between ET, Chad, and Joe. I knew this would be an interesting day. All three of these guys looked in great shape, and all three of them are past Heavy Lift Overall Champions. Chad came out of the gate hard (ok....I had to get that horse race joke in there somewhere since the Kentucky Derby was going on at the same time as this meet) with a HUGE personal record Neck Lift of 1020# to put him in the early lead. Then after the Hand and Thigh Lift Joe took over first for a while, even though ET lifted his best H&T ever with a 1510# lift (breaking my record of 1505#). For those of you that have been around a while know that when ET started the USAWA over 10 years ago he put up a 1475# hand and thigh the FIRST TIME he ever tried it. I knew this day was coming that he would break 1500, and I predict that he will go well over 1600 before long.

The last lift of the Heavy Lift Championships is the Hip Lift. I knew this was going to decide who the Overall Champ would be. Chad was conservative with his opener, which gave the advantage to Joe and Eric. I kept waiting for ET to declare his opener and he kept putting it off. Joe came in at 1670#, and then ET declared 1870 to start which put the pressure on Joe. Joe made the big jump with him, but just came up a hair short. Looking back Joe should have jumped to only 1800 which was all he really needed in the end. ET then went on to break the overall record in the 115K class with a 2270# lift and the overall title.

This was one of the best Heavy Lift Championships I have been part of. Lots of great lifters and lots of great lifts. I've always been a big fan of the history of the heavy lifts, and in my book this meet put Eric Todd into the group as one of the best heavy lifters in the history of the USAWA.

## **MEET RESULTS:**



## 2015 USAWA Heavy Lift Championships

May 2nd, 2015

Cameron, Missouri

Meet Director: Eric Todd

Meet Scorekeeper: Al Myers

Meet Officials ( 3 official system used): Al Myers (head), Denny Habecker, Art Montini, Eric Todd, Joe Garcia, Lance Foster, Chad Ullom

Lifts: Neck Lift, Hand and Thigh Lift, Hip Lift

### **WOMENS DIVISION**

LIFTER	AGE	BWT	NECK	H&T	HIP	TOT	PTS
Mary McConnaughey	55	311	180	400	810	1390	1152.1

Extra for Records:

Mary McConnaughey – Hand and Thigh Lift 500#

### **MENS DIVISION**

LIFTER	AGE	BWT	NECK	H&T	HIP	TOT	PTS
Eric Todd	40	252	900	1510	2270	4680	3734.2
Joe Garcia	61	209	550	1270	1670	3490	3710.7
Chad Ullom	43	261	1020	1270	1850	4140	3343.3
Denny Habecker	72	195	0	620	900	1520	1831.8
Art Montini	87	175	180	400	700	1280	1829.2
Dean Ross	72	252	240	700	760	1700	1786.2
Christian Schimpf	16	151	200	500	760	1460	1704.1
Lance Foster	49	319	340	700	870	1910	1482.1

Extra Attempts for Records:

Dean Ross – Reeves Deadlift 205#  
Dean Ross – Peoples Deadlift 295#  
Dean Ross – 12" Base Deadlift 225#  
Dean Ross – Heels Together Deadlift 225#  
Dean Ross – 2 Bar Deadlift 200#  
Eric Todd – Index Finger Lift Right 135#  
Eric Todd – Index Finger Lift Left 120#  
Denny Habecker – 12" Base Deadlift 225#

*NOTES: Age is age in years. BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS are overall adjusted points for age and bodyweight corrections.*

### [Eric Todd Lifetime Certification](#)

[June 29, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Eric Todd becomes a Level 2 USAWA Official at York Barbell.

Eric Todd has just earned his Lifetime Certification as an USAWA Official by completing his 25th officiating duty at the 2015 USAWA National Championships. This now makes Eric a Level 2 Official (highest officiating rank) in the USAWA. Eric now joins 13 other Level 2 officials in our organization! Congrats to Eric for this great accomplishment in the USAWA!

- [USAWA Daily News](#)

## [Yearly Awards](#)

[June 29, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

Every year since 2009, the USAWA gives out “Yearly Awards” to selected members of the USAWA for outstanding recognition. These awards are part of the USAWA Awards Program, funded by the organization. These awards are nominated and voted on by the membership. As with our tradition, these special awards are awarded during our National Championships, right after the meet. This year it was extra special as they were given out at York Barbell.

The past year’s winners:

### **NEWCOMER AWARD**

Winner – Steve Santangelo

Runner Up – Jeff Ciavattone

### **COURAGE AWARD**

Winner – Art Montini

Runner Up – Dick Durante

### **SPORTSMANSHIP AWARD**

Winner – Frank Ciavattone

Runner Up – Dave Glasgow

### **LEADERSHIP AWARD**

Winner – Al Myers

Runner Up – Denny Habecker

### **ATHLETE OF THE YEAR**

Winner – Chad Ullom

Runner Up – Eric Todd

## **CLUB OF THE YEAR**

Winner – Frank's Barbell Club

Runner Up – Ledaig Athletic Club

- [USAWA Daily News](#)

## **Minutes from 2015 National Meeting**

[June 25, 2015 Al Myers Edit Post](#)

by Al Myers, USAWA Secretary

### **MINUTES FROM 2015 USAWA ANNUAL NATIONAL MEETING**

The meeting of the 2015 Annual National Meeting was called to order by USAWA President Denny Habecker at 6:15 PM at York Barbell in York, PA. Roll call was taken and these USAWA members were in attendance: Denny Habecker, Dennis Mitchell, Al Myers, Barry Bryan, Bob Geib, Susan Sees, John McKean, Art Montini, Randy Smith, Eric Todd, Frank Ciavattone, and James Fuller. Minutes were read from the 2014 Meeting by USAWA Secretary Al Myers and the Financial Report was given by USAWA Treasurer Al Myers. The Financial Report showed a positive revenue for the USAWA for the past year. Bob Geib moved to accept these reports, a second made by Eric Todd, and they passed unanimously. The Directors reports were given next. Al Myers, the website director, reported on the website progress and the update to the new website. Al Myers, the awards director, reported on how the budget money for the awards program is spent, with most of it going to the annual USAWA awards. Records Director Al Myers reported on how the Records List is now available online on the website with the intentions of having an updated list on the website every 1-2 months. The Drug Enforcement Director Chad Ullom was not in attendance but had given his report to Al Myers to give on his behalf. 20 Drug tests were administered over the previous year at numerous meets with no positive tests. The Official Director Joe Garcia was not in attendance and no official report was given. The Postal Meet Director Denny Habecker reported on the USAWA

postal program and encouraged more participation. The IAWA Technical Committee Dennis Mitchell gave a report on the IAWA Technical Committee. No activity was reported during the previous year. There was no New Business to discuss. Bids for the 2016 USAWA Nationals was next on the agenda. Frank Ciavattone made a bid to host the event at his place, and it passed unanimously. Bob Geib expressed interest in hosting the 2017 USAWA Nationals at his place in Vermillion, Ohio. Membership discussion supported this. Election of officers was next: President – Denny Habecker, Vice President Chad Ullom, Secretary/Treasurer Al Myers, At Large Executive Board Member Dennis Mitchell, and At Large Executive Board Member Frank Ciavattone were elected. Eric Todd moved to adjourn the meeting, with a second by Art Montini. The motion passed unanimously. The meeting lasted 25 minutes.

- [USAWA Daily News](#)

### **Club Champs Date Change**

[June 25, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

Due to some scheduling conflicts, the date for the USAWA Club Championships has been changed to Saturday, August 29th. This will allow lifters to attend the “KANSAS DOUBLEHEADER” – the Club Champs on Saturday and the Team Champs on Sunday. Dave Glasgow, of the Ledaig HA, is still hosting the Club Champs at his gym in Rainbow Bend while I’ll be hosting the Team Champs Sunday at the Dino Gym. This should help attendance at both meets as lifters can make a full weekend out of it. Dave and I only live a couple of hours apart so it will make an easy commute. Let’s make this a great weekend of lifting for the USAWA!

- [USAWA Daily News](#)

### **Team Championships**

[June 25, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2015 USAWA TEAM CHAMPIONSHIPS**

The date for the USAWA Team Championships has been set – Sunday, August 30th. I started promoting the Team Championships in 2007, which features “team lifting”, a combination of 2 lifters on a bar lifting the weight together. This makes for a very exciting event as the 2 lifters must be in coordination with each other to make a successful lift!

#### **MEET DETAILS:**

Meet Director: Al Myers

Meet Date: Sunday, August 30th, 2015

Meet Time: 10:00 AM – 2:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: USAWA Membership required

Weigh-Ins: 9:00 AM – 10:00 AM the day of the meet

Divisions: 2-Man, 2-Person (man & woman), and 2-Women

Entry Fee: None

Lifts:

**Curl – Cheat**

**Clean & Press – Fulton Bar**

**Deadlift – Ciavattone Grip**

**Continental to Belt**

Registration: There is no entry form or entry deadline, but please let me know ahead of time if you plan to attend so I can make the proper preparations. I can be reached at [amyers@usawa.com](mailto:amyers@usawa.com)

- [USAWA Events](#)

## Presidential Cup

June 25, 2015 Al Myers Edit Post

by Al Myers

### **MEET ANNOUNCEMENT**

#### **THE 2015 USAWA PRESIDENTIAL CUP**

For the fourth year in a row, the now “Annual” USAWA Presidential Cup is being hosted again by our USAWA President Denny Habecker. This is one of the CHAMPIONSHIP events hosted in the USAWA, and is the Championships of Record Days. It follows along “the lines” of the IAWA Gold Cup – a lifter picks their best lift and contests it for a USAWA record in this prestigious record day. After all lifters have performed their record lifts, Denny will pick the effort that impresses him the most and award that lifter the PRESIDENTIAL CUP. Only one lifter will receive this very important award. If time allows, lifters will have the opportunity to perform other record day lifts. So it is a good idea to come with the BIG LIFT in mind, but also be prepared to do other lifts for record if the time allows.

Now a little “rehash” on the Presidential Cup. These are the guidelines:

*The Presidential Cup will follow along some of the same guidelines as the Gold Cup, which is the IAWA meet which recognizes outstanding performances by lifters in the lift/lifts of their choosing. The Gold Cup started in 1991 under the direction of then-IAWA President Howard Prechtel. However there will be some differences in the guidelines of the USAWA Presidential Cup:*

- *The Presidential Cup is hosted annually by the USAWA President only.*
- *Must be a USAWA member to participate.*
- *A lifter may choose any official USAWA lift/lifts (number set by the President) to set a USAWA record/records in.*
- *The lifter must open at a USAWA Record Poundage on first attempt.*
- *The top performance record lift of the entire record day, which will be chosen by the President, will be awarded the PRESIDENTIAL CUP.*

## **MEET DETAILS:**

USAWA Presidential Cup

Saturday, August 22nd, 2015

Meet Director: Denny Habecker

Location: Habecker's Gym, Lebanon, PA

Lifts: Bring your best lift for record!

Start time: 10 AM, with weigh-ins before this

Entry Form: None, but advance notice is required.

Denny may be reached by email – [dhabecker@usawa.com](mailto:dhabecker@usawa.com)

- [USAWA Daily News](#)
- [USAWA Events](#)

## **IAWA Gold Cup**

[June 24, 2015 Al Myers Edit Post](#)

by John Mahon and Sam Trew, Gold Cup Meet Promoters

## **MEET ANNOUNCEMENT -2015 IAWA GOLD CUP**

### **Perth , Australia**

This is the first ever that the IAWA Gold Cup has ever been held in Australia and we are excited to be promoting it. To ensure that the first ever Australian Gold Cup is trip worth making we have decided to turn the event into a 3 day tour. Consisting of the Gold Cup, a Heavy Events competition and an Old Time Strong Man competition. This will be a trip Down Under worth making and we look forward to catching up with our All-Round Weightlifting family.

### **2015 IAWA GOLD CUP**

LOCATION: Belmont Sports and Recreation Club  
(BSRC),



Corner of Abernethy Road and Keane  
Street Cloverdale, Western Australia  
6105

John Mahon and Sam Trew.

PROMOTER: Phone: John Mahon on +6138803639

Email: [jflmahon@gmail.com](mailto:jflmahon@gmail.com)

SANCTIONED BY: ARWLWA/ IAWA

DATE: Friday 27<sup>th</sup> November 2015

10am

WEIGH IN:

Lifting starts at 12pm sharp.

ENTRY FEE: \$85 – T Shirt included in the price.

AWARDS: Gold Cup and Howard Prechtel  
Memorial Cup.

CLASSES: All weight classes and Weight divisions  
will be recognized

**ALL Lifters must submit their first  
nominated attempts at the weigh in.**

Also nominate a second attempt incase  
the first attempt is unsuccessful. If time  
permits we will allow lifters to perform  
both lifts. **Please note that the opening  
weight on the lifters chosen attempt  
MUST be for a new World Record.**

ATTEMPTS: If in the event that a lifter wants to  
participate in the event but unable or in  
ineligible to break a World Record they  
will allowed to lift for the Silver Cup –

this for a National Record, a Club Record or a Personal Record.

**From 6:30pm onwards**– This will Also  
BANQUET AND be held at the Belmont Sports and  
PRESENTATIONS: Recreation Club. The BSRC is a fully  
licensed venue. **Ticket costs: \$30**

ENTRY FORM (PDF) – [2015 IAWA GOLD CUP TOUR Entry Form](#)

INFORMATION SHEET (PDF) – [2015 IAWA GOLD CUP INFORMATION SHEET](#)

- [USAWA Daily News](#)
- [USAWA Events](#)

### [IAWA World Championships](#)

[June 24, 2015 Al Myers Edit Post](#)

### **MEET ANNOUNCEMENT -2015 IAWA WORLD CHAMPIONSHIPS**

*This event is open to all current IAWA members who complete, and send in an Entry Form together with Entry Fees and Banquet Fees, before the **Closing Date: 10<sup>th</sup> September 2015** (Foreign Lifters pay on arrival!) Drug Testing will take place at this Championships!*

**DATE:** Saturday 10<sup>th</sup> October and Sunday 11<sup>th</sup> October

**VENUE:** Castlemilk Community Centre – 121 Castlemilk Drive, Glasgow, Scotland

G45 9UG Tel: 0141 634 2233

### **LIFTS DAY ONE**

Push Press / Continental Snatch / Pullover and Press / One Hand Dead Lift

### **LIFTS DAY TWO**

One Hand Zercher / Dumbell and Barbell Anyhow / Straddle Deadlift

**WEIGH IN** – 9am Both Days

**LIFTING STARTS AT** – 10am Both Days

**ENTRY FEE** – £35 Per Person (Cheques to D McFadzean)

All Age Groups and Weight Classes will be recognised!

**BANQUET / AWARDS PRESENTATION** (Sunday Evening) – ‘Cafe Source, at St. Andrews in the Square’ 1 St Andrews Square, Calton, Turnbull Street, Glasgow City G1 5PP

**BANQUET FEE** – £25 Per Person (Cheques to D McFadzean)

**HOTEL / ACCOMODATION** – For any help with advice on where to stay or for booking accommodation, please contact the Promoter!

**ENTRY FORM:** You will be able to download an entry form from the IAWA(UK) Web Site or the IAWA(UK) Facebook Page

***Send your fees (Entry and Banquet) with completed entry form to David McFadzean by 10<sup>th</sup> September – Send To: 75, Broomhouse Crescent, Cambuslang, Glasgow, G71 7RE***

**FOR ANY FURTHER QUESTIONS OR ADVICE ON ANY MATTER CONTACT THE PROMOTER:**

David McFadzean Tel: 07939 353797 – Address: 75 Broomhouse Crescent, Cambuslang, Glasgow, Scotland G71

7RE Email [davimcf@hotmail.com](mailto:davimcf@hotmail.com) or contact via facebook

**CLOSING DATE FOR ENTRIES:** 10<sup>th</sup> September 2015

Entry Form (PDF) – [Entry Form 15 WORLDS](#)

Information Sheet (PDF) – [WORLD CHAMPS INFO](#)

Hotels (PDF) – [Hotels for the World Championships](#)

- [USAWA Daily News](#)
- [USAWA Events](#)

**Ian Lynch Passes**

[June 24, 2015 Al Myers Edit Post](#)

by Steve Gardner



Ian Lynch – Former BAWG Member (pre IAWA(UK)) has passed away!

Some, long time IAWA (UK) Members will remember the old days of the BAWG. Before 1988 (when the BPA was formed) Ian Lynch used to compete with us in the BAWG, mainly in Powerlifting. Ian was a Mathematics specialist schoolteacher / University lecturer at Birmingham University and he lived at Tamworth in Staffordshire. He was a really nice chap, a good powerlifter and very good Bench Presser (at about 80 kilos his ...bench session consisted of 3×3 with 130 kilos...and that was it but he was good!) Ian came along and competed with our club at the Burton Powerhouse. The photo of Ian deadlifting is taken back at the original gym in 1986 or 1987. Ian's name will always live on with us in Drug Free All Round Weightlifting, because he was the guy who invented the 'Lynch Formula' which is still used in all competitions to this date. Ian was only 59 years of age, a supremely fit individual, he died in the gym, it seems he had a heart condition from birth that he knew nothing about. Another sad loss to the Drug Free Weightlifting community...but every time we use the Lynch Formula we will think of old Ian!

- [USAWA Daily News](#)

[National Championships](#)

[June 23, 2015](#) [Al Myers](#) [Edit Post](#)

by John McKean

## **Ringin in Summer with the USAWA Nationals in York, PA**



York Barbell – Location of the 2015 USAWA National Championships

What can one say on travel day when you wake up feverish, your longtime driving partner gets lost in the morning and can't locate the same old shopping mall where he's met you for the past 20 years, and then locks his car keys inside his car?? Well, ya just know it's going to be an absolutely OUTSTANDING meet, because the memories are already being made!! And, indeed, this year's USAWA NATIONAL CHAMPIONSHIPS at the famous York Barbell Club was fantastic!

Art Montini and I arrived at Denny Habecker's home in Lebanon, PA late that evening, and immediately got into terrific lifting discussions with Al Myers, Eric Todd, James Fuller, and Denny, all of us fueled by the wonderful lasagna that Judy had prepared! We were all pumped up over the evening's many, many lifting stories to such degree that no one slept much, and then a 6 AM start to drive the hour to York.

We were rather impressed that the York barbell company had set us up with a large canopy, underneath being a nifty insignia lifting platform. Chances of a light rain looked to be 50-50, but it held off all day and temps were just right at 76 degrees! Even the grumpiest among us couldn't complain about the cooling light morning breeze, or periods of sun during early afternoon

underneath the big tent. Heck, we were lifting right under the statue of Bob Hoffman, and anytime we'd get the urge could enter the building to wander and view all the museum's rich history in the form of photos, statues, and fabled equipment! Even truckers on the overlooking freeway just beyond would honk their well wishes to the lifters throughout the day!

One problem did surface as our opening event, the one arm snatch, showed us that a lifting platform should NOT be placed on a slightly declined ramp! Believe me, it felt strange, and became a bit tricky to lock at a normal top position. Yet Aidan Habecker (Denny's 12-year-old grandson) figured it out and started the contest in fine form. Others in the first (of two) sessions accepted the challenge, to the point that by later afternoon that superb technician, James Fuller, was able to do quick full squat snatches with big poundages!

Since there was a large powerlifting meet going on inside the building at the same time as our outdoor meet, we had a steady volume of interested spectators, many who hung around to ask questions about all-round lifting and to yell out encouragement on big lifts. Most of these outsiders were impressed by the sheer guts & skills of our most senior USAWA competitors – the great Dean Ross, Dennis Mitchell (in his record 26th Nationals!), almost 88-year-old Art Montini, and even hard working meet director Denny Habecker is starting to get up there!

Big Frank Ciavattone was on hand to treat us to one more huge one arm deadlift, although his docs tell him this is to be his final meet due to some internal potential problems. At 60+ Frank still makes a heavy one hander look easy, and we'll be posting a series of stories on his lifetime training within a short time. Frank also brought son Frankie to lift and their young friend Matt, a strong young high school wrestler who astounded us with his skill and power, and the potential to go far within this organization. Matt actually set several teen world records in this first big contest.

Eric Todd was impressive in all lifting, but particularly mind-blowing in the ease that he manhandled huge poundages in the pullover and push. And, though of the quiet easygoing style, a very knowledgeable lifter who is an absolute

joy to talk strength training with. His ole midwest pal, our very own website editor, Al Myers, provided a great educational effort in proving to all of us how easy it is to rip a hamstring while doing a “mere” curl!! While Al was down and out lifting wise, he just redoubled his usual frenetic meet schedule of announcing, tabulating results, running the annual meeting, talking up the sport to onlookers, etc., etc. I think Al tends to quickly become EVERYONE’S favorite personality!

OF course it’s ALWAYS wonderful to lift with the ever smiling Bob Geib and Susan from Vermilion, Ohio. They just GLOW with their happiness over lifting, and may be our best ambassadors to the sport for everyone lucky enough to meet them! I about had a heart attack when they acquired the 2017 National meet for their hometown of Vermilion – a beautiful little old fashioned vacation town right on the shores of Lake Erie, and one of my favorite places on the planet!

I can’t say enough (tho he thinks I do with my constant teasing!) about my old lifting pal, Randy Smith from Michigan. He’s always placed toward the top overall standing in most national level meets, but this year with controlled, balanced lifting finally did take the top overall spot! Everybody was excited for this very pleasant, always happy, excellent all-rounder!

First day of summer greeted a well rested group with a bright, sunny morning, and Judy Habecker went all out for that noon picnic! That SUPER lady always does the most fantastic job in preparing for and pampering us grubby old lifters! Hey, this year even us little guys had a shot at the smorgasbord with big Al confined to limping to the table and not running us pipsqueaks down (maybe it helped also that chowhound Chad was still traveling and not able to attend this year’s meet! Naw, we missed ya, Chad!).

Overall, so many unique experiences just restore the fact that nobody has as much fun as all-rounders do! I know I’ve missed a bunch of things – there was so much going on those 3 days! – and my apologies to anyone I’ve missed in this quick report. But, hey, guys & gals, summer’s now here and time to set up for some enjoyable warm months training – our home gym will certainly rock with the new Dinnie lift RINGS that Al claimed to have “hand-

bent” over his knee just for me! (No wonder his leg gave out at the meet!) I was on such a personal “high” on the drive home that I even resisted calling Marilyn to have her lock Art’s keys back in his car in our driveway, just for old time’s sake!!

## **MEET RESULTS:**

2015 USAWA National Championships

York Barbell

York, PA

June 20th, 2015

Meet Director: Denny Habecker

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials (3-official system used): Denny Habecker (head judge), Frank Ciavattone (head judge), Eric Todd, Scott Schmidt, Art Montini, Barry Bryan, Dennis Mitchell

Lifts: Snatch – One Arm, Curl – Cheat, Reverse Grip, Deadlift – One Arm, Pullover and Push, Ciavattone Grip Deadlift, Zercher Lift

## **WOMEN’S DIVISION**

LIFTER	AGE	BWT	SN1	CURL	DL1	P&P	DL	ZER	TOT	PTS
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Susan Sees	52	225	20R	40	50R	45	90	40	285	269.8
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Extra Attempts For Record

Susan Sees: Ciavattone Grip Deadlift 95K

## **MEN’S DIVISION**

LIFTER	AGE	BWT	SN1	CURL	DL1	P&P	DL	ZER	TOT	PTS
Randy Smith	60	195	42.5R	80	135R	92.5	165	132.5	647.5	709.1
James Fuller	43	239	67.5R	101	161R	120	185	192.5	827	698.0
Matt Hancock	17	155	30L	55	147.5L	100	152.5	142.5	627.5	686.7



Denny Habecker	72	185	25R	52.5	112.5R	87.5	135	85	497.5	617.9
Barry Bryan	57	195	47.5R	55	100R	107.5	155	112.5	577.5	617.5
Eric Todd	40	252	47.5R	85	135R	195	137.5	125	725	578.5
John McKean	69	165	17.5R	40	115R	40	120	90	422.5	549.7
Art Montini	87	172	12.5L	30	80L	52.5	100	70	345	498.0
Dean Ross	72	249	30R	55	70R	75	125	100	455	481.0
Scott Schmidt	62	236	25L	65	92.5L	77.5	127.5	70	457.5	459.8
Aidan Habecker	11	112	15R	20	37.5R	30	52.5	35	190	334.5
Bob Geib	72	259	22.5R	40	70R	35	100	50	317.5	329.2
Frank Ciavattone	60	292	0	0	182.5R	0	187.5	0	370	329.1
Dennis Mitchell	83	152	10L	15	40L	22.5	40	30	157.5	239.5
Frankie Ciavattone	21	267	20R	45	75R	0	137.5	0	277.5	213.0
Al Myers	48	233	60R	70	0	0	0	0	130	116.6

Extra Attempts for Records:

Barry Bryan: Reverse Grip Cheat Curl 67.5K

Barry Bryan: Ciavattone Grip Deadlift 165K

Dean Ross: One Arm Deadlift 72.5K Right

Dean Ross: Pullover and Push 80K

Dean Ross: Ciavattone Grip Deadlift 127.5K

James Fuller: Reverse Grip Cheat Curl 105K

James Fuller: One Arm Deadlift 167.5K Right

## BEST LIFTER AWARDS

Men's Best Junior Matt Hancock  
Men's Best Senior Frankie Ciavattone  
Men's Best Master 40-44 James Fuller  
Men's Best Master 45-49 Al Myers  
Men's Best Master 55-59 Barry Bryan  
Men's Best Master 60-64 Randy Smith  
Men's Best Master 65-69 John McKean  
Men's Best Master 70-74 Denny Habecker  
Men's Best Master 80-84 Dennis Mitchell  
Men's Best Master 85-89 Art Montini  
Men's Best Master Overall Randy Smith  
Men's Best Lifter Overall Randy Smith  
Women's Best Master Overall Susan Sees  
Women's Best Lifter Overall Susan Sees  
Best Club – Habecker's Gym 1569.8 Points  
(Denny Habecker, Barry Bryan, Aidan Habecker)  
Best Club Runner Up – Frank's Barbell Club 1228.8 Points  
(Matt Hancock, Frank Ciavattone, Frankie Ciavattone)

## [Agenda for Annual Meeting](#)

[June 7, 2015 Al Myers Edit Post](#)

by Al Myers

The USAWA National Championships is now less than 2 weeks away! I'm looking forward to seeing everyone's great lifting, as well as catch up with news from lifters I haven't seen since last year's Nationals. One important aspect of "Nationals Weekend" is the annual National Meeting of the USAWA. This is the one meeting per year where the major decisions are made for the upcoming year.

The meeting will be held on the day of the meet (June 20th) immediately after the meet. We will have the meeting after the Awards Ceremony so those that need to leave for travel may do so. However, I would recommend

those USAWA members that CAN BE THERE attend as this meeting needs the input of the membership. The big item on the agenda is the election of officers and Executive Board members. All positions are up for re-election. So if you want to get more involved in the business-side of the USAWA, this may be your opportunity to “throw your hat” into the candidate pool and run for office.

Also – if any director is not able to be present at the 2015 National Meeting please forward your written report to me ahead of the meeting so it can be presented on your behalf.

### **Business Agenda for the 2015 USAWA National Meeting**

1. Meeting called to order by USAWA President Denny Habecker
2. Roll Call by USAWA President Denny Habecker
3. Reading of previous meeting minutes by USAWA Secretary Al Myers
4. Report of financial status by USAWA Treasurer Al Myers
5. Report from Website Director Al Myers
6. Report from Awards Director Al Myers
7. Report from Records Director Al Myers
8. Report from Drug Enforcement Director Chad Ullom
9. Report from Officials Director Joe Garcia
10. Report from Postal Meet Director Denny Habecker
11. Report from IAWA Technical Committee Chairman Dennis Mitchell on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee
12. Discussion of New Business brought forth by the membership
13. Accept Bids for the 2016 National Championships
14. Election of Officers in this order: President, Secretary/Treasurer, Vice President, At Large Executive Board Member, At Large Executive Board Member

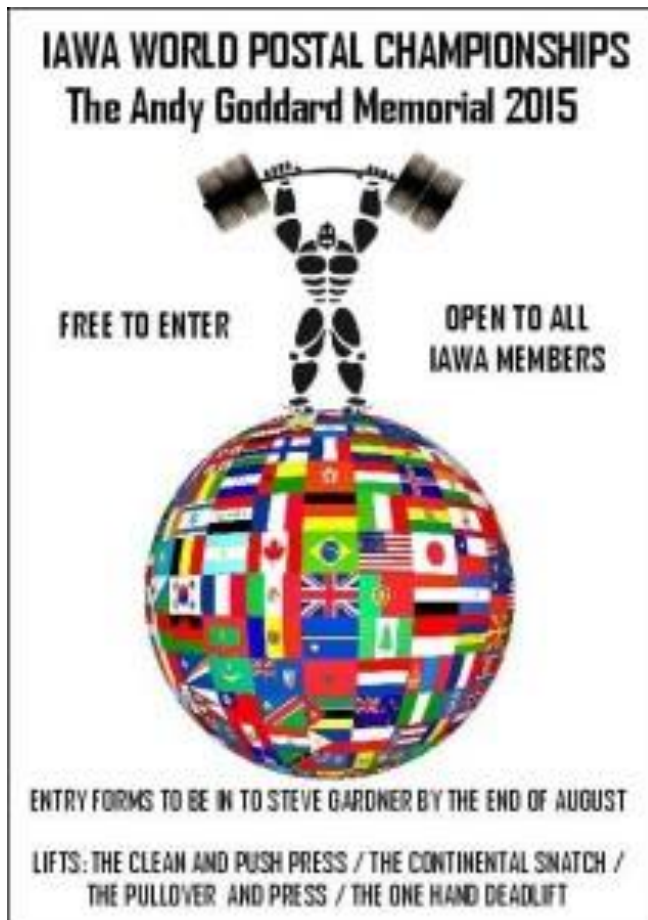
## 15. Meeting Adjourned

- [USAWA Daily News](#)

### World Postal Meet

June 4, 2015 Al Myers Edit Post

by Steve Gardner



## 2015 IAWA World Postal Championships

Watch out for more details of this exciting IAWA event...the Annual World Postal competition. Open to all IAWA members, generally in teams of 3 but it is for individuals as well as all Weight Class and Age Divisions are recognized in the World rankings results. Just have your lifts performed before a referee (2 if you want to claim any records) and send them in.

The entry forms will go out by end of May and results MUST all be back in by the End of August...Good Luck everyone and have fun...we are hoping to see entries from: Hastings Eastbourne Sunbury Cornwall Devon Leicester Burton Derby Preston Grimsby Glasgow Wales USA Spain Hungary New Zealand and Australia....at least!

ENTRY FORM (PDF) – [2015 World Postal Meet Entry Form](#)

### [Crucifix Primer](#)

[July 17, 2015 Al Myers Edit Post](#)

by Eric Todd



Eric Todd and his USAWA record performance in the Crucifix, with a lift of 140 pounds. (photo and caption courtesy of Al Myers)

I first found the USAWA around my second year of strongman competitions. I was gung ho to compete, and there was a hiatus between strongman meets within driving distance for me. So I stumbled upon the old USAWA website where I found the “Deanna Springs Memorial” meet held at Clark’s Gym in Columbia, MO. The meet featured the crucifix lift, which I knew was contested in some strongman meets. So I went and competed. I found out soon that there were some differences in the way the lift is contested in the USAWA from how it looks in strongman competitions. In strongman meets, you get implements of a certain weight to the crucifix position, and then you hold them there for time. Your time stops when a judge determines your position no longer meets the criteria for crucifix (i.e. Arms drop, elbows bend, etc.) In the USAWA, you pick the weight. The rules read as follows:

*Two evenly loaded dumbbells or kettlebells are used for this lift. The lift begins at the lifter's discretion. The dumbbells are taken to arms' length overhead with the palms of the hands facing each other and dumbbells touching. The lifter must bring the feet together so the heels are together and touching. The body must be upright at the start of the lift. Once in this position, an official will give the command to start the lift. The lifter will then lower the dumbbells to the side with arms' straight and palms up. Elbows must be fully locked. The lifter may lean back to any extent when lowering the dumbbells. The wrists do not need to be held straight. The legs must remain straight and knees locked throughout the lift. The heels must remain together and the heels and toes must not rise during the lift. Once the arms are parallel to the platform, and the dumbbells motionless, an official will give a command to end the lift. (Myers, A. (Ed.). (2014). USAWA Official Rulebook (8th ed., p. E8). Holland, Kansas: Al Myers)*

Well, as it turns out, I wound up being decent at both versions. I hold several records in the discipline in the USAWA, and held the amateur national record in strongman. So, I thought I would write a brief primer on the finer details of completing the lift.

Clean the dumbbells to your shoulders. As I press them overhead, I like to turn them so that the palms are facing when they reach arm's length. At this point, I bring my heels together. Hook one slightly behind the other to ensure they do not come apart. When the official gives the command to begin the start of the lift, begin the decent of the dumbbells SLOWLY. As you lower the dumbbells, look up and lay back as far as you can. This will keep the dumbbells parallel with the floor. Squeeze your glutes in order to give you stability whilst laying back. Try to take the strain across your pecs as best as you can to give you the most strength possible. It is up to you to: A) Know when you have reached parallel or B) Have someone tell you. This is not the job of the judge. When you near this point, slow down, and when you reach it, stop. You will only have to hold it still briefly, but it will feel like an eternity. Wait for the official's down call. Once you hear that, you have the lift. Congrats!

As the crucifix has been both on the record book, and now as our official insignia (though I question whose likeness they used) it is a staple of all-round lifting, thus one to take pride in doing right.

- [USAWA Daily News](#)

### Lifter of the month – Randy Smith

[July 14, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Randy Smith (left) with Al Myers the day following the USAWA National Championships after Randy won Overall Best Lifter.

Congrats goes to RANDY SMITH for being selected as the USAWA Lifter of the Month for the month of July. Randy is a long time USAWA competitor and is always present at our National Championships. I first competed with Randy at the 2003 Nationals in Youngstown, Ohio. He seems to be lifting as well now as he did then! Randy has had many TOP TEN finishes at Nationals but this past month he won the OVERALL BEST LIFTER AWARD. This is the

highest honor a lifter in the USAWA can achieve during the year, and Randy is more than deserving. He is a technician and has perfected the lifting movements in the All Rounds.

- [USAWA Daily News](#)

## **2nd Quarter Postal Meet**

[July 12, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **2015 USAWA 2nd Quarter Postal Meet**

The results of the USAWA 2nd Quarter Postal Meet are IN! It appeared to have very good participation considering this is usually a “down postal meet” because of the Nationals being at the same time. I noticed a couple of newcomers to our postal meets – Daryl Jackson and Aidan Habecker. That’s always great to see. Welcome to the USAWA Postal Series.

Congrats goes to Women’s Overall Champ Ruth Jackson and Men’s Overall Champ Barry Bryan. I noticed Barry edged out fellow Habecker’s Gym training mate Denny Habecker. These two have quite the competition rivalry going as Denny edged Barry out by a very narrow point margin at Nationals.

### **MEET RESULTS:**

2nd Quarter USAWA Postal Meet

June 1-30, 2015

Meet Director: Denny Habecker

Lifts: Clean and Seated Press – 2 Dumbbells, Bentover Row, Rectangular Fix

Lifters with one certified USAWA Official:

Barry Bryan – Official Denny Habecker

Denny Habecker – Official Barry Bryan

Dean Ross – Official Al Myers

Daryl Jackson – Official Ruth Jackson

Ruth Jackson – Official Jarrod Fobes



Aidan Habecker – Officials Denny Habecker & Barry Bryan

Crystal Diggs – Official Jackson

\* The other participants used judges that were not USAWA Certified Officials

## **WOMEN'S DIVISION**

LIFTER	AGE	BWT	PRESS	ROW	FIX	TOT	PTS
Ruth Jackson	53	106	60	105	40	205	324.2
Tressa Brooner	53	130	60	90	50	200	267.9
Mary McConnaughey	53	304	55	145	60	255	213.5
Crystal Diggs	28	154	40	90	50	180	188.1

## **MEN'S DIVISION**

LIFTER	AGE	BWT	PRESS	ROW	FIX	TOT	PTS
Barry Bryan	57	196	120	220	88	428	456.5
Denny Habecker	72	187	90	198	72	360	444.7
Chad Ullom	43	258	60	315	105	480	389.9
Dean Ross	72	253	80	185	75	340	356.8
Daryl Jackson	25	143	100	127	75	302	332.4
Aidan Habecker	11	111	30	72	25	127	225.5
Christian Schimpf	16	150	90	—	60	150	175.2

*NOTES: BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.*

- [2015 Meet Results](#)
- [USAWA Daily News](#)

**Don't Foul It Up!**

[July 10, 2015 Al Myers Edit Post](#)

By Eric Todd



Lance Foster bending skillets!

Last month, myself and a few of my strongman confederates (USAWA member Lance Foster among them) were blessed with being able to perform once again for the kids of Camp Quality. Camp Quality is a Camp for children who have cancer. We have done this show several times before, and it is always a humbling experience. This year was no exception.

We lifted axles with truck tires, bent nails, tore phone books and decks of cards, bent steel bars, and broke padlocks and concrete blocks. I even did a teeth lift with a 180ish# atlas stone using my Al Myers constructed teeth bit. The show went off without a hitch.

Upon completion of the show, one of the directors got on the mic to give us accolades for all we had done for the camp throughout the years from these shows, to raising money for them with “The Gus Lohman Memorial Strongman Challenge”, to my being a companion for a camper there 20 years ago.

It was my experience as a companion that committed me to helping out the cause there at Camp Quality. I went into the experience not really knowing what to expect. My camper was a little guy about 14 years old. He was just out of chemo, so he was bald and weak, and had to report to the nurse's station intermittently throughout the day. However, because of his condition we were given a golf cart to navigate the campgrounds on for the week.

The week came and went. There were many activities offered for the campers. It had the capacity to be a tremendous experience. However, my camper was unable to do some, and did not have the strength or energy for others. When I said goodbye to him at the end of the week as he boarded the big yellow schoolbus, I felt as if he had not really gotten much out of his week with me at camp. I wished I could have done more.

That following spring the phone rang. It was a representative of Camp Quality with the sad news that my camper had succumb to his cancer. His visitation/funeral was that week. They wondered if I would attend one, or if they should send another representative from Camp Quality. I felt it was my job, so I went. When I got to the visitation, the line was immense, winding out of the church, down a sidewalk, and out into the parking lot. This gave me a long time to ponder what I would say to his parents. I had never met them. I had only spent a week with their son in what seemed to be an experience that could not have been that enjoyable for him.

Finally I got to the front of the line. I had to tell the parents who I was. When I said I had been their son's companion at Camp that year, the mother's eyes lit up. She said, "Wait here!" So I waited. When she returned, she handed me the handbill for his funeral. As I turned it over, I saw the picture of him and I that was taken at Camp Quality. She told me, "When he got back from camp, all he could talk about was the big, strong guy who was his companion this year." I walked away from this day very humbled. I guess the moral of this story is that you maybe never really know when you are making a difference, whether it be for the good or the bad. You never know who is looking to you to see how you handle yourself or to you as a role model. So, don't foul it up!

## [Team Championships](#)

[August 31, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Group picture from the 2015 USAWA Team Championships.

The USAWA weekend of the “Kansas Double Header” concluded Sunday at the Dino Gym with the USAWA Team Championships. Many of the lifters that competed were at Rainbow Bend the day before for the Club Championships. This made for a very fun and exciting weekend with the opportunity for lifters to compete in TWO CHAMPIONSHIPS over the course of one weekend!

I was very excited to see 6 teams entered this year – the most there has ever been in the Team Championships. Of these 6 teams 3 were Mixed Pair teams, consisting a man and woman lifting together. Doug and Jera took the overall victory with great lifting in all the lifts. The effort they gave on the last lift (Continental to Belt) earned them the “effort award” in my book. I’m sure those in attendance would agree! It was a joy to see Mary Mac and her lifters show up right at the last minute (as the rules meeting was just starting!). Mary and her Heartland club are back busy with the USAWA again, and I’m so glad to see it. They bring enthusiasm to every competition! Plus our Prez Denny was without a lifting partner as well as Mary so they

teamed up. For never lifting before together in team lifting they did outstanding.

Two Junior lifters (Draven Kressly and Austin Brewer) made quite a good showing for their first try at team lifting. These two young men have outstanding lifting talent, and performed these difficult team lifts very well. LaVerne and Dean again “joined forces” in the Team Champs and put up great lifts. I know both of these guys had to be a little sore from lifting the day before at the Club Champs, but they gave it their all and finished the meet as strong as they started.

I want to thank everyone who participated in these USAWA weekend events – as this will be one of the highlight weekends of the year in the USAWA.

### **MEET RESULTS:**

2015 USAWA Team Championships

Dino Gym

Abilene, KS

August 30th, 2015

Meet Director: Al Myers

Officials (1-official system used): Al Myers, Denny Habecker, Chad Ullom

Scorekeeper: Al Myers

Lifts: Curl-Cheat, Clean and Press-Fulton Bar, Deadlift-Ciavattone Grip, Continental to Belt

### **MIXED PAIR**

Team	AGE	BWT	Curl	C&P	DL-CG	Con	Total	Points
Jera Kressly	30	220	105			230		
Doug Kressly	35	249	(115)	130	295	(250)	760	604.1
Tressa Brooner	54	130			160			
Christian Schimpf	16	153	75	75	(175)	120	430	452.4

Mary McConnaughey	55	301	85	65	190	160	500	420.3
Denny Habecker	72	191		(75)	(210)			

## 2-MAN

Team	AGE	BWT	Curl	C&P	DL-CG	Con	Total	Points
Al Myers	49	229						
			155	130	375	250	910	747.7
Chad Ullom	43	252						
Draven Kressly	14	137	90	75		140		
					230		535	697.6
Austin Brewer	15	131	(100)	(85)		(150)		
LaVerne Myers	71	238						
			105	80	250	175	610	632.5
Dean Ross	72	255						

*NOTES: Age is age in years. BWT is bodyweight in pounds. All lifts recorded in kilograms. Total is total kilograms lifted. Points are adjusted points corrected for age and bodyweight. Successful extra record attempts in parenthesis.*

## RECORD DAY ATTEMPTS:

Christian Schimpf: Bear Hug 200#

Austin Brewer: Bench Press – Feet in Air 150#

Draven Kressly: Bench Press – Feet in Air 150#

- [2015 Meet Results](#)
- [USAWA Daily News](#)

## [Presidential Cup History](#)

[August 27, 2015 Al Myers Edit Post](#)

by Al Myers



Dean Ross (right) receiving the 2015 Presidential Cup from Denny Habecker (left).

The Presidential Cup just completed it's fourth annual Championship, all under the direction of the USAWA President Denny Habecker. As I've said before, the Presidential Cup is the CHAMPIONSHIP OF RECORD DAYS in the USAWA. Winning the overall in this event is no different than winning the overall best lifter in any other championship event within the organization.

The late Dale Frieze was the first Presidential Cup winner. To date, 4 different lifters have won this title. From now on I'm going to keep an up to date listing of the past winners of the Presidential Cup in our history archives, under the section "Past Championships".

### **History of the Presidential Cup**

YEAR	CUP WINNER	LIFT	PRESIDENT
2015	Dean Ross	Zercher – One Arm	Denny Habecker



2014 Al Myers	Pinch Grip – One Hand	Denny Habecker
2013 Art Montini	Teeth Lift	Denny Habecker
2012 Dale Frieze	Finger Lift – Ring	Denny Habecker

- [USAWA Daily News](#)

## **Presidential Cup**

[August 26, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET REPORT & RESULTS 2015 PRESIDENTIAL CUP**



Group picture from the 2015 Presidential Cup (left to right): Art Montini, Al Myers, Dean Ross, and Denny Habecker

For the fourth year annually, our USAWA President Denny Habecker has held the USAWA Presidential Cup. This Championship Event recognizes the “best of the best” amongst record days. It IS the championship record day in the



USAWA – much like the Gold Cup is the Championship Record Day in the IAWA. Every year our Prez picks a lift and lifter for the winner of the Presidential Cup. This is based on what impresses him the most – that is the criteria for being awarded the Presidential Cup.

This year 4 experienced USAWA members took on the challenge. It was interesting to me that these four lifters (Denny, Art, Dean, and myself) are also TOP TEN members of the Century Club, which shows that all of us have competed in the USAWA quite some time now! Each of us took turns with our lifts on the platform. Art continues to amaze me. He did a 26# Abdominal Raise – which would be a very difficult lift for anyone. I thought that could be the Presidential Cup Lift that might win. As it turns out that was the only record lift Art did. When we had time for additional record lifts Art couldn't decide on another lift to do as he has ALL the records in his age/bodyweight class in the record list and Art doesn't like to break his own records!

Dean Ross made the trip to Pennsylvania again this summer (Nationals in York was the other). Dean picked the One Arm Zercher, which is a very difficult lift to perform. He lifted an impressive 160 pounds! As it turns out – THAT was the lift to win him the Presidential Cup! Well deserving I must say.

This was a great competition. I want to thank Denny and Judy for being such great hosts. We are very fortunate to have Denny as our President and Judy as the “first lady” in the USAWA. They work tirelessly to keep things going, and give back SO MUCH to the organization.

(Tomorrow I'll give a report on the history of the Presidential Cup and a listing of all past winners. )

Meet Results:

Presidential Cup

Habecker's Gym

Lebanon, PA

August 22nd, 2015

Meet Director: Denny Habecker

Official's (3-official System Used): Denny Habecker, Al Myers, Art Montini

**Al Myers – 48 years old, 228# BWT**

Vertical Bar Deadlift – 2", 1 Bar, Right Hand: 193#

Vertical Bar Deadlift – 2", 1 Bar, Left Hand: 193#

Deadlift – Fulton Bar, Right Arm: 171#

Deadlift – Fulton Bar, Left Arm: 171#

Deadlift – Fulton Bar, Ciavattone Grip: 303#

Deadlift – One Leg, Right: 242#

**Dean Ross – 72 years old, 253# BWT**

Zercher – One Arm, Left: 143#

Zercher – One Arm, Right: 160#

Ziegler Clean: 93#

Swing – One Arm, Right: 55#

Swing – One Arm, Left: 45#

**Denny Habecker – 72 years old, 189# BWT**

Pullover – Straight Arm: 60#

**Art Montini – 87 years old, 173# BWT**

Abdominal Raise: 26#

- [2015 Meet Results](#)
- [USAWA Daily News](#)

**OTSM Championships**

[August 16, 2015 Al Myers Edit Post](#)

by Eric Todd

I will be hosting the USAWA Old Time Strongman Championship again this year. It will be here on Sept 26. Events will be:

Saxon Snatch

Apollon's Axle...

People's Deadlift

Thor's hammer

ENTRY FORM (PDF) – [OTSM Entry](#)

- [USAWA Daily News](#)
- [USAWA Events](#)

### **Sir Lance-A Lot's RD**

[August 16, 2015](#) [Al Myers](#) [Edit Post](#)

by Eric Todd

#### **Sir Lance-A lot's Golden Birthday Gala Record Day**

This event will be a record day to celebrate Lance Foster turning half a century old. No entry form. No awards. It will probably be cool, but we will have the stoves going. Email me at [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com) if you plan on lifting. You are welcome to try anything we have the equipment for, which would be most of the lifts in the book.

Date: November 21, 2015

Where: ET's House of Iron and Stone

Weigh ins: 9:00 to 10:00

Lifting starts: 10:00

### **Lifter of the Month – Barry Bryan**

[August 10, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Barry Bryan – Lifter of the Month for July.

A big congrats goes to Barry Bryan for being the USAWA Lifter of the Month for July. Barry has had a great summer lifting in the USAWA. He won BEST LIFTER in the 2nd Quarter Postal Meet shortly after his great performance at the USAWA Nationals in York, PA.

- [USAWA Daily News](#)

**[Welcome LaVerne to the Century Club!](#)**

[August 8, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



LaVerne Myers lifting 200 pounds in the Bear Hug at the 2015 USAWA Grip Championships to establish himself another USAWA record!

It's always BIG NEWS when a USAWA lifter joins the Century Club. This is not for lifters who are over 100 years old – but for lifters who have over 100 USAWA records. It has been awhile since I have gave an update on this, but with the new addition of LaVerne Myers to the club it is time to give the updated counts. LaVerne has been lifting in the USAWA for a number of years now and has been very active this past year. He attended such prestigious competitions such as the Presidential Cup and the Gold Cup in England this year. He won the USAWA Grip Championships in February against a very stacked field of lifters. Plus LaVerne has really earned his records by just getting a few in each comp – not “cherry picking” 20 plus records in a record day. On the last Century Club report legendary USAWA lifter John Vernacchio dropped off the listing leaving the Club at 24 members. With the addition of LaVerne it is now back to 25 members.

Denny Habecker still leads the Men's listing with 520 records – distancing himself from Art Montini. At one time a few years ago these two were “nip and tuck” in their record counts. Denny is the only USAWA lifter who has ever held over 500 USAWA records. Ruth Jackson is moving up the list in the Women's listing, and I expect her to soon pass Noi (who has held the number one spot forever).

There are several USAWA lifters who are on the fringe of making the Century Club. Our current USAWA champ Randy Smith is within 10 of the list (and he has most ALL of his USAWA records from National Championships!!!!). Our current women's National Champ Susan Sees is very close as well. Plus it won't be long before Joe Jr. and Joe Sr. Ciavattone join the club – they could be there in a couple of meets!

Thanks to a suggestion by Tim Songster – the CENTURY CLUB will now be part of the Record List Page. This will allow it to be readily available for viewing (and not buried under many blogs) which will give lifters added motivation to compete in the USAWA!

### **WOMEN'S CENTURY CLUB** **(as of August 8th, 2015)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Noi Phumchona	260	261	-1
2	Ruth Jackson	236	213	+23
3	Mary McConnaughey	130	117	+13

### **MEN'S CENTURY CLUB** **(as of August 8th, 2015)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Denny Habecker	520	501	+19
2	Art Montini	458	445	+13

3	Al Myers	436	421	+15
4	John McKean	305	290	+15
5	Joe Garcia	294	247	+47
6	Dennis Mitchell	281	278	+3
7	Frank Ciavattone	273	268	+5
8	Chad Ullom	232	210	+22
9	Bob Hirsh	229	229	0
10	Dean Ross	226	188	+38
11	Bill Clark	214	207	+7
12	Howard Prechtel	172	174	-2
13	Dale Friesz	157	159	-2
14	Jim Malloy	154	156	-2
15	Scott Schmidt	152	150	+2
16	John Monk	147	148	-1
17	Ed Schock	138	138	0
18	Chris Waterman	137	137	0
19	Rudy Bletscher	125	126	-1
20	Bob Geib	112	101	+11
21	Mike Murdock	106	113	-7
22	LaVerne Myers	102	---	---

### [OTSM Championships](#)

[September 29, 2015 Al Myers Edit Post](#)

by Eric Todd

**2015 USAWA OLD TIME STRONGMAN CHAMPIONSHIPS**



Group picture from the 2015 USAWA Old Time Strongman Championship (left to right): Denny Habecker, Eric Todd, Art Montini, Lance Foster

September 26, ET's House of Iron and Stone played host to the fifth annual USAWA Old Time strongman Championship. Though turnout was rather small (mostly due to poor scheduling by the promoter), the lifting was fantastic and the camaraderie was even better. President Denny Habecker and his trusty sidekick Art Montini made the trip from Pennsylvania to lift. Lance Foster came all the way from from Platte City, MO, and I came all the way across the lawn from inside my house. We started off with Thor's Hammer, which would have the smallest amount lifted of all the disciplines. Lance and I tied for top honors here, both lifting 35.5 pounds. Denny was not far behind with at record breaking lift of 25.5. In the Saxon snatch, Lance and I tied again with lifts of 80 pounds apiece. In the Apollon's Axle, it was all Lance. At first, it appeared that he had shot himself in the foot, as he missed his first and second attempts. However, he came back on his third and nailed 165 pounds. Denny struggled with the continental, or he would have given Lance a run for his money. The final lift of the day was the People's Deadlift. It was a battle. Art set the bar with a lift of 300, a record lift of 320, and he



was still grumbling afterwards that we had let him start too light. Denny topped him with a 365, then ground out a record 375. At this point, Lance started lifting and topped out at an impressive 460. This lift ultimately allowed Lance to sneak by Art by one point for second place. Top honors, however, went to his majesty, the President, Denny Habecker. It was a beautiful day to catch up with friends and throw around some iron.

## **MEET RESULTS:**

2015 USAWA OTSM Championships

ET's House of Iron and Stone

Turney, MO

September 26th, 2015

Meet Director: Eric Todd

Scorekeeper: Eric Todd

Officials (3 official system used): Eric Todd, Lance Foster, Denny Habecker, Art Montini

Lifts: Thor's Hammer, Saxon Snatch, Apollon's Lift, People's Deadlift

## **MEN'S DIVISION**

LIFTER	AGE	BWT	Thor	Sax	Apoll	People	Total	Points
Denny Habecker	72	87.3	25.5	50	120	365	560.5	680.8
Lance Foster	49	149.1	35.5	80	165	460	740.5	566.7
Art Montini	87	79.1	10	25	60	300	395	565.8
Eric Todd	40	117.3	35.5	80	110	135	360.5	284.1

## **EXTRA ATTEMPTS FOR RECORD:**

Denny Habecker: Saxon Snatch 60#

Denny Habecker: People's Deadlift 375#

Art Montini: People's Deadlift 320#

*NOTES: Age in years. BWT is bodyweight in kilograms. All lifts recorded in pounds. Total is total pounds lifted. Points are adjusted points for age and bodyweight corrections.*

### [Lifter of the Month – Dean Ross](#)

[September 23, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Dean Ross performing a One Arm Zercher at the 2015 USAWA Presidential Cup.

The LIFTER OF THE MONTH for the USAWA for the month of August is Dean Ross. Usually this is a difficult decision to select a lifter for this award – but this month it was an EASY, HANDS DOWN decision! No one has come close to performing like Dean Ross thru the month of August. Let me “recap” Dean’s highlights from last month. First, he made the long road trip to

Lebanon, PA to compete in the Presidential Cup, hosted by our USAWA President Denny Habecker. Dean came away with winning the Presidential Cup! This award is for the BEST LIFTER of the meet. Dean then competed in TWO USAWA Championship events – the Team Championships and the Club Championships. Dean anchored the Dino Gym for a club victory at the Club Championships, and then teamed with LaVerne Myers for a third place finish in the Team Championships. On top of all this competing Dean still found time to complete the postal lifts for the USAWA Third Quarter Postal and the IAWA World Postal Meet. That's a busy month!

Also, I have to mention that Dean has now entered the TOP TEN in the Century Club for most USAWA records. I'll end with a good quote, "We haven't heard the last of Dean Ross!"

### [Team Champs History](#)

[September 16, 2015 Al Myers Edit Post](#)

by Al Myers



8 time USAWA Team Champions Chad Ullom and Al Myers performing a 430 pound Heels Together Clean and Press in the first USAWA Team Championships in 2007.

It is my goal this year to create a historical summary of all our Championship Events, which will be always easily available to view in our historical archive page section on the website. I plan to do this around the time of each Championships. Since the Team Championships is already “done and gone” it is time I get this one summarized! I have promoted and hosted all of the USAWA Team Championships at the Dino Gym, with the first year being in 2007. Hard to believe – but next year will be our 10th year for this annual Championship event.

The USAWA Team Championships started out as a very small competition. Only ONE TEAM showed up the first year, and that was only because I talked Chad into being my teammate. Well, the next year didn’t get much better when Chad told me he couldn’t make it so I talked Joe Garcia into being my teammate. Again, it was just one team. Joe commented to Bill (which was published in the Strength Journal) that “it was really cozy laying so close to Al” during the Team Pullover and Press. I would think the enjoyment of that experience would have motivated Joe to return to the Team Championships – but I haven’t seen him at this meet since! It was at that time that I think Bill probably thought I should have “put a fork” into this Team Championships idea and kill it off – and I was having my doubts as well – but I forged on for another year.

In 2009, the Team Championships started to pick up momentum! Participation DOUBLED with 2 teams in attendance. Thanks to the JWC Graybeards for showing up it finally made for a real competition – a ONE ON ONE DUEL. Thom and John vowed a rematch with Chad and me – but again they have not been seen at the Team Championships since.

2010 brought another increase in attendance! For the first time there was a 70 age plus team competing (Rudy Bletscher and Mike Murdock). This comp also marked the first time a Team Trap Bar Deadlift was done – which I made specifically for this event. 2012 was a memorable year because it was the

first time a Mixed Pair (man and woman) team entered with Doug and Jera Kressly. At this event the participation was up to 4 teams. 2013 was even better with all 3 divisions represented. Ruth Jackson and Molly Myers entered the first ever 2-Women Team that year. The BEST YEAR for attendance was THIS YEAR, 2015, with 6 teams entered. There were 3 2-Man Teams and 3 Mixed Pair Teams. This made for a great competitive event.

It has taken about 10 years – but finally I feel this is one of the best attended events in the USAWA. I’m glad I didn’t “throw in the towel” back in 2008!

## **SUMMARY OF USAWA TEAM CHAMPIONSHIPS**

### **BEST OVERALL LIFTER TEAM AWARDS**

YEAR & DATE	2-MAN	2-WOMEN	MIXED PAIR
2015-August 30th	Al Myers & Chad Ullom >60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
2014-August 24th	Al Myers & Chad Ullom >60: Laverne Myers & Dean Ross	none	none
2013-August 17th	Al Myers & Chad Ullom >60: Denny Habecker & Art Montini	Ruth Jackson & Molly Myers	Jera Kressly & Logan Kressly
2012-August 11th	Al Myers & Chad Ullom >60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly

2011-August 27th	Al Myers & Chad Ullom	none	none
	>60: Mike Murdock & Rudy Bletscher		
2010-August 10th	Al Myers & Chad Ullom	none	none
	>60: Mike Murdock & Rudy Bletscher		
2009- September 20th	Al Myers & Chad Ullom	none	none
2008- September 20th	Al Myers & Joe Garcia	none	none
2007- September 8th	Al Myers & Chad Ullom	none	none

*\*This table will be maintained and updated in the History Section page on the website.*

- [USAWA Daily News](#)

## [World Postal Championships](#)

[September 9, 2015 Al Myers Edit Post](#)

by Steve Gardner

## **2015 WORLD POSTAL CHAMPIONSHIPS – THE ANDY GODDARD MEMORIAL**

Well done to all who took part: especially to top team Winners ‘Burton Powerhouse 1’ who retained their title from 2014, ahead of a close challenge from Leicesters ‘Granby Grippers’ and Eastbournes ‘Meta Men’ in third. Individual Champion: Steve Sherwood took the title from Mark Haydock in Second and Pete Tryner in Third.....Super lifting, Super Results...and again

Well Done to all who took part and supported the event! Results came in from Scotland, Wales, USA, England, Australia and Ireland!

MEET RESULTS (PDF) – [2015 Andy Goddard Memorial](#)

- [2015 Meet Results](#)
- [USAWA Daily News](#)

### **[Forum back up!](#)**

[September 8, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

Well last night I finally solved the issues with the USAWA website. It is now back online and working! The change-over in the website also involved the forum. I hope all users had their information transferred correctly – but I suspect there may have been some loss of information. If anyone has issues with logging in please email me and I will get it sorted out for you. Also – I’ve had lots of problems with abundant “login spammers” and I usually just delete this stuff but if someone has an odd sounding user name and email that I don’t recognize this could get deleted as well. It’s always best to send me an email when you register for the forum so I make sure your account is approved.

I’m trying to keep the USAWA Discussion Forum “clean” and just for those truly interested in All-Round Weightlifting and the USAWA. It has been an important venue to discuss topics and current events, and I appreciate everyone who has contributed.

Please take a moment today and post on the forum – just so I know it is working for everyone. Thanks!

### **[Club Champs Summary](#)**

[September 7, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers





The 2015 Dino Gym members (Chad Ullom, LaVerne Myers, Al Myers, and Dean Ross) at the Club Championships.

The USAWA Club Championships just recently celebrated its 6 year anniversary. This has become a signature championship event in the USAWA. I have decided today to do a summary of all past Club Championships and include this information in our history archives. The years go by SO FAST – it seems like just yesterday I was at the VERY FIRST Club Champs in Ambridge eating my fill of roast beef and the “secret beef gravy” at the Maple restaurant with John McKean and Art Montini. The Club Championships has had two host clubs promoting it through the years. Ambridge BBC promoted it the first three years, and the Ledaig Heavy Athletics have the past three.

The Dino Gym has the most overall wins with four, followed by the Ledaig HA with 2 wins. Ledaig has had the most lifters entered in a Club Champs (8 in 2014). Only one USAWA Club has entered every Club Championships – the Dino Gym.



## SUMMARY OF CLUB CHAMPIONSHIPS

DATE	HOST	FIRST	SECOND	THIRD
2015 August 29th	Ledaig HA	Dino Gym	Ledaig HA	Habecker's Gym
2014 July 19th	Ledaig HA	Ledaig HA	Dino Gym	Habecker's Gym
2013 July 14th	Ledaig HA	Ledaig HA	Dino Gym	
2012 March 10th	Ambridge BBC	Dino Gym	Atomic Athletic	Ambridge BBC
2011 March 12th	Ambridge BBC	Dino Gym	Joe's Gym	Ambridge BBC
2010 March 13th	Ambridge BBC	Dino Gym	Ambridge BBC	Habecker's Gym

### Club Championships

[September 1, 2015](#) [Al Myers](#) [Edit Post](#)

by Dave Glasgow



Group picture of the lifters at the 2015 USAWA Club Championships.

ON A PERFECT DAY FOR LIFTING, THREE CLUBS OF LIFTERS CAME TO THE DEN OF THE LEDAIG HEAVY ATHLETICS FOR THIS YEARS VERSION OF THE USAWA CLUB CHAMPIONSHIPS. I WAS GRATIFIED AT THE SHOWING BUT IT WAS ESPECIALLY GOOD TO SEE JUDY AND DENNY HABECKER MAKE THE TREK FROM PENNSYLVANIA.

KICKING THINGS OFF WAS THE 2" VERTICLE BAR, ONE HAND. THERE WERE SOME FINE LIFTS BY ALL BUT THE STAND OUT OF THE DAY WAS FROM THE VENERABLE LAVERNE MYERS. THOSE BIG FARMERS HANDS HAVE SERVED HIM WELL OVER HIS LIFE AND IT WAS NO DIFFERENT HERE AS HE HOISTED 182 IN THE RIGHT HAND. THAT IS A HUGE LIFT FROM ANYONE, REGARDLESS OF AGE.

ONE OF MY FAVORITE LIFTS IS THE ONE HAND SNATCH. FOR THIS MEET, THERE WAS A LITTLE TWIST AS YOU HAD TO PERFORM THE LIFT WITH YOUR NON-DOMINATE HAND. AGAIN, THERE WAS FINE LIFTING BY ALL AND THE JUDGING WAS STRICT. NOT AS STRICT AS MIKE MURDOCK WOULD HAVE DONE, BUT STILL, VERY STRICT. FOR MY MONEY, THE BEST ALL-ROUND LIFTER IN THE USAWA TODAY IS THE OLE WAR HORSE, CHAD ULLOM. HE PROVED THIS BY THROWING UP A VERY CREDITABLE 125# LEFT HAND SNATCH. NOT FAR BEHIND WAS DOUG KREESLY, WHO HAD NEVER DONE THIS LIFT BEFORE. BEING MORE ATTUNED TO THE POWER LIFTS, HE ADJUSTED QUICKLY AND CERTAINLY MADE A GOOD SHOWING FOR HIMSELF.

WITH VERY LITTLE BREAK IN THE ACTION, WE MOVED TO THE PUSH PRESS OUT OF THE RACK. AS THIS WAS MORE IN DOUG KRESSLYS WHEEL HOUSE, HE PUT UP A STRONG 225 AND WAS NOT QUITE ABLE TO MUSCLE UP A 240 ATTEMPT. NOT TO BE IGNORED WERE THE OTHER MEMBERS OF THE KREESLY CLAN THAT SHOWED UP. JERA PUT UP A FINE 155 PP AND WITH SOME WORK COULD EASILY GO 180. MORE ON HER LATER.

DRAVON KRESSLY DOES'NT SAY MUCH. HE LETS HIS LIFTING TALK FOR HIM. COMING IN AT 137 POUNDS, THIS JUNIOR HIGH LINEBACKER ALMOST PP'd HIS WEIGHT! I KNOW FOR A FACT THAT NONE OF THE KREESLYS HAD PRACTICED THESE LIFTS PRIOR SO I BELIEVE THIS TO BE A HUGE LIFT! WELL

DONE, LAD! GOOD ON YA! LOOK FOR MUCH MORE FROM THIS KID. COULD HE BE THE NEXT 'CHAD ULLOM'? TIME WILL TELL!

JERA KRESSLY IS ONE FINE LOOKING, STRONG AND INTELLIGENT WOMAN. HER LIFTING PROVED TWO OF THOSE ATTRIBUTES. LIFTING WELL WITHIN HER ABILITIES, THIS FORMER 'KANSAS' STRONGEST WOMAN' DID'NT MISS A LIFT AND DID MORE THAN HER SHARE TO FURTHER THE EFFORTS OF THE LEDAIG CLUB.

COMING DOWN TO THE 2 BARS DEADLIFT, THE CLUB CHAMPIONSHIP COULD HAVE GONE EITHER WAY. HOWEVER, DUE TO SOME POOR COACHING DECISIONS ON THE PART OF THE LEDAIG MANAGER, THE DINO GYM WOULD PREVAIL FOR THIS YEAR. AGAIN, CHAD ULLOM CARRIED THE DAY WITH A VERY IMPRESSIVE 560. BUT WAIT, HOW ABOUT THAT DRAVON KID. AFTER A FINE 270 TO END HIS DAY OF COMPETITION, HE WENT OUTSIDE COMPETITION TO PULL AN OUTSTANDING 310! MAN!!

IN CLOSING, I WOULD BE REMISS TO NOT MENTION TWO OF THE STALWARTS OF THE USAWA. DENNY HABECKER AND DEAN ROSS TRAVEL ALL OVER THE COUNTRY TO LIFT IN THE USAWA. YOU WILL NOT FIND ANY MORE CONSISTANT LIFTERS THAN THESE TWO. AS FOR INDIVIDUAL RECORDS, WELL, THEY BOTH TOOK EXTRA LIFTS TO SECURE NEW HEIGHTS FOR THOSE FOLLOWING TO ACHIEVE. DENNY WITH A FINE 330# 2 HAND DL AND DEAN NOT FAR BEHIND WITH A 320#. EXCELLENT LIFTING, GENTLEMEN!

THANKS TO ALL FOR COMING TO THE MIDDLE OF NOWHERE TO COMPETE. I PLAN TO HAVE THE CLUB CHAMPIONSHIPS FOR YEARS TO COME! YOU PLAN TO BE THERE, 'YA HEAR?? WHY?! 'CAUSE I SAID SO!!

### **MEET RESULTS:**

2015 Club Championships

Ledaig Heavy Athletics

Rainbow Bend, KS

August 29th, 2015

Meet Director: Dave Glasgow

Official (1-official system used): Dave Glasgow

Scorekeeper: Al Myers

Lifts: Vertical Bar Deadlift – 2", 1 Bar, 1 Hand, Snatch – Dumbbell, 1 Arm (non-dominate hand), Push Press – Rack, Deadlift – 2 Bars

### 1. Dino Gym – 2061.72 points

LIFTER	AGE	BWT	VB-2"	Snatch	P	Press	2-bar	DL
LaVerne Myers	71	240	182 R	45 R	100			290
Dean Ross	72	253	132 R	60 L	125			270
Chad Ullom	43	252	192 R	125 L	80			560

### 2. Ledaig Heavy Athletics – 1733.39 points

LIFTER	AGE	BWT	VB-2"	Snatch	P	Press	2-bar	DL
Draven Kressly	14	137	127 R	55 L	130			270
Jera Kressly	30	220	137 R	60 L	155			310
Doug Kressly	35	248	152 R	100 L	225			0

### 3. Habecker's Gym – 758.11 points

LIFTER	AGE	BWT	VB-2"	Snatch	P	Press	2-bar	DL
Denny Habecker	72	194	122 L	45 L	150			310

*NOTES: AGE is in years. BWT is bodyweight in pounds. R and L designate right and left hands. Lifts recorded in pounds. Points are adjusted for age and bodyweight correction.*

EXTRA ATTEMPTS FOR RECORD:

Denny Habecker: 2-Bar Deadlift 330#

Dean Ross: 2-Bar Deadlift 320#

Draven Kressly: 2-Bar Deadlift 310#

Jera Kressly: Push Press – From Rack 160#

## [John's Record Event](#)

[October 29, 2015](#) [Al Myers](#) [Edit Post](#)

by John McKean

MEET ANNOUNCEMENT

### **John's 70th Birthday Record Event**

Meet Details:

John's 70th Birthday Record Day Event

Sunday Dec 20 at the Ambridge VFW Barbell Club

Duss Ave Ambridge, PA.

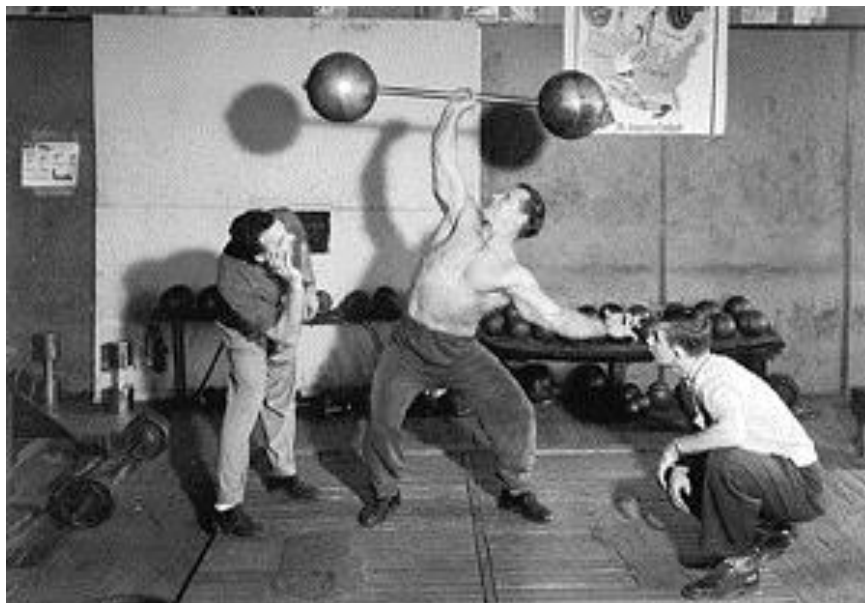
No entry fee or entry blank needed ,just show up from 8 am on for weigh-in and lifting, hopefully weather will give us a break for travelers! HIGHLY recommended that you have registered with the USAWA beforehand (no records will count until a lifter has registered and paid the annual fee). Plan to have a great "workout" with some wonderful lifters!

- [USAWA Daily News](#)

## [Round Up Training](#)

[October 27, 2015](#) [Al Myers](#) [Edit Post](#)

By John McKean



John Grimek performing an one arm overhead lift at the old York Barbell Club.

Surprisingly, the fabled super human did not squash me like a bug, spit in my direction, or merely ignore an insignificant little nobody like me! At the time I was a wide eyed college student witnessing the parade of Iron Game icons who were milling about at one of the famous York Barbell Club picnics at Hoffman's wooded Brookside Park. Brushing my right shoulder, John Grimek and his wife casually strolled by, causing an instant, massive lump to clog my throat! Best I could think to do was croak out a meek "Hi, John!" The mighty Grimek, huge arms in full display in a cut sleeve t-shirt, merely extended his hand in warm greeting and genuinely replied " Hey, great to see you! How's your training coming along?" Then he started gabbing as if we'd been long time buddies and avid training partners! Naturally a crowd quickly built around our discussion, amid other queries from the group, when it occurred to me to ask about a point made in a recent issue of John's MD magazine.

Questioning him about a very interesting, unique arm building article (written by Mr Universe, Tom Sansone), where the major premise was always to keep training time short by constantly CHANGING bi/tri exercises every workout, I was wondering if John himself shared that author's conviction." Oh, yes, ABSOLUTELY" emphasized John, "especially if you desire to greatly increase STRENGTH as well!" That statement shocked and puzzled me, as I'd assumed that one had to labor through a movement for quite a while in order to reach decent poundage. Only much later in life did I come to realize that this all-knowing lifting guru had provided the quintessential KEY to much of his own fabled super strength, and gave a glimpse to the brilliance he acquired from instinctual power work during his youth.

Of course, VARIETY is also the essence of ALL-ROUND competition ,which I've been involved with exclusively for the past 3 decades.( In fact, John Grimek was our first inductee to the USAWA Hall of Fame!) However, for most of that time it's been a struggle to include a fairly good range of official lifts (we have nearly 200 events!)into workouts without spending entire days in the gym. So, to chase Grimek's lead , I read "between the lines" in accounts of his earliest training ; seems he followed a basic, constant pattern in standard

,heavy exercises, but usually ended with a single massive effort on some odd strength feat. Never much in favor of “sets/ reps”, he’d just extend one big all-out push,pull,partial, or hold. And,of course, ALWAYS experimenting with something new, unusual, or different.

Now, it occurred to me, some 50 years since I first marveled over Grimek’s sage advice , that I can save time in the gym, yet train a bigger variety of lifts more effectively if I only tweak John’s essential power building KEY a bit. Simply, I needed to start with a moderately loaded barbell, build up weight in increments (such as 20 pounds each set), and perform a semi-challenging LIFT that will “FIT” each different poundage. For example, the other day I began with a fairly heavy curl, added 2 ten pound plates, did a single bent arm pullover off the floor, then an increment up for a row. Twenty more pounds for an easy one arm deadlift. And on up (lots of ten pound plates laying there!) through subsequent singles for a hack lift, Ciavattone pull, heels together deadlift, Jefferson (or straddle), 12” base deadlift, 2 bars deadlift, and finish with our heavy Kennedy lift .Yep, an eleven “event” total, great variety,decent strength output (mostly along similar “off the floor” lines),and ,most importantly, no multiple set drudgery or boredom at all! Heck, I thought I was competing in one of the USAWA’s exciting “record day” events (in itself, a form of this training system)! At the rather fast termination to the workout, in fact, my mind& mood were as “pumped” as my legs and back were!

Next workout, if I don’t decide to change the list completely, I’ll merely add 5 pounds to the initial lift in that sequence,which,of course, puts an additional nickel on EVERY lift. Advancement will continue until some weak link in the chain becomes a “partial”; there’s never such a thing as a “miss” -max effort is always a BUILDER ! Besides, no lift stays stuck for long, as each in the series tends to boost and strengthen all others!

My training partner, 88 year old (!!) USAWA patriarch Art Montini, has been following his own version (Art’s well thought out plans feature 28 lifts, not done all at once, but 7 lifts per session, alternating each workout) of this “Round-Up” for years with considerable success. Art recently won (again!) the IAWA World Championships in Scotland, and is second all time on our

national record list with over 400 current marks in various age and weight divisions. His brief, variety enhanced workouts begin at 4 AM, EVERY morning, finish quickly before 5, then has him bounding through the day with unbelievable vigor !

Want the strength of Grimek and the longevity of Montini? Forget all useless, time robbing set/rep systems and “Round-Up” for an instant power surge, vastly increased energy, and all-round versatility!

- [USAWA Daily News](#)

### **3rd Quarter Postal**

[October 25, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

#### **MEET RESULTS-**

#### **3rd QUARTER USAWA POSTAL MEET**

#### **MEET RESULTS**

3rd Quarter Postal Meet

September, 2015

Postal Meet Director: Denny Habecker

Lifts: Crucifix, Cheat Curl – Dumbbell, One Arm, One Arm Deadlift

Officials: Lifters who used a certified official

Ruth Jackson – Official Jarrod Fobes

Daryl Jackson – Official Ruth Jackson

Crystal Diggs – Official Ruth Jackson

Al Myers – Official LaVerne Myers

LaVerne Myers – Official Al Myers

Chad Ullom – Official Denny Habecker

Denny Habecker – Official Chad Ullom

Draven Kressly – Officials Chad Ullom & Denny Habecker

Austin Brewer – Officials Chad Ullom & Denny Habecker



Doug Kressly – Officials Chad Ullom & Denny Habecker  
Dean Ross – Officials Chad Ullom & Denny Habecker  
Jera Kressly – Officials Chad Ullom & Denny Habecker

Officials: Lifters who used a non-certified Judge

Christian Schmipf

Tressa Brooner

Mary McConnaughey

## **WOMENS DIVISION**

Lifter	Age	BWT	Cruc	Curl	DL-1	TOT	PTS
Ruth Jackson	53	106	35	55 R	135 L	225	356.5
Tressa Brooner	54	132	45	40 L	95 R	180	240.6
Jera Kressly	30	220	50	45 R	176	271	230.0
Crystal Diggs	28	152	24	25 L	70 R	119	125.7
Mary McConnaughey	55	304	45	55 R	—	95	79.5

## **MENS DIVISION**

Lifter	Age	BWT	Cruc	Curl	DL-1	TOT	PTS
Al Myers	49	230	70	105 R	353 R	528	481.2
Chad Ullom	43	252	40	115 L	352 R	507	418.6
Denny Habecker	72	191	50	50 L	242 R	342	417.3
Draven Kressly	14	137	50	50 R	198 L	298	405.5
Austin Brewer	15	131	50	50 R	176 L	276	371.6
Doug Kressly	35	249	80	100 R	242 L	422	335.6
LaVerne Myers	71	240	20	60 R	226 L	306	327.4
Christian Schimpf	17	154	60	70 L	150 R	280	307.3
Dean Ross	72	255	60	50 R	154 L	264	275.9

Daryl Jackson     25   139   48   79 L   —   127 143.1

*Notes: BWT is bodyweight in pounds. All lifts recorded in pounds. R & L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points for bodyweight and age corrections.*

- [2015 Meet Results](#)
- [USAWA Daily News](#)

## **Art's Birthday Bash**

[October 22, 2015 Al Myers Edit Post](#)

by John McKean

### **Art's 88th birthday & BD Bash**



The previous week on his 88th birthday Art Montini won another World Championships in Glasgow, Scotland.

Not a beautiful Autumn morning like usual, it was SNOWING out side my house! Seemed a bad sign, as I was, unbelievably for me, already in a bad mood, over worrying that attendance would be minimal, since the previous week's IAWA World Meet had usurped Art's long standing birthday meet date (next time ,meet directors, if your plans are on or just after Oct 12,suck

it up! Art has had claim to this date for 88 years!!!). To bottom out my bad start this morning, our cat upchucked over my nice meet shirt, which was carefully laid out on the kitchen floor for packing!!

Glumly entering the VFW gym, my mood instantly changed and I was immediately inspired seeing the GREAT Dean Ross, all the way from Oklahoma, about to begin a series of finger lifts! Dean had left his home, stopped over in Missouri for a Highlands Games event, then drove without sleep to Ambridge and did his lifts. He then, after his usual hilarious jokes & stories (don't ever accept a quarter from this guy!!), hit the road again, promising to find sleep in a motel somewhere hours away, and then get home to OK! "Hey", he quipped, "I do have to work tomorrow morning!" At 72 years of age and looking as strong as he displays, this is what I call a true IRON MAN !!

Then in bounced a spry Steve Santangelo and his lovely, personable wife, all the way from Kentucky! Steve lifted great and showed us a lift rarely performed in the USAWA meets – a NECK BRIDGE pullover and press! Not bad for a 63 year old!

Travelers weren't over, either, as Cleveland and Vermilion, Ohio were represented by the wonderful Schmidt family, Scott and wife Kathy, with Bob Geib and Tony Frasso driving in from V-town. They all promised if we hold an "in-the-works" record day in December (for MY 70th birthday!!) that they'll brave Dec weather to make the trip again!

We hadn't seen local boxing coach Andy Root for a few years, as he and wife Angela (of 240# bench press fame at a petite 120 some bw!) have a new baby to take care of (congrats mom&dad!). But Andy did some terrific deadlifting and took some wild stabs at heavy bent pressing (not as easy as it looked, huh Andy?!)

Of course, birthday boy Art, tho still sore from last weekend's World win, looked fresh as a donut, err, I mean daisy! Not only did he perform his usual great finger lifts, but took a stab at a brand new event -the Dinnie Lift- and discovered he was MADE for this lift!! Yeah, he drove me crazy in making me

compute the 75% for the smaller rod each time, but it was worth it to watch the ole boy delight in his own efforts!

We left the gym, and tho cold outside, the sun and brilliant tree colors were now out to make for a great Fall day, after all! Bob Geib was treating Art to a birthday dinner at the famous Ambridge roast beef restaurant, and I'd caught some nice rainbow trout on Friday, which Art will bake for a later bd snack! Yes, Art does the eating even better than he lifts!

## **MEET RESULTS**

Art's 2015 Birthday Bash Record Day  
Ambridge, PA  
October 18th, 2015

Judges (3 official system used) – Art Montini, Scott Schmidt, John McKean

### **Stephen Santangelo BW 162 Class 75 K (60+) age 63**

2" vertical 2 bars deadlift 292#

2" Dumbbell deadlift left 130#

2" Dumbbell deadlift right 130#

Neck bridge pullover and press 80#

No thumb deadlift 280#

No thumb deadlift Ciavattone 265#

### **John McKean BW 164.5 Class 75k(65+) age 69**

Dinnie Lift 320.5#

Ciavattone 2" bar deadlift 175#

Right arm Ciavattone deadlift 145#

Left arm Ciavattone deadlift 135#

bench press fulton bar 104#

Heels together deadlift 224#

Rectangular fix 65#

Fulton bar rectangular fix 40#

deadlift 12" heels 224#

### **Art Montini BW 173 class 80k (85+) age 88**

Left Ciavattone deadlift 2" bar 60#

clean & press 2" bar 60#

Index fingers deadlift with olympic bar 75#

Ring fingers deadlift with olympic bar 75#

Dinnie lift 283#

**Kathy Schmidt BW 175 class 80k (f 55+) age 58**

Left hand 1" vertical bar deadlift 47.5K

Dumbbell deadlift (L) 47.5K

Ciavattone deadlift 60K

**Scott Schmidt bw 234 Class 110K (60+) age 62**

Right hand 2" vertical bar deadlift 75K

Left hand 2" vertical bar deadlift 75K

2 hands 2" vertical bars deadlift 110K

left hand dumbbell press 25K

French Press 40K

**Dean Ross bwt 253 class 115 k (70+)age 72**

left little finger deadlift 57#

left ring finger lift 67#

left middle finger lift 72#

left index finger lift 72

right little finger lift 57#

**Bob Geib bw 258 class 120K (70+) age 72**

Dinnie Lift 309#

Fulton deadlift 270#

Straddle deadlift 305#

Stiff leg deadlift 209#

note : all Dinnie lifts were with lighter weight at 75% or slightly less of heavier rod thanks to Al for great rings!!

- [2015 Meet Results](#)
- [USAWA Daily News](#)

[World Championships](#)

[October 15, 2015](#) [Al Myers](#) [Edit Post](#)

by Steve Gardner



Lifters competing in the 2015 IAWA World Championships in Glasgow, Scotland.

### **The 28<sup>th</sup> Annual IAWA World All Round Weightlifting Championships**

With 34 lifters representing: England, Scotland, USA, Ireland, Wales and Finland, completing 7 disciplines over the two days, it certainly made for a very busy weekend. The lifting ran through very smooth, and it was great to see that all of the lifters were engaged in loading and spotting and refereeing when they weren't lifting, many hands make light work and the enthusiasm produced in the room was just electric. We were treated to excellent lifting across the board, with bags full of records (and some great records too) being broken. It was great to see eight female competitors taking part, and a great mix of Open Division, Juniors and Masters as well. Once again several new lifters were on the platform, and all showed great promise for the future. Well done to David McFadzean and his support team at Castlemilk for promoting a great event. It was really nice that the youngest Competitor: Liam Keddy celebrated his 14<sup>th</sup> Birthday on the first day of competition, and

the oldest: Art Montini celebrated his 88<sup>th</sup> Birthday on the second day too, thanks to Janet Dick, Judy Habecker and Karen Gardner for arranging the cake, it was a great surprise for Art. Well done to all lifters but especially to the Overall Champion: Mark Haydock who received the new IAWA Championship Belt that had been supplied by members of David's family to be used as a perpetual Award at the World Championships. Fitting that Mark finished the day with a huge 300 kilos Straddle Deadlift! This was without a doubt another fantastic event in IAWA World Championships History....

Meet Results (PDF) – [RESULTS Worlds FBOOK](#)

### [World Council Meeting](#)

[October 14, 2015 Al Myers Edit Post](#)

by Steve Gardner

Information from the IAWA World Council Meeting

(held on Friday 9th October at 7pm on the eve of the Championships:

The Chairman: Al Myers opened the Meeting and went through the order of business...with reports on:

- 1 The minutes from the 2014 Council Meeting – all agreed by those who had been present that they were an accurate account.
- 2 The World Postal Championships Steve Gardner was asked to run the event in August again, using three lifts from the 2016 World Championships, this year's event had 67 lifters and 23 teams from 6 different Countries
- 3 All International Vice Presidents remaining in position
- 4 A report on international Development – It was reported that it is looking like a group will become active in Northern Ireland thanks to the work being undertaken currently by Steve Gardner and Stevie Shanks
- 5 The promoter for the 2016 Gold Cup: Al Myers spoke about his arrangements for the event which will take place in Kansas USA and
- 6 The 2016 World Championships: A letter had been received from New Zealand to say that they were very sorry but for a number of reasons they would no longer be able to run the 2016 World Championships. A promoter had been sourced however after discussion Denny Habecker had offered to

run the event in Lebanon PA USA in October 2016. – All agreed that this be the venue for the 2016 Championships, and a list of 6 lifts were accepted as the official lifts for the event:

Day One: Continental Clean, Pullover and Push, 2 Hands Vertical Bars (both 2")

Day Two: Alternate Grip Clean and Press, One Hand Clean and Jerk on Barbell, Two Hands Ciavattone Deadlift

7 There was nothing to report by the Technical Secretary Dennis Mitchell

8 There being no further business Al Myers Closed the Meeting....

Actual dates of the 2016 Worlds and Gold Cup will be published very soon!

- [USAWA Daily News](#)

### **Worlds this weekend!**

[October 6, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

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The 2015 IAWA World Championships – Glasgow, Scotland  
by Steve Gardner

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Some Reminders:...

The World Council Meeting is at 7pm on Friday 9th October at the Castlemilk Centre.

The lifting Venue is: Castlemilk Community Centre – 121 Castlemilk Drive, Glasgow, Scotland G45 9UG Tel: 0141 634 2233.

The Weigh in Both Days is at 9am – Lifting both days starts at 10am..



The Banquet is on Sunday 11th October following the lifting: 7.30pm Sit Down at: St Andrew's in the Square, 1 St Andrews Square, Calton, Glasgow, G1 5PP.

Its going to be a great event, two Platforms running, two flights of lifters....when you weigh in check your flight and group, all lifters (almost to the man and woman) will be helping out in the group they are not lifting in as Referees or Loaders...this is the beauty of the organisation EVERYONE pitches in to help the event flourish... dont forget when you get there check the schedule for your designated duties and lifting groups... Have a good one everyone...ITS GOING TO BE GREAT!!!!

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### [Sir Lance-A Lot's RD](#)

[November 23, 2015](#) [Al Myers](#) [Edit Post](#)

by Eric Todd

On Saturday, November 21, several of us gathered at my house to celebrate half a century of life for our good friend Lance Foster by getting together to attack the weights and the USAWA record book at the same time. It ended up being winter for the day, but it was fun and big weights were lifted nonetheless. 4 lifters from 3 states braved the cold to set the following records:

**Ben Edwards   40 yrs   241#**

Left hand 2" V-bar 205#

R's Hammer 35#

**Eric Todd   40 yrs   251#**

Finger lift Right little      85#

Finger Lift Left Little 85#

Finger Lift Right Thumb 85#

Finger Lift Left Thumb 85#

Finger Lift Right Ring 155#

Finger Lift Left Ring 115#

Finger Lift Left Middle 150#

**Lance Foster 50yrs 335#**

Kennedy Lift 365#

Push Press From Rack 155#

Fulton Bar Jefferson 255#

**Dean Ross 73yrs 256#**

Finger Lift Right Middle 85#

Finger Lift Right Ring 65#

Deadlift Fingers little 95#

Deadlift Fingers Index 135

Deadlift Fingers Ring 115#

Deadlift Fingers Middle 145#

Harness Lift 1010#

- [2015 Meet Results](#)
- [USAWA Daily News](#)

### **Grip Championships**

[November 19, 2015 Al Myers Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT – 2016 USAWA GRIP CHAMPIONSHIPS**

### **MEET DETAILS:**

Meet Director: Al Myers and the Dino Gym 785-479-2264

Meet Date: Saturday, February 13th, 2016 10:00 AM – 4:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: U.S.A.W.A Memberships cards can be purchased on meet day

Weigh-ins: 9:00-10:00 AM the day of the meet

Divisions: Juniors, Women, Masters, and Open

Awards: None

Entry: None – but please notify me in advance if you plan to attend

Lifts:

Deadlift – Inch Dumbbell, One Arm

Curl – Wrist

Deadlift – Dumbbell, One Arm

Deadlift – Fingers, Middle

Deadlift – Reeves

There will be time for record day lifts after meet and the following day.

- [USAWA Daily News](#)
- [USAWA Events](#)

### **Dino Gym Challenge**

[November 19, 2015 Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT**

### **DINO GYM CHALLENGE PRESENTS THE –**

### ***Mike “Murdo” Murdock Memorial Meet***

A year ago the USAWA lost a very close friend in Mike Murdock. Murdo was a mainstay at most all the events I’ve held at the Dino Gym over the past 10 years. He would do it all at meets – lift, officiate, load, and coach. He never let me down when he would say he would be here to do something. He was that “type of guy”.

Last summer fellow Dino Gym member Dean Ross and I were visiting at Dave’s Club Championship about Murdo – and Dean suggested that we dedicate the Dino Challenge to Murdo this year. And part of the event would be that we would do several of Mike’s favorite lifts as a tribute to him. Of course, I thought this was an OUTSTANDING IDEA!

I have many, many good stories that I could tell about Murdo. But as anyone who knew him knew that he was a very private person, so out of respect I will keep those stories for private conversations and not “broadcast” them on the website. That’s the way Murdo would have preferred it.

Please put the Dino Challenge and the Murdo Memorial on your lifting calendar this January.

### **MEET DETAILS:**

Meet Director: Al Myers and the Dino Gym 785-479-2264

Meet Date: Saturday, January 16th, 2016 10:00 AM – 4:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: U.S.A.W.A Memberships cards can be purchased on meet day

Weigh-ins: 9:00-10:00 AM the day of the meet

Divisions: Juniors, Women, Masters, and Open

Awards: None

Entry: None – but please notify me in advance if you plan to attend

Lifts:

Crucifix

Swing – Dumbbell, One Arm

Rectangular Fix

Bent Over Row

Trap Bar Deadlift

After the meet and the next day there will be time for record day lifts.

- [USAWA Daily News](#)
- [USAWA Events](#)

## [Ring the Weights](#)

[November 19, 2015](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

When I was a kid my Uncles and their friends were lifting competitively and going to Olympic lifting contests, Odd lift meets (Pre USAWA), and even a couple of Powerlifting meets. I remember going out to the gym and listening to the clanging of the weights. Often they would not put collars on or put them on tightly and this would allow the plates to “rattle” or clang.

Have you ever heard of “ringing” an Anvil. A high quality anvil has a “ring” to it when you strike it with a hammer. As a matter of fact I have a tradition in my own gym that if you have a good workout you “Ring” Grandpa Jackson’s Anvil before leaving. It’s a personal tradition but my youngest son that currently trains with me does it as well.

I don’t know if it’s true or not but I once heard that barbells were called that because they would “ring” when you struck them. While this may not be true I can offer a little evidence for it. There was a British poet named Joseph Addison that lived from 1672 to 1719. He once wrote that he lifted weights an hour every morning and his family knew not to disturb him when he was “ringing” the weights.

I have also wondered why they call a “dumbbell” a dumb bell. I know the earliest dumbbells often looked like an old style phone hand set (Halteres) and also two cones attached at the points with the grip in the middle before they evolved into the modern dumbbell that had a balanced handle between two even spheres (regardless the shape of the ends). Did the old weights “ring” when they would bring them together? Was that an early sound in gyms that there was a ringing of these weights and when the modern dumbbell came along they didn’t have this rings so they were called dumbbells? Makes me wonder.

I’m sure someone more well versed in history might have an opinion but I would say that I think I’m right. People used to “ring the weights” when training. To this day I enjoy keeping the metal plates loose on a heavy squat

and listening to that rattle as I step in and out of the squat rack. I just sounds like weightlifting to me!

So ring some weights!

- [USAWA Daily News](#)

### [Lifter of the Month – Art Montini](#)

[November 18, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Art Montini recieved a birthday cake in Scotland to recognize his 88th birthday. The cake was presented to him by Judy Habecker, Janet Dick, and Karen Gardner.

The USAWA Lifter of the Month for October is ART MONTINI! Art was an obvious choice as he had a busy month of lifting in the USAWA for October. Art won another IAWA World Championship in Glasgow, Scotland to start the month of, followed by hosting his annual Birthday Bash the next weekend in which he set several new USAWA records! I should mention that Art turned 88 when he was competing in Scotland. He was the oldest competitor in the meet. I had the priviledge of traveling and rooming with



Art in Scotland, and he does not act act 88. When we we arrived in Glasgow we made a trip to Stirling to visit the Wallace Monument (a place I've been to several times and always enjoy), and even after a long "red eye" flight the night before, Art made the trek to the top with Chad and me. Art is a true inspiration to everyone in the USAWA and the IAWA!

### [The Priority for the Master Lifter](#)

[November 17, 2015](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

Recently I got to visit with a college friend. We went to college in the 80's and he had dated my wife's roommate and they married. While his wife and mine had kept in touch, I had not seen him in a couple decades. He had played football in college and then become a Physical Education teacher as well as a high school football and wrestling coach.

As our wives caught up we talked about our lifting and training as he obviously was still in great shape. He made a comment that really caught my attention.

He said, "Ya know what? I still lift pretty close to what I could 20 years ago but I don't go heavy any more. Seems like I can hurt myself just by trying to lift my hardest. I was benching the other day and thought it felt easy so I threw some more weight on and the next thing I know I pull my pec! I probably won't be able to bench for months!"

Then there was this comment from Olympic Gold medalist Adam Nelson.

"The same groin pull that would put me out for 5 days at age 25 will now put me out 5 weeks at 40".

So what's the point? When we are young we are mentally WEAKER than our bodies. We strive to push our bodies and really we can't often hurt ourselves doing that when we are young. As we get older we become mentally STRONGER than our bodies and we can literally hurt ourselves in the simple act of working out.

Couple that with the fact that when we do get hurt we take exponentially longer to heal as we age then the priority for the master lifter isn't getting stronger. It's avoiding injury. Sure, you want to get stronger but the things we did when we were young now take a back seat to staying healthy.

Think about it, if you trained really hard for a couple weeks then injured yourself and was out 6 weeks would you have been better off to train a little easier for a solid 8 weeks. So for the master lifter the focus should first be avoiding injury and when you get injured healing up. You will find yourself much better off in the long run. This doesn't mean take it easy, it just means to be smart!

- [USAWA Daily News](#)

### [The Chisholm Trail and the USAWA](#)

[November 11, 2015](#) [Al Myers](#) [Edit Post](#)

By Al Myers



A Chisholm Trail limestone marker is located a half mile from the Dino Gym. At one time cattle drives were going over the same ground as the Dino Gym Training Field!

I've had the great fortune of living in Abilene, Kansas my entire life. Most think living in Kansas means that you live in a "fly over State", but my community is deep in history like all other places. One thing of historical significance includes being part of cowboy history and the Chisholm Trail. Next year marks a big year for the Chisolm Trail in Abilene – the 150<sup>th</sup> year kickoff celebration marking the trail beginnings. The actual anniversary of the trail is in 2017, but we are going to start the celebration a year early! The Chisolm Trail was named for a venture trader by the name of Jesse Chisholm. Jesse was not a cattle driver, but used this pathway for other trade purposes before any hooves had even hit the famous Chisolm Trail. The unique thing about these long cattle drives on the Chisholm Trail was that originally it ended in Abilene, Kansas. The years of the cattle drives were not that long (1867-1885) but this time frame shaped the beginning of Abilene. Abilene at that time was a "rough and tough" time as cowboys were often tired and exhausted from the many months on the trail, and wanted to have a little fun once they got their paycheck. They spent this money on various forms of entertainment in Abilene, and things often got out of hand. It took a Sheriff that knew how to rule with an upper hand to keep things under control. And we had that in Sheriffs Wild Bill Hickok and Tom Smith which made them famous law enforcing icons in the Old Wild West.



This marker is located in Old Abilene Town, right beside the old stockyards.

Now it's that time of the story that I make the tie between the Chisholm Trail and the USAWA. Once the cattle drives of Texas Longhorns arrived in the Abilene Stockyards, they were loaded on railcar for the long train ride back east where top dollar was being paid for beef. This only happened because of a man named Joseph McCoy, who convinced the community of Abilene to support his Stockyards for the Kansas Pacific Railway to run rail from Abilene for cattle transport and convincing legislatures to allow movement of Longhorns in Kansas. Joseph McCoy indeed was the "real McCoy" to make all this happen to support his business interests, a phrase he often referred to himself as. He built a hotel, saloon, bank, and many other buildings to support his enterprise. His first shipment of Longhorns left Abilene September 5<sup>th</sup>, 1867 headed to Chicago. All in all, over 3 million head of cattle flowed through Abilene driven up on the Chisholm Trail. This put Abilene on the map as a true cowboy town.

Now for some of you, you may have recognized the name Joe McCoy as being the name of a past all round weightlifter. That's where these stories interweave, as the Joe McCoy that we know in the USAWA was a great-great grandson of Joseph McCoy. I knew Joe pretty well, and competed with him on several occasions. Before his death in 2014 we visited at least once on the phone every month. Joe always wanted to make it to Abilene to research his family history, but never did as in his later years physical limitations prevented him from traveling. Joe McCoy was appointed as the first IAWA Registrar in 1987, the year of the beginning for the International All Round Weightlifting Association. Joe competed in the second USAWA Nationals in 1989 held by John Vernacchio in Plymouth Meeting, Pennsylvania. In that meet he lifted 170 kilograms in the Zercher Lift at 46 years of age, one of his favorite lifts. He was one of the members of the "inaugural class" of USAWA members in 1988. Joe had a great passion for taking pictures and later producing videos of meets which he shared with all. I have several of his videos. He was a very likable guy, and would visit for hours with anyone. In our visits I would always be amazed at the things he remembered – names of lifters, specifics that happened at various meets, and obscure weightlifting trivia. He was immensely involved in the Missouri Valley Weightlifting

Association, which I consider to be the precursor of the now USAWA. At that time only in the Missouri Valley Region the all round lifts were contested in competition, promoted mostly by Bill Clark. Joe supplied many of the pictures that were in the original USAWA Rulebook. He was a very good lifter himself, and always gave everything he had on the platform. He was involved in USAWA meet promotions, with his most famous being the Texas Deadlift Classic. Joe was always full of enthusiasm at meets, and in his deep booming Texas voice would encourage fellow lifters nonstop above the sounds of the other meet noises.



This picture of Joe McCoy performing a two dumbbell deadlift is in the USAWA Rulebook.

Joe McCoy spent most of his life in Glen Rose Texas, on the family ranch. Interestingly, Glen Rose offers up much Chisholm Trail history as well as Abilene. Glen Rose was right on the path of the Chisholm Trail, and features the Chisholm Trail Outdoor Museum which is one of the largest collections of

Chisholm Trail history. I'm betting the first group of 2400 Longhorns that hit the Chisholm Trail came from the grasslands very close to Glen Rose.

Just as Grandpappy Joseph McCoy had a big part of the history of the Chisholm Trail, so does his lineage Joe McCoy has had in the USAWA.

*(This story is dedicated to the memory of Joe McCoy for his contributions to the USAWA and the IAWA.)*

- [USAWA Daily News](#)

### [IAWA\(UK\) Hall of Fame](#)

[November 10, 2015 Al Myers](#) [Edit Post](#)

by Steve Gardner



The recent inductees into the IAWA(UK) Hall of Fame – John Gardner, Andy Tomlin, Chris Bass, and Mark Haydock

The 8th Bi Annual IAWA(UK) Hall of Fame Induction Dinner:

On Saturday 7th November a group of 50 converged on Branston Golf Club at Burton to witness the event and to support the 4 new Inductees: Mark Haydock, Andrew Tomlin, John Gardner and Chris Bass. There were 30 active IAWA(UK) members present including 8 current inductees and the 4 new impending members. To say it was a very special evening for all involved is an understatement, and shows how the family light of IAWA co...ntinues to



shine brightly....before dinner the audience were treated to some weightlifting entertainment as 6 lifters set about 5 World Records. Victoria Eaglefield was successful with a new ladies Deadlift record of 130 kilos in the Open 90 kilo class. Rory Hoad was a record breaker too taking the 80 kilo mens open record to 65 kilos in the seated Dumbbells Press, Webster Reid pulled off an amazing Bench Press hitting first 200 kilos and then 205 kilos in the Open 125+ Division. Josh Davidson smashed the Open Deadlift Bodyweight Reps record with 55 repetitions with 105 kilos and Matt Jones and Chloe Brennan finished with a super record in the 2 man mixed Deadlift, pulling 300 kilos for another super new record....Well done to all, you were a credit to yourselves and IAWA(UK), and thank you to Pete Tryner Chris Findon and Steve Moss who did the loading and catching for them. The Entertainment section was completed by Frank Allen. performing a short dance routine with his partner (who was a life size doll)...Britains got talent has nothing on IAWA Lol!...After Dinner the presentations took place to our 4 new inductees. Graham Saxton made the speech and made the presentation to John Gardner, James Gardner made the speech and presentation to Mark Haydock, Frank Allen made the speech and presentation to Chris Bass and William Wright made the speech and presentation to Andy Tomlin. It was all very moving and well put over, greeted with warm appreciation by the inductees and the audience. A moment was also taken to remember those inducted members who are no longer with us. I will put photos up and report further on the evening in due course, but for now well done everyone on a super special evening!

- [USAWA Daily News](#)

## [Iron Warrior RD](#)

[November 6, 2015](#) [Al Myers](#) [Edit Post](#)

by Ruth Jackson

**MEET ANNOUNCEMENT:** 2015 USAWA Iron Warrior Gym Record Day (RD)

Denver, Colorado

The Iron Warrior Gym RD is a record day to provide an opportunity for those living in the Mountain States to contest USAWA lifts. It also allows those doing Postal Nationals to get their lifts officiated. You are welcome to try anything if there is equipment to support it. No awards.

For more information (PDF) – [Announcement](#)

- [USAWA Daily News](#)
- [USAWA Events](#)

### Lifter of the month – Denny Habecker

[November 3, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **LIFTER OF THE MONTH FOR SEPTEMBER DENNY HABECKER**



Denny Habecker pulling on a People's Deadlift at the 2015 USAWA OTSM Championships.



The lifter of the month for September is none other than our USAWA President Denny Habecker! Denny won BEST OVERALL LIFTER at the USAWA Old Time Strongman Championships hosted by Eric Todd. The OTSM Championships is one of our premier promotions held every year in the USAWA. Winning Best Lifter at any of our Championships is a “big deal” in the USAWA! Congratulations Denny!

### [IAWA World Insights](#)

[November 2, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Mark Haydock preparing to lift 300 kilograms in the Straddle Deadlift at the 2015 IAWA World Championships in Glasgow, Scotland.

I've spent a little time yesterday updating the history archives on the USAWA website. Time goes by faster than I'd like, and it's easy for me to forget to add the new “history”. I knew I needed to add the 2015 IAWA World results, but then noticed I had forgotten to add the 2014 results! Now everything is up to date in that section at least.

But as I was updating this important historical information, it made me think about all the IAWA history that we have accumulated. The 2015 Worlds in Scotland marked the 28th Championship, all starting by Frank Allen's

promotion of the FIRST IAWA Worlds in 1988. I remember that first Championship very well as my brother-in-law Bob Burtzloff attended it and he told me all about it upon his return. Hard to believe that 27 World Championships have been held since, and let me emphasize this – WITHOUT A MISSED YEAR! That’s a great accomplishment for IAWA and something we should be proud of.

But back to the questions that were “on my mind” as I was updating the archives. Some I knew the answers to but some I did not so I had to do a little research. I would like to share this information, as I’m hoping at least a few might be interested.

### **Who has promoted the most IAWA World Championships?**

I named 3 of the 5 without looking. But here is the list of the SUPER PROMOTERS in IAWA, all of which you will recognize as “movers and shakers” in the organization. Each one of these promoters has promoted 3 IAWA World Championships.

1. Frank Ciavattone – 1993, 2000, 2014
2. Denny Habecker – 2002, 2005, 2009
3. Steve Gardner – 1994, 2004, 2008
4. Willie Wright – 1990, 1996, 2001
5. John Vernacchio – 1989, 1991, 1997

### **Which men lifters have placed in the top ten overall the most times? And women lifters in the top three?**

The GREAT Frank Allen leads this list by a large margin. He has placed in the top ten 18 times, with being the overall Best Lifter twice (1993 & 1994). I believe Frank has only missed 2 of the 28 years competing in Worlds! Steve Andrews and Denny Habecker are tied for second here with 13 appearances in the TOP TEN.

Noi Phumchaona leads the women, with 11 times making the TOP THREE. Karen Gardner is next at 6 times, followed closely by Agnes McNally.

### **Which IAWA Worlds had the most lifter participation?**

I would not know this answer if Steve Gardner hadn't shared his IAWA World Championship history information with me. This was something I hadn't kept track of – so I'm glad Steve knew!

It's a tie. The most were 51 lifters which attended the 1991 Worlds in Philadelphia promoted by John Vernacchio and at the 2000 Worlds promoted by Frank Ciavattone.

### **Who has won the most Overall Men's Best Lifter Awards?**

Of the 28 Worlds, a total of only 16 men have won the overall best lifter so that tells you that some lifters are repeat performers. The man who has won the most is Rick Meldon of England, who has FOUR overall Best Lifter Awards (1990, 1992, 2004, 2008). Two lifters have won the BIG SHOW three times – Steve Angell and Mark Haydock.

### **Who has won the most Overall Women's Best Lifter Awards?**

Noi Phumchaona leads the list with 4 (1995, 1996, 1997, and 1999). She is followed by a large group that have three – Paula Thompson, Jackie Simonsen, Agnes McNally, and Monica Cook.

### **Off all these Championships, who had the LARGEST margin of victory for Overall Best Lifter?**

Now this took some time to figure out! I really expected Steve Sherwood's margin of victory over me in the 2011 Worlds in Australia to be the leader, as he really distanced himself from the field that day by lifting brilliantly. But it's NOT the largest margin of victory as I've looked back over all past Championships. Here's the breakdown of the top 5 for the men...

1. 1995 – Bob Hirsch over Frank Allen by 122 points
2. 1991 – Adrian Blindt over Frank Allen by 90 points
3. 2008 – Rick Meldon over Steve Andrews by 85 points
4. 2015 – Mark Haydock over James Gardner by 83 points
5. 2011 – Steve Sherwood over Al Myers by 79 points

Breakdown for the top 5 for the women:

1. 1990 – Anette Blindt over Noi Phumchaona by 285 points
2. 2006 – Mandy Hughes over Sandie Gurney by 236 points
3. 2012 – Ruth Jackson over Paula Thompson by 192 points
4. 1994 – Jacqueline Simonsen over Noi Phumchaona by 167 points
5. 1993 – Jacqueline Simonsen over Noi Phumchaona by 159 points

**Which World Championships have been decided by the CLOSEST margin of victory for overall best lifters?**

Again, I really expected to be part of the closest defeat as well, after Mark Haydock “clipped me” at the 2009 Worlds by 1.2 points! Mark is a brilliant strategist and knew exactly what he needed on his last attempt Zercher that day which he made. But looking back in our IAWA history I found this NOT to be the closest margin of defeat for overall best lifter. Now the top 5 for the men:

1. 1999 – Mike Archer over Frank Allen by .19 points!
2. 2009 – Mark Haydock over Al Myers by 1.2 points
3. 1997 – Bob Hirsch over James Dundon by 10 points
4. 1998 – Keith Murdie over Neil Aberly by 12 points
5. 2010 – Chad Ullom over Al Myers by 16 points

For the women:

1. 1991 – Suzanne Brooker over Annette Blindt by 1 point!
2. 2000 – Monica Cook over Noi Phumchaona by 13 points
3. 1998 – Agnes McNally over Tracy Emmerson by 17 points
4. 2013 – Paula Thompson over Jenn Tibbenham by 18 points
5. 1999 – Noi Phumchaona over Monica Cook by 34 points

**Now, my final question. Which poor sap has the most runner up, or second place finishes for the overall best lifter award, who had the big victory in sight but fell up short and will be relinquished to a placing that no one will ever care to remember?**

That would be me (4 times – 2007, 2009, 2010, & 2011). Sigh.....

- [USAWA Daily News](#)

## [Iron Warrior RD](#)

[December 29, 2015](#) [Al Myers](#) [Edit Post](#)

by RJ Jackson

### **Meet Report And Results IRON WARRIOR RECORD DAY**



Dan Wagman pulls a big Middle Finger Lift at the meet!

This year we were hoping for more lifters but instead had our lowest turn out. Jarrod Fobes trained for the Record Breakers and had a good heavy training day two Saturdays before the meet. Unfortunately he ended up hurting his upper back thus crushing any hope of competing. Fortunate for us, this meant he gave his full attention to setting up, judging, time-keeping, scoring, loading, and whatever else we needed.

Stephen Santangelo was hoping to fly in from Florida. Unfortunately he aggravated a previously torn leg muscle. So he was knocked out of attending, too.

Notwithstanding, Dan's first lift, a 380 lbs. BP-feet in air (FIA) not only beat the USAWA record but unofficially exceeded the IAWA record of 364 lbs. Though Dan was not able to pull though his second attempts for both the FIA and Bench Press-reverse grip, both were near misses. However, he did not let this affect his other lifts. His wrist curl, Jefferson Fulton bar lift, and finger

lifts, were all solid except when he ripped the skin off of his right index finger. Seeing Dan nail the 503 lbs. Jefferson Fulton bar after getting it somewhat stuck on his hamstring was probably the most suspenseful to watch.

As for me, I am most proud of my dumbbell walk that took 2 years of training to unofficially beat the IAWA record.

I would like to thank Jarrod for running the meet and the owners of Iron Warrior Gym for the use of their facility. It is difficult to compete in a gym that is not set up for serious strength athletes, especially during maximal effort attempts. However the Iron Warrior gym definitely gave us full support. There were ample calibrated and fractional plates, numerous bars, chalk, plenty of space, free choice of music, and in general a supportive lifting atmosphere. Basically we were able to lift and do our thing and as a result I have not felt so good from lifting in a long time. It was a very good day.

## **MEET RESULTS**

Iron Warrior Record Day  
1610 West Evans Ave  
Denver, CO 80010  
December 27, 2015

Officials: Jarrod Fobes and RJ Jackson

Lifters:

### **Dan Wagman: open division, 85 kg weight class**

Bench press, feet in air: 380 lbs.

Bench press, reverse grip: 355 lbs.

Bent-over row: 335 lbs.

Finger lifts, index, LH: 137 lbs.

Finger lifts, index, RH: 132 lbs.

Finger lifts, middle, LH: 201 lbs.

Finger lifts, middle, RH: 201 lbs.

Jefferson lift, Fulton bar: 503.5 lbs.

Wrist curl: 300 lbs.

## **RJ Jackson: 54 years old, 50 kg weight class**

Abdominal raise: 30 lbs.

Bearhug: 102.5 lbs.

Swing, 2 dumbbells: 60 lbs.

Clean & Press, middle fingers: 40 lbs.

Clean & Press, reverse grip: 65 lbs.

Dumbbell walk: 52.5 lbs.

Deadlift, Fulton dumbbell, left: 67 lbs.

Deadlift, Fulton dumbbell, right: 77 lbs.

Deadlift, fingers, ring: 80 lbs.

Deadlift, fingers, index: 80 lbs.

Deadlift, one leg, right: 105 lbs.

Deadlift, one leg, left: 95 lbs.

Finger lifts, index, left: 70 lbs.

Finger lifts, index, right: 77 lbs.

Kelly snatch: 40 lbs.

- [2015 Meet Results](#)
- [USAWA Daily News](#)

## **Art's Birthday Bash**

[December 28, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

There is no entry form, but please let Art know ahead of time if you plan to attend his Birthday Bash. Art can be reached by phone 724-375-2052.

## **MEET DETAILS:**

Art's Birthday Bash

Ambridge VFW BBC

1098 Duss Avenue

Ambridge, PA 15003

DATE: Sunday, October 16th, 2016

LIFTS: Record Day (max 5 lifts)

- [USAWA Daily News](#)
- [USAWA Events](#)

### John's Birthday RD

[December 21, 2015](#) [Al Myers](#) [Edit Post](#)

by John McKean

#### **MEET REPORT AND RESULTS**

#### **John's Birthday Record Day**

**Turning 70 -Easy as Apple pie !**



John McKean enjoyed some homemade apple pie on his 70th birthday!

Due to expected December snowstorms, I'd confided to Art Montini, "we'll probably only have 2 lifters attending my birthday meet- you & me- and I might not be able to make it!!" But the weather looked more like Art's October meet, than one held during Christmas week! Heck , if travel weather was to be a big factor, I'm still wondering how Dean Ross made an over 19 hour one-way drive to beat me to my own contest!!



Yep, Dean continues his quest to more & more records, and did superbly with an energetic 8 new marks, despite summoning even more energy in returning to the road immediately for the repeat 19+ hour drive and an 8AM start for work in the morning!! Next in was Stephen Santangelo, all the way from northern Kentucky, with a present of an absolutely wonderful, natural organic apple pie, which his lovely wife (and fantastic cook!!) Lori had baked for the occasion EVERYBODY dove into this tasty, nutritional treat – Denny Habecker arrived from across state and didn't even pocket his keys or take off his coat before he was chowing down on a piece of this large pie!! Thanks, Lori, for such a great birthday gift – this “brunch” made the meet, for all of us!!

Next in came the Cleveland crowd – Scott Schmidt and his ever smiling wife, then Denny Mitchell and Flossy, all amazed at easy travel through our normal snow belt! Both Scott & Dennis enjoyed this chance at another record day, since Art's meet right after the World's had left little training prep time in October. As Scott cheerfully exclaimed. “Wow, it's so cool that we actually have another shot at records, with real training time behind it!”

Old Art Montini did a single lift with each of 5 lifts, acquiring an easy new 5 world records. And Stephen Santangelo treated us to a rarely seen “Saxon Snatch”, among others, with his specially built (and approved) equipment.

We all left the gym at a little past noon, despite all the chalk dust we had left flying! Outside it was bright sun and blue skies, and warming, with clear roads for travel. Now that it's all over and done,” let it snow!!” Merry Christmas, all !

## **MEET RESULTS**

John's 70th Birthday Records Day  
Ambridge VFW Barbell Club  
Duss Ave Ambridge, PA  
Dec 20, 2015

Officials (3-official system used: Denny Habecker, Scott Schmidt, Dennis Mitchell, Art Montini, John McKean

Lifters:

**Dennis Mitchell age 83 weight 151.5 div 80+,70K**

1"bar left hand vertical bar deadlift 56 pounds

1"bar right hand vertical bar deadlift 56 #

left hand one arm Ciavattone deadlift 93#

right hand one arm Ciavattone deadlift 93#

stiff leg deadlift 150#

**John McKean age 70 weight 165 div 70+, 75K**

Straddle deadlift 2" barbell 260 pounds

Hack lift 2" barbell 210#

Power Row 174#

Trap Bar Deadlift 300#

Jefferson (Straddle lift) 259#

2 barbells deadlift 260#

one arm (R) barbell deadlift 209#

one arm (L) barbell deadlift 209#

right one arm dumbbell deadlift 175#

Alternate grip bench press 115#

Bench Press feet in air 120#

**Stephen R Santangelo age 63 weight 166 div 60+, 80K**

Fulton bar snatch 85 pounds

No thumb overhand deadlift 285#

No thumbs deadlift 305#

Saxon Snatch 80#

Dumbbell Walk 77#

**Art Montini age 88 weight 174 div 85+, 80K**

Little fingers straddle lift 45 pounds

Index fingers straddle lift 60#

ring fingers straddle lift 70 #

middle fingers straddle lift 88#

2" barbell straddle lift 135#

**Denny Habecker age 73 weight 195 div 70+ , 90K**

Bench press hands together 135 pounds

Bench Press Fulton bar 170#

Deadlift 12" base 265#

**Scott Schmidt age 63 weight 231 div 60+, 105K**

Right hand 2" vertical bar deadlift 85K

Left hand 2" vertical bar deadlift 85K

2 hand 2" vertical bar deadlift 135K

French Press 55K

Bent over (power) Row 115K

**Dean Ross age 73 weight 254.5 div 70+, 120K**

Rectangular fix Fulton Bar 50 pounds

Holdout Fulton bar lowered 50#

Holdout Fulton bar raised 50#

Straddle deadlift 2" bar 210 pounds

Deadlift 2" bar 260#

Ciavattone Fulton bar deadlift 170#

Left hand Fulton bar deadlift 80#

Right hand Fulton bar deadlift 80#

- [2015 Meet Results](#)
- [USAWA Daily News](#)

**Time to renew!**

[December 19, 2015 Al Myers Edit Post](#)

by Al Myers

It's time to renew your USAWA membership! I want to remind everyone that membership in the USAWA runs for a calendar year – Jan 1st to the end of December. So far I have only one person who has sent me his 2016 membership dues! That lifter is the "one and only" Jim Malloy.

Please include a properly filled out membership application with your dues. These forms are easily found under the tab About Us. Just click on

“forms and applications”. Dues at \$25 are a bargain. Membership dues in the USAWA are our main source of income, and all the money goes back to the membership. This money pays for our yearly awards, drug testing, and the website fees. Membership allows you to compete in any of our sanctioned events, and even covers “joint membership” in the IAWA.

### [OTSM in Australia](#)

[December 18, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



The TOP THREE at the Australian International Old Time Strongman Challenge (left to right): Denny Habecker (3rd), John Mahon (1st), and Graham Saxton (2nd).

When I was in Australia for the IAWA Gold Cup, meet promoter John Mahon hosted the very first International Old Time Strongman Challenge following the meet. I was very excited to see this – as OTSM was started in the USAWA 5 years ago and now other countries in IAWA are getting interested in it. The founding concept of OTSM is to bridge strongman with All Round Weightlifting by contesting lifts/movements that were favorites of famous Old Time Strongmen and contest them by following the basic format of a weightlifting meet instead of a strongman competition. This means having lifts that can be loaded with the weight of the lifter’s choosing, and allowing 3 attempts to accomplish a max. Also as part of these OTSM lifts rule

infractions in the rulebook are a minimum and a lifter is on a 1 minute clock to perform a legal lift.

This was a truly international OTSM challenge. Lifters from Australia, England and the USA took part. The challenge had a good variety of lifts with the Anderson Squat, the Apollon's Lift, and the People's Deadlift being the events contested. The venue was outside on the lawn of the Belmont Club. It was a beautiful sunny day for the competition which added to the enjoyment of lifting. Very rarely do you get a chance to lift outside. It's a special moment when that does happen.

Steve Gardner was appointed the head official and I assumed the role of timekeeper. The Anderson Squat was the first event. John had perfect stands for this event which allowed the plates to be rested on elevated stands. Graham "Big Red" Saxton took control early with a big 260 KG Anderson Squat! John Mahon put up the biggest Anderson Squat with a 300 KG. For the Apollon's Lift, Peter Phillips had made up a beautiful set of replica Apollon's Wheels for the event. This made this OTSM event even more authentic! Denny Habecker "Steinborned" the axle to achieve a very fine lift of 56 KG's. Newcomer Alex Biason performed a very solid 81 kilograms in the Apollon's Lift. The People's Deadlift was very exciting. I knew beforehand several of the lifter's would be very close in poundage and it would be a showdown for top lift. Indeed it turned out that way. Alex hit 215 KG followed by Graham at 225. John and Peter finished off tied with 250 KG each.



Peter Phillips performing an Apollon's Lift on a set of replica Apollon's Wheels he had made specifically for this event.

When all the dust settled, John Mahon came out as the overall champion, followed by Graham Saxton in second, and the USAWA OTSM reigning champion Denny Habecker in third. I was very pleased to see all participating countries represented in the top three in the inaugural international Old Time Strongman Challenge. An award was given to the lifter with the top total poundage, and that also went to John with a 656 total.

I was so impressed with this event following the Gold Cup that I plan to host the second international OTSM Challenge following the Gold Cup next year during my promotion.

## **MEET RESULTS**

2015 International OTSM Challenge

November 29th, 2015

Belmont Sports and Recreational Club

Perth, Australia

Meet Promoter: John Mahon

Head Official: Steve Gardner

Scorekeeper: Sharni Clifford

Lifts: Anderson Squat, Apollon's Lift, People's Deadlift

Lifter	Age	BWT	SQ	Apo	DL	TOT	PTS
John Mahon	32	115.8	300	106	250	656	515.1
Graham Saxton	53	121.0	260	71	225	556	486.9
Denny Habecker	73	89.9	160	56	172.5	388.5	467.4
Alex Bason	48	118.2	230	81	215	526	445.6
Peter Phillips	62	104.5	120	66	250	436	443.8

## Belmont Heavy Events

December 15, 2015 Al Myers Edit Post

by Al Myers



Al Myers throwing the 56# Weight over the bar in Perth, Australia.

When I was in Australia for the IAWA Gold Cup, meet promoter John Mahon organized a couple of other competitions in the days following the Gold Cup. This made a full weekend of competition activities for our enjoyment! The day after the Gold Cup a Heavy Events competition was contested at the Belmont Athletics Club. The Highland Games were a major passion of mine for 20 years. Between the ages of 20 and 40 I competed in over 300 games all over the US and Scotland, but NEVER in Australia! I have been “retired” from the Highland Games for the past 10 years, but when John presented me with this unique opportunity to throw the heavy weights and turn a caber in Australia I couldn’t pass it up! I knew I would be a “little rusty” since I have barely touched a throwing weight for 10 years, but once I got started it was alot like riding a bike – the technique was ingrained into my nervous system and I felt just like the “old days”. Now others things have left me (like my speed, power and explosion!), but when I picked the caber I felt solid with it technique wise and was able to turn it! I even got to

compete in the Masters Class which I have never done before in the games. I had a GREAT TIME! I really enjoyed the friendly competition I had with the Perth Powerhouse Peter Phillips. We spent much of the day bantering with each other, but both of us gave it all we had. Days like this one make me remember why I love the Highland Games so much! There were a couple of young throwers in the open class that have unreal ability. I hope that they “stick with it” because both of them could have a bright future as the next great Australian Highland Gamer.

Thanks John and “the crew” for hosting this event. Who knows? It might inspire me to come out of retirement and hit the Highland Games circuit next year!

- [USAWA Daily News](#)

## [Gold Cup](#)

[December 10, 2015](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Group picture from the 2015 IAWA Gold Cup in Perth, Western Australia.

I'm finally back home and adjusting to the time changes from my recent trip to Perth, Australia competing in the IAWA Gold Cup. It's a long ways to travel – but was well worth it as I had an outstanding time there. Trips like this one creates memories far beyond the meet experience. I was very fortunate on this meet trip that my wife Leslie and daughter Molly traveled



with me. It was the FARTHEST they have ever flown before! Now for some “reflections” on the 2015 IAWA Gold Cup.

First of all, meet promoter John Mahon did a phenomenal job. He had carefully planned a three day event for the lifters. The first day consisting of the Gold Cup, the second day consisting of a Heavy Events competition, and the final day consisting of the very first ever international Old Time Strongman Challenge. I will elaborate more on a later date on the OTSM and Heavy Events events in a blog, as today I want to stay focused on the Gold Cup. John had a tremendous support group from his fellow Australian All Rounders to put on this event. I know from my meet promotions that you can't do it all by yourself – and how important it is to have help from others. Peter Phillips really “stepped up” to help John. Peter is a true warrior with the iron and besides being a great lifter, is a great person. Peter competed ALL THREE DAYS, helped set up and tear down each day, hosted all of us at his house one night for an unbelievable Australian Barbie, took a day to join us for a tour of the farming country, loaded and officiated, and even celebrated his birthday amongst the weekend's festivities! Sam Trew has been a very involved lifter in IAWA events these past few years and worked hard “behind the scenes” setting up the competition venues. Robin Lukosius kept everything organized and on schedule, as well as taking lots of pictures of the events (THANKS Robin for the photos!). Others Australians very involved in this event were Anne Whitehead and the legendary John Patterson (I plan to do a story later on John). I was glad to see other Australian lifters like Hercules Perryman, Bill Kappel, Monica Cook, and others I'm sure I'm forgetting to mention. The overall hospitality shown by the Australians was superb and way beyond expectations.

Injuries kept several out of the Gold Cup, but the lifting was outstanding. This was a true international event with the USAWA and the IAWA(UK) being in attendance with lifters competing. My daughter Molly was the youngest lifter and performed great with her lifting. I was actually more nervous when she was on the platform than myself. She set new records in the Clean and Push Press with 55K, and then set the heaviest women's Front Squat on the books with a 92.5K. USAWA President Denny Habecker picked a difficult

Gold Cup lift with the 2-Bar Deadlift, and after getting some balance issues out of the way in his warmups, lifted a solid 145K. Veteran English lifter Steve Gardner again showed his strength with his fingers, lifting a big 100 KG in the Middle Fingers Straddle. Steve was busy all day with lifting and announcing the competition. Karen Gardner looked really on good form with a big Continental Clean. Graham Saxton rounded out the English crew, and showcased his pulling strength with a big dumbbell deadlift. I got to spend alot of time over the week with Graham as we were all sharing a rental on a beach house. Graham probably got more sun exposure than he has for years and kept getting redder as the week progressed. By the end of our stay we were referring to him as BIG RED!



Peter Phillips breaking the oldest IAWA record on the books of all the lifters in the Feet in the Air Bench Press. He broke a record held by Howard Prechtel which was set in 1989.

Besides the Howard Prechtel Award, the Australians awarded a couple of special awards which I thought added a special local flare. Peter Phillips won the Award for breaking the oldest IAWA record on the books with his fine 122.5K Bench Press with feet in air. This record breaking performance broke a mark previous held by a 1989 record of the late Howard Prechtel's! The Gold Cup was the "brainchild" of Howard's – and it gives me pleasure to see us recognize his memory every year with it. Records are meant to be broken – and I have always said if it means something to someone to break one of your records that even makes your record even more noteworthy. I'm sure Howard would have liked to see Peter take down this old record of his. Also

– a Wilf Chapman Award was given to the lifter who broke a record by the greatest percentage. I knew Wilf when he was alive, and he was a dynamic personality. I found this award to be fitting in his honor, as he was always complaining about the IAWA correction formulas! The award went to Sam Trew with his record setting performance in the Left Hand Hacklift.

The Gold Cup concluded with a very fine banquet at the Belmont Recreational Center. Much thanks and appreciation goes to those who prepared this fine meal. Great lifting – great food – great drink – great conversations – the true essence of the IAWA!

MEET RESULTS (PDF) – [IAWA Gold Cup 2015](#)

- [2015 Meet Results](#)
- [USAWA Daily News](#)

## **CV OPEN**

[December 7, 2015 Al Myers Edit Post](#)

by Denny Habecker

## **MEET ANNOUNCEMENT**

### **CV OPEN**

Meet Details:

Date of Meet: January 30th, 2016

Meet Director: Denny Habecker

Weigh In Time: 8:30 AM

Start Time: 9:30 AM

Location of Meet:

Chenango High School  
1 Chenango Bridge Road  
Birghampton, NY 13901

Lifts:

Hang Snatch

One Handed Deadlift

Peoples Deadlift

Please contact me in advance if you plan to attend.

- [USAWA Daily News](#)
- [USAWA Events](#)

## **APPENDIX – MEET RESULTS**

## **IAWA Gold Cup 2015 – Friday 27<sup>th</sup> November – Perth, Western Australia – Promoter: John Mahon**

Name	Country	Bwt	Class	Age	Division	Lift	
<b>Amount</b>							Steve Gardner
England	145.0	125+	59	M55+	Middle Fingers Straddle	100 k	
Sharni Clifford	Australia	79.8	80	27	Open	Push Press Racks	40k
Karen Gardner	England	76.8	80	57	M55+	Continental Clean	45k
Molly Myers	USA	81.4	85	17	J16/17	Clean and Push Press	55k
Al Myers	USA	102.8	105	49	M45+	Power Row	137.5k
Sam Trew	Australia	124.9	125	33	Open	Left Hand Hacklift	115k
Denny Habecker	USA	88.1	90	73	M70+	2 Bar Deadlift	145k
Paul Macmanus	Australia	108.1	110	42	M40+	2 Hands Ciavattone Deadlift	207.5k
Peter Phillips	Australia	103.7	105	61	M60+	Bench Press Feet in Air	122.5k
Graham Saxton	England	120.3	125	53	M50+	Right Hand Bench Press	42.5k
John Mahon	Australia	120.2	125	32	Open	2 Inch Bar Clean and Press	90k

### **Second Choice Back Up Lifts for Records:**

Sharni Clifford	Australia	79.8	80	27	Open	Power Row	60k
Karen Gardner	England	76.8	80	57	M55+	Right Hand Zercher	45k
Molly Myers	USA	81.4	85	17	J16/17	Front Squat	92.5k
Al Myers	USA	102.8	105	49	M45+	Thumbless Deadlift	182.5k
Sam Trew	Australia	124.9	125	33	Open	Left Hand Clean and Jerk	56k
Denny Habecker	USA	88.1	90	73	M70+	Clean and Jerk Behind Neck	50k
Paul Macmanus	Australia	108.1	110	42	M40+	Reverse Grip Bench Press	145k
Peter Phillips	Australia	103.7	105	61	M60+	R/H Thumbless Deadlift	xxx
Graham Saxton	England	120.3	125	53	M50+	Left Hand Dumbell Deadlift	137.5k
John Mahon	Australia	120.2	125	32	Open	Power Row	135k

**MC Recorder:** Steve Gardner **Assistant:** Judy Habecker **Referees:** Peter Phillips John Mahon Denny Habecker  
Al Myers Karen Gardner Graham Saxton John Patterson

**The Howard Prechtel Award for the Best Amended Gold Cup Lift:** First: Al Myers – USA Second: Denny Habecker – USA Third: Paul Macmanus – Australia

### Special Western Australia Awards:

**The Wilf Chapman Memorial for the Record increased by the biggest Percentage:** First: Sam Trew – Australia  
Second: Al Myers – USA Third: Peter Phillips – Australia and

**The Award for the Oldest Record Broken:** Peter Phillips – Australia ( broke a 1989 record belonging to the late Howard Prechtel)

Well done to John Mahon and his support team at All Round Weightlifting Western Australia. The event was a brilliant success and ran through very smoothly. As well as a great group of lifters taking part, it was wonderful to see some familiar faces from Australia present too watching, helping loading and supporting: John Patterson, Hercules Perryman, Monica and Russell Cook, Anne Whitehead, Robin Lucoscious and Bill Kappel to name a few (many of whom were side lined through injury). The lifting was outstanding and a big well done to all of the Award Winners. Molly Myers did a great job performing the heaviest front squat on the ladies record books, and at just 17 years of age she is one to watch as a star of the future. Everyone had a great time, and the lifting was followed by a great banquet feast on site at the Belmont Recreational Centre in Perth. The event took place on

**IWA 2015 World All Round Championships – Glasgow, Scotland 10<sup>th</sup> / 11<sup>th</sup> October**

**Lifts in order: 1** Push Press / **2** Cont. Snatch / **3** Pullover & Press / **4** One Hand Deadlift / **5** One Arm Zercher / **6** Two Hands Anyhow Dumbbell & Barbell / **7** Straddle Deadlift

**Name**

Two Hands Anyhow Dumbbell & Barbell / 7 Straddle Deadlift											Name		
	Bwt	Cla	Age	Div	Lift 1	Lift 2	Lift 3	Lift 4	Lift 5	Lift 6	Lift 7	Total	
	Amended		Placing					Paula Thompson			51.4	55	41
	M40+	42.5	38	48	71R	60R	27.5	110.5	395	699.0		Open &	
Masters 55k Champion													
Nicola Thornhill			64.0	65	46	M45+	45	32.5	52.5	70R	55R	30	110
412.5	641.1		Open & Masters 65k Champion										
Selina Dorn			68.6	70	39	Open	45	30	40	70R	55R	30	115
385	542.3		Open 70k Champion										
	75	20	Open	45	42.5	47.5	87.5R	75R	32.5	115	445	596.9	
	Open 75k Champion						Natasha Parry	84.7	85	30	Open	50	
	37.5	45	85R	68R	30	120	435	537.7		Open 85k Champion			
Victoria Eaglefield			86.8	90	37	Open	42.5	30	37.5	70R	60R	35	126
400	487.4		Open 90k Champion										
Jenn Tibbenham			92.1	95	31	Open	55	40	50	65L	50L	38	155
452.5	533.2		Open 95k Champion										
Sianni Keddy			100.6	105	38	Open	32.5	32.5	30	55R	60R	25	80
315	353.8		Open 105k Champion										
Liam Keddy			48.3	50	14	J14/15	30	25	30	45R	42.5R	22.5	100
295	489.3		Junior 14/15 50k Champion										
Chris Findon			66.5	70	33	Open	50	50	67.5	97.5L	95L	50	170
	582.5	629.9	Open 70k Third Place										
Matt Wells			68.8	70	35	Open	75	70	65	130R	70R	60	170
640	676.5		Open 70k Second Place										
Paul Barette			70.0	70	39	Open	67.5	55	70	152.5R	100R	60	220
725	757.7		Open 70k Champion										
Matt Finkle			68.8	70	49	M45+	60	50	70	100R	80R	45	142.5
547.5	641.5		Masters 45+ 70k Champion										
Steve Andrews			67.8	70	56	M55+	67.5	65	85.5	125L	92.5L	60	150
645	812.7		Masters 55+ 70k Champion										
Dennis Mitchell			67.7	70	83	M80+	20	15	30	63L	25L	---	80
	232.5	402.4	Masters 85+ 70k Champion										
Luke Davis			72.2	75	31	Open	77.5	70	92.5	130R	102.5R	62.5	185
720	737.5		Open 75k Champion										
Stevie Shanks			73.6	75	52	M50+	40	40	70	142.5R	96R	50	201
	637.5	729.0	Masters 50+ 75k Champion										
Art Montini			79.0	80	88	M85+	25	22.5	50	80L	42.5L	20	85

325	535.9	Masters & Open 80k Champion										
Neil Keddy		85.5	90	37	Open	77.5	50	105	105L	100L	60	180
677.5	626.2	Open 90k Champion										
Steve Howarth		89.2	90	34	Open	62.5	47.5	72.5	90R	85R	55	182.5
595	536.8	Open 90k Second Place										
Gary Ell		90.0	90	73	M44+	75	62.5	97.5	120R	110R	65	205.5
735	692.7	Masters 40+ 90k Champion										
Denny Habecker		89.2	90	73	M70+	55	45	85	110R	---	50	135
480	617.6	Masters 70+ 90k Champion										
Timo Luttamus		93.4	95	36	Open	85	67.5	105	201L	102.5R	80	210
850	747.3	Open 95k Champion										
Andy Tomlin		92.1	95	48	M45+	85	70	---	190R	100R	80	160
685	661.6	Masters 45+ 95k Champion										
James Gardner		97.7	100	31	Open	95	85	107.5	190R	140R	102.5	227.5
947.5	812.8	Open 100k Champion										
Steve Moss		100.4	105	33	Open	72.5	62.5	95	130R	100R	62.5	170
692.5	585.4	Open 105k Second Place										
Josh Davidson		103.5	105	25	Open	105	85	130	160R	120R	100.5	250
950	790.2	Open 105k Champion										
David McFadzean		102.4	105	45	M45+	70	50	72.5	102.5R	80R	50	135
560	496.6	Masters 45+ 105k Champion										
Clive Madge		102.7	105	66	M65+	75	62.5	100	122.5L	---	65	171
595	637.8	Masters 65+ 105k Champion										
Mark Haydock		109.0	110	40	M40+	130	95	137.5	200R	132.5R	100	300
1095	895.5	Masters & Open 110k Champion										
Chad Ullom		114.8	115	43	M40+	---	---	---	150R	120L	---	225
495	406.0	Masters & Open 115k Champion										
Graham Saxton		119.9	120	53	M50+	67.5	52.5	102.5	125L	95R	55	200
697.5	613.6	Masters & Open 120k Champion										
Matt Jones		122.2	125	19	J18/19	100	90	110	120R	120R	80	210
830	652.8	Open & Junior 125k Champion										
George Dick		141.8	125+	66	M65+	55	45	60	70R	60R	---	152.5
442.5	403.3	Masters & Open 125+ Champion										

**Note:** On day two weigh in all lifters remained in the same class as day one except: Steve Moss went down to 100k class and Josh Davidson went up to 110k class!

**Successful 4<sup>th</sup> Attempts:** Pullover and Press: Graham Saxton 106 – One Hand Deadlift: Steve Andrews 130.5 Timo Luttamus 221.5 – One Arm Zercher: Jenn Tibbenham 62.5 Gary Ell 120.5 Two Hands Anyhow: Natasha Parry 35 Jenn Tibbenham 40 Straddle: Paula Thompson 115 Vicki Eaglefield 130 Jenn Tibbenham 165 Gary Ell 210

**MC Announcers:** Steve Gardner Al Myers **Assistant Recorders:** Chris Bass Judy Habecker **Referees:** James Gardner George Dick Karen Gardner Denny Habecker David McFadzean Frank Allen (**Drug Control**) John Gardner Gary Ell Andy Tomlin Graham Saxton Mark Haydock Chad Ullom Paula Thompson Matt Finkle Paul Barette Al Myers Steve Andrews Luke Davis Dennis Mitchell **Loaders:** The loading teams for both flights on both days included ALL of the lifters who were not called up for Refereeing duties!

**Best Lifter:** Mark Haydock **Best Female Lifter:** Paula Thompson **Best Open Lifter:** James Gardner **Best Master Lifter:** Mark Haydock **Champion of Champions Overall Best Lifters**

**Award: Winner** – Mark Haydock **Second:** James Gardner **Third:** Steve Andrews

**The 28<sup>th</sup> Annual IAWA World All Round Weightlifting Championships** – With 34 lifters representing: England, Scotland, USA, Ireland, Wales and Finland, completing 7 disciplines over the two days, it certainly made for a very busy weekend. The lifting ran through very smooth, and it was great to see that all of the lifters were engaged in loading and spotting and refereeing when they weren't lifting, many hands make light work and the enthusiasm produced in the room was just electric. We were treated to excellent lifting across the board, with bags full of records (and some great records too) being broken. It was great to see eight female competitors taking part, and a great mix of Open Division, Juniors and Masters as well. Once again several new lifters were on the platform, and all showed great promise for the future. Well done to David McFadzean and his support team at Castlemilk for promoting a great event. It was really nice that the youngest Competitor: Liam Keddy celebrated his 14<sup>th</sup> Birthday on the first day of competition, and the oldest: Art Montini celebrated his 88<sup>th</sup> Birthday on the second day too, thanks to Janet Dick, Judy Habecker and Karen Gardner for arranging the cake, it was a great surprise for Art. Well done to all lifters but especially to the Overall Champion: Mark Haydock who received the new IAWA Championship Belt that had been supplied by members of David's family to be used as a perpetual Award at the World Championships. Fitting that Mark finished the day with a huge 300 kilos Straddle Deadlift! This was without a doubt another fantastic event in IAWA World Championships History....

The 2015 World Postal Championships – Andy Goddard Memorial 23 Teams – 67

Lifters

The Lifts: Continental Snatch, Pullover and Press,

Clean and Push Press, One Hand Deadlift

Team

Rankings

Burt

on Powerhouse 1 ENG P Tryner J Gardner J Davidson 1244.7 - FIRST

PLACE

Granby Grippers ENG S

Andrews M Shaw S Sherwood 1130.7 - SECOND

PLACE

Meta Men ENG P Barette

J Morris R Hoad 1126.3 - THIRD PLACE

-

Burton Powerhouse 2 ENG L

Davis Paula Thompson M

Jones 1073.6

Iron

Clad ENG S Hills N Swain P

Crisp 1069.3

Hoghton

Barbell ENG M Haydock S Howarth M

Wells 1026.5

Belmont

Boyz AUS P Phillips J Mahon P

MacManus 1014.5

Burton Powerhouse 3 ENG G Saxton C Findon W

Reid 940.2

The

Baldies SCO A Tomlin M Finkle D

McFadzean 903.5

The

Haven Heroes ENG T Allsopp R Metcalf G

Dick 892.2

Tiverton

ENG M Rattenberry J Cockbain S

Trew 886.0

The Ciavattones USA F

Ciavattone J Ciavattone F

Ciavattone 857.1

Ked

dys Dragons WAL N Keddy S Keddy G

Ell 810.9

Burton

Powerhouse 4 ENG Chloe Brennan S Moss Karen

Gardner 810.3

Dino

Gym USA C Ullom D Ross S

Campbell 807.0

Par

agon Iron Girls ENG Selina Dorn Nicola Thornhill Natasha McAuley

775.9

Ells

Bells ENG Maddie Ell Mina Ell Sonya



Coles 753.5		Metamorfit	ENG
Candice Morris E Shorttle R			
Burchett 747.1			The
All Stars	USA Mary McConnaughey Crystal Diggs D Habecker		
676.5		Heartland Strength	USA C
Schimpf Misty Fritz Tressa			
Brooner 673.7		Burton	
Powerhouse 5	ENG S Gardner Vicki Eaglefield J		
Hulse 650.3		Iron	
Maidens	ENG Natalie Voce Nadia Silva Jenn Tibbenham		
464.9			
	Team Stevie Shanks IRE S Shanks (1		
lift) 162.3			
Individual			
Rankings		Name	Bwt Class
Age Div Sna P&P C&PP OH DL Tot			
Amend		Steve Sherwood	78.5
80 63 M60+ 70 80 77.5 145 L 372.5 449.1 -			
First			
	Mark Haydock 110.0 110 40 M40+ 85 140 123.5 197.5R 546 444.4 -		
Second			
	Pete Tryner 91.8 95 43 M40+ 80.5 127.5 97.5 160 R 465 429.2 -		
Third		Steve	
Andrews	67.9 70 56 M55+ 67.5 82.5 67.5 122.5 L 340 424.1 -		
Fourth			
	James Gardner 95.4 100 31 Open 80 105 90 200 R 475 412.7 -		
Fifth			
		Phil Crisp	107.5 110
45 M40+ 83 143 90.5 163 R 479.5 410.5 -			
Sixth			
	Josh Davidison 106.0 110 25 Open 90 120 100 180 R 490 402.5 -		
Seventh			
	Rory Hoad 77.9 80 27 Open 65.5 115.5 85.5 140.5R 407.0 397.5 -		
Eighth			
	Luke Davis 74.6 75 31 Open 70 92.5 80 150 R 392.5 393.8 -		
Ninth			
	Andy Tomlin 91 95 47 M45+ 65 90 75 165 R 395 380.5 - Tenth		
-			Jeff
Ciavattone 115 115			
35 Open 80 110 100 182.5 477.5 376.2			
		Joe Morris	77.5 80 22 Open 55.5 85.5
90.5 150.5R 382.0 374.3	Denny Habecker 85.7 90 72 M70+ 40 80 55 110 R 285		
368.2			
	Rich Metcalf 99.0 100 30 Open 82.5 100 100 145 L 427.5		
364.1			
		Paula	
Thompson 50.2 55 41 M40+ 37.5 47.5 42.5 70 R			
197.5 356.5			
	Matt Wells 69.0 70 35 Open 70 65 70 132.5R 337.5		
356.0		Peter	
Phillips 106.4 110 61 M60+ 50 90 70 145 R 355			
355.0			
	Paul Barette	69.3 70 39 Open 58 75.5 68	
135.5R			
337.0 354.5			

Sam Hills	83 85 54	M50+ 55	81	71	111		
L 318.0	343.9						
	Tom Allsopp	92.8 95 52	M50+ 70 60 90 120.2R	340.2			
339.2						Scott	
Campbell	142.1 125+ 41	M40+ 95 100 115 160	L				
470	340.9						
	Gary Ell	88.9 90 44	M40+ 62.9 95.4 77.9 120.4	R			
356.6	338.4						
	John Mahon	118.2 120 32	Open 60 145 100 120 R	425			
330.3						Paul	
MacManus	109.8 110 41	M40+ 65 100 90 145 R	400				
329.1							
						Matt Jones	125.4 125+ 19
J18/19 90 110 100 120 R							
420	323.3						
	Graham Saxton	123.0 125 53	M50+ 52.5 100 67.5 150	R			
370	321.4						
	Nick Swain	83.6	85 50	M50+ 50 90.5	72.5	90	
R 303.0	314.9						
						Mark Rattenberry	64.3 65
53 M50+ 41 72.5 56 77.9 R							
247.4	312.0						
							Chri
s Findon	68	70	33 Open	52.5 65 65 110 L	292.5		
311.5						Neil	
Keddy	85.2 90 37	Open 60 100 75 100					
L 335	310.2						
						Webster Reid	158.2 125+ 41 M40+
75 120 100 150 R	445						
307.3							
						Chloe Brennan	75.2 75 19 J18/19 40
45 47.5 90 R	222.5	299.8					Jevan
Cockbain	79.8 80 16	J16/17 45 65 70 95.4					
L 275.4	291.6						
						Mina Ell	46.1 50 18 J18/19 30 37.9 27.9 55.4 R
151.2	296.3						
						Matt Finkle	68.1 70 49
M45+ 45 65 55 85 R	250						
292.6							
	Nicola Thornhill	64.0 65 46	M45+ 27.5 50 40 65	R			
182.5	283.6						
	Sam Trew	122.6 125 32	Open 70 100 80 120 L	370			
282.4							
	Frank						
Ciavattone	127 125+ 60	M60+ 20 80 20	182.5 307.5	279.1			
					Maddie Ell	51.4	55 20 Open 30.8 40.4 35.4 52.9 R
159.5	278.0						
						Dean Ross	114.8 115 72 M70+ 40
80 50 80 R							
250	276.0						
	Ryan Burchett	107.5 110 32	Open 75.5 85.5 80.5 95.5				
R 337.0	274.8						
						Mark Shaw	78.3 80 54 M50+ 42.5 65 50 72.5 L 230
257.5							
	Steve Moss	99.1 100 33	Open 45 70 65 120 R	300	255.3		
M55+ 25 40 30 75 R						Karen Gardner	74.9 75 56
170	255.2						

Tressa

Brooner	59.3 60 54 M50+ 27.3 36.4 34.1 47.7		
145.5	252.4		
	Selina Dorn	69.8 70 38 Open 30 40 40 70 R 180	250.6
Shorttle	78 80 58 M55+ 30.5 60.5 53 70.5		Ed
R	214.5 249.1		
		Christian Schimpf	69.8 70 16 J16/17 40.9 61.4 52.3
56.8			
211.4	243.4		
	Natasha McAuley	86.1 90 30 Open 32.5 42.5 42.5 80 R 197.5	241.7
125+ 58 M55+ 40 70 40 130 R			Steve Gardner 139.8
280	239.1		
		David McFadzean	106.3 110 45 M45+ 40 70 55 100 R 265
230.4			
Steve Howarth	91.0 95 34 Open 43.5 62.5 62.5 85 R		
253.5	226.1		
	Vicki Eaglefield	86.1 90 37 Open 30 42.5 40 70 R	
182.5	223.4		Candice
Morris	50.9 55 34 Open 23 20.5 23 60.5		
L	127.0 223.2		
	Nadia Silva	51.4 55 29 Open 30.5 50.5 43 ---	
124.0	216.1		
	Frankie Ciavattone	114 115 21 Open 50 65 55 85 255	201.8
Ullom	113.0 115 43 M40+ 50 --- 180 R		Chad
230	190.1		
			George Dick 138.4
125+ 66 M65+ 35 55 35 80 L 205			
188.9			
		Jenn Tibbenham	95.5 100 31 Open 40 22.5 50 50
L	162.5 187.7		
		Josh Hulse	58.8 60 11 J13+U 20 30 25 45
R	120 187.8		
	Sonya Coles	88.9 90 38 Open 27.9 37.9 40.4 42.9 R	
149.1	179.2		
		Misty Fritz	104.0 105 25 Open 31.8 40.9 38.6 50
161.3	177.9		
		Mary McConnaughey	140.9 125+ 55 M55+ 29.5 38.6 43.2 50 161.3
171.6			
	Sianni Keddy	101.2 105 38 Open 25 32.5 32.5 55 L	145 162.3
Shanks	73.0 75 51 M50+ 142.5 R 142.5		Stevie
162.3			
		Crystal Diggs	70.0 70 28 Open 22.5 19.5 20.4 36 R
98.4			
136.7			
	Natalie Voce	87.9 90 33 Open --- 50.5 --- --- 50.5	61.1

Ladies Rankings (Juniors, Open and Masters): Look alongside Amended Total to see Position you finished... 1st = A World Postal title, M&O = Masters and Open Winner J&O = Junior and Open

Winner	Name	Bwt	Class	Age	Div	Sna	P&P	C&PP	OH	DL
Tot Amend										
Ladies										
Brennan	75.2 75 19 J18/19 40 45 47.5 90 R 222.5	299.8	1st	J&O						
J18/19 30 37.9 27.9 55.4 R 151.2	296.3	1st		Open						
Ladies										
Ell	51.4 55 20 Open 30.8 40.4 35.4 52.9 R 159.5	278.0	2nd							
30 40 40 70 R 180	250.6	1st								
	Natasha McAuley	86.1 90 30 Open 32.5 42.5 42.5 80 R								
197.5	241.7	1st								
	Vicki Eaglefield	86.1 90 37 Open 30 42.5 40 70 R								
182.5	223.4	2nd								Candice
Morris	50.9 55 34 Open 23 20.5 23 60.5									
L	127.0 223.2	3rd								
	Nadia Silva	51.4 55 29 Open 30.5 50.5 43 ---								
124.0	216.1	4th								
	Jenn Tibbenham	95.5 100 31 Open 40 22.5 50 50								

[illegible]

R 337.0	274.8	3rd		Steve Moss	99.1	100	33	Open	45	70	65	120	R		
300	255.3	3rd		Steve Howarth	91.0	95	34	Open	43.5	62.5	62.5	85	R		
253.5	226.1	3rd		Frankie											
Clavattone	114	115	21	Open	50	65	55	85	255	201.8	2nd			Master	
s 40+														Mark	
Haydock	110.0	110	40	M40+	85	140	123.5	197.5	R						
546	444.4	1st	M&O												
				Pete Tryner	91.8	95	43	M40+	80.5	127.5	97.5	160	R	465	
429.2	1st	M&O		Phil Crisp	107.5	110	45	M40+	83	143	90.5	163			
R 479.5	410.5	2nd		Scott Campbell	142.1	125+	41	M40+	95	100	115	160	L		
470	340.9	1st	M&O												
				Gary Ell	88.9	90	44	M40+	62.9	95.4	77.9	120.4	R		
356.6	338.4	1st	M&O	Paul MacManus	109.8	110	41	M40+	65	100	90	145	R	400	
329.1	3rd			Webster Reid	158.2	125+	41	M40+	75	120	100	150	R	445	307.3
Ullom	113.0	115	43	M40+	50	--	--	180	R					Chad	
230	190.1	1st													
				Masters 45+											
Tomlin	91	95	47	M45+	65	90	75	165	R	395	380.5	1st		Matt Finkle	68.1
65	55	85	R	250	292.6	1st		David McFadzean	106.3	110	45	M45+	40	70	55
230.4	1st														
				Masters											
50+															Sam
Hills	83	85	54	M50+	55	81	71	111							
L 318.0	343.9	1st	M&O												
				Tom Allsopp	92.8	95	52	M50+	70	60	90	120.2	R	340.2	
339.2	1st			Graham Saxton	123.0	125	53	M50+	52.5	100	67.5	150	R		
370	321.4	1st													
				Nick Swain	83.6	85	50	M50+	50	90.5	72.5	90			
R 303.0	314.9	2nd													
Rattenberry	64.3	65	53	M50+	41	72.5	56	77.9	R	247.4	312.0	1st	M&O	Mark Shaw	78.3
54	M50+	42.5	65	50	72.5	L	230	257.5	1st	Stevie Shanks	73.0	75	51	M50+	142.5
162.3	1st														
				Masters											
55+															Steve
Andrews	67.9	70	56	M55+	67.5	82.5	67.5	122.5	L	340	424.1	1st	M&O		
Frank															
Clavattone	127	125+	60	M60+	20	80	20	182.5	307.5	279.1	1st				
Ed Shorttle	78	80	58	M55+	30.5	60.5	53	70.5	R	214.5	249.1	1st			
Steve Gardner	139.8	125+	58	M55+	40	70	40	130							
R280	239.1	1st													
60+															
Steve Sherwood	78.5	80	63	M60+	70	80	77.5	145	L	372.5	449.1	1st			
Peter Phillips	106.4	110	61	M60+	50	90	70	145	R	355	355.0	1st			
FrankClavattone	127	125+	60	M60+	20	80	20	182.5	307.5	279.1	1st				
				Masters 65+											
George Dick	138.4	125+	66	M65+	35	55	35	80	L	205					
188.9	1st														
				Masters											
70+															
Denny Habecker	85.7	90	72	M70+	40	80	55	110	R	285	368.2	1st			

The 2015 World Postal Championships: 23 teams from 6 different Countries, with 67 individuals taking part. As usual I have inserted individuals not already in a team of three, into teams that were short. It is really nice to see that even lifters who are injured, not currently in training have still pitched in a total to support the tournament, and register lifts in the name of 'Andy Goddard'. Of the 67 lifters, 35 performed in front of 2 or 3 referees, and those results have all been forwarded to the records registrar for checking. It is great to see also that of the 67 lifters, 19 were female and 20 were Open Men and Juniors. Thanks again to everyone who took part, and a big WELL DONE too all who took part, including the Team Winners 'Burton Powerhouse 1' retaining their title, ahead of a close challenge from the Granby Grippers from Leicester in Runners Up spot and the Meta Men from Eastbourne in Third. A great job by the Overall Best Lifter too: 'Steve Sherwood' finishing ahead of Mark Haydock in Second and Pete Tryner in third place!

## **About the USAWA**

### **MISSION STATEMENT**

The USAWA was formed to continue the long standing tradition of old-time weightlifters like Eugen Sandow, Louis Cyr, Arthur Saxon, Hermann Goerner, Warren Lincoln Travis, and many others. We strive to preserve the history of the original forms of weightlifting, which in the past has been referred to as "odd lifting". Many of the lifts we perform are based on stage acts or challenge lifts of old-time strongmen.

### **HISTORY**

The USAWA was organized in 1987 and was a charter member of the International All-Round Weightlifting Association. The USAWA has over 200 recognized lifts and 10,000 plus records, so any strength athlete can find their niche. We have a drug testing program to insure drug free lifting. Numerous local meets and a National Championships are held each year to find true "all-round" weightlifters.

### **USAWA OFFICERS AND EXECUTIVE BOARD**

#### **President**

Denny Habecker  
637 North 11th Avenue  
Lebanon, PA 17046  
Phone: 717-272-5077

#### **Vice President**

Chad Ullom

2401 SW 35th Terr  
Topeka, KS 66611  
Phone: 785-233-2466

**Secretary/Treasurer**

Al Myers  
1126 Eden Road  
Abilene, KS 67410  
Phone: 785-479-2264

**At Large Executive Board Member**

Dennis Mitchell  
4457 Silsby Road  
University Heights, OH 44118  
Phone: 216-381-1287

**At Large Executive Board Member**

Frank Ciavattone  
204 East Street  
East Walpole, Massachusetts 02032  
Phone: 508-668-5200

**SPECIAL ASSIGNMENT DIRECTORS**

**Website Director:** Al Myers

**Records Director:** Al Myers

**Officials Director:** Joe Garcia

**Drug Enforcement Director:** Chad Ullom

**Awards Director:** Al Myers

**Postal Meet Director:** Denny Habecker

**Rule Book**

This is the official Rulebook of the USAWA. It contains general rules and the rules of the individual official USAWA lifts. It also contains the USAWA

Bylaws. Hard copies may be purchased in the USAWA online store for \$30 plus shipping. The Rulebook is free to download as a pdf. However, the Rulebook file is large (7 MB) and system performance may be slow depending on your connection speed.

Updated August 1st, 2014

USAWA Rulebook (PDF): [RULEBOOK 8th Edition](#)

## **Record List**

### **USAWA RECORD LIST**

The USAWA Record List and Team Record List is available as a PDF for download. The date that the list was last updated is listed beside the record list files. The Record List file is large (9 MB) so there may be problems with downloading with some systems. Any questions regarding the record list should be directed to Al Myers ([amyers@usawa.com](mailto:amyers@usawa.com)). Age group and bodyweight classes are noted with age in years and bodyweight in kilograms. "ALL" stands for the overall record for a bodyweight class. "M" and "F" designate male and female divisions. "NAT" is the bodyweight class record for the National Championships.

[RECORD LIST](#) – PDF (Updated November 17th, 2015)

[TEAM RECORDS](#) – PDF (Updated November 17th, 2015)

### **IAWA WORLD RECORD LIST**

Chris Bass is the IAWA Records Registrar. Chris lives in Grimsby, England and operates the All Round Weightlifting Club, the Haven Gymnasium. He maintains a current IAWA World Record List, which includes records of all official IAWA lifts. This Record List is available here (as a PDF):

[http://www.havengym.org.uk/PDF/WR\\_Index.pdf](http://www.havengym.org.uk/PDF/WR_Index.pdf)

## **WOMEN'S CENTURY CLUB**

**(as of November 17th, 2015)**



	RANK LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Noi Phumchona	260	260	0
2	Ruth Jackson	236	236	0
3	Mary McConnaughey	130	130	0

**MEN'S CENTURY CLUB**  
**(as of November 17th, 2015)**

	RANK LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Denny Habecker	527	520	+7
2	Art Montini	466	458	+8
3	Al Myers	444	436	+8
4	John McKean	315	305	+10
5	Joe Garcia	294	294	0
6	Dennis Mitchell	281	281	0
7	Frank Ciavattone	272	273	-1
8	Dean Ross	243	226	+17
9	Chad Ullom	237	232	+5
10	Bob Hirsh	229	229	0
11	Bill Clark	213	214	-1
12	Howard Prechtel	172	172	0
13	Scott Schmidt	157	152	+5
14	Dale Friesz	156	157	-1
15	Jim Malloy	153	154	-1
16	John Monk	147	147	0

17	Ed Schock	138	138	0
18	Chris Waterman	137	137	0
19	Rudy Bletscher	125	125	0
20	Bob Geib	116	112	+4
21	Mike Murdock	105	106	-1
22	LaVerne Myers	104	102	+2

## **Forms and Applications**

### **INDIVIDUAL MEMBERSHIP APPLICATION**

Membership for the USAWA is for the calendar year (January to December) and the cost is \$25. This also covers joint membership to the IAWA, which is the international governing organization of all-round weightlifting. The membership application also includes a drug waiver which must be agreed to by the applicant. In case an applicant is under the age of 21, a parent or legal guardian must also sign and date both applications. A coach's signature is not sufficient.

PDF Document: [Individual Membership Application \(PDF\)](#)

EDIT PDF Document: [Individual Membership Application \(EDIT PDF\)](#)

### **MEET SANCTION APPLICATION**

This is the application form that must be filled out to apply for a meet sanction. Please read over this website blog before applying for a sanction so you are informed of the proper sanction protocol:

<http://www.usawa.com/tag/sanctions/> The cost of a meet sanction is \$30.

PDF Document: [Meet Sanction Application \(PDF\)](#)

EDIT PDF Document: [Meet Sanction Application \(EDIT PDF\)](#)

### **CLUB MEMBERSHIP APPLICATION**

This is the application form that must be filled out and sent in every year for club membership. The cost of Club Membership is \$30.

PDF Document: [Club Membership Application \(PDF\)](#)

EDIT PDF Document: [Club Membership Application \(EDIT PDF\)](#)

## **HALL OF FAME NOMINATION FORM**

This is the form that must be filled out and submitted for a Hall of Fame nominee.

PDF Document: [HOF Nomination Form \(PDF\)](#)

EDIT PDF Document: [HOF Nomination Form \(EDIT PDF\)](#)

## **ONLINE STORE ORDER FORM**

This is the order form for the USAWA online store. It must be filled out completely and sent in with an order.

PDF Document: [Online Store Order Form \(PDF\)](#)

EDIT PDF Document: [Online Store Order Form \(EDIT PDF\)](#)

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Please submit forms and applications to the USAWA Secretary:

**Al Myers**

**1126 Eden Road**

**Abilene, Kansas, 67410**

Email: [amyers@usawa.com](mailto:amyers@usawa.com)

## **Membership Roster**

The following individuals have paid their yearly membership fees to the USAWA and have properly filled out and signed the USAWA membership application, which includes the Drug Testing Waiver. The Individual Membership Application includes the Official Club Affiliation of the individual. If a person wishes to change Club Affiliation during the year, this form must be filled out again with the updated club information and resubmitted.

The individuals on this Membership Roster are current members of the USAWA for 2016. Membership in the USAWA is for the calendar year, which starts on the first day of January and ends on the last day of December. Current membership is required in the USAWA to compete in any USAWA sanctioned event or competition. Meet Directors are responsible for making sure that the competitors in their event or competition are current USAWA members. If meet results are turned in for individuals that are not current USAWA members, these lifters will not be listed in the meet results and will not be eligible for placings or USAWA records. Failure to insure that lifters are current USAWA members by a meet director in a USAWA sanctioned event may result in the meet sanction being revoked.

This Membership Roster will be kept up to date so Meet Directors can use it to verify current memberships, and for individuals to confirm their membership status in the USAWA. THE USAWA NO LONGER ISSUES MEMBERSHIP CARDS AND HASN'T FOR OVER FIVE YEARS SO DON'T ASK ME THIS ANYMORE.

## **2016 USAWA MEMBERSHIP ROSTER**

**(Includes Club Affiliation and Join Date)**

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Clark, Bill (Clark's Gym) – January 1st

Diggs, Crystal – January 1st

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Hunt, Steven (Habecker's Gym) – January 1st

Jackson, Ruth (Body Intellect) – January 1st

Malloy, Jim – January 1st

Mitchell, Dennis – January 1st

Montini, Art (Ambridge VFW BBC) – January 1st

Myers, Al (Dino Gym) – January 1st

Ross, Dean (Dino Gym) – January 1st

Schmidt, Kathy (Schmidt Barbell Club) – January 1st

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Wagman, Dan – January 1st

## **PAST MEMBERSHIP ROSTERS**

2015 USAWA Membership Roster – [2015USAWARoster](#)

2014 USAWA Membership Roster – [2014USAWARoster](#)

2013 USAWA Membership Roster – [2013USAWARoster](#)

2012 USAWA Membership Roster – [2012USAWARoster](#)

2011 USAWA Membership Roster – [2011USAWARoster](#)

2010 USAWA Membership Roster – [2010USAWARoster](#)

## **Member Clubs**

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2015. Club Membership Applications are found in the “Forms and Applications” section on the upper left side of the website, under USAWA Information. Each USAWA Club is eligible to win the annual Club of the Year Award, presented at the Annual National Meeting. The clubs that were registered in 2014 but have NOT YET renewed their club membership for 2015 are marked with an asterisk.

### **Current USAWA Member Clubs For 2015**

#### **Al’s Dino Gym – (2003-2016)**

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate –

#### **Ambridge VFW Barbell Club – (1993-2016)**

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate –

**Cast Iron Training – (2015)**

Location: Fellsmere, Florida

Contact: Derek Prior

Club Certificate –

**Clark's Championship Gym – (1989-2016)**

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate –

**Frank's Barbell Club – (2010-2015)**

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate –

**Habecker's Gym – (2010-2016)**

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate –

**Jackson Weightlifting Club – (2009-2015)**

Location: Kirksville, Missouri

Website: <http://jacksonweightliftingclub.com/>

Contact: Thom Van Vleck

Club Certificate –

**KC Strongman – (2011-2015)**

Location: Turney, Missouri

Contact: Eric Todd

Club Certificate –

**Ledaig Heavy Athletics – (2010-2015)**

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate –

**\* Salvation Army Gym – (2012-2014)**

Location: Macomb, Illinois

Contact: Tim Piper

Club Certificate –

**Schmidt Barbell Club – (2010-2016)**

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate –

**Past Club of the Year Award Winners**

2014 Club of the Year – Frank's Barbell Club, Runner Up – Ledaig Heavy Athletics

2013 Club of the Year – Dino Gym, Runner Up – Habecker's Gym

2012 Club of the Year – Ledaig Heavy Athletics, Runner Up – Salvation Army Gym

2011 Club of the Year – Dino Gym, Runner Up – Ledaig Heavy Athletics

2010 Club of the Year – Habecker's Gym, Runner Up – Ambridge VFW BBC

2009 Club of the Year – Dino Gym, Runner Up – Ambridge VFW BBC

**Former Clubs of the USAWA**

Atomic Athletic – (2011-2012)

Bob's Lifting News – (1997-2003)

Braveheart WLC – (2000-2003)

Jobe's Steel Jungle – (2012-2013)

Joe's Gym – (2002, 2010-2013)

Jump Stretch – (2002-2003)

Heartland Armwrestling – (2009-2010)

M&D Triceratops – (2011-2013)

Movement Minneapolis – (2011-2012)

New England All-Rounders -(1993-1999, 2004-2007)

Olympic Health Club Cleveland – (2001)

Powerzone – (2000-2007)

Prechtel's AC – (1991-2004)

SE Pennsylvania – (2005)

Team Cramer (2011-2012)  
Valley Forge WLC – (1989-1995)

### **Officials List & Rules Test**

The following is a list of all current USAWA Certified Officials. All competitions or events require a certified official in order for records to be set or broken. The USAWA rules require officials to be current USAWA members to be active officials. Lapse of current membership does not result in the loss of certification. The officials marked with an asterisk (\*) indicate that they are not current USAWA members, and until their membership is current they can not participate in an USAWA event/meet as an active official.

#### **Level 2 USAWA Certified Officials**

These officials have passed the USAWA Rules Test AND have the experience of officiating in 25 or more competitions.

Denny Habecker – Lifetime Certification

Bill Clark – Lifetime Certification

Joe Garcia – Lifetime Certification

\* Kerry Clark – Lifetime Certification

Dennis Mitchell – Lifetime Certification

Frank Ciavattone Jr. – Lifetime Certification

Al Myers – Lifetime Certification

Jim Malloy – Lifetime Certification

Barry Bryan – Lifetime Certification

\* Joe Ciavattone Sr. – Lifetime Certification

Chad Ullom – Lifetime Certification

Thom Van Vleck – Lifetime Certification

Scott Schmidt – Lifetime Certification

Eric Todd – Lifetime Certification

#### **Level 1 USAWA Certified Officials**

These officials have passed the USAWA Rules Test & Practical Training OR have the experience of officiating in 25 or more competitions.



## **Level 1 – Test Qualified**

Ruth Jackson- Certification expires February 18th, 2017

Jarod Fobes – Certification expires March 10th, 2017

LaVerne Myers – Certification expires July 9th, 2017

Lance Foster – Certification expires January 17th, 2018

## **Level 1 – Experience Qualified**

\* Steve Schmidt – Certification expires June 26, 2016

Art Montini – Certification expires June 26, 2016

John McKean – Certification expires June 26, 2016

\* Mike O'Brien – Certification expires June 26, 2016

## **USAWA Officials in Training**

Mary McConnaughey – April 24th passed Rules Test.

## **STEP ONE IN BECOMING A CERTIFIED USAWA OFFICIAL**

If you are interested in becoming an USAWA Official, the first step is to pass the Rules Test. This is an open book exam over the rules in the Rule Book. There is no time limit in taking the test or limit on the number of times you may take the test. You must have a score over 90% to pass. The following is the Rules Test in different formats. Please answer the questions fully. If a answer is a yes/no answer with exceptions, explain the exception.

PDF: [RULES TEST](#)

Word Document (New): [RULES TEST](#)

Word Document (97-03): [RULES TEST](#)

Text: [RULES TEST](#)

Joe Garcia is the USAWA Officials Director. All completed Rules Tests are to be sent to him for grading. The completed rules test may be mailed or emailed to Joe. He will notify you with a pass or fail response. You will NOT be given the questions you missed or answers to any failed responses.

Joe Garcia

20051 Old Hwy 63 North

Sturgeon, Missouri 65284  
email: [jgarcia@usawa.com](mailto:jgarcia@usawa.com)

## **STEP TWO IN BECOMING A CERTIFIED USAWA OFFICIAL**

After passing the Open Book Rules Test, the next step is to complete three practical training sessions. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System, or judge officially in the Three Official System in three competitions within a year. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A practical training session form will be available for the applicant to document this process. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an applicant. It is the applicant's responsibility to submit this form to the Officials Director Joe Garcia once completed in order to apply for official certification.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

## **Scoring Information**

The USAWA has several bodyweight classes and age group classes for lifters to compete in. Any lifter may find a class to compete in where the competition is against other lifters of the same bodyweight and age. The USAWA has four main age groups which are the Junior, Senior, Open, and Masters age groups. A lifter's age is determined by the lifter's actual age the day of the competition. The Junior age group includes lifters who have not reached their 20th birthday. The Junior age groups may be further split into four smaller age groups. These include 13 and under, 14-15, 16-17, and 18-

19. The Senior age group includes lifters who are between the ages of 20-39. The Open age group includes lifters 20 years of age and older. The Master age group includes lifters who are over the age of 40. Master age groups are often split into smaller age group classes. These include 40-44, 45-49, 50-54, etc. There are 19 bodyweight classes, beginning at 40 kilograms. There is a new bodyweight class for every 5 kilograms above 40 kilograms until 125 kilograms is reached. Lifters above 125 kilograms compete in the unlimited class, or the 125+ KG class. At the National Championships, lifters compete in one of these 19 weight classes within the smallest split of age groups for class placings. Best lifter awards are given for each age group and is determined by formula adjusting the lifter's total for bodyweight and age. For local competitions, the Meet Director is in charge of how the scoring is done for each competition and the type of awards given. The Meet Director may combine different weight classes or age groups to make different divisions. The Meet Director may have all the lifters compete against each other, in which the lifter's total is formula adjusted for bodyweight and age, which is the recommended scoring system of the USAWA. The method for adjusting for bodyweight and age is this:

- 1st – Make the bodyweight adjustment. This is done by using the Lynch Formula. The Lynch Formula is:

**Lynch Points = Total Weight Lifted x Lynch Factor**

The Lynch Factor is a coefficient that corresponds to a lifter's bodyweight. The intent of the Lynch Formula is to create a fair way of comparing all lifters, regardless of bodyweight. The [Lynch Factor Chart](#) contains the Lynch Factors. If a lifter's bodyweight is weighed in pounds, it must be converted to kilograms to find the appropriate Lynch Factor. This conversion is: **1 Kilogram = 2.20462262 Pounds**. It is advisable to use at least 3 decimal places to make this conversion.

- 2nd – Make the age adjustment. For the Junior and Masters classes, an adjustment is made for age. The formula for the age adjustment is this:

**Age Adjusted Lynch Points = Lynch Points + (Age Percent x Lynch Points)**

This provides an age handicap for the Junior and Master lifters. If a lifter does not receive any Age Percent Adjustment, their Age Adjusted Lynch Points would be the same as their Lynch Points.

Another formula which can be used to calculate the Age Adjusted Lynch Points is this:

**Age Adjusted Lynch Points = Lynch Points x Age Percent Factor**

In using the above formula, the Age Percent Factor must be mathematically expressed over 100%, ie 25% would be inserted into the formula as 1.25, 10% as 1.10, etc.

The Age Percent adjustments for a Junior lifter are:

12 and under – 33%

13 – 25%

14 – 20%

15 – 15%

16 – 10%

17 – 5%

18 – 3%

19 – 2%

The Age Percent adjustments for a Master lifter are 1% for each year of age starting at 40. So, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc.

The Age Adjusted Lynch Points are then used for determining the ranking of a meet. This is often reported in the meet results as PTS, which stands for the Age Adjusted Lynch Points.

In scoring meets, it is important to have the proper scoresheets for the officials or scorekeepers. Below are two template scoresheets that contain the pertinent information needed to score a meet. These may be downloaded as pdf's.

Scoresheet (PDF) – [MeetScoresheet](#)

Weigh-in Form (PDF) – [MeetWeighinForm](#)

## **About the IAWA**

The International All Round Weightlifting Association (IAWA) is the organization that the USAWA is affiliated with internationally. The IAWA was formed in 1987, the same year as the USAWA. Two other countries have organized all round weightlifting associations that are represented in IAWA – the IAWA-UK and the ARWLWA. However, lifters from any country may participate in IAWA events internationally regardless of whether the country has an affiliated All Round Weightlifting organization. The IAWA is open to ANYONE Worldwide to compete in. Throughout the years IAWA has had over 25 countries represented at IAWA events! IAWA promotes three main competitions per year. These competitions are the World Championships, the Gold Cup, and the World Postal Championships. The IAWA is governed by an elected board of officers that represent members worldwide. Elections are for 4 year terms. The IAWA has a Technical Committee that oversees technical issues within the organization, such as new lift evaluations. Every year in conjunction with the IAWA World Championships an Annual General Meeting is held. At this meeting the major decisions are made for the upcoming year in IAWA, such as deciding on future meet sites and promoters for the IAWA major competitions.

## **CURRENT OFFICERS OF THE IAWA**

### **IAWA PRESIDENT**

Al Myers, United States

### **IAWA GENERAL SECRETARY**

Frank Allen, England

### **IAWA VICE PRESIDENTS**

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

Cliff Harvey, New Zealand

Jose Jara, Spain

#### IAWA RECORD REGISTRAR

Chris Bass, England

#### IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

Al Myers, United States

Steve Gardner, England

Steve Sherwood, England

Peter Phillips, Australia

#### **UPCOMING IAWA MEET SCHEDULE**

2015 Worlds – Glasgow, Scotland – Promoter David McFadzean

2015 Gold Cup – Perth, Australia – Promoter John Mahon and Sam Trew

2016 Worlds – Wellington, New Zealand – Promoter Clive Madge

2016 Gold Cup – Abilene, Kansas, USA – Promoter Al Myers

2017 Worlds – Manchester, England – Promoter Mark Haydock

2017 Gold Cup – Glasgow, Scotland – Promoter George Dick

#### **MEMBERSHIP ROSTER**

Barten, Casey (Dino Gym) - February 14th

Brewer, Austin (Ledaig Heavy Athletics) - August 30th

Bronner, Tressa (Heartland Strength Sports) - June 18th

Bryan, Barry (Habecker's Gym) - January 1st

Campbell, Scott (Dino Gym) - August 8th

Ciavattone, Frank (Frank's BBC) - May 21st

Ciavattone, Frank III (Frank's BBC) - June 18th

Ciavattone, Jeff (Frank's BBC) - August 1st

Clark, Bill (Clark's Gym) - January 1st

Clark, William - March 30th

Diggs, Crystal - March 12th

Delaney, James (Frank's Barbell Club) - February 20th

Delaney, Jessica (Frank's Barbell Club) - February 20th

Edwards, Ben (Dino Gym) - February 14th

Emslie, David (Clark's Gym) - January 24th

English, Alan (Dino Gym) - February 14th

Fish, Robert (East Coast Gold) - February 2nd

Fritz, Misty (Heartland Strength Sports) - August 26th

Fobes, Jarrod (Colorado Shingitai Jujitsu) - June 15th

Foster, Lance (KC Strongman) - January 17th

Freides, Steve - January 1st

Fuller, James (JR's Strength Emporium) - June 20th

Garcia, Joe (Clark's Gym) - January 15th

Geib, Bob (Prechtel AC) - June 20th

Glasgow, Dave (Ledaig Athletic Club) - January 17th

Habecker, Aidan (Habecker's Gym) - June 20th

Habecker, Denny (Habecker's Gym) - January 1st

Habecker, Judy (Habecker's Gym) - January 1st

Hancock, Matthew (Frank's BBC) - June 18th

Heit, Calvin (Dino Gym) - February 14th

Jackson, Daryl (Old School Boxing) - June 29th

Jackson, Ruth (Body Intellect) - January 1st

Jones, Kyle (Dino Gym) - January 17th

Kahn, Helen - March 5th

Kressly, Draven (Ledaig Heavy Athletics) - August 29th

Kressly, Doug (Ledaig Heavy Athletics) - August 29th

Kressly, Jera (Ledaig Heavy Athletics) - August 29th

Malloy, Jim - January 1st

McConnaughey, Mary (Heartland Strength) - January 20th

McKean, John (Ambridge BBC) - June 18th

Mitchell, Dennis - January 1st

Montini, Art (Ambridge BBC) - January 1st

Myers, Al (Dino Gym) - January 1st

Myers, LaVerne (Dino Gym) - January 17th

Myers, Molly (Dino Gym) - January 1st

Prior, Derek (Cast Iron Training) - January 1st

Prior, Theo (Cast Iron Training) - January 1st

Ross, Dean (Dino Gym) - January 1st  
Santangelo, Stephen - January 24th  
Schmidt, Kathy (Schmidt Barbell Club) - October 18th  
Schmidt, Scott (Schmidt Barbell Club) - January 1st  
Schimpf, Christian (Heartland Strength) - February 14th  
Sees, Susan (Prechtel AC) - June 20th  
Smith, Randy - March 5th  
Todd, Eric (KC Strongman) - January 1st  
Tully, Scott (Dino Gym) - February 14th  
Ullom, Chad (Dino Gym) - January 1st  
Van Vleck, Thom (JWC) - January 17<sup>th</sup>  
Wagman, Dan – January 1st  
Wildes, Robert - January 1st  
Williams, Evan - February 2nd  
Wilkens, Kurt - January 1st

## **Hall Of Fame**

The highest honor in the USAWA is to be inducted into the Hall of Fame. The following are the current Hall of Fame Members. To be eligible for induction, a person must make significant contributions in the leadership, support or promotion of the USAWA or achieve outstanding success as a competitor at the National or World level. Biographies for some Hall of Fame Members are located in past Daily News Blogs.

### **Class of 2012**

Bob Geib

### **Class of 2010**

Scott Schmidt

### **Class of 2003**

Bill DiCioccio

### **Class of 2002**



Dale Friesz

**Class of 2001**

Rex Monahan

**Class of 2000**

Bob Hirsh

**Class of 1999**

Bill Clark

John McKean

**Class of 1997**

Denny Habecker

Joe Garcia

Dennis Mitchell

Chris Waterman

Deanna Springs

**Class of 1996**

Frank Ciavattone

Joe Ciavattone

Jim Malloy

John Vernacchio

**Class of 1993**

John Grimek

Art Montini

Howard Prechtel

Noi Phumchaona

Steve Schmidt

Ed Zercher

**Past Lifters of the Month**

The USAWA recognizes a Lifter of the Month, which represents a lifter who has excelled in a USAWA competition and/or competitions during the previous month.

### **LIFTER OF THE MONTH FOR 2016**

<b>MONTH</b>	<b>LIFTER STORY</b>
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January	
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February	
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March	
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April	
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May	
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June	
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July	
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August	
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September	
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October	
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November	
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December	
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### **LIFTER OF THE MONTH FOR 2015**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
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January		
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February		
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March		
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April		
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May		
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June	Randy Smith	<a href="http://usawa.com/lifter-of-the-month-randy-smith/">http://usawa.com/lifter-of-the-month-randy-smith/</a>
July	Barry Bryan	<a href="http://usawa.com/lifter-of-the-month-barry-bryan-3/">http://usawa.com/lifter-of-the-month-barry-bryan-3/</a>
August	Dean Ross	<a href="http://usawa.com/lifter-of-the-month-dean-ross/">http://usawa.com/lifter-of-the-month-dean-ross/</a>
September	Denny Habecker	<a href="http://usawa.com/lifter-of-the-month-denny-habecker-4/">http://usawa.com/lifter-of-the-month-denny-habecker-4/</a>
October	Art Montini	<a href="http://usawa.com/lifter-of-the-month-art-montini-3/">http://usawa.com/lifter-of-the-month-art-montini-3/</a>
November	Al Myers	<a href="http://usawa.com/lifter-on-the-month-al-myers/">http://usawa.com/lifter-on-the-month-al-myers/</a>
December	John McKean	<a href="http://usawa.com/lifter-of-the-month-john-mckean/">http://usawa.com/lifter-of-the-month-john-mckean/</a>

## **LIFTER OF THE MONTH FOR 2014**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January	Dave Glasgow	<a href="http://www.usawa.com/lifter-of-the-month-dave-glasgow/">http://www.usawa.com/lifter-of-the-month-dave-glasgow/</a>
February	LaVerne Myers	<a href="http://www.usawa.com/lifter-of-the-month-laverne-myers/">http://www.usawa.com/lifter-of-the-month-laverne-myers/</a>
March	Joe Garcia	<a href="http://www.usawa.com/lifter-of-the-month-joe-garcia/">http://www.usawa.com/lifter-of-the-month-joe-garcia/</a>
April	Ruth Jackson	
May	Eric Todd	
June	Chad Ullom	
July	Randy Smith	

August Al Myers

September Frank Ciavattone <http://www.usawa.com/lifter-of-the-month-frank-ciavattone/>

October

November

December

### **LIFTERS OF THE MONTH FOR 2013**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January	Art Montini	<a href="http://www.usawa.com/lifter-of-the-month-art-montini/">http://www.usawa.com/lifter-of-the-month-art-montini/</a>
February	Troy Goetsch	<a href="http://www.usawa.com/lifter-of-the-month-troy-goetsch/">http://www.usawa.com/lifter-of-the-month-troy-goetsch/</a>
March	James Fuller	<a href="http://www.usawa.com/lifter-of-the-month-james-fuller/">http://www.usawa.com/lifter-of-the-month-james-fuller/</a>
April	Dan Wagman	<a href="http://www.usawa.com/lifter-of-the-month-dan-wagman-2/">http://www.usawa.com/lifter-of-the-month-dan-wagman-2/</a>
May	Dennis Mitchell	<a href="http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/">http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/</a>
June	Molly Myers	<a href="http://www.usawa.com/lifter-of-the-month-molly-myers/">http://www.usawa.com/lifter-of-the-month-molly-myers/</a>
July	Chad Ullom	<a href="http://www.usawa.com/lifter-of-the-month-chad-ullom-2/">http://www.usawa.com/lifter-of-the-month-chad-ullom-2/</a>
August	Denny Habecker	<a href="http://www.usawa.com/lifter-of-the-month-denny-habecker-2/">http://www.usawa.com/lifter-of-the-month-denny-habecker-2/</a>
September	John Wilmot	<a href="http://www.usawa.com/lifter-of-the-month-john-wilmot/">http://www.usawa.com/lifter-of-the-month-john-wilmot/</a>

October	Barry Bryan	<a href="http://www.usawa.com/lifter-of-the-month-barry-bryan-2/">http://www.usawa.com/lifter-of-the-month-barry-bryan-2/</a>
November	Al Myers	<a href="http://www.usawa.com/lifter-of-the-month-al-myers/">http://www.usawa.com/lifter-of-the-month-al-myers/</a>
December	Eric Todd	<a href="http://www.usawa.com/lifter-of-the-month-eric-todd-2/">http://www.usawa.com/lifter-of-the-month-eric-todd-2/</a>

## LIFTERS OF THE MONTH FOR 2012

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	Chad Ullom	<a href="http://www.usawa.com/lifter-of-the-month-chad-ullom/">http://www.usawa.com/lifter-of-the-month-chad-ullom/</a>
May	Eric Todd	<a href="http://www.usawa.com/lifter-of-the-month-eric-todd/">http://www.usawa.com/lifter-of-the-month-eric-todd/</a>
June	Al Myers	
July	Bryan Benzel	<a href="http://www.usawa.com/lifter-of-the-month-bryan-benzel/">http://www.usawa.com/lifter-of-the-month-bryan-benzel/</a>
August	Dale Friesz	<a href="http://www.usawa.com/lifter-of-the-month-dale-friesz/">http://www.usawa.com/lifter-of-the-month-dale-friesz/</a>
September	Barry Bryan	<a href="http://www.usawa.com/lifter-of-the-month-barry-bryan/">http://www.usawa.com/lifter-of-the-month-barry-bryan/</a>
October	Dan Wagman	<a href="http://www.usawa.com/lifter-of-the-month-dan-wagman/">http://www.usawa.com/lifter-of-the-month-dan-wagman/</a>
November	Denny Habecker	<a href="http://www.usawa.com/lifter-of-the-month-denny-habecker/">http://www.usawa.com/lifter-of-the-month-denny-habecker/</a>
December	Ruth Jackson	

## **Past USAWA Officers**

The following are the past officers and elected positions of the USAWA.

### **CURRENT USAWA EXECUTIVE BOARD**

#### **Effective June 20th, 2015 (elected 6/20/2015)**

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Frank Ciavattone, Massachusetts

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#### **Effective June 29th, 2013 (elected 6/25/2011)**

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

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#### **Effective June 25th, 2011 (elected 6/25/2011)**

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

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#### **Effective June 26th, 2010 (elected 6/26/2010)**

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

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**Effective January 1st, 2010 (elected 6/20/2009)**

PRESIDENT: Denny Habacker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

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**Effective July 7th, 2007 (elected 7/7/2007)**

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Al Myers, Kansas

SECRETARY/TREASURER: Bill Clark, Missouri

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**Effective January 1st, 1993 (elected 11/27/1992)**

PRESIDENT: Howard Prechtel, Ohio

VICE PRESIDENTS: Steve Schmidt, Missouri, Frank Ciavattone, Massachusetts  
& Art Montini, Pennsylvania

SECRETARY/TREASURER: Bill Clark, Missouri

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**Effective January 1st, 1989 (elected 1/22/1989)**

PRESIDENT: John Vernacchio, Pennsylvania

VICE PRESIDENT: Art Montini, Pennsylvania

SECRETARY/TREASURER: Bill Clark, Missouri

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**Effective January 1st, 1987 (appointed 11/29/1986)**

PRESIDENT: John Carr, Missouri

REGISTAR: Joe McCoy, Texas

## Past USAWA Nationals

This is a summary by year of Best Lifters at Past USAWA National Championships.

<b>2015 Best Lifters</b>	Men	Women
Overall	Randy Smith	Susan Sees
Senior	Frankie Ciavattone	None
Master	Randy Smith	Susan Sees
Junior	Matt Hancock	None

<b>2014 Best Lifters</b>	Men	Women
Overall	Chad Ullom	None
Senior	Eric Todd	None
Master	Chad Ullom	None
Junior	Logan Kressly	None

<b>2013 Best Lifters</b>	Men	Women
Overall	Al Myers	Molly Myers
Senior	Joe Ciavattone Jr.	None
Master	Al Myers	Susan Sees
Junior	None	Molly Myers

<b>2012 Best Lifters</b>	Men	Women
Overall	Al Myers	Susan Sees
Senior	None	None
Master	Al Myers	Susan Sees
Junior	None	None



**2011 Best Lifters**

	Men	Women
Overall	Larry Traub	Amber Glasgow
Open	Eric Todd	Amber Glasgow
Master	Larry Traub	Susan Sees
Junior	Sammy Ibrahim	None

**2010 Best Lifters**

	Men	Women
Overall	Al Myers	None
Open	Chad Ullom	None
Master	Al Myers	None
Junior	Kohl Hess	None

**2009 Best Lifters**

	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

**2008 Best Lifters**

	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

**2007 Best Lifters**

	Men	Women
Overall	Ed Schock	Elizabeth Monk
Open	Al Myers	None

Master	Ed Schock	None
Junior	James Gilligan	Elizabeth Monk

### **2006 Best Lifters**

	Men	Women
Overall	Al Myers	Amorkor Ollennuking
Open	Al Myers	Amorkor Ollennuking
Master	Joe Garcia	Amorkor Ollennuking
Junior	Ian Reel	Stephanie Beemer

### **2005 Best Lifters**

	Men	Women
Overall	Mike McBride	None
Open	Mike McBride	None
Master	Randy Smith	None
Junior	Ian Reel	None

### **2004 Best Lifters**

	Men	Women
Overall	Ed Schock	Pam Maciolek
Open	Ed Schock	Pam Maciolek
Master	Ed Schock	Pam Maciolek
Junior	Cale DeMille	None

### **2003 Best Lifters**

	Men	Women
Overall	Bob Hirsh	Rita Hall
Open	Bill Spayd	Rita Hall
Master	Bob Hirsh	Rita Hall
Junior	Joshua Monk	None

### **2002 Best Lifters**

Men	Women
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Overall	Bill DiCioccio, Sr.	Noi Phumchaona
Open	John Monk	Noi Phumchaona
Master	Bill DiCioccio, Sr.	Noi Phumchaona
Junior	Joe Hunter	None
<b>2001 Best Lifters</b>	Men	Women
Overall	John Monk	Amorkor Ollennuking
Open	John Monk	Amorkor Ollennuking
Master	Joe Garcia	Noi Phumchaona
Junior	Abe Smith	None
<b>2000 Best Lifters</b>	Men	Women
Overall	Ed Schock	Su. J. Mason
Open	Ed Schock	Su. J. Mason
Master	Ed Schock	Noi Phumchaona
Junior	Jim Loewer	None
<b>1999 Best Lifters</b>	Men	Women
Overall	Denny Habecker	Noi Phumchaona
Open	Denny Habecker	Noi Phumchaona
Master	Denny Habecker	Noi Phumchaona
Junior	Jeff Ciavattone	None
<b>1998 Best Lifters</b>	Men	Women
Overall	Joe Ciavattone	Noi Phumchaona
Open	Joe Ciavattone	Noi Phumchaona
Master	Frank Ciavattone	Noi Phumchaona

Junior	Jeff Ciavattone	Domenique Ciavattone
<b>1997 Best Lifters</b>	Men	Women
Overall	Jim Malloy	Noi Phumchaona
Open	Bob Hirsh	Noi Phumchaona
Master	Jim Malloy	Noi Phumchaona
Junior	Jonathan Anderson	Emily Gordon
<b>1996 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Cara Ciavattone
Open	Bob Hirsh	Cara Ciavattone
Master	Bob Hirsh	Noi Phumchaona
Junior	Jeff Ciavattone	Holly Ciavattone
<b>1995 Best Lifters</b>	Men	Women
Overall	Art Montini	Kerry Clark
Open	Art Montini	Kerry Clark
Master	Art Montini	Noi Phumchaona
Junior	Adam Geib	None
<b>1994 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Jacqueline Simonsen
Open	Bob Hirsh	Jacqueline Simonsen
Master	Jim Malloy	Noi Phumchaona
Junior	Robbie McKean	None
<b>1993 Best Lifters</b>	Men	Women
Overall	Art Montini	Jacqueline Caron

Open	Bill DiCioccio, Jr.	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None
<b>1992 Best Lifters</b>	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Roger Lynch	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None
<b>1991 Best Lifters</b>	Men	Women
Overall	Art Montini	Jeanne Burchett
Open	Steve Schmidt	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
<b>1990 Best Lifters</b>	Men	Women
Overall	Barry Bryan	Jeanne Burchett
Open	Barry Bryan	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
<b>1989 Best Lifters</b>	Men	Women
Overall	Steve Schmidt	Cindy Garcia
Open	Steve Schmidt	Cindy Garcia
Master	Art Montini	Noi Phumchaona
Junior	Frank Shuba, Jr.	None

<b>1988 Best Lifters</b>	<b>Men</b>	<b>Women</b>
Overall	Steve Schmidt	None
Open	Steve Schmidt	None
Master	Art Montini	None
Junior	Casey Clark	None

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This is a summary by year of the dates and locations of past USAWA National Championships.

2015 June 20th, York, Pennsylvania  
2014 June 21st, Macomb, Illinois  
2013 June 29th & 30th, Lebanon, Pennsylvania  
2012 June 30th, Las Vegas, Nevada  
2011 June 25th, Kirksville, Missouri  
2010 June 26-27th, Lebanon, Pennsylvania  
2009 June 20th, Abilene, Kansas  
2008 August 3rd, Columbus Ohio  
2007 July 7th, Lebanon, Pennsylvania  
2006 June 17th, Salina, Kansas  
2005 June 25-26th, Youngstown, Ohio  
2004 June 5-6th, Lansdale, Pennsylvania  
2003 June 7-8th, Youngstown, Ohio  
2002 June 29-30th, Ambridge, Pennsylvania  
2001 June 23-24th, Columbia, Missouri  
2000 July 1-2nd, Lebanon, Pennsylvania  
1999 June 26-27th, Ambridge, Pennsylvania  
1998 July 25-26th, Mansfield, Massachusetts  
1997 June 14-15th, Columbia, Missouri  
1996 June 22-23rd, Mansfield, Massachusetts  
1995 June 3-4th, Columbia, Missouri  
1994 June 4-5th, East Lake, Ohio  
1993 May 22-23rd, Middletown, Pennsylvania

1992 May 30-31st, Walpole, Massachusetts  
1991 July 13-14th, Ambridge, Pennsylvania  
1990 July 15-16th, Akron, Ohio  
1989 June 24-25th, Plymouth Meeting, Pennsylvania  
1988 July 9-10th, Plymouth Meeting, Pennsylvania

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This is a summary by year of meet promoters of Past USAWA National Championships.

2015 Denny Habecker  
2014 Tim Piper  
2013 Denny Habecker  
2012 Al Myers & USAWA Executive Board  
2011 Thom Van Vleck  
2010 Denny and Judy Habecker  
2009 Al Myers  
2008 Dennis Mitchell and Megan DeFourny  
2007 Denny Habecker  
2006 Al Myers  
2005 Dick Hartzell and Carl LaRosa  
2004 John Vernacchio  
2003 Dick Hartzell and Carl LaRosa  
2002 Art Montini and John McKean  
2001 Bill Clark and Joe Garcia  
2000 Denny Habecker  
1999 Art Montini and John McKean  
1998 Frank Ciavattone  
1997 Bill Clark and Joe Garcia  
1996 Frank Ciavattone  
1995 Bill Clark and Joe Garcia  
1994 Howard Prechtel  
1993 Paul Montini and Paul Healey  
1992 Bob Moore and Roger Lynch  
1991 Art Montini and John McKean

1990 Attilo Alachio  
1989 John Vernacchio  
1988 John Vernacchio

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This is a summary by year of the lifts contested at past USAWA National Championships.

### **Number of Lifts Performed at Past National Championships**

2015 – 6 (Snatch-One Arm, Curl-Cheat, Reverse Grip, Deadlift-One Arm, Pullover and Push, Deadlift-Ciavattone Grip, Zercher Lift)

2014 – 6 (Crucifix, Snatch-One Arm, Clean and Push Press, Jefferson Lift-Fulton Bar, Curl-Cheat, Zercher Lift)

2013 – 7 (DAY 1:Deadlift-One Arm, Clean&Press-12” Base, Pullover-Straight Arm, Continental to Belt, DAY 2: Snatch-One Arm, Pullover and Push, Deadlift-Ciavattone Grip)

2012 – 5 (Clean&Jerk-One Arm, Curl-Cheat, Reverse Grip, Pullover and Press, Hack Lift-One Arm, Jefferson Lift)

2011 – 6 (Snatch-One Arm, Dumbbell, Curl-Cheat, Pullover and Push, Continental to Belt-Fulton Bar, Deadlift-12” Base, Zercher Lift)

2010 – 8 (DAY 1: Vertical Bar Deadlift-1 Bar, 2”, Pullover and Push, Clean and Jerk-One Arm, Trap Bar Deadlift DAY 2: Snatch-From Hang, Deadlift-One Arm, Clean and Press, Zercher Lift)

2009 – 6 (Snatch-One Arm, Cheat Curl, Clean and Jerk-Fulton Bar, Pullover and Press, Deadlift-2 Bars, Backlift)

2008 – 5

2007 – 6

2006 – 6

2005 – 9

2004 – 7

2003 – 8

2002 – 7



2001 – 7  
2000 – 8  
1999 – 7  
1998 – 8  
1997 – 8  
1996 – 8  
1995 – 9  
1994 – 7  
1993 – 6  
1992 – 9  
1991 – 10  
1990 – 10  
1989 – 10  
1988 – 8

### **Lifts Most Contested at Past National Championships**

1. Zercher Lift (16 times)- 2015, 2014, 2011, 2010, 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
2. Deadlift – One Arm (15 times) – 2015, 2013, 2010, 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
3. Pullover and Push (12 times) – 2015, 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
4. Snatch – One Arm (11 times) – 2015, 2014, 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
5. Clean and Press – Heels Together (11 times) – 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
6. Hip Lift (10 times) – 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
7. Neck Lift (10 times) – 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
8. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
9. Curl – Cheat (8 times) – 2014, 2011, 2009, 2005, 2004, 2003, 1998, 1994
10. Bench Press – Feet In Air (8 times) – 2006, 2005, 2004, 1998, 1995, 1990,

1989, 1988

11. Hand and Thigh Lift (8 times) – 2001, 1997, 1994, 1993, 1992, 1991, 1990, 1988

12. Clean and Jerk – One Arm (7 times) – 2012, 2010, 2008, 2005, 2004, 2002, 1994

13. Hack Lift – One Arm (6 times) – 2012, 2005, 2004, 2002, 2001, 1994

14. Deadlift – Ciavattone Grip (5 times) – 2015, 2013, 1999, 1997, 1996

15. Clean and Push Press (4 times) – 2014, 1999, 1994, 1993

16. Pullover and Press (4 times) – 2012, 2009, 1998, 1996

17. Jefferson Lift (4 times) – 2012, 1994, 1993, 1992

18. Vertical Bar Deadlift – 1 bar, 2", 1 hand (3 times) – 2010, 2005, 2004

19. Deadlift – Trap Bar (3 times)- 2010, 2004, 2002

20. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002

21. Hack Lift (3 times) – 2003, 2000, 1991

22. Continental Snatch (3 times) – 1998, 1992, 1991

23. Continental to Chest (3 times) – 1996, 1990, 1989

24. Squat – Front (3 times) – 1990, 1989, 1988

25. Curl – Cheat, Reverse Grip (2 times) – 2015, 2012

26. Pullover – Straight Arm (2 times) – 2013, 2004

27. Continental to Belt (2 times) – 2013, 2004

28. Deadlift – 12" base (2 times) – 2011, 2006

29. Deadlift – 2 Bars (2 times) – 2009, 2001

30. Arthur Lift (2 times) – 2007, 1991

31. Two Hands Anyhow (2 times) – 2005, 2001

32. Clean and Press – On Knees (2 times) – 1998, 1997

33. Jefferson Lift – Fulton Bar (1 time) – 2014

34. Crucifix (1 time) – 2014

35. Clean and Press – 12" Base (1 time) – 2013

36. Snatch – Dumbbell, One Arm (1 time) – 2011

37. Continental to Chest – Fulton Bar (1 time) – 2011

38. Snatch – From Hang (1 time)- 2010

39. Clean and Press (1 time) – 2010

40. Back Lift (1 time) – 2009

41. Clean and Jerk – Fulton Bar (1 time) – 2009

42. Harness Lift (1 time) – 2006
43. Deadlift – Fulton Bar (1 time) – 2005
44. French Press (1 time) – 2005
45. Clean and Seated Press (1 time) – 2005
46. Bench Press – Alternate Grip (1 time) – 2003
47. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
48. Clean and Seated Press – Behind Neck (1 time) – 2002
49. Deadlift – One Arm, Ciavattone Grip (1 time) – 2000
50. Clean and Jerk – Behind Neck (1 time) – 2000
51. Swing – One Arm (1 time) – 1999
52. Continental to Chest and Jerk (1 time) – 1995
53. Deadlift – Heels Together (1 time) – 1995

### **Results of Past Nationals**

2013 USAWA National Championships

June 29th & 30th, 2013

Habeckers Gym

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Announcer & Scorekeeper: Al Myers

Caterer & Host: Judy Habecker

Photographers: Leslie Myers & Kate Myers

Loaders: Terry Barlet & John Horn

Officials: Scott Schmidt, Barry Bryan, Frank Ciavattone, Chad Ullom, Joe Ciavattone Sr., Dennis Mitchell & Denny Habecker

Lifts Day 1: Deadlift – One Arm, Clean and Press – 12" Base, Pullover – straight arm, Continental to Belt

Lifts Day 2: Snatch – One Arm, Pullover and Push, Deadlift – Ciavattone Grip

Men: Top Ten Placings

1. Al Myers, Kansas
2. Chad Ullom, Kansas
3. Denny Habecker, Pennsylvania
4. Randy Smith, Michigan

5. James Fuller, Maine
6. Joe Ciavattone Jr., Massachusetts
7. Joe Ciavattone Sr., Massachusetts
8. Scott Schmidt, Ohio
9. Art Montini, Pennsylvania
10. Dick Durante, Pennsylvania

#### Women: Top Three Placings

1. Molly Myers, Kansas
2. Brianna Ullom, Kansas
3. Susan Sees, Ohio

#### Best Lifter Awards:

Best Womens Junior – Molly Myers

Best Womens Master – Susan Sees

Best Womens Overall – Molly Myers

Best Mens Senior 20-39 – Joe Ciavattone Jr.

Best Mens Master 40-44- Chad Ullom

Best Mens Master 45-49 – Al Myers

Best Mens Master 55-59 – Randy Smith

Best Mens Master 60-64 – Scott Schmidt

Best Mens Master 70-74 – Denny Habecker

Best Mens Master 80-84 – Dick Durante

Best Mens Master 85-89 – Art Montini

Best Mens Master Overall – Al Myers

Best Mens Overall – Al Myers

Best Club – Dino Gym (Al Myers, Chad Ullom, Molly Myers, Brianna Ullom)

Best Club Runner Up – Joe's Gym (Joe Ciavattone Jr., Joe Ciavattone Sr.)

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2012 USAWA National Championships

June 30th, 2012

Average Broz Gym

Las Vegas, Nevada

Meet Director: Al Myers & Executive Board

Scorekeeper: Judy Habecker

Announcer: Judy Habecker

Meet Venue: John Broz and Broz's Gym

Officials: Scott Tully, Darren Barnhart, Al Myers, Chad Ullom, Denny Habecker, Art Montini, Dennis Mitchell

Loaders: Scott Tully, Darren Barnhart, & lifters

Lifts: Clean and Jerk – One Arm, Curl – Cheat, Reverse Grip, Pullover and Press, Hack Lift – One Arm, Jefferson Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Larry Traub, Indiana
3. Chad Ullom, Kansas
4. Dave Glasgow, Kansas
5. Denny Habecker, Pennsylvania
6. Tim Piper, Illinois
7. Dean Ross, Oklahoma
8. LaVerne Myers, Kansas
9. Bob Geib, Ohio
10. Dennis Mitchell, Ohio

Women: Top Placing

1. Susan Sees, Ohio

Best Lifter Awards:

Womens Overall – Susan Sees

Mens Overall – Al Myers

Womens Master Overall – Susan Sees

Mens Master 40-44 Age Group – Chad Ullom

Mens Master 45-49 Age Group – Al Myers

Mens Master 55-59 Age Group – Larry Traub

Mens Master 65-69 Age Group – Denny Habecker

Mens Master 70-74 Age Group – Dale Friesz

Mens Master 80-84 Age Group – Dennis Mitchell

Team Champion – Dino Gym (Al Myers, Chad Ullom, LaVerne Myers, Dean Ross)

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2011 USAWA National Championships

June 25th, 2011

Willard Elementary School

Kirksville, Missouri

Meet Director: Thom Van Vleck

Scorekeeper: Judy Habecker

Announcer: Al Myers

Loaders: Mitch Ridout, Tedd Van Vleck

Photographer: Flossy Mitchell

Sound System: Brett Kerby

Officials: Steve Schmidt, Joe Garcia, Randy Smith, Denny Habecker, Dennis Mitchell

Lifts: Snatch – Dumbbell, One Arm, Curl – Cheat, Pullover and Push,  
Continental to Chest – Fulton Bar, Deadlift – 12" base, Zercher Lift

Men: Top Ten Placings

1. Larry Traub, Indiana
2. Eric Todd, Missouri
3. Chad Ullom, Kansas
4. Sam Cox, Kansas
5. Sammy Ibrahim, Missouri
6. Randy Smith, Michigan
7. John O'Brien, Missouri
8. Dave Glasgow, Kansas
9. Denny Habecker, Pennsylvania
10. Joe Garcia, Missouri

Women: Top Three Placings

1. Amber Glasgow, Kansas

2. Susan Sees, Ohio
3. Helen Kahn, Michigan

Best Lifter Awards:

Overall Womens – Amber Glasgow  
Overall Mens – Larry Traub  
Men Junior – Sammy Ibrahim  
Men Senior – Eric Todd  
Women Senior – Amber Glasgow  
Women Overall Master – Susan Sees  
Men Overall Master – Larry Traub  
Men Master 40-44 – John O’Brien  
Men Master 55-59 – Larry Traub  
Men Master 65-69 – Denny Habecker  
Men Master 70-74 – Mike Murdock  
Men Master 75-79 – Rudy Bletscher  
Team Award – Ledaig Heavy Athletics Club

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2010 USAWA National Championships

June 26th & 27th, 2010

Habecker’s Gym

Lebanon, Pennsylvania

Meet Director: Denny and Judy Habecker

Scorekeeper: Judy Habecker

Loaders: Terry Barlet, Don Brandt, John Horn

Announcers: Denny Habecker, Judy Habecker, Aidan Habecker

Officials: Chad Ullom, Scott Schmidt, Barry Bryan, Randy Smith, Dennis Mitchell, Art Montini, Frank Ciavattone

Lifts: Vertical Bar Deadlift – 1 bar, 2”, one hand, Pullover and Push, Clean and Jerk – One Arm, Trap Bar Deadlift, Snatch – From Hang, Deadlift – One Arm, Clean and Press, Zercher Lift

## Men: Top Ten Placings

1. Al Myers, Kansas
2. Chad Ullom, Kansas
3. Denny Habecker, Pennsylvania
4. Randy Smith, Michigan
5. Scott Schmidt, Ohio
6. Art Montini, Pennsylvania
7. Kohl Hess, Pennsylvania
8. Dennis Mitchell, Ohio
9. Dale Friesz, Virginia
10. Barry Bryan, Pennsylvania

## Best Lifter Awards:

Men Overall – Al Myers

Men Master – Al Myers

Men Open – Chad Ullom

Men Junior – Kohl Hess

Men 40-44 Age Group – Al Myers

Men 50-54 Age Group – Barry Bryan

Men 55-59 Age Group – Randy Smith

Men 65-69 Age Group – Denny Habecker

Men 75-79 Age Group – Dennis Mitchell

Men 80-84 Age Group – Art Montini

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## 2009 USAWA National Championships

June 20th, 2009

Dino Gym

Abilene, Kansas

Meet Director: Al Myers

Scorekeeper: Scott Tully

Loaders: Darren Barnhart, Ryan Batchman

Officials: Bill Clark, Thom Van Vleck, Mark Mitchell



Lifts: Snatch – one arm, Cheat Curl, Clean & Jerk – Fulton Bar, Deadlift – 2 Bars, Pullover and Press, Back Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Mike McBride, Missouri
3. Chad Ullom, Kansas
4. Joe Garcia, Missouri
5. Randy Smith, Michigan
6. Rudy Bletscher, Kansas
7. Denny Habecker, Pennsylvania
8. Ben Edwards, Kansas
9. Art Montini, Pennsylvania
10. Tim Piper, Illinois

Best Lifter Awards:

Men Overall – Al Myers

Men Open – Al Myers

Men Master – Al Myers

Men Top Total – Al Myers

Men 20-39 Age Group – Mike McBride

Men 40-44 Age Group – Al Myers

Men 50-54 Age Group – Randy Smith

Men 55-59 Age Group – Joe Garcia

Men 65-69 Age Group – Denny Habecker

Men 70-74 Age Group – Rudy Bletscher

Men 75-79 Age Group – Dennis Mitchell

Men 80-84 Age Group – Art Montini

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2008 USAWA National Championships

August 3rd, 2008

Ohio State Fair

Columbus, Ohio

Meet Director: Dennis Mitchell and Megan Tornstrom DeFourny of the Columbus Weightlifting Club

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Zach Beadle, Brandon Rhines, Bob Davis, Paul Stey

Officials: Bill Clark, Denny Habecker, Art Montini, Jim Malloy, Dale Friesz, Al Myers, Chad Ullom, Dennis Mitchell, Scott Schmidt

Lifts: One-Arm Clean & Jerk, Pullover & Push, Zercher, One-Arm Deadlift, Hip Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Scott Schmidt, Ohio
3. Andy Durniat, Ohio
4. Chad Ullom, Kansas
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Don Bisesi, Ohio
8. Dale Friesz, Virginia
9. Art Montini, Pennsylvania
10. Dennis Mitchell, Ohio

Best Lifter Awards:

Men Open – Al Myers

Men Master – Al Myers

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2007 USAWA National Championships

July 7th, 2007

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Terry Barlet, John Horn, Don Brandt

Officials: Denny Habecker, Jim Malloy, John Vernacchio, Barry Bryan, Art Montini, Dennis Mitchell, John McKean

Lifts: One-Arm Clean & Jerk, Clean and Press Heels Together, Stiff Legged Deadlift, Pullover & Push, Arthur Lift, One-Arm Deadlift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. Al Myers, Kansas
3. John Monk, Pennsylvania
4. Randy Smith, Michigan
5. Chad Ullom, Kansas
6. Denny Habecker, Pennsylvania
7. John McKean, Pennsylvania
8. Jim Malloy, Ohio
9. Art Montini, Pennsylvania
10. Bob D'Angelo, Pennsylvania

Women: Top Placing

1. Elizabeth Monk, Pennsylvania

Best Lifter Awards:

Women Overall – Elizabeth Monk

Women Junior – Elizabeth Monk

Men Junior – James Gilligan

Men 20-39 Age Group – Chad Ullom

Men 40-44 Age Group – Al Myers

Men 45-49 Age Group – Paul Montgomery

Men 50-54 Age Group – Ed Schock

Men 60-64 Age Group – Denny Habecker

Men 65-69 Age Group – Jim Malloy

Men 75-79 Age Group – Art Montini

Men Master – Ed Schock

Men Open – Al Myers

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## 2006 USAWA National Championships

June 17th, 2006

Salina, Kansas

Meet Director: Al Myers

Emcee: Bill Clark

Scorekeepers: Scott Tully, Karla Barnhart

Loaders: Ryan Batchman, Tom Maxey

Officials: Thom Van Vleck, Bob Burtzloff, Chuck Cookson, Eric Todd, Doug Longbine, Mark Mitchell

Lifts: One-Arm Snatch, Clean and Press Heels Together, Bench Press Feet in Air, Steinborn, Deadlift 12" Base, Harness Lift

### Men: Top Ten Placings

1. Al Myers, Kansas
2. Ian Reel, Kansas
3. Bret Carter, Nebraska
4. Joe Garcia, Missouri
5. Dan Wagman, Colorado
6. Layne Burnett, Kansas
7. Dan Mather, Kansas
8. Tim Pinkerton, Nebraska
9. Randy Smith, Michigan
10. Darren Barnhart, Kansas

### Women: Top Two Placings

1. Amorkor Ollennuking, Missouri
2. Stephanie Beemer, Kansas

### Best Lifter Awards:

Women Junior – Stephanie Beemer

Women Master – Amorkor Ollennuking

Women Open – Amorkor Ollennuking

Men Junior – Ian Reel

Men 20-39 Age Under 175lb – Dan Mather

Men 20-39 Age 176lb-200lb – Dan Wagman

Men 20-39 Age 201lb-231lb – Bret Carter  
Men 20-39 Age 232lb-265lb – Al Myers  
Men 20-39 Age 266lb-300lb – Darren Barnhart  
Men 40-49 Age Group – Laynne Burnett  
Men 50-59 Age Group – Joe Garcia  
Men 60-69 Age Group – Denny Habecker  
Men 70-79 Age Group – Dennis Mitchell  
Men 90 Plus Age Group – Clyde Myers  
Men Open – Al Myers  
Men Master – Joe Garcia

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## 2005 USAWA National Championships

June 25-26, 2005

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Lifts: Deadlift with Fulton Bar, Bench Press feet in air, Cheat Curl, French Press, 2-Hand Anyhow with Barbell & Dumbbell, Vertical Bar 1 Bar 2" 1 Hand, 1-Arm Hack Lift, Clean & Seated Press, Neck Lift

### Men: Top Ten Placings

1. Mike McBride, Missouri
2. Al Myers, Kansas
3. Randy Smith, Michigan
4. Jim Malloy, Ohio
5. Frank Ciavattone, Massachusetts
6. John McKean, Pennsylvania
7. Denny Habecker, Pennsylvania
8. Scott Schmidt, Ohio
9. Ian Reel, Kansas
10. Andy Loudon, Ohio

Best Lifter Awards:

Men Junior – Ian Reel

Men Open – Mike McBride

Men Master – Randy Smith

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2004 USAWA National Championships

June 5-6, 2004

North Penn YMCA

Lansdale, Pennsylvania

Meet Director: John Vernacchio

Emcee: Larry Butts

Lifts: Cheat Curl, Vertical Bar 1 Bar 2" 1 Hand, Trap Bar Deadlift, Straight Arm Pullover, Bench feet in air, Continental to Belt, One-Arm Hack Lift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. John Monk, Pennsylvania
3. Tony Succarotti, Delaware
4. Bill Spayd, Pennsylvania
5. Frank Ciavattone, Massachusetts
6. Larry Silvestri, Massachusetts
7. Denny Habecker, Pennsylvania
8. Randy Smith, Michigan
9. Bob D'Angelo, Pennsylvania
10. Richard Durante, Pennsylvania

Women: Top Three Placings

1. Pam Maciolek, Pennsylvania
2. Tammie Rudisell, Pennsylvania
3. Maria Guaret, Pennsylvania

Best Lifter Awards:

Women 20-39 Age Group -Tammie Rudisill

Women Master Overall – Pam Maciolek

Women Open – Pam Maciolek  
Men Junior 16-17 Age Group – Cale Demille  
Men 20-39 Age Group – John Monk  
Men 40-44 Age Group – Larry Silvestri  
Men 45-49 Age Group – Frank Ciavattone  
Men 50-54 Age Group – Ed Schock  
Men 55-59 Age Group – Larry Blockston  
Men 60-64 Age Group – Denny Habecker  
Men 65-69 Age Group – John Vernacchio  
Men 70-74 Age Group – Richard Durante  
Men 75-79 Age Group – Joe Amendalaro  
Men 80-84 Age Group – John Dorylis  
Men Open – Ed Schock  
Men Masters – Ed Schock  
Men Junior – Cale DeMille

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## 2003 USAWA National Championships

June 7-8, 2003

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Chris Rice, Gary Smith, Jason Groves, Bob Carcelli, Chris Waterman

Lifts: One-Arm Snatch, Clean & Press Heels Together, Stiff Legged Deadlift, Hack Lift, Bench Alternate Grip, Cheat Curl, Vertical Bar 2 Bar 2", Zercher Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill Spayd, Pennsylvania
3. John Monk, Pennsylvania
4. Brandan Aldan, Ohio
5. Chris Waterman, Ohio

6. Al Myers, Kansas
7. Jason Groves, Ohio
8. Antonio DelSignore, Ohio
9. Randy Smith, Michigan
10. Denny Habecker, Pennsylvania

Women: Top Two Placings

1. Rita Hall, Pennsylvania
2. Marian LaRosa, Ohio

Best Lifter Awards:

Women 40-44 Age Group – Rita Hall

Women 60-64 Age Group – Marian LaRosa

Women Master – Rita Hall

Women Open – Rita Hall

Men Junior 14-15 Age Group – Joshua Monk

Men Junior 16-17 Age Group – Kiff Kincaid

Men Junior 18-19 Age Group – Joe Hunter

Men Junior Overall – Joshua Monk

Men 20-39 Age Group – Bill Spayd

Men 40-44 Age Group – David Olsavsky

Men 45-49 Age Group – Bob Hirsh

Men 55-59 Age Group – John McKean

Men 60-64 Age Group – Denny Habecker

Men 65-69 Age Group – Andy Komorny

Men 70-74 Age Group – Dennis Mitchell

Men 75-79 Age Group – Art Montini

Men 80-84 Age Group – Jack Lano

Men Master Overall – Bob Hirsh

Men Open – Bob Hirsh

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2002 USAWA National Championships

June 29-30, 2002

Ambridge, Pennsylvania



Meet Directors: Art Montini and John McKean

Scorekeeper: Marilyn McKean

Lifts: Steinborn, One-Arm Hack Lift, Trap Bar Deadlift, Clean and Seated Press Behind Neck, One-Arm Clean and Jerk, Stiff Legged Deadlift, Hip

Men: Top Ten Placings

1. Bill DiCioccio Sr., Pennsylvania
2. John Monk, Pennsylvania
3. Brandon Aldan, Ohio
4. Frank Ciavattone, Massachusetts
5. Denny Habecker, Pennsylvania
6. Art Montini, Pennsylvania
7. Larry Silvestri, Massachusetts
8. Dennis Mitchell, Ohio
9. Joe Hunter, Ohio
10. Bob Geib, Hawaii

Women: Top Two Placings

1. Noi Phumchaona, Ohio
2. Carolyn Goolsby, South Carolina

Best Lifter Awards:

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Open – John Monk

Men Master – Bill DiCioccio, Sr.

Men Junior – Joe Hunter

13 and Under Junior – Joshua Monk

15 and Under Junior – Cale Demille

17 and Under Junior – Joe Hunter

20-39 Age Group – John Monk

40-44 Age Group – Nils Larson

45-49 Age Group – Frank Ciavattone

55-59 Age Group – Denny Habecker

60-64 Age Group – Bill DiCioccio Sr.

65-69 Age Group – Andy Komarny

70-74 Age Group – Art Montini

75-79 Age Group – Rex Monahan

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2001 USAWA National Championships

June 23-24, 2001

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Joel Anderson, Jonathan Anderson, James Foster, Tom Powell

Officials: Art Montini, Kerry Clark, Casey Clark, Joe [Dineen](#), Dale Friesz,  
Howard Prechtel, John Monk

Lifts: 1-Arm Snatch, 2-Barbell Deadlift, Hand and Thigh, 1-Arm Hack, Clean  
and Press heels together, Steinborn, 2-hand Anyhow with Barbell and  
Dumbbell

Men: Top Ten Placings

1. John Monk, Pennsylvania
2. Abe Smith, Missouri
3. Joe Garcia, Missouri
4. Denny Habecker, Pennsylvania
5. Bob Geib, Hawaii
6. Al Springs, Missouri
7. Dennis Mitchell, Ohio
8. Dave DeForest, Missouri
9. Rex Monahan, Colorado
10. Art Montini, Pennsylvania

Women: Top Two Placings

1. Amorkor Ollenuking, Missouri
2. Noi Phumchaona, Ohio

## Best Lifter Awards:

Women Open – Amorkor Ollennuking

Women Master – Noi Phumchaona

Men Open – John Monk

Men Master – Joe Garcia

Men Junior – Abe Smith

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## 2000 USAWA National Championships

July 1-2, 2000

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Assistant: John Long

Loaders: Terry Barlet, Tom Minnich, Neely Frye, Jason Hlavaty, John Hlavaty, Chris Loewer, Doug Campbell, Reggie Hayes, Brandon Pensyl, Mark O'Brien

Lifts: One Hand Snatch, Clean and Press Heels Together, One Hand Ciavattone Deadlift, Pullover and Push, Hack Lift, Clean and Jerk Behind Neck, Zercher Lift, Neck Lift

## Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. Frank Ciavattone, Massachusetts
3. John Monk, Pennsylvania
4. John McKean, Pennsylvania
5. Art Montini, Pennsylvania
6. Bill Spayd, Pennsylvania
7. Joe Ciavattone, Massachusetts
8. Denny Habecker, Pennsylvania
9. Jeff Ciavattone, Massachusetts
10. Brian Crowe, Pennsylvania

## Women: Top Three Placings

1. Su.J. Mason, Pennsylvania
2. Noi Phumchaona, Ohio
3. Cara Collins, Massachusetts

## Best Lifter Awards:

Women Open – Su.J. Mason

Women Master – Noi Phumchaona

Men Junior Overall – Jim Loewer

Men Open – Ed Schock

Men Master – Ed Schock

Men 20-39 Age Group – John Monk

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Denny Habecker

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Howard Prechtel

Men 80-84 Age Group – Paul Eberhardinger

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## 1999 USAWA National Championships

June 26-27, 1999

Ambridge, Pennsylvania

Meet Directors: Art Montini and John McKean

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Loaders: Jason Zajec, Bill Spayd, Bob Geib, Chris Pennington, Joshua Monk, Mike Pinkoski, Izzy Mabrey, John Monk, Mike O'Brien

Officials: Art Montini, Dennis Mitchell, Denny Habecker, Rob McKean, Frank Ciavattone, Jim Goviannini, Bob Geib, Jeff Ciavattone, Joe Garcia, John Kurtz, John McKean, John Monk, Jim Malloy, Bob Karhan, Bob Hirsch, Pete Zaremba

Lifts: Clean and Push Press, One Arm Swing, Deadlift with Ciavattone Grip, Steinborn, Arthur Lift, One Arm Deadlift, Hip Lift

## Men: Top Ten Placings

1. Denny Habecker, Pennsylvania
2. Jim Malloy, Ohio
3. Pete Zaremba, Ohio
4. Joe Garcia, Missouri
5. Frank Ciavattone, Massachusetts
6. Dale Friesz, Virginia
7. Scott Schmidt, Ohio
8. Chris Waterman, Ohio
9. John McKean, Pennsylvania
10. Jeff Ciavattone, Massachusetts

## Women: Top Placing

1. Noi Phumchaona, Ohio

## Best Lifters Awards:

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Open – Denny Habecker

Men Master – Denny Habecker

Men Junior – Jeff Ciavattone

Men Junior 11-12 Age Group – John Blockston

Men Junior 14-15 Age Group – James Loewer

Men Junior 16-17 Age Group – Sean McKean

Men Junior 18-19 Age Group – Jeff Ciavattone

Men 20-39 Age Group – Pete Zaremba

Men 40-44 Age Group – Frank Ciavattone

Men 45-49 Age Group – Joe Garcia

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Denny Habecker

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Art Montini

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## 1998 USAWA National Championships

July 25-26, 1998

Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mike Enright, Chris Sullivan, Nick Lacivita, Jim Paluso

Lifts: One-Hand Clean and Jerk, Pullover and Press, Deadlift with Ciavattone Grip, Cheat Curl, Clean and Press on Knees, Continental Snatch, Bench Press  
Feet in Air, Neck Lift

Men: Top Ten Placings

1. Joe Ciavattone, Massachusetts
2. John Monk, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Bill Spayd, Pennsylvania
5. Joe Garcia, Missouri
6. Jeff Ciavattone, Massachusetts
7. John McKean, Pennsylvania
8. Denny Habecker, Pennsylvania
9. Tim Kennedy, Massachusetts
10. Ralph Cirafesi, Pennsylvania

Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Cara Collins, Massachusetts
3. Dominique Ciavattone, Massachusetts

Best Lifters Awards:

Men Open – Joe Ciavattone

Men Master – Frank Ciavattone

Women Junior – Dominique Ciavattone

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Junior – Jeff Ciavattone

Frank Ciavattone Sr. Award – Denny Habecker

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## 1997 USAWA National Championships

June 14-15, 1997

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Equipment Hauler: John Carter

Sales: Dolores Clark

Loaders: John Carter, Andy Bate, Charles Wade, Dan Thompson, Tyler Lasley, Judy Habecker

Head Officials: Kerry Clark, Casey Clark

Lifts: Clean and Press Heels Together, Deadlift with Ciavattone Grip, Steinborn, Hand and Thigh, One-Hand Deadlift, Pullover and Push, Clean and Press on Knees, Neck Lift

### Men: Top Ten Placings

1. Jim Malloy, Ohio
2. Bob Hirsh, Ohio
3. Joe Garcia, Missouri
4. Chris Waterman, Ohio
5. Joe Caron, Kansas
6. Denny Habecker, Pennsylvania
7. Dale Friesz, Virginia
8. John Vernacchio, Pennsylvania
9. John Carter, Missouri
10. Howard Prechtel, Ohio

### Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Karen Devine, Pennsylvania
3. Emily Gordon, Missouri

### Best Lifters Awards:

Men Overall – Jim Malloy

Women Master – Noi Phumchaona  
Men Open – Bob Hirsh  
Men Master – Jim Malloy  
Men 20-39 Age Group – John Carter  
Men 40-44 Age Group – Bob Hirsh  
Men 50-54 Age Group – Joe Caron  
Men 55-59 Age Group – Jim Malloy  
Men 60-64 Age Group – John Vernacchio  
Men 65-69 Age Group – Dennis Mitchell  
Men 70-74 Age Group – Howard Prechtel  
Men 75-79 Age Group – Jack Lano  
Women Junior – Emily Gordon  
Men Junior – Jonathon Anderson

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## 1996 USAWA National Championships

June 22-23, 1996

Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mark Bridges, Ramon Lopez, Jim Collins

Lifts: Clean and Press Heels Together, Continental to Chest, Pullover and Press, Zercher Lift, Deadlift with Ciavattone Grip, One-Arm Clean and Jerk, One-Arm Deadlift, Neck Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Chris Waterman, Ohio
3. Barry Pensyl, Pennsylvania
4. Art Montini, Pennsylvania
5. Jim Malloy, Ohio
6. Joe Ciavattone, Massachusetts
7. Denny Habecker, Pennsylvania
8. Pete Zaremba, Ohio



9. Howard Prechtel, Ohio

10. Dale Friesz, Virginia

Women: Top Three Placings

1. Cara Ciavattone, Massachusetts

2. Noi Phumchaona, Ohio

3. Holly Ciavattone, Massachusetts

Best Lifter Awards:

Women Junior – Holly Ciavattone

Women Open – Cara Ciavattone

Women Master – Noi Phumchaona

Men Junior – Jeff Ciavattone

Men Open – Bob Hirsh

Men Master – Bob Hirsh

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Jim Malloy

Men 55-59 Age Group – Dale Friesz

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Howard Prechtel

Frank Ciavattone Sr. Award – Bill Clark

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1995 USAWA National Championships

June 3-4, 1995

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Lifts: Continental to Chest and Jerk, Deadlift Heels Together, Pullover and Push, Zercher Lift, Neck Lift, Clean and Press Heels Together, Bench Press Feet in Air, One-Hand Deadlift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania

2. Bob Hirsh, Ohio
3. John Carter, Missouri
4. Dale Friesz, Virginia
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Howard Prechtel, Ohio
8. Joe Garcia, Missouri
9. Chris Waterman, Ohio
10. Randy Joe Holden, Kansas

Women: Top Two Placings

1. Kerry Clark, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open – Kerry Clark

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Art Montini

Men Junior – Adam Geib

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1994 USAWA National Championships

June 4-5, 1994

East Lake, Ohio

Meet Director: Howard Prechtel

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Lifts: Clean and Push Press, Jefferson Lift, One-Hand Hack Lift, Cheat Curl, One-Hand Snatch, Zercher Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill DiCioccio Jr, Pennsylvania
3. Jim Malloy, Ohio

4. Bill DiCioccio Sr, Pennsylvania
5. Goeff Gazda, Ohio
6. Art Montini, Pennsylvania
7. Chris Waterman, Ohio
8. Howard Prechtel, Ohio
9. Mike Locondro, Pennsylvania
10. John McKean, Pennsylvania

Women: Top Three Placings

1. Jacqueline Simonsen, Vermont
2. Noi Phumchaona, Ohio
3. Deanna Springs, Missouri

Best Lifter Awards:

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Jim Malloy

Men Junior – Robbie McKean

-----

1993 USAWA National Championships

May 22-23, 1993

Middletown, Pennsylvania

Meet Directors: Paul Montini and Paul Healey

Lifts: Clean and Push Press, Jefferson Lift, Steinborn, Zercher Lift, Hand and Thigh, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Jr, Pennsylvania
5. Bob Hirsh, Ohio
6. Barry Pensyl, Pennsylvania

7. Chris Waterman, Ohio
8. John Kurtz, Ohio
9. John McKean, Pennsylvania
10. John Monk, Pennsylvania

#### Women: Top Three Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio
3. Kerry Clark, Missouri

#### Best Lifter Awards:

Women Open – Jacqueline Caron

Men Open – Bill DiCioccio Jr.

Women Master – Noi Phumchaona

Men Master – Art Montini

Men Junior – Rocco Montini

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – John Vernacchio

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Paul Eberhardinger

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#### 1992 USAWA National Championships

May 30-31, 1992

Walpole, Massachusetts

Meet Directors: Bob Moore and Roger Lynch

Emcees: Joe Caron and Bob Moore

Head Officials: Bill Clark, Armand Turgeon, Joe Garcia, John Vernacchio

Lifts: Continental Snatch, Pullover and Push, Steinborn, Hand and Thigh, Neck Lift, Jefferson Lift, One-Hand Deadlift, Zercher Lift, Hip Lift

### Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Roger Lynch, Massachusetts
5. John McKean, Pennsylvania
6. Frank Ciavattone, Massachusetts
7. Bill DiCioccio Jr., Pennsylvania
8. Dale Friesz, Virginia
9. Bob Moore, Massachusetts
10. Joe Garcia, Missouri

### Women: Top Two Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio

### Best Lifter Awards:

Women 20-39 Age Group – Jacqueline Caron

Women Master – Noi Phumchaona

Men Junior 13 and Under – Rocky Montini

Men Junior 14-15 Age Group – Bradley Ward

Men Junior 16-17 Age Group – Daniel Drake

Men Junior Overall – Rocky Montini

Men 20-39 Age Group – Roger Lynch

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – John McKean

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – John Vernacchio

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Rex Monahan

Men Master Overall – Art Montini

Men Open Overall – Roger Lynch

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## 1991 USAWA National Championships

July 13-14, 1991

Ambridge, Pennsylvania

Meet Director: Art Montini and John McKean

Lifts: One-Hand Clean and Jerk, Hack Lift, Pullover and Push, Steinborn, Hand and Thigh, Continental Snatch, One-Hand Deadlift, Zercher Lift, Neck Lift, Hip Lift

### Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Steve Schmidt, Missouri
4. Barry Bryan, Pennsylvania
5. Roger Lynch, Massachusetts
6. John McKean, Pennsylvania
7. Jim Malloy, Ohio
8. Joe Garcia, Missouri
9. John Monk, Pennsylvania
10. Frank Ciavattone, Massachusetts

### Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

### Best Lifter Awards:

Women Masters – Jeanne Burchett

Women Open – Jeanne Burchett

Men Junior – Robbie McKean

Men 20-39 Age Group – Steve Schmidt

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – John McKean

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – Dennis Mitchell

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Howard Prechtel

Men Master – Art Montini

Men Open – Steve Schmidt

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1990 USAWA National Championships

July 15-16, 1990

Akron, Ohio

Meet Director: Attilio Alacchi

Lifts: Clean and Press, Front Squat, Continental to Chest, Pullover and Push, Neck Lift, One-Hand Snatch, Bench Press Feet in Air, One-Arm Deadlift, Hand and Thigh, Zercher Lift

Men: Top Ten Placings

1. Barry Bryan, Pennsylvania
2. Art Montini, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Jim Bufalini, Pennsylvania
5. Don Verterosa, Massachusetts
6. John Vernacchio, Pennsylvania
7. John McKean, Pennsylvania
8. Chris Waterman, Ohio
9. Jim Malloy, Ohio
10. Bill DiCioccio Sr., Pennsylvania

Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

Best Lifter Awards:

Women Master Overall – Jeanne Burchett

Women Open Overall – Jeanne Burchett

Men Junior – Robbie McKean

Men 20-39 Age Group – Barry Bryan

Men 40-44 Age Group – John McKean  
Men 45-49 Age Group – Jim Malloy  
Men 50-54 Age Group – John Vernacchio  
Men 55-59 Age Group – Gonzalo Gonzales  
Men 60-64 Age Group – Art Montini  
Men 65-69 Age Group – Howard Prechtel  
Men Master Overall – Art Montini  
Men Open Overall – Barry Bryan

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## 1989 USAWA National Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: One Hand Deadlift, Neck Lift, Clean and Press heels together, Zercher, Hip Lift, Bench Press feet in air, Pullover and Push, One Hand Snatch, Continental to Chest, Front Squat

### Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Art Montini, Pennsylvania
3. Tim Bruner, Texas
4. John McKean, Pennsylvania
5. Phil Anderson, Texas
6. Brian Meek, Texas
7. Bill DiCiccio Sr., Pennsylvania
8. John Carter, Missouri
9. Jim Bufalini, Pennsylvania
10. John Vernacchio, Pennsylvania

### Women: Top Two Placings

1. Cindy Garcia, Missouri
2. Noi Phumchaona, Ohio



Best Lifter Awards:

Women Open – Cindy Garcia

Women Master – Noi Phumchaona

Men Open – Steve Schmidt

Men Master – Art Montini

Men Junior – Frank Shuba, Jr.

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1988 USAWA National Championships

July 9-10, 1988

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: Leg Press, Clean & Press – heels together, Front Squat, Hand & Thigh,  
Bench Press – feet in air, Deadlift – one hand, Zercher, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Phil Anderson, Texas
3. Joe Garcia, Missouri
4. John Vernacchio, Pennsylvania
5. John McKean, Pennsylvania
6. Dan Ciccarelli, Pennsylvania
7. Italo Bonacci, Pennsylvania
8. Gonzalo Gonzalez, New York
9. Art Montini, Pennsylvania
10. Bill Clark, Missouri

Best Lifter Awards:

Men Open – Steve Schmidt

Men Master – Art Montini

Men Junior – Casey Clark

Men 40-44 Age Group – John McKean

Men 45-49 Age Group – Bill DiCiccio, Sr.

Men 50-54 Age Group – John Vernacchio

Men 55-59 Age Group – Gonzalo Gonzalez

Men 60-64 Age Group – Art Montini  
 Men 65-69 Age Group – Harrison Skeete  
 Team Champion – Valley Forge Club

## **Past USAWA Championships**

### **History of the Presidential Cup**

YEAR	CUP WINNER	LIFT	PRESIDENT
2015	Dean Ross	Zercher – One Arm	Denny Habecker
2014	Al Myers	Pinch Grip – One Hand	Denny Habecker
2013	Art Montini	Teeth Lift	Denny Habecker
2012	Dale Frieze	Finger Lift – Ring	Denny Habecker

### **SUMMARY OF CLUB CHAMPIONSHIPS**

DATE	HOST	FIRST	SECOND	THIRD
2015 August 29th	Ledaig HA	Dino Gym	Ledaig HA	Habecker's Gym
2014 July 19th	Ledaig HA	Ledaig HA	Dino Gym	Habecker's Gym
2013 July 14th	Ledaig HA	Ledaig HA	Dino Gym	
2012 March 10th	Ambridge BBC	Dino Gym	Atomic Athletic	Ambridge BBC
2011 March 12th	Ambridge BBC	Dino Gym	Joe's Gym	Ambridge BBC
2010 March 13th	Ambridge BBC	Dino Gym	Ambridge BBC	Habecker's Gym

## SUMMARY OF USAWA TEAM CHAMPIONSHIPS

### BEST OVERALL LIFTER TEAM AWARDS

YEAR & DATE	2-MAN	2-WOMEN	MIXED PAIR
2015-August 30th	Al Myers & Chad Ullom >60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
2014-August 24th	Al Myers & Chad Ullom >60: Laverne Myers & Dean Ross	none	none
2013-August 17th	Al Myers & Chad Ullom >60: Denny Habecker & Art Montini	Ruth Jackson & Molly Myers	Jera Kressly & Logan Kressly
2012-August 11th	Al Myers & Chad Ullom >60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
2011-August 27th	Al Myers & Chad Ullom >60: Mike Murdock & Rudy Bletscher	none	none
2010-August 10th	Al Myers & Chad Ullom >60: Mike Murdock & Rudy Bletscher	none	none

2009- September 20th	Al Myers & Chad Ullom	none	none
2008- September 20th	Al Myers & Joe Garcia	none	none
2007- September 8th	Al Myers & Chad Ullom	none	none

## Past Postal Series

### 2015 POSTAL SERIES SUMMARY

#### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Eric Todd	Ruth Jackson
2nd Quarter Postal	Barry Bryan	Ruth Jackson
3rd Quarter Postal	Al Myers	Ruth Jackson
Postal Championships	Barry Bryan	Ruth Jackson

#### Final Postal Series Rankings

#### WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Ruth Jackson	4	20
2	Tressa Brooner	3	13
3	Mary McConnaughey	4	9
4	Crystal Diggs	4	6
5	Jera Kressly	1	3

## MENS DIVISION – TOP TEN

PLACING LIFTER		MEETS ENTERED	POINTS
1	Denny Habecker	4	33
2	Barry Bryan	3	32
3	Al Myers	3	28
4	Chad Ullom	3	22
5	Christian Schimpf	4	19
6	Dean Ross	4	18
7	LaVerne Myers	3	15
8	Eric Todd	2	12
9	Draven Kressly	1	7
10	Austin Brewer	1	6

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## 2014 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Chad Ullom	Ruth Jackson
2nd Quarter Postal	Chad Ullom	Ruth Jackson
3rd Quarter Postal	Eric Todd	Ruth Jackson
Postal Championships	Al Myers	Ruth Jackson

### Final Postal Series Rankings

## WOMENS DIVISION – TOP THREE

PLACING LIFTER	MEETS ENTERED	POINTS
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1	Ruth Jackson	4	10
2	Crystal Diggs	3	3
3	Molly Myers	1	2

#### MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	3	31
2	Eric Todd	4	26
3	Barry Bryan	4	25
4	Denny Habecker	4	21
5	Al Myers	1	16
6	Dan Wagman	1	14
7	Lance Foster	4	9
8	Randy Smith	1	8
9	Tim Piper	1	7
10	Logan Kressly	1	5

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#### 2013 POSTAL SERIES SUMMARY

##### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Dan Wagman	Ruth Jackson
2nd Quarter Postal	Dan Wagman	Ruth Jackson
3rd Quarter Postal	Dan Wagman	Ruth Jackson
Postal Championships	Dan Wagman	Ruth Jackson

##### Final Postal Series Rankings

## WOMENS DIVISION – TOP TWO

PLACING	LIFTER	MEETS ENTERED	POINTS
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1	Ruth Jackson	4	6
2	Gabby Jobe	1	1

## MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
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1	Dan Wagman	4	51
2	Orie Barnett	4	35
3	Al Myers	2	32
4	Sam Rogers	4	30
5	Barry Bryan	2	29
6	Chad Ullom	2	26
7	Eric Todd	3	22
8	Denny Habecker	4	18
9	John Wilmot	4	15
10	Les Cramer	2	15

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## 2012 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Chad Ullom	Gabby Jobe
2nd Quarter Postal	Bryan Benzel	Molly Myers
3rd Quarter Postal	Barry Bryan	Gabby Jobe

Postal Championships Chad Ullom Gabby Jobe

Final Postal Series Rankings

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
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1	Gabby Jobe	4	5
2	Molly Myers	1	3
3	Bri Ullom	1	2

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
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1	Chad Ullom	4	66
2	Orie Barnett	4	56
3	Troy Goetsch	3	51
4	Bryan Benzel	3	47
5	Sam Rogers	4	39
6	Eric Todd	2	36
7	Jesse Jobe	3	30
8	Joe Ciavattone Jr.	1	28
9	Tim Songster	3	25
10	Les Cramer	3	25

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**2011 POSTAL SERIES SUMMARY**

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
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1st Quarter Postal	Al Myers	Helen Kahn
2nd Quarter Postal	Orie Barnett	None
3rd Quarter Postal	Al Myers	None
Postal Championships	Al Myers	Karena Fobes

## Final Postal Series Rankings

### WOMENS DIVISION – TOP TWO

#### PLACING LIFTER                      MEETS ENTERED POINTS

1	Karena Fobes	1	2
2	Helen Kahn	1	1

### MENS DIVISION – TOP TEN

#### PLACING LIFTER                      MEETS ENTERED POINTS

1	Al Myers	3	46
2	Orie Barnett	4	39
3	Joe Ciavattone Jr.	2	31
4	Joe Ciavattone Sr.	2	24
5	Denny Habecker	4	21
6	Eric Todd	1	18
7	Chuck Cookson	1	17
8	Chad Ullom	1	16
9	Dave Beversdorf	1	14
10	John Wilmot	4	13

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## 2010 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Al Myers	None
2nd Quarter Postal	Al Myers	None
3rd Quarter Postal	Bill Cookson	Helen Kahn
Postal Championships	Al Myers	Helen Kahn

## Final Postal Series Rankings

### WOMENS DIVISION – TOP PLACING

#### PLACING LIFTER      MEETS ENTERED POINTS

1	Helen Kahn	2	3
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### MENS DIVISION – TOP TEN

#### PLACING LIFTER      MEETS ENTERED POINTS

1	Al Myers	3	50
2	Mark Mitchell	3	38
3	Joe Ciavattone Jr.	2	35
4	Chad Ullom	2	34
5	Denny Habecker	4	28
6	Scott Tully	3	28
7	Chuck Cookson	1	28
8	Orie Barnett	2	26
9	Randy Smith	2	25
10	Joe Ciavattone Sr.	2	21

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## 2009 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Joe Ciavattone, Jr.	Kari Landis
2nd Quarter Postal	Al Myers	None
3rd Quarter Postal	John Monk	Kari Landis
Postal Championships	Al Myers	Molly Myers

#### Final Postal Series Rankings

#### WOMENS DIVISION – TOP PLACING

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Kari Landis	2	2
2	Molly Myers	1	2

#### MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Al Myers	3	37
2	Joe Ciavattone Jr.	2	31
3	John Monk	3	30
4	Orie Barnett	3	27
5	Chad Ullom	1	22
6	Joe Ciavattone Sr.	2	19
7	Denny Habecker	3	17
8	John Wilmot	4	15
9	Jonathon Ciavattone	2	12
10	Dennis Vandermark	3	10

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#### 2008 POSTAL SERIES SUMMARY

## Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Monk	None
2nd Quarter Postal	Jim Malloy	None
3rd Quarter Postal	John Wilmot	Misty Fritz
Postal Championships	Chad Ullom	Kari Landis

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## 2007 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Ed Schock	Elizabeth Monk
3rd Quarter Postal	Bill Cookson	Kate Howley

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## Past IAWA Officers

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### Elected October 5th, 2012 – Salina, Kansas, USA

#### IAWA PRESIDENT

Al Myers, United States

#### IAWA GENERAL SECRETARY

Frank Allen, England

#### IAWA VICE PRESIDENTS

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

Al Myers, United States

Steve Gardner, England

Steve Sherwood, England

Peter Phillips, Australia

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**Elected October 3rd, 2008 – Barton under Needwood, England**

IAWA PRESIDENT

Steve Gardner, England

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States

Denny Habecker, United States

Mike Archer, England

William Wright, Scotland

Frank Lamp, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

Bill Chapman, Australia

Steve Sherwood, England

#### IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

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### **Elected October 1st, 2004 – Burton on Trent, England**

#### IAWA PRESIDENT

Steve Gardner, England

#### IAWA GENERAL SECRETARY

Frank Allen, England

#### IAWA VICE PRESIDENTS

John Vernacchio, United States

Denny Habecker, United States

Mike Archer, England

William Wright, Scotland

Frank Lamp, Australia

#### IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

Bill Chapman, Australia

Steve Sherwood, England

#### IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

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**Elected September 1st, 2000 – Walpole, Massachusetts, United States**

**IAWA PRESIDENT**

Howard Prechtel, United States

(Steve Gardner, England, was appointed the duties of President in 2001 after Howard Prechtel's resignation)

**IAWA GENERAL SECRETARY**

Frank Allen, England

**IAWA VICE PRESIDENTS**

John Vernacchio, United States

Frank Lamp, Australia

William Wright, Scotland

Mike Archer, England

Steve Gardner, England

**IAWA TECHNICAL COMMITTEE**

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

William Wright, Scotland

Steve Sherwood, England

**IAWA MEDICAL COMMITTEE**

Joe Caron – Chairman, United States

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**September 20th, 1996 – Glasgow, Scotland**

**IAWA PRESIDENT**

Howard Prechtel, United States

## IAWA GENERAL SECRETARY

Frank Allen, England

## IAWA VICE PRESIDENTS

Frank Lamp, Australia

Mike Archer, England

William Wright, Scotland

Steve Gardner, England

John Vernacchio, United States

## IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

John Vernacchio, United States

Steve Gardner, England

Steve Sherwood, England

William Wright, Scotland

## IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

Steve Sherwood, England

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## **Elected September 11th, 1992 – Twickenham, London, England**

## IAWA PRESIDENT

Frank Allen, England

## IAWA GENERAL SECRETARY

John McKean, United States

## IAWA TREASURERS

Bill Clark, United States

Frank Allen, England

## IAWA VICE PRESIDENTS



Frank Lamp, Australia  
Mike Archer, England  
William Wright, Scotland  
Steve Gardner, England  
Frank Ciavattone, United States  
John Vernacchio, United States  
Howard Prechtel, United States

#### IAWA TECHNICAL COMMITTEE

Mike Archer – Chairman, England  
Adrian Blindt, England  
Bob Smith, England  
Ken Edge, England  
Art Montini, United States  
Bob Moore, United States

#### IAWA RESEARCH COMMITTEE

Bill Clark – Chairman, United States  
Joe McCoy, United States  
Tom Ryan, United States  
Terry Todd, United States  
Frank Lamp, Australia  
Frank Allen, England

#### IAWA MEDICAL COMMITTEE

John McKean – Chairman, United States  
Roger Lynch, United States  
Joe Caron, United States  
Adrian Blindt, England  
Steve Sherwood, England

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**Self Appointed July 1st, 1987**

IAWA PRESIDENT

Bill Clark, United States

IAWA GENERAL SECRETARY/TREASURER

Frank Allen, England

IAWA VICE PRESIDENT

Jon Carr, United States

IAWA REGISTRAR

Joe McCoy, United States

IAWA BOARD OF DIRECTORS

Bill Clark, United States

Jon Carr, United States

Frank Allen, England

Joe McCoy, United States

Tony Cook, England

Clive Nevis, England

Frank Lamp, Australia

Teddy Kaplan, Israel

### **Past IAWA Gold Cups**

### **PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP**

2015 IAWA Gold Cup

November 27th, 2015

Perth, Western Australia

Meet Director: John Mahon

Prechtel Award: Al Myers

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2014 IAWA Gold Cup

October 25th, 2014

Burton on Trent, England

Meet Director: Steve Gardner

Prechtel Award: James Gardner

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2013 IAWA Gold Cup  
November 2nd, 2013  
Lebanon, PA, USA  
Meet Director: Denny Habecker  
Prechtel Award: Al Myers

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2012 IAWA Gold Cup  
November 3rd, 2012  
Glasgow, Scotland  
Meet Directors: Andy Tomlin & Matt Finkle  
Prechtel Award: James Gardner

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2011 IAWA Gold Cup  
October 1st, 2011  
Burton on Trent, England  
Meet Director: Steve Gardner

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2010 IAWA Gold Cup  
November 6th, 2010  
Walpole, Massachusetts, USA  
Meet Director: Frank Ciavattone

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2009 IAWA Gold Cup  
November 7th, 2009  
Glasgow, Scotland  
Meet Director: David McFadzean

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2008 IAWA Gold Cup  
November 8th, 2008

Lebanon, Pennsylvania, USA  
Meet Director: Denny Habecker

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2007 IAWA Gold Cup  
November 10th, 2007  
Leicester, England  
Meet Director: Frank Allen

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2006 IAWA Gold Cup  
November 4th, 2006  
Lebanon, Pennsylvania, USA  
Meet Director: Denny Habecker

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2005 IAWA Gold Cup  
October 29th, 2005  
Maui, Hawaii  
Meet Director: Bob Geib

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2004 IAWA Gold Cup  
October 23rd, 2004  
Glasgow, Scotland  
Meet Director: William Wright

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2003 IAWA Gold Cup  
November 2nd, 2003  
Lansdale, Pennsylvania, USA  
Meet Director: John Vernacchio

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2002 IAWA Gold Cup  
November 2nd, 2002  
Leicester, England  
Meet Director: Frank Allen

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2001 IAWA Gold Cup  
November 3rd, 2001  
Cleveland, Ohio, USA  
Meet Director: Howard Prechtel

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2000 IAWA Gold Cup  
October 14th, 2000  
Burton upon Trent, England  
Meet Director: Steve Gardner

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1999 IAWA Gold Cup  
November 20th, 1999  
Glasgow, Scotland  
Meet Directors: Jim Ridler and Steve Gardner

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1998 IAWA Gold Cup  
November 7th, 1998  
Cleveland, Ohio, USA  
Meet Director: Howard Prechtel

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1997 IAWA Gold Cup  
November 15th, 1997  
Burton upon Trent, England  
Meet Director: Steve Gardner

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1996 IAWA Gold Cup  
November 16th, 1996  
Valley Forge, Pennsylvania, USA  
Meet Director: John Vernacchio

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1995 IAWA Gold Cup  
November 11th, 1995  
Leicester, England  
Meet Director: Frank Allen

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1994 IAWA Gold Cup  
November 12th, 1994  
East Lake, Ohio, USA  
Meet Director: Howard Prechtel

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1993 IAWA Gold Cup  
November 6th, 1993  
Burton upon Trent, England  
Meet Director: Steve Gardner

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1992 IAWA Gold Cup  
November 28th, 1992  
Collegeville, Pennsylvania, USA  
Meet Director: John Vernacchio

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1991 IAWA Gold Cup  
November 23rd, 1991  
Lakewood, Ohio, USA  
Meet Director: Howard Prechtel

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## **Results of Past Worlds**

2015 IAWA World Championships

October 10th & 11th, 2015

Glasgow, Scotland

Meet Promoter: David McFadzean

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Chris Bass

Drug Testing Official: Frank Allen

Officials: James Gardner, George Dick, Karen Gardner, Denny Habecker, David McFadzean, Frank Allen, John Gardner, Gary Ell, Andy Tomlin, Graham Saxton, Mark Haydock, Chad Ullom, Paula Thompson, Matt Finkle, Paul Barette, Al Myers, Steve Andrews, Luke Davis, Dennis Mitchell

Lifts: DAY 1 Clean & Push Press, Continental Snatch, Pullover & Press, One Arm Deadlift DAY 2 One Arm Zercher, Two Hands Anyhow Dumbbell & Barbell, Straddle Deadlift

Men Top Ten Placings

1. Mark Haydock, England
2. James Gardner, England
3. Steve Andrews, England
4. Josh Davidson, England
5. Paul Barette, England
6. Timo Lauttamus, Finland
7. Luke Davis, England
8. Stevie Shanks, Ireland
9. Gary Ell, England
10. Matt Wells, England

Women Top Three Placings

1. Paula Thompson, England
2. Nicola Thornhill, England
3. Chloe Brennan, England

## BEST LIFTER AWARDS

Mens Junior: Matt Jones

Overall Womens: Paula Thompson

Overall Mens Open: James Gardner

Overall Mens Masters: Mark Haydock

Overall Mens: Mark Haydock

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2014 IAWA World Championships

September 27th & 28th, 2014

Norwood, Massachusetts, USA

Meet Promoter: Frank Ciavattone

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Chris Bass

Drug Testing Officials: chad Ullom & Frank Allen

Officials: Sam Trew, Chad Ullom, Steve Sherwood, Frank Allen, John Mahon,  
Al Myers, Joe Ciavattone Sr., Dennis Mitchell, Karen Gardner, George Dick

Lifts: DAY 1 Cheat Curl, Pullover and Press, One Arm Deadlift DAY 2 One Arm  
Clean and Jerk, Continental Clean and Jerk, Ciavattone Deadlift

Men Top Ten Placings

1. Steve Sherwood, England
2. Chad Ullom, United States
3. Al Myers, United States
4. James Fuller, United States
5. Joe Ciavattone Jr., United States
6. Denny Habecker, United States
7. Matthew Hancock, United States
8. Jeff Ciavattone, United States
9. Joe Ciavattone Sr., United States
10. John Mahon, Australia

Womens Top Three Placings

1. Paula Thompson, England



2. Karen Gardner, England
3. Jessica Hopps, United States

#### BEST LIFTERS

Mens Junior 13 & Under: Mathew Triatta

Mens Junior 16-17: Mathew Hancock

Women Open: Jessica Hopps

Women 40-44: Paula Thompson

Women 50-54: Susan Sees

Women 55-59: Karen Gardner

Mens Open: Joe Ciavattone Jr.

Mens 40-44: Chad Ullom

Mens 45-49: Al Myers

Mens 50-54: David Ellis

Mens 55-59: Frank Ciavattone

Mens 60-64: Steve Sherwood

Mens 65-69: George Dick

Mens 70-74: Denny Habecker

Mens 80-84: Dick Durante

Mens 85-89: Art Montini

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2013 IAWA World Championships

October 5th & 6th, 2013

Accrington, England

Meet Promoter: Mark Haydock

Meet Announcers: Steve Gardner and Al Myers

Meet Scorekeeper: Chris Bass

Technical Officer and Drug Control: Frank Allen and Karen Gardner

Meet Loaders: Dan Butterworth, Andy Milner and many lifters

Meet Officials: David McFadzean, Rick Meldon, Peter Phillips, Graham

Saxton, Andy Tomlin, Matt Finkle, Steve Andrews, Steve Sherwood, George

Dick, Al Myers, Karen Gardner, Mark Haydock, Phil Crisp, Paul Barette, Denny

Habecker, Gerry Davidson

Meet Lifts: DAY 1 – Clean and Press, Continental Snatch, Pullover – Straight Arm, Vertical Bar Deadlift – 1 Bar, 2”, One Hand DAY 2 – Squat, Clean and Jerk – Dumbbell, One Arm, Deadlift – Trap Bar

#### Men Top Ten Placings

1. Mark Haydock, England
2. Alex Rigbye, England
3. Gerry Davidson, England
4. Barry Gordge, England
5. Steve Andrews, England
6. Steve Sherwood, England
7. Felix Saman, Spain
8. James Gardner, England
9. Phillipe Crisp, England
10. Peter Phillips, Australia

#### Women Top Three Placings

1. Paula De La Mata, England
2. Jenn Tibbenham, United States
3. Anne Whitehead, Australia

#### BEST LIFTERS

Mens Junior: Jevan Cockbain

Mens Open: Mark Haydock

Mens Master 40-44: Phil Crisp

Mens Master 45-49: Andy Tomlin

Mens Master 50-54: Barry Gordge

Mens Master 55-59: Peter Phillips

Mens Master 60-64: Steve Sherwood

Mens Master 70-74: Denny Habecker

Mens Master 75-79: Gerry Davidson

Mens Master 85-89: Art Montini

Mens Master Overall: Gerry Davidson

Womens Overall: Paula De La Mata

Mens Overall: Mark Haydock

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## 2012 IAWA World Championships

October 6th & 7th, 2012

Dino Strength Training Center

Salina, Kansas, United States

Meet Promoters: Al Myers and Chad Ullom

Meet Announcer: Steve Gardner

Meet Scorekeeper: Chris Bass

Meet Photographer: Darren Barnhart

Meet Loaders: Eric Todd, Scott Tully, Chuck Cookson, Tyler Cookson, Matt Cookson, Mark Mitchell

Meet Officials: Frank Ciavattone, Chad Ullom, Dennis Mitchell, Frank Allen, George Dick, Thom Van Vleck, Karen Gardner, Denny Habecker, Graham Saxton

Meet Lifts: DAY 1 Curl – Reverse Grip, Clean and Jerk – One Arm, Pullover and Press, Steinborn Lift DAY 2 Snatch – Fulton Bar, Hack Lift – One Arm, Jefferson Lift

### Men Top Ten Placings

1. Dan Wagman, United States
2. Chad Ullom, United States
3. Dave Glasgow, United States
4. Denny Habecker, United States
5. John Mahon, Australia
6. Graham Saxton, England
7. Tim Piper, United States
8. Sam Trew, Australia
9. Doug Kressly, United States
10. Frank Allen, England

### Women Top Three Placings

1. Ruth Jackson, United States
2. Paula Delamata, England
3. Jera Kressly, United States

## BEST LIFTERS

Womens Open: Paula De La Mata

Womens Master: Ruth Jackson

Womens Overall: Ruth Jackson

Mens Open: John Mahon

Mens Master 40-44: Chad Ullom

Mens Master 45-49: Lance Foster

Mens Master 50-54: Dan Wagman

Mens Master 55-59: Dave Glasgow

Mens Master 60-64: George Dick

Mens Master 65-69: LaVerne Myers

Mens Master 70-74: Denny Habecker

Mens Master 75-79: Rudy Bletscher

Mens Master 80-84: Art Montini

Mens Master Overall: Dan Wagman

Mens Overall: Dan Wagman

Club Champion: Ledaig AC (Dave Glasgow, Doug Kressly, Jera Kressly) –  
1727.6 pts

Club Champion Runnerup: Dino Gym (Chad Ullom, Rudy Bletscher, LaVerne  
Myers) – 1638.4 pts

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2011 IAWA World Championships

November 19th & 20th, 2011

Belmont Sports Club

Perth, Australia

Meet Promoter: Peter Phillips

Recorder and Announcer: Steve Gardner

Officials: John Patterson, Mark Haydock, Paul McManus, Chad Ullom, Steve  
Sherwood, Denny Habecker, Dennis Mitchell, Frank Allen, Julia Phillips, Al  
Myers

Lifts: 2 Vert 2" Bars (Vertical Bar Deadlift – 2 Bars, 2"), 1 H Swing (Swing –  
Dumbbell, One Arm), Continental Clean and Jerk (Continental to Chest and

Jerk), Fulton DL (Deadlift – Fulton Bar, Ciavattone Grip), Cheat Curl (Curl – Cheat), Push Press Racks (Push Press – From Racks), Zercher (Zercher Lift)

#### Men Top Ten Placings

1. Steve Sherwood, England
2. Al Myers, United States
3. Mark Haydock, England
4. Peter Phillips, Australia
5. Kris McIntyre, Australia
6. Chad Ullom, United States
7. Tom Edwards, Australia
8. Denny Habecker, United States
9. John Mahon, Australia
10. Frank Allen, England

#### Women Top Three Placings

1. Jackie Giglia, Australia
2. Lainie Connell, Australia
3. Anne Whitehead, Australia

#### Best Lifter Awards:

Best Mens Master – Steve Sherwood

Best Mens Open – Mark Haydock

Best Mens Overall – Steve Sherwood

Best Womens Master – Jackie Giglia

Best Womens Overall – Jackie Giglia

Best Lift on Coefficient – Steve Sherwood

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#### 2010 IAWA World Championships

October 2nd & 3rd, 2010

Glasgow, Scotland

Meet Director: George Dick

M/C Recorder: Steve Gardner

Assistants: Judy Habecker and Chris Bass

Drug Testing Officer: Frank Allen

Referees: Andy Tomlin, Chad Ullom, James Gardner, Mathew Finkle, Steve Andrews, Dennis Mitchell, Denny Habecker, Bill Wright, Chris Ross, Gerry Davidson, Frank Allen, Karen Gardner, David McFadzean

Lifts: Day 1: Clean and Push Press, Barbell Snatch – One Arm, Continental to Belt, Steinborn Lift, Day 2: Cheat Curl, Dumbbell Press – One Arm, Trap Bar Deadlift

Men: Top Ten Placings

1. Chad Ullom, United States
2. Al Myers, United States
3. Steve Sherwood, England
4. Gerry Davidson, England
5. Steve Andrews, England
6. Roger Davis, England
7. Mark Price, England
8. James Gardner, England
9. Denny Habecker, United States
10. Robbie Hughes, Scotland

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Nicola Hughes, Scotland
3. Kim Rawling, England

Best Lifter Awards:

Best Junior Robbie Hughes (Sco)

Best Female Agnes McInally (Sco)

Best Open Lifter Chad Ullom (USA)

Best Master 40+ Al Myers (USA)

Best Master 45+ Mark Price (Eng)

Best Master 50+ Steve Andrews (Eng)

Best Master 55+ Steve Sherwood (Eng)

Best Master 60+ George Dick (Sco)

Best Master 65+ Denny Habecker (USA)

Best Master 70+ Gerry Davidson (Eng)

Best Master 75+ Denny Mitchell (USA)

Best Master 80+ Art Montini (USA)

Special Award: The IAWA Award of Merit, presented to Art Montini (for services to all round weightlifting) by IAWA President

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2009 IAWA World Championships

October 3rd & 4th, 2009

Lebanon, Pennsylvania, United States

Meet Director: Denny Habecker

Scorekeeper: Steve Gardner and Judy Habecker

Emcee: Steve Gardner

Loader: John Horn

Lifts: Hack Lift – One Arm, Clean and Press Behind Neck, Straight Arm

Pullover, Deadlift – Ciavattone Grip, Snatch – One Arm, Pullover and Press, Zercher Lift

Men: Top Ten Placings

1. Mark Haydock, England
2. Al Myers, United States
3. Chad Ullom, United States
4. Roger Davis, England
5. Denny Habecker, United States
6. John Monk, United States
7. Bill Spayd, United States
8. Scott Schmidt, United States
9. Art Montini, United States
10. Josh Haydock, England

Best Lifter Awards:

Josh Haydock – Junior 18/19 70 kg Champion and Best Junior 18/19

Kohl Hess – Junior 14/15 120 kg Champion and Best Junior 14/15

Dennis Mitchell – Masters 75+ 75 kg Champion and Best Master 75+

Art Montini – Masters 80+ 80 kg Champion and Best Master 80+  
John Monk – Masters 40+ 80 kg Champion  
Roger Davis – Open 85 kg Champion  
Denny Habecker – Masters 65+ 90 kg Champion and Best Master 65+  
Dennis Vandermark – Masters 55+ 95 kg Champion  
John Kavanagh – Open 95 kg Champion  
Chad Ullom – Open 105 kg Champion  
Bill Spayd – Open 110 kg Champion  
Al Myers – Masters 40+ 115 kg Champion and Best Master 40+  
Scott Schmidt – Masters 55+ and Open 120 kg Champion and Best Master 55+  
Mark Haydock – Open 125 kg Champion  
Frank Ciavattone – Masters 50+ ,Open 125+ kg Champion and Best Master 50+  
George Dick – Masters 60+ 125 kg Champion and Best Master 60+

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2008 IAWA World Championships

October 4th & 5th, 2008

Tamworth, England

Meet Director: Steve Gardner

Lifts: Clean and Jerk one arm, Pullover and Push, Continental to Belt, Half Gardner, Reflex Clean and Jerk, Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Steve Andrews, England
3. Mark Haydock, England
4. Al Myers, United States
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. James Gardner, England
8. Andy Goddard, England



9. Chad Ullom, United States

10. Roger Davis, England

Women: Top Three Placings

1. Mandy Hughes, England

2. Tuakau Wiakato, New Zealand

3. Heather Mansell, England

Best Lifter Awards:

Men Junior – Mathew Mansell

Women Junior -Mandy Hughes

Open Women – Mandy Hughes

Open Men – Rick Meldon

Master Women – Karen Gardner

Master Men – Rick Meldon

Champion of Champions – Rick Meldon

International Challenge Cup

1st England

2nd USA

3rd Scotland

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2007 IAWA World Championships

August 17th & 18th, 2007

Christchurch, New Zealand

Meet Director: Bruce Savage

Lifts: Swing one dumbbell, Continental Snatch, Deadlift one arm, Clean and Press, Bench Press hands together, Straddle Deadlift

Men: Top 10 Placings

1. Peter Phillips, Australia

2. Al Myers, United States

3. Frank Allen, England

4. James Gardner, England

5. Chad Ullom, United States

6. Cliff Harvey, New Zealand
7. Colin Wright, New Zealand
8. Denny Habecker, United States
9. Bill Chapman, Australia
10. Brian Armstrong, New Zealand

#### Women: Top Two Placings

1. Tuakau Waikato, New Zealand
2. Justine Martin, Australia

#### Best Lifter Awards:

Women Junior – Alexandra Martin

Women Overall – Tuakau Waikato

Men Junior – Zak Martin

Men Master – Peter Phillips

Men Open – James Gardner

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#### 2006 IAWA World Championships

October 14th & 15th, 2006

Glasgow, Scotland

Meet Director: George Dick

Lifts: Clean and Push Press, Pullover straight arms, Steinborn, Clean and Jerk  
Fulton Bar, Pullover and Push, Trap Bar Deadlift

#### Men: Top 10 Placings

1. Al Myers, United States
2. Steve Andrews, England
3. Nick Swain, England
4. Roger Davis, England
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. Frank Allen, England
8. Andy Goddard, England

9. Bill Sterling, Scotland
10. John Monk, United States

Women: Top Three Placings

1. Mandy Hughes, England
2. Sandie Gurney, England
3. Karen Gardner, England

Best Lifter Awards:

Women Junior – Mandy Hughes

Women Open – Sandie Gurney

Women Master – Karen Gardner

Men Junior – Peter Robson

Men Open – Al Myers

Men Master – Al Myers

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2005 IAWA World Championships

October 15th & 16th, 2005

Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Pullover and Press, Deadlift-Ciavattone grip, Snatch from hang, Clean and Press behind neck, Deadlift trap bar

Men: Top Ten Placings

1. Ed Schock, United States
2. Bill Spayd, United States
3. Roger Davis, England
4. Frank Allen, England
5. Justin Achenbach, United States
6. John Monk, United States
7. Chris Waterman, United States
8. Mathew Doster, United States
9. Joshua Monk, United States
10. Randy Smith, United States

### Women: Top Three Placings

1. Elizabeth Monk, United States
2. Mandy Hughes, England
3. Karen Gardner, England

### Best Lifter Awards:

Junior Female – Elizabeth Monk

Junior Male – Justin Achenbach

Open Male – Bill Spayd

Female Master 40+ – Tonia Scowden-Schumski

Male Master 40+ – Larry Silvestri

Female Master 45+ – Karen Gardner

Male Master 45+ – Andy Goddard

Male Master 50+ – Ed Schock

Male Master 55+ – John McKean

Male Master 60+ – Frank Allen

Male Master 65+ – Dale Friesz

Male Master 70+ – Dick Durante

Male Master 75+ – Art Montini

Male Master 85+ – Paul Eberhardinger

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### 2004 IAWA World Championships

October 2nd & 3rd, 2004

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Push Press, Continental Snatch, Clean and Jerk behind neck,  
Front Squat, Pullover and Push, Straddle Deadlift

### Men: Top Ten Placings

1. Rick Meldon, England
2. Ed Schock, United States
3. Roger Davis, England
4. Steve Andrews, England

5. Bill Spayd, United States
6. John Monk, United States
7. Clive Nevis, England
8. David Abbiell, England
9. Gerry Davidson, England
10. Andy Goddard, England

Women: Top Three Placings

1. Agnes McInally, England
2. Mandy Hughes, England
3. Julia Phillips, Australia

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2003 IAWA World Championships

October 4th & 5th, 2003

Perth, Australia

Meet Director: Frank Lamp

Lifts: Cheat Curl, Snatch-Dumbbell one arm, Deadlift one arm, Press  
Dumbbell one arm, Continental to Chest and Jerk, Straddle Deadlift

Men: Top Ten Placings

1. Bill Kappel, Australia
2. Bill Spayd, United States
3. Frank Allen, England
4. Denny Habecker, United States
5. John Patterson, Australia
6. James Power, Ireland
7. Frank Tatum Jr., Australia
8. John McBay, Australia
9. Frank Tatum Sr., Australia
10. Cliff Harvey, New Zealand

Women: Top Three Placings

1. Monica Cook, Australia

2. Julia Phillips, Australia
3. Anne Rollo, Australia

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2002 IAWA World Championships  
September 21st & 22nd, 2002  
Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Clean and Push Press, Continental to Belt,  
Deadlift one arm, Deadlift 2 bars, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Ed Schock, United States
2. John Monk, United States
3. Bill Spayd, United States
4. John McKean, United States
5. Frank Allen, England
6. Denny Habecker, United States
7. Brandon Aldan, United States
8. Kevin Fulton, United States
9. Howard Lasky, United States
10. Andy Goddard, England

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Karen Gardner, England
3. Rita Hall, United States

Best Lifter Awards:

Women Master – Noi Phumchaona

Men Master – Ed Schock

Men Junior – Aaron Barnes

Men Junior 13&Under – Joshua Monk

Men Junior 14-15 Age Group – Cale DeMille

Men Junior 18-19 Age Group – Aaron Barnes

Men 20-39 Age Group – John Monk  
Men 40-44 Age Group – Kevin Fulton  
Men 45-49 Age Group – Ed Schock  
Men 50-54 Age Group – George Dick  
Men 55-59 Age Group – John McKean  
Men 60-64 Age Group – Frank Allen  
Men 65-69 Age Group – Andy Komorny  
Men 70-74 Age Group – Dick Durante  
Men 75-79 Age Group – Rex Monahan  
Men 80-84 Age Group – Paul Eberhardinger

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2001 IAWA World Championships

October 6th & 7th, 2001

Glasgow, Scotland

Meet Director: William Wright

Lifts: Clean and Press, Continental Snatch, Zercher one arm, Straddle  
Deadlift, Half Gardner, Deadlift – Ciavattone one arm, Pullover and Push,  
Steinborn

Men: Top Ten Placings

1. Steve Angell, England
2. John Monk, United States
3. Steve Andrews, England
4. Frank Allen, England
5. Keith Murdie, England
6. Denny Habecker, United States
7. Des Fenton, Scotland
8. Andy Tomlin, Scotland
9. James Gardner, England
10. Kevin Fulton, United States

Women: Top Three Placings

1. Agnes McInally, Scotland

2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women – Agnes McInally

Men Junior – James Gardner

Men Open 1st – Steve Angell

Men Open 2nd – John Monk

Men Open 3rd – Steve Andrews

Men Master 1st – Steve Andrews

Men Master 2nd – Frank Allen

Men Master 3rd – Keith Murdie

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2000 IAWA World Championships

September 2nd & 3rd, 2000

Mansfield Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Snatch one arm, Pullover and Push, Straddle Deadlift, Continental Snatch, Deadlift one arm Ciavattone grip, Half Gardner

Men: Top Ten Placings

1. Steve Angell, England
2. Ed Schock, United States
3. Frank Allen, England
4. Mike Archer, England
5. Neil Abrey, England
6. Keith Murdie, England
7. John Monk, United States
8. Frank Ciavattone, United States
9. John McKean, United States
10. Denny Habecker, United States

Women: Top Three Placings

1. Monica Cook, Australia



2. Noi Phumchaona, United States
3. Karen Gardner, England

Best Lifter Awards:

Women Overall – Monica Cook

Women Junior – Dominique Ciavattone

Women Master – Noi Phumchaona

Men Junior – John Gardner

Men Overall – Steve Angell

Men Master – Ed Schock

Men 20-39 Age Group – Steve Angell

Men 40-44 Age Group – Kevin Fulton

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Frank Allen

Men 60-64 Age Group – Keith Murdie

Men 65-69 Age Group – Mike Archer

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Rex Monahan

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1999 IAWA World Championships

October 8th & 9th, 1999

Perth, Australia

Meet Director: Frank Lamp

Lifts: Snatch one arm, Clean and Press dumbbells, Continental to Chest and Jerk, Swing one arm, Clean and Press, Deadlift one arm

Men: Top Ten Placings

1. Mike Archer, England
2. Frank Allen, England
3. Denny Habecker, United States
4. John Patterson, Australia
5. Sam Hills, England

6. Frank Ciavattone, United States
7. Kevin Combes, Australia
8. Tom Davies, Australia
9. Rex Monahan, United States
10. Brian Te Tei, New Zealand

#### Women: Top Two Placings

1. Noi Phumchaona, United States
2. Monica Cook, Australia

#### Best Lifter Awards:

Women Open – Monica Cook

Women Master – Noi Phumchaona

Men Junior – Shannon Best

Men Open – Sam Hills

Men Master – Mike Archer

Men 40-44 Age Group – Frank Ciavattone

Men 50-54 Age Group – Bill Kappel

Men 55-59 Age Group – Denny Habecker

Men 60-64 Age Group – Peter Lathrope

Men 65-69 Age Group – Mike Archer

Men 70-74 Age Group – Howard Prechtel

Men 75-79 Age Group – Rex Monahan

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#### 1998 IAWA World Championships

October 3rd & 4th, 1998

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch one arm, Clean and Push Press, Pullover and Press, Hack Lift, Continental to Chest and Jerk, Zercher Lift

#### Men: Top Ten Placings

1. Keith Murdie, England
2. Neil Abery, England

3. Mike Archer, England
4. Sam Hills, England
5. Gerry Davidson, England
6. Frank Allen, England
7. Steve Andrews, England
8. Jim Edwards, England
9. Frank Ciavattone, United States
10. William Wright, Scotland

#### Women: Top Three Placings

1. Agnes McInally, Scotland
2. Tracy Emmerson, England
3. Noi Phumchaona, United States

#### Best Lifter Awards:

Women Open – Agnes McInally

Women Master – Agnes McInally

Men Junior – Wayne Vasey

Men Open – Neil Abery

Men Master – Keith Murdie

Men 40-49 Age Group – Frank Ciavattone

Men 50-59 Age Group – Frank Allen

Men 60-69 Age Group – Keith Murdie

Men 70 Plus Age Group – Howard Prechtel

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#### 1997 IAWA World Championships

October 18th & 19th, 1997

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press 12" base, Snatch one arm, Continental to Belt, Jerk from rack, Squat, Bench Press, Deadlift

#### Men: Top Ten Placings

1. Bob Hirsh, United States

2. James Dundon, United States
3. Steve Angell, England
4. Jim Malloy, United States
5. Chris Waterman, United States
6. Drue Moore, United States
7. Keith Murdie, England
8. Barry Pensyl, United States
9. Mike Archer, England
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Mary Ann Kraiger, United States
3. Kathy Schmidt, United States

Best Lifter Awards:

Women Overall – Noi Phumchaona

Men Overall – Bob Hirsh

Female 20-39 Age Group – Mary Ann Kraiger

Female 40-44 Age Group – Kathy Schmidt

Female 50-54 Age Group – Noi Phumchaona

Men Junior 14-15 Age Group – Tom McGuire

Men Junior 18-19 Age Group – S.J. Vernacchio

Men 20-39 Age Group – Jim Dundon

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – John Kurtz

Men 55-59 Age Group – Jim Malloy

Men 60-64 Age Group – Mike Archer

Men 65-69 Age Group – Dick Durante

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Paul Eberhardinger

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1996 IAWA World Championships

September 21st & 22nd, 1996

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Clean and Press, Swing one arm, Zercher one arm, Pullover straight arms, Straddle Deadlift, Continental Snatch, Pullover and Push, Deadlift one arm, Two Hands Anyhow

Men: Top Ten Placings

1. Steve Angell, England
2. Mike Archer, England
3. Frank Allen, England
4. Steve Andrews, England
5. Andy Tomlin, Scotland
6. Keith Murdie, England
7. Gerry McGuire, England
8. Willie Wright, Scotland
9. David Ridler, Scotland
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Agnes McInally, Scotland
3. Marey-Ann Smith, England

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1995 IAWA World Championships

August 12th & 13th, 1995

East Lake Ohio, United States

Meet Director: Howard Prechtel

Lifts: Clean and Jerk one arm, Clean and Push Press, Hacklift one arm, Pullover and Press, Continental Snatch, Jefferson Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, United States

2. Frank Allen, England
3. Jim Malloy, United States
4. Jeff Gazda, United States
5. Bill DiCioccio Sr., United States
6. Barry Pensyl, United States
7. Chris Waterman, United States
8. Keith Murdie, England
9. Steve Angell, England
10. Mike Locondro, United States

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Maryann Kraiger, United States

Best Lifter Awards:

Men Junior – Robbie McKean

Women Open – Maryann Kraiger

Women Master – Noi Phumchaona

Men Open – Jeff Gazda

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Frank Allen

Men 55-59 Age Group – Bill DiCioccio Sr.

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Howard Prechtel

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1994 IAWA World Championships

October 8th & 9th, 1994

Burton, England

Meet Director: Steve Gardner

Lifts: Snatch one arm, Cheat Curl, Continental Snatch, Pullover and Push, Hack Lift, Dumbbell Clean and Jerk, Clean and Push Press, Continental to Chest, Zercher Lift

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Angell, England
3. Steve Sherwood, England
4. Mike Archer, England
5. Bob Howe, England
6. Keith Murdie, England
7. Steve Andrews, England
8. Peter Ford, England
9. Andy Tomlin, Scotland
10. Willie Wright, Scotland

Women: Top Two Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior – John Gardner

Men Open – Steve Angell

Men Master – Frank Allen

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

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1993 IAWA World Championships

July 17th & 18th, 1993

Walpole Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Continental Snatch, Staddle Deadlift, Pullover and Push, Hand and Thigh, Jerk from rack, Deadlift one arm, Zercher Lift, Steinborn

### Men: Top Ten Placings

1. Frank Allen, England
2. Steve Sherwood, England
3. Chris Waterman, United States
4. Jim Malloy, United States
5. Bob Hirsh, United States
6. Don Venterosa, United States
7. Steve Angell, England
8. Mike Archer, England
9. John McKean, United States
10. Mike Locondro, United States

### Women: Top Three Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States
3. Mary Jo McVay, United States

### Best Lifter Awards:

Men Junior – Robbie McKean

Women Junior – Holly Ciavattone

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Chris Waterman

Men Master – Frank Allen

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### 1992 IAWA World Championships

September 12th & 13th, 1992

Twickenham, England

Meet Director: Ken Edge

Lifts: Snatch one arm, Continental Snatch, Continental to Chest, Pullover and Press, Straddle Deadlift, Continental Clean and Jerk, Clean and Press, Zercher Lift, Cheat Curl, Hack Lift



### Men: Top Ten Placings

1. Rick Meldon, England
2. Nick Carpenter, England
3. Tom Meldon, England
4. David Horne, England
5. Steve Sherwood, England
6. Bob Moore, United States
7. David Young, England
8. Steve Andrews, England
9. John Guerin, England
10. Derek Smith, England

### Women: Top Three Placings

1. Jacqueline Caron, United States
2. Wendy Samways, England
3. Noi Phumchaona, United States

### Best Lifter Awards:

Women Open – Jacqueline Caron

Women Master – Noi Phumchaona

Men Junior – Paul Crooks

Men Open – Rick Meldon

Men Master – John Guerin

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### 1991 IAWA World Championships

August, 1991

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Military Press, One Hand Snatch, Clean and Jerk, Deadlift, Zercher, Front Squat, Pullover and Push, One Hand Deadlift, Cheat Curl, Hand and Thigh

### Men: Top Ten Placings

1. Adrian Blindt, England

2. Frank Allen, England
3. Art Montini, United States
4. Billy Bourne, Ireland
5. Barry Bryan, United States
6. Jim Malloy, United States
7. Chris Waterman, United States
8. Barry Pensyl, United States
9. Roger Lynch, United States
10. Don Venterosa, United States

#### Women: Top Three Placings

1. Suzanne Brooker, United States
2. Annette Blindt, England
3. Wendy Samways, England

#### Best Lifter Awards:

Women Junior – Paula Thompson

Men Junior – Billy Bourne

Women Overall – Suzanne Brooker

Men Overall – Adrian Blindt

Women Master – Noi Phumchaona

Men Master – Frank Allen

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#### 1990 IAWA World Championships

August 25th & 26th, 1990

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Press, Continental Snatch, One Hand Clean and Jerk, Pullover and Push, Zercher, One Hand Snatch, Clean and Jerk Behind Neck, Steinborn, Hack Lift, Two Hands Anyhow

#### Men: Top Ten Placings

1. Rick Meldon, England
2. Adrian Blindt, England

3. Frank Allen, England
4. Barry Bryan, United States
5. Steve Andrews, England
6. Tom Meldon, England
7. Art Montini, United States
8. John Norton, England
9. Billy Bourne, Ireland
10. Gerry Davidson, England

#### Women: Top Two Placings

1. Annette Blindt, England
2. Noi Phumchaona, United States

#### Best Lifter Awards:

Men Junior – Billy Bourne

Men Open – Rick Meldon

Men Master – Frank Allen

Women – Annette Blindt

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#### 1989 IAWA World Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press, Front Squat, Continental to Chest, Neck Lift, Pullover and Push, Snatch – one arm, Bench Press – feet in air, Deadlift – one arm, Zercher Lift, Hip Lift

#### Men: Top Ten Placings

1. Steve Schmidt, United States
2. Adrian Blindt, England
3. Rick Meldon, England
4. Art Montini, United States
5. Tim Bruner, United States
6. John McKean, United States

7. Steve Andrews, England
8. Phil Anderson, United States
9. Billy Bourne, Ireland
10. Bill DiCioccio Sr., United States

#### Women: Top Three Placings

1. Cindy Garcia, United States
2. Wendy Samways, England
3. Annette Blindt, England

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#### 1988 IAWA World Championships

August 27-28, 1988

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch – one arm, Clean & Jerk – one arm, Clean & Press with dumbbells, Continental to Chest, Zercher Lift, Clean & Press, Jerk from rack, Front Squat, Hack Lift, Steinborn

#### Men: Top Ten Placings

1. Adrian Blindt, England
2. Rick Meldon, England
3. Phil Anderson, United States
4. Mike Archer, England
5. Frank Allen, England
6. Tom Meldon, England
7. Robert Jones, England
8. Chris Gladding, England
9. Gerry Davidson, England
10. Clive Nevis, England

#### Women: Top Three Placings

1. Annette Blindt, England
2. Wendy Samways, England
3. Doris DeLaRosa, United States

Best Lifter Awards:

Men Open – Adrian Blindt

Women Open – Annette Blindt

Men Master – Mike Archer

Women Master – Noi Phumchaona

Men Junior – David Fish

Men 40-44 Age Group – Pat Meehan

Men 45-49 Age Group – Frank Allen

Men 50-54 Age Group – Gerry Davidson

Men 55-59 Age Group – Mike Archer

Men 60-64 Age Group – Howard Prechtel

Men 70-74 Age Group – Henry Smith

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