

# 2016 USAWA YEAR IN REVIEW

Dear USAWA members and friends,

Every year I have compiled a USAWA Year in Review, which takes all the information (blogs, meet results, news, history archives, etc.) from the USAWA website and places this information into one book. I do this for one reason – to preserve the history of the USAWA in printed form. This book is also available for free download from the USAWA website if someone would prefer it in a digital format or just wants a copy to print off themselves.

Every year it surprises me by the quantity of information that is put on the USAWA website. This is possible because of the support of the membership – those that have written blogs, submitted meet results, and sent in other news. This Year in Review book contains the information as it appeared on the website. I did not do any special editing for this book, thus the reason for the uneven format and layout.

I want to especially thank those that have supported the USAWA and the USAWA website throughout the past year.

SINCERELY,

A handwritten signature in black ink, appearing to be 'Al Myers', with a long horizontal flourish extending to the right. The signature is set against a light yellow rectangular background.

Al Myers, USAWA Secretary and Publisher of the USAWA Year in Review

# POSTAL CHAMPIONSHIPS

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[January 5, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## MEET RESULTS

### 2015 USAWA POSTAL CHAMPIONSHIPS

The year of the USAWA postal meets came to a close with the big finale, the USAWA Postal Championships. Twelve lifters competed in this Championships, with Barry Bryan winning the OVERALL in the men's division and Ruth Jackson winning the OVERALL in the women's division.

Our Postal Meet Director Denny Habecker has done a great job of choosing lifts for these meets, and has already announced all the postal lifts for 2016! I will get these meets announced very soon on the website.

Again, a BIG CONGRATS to Barry and Ruth for being crowned our Postal Championships winners and a big thank you to all the other lifters who competed in our postal meet series.

## MEET RESULTS

2015 Postal Championships  
December, 2015

Meet Director: Denny Habecker

Lifts: Deadlift – Fulton Bar, Ciavattone Grip, Arthur Lift, Snatch – Dumbbell, One Arm

Officials (1-Official System Used for all lifters):

Lifters using certified officials:

Barry Bryan – Certified Official Denny Habecker

Al Myers – Certified Official LaVerne Myers

Denny Habecker – Certified Official Barry Bryan

LaVerne Myers – Certified Official Al Myers

Dean Ross – Certified Official Eric Todd

Lance Foster – Certified Official Eric Todd

Eric Todd – Certified Official Lance Foster  
Crystal Diggs – Certified Official Ruth Jackson

Lifters using non-certified judges:

Christian Schimph

Ruth Jackson

Tressa Brooner

Mary McConnaughey

### WOMENS DIVISION

LIFTER	AGE	BWT	DL	ART	SN	TOT	PTS
Ruth Jackson	53	106	143	18.5	45R	206.5	325.2
Tressa Brooner	54	130	120	75	35R	230	310.9
Mary McConnaughey	56	318	180	55	45R	280	231.2
Crystal Diggs	29	153	73	50	25L	145	151.7

### MENS DIVISION

LIFTER	AGE	BWT	DL	ART	SN	TOT	PTS
Barry Bryan	57	193	264	132	63R	459	493.5
Al Myers	49	227	331	85	120R	536	491.6
Denny Habecker	73	193	220	132	40R	392	479.4
Christian Schimph	17	154	210	95	45L	350	365.8
LaVerne Myers	71	246	275	0	60L	335	353.3
Dean Ross	73	256	165	65	55R	285	299.8
Lance Foster	50	335	215	45	55R	315	235.6
Eric Todd	40	251	75	65	45L	185	161.9

*Notes: 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 corrected for age and bodyweight.*

## FINAL 2015 POSTAL SERIES STANDINGS

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[January 6, 2016](#) [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 20 lifters competed in the various postal meets, which is more lifters than competed last year. The first Postal Meet had 13 lifters, the second had 11 lifters, the third had 15 lifters, and the Postal Championship drew 12 lifters. Several lifters competed in ALL of the postal meets last year and they deserve to be recognized. These lifters are Ruth Jackson, Mary McConnaughey, Crystal Diggs, Denny Habecker, Dean Ross, and Christian Schimpf.

Now for the overall rankings for the 2015 USAWA Postal Series!

#### **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

Congrats to Ruth Jackson and Denny Habecker for being the OVERALL WINNERS of the 2015 USAWA Postal Series. Ruth won EVERY one of the quarterly postal meets! Denny didn’t win a single postal meet, but he shows that consistency in each meet can get you an OVERALL WIN in the Postal Series!

I want to thank everyone who participated in our Postal Meet Series. This participation is what keeps our Postals going every year.

## 1ST QUARTER POSTAL

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[January 7, 2016](#) [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. A change has been made for the time period in which the postal lifts must be completed this year. A lifter may do their postal lifts ANYTIME throughout the quarter in which the postal meet is promoted for instead of just the final month. But remember when doing the postal lifts that it is required that all lifts are done on the SAME DAY. Also – it is now required that the official postal meet entry form be sent in for your postal lifts to be official. Denny has had some issues with lifters turning in their postal lifts without the entry form in the past year. This entry form is essential in order that all pertinent information is supplied with your entry. And as in the past – entering the USAWA postal meets have NO ENTRY FEE. However, you must be a current member of the USAWA to enter the postal meets. If you are not a current member your entry will not be accepted.

LIFTS:

**Holdout – Raised**

**Swing – Dumbbell, One Arm**

**Hack Lift – One Arm**

ENTRY FORM (PDF) – [2016 1st Quarter Postal Entry Form](#)

## 2ND QUARTER POSTAL

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[January 7, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2nd QUARTER POSTAL MEET**

This is the announcement for the second 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. A change has been made for the time period in which the postal lifts must be completed this year. A lifter may do their postal lifts ANYTIME throughout the quarter in which the postal meet is promoted for instead of just the final month. But remember when doing the postal lifts that it is required that all lifts are done on the SAME DAY. Also – it is now required that the official postal meet entry form be sent in for your postal lifts to be official. Denny has had some issues with lifters turning in their postal lifts without the entry form in the past year. This entry form is essential in order that all pertinent information is supplied with your entry. And as in the past – entering the USAWA postal meets have NO ENTRY FEE. However, you must be a current member of the USAWA to enter the postal meets. If you are not a current member your entry will not be accepted.

LIFTS:

**Clean and Press – On Knees**

**Curl – Strict**

**Deadlift – No Thumbs**

ENTRY FORM (PDF) – [2016 2nd Quarter Postal Entry Form](#)

## **3RD QUARTER POSTAL**

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January 7, 2016 Al Myers [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

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

This is the announcement for the third 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. A change has been made for the time period in which the postal lifts must be completed this year. A lifter may do their postal lifts ANYTIME throughout the quarter in which the postal meet is promoted for instead of just the final month. But remember when doing

the postal lifts that it is required that all lifts are done on the SAME DAY. Also – it is now required that the official postal meet entry form be sent in for your postal lifts to be official. Denny has had some issues with lifters turning in their postal lifts without the entry form in the past year. This entry form is essential in order that all pertinent information is supplied with your entry. And as in the past – entering the USAWA postal meets have NO ENTRY FEE. However, you must be a current member of the USAWA to enter the postal meets. If you are not a current member your entry will not be accepted.

LIFTS:

**Clean and Press – Alternate Grip**

**Clean and Jerk – One Arm**

**Deadlift – Ciavattone Grip**

ENTRY FORM (PDF) – [2016 3rd Quarter Postal Entry Form](#)

## POSTAL CHAMPIONSHIPS

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[January 7, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### MEET ANNOUNCEMENT

### POSTAL CHAMPIONSHIPS

This is the announcement for the Postal Championships promoted by the USAWA. Results must be turned into the USAWA Postal Meet Director Denny Habecker by the deadline stated on the entry form. A change has been made for the time period in which the postal lifts must be completed this year. A lifter may do their postal lifts ANYTIME throughout the quarter in which the postal meet is promoted for instead of just the final month. But remember when doing the postal lifts that it is required that all lifts are done on the SAME DAY. Also – it is now required that the official postal meet entry form be sent in for your postal lifts to be official. Denny has had some issues with lifters turning in their postal lifts without the entry form in the past year. This entry form is essential in order that all pertinent information is supplied with your entry. And as in the past – entering the USAWA postal meets have NO ENTRY FEE. However, you must be a current member of the USAWA to enter the postal meets. If you are not a current member your entry will not be accepted.

LIFTS:

**Abdominal Raise**

**Pinch Grip**

**Continental to Belt**

ENTRY FORM (PDF) – [2016 Postal Championships Entry Form](#)

## PAST POSTAL SERIES HISTORY

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[January 8, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

I've just completed a summary of our past postal series meets. The complete summary may be found under the history section located at the top of the website. One of my goals (among many others!) is to collect a complete historical archive of all the USAWA Championship events, which includes our Postal Championships and Postal Series Champions. I am getting closer to finished on this project with this done – which took a fair amount of research!

It's amazing how far our Postal Meet Series has come. Early on in 2007 when John Wilmot first started on this endeavor very few competed in his postal meets. The first year he promoted two meets only. These postal meets had critics, with a few thinking that it would fail. But thankfully John persisted and in 2008 promoted the first Postal Championships. By 2009 interest had really increased with many lifters entering every postal meet. The Postal Series was started that year with lifters accumulating points towards an overall yearly postal series champion. In 2011 the USAWA officially recognized the postal meets and the title of a Postal Meet Director. Part of this included the sanctions for the Postal Series Meets to be sponsored by the USAWA. Up to this point John paid out of his own pocket to sanction these postal meets. In 2013 John passed the duty of Postal Meet Director on to Denny Habecker. Our postal meet program is in "good hands" with Denny in charge. All of the 2016 Postal Meets are ALREADY announced! I see a bright future for our Postal Meets and I would encourage all to participate as this is an easy way to compete in an informal meet in your own gym against many others across the US.

## LIFTER OF THE MONTH – ART MONTINI

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[January 9, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers





Art Montini in Glasgow, Scotland competing in the 2015 IAWA World Championships.

I'm a little behind on announcing the LIFTER OF THE MONTH so today I'm going to get caught up!

Looking back at October it was a “no-brainer” who the lifter of the month should be for the USAWA. It is none other than the IRONMAN Art Montini. Art represented the USAWA in Scotland at the IAWA World Championships early in the month, where on his 88th birthday, won another World Title. He followed this up the NEXT WEEKEND by hosting his annual Birthday Bash, which is now the longest running sanctioned meet in the USAWA. That's TWO weekends in a row of competing, with one being an overseas trip. That's deserving of LIFTER OF THE MONTH in my opinion!

Congrats Art!

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

## LIFTER ON THE MONTH – AL MYERS

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January 10, 2016 [Chad Ullom](#) [Edit Post](#)

by Chad Ullom



Al and his award at the Gold Cup.

The lifter of the month for November is our Secretary and Webmaster, Al Myers! Al competed in the Gold Cup and won the Howard Prectel trophy. Al represented the USAWA in the Belmont Heavy events in Perth and won the masters class! While in Australia, he also set a new record in the Power Row and on his second lift set a record in the Thumbless DL. Way to go Al! Congratulations!

## LIFTER OF THE MONTH – JOHN MCKEAN

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January 11, 2016 Al Myers Edit Post

by Al Myers



John McKean in action performing a trap bar deadlift at his recent record day.

The lifter of the month for December is the long time Ambridge lifter, John McKean. John celebrated his 70th birthday in December by hosting a record day at the Ambridge Barbell Club. In this meet John set several new USAWA and IAWA records to add to his lengthy record count. John has been involved with the USAWA since practically the beginning. He competed in York this past summer at the USAWA National Championships and assisted me with the announcing duties. He has been a consistent contributor to the USAWA website by submitting some very interesting stories. John has been around weightlifting his entire life and is a joy to visit with because you will hear some almost unbelievable tales about past meets and lifters!

Congrats John!

- [USAWA Daily News](#)

## FRANK'S BBC CHAMPIONSHIPS

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January 13, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers

### MEET ANNOUNCEMENT FRANK'S BARBELL CLUB TEAM CHAMPIONSHIPS

Frank has just sanctioned a Team Championships in April at his club. Contact Frank for more meet details. Please call him at 508-801-6279.

Meet Director: Frank Ciavattone

Date of Meet: April 2nd, 2016

- [USAWA Daily News](#)
- [USAWA Events](#)
- **2015 YEAR IN REVIEW**

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• January 13, 2016 [Al Myers](#) [Edit Post](#)

- by Al Myers

# 2015 USAWA YEAR IN REVIEW



*In memory of Mike Murdock*

*February 13<sup>th</sup>, 1940 to January 13<sup>th</sup> 2015*

- Cover page for the 2015 USAWA Year in Review is in memory of Mike Murdock. Mike was a very active USAWA lifter who was much respected by all his peers.
- I just completed the 2015 USAWA Year in Review. This is always a big project for me at the end of every year, but one I feel is very important as to preserve the history of the USAWA. This summarized review contains all the information that has occurred in the USAWA during the prior year. It contains all the blogs, meet results, and other USAWA news.
- It will be available in printed form. I plan to take it to the printer next week so if anyone wants a copy this is the time to let me know. Cost for this book is \$50, payable to the USAWA. This year it contains 285 pages, many pictures, and close to 60,000 words! It could be called a book it is so big! I will make it available on the website in a digital form if you prefer to just download it. I plan to just make one run to the printer for this so if you want one later you can always take the digital copy to the printer yourself to have printed.

## • **READY FOR THE DINO CHALLENGE?**

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• [January 15, 2016 Al Myers](#) [Edit Post](#)

- by Al Myers
- The day is about here – for the annual Dino Gym Challenge! I have had several lifters pre-register so I know it's gonna be a good turnout tomorrow. The weather forecast looks good so travel should not be a problem. The gym has been cleaned, the certificates are printed, and all last minute plans are being completed.

- Again, this meet is in memory of Mike Murdock. Before Mike's passing last year he was a long time supporter of the Dino Gym and the USAWA. I plan to share several stories this weekend about Mike. The USAWA was "family" to Murdo.
- See everyone soon!

## DINO GYM CHALLENGE

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January 19, 2016 Al Myers Edit Post

by Al Myers

### DINO GYM CHALLENGE

#### The Mike "Murdo" Murdock Memorial Meet



Group picture from the 2016 Dino Gym Challenge.

The weather was great, the day was great, and the lifting was great! That sums up this year's Dino Gym Challenge. I was SO impressed with the lifters that showed for this year's Dino Gym Challenge. Mary and Tressa made the trip from Nebraska, Lance and ET from Missouri, Dean from Oklahoma, and Denny and Art from Pennsylvania. Add in Dave, Chad, and Emily from Kansas and we had FIVE STATES represented! Quite impressive for a gym meet in Holland, Kansas.

Emily Burchett made her lifting debut in the USAWA. Emily is an excellent highland game thrower and has been throwing for many years. I remember her start in the games over 10 years ago. I think she started competing when she was 12 or 13. Her lifting was superb – and she seemed to get stronger on the lifts as she learned them with further attempts. Her explosive strength that she has developed from the HG showed – as demonstrated by her 80 pound dumbbell swing!

It is always a pleasure having Mary and Tressa at meets. They are full of energy and bring everyone's lifting "up a notch". I want to thank Dean for purposing that we do the Dino Gym Challenge this year in honor of the memory of Mike Murdock. Dean and I picked 5 of Mike's favorite lifts for this meet. Several stories were shared about Mike throughout the day. We will never forget Murdo and the influence he has had on us and the USAWA.

I can't say enough about Denny and Art. These two made the long trip from PA in a car. Very few would drive 2 days to a meet, lift for 2 days, and then drive 2 days home. Add on that they will do this again within the month when they come back for the Grip Championships!

Great lifts that I will remember: Emily's 80# DB Swing, Mary's 165# Bent Over Row, ET's 130# Crucifix, Dave's 105# Rectangular Fix (should I mention that this was the top fix of the meet?), and Chad's "near miss" at a 600# Trap Bar Deadlift.

I want to thank my dad LaVerne for judging the event and my wife Leslie for providing the lunch. Another great Dino Gym Challenge has been put "in the books"!

## **MEET RESULTS:**

Dino Gym Challenge

Dino Gym

Abilene, Kansas

January 16th & 17th, 2016

Meet Promoter: Al Myers

Official (1-official system used): LaVerne Myers

Lifts: Crucifix, One Arm DB Swing, Rectangular Fix, Bent Over Row, Trap Bar Deadlift

## **WOMENS DIVISION**

LIFTER	AGE	BWT	CR	SW	FIX	ROW	DL	TOT	PTS
Emily Burchett	24	152	50	75R	55	105	198	483	510.0
Tressa Brooner	54	130	40	35R	35	90	176	376	509.5
Mary McConnaughey	56	312	60	55R	55	155	220	545	455.0

## **EXTRA ATTEMPTS FOR RECORDS:**

Emily Burchett DB Swing 80#R

Emily Burchett Rectangular Fix 60#

Emily Burchett Bent over Row 160#

Tressa Brooner DB Swing 40#R

Mary McConnaughey Bent Over Row 165#

### MENS DIVISION

LIFTER	AGE	BWT	CR	SW	FIX	ROW	DL	TOT	PTS
Al Myers	49	230	70	105R	85	275	529	1064	969.2
Chad Ullom	44	255	40	125L	90	275	562	1092	900.7
Dave Glasgow	62	260	50	95L	105	225	429	904	864.9
Denny Habecker	73	196	60	70R	70	185	308	693	838.8
Dean Ross	73	258	60	55L	70	185	341	711	743.9
Art Montini	88	172	40	30L	35	80	203	388	563.8
Lance Foster	50	340	40	60R	80	245	308	733	557.3
Eric Todd	41	258	120	65R	95	175	220	675	537.6

### EXTRA ATTEMPTS FOR RECORDS:

Eric Todd Crucifix 130#

Denny Habecker Bent Over Row 195#

Dean Ross Crucifix 70#

Dean Ross Bent Over Row 195#

*NOTES : 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 bodyweight and age correction.*

### RECORD DAY LIFTS

Officials (3-official system used): Al Myers, Chad Ullom, Denny Habecker, LaVerne Myers, Art Montini

#### **Chad Ullom – Age 44 years, BWT 258#**

Weaver Stick 4#

Vertical Bar Deadlift – 1 Bar, 2", Left Hand 142#

Press – Dumbbell, Left Arm 100#

Abdominal Raise – Roman Chair 70#

Deadlift – Stiff Leg 375#

#### **Al Myers – Age 49 years, BWT 230#**

Deadlift – Inch DB, Left Hand 140#

Deadlift – Inch DB, Right Hand 140#

Deadlift – 2 Inch DB's 250#

Abdominal Raise – Roman Chair 70#

Bench Press – Roman Chair 170#

**LaVerne Myers – Age 71 years, BWT 243#**

Deadlift – Fulton DB, Left Hand 165#

Weaver Stick 5#

Deadlift – Inch DB, Left Hand 140#

Deadlift – Inch DB, Right Hand 140#

Vertical Bar Deadlift – 1 Bar, 2", Right Hand 177#

**Denny Habecker – Age 73 years, BWT 197#**

Deadlift – Fulton DB, Left Hand 100#

Deadlift – Fulton DB, Right Hand 100#

Weaver Stick 2#

Deadlift – Inch DB, Left Hand 50#

Deadlift – Inch DB, Right Hand 85#

**Art Montini – Age 88 years, BWT 171#**

Deadlift – Fulton DB, Right Hand 60#

Deadlift – Fulton DB, Left Hand 60#

Deadlift – 2 Fulton DB's 120#

Deadlift – Inch DB, Left Hand 50#

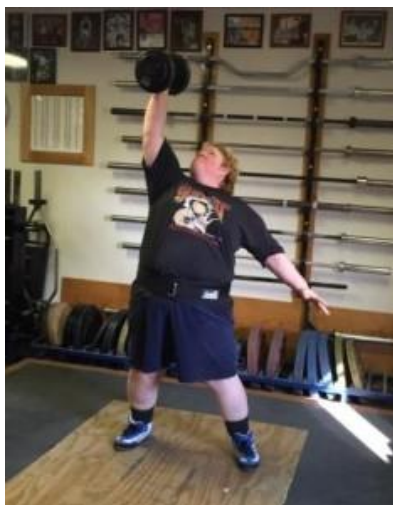
Deadlift – Inch DB, Right Hand 50#

## MARY MCCONNAUGHEY NEW OFFICIAL

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January 20, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers





Mary McConnaughey lifted at the Dino Gym Challenge and also became certified as a new USAWA official.

This past weekend at the Dino Gym Challenge Mary McConnaughey completed her third practical official's exam and became a certified official in the USAWA. She is now a Level 1 USAWA certified official. Mary is a great addition to our official's crew! Congrats Mary!!

## NATIONAL CHAMPIONSHIPS

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[January 21, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### MEET ANNOUNCEMENT

#### 2016 USAWA NATIONAL CHAMPIONSHIPS



My wife Leslie and I enjoyed walking the Freedom Trail the last time we were in Boston.

It's always exciting to announce the National Championships each year. This meet is the "big daddy" of the meets in the USAWA. Our Nationals has had a continuous run of competitions since the beginning – with the first one being held in 1988. So this year will make year number 29!

Frank Ciavattone is the meet director this year. Frank is one of the most seasoned promoters in the USAWA and has previously hosted a couple of Nationals (1996 & 1998). He is holding the

meet in Norwood, which is a suburb of Boston. It will be a one day meet this year. We will have our annual USAWA meeting following the meet so come prepared for a long day.

I would really encourage everyone in the organization to go to Boston and compete in our National Championships. There are so many things to see in this area – so it provides the perfect opportunity to combine a vacation along with competing in our most important competition of the year.

INFO SHEET & ENTRY FORM (PDF) – [2016 Nationals Entry Form](#)

## HEAVY LIFT CHAMPIONSHIPS

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January 22, 2016 Al Myers Edit Post

by Al Myers

### MEET ANNOUNCEMENT

#### 2016 USAWA HEAVY LIFT CHAMPIONSHIPS



Eric Todd performing a Hand and Thigh Lift at the 2014 Heavy Lift Championships.

The Heavy Lift Championships is the longest running championship event in the USAWA behind the National Championships. The USAWA has been trying to rotate this championship between different areas of the country every year to give all lifters the opportunity to compete in it. Last year it was hosted in the midwest by Eric Todd. This year it will be held in Pennsylvania – at Denny Habecker's Gym. Denny has promoted the Heavy Lift Championships before, and has more than enough 100 pound plates to make it happen!

Three heavy lifts have been the mainstay of this event – the Neck Lift, the Hand and Thigh Lift, and the Hip Lift. Harness's and belts for the lifting will be available, but most lifter's bring their own heavy lift equipment.

It's important that you get your entry in by the deadline. The deadline date is April 9th, 2016.

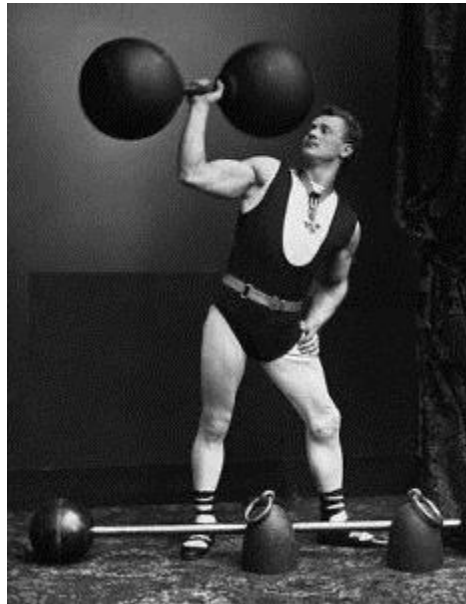
ENTRY FORM (PDF) – [2016 Heavy Lift Championships Entry Form](#)

## SANDOW

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[January 23, 2016](#) [Al Myers](#) [Edit Post](#)

by Steve Gardner



Eugen Sandow

Eugen Sandow (April 2, 1867 – October 14, 1925), born Friedrich Wilhelm Müller, was a German Strongman and pioneering bodybuilder known as the “father of modern bodybuilding”.

Sandow was born in Königsberg, Prussia (now Kaliningrad, Russia) on April 2, 1867, to a German father and a Russian mother. His family were Lutherans and wanted him to become a Lutheran minister. He left Prussia in 1885 to avoid military service and traveled throughout Europe, becoming a circus athlete ...and adopting Eugen Sandow as his stage name.

In Brussels he visited the gym of a fellow strongman, Ludwig Durlacher, better known under his stage name “Professor Attila”. Durlacher recognized Sandow’s potential, mentored and in 1889 encouraged him to travel to London and take part in a strongmen competition. Sandow handily beat the reigning champion and won instant fame and recognition for his strength. This impetus launched him on his career as an athletic superstar. Soon he was receiving requests from all over Britain for performances. For the next four years, Sandow refined his technique and crafted it into popular entertainment with posing and incredible feats of strength.

# DEADLIFT – INCH DUMBBELL, ONE ARM

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January 25, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



The Inch Dumbbell Replica that will be used at the 2016 USAWA Grip Championships.

The USAWA Grip Championships will be here soon. The meet date is Saturday, February 13th, at the Dino Gym. I'm going to take this week to highlight the lifts in the meet. A couple of the meet lift are ones that are not contested often so a little refresher on the lift rules might be beneficial as you train the lifts.

The first lift contested in the Deadlift – Inch Dumbbell, One Arm. The USAWA has tried to name lifts so the are self-descriptive in their name. This is one that could be confusing if you were not familiar with the famous old time strongman Thomas Inch. This lift is named after him because it simulates a lift based on his challenge dumbbell that he used in his old time strength shows. The handle of the dumbbell is 2.5" in diameter, not 1"!

## RULE FOR DEADLIFT – INCH DUMBBELL, ONE ARM:

### ***18. Deadlift – Inch Dumbbell, One Arm***

*The rules of the Deadlift – One Arm apply except the dumbbell used must have a handle of 2 1/2" in diameter. No knurling is allowed on the handle. The plates must be firmly attached by collars so no rotation of the plates will occur during the lift. The maximum diameter of the plates used is 11 inches.*

As you can see the rules of the One Arm Deadlift apply. This means the legs must be straight upon completion, dumbbell motionless, and non-lifting hand removed from body contact before a down command is given. Upon finish the dumbbell can not be supported by the body. This is

very much a grip lift! An increase of 5 pounds is the difference between an “easy lift” and a miss.

## THE ONE REP PUMP

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January 26, 2016 [Al Myers](#) [Edit Post](#)

by John McKean



Serge Reding

Leaping very high into the air, toes pointed perfectly, crisp coordinated form, with pinpoint precision and speed, I’d have awarded a perfect score of “10” to the would-be ballerina!! Well, at least, to this 309 pound “ballerina” who possessed over 20” bulging, ballistic-powered calves!! You see, I’d just witnessed the phenomenal, densely muscled Serge Reding perform a textbook squat snatch with an extremely heavy barbell (he eventually snatched 402 pounds!) at the 1970 World Championships in Columbus, Ohio. He was obviously a pleased and happy man during this victory jump, and almost outdid the legendary Alexeev for the overall title!

My excitement was on a different level. Never had I seen such pure pulling power as developed by this 5’7” human tank. Nor anyone, anywhere so thickly muscled, as the obvious outcome of longtime pulling dedication! Heck, later, after that day’s lifting, a Mr. World, or some such physique event, was scheduled with featured competitors Olivia, Schwarzenegger, Columbu, etc. However, after being absolutely blown away by Serge Reding, I told my wife we were heading back home immediately (I had highly motivated TRAINING to do!) because NOBODY,

no matter what titles held, could look as physically and functionally impressive as the Belgian Blockbuster!!

Upon further reading, it seems ole Serge also once deadlifted 771 pounds – with no training whatsoever on that lift! Hmmm, maybe I should have done more olympic lifting in my teens, rather than jumping right into powerlifting. Still, it proved then that it's never too late to add a few pulling movements. But it was much later, as a master's age lifter, that the wonderful world of all-round weightlifting competition (I.A.W.A.) provided a huge variety of on ground and off ground pulls. Events such as straddle lifts, hacks, continental cleans, hang snatches, single arm swings and various positioned one handed heaves, etc., etc., went a long way toward making up for a misspent youth!!

Yet it wasn't until former U.S.A.W.A. President, Cleveland's late, great Howard Prechtel, showed me a unique, relatively obscure lift favored by old timer Herman Goerner, that my old bod started to "feel" much how Serge Reding "looked"! That is, upon performing this platform-up pull, every muscle fiber and tendon went into serious tension mode; a rich feeling during the delightful strain suggesting my body was being turned inside out!

The pull in question is the two barbell deadlift. Yep, an olympic barbell at right and left, hook gripped and grabbed from the exact centers, then a slow, torturous stand up. Certainly, SLOW motion is a key due to balance issues, but the nature of the lift also supplies a sustained TOTAL BODY ISOMETRIC contraction of everything from toes to nose for support! I've long maintained that ALL max weight lifting works the musculature entirely, through the iso effect of holding heavy barbells, and that ONE heavy lift is superior to any long term scheme of sets & reps!! You'll have to actually try a near limit two barbell deadlift to understand, but literally ONE rep yields a very efficient, entire body "flush"! (Please forgive the bodybuilding terms!! Yet just as Reding displayed, the ultimate form of "posing" is under the duress of crimson-faced struggling with something extremely heavy! His 21" arms certainly looked sufficiently "flexed" with the the eye-popping overhead pressing performance of an official 502 pounds! Check Youtube).

Why not go to an easier loading trap bar or 2 dumbbell deadlifts? Well, one can position himself far better with 2 moveable barbells to the sides; while a trap bar offers a fixed hold and seems so far more restricting. Personally, I can always achieve higher poundage with two barbells than a trap bar, or with clumsier dumbbells. Plus the grip work is intense, and it's a genuine thrill to pull & hold TWO heavily loaded 7 foot bars!

These days, in early middle age (70!), I often think I could just live with the TBD alone as a complete exercise program, just working up to a top single. Yeah, a few other favorite contest exercises are still retained because there's always all-round meets approaching, but none of those

secondary movements provide that one rep “pump” instilled by the iso effect of hefting 2 big bars. I swear that the lift actually “irons out,” for the duration of supporting it, all the “old man body wrinkles” life has somehow given me!

Garage trainees, try some! You are certainly in a better place to load and pick up 2 parallel bars than in a commercial gym or even within the friendlier confines of a competition oriented “pit.” Trust me, you don’t want the unnecessary attention when devoting time to train this rather strange movement! Nor do you deserve the fearful stares as super effort 2 bar deadlifts threaten to explode your face and neck when all the hidden veins and tendons come springing forth!

## CURL – WRIST

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January 27, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



LaVerne Myers trains the wrist curl in preparation for the USAWA Grip Championships.

At the USAWA Grip Championships, only official USAWA lifts are contested. We have a wide range of grip lifts in our Rule Book – some very common performed lifts and some that are obscure. I would include the wrist curl as one of the obscure! It has very rarely been contested – and only at record days. There are just a handful of USAWA records in this lift.

The official USAWA Rule for the Wrist Curl:

### ***D11. Curl – Wrist***

*This lift starts with the lifter placing the forearms and the back of the hands flat on a hard table with the palms of the hands facing upwards, holding a bar. The lifter must be standing. The feet must not be braced against the table. Once in this position, an official will give a command to curl. The lifter will curl the hands off the table using wrist flexion only, while keeping the*



*forearms on the table at all times. Both hands must be held entirely off the table for two seconds. The knuckles and back of hands must be completely off the table before the official will begin the count. The lifter may use any grip, including a hook grip or a grip with no thumbs. If the bar rolls out of the hands with the fingers no longer touching the bar, it is a disqualification. The bar must rise evenly, with both hands leaving the table at the same time, or it will be a disqualification. If the forearms move or are lifted, it is a disqualification. The lift ends on command.*

At the Grip Champs we will use a solid table with a rubber top to prevent arm slippage. I will have plywood available to stand on so everyone can get a comfortable height. Spotters will assist the bar into the hands to start the lift. This is one of the lifts that is “old school” and uses a 2 second hold at the finish before a down command is given. I will be looking at the part of the hand closest to the wrist to determine if the entire hand is off the table. Both hands must be entirely off the table to be a legal lift.

The top record in our Record List for the Wrist Curl belongs to Dan Wagman with a 300 pound lift.

## CV OPEN CANCELLED!

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January 27, 2016 Al Myers Edit Post

by Al Myers

I've been notified that the CV Open this coming weekend has been cancelled. Please pass the word along to anyone who may have been planning on attending.

## DEADLIFT-DUMBBELL, ONE ARM

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January 28, 2016 Al Myers Edit Post

by Al Myers





John McKean performing a One Arm Dumbbell Deadlift at the 2010 IAWA Gold Cup in Boston.

The third lift contested at the 2016 USAWA Grip Championships will be the Deadlift – Dumbbell, One Arm. The name of this lift is pretty explanatory – it’s a deadlift using a dumbbell with the use of only one arm. The choice of arm to use is up to you so pick the one you’re strongest with. And remember you must stay with the arm you start with throughout all attempts. I was once at a meet where a lifter tried to switch arms on his last attempt, and when told he couldn’t do that replied, “I was saving my strong arm for the hard lift!”.

The rules of the Deadlift – One Arm with barbell are followed by this lift.

### ***E12. Deadlift – Dumbbell, One Arm***

*The rules of the Bar Deadlift – One arm apply except one dumbbell is used. The dumbbell may be placed to the side of the lifter or the lifter may straddle the dumbbell. The dumbbell may touch the lifter’s legs during and at the completion of the lift as long as the dumbbell is not supported by the body. If the dumbbell is loadable, the plates used may have a maximum diameter of 18 inches.*

At the Grip Champs we will use a loadable dumbbell so we can add larger diameter plates. The dumbbell handle will be a USAWA regulation handle. For those unfamiliar with the rules of the One Arm Deadlift with bar, the main things to remember is to finish with straight legs, non-lifting hand removed from the body at finish, and center line of bar higher than the knees. You do not need to be standing upright upon completion. Once the lifter and implement is motionless, a down command will be given by the head official.

## **HOLLAND PULLING WHEELS**

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January 29, 2016 Al Myers Edit Post

by Al Myers



## Holland Pulling Wheels

I love deadlifting – and I mean all kinds of deadlifting movements. One way to really “mix up” your training is to do different pulling movements that directly transfer to deadlifting a bar off the floor. I have over 20 deadlifting movements that I incorporate into my deadlifting training at various times. Sometimes these are primary exercises of the day – other times they are done to supplement floor deadlifts.



Darren Barnhart getting ready to pull on the Holland Pulling Wheels as they are elevated on blocks.

I've always enjoyed high bar deadlifts. These are excellent supplemental exercises to a deadlift training day as the range of movement is less and you can overload your pulls. I've often pulled deadlifts off blocks in the past, which I like much more than pulling in the rack off a pin. Lately I've been using the Holland Pulling Wheels and like them better than blocks. These are oversized 24" in diameter steel wheels which place the bar at 12". One thing you will notice right away is how easy it is to add plates as the added plates are off the floor! No need for a deadlift jack here! Another feature I really like about them is that there are cut out sections which provide a perfect place to grab and move them which makes them very easy to load on a bar.

These Holland Pulling Wheels are very well made – consisting of 1/2" steel plate. There is no rim on them to bend. The only issue with this is that they can damage the floor, so I throw a rubber mat under each wheel to protect the floor. This works well as I can add more mats if I want to increase the height of the bar. These wheels have a center bushing which makes them very stable on a bar.

Holland Strength and Fitness has a very good price on these Holland Pulling Wheels (some bumpers cost more per pound!).

Check them out at: <http://www.mcssl.com/store/hollandstrengthandfitness/holland-pulling-wheels>

## DEADLIFT-FINGERS, MIDDLE

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January 30, 2016 Al Myers [Edit Post](#)

by Al Myers



The Middle Finger Deadlift has always been part of the Goerner Deadlift Dozen at Clark's Gym. You can see the pain in my face performing this lift at the 2009 Goerner's.

This lift probably has been in the USAWA Grip Championships more than any other and each time it's in the meet I'm asked by lifter's — WHY? Well, maybe because I just love to watch the pain in your face as you are pulling with all your might using only your middle fingers! And because the USAWA Grip Champs HAS to have at least one painful lift in it.

The rules for the Middle Fingers Deadlift is as follows:

### ***B7. Deadlift – Fingers, Middle***

*The rules of the Deadlift apply except only the middle fingers of both hands may be used. The middle fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.*

I have written blogs in the past about the Middle Fingers Deadlift and the famous old time German Strongman Hermann Goerner. I want to share again part of a story I've written before.

David Willoughby in his book *The Super Athletes* listed Goerner as having done a MF deadlift of 140 kilograms (308.5 pounds) around 1925. I have always considered this the mark to beat to be outstanding in the middle fingers deadlift. Now, compared to what Hermann has reported in his

other finger lifts, this lift of his seems to be a sub-maximal effort. None the less, it is a very good lift (and is actually believable compared to some of his other claims). However, this 308.5# middle finger deadlift is not listed in Hermann's autobiography by Edgar Mueller's *Goerner the Mighty*. I have read this book several times, and I don't ever remember seeing this lift listed. Mueller does talk in one chapter about the wide deviations of grips that Hermann uses for his deadlifts, and mentions a middle finger overhand grip deadlift (of which he lists Goerner as having worked up to 220 pounds), but nothing about using an alternate grip as we allow in the USAWA for the Finger Deadlifts.

I've always considered Goerner's Middle Finger Deadlift of 308.5 pounds as the mark to be considered outstanding at this lift. Only a handful of USAWA lifter's have achieved it in USAWA competition and are part of the USAWA "Goerner's Club". This is the short list:

1. Kevin Fulton 400 pounds – 1999 SuperGrip Challenge
2. Ben Edwards 310 pounds – 2011 USAWA Grip Championships
3. Bill DiCiccio 309 pounds – 1994 IAWA Gold Cup

I'm hoping someone else will join this list at the 2016 USAWA Grip Championships!

## DEADLIFT-REEVES

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February 1, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



Mark Mitchell lifting 455 pounds in the Reeves Deadlift for a Dino Gym Record in December of 2009.

The Reeves Deadlift is the final lift in the USAWA Grip Championships. This is a lift popularized by famous bodybuilder and actor Steve Reeves. It takes long arms and a strong finger grip to be good at this lift. The USAWA Rules for the Reeves Deadlift is as follows:

## **B15. Deadlift – Reeves**

*The rules of the Deadlift apply with these exceptions. The lift starts by the lifter gripping one plate on each side of the bar. The flanges of the plates may be turned outwards to provide a better gripping surface. A regulation bar of legal length must be used. There are no width specifications of the flanges of the lifting plates. Weight is added to the bar with smaller diameter plates so the lifter always has just one plate per side to grip.*

The IAWA(UK) have a similar lift to the Reeves Deadlift called the Rim Lift. The Rim Lift is NOT an USAWA official lift, but rather just an IAWA(UK) official lift. As you can see these are two completely different lifts! The IAWA(UK) even has a lift called the Reverse Rim Lift. The difference being that the gripping plates are reversed with plate flanges facing inwards!!

### **RULE FOR IAWA(UK) RIM LIFT:**

#### **E33 RIM LIFT**

*The lifter will deadlift, hacklift or straddle a loaded barbell whilst holding only the rims of the discs. The maximum sized discs for the lift are 18 inches. On the inside the discs must be flat and smooth, and on the outside the rim cannot be deeper than 1 inch. The lifter must not grasp any handles, holes or specially prepared areas, only the thumbs on the smooth inside and the fingers on the outside rim. Any bar can be used as the distance between the collars is optional. Whatever style of lift the lifter chooses the lift will always be finished in the correct fashion, with an erect posture. On completion the referee will signal to replace the bar.*

#### *Causes for Failure:*

*The causes for failure for the deadlift, hacklift or straddle will apply, depending on the style elected.*

*Failure to achieve the correct fully erect finishing posture.*

*Lowering/replacing the bar before the referees signal.*

Obviously the Rim Lift is a much easier lift than the Reeves Deadlift. The use of a narrow bar and being able to straddle lift it would enhance the amount of weight that could be lifted.

The pictures I've seen of Steve Reeves performing this lift he always used a regulation bar (which really show-cased his awesome lat spread!). It has been reported that he did over 400# in this lift. There have been some excellent Reeves Deadlifts performed in the USAWA in official competition. The "best to date" are as follows:

1. Mark Mitchell 400 pounds – 2002 Goerner Deadlift
2. Phil Rosenstein 355 pounds – 2012 Club Challenge
3. Kevin Fulton 335 pounds – 2001 Goerner Deadlift
4. Al Myers 335 pounds – 2009 Goerner Deadlift
5. Joe Burks 325 pounds – 2001 Goerner Deadlift

## LIFTER OF THE MONTH: EMILY BURCHETT

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February 2, 2016 Al Myers Edit Post

by Al Myers



Emily Burchett performing a perfect 50 pound Crucifix at the 2016 Dino Gym Challenge.

The USAWA Lifter of the Month for January is Emily Burchett. The only USAWA event in January was the Dino Gym Challenge, in which Emily took first place honors over two VERY GOOD & SEASONED lifters – Tressa Brooner and Mary McConnaughey. This was Emily's first USAWA meet, and is the FIRST TIME any lifter has ever been lifter of the month after their first competition! Emily is extremely talented and with a little more USAWA experience could be become a future Overall National Champion.

Congrats Emily!!!

## ONLINE STORE BACK ONLINE

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February 4, 2016 Al Myers Edit Post

by Al Myers



Ever since the website overhaul the online store has not been available. It needed a change of format to be compatible with the new website. Well — I've finally got that done! Just tab on the top menu titled "Online Store" and you can view this new addition.

We are not set up to take credit cards so to make an order you must send in the completed order form with proper payment by check or money order. Make payment to the USAWA. All proceeds and profits from the sale of USAWA merchandise goes into the USAWA bank account to help fund the organization, which in turn is spent on supporting the USAWA and the membership.

## JOHN PATTERSON – THE SEQUEL

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February 8, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



John Patterson (left) and myself at the 2015 IAWA Gold Cup in Perth, Australia.

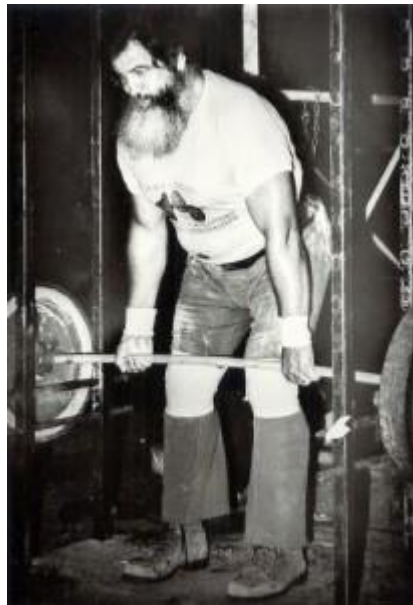
At the 2015 IAWA Gold Cup in Perth, Western Australia I was reunited with the legendary Australian weightlifter John Patterson. I had met John previously at the 2011 IAWA World Championships in Perth where we immediately struck up a friendship. After that Worlds, I wrote a short piece in the USAWA Daily News about John, his weightlifting career, and his life. Now today I would like to expand on that story with this sequel! I did a better job taking notes this time. I'll start at the beginning.



John Patterson spent many years training by himself in the Australian Outback.

John was born in 1944 in Auckland, New Zealand. He worked various jobs as a young man – on the wharf, as a farmer, and in the flour mill. In 1970 he emigrated to Australia and took a job as a wardsman in the Royal Brisbane Hospital. The next year he took a job at the Royal Perth Hospital as a nursing technician. It was in Perth that he enrolled in Murdoch University and got exposed to his future passion that would change his life and career. John assisted on a historical survey of the Dampier Archipelago in 1978. This included studying maritime archaeology which was a great interest to him. During this study, John was intrigued by the Aboriginal rock carvings and artwork. He sent a list of his findings to the Aboriginal Sites Development and this led him to a future job as a Museum Ranger at Woodstock and Abydos in the Northern Pilbara region. He was in charge of the protection of Aboriginal Heritage. His work included finding new Aboriginal historical sites. He had a talent for finding new Aboriginal rock carvings. He would document and photograph these historical areas. Photography is John's other passion as well as weightlifting. He shared with me many fantastic photographs that he has taken over the years. I was quite impressed! His territory included over 1000 square miles. He lived in this primitive and isolated area for close to 10 years.





John Patterson focused much of his training in the power rack. Here John is pulling a 750 pound People's Deadlift!

During this time John continued to lift weights and compete. He competed in powerlifting and Olympic weightlifting and won several championships. During our conversations I enjoyed most the discussions of his training during this time. He was faced with the hardest environment for training – yet he kept with a program that he made significant gains on. Most would not even bother training in his circumstance! This was all done with the simplest of equipment – bar and some plates (some homemade out of concrete) – and the focal point of John's training, his power rack. John believes in training in the power rack to overcome sticking points. As he put it, he would work "down the rack". I will simplify his program for this article, but John had many little nuances in training philosophy that he developed over time with trial and error. He found a program that worked for him! This is how his program went. Say for example your top deadlift is 500 pounds. Your first set would be 500 pounds from mid-thigh for six reps. You would then lower the pins in the rack to around 2-3" below the knees and then pull 500 for 3 reps. Then take the bar to the floor and pull a single at 500 pounds. The next workout you would increase the weight. He did this program for his squat and bench press as well. John felt this program allowed you to use your top poundages for repetitions, thus overcoming any mental boundaries you may have with your max. It worked for John as he maintained a max squat and deadlift over 600 pounds for many years. I should also mention that John trained outside at night under the stars, as it was too hot to train during the day in the Australian Outback. John kept his focus on primary lifting movements like the squat, bench, deadlift, snatch, clean and jerk, high pulls, and push press. He kept his training abbreviated to the important movements. I should also mention that John did all of his training by himself without the help or assistance of training partners!



John Patterson performing a 200 pound dumbbell Bent Press. John has always been an All Round Weightlifter!

John has just recently had a physical setback with having heart surgery. But that hasn't slowed him down much – as he told me he just pulled over 300 pounds! He seems very excited to get back to heavy training! I have no doubt that he will. He was not cleared by the doctor to compete in the Gold Cup so he spent the entire weekend helping out, officiating, and encouraging the lifters. His enthusiasm for all round weightlifting was evident.

I love success stories like John's. Many people think they don't have the time to train, or the proper place to train so they don't. They make excuses. John Patterson had all the reasons in the world to make an excuse – but he didn't! He overcame his obstacles and had a successful weightlifting career. That's inspiration for everyone!

I want to conclude this story with some simple wisdom that John shared with me on training. John said, "Keep it short. Keep it heavy. Train as though every rep will be your last."

Those are words to live by.

## HISTORY OF GRIP CHAMPIONSHIPS

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February 10, 2016 Al Myers Edit Post

by Al Myers



Dave Glasgow has been the only lifter who has competed in every year of the USAWA Grip Championships.

This year will be the 6th year for the USAWA Grip Championships. It officially started in 2011. The Grip Championships purpose is to recognize the best lifters in the USAWA for grip strength based on the official USAWA lifts. I have hosted this event every year at the Dino Gym. It has been a continual event since it began with no missed years! Each year it is contested on the second Saturday in February.

The USAWA has several lifts that emphasize grip strength. One of the stipulations of any Championship event in the USAWA is that it **MUST** contain only official USAWA lifts. Also – the scoring for a Championship event must follow the USAWA scoring guidelines.

The focus of grip strength amongst USAWA lifters started years ago when Kevin Fulton hosted several SuperGrip Challenges at his gym. They always had good turnouts. In 2010 I hosted my first grip competition at the Dino Gym, and it was attended so well that the Grip Championships was introduced the next year. Andrew Durniat won the Dino Gym Grip Challenge in 2010, setting several very good records in the process.

### **History of the Overall Best Lifters at the USAWA Grip Championships**

YEAR	MENS CHAMPION	WOMENS CHAMPION
2015	LaVerne Myers	Mary McConnaughey
2014	Dan Wagman	Ruth Jackson
2013	Troy Goetsch	Ruth Jackson
2012	Al Myers	None
2011	Al Myers	Felecia Simms

Now for a little USAWA Grip Championships trivia:

Only 2 lifters have won Best Lifter twice in the Grip Champs – Ruth Jackson and myself.

The Grip Champs is consistently one of the better attended USAWA competitions each year. The top year in attendance was 2013 with 16 competitors. It has averaged 11.4 since it started.

Only one lifter has competed in every Grip Champs. That is Dave Glasgow! Dave has placed very high each year – 2011-3rd, 2012-4th, 2013-5th, 2014-3rd, and 2015-5th.

Six lifts have been contested twice – Vertical Bar Deadlift, 1 bar, 2", Vertical Bar Deadlift, 2 Bars, 2", Dumbbell Walk, Deadlift-Fulton Bar, Ciavattone Grip, Deadlift-Middle Finger, and the Pinch Grip.

The biggest margin of victory for best lifter was 2011 where I scored 127.1 points over Ben Edwards.

The closest margin of victory for best lifter was 2014 where Dan Wagman scored 6.2 points over LaVerne Myers.

The youngest lifter to win Best Lifter was Troy Goetsch at 27 years of age. The oldest lifter to win Best Lifter was LaVerne Myers at 70 years of age.

There are several great lifts at the Grip Champs that I'll always remember. Among these include: Ben Edwards 310# Middle Finger Deadlift in 2011, Scott Tully's 394# 2 Bar 2" Vertical Bar Deadlift in 2012, Troy Goetsch 260# 2" Vertical Bar Deadlift in 2013, Darren Barnhart and a 250# Pinch Grip in 2013, LaVerne Myers Dumbbell Walk of 123# in 2014, and Kyle Jones 305# Bear Hug in 2015.

## **PRESIDENTIAL CUP**

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[February 11, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT**

#### **THE 2016 USAWA PRESIDENTIAL CUP**

For the fifth 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 6th, 2016

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)

## **THE “OW!” FACTOR**

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by John McKean



My son Rob, when in elementary school, setting an 802# Hand and Thigh record at Howard's first Gold Cup. This record has stood for 24 years now!

"C'mon, little fella, do you really expect to warmup with US?!" The superheavies at an early 60s powerlifting meet had dominated one of the few olympic bars, and were not too keen to share their already heavily loaded squat rack with a barely 165#, dweeby out-of-towner. After all, they reasoned, it wasn't their fault that the meet director had somehow assigned middleweights to the evening session; they sure didn't want to waste energy breaking down the 455 they'd carefully built up. Since my opener out on the main platform was imminent, I had to use my charming personality and a bit of surprise to convince these rack hogs into giving me a break. Promising to take only one set, I requested they ADD a pair of 45s to the bar, and spot closely! Shocked into silence, the beefy group complied and stared blankly as I banged out 4 quick reps! Rushing to the contest stage soon after, I treated very strict judges to an easy district record, despite a hefty drop in poundage from the warmup room

However, in those pure power days of no super suits, no ultra compressing wraps, nor thick magnum belts, my "crazy" fast and heavy prep set was hardly superhuman – those reps were merely 4" QUARTER squats. Yet, as experience had taught, any sufficiently loaded partial lift not only races the ole adrenaline around, but also makes a regular, full movement exercise FEEL quite light! Perhaps as much MENTAL as physical, a monstrous overload still contracts and readies every portion of one's body (even the brain awakens!), warming the entire musculature. Why, then, endure an energy-robbing process of excess light do-nothing sets?

Through ongoing experiments with the severe overload concept during my building years, I sought out a well known proponent with whom I had spoken to and corresponded – mighty Paul Anderson himself! It seems the World's Strongest Man developed much of his phenomenal squatting poundage (1200+) by inserting magnum weight quarter squats in between sets of more

normal full movement deep knee bends (if, indeed, 3 sets of 10 with a below parallel 800 # – no suit, wraps, nor drugs, can be considered “normal”). Paul maintained that near limit partials only worked if one used them in direct conjunction with the actual lift that was intended to be strengthened. At that time, my competition squat had been absolutely stuck at 455, and knowing my gym mates would not appreciate two olympic bars being tied up, it was back to my home garage for four months! Of course, there was the obnoxious safety chains clanging around my 6' exercise bar that had to be endured. I gutted out these supersets and constant loading/deloading without incident (you always have to be VERY aware with 5X+ bwt on quarter squats!). But rewards were great – during the next meet, a 500 pound state record was an easy opener!

These days my “Overload Warmup” (or “OW!”- a fitting name!) consists of our USAWA three official chain lifts – the hip lift, hand and thigh, and neck lift. Each can be seen and described on this website, in the rule book section. Easy to deploy in a garage gym, let's just consider for now the “hand and thigh” lift. Most don't own an official short handle and chain to do this lift, so simply rest a barbell in a power rack or on a quite high set of concrete blocks, such that it touches the upper thighs. Using an overhand grip, bury the fingers between the bar and your thighs (to LOCK them in) then just lean back slightly and stand up. Range of movement will only be ½ inch to 2 inches, and 4 to 6 reps will do the job, but will remind you why I've so named them (your fingers, traps, forearms, thighs, and everything else will scream “OW! OW! OW!”)!! START your workout with this movement, and any follow-up deadlift type will seem like a walk in the park! How heavy? Well, at 12 years old, my then 165 pound son Rob hefted an official pre teen world record 802 pounds that's stood for 24 years now; more mature specialists often train with over 1100 pound hand and thighs.



Steve Schmidt just after doing a 2300# Hip Lift at the Ambridge Nationals in 1991, in taking the open Best Lifter Award.



Longtime friend Steve Schmidt, a hard working 5<sup>th</sup> generation farmer from Missouri, has specialized mostly on herculean chain lifts for many years now, as evidenced by massive, odd-angled scrap iron chunks and extremely thick harnesses which adorn his famous open air “chicken coop gym.” A soft spoken 215 pound USAWA competitor, Steve tops official all-round record charts with his 3515 pound harness lift, 3050# back lift, and 2520# hip lift, among others! Yet from this “OW!” training, he has always been able to enter meets which feature full movement lifts, and easily acquired “outstanding lifter” awards, even at the WORLD level (IAWA)! These days, over 60 years of age and very healthy, Steve has enjoyed exhibiting his chain and mouthpiece TEETH lifting; sometimes at fairs he’s pulled a full size 29 TON railroad car in this manner – the Guinness people love him! Even with all this heavy lifting success, Steve’s disciplined, dedicated farm work leaves little time to train; he recently told me that he merely does 5 relatively easy sets of 10 on a few chain lifts once per week (easy for HIM – his “light” warmup bar for hip lifts is a 1500 pound railroad train axle, and the harness platform STARTS at over 2500 !). A really cool book on his life and lifting is “Heart of Steel” on his website – [www.steveschmidtmo.com](http://www.steveschmidtmo.com)

Got a spare corner in your garage? Set up a station or two for hip lifts, hand and thighs, neck lifts, or, heaven help ya, the teeth lift! Feel the power of “OW!” and watch poundage on all your other lifts skyrocket! And for exciting old time, super heavy, home gym training inspiration get a copy or subscription to USAWA meet promoter, Roger LaPointe’s exciting new monthly “Garage Gym Journal” ([www.atomicathletic.com](http://www.atomicathletic.com))

## GRIP CHAMPIONSHIPS

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February 14, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers

### 2016 USAWA GRIP CHAMPIONSHIPS





## Group picture from the 2016 USAWA Grip Championships.

If you would have asked me a week before the Grip Champs my prediction for the turnout – I'll be honest here – I was worried that it might be the smallest attended Grip Champs yet. But as it turns out this was one of the best Grip Champs the USAWA has seen yet!

Both the women's and the men's divisions were hotly contested. Newcomer Emily Burchett won best lifter in her second meet in less than a month in the USAWA, over veteran lifter Mary McConnaughey. Mary still amazes me with her finger lifts. She pulled on a record attempt 200 pounds in the Middle Finger Deadlift. I remember in my first meet with Mary (close to 15 years ago!) she beat me in the Middle Finger Deadlift in total pounds – something that gave Ole Clark a good reason to kid me about. But after watching that 200 pounds of hers go up I'm not sure if I could beat her now! Third place went to Tressa Brooner who showed great effort after just recently having surgery on her wrists.

The Men's division was full of great lifting all day long. Last year's overall USAWA Grip Champion LaVerne Myers had to lift exceptional to defend his title – which he did. He picked his lifts well and maximized his total. Veteran USAWA grip master Ben Edwards took a solid second place overall. Ben showed us all he still has the strength in those middle fingers of his with an outstanding Middle Finger Deadlift of 315 pounds. Third place overall went to the father of the Ledaig HA club Dave Glasgow. Dave continued his streak of being the ONLY lifter that has competed in all of the USAWA Grip Championships. Dave was solid in all the lifts and put up the top Reeves Deadlift of the day at 290 pounds.

I was so glad to see all the young strong studs show up; Zach Lucas, Adam Kirchman, Vernon Cathey, and Alan English. These guys are all newcomers to the USAWA. They are loaded with lifting talent and each one left weight on the platform as they are just learning these lifts. Each one of these guys had great attitudes and I could tell really enjoyed themselves throughout the day. Give these young bucks a little more time in the all rounds and they will be the future champions.

I was really amazed to see my ole training buddy Scott Tully show up and compete. Scott is just coming off major surgery on his knee, that included a tendon reattachment. I could tell Scott was lifting conservative but he still put up big marks. He had the second best total of the day at 1130 pounds (just behind Ben's 1160 pounds) and had the top Inch DB deadlift at 140 pounds. He tied Alan English with the top dumbbell deadlift with a lift of 325 pounds.

Lance Foster and Dean Ross added several new age group USAWA records with their lifting. Lance took two attempts in the Wrist Curl to set a new record with a lift of 151

pounds. He missed it the first time and then tried it again with success! Those kind of efforts are what I remember when the day is over.

I want to thank everyone who supported this competition. I'm already excited about the Grip Championships next year!

### **Meet Results:**

2016 Grip Championships

February 13th, 2016

Dino Gym

Abilene, Kansas

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Official (1-official system used): Al Myers

Lifts: Deadlift-Inch Dumbbell, One Arm, Curl-Wrist, Deadlift-Dumbbell, One Arm, Deadlift-Fingers, Middle, Deadlift, Reeves

### **WOMENS DIVISION**

LIFTER	AGE	BWT	INCH	CURL	DBDL	MLDL	RDL	TOT	PTS
Emily Burchett	24	153	75R	155 (170)	190R (205)	140 (155)	170	730	767.9
Mary McConnaughey	56	308	80R	150	165R	175 (200)	175	745	625.1
Tressa Brooner	54	129	55R	80	115R (120)	85	75	410	558.4

Successful extra attempts for records in parenthesis.

### **MENS DIVISION**

LIFTER	AGE	BWT	INCH	CURL	DBDL	MFDL	RDL	TOT	PTS
LaVerne Myers	71	238	135R	210	240L	195	255	1035	1111.5
Ben Edwards	40	218	130R	205 (225)	255R	315	255	1160	998.4
Dave Glasgow	62	258	115R	180	280R	170	290	1035	994.0
Zach Lucas	30	241	130R	220	250R	200	280	1080	872.9
Vernon Cathey	31	207	125R	165 (195)	275R (300)	195	225	985	863.5
Alan English	32	240	120R	115	325R	205	280	1045	846.6
Adam Kirchman	31	210	115R	165 (185)	275R	185	185	925	804.3
Dean Ross	73	258	80R	120	170R (190)	155 (165)	225	750	784.7

Scott Tully	40	340	140R	175	300R (325)	230	285	1130	781.7
Lance Foster	50	337	80R	140 (151)	170R (190)	225	225	840	641.3

Successful extra attempts for records in parenthesis.

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

## RECORD DAY SESSION

Al Myers – 49 years old, BWT 230#

Deadlift – Dumbbell, Left Arm 320#

Deadlift – Dumbbell, Right Arm 365#

Deadlift – Reeves 330#

Pinch Grip 205#

Curl – Wrist 275#

LaVerne Myers – 71 years old, BWT 240#

Pinch Grip 172#

Deadlift – Fulton Bar, Ciavattone Grip 242#

Deadlift – Fulton Bar, Left Arm 154#

Deadlift – No Thumb, Left Arm 176#

Deadlift – No Thumb, Right Arm 176#

Dean Ross – 73 years old, BWT 260#

Back Lift 1300#

Bench Press – Feet in Air 185#

Bench Press – Hands Together 155#

Bench Press – Reverse Grip 155#

Bench Press – Fulton Bar 175#

## HEAVY LIFTING AND YOUR JOINTS

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February 22, 2016 [Al Myers](#) [Edit Post](#)

by Larry Traub

***“You know Bill (Walton), it’s what you learn after you know it all that counts” – Johnny Wooden***

I started lifting at age 18 and my competitive powerlifting career started at age 22 and ended at age 60. I had it all figured out. It was going to be my fountain of youth. I would be lean,

muscular, strong, and athletic until I was 70, 80, who knows. I always felt I approached my lifting in an intelligent manner. An early decision to never use performance enhancing drugs seemed to be an intelligent choice that I never forsook.

This may be heresy to some, but I was more or less a disciple of Arthur Jones in that I minimized my time in the gym, but tried to make all of my training as intense and as heavy as possible. I felt that I practiced good form with smooth and controlled motions. Most of my training for the last 20 years of my career consisted of training 2 times a week and doing one or two heavy work sets for each exercise. This was usually about 3 hours of lifting per week, so I felt good about keeping my priorities straight and having time to be a husband, a father, a teacher, and a coach. I was avoiding over training. In my 40 plus years of training I never sustained any muscle, tendon, or ligament damage. At 5'9" and in my mid 40's, I could grab a ten foot basketball rim. This was not possible in college and didn't occur until I started squatting. I was much more successful as a masters (over 40) lifter than I was as an open lifter. I felt I did the best lifting of my life when I was 44 at the USAPL masters nationals. I pulled a 700 deadlift and had a 1700 total in the 198 lb. weight class.

In the year 2015, the year I turned 62, I accomplished something that may be more impressive. I had total replacement of both hips, both shoulders, and my right knee. That's a lot of aftermarket parts. When they cremate my remains someone needs to make a run to the recycling center. I'm thinking the sale of that high quality stainless steel ought to cover gas money and maybe a 12 pack of Bud Light. I had all of my joints done in one calendar year due to a very high deductible (buy one, get 4 free), but it turned out to be a very good choice and I would do it the same way again even if finances were not a factor. My everyday life is now pretty much pain free. My wife is tired of having me suddenly stop whatever I'm doing and announce that nothing hurts. I can't remember the last time I took ibuprofen. (I know I just claimed to be drug free, but I must confess that vitamin I was an intricate part of my training.)

The recovery for each of my surgeries was quite easy, With the exception of the knee, I would say I had less pain 10 days after each surgery than I did before. With the knee, it was more like 3 weeks, but still relatively easy. I attribute this to the fact that I never really injured any of my joints and that they were still surrounded by a lot more muscle than the average person. I simply had degenerative arthritis. My joints were simply worn out.

I am quite pleased. My competitive powerlifting is over, but I am lifting again and I still hope to take a somewhat lean, muscular, strong, athletic, and scarred body into my old age. My training is much different. I must minimize the stress on my new joints if I want them to last the rest of my life. I am using a super slow movement which means I take 6 seconds to do a positive motion (raise the weight) and ten seconds to do the negative (lower the weight). This reduces the

amount of weight I can use, but I still follow the progressive resistance principles I always used. I raise the weight every time I am able to complete the required number of reps. Currently, I am using 7 reps as my goal for all of my exercises and have made steady progress increasing weight.

I am using machines on almost all of my exercises, but I may eventually get back into some free weight exercise. I am training three days a week, do one set per exercise, and complete 10 to 12 exercises. I know there are limits to how far this will take me, but right now I feel that I am making significant progress in strength and muscle gain.

Now here's the question. Would I do it all over again? I have few regrets considering how easy and relatively painless it was to get my joints replaced, but I would definitely do some things differently given 20/20 hindsight. My accomplishments, as a powerlifter, are important to me. I wouldn't trade the enjoyment it gave me for an arthritic free body. The real question is whether or not I could have had similar or maybe even better results with an approach that would have been less detrimental to my joints. I think so!

The first thing I would do differently is to try and take my ego out of it. I really think all athletes are ego driven, but I had a compulsion to stay very close to my maximum muscle and strength levels year round even though I only competed once or twice a year. Maybe periodically, I should have taken some real time off. Perhaps I should have considered totally different rep schemes where I would increase the number of reps in order to minimize the weight for extended periods of time. I think that the super slow movements that I described earlier could have been incorporated into my off season and still allowed me to maintain the muscle mass that my ego required. Maybe it's as simple as realizing that you must make adjustments as the years go by.

I would definitely search for some answers and I would encourage many of you who plan to take lifting into your later years to do the same.

P.S. I think the growing popularity of cross fit competitions and strongman contests may speed up the kind of deterioration that I experienced. The emphasis on the Olympic lifts and other explosive lifts would take more of a toll if consistently performed at very intense levels. The lack of good form I have witnessed in cross fit competitions would also be an area of concern.

## **IAWA WORLD CHAMPIONSHIPS**

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February 26, 2016 Al Myers [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2016 IAWA WORLD CHAMPIONSHIPS**

This year's World Championships meet director Denny Habecker has released the details of this years big event! The days have been set for October 8th and 9th in Lebanon, PA.

Three lifts have been approved for each day of competition.

Day 1 lifts are:

Continental Clean  
Pullover and Push  
2 Hands 2" Vertical Bar Lift

Day 2 lifts are:

Alternate Grip Clean and Press  
One Hand Clean and Jerk  
Ciavattone Deadlift

ENTRY FORM (PDF) – [2016 IAWA Worlds Entry Form](#)

INFORMATION PAGE (PDF) – [2016 IAWA Worlds – info page](#)

## **GOLD CUP**

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February 27, 2016 Al Myers Edit Post

by Al Myers

## **MEET ANNOUNCEMENT**

### **2016 IAWA GOLD CUP**

I'm very excited to be part of the promotion of this year's Gold Cup. My father LaVerne has agreed to help me so I've named him co-promoter so he won't change his mind on helping me.

The Gold Cup is one of the two big competitions (the IAWA Worlds is the other) that the International All Round Weightlifting Association promotes each year. Something that we should be proud of as an organization is that the Gold Cup has been an annually event since it began in 1991. No missed years. There have been many great meet promoters through the years

that have made this possible – all starting with the legend Howard Prechtel coming up with the idea of the Gold Cup and promoting the very first one.

Please join me and help make this year's IAWA Gold Cup one of the best ever!

ENTRY FORM (PDF) – [2016 Gold Cup Entry Form](#)

## ZERCHER STRENGTH CLASSIC

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[March 2, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### MEET ANNOUNCEMENT

#### **Zercher Strength Classic and Record Day**

Meet Director: Bill Clark

Date: Saturday, April 23rd, 2016

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 7:30 – 9 AM

Start Time: 9 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Officials – 2 certified USAWA officials will be present

Entry Deadline: April 20th for Zercher Meet & meet day for record day. There will be no limit on record attempts or number of different lifts attempted.

Zercher Strength Classic Lifts: Leg Press, Deadlift – One Arm, Deadlift – Heels Together, Hack Lift, Continental Clean and Jerk, Clean and Press – Heels Together, Zercher Lift, Steinborn Lift,

Neck Lift, Hip Lift, Harness Lift, Hand and Thigh Lift, and Bench Press – Feet in Air (all lifting will be done in pounds)

Bill may be reached by phone or mail for entry or directions: phone: 573-474-4510, mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202. Bill has no email address.

## LIFTER OF THE MONTH – LAVERNE MYERS

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March 8, 2016 Al Myers Edit Post

by Al Myers

The USAWA Lifter of the Month for February is LaVerne Myers. LaVerne was the overall men's champion of the USAWA Grip Championships, which was the only USAWA competition in February. This is the second time LaVerne has been selected as lifter of the month. The other time was February 2014. He had several big lifts at the Grip Championships – including a 210# Wrist Curl and a 135# Inch DB DL.

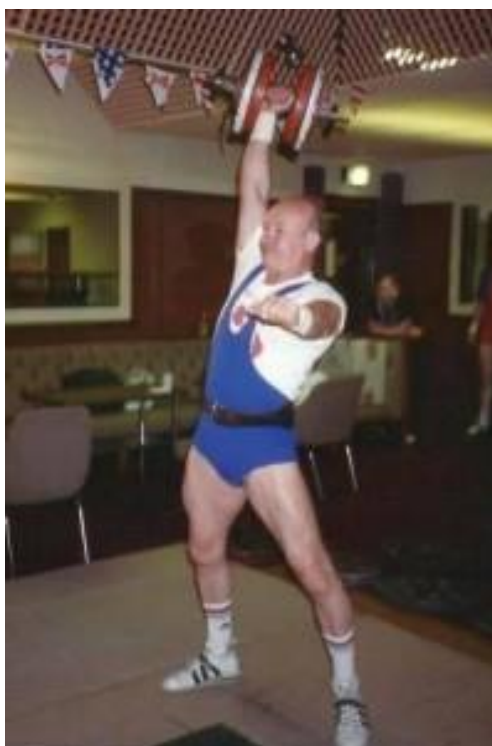
Congrats LaVerne!!

## PASSING OF MIKE ARCHER

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March 11, 2016 Al Myers Edit Post

by Al Myers





The late great Mike Archer, performing at the Granby Halls over 25 years ago, Mike was a formidable competitor! (photo and caption courtesy of Steve Gardner)

Word has come to me from Steve Gardner that the great English lifter Mike Archer has recently passed away after battling a long illness. Mike was very involved with the IAWA during the early formative years of our organization. The past 10 years his involvement has been limited due to his declining health, but his love for all round weightlifting remained.

Mike Archer was involved in all aspects of the organization – lifter, promoter, official and officer. He was the IAWA(UK) Vice President representative for many years (1992-2012). He attended many IAWA World Championships, having competed in the United States many times as well as Australia. Many times he placed in the top ten overall at the World Championships. I counted 8 times, but there may have been more. In 1999 Mike was the overall best mens lifter in the IAWA World Championships in Australia. He was inducted into the IAWA(UK) Hall of Fame in 2003.

This is just a brief summary of all the accomplishments Mike Archer has achieved in the IAWA. He will be greatly missed!

## **MIKE ARCHER – REST IN PEACE**

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March 13, 2016 Al Myers Edit Post

by Steve Gardner



Mike Archer

Mike Archer sadly passed away on 27th February after losing his battle with Cancer. Following other medical problems Mike developed Cancer and was told it was terminal. He died

surrounded by his family and was not in pain. A true Master of the sport, not many could lift with Mike when he was lifting at his best. A great lifter, coach, referee, IAWA (UK) Committee member and good friend to all who knew him. Mike will be well remembered for his exploits at the Sunbury and Hastings Clubs.

Please see below the reference to Mike which was part of the programme when he was inducted into the IAWA(UK) Hall of Fame in 2003:

*Mike has been involved in weightlifting for more than 50 years having his first competition in 1952. A superb Champion among lifters, 70 yrs old Mike has come a long way since starting to train with weights to gain bodyweight and improve his all-round strength and fitness after having been turned down as medically unfit for compulsory National Service. A tremendous servant to IAWA (UK) as Technical Committee Officer, Mike has also won several National and World titles, listing his proudest moment as winning the 'Overall Best Master Lifter' title at the 1996 IAWA Worlds.*

## VARIATIONS ON THE PRESS

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March 21, 2016 Thom Van Vleck [Edit Post](#)

by Thom Van Vleck

I have written about the Press several times before. My Uncle Wayne Jackson loved doing the Olympic Clean and Press. As a matter of fact, when they dropped the lift Wayne never competed again in an Olympic lifting contest. He eventually did 370lbs out of the rack. I also saw him strict press 330lbs out of the rack.

So wait a minute, you say. I thought you said he pressed 370? Well, he did. Here's the thing. The way I was taught there were three variations of the Press. This is not to be confused with the USAWA rules for pressing movements. I am listing these to make a point regarding training, not setting a record.

1. The Push Press. With the weight racked on the collar bone and you would then dip with knees and hips and then extend to drive the weight overhead while finishing pressing out with only the shoulders and arms with no recovery (rebounding the knees or it was then a push jerk). A very quick movement that might slow down at the finish.
2. The Strict Press. You held the weight racked on the collar bone and with NO knee bend or drive with anything other than the shoulders and arms you would press the weight overhead. A very slow and methodical movement if you are using near max weights.

3. The Olympic Press. Similar to the Push press but with no knee bend. However, hip drive would be employed to get a “heave” off the chest after sinking with the weight once it was across the collar bone. Of course the reason the Olympic press was dropped was it started out as a strict press then the rules were relaxed to the point it became more of a push press and impossible to judge. My Uncle became so proficient at the sinking or “slumping” and the hip drive he actually could Olympic Press as much as he could Push Press!

Over the years I have used all three in my training. I think most people have used the Push press and the strict press but not many have used the Olympic Press. I would guess most would simply say that Olympic press was a cheating press or a poor push press and not see any additional value in the Olympic press.

It is my opinion that the Olympic press helps develop hip drive. It makes you really focus on engaging the hips and I think that’s really important not only in weightlifting but in many athletic events as well. Mastering that small range of motion can add to a power clean, to a fast baseball pitch, and maybe most importantly to throwing events such as the shot put, discus, highland games and others.

Be sure and focus on the hip drive! When I’m done training these I can really feel the fatigue in my hips. A “pro tip” from my Uncle Wayne was he said when he would get set to press he would focus on flexing his glutes hard.

Give it a try and see what you think. Let me know!

## EXERCISE IS THE BEST MEDICINE

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March 29, 2016 Thom Van Vleck Edit Post

by Thom Van Vleck

When I was a kid I hung out with my grandparents often. I probably spent more time with my grandfather than I did my father. I noticed many things about them.

One in particular was my grandmother took a lot of medications. Many of them were for physical health issues. Just as many were for mental health issues with the focus being depression. Let’s just say it was pretty bad. She would often cry, focus on the negatives, and in generally seemed miserable most of the time.

I also noticed that my grandfather did NOT take many medications. He did not have many health issues and later in life when it did it was because he was hit by a car. He was very positive and he was in a great mood most of the time. I can honestly say I never saw him lose

his temper, cuss, nor complain. He wasn't perfect. He could be incredibly stubborn. But in general he was one of the least depressed people I knew.

This made them quite the pair in many ways. Looking at their family history I can say that depression was a common theme on my grandmother's side. My grandfather's side not a much. So there may have been a genetic predisposition for it. But I am not going to focus on the things that cannot be controlled. There was a major difference between the two that I think played a big factor in why one was depressed and the other was not.

That difference was exercise.

My grandfather worked out almost constantly. He also incorporated exercise into work. If he had to shovel something he would do 5 scoops to the right and 5 to the left. I went with him on the mail truck and every stop he would do jumping jacks or push ups. He would even do isometrics with the steering wheel or set up a board to do calf raises at his work bench. I never once heard him complain about work or exercise. I'm not saying he loved it but he certainly didn't hate it.

My grandmother was the model of efficiency. In other words she would figure out the way to get the most done with the least amount of effort. She was NOT lazy. She just saw no point to exercise. Anything that required effort was loathed by her and she complained the entire time she had to put forth effort. Again, she was not lazy. She did piece work in a factory and made good money because she was fast. It was just that when she did anything that required effort all she did was look forward to the next break.

There are dozens of studies telling you what may seem like common sense to many of us who workout regularly. That is exercise prevents depression. I know many times I have thought to myself, "I need a good workout" and when I did it I felt better. The fact is science is showing more and more evidence that this is the case.

When I first came to work at the medical school as the counselor I started an exercise program. At first my boss thought I was doing it because it was my "hobby" but the reality is I did it to promote mental health. I knew that if we could set up fast, efficient workout programs with trainers to help motivate the students in a fun but challenging atmosphere those that did it would be better off mentally. That club, the Osteoblasters, has become the 2nd largest club on campus and we program 7-9 workouts a week that equals over 250 individual workouts. Fitness was only a sub-goal.

Too often when people get down or depressed the first thought is to see a doctor and get medication. There is a time and a place for that but it is often overused. What people really need

is a good workout program and to make the time to do it! To me, taking anti-depressants without working out would be like taking supplements without working out. There may be some benefit but not nearly as much as if someone were working out and taking supplements!

So fight the blues with a good workout!

## WEIGH YOUR WEIGHTS

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[April 6, 2016](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

Have you ever weighed your weights? You might be surprised. Unless you are buying high end competition grade weights you need to understand that your weights could be off by not just ounces but several pounds!

Back in the day when you bought weights you had the choice of “Milled” and “Unmilled” weights. Unmilled weights were cast iron right from the mold. Milled weights had been milled, or had some metal removed, until the weight was exact. The Milled plates were generally much more expensive so for training the unmilled plates were often bought and used. It was common to check those plates as you knew they were off when you bought them.

The Jackson Weightlifting Club had both. York sets that were competition grade and a Jackson set as well. On each you can see the rings and swirls in the metal where the milling had taken place. We also had some old Iron Man weights that were listed at 50lbs but one set was 57.5lbs while another was 47.5lbs. Since they were the same style and all 4 plates looked the same we painted them different colors because if you loaded the lighter plates on one side of the bar you could find yourself 20lbs heavier on one end and 10lbs off overall.

So these days you don't see “milled” and “unmilled” plates but don't assume what you have is exact. I blame cheap overseas manufactures but many cheap barbell plates are off the mark. While they aren't as bad as the Iron Man plates I mentioned above I have found 45lb plates off 3lbs in either direction. Smaller plates are off as well but not as much.

So you might want to take the time to check the weight of your weights. Who knows, maybe you have a new personal best and you didn't even know it!

## BE STRONGER, NOT THE STRONGEST

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[April 17, 2016](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

I started a weightlifting club at the University I work at a few years back. It has been very successful even if it has evolved into more of a “crossfit” type group. But there are some serious weightlifters in there, too.

One of the things that happened as we had more women than men sign up. I began to investigate and here’s what I found.

The guys got pretty hung up on being the strongest. If they couldn’t be the strongest in the group they pretty quickly quit. Of course, there can only be one guy that’s the strongest so you pretty quickly end up with a pretty small group. It ended up often being a competition instead of a workout.

The women weren’t worried about being the strongest. They just wanted to be stronger. They focused on pulling each other along. They didn’t care who was the strongest. They all wanted each other to be stronger. They were competitive, but not in a negative way like the guys.

When I was in the military we had a lot of competition. Most of it was healthy, some of it was not. When it was healthy it went like this: As a fighting force you are as strong as your weakest member. So you encouraged the guy next to you to be successful because at some point your life might depend on it. You elevated yourself by making them better and in turn natural competitiveness would lead you to raise your game. When it was unhealthy it was more like this: You elevated yourself by bringing down those around you. You didn’t get better, they got worse.

So ask yourself. Do I want to be the strongest? Or do I want to be stronger! I personally think that when you choose to be stronger it’s more likely you’ll end up the strongest.

## **BAD CASE OF THE BARBELLS**

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April 22, 2016 Thom Van Vleck Edit Post

by Thom Van Vleck

When I was a kid I watched the Beverly Hillbillies. Yes, I’m pretty old. The show was a top comedy show in the 60’s and early 70’s. It was about a family of hillbillies that come into millions and end up in Beverly Hills. In one particular episode the beautiful “farmer’s daughter” Elly Mae gets set up with “Mister Universe” Dave Draper. Dave Draper was indeed a Mr.

Universe and a top Bodybuilder. In the episode the family, being backwards, sees his huge muscles and mistake it for an illness. They ask him what they are. He said “Muscles”. They ask how he got them and he says, “Barbells”. Granny turns to Uncle Jed and whispers, “Worst case of barbells I’ve ever seen”. I remember watching that episode several times.

In 1977 I began to develop as bad case of barbells myself. I evidently didn’t get them as bad as Dave as I have never been mistaken for a Mister Universe but I think I have the illness as bad as anyone since I’m going on nearly 40 years of barbell training. Over the years I’ve joked about it being an illness and my case being incurable. Which brings me to my point.

I do have a bad case of the barbells. I enjoy training and when I’m not my world isn’t right. It helps me not only physically but mentally, spiritually, and emotionally as well. I don’t just train to achieve a goal I train because it’s a part of my life like eating, drinking, sleeping, and praying. It’s not really an illness. It’s a blessing. And over the years I’ve tried to be Typhoid Thom...and infect as many people as possible with the “illness”.

So, do you have a bad case of the Barbells?

## 1ST QUARTER POSTAL

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April 24, 2016 Al Myers Edit Post

by Al Myers

### MEET RESULTS

#### 1ST QUARTER POSTAL MEET

Meet Results:

1st Quarter USAWA Postal Meet

Jan 1st – March 31st, 2016

Meet Director: Denny Habecker

Lifts: Holdout-Raised, Swing – Dumbbell One Arm, Hack Lift – One Arm

Officials:

Dan Wagman – Certified Official RJ Jackson

Al Myers – Certified Official LaVerne Myers

LaVerne Myers – Certified Official Al Myers

Eric Todd – Certified Official Lance Foster



Dean Ross – Certified Official Al Myers

Lance Foster – Certified Official Eric Todd

Tressa Brooner – Certified Official Mary McConnaughey

Crystal Diggs – Certified Official RJ Jackson

### WOMENS DIVISION

LIFTER	AGE	BWT	HOLD	DB	SW	HACK	TOT	PTS
RJ Jackson	54	105	30	50 R	145 R	225	362.3	
Tressa Brooner	54	130	40	45 R	95R	180	243.3	
Mary McConnaughey	56	314	35	55 R	95 R	185	153.8	
Crystal Diggs	29	156	30	25 L	80 L	135	140.2	

### MENS DIVISION

LIFTER	AGE	BWT	HOLD	DB	SW	HACK	TOT	PTS
Dan Wagman	39	180	65	131 R	300 L	496	471.2	
Al Myers	49	235	65	110 R	310 R	485	437.2	
Denny Habecker	73	193	45	65 R	165 R	275	336.1	
LaVerne Myers	71	239	30	65 L	185 R	270	289.4	
Eric Todd	41	256	85	80 R	175 R	340	271.9	
Dean Ross	73	260	35	55 R	135 R	225	234.6	
Lance Foster	50	340	45	50 R	185 R	280	212.9	

*Notes: All lifts recorded in pounds. R and L designates the arm used. TOT is total pounds lifted. PTS are overall points adjusted for age and bodyweight corrections.*

## LIFTER OF THE MONTH – RUTH JACKSON

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April 28, 2016 Al Myers Edit Post

by Al Myers

The Lifter of the Month for March goes to Ruth Jackson! Ruth just recently won best overall women's lifter in the first quarter USAWA Postal Meet. Ruth has been an active participant in the postal series over the past few years. In fact I'm gonna brag on her for a moment – this is her 13th CONSECUTIVE overall women's best lifter win in our Postal Series meets!

Congrats Ruth on being selected as the USAWA Lifter of the Month!

## FRANK'S RECORD DAY

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May 1, 2016 Al Myers Edit Post

by Frank Ciavattone

### **FRANK'S BARBELL CLUB -Record Breakers Day**



Jeff Ciavattone pulling on a thumbless grip deadlift at Frank's Record Day.

Rainy and on the eve of a snowstorm...

This team meet was the largest we've had with the 9 lifters showing up. Jim Fuller from Portland, Maine, Pastor Peeter Pirn from Cleveland, Ohio, along with 3 new lifters representing Frank's Barbell Club: Cassie Morrison, Mike Driscoll and Rocky Morrison. And our veteran lifters: Jess Hopps, Joseph Ciavattone Jr, Joseph Ciavattone, Sr., Frank Ciavattone and Jeff Ciavattone. Along with the exceptional turnout we also had many spectators present to observe this meet.

All of these lifters, in their own way, shined. A little bio about each lifter:

Cassie Morrison – Cassie shows true determination as a relatively new lifter. And definitely will show her true talent in the upcoming meets. Her 2" Hack was a very easily done lift.

Our second lifter, Jess Hopps, is in her third year competing and is starting to show her all around talent as you can see in the results of this meet. Her 2" deadlift was actually done with the Ciavattone grip.

It was great to see Joe Ciavattone Jr. Back and like Jess showed his all around feats of strength. All easily done. Jeff Ciavattone, performed all his lifts with ease. Especially his two hands thumbless deadlift, with 206 Kilo, with room for much more. Next was Joe Ciavattone, Sr., Joe not only refereed the meet but he also competed. All of Joe's lifts were impressive with much more to spare.

Jim Fuller, who continually shows how to perform the all around lifts with excitement and to astonish the crowd. Pastor Peeter Pirn, who always smiled whether a miss lift or a record lift and

TRULY was a crowd pleaser with all of his lifts. He will be a definite asset to this sport. Mike Driscoll, our new lifter, Mike has natural strength and has been training for approximately for three months and shows improvement after every workout. His highlift for Mike was a trap bar deadlift with a weight of 182 kilos.



Rocky Morrison in action with a Trap Bar Deadlift.

Rocky Morrison, who not only is a large man but lifts large weights with only 7 months training. Was able to perform 211 kilo trap bar deadlift. An outstanding lift that was executed with ease. As being the meet director hearing the crowd and other lifters applauding everyones high lighted lifts surely made this a successful and wonderful meet.

Now...On to train for the NATIONALS!!!!!!

### **MEET RESULTS:**

Frank's Record Day  
Frank's Barbell Club  
April 16th, 2016

Meet Director: Frank Ciavattone

**Cassie Morrison: 20 years, 187 pounds**

Hack Dead Lift 2" Bar 52 ½ K

**Jess Hopps: 31 years, 182 pounds**

2 Hand Barbell Clean and reverse grip press 27 ½ k

2 Hand Barbell clean & alternate press 27 ½ k

Clean and Press on Knees 25 k  
Clean & Press behind neck 25 k  
2 Hand Deadlift 81 k

**Joeseeph Ciavattone Jr.: 22 years, 215 pounds**

Ring Fingers Deadlift 117 k  
2 hand thumbless Deadlift 182 k  
2 hand Fulton Hack lift 162 k  
Cheatcurl lefthand 40 k  
1 arm Cheatcurl righthand 40 k

**Jeff Ciavattone: 36 years, 255 pounds**

2" Fulton Righthand 92 ½ k  
2" Fulton Lefthand 83 k  
2 hand thumbless Deadlift 206 k  
2 hand Index finger Deadlift 80 k

**Jim Fuller: 44 years, 249 pounds**

Baby Finger Deadlift 50 k  
Ring Finger Deadlift 50 k  
Middle Finger Deadlift 50 k  
Index Finger Deadlift 50 k  
2 hand Thumbless Deadlifts 182 k  
Trapbar Deadlifts 273 k

**Joe Ciavattone, Sr.: 47 years, 229 pounds**

Deadlift middle fingers 90 k  
2 hand 2" vertical bar Deadlift 120 k  
Trap bar Deadlift 160 k

**Peeter Pirn: 52 years, 198 pounds**

Seated Press – From Rack, Behind Neck 50K  
2 hand 2" vertical Bar 125 k  
Power Row bent over Rowe 91 k

**Mike Driscoll: 54 years, 192 pounds**

1 hand Ciavattone lift 85 k  
1 hand Ciavattone right 80 k  
Trap Bar dead lift 182 k  
2" hack lift 142 k

**Rocky Morrison: 54 years, 303 pounds**

1 Hand Ciavattone Lift Lefthand 92 ½ k

1 Hand Ciavattone Lift Righthand 95 k

Trapbar deadlift 211 k

**Frank Ciavattone: 61 years, 285 pounds**

Weaver Stick Right Hand Forward 2.8 k

\*\*\*The two referee rule system was used: Frank Ciavattone, Joseph Ciavattone Sr. All weights shown are in Kilos. Special Thank you to James Morrison for loading all the weights, To Rocky Morrison for providing coffee and donuts. Thank Jim and Peter for cominmg the distance to help allow us to making this meet a big success!

## **TOMMY KONO: A TRUE ALL-ROUNDER**

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May 2, 2016 Thom Van Vleck Edit Post



by Thom Van Vleck

When I was a kid I had my Uncle Wayne who was a “Paul Anderson Fan”. He was all about strength and nothing about aesthetics. Function first, looks second. And Function was Olympic lifting! My other Uncle, Phil, was much more at aesthetics but he also liked strength and he was a Bill Pearl fan. The one guy they could both agree on was Tommy Kono!

Anyone that is involved in strength sports should know by now that Tommy recently passed away at the age of 85 after one of the most storied careers in strength history. I did a story on Tommy a few years back and I’m going to say a few things here but you would need to large book to really do Tommy justice!

Tommy is famous for living in Hawaii but he was actually born in Sacramento, California and was relocated to the Tule Lake Internment Camp as a teenager during WWII due to the fear people had against those of Japanese decent. While this was a miserable experience in some ways it was the best thing to happen to Tommy. During his stay the desert air helped clear up his asthma which had made him sickly. He also got involved in weight training which obviously changed his whole life.

In 1950 Tommy was drafted into the army. They realized his Olympic potential and gave him the opportunity to train. Tommy worked hard and this all began to pay off in 1952 when he won the gold medal in Olympic lifting in Helsinki, Finland. This was followed by dozens of World and National records and titles. He was again Olympic champion in the 1956 Melbourne Olympics (when Paul Anderson famously won his gold) and the won Silver in the 1960 Olympics in Rome. He kicked in 6 world championships and 3 Pan Am Golds to boot. So he had the functional strength my Uncle Wayne appreciated.

Tommy also was a champion bodybuilder. I don't mean he looked good and did well against the best of the day. I mean he was a 4 time Mr. Universe! This was in the same years he was competing as a lifter as well. So he had the aesthetics my Uncle Phil appreciated.

Tommy was also just as great a coach as lifter. He coached three separate nations in three different Olympics. He was elected to numerous Hall's of Fame but what I recall that was most striking was being named "Weightlifter of the Century". Tommy deserved this and here's why.

While other lifters may have won more world titles or broke more records there there three factors that made him the best. First, he was undefeated from 1952 to 1960 on the world stage. Second, his 26 world records were an amazing accomplishment. Third, these were set almost equally in the three lifts contested in the day. He was the best at all of them and not a specialist. Fourth, and maybe most amazing, was he competed and set records in 4 different weight classes.

Maybe most important of all was Tommy was just a great person. My Uncles met him in the 60's while he was still lifting. They told me he was a happy guy who offered advice and really listened to them when they asked him questions and gave them well thought out answers. I found this out for myself in 2009 when I met him at the Arnold Fit Expo. I stopped him in the hallway and introduced myself. He stopped, talked at length, and made me feel like I was a good friend. He was famous for helping others and never asking for a dime in return.

So I say Tommy all-rounder because he was the best at all the lifts, the best physique, the best coach, the best photographer of his era, and one of the best authors! He also was just a great

human being who would have been a great friend to have even if he had never picked up a weight in his lift. So here's to Tommy Kono. The best!

## ZERCHER MEET

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May 4, 2016 Al Myers Edit Post

by Al Myers

### MEET RESULTS

#### 2016 ZERCHER MEMORIAL STRENGTH CLASSIC

APRIL 23RD, 2016

CLARK'S GYM

COLUMBIA, MO

Meet Director: Bill Clark

Scorer: Bill Clark

Officials: Bill Clark and Joe Garcia

Loaders: James Foster and the Lifters

Lifts: Leg Press, Clean and Jerk, Clean and Press – Heels Together, Hack Lift, Deadlift – Heels Together, Deadlift – One Arm, Bench Press – Feet in Air, Zercher Lift, Steinborn Lift, Neck Lift, Hand and Thigh Lift, Hip Lift, Harness Lift

	Joe Garcia	Bill Clark
Age	62	83
Bodyweight	94.8	98.6
Leg Press	350	—
Clean and Jerk	155	—
Clean & Press- HT	155	—
Hack	285	165
Deadlift-HT	315	185
Deadlift-1 Arm	225R	150R&L
Bench – FIA	225	100
Zercher	265	—
Steinborn	125	—
Neck	445	—
Hand & Thigh	1125	425
Hip	1505	705
Harness	2020	1005
Total	7095	2735



Points                      7713.1      6274.0

*Notes: BWT in kilograms. All weights recorded in pounds. R and L designate right and left arms. Total is total pounds lifted. Points are adjusted points corrected for bodyweight and age correction.*

### Record Day Lifts

#### **Dave Beversdorf – Age 50, BWT 295#**

Bench Press – 2 Barbells: 270#

Bench Press – Right Arm: 155#

Bench Press – Left Arm: 155#

Bench Press – Alternate Grip: 365#

#### **Joe Garcia – Age 62, BWT 94.8KG**

Vertical Bar Lift – 1 Bar, 2", Right Hand: 147#

Vertical Bar Lift – 1 Bar, 2", Left Hand: 147#

## **JIM FULLER PULLS 600 POUNDS!**

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May 4, 2016 Al Myers Edit Post

by Al Myers



James Fuller pulling a 600 pound Trap Bar Deadlift at Frank's Record Day.

Frank just informed me that there was a typo in his meet results from his recent record day. James Fuller's initial results showed he pulled a Trap Bar Deadlift of 171.5 KG, but instead he pulled 273 kilograms – 601 pounds! I revised the meet results so Jim would get credit for this outstanding deadlift. Frank indicated to me that this was the first time Jim has surpassed 600 pounds in any form of deadlift in a competition. Congrats Jim on this big milestone!

## HEAVY LIFT CHAMPIONSHIPS

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[May 9, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### 2016 USAWA HEAVY LIFT CHAMPIONSHIPS

Meet Results:

Heavy Lift Championships

Habecker's Gym

Lebanon, PA

May 7th, 2016

Meet Director: Denny Habecker

Officials: Denny Habecker

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

Lifter	Age	BWT	Neck	H&T	Hip	TOT	PTS
James Fuller	44	249	500	1000	1510	3010	2513.5
Frank Ciavattone	61	300	300	802	1206	2308	2044.5
Art Montini	88	173	155	400	703	1258	1818.2
Dean Ross	73	255	155	653	846	1654	1741.8
Barry Bryan	58	191	250	503	806	1559	1703.3
Rocky Morrison	54	300	330	603	1106	2039	1695.6
Cassie Morrison	20	194	325	350	806	1481	1348.2

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

## NUMBER 1000

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[May 9, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

I knew this day would be approaching soon, and lo and behold, it's here today! This is my 1000th blog I've written for the USAWA website, which I dubbed early on as the USAWA Daily News. In 2009 I assumed duties of the USAWA website from Joe Garcia who started the website early on in the late 90's. So between Joe and myself the USAWA has had a website for close to 20 years!

On top of my 1000 blogs I have written and/or edited many meet results and meet announcements. Add on keeping the meet roster up to date and the other website daily duties this has been quite a responsibility over the past 8 years and requires a daily time commitment. Our USAWA website is deep in content. Through the years I have added a large historical archive – past summary results from all the National Championships and IAWA Worlds, summaries of past championships, history of past officers, archive of our Hall of Fame members, and much more. Pretty much anything someone would need to know about the USAWA can be found on this website.

I remember when I started this I thought about the NUMBER 1000 being a good long-term goal and would be considered a “good run” for me. It's hard for me to believe I've actually achieved it.

## NOMINATION TIME!

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May 11, 2016 [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 2015 (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 2015
- 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 next Wednesday. 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!!!!

## CLUB CHAMPIONSHIPS

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May 12, 2016 [Al Myers](#) [Edit Post](#)

By Dave Glasgow

### USAWA CLUB CHAMPIONSHIPS

HOSTED BY:

LEDAIG HEAVY ATHLETICS

RAINBOW BEND, KS

23 JULY-2016

1000 START TIME

WEIGH IN FROM 0900 TO 1000

LIFTS TO BE CONTESTED:

CLEAN/JERK ONE HAND (NON-DOMINATE HAND)

TURKISH GET-UP

REVERSE CURL

DEAD LIFT, CIVATTONNE GRIP, FULTON BAR

USAWA RULES APPLY

\*\*\*\*\* AS AN EXTRA, NON-USAWA EVENT\*\*\*\*\*

## (UN)OFFICIAL KANSAS STATE ROLLING THUNDER CHAMPIONSHIP

LEFT AND RIGHT WILL BE CONTESTED WITH THE WINNER BEING THE ONE THAT TOTALS MOST ON LEFT AND RIGHT COMBINED.

THIS EVENT WILL BE FOR BRAGGING RIGHTS ONLY. NO AWARDS, NO SHIRTS AND NO ENTRY FEE. JUST GOOD CLEAN FUN!!

## NATIONALS ENTRY REMINDER

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May 23, 2016 Al Myers Edit Post

by Al Myers

I just want to remind everyone that the entry deadline for our USAWA National Championships is approaching. The DEADLINE IN JUNE 11th. Please send your entry form and entry fees in prior to this. Frank has gone to alot of work preparing for this Championships and we owe him the respect of entering on time so he can properly prepare. The entry form is located in the Event Calendar or "Upcoming Events" on the website.

I'm very excited to be going back to Boston this summer!

## OTSM CHAMPIONSHIPS

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June 2, 2016 Al Myers Edit Post

by Eric Todd

### **OTSM Championship Announcement**

On September 10, 2016, ET'S House of Iron and Stone will play host to the USAWA Oldtime Strongman Championship for the third time in its six years of existence. Once again, it will be in my tin can, which is an absolutely no-frills facility, but with plenty of iron to set some big records. In the five previous championships, the title has been won by 4 different lifters. Come out on September 10 and add your name to that list. Lifts that will be contested this year are:

Thor's hammer

Saxon Snatch

Hackenschmidt Floor Press

Dinnie Lift

As time allows after the meet, there will be opportunity for some record breaking. There will be awards for this meet. Please get your entries in early in order that I can best prepare for this event. I look forward to seeing you all here on September 10!

Entry Form (PDF) – [OTSM Entry](#)

## LIFTER OF THE MONTH – JOE GARCIA

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[June 9, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The USAWA lifter of the month for April goes to Joe Garcia. Joe won overall best lifter in the Zercher Strength Classic, a meet that dates back to the origins of the USAWA. Many great all-rounders have competed in the Zercher through the years. It is a grueling affair – with 13 difficult all-round lifts contested in a single day.

Congrats Joe!!!

## WORLD POSTAL CHAMPIONSHIPS

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[June 13, 2016](#) [Al Myers](#) [Edit Post](#)

by Steve Gardner

### MEET ANNOUNCEMENT

### 2016 IAWA WORLD POSTAL CHAMPIONSHIPS





The IAWA World Postal Championships is performed yearly in memory of Andy Goddard.

The Entry Forms have been sent out around the IAWA World for the 2016 Andy Goddard Memorial World Postal All Round Championships....results have to be back in for the End of August!! Just in case I have overlooked anyone and you have team or group that would love to take part, then please just download the form here and complete it...and Good Luck to all taking part.

ENTRY FORM – [World Post Form](#) (PDF) [World Post Form](#) (Word Document)

## PAST REVIEW OF THE HEAVY LIFT CHAMPIONSHIPS

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[June 14, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

A project I've been wanting to do for a long time is a complete review of the USAWA Heavy Lift Championships. Well, I decided it's time to get that project started!

The Heavy Lift Championships is the longest running Championship event in the USAWA next to the USAWA National Championships. I've been delving into a literature review of this Championships, and have meet results dating back to 2000. I have bits and pieces of information prior to this.

I am missing the results from 1999, 1997, and 1995. If anyone has those results please send them to me so I can get this summary complete. As far as I can tell the first USAWA Heavy Lift Championships was held in 1995. The late Dale Friesz provided me with much of this information prior to his death. Before the first official "Heavy Lift Championships" Bill Clark and Steve Schmidt hosted several years of a heavy lift meet, titled the Backbreaker. I consider that meet the precursor to the Heavy Lift Championships.

I would like to add additional blogs highlighting some of these Championships once I get all the past results.

### HEAVY LIFT CHAMPIONSHIPS

DATE	PROMOTER	LOCATION	MENS CHAMPION	WOMENS CHAMPION
5/7/2016	Denny Habecker	Lebanon, PA	James Fuller	Cassie Morrison
5/2/2015	Eric Todd	Cameron, MO	Eric Todd	Mary McConnaughey
5/3/2014	Al Myers	Holland, KS	Eric Todd	none
5/4/2013	Frank Ciavattone	Walpole, MA	Al Myers	Colleen Lane

5/12/2012	Roger LaPointe	Bowling Green, OH	Eric Todd	none
5/21/2011	Denny Habecker	York, PA	Joe Garcia	none
11/6/2010	Bill Clark	Columbia, MO	Steve Schmidt	none
5/16/2009	Denny Habecker	Lebanon, PA	Al Myers	none
11/15/2008	Bill Clark	Columbia, MO	Steve Schmidt	none
11/9/2007	Bill Clark	Columbia, MO	Steve Schmidt	none
11/12/2006	Bill Clark	Columbia, MO	Steve Schmidt	none
8/27/2005	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
8/28/2004	Denny Habecker	Lebanon, PA	Frank Ciavattone	Stephanie Meyer
11/9/2003	Bill Clark	Columbia, MO	Steve Schmidt	none
10/19/2002	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/10/2001	Bill Clark	Columbia, MO	Abe Smith	none
11/5/2000	Bill Clark	Columbia, MO	John Monk	none
????				
12/5/1998	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
????				
10/27/1996	Kerry Clark	Columbia, MO	John Carter	none
?????				

## MEETING AGENDA

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June 16, 2016 Al Myers Edit Post

By Al Myers

Nationals is right around the corner, and with that comes our Annual National Meeting. The USAWA has only one meeting per year which always coincides with our National Championships. It's at this meeting the big issues of the USAWA are decided upon. The rest of the year the organization is governed by the Executive Board.

The meeting will be held at Frank Ciavattone's home on Friday night (the day before the meet). Frank's address is 204 East Street, East Walpole, MA. Frank has graciously offered to feed us as well before the meeting! Supper will be at 6:00 PM with the meeting following that. These are Frank's words:

*"The menu for the meeting will be Lasagna and Cold Cuts etc plus drinks! I figure we can eat at 6 and you can start the meeting at 7pm. This will give everyone to spend time to rest or catch up with old friends! Looking forward to our reunion!!! "*

As Secretary, I have prepared the agenda for the 2016 Annual Meeting which is as follows.

### **Business Agenda for the 2016 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 and Vote on the new lift, Bench Press – 2 Barbells, proposed by Bill Clark.
13. Discussion of New Business brought forth by the membership
14. Accept Bids for the 2017 National Championships
15. Meeting Adjourned

**\*\* \*If a Director or an Officer is unable to attend this meeting to give their report PLEASE send it to me so I can give it on your behalf!\*\*\***

## **HEAVY LIFT CHAMPS UPDATE**

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June 21, 2016 [Al Myers](#) [Edit Post](#)

By Al Myers

Since my blog the other day on the history of the USAWA Heavy Lift Championships, I have received overwhelming support of information from several lifters. I have these guys to thank for making this review complete: Frank Ciavattone, Denny Habecker, and Joe Garcia. Thanks guys!

I'm now able to fill in the "open slots" in this summary. Of interest to me, 1994 was considered the first ever Heavy Lift Championships, as designated on the meet summary by Bill Clark. Before this the meet was known as the Schmidt's Backbreaker Pentathlon, named after legendary heavy lifter Steve Schmidt. Bill continued to promote the Backbreaker on years Clark's Gym did not host the Heavy Lift Championships following 1994.

The summary below will be kept in our history archives and updated each year with the new best lifters. I plan over the next few weeks to do more stories highlighting the history of the Heavy Lift Championships. The Heavy Lift Championships is our second longest running Championship event in the USAWA behind our annual National Championships. It has a deep history and deserves more recognition.

### **HEAVY LIFT CHAMPIONSHIPS**

DATE	PROMOTER	LOCATION	MENS CHAMPION	WOMENS CHAMPION
5/7/2016	Denny Habecker	Lebanon, PA	James Fuller	Cassie Morrison
5/2/2015	Eric Todd	Cameron, MO	Eric Todd	Mary McConnaughey
5/3/2014	Al Myers	Holland, KS	Eric Todd	none
5/4/2013	Frank Ciavattone	Walpole, MA	Al Myers	Colleen Lane
5/12/2012	Roger LaPointe	Bowling Green, OH	Eric Todd	none
5/21/2011	Denny Habecker	York, PA	Joe Garcia	none
11/6/2010	Bill Clark	Columbia, MO	Steve Schmidt	none
5/16/2009	Denny Habecker	Lebanon, PA	Al Myers	none
11/15/2008	Bill Clark	Columbia, MO	Steve Schmidt	none
11/9/2007	Bill Clark	Columbia, MO	Steve Schmidt	none
11/12/2006	Bill Clark	Columbia, MO	Steve Schmidt	none
8/27/2005	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
8/28/2004	Denny Habecker	Lebanon, PA	Frank Ciavattone	Stephanie Meyer
11/9/2003	Bill Clark	Columbia, MO	Steve Schmidt	none
10/19/2002	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/10/2001	Bill Clark	Columbia, MO	Abe Smith	none
11/5/2000	Bill Clark	Columbia, MO	John Monk	none
9/11/1999	Frank Ciavattone	Walpole, MA	Frank Ciavattone	none
12/5/1998	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/1/1997	Bill Clark	Columbia, MO	John Carter	Amy Burks
10/27/1996	Kerry Clark	Columbia, MO	John Carter	none
10/29/1995	Bill Clark	Columbia, MO	John Carter	Emily Gordon
10/30/1994	Bill Clark	Columbia, MO	John Carter	Kerry Clark

# NATIONAL CHAMPIONSHIPS

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June 29, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers

## MEET RESULTS –

### 2016 USAWA NATIONAL CHAMPIONSHIPS



Frank Ciavattone (left) and Jeff Ciavattone (right) had the highest One Arm Ciavattone Grip Deadlifts of the meet, a lift named after Frank. Frank finished with 115 KG with Jeff right behind him at 110 KG (photo courtesy of Cara Ciavattone Collins)

One thing I can always count on is that Frank Ciavattone will promote an outstanding meet! Frank promoted the USAWA National Championships last weekend, and it was one of the smoothest ran National Meets we have ever had. We had 19 lifters (4 women and 15 men) compete over the course of 6 lifts on one platform and one day, and was finished by 5 oclock!

There was an extremely tight race for the women's overall. Cassie Morrison edged out her friend Lindsey Beary on her last lift in the Trap Bar Deadlift. Only 2 adjusted points separated them when it was done. Susan Sees was very close behind them by 10 points, and Jessica Hopps only 30 points back. On any given day any of these gals could have taken the overall!

Joe Ciavattone Jr. won the Men's Best Overall Lifter title over James Fuller. Joe Jr. had several lifts he really excelled at – his big 105K Heels Together Clean and Press and his 4th attempt in the Continental Snatch at 93KG. James lifted very solid all day finishing with a personal record

in the Trap Bar Deadlift at 277.5KG. Randy Smith finished 3rd overall despite hurting his elbow on the Cheat Curl and finishing the day not full strength. Joe Ciavattone Sr. also got injured on the Cheat Curl, hurting his shoulder. But after a trip to the ER was able to make it back with his arm in a sling as the meet was winding down. Jeff Ciavattone seems to get bigger and stronger each time I see him! He lifted very well even though he told me with his work schedule he has not been able to train recently! Jeff and his dad Frank had a great showdown in the One Arm Ciavattone Grip Deadlift, with Jeff making 110KG and Frank making 115KG. Big Frank still amazes me with his gripping strength!

Newcomer to Frank's Barbell Club Rocky Morrison came in 5th Overall, which is quite an accomplishment in his first Nationals. I really enjoyed meeting and visiting with Rocky. He will be a great addition to our organization. Dino Gym member Dean Ross made the longest drive to Boston, driving over 1000 miles from Oklahoma. Dean came into this meet as strong as I've seen him. He finished with a great 162.5KG Trap Bar Deadlift.

Several lifters were not able to take all the lifts as they are recovering from injuries and/or surgeries. This included Frank, Chad Ullom, Denny Habecker, and Aidan. However, they still performed very well in the lifts they did and supported our biggest meet of the year. For that – they need applauded!

I want to really thank Frank, his family, and his club for all the work they did in putting on this Championships. The loaders did a great job and helped make the meet move along at the pace it did. The food the night before and after the meet was fantastic! Frank knows how to be a great host!

Meet Results:

2016 USAWA National Championships

Balch School

Norwood, MA

June 25th, 2016

Meet Director: Frank Ciavattone

Announcer: Al Myers

Scorekeeper: Chad Ullom

Officials (3 official system used): Joe Ciavattone Sr., Denny Habecker, Frank Ciavattone, Dennis Mitchell, Chad Ullom

Loaders: Peter Vouno, Wade Marchand, Cream McDonald, Matt Traitti

Lifts: Continental Snatch, Cheat Curl, Clean and Press-Heels Together, Pullover and Press,  
Deadlift-Ciavattone Grip One Arm, Trap Bar Deadlift

### WOMENS DIVISION

LIFTER	AGE	BWT	Sn	Curl	C&PP	PDL-1	DL	TOT	PTS
Cassie Morrison	20	192	35	37.5	31.5	40	47.5-R	1203	11.5284.3
Lindsey Beary	20	188	35	40	37.5	40	52.5-R	1003	05 282.5
Susan Sees	53	219	25	35	35	45	42.5-R	1002	82.5273.4
Jessica Hopps	32	187	30	30	30	37.5	55-R	85	267.5248.3

Extra Lifts for Record:

Lindsey Beary: DL-CG, Right Arm 57.5

Lindsey Beary: Continental Snatch 40

Susan Sees: DL-CG, Right Arm 45

### MENS DIVISION

LIFTER	AGE	BWT	Sn	Curl	C&PP	PDL-1	DL	TOT	PTS
Joe Ciavattone Jr.	23	215	85	92.5	105	125	90-R	240	737.5633.7
James Fuller	44	250	80	105	75	100	100-R	277.5	737.5613.7
Randy Smith	61	198	57.5	75	50	60	90-R	150	482.5528.4
Jeff Ciavattone	36	259	72.5	85	67.5	95	110-R	240	670 521.8
Rocky Morrison	54	295	55	67.5	65	80	85-R	215	567.5477.4
Dean Ross	73	257	35	57.5	40	70	70-L	162.5	435 455.7
James Morrison	17	160	40	50	45	60	60-R	147.5	402.5431.0
Art Montini	88	172	20	32.5	25	45	55-L	90	267.5388.1
Dennis Mitchell	84	150	13.5	33	10.5	35	43-L	90	225 346.5
Bob Geib	73	268	25	30	35	0	60-R	100	250 256.4
Joe Ciavattone Sr.	47	230	70	72.5	—	—	—	—	142.5127.2
Frank Ciavattone	61	302	—	—	—	—	115-R	—	115 101.5
Denny Habecker	73	192	—	—	—	80	—	—	80 98.0
Chad Ullom	44	249	—	—	—	—	100-L	—	100 83.5
Aidan Habecker	12	120	—	22.5	—	—	—	—	22.5 37.3

Extra Lifts for Record:

Joe Ciavattone Jr: Continental Snatch 93

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

Best Lifter Awards:

Women Senior 20-39: Cassie Morrison

Woman Master 40+: Susan Sees

Mens Master 40-44: James Fuller

Mens Master 45-49: Joe Ciavattone Sr.

Mens Master 50-54: Rocky Morrison

Mens Master 60-64: Randy Smith

Mens Master 70-74: Dean Ross

Mens Master 80-84: Dennis Mitchell

Mens Master 85-89: Art Montini

Mens Junior: James Morrison

Mens Senior 20-39: Joe Ciavattone Jr.

Womens Overall Best Lifter: Cassie Morrison

Mens Overall Best Lifter: Joe Ciavattone Jr.

Best Club: Frank's Barbell Club

## NEVER STOP THE STRUGGLE

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July 2, 2016 Al Myers Edit Post

BY DAVE GLASGOW

A COUPLE OF GUYS IN THE OFFICE WERE TALKING ABOUT RUNNING AND THEIR PARTICULAR PHILOSOPHIES TOWARD IT. IN THE CONVERSATION, SOMEONE MENTIONED THE 'RUNNER'S HIGH'. "IF THERE IS SUCH A THING," HE SAID, 'I SURE THE HELL HAVE'NT EXPERIENCED IT!' SOMEONE ELSE SAID, 'WELL, I JUST WANT TO BE ABLE TO BEAT THE HANDICAPPED KID WHEN I GO TO A RACE.' THAT, IMMEDIATELY, MADE ME THINK OF A KID MY SON'S AGE FROM OUR TOWN.

I HAVE A FRIEND WHO IS A PHARMACIST. HIS SON WAS BORN WITH CP (CEREBRAL PALSY). HIS SPEECH PATTERN AND HIS PHYSICAL MOBILITY ARE SEVERLY IMPAIRED. THE KID HAS HAD MORE SURGERIES THAN MOST OF US HAVE HAD BIRTHDAYS. THE MERE FACT THAT HE CAN EVEN WALK IS DUE TO THE MIRACLE OF MODERN TECHNIQUES AND SURGERIES. THE ONE THING THAT THIS CHALLENGE DID NOT TAKE FROM HIM WAS HIS HEART AND DESIRE.

WHEN HE WAS JUST A LITTLE GUY, HE WANTED TO WRESTLE WITH THE YOUTH WRESTLING CLUB. HIS FOLKS FIGURED WHY NOT. HE ATTENDED EVERY



PRACTICE, MOST OF THE TOURNAMENTS AND WAS ALWAYS READY TO GO. HE NEVER WON A MATCH. TO MY KNOWLEDGE, HE NEVER SCORED A POINT. THAT DID'NT SET HIM BACK ONE BIT. HE JUST KEPT COMING BACK FOR MORE. WHEN HE REACHED HIGH SCHOOL AGE, HE RAN CROSS COUNTRY. IT WAS PAINFUL TO WATCH.

HE WOULD RUN IN THE MORNING AND AT LEAST ONCE A WEEK, SOMEONE WOULD CALL THE POLICE AND TELL THEM THAT ONE OF THE KIDS FROM THE HOME (WE HAVE SEVERAL HOMES IN TOWN THAT ARE SPECIFICALLY FOR MENTALLY RETARTED FOLKS) WAS RUNNING AWAY. NO, THEY WERE TOLD, THAT'S JUST NEAL(NOT HIS REAL NAME), OUT TRAINING. HE WOULD FINISH LONG AFTER THE REST WERE LONG SINCE DONE. HOWEVER, I'LL BE DAMNED IF HE EVER QUIT! HE STRUGGLED ON AND I AM SURE SOME FOLKS CAME OUT JUST TO SEE HIM RUN.

TO MY MIND, NEAL NEVER LOST A MATCH OR A RACE. HE WON THE SECOND THE WHISTLE BLEW. JUST GETTING THERE WAS A STRUGGLE AND A VICTORY. ENJOY YOUR NEXT WORKOUT. THINK OF NEAL. IT WILL PROBABLY HELP YOU WORK A LITTLE HARDER.

YOU MAY LIKE THIS POEM: [http://www.frtommylane.com/stories/cross/dont\\_quit.htm](http://www.frtommylane.com/stories/cross/dont_quit.htm)

\*\*\* EPILOGUE: NEAL IS NOW A SUCCESSFUL ATTORNEY OUT OF STATE. HE ADVOCATES FOR FOLKS WITH DISABILITES.

## 2016 MEETING MINUTES

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July 3, 2016 Al Myers [Edit Post](#)

by Al Myers, USAWA Secretary

The 2016 USAWA Annual Meeting was called to order by President Denny Habecker at 7:00 PM Friday night on June 24th, 2016 at the residence of Frank Ciavattone in Walpole, MA. Before the meeting Frank hosted the membership was appetizers and pizza so the meeting started with everyone on a full stomach. Roll call was taken and these USAWA members were in attendance: Denny Habecker, Al Myers, Jeff Ciavattone, Rocky Morrison, Chad Ullom, Dean Ross, Art Montini, Frank Ciavattone, Aidan Habecker, Judy Habecker, Bob Geib, Susan Sees, James Morrison, Cassie Morrison, and Lindsey Beary. The minutes of the 2015 Annual Meeting were read by myself. Bob moved to accept the minutes with a second by Chad and the minutes passed unanimously. I then gave the Financial Report which showed a \$1000 loss for the

USAWA for 2015, but I attributed that to the costs of the website redesign and the purchase of drug tests. The drug tests will be carried over into the next year and the website costs should be amortized over the next 5 years at which time the website will need another redesign. I pointed out that the bank account balance is exactly the same now as when I started as Treasurer in 2009. I also discussed the details of the 2016 budget which I prepared and was prior approved by the Executive Board. Dean moved to accept with a second by Chad and it passed unanimously. I then gave the Directors Report as Website Director. I described the changes made to the website and how it will allow further expansion and improve access speed. I encouraged others to participate in the website by contributing blog stories. Frank moved to accept, it was seconded by Bob, and it passed unanimously. I then gave the Awards Director report. A big part of the Awards Program is to give out the USAWA annual awards which are presented every year at the National Championships to recognize outstanding lifters and their accomplishments. Frank moved to accept, with a second by Dean, and it passed unanimously. As Records Director I gave the Records Report. I stated that our record list is now online for free download, and I try to update the list every 1-2 months. I encouraged others to let me know if errors are ever noticed as it is easy for me to correct them. Frank moved to accept the report. Chad made a second and it passed unanimously. Next up was the Officials Report by Official's Director Joe Garcia. Joe was not in attendance but had forwarded his report to me which I gave on his behalf. Joe encouraged others to join our Official's ranks and take the rules test. He also encouraged rulebook training for the current officials, that could take place as a clinic or training sessions before meets. Dean moved to accept, a second was made by Rocky, and it passed unanimously. Chad Ullom gave the Drug Testing Report as Drug Enforcement Director. He stated that we are continuing with an aggressive drug testing program that tests at many meets throughout the year. No positive tests were found during the previous year. Judy moved to accept the report with a second by Dean. It passed unanimously. Postal Meet Director Denny Habecker gave the Postal Meet Report. Denny stated that 15 lifters competed in our Postal Series in 2015, with 6 lifters doing all of them. He encouraged more participation. It was mentioned that we now allow lifters to do the postal lifts on any individual day during the 3 month quarter instead of just in the last month like it has been in the past. Chad moved to accept the report, a second was given by Dean, and it passed unanimously. The next agenda item was a report by the IAWA Technical Committee Chairman Dennis Mitchell regarding issues being discussed by the IAWA Technical Committee. Dennis was not in attendance so no report was given. The next item was discussion and vote on a new proposed lift by Bill Clark, the Reg Park Bench Press (2 bar bench press). The rules of the lift were preapproved by the USAWA Executive Board as required by our rules, and had passed the Executive Board's approval prior to being presented. The written rule was read to the membership. The lift involves bench pressing two barbells according to the rules of the Bench Press. There was minimal discussion on the proposed lift. A vote was taken and it passed by majority vote with 10 yes votes and 3 no votes.

As required by USAWA rules for a new USAWA approved lift a vote was taken to propose this new USAWA lift for IAWA approval. This passed by majority vote with 11 for, and 2 against. It will be forwarded to the IAWA Technical Committee Chairman to officially present it to the IAWA. Next agenda item was the presentation of rule changes. I presented a listing of several items that were presented to me over the previous year for additions/changes to our rule book. Below is the list:

- *Add 2" vb and 2" plates to Bearhug rules*
- *Change finger lifts rules in regards to ring and height to be in compliance with IAWA(UK) rules*
- *Add to III Drug Testing: "The Lifter will be notified no more than 48 hours prior to the test, and must make arrangements for the test to be performed within 48 hours."*
- *Add to bar specs: Max diameter of bar 1.25".*
- *Add to VIII: "It is recommended not to publically announce an event before the sanction is officiated. Announcing an event prior to proper sanction may result in failure of meet sanction."*
- *Add to section on drawing of lots: "It is recommended that if lots are not drawn that the order of lifting be done by age, with order of lifting set from youngest lifter to oldest lifter."*
- *Add to calling to the platform: "The clock begins when the announcer declares that the bar is loaded"*
- *Add to General Rules: "Regulation bars are to be used for all lifts unless stated otherwise in the individual rules of the lift."*
- *Thors Hammer: The Vertical bar used must be 18" in length with a 1/2" tolerance (instead of max 18")*
- *Fulton Bar: Change minimum diameter to 1.9" (instead of 1-15/16").*

Chad moved to accept these rulebook changes with a second by Art. There was no discussion and the vote was unanimous in favor. I then presented a couple of bylaw changes. These were the proposed changes:

#### *Add to Article 7 Election*

*"In lieu of the elections a motion may be made to retain all current officers and executive board members in their current positions. This motion must pass by majority vote."*

*"Each executive board position must be elected and voted on individually."*

Chad moved to accept the changes, with a second by Dean. There was no discussion. Amendments/changes to bylaws require a 2/3 vote. A vote was taken and the vote was unanimous in favor. Next order of business was New Business. Art brought up a discussion of limiting Record Day meets or individual lifts for records after meets to be limited to 5 records maximum. He explained that he has always only allowed 5 lifts for record at his record day meet and that he feels that is enough. Discussion afterwards was all in favor of this. It seems most lifters are getting tired of lifters using record days to set large number of records with submaximal effort to just set and pad their record count. Also included in this was discussion of how these lifters interfere with the lifting of others at record days because of the extra loading and judging they require beyond everyone else. Art then moved to make this a new rule and it was seconded by Dean, and passed unanimously. Frank brought up the 6 week advance meet sanction time that our rules now require and how he would like to see it decreased. Frank stated that with his club of young lifters he often doesn't know their schedule that far in advance and setting meet dates for everyone to be able to attend is difficult. I explained to the membership why the 6 week sanction deadline was put into place to start with: 1. to allow anyone ample opportunity to be able to attend if they wanted, ie get an airline ticket if needed, 2. allow the Executive Board time to review the sanction request, 3. To make our event schedule and sanction process look legitimate by not allowing last minute meets to take place. A compromise was reached and Frank moved to decrease the sanction deadline to 30 days. Jeff gave a second and it passed unanimously. Judy then brought up her concerns regarding entry deadlines on meet entry forms not being enforced. She explained how this really causes issues for meet directors who need to be able to plan for the number of lifters that attend with t-shirt and awards purchases. I explained how I feel this needs to be the meet directors responsibility and a meet director should be able to refuse lifters that do not enter by the deadline if they want, with full support of the USAWA. I proposed that we add a line to the rulebook stating, "If meet directors refuse entry because of a lifter not entering by the stated entry deadline on the entry form, the USAWA will support this decision and no appeal can be made." Judy moved to include this statement in the rulebook, a second was made by Dean, and it passed with unanimous vote. There was no other new business. The next agenda item was accepting bids for the 2017 USAWA National Championships. Bob Geib made a bid to host next years National Championships in Vermillion, Ohio on one of the last two weekends in June, the traditional time for Nationals. There were no other bids. A vote was taken to accept Bob's bid and it passed unanimously. At this time the meeting agenda was completed, and Chad made a motion to adjourn the meeting. It was seconded by Dean and it passed unanimously. The meeting ended at 8:30 PM.

## **ANNUAL AWARD WINNERS**

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by Al Myers

Every year since 2009, the USAWA gives out 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.

The award winners for the last year:

### **NEWCOMER AWARD**

Winner – Emily Burchett

Runner Up – Matt Hancock

### **COURAGE AWARD**

Winner – Denny Habecker

Runner Up – Chad Ullom

### **SPORTSMANSHIP AWARD**

Winner – Frank Ciavattone

Runner Up – Art Montini

### **LEADERSHIP AWARD**

Winner – Al Myers

Runner Up – Denny Habecker

### **ATHLETE OF THE YEAR**

Winner – Denny Habecker

Runner Up – Dean Ross

### **CLUB OF THE YEAR**

Winner – Dino Gym

## IN HOWARD'S MEMORY

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July 8, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



Bob Geib (left) presenting the Howard Prechtel Memorial Plaque to Nationals meet promoter Frank Ciavattone (right).

One of the touching moments of our USAWA Nationals Championships in Boston was when Bob Geib presented Frank Ciavattone and the USAWA the beautiful plaque that he had made years ago to honor the memory of his friend and mentor Howard Prechtel. Bob gives Howard all the credit for his involvement in weightlifting and the USAWA. After Howard's death Bob had this special tribute plaque made which he carried with him at all times to USAWA events. He always found a prominent place to display it during the competitions. It has a picture of Howard engraved on it, so it always felt to me that Howard was watching over us while we lifted. I know this plaque had special sentimental value to Bob and this had to be a hard decision turning it over to the organization. But as Bob said as he presented the plaque, "I feel I should be sharing this plaque and Howard's legacy with the USAWA and not keeping it all to myself." I promise that we will keep it in safe hands, and that it will always be part of the USAWA competitions.

# 2ND QUARTER POSTAL

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[July 11, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## 2nd Quarter USAWA Postal Meet

Meet results:

2nd Quarter Postal Meet

Dates: April 1st – June 30th

Meet Director: Denny Habecker

Lifts: Clean and Press – On Knees, Strict Curl, Deadlift – No Thumbs

Officials:

Dan Wagman – Certified Official RJ Jackson

LaVerne Myers – Certified Official Al Myers

Dean Ross – Certified Official Denny Habecker

Aidan Habecker – Certified Official Denny Habecker

Al Myers – Certified Official LaVerne Myers

RJ Jackson – Certified Official Jarrod Fobes

Tressa Brooner – Certified Official Mary McConnaughey

Denny Habecker and Mary McConnaughey used officials that were not certified.

## WOMENS DIVISION

Lifter	Age	BWT	Press	Curl	DL	TOT	PTS
RJ Jackson	54	106	60	57	195	312	479.8
Tressa Brooner	54	132	75	65	185	325	435.5
Mary McConnaughey	56	304	65	75	185	325	274.3

## MENS DIVISION

Lifter	Age	BWT	Press	Curl	DL	TOT	PTS
Dan Wagman	OPEN	180	191	126	505	822	786.4
LaVerne Myers	72	236	100	101	242	443	481.7
Dean Ross	73	255	88	66	220	374	394.7
Aidan Habecker	12	122	50	39	127	216	355.1
Denny Habecker	73	188	50	66	154	270	335.1
Al Myers	49	230	—	111	—	111	101.2

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

## **FRANK'S BBC RECORD BREAKER**

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July 11, 2016 Al Myers Edit Post

by Al Myers

### **MEET ANNOUNCEMENT**

#### **FRANK'S BARBELL CLUB RECORD BREAKER**

Frank Ciavattone, owner and Club President of Frank's Barbell Club, has sanctioned a record day at his gym on August 15th, 2016. Most lifts can be contested for USAWA/IAWA records, but to be sure I recommend you contact Frank beforehand. Below is the contact information for Frank:

Frank's Barbell Club  
204 East Street  
East Walpole, MA 02032  
Phone: (508)-668-5200

There is no entry form for this record day. Contact Frank directly for further details.

## **TEAM CHAMPIONSHIPS**

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July 12, 2016 Al Myers Edit Post

by Al Myers

### **MEET ANNOUNCEMENT**

#### **2016 USAWA TEAM CHAMPIONSHIPS**

The date for the USAWA Team Championships has been set – September 3rd. 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: Saturday, September 3rd, 2016

Meet Time: 1:00 PM – 5:00 PM

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

Sanction: USAWA Membership required

Weigh-Ins: Noon the day of the meet

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

Entry Fee: None

Lifts:

**Hackenschmidt Floor Press**

**Deadlift – Fulton Bar, One Arm**

**Deadlift – Stiff Legged**

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)

## AWARD PROGRAM HISTORY

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[July 13, 2016 Al Myers Edit Post](#)

by Al Myers

I spent some time yesterday compiling a listing of all past USAWA Award Program Winners. The official USAWA Award Program began in 2009, which gives out awards every year chosen by the membership. I have been the director of this Awards Program since it began, and is something that I'm very proud of. We have so many great people and lifters in our organization and this is just one way to recognize their accomplishments.

This listing will be kept in our History Archive on the website. I will add to it each year to always keep it current. I'm hoping to do more research and find other award winners of the past. I know at times before this program started "special awards" were given out either by the

organization or individuals at our National Championships. I would like to include that information as well as it's part of the USAWA history and should not be forgotten. If anyone has this information, or part of it, please pass it along to me so these awards can be recorded in this archive.

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*Each year the USAWA nominates and selects individuals for special awards. These awards are given on behalf of the USAWA for outstanding merit in several categories. Below is a listing of past award winners.*

### **2015 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Denny Habecker	Dean Ross
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Art Montini
Courage Award	Denny Habecker	Chad Ullom
Newcomer Award	Emily Burchett	Matt Hancock
Club of the Year	Dino Gym	Habecker's Gym

### **2014 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Eric Todd
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Dave Glasgow
Courage Award	Art Montini	Dick Durante
Newcomer Award	Steve Santangelo	Jeff Ciavattone
Club of the Year	Frank's Barbell Club	Ledaig Athletic Club

### **2013 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Thom Van Vleck
Sportsmanship Award	Dennis Mitchell	Dave Glasgow
Courage Award	Dean Ross	Art Montini
Newcomer Award	Mike McIntyre	Logan Kressly
Club of the Year	Dino Gym	Habecker's Gym

### **2012 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Dan Wagman
Leadership Award	Al Myers	Denny Habecker

Sportsmanship Award	Dave Glasgow	Lance Foster
Courage Award	Dale Friesz	Art Montini
Newcomer Award	Ruth Jackson	James Fuller
Club of the Year	Ledaig Athletic Club	Salvation Army Gym

## 2011 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Larry Traub
Leadership Award	Thom Van Vleck	Denny Habecker
Sportsmanship Award	Mike Murdock	Art Montini
Courage Award	Dale Friesz	Dave Glasgow
Newcomer Award	Dean Ross	LaVerne Myers
Club of the Year	Dino Gym	Ledaig Athletic Club

## 2010 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Al Myers
Leadership Award	Al Myers	Thom Van Vleck
Sportsmanship Award	Rudy Bletscher	Mike Murdock
Courage Award	Dale Friesz	none
Newcomer Award	Larry Traub	none
Club of the Year	Habecker's Gym	Ambridge BBC

## 2009 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Chad Ullom
Leadership Award	Bill Clark	Al Myers
Sportsmanship Award	Denny Habecker	Art Montini
Courage Award	Dale Friesz	Frank Ciavattone
Newcomer Award	Dave Glasgow	Kohl Hess
Club of the Year	Dino Gym	Ambridge BBC

# YEAR IN REVIEWS NOW ON WEBSITE

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July 14, 2016 Al Myers Edit Post

by Al Myers

I just got it finished! I've added a section to the website that contains all the past USAWA Year in Reviews. These can be found under the menu heading "About Us" located towards the bottom of the listing. The first Year in Review was done in 2009, and I've kept doing them every year since. Each time before I undergo this project I wonder if it's worth it – as all

the information in them is currently on the website. But I go forth as I think it's important to preserve our history in other forms than just the website. Every year a few lifters buy these Year in Reviews so I have a few printed and bound. However, now all of them are available for FREE DOWNLOAD! There's a lot of information in each book. It would take a full evening to read one of them in one sitting. Enjoy!

## LIFTER OF THE MONTH – JAMES FULLER

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July 17, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



James Fuller in action performing a Hip Lift at the Heavy Lift Championships in York, PA a few years back.

The USAWA Lifter of the Month for May is James Fuller. James had a great performance at the USAWA Heavy Lift Championships, and won best overall lifter. Best lifter at the Heavy Lift Championships is a hard one to get, as there are always many outstanding seasoned heavy lifters competing in this meet. I now consider James as part of this “seasoned group” as he's been very involved in many heavy lift meets over the past few years. When he straps on the belts and chains he knows what to do!

Congrats James on being the Lifter of the Month!

## CLUB CHAMPIONSHIPS

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July 27, 2016 [Al Myers](#) [Edit Post](#)

BY DAVE GLASGOW

THE SMALL TURN OUT FOR THIS EVENT DID NOT DAMPEN THE ENTHUSIASM AS FOUR INDIVIDUALS FROM TWO DIFFERENT TEAMS MADE QUICK WORK OF THE

LIFTS. FIRST LIFT OF THE DAY WAS THE ONE HAND C/J, USING THE NON-DOMINATE HAND. IT QUICKLY BECAME APPARENT THAT AS WE HAVE AGED, SO HAVE OUR SHOULDERS!! WATCHING THE MYERS BOYS(AL AND LAVERNE) DO TOKEN LIFTS WAS PAINFUL TO WATCH. I AM SURE THAT IN THEIR DAY, THE WEIGHT WOULD HAVE BEEN CONSIDERABLY HEAVIER. DEAN ROSS HAD TROUBLE WITH THE JERK ON HIS FIRST TWO ATTEMPTS BUT AFTER SOME INSTRUCTION AND ENCOURAGEMENT FROM THE OTHERS, HE WAS ABLE TO GET HIS FINAL ONE IN. THE HOST OF THE EVENT, DAVE, HAD A DISAPPOINTING SECOND AND THIRD ATTEMPT FOLLOWING A SOLID OPENER.

THE TURKISH GET UP PROVED TO BE NOT ONLY A CHALLENGE BUT RATHER COMICAL AT TIMES. LAVERNE MYERS PROVED WHY HE HAS BEEN A VERY SUCCESSFUL FARMER HIS WHOLE LIFE. FOLLOWING A RATHER SCARY FIRST ATTEMPT IN WHICH HE ABOUT PRACTICED SOME UNSCHEDULED DENTISTRY ON HIMSELF, HE GUTTED OUT A LIFT THAT I SWEAR MUST HAVE TAKEN 60 SECONDS TO COMPLETE. IT WAS CERTAINLY THE LIFT OF THE DAY! HIS DETERMINATION PROVED THE FORMER STATEMENT CONCERNING HIS FARMING CAREER! DEAN ROSS MADE A VERY SOLID 34 POUND LIFT AND SHOWED GOOD TECHNIQUE DOING IT. AL, AGAIN, TOOK A TOKEN LIFT TO STAY IN THE HUNT. DAVE TOOK TWO ATTEMPTS AND WAS GLAD TO HAVE REPEATED A WEIGHT THAT HE DID AS A 'YOUNGER MAN'.

IT APPEARED THAT THE GROUP WAS GLAD TO MOVE TO A SIMPLER MOVEMENT IN THE STRICT REVERSE CURL. CREDITABLE LIFTS WERE MADE BY ALL! THE FINAL LIFT OF THE DAY WAS THE FULTON DEADLIFT, CIAVATTONE GRIP. THIS LIFT PROVED TO BE THE MOST COMPETITIVE OF THE DAY. LAVERNE MYERS SHOWED HIS HAND STRENGTH ONCE AGAIN. IT AMAZES ME THAT HIS PULLING STRENGTH GIVES UP ON HIM BEFORE HIS GRIP. DEAN MADE A FINAL LIMIT THAT LOOKED VERY GOOD. AL AND I MADE THE SAME WEIGHT AND I DON'T KNOW ABOUT HIM, BUT I AM SURE I COULD NOT HAVE DONE FIVE POUNDS MORE!

*(webmaster note: Dave in truth lifted 5 more pounds than Al)*

TO END THE DAY, WE MOVED TO THE 'ROLLING THUNDER' LIFT. THIS WAS A NON-COMPETITION LIFT THAT WE DID JUST FOR FUN AND BRAGGING RIGHTS. HAVE I MENTIONED LAVERNE MYERS GRIP STRENGTH?? NEED I SAY MORE!!! ON A PERSONAL NOTE, I WANT TO THANK THESE THREE GUYS FOR COMING. THEY ALL SPENT A GOOD AMOUNT OF TIME ON THE ROAD TO BE HERE AND I VERY MUCH APPRECIATE THAT. I WILL AGAIN HOST THE CLUB CHAMPIONSHIPS NEXT YEAR. BE THERE!!! WHY?? 'CAUSE I SAID SO!!

## Meet Results:

USAWA Club Championships

Ledaig Heavy Athletics

Rainbow Bend, KS

July 23rd, 2016

Meet Director: Dave Glasgow

Officials (3 official system used): Dave Glasgow, Al Myers, LaVerne Myers

Lifts: Clean & Jerk – One Arm, Turkish Get Up, Curl – Reverse Grip, Deadlift – Ciavattone Grip, Fulton Bar

### 1. Dino Gym – 1292.2 Total Adjusted Points

Lifter	Age	BWT	C&J-1	TGU	Curl	DL-CG,FB
Al Myers	49	234	47.5L 25	100	292	
LaVerne Myers	72	239	47.5R 12	90	282	
Dean Ross	73	252	37.5L 34.5	80	232	

### 2. Ledaig Heavy Athletics – 542.9 Total Adjusted Points

Lifter	Age	BWT	C&J-1	TGU	Curl	DL-CG,FB
Dave Glasgow	63	253	95L 53	110	297	

### Rolling Thunder Challenge

Lifter	Right Hand	Left Hand	Total
Al Myers	171.5	171.5	343
LaVerne Myers	171.5	161.5	333
Dave Glasgow	151.5	136.5	288
Dean Ross	86.5	86.5	173

*Notes: All lifts recorded in pounds. BWT is bodyweight in pounds. R & L designate right and left arms.*

## PRESIDENTIAL CUP

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[August 9, 2016](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

**2016 USAWA PRESIDENTIAL CUP**

The 2016 Presidential Cup was a huge success. We had the biggest turnout yet. Seven lifters lifted and set 21 new records. We had lifters ranging in age from 13 year old Aidan Habecker to 88 year old Art Montini, who always amazes us with his fine lifting at his age. Barry Pensyl, a great all-round lifter from the past came back and did some fine lifts with ease. Dean Ross, who seems to never miss a meet, did 5 nice lifts and big Frank Ciavattone came down from Mass. to do some great Ciavattone Deadlift records. Judy Habecker was also inspired to do a Ciavattone Deadlift record. Aidan continues to show improvement every day and did a big Vertical Bar Deadlift- 2 bars, 2", breaking the previous record by over 40 pounds.

Meet Results:

2016 Presidential Cup

August 6th, 2016

Habecker's Gym

Lebanon, PA

Meet Director: Denny Habecker

Officials (3-Official System Used): Denny Habecker, Art Montini, Frank Ciavattone

Lifts:

**ART MONTINI – 88 – 174 Lbs. – 80 Kg. Class [ 85 – 89]**

Abdominal Raise – 30 Lbs. – 13.6 Kg.

Deadlift – 2 Dumbbells – 126 Lbs. – 57.1 Kg.

**JUDY HABECKER – 75 – 150 Lbs. – 70 Kg. Class [ 75 – 79 ]**

Deadlift – Ciavattone Grip – 110.2 Lbs. – 50Kg.

**Denny Habecker – 73 – 190 Lbs. – 90 Kg. [ 70 – 74 ]**

Deadlift – Fulton Bar- One Arm – Right – 121.25 Lbs. – 55 Kg.

Deadlift- Dumbbell – One Arm- Left – 157 Lbs. – 71.2 Kg.

Deadlift – Ciavattone Grip, One Arm – Right – 165.3 Lbs. – 75 Kg

Holdout – Lowered – 45 Lbs. – 20.4 Kg.

**DEAN ROSS – 73 – 249 Lbs. – 115 Kg. Class [ 70 – 74]**

Curl – Dumbbell, Cheat – Left Hand – 40 Lbs. – 18.1 Kg.

Curl – Dumbbell, Cheat – Right Hand – 40 Lbs. – 18.1 Kg.

Curl – 2 Dumbbells, Cheat – 80 Lbs. – 36.2 Kg.

Deadlift – Fulton Bar – – 198.4 Lbs. – 90 Kg.

Steinborn – 143.2 Lbs. – 65 Kg.

**Barry Pensyl – 68 – 150 Lbs. – 70 Kg. Class [ 65 – 69 ]**

Curl – Strict – 60 Lbs. – 27.25 Kg.

Bench Press – Hands Together – 115.7 Lbs. – 52.5 Kg.

Bench Press – Reverse Grip – 126.7 Lbs. – 57.5 Kg.

**Frank Ciavattone – 61 – 287 Lbs. – 125 + Kg. Class – [ 60 – 64 ]**

Deadlift – Ciavattone Grip – One Arm – Left – 231.5 Lbs – 105 Kg.

Deadlift – Ciavattone Grip – One Arm – Right – 254.6 Lb – 115.5 Kg.

Vertical Bar Deadlift – 1 Bar – 2" One Hand – Left – 148.8 Lbs. – 67.5 Kg.

Vertical Bar Deadlift – 1 Bar – 2" One Hand – Right – 159.8 Lbs. – 72.5 Kg.

**AIDAN HABECKER 13 – 125 Lbs. – 60 Kg. Class**

Vertical Bar Deadlift – 2 Bars – 2" – 176.3 Lbs. – 80 Kg.

Deadlift – Heels Together – – 132. Lbs. – 60 Kg.

**WINNER OF PRESIDENTIAL CUP – AIDAN HABECKER**

## **NEW ENGLAND CHAMPIONSHIPS**

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August 15, 2016 Al Myers Edit Post

by Al Myers

### **MEET ANNOUNCEMENT**

#### **NEW ENGLAND USAWA CHAMPIONSHIPS**

Frank Ciavattone, owner and Club President of Frank's Barbell Club, has sanctioned a meet at his gym on September 24th, 2016. Most lifts can be contested for USAWA/IAWA records, but to be sure I recommend you contact Frank beforehand. Below is the contact information for Frank:

Frank's Barbell Club

204 East Street

East Walpole, MA 02032

Phone: (508)-668-5200

There is no entry form for this record day. Contact Frank directly for further details.

## **LIFTER OF THE MONTH – JOE CIAVATTONE JR.**

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August 16, 2016 Al Myers Edit Post



by Al Myers

The USAWA Lifter of the Month for JUNE is Joe Ciavattone Jr.. Joe lifted brilliantly at the 2016 USAWA National Championships in Boston in capturing the BEST OVERALL LIFTER in the Men's Division. This is the first overall lifter award for Joe Jr. at the National Championships, who is only 23 years old but is very experienced as he has been competing Nationally for many years at Nationals and other big meets.

Congratulations to Joe Jr.!

## WORLD'S BANQUET NOTICE

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August 17, 2016 Al Myers Edit Post

by Al Myers

Denny Habecker, the promoter of this year's IAWA World Championships, is getting the details worked out for this year's big meet. Denny and Judy were planning on holding the banquet at their house but due to the number of people attending have moved the banquet to the business All About You Catering. Also, Pennsylvania weather can be unpredictable in October so instead of it being held on their patio outside, it will be inside. The cost for the banquet is \$25, payable to Denny.

## FRANK'S BBC RD

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August 29, 2016 Al Myers Edit Post

By Rocky Morrison

### **Frank's Barbell Club Record Day 8/15/2016.**

Nice warm day in August in New England, Great day for a team meet... This team meet was not as large as our last team meet with 5 lifters, but we had three very impressive rookies. The rookies all from Frank's Barbell Club were: Kim Lydon, Tony Patterson, and Mark Raymond. The two veterans were: Rocky Morrison and Frank Ciavattone. We had a few spectators that cheered on the team. Officials for the meet were Jeff Ciavattone, Joe Ciavattone, Frank Ciavattone, and official in training Rocky Morrison.

Kim Lydon in her first competition was very impressive. She left everyone saying "she made that look easy".

Meet Results:

Frank's BBC RD

Frank's Barbell Club

August 15th, 2016

**Kim Lydon – Open – 70 Kg. Class**

Bench Press	120lbs – 54.4kgs
LH Vertical Bar – 2" bar	88.5lbs – 40.1kgs
RH Vertical Bar – 2" bar	88.5lbs – 40.1kgs
Seated Press Behind Neck From Racks	90lbs – 40.8kgs
Crucifix	40lbs – 18.1kgs

Tony Patterson showed everyone why he is a world class arm wrestler. He showed some great grip and arm strength.

**Tony Patterson – 50+ (and Open) – 80 Kg. Class**

Barbell Curl – Strict	133.5lbs – 60.5kgs
Barbell Reverse Curl	138lbs – 62.6kgs
RH Fulton Deadlift	190lbs – 86.2kgs
LH Vertical Bar – 2" bar	190.5lbs – 86.4kgs
RH Vertical Bar – 2" bar	190.5lbs – 86.4kgs

Mark Raymond was another impressive rookie, I think he surprised himself. Those of us that had seen him lift knew he had a good grip, but we didn't know how good.

**Mark Raymond – 50+ – 110 Kg. Class**

Barbell Reverse Curl	100lbs – 45.4kgs
RH Fulton DB Deadlift	177lbs – 80.3kgs
LH Fulton DB Deadlift	152lbs – 68.9kgs
LH Vertical Bar – 2" bar	176.5lbs – 80.1kgs
RH Vertical Bar – 2" bar	176.5lbs – 80.1kgs

Frank Ciavattone continues to amaze us all. He is the best coach and very strong...

**Frank Ciavattone – 60+ – 125+ Kg. Class**

LH Ciavattone Deadlift	243lbs – 110.2kgs
RH Ciavattone Deadlift	264lbs – 119.7kgs
LH Vertical Bar – 2" bar	155lbs – 70.3kgs

Rocky Morrison did a few new lifts for him.

## **Rocky Morrison – 50+ – 125+ Kg. Class**

2H Straddle – 2" bar	290lbs –131.5kgs
Barbell Reverse Curl	110lbs –49.9kgs
Deadlift – Stiff Legged	350lbs – 158.8kgs

After the meet Frank and Colleen hosted the team for a great BBQ. Looking forward to our next meet in September.

## **BILL CLARK'S DOUBLE DECATHLON**

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August 30, 2016 Joe Garcia Edit Post

by Joe Garcia

### **BILL CLARK'S DOUBLE DECATHLON**

This meet is a tribute to the old days, before the USAWA, when the double Decathlon was an annual event.

Meet Director: Joe Garcia

Dates: October 10-11, 2016

Time: 5:30 PM each day

Weigh in: 4:30-5:30 each day

Location: Clark's Gym, Columbia MO

USAWA membership required. Can register with the USAWA at time of meet.

Events – Day 1:

Deadlift, Reeves

Pinch Grip

Deadlift, Fulton Dumbbell, One Hand

Deadlift, Ciavattone Grip

Deanna Lift

Anderson Squat

Vertical Bar Deadlift, 2 bars, 1"

Kennedy Lift

Rectangular Fix, Fulton Bar

Saxon Snatch

Events – Day 2:

People's Deadlift

Pinch Grip, One Hand

Bearhug

Dinnie Lift

Anderson Press

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

Weaver Stick

Shoulder Drop

Ziegler Clean

Squat, Piper

Awards: none

Entry Fee: none

Entry Deadline: September 20, 2016

Email: [jgarcia@usawa.com](mailto:jgarcia@usawa.com)

Phone: 573-289-3921

ENTRY FORM (PDF) – [ClarksDoubleDecathlon](#)

## TEAM CHAMPS CANCELLED

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[September 1, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The USAWA Team Championships, scheduled for this upcoming Saturday at the Dino Gym, is being cancelled. I do plan to reschedule it later in the fall. Please pass this along to anyone who might be planning on attending.

## LIFTER OF THE MONTH – DAVE GLASGOW

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[September 6, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers



Dave Glasgow in action at the USAWA Club Championships.

Dave Glasgow has been selected as the USAWA Lifter of the Month for July. Dave has taken charge of the USAWA Club Championships promotion over the last several years and has done an excellent job. His club, the Ledaig Heavy Athletics, has a fantastic private training facility that caters to the Highland Games and Weightlifting. This year at the Club Champs in July there were several other competition conflicts going on which hurt attendance but Dave continued with the promotion regardless. He could not even find any other Ledaig club members to form the 3-person club team so he took on the Dino Gym by himself!

Dave has been a real leader in the USAWA over the past several years. He has supported the USAWA through club membership, training new lifters, promotion of meets, writing blogs for the website, and attending several competitions per year. We need more Dave Glasgow's in the USAWA!! Congrats Dave!

## NEW SCORING PROGRAM

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September 8, 2016 [Al Myers](#) [Edit Post](#)

by Al Myers



Rocky Morrison at the USAWA National Championships in Boston.

Developing a new scoring program has been a project I have wanted to get completed for a long time. And BIG THANKS to Rocky Morrison it has been accomplished! Rocky is a new lifter in Frank Ciavattone's Club who has become really involved in the USAWA this past year. I met Rocky at the USAWA National Championships this past summer and we immediately hit it off. Even though Rocky is new to the all round lifts he lifts like a seasoned veteran. His technique is fantastic, and he puts up some big weights! He's super friendly and likes to really help out. This was obvious to me as he really gave Frank a lot of assistance at Nationals.

On top of all this – he's also a software specialist. As I explained what I was hoping to develop he immediately agreed to do it! Rocky's new scoring program is much expanded on our previous scoring program. It is very user friendly and gives compiled listings of best lifters, placings, and lifter certificates. This Excel spreadsheet is compatible with the most recent Excel program. I will keep the old program on the website for a while yet for those that have old versions of Excel and don't plan to upgrade. I do recommend you download and save the old scoring program if you want to keep it as I will eventually remove it as we transition to Rocky's scoring program only.

The USAWA Scoring Program can be found on the website under "Scoring Information".

## UPDATED RULEBOOK

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September 11, 2016 Al Myers Edit Post

by Al Myers

I have just finished updating the USAWA Rulebook from the changes voted on and made at the Annual Meeting. One new lift was approved this year – the Reg Park Bench Press. The rules for this new lift are now in the USAWA Rulebook. The Rulebook is available for free download on this website.

We are now on the 9th Edition of the USAWA Rulebook. The Rulebook is 120 pages long and is over 35,000 words.

## **LIFTER OF THE MONTH – AIDAN HABECKER**

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[September 12, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

The LIFTER OF THE MONTH for AUGUST goes to Aidan Habecker!

Aidan had a great summer of lifting in the USAWA. He competed in Boston at our USAWA National Championships, and then wrapped up the summer by winning the PRESIDENTIAL CUP AWARD at the Presidential Cup. I like to see young lifters in the USAWA as I know that will be our future. Most young lifters are intimidated by the many lifts of the USAWA and don't want to get involved because of that. Not Aidan! I've watched him compete many times and he's always excited about trying something new. He has the best coach as well with Grandpa Denny. I see a very bright All Round future for this young man!

Congrats Aidan.

## **OTSM CHAMPIONSHIPS**

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[September 13, 2016](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

### **MEET REPORT AND RESULTS**

#### **2016 Old Time Strongman Championships**

Another chapter of USAWA's Old Time Strongman Championship is in the books. This is one of the newer championships in the USAWA. It was started by Thom VanVleck several years ago, and has been hosted by me for the past 3 years. This year's event proved to be our best turnout since it has been contested in the big tin-can with ten competitors. The weather could not have been more cooperative. It was a great day to be an all-rounder.

The day started off with a bang. My 3 month old black lab/redbone hound mix Archibald was on hand to support us all day. Before the meet he was causing a commotion over behind some equipment by the wall. When we looked to see what was going on, it appeared he was doing battle with a critter, which turned out to be a woodchuck. Before long, it became obvious that Archie would be the victor, and he proudly made a victory lap around the barn with the critter hanging from his mouth.

Anyhow, after the excitement, it was time for the lifting to begin. We had a wide array of competitors with different lifting experience. Abe Smith made his way back into the USAWA. Abe saw lots of success competing for Clarks gym a number of years ago. At a lighter bodyweight with huge poundages lifted, Abe has always been tough to beat in all-round. President Denny Habecker came from Pennsylvania. Denny is a seasoned all-rounder and Olympic weightlifter. His travel partner was one of the senior members of the USAWA, Art Montini. Dean Ross from Oklahoma was there. Dean has been a highland games thrower for many years, and now is a stalwart in the USAWA. My good friend and training partner Lance Foster was there. Lance has competed in strongman, powerlifting, Highland Games, and all-round. Scott Tully and Heather Gardner came from Salina, KS to compete. Scott, who was a huge presence in Strongman for many years, also competed in powerlifting and highland games. Heather trains at Scott's gym, Driven Fitness, and has primarily competed in powerlifting. Greg Cook made his return to all-round. Greg is an old school powerlifter who I competed with in strongman for a number of years. Ben Edwards also came to us from Kansas. Ben has competed in all-round and highland games, but is probably best known for being one of the most successful grip competitors in our area.

We started off with the Dinnie lift. There were some great lifts here, with four lifters going over 600 pounds. Abe Smith's 650 without the aid of a hook grip was maybe the most impressive, along with Heather's 480 record attempt.

The next discipline was the Thor's hammer. I had heard that in training, Ben had been hitting record poundages, so I knew I would have my work cut out for me to keep pace. Well, we both hit our stride in this one. We both hit the all-time record on the Thor's hammer in competition of 55 pounds. In a record attempt, I also hit a 60 pound lift, to again beat the all-time record.

In the third lift of the meet, we contested the Saxon Snatch. Though not Art's favorite lift, he did comment to me that he would be making the implement when he got home. Scott's best in the competition was 100 pounds. But in a record attempt, he nailed 110 for the all-time record in an attempt that looked effortless.



In the last lift of the day, we did the Hackenschmidt Floor Press. Scott opened very conservatively, but ended with a top lift of 355. Abe wowed everyone again with a 335 lift at 183 pound body weight. Heather challenged the guys with her 175 lift.

In the end, Abe's incredible strength per body weight was insurmountable. Particularly impressive as he had not trained for these specific disciplines. Heather was the women's champion. Results are as follows.

### Meet Results:

2016 OTSM Championships

September 10, 2016

ET's House of Stone

Turney, MO

Meet Director: Eric Todd

Officials: Eric Todd, Lance Foster, Denny Habecker

Lifts: Thor's Hammer, Hackenschmidt Floor Press, Saxon Snatch, Dinnie Lift

Lifter	Weight	Age	Dinnie	Thor's	Saxon	Hacken	To
Eric Todd	259	41	700	55	105	400	12
Dean Ross	253.5	73	400	30	65	215	71
Denny Habecker	196.5	73	350	25	55	215	64
Art Montini	176	88	230	12.5	30	100	37
Lance Foster	340	50	480	32.5	60	175	74
Ben Edwards	231	41	500	55	80	245	88
Greg Cook	254	59	600	40	70	225	93
Scott Tully	356.5	40	600	40	100	355	10
Abe Smith	183	37	650	30	80	335	10

Heather Gardner	215	35	400	25	65	175	66
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Extra attempts for record	Lifter	Weight
Hackenschmidt Floor press	Dean Ross	225
Dinnie Lift	Heather Graham	480
Thor's Hammer	Eric Todd	60
Saxon Snatch	Scott Tully	110

All weights recorded in pounds.

# WORLD POSTAL CHAMPIONSHIPS

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[September 16, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **2016 IAWA World Postal Championships The Andy Goddard Memorial**

The results of the 2016 IAWA World Postal Championships are in! The World Postal is one of 3 IAWA competitions each year, with the Gold Cup and the World Championships being the others. This World Postal gives lifters an opportunity to compete in an IAWA event without the expense of traveling. There's really no reason not to enter. I want to especially thank promoter Steve Gardner for making this happen. Steve gives so much of his time ensuring the future success of the IAWA. All of us need to thank him for this!

These are a few words Steve had in relaying the results of the World Postal, *"24 Teams and 63 lifters...an outstanding result! A big well done and thank you to all who supported The Andy Goddard Memorial event, and congratulations all on your World Rankings!!"*

I was so glad to see so many countries represented in this World Postal Championships. It gives great credence to the IAWA being a World organization. I want to thank all lifters who participated from England, the United States, Australia, Scotland, Ireland, and Wales. Your support is what keeps these events occurring.

### **Top 10 Teams Rankings:**

1. Burton Powerhouse, England 1 1137.1
2. Granby Grippers, England 1080.7
3. Burton Powerhouse 2, England 1039.7
4. Team Northern Ireland, Ireland 977.8
5. Burton Powerhouse 3, England 963.2
6. Twyford Celts, Wales 891.0
7. Dino Gym, USA 885.1
8. Shut up and Lift, Scotland 881.3
9. Burton Powerhouse 4, England 880.7
10. Kansas City, USA 861.6

### **Top 10 Individuals Rankings:**

1. Steve Sherwood 427.7
2. Pete Tryner 402.5
3. Ruth Jackson 374.8
4. James Gardner 373.7
5. Steve Andrews 373.5
6. Phil Crisp 373.5
7. Stevie Shanks 371.6
8. Al Myers 364.4
9. Max Ell 363.9
10. Roy McLean 363.4

FULL MEET RESULTS (PDF) – [2016-world-postal](#)

## SUSAN MAKES THE CENTURY CLUB!

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September 21, 2016 Al Myers Edit Post

by Al Myers



Susan Sees competing in the 2012 USAWA National Championships in Las Vegas.

I have just updated the USAWA Record List from this summers competitions and there's BIG NEWS – Susan Sees has just joined the Century Club! The Century Club recognizes lifters who

hold over 100 USAWA records. In the Women's Century Club there are only FOUR lifters who have this honor – 1. Noi Phumchona (260), 2. Ruth Jackson (258), 3. Mary McConnaughey (146), and now Susan at 105 USAWA Records. Our USAWA Record goes way back to the first competition held under USAWA sanction close to 30 years ago. There have been a lot of great women lifters in the USAWA, but this group is the elite record setters.

Congrats Susan! I know you have worked hard to achieve this and the entire organization is proud of you.

## **NEW OFFICIAL – ROCKY MORRISON**

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September 22, 2016 Al Myers Edit Post

by Al Myers

I always like it when we get a new certified official in the USAWA. Rocky Morrison of Frank's Barbell Club just passed the certification process and is now an active Level 1 official. Rocky completed this entire process in under 1 month! We have been criticized by some saying our officials certification is too difficult and thus discouraging new officials. But Rocky has proved this NOT TO BE THE CASE as he completed the entire thing in under 30 days.

Now for a brief review on the officials certification process. First you take an open book test covering the rules in the Rule Book. All questions have answers that can be found in the Rule Book. You must score over 90% to pass. The USAWA Official's Director Joe Garcia grades the test and the test must be sent to him. This is step one. You can retake it as many times as needed. Once you pass Joe lets me know and I list you as an USAWA Official in Training.

Step two involves successfully completing 3 training sessions at a sanctioned USAWA event. You must have a Level 2 official "sign off" that you were competent completing the session. A form is available on the website that must be completed fully and signed. You may have a different Level 2 Official for each session if you want – or have the same one for all 3 sessions. When completed send this form to Joe for verification and when it's approved he lets me know and I list you on the website as a Level 1 official! That's it!

Again – big congrats to Rocky for becoming a Certified Official in the USAWA!!!!

## **MORE ON THE CENTURY CLUB**

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September 22, 2016 Al Myers Edit Post

by Al Myers

After updating the Century Club this week I want to reflect on it some. The Century Club is the elite club of record holders in the USAWA – for those who hold over 100 USAWA Records. I started this several years ago to showcase the super lifting talent in our organization.

I get very excited when the Century Club gets a new member, like this time with the addition of Susan Sees. As you look down the list you see a line up of current USAWA Hall of Famers and future Hall of Famers. Some of the lifters competed many years before while some are still very active lifters today. A handful have competed during the entire reign of the USAWA – lifters like Denny Habecker, Art Montini, Frank Ciavattone, Joe Garcia, John McKean, Bill Clark, and Dennis Mitchell.

I keep a list of their numbers from the previous count so you can tell who is currently the most active. These lifters have increased their record count the most since the previous count:

1. Dean Ross +28
2. Frank Ciavattone +12
3. LaVerne Myers +9
4. Bill Clark +8
5. Al Myers +7

Dean Ross has been on “feeding frenzy” these past couple of years setting and breaking new USAWA records. Every list he jumps a lifter or two. He now sits in the number 6th spot. Dean has accomplished this by competing EVERYWHERE and OFTEN across the country at practically every USAWA event. If you don’t know Dean Ross and you’re in the USAWA you must be hiding under a rock.

Our Prez Denny Habecker still leads the list with 542 USAWA Records. He has a commanding lead and is the only lifter over 500. At one time I thought 500 records was unrealistic for anyone to reach. But again – Denny has always been extremely active in the USAWA, and the more competitions you attend the more record opportunities you get. Who knows – Denny may reach 1000 before he’s done!

A few superstars of the past stay constant in their numbers. Anyone who break’s a Bob Hirsh, John Monk, Chris Waterman, or a Ed Schock record is really accomplishing something. Those guys set their records high.

Now who’s gonna be next to make the Century Club? I have always been pretty good at predicting this. There are several lifter’s getting pretty close. My bet is on Dave Glasgow (now at 96) and Jeff Ciavattone (at 86) to be the first to get there. An outside bet would go to Joe Ciavattone Jr. (at 82) and Eric Todd (at 83). Two lifters who have reemerged in the USAWA this

past year have chances if they keep after competitions – Abe Smith (at 91) and Barry Pensyl (82).

There's one lifter who will make it but it will take him a year. That is Randy Smith. Randy now stands at 99 USAWA Records! Randy has earned his records the hardest way possible by only setting them at the USAWA National Championships which has been the only yearly USAWA competition Randy has been doing lately. This says a lot about Randy as only the main core lifts are contested at Nationals so he's not picking up easy obscure lift records at record day meets. He's getting his records on the BIG STAGE.

But with all this excitement there is one thing that makes me a little sad about the Century Club. That is when lifters fall out of it. The late Mike "Murdo" Murdock is standing now at 101 (down 3) and probably will be off the list by next count. Several others have been (or would have been if the Century Club was started sooner) but are not on it now because they have died. I really feel there should be a honorary designation for these past great lifters. I can think of several here – John Vernacchio, Rex Monahan, and Joe McCoy. This is something Dean Ross proposed to me and I agree with him on it. I would like a little support from the organization on this idea. If I get 5 lifters telling me it's a good idea I'll make it happen!

## MEETING TIME

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October 1, 2016 Al Myers Edit Post

by Al Myers

The IAWA World Championships is fast approaching – hard to believe it's only a week away. Part of the Championships weekend's festivities includes the IAWA Annual General Meeting. The IAWA has only one meeting per year and it's always part of the World Championships to give the best opportunity to attend.

Meet Director Denny Habecker has set the time and place for the AGM of the IAWA. It will be held Friday night, October 7th, at 7:00 PM. The meeting will be held at the meet venue:

**New York Fitness**  
**1139 Quentin Road**  
**Lebanon Plaza Mall**  
**Lebanon, PA 17042**

If you are interested in being involved in the politics and policies of the IAWA you should attend this meeting. As President I have developed an agenda for the meeting.

## **2016 IAWA Annual General Meeting Agenda**

1. Meeting called to order with Roll Call
2. Reading of the 2015 IAWA minutes by IAWA General Secretary Frank Allen
3. Report on the World Postal Championships by promoter Steve Gardner
4. Report on upcoming 2016 Gold Cup – Abilene, KS
5. Report from the IAWA Technical Committee by chairman Dennis Mitchell
6. Report on 2017 Worlds – Perth, Australia by Peter Phillips
7. Report on the 2017 Gold Cup – Glasgow by George Dick
8. New Business
9. Election of Officers
10. Submit Bids for 2019 Worlds and Gold Cup
11. Words from 2016 World Meet Promoter – Denny Habecker
12. Meeting Adjourned

## **PLYMOUTH ROCK RD**

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[October 4, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT**

#### **PLYMOUTH ROCK RECORD DAY**

Frank Ciavattone, owner and Club President of Frank's Barbell Club, has sanctioned a meet at his gym on November 12th, 2016. Most lifts can be contested for USAWA/IAWA records, but to be sure I recommend you contact Frank beforehand. Below is the contact information for Frank:

Frank's Barbell Club  
204 East Street  
East Walpole, MA 02032  
Phone: (508)-668-5200

There is no entry form for this record day. Contact Frank directly for further details.

## **WORLD CHAMPIONSHIPS**

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[October 12, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## 2016 IAWA World Championships



Group picture from the 2016 IAWA World Championships.

I just returned from another outstanding IAWA World Championships in Lebanon, PA. The meet was promoted by Denny and Judy Habecker. Denny and Judy are VERY experienced meet promoters and like always, promoted a tremendous competition. They go beyond just putting on a great meet – they provide generous hospitality and treat the lifters like family.

Worlds this year was represented by the USA, England, Scotland, Australia, and Finland. Year after year the IAWA gets lifters from overseas regardless where the World Championships are held. Australia was represented by Peter Phillips and Finland by Timo Lauttamus. Both these guys represented their countries well, with both winning world championships in their age and bodyweight classes. Peter placed fifth overall and Timo placed 2nd overall. Timo had a couple of HUGE lifts: a 211 kg 2" 2" bar vertical bar lift and a 227.5 kg Ciavattone Deadlift. George Dick represented Scotland, and England was represented by Peter Tryner, Graham Saxton, Steve Gardner, and Karen Gardner.

The overall Womens Champion was Kim Lydon. She edged out Karen Gardner from England. Karen is an extremely talented and seasoned all-rounder. I have watched Karen lift many times and she appeared to me to lift more weight than anytime I remember. This was Kim's first time competing in the IAWA World Championships. If Kim keeps involved I expect this will be the first of many Overall Championships for her.





Peter Tryner, of England, being presented the World Championship Belt by meet director Denny Habecker and meet announcer Steve Gardner.

The overall Men's Champion was Pete Tryner of England. Pete came in well prepared for this World Championships and lifted superbly. Pete is a class-act individual – and as well as being a gifted lifter he represents himself well on the platform. I like to see “good guys” like Pete being crowned as our Overall Best Lifter at Worlds as he will represent the organization well. For this great accomplishment Pete was awarded the Championship Belt which is a travelling belt that Pete will get to hold for the upcoming year.



A wonderful banquet was held after the World Championships!

There was so much great lifting at this meet that if I was going to go into detail it would be more than anyone would want to read so I will let the below meet results speak for themselves. After the meet we had a very nice banquet and awards ceremony which gave a nice ending to a great weekend of lifting.

### **MEET RESULTS:**

2016 IAWA World Championships

New York Fitness

October 8th and 9th, 2016

Meet Director: Denny and Judy Habecker

Meet Announcers: Steve Gardner and Al Myers

Meet Scorekeepers: Judy Habecker and Rocky Morrison

Meet Loaders: John Horn, Terry Barlet, Barry Bryan, Barry Pensyl, Dean Ross

Meet Officials: George Dick, Graham Saxton, Frank Ciavattone, Scott Schmidt, LaVerne Myers, Denny Habecker, Dennis Mitchell

Lifts: Continental Clean, Pullover and Push, 2 hands 2" Vertical Bar Lift, Alternate Grip Clean and Press, One Hand Clean and Jerk, Ciavattone Deadlift

### WOMENS DIVISION

Lifter	Age	BWT	CC	PP	VB	CP	1CJ	DL	TOT	PTS
Kim Lydon USA	20	69.7	52.5	60	75	40	25L	100	362.5	491.3
Karen Gardner England	57	76.2	45	45	90	27.5	20R	95	322.5	482.2

Extra attempts for record:

Karen Gardner 2" 2 Bar Vertical Bar Lift 95KG

Karen Gardner RH Clean and Jerk 23KG

### MENS DIVISION

Lifter	Age	BWT	CC	PP	VB	CP	1CJ	DL	TOT	PTS
Pete Tryner England	44	86.5	127.5	145	170	80	55R	190	767.5	749.9
Timo Luttamus Finland	37	93.4	110	105	210	70	52.5R	227.5	775	681.4
Al Myers USA	50	101.8	100	115	150	55	50R	185	655	610.1
Denny Habecker USA	74	87.0	60	95	105	52.5	30R	120	462.5	609.4
Peter Phillips Australia	62	101.5	70	90	120	50	40R	160	530	547.9
Graham Saxton England	54	120.6	90	122.5	120	52.5	50R	157.5	592.5	524.3
LaVerne Myers USA	72	106.5	65	60	150	20	20L	140	455	522.0
Dean Ross USA	73	113.3	60	80	110	40	25R	130	445	501.7
Scott Schmidt USA	63	105.2	70	80	120	55	25R	130	480	490.9
Art Montini USA	88	77.3	30	50	60	15	10R	90	255	430.5
Mark Raymond USA	53	106.5	65	60	145	50	15L	125	460	429.7
George Dick Scotland	67	144.2	57.5	65	115	42.5	30R	150	460	422.5
Aidan Habecker USA	13	58.0	42.5	35	90	22.5	17.5R	75	282.5	420.9
Dennis Mitchell USA	84	66.6	32.5	35	50	12.5	12.5R	80	222.5	394.9
Rocky Morrison USA	54	129.2	45	45	100	45	20L	140	395	338.0
Steve Gardner England	59	167.0	47.5	60	100	30	25R	100	362.5	304.6
Tony Patterson USA	54	79.8	0	0	125	0	0	145	270	298.9
Frank Ciavattone USA	61	135.0	0	0	115	0	0	188	302.5	268.9

Extra attempts for record:

Timo Luttamus 2" 2 bar Vertical Lift 211KG

George Dick RH Clean and Jerk 30.5KG

George Dick Ciavattone DL 151KG

Denny Habecker Pullover and Push 96KG

Aidan Habecker 2" 2 Bar Vertical Bar Lift 95KG

Dennis Mitchell Alternate Grip Clean and Press 15KG

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

Title Results from the 2016 World Championships

Aiden Habecker – Junior 60 k Champion

Kim Lydon – ladies 70 k Champion

Karen Gardner – ladies 80 k Champion

Dennis Mitchell – Masters 80+ 70 k Champion

Art Montini – Masters 85+ 80 k Champion

Denny Habecker – Masters 70+ 90 k Champion

Laverne Myers – Masters 70+ 110 k Champion

Dean Ross -Masters 70+ 115 k Champion

Rocky Morrison – Masters 50+ 125+ Champion

Steve Gardner – Masters 55+ 125+ Champion

Tony Patterson – Masters 50+ 80 k Champion

Peter Tryner – Masters 40+ 85 k Champion

Timo Luttamus – Open 95 k Champion

Al Myers – Masters 50+ 105 k Champion

Peter Phillips – Masters 60+ 105 k Champion

Scott Schmidt – Masters 60+ 110 k Champion

Mark Raymond – Masters 50+ 110 k Champion

Graham Saxton – Masters 50+ 125 k Champion

Frank Ciavattone – Masters 60+ 125+ Champion

George Dick – Masters 65+ 125+ Champion

Best Lifter Awards

Junior – Aiden Habecker

Female Open – Kim Lydon

Female Master – Karen Gardner

M 40+ – Peter Tryner  
M 50+ – Al Myers  
M 55+ – Steve Gardner  
M 60+ – Peter Phillips  
M 65+ – George Dick  
M 70+ – Denny Habecker  
M 80+ – Dennis Mitchell  
M 85+ – Art Montini

#### Overall Men's Best Lifter Rankings

1st – Peter Tryner  
2nd – Timo Luttamus  
3rd – Al Myers  
4th – Denny Habecker  
5th – Peter Phillips

## IAWA MINUTES

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[October 17, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers, IAWA President

### **2016 IAWA Annual Meeting Minutes**

The IAWA annual meeting was called to order at 7:30 PM at New York Fitness in Lebanon, PA on Friday, October 7th. Roll call was taken and these members were attendance: Al Myers, Graham Saxton, Denny Habecker, Karen Gardner, George Dick, LaVerne Myers, Frank Ciavattone, Rocky Morrison, Art Montini, Dennis Mitchell, Timo Luttamus, Kim Lydon, Peter Phillips, Steve Gardner, Dean Ross, and Mark Raymond. Roll call of the IAWA Vice Presidents was taken and these VP's were not in attendance: Chad Ullom (US), Robin Lukosis (Australia), Cliff Harvey (New Zealand), and Jose Jara (Spain).

The first agenda item was reading of the 2015 IAWA minutes. IAWA General Secretary Frank Allen was not in attendance and had not delegated anyone to give the minutes on his behalf, thus no minutes were read.

The second agenda item was a report on the World Postal Championships by promoter Steve Gardner. Steve reported over 60 lifters competed representing 5 countries and felt the Postal Championships was very successful. Denny moved to accept the report, with a second by Dean, and it passed unanimously.

The next report was given by myself, on the upcoming Gold Cup held in Abilene, Kansas. I reported that plans are coming along according to schedule and that close to 20 competitors were entered. Dean moved to accept report, with a second by LaVerne, and it passed unanimously.

Next up was the report from the IAWA Technical Committee Chairman Dennis Mitchell. Dennis informed the membership that a new lift was being proposed, called the Reg Park Bench Press (2-barbell bench press). The membership had many questions regarding the rules of the lift. A prior written rule was written and approved by the USAWA, but Dennis did not have that with him. I had brought copies of the rules for the Reg Park Bench Press and passed them amongst the membership at this point which answered all of the questions. Dennis said that this lift had passed the Technical Committee review. However, at this point Technical Committee members Steve Gardner and Peter Phillips replied that they had not been informed of this new lift being proposed. Technical Committee member Denny Habecker remarked that he was not in favor of it because this lift would require 4 spotters for a proper handoff and could not be easily done in a competition. At this point I declared to the membership that the whole purpose of the Technical Committee was to prior evaluate and vote on a new proposed lift before the meeting, and in this case this was not done properly. I then dropped this from the agenda and no vote was taken by the membership.

Next up was a report on the 2017 IAWA World Championships, held in Perth Australia. Peter Phillips reported that plans are underway, with the tentative date set for September 30th-October 1st. Lifts proposed were: Day 1 – Cheat Curl, 1 Hand DB Snatch, 1 hand Vertical Bar Lift, and Feet in the air bench press. Day 2- 2" bar Clean and Press, 1 hand Hack Lift, and 2" Bar Straddle Lift. Peter said more details will follow later. Dean moved to accept report, with a second by Rocky, and it passed unanimously.

A report by the 2017 Gold Cup promoter George Dick was given next. George reported that the Gold Cup would be held in Glasgow, Scotland on November 4th in their new gym facility. Dean moved to accept with a second by Denny, and it passed unanimously.

There was no old or new business.

Elections of new officers was up next. Elections in the IAWA happen every 4 years. A call to the membership was made if anyone wanted to run for any position. There were no takers. A call was then made to the current officers if they wanted to run for another term. Agreement to stand for their current positions was made by those officers present. Dean moved to retain the current officers of the IAWA for another term. A second was made by LaVerne and it passed unanimously.

Next agenda item was accepting bids for future IAWA Worlds and the Gold Cup. The IAWA schedule is booked up through 2018, so bids would have to be for 2019. I explained that I thought that 3 years in advance was a little too long as lots of things can change between the time putting in the bid and the actual competition. No official bids were made but Frank Ciavattone expressed interest in the 2019 Worlds and George Dick for the 2019 Gold Cups.

2016 World meet promoter Denny Habecker then gave some notifications as applied to the weekend's competition and the banquet.

At this time all agenda items had been covered, so Dean moved to adjourn. Frank made a second and it passed unanimously. The meeting ended at 8:30 PM.

## ART'S BIRTHDAY BASH

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October 18, 2016 Al Myers Edit Post

by John McKean

### MEET RESULTS – ART'S BIRTHDAY BASH “ART'S INTERNATIONAL”

On probably the most beautiful morning this Fall, we gathered to celebrate Art Montini's 89th birthday. As it turned out, we were also celebrating Scotland's George Dick's birthday THAT DAY, along with a host of lifters from around the world -we had 22 lifters going for records from the U.S., Great Britain, Scotland, Finland, Australia, and Kentucky (technically a US state, but we rarely admit it!).

We had a host of new lifters, the youngest and lightest being the very impressive Jackson LaPointe. Jackson displayed amazing form on swings, cleans, and deadlifts, being well coached by his famous “Atomic Athletic” dad, Roger, who also competed. Another whole team of teens came over from Zanesville, Ohio, coached by personable Don Graham, a long time powerlifter. Gees, this clean cut group of guys were strong! But I almost overlooked their 20 year teammate, a young lady who was the typical all-American looking farm girl, easy to mistake as one of the guys' girlfriend, rather than a lifter! But, dang, she almost outlifted the guys, posting a 405# Anderson squat, and one arm deadlift of 225, at 142 bwt !

Of course Dean Ross was up with the chickens, driving in from Oklahoma, doing his lifts along with other early birds, Art & me, then leaving after an energetic record setting spree to instantly drive cross country back home! Art wanted to celebrate his disrespect for the aging process by giving the finger 5 times, via ring, index, and middle digits hefting record weights. Soon after, Stephen Santangelo, my ole buddy from Kentucky, showed up to do this annual “workout” with

me. Stephen is always very creative, and had made his very own, up to specs, “Inch Dumbbell” to perform a few records!

I’d been a bit upset that I hadn’t been able to attend and see some of our truly great foreign All-Rounders at the World’s the week earlier, but apparently Denny Habecker kidnapped them all, locked them in his basement all week, and drove them to Ambridge for the meet!! Of course, Australian iron man, Peter Phillips had already arrived to add class & international flare for the meet, but out of Denny’s vehicle popped Steve and Karen Gardner, George Dick and his lovely wife, along with Finland’s grip superman, Timo Luttamus and his beautiful girlfriend! Must have been the biggest INTERNATIONAL contest ever sponsored in the Ambridge VFW Barbell Club’s 55 year history!

Scott Schmidt and his lovely, ever smiling wife came over from Cleveland, as did Dennis and Flossy Mitchell, these two wonderful families very rarely missing Art’s birthday festivities, and lifting superbly, as usual. Joining Scott and Denny during their time on the platform was a super strong local lady, Beth Bulebush, a very welcome newcomer who is already excited about lifting in the master’s division at the nearby Vermilion, Ohio 2017 Nationals. And Bob Geib drove 3 hours from Vermilion just to make a list of LIFTS that ALL our lifters would suggest, and to make the Nationals next year a really BALANCED group of events, for once!

Well, the group of internationals and Art (we’re not even sure he’s from this PLANET!) were so excited about the lifting, that they’ll all jump in Denny’s car Tuesday for a LONG drive and do it all over again at Al’s Gold Cup! Can’t beat the Autumn air for all-round enthusiasm !

### **Meet Results:**

Art’s INTERNATIONAL Birthday Bash

October 16th, 2016

Ambridge VFW Barbell Club

Ambridge, PA

Meet Director: Art Montini

Officials (3-official system used): Steve Gardner, Denny Habecker, Art Montini, Pete Phillips, Scott Schmidt, Dennis Mitchell, John McKean

Lifts: Record Day

**Jackson La Pointe age 9 29K bwt Class 30 k ,under 13**

right dumbbell swing 20 pounds

Ciavattone deadlift 96 pounds

continental clean 50 #  
right dumbbell clean & jerk 25.2  
trap bar deadlift 105#

**Dennis Mitchell age 84 148# bwt Class 70K 80+**

one hand deadlift left 136 1/4 #  
one hand deadlift right 136 1/4#  
2 dumbbell press 30#  
feet in air bench press 65#

**Roger LaPointe age 45 bwt 164# Class 45+, 75K**

right dumbbell swing 83#  
Fulton bar continental to chest 70K  
continental clean&jerk 90K  
Fulton bar hack lift 100K  
1 hand (r) barbell clean &jerk 88#

**Stephen R Santangelo age 64 bwt 164# Class 60+, 75K**

Inch dumbbell deadlift -R 113#  
Inch dumbbell deadlift -L 101#  
Hackenschmidt floor press 185#  
Fulton bar bench press 145#  
Rectangular Fix 85#

**John McKean age 70 bwt 164 1/4# Class 70+,75K**

Thumbless deadlift, alt hands grip 210# (also for international: thumbless deadlift, hands forward 190#)  
Deadlift heels together 250#  
Ciavattone deadlift 250#  
Fulton bar deadlift 235#  
Hackenschmidt Floor press 125#

**Art Montini (stone) age 89 bwt 171# class 85+ ,80K**

left ring finger 83# left middle finger 83#  
right index finger 38# right ring finger 83  
right middle finger 83#

**Don Graham age 62 bwt 187 class 60+ , 85K**

press from rack 160#  
Anderson press 185#



Cyr dumbbell press 80#  
Left Dumbbell snatch 60#  
right hand dumbbell snatch 75#

**Denny Habecker age 74 bwt 91K class 70+ ,95K**

reverse curl 65#  
2 dumbbells cheat curl 90#  
Left dumbbell press 50#  
right dumbbell press 60#  
right dumbbell cheat curl 50#

**Timo Lauttamus age 37 bwt 96.5K class 100K(Finland)**

straddle lift, little fingers 225#  
straddle lift, index fingers 295#  
straddle lift ,middle fingers 385#  
one hand(L) Ciavattone 294.5#  
one hand Fulton deadlift (LEFT HAND) 213#

**Peter R Phillips age 62 bwt 104K class 60+,105K(Australia)**

Deadlift, stiff leg 142.5K  
Bench Press,225#

**Scott Schmidt age 63 bwt 232 #, class 60+ , 110 K**

reverse curl 62.5K  
jerk behind neck (rack) 70K  
2hand vertical bar deadlift (2"bars) 132.5K

**Dean Ross age 73 bwt 253# class 70+,115K**

2 dumbbells deadlift 220#  
right dumbbell deadlift 110#  
left dumbbell deadlift 110#  
stiff leg deadlift 255#  
roman chair bench press 65#

**Bob Geib age 73 bwt 273 class 70+ ,125K**

right dumbbell swing 20K  
stiff leg deadlift 70K

**Beth Bulebush age 48 bwt 283#, class female,45+, 130K**

good morning 115#

Fulton bench press 103#  
standing press from rack 75#  
seated press from rack 80#  
pinch grip lift(2 hand) 80#

**Steve Gardner age 59 bwt 148.5 K class 55+, 150 K (England)**

left index finger lift 163#  
right index finger lift 163#  
2" bar straddle lift 100kg  
index fingers Deadlift 90 kilos

**Karen Gardner 78.5 kilos and 57yrs**

2" bar Straddle 80 kilos  
right hand middle finger lift 37.6 kilos

**George Dick 138.4 kilos and 68 yrs**

left hand 2" Vertical 58.5 kilos  
right hand 2" Vertical 58.5 kilos  
2×2" Vertical bars with 127 kilos  
right hand middle finger and right hand index finger both with 40 kilos  
hand and thigh lift with 195 kilos  
one inch Vertical bar lift with 47.8 kilos with both left and right hand

## **ALL-ROUND WEIGHTLIFTING'S GREATEST LIFTERS**

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October 24, 2016 Al Myers Edit Post

By Dan Wagman and Ruth Jackson

From our perspective there are many aspects of all-round weightlifting that make it the greatest strength sport. But at the top of our list is the fact that your strength is challenged in 182 different lifts (USAWA Rulebook, 9<sup>th</sup> Ed.; but actually 218 lifts if you count right and left arm for one-armed lifts, 10 different fingers for finger lifts, and front and rear weaver). In addition, human physiology is such that it is nearly impossible to excel at all feats of strength equally. Fact is, we have been humbled by how challenging it is to perform well in certain lifts that present personal challenges. This humbling experience is something that many, if not most, strength athletes are unwilling to expose themselves to as they would rather stick to the lifts they can impress in.

With that said, we thought it would be interesting to see who the top men and women lifters are in USAWA—if not all of American strength sport. We determined this by only looking at how many different lifts a lifter holds a record in. We referred to the September, 2016 USAWA Record List for this.

## **TOP 5 GREATEST ALL-ROUNDERS**

Regardless of age or gender, or even time-in-sport, all-round weightlifting's overall top performer is **Al Myers** with records in 152 different lifts. **Denny Habecker** comes in second with 141 lifts and **Dean Ross** rounds out the top three with 132 lifts. Only two lifts behind Dean is **Ruth Jackson** with 130 different lift records for the overall fourth place ranking while **Art Montini's** 128 different lift records completes the overall top five greatest all-round weightlifters.

## **TOP 10 BY GENDER**

### **Women**

<b><u>Rank</u></b>	<b><u>Name</u></b>	<b><u>Lifts</u></b>
1	Jackson, Ruth	130
2	McConnaughey, Mary	66
3	Phumchaona, Noi	57
4	Fritz, Misty	41
5	Myers, Molly	37
6	Ollennuking, Amorkor	36
7	Gordon, Emily	34
8	Hall, Rita and Sees, Susan	33
9	Monk, Elizabeth	31
10	Jobe, Gabby and Schmidt, Kathy	27

### **Men**

<b><u>Rank</u></b>	<b><u>Name</u></b>	<b><u>Lifts</u></b>
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1	Myers, Al	152
2	Habecker, Denny	141
3	Ross, Dean	132
4	Montini, Art	128
5	Ullom, Chad	122
6	McKean, John	105
7	Garcia, Joe	104
8	Mitchell, Dennis	94
9	Emslie, David	80
10	Glasgow, Dave and Myers, LaVerne	77

Please note that determining these rankings took a huge amount of counting, deletion of multiple records for the same lift, sorting, etc. To give you a sense of this, just for the top 10 men there were over 3,300 initial line items of records. After removal of multiple records for the same lift the line items were reduced to a bit over 1,000. If there are any errors we apologize and would appreciate notification so that corrections can be made.

Clearly, no strength sport is as challenging as all-round weightlifting. If you are in need of motivation, have another look at the incredible depth of strength feats these lifters have accomplished, chalk up, pile on the plates, and challenge yourself in ways most dare not.

## 3RD QUARTER POSTAL

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[October 25, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### MEET RESULTS – 3rd Quarter Postal Meet

Meet Director: Denny Habecker

Dates: July 1st – September 30th

Lifts: Clean and Press – Alternate Grip, Clean and Jerk – One Arm, Deadlift – Ciavattone Grip

Lifters using the 3-official system:

Dan Wagman – Officials RJ Jackson & Jarrod Fobes

Mark Raymond – Officials Frank Ciavattone & Rocky Morrison

Kimberlyn Lydon – Officials Frank Ciavattone & Rocky Morrison

Lifters using the 1-official system:

Al Myers – Official LaVerne Myers

Eric Todd – Official Denny Habecker

Rocky Morrison – Official Frank Ciavattone

Dean Ross – Official Denny Habecker

LaVerne Myers – Official Al Myers

Lance Foster – Official Eric Todd

Aidan Habecker – Official Denny Habecker

RJ Jackson – Official Jarrod Fobes

Crystal Diggs – Official RJ Jackson

Lifters using a non-certified judge:

Denny Habecker

David Fisher

Lynda Burns

## **WOMENS DIVISION**

Lifter	Age	BW	T	C	PC	J	DL	TOT	PTS
RJ Jackson	54	105	65	55R	190	310	498.3		
Kim Lydon	25	150	88	67R	209	364	387.7		
Lynda Burns	41	203	65	45L	190	300	270.9		
Crystal Diggs	29	164	45	25	45	115	115.7		

## **MENS DIVISION**

Lifter	Age	BW	T	C	PC	J	DL	TOT	PTS
Dan Wagman	OP	182	191	112L	425	728	685.1		
Al Myers	50	227	120	110R	407	637	590.0		
Eric Todd	41	259	200	100R	335	665	528.9		
Rocky Morrison	54	292	134	76L	380	590	498.9		
Denny Habecker	74	189	99	55R	242	396	493.4		
Dean Ross	73	253	85	0	295	380	401.4		
Mark Raymond	53	237	122	66R	242	430	399.7		
LaVerne Myers	72	234	75	45L	242	362	395.3		
Lance Foster	50	338	100	45R	295	440	342.3		
Aidan Habecker	13	128	44	33R	143	220	323.6		
David Fisher	41	218	100	50L	200	350	304.2		

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

## FRANK'S RECORD DAY

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[October 28, 2016](#) [Al Myers](#) [Edit Post](#)

Frank's Record Day 9/27/2016.

We had another good team meet at Frank's Barbell Club. Officials for the meet were Jeff Ciavattone, Joe Ciavattone, Frank Ciavattone, and official in training Rocky Morrison.

Kim Lydon continued her impressive lifting.

### **Kim Lydon – Open – 70 Kg. Class**

Ciavattone Deadlift	226lbs – 102.5kgs
LH Ciavattone Deadlift	123.5lbs – 56kgs

Tony Patterson showed off his arm strength again.

### **Tony Patterson – 50+ (and Open) – 80 Kg. Class**

Barbell Curl – Strict	135lbs – 61.2kgs
RH Vertical Bar – 2" bar	200lbs – 90.7kgs

Mark Raymond impressed us with his grip strength.

### **Mark Raymond – 50+ – 110 Kg. Class**

LH Vertical Bar – 2" bar	178lbs – 80.7kgs
RH Vertical Bar – 2" bar	178lbs – 80.7kgs

David Gago was a rookie and showed he has some impressive strength.

### **David Gago – 55+ – 70 Kg. Class**

Barbell Curl – Strict	95lbs – 43.1kgs
LH Dumbell Cheat Curl	40lbs – 18.1kgs
RH Dumbell Cheat Curl	40lbs – 18.1kgs
Hip Lift	700lbs – 317.5kgs

Frank Ciavattone continues to amaze us all. He is the best coach and very strong...

## **Frank Ciavattone Jr. – 60+ – 125+ Kg. Class**

LH Ciavattone Deadlift	243lbs –110.2kgs
RH Ciavattone Deadlift	277.5lbs –125.9kgs

It was a great job by everyone that participated and supported the lifters.

## **GOLD CUP**

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October 28, 2016 Al Myers Edit Post

By Al Myers



Group picture from the 2016 IAWA Gold Cup in Abilene, KS.

I was honored to be able to promote the IAWA Gold Cup this year. The Gold Cup has had a prestigious past, with many great meet promoters putting on top notch shows. These past promoters set the bar high for me! I felt everything went very well. There was lots of great

lifting and many new IAWA World Records set. Right now I feel a sense of relief that the meet is over and it was a success!

We had one Junior Lifter, my daughter Molly Myers. Molly started the event with a tremendous back squat of 110 KGS. She did this lift without knee wraps and a belt (she forgot her belt!). One thing that makes the Gold Cup very special is that it is a true World event every year. Peter Phillips made the trip from Perth, Australia to do a 155KG Thumbless Grip Deadlift. Timo Lauttamus represented Finland and performed an amazing 100KG Little Finger Hacklift. Steve Gardner from England started the meet off with a 80KG Middle Fingers Straddle. Karen Gardner from England continues to show her many all round lifting skills by lifting 32.5KG in the Hands Together Bench Press. George Dick from Scotland always keeps the crowd entertained, and in the process set a new World Record with a 45KG Dumbbell & Barbell Anyhow. A couple of other lifters that really stood out included Eric Todd with a 60KG Lying Lateral Raise and 89 year old Art Montini with a 80 KG Deadlift.



Timo Lauttamus and his outstanding Little Fingers Deadlift of 100 KG.

For the past several years an outstanding Best Lifter of the Gold Cup has been awarded. The award is named the Howard Prechtel Memorial Award, in honor of Howard Prechtel for starting the Gold Cup many years ago. This year's winner was Timo Lauttamus with his outstanding Little Fingers Hack. Second Place went to LaVerne Myers, and third place went to Peter Phillips.





Winner of the Howard Prechtel Award was Timo Lauttamus (center). Peter Phillips from Australia was third (left) and LaVerne Myers was second (right).

I have many people who I need to thank for helping me throughout the weekend. First up is my dad LaVerne. He served as co-promoter for the Gold Cup and really helped coordinating the meet venue and hosting several lifters at his home. My wife Leslie catered the meal herself, and did an excellent job. I may be biased but I felt the banquet meal was one of the best ever! I especially want to thank the crew that helped with loading and setup – Brad Wehling, Jason Lahr, and Kyle Jones. I couldn't believe we did the meet set up in only an hour. Steve Gardner was brilliant on the microphone all day as well as doing all the scorekeeping. My buddies Chad and Thom helped so much as well. Lastly, I can't say enough about all the help I got from Peter Phillips. Peter was spending the week with me and I put him to work! Peter helped me get all the equipment ready and loaded the day before, helped with set up and tear down, officiated all day, and then helped me unload everything once I got it back home. He was my right-hand man! I especially want to thank all the lifters that took part in this event.

This day was a great day in the history of the IAWA.

### **Meet Results:**

2016 IAWA Gold Cup  
Abilene Civic Center  
Abilene, KS, USA  
October 22nd, 2016

Meet Promoters: Al Myers and LaVerne Myers

Announcer and Scorekeeper: Steve Gardner

Officials (3-official system used): George Dick, Peter Phillips, Denny Habecker, Dennis Mitchell, Chad Ullom, LaVerne Myers, Al Myers, Thom Van Vleck

Loaders: Chad Ullom, Al Myers, Jason Lahr, Dean Ross, Molly Myers

Results (PDF) – [iawa-gold-cup](#)

## GOLD CUP 2016: MY TAKE

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October 31, 2016 [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck



Thom Van Vleck inducts Chad Ullom and Al Myers into the Hall of Fame at the awards banquet for the 2016 Gold Cup.

I was recently honored to be asked to help out at the the 2016 Gold Cup. To be honest the main reason for me to be there was to induct my friends Al Myers and Chad Ullom into the Hall of Fame. An honor they both deserved and I hope I did them justice with their induction speech. They are very deserving.

I helped out with the set up, take down, and other logistics of running the meet. It was held in the old Union Pacific train depot in downtown Abilene, Kansas. A very historic city and a great place to hold a meet. The location was perfect, the meet was well run, and I don't think you could ask for a better set up for some great lifting. Al Myers was the Meet Director and he did a great job and had lots of help. Steve Gardner announced and he is very smooth on the microphone and his knowledge of the lifts makes him the right man for the job.

I also had the privilege of judging most of the meet. I am a level 2 judge and I have judged at some big meets over the years for the USAWA and IAWA. I take it very seriously. Judging

also gives me a front seat to all the action (plus I don't have to load....I've done my fair share of that,too!).

All in all, another great meet. While Al did a great job this was like every other USAWA meet I've ever been a part of. Everyone chips in to make it happen! Great job to all!

## PROTOCOL FOR MEET RESULTS

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November 1, 2016 Al Myers Edit Post

By Al Myers

There has always been some inconsistencies in how meet results have been turned in to me. Usually this is not a big problem as if I have questions I will send emails or make phone calls to get the answers. However if some pertinent information that is required is missing – lifts may not be eligible for records as this information is needed for the record list. So what I'm saying today is important!

Simply put – this is the format I would like to see all meet results submitted to me to follow:

### **MEET RESULTS:**

Name of Meet

Location of Meet

Date of Meet

Meet Director: "Name"

Meet Announcer/Scorekeeper: "Name"

Meet Officials: "first state whether the 1-official or 3-official was used, and list names of all officials. Only list certified USAWA officials."

Lifts: "list events in order they occurred and use the OFFICIAL USAWA name for the lifts as stated in the USAWA Rulebook."

### **WOMENS DIVISION**

Lifter Age BWT Lift1 Lift2 TOT PTS

### **MENS DIVISION**

Lifter Age BWT Lift1 Lift2 TOT PTS

TOT is total pounds or kilograms lifted. PTS are overall adjusted points corrected for age and bodyweight adjustments.

Other information that is very important and needs to be included with meet results:

- Lifters names spelled correctly in meet results
- For record days make sure to identify lifters as male or female
- Make clear whether the lifts were recorded in pounds or kilograms
- If a lift is a one arm lift, make sure to state right or left arm used
- Only submit results for lifters that are USAWA members! Submitting results for non-members may result in meet sanction being revoked
- Age must be declared in years. Do not submit age group only.
- Bodyweight must be submitted in pounds or kilograms. Do not submit bodyweight class only.
- Always list lifts with official USAWA name as specified in Rulebook

I've made a PDF of these guidelines for meet promoters to print off – [meet-result-protocols](#)

I've also included this meet result protocol page under the section “forms and applications” for easy reference.

\*\*\* PLEASE SEND IN MEET RESULTS IMMEDIATELY AFTER AN EVENT\*\*\*

I should receive meet results the following week after a weekend competition. After that it is “old news” and appears to me that the meet results must not be that news worthy and/or important to the promoter. I'm very busy myself yet I always get the results on the website within a couple of days of receiving them, so that's not an excuse to me.

\*\*\* PLEASE DOUBLE CHECK THE MEET RESULTS FOR ACCURACY\*\*\*

Turning in accurate meet results is the responsibility of the promoter. To many times errors are found after the meet results have been published. This creates additional work for me to edit these mistakes after the meet results are on the website.

## SANCTION PROTOCOL

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November 2, 2016 Al Myers Edit Post

by Al Myers

I have been getting some sanction requests as of recent where the proper protocol of sanctioning meets has not been followed. Nothing that has been a major problem – but I want to take time today to OUTLINE the proper procedures in applying for a meet sanction. I am bound by the USAWA Rules and Bylaws to grant USAWA meet sanctions according to certain guidelines, which must be followed. The following are the most important stipulations from the USAWA Rulebook and the USAWA Bylaws:

### ***VIII. The Competition***

- 3. To be an official sanctioned USAWA event, an application for meet sanction must be completed and returned with the sanction fee to the USAWA Secretary for approval by the executive board.*
- 4. All sanction requests must be sent in for approval at least 30 days prior to the scheduled event.*
- 5. All sanctioned competitions must have a Meet Director. A single person or multiple people may be assigned the Meet Director. This position is stated on the sanction application. The Meet Director will be the contact for the USAWA Secretary.*
- 8. The Meet Director is responsible for verifying that all competitors are current USAWA members, and must submit new member applications along with the membership dues to the USAWA secretary.*
- 11. The Meet Director will select the lifts for the meet as outlined in the sanction application. The lifts may be official lifts of the USAWA or exhibition lifts. Exhibition lifts are not eligible for records, but may be used in scoring for the competition.*

### ***BYLAW ARTICLE 18 – SANCTIONS***

- A. All USAWA Competitions and/or events must be sanctioned.*
- B. The sanction fee is \$30 and must be sent to the Secretary/Treasurer for approval.*
- C. The sanction request form must be completely filled out and signed by the contact individual for the competition/event.*
- D. Sanctioned USAWA competitions and/or events must not be sanctioned with any other organization (with the exception of the IAWA). Violation of this will result in loss of USAWA sanction.*

It is very important that when a sanction form is sent to me for approval, that ALL the necessary information be present. This is the checklist:

- Sanction Form filled out, signed, and dated
- Entry Form or list of events, date of competition, time schedule, and location
- Announcement for the website

- Include the Sanction Fee of \$30

It is also not a wise thing to announce a meet in other avenues before your sanction request has been approved. That is getting the “cart in front of the horse”. There are several reasons why a sanction request might be denied – and all for good reasons. An example would be if you picked a meet date that fell on the same day as one of our USAWA Championships, or our National Championships. It has been the policy of the USAWA not to have local meets interfere with these big meets. Another reason a sanction request might be denied is that you want to have the meet before “the 30 day window” of time (See rule VIII.4 above). This time period was put in the Rulebook for this reason – to give adequate time for ANYONE to make arrangements to attend the meet. We are trying to run an upstanding organization, and having meets “pop up” on short notice looks bad, and doesn’t give our meet schedule any credibility. I will stick to this rule, and will deny sanctions for meets under the 30 day notice. Like the old saying goes, “your lack of planning DOES NOT constitute an emergency on my part!” (OK – maybe that’s MY ole saying).

A sanction is official once the meet/event has been put on the USAWA website’s schedule of events. If you want to put on a meet, don’t hesitate to contact me prior to sending in the sanction request. I will do my best to help you with this process. If these Sanction Rules are followed, I won’t have to be the “bad guy” by turning down sanction requests; but it’s my job to follow and enforce the rules and bylaws set forth by the USAWA.

## DOUBLE DECATHLON

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[November 4, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### **MEET RESULTS – Bill Clark’s Double Decathlon**

Yesterday in the snail mail I received the results from Bill Clark’s meet, the Double Decathlon, which was held on October 10th and 11th. This meet challenged lifters over an array of 20 different odd lifts over 2 consecutive days in the middle of the week with lifting starting at 5 PM each day. Two USAWA registered lifters lifted – Bill Clark and Joe Garcia. Two other non-registered lifters also took part, but are not listed in the official meet results because they are not members of the USAWA.

### **MEET RESULTS:**

Bill Clark’s Double Decathlon  
October 10th and 11th, 2016

Clark's Gym  
Columbia, MO

Meet Director: Joe Garcia

Meet Officials: (1-official system used) Joe Garcia and Bill Clark

Lifters:

Joe Garcia Age 63, BWT Day 1 210 lbs. Day 2 211 lbs.

Bill Clark Age 84 BWT Day 1 223 lbs. Day 2 224 lbs.

Lifts Day 1	Joe Garcia	Bill Clark
Deadlift, Reeves	235	165
Pinch Grip	100	60
Deadlift-Fulton DB, 1 Arm		
Deadlift – Ciavattone	305	165
Deanna	325	235
Anderson Squat	315	—
VB Deadlift – 2 Bars, 1"	315	215
Kennedy Lift	315	315
Rectangular Fix, Fulton Bar	70	28
Saxon Snatch	75	—
Lifts Day 2		
Peoples Deadlift	325	275
Pinch Grip, One Hand	50R	30R
Bearhug	205	80
Dinnie Lift	523	253
Anderson Press	205	—
VB Deadlift – 1 bar, 1", 1 Hand	210R	180R
Weaver Stick	4.4R	2.5R
Shoulder Drop	65	—
Ziegler Clean	85	—
Piper Squat	45	—
Total Weight	3882.4	1838.5
Adjusted Points	4254.7	2342.9

Note: All lifts recorded in pounds. R and L designate right and left arms.

Extra record day lifts for record:

Bill Clark: Deadlift – Fulton Bar, Left Arm 90 lbs.

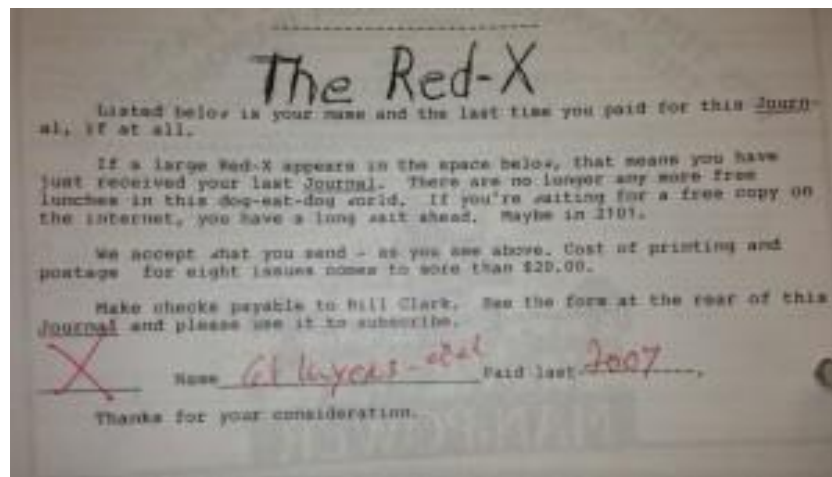
Bill Clark: Vertical Bar DL – 1 bar, 1", Left Arm 180 lbs.

Bill Clark: Hip Lift 725 lbs.

## THE “DREADED RED X”

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by Thom Van Vleck



Nobody was immune to getting the dreaded Red X from Bill. Even Al got one!

My roots in the USAWA go way back. My first meet was a 1979 “Odd Lift” meet put on by the founder of the USAWA, Bill Clark. But before that my Uncles and their friends often lifted in Clark’s meets going back to the fifties. Clark founded the USAWA but he actually didn’t start the “Odd Lifts”. That goes back to Ed Zercher, Sr who was a great lifter in the 30’s and after. But even before Ed was in his first contest he had a buddy in his old neighborhood in St. Louis named John Wille. In the 1920’s they hung out in the same neighborhood and they did acrobatics, lifting whatever was available, and made make shift weights out of scrap metal.

Today we look to the internet. The USAWA has a great website. Al Myers does a lot of work to keep this thing going and having regular updates. But for 50 years it was “Ol’ Clark”. Bill was old school in an old school way that made a lot of old school stuff seem new! He never touched a computer. For 50 years he put out old fashioned newsletters. For you young guys, that means he typed up the newsletter on a typewriter, then he copied the news letter (on a Mimeograph and later a copy machine), and he would put them in envelopes, actually lick the stamps (because they didn’t just stick on like they do now) and mail them to your actual mailbox (not the “mailbox” that your e-mail comes to).

I remember looking through all the old newsletters my Uncles had. Reading about the lifts, the lifters, the meets and random thoughts (and sometimes rants) that Clark would have about steroids, improper judging, or whatever he thought was undermining the integrity of the sport. If you sent him a letter, be careful, he’d put it in the newsletter!

He operated all this on a shoe string budget and his own sweat. He probably spent a lot of his own money. But he did ask donations. You could get the newsletter if you sent him even just a



few bucks to pay for the stamps! He would also include in almost every newsletter a little rant about “bucking up” and make jokes about not being a deadbeat.

He would have a list of people that gave money. He would even put how much they gave. I think to give credit to those who gave more than their fair share because they loved the sport. Those that gave often really valued the information and back then there was no internet and finding out much of anything about weightlifting was about impossible). He also would “Red X” the guys who hadn’t “paid up” for some time. He would put what he called the “Dreaded Red X” on the front of your newsletter. It kind of reminded me how teachers would mark up your papers with red ink when you got something wrong. The funny part was he would often keep sending guys newsletters for a long time. Especially so if he knew someone was on hard times. Like my Uncle Wayne. Clark could be really nice that way.

In some ways I think Ol’ Clark got vilified a bit for his “Red X” and other things he did when he would call out guys for not following established rules. He sometimes had a way of making a remark about it the next time you would see him to let you know his displeasure....one might even call it a snide remark.

But you know what. Now that I’m older. Now that I’ve been in the position of running organizations that get by on shoe string budgets and I’ve put in long hours to run highland games, strongman contests, lifting meets as well as three different weightlifting clubs (Jackson Weightlifting Club, Truman State Irondogs, and the A.T. Still University Osteoblasters) as well as other Church and community organizations that ONLY happen because the people involved reach in their pockets and pull out some cash that includes more than a few drops of sweat....I get it.

That bring me to present day. When Ol’ Clark ran that newsletter you saw the stamp. You knew it cost money. You knew the paper, the ink, the copies, and all that went into it cost money so I think it was easier to see how much all of it cost. Well, now Al Myers stepped in and took it over some 8 years ago. He created a website, then got a better one, and did a lot of work to keep it going and at what cost. I bet a lot more than the stamps Ol’ Clark used. At the least, I would say both men work (worked) equally hard.

So what can you do? Send him a few hundred bucks! Well, that would be nice but I think the best thing we could do as an organization is support the guys that make it happen. Not just Al, but our officers, judges, etc. We do this by following the rules, getting meet results to Al in a timely manner, make sure our meets are as legit as we can, write a good story for the meet results for the website, maybe send Al a good story or anecdote for the website (like how people would send Clark a letter) and he’d put in on the website. Buy Al a beer, slap him on the back....heck, I bet a thanks would go a long way.

Otherwise, people like Bill and Al get burned out. They love a sport and after awhile they feel unappreciated and frustrated and next thing you know.....well, let's just try and do our part and keep the USAWA great. It's only as great as the people who run it and the people who are a part of it AND appreciate it!

## TEAM CHAMPIONSHIPS

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[November 8, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The 2016 USAWA Team Championships have been rescheduled after the cancellation in September. This Championship Event has had a continuous run in the USAWA since 2007 – so this marks the 10th year anniversary of the Team Championships.

### **MEET DETAILS:**

Meet Director: Al Myers

Meet Date: Saturday, December 17th, 2016

Meet Time: 1:00 PM – 5:00 PM

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

Sanction: USAWA Membership required

Weigh-Ins: Noon the day of the meet

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

Entry Fee: None

Lifts:

**Hackenschmidt Floor Press**

**Deadlift – Fulton Bar, One Arm**

**Deadlift – Stiff Legged**

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)

## DINO GYM CHALLENGE

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[November 14, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT –

### **Dino Gym Challenge -“The Triple Deuce”**

The Dino Gym Challenge has been a yearly event in the USAWA for many years now. Each year I try to have a different theme with different lifts. No two Dino Gym Challenges have been the same. This year it is going to be the “triple deuce”. Three different groupings of 2 lifts, with each lift using either 2 bars, 2 dumbbells, or 2 pieces of equipment. It will be a truly all round event with pressing, deadlifting, curling, and grip strength involved.

### **MEET DETAILS:**

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, January 14th, 2017 10:00 AM – 4:00 PM
<u>Location:</u>	Dino Gym, 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	U.S.A.W.A Membership required to participate.
<u>Weigh-ins:</u>	9:00-10:00 AM the day of the meet
<u>Divisions:</u>	Juniors, Women, Masters, and Open
<u>Awards:</u>	None
<u>Entry Form/Fee:</u>	None – but please notify me in advance if attending
<u>Lifts:</u>	

*Special Equipment Lifts:*

**Deadlift – 2 Inch Dumbbells**

**Vertical Bar Deadlift – 2 Bars, 2"**

*Dumbbell Lifts:*

**Clean and Press – 2 Dumbbells**

**Curl – 2 Dumbbells, Cheat**

*Bar Lifts:*

**Reg Park Bench Press**

**Deadlift – 2 Bars**

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

## **LIFTER OF THE MONTH -ABE SMITH**

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November 16, 2016 Al Myers Edit Post

By Al Myers

The lifter of the month for September goes to Abe Smith. Abe made his return to the USAWA in a big way, winning best lifter in the USAWA Old Time Strongman Championships. The OTSM Championship was hosted and promoted by Eric Todd. A very strong field of 10 competitors entered this Championship event in the USAWA this year. Abe has been involved with the USAWA for many years, since he was a teenager. In his early years he was very involved with meets held in Clark's Gym.

Congrats Abe on being the USAWA Lifter of the Month!

# PETER PHILLIPS – THE AUSTRALIAN SUPERMAN

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November 17, 2016 [Al Myers](#) [Edit Post](#)

By Al Myers



Peter Phillips lifting the 1500 pound challenge train wheels at the Dino Gym.

I have known Peter Phillips from Australia for many years. We have competed with each other many times in IAWA world competitions, with the first being at the 2007 IAWA World Championships in Christchurch, New Zealand. At that World Championships we had an epic battle on the platform. Peter lifted unbelievable, winning the overall best lifter award. I was behind him in second place in the overall standings which I felt great about, as he lifted like superman.

Peter has been a major leader, contributor, and competitor in the ARWLWA, centered out of the Belmont Club in Perth, Australia. Peter has been involved with all round weightlifting for many years, both with the “old group” and the new generation of all rounders in Perth. He’s currently serving as President of the ARWLWA. He’s also a major leader in IAWA – serving as a past meet promoter, IAWA Vice President representing Australia, and serving on the IAWA Technical Committee. He’s competed in many IAWA Championship events through the years, with overseas trips to England, Scotland, New Zealand, and the USA.



Peter and myself a few years back!

However, on his trip to the USA to take part in the 2016 World Championships, Art's Birthday Bash, and the Gold Cup, I got to know him much better than ever before. At Lebanon we both stayed at the same hotel and we went out to eat several times together (along with having a few beers!), and at the Gold Cup Peter stayed at my house. We really got to know each other “off the platform” during this hectic month of IAWA competitions. In getting equipment ready for the Gold Cup I don't know what I would have done without his assistance. He helped me get everything ready, loaded on the trailer, set up at the meet, and even unloading everything once I got it back to the gym! Plus his insight as a meet promoter helped me identify things that was needed for the meet. While he was here I introduced him to a few country past-times of mine – fishing, shooting trap, riding 4-wheelers, and a relaxing afternoon drive in one of our native grass pastures enjoying the peace and quiet of nature.



We even took time to relax and go fishing!

After the Gold Cup we had time to catch a few workouts in together at the Dino Gym. Our training styles and training philosophies are very similar. We spent a lot of time discussing training, specifically how it applies to all round weightlifting. Peter is a great training partner – but the logistics of living 10,500 miles apart will hinder our training together! I introduced him to the Neck Lift, as well as doing some harness lifting. Peter's a natural at this type of lifting. I have a challenge lift at the Dino Gym which consists of a two huge train wheels connected with a heavy bar. The preset loaded weight of this challenge is 1500 pounds (actually a few pounds more, I rounded down). These train wheels sit by the front door of the Dino Gym and most people just look at them as they come into the gym. Only a few have actually lifted them throughout the years. After getting done with a harness lifting session I challenged Peter to take them on. Of course Peter is not one to back down from a challenge! Now I want to mention that these Train Wheels are very tippy, and it's more difficult than lifting on a regular heavy bar. Peter lifted them with ease. I even had him do it a second time so I could get a good picture!

We had such a good time I hated to see him leave. I know we will be lifelong friends.

## LEBANON VALLEY RD

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[November 18, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT – LEBANON VALLEY RECORD DAY**

Meet Promoter: Denny Habecker

Meet Date: December 28th, 2016

Location: Habecker's Gym, Lebanon, PA

Contact Denny if you plan to attend.

## UPDATED RECORD LIST

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[November 21, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Record List has just been updated on the website. Everything is current in the list at this point. I've added the Excel File as well, available for download. This will allow sort

features for those who prefer to use Excel. From now on I will include both the PDF and Excel file of the Record List on the website.

## PLYMOUTH ROCK RECORD DAY

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December 2, 2016 Rocky Morrison Edit Post

By Rocky Morrison

Frank's Barbell Club held the Plymouth Rock Record Day on November 12th, 2016 in Norwood, MA. It was a an impressive day of lifting by some of the newer members in the club.

### MEET RESULTS:

#### PLYMOUTH ROCK RECORD DAY

November 12, 2016

Frank's Barbell Club

Norwood, MA

Meet Director: Frank Civattone

Meet Officials: (3-official system used) Frank Civattone and Rocky Morrison

Lifters:

Kim Lydon Age 20, BWT 151 lbs.

Tyler Patterson Age 19 BWT 174 lbs.

Mark Raymond Age 53 BWT 238 lbs.

James Patterson Age 53 BWT 254 lbs.

Tony Patterson Age 54 BWT 176 lbs.

David Gago Age 58 BWT 164 lbs.

#### WOMENS DIVISION

##### Kim Lydon – Open – 70kg Class

Lift	Weight in Pounds	Weight in Kilograms
DEADLIFT, CIAVATTONE GRIP	232	105.2
DUMBELL CURL (STRICT) – RH	30	13.6
DUMBELL CURL (STRICT) – LH	30	13.6



GOOD MORNING	132	59.9
ABDOMINAL RAISE	24	10.9

## MENS DIVISION

### **Tyler Patterson – 18-19 – 80kg Class**

Lift	Weight in Pounds	Weight in Kilograms
DEADLIFT, CIAVATTONE GRIP	208	94.3
(LH) DUMBBELL CHEAT CURL	40	18.1

### **Mark Raymond – 50 – 110kg Class**

Lift	Weight in Pounds	Weight in Kilograms
(LH) PINCH GRIP	53	24
(RH) PINCH GRIP	63	28.6
BENCH PRESS – HANDS TOGETHER	154	69.9
(2H) DEADLIFT – DUMBBELLS	284	128.8
DEADLIFT, REEVES	228	103.4

### **James Patterson – 50 – 120kg Class**

Lift	Weight in Pounds	Weight in Kilograms
DEADLIFT, CIAVATTONE GRIP	407	184.6
(RH) DUMBBELL CHEAT CURL	99	44.9
(LH) DUMBBELL CHEAT CURL	76	34.5
DUMBBELL CURL (STRICT) – RH	66	29.9
DUMBBELL CURL (STRICT) – LH	66	29.9

### **Tony Patterson – 50 – 80kg Class**

Lift	Weight in Pounds	Weight in Kilograms
DEADLIFT, CIAVATTONE GRIP	347	157.4
(RH) CIAVATTONE DEADLIFT	233	105.7

DUMBELL CURL (STRICT) – RH	66	29.9
(RH) DUMBELL CHEAT CURL	99	44.9
(RH) VERTICAL BAR LIFT (2" BAR)	203	92.1

### **David Gago – 55 – 75kg Class**

Lift	Weight in Pounds	Weight in Kilograms
BARBELL CURL – STRICT	96	43.5
(RH) CIAVATTONI DEADLIFT	165	74.8
DUMBELL CURL (STRICT) – RH	40	18.1
DUMBELL CURL (STRICT) – LH	45	20.4
(LH) DUMBELL CHEAT CURL	61	27.7

It was an excellent event, and everyone did an outstanding job.

## **CLARK'S MEET CANCELLED**

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[December 6, 2016](#) [Al Myers](#) [Edit Post](#)

By Al Myers

Bill Clark has cancelled the upcoming meet, the 25-Lift Extravaganza, at Clark's Gym.

## **GRIP CHAMPIONSHIPS**

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[December 8, 2016](#) [Al Myers](#) [Edit Post](#)

by Al Myers

### **MEET ANNOUNCEMENT – 2017 USAWA GRIP CHAMPIONSHIPS**

#### **MEET DETAILS:**

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

Meet Date: Saturday, February 11th, 2017 1:00 PM – 5:00 PM

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

Sanction: USAWA – Membership required

Weigh-ins: 12:00-1:00 PM the day of the meet

Divisions: Juniors, Women, Masters, and Open

Awards: None

Entry: None – But please give advance notification if attending

Lifts:

### **Pinch Grip**

### **Deadlift – Fulton Dumbbell, One Arm**

### **Deadlift – Fingers, Middle**

### **Hack Lift – Fulton Bar**

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

## **TIME TO RENEW!**

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December 11, 2016 Al Myers Edit Post

By Al Myers

Tis the time of the season to renew your USAWA membership!

I want to remind everyone that membership in the USAWA is for the calendar year – running from January 1st to December 31st. There's no reason to wait to join. I have already had one member (William Clark of Habecker's Gym) join for 2017 and he's already listed on the 2017 membership roster.

I consider it an honor to be joined before the new year begins, and those that do get the distinction of having the "January 1st" join date listed beside their name!

## **ART'S BIRTHDAY BASH**

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December 14, 2016 Al Myers Edit Post

by Al Myers

## **MEET ANNOUNCEMENT ART'S BIRTHDAY BASH**

Meet Details:

Date: October 15th, 2017

Venue: Ambridge VFW BBC, Ambridge, PA

Meet Director: Art Montini

Lifts contested will be record day lifts, with a maximum of 5 allowed per lifter.

Please contact Art if you plan to attend.

## **TEAM CHAMPIONSHIPS**

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December 18, 2016 Al Myers Edit Post

By Al Myers

### **2016 USAWA TEAM CHAMPIONSHIPS**

I started promoting the USAWA Team Championships in 2007, so this year makes it the 10th year! I remember thinking this would become a popular meet amongst the lifters because it gave a different element to lifting than other meets -that being you lifted “on the bar” with a team mate! Well, in these 10 years it has not seemed to grow as I imagined back then, but none the less, always gives an entertaining day of lifting. This year Chad and I again competed to “defend our title” from last year, and were challenged by the Dino Gym elders LaVerne Myers and Dean Ross. These two team up well in size and lifting ability, plus have “been around the block a time or two” so they know how to play dirty. I knew they would give us a good fight. That was true.

For the first time in the Team Championships we included an Old Time Strongman Lift, the Hackenschmidt Floor Press. This proved to be a real challenge with two lifters on the bar as your elbows were hitting your partners and you had to press in a closegrip fashion. The second lift was the 1 arm deadlift with the fulton bar. This has been contested in the Team Champs before so Chad and I had a goal to break our previous meet best. We accomplished that with a 210 KG lift. The final lift was the Team Stifflegged Deadlift. Both teams used up their 3 attempt limits before hitting a true maximum weight.

Even though this was a small meet we had a great time! We finished so quick that we had time afterwards for Dean and Chad to do their National Postal lifts along with some record day lifts.

## **MEET RESULTS:**

2016 USAWA Team Championships

Dino Gym, Abilene, Kansas

December 17th, 2016

Meet Director: Al Myers

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

Lifts: Team Hackenschmidt Floor Press, Team One Arm Fulton Bar Deadlift, Team Stiff Legged Deadlift

Lifters:

Dino Gym 1

Dean Ross – 74 years old, 250 pounds

LaVerne Myers – 72 years old, 239 pounds

Dino Gym 2

Al Myers – 50 years old, 226 pounds

Chad Ullom – 45 years old, 246 pounds

TEAM	Press	1FB	DL	SL	DL	TOTAL	POINTS
Dino Gym 2	235	210R	350	795		674.2	
Dino Gym 1	120	155R	185	460		485.5	

*NOTES: All lifts recorded in kilograms. TOTAL is total kilograms lifted. Points are adjusted points for age and bodyweight corrections.*

Record Day Lifts:

Dean Ross – Back Lift 1050 lbs.

LaVerne Myers – Thors Hammer 20 lbs.

Al Myers – Thors Hammer 45 lbs.

LaVerne Myers – Pinch Grip Left 70 lbs.

Al Myers – Pinch Grip Left 80 lbs.

Al Myers – Pinch Grip Right 80 lbs.

LaVerne Myers – Finger Lift Left Middle 95 lbs.

Al Myers – Finger Lift Left Middle 125 lbs.

LaVerne Myers – Finger Lift Right Middle 125 lbs.

Al Myers – Finger Lift Right Middle 125 lbs.

## ANDY GODDARD

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December 21, 2016 Al Myers Edit Post

By Al Myers

*Below is a tribute to Andy Goddard by Steve Gardner. Steve just recently shared this on Facebook. I knew and competed with Andy through the years and he was a true gentleman on the platform. We have kept Andy's memory alive with the annual IAWA World Postal Championships, which is also known as the "Andy Goddard Memorial Meet".*



Andy Goddard lifted overhead by Steve!

Here I am with my old friend and all round lifter Andy Goddard. Andy was one of the nicest guys I ever knew, he was a loyal team mate and friend. In his earlier years he had been an Army Boxing Champion but Cancer stopped his career. Some years later I met Andy and he started lifting, he was a real strong fella with a great sense of humour who would take anything on. Sadly the cancer came back and finished him. Andy lifted in the Worlds in the October and set World Records, but he passed only a few months later. We keep his name alive with the World Postal event. In this photo Andy and I were in Perth Australia for the Worlds, and the local press reporter asked us to do something for the photo, there were no weights at hand so I lifted Andy above my head which they all loved. For some reason Andy didn't want to try and lift me lol! ...

– Steve Gardner

# LATERAL RAISE LYING

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December 22, 2016 [Al Myers](#) [Edit Post](#)

By Eric Todd



Eric Todd performed an All Time World Record of 60 kilograms at the 2016 IAWA Gold Cup.(photo and caption courtesy of webmaster)

This October past, I competed in the IAWA Gold Cup for the first time. This is kind of like the world championships of record breakers. When I decided to sign up for this meet, I wanted to choose a lift that I could go after not only just an age/weight class record, but an all-time record as well. I chose the lateral raise lying. The all-time record in this event was 55KG which equaled 121 in American pounds or 60.5 per hand dumbbells. It was held by Nick McKinless, who was an all-round world champ in 1996, Britain's strongest man (under 105k) in 2006, as well as a Hollywood stunt man and an action director. I had heard of him plenty over the years, and figured beating a record of his would be something to sing about. Anyhow, I spent some time training for this lift. It took some playing about with it, but ultimately I hit 70 pounds per hand in training, and 66 per hand for 132 pounds or 60 kilo in the Gold Cup meet for the record.

The rules of this lift are as such:

*Two evenly loaded dumbbells are used for this lift. The lifter lies on the platform, face up. The dumbbells are placed on the platform on both sides of the lifter, who grips the dumbbells with the palms of the hands facing up at arms' length, with the arms at a 90 degree angle to the body. Legs are to be straight and flat to the platform, and must remain that way throughout the lift.*

*Width of legs spacing is optional, but must remain in that position throughout the lift. Maximum diameter of the dumbbell plates is 11 inches. The arms must remain straight and elbows locked during the lift. The arms must maintain a 90 degree angle to the body during the lift. Once the lifter is in the correct starting position on the platform, an official will give a command to start the lift. The lifter then raises the dumbbells to a position over the lifter's body until the dumbbells touch. The dumbbells must be lifted simultaneously. Once the dumbbells are motionless, an official will give a command to end the lift.*

Anyhow, I thought I would give some pointers here on things I found technique wise to help out on this lift. The first thing I did was spread my feet apart to give myself a wide base for stability. As long as they stayed there, it was within the confines for the rules. Then I pulled my lats in tight, pulling my shoulder blades together. This shortened the length of my levers giving me much better leverage. I tightened my core, and squeezed my glutes. I then lifted my head and began the lift. On the way up, I really focused on keeping my elbows straight. Did not matter if I completed the lift, if my elbows bent it would have been a no lift. I also focused on just keeping the weight moving. It did not matter how slow the lift, if it ended up together at the end. If I had it to do over again, I would train strictly with standard dumbbells. I used standard dumbbells up to 50s in training, but then loaded up Olympic dumbbells. After that with 25s. They fell within the 11" diameter, but the 10 kilo plates at the meet were a bit bigger, so we had to go with 5s, which were smaller than what I was used to. If I had accustomed myself to the longer pull, that would not have been an issue.

I know it is not the most contested lift in the USAWA/IAWA, but it was a fun lift to train. Maybe you can use some of these pointers to put up your own records in this lift.

## LEBANON VALLEY RD

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December 30, 2016 Denny Habecker Edit Post

By Denny Habecker

The Lebanon Valley Record Day was a big success, with 6 lifters setting 18 new records. The meet was run on the 3 referee system with Barry Bryan, Art Montini, and Denny Habecker as judges. We had Barry Pensyl, Bill Clark, and Aidan Habecker to round out the crew.

Aidan started us off with a great lift of 50 Kg. [110 LBS.] in the Right Hand 2" Vertical Bar lift breaking the old record by almost 40 lbs., and Bill finished of the day with a great One Hand Deadlift- Left Hand of 165 KG. [364 Lbs.] Barry Bryan and Barry Pensyl even had enough energy left to do the Postal lifts after all the record breaking was done.

Meet Results:



Lebanon Valley Record Day

Habecker's Gym

Lebanon, PA

December 28th, 2016

Meet Director: Denny Habecker

Officials (3-official system used): Denny Habecker, Barry Bryan, Art Montini

Lifters:

**Aidan Habecker- age 13 – 131 lbs.- 60 Kg. Class**

Right Hand 2" Vertical Bar Lift    50 Kg. [ 110 Lbs.]

Right Hand Fulton Bar Deadlift    25 KG. [ 55 Lbs.]

**Bill Clark – age 48 [45-49]- 196 Lbs. – 90 Kg. Class**

Hackenschmidt Floor Press    –    120 Kg. [265 Lbs.]

Deadlift – One Arm, Left    –    165 Kg. [ 364 Lbs.]

**Barry Bryan – age 58 [55-59] – 196 Lbs. – 90 Kg. Class**

Hackenschmidt Floor Press    –    105 Kg. [ 231 Lbs.]

Abdominal Raise                    –    15 Kg. [ 33 Lbs.]

Pinch Grip                            –    75 Kg. [ 165 Lbs.]

**Barry Pensyl -age 68 [ 65-69 ] 149 Lbs. – 70 Kg. Class**

Bench Press- Feet in Air    – 67.5 Kg. – [ 149 Lbs.]

Snatch – Dumbbell, Right    – 23.1 Kg. – [ 51 Lbs]

Snatch – Dumbbell, Left    – 22.2 Kg. -[ 49 Lbs.]

**Denny Habecker – age 74 [70-74] – 195 Lbs. – 90 Kg. Class**

Finger Lift, Left Index        – 27.5 Kg. – [61 Lbs.]

Finger Lift, Left Little        – 17.5 Kg. -[ 39 Lbs.]

Finger Lift, Left Middle       – 27.5 Kg. -[61 Lbs.]

Finger Lift, Left Ring         – 25 Kg.    – [55 Lbs.]

**Art Montini -age 89 [ 85-89] – 168 Lbs. – 80 Kg. Class**

Steinborn

30 Kg. [ 66 Lbs.]

I did not list the postal lifts that weren't records in these results. They will be on the Postal results. After the meet Judy fattened us up with pork barbecue, cold cuts and donuts.

## ABOUT THE USAWA

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### 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

# RULE BOOK

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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, 2016

USAWA Rulebook (PDF): [rulebook-9th-edition](#)

# RECORD LIST

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## USAWA RECORD LIST

The USAWA Record List and Team Record List is available as a PDF and an Excel File 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 records are recorded in pounds. “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 January 17th, 2017)

[RECORD-LIST](#) – Excel File (Updated January 17th, 2017)

[TEAM RECORDS](#) – PDF (Updated January 17th, 2017)

## IWA 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 January 17th, 2017)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	Noi Phumchona	259	260/1	-1
2	Ruth Jackson	256	258/2	-2
3	Mary McConnaughey	146	146/3	0
4	Susan Sees	109	105/4	+4

### **MEN'S CENTURY CLUB**

**(as of January 17th, 2017)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	Denny Habecker	552	544/1	+8
2	Al Myers	503	478/2	+25
3	Art Montini	475	470/3	+5
4	John McKean	325	324/4	+1
5	Joe Garcia	313	296/5	+17
6	Dean Ross	301	292/6	+9
7	Dennis Mitchell	286	283/7	+3
8	Frank Ciavattone	283	283/8	0
9	Chad Ullom	249	247/9	+2
10	Bob Hirsh	226	227/10	-1
11	Bill Clark	225	215/11	+10
12	* Howard Prechtel	172	172/12	0
13	Scott Schmidt	167	162/13	+5
14	* Dale Friesz	155	156/14	-1
15	Jim Malloy	152	152/15	0
16	LaVerne Myers	150	129/19	+21
17	John Monk	147	147/16	0
18	Chris Waterman	137	137/18	0
19	Ed Schock	136	138/17	-2
20	Rudy Bletscher	122	123/20	-1
21	Bob Geib	115	111/21	+4

### **HONORARY CENTURY CLUB MEMBERS**

These lifters were once members of the Century Club, but have dropped off the Century Club list since their death. They will forever be Honorary Century Club Members.

John Vernacchio

Joe McCoy

Rex Monahan

Mike Murdock

The lifters marked with an asterisk (\*) in the Century Club are deceased.

## FORMS AND APPLICATIONS

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### 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 \(EDIT PDF\)](#)

### **GUIDELINE DOCUMENTS**

PDF Document: [meet-result-protocols](#)

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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**

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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. Another membership fee does not need to be paid to do this.

The individuals on this Membership Roster are current members of the USAWA for 2017. 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 as of meet day. 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.

## **2017 USAWA MEMBERSHIP ROSTER**

**(Includes Club Affiliation and Join Date)**

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Bryan, Barry (Habecker's Gym) – January 3rd

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Clark, Bill (Clark's Gym) – January 1st

Clark, William (Habecker's Gym) – January 1st

Diggs, Crystal – January 1st

Fobes, Jarrod – January 1st

Garcia, Joe (Clark's Gym) – January 1st

Graham, Don – January 1st

Habecker, Aidan (Habecker's Gym) – January 1st



Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Heit, Calvin (Dino Gym) – January 1st

Hess, Kohl (Habecker's Gym) – January 11th

Jackson, Daryl – January 1st

Jackson, RJ – January 1st

Kahn, Helen – January 15th

Malloy, Jim – January 1st

Mitchell, Dennis – January 1st

Mitchell, Flossy – January 1st

Montini, Art (Ambridge BBC) – January 1st

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 14th

Myers, Molly (Dino Gym) – January 1st

Pensyl, Barry (Habecker's Gym) – January 10th

Raymond, Mark (Frank's Barbell Club) – January 1st

Ross, Dean (Dino Gym) – January 1st

Santangelo, Stephen – January 12th

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Smith, Randy – January 15th

Ullom, Chad (Dino Gym) – January 1st

## **PAST MEMBERSHIP ROSTERS**

2016 USAWA Membership Roster – [2016usawaroster](#)  
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](#)

## 2016 USAWA MEMBERSHIP ROSTER

Beavy, Lindsey (Frank's Barbell Club) – June 1st	Habecker, Judy (Habecker's Gym) – January 1st
Beversdorf, David (Clark's Gym) – March 31st	Heit, Calvin (Dino Gym) – December 20th
Brooner, Tressa (Heartland Strength Sports) – January 16th	Hopps, Jessica (Frank's Barbell Club) – February 15th
Bryan, Barry (Habecker's Gym) – January 2nd	Hunt, Steven (Habecker's Gym) – January 1st
Bulebosh, Beth (Ambridge BBC) – October 12th	Jackson, Ruth (Body Intellect) – January 1st
Bush, Cody (Animal House Gym) – November 25th	Kahn, Helen – January 27th
Bush, Colt (Animal House Gym) – November 25th	Kirchman, Adam (Dino Gym) – February 13th
Burchett, Emily (Ledaig HA) – January 16th	LaPointe, Jackson – October 16th
Burns, Lynda – September 7th	LaPointe, Roger – October 16th
Cathey, Vernon (Ledaig HA) – February 13th	Lucas, Zach (Dino Gym) – February 13th
Ciavattone, Frankie III (Frank's Barbell Club) – January 6th	Luther, Aaron (Clark's Gym) – October 31st
Ciavattone, Frank Jr. (Frank's Barbell Club) – January 6th	Lydon, Kimberlyn (Franks Barbell Club) – August 15th
Ciavattone, Jeff (Frank's Barbell Club) – April 1st	Malloy, Jim – January 1st
Ciavattone, Joe Jr. (Joe's Gym) – March 26th	McConnaughey, Mary (Heartland Strength Sports) – January 8th
Ciavattone, Joe Sr. (Joe's Gym) – March 26th	McKean, John (Ambridge BBC) – October 11th
Clark, Bill (Clark's Gym) – January 1st	Mitchell, Dennis – January 1st
Clark, William (Habecker's Gym) – November 27th	Montini, Art (Ambridge VFW BBC) – January 1st
Cook, Greg (KC Strongman) – September 10th	Morrison, Cassie (Franks Barbell Club) – March 10th
Diggs, Crystal – January 1st	Morrison, James (Frank's Barbell Club) – June 1st
Driscoll, Micheal (Frank's Barbell Club) – March 21st	Morrison, Rocky (Franks Barbell Club) – February 1st
Edwards, Ben (Dino Gym) – February 13th	
English, Alan (Dino Gym) – February 13th	
Fisher, David – September 7th	
Fobes, Jarrod – June 15th	
Foster, Lance (KC Strongman) – January 16th	
Fuller, James (Frank's Barbell Club) – April 4th	
Gago, David (Frank's Barbell Club) – October 3rd	
Garcia, Joe (Clark's Gym) – February 16th	
Gardner, Heather (Dino Gym) – September 10th	
Geib, Bob – June 24th	
Glasgow, Dave (Ledaig HA) – January 8th	
Graham, Don – June 22nd	
Habecker, Aidan (Habecker's Gym) – June 24th	
Habecker, Denny (Habecker's Gym) – January 1st	

Myers, Al (Dino Gym) – January 1st  
Myers, LaVerne (Dino Gym) – January 16th  
Myers, Molly (Dino Gym) – August 2nd  
Patterson, James (Frank's Barbell Club) – September 6th  
Patterson, Tony (Franks Barbell Club) – August 15th  
Patterson, Tyler (Franks Barbell Club) – November 12th  
Pensyl, Barry (Habecker's Gym) – March 1st  
Pirn, Peeter (Schmidt Barbell Club) – January 30th  
Raymond, Mark (Franks Barbell Club) – August 15th  
Ross, Dean (Dino Gym) – January 1st  
Santangelo, Stephen – January 7th  
Schmidt, Kathy (Schmidt Barbell Club) – January 1st  
Schmidt, Scott (Schmidt Barbell Club) – January 1st  
Sees, Susan – June 24th  
Smith, Abe (Clark's Gym) – September 10th  
Smith, Randy – January 27th  
Springs, Al – February 29th  
Todd, Eric (KC Strongman) – January 16th  
Tully, Scott (Dino Gym) – February 13th  
Ullom, Chad (Dino Gym) – January 16th  
Van Vleck, Thom (JWC) – October 22nd  
Wagman, Dan – March 31st  
Wilkens, Kurt – January 26<sup>th</sup>

## MEMBER CLUBS

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There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2017. 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 2016 but have NOT YET renewed their club membership for 2017 are marked with an asterisk.

### **Current USAWA Member Clubs For 2017**

#### **Al's Dino Gym – (2003-2017)**

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate –

#### **Ambridge VFW Barbell Club – (1993-2017)**

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate –

#### **Clark's Championship Gym – (1989-2017)**

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate –

**Frank's Barbell Club – (2010-2017)**

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate –

**Habecker's Gym – (2010-2017)**

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate –

**\* Heartland Strength Sports – (2009-2010, 2016)**

Location: Omaha, Nebraska

Contact: Mary McConnaughey

Club Certificate –

**\* Jackson Weightlifting Club – (2009-2016)**

Location: Kirksville, Missouri

Website: <http://jacksonweightliftingclub.com/>

Contact: Thom Van Vleck

Club Certificate –

**\* KC Strongman – (2011-2016)**

Location: Turney, Missouri

Contact: Eric Todd

Club Certificate –

**\* Ledaig Heavy Athletics – (2010-2016)**

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate –

**Schmidt Barbell Club – (2010-2017)**

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate –

### **Past Club of the Year Award Winners**

2015 Club of the Year – Dino Gym, Runner Up – Habecker’s Gym  
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**

Cast Iron Training – (2015)  
Salvation Army Gym – (2012-2014)  
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)  
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**

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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

Mary McConnaughey – Certification expires January 16th, 2019

Dave Glasgow – Certification expires July 16th, 2019

Jeff Ciavattone – Certification expires July 16th, 2019

Rocky Morrison – Certification expires September 20th, 2019

#### **Level 1 – Experience Qualified**

## **USAWA Officials in Training**

None at this time.

### **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

PO Box 302

DeWitt, IA 52742

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

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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:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} + (\text{Age Percent} \times \text{Lynch Points})$$

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:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} \times \text{Age Percent Factor}$$

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](#)

The USAWA has computer scoring programs available for free download. The old program was written using a old version of Excel, while the new scoring program is compatible with the latest Excel versions.

Scoring Program – Old (Excel File) – [scoring-template-v2-1](#)

Scoring Program – New (Excel File) – [scoring-template-master](#)

## YEAR IN REVIEW

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An USAWA Year in Review book is published every year highlighting the news of the USAWA. Information is taken from the USAWA website, which includes all new website information that has been placed on the site within the previous year. This Year in Review book includes blogs from the USAWA Daily News, meet results, membership roster, meet announcements, additions to the history archives, etc.

It is available here for free download. Some files are large (>10 MB).

### **2015 Year in Review**

[2015REVIEWCOVERPAGE](#) (PDF) [2015 YEAR IN REVIEW](#) (PDF)

### **2014 Year in Review**

[2014REVIEWCOVERPAGE](#) (PDF) [2014 USAWA YEAR IN REVIEW](#) (PDF)

### **2013 Year in Review**

[2013ReviewCoverPage](#) (PDF) [2013 Year In Review](#) (PDF)

## **2012 Year in Review**

[2012YearinReviewCover](#) (PDF) [2012YEAR-REVIEW](#) (PDF)

## **2011 Year in Review**

[2011 USAWA Review Cover](#) (PDF) [2011YearReview](#) (PDF)

## **2010 Year in Review**

[2010ReviewCover](#) (PDF) [2010Year-in-Review](#) (PDF)

## **2009 Year in Review**

[2009 USAWA YEAR IN REVIEW](#) (PDF)

# **ABOUT THE IAWA**

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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

**WEBSITE FOR THE IAWA(UK) –**

<http://www.iawa.org.uk/index.html>

**WEBSITE FOR THE ARWLWA –**

<http://www.arwlwa.com/>

**UPCOMING IAWA MEET SCHEDULE**

2016 IAWA Worlds – Lebanon, Pennsylvania, USA – Promoter Denny Habecker

2016 IAWA Gold Cup – Abilene, Kansas, USA – Promoter Al Myers

2017 IAWA Worlds – Perth, Australia – Promoter John Mahon

2017 IAWA Gold Cup – Glasgow, Scotland – Promoter George Dick  
2018 IAWA Worlds – Manchester, England – Promoter Mark Haydock  
2018 IAWA Gold Cup – Burton, England – Promoter Steve Gardner

## PAST USAWA AWARDS

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Each year the USAWA nominates and selects individuals for special awards. These awards are given on behalf of the USAWA for outstanding merit in several categories. Below is a listing of past award winners.

### 2015 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Denny Habecker	Dean Ross
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Art Montini
Courage Award	Denny Habecker	Chad Ullom
Newcomer Award	Emily Burchett	Matt Hancock
Club of the Year	Dino Gym	Habecker's Gym

### 2014 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Eric Todd
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Dave Glasgow
Courage Award	Art Montini	Dick Durante
Newcomer Award	Steve Santangelo	Jeff Ciavattone
Club of the Year	Frank's Barbell Club	Ledaig Athletic Club

### 2013 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Thom Van Vleck
Sportsmanship Award	Dennis Mitchell	Dave Glasgow
Courage Award	Dean Ross	Art Montini
Newcomer Award	Mike McIntyre	Logan Kressly
Club of the Year	Dino Gym	Habecker's Gym

### **2012 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Dan Wagman
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Dave Glasgow	Lance Foster
Courage Award	Dale Friesz	Art Montini
Newcomer Award	Ruth Jackson	James Fuller
Club of the Year	Ledaig Athletic Club Salvation Army Gym	

### **2011 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Larry Traub
Leadership Award	Thom Van Vleck	Denny Habecker
Sportsmanship Award	Mike Murdock	Art Montini
Courage Award	Dale Friesz	Dave Glasgow
Newcomer Award	Dean Ross	LaVerne Myers
Club of the Year	Dino Gym	Ledaig Athletic Club

### **2010 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Al Myers
Leadership Award	Al Myers	Thom Van Vleck
Sportsmanship Award	Rudy Bletscher	Mike Murdock
Courage Award	Dale Friesz	none
Newcomer Award	Larry Traub	none
Club of the Year	Habecker's Gym	Ambridge BBC

### **2009 Award Winners**

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Chad Ullom
Leadership Award	Bill Clark	Al Myers
Sportsmanship Award	Denny Habecker	Art Montini
Courage Award	Dale Friesz	Frank Ciavattone
Newcomer Award	Dave Glasgow	Kohl Hess
Club of the Year	Dino Gym	Ambridge BBC

# HALL OF FAME

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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**

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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</b>	<b>STORY</b>
January	Emily Burchett	<a href="http://usawa.com/lifter-of-the-month-emily-burchett/">http://usawa.com/lifter-of-the-month-emily-burchett/</a>
February	LaVerne Myers	<a href="http://usawa.com/lifter-of-the-month-laverne-myers-2/">http://usawa.com/lifter-of-the-month-laverne-myers-2/</a>
March	Ruth Jackson	<a href="http://usawa.com/lifter-of-the-month-ruth-jackson-2/">http://usawa.com/lifter-of-the-month-ruth-jackson-2/</a>
April	Joe Garcia	<a href="http://usawa.com/lifter-of-the-month-joe-garcia-2/">http://usawa.com/lifter-of-the-month-joe-garcia-2/</a>
May	James Fuller	<a href="http://usawa.com/lifter-of-the-month-james-fuller-2/">http://usawa.com/lifter-of-the-month-james-fuller-2/</a>
June	Joe Ciavattone Jr.	<a href="http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/">http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/</a>
July	Dave Glasgow	<a href="http://usawa.com/lifter-of-the-month-dave-glasgow-2/">http://usawa.com/lifter-of-the-month-dave-glasgow-2/</a>
August	Aidan Habecker	<a href="http://usawa.com/lifter-of-the-month-aidan-habecker/">http://usawa.com/lifter-of-the-month-aidan-habecker/</a>
September	Abe Smith	<a href="http://usawa.com/lifter-of-the-month-abe-smith/">http://usawa.com/lifter-of-the-month-abe-smith/</a>



October  
November  
December

### **LIFTER OF THE MONTH FOR 2015**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January		
February		
March		
April		
May		
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	<a href="http://www.usawa.com/lifter-of-the-month-frank-ciavattone/">http://www.usawa.com/lifter-of-the-month-frank-ciavattone/</a>
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

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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

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This is a summary by year of Best Lifters at Past USAWA National Championships.

<b>2016 Best Lifters</b>		Men	Women
Overall	Joe Ciavattone, Jr.	Cassie Morrison	
Senior	Joe Ciavattone, Jr.	Cassie Morrison	
Master	James Fuller	Susan Sees	
Junior	James Morrison	None	
<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
<b>2011 Best Lifters</b>		Men	Women
Overall		Larry Traub	Amber Glasgow
Open		Eric Todd	Amber Glasgow
Master		Larry Traub	Susan Sees
Junior		Sammy Ibrahim	None
<b>2010 Best Lifters</b>		Men	Women
Overall		Al Myers	None
Open		Chad Ullom	None
Master		Al Myers	None
Junior		Kohl Hess	None
<b>2009 Best Lifters</b>		Men	Women
Overall		Al Myers	None
Open		Al Myers	None
Master		Al Myers	None
Junior		None	None
<b>2008 Best Lifters</b>		Men	Women

Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None
<b>2007 Best Lifters</b>	Men	Women
Overall	Ed Schock	Elizabeth Monk
Open	Al Myers	None
Master	Ed Schock	None
Junior	James Gilligan	Elizabeth Monk
<b>2006 Best Lifters</b>	Men	Women
Overall	Al Myers	Amorkor Ollennuking
Open	Al Myers	Amorkor Ollennuking
Master	Joe Garcia	Amorkor Ollennuking
Junior	Ian Reel	Stephanie Beemer
<b>2005 Best Lifters</b>	Men	Women
Overall	Mike McBride	None
Open	Mike McBride	None
Master	Randy Smith	None
Junior	Ian Reel	None
<b>2004 Best Lifters</b>	Men	Women
Overall	Ed Schock	Pam Maciolek
Open	Ed Schock	Pam Maciolek
Master	Ed Schock	Pam Maciolek
Junior	Cale DeMille	None
<b>2003 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Rita Hall
Open	Bill Spayd	Rita Hall
Master	Bob Hirsh	Rita Hall
Junior	Joshua Monk	None
<b>2002 Best Lifters</b>	Men	Women
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>	<b>Men</b>	<b>Women</b>
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.

2016 June 25th, Norwood, Massachusetts  
 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.

2016 Frank Ciavattone  
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**

2016 – 6 (Continental Snatch, Curl-Cheat, Clean and Press – Heels Together, Pullover and Press, Deadlift – Ciavattone Grip, One Arm, Deadlift – Trap Bar)

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. Clean and Press – Heels Together (12 times) – 2016, 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
4. Pullover and Push (12 times) – 2015, 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
5. Snatch – One Arm (11 times) – 2015, 2014, 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
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. Curl – Cheat (9 times) – 2016, 2014, 2011, 2009, 2005, 2004, 2003, 1998, 1994
9. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
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. Pullover and Press (5 times) – 2016, 2012, 2009, 1998, 1996
15. Deadlift – Ciavattone Grip (5 times) – 2015, 2013, 1999, 1997, 1996
16. Deadlift – Trap Bar (4 times)- 2016, 2010, 2004, 2002
17. Continental Snatch (4 times) – 2016, 1998, 1992, 1991
18. Clean and Push Press (4 times) – 2014, 1999, 1994, 1993
19. Jefferson Lift (4 times) – 2012, 1994, 1993, 1992

20. Vertical Bar Deadlift – 1 bar, 2", 1 hand (3 times) – 2010, 2005, 2004
21. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002
22. Hack Lift (3 times) – 2003, 2000, 1991
23. Continental to Chest (3 times) – 1996, 1990, 1989
24. Squat – Front (3 times) – 1990, 1989, 1988
25. Deadlift – One Arm, Ciavattone Grip (2 time) – 2016, 2000
26. Curl – Cheat, Reverse Grip (2 times) – 2015, 2012
27. Pullover – Straight Arm (2 times) – 2013, 2004
28. Continental to Belt (2 times) – 2013, 2004
29. Deadlift – 12" base (2 times) – 2011, 2006
30. Deadlift – 2 Bars (2 times) – 2009, 2001
31. Arthur Lift (2 times) – 2007, 1991
32. Two Hands Anyhow (2 times) – 2005, 2001
33. Clean and Press – On Knees (2 times) – 1998, 1997
34. Jefferson Lift – Fulton Bar (1 time) – 2014
35. Crucifix (1 time) – 2014
36. Clean and Press – 12" Base (1 time) – 2013
37. Snatch – Dumbbell, One Arm (1 time) – 2011
38. Continental to Chest – Fulton Bar (1 time) – 2011
39. Snatch – From Hang (1 time)- 2010
40. Clean and Press (1 time) – 2010
41. Back Lift (1 time) – 2009
42. Clean and Jerk – Fulton Bar (1 time) – 2009
43. Harness Lift (1 time) – 2006
44. Deadlift – Fulton Bar (1 time) – 2005
45. French Press (1 time) – 2005
46. Clean and Seated Press (1 time) – 2005
47. Bench Press – Alternate Grip (1 time) – 2003
48. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
49. Clean and Seated Press – Behind Neck (1 time) – 2002
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

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2016 USAWA National Championships

June 25th, 2016

Balch School

Norwood, Massachusetts

Meet Director: Frank Ciavattone

Announcer: Al Myers

Scorekeeper: Chad Ullom

Officials: Denny Habecker (head judge), Joe Ciavattone Sr. (head judge), Frank Ciavattone, Dennis Mitchell, Chad Ullom

Loaders: Peter Vouno, Wade Marchand, Cream McDonald, Matt Traitti

Lifts: Continental Snatch, Cheat Curl, Clean and Press – Heels Together, Pullover and Press, Deadlift – Ciavattone Grip, One Arm, Trap Bar Deadlift

Men: Top Ten Placings

1. Joe Ciavattone Jr., Massachusetts
2. James Fuller, Maine
3. Randy Smith, Michigan
4. Jeff Ciavattone, Massachusetts
5. Rocky Morrison, Massachusetts
6. Dean Ross, Oklahoma
7. James Morrison, Massachusetts
8. Art Montini, Pennsylvania
9. Dennis Mitchell, Ohio
10. Bob Geib, Ohio

Women: Top Three Placings

1. Cassie Morrison, Massachusetts
2. Lindsey Beary, Massachusetts
3. Susan Sees, Ohio

Best Lifter Awards:

Mens Best Junior: James Morrison

Mens Best Senior: Joe Ciavattone Jr.

Womens Best Senior: Cassie Morrison

Womens Best Master: Susan Sees  
Mens Best Master 40-44: James Fuller  
Mens Best Master 45-49: Joe Ciavattone Sr.  
Mens Best Master 50-54: Rocky Morrison  
Mens Best Master 60-64: Randy Smith  
Mens Best Master 70-74: Dean Ross  
Mens Best Master 80-84: Dennis Mitchell  
Mens Best Master 85-89: Art Montini  
Mens Best Master Overall: James Fuller  
Mens Best Lifter Overall: Joe Ciavattone Jr.  
Womens Best Master Overall: Susan Sees  
Womens Best Lifter Overall: Cassie Morrison  
Best Club: Frank's Barbell Club

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## 2015 USAWA National Championships

June 20th, 2015

York Barbell

York, Pennsylvania

Meet Director: Denny Habecker

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials: 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, Deadlift-Ciavattone Grip, Zercher Lift

### Men: Top Ten Placings

1. Randy Smith, Michigan
2. James Fuller, Maine
3. Matt Hancock, Massachusetts
4. Denny Habecker, Pennsylvania
5. Barry Bryan, Pennsylvania
6. Eric Todd, Missouri
7. John McKean, Pennsylvania
8. Art Montini, Pennsylvania

9. Dean Ross, Oklahoma

10. Scott Schmidt, Ohio

Women: Top Placing

1. Susan Sees, Ohio

Best Lifter Awards:

Mens Best Junior: Matt Hancock

Mens Best Senior: Frankie Ciavattone

Mens Best Master 40-44: James Fuller

Mens Best Master 45-49: Al Myers

Mens Best Master 55-59: Barry Bryan

Mens Best Master 60-64: Randy Smith

Mens Best Master 65-69: John McKean

Mens Best Master 70-74: Denny Habecker

Mens Best Master 80-84: Dennis Mitchell

Mens Best Master 85-89: Art Montini

Mens Best Master Overall: Randy Smith

Mens Best Lifter Overall: Randy Smith

Womens Best Master Overall: Susan Sees

Womens 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)

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2014 USAWA National Championships

June 21st, 2014

Salvation Army Gym

Macomb, Illinois

Meet Director: Tim Piper

Meet Announcer: Al Myers

Meet Scorekeeper: Al Myers

Meet Photographer: Tedd Van Vleck

Courtesy Table: Whitney Piper

Meet Loaders: Justin, John, Paul, and Aaron

Meet Officials: Thom Van Vleck (head official), Mike Murdock, Denny Habecker, Dennis Mitchell, Eric Todd

Lifts: Crucifix, Snatch-One Arm, Clean and Push Press, Jefferson Lift-Fulton Bar, Curl-Cheat, Zercher Lift

Men: Top Ten Placings

1. Chad Ullom, Kansas
2. Randy Smith, Michigan
3. Eric Todd, Missouri
4. Tim Piper, Illinois
5. Logan Kressly, Kansas
6. Denny Habecker, Pennsylvania
7. Dean Ross, Oklahoma
8. Art Montini, Pennsylvania
9. Dennis Mitchell, Ohio
10. Lance Foster, Missouri

Best Lifter Awards:

Best Junior Lifter: Logan Kressly

Best Senior Lifter: Eric Todd

Best Master Lifter 40-44: Chad Ullom

Best Master Lifter 45-49: Lance Foster

Best Master Lifter 55-59: Randy Smith

Best Master Lifter 70-74: Denny Habecker

Best Master Lifter 80-84: Dennis Mitchell

Best Master Lifter 85-89: Art Montini

Overall Master Best Lifter: Chad Ullom

Overall Best Lifter: Chad Ullom

Best Club: Dino Gym (Chad Ullom & Dean Ross)

Best Club Runner Up: KC Strongman (Eric Todd & Lance Foster)

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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 – Layne 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

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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 Ciccarella, 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

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# PAST USAWA CHAMPIONSHIPS

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## SUMMARY OF HEAVY LIFT CHAMPIONSHIPS

DATE	PROMOTER	LOCATION	MENS CHAMPION	WOMENS CHAMPION
5/7/2016	Denny Habecker	Lebanon, PA	James Fuller	Cassie Morrison
5/2/2015	Eric Todd	Cameron, MO	Eric Todd	Mary McConnaughey
5/3/2014	Al Myers	Holland, KS	Eric Todd	none
5/4/2013	Frank Ciavattone	Walpole, MA	Al Myers	Colleen Lane
5/12/2012	Roger LaPointe	Bowling Green, OH	Eric Todd	none
5/21/2011	Denny Habecker	York, PA	Joe Garcia	none
11/6/2010	Bill Clark	Columbia, MO	Steve Schmidt	none
5/16/2009	Denny Habecker	Lebanon, PA	Al Myers	none
11/15/2008	Bill Clark	Columbia, MO	Steve Schmidt	none
11/9/2007	Bill Clark	Columbia, MO	Steve Schmidt	none
11/12/2006	Bill Clark	Columbia, MO	Steve Schmidt	none
8/27/2005	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
8/28/2004	Denny Habecker	Lebanon, PA	Frank Ciavattone	Stephanie Meyer
11/9/2003	Bill Clark	Columbia, MO	Steve Schmidt	none
10/19/2002	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/10/2001	Bill Clark	Columbia, MO	Abe Smith	none
11/5/2000	Bill Clark	Columbia, MO	John Monk	none
9/11/1999	Frank Ciavattone	Walpole, MA	Frank Ciavattone	none
12/5/1998	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/1/1997	Bill Clark	Columbia, MO	John Carter	Amy Burks
10/27/1996	Kerry Clark	Columbia, MO	John Carter	none
10/29/1995	Bill Clark	Columbia, MO	John Carter	Emily Gordon
10/30/1994	Bill Clark	Columbia, MO	John Carter	Kerry Clark

## History of the Overall Best Lifters at the USAWA Grip Championships

YEAR	MENS CHAMPION	WOMENS CHAMPION
2015	LaVerne Myers	Mary McConnaughey
2014	Dan Wagman	Ruth Jackson
2013	Troy Goetsch	Ruth Jackson
2012	Al Myers	None
2011	Al Myers	Felecia Simms

## History of the Presidential Cup

YEAR	CUP WINNER	LIFT	PRESIDENT
2016	Aidan Habecker	Vertical Bar DL – 2", 2 Bars	Denny Habecker
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
	Al Myers & Chad Ullom		
2016 – December 17th	>60: LaVerne Myers & Dean Ross Al Myers & Chad Ullom	None	None
2015-August 30th	>60: LaVerne Myers & Dean Ross Al Myers & Chad Ullom	none	Jera & Doug Kressly
2014-August 24th	>60: Laverne Myers & Dean Ross Al Myers & Chad Ullom	none	none
2013-August 17th	>60: Denny Habecker & Art Montini Al Myers & Chad Ullom	Ruth Jackson & Molly Myers	Jera Kressly & Logan Kressly
2012-August 11th	>60: LaVerne Myers & Dean Ross Al Myers & Chad Ullom	none	Jera & Doug Kressly
2011-August 27th	>60: Mike Murdock & Rudy Bletscher Al Myers & Chad Ullom	none	none
2010-August 10th	>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

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## 2016 POSTAL SERIES SUMMARY

### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Dan Wagman	RJ Jackson
2nd Quarter Postal	Dan Wagman	RJ Jackson
3rd Quarter Postal	Dan Wagman	RJ Jackson
Postal Championships	Dan Wagman	RJ Jackson

### Final Postal Series Rankings

#### WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	14
2	Tressa Brooner	2	5
3	Cyrstal Diggs	3	4
4 Tie	Mary McConnaughey	2	3
4 Tie	Lynda Burns	2	3
4 Tie	Kim Lydon	1	3

#### MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Dan Wagman	4	52
2	Al Myers	4	43
3	LaVerne Myers	4	35
4	Denny Habecker	4	32
5 Tie	Chad Ullom	1	24
5 Tie	Eric Todd	3	24
7	Barry Bryan	1	20
8	Mark Raymond	2	19
9	Dean Ross	4	19
10 Tie	Barry Pensyl	1	16
10 Tie	Rocky Morrison	2	16



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## 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
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
1	Ruth Jackson	4	6
2	Gabby Jobe	1	1

## MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
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
1	Gabby Jobe	4	5
2	Molly Myers	1	3
3	Bri Ullom	1	2

## MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
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
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

#### 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 7th, 2016 – Lebanon, Pennsylvania, 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 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**

#### **IWA PRESIDENT**

Bill Clark, United States

#### **IWA GENERAL SECRETARY/TREASURER**

Frank Allen, England

#### **IWA VICE PRESIDENT**

Jon Carr, United States

#### **IWA REGISTRAR**

Joe McCoy, United States

#### **IWA 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

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## PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP

2016 IAWA Gold Cup

October 22nd, 2016

Abilene, Kansas, USA

Meet Directors: Al Myers & LaVerne Myers

Prechtel Award: Timo Lauttamus, Finland

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2015 IAWA Gold Cup

November 27th, 2015

Perth, Western Australia

Meet Director: John Mahon

Prechtel Award: Al Myers, United States

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2014 IAWA Gold Cup

October 25th, 2014

Burton on Trent, England

Meet Director: Steve Gardner

Prechtel Award: James Gardner, England

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2013 IAWA Gold Cup

November 2nd, 2013

Lebanon, PA, USA

Meet Director: Denny Habecker

Prechtel Award: Al Myers, United States

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2012 IAWA Gold Cup

November 3rd, 2012

Glasgow, Scotland

Meet Directors: Andy Tomlin & Matt Finkle  
Prechtel Award: James Gardner, England

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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

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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 McNally, 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 Abernethy, 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 McNally, Scotland

2. Tracy Emmerson, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Agnes McNally

Women Master – Agnes McNally

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 McNally, 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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## USAWA MERCHANDISE

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*To: Fellow All Round Weightlifters*

*The online store of the USAWA was developed to provide merchandise to those interested in All-Round Weightlifting and the USAWA. All profits from sales go into the bank account of the USAWA. No individual/individuals profits from this. By ordering any of these promotional items the USAWA has to offer, you support the organization that is giving you the opportunity to compete in All Round Weightlifting in the USA.*

*Finally, I want to thank you for your purchase of any item you buy from the USAWA Online Store. Only with your support can this store continue to exist.*

*Sincerely,*

### **USAWA Online Store Catalog**



#### **OFFICIAL JUDGING SHIRT – \$30 plus shipping**

This is the official judging shirt of the USAWA. This shirt is available in sizes from large to 3XL. It is a 50% cotton – 50% polyester blend. One shoulder contains the official logo patch of the USAWA while the other shoulder has a USA Flag patch. On the front is the wording “USAWA Certified Official” over the left chest. This shirt runs one size big, so if you typically wear a 2XL, order a 1XL.



#### **SPORTS BOTTLE – \$5 plus shipping**



This Royal Blue Megafast Sports Bottle contains the official logo of the USAWA. It has a spill-proof lid that will work perfectly for your next training session or meet to keep you hydrated and refreshed. It is dishwasher safe and is of quality that can be reused over and over. This water bottle is a great way to show off your USAWA spirit!



**USAWA PATCH – \$5 with no shipping**

This is the Official Patch of the USAWA. It contains the Official USAWA logo of a lifter performing the Crucifix Lift wrapped in the United States Flag. The patch has a diameter of 3.5 inches and has a hard backing. This patch is made to be sewn on gym bags or shirts.



**SHORT SLEEVE T-SHIRT – \$15 plus shipping**

These T-Shirts contain the official logo of the USAWA in a 4 color print on the front. The shirts are available in sizes small to 3XL. Two colors are available – Sports Grey and Black. The T-Shirts are light weight with a 90% Cotton – 10% Polyester blend.



**LONG SLEEVE T-SHIRT -\$20 plus shipping**

These Long Sleeve T-Shirts contain the official logo of the USAWA in a 4 color print on the front. The shirts are available in sizes small to 3XL. Two colors are available – Sports Grey and Black. These T-Shirts are light weight with a 90% Cotton – 10% Polyester blend.



**HOODIE SWEATSHIRT – \$30 plus shipping**

These hoodies have the official USAWA Logo on the front in a 4 color print. The sizes available are medium to 3XL. Two colors are available – Black and Sports Grey. This hoodie is lightweight and very comfortable. It is the perfect sweatshirt to wear to your next winter meet.

**USAWA RULEBOOK – \$30 plus shipping**

This is the official Rulebook of the USAWA. The USAWA Rulebook is updated yearly with the new lifts and the rule changes. The Rulebook covers the rules of close to 200 All-Round lifts and contains around 100 pictures of lifters performing various lifts. It is in black & white print and bound with a spiral binding. This rulebook is available online at no charge, but once you figure in the cost of printer ink and binding it comes out to about the same as ordering one.

Order a Rulebook today and be up to date on the Rules of the USAWA.

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ONLINE STORE ORDER FORM (PDF):

[Online Store Order Form \(EDIT PDF\)](#)

**IAWA GOLD CUP – WORLD RECORD BREAKERS 22/10/16 Kansas USA**

**Promoters: Al & Laverne Myers**

<b>Name</b>	<b>Bwt</b>	<b>Class</b>	<b>Age</b>	<b>Div</b>	<b>Gold Cup Lift</b>
Steve Gardner 80 k	148.7	125+	60	M60+	Mid Fingers Straddle
Molly Myers 110 k	81.1	85	18	J18/19	Squat
Zach Lucas 115 k	110.0	110	30	Open	Right Leg Deadlift
Bob Geib 42.5 k	120.4	125	73	M70+	Left Hand Fulton Deadlift
Dennis Mitchell 70 k	66.2	70	84	M80+	T Hs Thumbless Deadlift
Denny Habecker 75 k	90.4	95	74	M70+	R/H Ciavattone Deadlift
Art Montini 80 k	76.6	80	89	M85+	Deadlift
Karen Gardner 32.5 k	76.4	80	57	M55+	Hands Together Bench Press
Laverne Myers 50 k	107.0	110	72	M70+	The Dumbbell Walk
Dean Ross 25 k	118.3	120	73	M70+	The Arthur Lift
Lance Foster 125 k	154.2	125+	50	M50+	The 2" Bar Straddle
Susan Sees 80 k	116.1	120	53	M50+	T Hs Thumbless Deadlift
George Dick 45 k	144.2	125+	68	M65+	Dumbbell & Barbell Anyhow
Peter Phillips 155 k	103.1	105	62	M60+	T Hs Thumbless Deadlift
Timo Lauttamus 100 k	94.3	95	37	Open	Little Fingers Hacklift

Eric Todd 60 k	112.9	115	37	Open	Lateral Raise Lying
Chad Ullom 400 k	111.1	115	44	M40+	Two Man Deadlift (With Al)
Al Myers 400 k	102.2	105	50	M50+	Two Man D/lift (With Chad)
Graham Saxton * 210 k	123	125	54	M50+	2 Bars Deadlift

(\* Graham lifted at Als Gym a week earlier and his refs were Al and Laverne Myers)

**Announcer / Recorder:** Steve Gardner **Assistant:** Judy Habecker

**Referees:** Al Myers George Dick Peter Phillips Chad Ullom Laverne Myers

### **The Howard Prechtel Memorial Award**

In Memory of the Gold Cup founder, this award is given to the record breaker who scores the highest points using the Lynch body weight, Age & Gender percentages, and the Blindt lift Formulas.

**The 2016 Winner:** Timo Lauttamus (Finland) 152.9 Amended Points

2<sup>nd</sup> Laverne Myers (USA) 108.7 points 3<sup>rd</sup> Peter Phillips (Australia) 107.4 points

### **Second Choice Record Lifts completed after the Gold Cup:**

Bob Geib	Right Hand Fulton Deadlift	45 k
Dennis Mitchell	Press B/Neck From Racks	16 k
Denny Habecker	Pullover and Press	80 k
Art Montini	Teeth Lift	51.75 k
Karen Gardner	Stiff Leg Deadlift	75 k
Dean Ross	Hands Together Bench Press	85 k
Susan Sees	Trap Bar Deadlift	110 k
George Dick	Continental Clean	60 k
Timo Lauttamus	Middle Fingers Hacklift	XXX (tried 190.5 k)
Eric Todd	Pullover and Press	165 k

## **The 2016 Andy Goddard Memorial – World Postal Championships**

(24 Teams entered with over 60 lifters, representing: USA, Australia, England, Wales, Scotland and Ireland)

Lifts: 1= Cont. Clean 2= Pullover

and Push 3= 2x2" Vertical Bars (1 R = 1 Ref, 2 R = 2 Refs etc.)

Lifter	Bwt	Age	Lift 1	Lift 2	Lift 3	Total	Amend
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### **FIRST: Team: Burton Powerhouse 1 (3R) - ENGLAND**

Pete Tryner	89.2	44	110	135	180	425	402.5
Josh Davidson	118.5	26	125	150	190	465	360.9
James Gardner	97.7	32	110	145	180	435	373.7
Team Total	1325						Team Amended 1137.1

### **SECOND: Team: Granby Grippers (1R Steve A & 2R for Steve S & Daniel) - ENGLAND**

Steve Sherwood	78.7	64	97.5	90	165	352.5	427.7
Steve Andrews	66.6	57	70	105	117.5	292.5	373.5
Daniel Andrews	75.2	20	85	70	125	280	279.5
Team Total	925						Team Amended 1080.7

### **THIRD: Team: Burton Powerhouse 2 (3R) - ENGLAND**

Don Gardner	96.4	53	90	110	150	350	344.7
Luke Davis	74.6	32	105	105	145	355	356.2
Chloe Brennan	67.3	20	72.5	65	100	237.5	338.8
Team Total	942.5						Team Amended 1039.7

### **FOURTH: Team : Northern Ireland (1R) - IRELAND**

Roy McLean	103.0	44	110	120	185	415	363.4
Paul Cullen	134.0	42	92.5	100	130	322.5	242.8
Stevie Shanks	70.1	52	80	85	150	315	371.6
Team Total	1052.2						Team Amended 977.8

### **FIFTH: Team: Burton Powerhouse 3 (3R) - ENGLAND**

Chris Findon	68.5	33	70	75	160	305	323.3
Steve Moss	101.2	33	80	125	180	385	324.0
Matt Jones	129.4	20	120	145	160	425	315.9
Team Total	1115						Team Amended 963.2

### **SIXTH: Team: Twyford Celts Ladies (1R) - WALES**

Max Ell	44.9	19	50	40	92.5	182.5	363.9
Maddie Ell	51.4	21	55	45	100	200	350.9
Sonya Coles	85.0	39	60	42.5	87.5	190	176.2
Team Total	572.5						Team Amended 891.0

### **SEVENTH: Team: Dino Gym USA (1R) - USA**

Al Myers	103.4	50	100	100	175	375	364.4
Laverne Myers	107.9	72	60	60	135	255	290.5
Dean Ross	113.1	73	50	75	95	220	248.2
Team Total	840						Team Amended 885.1

### **EIGHTH: Team: Shut Up and Lift (Scotland) (3R - SCOTLAND)**

George Dick	147.1	67	60	60	130	250	227.5
Andy Tomlin	90.5	48	110	95	150	355	346.2
Matt Finkle	68.9	50	70	75	117.5	262.5	307.6
Team Total	867.5						Team Amended 881.3

### **NINTH: Team: Burton Powerhouse 4 (3R) - ENGLAND**

Lee Coton	95.0	40	95	100	140	335	294.7
Webster Reid	161.2	42	110	130	190	430	297.4

Graham Saxton	119.7	54	75	120	130	325	288.6
Team Total	1090			Team Amended	880.7		

**TENTH:** Team: Kansas City (1R) - USA

Eric Todd	117.9	41	102	195.5	81.6	379.1	300.9
Lance Foster	152.2	50	79.5	81.8	81.8	243.1	185.9
Ruth Jackson	47.7	54	52.0	47.6	81.6	181.2	374.8
Team Total	803.4			Team Amended	861.6		

**ELEVENTH:** Team: ARWLWA (3R) - AUSTRALIA

Alex Biason	115.2	48	100	90	130	320	274.5
Peter Phillips	106.4	62	70	95	130	295	297.4
Sam Trew	133.0	33	100	105	140	345	253.1
Team Total	960			Team Amended	825.0		

**TWELFTH:** Team: Burton Powerhouse 5 (3R)- ENGLAND

Gary RedfernSmith	102.1	43	82.5	107.5	140	330	287.5
Paul Hallam	89.6	37	70	70	155	295	265.4
Karen Gardner	75.4	58	32.5	47.5	90	170	257.5
Team Total	795			Team Amended	810.4		

**THIRTEENTH:** Team: Franks Barbell Club (3R) - USA

Jeff Ciavattone	117.9	36	109.8	116.6	130.6	357.0	277.8
Mark Raymond	106.6	53	82.1	69.9	139.7	291.7	272.3
Kim Lydon	68.0	25	50.3	42.2	77.1	169.6	240.2
Team Total	818.3			Team Amended	790.3		

**FOURTEENTH:** Team: Metamorfit 1 (1R)- ENGLAND

Paul Barette	73.8	40	70	82.5	117.6	270.0	275.4
Gareth Edwards	85.1	33	80	60	132.6	272.6	252.6
Ryan Burchett	107.2	33	90	90	135.1	315	257.2
Team Total	857.8			Team Amended	785.2		

**FIFTEENTH:** Team: Habeckers Gym (1R) - USA

Judy Habecker	70.3	75	17.5	19	50	86.5	161.3
Aiden Habecker	56.6	13	40	32.5	90	162.5	262.3
Denny Habecker	86.6	73	50	90	110	250	325.7
Team Total	499.0			Team Amended	749.3		

**SIXTEENTH:** Team: The Battling Keddy's Clan (1R) - WALES

Liam Keddy	53.0	14	40	42.5	80	162.5	249.2
Sianni Keddy	103.0	39	40	35	100	175	194.1
Neil Keddy	95.0	38	110	125	110	345	300.4
Team Total	682.5			Team Amended	743.7		

**SEVENTEENTH: Team: Iron Clad (1R) - ENGLAND**

Nick Swain	82.0	51	74	90.0	165.5	329.5	349.5
Phil Crisp	106.5	46	118	148.0	160.0	426.0	373.5
Team Total	755.9						
Team Amended	723.0						

**EIGHTEENTH: Team: Metamorfit 2 (1R) - ENGLAND**

Natalie Voce	85.3	34	42.5	52.5	102.6	197.6	243.2
Kris Singh	93.8	22	70	102.5	102.6	275.1	241.2
Ed Shorttle	82.1	60	37.5	50	120.1	207.6	237.7
Team Total	635.3						
Team Amended	722.1						

**NINETEENTH: Team: Burton Powerhouse 6 (3R) - ENGLAND**

Steve Gardner	145.3	59	80	80	140	300	253.4
Joshua Hulse	60.7	12	32.5	32.5	80	145	222.2
Diane Baldrey	71.2	51	37.5	40	80	157.5	236.0
Team Total	602.5						
Team Amended	711.6						

**20th: Team: Haven Gym (2R) - ENGLAND**

Tom Allsopp	97.0	53	100	90	115	305	299.4
Matt Wells	71.5	36	115	80	150	345	355.6
Team Total	650						
Team Amended	655.0						

**21<sup>st</sup> Team: Franks Barbell Club 2 (3R) - USA**

Frank Ciavattone	129.3	61	20	20	90.7	130.6	117.5
Rocky Morrison	133.8	54	79.8	78.0	119.7	277.6	233.5
Team Total	408.2						
Team Amended	351.0						

**22<sup>nd</sup> Twyford Celts – Men (1R) - WALES**

Gary Ell	92.5	45	95	107.5	170	372.5	349.0
Team Total	372.5						
Team Amended	349.0						

**23<sup>rd</sup> Team: Burton Powerhouse 7 (3R) - ENGLAND**

Luke Adams	103.3	18	62.5	70	130	262.5	225.1
Team Total	262.5						
Team Amended	225.1						

**24<sup>th</sup> Team: ARWLWA 2 (3R) - AUSTRALIA**

John Mahon	118.1	33	95	--	150	245	190.4
Team Total	245						
Team Amended	190.4						

**Individual Rankings for the 2016 World Postal Championships:**

Steve Sherwood	427.7	80 kilo Class - Masters 60+ And Open Champion
Pete Tryner	402.5	90 kilo Class – Masters 40+ And Open Champion
Ruth Jackson	374.8	50 kilo Class – Female Masters 50+ Champion
James Gardner	373.7	100 kilo Class – Open Division Winner
Steve Andrews	373.5	70 kilo Class – Masters 55+ Champion

Phil Crisp	373.5	110 kilo Class – Masters 45+ And Open Champion
Stevie Shanks	371.6	75 kilo Class – Masters 50+ Champion
Al Myers	364.4	105 kilo Class – Masters 50+ Champion
Max Ell	363.9	45 kilo Class – Female Junior 18/19 Champion
Roy McLean	363.4	105 kilo Class – Masters 40+ Champion
Josh Davidson	360.9	120 kilo Class – Open Division Champion
Luke Davis	356.2	75 kilo Class – Open Division Champion
Matt Wells	355.6	75 kilo Class – Open Division Runner Up
Maddie Ell	350.9	55 kilo Class – Ladies Open Division Champion
Nick Swain	349.5	85 kilo Class – Masters 50+ Champion
Gary Ell	349.0	95 kilo Class – Masters 45+ And Open Division Champion
Andy Tomlin	346.2	95 kilo Class – Masters 45+ And Open Division Runner Up
Don Gardner	344.7	100 kilo Class – Masters 50+ Champion
Chloe Brennan	338.8	70 kilo Class – Ladies Open Division Champion
Denny Habecker	325.7	90 kilo Class – Masters 70+ Champion
Chris Findon	323.3	70 kilo Class – Open Division Champion
Steve Moss	324.0	105 kilo Class – Open Division Champion
Matt Jones	315.9	125+ Kilo Class – Open Division Runner Up
Matt Finkle	307.6	70 kilo Class – Masters 50+ Champion
Eric Todd	300.9	120 kilo Class – Masters 40+ Champion
Neil Keddy	300.4	95 kilo Class – Open Division 3 <sup>rd</sup> Place
Tom Allsopp	299.4	100 kilo Class – Masters 50+ Runner Up
Webster Reid	297.4	125+ Kilo Class – Masters 40+ And Open Division Champion
Peter Phillips	297.4	110 kilo Class – Masters 60+ Champion
Lee Coton	294.7	95 kilo Class – Masters 40+ Champion
Laverne Myers	290.5	110 kilo Class – Masters 70+ Champion
Graham Saxton	288.6	120 kilo Class – Masters 50+ Champion
Gary Redfern Smith	287.5	105 kilo Class – Masters 40+ Champion
Daniel Andrews	279.5	80 kilo Class – Open Division Runner Up
Alex Biason	274.5	120 kilo Class – Masters 45+ Champion
Jeff Ciavattone	277.8	120 kilo Class – Open Division 3 <sup>rd</sup> Place
Paul Barette	275.4	75 kilo Class – Masters 40+ Champion
Mark Raymond	272.3	110 Kilo Class – Masters 50+ Champion
Paul Hallam	265.4	90 kilo Class – Open Division Runner Up
Aiden Habecker	262.3	60 kilo Class – Junior 13 + Under Champion
Karen Gardner	257.5	80 kilo Class – Female Masters 55+ Champion
Ryan Burchett	257.2	110 kilo Class – Open Division Runner Up



Steve Gardner	253.4	125+ kilo Class – Masters 55+ Champion
Sam Trew	253.1	125+ kilo Class – Open Division 3 <sup>rd</sup> Place
Gareth Edwards	252.6	90 kilo Class – Open Division 3 <sup>rd</sup> Place
Liam Keddy	249.2	55 kilo Class – Junior 14/15 Champion
Dean Ross	248.2	115 kilo Class – Masters 70+ Champion
Natalie Voce	243.2	90 kilo Class – Female Open Division Champion
Paul Cullen	242.8	125+ kilo Class – Masters 40+ Runner Up
Kris Singh	241.2	95 kilo Class – Open Division 5 <sup>th</sup> Place
Kim Lydon	240.2	70 kilo Class – Open Division Runner Up
Ed Shorttle	237.7	85 kilo Class – Masters 60+ Champion
Diane Baldrey	236.0	75 kilo Class – Female Masters 50+ Champion
Rocky Morrison	233.5	125+ kilo Class – Masters 50+ Champion
George Dick	227.5	125+ kilo Class – Masters 65+ champion
Luke A Adams	225.1	105 kilo Class – Junior 18/19 Champion
Joshua Hulse	222.2	65 kilo Class – Junior 13+ Under Champion
Sianni Keddy	194.1	105 kilo Class – Female Open Division Champion
John Mahon (injured)	190.4	120 kilo Class – Open Division 3 <sup>rd</sup> Place
Lance Foster	185.9	125+ kilo Class – Masters 50+ Runner Up
Sonya Coles	176.2	85 kilo Class – Female Open Division Champion
Judy Habecker	161.3	75 kilo Class – Female Masters 75+ Champion
Frank Ciavattone	117.5	125+ kilo Class – Masters 60+ Champion

### **The Overall Best Lifter Rankings:**

<u>Best Female Lifter:</u>	1 <sup>st</sup> Ruth Jackson	2 <sup>nd</sup> Max Ell	3 <sup>rd</sup> Maddie Ell
<u>Best Junior Lifter:</u>	1 <sup>st</sup> Max Ell	2 <sup>nd</sup> Daniel Andrews	3 <sup>rd</sup> Aiden Habecker
<u>Best Open Lifter:</u>	1 <sup>st</sup> James Gardner	2 <sup>nd</sup> Josh Davidson	3 <sup>rd</sup> Luke Davis
<u>Best Master 40+:</u>	1 <sup>st</sup> Pete Tryner	2 <sup>nd</sup> Roy Mclean	3 <sup>rd</sup> Eric Todd
<u>Best Master 45+:</u>	1 <sup>st</sup> Phil Crisp	2 <sup>nd</sup> Andy Tomlin	3 <sup>rd</sup> Alex Biason
<u>Best Master 50+:</u>	1 <sup>st</sup> Stevie Shanks	2 <sup>nd</sup> Al Myers	3 <sup>rd</sup> Nick Swain
<u>Best Master 55+:</u>	1 <sup>st</sup> Steve Andrews	2 <sup>nd</sup> Steve Gardner	
<u>Best Master 60+:</u>	1 <sup>st</sup> Steve Sherwood	2 <sup>nd</sup> Ed Shorttle	3 <sup>rd</sup> Frank Ciavattone
<u>Best Master 65+:</u>	1 <sup>st</sup> George Dick		
<u>Best Master 70+:</u>	1 <sup>st</sup> Denny Habecker	2 <sup>nd</sup> Laverne Myers	3 <sup>rd</sup> Dean Ross
<u>Best Master 75+:</u>	1 <sup>st</sup> Judy Habecker		

### **Champion of Champions Ranking - Overall Best Lifter of the Postal World**

<b>Championships:</b>	1 <sup>st</sup> Steve Sherwood 427.7	2 <sup>nd</sup> Pete Tryner
402.5	3 <sup>rd</sup> Ruth Jackson 374.8	4 <sup>th</sup> James Gardner 373.7
5 <sup>th</sup> Steve Andrews 373.5	6 <sup>th</sup> Phil Crisp 373.5	