

2018 USAWA YEAR IN REVIEW

Dear USAWA members and friends,

This year marks the TENTH year of the USAWA Year in Review. Each year I accumulate all the information from the USAWA website and put it into this book. It contains all past meet results, the Daily News, and all archive information. It always amazes me at the amount of information that is generated in the USAWA each year, as I'm reminded of it as I'm copying and pasting it into this Year in Review.

This book is not intended to be a finished publication as I do not do any special editing as I'm copying – thus the reason for the uneven format. My goal is simply to preserve the history of our organization in a printed book.

I want to thank the membership of the USAWA for making all this possible. Without the support of members this would be a very short review book. I especially want to thank those that have contributed to the website – either by submitting stories for the Daily News, or doing meet write-ups.

Sincerely,

A handwritten signature in black ink, appearing to be 'Al Myers', with a long horizontal line extending to the right.

Al Myers, USAWA Secretary and Website Director

LANCE FOSTER – NEW LEVEL 2

January 4, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Lance Foster lifting in the 2016 IAWA Gold Cup.

Big news on the USAWA Officials front today – we have a new LEVEL 2 Official in the USAWA. A big congrats goes to Lance Foster for achieving this officiating milestone. After all, it's not an easy thing to accomplish. To become a Level 2 Official (the highest ranking of officials in the USAWA) it takes passing the Rules Test and having officiated over 25 USAWA competitions/events. That's not something you can achieve in a couple of years! Lance has been officiating in the USAWA for over 10 years, doing 2 to 3 competitions per year. So you can see that it's been a longterm commitment for him.

Now since Lance is a Level 2 Official he is an official for life in the USAWA. That's the prize for advancing to the tops of the official ranks in the USAWA!

Again, congratulations Lance!

1ST QUARTER POSTAL

[January 5, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Postal Series consists of 4 quarterly postal meets, with the grand finale being the USAWA Postal Series. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

The basic rules for entering a USAWA Postal Meet are as follows:

- Must be a CURRENT member of the USAWA
- All lifts must be done on the same day
- USAWA rules apply as outlined in Rule Book
- 3 attempts allowed with best attempt recorded
- Bodyweight and Age apply as to the day of lifting
- Must turn in official scoresheet by deadline
- Record results on scoresheet in pounds
- At least 1 certified official required for records
- May enter with a non-certified judge but will not be eligible for records
- Scoresheet must be fully filled out
- No entry fee

ENTRY FORM (PDF) – [2018 1st Quarter Postal Entry Form](#)

2ND QUARTER POSTAL

[January 5, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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ENTRY FORM (PDF) – [2018 2nd Quarter Postal Entry Form](#)

3RD QUARTER POSTAL

[January 5, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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ENTRY FORM (PDF) – [2018 3rd Quarter Postal Entry Form](#)

POSTAL CHAMPIONSHIPS

[January 5, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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2018 POSTAL LINEUP

[January 5, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The entire 2018 Postal Series Meets have been announced. The USAWA has had a long history of promoting postal meets, and for the last several years have hosted a Postal Series, consisting of 4 quarterly Postal Meets with the last one being the Postal Championships.

The promotion of these meets are done by the USAWA, under the direction of the Postal Meet Director Denny Habecker. All scoresheets are to be sent to Denny as he does the formula calculations for the final meet standings. There is no entry fee to enter the USAWA Postal Meets. The Postal series is sponsored by the USAWA. However, you must be a current member of the USAWA to participate.

Postal Meets are a great way to get introduced to All Round Weightlifting. Denny picks a variety of different lifts for each meet. Rules for the lifts are found in the USAWA Rule Book, which is available for free download from the website.

Now for the lifts of this years Postal Series!

1st Quarter Postal Meet – January 1st to March 31st

Clean and Press – Heels Together

Snatch – From Hang

Clean and Jerk – One Arm

2nd Quarter Postal Meet – April 1st to June 30th

Bench Dip

Pullover – Bent Arm

Deadlift – One Arm

3rd Quarter Postal Meet – July 1st to September 30th

Lateral Raise – Standing

Snatch – 2 Dumbbells
Deadlift – 2 Dumbbells

Postal Championships – October 1st to December 31st

Lateral Raise – Lying
Deadlift – No Thumbs, Overhand Grip
Continental to Belt

All entry forms for the USAWA Postal Meets are found in upcoming events in the right column of the website homepage.

POSTAL CHAMPIONSHIPS

[January 6, 2018](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

MEET RESULTS –

2017 USAWA POSTAL CHAMPIONSHIPS

The results of the final USAWA postal competition, the Postal Championships, is wrapped up. The Championships had very good participation, with 15 men and 3 women lifters. The Champion in the Men's Division was Tony Patterson and the Champion in the Women's Division was Kim Lydon.

Meet Results:

2017 Postal Championships
December 31st, 2017

Meet Director: Denny Habecker

Lifts: 1 Hand 2" Vertical Bar Deadlift, One Hand Dumbbell Swing, Trap Bar Deadlift

Lifters that used a certified official:
Chad Ullom – Official Al Myers

Tony Patterson – Officials Frank Ciavattone, Rocky Morrison
 Al Myers – Official Laverne Myers
 Eric Todd – Official Lance Foster
 Mark Raymond – Officials Frank Ciavattone, Rocky Morrison
 Chris Todd – Officials Eric Todd, Lance Foster
 Laverne Myers – Official Al Myers
 Barry Bryan – Official Denny Habecker
 Lance Foster – Official Eric Todd
 Barry Pensyl – Officials Denny Habecker, Barry Bryan
 Aidan Habecker – Officials – Denny Habecker, Barry Bryan
 Dave Gago – Officials – Frank Ciavattone, Rocky Morrison
 Denny Habecker -Official Barry Bryan
 Frank Ciavattone – Official Rocky Morrison
 Kim Lydon – Officials Frank Ciavattone, Rocky Morrison
 Crystal Diggs – Official R.J. Jackson

Lifters using a non-certified judge

John Douglas

R.J. Jackson

WOMENS DIVISION

LIFTER	AGE	BWT	V.B.	SWING	TRAP BAR	TOT	PTS
Kim	27	153	110 R	60 R	225	395	415.14
Lydon							
R.J.	56	107	113 L	57 R	0	170	265.98
Jackson							
Crystal	31	165	60 L	30 R	0	90	90.15
Diggs							

MENS DIVISION

Tony	55	175	212 R	120 R	480	812	910.17
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Patterson

Al Myers	51	231	180 R	110 R	485	775	717.66
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Chad	46	247	187 R	110 R	518	815	696.33
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Ullom

John	54	312	175 R	110 R	505	790	648.39
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Douglas

Barry	69	150	101 R	55 R	286	442	612.06
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Pensyl

Laverne	73	239	180 R	55 R	308	543	590.82
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Myers

Eric Todd	42	260	125 R	135 R	465	725	581.12
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Barry	59	190	154 R	77 R	352	523	577.70
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Bryan

Mark	54	245	170 R	50 R	380	600	553.24
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Raymond

Aidan	14	156	160 R	44 R	220	424	528.28
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Habecker

Dave	60	165	100 R	30 R	280	410	496.94
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Gago

Denny	75	186	94 R	55 R	242	391	495.54
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Habecker

Chris	38	272	115 R	90 R	370	575	437.69
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Todd

Lance	52	330	145 R	55 R	280	480	385.59
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Foster

Frank	62	292	150 R	22 R	198	370	334.68
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Ciavattone

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

SPEC EQUIPMENT: DUMBBELL WALK HANDLE

[January 8, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Dumbbell Walk Handle

The Dumbbell Walk Handle has been added to the USAWA Online Store. The Dumbbell Walk is a very unique grip lift in the USAWA, and has been tested many times at the USAWA Grip Championships. This Dumbbell Walk Handle conforms to the rules for the Dumbbell Walk, which is an official lift of the USAWA. The USAWA rules for the Dumbbell Walk require a lifter to carry this large (3.5") diameter dumbbell with one hand over the distance of 10 feet! It is a great test of gripping strength, and anything over 100 pounds in the Dumbbell Walk is considered a very good lift.

It can be found in the USAWA Online Store, under the heading of "Spec Equipment".

NATIONAL CHAMPIONSHIPS

[January 9, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT –

2018 USAWA NATIONAL CHAMPIONSHIPS



The USAWA National Championships will be held at Cocoa Beach!

The date has been set and plans are underway for this years USAWA National Championships. For the first time in USAWA history, the Nationals will be held in Florida! The plans for this all started on the trip back from Nationals last year in Cleveland. After I received the bid for the 2018 Nationals, a young lifter from the Dino Gym, Cody Lokken, said he would sure like to help have the meet where he is moving to in Cocoa Beach, Florida. Well, that really got me interested – and now it's going to happen!

Cody is going to be assisting me with this promotion and will be my “inside man” on location in Cocoa Beach securing a venue location and banquet location. I will do all the administrative stuff – collect entry forms, getting tshirts made, awards, etc.

The lifts have been selected and approved by the Executive Board. The lifts are:

Curl – Cheat
Snatch – 1 Arm
Pullover and Press
Deadlift – 1 Arm
Zercher Lift

It will be a one day event this year. The banquet will follow the Championships on Saturday. The National Meeting will be planned for Friday night. Cocoa Beach is just a short drive from Orlando (1 hour), and if you aren't driving would be the best airport to fly into. Details on venue location and banquet location will be released at a later time.

This meet would be the ideal excuse to plan a summer vacation to Florida this summer. I'm working on trying to get past IAWA President, Steve Gardner, to attend to be our guest announcer. Steve is the MASTER WITH THE MIC and if this can happen will be a special treat for our organization. So take today, put Nationals on your lifting calendar, so you can enjoy a great day of lifting and spending some time in the sun on Cocoa Beach!

USAWA Nationals Entry Form (PDF) – [2018 National Championships Entry Form](#)

HEAVY LIFT CHAMPIONSHIPS

[January 10, 2018](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

Meet Announcement:

The USAWA Heavy Lift Championship

The 2018 USAWA Heavy Lift Championship will be hosted by KCSTRONGMAN on Saturday, May 5, 2018. It will be at my training facility out in God's Country, USA. The traditional 3 heavy lifts will be contested: The neck lift, the hand and thigh, and the hip lift. I will have my neck lift and hip lift belt available, though they are made for my proportions, so feel free to bring your own. The Heavy Lift Championship goes back just about as far as any meet in the USAWA. This is our second time of hosting it, and we hope to do so in a fashion that will uphold its place as one of the most prestigious championships in the organization. I have said it before (many times) but would feel remiss if someone who has not been before signed up in the hopes of lifting in a pristine facility. My place is not that. It is hot in the summer and cold in the winter. The floor is gravel, and there is an outhouse out back. However, we have over a ton of 100# plates, and a boat load of assorted change, more than enough for the best of the best hip lifters. I will post directions on the forum when we get closer. Do not put my address in GPS; it will not get you here. Hope some of you all can make it out to make this one of the best Heavy Lifts in history!

ENTRY FORM (word) – [Heavy Lift Entry](#)

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

SPEC EQUIPMENT: FULTON DUMBBELL

[January 11, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



The Fulton Dumbbell has been added to the USAWA Online Store, under Spec Equipment. This is a very well built piece that will last forever in your gym. I personally guarantee that you will never bend it in your lifetime. It is made from a solid 1-15/16" diameter cold roll shaft. The Fulton Dumbbells in the Dino Gym are exactly the same.

ART'S BIRTHDAY BASH

January 12, 2018 Al Myers Edit Post

by Al Myers

******CANCELLED******

MEET ANNOUNCEMENT ART'S BIRTHDAY BASH

Meet Details:

Date: October 14th, 2018

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.

WELCOME BARRY TO THE CLUB!

January 12, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

I just got done updating the USAWA Record List and the Century Club. And to my excitement we have a new USAWA Century Club member, and that is BARRY PENNSYLVANIA. The Century Club is for an inclusive group of All Rounders who hold over 100 USAWA records. It's not easy to exceed 100 records in our organization, and often takes many years. Barry has been working towards this for a long, long time. His first USAWA record was set in 1990 at the Nationals in Akron! So this has been a 27 year project for Barry! Big congrats Barry from myself and the rest of the USAWA.

Other than that, there were not any really big changes in the CENTURY CLUB. Our Prez Denny still holds the big lead over the rest of the field in the Mens Club, with a total of 575 USAWA Records. RJ still holds the top Women's spot in the Womens Century Club and is closing in on 300 USAWA Records. In the Men's Club all the top ten members either stayed the same or increased their record count. In the Womens Club all four members stayed the same or increased their count. The Men's Century Club now stands at 25 members with the addition of Barry. The biggest record "increasers" since last count were: RJ (+17), Denny (+15), LaVerne (+11), and myself (+19). Not much changed in the overall order – the women's Club stayed the same and only two changes happened in the Mens Club. LaVerne moved past THE LEGEND Howard Prechtel to 13th place, and ET moved up a place to 22nd. One thing had me really concerned when updating this list, and that is that I found a "record error" with Dave Glasgow, who's barely holding in the Century Club with an even 100 records. Apparently I had made a previous mistake in the Record List by attributing a record to Dave, when it should have went to his Uncle Kenny! So I had to make the correction which would have meant Dave had not officially reached the Century Club – but to my good luck I got to add a record for Dave when I added the Strict Pinch Grip to the Record List so he's still in with his count of 100. But PLEASE DAVE set a few more so you will no longer be on the "cut line"!

I've always been pretty good at predicting who the next Century Club member will be. I "nailed it" with Barry, and with Eric and Randy before as well. Now who do I predict it will be

now? My bet is on Dan Wagman! Dan is standing at 90 Records and it wouldn't take him much work to get 10 more. But that depends on Dan not going "off the grid" in the near future, which with Dan you never know! So I'm going to hedge my bet and throw out another name for a future Century Club member. Abe Smith is currently standing at 91 USAWA Records, and has shown interest in lifting this spring in the USAWA. His odds are very good that he will make the Club as well.

Be sure to check out the latest Record List update.

POSTAL SERIES WRAPUP

January 13, 2018 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 22 lifters competed in the various postal meets, which is more lifters than competed last year. The first Postal Meet had 14 lifters, the second had 9 lifters, the third had 11 lifters, and the Postal Championship drew 18 lifters. Several lifters competed in ALL of the postal meets last year and they deserve to be recognized. These lifters are the GRAND SLAM WINNERS: RJ Jackson, Eric Todd, Mark Raymond, Aidan Habecker, Denny Habecker, and Lance Foster.

Now for the overall rankings for the 2017 USAWA Postal Series!

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	9
2	Kim Lydon	1	6
3	Crystal Diggs	3	4

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Eric Todd	4	46
2	Al Myers	3	42
3	John Douglas	3	41
4	Tony Patterson	1	30
5	Chad Ullom	2	27
6 Tie	Mark Raymond	4	26
6 Tie	Barry Bryan	2	26
6 Tie	LaVerne Myers	2	26
9	Denny Habecker	4	25
10	Aidan Habecker	4	23

Congrats to RJ Jackson and Eric Todd for being the OVERALL WINNERS of the 2017 USAWA Postal Series. This is RJ's 5th STRAIGHT Postal Series Champion Winner (2013-2017). That is an amazing accomplishment! For ET, this is first time being the Overall Champion of the Postal Series. Eric has been a devoted Postal Meet participant, and always finishes in the TOP TEN each year in the Postal Series. This year he had an outstanding Postal Series season, being the Best Lifter in two of the Postal Meets (2nd Quarter and 3rd Quarter). Both RJ and ET represent the USAWA with high class, and are well deserving of the title of Postal Series Champions.

I want to thank everyone who participated in our Postal Meet Series. This participation is what keeps our Postals going every year. I also want to mention and give credit to our Postal Meet Director Denny Habecker who makes all this happen. A full historical archive of the past Postal Meet Series is kept on the website, under "history".

2017 YEAR IN REVIEW

By Al Myers

I have just finished the 2017 USAWA Year in Review. Every year since I have been secretary of the USAWA I have done this Review Book. I take all the information that has been put on the website (blogs, meet results, past history archives, etc) and copy it into a book, which is printed off. I also include this book as a digital file on the website if someone wants to look at it that way or print it off themselves.

I do this for one reason primarily – and that is to preserve the history of the USAWA in paper form. It always surprises me by the amount of information that this website accumulates every year. This year the Year in Review is 372 pages long and contains 93,500 words! It would take a few evenings to get all that read.

If anyone wants a printed copy of the Year in Review please let me know. I plan to take it to the printer's next week. The cost is \$50, made out to the USAWA.

REEVES LIFT VS. THE RIM LIFT

[January 26, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



The late Tom Ryan, with his long arms, loved the Reeves Lift!

One of the lifts contested this weekend at the Dino Gym Challenge is the Reeves Lift, modeled after a favorite lift of the famous bodybuilder and actor Steve Reeves. He loved this lift as he felt it enhanced his famous lat spread. I recently received an email asking about the required bar length for the Reeves Lift, and asking if a shorter bar could be used. This got me to thinking about the Rules of the Reeves Lift, and how it compares to the IAWA(UK) Lift the Rim Lift. Interestingly, the Reeves Lift is ONLY a USAWA lift while the Rim Lift is ONLY an IAWA(UK) lift with the big difference being the length of bar required. Let's rehash the rules of each:

RULE FOR USAWA LIFT: 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.

RULE FOR IAWA(UK) LIFT: 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.

As you can see these are two completely different lifts, with the Reeves Lift being a much more difficult lift. Now you do have some choices in picking a “good bar” for the Reeves Lift. The USAWA has definite rules for USAWA regulation bars (that hasn’t always been the case however in the earlier days of the USAWA). Looking in the USAWA Rulebook you find these rules as it applies to USAWA regulation bars:

VI. Equipment 16. The bar must meet the following specifications.

- *The bar must have a minimum diameter of 25 millimeters or 1 inch.*
- *The bar must have a maximum diameter of 1.25”.*
- *The sleeves of the bar must have a minimum diameter of 50 millimeters or 1.96 inches.*
- *The minimum distance between the inside collars is 51 inches.*
- *The maximum distance between the inside collars is 58 inches.*
- *The minimum total length of the bar must not be less than 7 feet. An exception to this is when lifts are done where the combined weight of the bar and the plates does not exceed 20 kilograms or 45 pounds, whereas a lighter and shorter bar may be used. Another exception is allowing a lighter and shorter bar to be used for women, older lifters and junior lifters.*
- *The maximum total length of the bar must not exceed 8 ½ feet.*
- *All bars must be marked with a clear indication of the bar’s weight if the bar’s weight is not 45 pounds or 20 kilograms.*
- *The bar may contain knurling on any parts of it.*
- *For one hand lifts, the bar must contain knurling in the center of the bar.*
- *The bar must be straight.*
- *The sleeves of the bar are allowed to revolve.*

So obviously having a bar closer in length to the inside collars of 51 inches is preferred over the maximum distance of inside collars at 58 inches. The GOOD NEWS for the lifters this weekend at the Dino Gym Challenge is that I have made a speciality regulation bar for the Reeves Lift which has a short “collar to collar” length. However, you still need the finger strength to hold onto the plates and this only helps with reaching the plates. Not everyone has the long “wing span” of Tom Ryan!!

DINO GYM CHALLENGE

January 29, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

DINO GYM CHALLENGE

“The Tom Ryan Memorial Meet”



Eric Todd (left) received his award from Thom Van Vleck (right) for being the USAWA Athlete of the Year Runner Up for last year at the Dino Gym Challenge. Eric went on to win the Overall Best Lifter at the 2018 Dino Gym Challenge.

It was another great year for the Dino Gym Challenge! Eight brave lifters made their way to the platform for an exciting day of lifting, honoring the late Tom Ryan. Many stories were told about Tom throughout the day, along with many great lifts made to honor him. I hope he was looking down on us throughout the day with a smile on his face.

We had a celebrity official present, Thom Van Vleck. Thom made the long drive to the Dino Gym from Kirksville, MO just to officiate the Dino Gym Challenge. I can't express my thanks to him for doing this as it allowed my dad and I to participate. Usually one of us has to sit it out to judge. I picked lifts for this meet which were Tom Ryan's favorites, and it was quite the variety! We started the meet off with the Weaver Stick. LaVerne showed us AGAIN his mighty grip by having the top lift in the Weaver Stick at 6 pounds. I think he could have got 7 pounds, but when asked if he wanted a fourth attempt at record he said he would pass, as Tom Ryan has the top Weaver Stick record in the USAWA at 7 pounds and he wanted to let Tom keep that All Time record to himself (at least on this day!).

The next lift was the Rectangular Fix. The youngest member in attendance, Calvin, did a fantastic lift of 80 pounds. Chad did 105 in competition and then did 120 as a fourth attempt which was easier than his 105! That was the top Rectangular Fix of the meet.

We then moved onto the One handed thumbless grip deadlift. Tom Ryan excelled at this lift, having done 254 pounds. No one came close to that! Dad must have still felt the sting from the loss to me in this lift at the Gold Cup last fall as he called for (and did) 201 pounds right after I did 200 pounds on my second attempt. Well, if I was a good son I probably should have just let him have his revenge victory and passed my last attempt but NOPE, I called for 202 pounds for a successful third lift just to let everyone know that it wasn't a fluke I beat him in this lift at the Gold Cup!

Next up was the Reeves Deadlift. Big John Douglas and Chad both hit 300 pounds for the top Reeves Deadlift of the day. It was at this point of the meet that I got a call for a work emergency, and I had to leave to take care of it and missed the rest of the meet. I checked over the scorekeepers report and noticed that LaVerne was leading after 4 events and ET was standing in 7th place. I had a feeling that this wasn't going to be the case after the final event, the Hip Lift. Well, when I got back and NOT TO MY SURPRISE Eric put up a HUGE hip lift of 2010 pounds to seal the victory in the Dino Gym Challenge. Chad came in second, and Calvin finished third for an outstanding finish in this tough field of all rounders.

I want to really thank everyone who attended, as it means a lot to me when lifters show up to support my promotions. It was a great day of fun, and a fitting tribute to Tom Ryan.

Meet Results:

2018 Dino Gym Challenge
Dino Gym, Holland, Kansas
Saturday, January 27th, 2018

Meet Director: Al Myers

Meet Scorekeeper: Al Myers and Chad Ullom

Official (1-official system used): Thom Van Vleck

Lifts: Weaver Stick, Rectangular Fix, Deadlift – No Thumb One Hand, Reeves Deadlift, Hip Lift

MENS DIVISION

LIFTER	AGE	BWT	WS	Fix	DLNT	RDL	Hip	TOT	PTS
Eric Todd	43	260	3R	90	185R	265	2010	2553	2065.2
Chad Ullom	46	245	5R	105	195R	300	1540	2145	1839.6
Calvin Heit	15	150	3R	80	150R	180	940	1353	1657.4
John Douglas	54	315	5R	95	175R	300	1220	1795	1467.5
LaVerne Myers	73	234	6L	76	201L	230	520	1033	1136.0
Dean Ross	75	236	3R	70	135L	200	520	928	1031.3
Al Myers	51	230	5R	90	202R	280	—	577	535.2
Lance Foster	52	330	4R	85	135R	200	—	424	332.7

EXTRA ATTEMPTS FOR RECORDS

Chad Ullom Rectangular Fix 120 lbs.

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.

RECORD DAY LIFTS

Al Myers – Age 51, Bodyweight 230 pounds

Vertical Bar Deadlift – 1 Bar, 1", Left Hand: 210 pounds

Vertical Bar Deadlift – 1 Bar, 1", Right Hand: 185 pounds

Saxon Snatch: 76 pounds

Deadlift – Inch Dumbbell, Right Hand: 130 pounds

Deadlift – Inch Dumbbell, Left Hand: 130 pounds

LaVerne Myers – Age 73, Bodyweight 236 pounds

Deadlift – No Thumbs, Overhand Grip: 250 pounds

Scott Lift: 70 pounds

Deadlift – Fulton Bar: 255 pounds

Jefferson Lift – Fulton Bar: 255 pounds

Thom Van Vleck – Age 53, Bodyweight 280 pounds

Reeves Deadlift: 235 pounds

Deadlift – Ring Fingers: 165 pounds

Thors Hammer: 51 pounds

Snatch – Dumbbell, Right: 105 pounds

Snatch – Dumbbell, Left: 95 pounds

- [2018 Meet Results](#)
- [USAWA Daily News](#)
- **SPEC EQUIPMENT: DINNIE LIFT LOADING PIN**

- [January 30, 2018 Al Myers Edit Post](#)

- By Al Myers



- The Dinnie Lift Loading Pin has been added to the Online Store, under Spec Equipment. This is a MUST if you want to train the Dinnie Lift, which is an USAWA Old Time Strongman Official Lift. This loading pin is built to

withstand any amount of weight you want to lift and is the perfect height for the Dinnie Lift

NECK LIFT

[February 6, 2018](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

With the Heavy Lift Championship on the Calendar for May 5, I was under the assumption that people were going to be wanting to start training. So, I thought I would do a series on how to execute each of the heavy lifts. They are like no other lifts out there, where the lifter is capable of lifting monstrous poundages.

This particular article will focus on the first lift to be contested that day, the neck lift. When I first heard of the neck lift, I envisioned the lift I did in high school with a neck harness I bought at Champs Sports with a 45# weight looped through the chain. I was concerned, as I knew there was no way I could lift hundreds of pounds like this, even though that is where the records stood. As luck would have it, it was not that lift at all, and I was capable of more than I thought.

The rules of the neck lift are as follows:

A Heavy Lift Bar is used in this lift. A neck harness is also used, which fits over the head. Any style of neck harness is acceptable, provided that it is held in place entirely by the head during the lift. The neck harness must not contact the neck or trapezius muscles. A pad, such as a towel, may be placed between the head and the neck harness. An adjustable chain and hook is attached to the neck harness so it may be attached to the Heavy Lift Bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter or the lifter may straddle it. The feet must parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lifter must not touch the chain or straps of the neck harness with the hands during the lift, but the chain or straps may touch the lifter's body. Hands may touch the body during the lift, but must be free of contact upon completion of the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform.

The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.

Some people neck lift with a narrow stance, but I prefer a very wide one. I point my toes outward right next to the plates. With the harness on my head, and the hook in the loop on the bar, I take the straps and spread them out wide so they are more to the outside of my body rather than hanging down in front. I also like to lift my arms up while executing this lift.. At this point, look up, lean back, and drive off your heels. When both sides of the bar come off the ground at the same time, the official will give the down command for a good lift. In the image below, you can see Chad Ullum and myself using very similar styles:



As far as training for the neck lift, I imagine any kind of neck training could be beneficial, such as the neck harness I referenced above or a neck machine. However, I am not sure there is any real substitute for actually neck lifting. The technique takes some getting used to, and it is ideal to condition your neck for the feel of these poundages. Check out the video of Chad's record setting 900# attempt which was set at the Heavy Lift Championship that was held

FALL CLASSIC RD

February 7, 2018 [Al Myers](#) [Edit Post](#)

By Mark Raymond

FALL CLASSIC RECORD DAY



Group picture from the Record Day.

The meet turned out to be a great success. We had 8 lifters, 3 women and 5 men. This meet had been rescheduled from October 21st, 2017. It was held at Kim Lydon's Gym. Everyone shined in their lifts. Although the temperatures were cold it didn't deter the lifters in any way.

One of the highlights of the meet was newcomer Laura Inglis. She demonstrated enthusiasm, good form, and strength in all her lifts. Laura is a mother of 9 children with a 60 plus hours work week. With all that she somehow manages to maintain a dedicated lifting/training schedule.

Kim Lydon continues to better herself with each meet and displayed an outstanding performance.

Peter Vuono, who has had 4-way bypass surgery and just turned 65 years old, pulled off a record 12" Base Deadlift at 401 Lbs! AMAZING!

Colleen, Frank, Dave, Tony, and Mark continue to participate and set records.

MEET RESULTS:

Fall Classic Record Day

Kim Lydon's Gym

Canton, Massachusetts

January 20th, 2018

Meet Director: Frank Ciavattone

Host: Kim Lydon

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Rocky Morrisson, Jeff Ciavattone

WOMENS DIVISION

Kim Lydon Age: 27 Weight: 148 Lbs 70K Class – Open

Bench Press, One Arm, Right 51 Lbs

Bench Press, One Arm, Left 61 Lbs

Clean and Seated Press, 2 Dumbbells 90 Lbs

Abdominal Raise 40 Lbs

Deadlift Dumbbell, One Arm, Left 137 Lbs

Laura Inglis Age: 52 Weight: 190 Lbs 90K Class 50+ Masters

Bench Press, Feet In Air 90 Lbs

Bench Press, One Arm, Left 35 Lbs

Vertical Bar Deadlift, 1 Bar, 2", One Hand, Left 90 Lbs

Deadlift, Trap Bar 225 Lbs

Colleen Lane-Richards Age: 61 Weight: 195 Lbs 90K Class 60+ Masters

Bench Press, Feet In Air 80 Lbs

Bench Press, One Arm, Right 25 Lbs

Vertical Bar Deadlift, 1 Bar, 2", One Hand, Right 80 Lbs

Deadlift, Trap Bar 185 Lbs

Weaver Stick, Right 2.5 Lbs

MENS DIVISION

Mark Raymond Age: 54 Weight: 246 Lbs 115K Class 50+ Masters

Deadlift , No Thumbs, Overhand Grip 300 Lbs

Deadlift, No Thumb, One Arm, Right 171 Lbs

Deadlift , No Thumb, One Arm, Left 171 Lbs

Deadlift, Dumbbell, One Arm, Right 192 Lbs

Deadlift, Dumbbell, One Arm, Left 192 Lbs

Tony Patterson Age: 55 Weight: 176 Lbs 80K Class 55+ Masters

Deadlift, Ciavattone Grip 431 Lbs

Deadlift, Ciavattone Grip, One Arm, Right 266 Lbs

Deadlift, No Thumbs, Overhand Grip 401 Lbs

Vertical Bar Deadlift, 1 Bar, 2", One Hand, Right 215 Lbs

Weaver Stick, Right 4 Lbs

Dave Gago Age: 60 Weight: 173 Lbs 80K Class 60+ Masters

Deadlift, Ciavattone Grip 276 Lbs

Deadlift, Trap Bar 295 Lbs

Deadlift, Ciavattone Grip, One Arm, Right 155 Lbs

Deadlift, Ciavattone Grip, One Arm, Left 155 Lbs

Frank Ciavattone Jr. Age: 62 Weight: 292 Lbs 125K Class 60+ Masters

Weaver Stick, Left 7.5 Lbs

Weaver Stick, Right 8.75 Lbs

Peter Vuono Age: 65 Weight: 195 Lbs 90K Class 65+ Masters

Deadlift, 12"Base 401 Lbs

YELLOW LIGHT LIFTING

[February 10, 2018](#) [Al Myers](#) [Edit Post](#)

By John McKean

” Did you just hear an EXPLOSION??!!” spat out the angry, grumpy old neighbor. “Whatever that awful noise was, woke me from my nice nap!” screeched ole Mr. Raphaele from his back door.

The waggish, freckle faced little lad, standing in his own driveway, couldn’t help but answer “Nope, didn’t hear a thing! Maybe you should check the rear of your undershorts!”

With the subsequent loud slamming of his neighbor’s porch door, the boy returned to easily cleaning his lightly loaded barbell, and once again shot up a press with such velocity and momentum that the barbell rocketed ,when released, about 4’ above his extended arms. Then the young lifter got the hell out of the way as the bar crashed yet another time into his gravel driveway.

This wild, ballistic training eventually set up the youth for more structured training with ever heavier weights in local weightlifting clubs around his vicinity. You may have heard of him; he was Olympian Russ Knipp, a middleweight who established 9 press world records (usually with double bodyweight), and gave the Russians fits due to his pure strength strict presses (by then the Soviets and others had devolved into doing modified push jerks).

So what does the Knipper’s early training have to do with the “yellow light” title of this article? Well, I equate it to my wife’s driving around our crowded suburban area – as she approaches a stop light and it turns yellow, she instantly accelerates and speeds up, though most often having to hit the brakes as the light goes red! Young Russ Knipp attempted to develop what we used to call “fast twitch muscle fibers” (Lord knows what the “experts” call it these days!), Marilyn just enjoys driving fast and gliding through intersections !



Paul Anderson was so adept at “speed lifting” that the author once witnessed Anderson one arm press a 275 pound dumbbell for 3 fast reps within a blink of the eye!

Years ago I wrote a story on “speed singles” using lighter weights as a backdown set from heavier near limit singles, to be done in a fast ballistic manner. Since the idea came from material that legendary Paul Anderson had given me, concerning using bodyweight high jumping squats following my squatting program, I immediately acquired a great deal of confidence in this “speed” supplement. Also, fast repped sets as “backdown” work following heavier lifting was much of the training basis of old pal Bob Weaver (first powerlifter to officially squat over 800# in a National Championship), and great results in my early powerlifting career came with their application.

Recently, with revitalized interest in power rack holds for all-round lifts, it occurred to me that I should experiment with speed work (or” yellow light lifting”, in deference to my wife!) BEFORE hitting limit weights in the rack. Sort of like a tune up, to have all muscle fibers firing when

following with a rack overload for a hold. Of course I needed some resistance, though not much, and wished to use something that would NOT simply accelerate and allow momentum to throw it through its range with little muscle involvement. The good ole rubber cables came to the forefront once again! I now grab a few moderate strength bands that are easy ,yet a slight bit challenging, and WARMUP, prior to rack holds, with 3 very quick sets of an explosive 4 reps. Usually I do these with three main exercises(similar in nature to the LIFTS I'll be soon doing within a power rack), and believe me, the entire body gets totally warm, actually HOT ! The mind is on fire ,too, and I'm ready to tackle anything!



Author John McKean demonstrating one of his “yellow light” band warmups before proceeding to heavy rack overloads

After the “yellow light” band work, I immediately go with just ONE all out power rack middle range hold for 3 top-strength all-round movements. These holds are done much in the manner of what world record holder Bill March did in his pioneering rack routines – starting with a very heavy weight that just allows a push off lower pins ,up to a set of rack pins 4” higher,then a severe isometric push (really a hold -those steel pins ain’t going anywhere!). I’ve found over the years that working the midsection of a lift only, rather than multiple positions is best for strengthening almost any lift, and to allow most progression in poundage (which should continually be increased!). I need no build up poundages within the rack as the speed band sets has me so primed and ready! Just one all-out slight movement & iso ! Even as I approach “early middle age”(ok, ok, I’m 72), I’m seeing some startling increases in rack poundages, and my usual training partner & grandson,at 12 years old, already has gained so quickly that he outweighs me by 30 very solid pounds and is a monster-in-the-making ! By the way,pick your

favorite lifts for this program to really get into it ;currently young Andraes and I use the belt squat, bentover row, and close grip floor press. Our band “yellow lighters” consists of a standing band pressout at chest level (like a bench press without lying down), one arm band rows, and a sort of close grip straddle lift with bands & a kettlebell (mainly for its handle, not for much extra weight).

OK, there ya have it, a short intense system that’ll quickly boost your power to unimagined heights. And the only thing that could possibly get your excitement levels and heart pumping faster would be a drive through Pittsburgh with Marilyn at the wheel !

GRIP CHAMPIONSHIPS

February 15, 2018 Al Myers Edit Post

By Al Myers

2018 USAWA GRIP CHAMPIONSHIPS



Group picture from the 2018 USAWA Grip Championships.

It was another great year for the USAWA Grip Championships! The Dino Gym had a full room with 14 lifters in attendance – 12 men and 2 women. Thom Van Vleck of the JWC made the trip from Missouri to Kansas to officiate the event. I plan to keep this meet report short as I need to get the results on the website today. I apologize for the long delay in this, but it’s been a busy week for me.

First of all, I want to mention Mary Mac and her return to the USAWA. Mary has been fighting hard against some medical issues this past year, so it was a very special seeing her back in action in the Dino Gym. And WOW, she still has super strength in those fingers as she did a 155 Ring Fingers Deadlift!

I want to give a big congrats to Tressa for winning Overall Best Womens Lifter of the 2018 USAWA Grip Championships. She has competed at several Grip Championships, but this was her first time being the Womens Overall. She now joins a very select group of past Grip Champions (which includes RJ Jackson, Emily Burchett, Mary McConnaughey, and Felecia Simms).

The Mens Division was loaded with grippsters! I won't go into detail with all the specific GREAT LIFTS, as there were many. For the first time ever, the Mens Junior Class was extremely competitive. Calvin, Cole, and Jared lifted like seasoned veterans and put up great numbers. All three totaled over 750 pounds, with Calvin just edging out Cole (873 to 860 pts) for Best Junior Lifter. That's as close as it gets.

Another tight battle was in the 75-79 age group between Dean and Denny. In the end, Dean just pulled out Best Lifter in the 75-79 by only 11 points!

I was so glad to see Jason again, along with John. I could tell the two of them were having a blast lifting alongside with their sons, and if it wasn't for that dreaded Ring Finger DL which gave them the fits, they both would have placed much higher overall.

Someone who always gets overlooked in meets within the USAWA (and shouldn't!!) is the person who puts up the top total of the day. There really should be an award to recognize this accomplishment. At this Grip Championships, this person was Scott Tully who put up the top total at 1197 pounds. Scott also had the top lift in 3 of the 5 events (strict pinch grip 162 lbs., 1 arm VB 200 lbs., and the pinch grip DL of 500 pounds). Scott becomes the first person to perform a 500 pinch grip deadlift.

Ben has been a consistent player at the Grip Championships through the years. I'm not sure if he has even missed any. Ben's a true gentleman lifter, and always super supportive of the other lifters. He is a veteran of the grip, and freely shares training advice. He finished strong with an

overall 4th place finish this year, just slightly behind last years Overall Grip Champ Chad Ullom (988 to 975) who finished 3rd overall.

And finally, for those of you that had to wonder if my dad was going to speak to me the next day after how everything went down between the two of us at the meet. The answer is YES, he forgave me for edging him out by only 1 point!!

MEET RESULTS:

2018 USAWA Grip Championships

Dino Gym

Holland, Kansas

February 10th, 2018

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Meet Official (1 official system used): Thom Van Vleck

Lifts: Pinch Grip – Strict, Deadlift – Fulton Bar One Arm, Vertical Bar Deadlift – 1 Bar 2" One Hand, Deadlift – Fingers Ring, Pinch Grip Deadlift

WOMENS DIVISION

LIFTER	AGE	BWT	PGS	FB1	VB1	DLR	PGD	TOT	PTS
Tressa Brooner	56	134	52	75R	80R	65	150	422	569.1
Mary McConnaughey	58	125+	62	90R	80R	155	190	577	495.3

4th Attempts for Record:

Tressa Brooner: VB DL 2" Right 85 lbs.

Tressa Brooner: Pinch Grip DL 175 lbs.

Mary McConnaughey: Pinch Grip DL 200 lbs.

MENS DIVISION

LIFTER	AGE	BWT	PGS	FB1	VB1	DLR	PGD	TOT	PTS
Al Myers	51	229	132	175R	195L	170	475	1147	1066.4

LaVerne Myers	73	236	112	175L	180R	171	335	973	1065.4
Chad Ullom	46	241	122	176R	180R	215	450	1143	988.4
Ben Edwards	42	228	142	160R	185R	135	400	1022	875.6
Calvin Heit	16	152	102	100R	135L	135	280	752	873.5
Cole Janzen	16	169	122	151R	140R	80	300	793	860.3
Scott Tully	42	350	162	180R	200R	155	500	1197	833.6
Dean Ross	75	237	67	105R	125L	125	230	652	722.8
Denny Habecker	75	186	67	110R	120R	65	200	562	711.7
Jason Payne	52	325	152	130L	160R	0	400	842	665.3
Jared Payne	16	279	112	130R	150R	95	280	767	633.9
John Janzen	52	297	132	130R	130L	0	330	722	594.9

4th Attempts for Record:

Calvin Heit: VB DL 2" 1 Bar Left Hand 155 lbs.

Jared Payne: VB DL 2" 1 Bar Right Hand 160 lbs.

Calvin Heit: DL Ring Fingers 156 lbs.

Dean Ross: DL Ring Fingers 140 lbs.

Calvin Heit: Pinch Grip DL 300 lbs.

Cole Janzen: Pinch Grip DL 330 lbs.

Jason Payne: Pinch Grip DL 420 lbs.

Denny Habecker: Pinch Grip DL 220 lbs.

BEST LIFTER AWARDS

Womens Best Master – Tressa Brooner

Womens Best Overall Lifter – Tressa Brooner

Mens Best Junior – Calvin Heit

Mens Best 40-44 Age Group – Ben Edwards

Mens Best 45-49 Age Group – Chad Ullom

Mens Best 50-54 Age Group – Al Myers

Mens Best 70-74 Age Group – LaVerne Myers

Mens Best 75-79 Age Group – Dean Ross

Mens Best Overall Lifter – Al Myers

RECORD DAY RESULTS

Calvin Heit – 16 Years Old, 151 lbs. BWT

Clean and Push Press: 155 lbs.

Bench Press Reverse Grip: 155 lbs.

Jerk From Rack: 155 lbs.

Vertical Bar DL 1 Bar 1" Left: 114 lbs.

Bench Press Hands Together: 165 lbs.

Chad Ullom – 46 Years Old, 247 lbs. BWT

Bench Press Feet in Air: 260 lbs.

Roman Chair Sit Up: 90 lbs.

Shoulder Drop: 50 lbs.

Deadlift One Leg: 232 lbs.

Stephen Santangelo – 65 Years Old, 161 lbs. BWT

Finger Lift Right Thumb: 42 lbs.

Finger Lift Left Thumb: 42 lbs.

Finger Lift Right Middle: 130 lbs.

Finger Lift Left Middle: 119 lbs.

Allen Lift: 17 lbs.

LaVerne Myers – 73 Years Old, 238 lbs. BWT

Deadlift Little Fingers: 95 lbs.

Shoulder Drop: 35 lbs.

Deadlift Ciavattone Grip Right Arm: 220 lbs.

Dean Ross – 75 Years Old, 236 lbs. BWT

Deadlift No Thumb Right Arm: 135 lbs.

Clean and Press 2 Dumbbells: 60 lbs.

Bench Press Feet in Air: 185 lbs.

Deadlift 2 Bars: 270 lbs.

Deadlift Little Fingers: 95 lbs.

Denny Habecker – 75 Years Old, 191 lbs. BWT

Clean and Press 2 Dumbbells Heels Together: 90 pounds

Deadlift No Thumb Right Hand: 115 lbs.

Zeigler Clean: 55 lbs.

Clean and Press Behind Neck: 100 lbs.

Holdout Lowered: 45 lbs.

THE HAND AND THIGH

February 16, 2018 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Big Frank Ciavattone doing a big hand and thigh. Frank has not only promoted the Heavy Lift Championships in the past, he is a four time Heavy Lift Champion!

With the Heavy lift Championship just a few short months away, I am going to continue on with my series on the Heavy Lifts. The last article on the series focussed on the first lift we will be contesting at the event, the neck lift. This one will focus on the second lift in the order of the meet, the Hand and Thigh Lift. The hand and thigh lift is a quite old lift. It was a favorite of many old timers, and was done by many of them including Louis Cyr and Warren Lincoln Travis.

Quite a bit more should be lifted in the hand and thigh than in the neck lift. The heaviest neck lift is around 1000 pounds, while the heaviest hand and thigh is over 1900, by Joe

Garcia. However, that is quite an outlier, as most of the rest of the best hand and thighers in the USAWA are in the 1500-1600s. The rules of the Hand and Thigh in the rulebook are as follows:

A Heavy Lift Bar is used in this lift. A hand bar is also used, which must not exceed 28 inches in length and 1 inch in diameter. The hand bar will have an adjustable chain and hook attached to it in the center so it may be attached to the Heavy Lift Bar. No knurling is allowed on the hand bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter, or the lifter may straddle it. The feet must be parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The hand bar must be in the lifter's grasp and will lie across the thighs. The hands must remain on the hand bar and must not change position during the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand or lean back to lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.

So, I have seen the hand and thigh done with both feet in front of the bar and also straddling the bar. That being said, from what I have seen, far better poundages are done with both feet in front of the bar. I like a flat sole, such as wrestling shoes for the hand and thigh (as well as all the heavy lifts for that matter) though I am not sure if that offers any advantages or not. Some people, me included, like to stand on a platform of sorts to complete the lift. It seems to give you better leverage to complete the lift. My platform comes by way of a few sawed off 4×4 timbers. Stance is optional, but I prefer a rather narrow one. I like my shins just a few inches behind the bar so my knees can float over the bar when I bend them to dig my knuckles into the top of my thighs. Grip is optional, but I would suggest double overhand with the thumbs in line with the fingers. You do not need your thumb to lock in the bar, as your thighs serve in that capacity, so I have been more successful with keeping them over the top of the bar. Once you have the bar locked into your thighs, lean way back, looking up, and drive back on your heels. The first few times I did this, I had someone spotting me from behind, because I felt I may fall over. I never have, though. As soon as both sides are off the platform simultaneously, you will get the down command. As you can see in the rules, if your chain length is wrong or you are off center and only one side comes up, you do have the opportunity to make one adjustment.

Not unlike the neck lift there is no absolute substitute for actually doing the hand and thigh to train for the hand and thigh. The technique takes some getting used to in order to become proficient at it to maximize your poundages. However, there are some movements that do help strengthen your connective tissue. Strong connective tissue (such as tendons and ligaments) is crucial to heavy lifting. You could halfway simulate an hand and thigh with heavy partial barbell pulls in a rack. You could also play with heavy squat lockouts or heavy partials on the leg press to help build strength in your connective tissue.

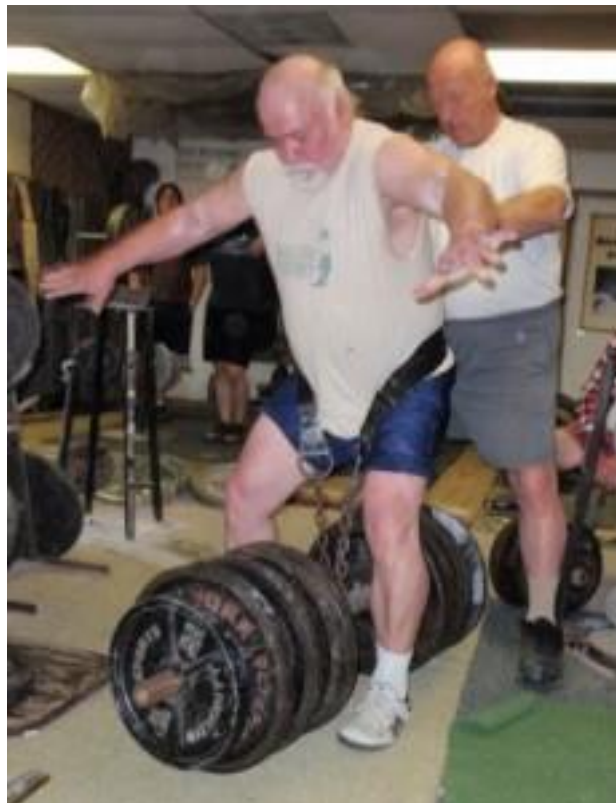
Check out this video of Jim Malloy performing a 1200# Hand and Thigh at the 1991 National Championships, and keep training for the Heavy Lift Championship!

<https://www.youtube.com/watch?v=JrxZWECwMq0>

THE HIP LIFT

February 22, 2018 KCSTRONGMAN [Edit Post](#)

By Eric Todd



Murdo Hip Lifting at the Deanna Springs Memorial

This is the third and final installment of articles regarding the lifts that will be contested at the Heavy Lift Championship. This particular article is about the hip lift, which will be the last lift contested and the one in which the highest poundages should be attained. Not unlike the other heavy lifts (including those that are not being contested-the harness lift and the back lift), the hip lift was a favorite of many of the old timers as it allows you to lift monstrous poundages. It is the leverages and the short range of motion that allows that. There are very few lifts out there where lifters can legitimately make the claim of having lifted a ton, but for some lifters, it is true in the hip lift.

The most ever lifted in the Hip lift was 2525 by John Carter who lifted it at the 1994 Heavy Lift Championship meet in Columbia, MO. Big Frank Ciavattone was nipping on his heels with a 2515 pound effort at a record day in '07. All the overall records in the 85 kilo to 125+ are at or above a ton. Big numbers can be lifted in this discipline, and I do not imagine this year's Heavy Lift Championship will be any different.



Steve Schmidt- one of the top 3 hip lifters in the history of the USAWA

The first time I did any of the heavy lifts, I did the hand and thigh and the hip lift at the Deanna Springs memorial in 2002. The difference between my results in the two lifts was negligible,

and I just figured I was good at the hand and thigh, but not the hip. My results for years were about the same. It was until I got a heavy bar and hip belt of my own that I was able to tweak my technique and make noticeable results in the hip lift. Now the difference in my PRs between the lifts is 760 pounds.

I will tell you the thing I learned that made the biggest difference in a moment. First I want to get into the generalities of the lift. The rules as stated in the USAWA Official Rulebook , 10th edition are as follows:

A Heavy Lift Bar is used in this lift. A hip belt is also used, which fits over the hips and around the waist. An adjustable chain and hook is attached to the hip belt so it may be attached to the Heavy Lift Bar. The width of the hip belt must not exceed 4 inches. Hands may be used as support on the legs during the lift, but must be free of contact at the completion of the lift. The lifter assumes a position in which the lifter is straddling the Heavy Lift Bar. Width of feet placement is optional, but the feet must be parallel and in line with the torso. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.

The execution of this lift is rather simple. Place the hip belt around your waist. Straddle the big bar. I always sit on the weights to attach my chain. Run the chain through the designated space in the bar, then back up to clasp to the other end of the hip belt. Connect it at a length where you have some flex in your legs, but not a boat load. You will want to start with your feet placed such that your chain is perpendicular to the floor. Start with your hands on your thighs, and drive up through your feet. When both ends of the weight leave the floor simultaneously, remove your hands from your thighs. At that point, you will get a “down” command from your official.

Now, the key in my eyes for this lift is the belt placement. When i started off, I would put the hip belt about where my powerlifting belt sat, around my core. So when I executed the lift, the belt was pressing against my lower back. The more I practiced the lift, the more I realized this

placement was wrong. It is called a hip lift for a reason. Push that hip belt down on your hips. Anymore it is not on my low back at all, and that has helped my results tremendously.

So, there you have it. Go find a big bar and a hip belt and give it a whirl. You will lift more weight than you ever thought possible (unless you have done a back lift or a harness lift, then maybe you have lifted more). This will be the last lift contested at the Heavy Lift Championship. It has more than once been the deciding factor in who the overall champion would be. Now you have a primer for all three lifts. So, time to get training and get that entry into the mail. I will be waiting...

A video of Steve Schmidt hip lifting:

LIFTER OF THE MONTH – MARK RAYMOND

February 27, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Mark Raymond lifting at the 2016 IAWA World Championships, in Lebanon, PA.

The USAWA LIFTER OF THE MONTH for January, 2018 goes to Mark Raymond, of Frank's Barbell Club!

Mark has been very involved over the past few years in the USAWA, and is an active participant in meets hosted by Frank's Barbell Club. Mark helped Frank host the Fall Classic RD in January in Massachusetts, at Kim Lydon's Gym. Mark "took charge" of the sanctioning process and in submitting all the results for the meet. I was so impressed with the way Mark handled this, and how he properly wrote up the meet report with results on the website. In addition to doing all this, he also put up some great lifts for USAWA record at the meet!

Great job Mark – you are well deserving of the Lifter of the Month award!

PASSING OF JIM MALLOY

March 3, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

These are the hardest blogs to write – when I have to report the death of a beloved USAWA member. I just heard that long time USAWA member and supporter Jim Malloy has died. Jim passed away on February 27th at the age of 76.

His funeral will be on Monday, March 5th at the Blessed Trinity Church in Cleveland. Details of this can be found at the following link: <https://www.dignitymemorial.com/obituaries/cleveland-oh/james-malloy-7776583>

Please share memories or stories of Jim on the USAWA Discussion Forum. Or if you prefer just send them to me at amyers@usawa.com I plan to take all of these memories/stories and put them into a future tribute blog about Jim, so please share.

JOINT HEALTH SILLINESS

March 5, 2018 [Al Myers](#) [Edit Post](#)

New Information on Glucosamine and Chondroitin

By Dan Wagman, Ph.D., CSCS

Back in October 2013 my publication's *Journal of Pure Power e-Newsletter* provided a review of the effects of glucosamine and chondroitin (G&C) in athletes. This, because these two supplements are said to not only heal joint pain and osteoarthritis, but to even save your joints from the supposed damage coming from training and competition (that training and competition is unhealthy for your joints is an utterly absurd proposition). Our e-Newsletter used cold, hard science to debunk these beliefs but I recently had occasion to see what the latest research on the topic reveals.

Background

Glucosamine and chondroitin are compounds that your body produces naturally. Both substances are the principal substrates in the biosynthesis of cartilage, the connective tissue between your joints (though it's found elsewhere in the body, too). The thinking is that if you supplement with G&C, then you end up with more of it, thus being able to rebuild damaged cartilage more effectively. Alternatively, supplementation in healthy people is presumed to act as a prophylactic so that the stresses from training and competition won't even get to the point of being able to damage your joints.

Fact Check

Since we published our G&C review nearly five years ago, a lot of additional research has been conducted. What this has allowed scientists to do is conduct review studies. Look at that as studies on the studies in order to come up with a coherent bottom line. One of the things I learned is that the supplement companies have done a fantastic job of reaching out; G&C annual sales have hit \$8.33 billion. As one study stated, "It appears that careless, uninformed, and scientifically inaccurate analysis of the evidence base may still occur..." A different study clarified by stating that "the safety and efficacy of supplements remain unclear and are often clouded by misinformation in mainstream media."

One of the most recent reviews conducted a detailed mathematical analysis of the actual effects of G&C compared to the placebo effect. Here's what they found:

In terms of improving pain, in the short-term G&C's effects fell right between favoring the supplement and favoring placebo; in the medium-term G favored placebo and C fell right between favoring the supplement and placebo; in the long-term both G&C's effects fell right between favoring the supplement and placebo. When it came to improving physical function, in the short-term G&C effects favored the supplement; in medium-term G favored placebo and C fell between favoring placebo and the supplement; same for long-term. With findings like that, how could anyone have any confidence in these supplements?

But there's another issue at play, that of G&C formulations. You see, there are a lot of different formulations out there and thus it becomes very difficult to ascertain what's what. Therefore, a different review looked at the type of G&C and their effects. This study found that only patented crystalline glucosamine sulfate was able to deliver consistently high G bioavailability. Similarly, only pharmaceutical-grade C showed any effects worth noting. These findings, however, were only related to osteoarthritis. If you don't have that condition, supplementation with G&C remains suspect if not outright foolish.

A study coming out of the field of veterinary medicine drew some interesting conclusions that I feel apply to human consumption of G&C, too. Here, the researchers from the College of Veterinary Medicine at the University of Minnesota gave 60 dogs with osteoarthritis G&C or a placebo for 97 days. The scientists learned that G&C held no benefits for the dogs. However, despite these irrefutable findings, the dogs' owners felt that their animals improved throughout the study period, and this for the dogs that received the supplements and those that received the placebo. To the research team this meant that there was a placebo effect even in the dog owners.

Save Your Joints...er...Wallet

The proverbial bottom line is that you can't expect G&C to be of much benefit to your joints. And if you've been supplementing with it and you think it's helping, consider the very true and measurable effect called placebo. Be smart about the fact that human nature is such that it sometimes sees an effect that's nonexistent. The supplement industry knows this and exploits it to the tune of \$8.33 billion for G&C alone. Don't allow yourself to be duped and defrauded.

1. Bruyère, O., et al. Inappropriate claims from non-equivalent medications in osteoarthritis: A position paper endorsed by the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO). *Aging Clin Exp Res.* 2018;30:111–117.
2. Liu, X., et al. Dietary supplements for treating osteoarthritis: A systematic review and meta-analysis. *Br J Sports Med.* 2018;52:167–175.
3. Scott, R., et al. Efficacy of an oral nutraceutical for the treatment of canine osteoarthritis. *Vet Comp Orthop Traumatol.* 2017;5:318-323.

MEMORIES OF JIM

March 21, 2018 [Al Myers](#) [Edit Post](#)

By John McKean

(Webmasters comments: Thank you John for sharing your memories of the late Jim Malloy. I encourage others to send me their memories of Jim as well, so I can share them on this website.)

Jim was always a warm ,loveable guy, but tried to “hide” it with his gruff, steel worker manner & “colorful” method of speaking! His subtle humor during conversation had to be experienced to appreciate it! For instance, He, Chris Waterman, and I were gabbing at a VFW meet, when Chris mentioned training since his early teens with Jim. Chris commented, “I guess I was a fairly obnoxious youth and it sure took Jim a long time to warm up to me!” Jim never changed expressions but quickly added, “No, Chris, I NEVER liked you! Not even now!” Chris’ mouth dropped open (till he realized he’d been “had” by the ole master), and the rest of us howled!

Another time, Jim showed up at a record day meet at our club, sputtering & moaning all the way down the stairway to the gym. No one had any doubt by the unique colorful phrases that it was Jim approaching. It seems that Scott Schmidt and his wife picked up Jim at his home in Cleveland that morning,telling him they were taking him shopping at a local mall, then

“kidnapped” him down to Ambridge for Art’s birthday meet! Loudly complaining the entire time, Jim ignored his injuries, aches, and pains to set a bunch of records!

I think Jim got a kick out my two sons when they were lifting as pre-teens ; Sean & Rob always referred to him as that “Missing Link” guy! Certainly they’d never seen anyone that strong, gruff, and hairy !!

IAWA LIFTING ETIQUETTE

March 30, 2018 Al Myers Edit Post

By Steve Gardner, IAWA(UK) President

After many many years of running and helping to run competitions, I have found there are a number of points that come up, time and time again, things that we get asked or confronted with, and which keep the Technical Officers and Officials on their toes. Some of it is easily answered and dealt with, some takes a little more explanation, these matters relate to us all: lifters officials and promoters.....here are some of the main points to remember and take on board with regard to competitions etc within our organisation..... Hence: Lifting Etiquette:

1 Entry Fees: competition entry fees should always be sent to and received by the Promoter at least 2 weeks before (unless an arrangement has been made with the promoter) it is very important to those running competitions because they have to order trophies and organise premises etc to make the competition happen. If for some reason the entrant does not attend the competition a refund would not normally be paid.

2 Returning Main Trophies: it is of course very important that main awards are returned to promoters in time to be presented to the new winners, even if the past winner can not enter or be there, it is a rotten shame if a new winner is deprived of their moment of presentation because of another’s error in not returning (it is hoped that it will be returned with engraving done also, where required)

3 Weigh In: lifters should weigh in in underwear only (naked if it’s close on the line) it is not acceptable to have lifters trying to weigh wearing clothing? making them heavier of course,

females will usually have a female weigh official, but can weigh wearing lifting costume if they wish, or need too, and an allowance of .5 kilos (half a kilo) is given.

4 it is important that lifters have joined or rejoined IAWA before being allowed to lift, it is important that promoters always remember to check this with any lifters entering their competition!

5 Attire on the platform: wrist wraps are always allowed, knee wraps / sleeves are allowed for front and back squat, no hats to be worn, shoes should always be worn, no stocking feet. Lifters can wear a lifting suit/ leotard or shorts and a t shirt, however the sleeves should finish above the elbows and shorts above knees for obvious reasons (officials need a clear view of rules of lifts being met) wearing two pairs of shorts is not allowed as can be seen as extra supportive clothing (it has become a habit of wearing legging style shorts under regular shorts... so this is not allowed.....only underwear) also a belt can only be maximum of 4 inches wide, and wider, body hugging supportive belts cannot be worn, again one belt only is allowed . Only chalk can be used on the hands (and then, only on the hands, not legs or shoulders etc) plasters or dressings can only be worn to cover a blood wound and even then only when sanctioned by an official.

6 Questioning of Decisions by Officials: lifters should not call out from the platform to question any decision, it is crass and unprofessional... simply approach the official off the platform and ask politely.....at the appropriate moment

7 Officials position: Referees should always be sure they are in a position to see the lifting, and should move their chair or position if needs be

Also... it is unprofessional for officials to openly discuss decisions made whilst at the platform so that others in the room can hear the conversation. Better to discuss quietly between lifts, groups or sessions if necessary

Also... when using sticks and not a light system, Officials should be careful not to look at other Officials decisions before showing their own, even if done unwittingly, it looks unprofessional and as though the ref doesn't know what signal to give

Alsoas a centre Ref, remember to give clear audible signals. (and visual, if it is very noisy in the room)

There may well be some points we have missed here, but I think we have most of the regular ones highlighted. IAWA is a great organisation, run by enthusiastic volunteers and lifters. As i

mentioned, these points are for us all to follow : lifters promoters and officials, and if we all try to do our bit and keep these points in mind it makes the whole organisation and the running of competitions go so much smoother!

Thanks for reading these notes, hope they all make sense, lets carry on having great lifting and keep our organisation great too.....and of course 'have great fun out there.....'

Cheers all

1ST QUARTER POSTAL

April 14, 2018 Denny Habecker Edit Post

By Denny Habecker

MEET RESULTS –

2018 1ST QUARTER POSTAL MEET

The 2018 1st Quarter Postal kicked off with 12 lifters doing some outstanding lifts. Eric Todd continues to show he will be tough to beat, while Amorkor Ollennuking was outstanding in women's Division.

Meet Results:

1st Quarter Postal

January 1st to March 31st, 2018

Meet Director: Denny Habecker

Lifters with Certified Officials:

Eric Todd – Certified Official Lance Foster

Chris Todd – Certified Official Eric Todd

Lance Foster – Certified Official Eric Todd

Calvin Helt- Certified Official Chad Ullom

Dean Ross – Certified Official Chad Ullom

Chad Ullom- Certified Official Denny Habecker

Aidan Habecker – Certified Official Denny Habecker

Lifters with non-certified Officials:

John Douglas

Stephen Santangelo

R.J. Jackson

Denny Habecker

Amorkor Ollennuking

The Lifts: Clean & Press-Heels Together, Dead Hang Snatch, One Arm Clean & Jerk

MENS DIVISION

Eric Todd	43	– 255 Lbs.	251	176	116-R	543	443.81
John Douglas	54	– 310 Lbs.	205	165	105-R	475	390.58
Stephen R. Santangelo	65	– 158 Lbs.	115	90	65- R	270	350.37
Calvin Helt	16	– 152 Lbs.	125	95	65-R	285	331.05
Denny Habecker	75	– 192 Lbs.	110	83	66-R	259	322.29
Chris Todd	38	– 272 Lbs.	166	141	100-R	407	309.80
Aidan Habecker	14	– 160 Lbs.	72	72	72-R	216	264.79
Chad Ullom	46	– 247 Lbs.	95	95	95-L	285	243.50
Lance Foster	52	– 329 Lbs.	111	85	65-R	261	205.12
Dean Ross	75	– 236 Lbs.	65	65	30-R	160	177.88

WOMENS DIVISION

Amorkor Ollenuking	55	– 165 lbs	110	110	88	308	357.28
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R.J. Jackson 56 – 105.8 Lbs. 80 65 55-R 200 325.23

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

HEAVY LIFT CHAMPIONSHIP UPDATE

April 25, 2018 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Barry Bryan executing a hip lift

The entry deadline for the Heavy Lift Championship has come and gone. The work has been put in. Time to reap what we have sown and enjoy a great day of lifting. I expect to see some big numbers. Here are the confirmed lifters:

Dean Ross

Lance Foster

Dave Hahn

Eric Todd

Greg Cook

John Douglas
John Strangeway
Denny Habecker

Nice turnout for this championship. I know we are over a week out, but at this point it looks like the weather should be nice. Couple reminders:

- This is a drug tested event. Any lifter who competes has the possibility of being tested for elevated testosterone.
- USAWA dress code will be enforced. It should be nice, but could start off a little cool. Please be prepared to lift in shirt and shorts or a singlet. Official dress code can be found in the USAWA rule book here: **RULEBOOK**
- The restroom is either an outhouse or tall weeds. If that does not suit you, you might hit up the pot at the local filling station before coming out here

DIRECTIONS

- From the North: Take I-35 going south. After you pass by Cameron, take exit 48 which is the Lawson/Cameron exit to HWY 69. Take a left onto 69. Take it 3 or 4 miles take a left onto 292, which is a gravel road. Take it a mile or maybe less to the first right, Deer Creek. Deer Creek winds around a bit, but take it about a mile to the first left, 286th. Take it about a mile to the third house on the right. We will be lifting in the big tin can.
- From the South: Take I-35 going north. Take exit 40 to HWY 116. This is the Lathrop/Polo exit. Take a right on 116. Take it about 2 miles until you get to 69 HWY. Take a left. Go about 4 miles north on 69 and take a right on 280th. After about a mile take the first left onto Deer Creek. Take it about a mile going north and take the first right onto 286th. Take it about a mile to the third house on the right. We will be lifting in the big tin can.
- If you follow these directions and get lost, by all means, call me. If you try plugging my address into GPS and get lost, you are on your own.

Weigh ins officially start at 9:30, but I will be out there before that if you want to weigh in a few minutes early. I will probably be out there between 8:30 and 9:00. If I am not there yet come on into the tin can and make yourself at home. You will have to wait on me. We will start the rules meeting directly at 10:00, and lifting at 10:30. During the rules, I will be happy to outline some suggestions on heavy lifting for some of you that are new to this. We have very cool award platters for the top 3 by formula, and championship medals for all lifters. Looking forward to another great championship event at the House of Iron and Stone!

PRESIDENTIAL CUP

[April 26, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT

THE 2018 USAWA PRESIDENTIAL CUP

For the seventh 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 (up to a maximum of 5 lifts) 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 4th, 2018

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.

AWARD NOMINATIONS

May 5, 2018 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 2017 (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 2017
- 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 is 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 with your nominations. The deadline for this is next Saturday (May 12th). 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!!!!

HEAVY LIFT CHAMPIONSHIP

May 7, 2018 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

MEET RESULTS –

2018 USAWA HEAVY LIFT CHAMPIONSHIPS

Well, another Heavy Lift is in the books, and a fine championship it was. The weather could not have been nicer, nor the lifting more impressive. We had eight lifters, which is a pretty good turnout for this meet, a loader/scorekeeper, and even some dedicated spectators. We had a diverse array of competitors. We had greenhorn heavylifters as well as veterans (Dave Hahn

said he had been doing all-round lifting since the 60s). Bodyweights ranged from 150 to over double that. Ages from 39 to 81. And every single lifter left their soul on that platform.



We started with the neck lift. You can imagine my surprise when my neck harness, which is made for my gargantuan gulliver, was a tad tight for a couple of the lifters (I shall not name names). At any rate, the lifting went on, and at the end of, half the field had set records. Dean Ross, Denny Habecker, Dave Hahn, and Greg Cook all had set records in their respective age/weight category in this discipline.



Next, the lifters competed in the hand and thigh. In this discipline, six out of the eight lifters bested the previous record in their age/weight category. Each of the lifters who broke a neck lift record also did the same in the hand and thigh. They were joined this time around by John Douglas and myself.



The third and final event of the day was the hip lift. This is the event in which the most weight would be lifted. In this one, five out of the eight broke records. Dean, Dave, and Denny (Commonly referred to as Triple D) went three for three on the day. John Douglas and myself again were tagging along.



Heavy Lift Championship Results:

Date: May 5, 2008

Where: ET's House of Iron and Stone, Turney, MO

Meet Director: Eric Todd

Officials, Lance Foster, Denny Habecker, Eric Todd (The one official system was used for the lifts)

Loader: Chris Todd

Score Keeper: Chris Todd

Photographer: Dave Dibella

Lifter	Weight	Class	Age	Nec k lift	Hand and Thigh	Hip Lift	Total	Ajd	Age Adj	Place
Eric Todd	258	120	43	900	1360	2280	4540	3542.108	3683.79	1
Dave Hahn	150	70	81	400	550	900	1850	1966.92	2793.03	2
John Strangewa y	214	100	39	560	1000	1450	3010	2587.697	2587.697	3
Greg Cook	259	120	60	500	850	1225	2575	2005.41	2426.55	4
Denny Habecker	195	90	75	210	650	800	1660	1503.296	2044.48	5
John Douglas	323	+	125 54	0	920	1350	2270	1590.589	1829.18	6
Dean Ross	242	110	75	210	610	670	1490	1200.791	1633.08	7
Lance Foster	329	125+	52	360	500	900	1760	1222.848	1381.82	8

Extra attempts for record	Lifter	Weight
Hand and Thigh	Greg Cook	1000
Hand and Thigh	John Douglass	1000
Teeth Lift	Eric Todd	260

HEAVY LIFT PHOTO GALLERY

May 9, 2018 KCSTRONGMAN Edit Post

By Eric Todd

How many All-round meets can say that they have had their own photographer. But this Saturday past, the Heavy lift unexpectedly had just that! Dave Hahn brought his entourage, including his son in law David DiBella who served in that capacity for us all day, then promptly sent the file for me to use. For all his efforts, I felt I would be remiss in not sharing it with the USAWA membership. Below are a selection of photos taken throughout the day:



Dean Ross Performing the neck lift



Dave Hahn performs the neck lift



His majesty, the honorable president, Denny Habecker executes a neck lift



I believe this is the best neck lift I was actually successful with



Greg Cook performs the neck lift in his first Heavy Lift Championship



Lance Foster also completing a neck lift.



“Scottish Johnny” Strangeway executes perfect form in his neck lift attempt.



Dave Hahn with a 550 Hand and Thigh



President Denny with a 650 Hand and Thigh



Dean Ross pulling a Hand and Thigh



Greg Cook hit some record numbers in the Hand and Thigh



My best Hand and Thigh



John Douglas gets some great clearance on the Hand and Thigh



John Strangeway again showing the form of a veteran in his first Heavy Lift Championship



Lance Foster preparing to strain against a big Hand and Thigh



Dean Ross showing perfect form in the hip lift



Denny Habecker Hip Lifting



Dave Hahn preparing to move big weight



Me preparing for the top lift of the meet



Greg Cook hip lifting



John Douglas Hip Lifting



Lance Foster Hip Lifting



John Strangeway with a big hip lift



Group Photo from the Heavy Lift



Lance Foster receiving his 8th place Championship medal from Chris Todd (AKA Leroy)



Dean Ross in seventh



John Douglas in sixth



Denny in 5th



Greg in 4th



The top 3 received a championship medal and award platter. Here is Scottish Johnny in third.



Dave Hahn with runner-up honors at 81 years old.



Me winning my 4th heavy lift championship.

Again, a huge thank you to David Dibella for spending his day with us and sharing his gift.

NATIONALS REMINDER

May 10, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA National Championships is right “around the corner”! It won’t be long and several of us will be lifting weights in Cocoa Beach, Florida. Entries have been coming in this past month. I don’t expect a huge turnout but looks like it will be a good meet from the entries I have already recieved.

Todays story is a REMINDER that the National Entry Deadline is face approaching! The deadline is May 15th which I will adhere to HARD as I need to get the appropriate shirts and awards ordered on May 16th to get them in hand by the meet date.

The location of the meet will be at my co-promoter Cody Lokken’s house at this address:

Cody Lokken

85 June Drive

Cocoa Beach, Florida 32931

Cody has a big garage with high ceilings which should work out great for our Championships. He lives right across the street from Lori Wilson Beach and Park. There is plenty of free parking there, with a short walk to his house. Cody and I will supply drinks, snacks, and a noon lunch, which is part of the entry fee.

The award ceremony will occur right after the meet, as well as our USAWA Annual Meeting. Cody is in the process of finding a nice restaurant that we all can go to afterwards for a nice meal. It won't be an official banquet type setting, but rather an informal social meal. Hopefully it will be on the beach!

I am not recommending any hotels or lodging, as we don't have a "host" hotel for this Championships. There are plenty of hotels in the vicinity of Cocoa Beach to choose from. As for myself, I plan to stay a couple of days after the meet to enjoy the local sights around Cocoa Beach. There are many things to see and do!

I'm really looking forward to the FIRST EVER USAWA National Championships in Florida. And remember – if you plan to compete get that entry in soon!!!

THE LONG, LOST SHIP WHEELS

May 12, 2018 Thom Van Vleck Edit Post

by Thom Van Vleck



The old "Ship Wheel" Collars compared to later types.

Collars for weights are an interesting topic to me. The “spin” type collars have been around for a long time. They have clamps that tighten down with nuts and then they have a “spin” collar that turns into the weight to tighten it down. Since these came into use there seems to have been a hundred new versions come out. Kind of like the mouse trap...everyone invents a new one yet the good, old spring snap traps still seem to work the best.

Over the decades the old spin collars seem to have not changed much. But they have and it's a change not many would notice and few are left who would remember when they did change. The short version is that the first collars York made had large ends like the above photo but were even larger than in the photo. They were red, had brass wing nuts and were made up until WWII. During, and for a period after, the war there was a shortage of iron. In 1948 York redesigned the collar as the “nubs” tended to snap off and what you see above on the left is a representation of that redesign. They made these to some time in the late 50's (I've heard 1958) and then evidently had a back stock that lasted until 1963 as people bought them up to that time. After that if you ordered collars individually or as part of a set you'd get the version on the right above.

This is a minor issue in the world in general, and even for most of the lifting world. Maybe a topic for collectors and for those of us who just find some things “cooler” that have some character. I'm one of those guys. But here's the rest of the story.

Way back in the day when my Uncle's had saved for their first Olympic set they had to drive 180 miles to Kansas City to purchase and pick up the set. It was a big deal. They had saved for some time and that set of weights became the core set of many to follow and used by the Jackson Weightlifting Club (JWC) that created a Teenage National Champion, many state champs, too many contests to name, won two team state championships, and has had over 100 members over the years. That set is in my gym and is still used to this day. Well, almost.

I have the original bar and the original plated, including the “deep dish” York plates. I had every part of that set...except the collars. When I first started lifting in the mid 70s with my Uncle Wayne the JWC had fallen on hard times and the equipment kept in a barn with a dirt floor covered with wooden platforms warped from the damp and the weights being dropped on them. There was no heat, no air conditioning.....it was pretty spartan and the weights rusted. I cleaned them up and painted them.

There was a set of Ship Wheel collars but half the nubs were missing. When they would rust he would bang them loose with another plate and they eventually started to break off. At some point they got thrown away and I assumed lost forever. I recalled them being red and I always assumed they were a part of the original set.

Then I made a trip to visit one of the original members, Wayne Gardner. When he left the club in late 60's he had taken a York set that he had shared with the club. He was selling some stuff as he is no longer able to lift heavy. I saw those collars and immediately asked for them. He shot me a more than fair price and I was pretty happy to have a set of those collars that was just like the collars that came with that original set.

I was about to get an even bigger surprise.

As I asked Gardner about them he told me the story. When he left the club he took his set but he had bought this set used in 1957 from a doctor in Kansas City who he thought had bought it prior to WWII. That was where those red collars had come from. He said he was mad that the other guys had broken his collars so they let him take the collars from that FIRST SET! And here they were!

I don't have to tell you how special a moment this was for me. After all these years to have the original collars that belonged on that first York Olympic set. I felt very blessed. They were soon home and I loaded up the old bar with all the old weights and slide those collars on. It had been at least 45 years since that set had been loaded as it was the day they bought it.

Of course, I had to lift it! A fitting end....and you can bet I won't be using another plate to knock these collars loose if they lock up!

DINO GYM: CLUB OF THE YEAR

May 14, 2018 Al Myers Edit Post

By Al Myers

The nomination & voting period is over for the 2017 USAWA yearly awards, to be awarded at the National Championships in several categories for outstanding performances within the USAWA. I have just finished the tabulations and I am getting ready to contact the awards shop

to get the awards made up. So – I KNOW who the winners are but that’s still a secret until the awards presentation time! But there is ONE AWARD that is announced ahead of time – the USAWA Club of the Year. The reason it’s announced early is that it is really not a mystery as to who the winner is as this is the one award that is based on generating points instead of votes. I have outlined this point system several times in the past so I won’t rehash all that now. What I’m trying to say is this – anyone can add up the points on their own as ALL of the information is available on the website to do so, thus this winner is “no mystery”.

No club can win an award like this based on one individuals performance or effort. It takes contributions of several. I want to thank EVERYONE who was part of CLUB DINO GYM this past year, because this is EVERYONE’S AWARD. I was VERY pleased how our gym functions were attended by gym members. For the year 2017, the Dino Gym had a total of 16 lifters joined the USAWA that listed the Dino Gym as their member club. I want to recognize and thank these lifters now (in alphabetical order): Emily Burchett, Cale Dunlap, Ben Edwards, Calvin Heit, RJ Jackson, Cody Lokken, Zach Lucas, Dan Mather, Al Myers, LaVerne Myers, Molly Myers, Jason Payne, Brandon Rein, Dean Ross, Chad Ullom, and Dan Wagman.

The final standings for the 2017 USAWA CLUB OF THE YEAR (only top 5 listed):

- 1. Dino Gym – 41 points**
- 2. Schmidt Barbell Club – 25 points**
- 3. Habecker’s Gym – 23 points**
- 4. Ambridge Barbell Club – 17 points**
- 5. KC Strongman – 13 points**

As per the original rules for the Club of the Year, the defending USAWA Club of the Year is not eligible the following year, and instead is responsible for “passing the title” at the next year’s awards presentation. Thus, Frank’s Barbell Club, the 2016 USAWA Club of the Year, is not in this year’s rankings.

OTSM WORLD POSTAL

By John Mahon

ANNOUNCEMENT: 2018 IAWA OLD TIME STRONGMAN WORLD POSTAL

Al Myers and myself are pleased to announce the IAWA Old Time Strongman (Otsm) World Postal. This will be held on the weekend of the 14-15th of July.

This is something Al and myself have been working on for a number of months and we have ensured that this will not have any impact on the other IAWA international events.

A bit of a background of how this has come about:

The Otsm is the brain child of Al Myers. It is designed to bring All-round weightlifting and strongman together. All the lifts Al has introduced to this format are all named after legendary old time strongman and the each lift is unique to these legends. The otsm has been apart of the USAWA for some years now and I introduced it to the Australian all-round weightlifting scene, soon after Al launched it, where it has taken off.

The Otsm has been become one of the most popular meets in both USAWA and Australian lifting calendars. I had received many requests from the Australian lifters to get the otsm on the international calendar so I decided to contact Al Myers early last year and we got the ball rolling.

How it will work:

This is not going to be like any other postal.

This Postal will be held annually on the 2nd weekend of July. (there is an exception to this but this will be explained in detail in the postal rules)

This postal will be held in only 1 venue in each participation country.

Each participation country must complete this postal on the allocated weekend.

Currently the USA and Australia already have venues and promoters locked in. We are keen to have other countries participate in this postal so if anyone wants to participate they just need to contact either Al or myself.

IWA Old time strongman World Postal. Registration and information attached. There are currently 3 nations confirmed- Australia, England and the United States of America. We welcome participation from other countries but please not this postal can only be held at 1 set venue per country.

ENTRY FORM: [IWA Old Time Strongman World Postal 2018](#)

ART MONTINI

May 26, 2018 Denny Habecker [Edit Post](#)

By Denny Habecker

I just got a phone call from Art's son Mark. He said that Art passed away tonight. He said he got sick yesterday and Mark took him to the hospital and he died tonight. He said his heart gave out. Mark said he would let me know the details of the service when he knows. I will post the details as soon as I know them.

CLUB CHAMPIONSHIPS

May 28, 2018 Al Myers [Edit Post](#)

by Dave Glasgow

MEET ANNOUNCEMENT

2018 USAWA CLUB CHAMPIONSHIPS

Hosted by:

LEDAIG HEAVY ATHLETICS

Sunday, July 15th, 2018

Weigh In 9:00-10:00 AM

Lifting starts at 10:00 AM sharp

LIFTS TO BE CONTESTED

Turkish Get Up

Clean and Jerk – One Arm

Push Press – From Rack

Deadlift – Fulton Bar, One Arm

Questions or directions to the venue

dglasgow@cox.net

ART'S FUNERAL

May 28, 2018 Al Myers Edit Post

By Al Myers

Details for Art's funeral have been made. Denny just passed along this information to me:

"Art's viewing is Tuesday May 29th at Anthony Mastrofrancesco Funeral Home in Alliquipa, Pa. from 4 to 8 PM. The funeral is Wednesday May 30. You can get all the info and the obituary on the Funeral Home website. "

A link to Art's obituary is here –

<http://www.mastrofrancescofuneralhome.com/obituaries/Arthur-Montini/#!/Obituary>

WIZARD OF WEIGHTS: USAWA'S ART MONTINI

June 4, 2018 Al Myers Edit Post

By John McKean

Low rumbles in the dawn sky no longer worry me about an impending storm; they merely remind me that Art Montini is continuing his early morning daily lifting workouts up above, and always gently replacing the barbell to the platform in his disciplined, controlled manner!

Yes, a key feature of Art's long time success with heavy weights can be attributed to his never-miss-a-daily-workout habit, along with his constant start at 4 AM. Well, actually just after 4, as he ALWAYS opened his day with a stop at famed Mac's Donut Shop in his hometown of Aliquippa, probably the best home-owned bakery in Pennsylvania! Art was well known for his love of the sweet pastries, even though he only tried to imbibe when he thought no one was looking! So, I took it upon myself to call owner & manager of the sweet shop, JW, to get the real low down on Art's daily breakfast. EVERYBODY at Mac's knew Art, because he was their first customer each morning for years; they loved the ever cheerful ole rascal and considered him as part of their family (I guess like we ALL did!). Yet what always impressed JW and the waitresses was that Art desired to discipline himself for weightlifting, and only ever ordered COFFEE!! The tempting aromas at that opening time must have been unbelievable, but Mac's staff insist that Art remained steadfast in his commitment to the iron game. However, their coffee must be as potent as it is tasty, because Montini never had a bad workout!!

Art always insisted that his early start insured that he'd train hard & heavy, because there was nothing else to do at that time anyway! (The 90-year-old had more & better quotes than Yogi Berra ever did!) But he was sincere in stating that, after training, he was energized to handle whatever the rest of the day would throw at him! Over the years many lifters asked Art about taking a workout with him, yet upon learning that it was NOT 4 PM for scheduled training, virtually not one of these sleepyheads ever mustered the initiative to visit and lift during the wee hours (they probably never knew about Mac's coffee!).

The Ambridge VFW Barbell Club's "senior citizen" maintained rather solid views on exactly what was needed to build strength. He was everything that embodies heavy weightlifting, and "old time" training tactics. He never jogged, did aerobics, or had a single cross-"FIT"! In fact, he didn't warm up at all! He'd start right in with his particular lifts of the day, and single up in a manner best described as heavy, heavier, and heaviest! Not that he'd go to limits every session, just up the scale enough that he knew he'd thoroughly worked the event (I almost said "exercise," but he didn't do exercises – this Wizard of Weights powered his way through LIFTS!).

One time at a power meet, Art and I met a very talented, experienced powerlifter; the interested young man wondered aloud how we could start with big poundages using no warmups at all. Of course, a well knowing, and always helpful Art was quick to point out that one could get all the warmup needed during the FIRST ATTEMPT on the platform, and tried (in vain) to get the guy NOT to do a really FULL workout (many, many sets & reps, from light to heavy) before hitting the official platform. Sure enough, that well meaning, yet overly dedicated trainee was too worn out to succeed with 2nd and 3rd attempts, and finished far behind us for the overall best lifter award! He did promise, though, to begin experimenting with very limited warmups in the future!

As to lifts themselves, Art had a simple plan; he'd select about 24 All-Round events that were likely to show up at contests, and do 4 of them each day (he'd take Sunday off – even JW at Mac's donuts noted that Art always arrived “late” for coffee & newspaper on Sundays – at 6:30 AM !!). Yep, that would be about 12 singles per workout, then he was outta there! Now, if a meet was imminent, he'd concentrate more on the particular events involved, but he really did enjoy and prefer the larger variety of all-round events in his general weekly sessions. Every Monday morning he'd start his list all over again. This way, the ole Wiz believed, he was always ready for anything that popped up for competition.

One time the gang over at the Jumpstretch gym in Ohio decided to conduct a “wildcard” contest; that is, they planned to draw by random the names of 4 lifts, from a selection of 18, that would then be performed by all lifters. Someone at our VFW Barbell Club asked Art how you could possibly train for such a contest? “Easy,” laughed Montini, “just do 'em ALL over the next couple of weeks!” Yep, Art won that contest!

Even back in the “old days” Art had the handle on variety in training and using heavy stuff exclusively. One of his fellow competitors back then was long time pro wrestling world champ Bruno Sammartino (he also passed away a few weeks ago), who would get a huge smile from fond memories whenever I'd mention Art. During the 50s, even before official powerlifting, they'd have “odd lift contests” (varied, but often bench presses, squats, curls, press behind the neck, etc.), which both Bruno and Art would compete in (way different weight classes, of course). I'd often run into Bruno, as he only lived about a mile away and I'd taught his sons in the Junior High school near their home, and took delight in reminding this warm, always friendly, humble behemoth how little ole Art once took him to task in the curl at one of those

events. Bruno would laugh and spout out, “That little pipsqueak never beat me in ANYTHING!” Then, reconsidering, meekly said, “Hmm, well maybe he did, ONCE!”

Yet it was always common sense methods, careful observation, overwhelming confidence, and 70 years of competitive experience that carried Montini to consistent achievement. He knew, for instance, and often proclaimed when performing any record level deadlift type “Anything I can even barely get off the floor, I’ll finish for a successful attempt!” And he’d prove that time and again – maybe attributed to one period where he worked to nearly 600 pounds with deadlifts off low blocks (or maybe as Bill Clark always quipped, “He has the longest arms with the shortest legs of any human I’ve ever seen!!”). There’s only one time I can remember that Art was upset about a lift he was well prepared for. During his early 20s he completed a perfectly executed military press with, I believe, 230 pounds (a personal record at the time -a source of great excitement for the youngster), only to have it turned down by officials. Back then, a lifter had to slowly press in coordination with the head official’s barely moving rising finger & the head honcho claimed Art pressed a hair too fast! (Head judge was Bob Hoffman(!) so our hero couldn’t argue – though from that time on, never a fan of the “Father of Weightlifting”!).

Even in his daily habits, Art was the model of consistency, he never found the need to OVER-do anything; slept well (except for those awful awakening hours!), saw no need to “live” in the gym, attacked the weights rather than stress over poundages, and used common sense in eating habits. I’ll always remember being amazed at his belief for obtaining morning protein – just a single egg would do him well! And very little or nothing ever in the way of expensive supplements. He was completely healthy with fresh vegetables grown in his own garden, the mentioned egg, coffee (of course!), and some simply cooked chicken, fish, or beef. Oh yeah, he absolutely LOVED ice cream at times and the occasional donut (which he claimed he only ate during his annual Birthday Bash meet! But I suspect even that was only when we caught him redhanded with a ringed goodie in hand or telltale white powder coating completely surrounding his lips!!).

Some of us always stress over travel to meets. Not Art, he’d just mention that all ya had to do was merely SIT there, no matter how many hours were involved, and just relax! (Though just before he left us, he tried hard in a telephone conversation to pitch to me that the trip to this year’s Nationals could be very easy ’cause it was only a 6 hours drive away, being in NORTHERN Florida; he refused to believe the computer which mentioned 1100 miles on the road from Western PA!!). And I always laugh when recalling him going to a sport’s store

recently to buy a new singlet for meets – all they had that was close to our lifting outfits were wrestling singlets, so Art had the salesman get him one in his size. Puzzled, the salesman asked if the suit was for a grandson or great grandson; “Nope,” Art replied without further explanation, “It’s for ME, I’ll be using it this weekend!” That poor employee is probably still wondering how the 90 year old “wrestler” made out!

Not to mention his few hospital stays (replaced hips,etc) ; On one discharge,the Doc told him to go right home and get some needed pure rest. Of course Art drove directly to the gym for what he deemed was an even more needed WORKOUT! Other docs also told him, knowing it would be futile to advise this iron man otherwise, that he could train LIGHT to insure recuperation; on a follow-up consultation they about “blew a gasket” to learn Art was hip lifting with 800 pounds!! (“We told you to go LIGHT”, they howled. “It WAS light!” smirked ART !)

Well, I could probably write an entire book on this absolute legend of the game! He actually only varied from other “big names” of the 50s and 60s (when he started and lifted among them) by competing far MORE than any of them,setting more World & National records, and staying world-class-strong longer! Heck, most of today’s kingpins could not even heft the weight total of Art’s trophy collection over 70 years of truly hard core competition! We can all discuss many more stories, though, at this year’s slightly renamed “Art’s Memorial Birthday Bash” (USAWA) in October. Please try to attend, we want this one to be BIG! After all, it’s really not like Art has ever left – he will always be there lifting alongside us!

THE LOST TREASURE: YORK POWER RACK

June 5, 2018 Thom Van Vleck Edit Post

By Thom Van Vleck



Not “the” rack, but one like it. Note how there was maybe 6 inches between the front and back.

When I was a kid, I recall a very specific moment when I “knew” I wanted to be strong. I was around 13 and had ridden my bike over to my grandparents and at that time the Jackson Weightlifting Club gym was in their barn. I asked my grandma where my Uncle Wayne was and she said, “He’s out back lifting weights”. So, I headed out to say hello. Wayne was a superheavyweight, he was huge and at the time was around 340lbs. He idolized Paul Anderson and I have to say, was a pretty good replica of Paul.

I liked Wayne, as a small child I would pat his stomach and say, “You sure have a big belly, Uncle Wayne”. This got laughs from my Dad and my other Uncles, which probable encouraged me to do it pretty often. My point is that I liked Wayne because he was nice to me, I knew he lifted weights and I knew he was strong and I recalled him winning at weightlifting meets, but I really never looked at him as a strongman. Wayne was a gentle giant who wouldn’t hurt a fly.

As I walked out to the barn, this image was about to change. I heard a series of thunderous “thumps”. As I got closer, I swore I could feel the ground shake with each one.....and as I got

closer, I was SURE the ground was shaking. Wayne was in a power rack, wearing only his work pants (covered in oil and grease from the garage), leather lifting shoes, and a belt. He was doing front quarter squats with over 1000lbs. Wayne loved the Clean & Press, the Olympic lift dropped in 1972, and he felt this exercise helped his foundation when he pressed. He had an old York 45lb bar loaded with a hodge podge of weights out to the end and two 50lb scale weights wired to the ends and hanging about a foot under the end of the bar. He was doing sets of ten and with each rep the rack, sitting on a bed of timbers in the dirt floor of the barn, would shake violently and pile drive into the ground, causing the shaking I had felt. As he did each one, muscles began to appear everywhere on his body. Kind of like the Hulk, muscles appeared out of nowhere. Most of all, I noticed the change in his demeanor. The look of fiery determination, he looked at me, but right past me, with a focus that only champions know. I was impressed. Wayne had big muscles, he was strong....and he had that determination, that focus, I wanted to be that!

I fooled around with weights, but a couple years later, I began to train with that focus and I used that power rack often. It was an old York model, with about 4" to 6" of space to lift in. York made at least two racks. One had more space. My understanding was this one was an "isometric" rack. It had a chin up bar across the top to stabilize it and had been bolted to old, rough cut, timbers that created a small platform about 3ft wide and 5ft long. I used that thing a lot since I often trained alone. I would do old school leg presses, calf raises, squats, bench presses, partial lifts, and isometrics in that rack. I would use it as squat stands and since it was 8ft tall, for overhead supports. There seemed to be endless uses for that thing and to be real honest, as stupidly as I trained as a teen, often using weights well beyond my capabilities, it probably saved my life!

I entered the Marine Corps and my Uncle Wayne fell on some hard times. Upon returning, I also returned to training with him.....and found the power rack gone! Wayne explained that he needed some cash and since he didn't use a lot of the equipment, he had sold some stuff. This included an old York set and some other classic stuff...but hey, he could have no idea how much this stuff would be worth later. We've all been there. But I was young and being a little older and wiser now.....I feel guilty for how mad I was at him.

I tried to track down that rack, but the guy that had bought it had already sold it to some guy in Centerville, Iowa, about 2 hours away. He gave me a name, Carson. I thought maybe someday I'd be up there for some reason and I'd look him up.

Several years went by and I forgot about that rack. In the meantime, I had one custom built for me that was 8ft tall and had 2ft of width inside, much roomier and a step out that could spot me on squats. It was a good rack. Then, the local gym that was owned by Jeff Jacques and where I got to train with John Ware and Glenn Jacobs (AKA Kane of WWE fame) was sold to a guy named "Carson". It jogged my memory about that rack and lo and behold, he was from Centerville.

Sometime later, that rack showed up at the gym! This was great! I asked him about the rack, but he wasn't interested in selling it yet and being a college student, I couldn't make an offer he couldn't refuse. Then, a couple years later, the rack was gone! I asked him about the rack and he said he had loaned it to his brother. My heart sank and I was wishing I'd come up with that offer. He said he'd tell his brother of my interest. Then, several years later, I made an effort to contact his brother to see if he still had that rack. He still lived in Centerville and he said he had it and since he didn't really train anymore, he'd sell it! I made arrangements to go look at it the next time I headed that way. Some months later, that time came and I went up to check this out.

As we headed to his basement I was excited that I'd see that rack after all these years, it was like finding an old friend. As we went down, we went by a rack that was about 5ft tall and he said, "There it is". I looked around and said, "Where"? He said, "Right here" and patted the short rack. I was sick to my stomach. He had cut this rack to pieces and welded all kinds of extra stuff on it, spread it out, opened the top, and basically butchered it to pieces. He was pretty proud of his work and wanted a premium for his "improvements". To be honest, the improvements made it a much more useful rack, but I nicely declined as I wanted it in original condition. I think he thought I was nuts. To be honest, I felt a little nuts. I had went from wanting that rack really badly, to not wanting it at all and wishing I'd never found it again.

It was a long drive home. It had been a 15 year journey searching for that old rack and just when I thought I had it....it came up short. Nostalgia, sentimentalism, call it what you will, but I wanted that rack. It was a part of my history and a part of the Jackson Weightlifting Club

history. But it also made me think. Victory often comes at the expense of sacrifice and loss, and it becomes sweeter with it. I recovered other parts of my lost treasure and I'm grateful for that.

The whole experience also made me think about not attaching too much to objects. The object is NOT the memory, it merely represents the memory. Whether I have it or not, the memory lives on as long as I choose to remember it. I remember the lifts done in that rack often and that's what's important.

I also have a greater appreciation of the things I have now and the memories I'm making with my own children as they begin their lifting careers. Maybe they won't be as sentimental as their old man, but if they are, I hope I can teach them the real treasure is in the memory, not the thing.

ARNOLD FIT EXPO 2018

June 7, 2018 Thom Van Vleck Edit Post

by Thom Van Vleck



Got to meet Arnold for the 3rd time. Here he is talking about the Highland Games

Recently I got to attend the Arnold Fit Expo in Columbus, Ohio for the 3rd time. Pretty crazy event. It is there that I've got to meet Franco Columbo, Frank Zane, Lou Ferrigno, Tommy Kono, and Arnold himself! I've also gotten up close with many of the World's Strongest Man competitors.

When I say it's a crazy event it's not for the person who hates large crowds. There are people everywhere. I've heard as many as 200,000 attend. There are athletic events going on all over the place as well as bodybuilding, Olympic lifting, Powerlifting, and Strong Man. You can't see it all.

There are trade booths set up in the main convention area. Selling supplements, equipment, gear....anything related to weightlifting and exercise.

This year I attended as an assistant to the equipment director at the indoor Scottish Highland Games. I would have rather been a competitor! It was well attended with some of the largest crowds I've seen for a Highland Games. The Pro Class was won by Spencer Tyler who put on one of the greatest performances I've ever seen at a Highland Games. He set several World Records. The next day he got to go to the main stage and compete against Halfthor "The Mountain" Bjornnson.

I would say that every muscle head should make the trip at least once. I know I'll go back.

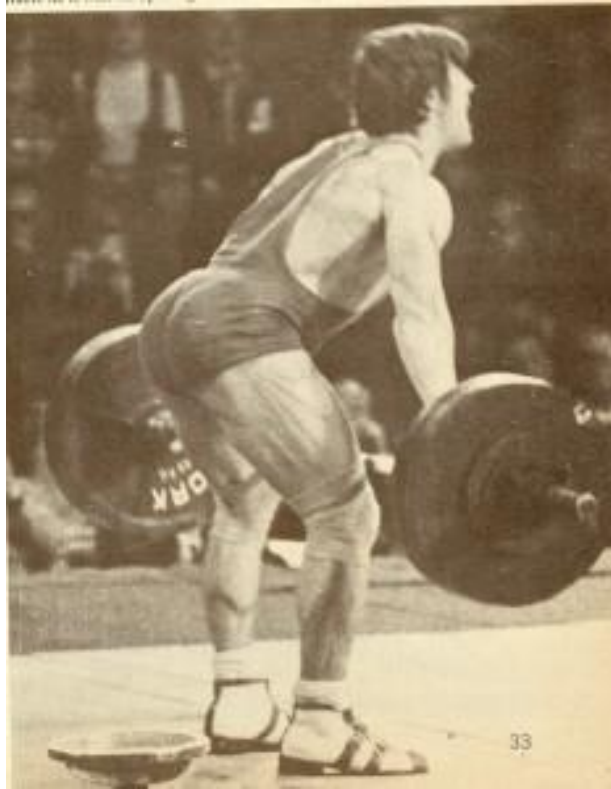


Unique to the Arnold, an indoor Scottish Highland Games!

LIFTING IN THE 70'S

June 12, 2018 [Thom Van Vleck](#) [Edit Post](#)

By Thom Van Vleck



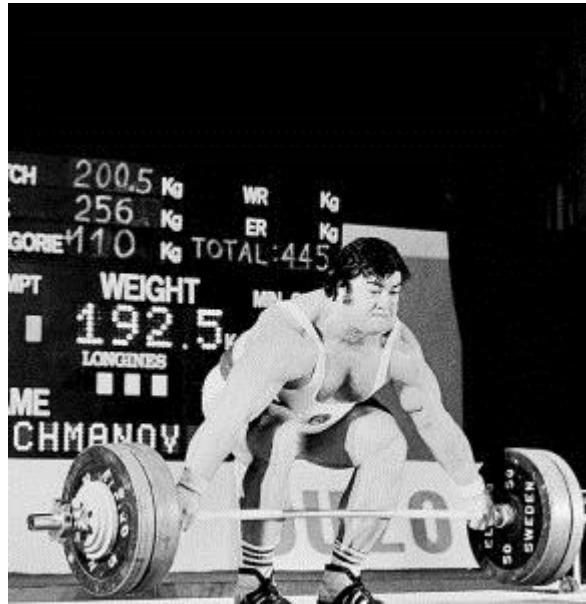
David Rigert, one of the top lifters of the 70s.

I grew up in a weight lifting family. My Uncles were state champs and my Uncle Wayne won the Teenage Nationals in Olympic style weightlifting. By the time I started lifting regularly it was 1977.

The 60's were a great time to be a fan of USA weightlifting. With stars like Tommy Kono, Bob Bednarski, Joe Dube, and Norb Schemansky. Just to name a few. Then came the 70's.

The 70's were a tough time to be a fan of USA Weightlifting. Sure, there were a few bright spots. Ken Patera placing 2nd at the 1970 world's. Lee James winning a silver medal at the 1976 Olympics. But other than that USA Weightlifters weren't even in the same zip code as the top lifters. I know because I perused every weightlifting magazine of the era over and over. We

didn't have any other source of news and these magazines would get read over and over. It was depressing.



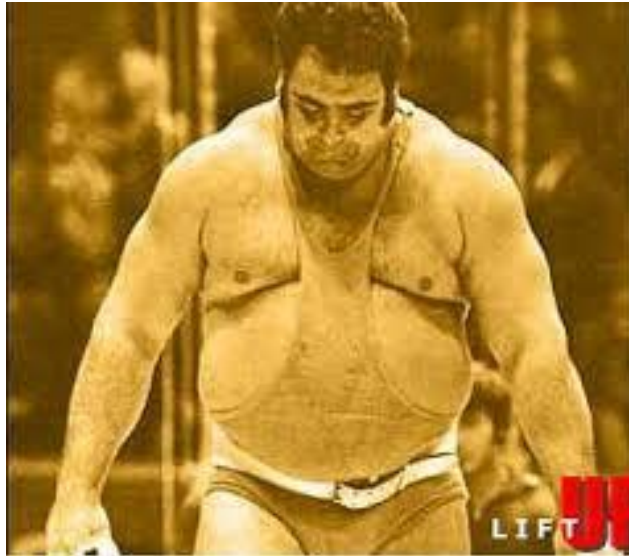
Lesser known but perhaps the thickest and strongest looking Olympic lifter of all time was Sultan Rakhmanov. He was the world champ in 1979 and the Olympic champ in 1980.

There hasn't been much to brag about since then. Except 1984. Which didn't really count because the Eastern Bloc of communist countries boycotted the Olympics that year. I came up with a list of reasons for the fall of the USA in weightlifting.

First, money. Many lifters in the Eastern Bloc made money lifting. USA lifters were true amateurs with the exception of the lifters working for York Barbell. But they really did work and I'm sure the pay wasn't great. Eastern Bloc lifters were officers in the military for the most part and could make handsome bonuses and perks by winning. There was no money in weightlifting in the USA.

Second, the rise of team sports. In 1969 Nolan Ryan, the great baseball pitcher, I think made \$15,000. By 1980 he was making a million dollars a year! That's where the talent went. Weightlifting was getting the leftover talent. I'm sure Norbert Schemansky would have made top money playing football but didn't because there was no money in it when he was at the top!

Third, the rise or powerlifting. My Uncle Phil hated powerlifting. He called powerlifters “Olympic Lifting Rejects”. For this reason I initially focused only on Olympic lifting. But increasingly as the USA dominated powerlifting I transitioned to powerlifting exclusively in the early 80s. Much to the chagrin of Uncle Phil!



The greatest lifter of the 70s and perhaps all time: Vasily Alexeev.

As a result I idolized Communist lifters in the 70s. I was a big fan of David Rigert and Vassily Alexeev. Then Sultan Rakhmanov and Anatoly Pisarenko in the early 80s. It was tough being an American rooting for Russians and the height of the Cold War! I felt like a traitor and I think that is also what led me to powerlifting.

So it was tough being an Olympic lifting fan in the 70s. I would add that I lifted in my first “odd lift” (what became the USAWA) meet in 1979. I still catch myself pulling up old videos of lifters from the 70’s. It was an amazing time....if you were from the Eastern Bloc!

NE STRONGMAN RD

[June 15, 2018](#) [Al Myers](#) [Edit Post](#)

By Mark Raymond

MEET ANNOUNCEMENT

NEW ENGLAND STRONGMAN “Record Day”

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club
781-801-0947 – owdmr@aol.com

Saturday, July 21st, 2018 10:00am

LOCATION:

Frank’s Barbell Club
204 East Street
East Walpole, MA 02032

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if attending.

OTSM CHAMPIONSHIP

[June 15, 2018 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

MEET ANNOUNCEMENT

2018 USAWA OLD TIME STRONGMAN CHAMPIONSHIP



Your humble promoter performing the Dumbbell to Shoulder in the 2017 championship

Where: ET's House of Iron and Stone

When: September 8, 2018

Weigh-ins: 9:30

Rules meeting: 10:00

Liftig begins: 10:30

Lifts Contested:

Saxon Snatch

Cyr Press

Dumbbell to Shoulder

Dinnie Lift

Awards: There will be awards given for this meet

Cost: \$25 (Checks can be made out to Eric Todd)

THIS MEET IS A DRUG TESTED EVENT. USAWA MEMBERSHIP IS REQUIRED OF ALL COMPETITORS.

KCSTRONGMAN once again has the priveledge of hosting the USAWA Old Time Strongman Chamionship. Though one of the newer championships in the organization, it has often been one of the better attended USAWA events. It is my hope that this year does not disappoint. In the seven years that this championship has been held, there have been 6 different overall men's champions. I have won it twice, and am joined by Al Myers, Chad Ullum, Denny Habecker, Abe Smith, and Greg Cook. In the women's division, we have had champions in Whitney Piper, Jenna Lucht, and 2 time champion, Heather Tully. We will see what 2018 bring in the way of champions. Here is a great opportunity to add your name to that list! Though the weather was quite nice last year, early September in Missouri has the distinct possibility of being hot. The facility is not air conditioned. Nor do we have running water, so the pot is an outhouse out back. I will sweep out the wasp nests and spider webs prior to the meet, so hopefully it will meet your expectations. If those two items have not dissuaded you from competing, you will be pleased to know that we have lots of weight, and stout equipment. There have been many good lifters train and compete here over the years; it is a fine atmosphere for lifting big. So, put this one on your calendar. My hopes are that we can make this the biggest OTSM championship ever!

OTSM Entry

GOLD CUP

June 15, 2018 Al Myers Edit Post

By Al Myers

MEET ANNOUNCEMENT

2018 IAWA GOLD CUP

The plans for the 2018 Gold Cup have been set! I just received the details of this annual IAWA competition from the meet promoter, Paul Barette of Metamorfit Gym in Eastbourne, England. This will be the first time that Paul has promoted the Gold Cup. However, Paul has been very

active in the IAWA(UK) with promotions and is an excellent meet promoter. I am really looking forward to this event, and I encourage all USAWA members to consider making it to this important IAWA Championships.

INFO SHEET – [Gold Cup 2018 info sheet](#)

ENTRY FORM – [IAWA Gold Cup 2018 entry form](#)

TEAM CHAMPIONSHIPS

June 15, 2018 Al Myers [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT

2018 USAWA TEAM CHAMPIONSHIPS

The date for the USAWA Team Championships has been set – September 9th (Sunday). I started promoting the Team Championships in 2007, which features “team lifting”, a combination of 2 lifters on a bar lifting the weight together. This makes for a very exciting event as the 2 lifters must be in coordination with each other to make a successful lift!

MEET DETAILS:

Meet Director: Al Myers

Meet Date: Sunday, September 9th

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:

Clean and Press – Middle Fingers

Deadlift – Fulton Bar, One Arm

Curl – Cheat, Reverse Grip

Deadlift – No Thumbs, Overhand Grip

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

2018 MEETING AGENDA

June 15, 2018 Al Myers [Edit Post](#)

By Al Myers

Before long the USAWA National Championships will be here, and with that the annual meeting of the USAWA. We have one meeting per year to make our major yearly decisions and we always coordinate that with our Nationals.

The Annual Meeting will be held at the meet venue on Saturday following the day's lifting. So the date for the meeting is SATURDAY JUNE 23rd. Start time for the meeting will be right after the lifting, so around 4 PM. Everything is pretty straight forward on the meeting agenda this year. There doesn't seem to be any controversial decisions to be made, so I'm hoping for a short meeting. At the meeting, we will give out details and location of the evening banquet. We will have time to go to our hotels to "clean up" for the banquet.

Business Agenda for the 2018 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 proposed lifts:
 - Lurich Lift by Lance Foster
 - Habecker Lift by Al Myers
13. Discussion and Vote on Rule Change for Thor's Hammer
14. Discussion of New Business brought forth by the membership
15. Accept Bids for the 2019 National Championships
 - One prior proposal by Denny Habecker, to be held in Lebanon, PA the last weekend of June
16. 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!*****

NATIONAL CHAMPIONSHIPS

June 30, 2018 Al Myers Edit Post

By Al Myers

2018 USAWA NATIONAL CHAMPIONSHIPS



Group picture from the 2018 USAWA National Championships in Cocoa Beach, Florida.

For the first time in USAWA history, the USAWA National's were held in Florida last weekend. My co-promoter for this event, Dino Gym member Cody Lokken, hosted the Championships at his house in Cocoa Beach! It was a beautiful setting for the meet, less than a block from the beach. I was worried that the turnout would be low, because everyone had to travel and there were no "locals" entered. However, I was pleasantly surprised by the number of lifters that made the trip.

The Friday night before the meet we had a "meet and greet" at the hotel I was staying at. It was the perfect setting – at an outdoor bar poolside. My wife Leslie picked up several pizzas for the party. Several of us took a dip in the pool, as well as enjoying several of the local Florida beers the bar had on stock (a stock that we soon ran them out of!). One of the great things about our organization is the friendships that develop. Often Nationals turns into one big reunion!

It was a special treat this year to have Steve Gardner in attendance. Steve served 2 terms as IAWA President, and is the best "mic guy" in our IAWA organization. He spent the entire day emceeding our Championships, of which I want to really thank him for. We had the best loaders possible with Cale, Cody, and Brandon loading all day PLUS lifting. That's a big task! We ran

only one session so that kept everyone busy with helping, officiating, and lifting. This Championships had a great bunch of officials with Denny Habecker, Dennis Mitchell, Eric Todd, LaVerne Myers, Joe Ciavattone Sr, and myself taking turns in the chair.

Highlights I want to mention: Dennis participating in his 29th National Championships, ET hitting a huge pullover and press of 162.5 KG, Joe Jr. putting up the top Zercher Lift of the meet at the end of a hot day, and seeing “the boys” (Cale, Cody, and Brandon) making a return trip to Nationals. We had several states represented at this meet – Florida, Kansas, Oklahoma, Missouri, Pennsylvania, Ohio, and Massachusetts. Also, Cale made the trip from St. Kitts.

It was difficult for all of us not having Art with us at Nationals, as he has always been a steady participant throughout the years. However, as we lifted we kept Art’s memory alive and we reminisced about him several times throughout the day. After the meet, Cody had arranged for the banquet at a fantastic seafood restaurant which was the perfect end for a National Championships that I will never forget.

MEET RESULTS:

2018 USAWA National Championships
Cocoa Beach, Florida
June 23rd, 2018

Meet Director: Al Myers and Cody Lokken

Meet Announcer: Steve Gardner

Meet Scorekeeper: Al Myers

Meet Photographer: Karen Gardner

Meet Caterer: Leslie Myers

Meet Officials (3-official system used): Denny Habecker (head), Al Myers (head), Joe Ciavattone Sr., Dennis Mitchell, Eric Todd, and LaVerne Myers

Meet Loaders: Cale Dunlap, Cody Lokken, Brandon Rein

Lifts: Curl – Cheat, Snatch – One Arm, Pullover and Press, Deadlift – One Arm, Zercher Lift

MENS DIVISION

LIFTER	AGE	BWT	Curl	Sna1	P&P	DL1	Zer	TOT	PTS
Al Myers	51	227	80	55.5R	100	150R	160	546	509.5
Eric Todd	43	252	95	55R	162.5	140R	160	613	503.2
Joe Ciavattone Jr.	25	226	100	55R	137.5	115R	172.5	580	484.7
Joe Ciavattone Sr.	49	236	82.5	47.5R	92.5	115R	140	478	429.2
Denny Habecker	75	186	50	25R	80	101R	80	336	425.5
Cody Lokken	23	167	70	35R	90	85R	100	380	377.5
LaVerne Myers	74	238	55	30L	60	100R	80	325	356.9
Brandon Rein	23	148	45	25R	60	80R	100	310	333.2
Dean Ross	75	248	40	27.5R	70	65R	90	293	316.9
Cale Dunlap	23	177	50	25R	60	65R	90	290	278.5
Dennis Mitchell	86	143	27.5	7.5L	23.5	50L	55	164	264.5

EXTRA ATTEMPTS FOR RECORDS:

Dennis Mitchell: Deadlift – Left Arm 52.5

Dennis Mitchell: Zercher Lift 57.5

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

BEST LIFTER AWARDS:

Senior 20-39 Age Group: Joe Ciavattone Jr.

Masters 40-44 Age Group: Eric Todd

Masters 45-49 Age Group: Joe Ciavattone Sr.

Masters 50-54 Age Group: Al Myers

Masters 70-74 Age Group: LaVerne Myers

Masters 75-79 Age Group: Denny Habecker

Masters 85-89 Age Group: Dennis Mitchell

Overall Best Lifter: Al Myers

Best Club Award: Dino Gym (Al Myers, LaVerne Myers, Cale Dunlap, Brandon Rein, Cody

Lokken, Dean Ross)

Club Runner Up: Frank's Barbell Club (Joe Ciavattone Jr., Joe Ciavattone Sr.)

2018 MINUTES

July 2, 2018 Al Myers Edit Post

By Al Myers, USAWA Secretary

2018 Annual General Meeting Minutes

The Annual General Meeting of the USAWA was called to order by President Denny Habecker on June 23rd following the competition at 3:15 PM, at the site of the meet. Roll call was taken and these USAWA members were in attendance: Al Myers, Denny Habecker, Cody Lokken, Brandon Rein, Cale Dunlap, Joe Ciavattone Sr., Joe Ciavattone Jr., LaVerne Myers, Dean Ross, Eric Todd, Judy Habecker, and Dennis Mitchell. The reading of the previous minutes were read by Secretary Al Myers. Judy moved to accept the minutes, with a second by Dean, and they passed unanimously. The Financial report was given by Treasurer Al Myers, which showed a yearly profit of \$1994. No drug tests or online store purchases were made in 2017 which explained the profit. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. A website report was given by Al Myers, website director. Details of all things the USAWA website provides was given. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. The report from Awards Director Al Myers was next. Details of the awards given by the USAWA was outlined. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. Next, the report from Records Director Al Myers was given. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. The report from the Drug Enforcement Director Chad Ullom had been forwarded and given on his behalf by Al Myers, since Chad was not in attendance. The USAWA conducted nearly 20 tests this past year with no positive tests. Judy moved to accept the report, with a second by Dean, and it passed unanimously. Next the report of the Official's Director Joe Garcia was given. Joe was not in attendance but had prepared his report to be given by Al Myers. In his report Joe encouraged more Level 1 officials to become Level 2 officials. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. Postal Meet Director Denny Habecker gave his report next. 19 men and 3

women competed in the postal series in 2017, with 6 doing all of them. Denny outlined another scoring system of ranking the postal lifters for the year. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. The report of IAWA Technical Committee Chairman Dennis Mitchell was given next. Dennis informed us about the two new proposed USAWA lifts that we will need to vote on. Joe Sr. moved to approve the report, with a second by Dean, and the report passed unanimously. The discussion and vote on the two new lifts were the next agenda item, which were both approved prior by the USAWA Executive Board. The first lift, the Lurich Lift proposed by Lance Foster, involves an OTSM lift that is a Hack Lift from a height of 18 inches. Dean moved to accept the Lurich Lift, with a second by Joe Sr., and it passed unanimously. The second lift, the Habecker Lift proposed by Al Myers, involves an OTSM lift that is a Zercher Lift from a height of 1/3rd the lifter's height. Joe Sr. moved to accept the lift, with a second by Dean, and the lift passed unanimously. Discussion and vote on a rule change for the Thor's Hammer was next, with this addition, "Plates must be loaded using the largest plates and in the sequence of heavier discs innermost with the smaller discs in descending weight arranged, with a maximum of 10 pound plates used if possible." Joe Sr. moved to accept the rule change, with a second by Dean, and it passed unanimously. In New Business, Judy discussed attending Art's funeral and that she and Denny sent flowers on the USAWA's behalf. Judy moved that she and Denny would like to host an annual Art's Birthday Bash Memorial Meet in Art's memory. Joe Sr. gave a second and it passed unanimously. Al Myers mentioned that a \$500 anonymous donation had been given to the USAWA to do something in honor of the late Mike "Murdo" Murdoch. After prior discussing options with the donater, Al moved to have a Hall of Fame Plaque made which would list all USAWA Hall of Fame Members. LaVerne gave a second and the motion passed unanimously. Bids for the 2019 USAWA National Championships included only one bid, from Denny and Judy Habecker for Nationals to be held the 3rd or 4th weekend of June in Lebanon. Dean moved to accept the bid, with a second by Joe Sr., and it passed unanimously. Cody then gave details of the evening banquet, which was held at Fish Lips by the beach. Dean moved to adjourn the meeting, with a second by Joe Sr. The motion passed unanimously and the meeting ended promptly at 3:55 PM.

WORLD POSTAL

July 3, 2018 Al Myers Edit Post

MEET ANNOUNCEMENT

2018 IAWA WORLD POSTAL CHAMPIONSHIPS

The IAWA World Postal Championships has been announced! It will still be the “Andy Goddard Memorial”. Andy was a great friend and supporter of the IAWA and as long as I’m involved promoting the World Postal it will be done in Andy’s memory. As it has been the past few years, the lifts for this World Postal will be the first day lifts of the upcoming Worlds. Since Worlds has not officially been announced yet (with an official entry form) I am assuming the lifts on day one will be the lifts passed at the World Council Meeting last fall. Read the the info sheet as it outlines the “rules of the competition”. Send your results to me at amyers@usawa.com. Also, please send in the official entry form with your club results. If you have more club entries than on the entry form just include extra entry forms.

ENTRY FORM – [2018 World Postal Entry Form](#) (word document) [2018 World Postal Entry Form](#) (PDF)

INFO SHEET – [2018 World Postal Information Sheet](#) (word document) [2018 World Postal Information Sheet](#) (PDF)

DAVE HAHN-THE MAN, THE MYTH, THE LEGEND

July 5, 2018 KCSTRONGMAN Edit Post



Dave Hahn with a 550 Hand and Thigh

By Eric Todd

Last month, I hosted the Heavy Lift Championship. The turnout was good, but as always when leading up to an event that I am promoting, participation in it concerns me. So, daily I check the mail in eager anticipation of a new entry or two. Weeks before this championship, I was both surprised and excited to receive an entry form into the meet from Dave Hahn from Kansas.

I had met Dave previously on two different occasions. The first time was in 2014 at the Heavy Lift Championships promoted by Al Myers in Holland, KS. Dave was a competitor at that meet. The second time was in 2015 with my first effort at promoting the Heavy Lift Championship when Dave surprised us by coming out with a few members of his family to spectate the lifting.

This time around, Dave was competing again, and I had more opportunity to visit with him and really pay notice to his lifting. It became quite evident to me that Dave is quite an exceptional individual. It was those observations that inspired me to dig in with Dave a little deeper and write this article.

Dave rolled into the meet early, and came with an entourage of family members. We again exchanged pleasantries. Dave impressed me as a very unassuming individual, and was rather soft spoken in nature. Unassuming, that is until it was time to move iron. There was more than once when I wondered if Dave was paying attention, or if he was going to open too heavy. Several lifters might be done lifting before Dave even called his opener. However, I was wrong. Dave knew exactly what he was doing; he was going BIG. It also became evident that the rest of us were all going to have to take care that this 81 year old 150 pound man did not bypass us in points and beat us on the podium. Well, that is exactly what he did, in securing runner up rights at the 2018 Heavy Lift Championship. Then, back to his unassuming ways, Dave quietly thanked me and said he had no idea he would be receiving such a nice award when he signed up for the competition.



Dave Hahn receives his award from Chris “Leroy” Todd of KCSTRONGMAN

Dave has been lifting for many moons. In more exact terms 66 years. He began his affair with the iron at the age of 15 when he started lifting at the old YMCA in downtown Kansas City. He first competed at the age of 18 at an event called “Mr. Kansas City.” Dave competed in the “Mr. High School Physique” portion along with the bench press and curl competitions. He won both the physique and curl portions of the event. Another contest that Dave took part in in that first year of competing was called “Heart of America Physique Festival”. It was also in Kansas City. This festival had an event in which the competitors would be challenged to squat 125 pounds over their bodyweight for as many repetitions as they could muster (sidebar-this sounds like an absolute HOOT!) Dave won this contest by squatting 325 for 24 reps. He went on to win it again the next year by squatting 330 for 30 reps.

It was in 1960 that Dave first met Bill Clark, founder of the USAWA, when Dave entered his first Olympic style weightlifting meet at the Missouri State Penitentiary. Dave continued lifting in the Missouri Valley AAU, which from my understanding was the direct precursor to the USAWA. They would do the Oly lifting, but include some odd-lifts among their competitions. In the Missouri Valley competitions, Dave’s best lifts were 255 in the press, 190 in the snatch, and 270 on the clean and jerk, done in the split style. Dave graced the platform with many of the area’s great lifters of the time including Charlie Scott, Wilbur Miller, Ken McClain, Gary Cleveland, Jim Ellis, Bill Fellows, Wayne Jackson, Wayne Gardner, Art Tarwater, Walt Zuk and Homer Lewellen. Though a couple of those lifters are unfamiliar to your humble author, most I know of from having met them, lifted in meets named for them,

reading about them in old “Strength Journals” or on the USAWA news, or through hearing stories.

In reading many of those old “Strength Journals” that Bill Clark wrote, I remember reading about some of those marathon type weekends, where the competitors would compete in a hodge podge of different types of competitions, some being lifting some being from other disciplines. I even think there may have been bowling in them at times. Well, as it turns out, Dave participated in something similar that Clark put on called “Heart of America Power Festival” back in the 60s. It included a number of different standar and odd-lifts as well as a 100 yard dash. Dave won the event in '62 and was 5th in '63. During the 70's Dave competed primarily in prison powerlifting meets after powerlifting became it's own entity.

1987 saw the birth of the USAWA. It took those odd-lifts that were being contested in the old Missouri Valley, and gave them a home. Dave Hahn was in the inaugural class of this new organization, along with notable greats such as Bob Burtzloff, Steve Schmidt, and Ed Zercher. In 1991, Dave participated in the Zercher Classic. This was Dave's first introduction to the chain lifts, and they immediately caught his fancy. Now, for any of the readers out there who are not familiar with the Zercher Classic, it is 13 different lifts, including 4 chain lifts. The first year I competed in it, I thought I had crippled myself. So, it is no wonder Dave took off the next 23 years of competing to recover.

When you do something as long as Dave has done lifting, there are bound to be some changes. When Dave got started at the old Y, lifters just helped each other out with form and such, but there were no “coaches.” Now, there are olympic and powerlifting coaches, as well as personal trainers and the availability of online coaching. Women and youth did not compete. That was a realm left to men. One thing that has not changed in lifting, though is the camaraderie. At least that is the impression I have gotten through participation in strongman, Highland Games, and all-round. Dave said that 8-10 of he and his his confederates from the old time get together for luncheons organized by Ken McClain biannually.

Dave held many records in the old Missouri Valley AAU organization. One that stood out to me the most are his cheat curl of 255 pounds in the 181 pound class. To put that in perspective (to me anyhow) my best cheat curl is in the 230 neighborhood, and I am much heavier than Dave was when he hit this. He also hit a strict curl of 175 pounds. My best is 20 pounds less at

around 80 pounds heavier bodyweight. In the USAWA record book, Dave holds a hack lift record from that old Zercher meet that has stood for 27 years! He also holds several, more recent records in the big bar lifts.

Dave is one of the lesser known treasures that we have with us in the USAWA. The man is an absolute wealth of knowledge and a living legend. He is living history of our organization and where we came from. That, and he is one heck of a guy. He and his family are welcome at my meets anytime!

OTSM WORLD POSTAL UPDATE

July 6, 2018 Al Myers Edit Post

By Al Myers

It won't be long before the OTSM World Postal Championships is here! Today I want to give an update and more information regarding the USAWA portion of it. I have to thank Dean Ross as he just reminded me that I haven't announced a start time for it yet.

The details are as follows:

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

DATE: Saturday, July 14th

TIME: Weighins at 12 noon, Meet will start at 1:00 PM and should be done by 5:00 PM

I was going to have the meet up on the hill at the Dino Gym Training Field under the shelterhouse using the new outside gym setup. However, with this heat we've been having here (over 100F every day!) I have decided to move it to the gym. I will have the thermostat set at 65F so don't worry about overheating while you are here.

One more reminder – the next day will be the USAWA Club Championships at the Ledaig Gym in Rainbow Bend hosted by Dave Glasgow. Several have already committed to doing both competitions on the weekend. I'm looking forward to seeing everyone!

THE BEST SUPPLEMENTS

July 6, 2018 [Al Myers](#) [Edit Post](#)

By Dan Wagman, PhD, CSCS



Using outdated and unscientific training approaches are about as effective as a stone arrowhead
vs. GPS – guided missile.

As many of you might already know, I'm off-the-grid. I have chosen a life-style removed as much as humanly possible from the ridiculous fences of society. Instead, I have surrounded myself with the sublimity—and challenges—offered by nature in its purest form, undisturbed by the human hand...or so I thought. I recently found a stone arrowhead and stone tool not far from my outdoor lifting platform.



Why use two arms, eight fingers, and two thumbs where one arm and one finger will suffice?
Science will get you there!

My training is on one hand stone-aged as my equipment is outdated and/or improvised. As an example, instead of a pulldown machine I use a tree for chin-ups, pull-ups, and pushdowns via a pulley attached to one of the tree's thick branches while rocks serve to add resistance. That, however, is actually one of the less important aspects of training for maximal strength and impulse development. What's infinitely more important is the scientific manipulation of all training variables over time to meet the physiological requirements necessary for maximal training adaptation. Anything short of that and you're limiting your short- and long-term gains, and that's something I'm not interested in. So on the other hand my training approach is highly sophisticated and science-oriented. Science, of course, constitutes the backbone to effective human development in all aspects of life. Therefore, during my infrequent trips to a small rural town, I make sure I jump on the internet to download new research. I figure that just because I live primitively, that doesn't mean my mind has to be primitive, too.

One of the aspects of strength training that has always interested me is that of nutritional supplementation. Strength athletes turn to supplements in an effort to enhance their performance and as a young and ignorant barbell-bender I did the same. Then I became more educated, got exposed to more and more research on supplements and their actual effects on strength gains—if any—and quickly came to realize that the vast majority of supplements hold only imaginary effects. So which supplements can you actually count on to increase your performance? A group

of scientists from the University of Western Australia, the Western Australian Institute of Sport, and Edith Cowan University reviewed all scientific evidence on supplements and just published their findings.(2) I took the liberty of reducing their findings to only those supplements that have been proven to enhance a strength athlete's performance.

CAFFEINE

Caffeine is a stimulant with a lot of research behind its performance-enhancing potential. The mechanism by which caffeine provides its benefits include adenosine receptor antagonism, increased endorphin release, enhanced neuromuscular function, improved vigilance, increased alertness, and feelings of reduced exertion while you train and compete. In looking at studies that investigated high-intensity effort for various durations up to 5 minutes, about 65% of the studies showed benefits with an improvement in mean and peak power output of right around 3% to 8%. This was achieved by consuming 5-6 mg/kg body mass of caffeine one hour prior to exercise. However, there can be a big difference between those of you who never or rarely ingest caffeine and those who have habituated to it. The researchers therefore suggest that, "Athletes who intend to use caffeine as a performance aid should trial their strategies during training or minor competitions, in order to fine-tune a protocol that achieves benefits with minimal side effects." Since I view coffee primarily as an ergogenic aid, my approach is to only drink decaffeinated coffee and I stay away from other caffeinated products as much as possible. Then, once my training intensity is at 85% 1-rep max or higher I'll consume real coffee about one hour prior to training.

CREATINE

Creatine just might be the most widely researched supplements. What creatine does is increase phosphocreatine stores, which is a critical component to your muscles' ability to contract maximally. Numerous review studies have found that creatine can increase single-bout high-intensity exercise by between 1% to 5% and in repeated bouts lasting less than 30-seconds by up to 15%.

In terms of how to most effectively supplement with creatine, a recent meta-analysis (a mathematical analysis of all relevant studies designed to ascertain what the proverbial bottom line is) found that you ought to start off by loading with about 20 g/day, divided into four equal 5-g doses per day, for a duration of five to seven days.(1) After that you can use a single 3 to 5-g

dose per day. The downside to spending money on creatine is that other studies have found approximately one-third of subjects to be non-responders. Also to consider is that researchers have found some creatine to be contaminated with substances that could cause a positive in doping control.(3)

BETA-ALANINE

Beta-alanine is a precursor to carnosine which, in effect, is a defense against fatigue. If you were to supplement with beta-alanine at around 65 mg/kg in body mass for a minimum of two to four weeks, you would be able to increase your muscles' carnosine content by about 65%. In doing so you would increase your muscles' tolerance for maximal exercise in bouts lasting anywhere from 30 seconds to 10 minutes. In terms of performance enhancement, you could expect something in the neighborhood of 2% to 3%. There is a catch, however. The scientists point out that, "Beta-alanine supplementation may not be as effective in well-trained athletes as their lesser-trained counterparts." This seems to be due to the fact that the more well-trained you are, the more your muscles are able to buffer the effects of fatigue. So adding this supplement to your diet will have little, if any effect on your already highly capable muscles. This might also be the reason for the high variation in effects seen in individuals.

SODIUM BICARBONATE

This is an interesting supplement with which I have had a perplexing experience. While working on my doctorate one of my dissertation committee members was researching its physiological effects in the lab. He asked me if I wanted to be a subject in his study and I agreed. This meant I had to ingest multiple doses of sodium bicarbonate stretched out over several hours while also having to give blood for analysis multiple times during every hour. At the conclusion of the experiment I felt horrible and had noticeable gastrointestinal distress as well. I had to bench fairly heavy that day, and considering how horrible I felt, I was fully expecting to get crushed. Yet, most curiously, I was unbelievably explosive; a wholly unexpected result.

The effect of sodium bicarbonate on your physiology is very complex and beyond the scope of this article. Suffice to say, it regulates pH in a way beneficial to muscle contractions. This supplement, too, is associated with high levels of intra-individual variability in performance outcomes, where you could expect something like a 2% gain between 1 hour and 2.5 hours after ingestion.

JUST FOUR!

You might wonder why I didn't get into more detail, why I didn't discuss the scientifically proven benefits of more than just four supplements. The reason is, there's nothing more than these four to talk about, at least as it relates to you being able to maximize your strength gains. And I can hear you already, "But Dan, I read all the time about all sorts of supplements that have research backing their effectiveness." Yeah, well, manufacturers and many authors take liberties with research and draw conclusions that are not supported by the study or they have generalized beyond what the scientists actually found.

There definitely is a benefit to applying the latest scientific findings to your training and dietary approach. Using a stone-age mindset is of no benefit to you here. If maximizing your strength gains is important to you, only employ that which research has proven to be effective.

References

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KCSTRONGMAN-THE BACKGROUND

July 9, 2018 [KCSTRONGMAN](#) [Edit Post](#)



Pulling a dumptruck back in my strongman days

By Eric Todd

I began my strongman career in 2001. After wrestling competitively most of my life, my college career was riddled with injury and disappointment. When it ended, I thought my days of competing were over; however, I found that I had not lost that competitive fire. So, I started training for strongman with rather meager equipment and knowledge. Despite all that, I had rather decent success quickly. I was fourth at my first meet, first at my next (which was hosted by fellow all-rounder Thom VanVleck, but that is another story), and won my division at nationals within a year.

With this quickly discovered success, I figured the sky was the limit; I had my sights set on winning my pro card. I was within shooting distance at that first nationals, finishing third overall, and figured that it was a logical goal. I had found a couple guys in the area who did strongman and we would train together at times, but it was inconsistent. I was often left training alone. I came close to my goal of a heavyweight card, getting second and third at a few qualifiers, but fell short in the end. And despite placing quite well in some tough meets against the best of the best at the time, I felt like I had failed.

I knew that I needed to regroup and refocus to make my goal happen. I thought that gathering like minded people together would help us all. We would coach each other, train together, compete together, and push each other to maximize each lifter's potential to rise to heights higher than what we could achieve alone. So, I started the website and forum known as

“KCSTRONGMAN.” Though my motivation for doing this was completely and utterly selfish, in the end it was a great deal for many folks. We had people who identified as part of the KCSTRONGMAN community from Missouri, Iowa, Nebraska and Kansas. We had honorary members from other states as well. We trained together, traveled to meets together, ate together, and discussed training, philosophy and life via road trips and the message board. I met some of the best friends of my life through KCSTRONGMAN. And though I never did win that heavyweight pro card, I did alter course a little and win a pro card in the 105K division.

As life has a way of doing, all good things must eventually pass. The old forums gave way to Facebook and the like. Though I tried to keep the message board going, it began to start to feel like a waste of time, and I began to feel a bit schizophrenic talking to myself on there. The forum is still up, but there is virtually no activity, and I have stopped wasting my time with it. At one time, though, it was a hopping place! After about 10 or 12 years of competing frequently, my body let me down. I tried to make a run of one more nationals, and reinjured myself. I knew that it was the end of the line for being able to train like I would need to to compete at a high level in strongman. I walked away.

As luck would have it, I had found all-round just a short time after I started strongman. I had competed in it some, but stayed rather busy with my strongman schedule, so not as regularly as some. The genius about all-round is that everybody can do some of the lifts. So, even though my body had failed me in strongman, I still had some strengths that all-round would accentuate. A couple of my strongman confederates came with me to the USAWA and we first registered as a club in 2011. KCSTRONGMAN has had members compete in the grip championship, the heavy lift championship, and the Old Time strongman championship. We have had members compete in nationals, Worlds, and the Gold Cup. We have been active in the postal series as well. We have promoted regular meets, record days, and some championship events. Though KCSTRONGMAN has evolved a bit since we first started, the general philosophy is the same: Lifting each other to greater heights through camaraderie and support.

At any rate, that is the general background of KCSTRONGMAN, where we came from and how we got here. It is my intention to do a biography of each current member of the KCSTRONGMAN USAWA club over the next month or so. Hope you enjoy.

NATIONAL'S HISTORY

July 10, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

I just updated our History Archives on the “Past USAWA Nationals”. The one thing about history is that it is ever changing, with new things that become history once they are finished. This is an ongoing project for me, and sometimes I find that I’ve been slow to add the updates as time seems to fly by at a faster pace the older I get!

If you get some extra time and are interested in the history of the USAWA, take a look at these pages in the “History” section. (It is located on the header line of the USAWA website). I always reread the past history as I add updates. Today I want to share some highlights as it applies to the history of our USAWA National Championships.

- This year (2018) marks the 31st year of the USAWA National Championships, with NO YEARS being missed since the first Nationals in 1988.
- This year (2018) marks the first and ONLY time Nationals has been held in Florida. 8 states have been hosts for Nationals with Pennsylvania in the number one spot (12), followed by Ohio (6), Massachusetts (4), Missouri (4), Kansas (2), Illinois (1), and Nevada (1).
- 15 meet directors (or combinations of meet directors) have promoted the Nationals. Denny Habecker has promoted the most (5), followed by Al Myers (4), and 4 promoters with (3): Frank Ciavattone, John Vernacchio, Art Montini/John McKean, and Bill Clark/Joe Garcia.
- The top 5 lifts that have been contested at Nationals are: Zercher Lift (17), One Arm Deadlift (16), Pullover and Push (13), One Arm Snatch (12), and the Clean and Press heels together (12). Three of these top 5 National lifts were contested at this years Nationals!
- 55 Official lifts of the USAWA have been contested at past National Championships. 22 lifts have only been contested once in Nationals.

- This year was a one day meet, but only 10 times in our history has Nationals been a one day meet. The other 21 times it was a two day meet. However, all 10 of these one day meets have occurred in the past 13 years.

2018 2ND QUARTER POSTAL

[July 11, 2018](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

The 2nd Quarter Postal results have been received, and as usual Eric Todd is the man to beat, while R.J. Jackson rules the women's division.

RESULTS:

2nd Quarter Postal

April 1 through June 30, 2018

Meet Director- Denny Habecker

Lifters with Certified Officials

Brandon Rein – Al Myers, LaVerne Myers, Chad Ullom

LaVerne Myers – Al Myers, Chad Ullom

Al Myers – LaVerne Myers, Chad Ullom

Chad Ullom – Al Myers, LaVerne Myers

Dean Ross – Denny Habecker

Aidan Habecker – Denny Habecker

Lance Foster – Eric Todd

Chris Todd – Eric Todd

Eric Todd – Lance Foster

Crystal Diggs – R. J. Jackson

Barry Bryan – Denny Habecker

Lifters with non-Certified Officials

John Douglas

Denny Habecker

R.J.Jackson

Stephen R. Santangelo

LIFTS- Bench Dip, One Arm Deadlift, Bent Arm Pullover

MEN'S DIVISION

Eric Todd – 43 – 258 – 235 – 401-R – 165 – 811 – 658.89

Chad Ullom – 46 – 246 – 200 – 418-R – 130 – 748 – 643.73

Al Myers – 51 – 231 – 200 – 353-R – 120 – 673 – 623.20

Stephen R. Santangelo – 66 – 159.4 – 175 – 180-R – 80 – 435 – 565.43

John Douglas – 54 – 310 – 225 – 235-R – 135 – 595 – 489.17

Barry Bryan – 60 – 191 – 88 – 209-R – 143 – 440 – 488.47

Brandon Rein – 22 – 147 – 150 – 176-R – 85 – 411 – 444.86

LaVerne Myers – 74 – 242 – 70 – 225-R – 100 – 395 – 430.38

Chris Todd – 38 – 272 – 175 – 248-R – 135 – 558 – 424.74

Aidan Habecker – 14 – 174 – 110 – 198-R – 55 – 363 – 422.22

Denny Habecker – 75 – 185 – 0 – 198-R – 86 – 284 – 362.83

Dean Ross – 75 – 242 – 45 – 165-L – 75 – 285 – 312.83

Lance Foster – 52 – 328 – 0 – 205-R – 95 – 300 – 236.15

WOMEN'S DIVISION

R.J. Jackson – 56 – 105 – 0 – 175-R – 48 – 223 – 365.35

Crystal Diggs – 31 – 165 – 0 – 80-R – 37 – 117 -117.19

2018 YEARLY AWARDS

July 12, 2018 Al Myers Edit Post

By Al Myers



Members of the Dino Gym who attended the 2018 USAWA Nationals enroute to a club victory and the winner of the 2017 Club of the Year. (left to right: Cale Dunlap, Al Myers, Brandon Rein, Dean Ross, Cody Lokken, and LaVerne Myers)

Every year since I've been the USAWA Awards Director (2009) the USAWA has given out special awards recognizing individuals who the membership feels should receive "extra attention" for their contributions and efforts. These awards are entirely selected by the membership, with the nominations and voting done by the USAWA members. All I do is tally the votes and organize the ordering of the plaques. However, I also get to have the honor of

presenting the awards, which is something that I really enjoy doing and makes the work I do all worthwhile.

Every year the Awards Presentation coincides with our banquet at the National Championships. This year we had our banquet at a fantastic seafood restaurant in Cocoa Beach. However, we thought we were going to have a private room but this was not the case! We were all seated at a couple tables side by side in the large dining area – and a live band was performing! Needless to say, a traditional awards presentation was not going to take place so I improvised and handed the awards out individually after the meal.

Listed below is this year's winners. This information is stored on the website in the history archives. Again, congrats to all of the winners!!

2017 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Al Myers
Sportsmanship Award	Dean Ross	LaVerne Myers
Courage Award	Frank Ciavattone	Dennis Mitchell
Newcomer Award	John Douglas	Greg Cook
Club of the Year	Dino Gym	Schmidt Barbell Club

NEW ENGLAND STRONGMAN RD

[July 28, 2018](#) [Al Myers](#) [Edit Post](#)

By Mark Raymond

2018 NEW ENGLAND STRONGMAN RECORD DAY



Group Picture from the meet.

The meet turned out to be a great success. We had 8 lifters from three states. It was held at Frank's Barbell Club in East Walpole, Massachusetts.

One of the highlights of the meet was newcomer Christopher Lestan. He put some impressive numbers on the board!

Michael Rabich, who drove up from Queens, New York, did a Pull over and Press with a Wrestler's Bridge that made my neck hurt watching him do it!

Jeff Ciavattone was there to set some records too, even after driving all the way up from South Carolina. Then he was off to Fenway Park in Boston for a concert.

Newcomer Dan Rowe and Mike Vuono didn't disappoint with their lifts either.

Afterwards Frank treated us all to Pizza for lunch. Thanks to Frank, Rocky, and Jeff who officiated the meet. And a special thank you to Peter Vuono for keeping things upbeat and making us all smile!

Results are as follows:

New England Strongman Record Day

Frank's Barbell Club, East Walpole, Massachusetts

July 21st 2018

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Rocky Morrisson, Jeff Ciavattone

Christopher Lestan Age: 22 Weight: 275 Lbs 125K Class – Open

Deadlift, Ciavattone Grip 508 Lbs

Bench Press, Feet on Floor 385 Lbs

Clean and Seated Press 221 Lbs

Clean and Seated Press, Behind Neck 198 Lbs

Bent Over Row 326 Lbs

Michael Rabich Age: 38 Weight: 190 Lbs 90K Class – Open

Hack Lift, Fulton Bar 427 Lbs

Press, Dumbbell, One Arm, Left 77 Lbs

Pullover and Press, With Wrestler's Bridge 177 Lbs

Deadlift, No Thumbs, Overhand Grip 336 Lbs

Scott Lift 237 Lbs

Michael Vuono Age: 29 Weight: 208 Lbs 95K Class – Open

Lateral Raise, Standing 35 Lbs

Abdominal Raise 57 Lbs

Curl, Dumbbell, Cheat, One Arm, Left 91 Lbs

Curl, Dumbbell, Cheat, One Arm, Right 70 Lbs

Bench Press, One Arm, Right 96 Lbs

Mark Raymond Age: 55 Weight: 247 Lbs 115K Class 55+ Masters

Deadlift , No Thumbs, Overhand Grip 286 Lbs
Rectangular Fix 95 Lbs
Vertical Bar Deadlift, 1 Bar, 2", One Hand, Left 175 Lbs
Deadlift, Dumbbell, One Arm, Left 200 Lbs
Deadlift, Dumbbell, One Arm, Right 200 Lbs

Dan Rowe Age: 27 Weight: 202 Lbs 95K Class – Open

Press, Dumbbell, One Arm, Right 91 Lbs
Good Morning 140 Lbs
Curl, Wrist, One Hand, Left 75 Lbs
Curl, Wrist, One Hand, Right 86 Lbs

Jeff Ciavattone Age: 38 Weight: 238 Lbs 110K Class – Open

Bench Press, One Arm, Left 90 Lbs
Bench Press, One Arm, Right 105 Lbs
Deadlift, Ciavattone Grip, One Arm, Left 240 Lbs
Deadlift, Ciavattone Grip, One Arm, Right 245 Lbs
Deadlift, No Thumb, One Arm, Left 205 Lbs

Frank Ciavattone Jr. Age: 63 Weight: 293 Lbs 125K+ Class 60+ Masters

Curl, Wrist, One Hand, Left 100 Lbs
Curl, Wrist, One Hand, Right 100 Lbs
Finger Lift, Right Index 65 Lbs
Finger Lift, Right Ring 65 Lbs
Finger Lift, Right Little 65 Lbs

Peter Vuono Age: 65 Weight: 196 Lbs 90K Class 65+ Masters

Press, Dumbbell, One Arm, Right 71 Lbs

CLUB CHAMPIONSHIPS

July 28, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

2018 USAWA CLUB CHAMPIONSHIPS

The Ledaig Heavy Athletics Club once again hosted the 2018 USAWA Club Championships in the impressive hard core gym owned by Dave Glasgow. Dave's place is the true "all round" training facility, with as many weights and bars anyone would want to lift as well as a full Highland Game field setup. Dave likes to host this event on his birthday weekend to celebrate his many years of lifting and throwing. As many of us pushed the iron in the gym others spent the day training the Highland Games. It was a hot day, but no one complained as fun was being had by all. Of course in Dave's style, he catered in the Naughty Nurses BBQ for an outstanding meal afterwards. We stuffed ourselves full of great BBQ! I can't thank Dave enough for all the hard work he puts into this event each year.

The Club Championships this year was different than most years, with only the Dino Gym and the Ledaig HA bringing club members. However, both the Dino Gym and the Ledaig Club brought in fully loaded teams! Seven members from the Dino Gym competed alongside 5 members from the Ledaig Club. There were many great individual lifts by many lifters, but since this is the Club Championships and only club scores matter I will not mention the outstanding individual lifters as you can look at the meet results to see who lifted what. However, I will say that all lifters on each club contributed to their clubs scores in some way.

In the end the Dino Gym edged out the Ledaig Club for the overall club win this year. Now this is the interesting tidbit in all this – since Dave has started hosting the Club Champs six years ago this now brings the total wins for the Dino Gym to 3 (with 3 Runner ups) which MATCHES the Ledaig HA Club of 3 overall wins and 3 Runner Ups. So it looks like next year will be the GRUDGE MATCH!!!

Meet Results:

2018 USAWA Club Championships

Ledaig Heavy Athletics Club

Rainbow Bend, Kansas

Sunday, July 15th, 2018

Meet Director: Dave Glasgow

Official (1-official System used): Dave Glasgow

Meet Scorekeeper: Al Myers

Meet Caterer: Naughty Nurses BBQ

Lifts: Deadlift-Fulton Bar One Arm, Clean and Jerk One Arm, Turkish Get Up, Push Press From Rack

1. Dino Gym – 1485.2 Adjusted Points

LIFTER	AGE	BWT	DL1	CJ1	TGU	PP
Calvin Heit	16	154	122R	75R	80R	170
Brandon Rein	23	152	—	80R	65R	125
Zach Lucas	32	264	167R	115R	92.5R	215
Chad Ullom	46	247	162R	120L	80L	—
Al Myers	51	233	162R	110R	—	—
LaVerne Myers	74	241	162R	—	—	—
Dean Ross	75	247	92L	32L	20L	85

2. Ledaig Heavy Athletics – 1210.5 Adjusted Points

LIFTER	AGE	BWT	DL1	CJ1	TGU	PP
Emily Burchett (F)	26	145	92R	75R	70R	135
Jamie Channel (F)	35	245	92R	65R	25R	135
Marsha Clasen (F)	37	190	102R	85R	70R	160
Joey Grieshaber	45	265	147R	75R	70R	175
John Douglas	54	321	142R	75R	60R	200

EXTRA ATTEMPTS FOR RECORDS

Emily Burchett: Turkish Get Up 80 lbs, Right

Zach Lucas: Turkish Get Up 102 lbs, Right

Notes: BWT is bodyweight in pounds. All lifts recorded in pounds. R and L designate right and left arms. Adjusted Points were calculated using age and bodyweight corrections.

LANCE FOSTER-KCSTRONGMAN STALWART

July 31, 2018 [KCSTRONGMAN](#) [Edit Post](#)



Lance Foster pulling a bus at the Gus Lohman Memorial Challenge back in his strongman days

By Eric Todd

Back in 2006, KCSTRONGMAN had been going strong for 3 years. Training partners came and went, but there were a couple regulars and always a steady stream of guys coming out to train. I was ALWAYS getting email correspondence from people interested in coming out, but more often than not, it never got past the email stage for those who were new to the idea. However, I got an email from Lance Foster, and the rest is history. Lance showed up and put it all on the line that day. Lance became a stalwart of KCSTRONGMAN training days and contests. When I sent out an email saying who is interested in competing in such and such competition, Lance was always on board.

Lance was born in St Joseph, MO on November 12, 1965. Lance grew up on a farm that raised cattle and pigs, produced dairy, and grew tobacco. Anybody that grew up on a farm as a child knows what kind of hard work this entails. Raising tobacco and pitching hay goes hand in hand with the strength needed to be successful in strength disciplines. He attended North Platte High School, a small school in Missouri, where he played football and threw shot and discus in track and field.

As for many of us, prior to getting involved in strongman, Lance was drawn to watching “World’s Strongest Man” on ESPN. It used to be broadcast quite regularly, and featured monster men who were capable of fantastic feats of strength. The show appealed to guys like Lance and me, because these guys were doing things that seemed impossible. However, Lance came across a forum that showed there were smaller amateur competitions at the local level. These competitions seemed more doable, so he summoned the courage to take that first step, and he contacted me about training. Little did he know when he took that first step that he would soon be not only competing at the local level, but also at state and national competitions.



Lance lifting his car at a strongman meet

Other training partners came and went, but Lance stuck around. Lance has competed in strongman, highland games, highlander, and powerlifting. He threw the shot put in the corporate challenge. Now he participates primarily in all-round. Lance is one who is always up for a

challenge. Almost any time I am looking at doing a meet, Lance is game. Lance has even competed at the world level in all-round.



Lance shouldering a stone at “The House of Iron and Stone”

Lance has achieved quite a bit in all-round. He is a certified level 2 official, which is the highest level you can currently attain. He has 38 national records and holds the world record for the 2" bar straddle (which is known as the Jefferson Lift-Futon Bar in the US) in the 45+ year 125+ kilo category. In 2012, Lance was chosen by his peers as runner-up for the sportsmanship award. However, even with those accolades, Lance says the thing he likes best about all-round is the camaraderie. With Lance's dedication to all-round lifting, and the USAWA, I trust he will be enjoying that camaraderie for years to come!

WORLD CHAMPIONSHIPS

[August 2, 2018](#) [Al Myers](#) [Edit Post](#)

By Paul Barette

****IAWA World Champs 2018 – Important Announcement****

As many of you have been anticipating final details relating to this year's world champs we have to advise that due to circumstances beyond our control we have to change the venue of this year's competition. Our new venue will be Eastbourne Sports Park and the dates remain the same (6th&7th October), as do the lifts. I will be promoting this year's event with Steve Gardner assisting.

DAY 1 (October 6th):

Front Squat

Clean and Press Behind Neck

One Hand Barbell Snatch

One Hand 2" Dumbbell Deadlift

DAY 2 (October 7th):

Power Row

Continental Clean and Jerk

Deadlift

INFO (Word) – [World Champs 2018 info sheet](#)

ENTRY FORM (Word) – [World Champs 2018 Entry Form](#)

FRANKIE CIAVATTONE; PRODIGY OF STRENGTH

[August 3, 2018](#) [Al Myers](#) [Edit Post](#)

By Peter Vuono



Frank Ciavattone lifting the Dinnie Stones on September 24th, 1996.

According to Greek Mythology, twenty-five hundred years ago, the evil goddess Hera looked to avenge herself for an indiscretion perpetrated by Zeus. The perfidious queen sent two vipers to do away with the son of Zeus. When the child's mother, Alcmene, raced into the room, she viewed her infant son crushing with one hand, both of the vipers. It was the beginning of the legend of Hercules.

Super heroes like Hercules continued to inspire, teach and amaze down through the ages. Theogenes, Polydemos, Samson, Peter Francisco and so many more showed their god-like might to the world. Here in southeastern MA., we have our legendary prodigy of strength in Frank Ciavattone.

At the age of 12, in 1967, Frankie was inspired by Olympian Paul Anderson and Frank's beloved Godfather, Ralph. He was given a 75 lb. weight set and since the York Barbell Co. courses were the most accessible, Frank followed their instructions to the letter.

One summer while working for the town of Norwood, this East coast prodigy, at age 18 decided to push a fully loaded dump truck by himself! Tired of inanimate objects to move, he joined the

wrestling team to garner a 32 and 2 career which would later, in 2015, put Frank in the MIAA Wrestling Hall of Fame. One particular training technique in his wrestling career that should be noted was his ability to do a reverse planche balancing on hands and feet with face up, with a full grown man sitting on his chest!!!

As one would imagine, Frank became bigger, faster and stronger with age. He dogged the Olympic lifts to give him 15 state Olympic lifting titles and 10 New England Championships!! It was here that a series of very important events occurred in Frank's life that would lead him to becoming one of the greatest strongmen of all time.

Frank, in the summer of 1986 won the New England Strongest Man contest while suffering from strep throat and torn psoas muscles! It was at this contest that this author talked with noted CT lifter, Frank Gancarz. Frank had mentioned that he had never seen someone quite so strong as Ciavattone. Ironically, it was Gancarz who by promoting an odd-lift meet, would be the one to spark interest in Frankie of being a strong man. At about the same time, notable lifter Bill Clark let it be known to Frankie that there was an incredible organization called the United States All-round Weightlifting Association which sanctioned strong man type meets and lifts.

With Frankie's new found success in Gancarz' meet, he decided to shift gears and become a lifter who would be one of the most notable strong men of modern times! Frank went on a record rampage in the International All-round Weightlifting Association. Outside the Hotel of Potarch in Glasgow, were two enormous boulders made long ago to tether horses. One weighed 445lbs and the other 340 lbs. Each stone had embedded in it an iron ring of one half inch diameter; just narrow enough to get one's hands around a ring. Strongman Donald Dinnie made the stones famous by lifting them both from the ground simultaneously! While competing in Scotland, Frankie became part of a rare fraternity by lifting the stones without straps!!!! As if this weren't enough; back in the states, he proceeded to place himself in the pages of the coveted Guinness Book of World Records by lifting 808lbs strapped to his neck! !This record occurred in 2005. It was obvious that Frank's strength was incomparable and out of a liking for it he decided to specialize in one hand deadlifting which hadn't been practiced to great degree since the famous California strong man Art Walge.

Frank broke the world record in multiple weight classes and multiple age groups in the one handed deadlift making every lift official. He ended up with a prodigious one handed 562 in the

one handed deadlift and 402 behind the back !!! It's safe to say that he has been the most successful and greatest practitioner of this lift ever. So one would wonder just how this strong man trained on the lift.

Franks's program is both basic and sound. He trained three times a week on the lift. One day he specialized in strengthening his grip. One day he would train on doing heavy singles with the lift and one day he would concentrate on a high set of five repetitions. Like all strong men, he would accessorize his routine with assistance work of reverse curls, the thumbless deadlift, and the Ciavattone deadlift.

This last exercise is a deadlift named for the great strongman in that it is done with knuckles forward in each hand and NO hook grip! It's inconceivable that these records will be broken save for one thing; the strength of Frankie's heart. It's the only thing stronger than his amazing strength. His kindness, mentoring and inspiration deeply touches all those that meet him. So strong is this effect that just maybe one day, a young man or woman will be inspired enough to go beyond where Frankie left off.

"A man is not known by the size of his strength but by the strength of his heart"- Zeus

OTSM WORLD CHAMPIONSHIP

August 4, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS –

2018 IAWA OLDTIME STRONGMAN WORLD CHAMPIONSHIP

The results for the FIRST EVER OTSM World Championship have finally been compiled. I was so impressed with the participation in this Championship, with 5 women and 19 men competing. Also, lifters from Australia (8 lifters), the USA (11 lifters), England (4 lifters), and Wales (1 lifter) were part of this Championships. That indeed makes it a World event! I sure hope this continues as an annual IAWA Championship – and for those that entered this year will always go down in history as part of the inaugural class of OTSM IAWA lifters. That's something to be proud of!

Now for the BEST LIFTERS of the OTSM IAWA World Championship –

OVERALL BEST MENS LIFTER – Philippe Crisp, England

OVERALL BEST WOMENS LIFTER – Kat Becker, Australia

BEST WOMENS MASTER 45-49 LIFTER – Racheal Hin, Australia

BEST WOMENS MASTER 50-54 LIFTER – Monica Cook, Australia

BEST WOMENS MASTER 55-59 LIFTER – Sonya Becker, Australia

BEST MENS MASTER 40-44 LIFTER – Eric Todd, USA

BEST MENS MASTER 45-49 LIFTER – Philippe Crisp, England

BEST MENS MASTER 50-54 LIFTER – Nick Swain, England

BEST MENS MASTER 60-64 LIFTER – Peter Phillips, Australia

BEST MENS MASTER 70-74 LIFTER – LaVerne Myers, USA

BEST MENS MASTER 75-79 LIFTER – Martin Doolan, England

BEST MENS JUNIOR LIFTER – Calvin Heit, USA

BEST MENS SENIOR 20-39 LIFTER – Braden Reddenbagh, USA

BEST WOMENS SENIOR 20-39 LIFTER – Kat Becker, Australia

I want to thank the host club/promoters in each country that helped promote this year's OTSM Worlds. This includes:

Australia – Lambda Academy with promoter John Mahon

England – promoters Nick Swain and Phil Crisp

USA – Dino Gym with promoter Al Myers

Wales – promoter Neil Keddy

Lastly, I want to thank my co-promoter for this event, John Mahon for all his help. John did a lot of work to make this happen – organized the entry forms, collected the entries, and tabulated the results/scoresheets.

I'm very much looking forward to next year and the future of Oldtime Strongman in IAWA.

Meet Results:

2018 IAWA OTSM World Championship

Postal World Championship

July 14-15th, 2018

Meet Directors: Al Myers & John Mahon

Meet Scorekeepers: Al Myers & John Mahon

OTSM Lifts: Anderson Squat, Cyr Press, Peoples Deadlift

WOMENS DIVISION

LIFTER	CO	AGE	BWT	SQ	Cyr	DL	TOT	PTS
Kat Becker	Aus	34	82.3	220	40	240	500	628.5
Monica Cook	Aus	54	66.4	120	22.5	150	292.5	484.2
Racheal Hin	Aus	49	59.5	90	16	110	216	369.5
Claire McLaren	Aus	46	85.1	105	21	110	236	311.2
Sonya Becker	Aus	56	106.2	90	17.5	100	207.5	264.9

MENS DIVISION

LIFTER	CO	AGE	BWT	SQ	Cyr	DL	TOT	PTS
Philippe Crisp	Eng	48	97.5	385	60	282.5	727.5	680.9
Gary Ell	Eng	47	97.5	285	47.5	220	552.5	512.4
Eric Todd	USA	43	116.5	320	77.2	220	617.2	502.3
Braden Reddenbagh	USA	22	133.3	300	63.6	285	648.6	475.3
Nick Swain	Eng	53	80.2	161.5	60	212.5	434	474.8
Zach Lucas	USA	32	121.5	250	59	270	579	443.7
John Douglas	USA	54	144.2	230	43.1	270	543.1	441.1
Neil Keddy	Wal	40	90.5	225	37.5	220	482.5	436.0
Calvin Heit	USA	16	68.9	182.5	36.3	180	398.8	420.9
Scott Tully	USA	42	155.1	240	56.8	300	596.8	420.0
Martin Doolan	Eng	77	75.8	140.5	20	120.5	281	385.2
Lance Foster	USA	52	145.6	145	31.8	185	361.8	382.4
Steven Charles	Aus	37	91.7	180	40	210	430	381.9
Brandon Rein	USA	23	68.0	160	31.8	160	351.8	374.6
Peter Phillips	Aus	64	104.8	90	32.5	230	352.5	364.1
Chris Todd	USA	39	126.5	210	50	200	460	345.7
Tom Davis	Aus	75	78.0	100	20	130	250	331.8
Dean Ross	USA	75	111.5	130	22.7	150	302.7	329.3

LaVerne Myers USA 74 107.5 110 22.7 150 282.7 311.2

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

PRESIDENTIAL CUP

[August 5, 2018](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

2018 Presidential Cup

This year's Presidential Cup only had 4 lifters, but it was a successful meet none the less. We had Dean Ross, who came in from Oklahoma, Scott Schmidt from Cleveland, Ohio, Barry Pensyl from Easton, Pa. and myself. Barry and Dean's lifts were judged by Scott and myself, Scott judged my lifts and I was the judge for his. Scott won this year's Presidential Cup with his 297 LBS 2 – 2" Vertical Bar Deadlift.

Meet Results:

2018 Presidential Cup

August 4, 2018

Haybecker's Gym

Lebanon, Pa.

Meet Director: Denny Habecker

Scott Schmidt- Age 65- 225 Lbs. 105 Kg. Class [65-69]

Vertical Bar Deadlift- 2 Bars-2" – 135 Kg. – 297 Lbs.

Vertical Bar Deadlift – 1 Bar -2" -Right – 77.5 Kg. -170 Lbs.

Vertical Bar Deadlift – 1 Bar- 2"- Left – 37.5 Kg. – 83 Lbs.

French Press – 40 Kg. – 88 Lbs.

Barry Pensyl – Age 70 – 152 Lbs. -70 Kg. Class [70-74]

Hackenschmidt Floor Press – 65 Kg. – 143 Lbs.

Curl – Cheat – 48 Kg. – 106 Lbs.

Curl – Strict -27.5 Kg. – 61 Lbs.

Snatch – Dumbbell – Left Hand – 23 Kg. -51 Lbs.

Abdominal Raise – 17.5 Kg. – 39 Lbs.

Dean Ross – Age 75 – 242 Lbs. 110 Kg. Class [75-79]

Jefferson Lift -110 Kg. -243 Lbs.

Deadlift – Heels Together – 105 Kg. – 231 Lbs.

Deadlift – 12" Base – 105 Kg. – 231 Lbs.

Zercher – 90 Kg. -198 Lbs

Deadlift- Fingers, Middle – 65 Kg. – 143 Lbs.

Denny Habecker – Age 75 – 193 Lbs. – 90 Kg. Class [75-79]

Deadlift – No Thumbs – Overhand Grip – 110 Kg. – 243 Lbs.

Continental To Belt – 105 Kg. – 231 Lbs.

Clean and Press – 12" Base – 51 Kg. – 112 Lbs.

Clean and Press – 50 Kg. -110 Lbs.

Snatch- From Hang – 37.5 Kg. – 83 Lbs.

OLD TIME STRONGMAN UPDATE

August 5, 2018 KCSTRONGMAN Edit Post

By Eric M Todd, Esq



2015 USAWA Old Time Strongman Championship featuring the late, great Art Montini

There are a couple things I would like to mention in regards to the Old Time Strongman Championship on September 8.

- I failed to add an entry deadline on the notice or entry form. The entry deadline is **August 25**. I need entries in hand by then in order to finalize awards and such for the event. No late entries will be accepted.
- MTI/myhmb is sponsoring the event by way of donating shirts for all competitors. Check out their new website here: <https://myhmb.com/>
- This event **WILL BE DRUG TESTED!** Please be prepared to be chosen for drug testing, and do not enter if you will not pass. I have the tests in hand.

That being said, I hope to see you all there. I have seven entries in hand with a number more who have verbaled. It should be a great day for lifting big weights!

GREG COOK-KCSTRONGMAN BIOGRAPHY

August 23, 2018 [KCSTRONGMAN](#) [Edit Post](#)

By Eric M Todd, Esq



Greg Cook places well in the 2016 Heavy Lift Championship

Greg Cook has been a member of KCSTRONGMAN All-Round Club but for a short while; however, he has been a member of the KCSTRONGMAN family for about as long as anyone. I first met Greg around 2003 when the website and forum first began. Greg contacted me via the forum, and I invited him out to train. Mind you, at the time our facility was rather humble (not that everyone would be impressed with our accommodations today, outside of the amount of weights and equipment). Some in the basement, but lots of the training occurred outside. Though rather quiet by nature, Greg impressed me with his strength. He fit right in. Greg became a steady fixture of KCSTRONGMAN training days and competitions and made quite a mark for himself. Ultimately, he rejoined us in the all-round realm of the USAWA a little while back.

Greg was born in Kansas City on July 6, 1957. He played both softball where he batted ambidextrously, and basketball where he shot ambidextrously. He also ran the half mile in track and played football. He had three brothers who were born before him; he was constantly working to keep up with them. Because he was smaller, slower, and weaker, Greg struggled to do so. Prior to his freshman year of high school, Greg noticed a confederate of his who had some newly developed “pythons.” So, not like a young Chuck Atlas getting sand kicked in his face, Greg becomes intrigued and looked into how to make this happen. He finds out it was through resistance training and became hooked. Greg started lifting and in 4 years went from a pencil necked 6’, 145 pound freshman to 184 pound senior lifting the following: 545 deadlift, 380 squat, and 300 bench.

Greg started lifting in the days prior to the prevalence of the internet. So Greg was left getting his weightlifting information from Ironman, Muscle and Fitness, and Powerlifting USA. After graduation, Greg went to work with his dad doing concrete, grading and sewer work, all of which is very physically demanding and lent itself to great strength and capacity in the strongman world.

Though Greg was training and working manual labor, his lifts began to stagnate. He needed something to be training for. In 1983, when Greg was 26 a friend invited him along to lift in the Cloud County Powerlifting Meet in Concordia, KS. Though they did not have suits and wraps, they went and competed anyhow. This is where Greg’s competitive lifting career began. He went on to compete in 5 powerlifting competitions over the years. Greg’s best competition lifts were a 562 squat, 375 bench press, and a 672 deadlift, with a career best total of

1576. His best gym lifts were 615/375/705. Greg graced the platform with greats such Doug Furnas and Ed Coan. In training for the Ozark Powerlifting Championship in 1985, Greg trained with two lifters who used steroids to enhance their lifts. While Greg saw what drugs could do to a fellow's lifts, his conscience would not allow him to take that direction. He enjoyed powerlifting, but being rather introverted, the need to have someone to help you with your suit and wraps and such did not appeal to Greg.

Greg's relationship with his father was not strictly business in nature. Not only did they work together, they played together. Greg's dad was his best friend. They hunted together, fished together, and could complete each other's sentences. When Greg's father passed away in 2002, he was devastated. He needed to fill a void that he was feeling. That is when he contacted me.



Greg carries the Conan's wheel back in his strongman days at the Shocker Challenge in Salina
KS

Greg was very successful in strongman as well. In his first meet, the Battle of the Border in KC, he took first in the masters division. He competed in a number of competitions in the area, almost always placing in the top few in the masters class. He even placed 4th in Masters nationals in 2004. Through all of his success in powerlifting and strongman, he never lost sight of his priorities. Family was always first.

I always enjoyed watching Greg's progress by following his electronic training log on the KCSTRONGMAN forum. The two things that impressed me the most were his capacity to get a

great deal accomplished in a short amount of time and his ability to lift great amounts of weights through a short range of motion. I always felt that all-round would be a great fit for him.

In 2014, Greg competed in his first USAWA meet. It was my first time promoting the Old Time Strongman Championships, and Greg came out to lift with us. At the end of the day, Greg's efforts resulted in a third place finish. He repeated that result in 2016. In 2017, he bested that result by taking home first place honors from the Old Time Strongman Championship. In 2018, Greg captured 4th place in his first ever Heavy Lift Championship. Greg has fourteen national records to his credit. He has also been awarded athlete of the month once, as well as runner up for newcomer of the year in the national awards.



Greg Cook executing the Hand and Thigh at the 2018 Heavy Lift Championship

Greg has been around the KCSTRONGMAN scene almost from its inception. He was even instrumental in the completion of the big tin can we lift in, by helping us dig and pour the footers that it rests on. He is signed up to defend his title in this year's Old Time Strongman Championship. I cannot wait to see what the future holds for Greg Cook in the USAWA.

LIFTER OF THE MONTH – ERIC TODD

August 27, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Eric Todd in training with a huge Hip Lift.

The USAWA LIFTER OF THE MONTH for February, 2018 goes to Eric Todd, of the KC Strongman USAWA Club.

Eric bested a very strong field of lifters in the 2018 Dino Gym Challenge, aka as the “Tom Ryan Memorial” this year. Eric and the KC Strongman crew have been mainstays at my promotions and USAWA events they promote over the past few years. Much of this has to do with Eric and his leadership. Eric has taken over as the “Heavy Lifts” odds-on favorite in the USAWA over the past few years. In this Dino Gym Challenge, Eric overtook the leaders on the last lift of the day, the Hip Lift, with a superb lift of 2010 pounds!

I give a BIG CONGRATS to ET on being selected as the Lifter of the Month!

LIFTER OF THE MONTH – MARY MCCONNAUGHEY

September 3, 2018 Al Myers Edit Post

By Al Myers



Mary Mac setting up to perform a big lift on the Pinch Grip Deadlift at the 2018 USAWA Grip Championships.

The USAWA LIFTER OF THE MONTH for March has been awarded to Mary McConnaughey!

Mary made a return to the USAWA at the USAWA Grip Championships in Feb at the Dino Gym, and turned in a great day of lifting. Mary has been a stalwart competitor in the USAWA, and despite having some physical hardships the past few years, still lifts with the utmost enthusiasm. I have never been around someone who motivates the other lifters the way Mary does – her presence alone increases the poundages of everyone in the meet!

I can not think of anyone more deserving of this recognition. Congrats Mary!

AGE CORRECTION

By Al Myers

One of the unique aspects of the USAWA/IAWA is the use of age correction in calculating total scoring points. This is done after applying the Lynch Formula for bodyweight corrections in the total scoring points. The intent of the age correction is to provide, in a sense, a handicap to older lifters to “level the playing field” against younger lifters to provide a more fair comparison. I am not going to get into the debate here on whether this is totally fair or not, or the discussion if older lifters should even get a scoring advantage. This is just the way scoring has always been done since the beginning of the organization.

Right now as I am busy tabulating the scores from the IAWA World Postal Championships it got me thinking how confusing this age correction scoring adjustment can be. Adding to the confusion is the fact that the age correction is different between the USAWA and the IAWA-UK/IAWA. I hope to clarify this today!

USAWA AGE CORRECTION

Lifters at the age of 40 receive an added 1% per year (which includes year 40). This age correction applies to the total points after the Lynch Formula (bodyweight) correction is made.

IAWA/IAWA-UK AGE CORRECTION

Lifters at the age of 40 receive an added 1% per year (which includes the age 40) till the age of 66. At the age of 66 a lifter receives 2% per year (which includes the age 66). This age correction applies to the total points after the Lynch Formula (bodyweight) correction is made.

At the IAWA Annual World Council Meeting in 2009, this Age Correction was passed by the membership. Before this the IAWA-UK used an age correction of 1% starting at age 36, till age 66 where the added 2% was added. Also, at IAWA competitions before that either the USAWA age correction system or the IAWA-UK age correction system was used, depending on who was doing the scorekeeping. I remember being part of the motion to merge the two age correction systems in IAWA so that we would have scoring consistency in the future. Shortly after this the IAWA-UK adopted the IAWA Age Correction system, so it is just the USAWA that does things

differently on this now. I thought at the time the USAWA would soon change to the IAWA Age Correction, but that has never been brought to the USAWA meeting floor.

WORLDS UPDATE

September 6, 2018 Al Myers Edit Post

By Steve Gardner



Venue entrance for the 2018 IAWA World Championships

31 Days to go

The World Championships – a few details...

Venue: Eastbourne Sports Park, Cross Levels Way, Eastbourne BN21 2UF Please note: Sat Nav users that the postcode is shared with Sussex Downs College, make sure you use the Cross Levels way entrance! (See photo)

Friday Evening 7pm – The IAWA World Council Meetingmeeting is at the Venue (usually lasts about one hour total)

Lifting on Saturday Weigh-in will open at 9am with lifting starting at 11am

Lifting on Sunday Weigh-in will open at 9am with lifting starting at 11am (You are only required to weigh-in on day 2 if you will be attempting records)

Sunday Evening

The Awards Dinner and Presentation – This is the jewel in the Crown of the Worlds, the Star studded event of the weekend – After Dinner, it is time for the presentation of all of the Awards, and Best Lifter Awards (plus a little something very special that will happen on the night – can't say what it is, it would ruin the surprise.....(but you won't want to miss it I can assure you)

We will be hoping to have the presentations over by 9pm ish so that anyone who has to set off for home on the evening has a fighting chance of getting back not too late

Banquet Details:

The Afton Hotel, 2-8 Cavendish Place, Eastbourne, BN21 3EJ Start time is 7pm for the Dinner, we don't like to be too late starting – in order to get the presentations over by 9pm

WORLD POSTAL CHAMPIONSHIPS

September 7, 2018 Al Myers Edit Post

By Al Myers

2018 IAWA World Postal Championships “The Andy Goddard Memorial” August 31st, 2018

Lifts: Front Squat, Clean and Press Behind Neck, 1H Barbell Snatch, 1H 2” Dumbbell Deadlift

MEET REPORT, BY PROMOTER AL MYERS

The 2018 IAWA World Postal Championships was a huge success, with 42 lifters entered from the United States, England, Scotland, Wales and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings for men and women, and club rankings. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men's Steve Sherwood and Women's Kat Becker. Overall winners in the 3 – Person Team Championships are WOMEN –

Western Australia (Kat Becker, Miriam Phillips, and Racheal Hin) and MEN – Granby Grippers (Mark Shaw, Steve Andrews, and Steve Sherwood). The OVER CLUB CHAMPION is the Dino Gym (RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, LaVerne Myers, Dean Ross and Brandon Rein). Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

RESULTS: [2018 World Postal Results](#)

OLD TIME STRONGMAN CHAMPIONSHIP

[September 10, 2018 KCSTRONGMAN Edit Post](#)



Group picture from the 2018 OTSM Championships

By Eric Todd

Since it's inception back in 2011, the Old Time strongman championship has been a mainstay in the USAWA. It is often one of the better attended championships in our organization. The turnout was good again, and the lifting phenominal. There have been 6 lifters who have won this meet in the men's division, and 3 of them going at it this day. When the dust settled, there was still only 6 men who have won this saught after title. We had lifters from 4 states. Missouri was represented the Lance Foster, John Strangeway, Greg Cook and Chris Todd of KCSTRONGMAN. Kansas was Chad Ullum and Scott and Heather Tully of the Dino Gym, and

John Douglas of Ledaig Heavy Athletics. Oklahoma was Dean Ross of Dino Gym. And Pennsylvania was your President, Denny Habecker of Habecker's Gym.

The first lift contested was the Saxon Snatch. As this is a lift that can leave you quickly with just a few more additional pounds, it was a rather tightly contested race. We had three lifters tie for top honors at 100 pounds (Scott Tulley, "Scottish" Johnny Strangeway, and Chad Ullum, with Chris Todd and Greg Cook slightly back at 95). Scott was close on his third attempt at 115, which would have bested his all-time record in this dicipline. What impressed me the most was Scottish Johnny's beautiful split style and Chad's painful looking modified style, due to flexibility issues. That, and Heather Tully keeping pace with the boys with a 70 pound effort.



Denny Habecker lifting a Cyr Dumbbell

After the Saxon Snatch, we moved to the Cyr Press. Johnny had the top mark on this lift with 125 pounds, with a good record attempt at 135. Otherwise, I was most impressed with the ease Chris Todd lifted the 115 pound dumbbell, when I had to convince him to go there instead of 110. He was easily good for more.

The third lift would be the Dinnie Lift. This is where we witnessed the most impressive lift of the meet. There have been a number of 700 pound lifts in the Dinnies since the Old Time

strongman part of USAWA was conceived. However, there had only been 1 lifter go over 800 pound. It was grip phenom Adam Glass, with a lift of 822. That was a bit of an outlier, though, as my 770 effort was the closest. No lifter had previously been in the neighborhood of Glass. That all changed today. I knew something big was going to happen when former champ Chad Ullum was still warming up at 700 pounds. And big it was when Chad called for, and successfully lifted 825 on his second attempt. This would go a long way in the overall tally.



Chad Ullum dominates the Dinnie Lift

After feasting on sandwiches and Little Debbie snack cakes, we began the fourth and final lift, the Dumbbell to shoulder. From experience, I know that if done correctly, your top lift will be a painful, lengthy effort. These guys did not disappoint. While the top lifts in this discipline were 240 pounds by Chad and John Douglas, my favorite effort was Denny's 90. On his second attempt, after a long, arduous effort that almost resulted in success, but ultimately failure, Denny almost packed it in. However, after a minute to collect himself, he called for 90 on a third. This time, Denny was determined and made it in short fashion.



Chris "Leroy" Todd with a good dumbbell to shouler

In the end, Heather Tully was our Women's Champion. This increases her reign as Queen of the OTSM to 3 championships in a row. Chad Ullum reclaimed the crown he first won in 2012 in Kirksville, MO. His HUGE Dinnie lift was too much to overcome. 2nd place was John Strangeway. Last year's champion, Greg Cook took 3rd place honors. Final results are as follows:

MEET RESULTS:

2018 Old Time Strongman Championships

Turney, MO

September 8th, 2018

Meet director: Eric Todd

Official: (1 official system used) Eric Todd

T-Shirts: by MTI-HMB

Hostess with the mostest: Jenny Todd

Official photographer: Stacey Todd

Lifts: Saxon Snatch, Cyr Press, Dinnie Lift, Dumbbell to Shoulder

Loaders: All lifters

	BWT	Age	Saxon Snatch	Cyr Press	Dinnie Lift	DB to Shoulder	Total	Adj	Age Adj	Place
Men's										
John Strangeway	197	40	100	125	650	230	1105	994.9	1004.9	2
Dean Ross	249	75	50	50	400	80	580	460.6	626.5	8
Denny Habecker	196	75	60	70	400	90	620	559.7	761.2	5
Lance Foster	331	52	60	65	450	150	725	502.2	567.5	9
Scott Tully	350	42	100	120	550	150	920	621.5	640.1	7
Chris Todd	279	39	95	115	550	200	960	720.8	720.8	6
Greg Cook	258	61	95	105	550	180	930	725.6	885.2	3
Chad Ullum	242	46	100	120	825	240	1285	1035.6	1108.1	1
John Douglas	307	55	80	105	550	240	975	699.6	811.5	4
Women's										
Heather Tully	217	39	70	60	450	110	690	589	589	1

Extra attempt for record:

Dinnie Lift: John Strangeway 700

Cyr Press: John Strangeway 135

Front Squat: John Strangeway 420 (Judged by Eric Todd and Lance Foster)

TEAM CHAMPIONSHIPS

[September 11, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET REPORT –

2018 USAWA TEAM CHAMPIONSHIPS



Group picture from the 2018 USAWA Team Championships

It was another great year for the USAWA Team Championships, hosted again at the Dino Gym. This was an exciting weekend for the USAWA, with two Championship events being held. The day before the Team Champs, ET hosted the OTSM Championship. So this created an opportunity for some lifters to take part in TWO championships on the same weekend – and several did – which included Chad Ullom, John Douglas, and Dean Ross.

For the first time in Team Championships history we had one lifter who lifted by himself. John “Big Hoss” Douglas lifted at a huge disadvantage without a partner joining him on the bar, but had an outstanding day. John has been a great addition to the USAWA, and partakes in as many USAWA events as anyone.

Of course, last year’s Overall Champs LaVerne and Dean came ready to lift. These two match up well in size and strength and make a formidable duo lifting in the over 60 age division. They now have won the most Best Lifter Awards for the 60 Plus at the Team Championships with 6.



Calvin and Brandon completing a 170 pound Team Middle Finger Clean and Press

A new hotshot team entered this year, made up of Calvin Heit and Brandon Rein. Both of these young guys are the same height, and weighed in less than a pound of each other (But still less than Team Douglas, the one man team!!!). They started off super impressive with the Clean and Press with Middle Fingers, which gathered them an early lead. They almost opened too high with the Cheat Reverse Curl and had to go down to their third attempt to get their opener. Actually, I was quite surprised they got it considering how bad they missed the previous two attempts! It was probably the most impressive lift of the day.

Chad and I have probably done more Team Lifts together than anyone in the history of the USAWA or IAWA. I would consider us veterans of this discipline. We both know each others lifting styles, strengths, and weaknesses. And luckily as we are getting older the same bodyparts are falling apart on both of us so we still have that going to keep us balanced. I was most proud of us breaking the gym record in the One Arm Fulton Bar Deadlift, with a lift of 467 pounds. We had previously set the record a couple years prior, so we did break our own record but did it with a couple more years on the ole odometer.

Overall, this was one of the best ever TEAM CHAMPIONSHIPS. It was a great blend of several age groups lifting against each other. As Dean put it, he referred to Chad and I as the kids, and Calvin and Brandon as the grandkids!

MEET RESULTS –

2018 USAWA Team Championships

Dino Gym

Holland, KS

September 9th, 2018

Meet Director: Al Myers

Scorekeeper: Al Myers

Officials (1-Official System Used): Al Myers, LaVerne Myers

Lifts: Clean and Press – Middle Fingers, Deadlift – Fulton Bar One Arm, Curl – Cheat Reverse Grip, Deadlift – No Thumbs Overhand Grip

Teams:

Al Myers (52 years, 232#) and Chad Ullom (46 years, 241#)

Calvin Heit (16 years, 154#) and Brandon Rein (23 years, 153 years)

LaVerne Myers (74 years, 236#) and Dean Ross (75 years, 248#)

John Douglas (55 years, 309#)

TEAM	CLASS	C&P	DL	FB	Curl	DL	NT	TOT	PTS
Al Myers	45-49 Age	150	467R	305	750	1672	1445.9		
Chad Ullom	110KG								
Calvin Heit	Open Age	170	317R	265	545	1297	1357.9		
Brandon Rein	70KG								
LaVerne Myers	70-74 Age	120	317R	235	505	1177	1265.9		

Dean Ross 115KG
55-59 Age
John Douglas 90 132R 205 335 762 633.2
125+KG

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

BEST TEAM AWARDS

Overall Best Team – Al Myers/Chad Ullom

Best Team Open – Calvin Heit/Brandon Rein

Best Team 40-59 – Al Myers/Chad Ullom

Best Team >60 – LaVerne Myers/Dean Ross

Best Single Guy Team – John Douglas

NEWCOMER OF THE YEAR-RUNNER UP: GREG COOK

September 12, 2018 [KCSTRONGMAN](#) Edit Post



ET presents Greg Cook his Newcomer of the year-runner up award.

By Eric Todd

In the National awards nominations for 2017, Greg Cook was voted runner up in the newcomer of the year category. Since Al figured I would see Greg before he would, he gave me the plaque to present to Greg on behalf of the USAWA. I took the opportunity to do so before lifting commenced at the Old Time Strongman Championship. Greg was the Old Time Strongman Champion in 2017, besting several former champions. This probably had something to do with his winning this award. Congrats to Greg for this well deserved recognition!

UPDATED RECORD LIST

September 13, 2018 Al Myers Edit Post

By Al Myers

I just put up an updated Record List on the website. With the new record list, I also updated the CENTURY CLUB. Not alot of changes in the CENTURY CLUB. The Club still stands at 4 women and 25 men – the same as before.

The Womens Century Club doesn't leave much new to report. RJ still leads the way with 296 USAWA records.

The Mens Century Club is still lead by our Prez, Denny Habecker, with 591 USAWA Records! Denny will hit the 600 mark by next count!!! There were a couple of changes in the rankings with Dean Ross moving up to 4th, passing John McKean. Since the last count, Dean has set an additional 42 records! That's the most of anyone in the USAWA. Chad Ullom moved up from 9th to a tie at 8th with the LEGEND Frank Ciavattone at 286 records. Chad was the 2nd biggest "increaser" with 26 new records. LaVerne Myers moved up from 13th to 12th, passing Scott Schmidt. Both of these two have been increasing their records pretty steady over the past few years, and have stayed within "striking distance" of each other. Bill Clark lost the most records, down 19 but still holds the 11th spot. However, I bet it won't be long and LaVerne and Scott

will eclipse him if Bill doesn't get back on the platform in the USAWA. Eric Todd made the biggest jump in ranking, going from 22nd to 20th with the addition of 11 new USAWA records.

Now for my prediction of who will be the NEXT member of the CENTURY CLUB –

..... I'm going to go with Jeff Ciavattone. Jeff has been lifting off and on in the USAWA for over 20 years and is getting close. He currently holds 90 records, so all its gonna take is a couple more meets for him to make it.

Longshots to get in soon – Dan Wagman and Abe Smith. Both of these guys are over 90 records now, but it all depends of when and how often they plan to compete in the future. I hope by me calling them “longshots” that will serve as a little motivation!

DEADLINES

September 14, 2018 Al Myers Edit Post

By Paul Barette



Important dates for your diary –
the closing date for entries to this year's World Championships is 22nd September.

The closing date for entries to the Gold Cup is 29th September.

These are the dates that entries and fees should have been received by the promoter. Please do not leave it to the last minute and miss out through late entry!

VERNACCHIO RD

September 15, 2018 Al Myers Edit Post

by Al Myers

MEET ANNOUNCEMENT – JOHN VERNACCHIO MEMORIAL RECORD DAY

It made me feel good to see this sanction request in the mail today. Our USAWA President Denny Habecker is hosting a memorial meet to a great man and legend in the USAWA – the late John Vernacchio. During the early years of the USAWA John was very involved as a lifter, coach, club founder, officer, and meet promoter in the USAWA. He influenced many to become involved in the USAWA and was a mentor to many all rounders. John V is one person we want to remember in our organization. Thank you Denny for hosting a record day in his memory!

MEET DETAILS:

Meet Promoter: Denny Habecker

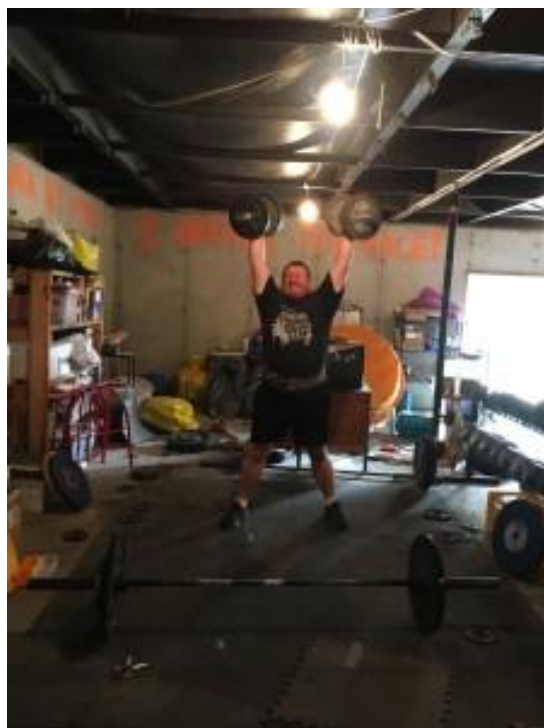
Meet Date: December 15th, 2018

Location: Habecker's Gym, Lebanon, PA

Contact Denny if you plan to attend.

CHRIS “LEROY” TODD – KCSTRONGMAN IN THE FAMILY

September 17, 2018 KCSTRONGMAN Edit Post



Chris Todd completes a successful 2 dumbbell snatch in the 3rd quarter postal

By Eric Todd

My family has certainly been instrumental in KCSTRONGMAN. When I was running the “Missouri’s Strongest Man: Gus Lohman Memorial challenge” strongman meet, it could have not gone on without my family. Mom, dad, sister, brother in law, neices and wife ran the concession stand/raffle at the meet, which brought in huge totals for our charity, Camp Quality. My brother Leroy (real name is Chris, but he has been Leroy to me for over 25 years) became the official score keeper at the meet, never making a mistake. My dad did some powerlifting meets with me a number of years ago, and still comes out to lift most Saturdays. You can imagine my joy when Leroy decided to become a member of the KCSTRONGMAN USAWA club!

Leroy was born in 1979, 4.5 years my junior. I reckon we were somewhat like other sibling pairs, me, being older, the tormentor and he the tormentee. As I found interest in weights at an early age, I did convince him to come out the the milk barn at times to give it a try. When I started wrestling at 9, I talked him into trying it at 5. It seems like all through my life, I have been talking Leroy into coming along with me. Even when we got older, when I was faced with

a crappy social situation (not my forte) I convinced him to come along. Though probably not fair to him, it certainly created a closeness and a bond between us.

Outside of our jacking about with the concrete set in the milkbarn, Leroy did not start lifting until his Freshman year of high school, where he worked out with the wrestling team and during a weight training class. With my help, he came up with a routine that his football coach agreed to that was based around movements I identified for him that would help him succeed in wrestling. Though a rather late bloomer, he was pretty successful as a high school wrestler. He won our conference meet, qualified for State, and beat many of the big players around the state at some time or another.



Leroy front squatting during the IAWA World Postal

After Leroy graduating from high school, Leroy and I took to working out together during the summers when I was home from college. We took our workouts in an outfit called Camelot Fun and Fitness. It was OK, but not ideal. We lifted there for a couple summers, and though it was

enjoyable to lift together, the environment was not the best. It was hard to get as enthusiastic as one would like with Oprah blaring over the set. We ultimately saved our gym fees and started buying equipment to add to the set that I had inherited from a friend. We continued lifting together in my parents basement for a time.



Leroy with a Cyr Press at the OTSM championship

After that time, Leroy took a long pause in his athletic ventures. 18 years later, he took a renewed interest in lifting weights and started working out again. Though he started back just doing lighter weight repetition movements, he soon increased his poundages and was lifting heavy again. At the suggestion of his wife, Leroy came out to watch when we lifted at the KCSTRONGMAN Record day/2nd quarter postal in June of 2017. While there, he played around with a few of the lifts. Leroy decided that participating in the USAWA would help him stay consistent in his training. He has been active ever since.

Leroy's first competition was the 2017 Old Time Strongman meet, where he came in tenth. He improved on that at this year's championship moving up four places to sixth. He has competed in every postal since that time along with the KCSTRONGMAN club. He even lays claim to four national records in just one year of competing. It has been a blast lifting with my brother again. And with the progress he has made in a short amount of time, I cannot wait to see what Leroy's future with the USAWA brings.



Leroy attempting a big dumbbell to the shoulder in the 2017 Old Time Strongman Championship

IMPROVED RECORD LIST

[September 19, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

Today I updated the website with a NEW IMPROVED Record List. The Excel File has been expanded to allow for all records to be displayed in a grid format, much like the IAWA World Record List. I have received requests from many lifters through the past few years that said they would prefer a layout like that. And finally, now that is the case!

This would not have happened without the work of John Strangeway, who made all of these additions for us. Please take a little time to check out the new list – it is listed now as the INDIVIDUAL RECORD LIST to distinguish it from the prior record lists. And please, the next time you see John, give him a big thanks!

LIFTER OF THE MONTH – AMORKOR OLLENUKING

September 20, 2018 Al Myers Edit Post

By Al Myers



Amorkor in action with the Steinborn Lift at the 2006 USAWA National Championships, in which she won Overall Best Female Lifter.

The USAWA LIFTER OF THE MONTH for April, 2018 is Amorkor Ollenuking. She participated and won overall best female lifter in the 2018 1st Quarter Postal Meet. Amorkor is not a newcomer to the USAWA. She has participated in USAWA meets dating back to the early 2000's. I competed many times with her in Clark's meets several years ago. She has always been a tremendous lifter, and it is great to see her back competing in USAWA competitions.

Congrats to Amorkor!!!

SPEC EQUIPMENT: TRAP BAR

[September 21, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



The Trap Bar has been added to the USAWA Online Store. The Trap Bar for sale here has elevated handles in addition to the low handles that are used in the Trap Bar Deadlift. I only have a few in stock and once they are gone this item will be discontinued.

The Trap Bar can be found in the Online Store in the top header, under “Spec Equipment”.

NE FALL CHAMPIONSHIP

[September 24, 2018](#) [Al Myers](#) [Edit Post](#)

By Mark Raymond

MEET ANNOUNCEMENT –

NEW ENGLAND FALL CHAMPIONSHIP

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club

781-801-0947 – owdmr@aol.com

Saturday, October 27th, 2018 10:00am

LOCATION:

Frank's Barbell Club
204 East Street
East Walpole, MA 02032

LIFTS CONTESTED:

Zercher Lift

Clean and Seated Press

Deadlift – Ciavattone Grip

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if attending.

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

INSTRUCTIONS FOR WORLDS

[September 25, 2018](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner

USEFUL NOTES FOR LIFTERS AND OFFICIALS

At the Weigh in: You will be required to give your opening poundages for the lifts that day, and which hand you will be using (if a One hand lift).

Every lifter must weigh in on day one, that will determine your bodyweight class for the weekend. On day two you do not have to weigh in BUT if you don't, you cannot claim any records on day 2 (so most people just weigh in anyway)

When you weigh in, you must strip down to your underpants to weigh, other clothing cannot be worn on the scales. Females can be weighed the same way with a female weigh master or they can weigh in wearing their lifting suit for which a half a kilo is subtracted from the body weight.

Platform Dress: Lifting suit with or without t shirt underneath – OR – a T Shirt and Shorts (T Shirts sleeves above elbow and shorts must be above the knee) Do not wear two pairs of shorts (eg. Long tight shorts under loose shorts is ONE PAIR only)

Equipment Allowed: The only substance allowed is chalk, and even then, it can ONLY to be applied to hands – a belt and wrist wraps are allowed for all lifts (Belt no wider than 4 inches) Knee Wraps/Sleeves are allowed for Front Squat only.

If you have a blood injury see the Technical Officer and seek permission to cover it with a plaster

Do not step onto the platform until the bar is loaded and your name is called

If you wish to ask Referees a question about a decision, ask quietly when off the platform, do not call out from the platform

Definitely no swearing on the platform – this can be cause for disqualification

We will all be Refging and Loading and Catching for each other in the groups where we are not competing, so please refer to the schedule and know when you are required on duty – Thanks for your help and assistance!

Do not leave the Venue until you are sure you are not needed for Drug Testing

Referees:

1 Please be in possession of your refs shirts AND Please read through all of the lifts as a refresher before the event, for remembering the rules and causes of failure!

Basics for lifters to remember and be aware of on the lifts:

Lifts Day 1:

Front Squat: Same Rules as for the regular Back Squat, wait for the signal to squat, break parallel then come back up to stand upright and wait for the signal to Rack the bar – At this point the loader/catchers will help replace the bar in the racks

Clean & Press Behind Neck: Same rules as for the regular strict press, place bar behind neck, wait for the press command by the centre ref, press out to arms length and hold, waiting for the down signal from the ref, bring down in front back to the platform (remember it's a strict press so knees remain braced, no bending) and no lowering of the bar during the ascent.

One Hand Barbell Snatch: Nominate at weigh in which hand you are using for the snatch, approach the bar, snatch to arms length in one movement, come up to the finish position, awaiting a command from the referee 'Down' then replace the bar using 2 hands if you wish to the platform (snatch to arms length in one movement – no pressing out)

One Hand 2" DB Deadlift: Rules are as for the one hand deadlift, again nominate which hand you will use at weigh in. deadlift the dumbbell so you finish with the legs braced and both ends of the dumbbell are above the knee. Wait for the Head Ref to give the command 'Down'

Lifts: Day 2:

Power Row: The bar is placed on the platform in front of the lifter, who will grip the bar overhand with the palms facing the lifter, the width of the grip and feet placing is of the lifters choosing, but the feet must be in line with the bar. The lifters body should be bent forward at the waist, and the upper body must not straighten past 45 degrees parallel to the platform at any time during the lift. The legs may be bent during and upon completion of the lift. The bar will be lifted up to touch the abdomen or torso by bending the arms, the bar must touch the abdomen higher than the belt (or the navel) if a belt is not worn. The bar must not touch the belt and the

belt must never support the bar. When the bar is held motionless and in contact with the abdomen or chest, the official will give the command to replace the bar

Continental Clean & Jerk: The rules of performance for the clean and jerk apply, except that the bar can be lifted onto the belt, then cleaned to the chest, and then jerked overhead. The jerk can be done from a position in front or behind the neck, it is the lifter's choice. There is no limit to the number of attempts made to clean or jerk the bar, once it is lifted from the floor. The lift may also finish with a press out. The Referee will give the Down signal when he is satisfied the lifter is locked out and motionless.

Deadlift: The lifter will grasp the bar with both hands and raise the weight. The lifter may use a grip in which palms are opposed if so desired. The bar may be uneven during ascent, but it must finish evenly. The bar may touch the legs during ascent, but should not be rested, bounced or hitched on the legs, or lowered at any point. No substance of any kind may be applied to the legs. Footwear must be worn, Heels and toes may be raised during the lift, but the feet should not move position. The lift is completed when the legs and arms are straight, shoulders braced, with the bar motionless across the lifter's thighs. On completion of the lift the referee will give the 'Down' signal, where the bar should be controlled back to the lifting surface.

ROW HANDLE

September 26, 2018 Al Myers Edit Post

By Al Myers



Scott Tully hitting some big weights with a Row Handle!

I've added the Row Handle to the USAWA Online Store, under Spec Equipment. I do want to say that this Row Handle is not a piece of equipment that is needed for any USAWA lift. However, it is a great training device for One Arm Rows and many other exercises. It is extremely heavy built – constructed out of 1-15/16" solid steel shaft with elevated handles. It is 24 inches long so it will handle loads over 200 pounds!

LIFTER OF THE MONTH – DAVE HAHN

September 27, 2018 Al Myers Edit Post

By Al Myers



Dave Hahn performing a Hand and Thigh lift at the 2018 USAWA Heavy Lift Championships.

The USAWA Lifter of the Month for May is awarded to Dave Hahn. Dave made a “comeback” to the USAWA by competing in the USAWA Heavy Lift Championships, hosted by Eric Todd. Dave has been a student of the All Rounds for many years, having competed since the 1960’s. He placed 2nd Overall in the Heavy Lift Championships, against many great heavy

lifters. He put up lifts of 400 in the Neck Lift, 550 in the Hand and Thigh, and 900 pounds in the Hip Lift – and all of those big lifts were done at 81 years of age and 150 pounds bodyweight!!!

Congrats Dave!!!

THE BASH IS CANCELLED

October 1, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

I just received word from John McKean that Art's Birthday Bash (for Oct 14th) has been cancelled due to lack of interest. I have removed it from our Event Calendar. John told me that the Ambridge VFW is going through some turmoil with the building being sold recently. The club is still training there, but that may be coming to an end soon.

Please pass the word that Art's Birthday Bash has been cancelled.

KCSTRONGMAN RECORD DAY

October 2, 2018 [KCSTRONGMAN](#) [Edit Post](#)



Leroy will be lifting at "Lift for Leroy"

By Eric Todd

MEET ANNOUNCEMENT:

LIFT FOR LEROY: KCSTRONGMAN RECORD DAY

KCSTRONGMAN is going to sanction a record day to go along with the performing of the Postal Championship lifts. All USAWA members are welcome. Please remember though, it can be chilly here in December. It will be cool in the basement and has the possibility of being cold in the tin can. Wear what you wish between lifts to keep warm, but USAWA dress code will be enforced during the completion of the lifts. All proceeds from this meet will go to Leroy for his general well being.

Location: ET's House of Iron and Stone, 10978 SW Pueblo Dr, Turney, MO 64493

Date: December 8, 2018

Weigh ins: 9:30 AM

Lifting: 10:00

Entry Fee: None (Just let me know if you are coming, and what lifts you want to attempt records in)

Awards: None

Restroom: Semi clean outhouse with a new plywood back wall for your privacy

As per USAWA rules, only 5 lifts per record day. This will be in addition to the 3 lifts we are doing for the Postal Championship. All lifters must be current USAWA members. All lifters are subject to drug testing.

WORLD CHAMPIONSHIPS

[October 16, 2018](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner



Group picture from the 2018 IAWA World Championships

The 2018 World Championships was an outstanding event, it was wonderful to see some old faces back on the platform and several new faces too. Everyone did well and the lifting was not just great but terrific!

The organisation was superb and I was so impressed with our members the way they all mucked in and helped each other.

I am grateful to Paul Barette for his unfaltering enthusiasm and support. Our oldest competitor this weekend was David Bleay at 84 and the youngest was 16 years old Brandon.

The 2018 Championships was another great event in the long line of brilliant International Competitions hosted by IAWA!

MEET RESULTS – 2018 IAWA World Championships

MINUTES FROM 2018 AGM

October 16, 2018 Al Myers Edit Post

By Al Myers, IAWA President

MINUTES FROM THE 2018 IAWA ANNUAL GENERAL MEETING

The 2018 IAWA Annual General Meeting was called to order at the Eastbourne Sports Park at 7:00 PM, Friday by Al Myers, IAWA President on October 5th. Roll call was taken and these

IAWA members were in attendance: Al Myers, Steve Gardner, Steve Andrews, Denny Habecker, LaVerne Myers, Graham Saxton, Judy Habecker, Karen Gardner, Frank Allen, Paul Barette, Steve Moss, and Matt Jones. A roll call of the IAWA Vice Presidents was done and these VP's were in attendance: Denny Habecker (USAWA), Steve Gardner (IAWAUK). These VP's were not in attendance: Chad Ullum (USAWA), Peter Phillips (Australia), Robin Lukosius (Australia), Cliff Harvey (New Zealand), Jose Jara (Spain). A moment of silence was held for the late Art Montini. The reading of the 2017 IAWA minutes was done by IAWA General Secretary Frank Allen. Steve Moss moved to accept the minutes, with a second by LaVerne Myers, and the minutes were passed with unanimous vote. Reports from the IAWA Vice Presidents were given. Denny Habecker, from the USAWA, reported that there was no news from the USAWA. Steve Gardner, from the IAWAUK, reported that competitions were now being held in Ireland. Peter Phillips, from the ARWLWA, had forwarded a report stating that lots of competitions were being held in Australia. Graham Saxton moved to accept the reports, with a second by Karen Gardner, and the reports passed with unanimous vote. The report on the World Postal Championships was given by Al Myers, in which it was stated that 42 lifters participated and the postal was a great success. Paul Barette moved to accept the report, with a second by Denny Habecker, and it passed unanimously. The report of the 2018 Gold Cup was given by promoter Paul Barette. Paul stated that 24 lifters have entered, and all arrangements were in order. Judy Habecker moved to accept the report, with a second by Karen Gardner, and it passed unanimously. The report from the IAWA Technical committee was next on the agenda, and a report from Dennis Mitchell, the IAWA Tech committee chairman, was read on his behalf which stated no activity has occurred in the technical committee this past year. LaVerne Myers moved to accept the report, with a second by Matt Jones, and it passed unanimously. A report on the 2019 IAWA World Championships was given by Al Myers. A full entry form was presented with the dates selected as October 5th and 6th, 2019 to be held in Abilene, Kansas, USA. The lifts presented are: Day 1 – Reverse Curl, 2H Snatch from Hang, 1H Clean and Jerk, and the 2H Thumbless Deadlift, Day 2 – Pullover and Push, Continental onto Belt, and the Straddle Deadlift with 2" Bar. Matt Jones moved to accept the report, with a second by Steve Moss, and it passed unanimously. A report on the 2019 IAWA Gold Cup was read by Al Myers, on the behalf of Peter Phillips. Peter stated that plans are underway for the Gold Cup to be held the last weekend of October or the first weekend of November. Judy Habecker moved to accept the report, with a second by Karen Gardner, and it passed unanimously. In New Business, Steve Gardner gave a presentation on a new lift he would like proposed to the technical committee, called the Shanks

Lift. Steve described the proposed lift, which is a lift using pin loaders and attached rings to honor Jack Shanks and his lifting of the Dinnie Stones. Paul Barette moved to have the technical committee evaluate the lift, with a second by Steve Moss. It passed unanimously. After review of the tech committee, it will be proposed to the membership at the next meeting. Cliff Dunlop brought up the situation of how to handle lifts if you are disabled. Questions were asked on various lifts, and it was concluded that our current lifts are for able-bodied lifters and if a disabled lifter could perform certain lifts with their disability then that is allowed. Cliff requested that this be looked at further, and thus an Ad Hoc committee was formed, with Cliff being appointed chairman by President Al Myers. Reports from this committee will be forwarded to the technical committee for evaluation. Steve Gardner moved to form this committee, with a second by Steve Andrews, and it passed with unanimous vote. The next agenda item was submitting bids for the 2020 Championships. Only one bid was put forth for the 2020 IAWA Worlds, with that coming from Denny Habecker. LaVerne moved to accept the bid, with a second by Steve Andrews, and it passed unanimously. Only one bid was put forth for the 2020 Gold Cup as well, by Stevie Shanks in Ireland. Matt Jones moved to accept the bid, with a second by LaVerne Myers, and it passed unanimously. Words from the 2019 World Championships promoter Paul Barette was given next, in which Paul gave a few reminders for the weekend competition. Steve Gardner then moved to adjourn the meeting, with a second by Paul Barette. It passed unanimously. The meeting ended at 7:45 PM.

GOLD CUP

[October 17, 2018](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner

2018 IAWA GOLD CUP



Group picture from the 2018 IAWA Gold Cup, in Eastbourne, England

The 2018 Gold Cup is over and we look forward to next years event in Perth Australia.

Reflecting on this years event, which was spectacular, and finished with 22 new IAWA World Record Holders, I cant help but think how lucky we are to have such great people amongst our numbers, an International family of All Round Weightlifters who come together and compete in a spirit of goodwill and ready to support one another without question.... and the result is some really fantastic lifting, just as it was yesterday. Everyone is so grateful to Paul Barette and Adrian Pryor for putting on this years Gold Cup, and what a superb event and banquet it was too.

Thanks again to everyone who attended from wherever they had travelled, coming together to make it an unforgettable event, and what better fitting end than for Paul Barette to take the Howard Prechtel Award too with an outstanding Strict Bent Press, yes another super event, the 29th Gold Cup!!!

RESULTS (PDF) – [2018 GOLD CUP Results](#)

MOST IAWA MEETS OVERSEAS

October 18, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Denny Habecker lifting at the 2018 IAWA Gold Cup – his 29th overseas IAWA competition!

On the way home from England following the Gold Cup, my dad and I were discussing on the plane how much fun we had on the trip. Especially since we were able to compete in BOTH big IAWA events (the Worlds and the Gold Cup) on this one trip. It's the first time in the history of IAWA that one meet promoter hosted both the World Championships and the Gold Cup. My hat is off to Paul Barette for pulling off two great comps over the course of two "back to back" weekends. Not too many people would want to do that! I doubt it will ever happen again.

Well, the flight was a long one from London to Denver (10 hours!) for my dad and I so we had plenty of time to talk about things. One thing that came up was dad asking me who has traveled the most from the USAWA to IAWA events overseas. I had a couple of "guesses" at the time, but I really didn't know for sure. It takes a HUGE commitment to travel overseas to an IAWA event. On top of the big financial cost, it takes time away from home, and for most this involves using up vacation days. I always encourage USAWA members to take part in an overseas IAWA event, but I sure understand why lifters can't do it. However, going to IAWA meets overseas has been one of the most enjoyable things I've been part of in my life. I've made many

great friends all over the world and have seen places I would never have seen if it wasn't for a World Championships or Gold Cup to take me there.

Once I got home I kept thinking about Dad's question, so I've done a little research and now know the answer to the question "what USAWA lifters have made the most trips overseas to either the World Champs or the Gold Cup?". Our President, Denny Habecker, leads the list by a big margin by attending 29 overseas IAWA comps!!! That's very impressive to say the least. Here is the TOP TEN:

1. Denny Habecker – 29 trips

2. Dennis Mitchell – 15 trips

3. Al Myers – 13 trips

4T. Art Montini – 11 trips

4T. Howard Prechtel – 11 trips

4T. John Vernacchio – 11 trips

7. Noi Phumachona – 9 trips

8. Frank Ciavattone – 8 trips

9T. Bob Geib – 6 trips

9T. Chad Ullom – 6 trips

Overall, 40 USAWA lifters have attended an overseas IAWA event through the years. Several have only been to 1 or 2. Also, at EVERY Worlds and Gold Cup overseas there has been at least one USAWA lifter on the platform. That's a streak I hope we continue. One person who is not in the TOP TEN but needs mentioned is Denny's wife, Judy. Judy was in the number 11 spot with competing in 5 Gold Cups overseas, but she has been at most of the meets with Denny and has helped at the scoring table many, many times.

COMMITMENT AWARD

October 19, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



IAWA Commitment Award winners for 2018.

After the Gold Cup, IAWA presented a new award – the IAWA Commitment Award. As President of IAWA, I presented this award to 13 very deserving lifters. The intention of this award is to properly recognize those lifters that compete in ALL THREE of the IAWA competitions within the year. The certificate states:

This award recognizes those who have demonstrated outstanding commitment to the International All Round Weightlifting Association by participating in the IAWA World Postal Championships, the IAWA World Championships, and the IAWA Gold Cup during the year of 2018.

The inaugural class of Commitment Awards winners is:

Paul Barette
Ed Shorttle

Beata Banas
Jenny Wilson
Steve Andrews
Denny Habecker
Al Myers
LaVerne Myers
Gary Ell
Karen Gardner
Paul Hallam
Steve Moss
Graham Saxton

Again, a want to offer a BIG CONGRATS to all these Commitment Award winners. This will become an annual award given.

DENNY HABECKER – IAWA MERIT AWARD

October 26, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Denny Habecker receiving the IAWA Merit Award from IAWA President Al Myers.

At the 2018 IAWA World Championships Award Banquet, one of the highlights was the presentation of the IAWA Merit Awards. The Merit Award is the highest honor one can receive in IAWA. The Merit Award goes “way beyond” just being an outstanding lifter. To earn the award you must be a major contributor and leader in the organization for many years, and have given a lot of yourself to our sport of All Round Weightlifting to make it a better organization.

The IAWA Merit Award is a Presidential Award, chosen and given by the IAWA President on behalf of the organization. It was my honor to have this responsibility, as I’ve always considered Denny as my role model in IAWA/USAWA.

I would like to share my speech I gave when presenting Denny the Merit Award:

I’m honored to be able to present Denny Habecker with this very prestigious IAWA Award. This is the highest award the IAWA has to present, and only a few have received it in the past. I have known Denny for many years, and throughout the year we spend lots of time with each other. I often jokingly refer to Denny as “Uncle Denny” as he seems like family to me. We have traveled to many overseas IAWA meets together through the years, and I’ve spent many a nights at his and Judy’s house in Pennsylvania. I’ve enjoyed many fine meals at their place, but I should recognize Judy for that instead of Denny!

In looking over the many accomplishments Denny has had in the IAWA, it made me realize that I would need to narrow down the list or this speech would get too long. So I’m going to just hit a few highlights of Denny’s involvement and accomplishments. Here it goes –

- *Started training in 1957 when in highschool to prepare himself for highschool football*
- *Competed in Olympic Lifting competitions in the early 60’s, as well as a few bodybuilding competitions (I’ve brought a few pictures along to confirm this as I’m sure some are doubting – so see me afterwards if you want to see a picture of Denny all oiled down and posing)*
- *Was inspired to get involved in All Round Weightlifting in 1989, by the great John Vernacchio. Denny was part of John’s Valley Forge Lifting Team and also entered many Masters Olympic Lifting Meets, including many Pan American Championships and World Championships*

- *IAWA World Championship Meet Promoter 2002, 2005, 2009, and 2016*
- *Has placed in the Top Ten Overall at Worlds many times – 6th in 2017, 4th in 2016, 6th in 2014, 4th in 2012, 8th in 2011, 9th in 2010, 5th in 2009, 8th in 2007, 4th in 2003, 6th in 2002, 6th in 2001, 10th in 2000, 3rd in 1999, 10th in 1997, and 10th in 1996,*
- *Won Best Lifter Awards in his Age Group in 2016, 2014, 2013, 2012, 2010, 2009, and 1999,*
- *IAWA Gold Cup Meet Promoter: 2006, 2008 and 2013*
- *Holds many IAWA World Records*
- *Has competed in over 20 IAWA World Championships, and over 20 Gold Cups*
- *Founder of Habecker's Gym, and has coached many lifters through the Years*
- *Has served as an IAWA Vice President since 2004*
- *Has served on the IAWA Technical Committee since 1996*

Another thing about Denny I want to mention is I've always considered him my role model in All Round Lifting. When I first got started with IAWA Denny was one of the first to encourage me to compete at the IAWA level, beyond just USAWA competitions. I really doubt I would have made that first meet "overseas" without Denny's support. For that Denny – I owe you a lot of thanks.

Denny is one of the most reliable people I know. He has given so much of his time and energy to IAWA, more than most realize. I don't know how many times in the past when we have needed someone to "step up", whether it's a promotion or just attending an event that needs supported – Denny's always there and ready to do it. He has been a steady backbone of IAWA with his leadership, which goes away beyond what he has done on the platform. Our organization wouldn't be as strong as it is without Denny.

Denny, I consider you one of my best friends. It gives me great honor to be able to present you with this award. Thank you for all you have done for IAWA.

STEVE ANDREWS – IAWA MERIT AWARD

October 27, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Steve Gardner (left) presenting the IAWA Merit Award to Steve Andrews (right)

The second IAWA Merit Award of the night was awarded to Steve Andrews of England. I have known Steve for many years, and have had the fortunate opportunity to share the platform with him several times at IAWA competitions. Steve has always been a very complete All Round weightlifter, and is a technician in all lifts. There's really no lifts that he is not good at, and he ALWAYS places in the top when the points are calculated. Past IAWA President Steve Gardner helped me out with Steve's presentation, and gave his induction speech and presentation. Steve G summed up Steve A's IAWA resume perfectly, and gave a very moving speech which I would like to share in this blog. Here it is, by Steve Gardner:

A little about Steve Andrews – 38 / 39 years in weightlifting by Steve Gardner

In 1979 Steve joined a night school for weightlifting in order to lose weight, later in 1980 he was introduced to the BAWLA All Round Scheme. (in the days before our drug free all round lifting organisation had begun) Steve, who was in his 20's and had never been involved in sports, was surprised how much he loved the new challenge. At the Leicester club Frank Allen was always

an inspiration to Steve, who also improved his ability by watching some of the other excellent technicians in all round weightlifting.

The rest is history, this multi-title winning British Champion especially enjoys his Single Arm lifting and is proud of winning the 'best Single Arm' title for many, many times over the years. Steve is proud of all his records and hopes to carry on lifting for as many years as his body will allow!

So Steve was lifting in All Round Weightlifting when we formed our International organisation way back in 1985, and without exception (I think) he is the only person who has lifted consistently throughout the last 33 years, even operations on elbows and stuff like that hasn't kept him away for any lengthy periods, he is like the energiser battery bunny, he just keeps going and going. A competitor at Internationals abroad on occasions too, Steve has not missed many IAWA(UK) National events in all those years. Steve has been a referee for many years, and is always supportive and helpful to new lifters at events, always offering to help out with loading and whatever other tasks arise. Steve has become involved in the Committee work in more recent years, having held position as UK Chairman for some years now. Steve has also been active in supporting Frank Allen in running events and keeping the Leicester Club alive for many, many years too.

All in all, Steve's dedication and unfaltering support to our beloved sport of all round weightlifting and all of those people involved therein is recognised as being outstanding, and deserving of the highest Award IAWA can present ...the IAWA Award of Merit

Ladies and Gentleman I give you 'Steve Andrews'

3RD QUARTER POSTAL

October 30, 2018 Denny Habecker Edit Post

By Denny Habecker

3rd QUARTER POSTAL MEET

The results of the 3rd Quarter Postal have been tabulated. The participation was very good this quarter with 13 men and 3 women taking part. John Douglas led the men and R.J. Jackson led the women this quarter.

RESULTS

3rd Quarter Postal Meet

July 1st through September 30th, 2018

Meet Director- Denny Habecker

Lifters with Certified Officials:

Al Myers- Laverne Myers

Dean Ross – Laverne Myers

Laverne Myers – Al Myers

Calvin Helt – Chad Ullom

Barry Bryan – Denny Habecker

Aidan Habecker – Denny Habecker

Denny Habecker – Barry Bryan

Chris Todd – Eric Todd- Lance Foster

John Strangeway – Eric Todd – Lance Foster

Eric Todd – Lance Foster

Lance Foster – Eric Todd

Crystal Diggs – R.J. Jackson

Lifters with Non-Certified Officials:

John Douglas

Stephen Santangelo

Chad Ullom

R.J.Jackson

Amorkor Ollenuking

The Lifts – Standing Lateral Raise, Snatch- 2 Dumbbells, Deadlift- 2 Dumbbells

MEN DIVISION

John Douglas	- 55	- 300	- 100	- 150	- 460	- 710	- 598.01
Stephen Santangelo	- 66	- 160	- 54	- 90	- 312	- 456	- 591.62
John Strangeway	- 40	- 196.8	- 65	- 140	- 440	- 645	- 587.67
Al Myers	- 52	- 232	- 70	- 100	- 440	- 610	- 568.46
Chad Ullom	- 46	- 245	- 35	- 110	- 440	- 585	- 501.88
Barry Bryan	- 60	- 189	- 60	- 80	- 286	- 426	- 475.76
Calvin Helt	-16	- 156	- 25	- 80	- 300	- 405	- 462.56
Denny Habecker	- 76	- 193	- 50	- 60	- 242	- 352	- 439.80
Laverne Myers	- 74	- 238	- 40	- 70	- 280	- 390	- 428.57
Chris Todd	- 38	- 278	- 70	- 120	- 360	- 550	- 414.26
Aidan Habecker	- 15	- 190	- 30	- 60	- 242	- 332	- 351.67
Lance Foster	- 52	- 325	- 50	- 70	- 300	- 420	- 331.93
Eric Todd	- 43	- 260	- 105	- 160	- 0	- 265	- 214.47

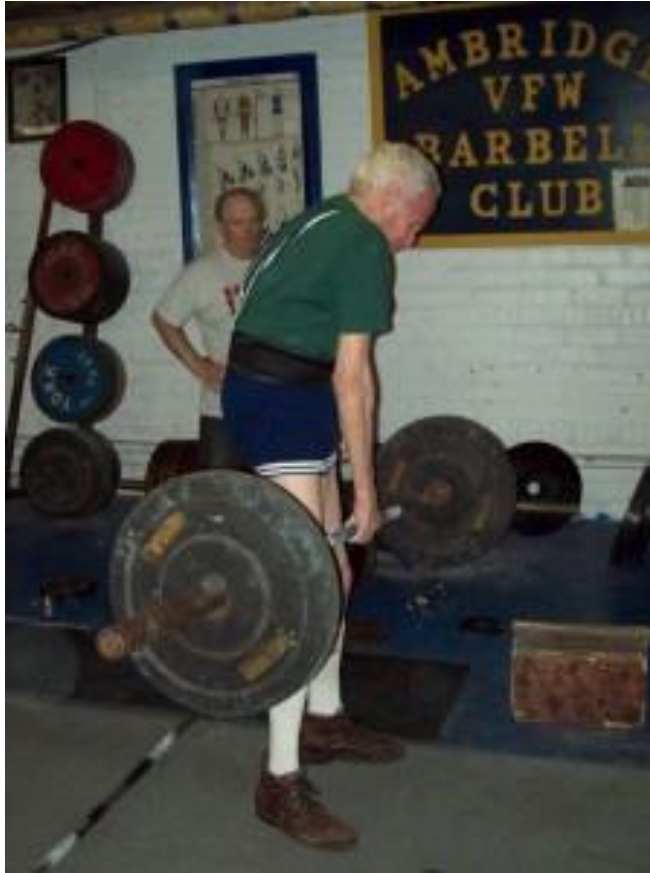
WOMEN DIVISION

R.J. Jackson	- 56	-105.4	- 30	- 40	- 160	- 230	- 376.01
Amorkor Ollenuking	- 55	- 165	- 20	- 15	- 100	- 135	- 156.86
Crystal Diggs	- 31	- 165	- 30	-30	- 80	-140	- 140.23

LIFTER OF THE MONTH – DENNIS MITCHELL

[October 31, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Dennis Mitchell performing a One Arm Deadlift at the Ambridge Barbell Club, under the watchful eye of John McKean.

The USAWA LIFTER OF THE MONTH for JUNE is Dennis Mitchell. In June, Dennis made the trip to Cocoa Beach, Florida to compete in the USAWA National Championships. The impressive fact of this is that it was the TWENTY NINTH USAWA National Championships that Dennis has competed in! That's the most of any lifter in the history of the USAWA – and a mark that will be hard to top. Dennis was the oldest competitor at Nationals this year, and I'm sure he still has several more big meets in him.

Congrats Dennis!

NE FALL CHAMPIONSHIP

November 1, 2018 Al Myers Edit Post

By Mark Raymond

NEW ENGLAND FALL CHAMPIONSHIP



Group picture from the 2018 New England Fall Classic.

The meet turned out to be a great success. In addition to the 7 lifters competing in this event we also had a special guest, Mr. Adrian Blindt, who has competed in IAWA events in the past. It was held at Frank's Barbell Club in East Walpole, Massachusetts.

Christopher Lestan brought along his younger brother Erik as well as his friend and lifting partner Mike Duran. These young guns were impressive to watch!

And let's not forget the Ciavattone family who was well represented by Jeff, Joe Sr. and Frank.

It's always a great time when we are able to get together and lift weights, cheer each other on, tell stories, and have a few laughs!

Congratulations to Jeff Ciavattone who was overall Champion of this event!

And a special thanks to Frank, Jeff, and Joe Sr. who officiated the meet.

Results are as follows:

New England Fall Championship

Frank's Barbell Club, East Walpole, Massachusetts

October 27th 2018

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Jeff Ciavattone, Joe Ciavattone Sr.

All lifts recorded in pounds

MENS DIVISION

Christopher Lestan	Age: 22	Weight: 262 Lbs.	120K Class	Open
Mark Raymond	Age: 55	Weight: 248 Lbs.	115K Class	55+ Masters
Jeff Ciavattone	Age: 39	Weight: 242 Lbs.	110K Class	Open
Frank Ciavattone Jr.	Age: 63	Weight: 293 Lbs.	125K+ Class	60+ Masters
Joe Ciavattone Sr.	Age: 50	Weight: 233 Lbs.	110K Class	50+ Masters
Erik Lestan	Age: 13	Weight: 138 Lbs.	65K Class	14-15 Juinors
Mike Duran	Age: 26	Weight: 324 Lbs.	125K+ Class	Open

Lift 1 Zercher Lift

Lift 2 Clean and Seated Press

Lift 3 Deadlift – Ciavattone Grip

<u>Lifter</u>	<u>Age</u>	<u>Weight</u>	<u>Lift 1</u>	<u>Lift 2</u>	<u>Lift 3</u>	<u>Total #</u>	<u>Total Points</u>
Jeff Ciavattone	39	242	381	185	501	1067	861
Chris Leston	22	262	352	198	450	1000	775

Joe Ciavattone Sr.	50	233	308	132	352	792	723
Mike Duran	26	324	308	198	501	1007	705
Eric Leston	13	138	132	88	209	429	604
Mark Raymond	55	248	187	110	308	606	559
Frank Ciavattone	63	293	88		198	286	260

4th Attempt for Record:

Lifter	Lift	#
Chris Leston	Clean and Seated Press	220
Mike Duran	Zercher Lift	352
	Clean and Seated Press	204

Record Day Lifts

Lifter	Lift	#
Jeff Ciavattone	Deadlift – No Thumbs	455
	Deadlift – No Thumb, One Arm, Right	220
	Shoulder Drop	135
	Deadlift – Reeves	331
	Abdominal Raise	72
Mark Raymond	Finger Lift – Right Index	100
	Finger Lift – Right Middle	100
	Finger Lift – Right Ring	90
	Finger Lift – Right Little	70
	Finger Lift – Left Index	80
Mike Duran	Deadlift – Reeves	351
	Deadlift – Fulton	585
Chris Leston	Deadlift – Reeves	331
Frank Ciavattone	Finger Lift – Left Index	100
	Finger Lift – Left Middle	100
	Finger Lift – Left Ring	100
	Finger Lift – Left Little	100
	Pinch Grip Deadlift – Left	60

JOHN STRANGWAY-KCSTRONGMAN BIO



John Strangeway executing a big hand and thigh at the 2018 Heavy Lift Championship

By Eric Todd

I first met “Scottish Johnny” Strangeway in the summer of 2010 or 2011. I was promoting “Missouri’s Strongest Man: The Gus Lohman Memorial” strongman meet. We were holding it at the “Belton Hanger” which was an airplane hanger on the old Richards Gabaur airforce base. At that time, it was occupied by a snow removal company and a strongman training group headed by Dave Kraft and Conan Wass. Conan, at this time, was my co-promoter. We were there early, completing our set-up for the meet. There were some of the training group who were not competing that were there training. That is when Conan introduced me to Johnny.

Conan and I were trying to get the sound system up and running. Came to find out we did not have the correct connection to get our music to play over the PA. John volunteered to run and pick us up what we needed. Since I did not really know what we needed, and I had lots of other stuff to be taking care of, I took him up on his offer. He came back, set us up, and the show went on without a hitch. It was not long after that when he began his competitive career in strongman.



John grinding out a car deadlift on “Metro Sports” at the 10th “Missouri’s Strongest Man: The Gus Lohman Memorial”

John started his lifting career much earlier than that however. He started lifting back in Scotland when he was a fourteen year old lad at the local leisure center, where he would perform the classic 3×10 routine (the same one I cut my teeth on) before going for a swim. John played soccer and rugby in high school, but his main focus was the martial arts, which he began when he was 15. That is when he first started studying karate. He then shifted his focus to Lau Gar, which is a style of Kung Fu. He attained the level of 3rd degree black belt in that discipline and is currently working on a fourth. He also holds a black belt in kick boxing.

In 1999, John met his wife, Carey on AOL. She was from here in the United States, and they ultimately decided he would come over so they could meet in person. Apparently they hit it off, because after a few trips back and forth, Scottish Johnny decided to stay. They were wed in the year 2000.

Once in the states, John started the JHS Martial Arts Academy, which was the first Lau Gar school in the US. As with many eventual strongmen, he began watching the greats on “World’s Strongest Man” on ESPN. Upon mentioning it to a co-worker, he found out that they did that kind of training at “the Hanger.” He went in and met Dave Kraft. Johnny started training with Dave, Conan and crew from the hanger, and was hooked. Due to being rather shy by nature,

Scottish Johnny had to be coaxed by Dave to enter his first competition, but he did and the rest is history. John's accomplishments in strongman are as follows:

2011	Dino Strength Challenge	3rd
2011	Kansas Strongest Man	1st
2011	Hope For The Holidays 5	3rd
2012	KC Strongman Challenge	2nd
2012	The Gus IX	1st
2012	Oklahoma's Strongest Man	2nd
2013	Arkansas Strongest Man	1st
2013	Show Me Strength Challenge	1st



Scottish Johnny does a 900# Conan's Wheel in Arkansas

For a number of years, there had been a quite large crew in Kansas City and the surrounding areas. The group that trained at the Hanger was probably one of the largest. I would go there to train from time to time, and the environment and camaraderie was fantastic. Unfortunately, in 2011, the guy who leased the hanger lost the bid for it, so all the equipment had to be moved out. The group splintered into factions, and it was never the same again.

During Kansas Strongest Man in 2014, Johnny suffered an injury. He was pressing an axle, and ended up tearing his right rotator cuff. While in the process of having it fixed, he told his surgeon about pain he had been having in his left shoulder. Turns out, it was the same injury. However, due to the amount of time since it had happened, the muscle and tendon were badly degraded. Though he had it fixed, it tore again two more times. Ultimately, the surgeon

noticed the sub-scapular nerve was trapped and had died. This time when the shoulder was repaired, he was told in no uncertain terms not to lift weights any more.

This injury sidelined Johnny for a while. Though he was still practicing martial arts, the absence of strongman and heavy workouts were taking a toll on him mentally. He had been aware of all-round since the beginning of training at the hanger, where he would hear about upcoming competitions and so forth. Wanting to fill the void, Johnny contacted me about getting involved in the USAWA. Since getting started, John has been a very enthusiastic member of our organization. He is often looking for advice on lifts or ways to make further gains in the sport. He got interested in the heavy lifts, and had quite a knack for them, coming in 3rd at his very first championship. He added a 2nd place in the world postal, highlighted by a 415 pound front squat, as well as a second place finish at the 2018 Old Time Strongman championship. He has also been very active in the postal series since the beginning of his involvement in the USAWA. In his relatively short tenure in the USAWA, John has already set 14 national record.



John does a big pull in Oklahoma

Scottish Johnny has been a fantastic addition to the KCSTRONGMAN USAWA club. His enthusiasm is infectious. With the excitement he has shown for the all-rounds so far, I cannot wait to see what his future in the organization brings.

LIFTER OF THE MONTH – DEAN ROSS

November 26, 2018 Al Myers Edit Post

By Al Myers



Dean Ross “in action” at the National Championships in Cocoa Beach, Florida.

The LIFTER OF THE MONTH for July goes to DEAN ROSS!

Dean has been a mainstay competitor representing the Dino Gym over the past several years. He was part of the Dino Gym team at the USAWA Club Challenge in July. One thing I admire in Dean is his up-beat attitude, and despite what may be hurting on him, he keeps such a positive mindset. He is one of the main motivators on the Dino Gym team.

Big CONGRATS Dean – you deserve this!

DINO GYM CHALLENGE

[December 1, 2018](#) [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT

DINO GYM CHALLENGE PRESENTS THE –

“Dale Friesz Memorial Meet”



Dale was most proud of his 605 pound Neck Lift at age 55 in the 85 kilogram class.

The other day as I was doing my early morning training session, I got to thinking about the late Dale Friesz. Dale is a Hall of Famer in the USAWA, and a person who I knew well. There wasn't a week when he was alive that he wouldn't send me an email voicing his concerns over an USAWA matter. He was as dedicated as you could get to our organization, and never ever missed a National Championships.

Well, it's hard to believe but its now over 5 years since he has died. As most of you know, I like the change the theme (and the lifts) of the Dino Gym Challenge every year to make it different. So this year we are going to do a tribute to Dale – with all of his favorite lifts. It made the lift selection pretty easy for me as Dale certainly had his favorite lifts. Now, I know these finger lifts aren't the choice for most lifters but Dale loved them!

MEET DETAILS:

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, January 19th, 2019 1:00 PM – 5:00 PM
<u>Location:</u>	Dino Gym, 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	U.S.A.W.A Memberships cards can be purchased on meet day
<u>Weigh-ins:</u>	12:00 -1:00 PM the day of the meet
<u>Divisions:</u>	Juniors, Women, Masters, and Open
<u>Awards:</u>	None
<u>Entry:</u>	None – but please notify me in advance if you plan to attend
<u>Lifts:</u>	

Finger Lift – Ring

Deadlift – Fulton Bar, One Arm

Deadlift – One Arm

Deadlift – Fingers, Middle

Neck Lift

The lifts will be done in this order.

LIFTER OF THE MONTH – SCOTT SCHMIDT

December 4, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Scott Schmidt was recognized as being selected as the lifter of the month for August 2018.

The USAWA LIFTER OF THE MONTH for August goes to Scott Schmidt, of Cleveland Ohio. In August Scott participated in the USAWA Presidential Cup and was awarded the OUTSTANDING LIFTER. This competition is one of the championship events in the USAWA, making it one of the most important competitions on our yearly event calendar.

Scott is a longtime lifter in the USAWA and VERY worthy of this lifter of the month award. A big congrats goes out to you Scott from me and the entire USAWA!

RULEBOOK UPDATES

[December 7, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers

I have just added an addendum page to the Rulebook section which contains the new rule and lift information that was passed and approved at the 2018 USAWA National Meeting. Since there was only minimal changes to the current 10th Edition USAWA Rulebook I felt it wasn't necessary to make a new edition rulebook this year.

The rules for the 2 new lifts approved this year (the Lurich Lift and the Habecker Lift) are included in the addendum. Also, it contains a minor rule change for the proper loading of the Thor's Hammer.

Please just print off the addendum page and add it to your current rulebook.

LIFTER OF THE MONTH – JOHN DOUGLAS

[December 8, 2018](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Big John Douglas in action!

The USAWA LIFTER OF THE MONTH for September is John Douglas. John has been competing in the USAWA for several years now, and is a regular participant at events at the Dino Gym and the Ledaig Club.

John had a busy September in the USAWA. First he was the first “one man team” to ever enter the Team Championships, and then he went on to win the mens division in the 3rd quarter postal meet against a tough field of lifters. Thats a good month of all round lifting, and for sure deserving of the lifter of the month award!

Congrats John!

LIFT FOR LEROY RD

December 10, 2018 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

MEET RESULTS – “LIFT FOR LEROY” RECORD DAY

“Lift for Leroy” a KCSTRONGMAN record day was held yesterday at the House of Iron and Steel. We sanctioned this in addition to completing our national postal events. We had originally planned for 6 lifters, but the Weather kept Dean away, and Greg could not make it out either. It ended up being Sir Lance Alot, Scottish Johnny, myself, and the meet’s namesake, Leroy.

We started the day off by completing the events for the National Postal. The lifting was good, we had a great time, but I will leave those results for Denny’s meet report.

After the postal was completed, we went right into our record day. Between the four lifters, we completed a wide array of lifts. Results are as follows:

LIFT FOR LEROY

ET’s House of Iron and Stone

Turney, MO

December 8th, 2018

Meet Director: Eric Todd

The 1 official system was used for Eric and Lance's Lifts. Chris and John's lifts had two officials all in agreement of the lifts. Officials: Eric Todd and Lance Foster

All lifts represented in pounds.

Lifter	age	division	weigh	weightclass	Lift	record
John Strangeway	40	40	198	90	CLEAN & PRESS, FULTON BAR	186
					APOLLONS LIFT	242
					DEADLIFT, FULTON DUMBBELL, RIGHT	170.5
					DEADLIFT, FULTON DUMBBELL, Left	155.5
					JEFFERSON LIFT FULTON BAR	410
Chris Todd	39	Open	269	125	LATERAL RAISE, STANDING	70
					SAXON SNATCH	85
					JACKSON PRESS	140
					DEADLIFT, 2 DUMBBELLS	360
					ANDERSON PRESS	215
Lance Foster	53	50	340	125+	APOLLONS LIFT	120
					DEADLIFT, DUMBBELL, LEFT	140
					DEADLIFT, DUMBBELL, RIGHT	212.5
					JACKSON pRESS	95
Eric Todd	43	40	259	120	FINGER LIFT, LEFT LITTLE	110
					FINGER LIFT, RIGHT LITTLE	110

FINGER LIFT, LEFT MIDDLE	190
FINGER LIFT, RIGHT RING	115
JACKSON PRESS	180

At the end of the day, the biggest winner was Leroy. Let's just say I think his general well being is going to be A-OK

MEMBERSHIP DRIVE

December 12, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers

Tis the time of the year for our yearly membership drive!

As most of you know, membership in the USAWA runs per calendar year, thus starting on January 1st and ending on December 31st. It doesn't matter when you register during the year – your membership ends when the current year is up. So it pays to register early thus being able to be a member of the USAWA for the entire year.

I have already received the FIRST membership for the year 2019. The other day Dennis Mitchell sent me his dues and is now listed on the membership roster. EVERY YEAR Dennis registers before the current year is up. It is easy to register – fill out a membership application, write a check for your dues, and mail it to me. Once I get it I will place your name on the membership roster. It is easy to confirm your membership as all you need to do is check the roster on this website and look for your name.

Also, I want to mention here (and I hope Dennis is ok with this) that Dennis always sends in a little extra money to the organization to show his support on top of his yearly dues. That is sure appreciated, but please don't feel like you have to do that. However, our membership dues barely cover our yearly expenses so if you want to help out the USAWA a little more and be like Dennis, it will be put to good uses in paying our bills and bettering our organization.

Last year we had 21 members register early. I would like to top that this year. To add a little incentive I plan to send everyone a little gift that sends in their dues before January 1st. I will keep the gift a secret and thus be a surprise for you when you get it!

LIFTER OF THE MONTH – DENNY HABECKER

December 13, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Denny Habecker performed a World Record in the Pullover and Push at the 2018 IAWA Gold Cup.

The 2018 USAWA Lifter of the Month for October goes to our President, Denny Habecker. In the month of October Denny represented the USAWA in the IAWA World Championships and the IAWA Gold, both in England. Denny was one of only 3 USAWA lifters to have represented the USAWA in both of these important IAWA yearly events.

On top of all that, Denny was awarded the IAWA Presidential Merit Award at the World Championships award banquet. This award has only been presented to small group of individuals in the past which recognizes outstanding contributions made to the IAWA.

Congrats Denny, you were an easy choice for the lifter of the month for October!

LIFTER OF THE MONTH – JEFF CIAVATTONE

December 17, 2018 Al Myers Edit Post

By Al Myers



Jeff Ciavattone lifting 501 pounds in the Ciavattone Grip Deadlift at the NE Fall Classic.

The USAWA Lifter of the Month for November is JEFF CIAVATTONE. Jeff lifts out of Frank's Barbell Club in Walpole, Mass and recently won the New England Fall Classic. Jeff put up some great lifts to beat a high quality field of lifters.

One of his lifts that really stood out to me was his Ciavattone Grip Deadlift of 501 pounds. It broke a long standing USAWA record of 485 pounds held by Bill Spayd. There have been very few lifters that have exceeded 500 pounds in the Ciavattone Grip Deadlift, and now Jeff is part of that group.

A big CONGRATS goes to Jeff for this month's lifter of the month award!

JOHN VERNACCHIO RD

December 18, 2018 Denny Habecker Edit Post

By Denny Habecker

JOHN VERNACCHIO MEMORIAL RECORD DAY

I had three lifters show up for the John Vernacchio Memorial Record Day and do some great lifting. The lifters are Stephen Santangelo from Kentucky, Barry Pensyl from Easton, and Beth Bulebosh from Pittsburgh. They all did some outstanding lifting.

Meet Results:

John Vernacchio Memorial Record Day

Habecker's Gym

Lebanon, PA

December 15th, 2018

Meet Director: Denny Habecker

Meet Official (1-official system used): Denny Habecker

Lifters:

Barry Pensyl – age 70 – 152Lbs. [70KG. class , 70-74]

Hackenschmidt Floor Press – 72.5 Kg. [160 Lbs.]

Abdominal Raise – 42 Lbs.

Swing, Dumbell – Right Arm- 50 Lbs

Swing, Dumbell – Left Arm – 50 Lbs.

Cheat Curl, Reverse Grip – 48 Kg. [106 Lbs.]

Stephen Santangelo – age 66 – 162 Lbs. [75 Kg. class, 65-69]

Left Hand Little Finger Lift – 105 Lbs.

Right Hand Little Finger Lift – 105 Lbs.

Left Hand Thumb Lift – 106 Lbs.

Right Hand Thumb Lift – 109 Lbs.

Right Hand Middle Finger Lift – 162 Lbs.

Beth Bulebosh – age 50 – 280 Lbs. [125+ Kg. class, 50-54]

Bench Press, Fulton Bar – 45 Kg. [99 Lbs]

Maxey Press – 35 Kg. [77 Lbs.]

Dumbell Press – Right Hand – 30 Lbs.

Dumbell Press – Left Hand – 30 Lbs.

Vertical Bar Deadlift, 1 Bar, 2" – Right Hand – 92 Lbs.

HEAVY LIFT CHAMPIONSHIPS

[December 20, 2018](#) [Al Myers](#) [Edit Post](#)

By Mark Raymond

2019 USAWA HEAVY LIFT

CHAMPIONSHIPS

Saturday May 11, 2019

Meet Sponsored by and to be held at:

Franks Barbell Club

204 East Street, Walpole, MA 02032

Meet Directors: Mark Raymond & Frank Ciavattone

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

Lifts: Neck Lift, Hand & Thigh, Hip Lift

Divisions: Juniors, Women, Masters, Seniors & Open

Entry Fee: \$55.00 (Will include T-Shirt and Award.)

**Awards: 1st, 2nd, & 3rd in each weight class and age division for
Masters, Juniors, and Women, based on total
poundage lifted. Best Lifter Awards for each age
group in Masters, Juniors, Seniors(20-39), and Women by formula.**

Nearby Lodging: Renaissance Boston Patriot Place Hotel

28 Patriot Place, Foxborough, MA 02035 508-543-5500

Home of the Super Bowl Champs-New England Patriots!

Best Western Plus-The Inn at Sharon/Foxboro

395 Old Post Road, Sharon, MA 02067 781-784-1000

ENTRY FORM – 2019 USAWA HEAVY LIF1 Entry Form

LIFTER OF THE MONTH – STEPHEN SANTANGELO

December 21, 2018 [Al Myers](#) [Edit Post](#)

By Al Myers



Stephen Santangelo preparing for a finger lift at the Vernacchio Record Day.

The USAWA LIFTER OF THE MONTH FOR DECEMBER is Stephen Santangelo.

Stephen participated in the John Vernacchio Memorial Record Day, hosted by Denny Habecker, and turned in some excellent finger lift marks for new USAWA records. The 162 pound middle finger lift that he did is a big lift, and really caught my attention!

Stephen has been competing in USAWA competitions for several years now and is an outstanding competitor. He has been to several events at the Dino Gym and I always enjoy our visits, as he has a wealth of information concerning proper training and proper nutrition for the lifter.

A big CONGRATS Stephen!

GRIP CHAMPIONSHIPS

December 23, 2018 Al Myers Edit Post

by Al Myers

MEET ANNOUNCEMENT – 2019 USAWA GRIP CHAMPIONSHIPS



The Dumbbell Walk will be one of the events in the 2019 USAWA Grip Championships.

The USAWA Grip Championships will be here soon. This has become an annual event in the USAWA over the past 10 years, and is one of the signature, championship events of our organization.

This year I have turned the promotion of the Grip Championships over to LaVerne. He has picked a fine selection of official USAWA grip lifts for the competition. Make sure to put the Grip Championships on your calendar, and I hope to see you there!

MEET DETAILS:

<u>Meet Director:</u>	LaVerne Myers 785-479-2264
<u>Meet Date:</u>	Saturday, February 9th, 2019 1:00 PM – 5:00 PM
<u>Location:</u>	Dino Gym, 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	USAWA – Membership required
<u>Weigh-ins:</u>	12:00-1:00 PM the day of the meet
<u>Divisions:</u>	Juniors, Women, Masters, and Open
<u>Awards:</u>	None
<u>Entry:</u>	None – But please give advance notification if attending
<u>Lifts:</u>	

Dumbbell Walk

Deadlift – Fulton Bar, One Arm

Deadlift – Inch Dumbbells

Deadlift – One Arm, No Thumb

Deadlift – Fingers, Index

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

ABOUT THE USAWA

MISSION STATEMENT

The USAWA was formed to continue the long standing tradition of old-time weightlifters like Eugen Sandow, Louis Cyr, Arthur Saxon, Hermann Goerner, Warren Lincoln Travis, and many others. We strive to preserve the history of the original forms of weightlifting, which in the past has been referred to as “odd lifting”. Many of the lifts we perform are based on stage acts or challenge lifts of old-time strongmen.

HISTORY

The USAWA was organized in 1987 and was a charter member of the International All-Round Weightlifting Association. The USAWA has over 200 recognized lifts and 10,000 plus records, so any strength athlete can find their niche. We have a drug testing program to insure drug free lifting. Numerous local meets and a National Championships are held each year to find true “all-round” weightlifters.

USAWA OFFICERS AND EXECUTIVE BOARD

President

Denny Habecker
637 North 11th Avenue
Lebanon, PA 17046
Phone: 717-272-5077

Vice President

Chad Ullom
2401 SW 35th Terr
Topeka, KS 66611
Phone: 785-233-2466

Secretary/Treasurer

Al Myers

1126 Eden Road

Abilene, KS 67410

Phone: 785-479-2264

At Large Executive Board Member

Dennis Mitchell

4457 Silsby Road

University Heights, OH 44118

Phone: 216-381-1287

At Large Executive Board Member

Rocky Morrison

44 Delaney Drive

Walpole, Massachusetts 02081

Phone: 781-864-8617

SPECIAL ASSIGNMENT DIRECTORS

Website Director: Al Myers

Records Director: Al Myers

Officials Director: Joe Garcia

Drug Enforcement Director: Chad Ullom

Awards Director: Al Myers

Postal Meet Director: Denny Habecker

RULE BOOK

This is the official Rulebook of the USAWA. It contains general rules and the rules of the individual official USAWA lifts. It also contains the USAWA Bylaws. Hard copies may be purchased in the USAWA online store for \$30 plus shipping. The Rulebook is free to download as a pdf. However, the Rulebook file is large (7 MB) and system performance may be slow depending on your connection speed.

Updated August 1st, 2017

USAWA Rulebook (PDF): [RULEBOOK 10th Edition](#)

The following addendum is to be added to the USAWA Rulebook 10th Edition. It contains the new lifts and rule changes that were made at the 2018 USAWA National Meeting. Please print out and add to your current rulebook.

ADDENDUM FOR RULEBOOK (PDF): [2018 Rule Book Update](#)

2018 USAWA RULE BOOK UPDATES

ADDENDUM TO RULEBOOK 10TH EDITION

ADD TO H12. THOR'S HAMMER

"Plates must be loaded using the largest plates and in the sequence of heavier discs innermost with the smaller discs in descending weight arranged, with a maximum of 10 pound plates being used."

NEW LIFTS (BOTH OTSM LIFTS):

Habecker Lift: *The bar will be placed at a height of one third the lifter's height, measured to the bottom of the bar. The lift begins at the lifter's discretion. The lifter will take the bar in the inside of the elbows between the upper arms and lower arms as in the Zercher Lift. The bar is lifted to a position where the lifter is standing fully upright with legs straight and shoulders erect. The feet must not move position during the lift, but the heels and toes may rise. It is an infraction if the bar is supported by the lifter's belt. Once upright and motionless, an official will give the down command. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. No padding of*

any kind is allowed on the bar or on the lifters arms. The bar must be returned to the supports under control.

Lurich Lift: *This is a partial Hack Lift, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar behind the legs, as defined by the rules of the Hack Lift. The hands must be on the outside of the legs (NO SUMO STANCE) during the entire lift. Lifting straps or any other gripping aid is not allowed, but any grip may be used. It is NOT an infraction to drag the bar up the legs. The bar may touch the calves and the rear of the upper legs as it rises. Should it bind against the upper legs, the bar may be stopped momentarily or lowered while a hip adjustment is made. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.*

RECORD LIST

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 (over 10 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). 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.

INDIVIDUAL RECORD LIST – Excel File (Updated December 18th, 2018)

INDIVIDUAL RECORD LIST – PDF File (Updated December 18th, 2018)

TEAM RECORDS – Excel File (Updated September 13th, 2018)

TEAM RECORDS – PDF File (Updated September 13th, 2018)

IAWA WORLD RECORD LIST

Chris Bass is the IAWA Records Registrar. Chris lives in Grimsby, England and operates the All Round Weightlifting Club, the Haven Gymnasium. He maintains a current IAWA World Record List, which includes records of all official IAWA lifts. This Record List is available here (as a PDF):

http://www.havengym.org.uk/PDF/WR_Index.pdf

WOMEN'S CENTURY CLUB

(as of September 13th, 2018)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	RJ Jackson	296	292/1	+4
2	Noi Phumchona	259	259/2	0
3	Mary McConnaughey	154	151/3	+3
4	Susan Sees	123	123/4	0

MEN'S CENTURY CLUB

(as of September 13th, 2018)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	Denny Habecker	591	575/1	+16
2	Al Myers	543	536/2	+7
3	* Art Montini	481	486/3	-5
4	Dean Ross	363	321/5	+42
5	John McKean	334	335/4	-1
6	Joe Garcia	307	312/6	-5
7	Dennis Mitchell	294	292/7	+2
8 TIE	Frank Ciavattone	286	285/8	+1
8 TIE	Chad Ullom	286	260/9	+26
10	Bob Hirsh	225	225/10	0
11	Bill Clark	202	221/11	-19
12	LaVerne Myers	187	172/13	+15
13	Scott Schmidt	178	173/12	+5

14	* Howard Prechtel	168	169/14	-1
15	* Dale Friesz	153	155/15	-2
16	* Jim Malloy	148	150/16	-2
17	John Monk	146	146/17	0
18	Chris Waterman	145	145/18	0
19	Ed Schock	136	136/19	0
20	Eric Todd	124	113/22	+11
21	Rudy Bletscher	123	123/20	0
22	Bob Geib	115	118/21	-3
23	Barry Pensyl	109	105/24	+4
24	Randy Smith	106	106/23	0
25	Dave Glasgow	100	100/25	0

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

INDIVIDUAL MEMBERSHIP APPLICATION

Membership for the USAWA is for the calender 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. A Sanction Request will be DECLINED if the proposed date of the request falls on the dates of the National Championships, the IAWA World Championships, the IAWA Gold Cup, or the day of any USAWA Championship Event.

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 2](#)

Word Document: [HOF Nomination Form 2](#)

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](#)

Please submit forms and applications to the USAWA Secretary:

Al Myers
1126 Eden Road
Abilene, Kansas, 67410

Email: amyers@usawa.com

Individual Membership Application

United States All-Round Weightlifting Association

PLEASE PRINT AND FILL OUT COMPLETELY

NAME OF APPLICANT	
ADDRESS - STREET	
ADDRESS – CITY, STATE, ZIP	
DATE OF BIRTH	
EMAIL ADDRESS	
PHONE NUMBER	
CLUB AFFILIATION	

DRUG WAIVER: *I hereby consent to have a sample of my urine collected and tested for the presence of banned substances in accordance with the provisions of the United States All-Round Weightlifting Association Drug Testing Program. I understand that a collection crewmember of the same gender will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen. I understand that failure to appear for drug testing at the designated time will constitute withdrawal of my consent to be tested and will result in disqualification from the event and/or permanent suspension from the USAWA. I understand that selection for testing may be based on random selection, reasonable suspicion, or position of finish in an event. I further understand that I may be selected for testing for no reason at all and on more than one occasion during a competition. I understand that any urine samples will be sent only to a certified laboratory for actual testing, and that the samples will be coded to provide confidentiality. I hereby authorize the release of such testing results to the USAWA Drug Enforcement Director and to the members of the USAWA Executive Board. I further understand that these results will be made available to me. I understand that I am free to withdraw this consent for banned substances testing. However, I also understand that should I refuse to submit to testing at the time requested, I will not be permitted to participate in future competitions sanctioned by the USAWA. If I am under the age of 21, and I test positive, I hereby authorize the release of the results of such testing to my parent(s), legal guardian or spouse. I hereby release the United States All-Round Weightlifting Association, its Officers and Executive Board from legal responsibility or liability for the release of such information and records as authorized by this form.*

PLEDGE: *I agree to abide by the rules and bylaws of the United States All-Round Weightlifting Association (USAWA). I understand that this membership will be revoked if I violate those rules.*

(Signature of Applicant)

(Date of Application)

(Signature of Parent/Guardian if under 21)

Individual membership fee is \$25. Membership fee must accompany application.
Make check or money order payable to the USAWA. RETURN TO:

Al Myers * 1126 Eden Road * Abilene, Kansas * 67410

Meet Sanction Application
United States All-Round Weightlifting Association

PLEASE PRINT AND FILL OUT COMPLETELY

EVENT NAME	
MEET DIRECTOR	
DATE OF MEET	
LOCATION OF MEET	

PLEDGE: *I understand that the United States All-Round Weightlifting Association, by the act of this sanction, approves of and accepts responsibility only for the certification of athlete's membership and the authenticity of the lifts performed. The USAWA does not accept responsibility for the liabilities and/or injuries to individuals or personal or public property caused by the actions of this competition or any actions related to it. Those responsibilities belong to the sponsoring group or individuals. I agree to supply to the United States All-Round Weightlifting Association a financial report, upon request, for the above competition or exhibition. I agree to send all results of the above competition/exhibition to the USAWA immediately following the final date of this sanction. I agree to follow the rules and bylaws set forth by the USAWA for meet conduct. I understand that this sanction can be revoked if these rules and bylaws are violated.*

(Signature of Meet Director)

(Date of Application)

Sanction fee is \$30. Sanction fee must accompany application.

Make check or money order payable to the USAWA. RETURN TO:

Al Myers * 1126 Eden Road * Abilene, Kansas * 67410

Club Membership Application

United States All-Round Weightlifting Association

PLEASE PRINT AND FILL OUT COMPLETELY

NAME OF ORGANIZATION/CLUB	
CLUB AGENT – CONTACT FOR THE USAWA	
ADDRESS – STREET	
ADDRESS – CITY, STATE, ZIP	
EMAIL ADDRESS	
PHONE NUMBER	

PLEDGE: *The above organization/club seeks club membership in the United States All-Round Weightlifting Association (USAWA). This organization/club agrees to follow the rules and bylaws of the USAWA. The club agent of the above organization/club accepts the responsibility for the liabilities and/or injuries to individuals and liabilities and/or damage to private or personal property by any members of the organization/club. This organization/club understands that this membership will be revoked if the rules and bylaws of the USAWA are violated. Club membership is valid for the calendar year.*

(Signature of Club Agent)

(Date of Application)

Club membership fee is \$30. Membership Fee must accompany application.

Make check or money order payable to the USAWA. RETURN TO:

Al Myers * 1126 Eden Road * Abilene, Kansas * 67410

USAWA Online Store Order Form



NAME	
ADDRESS STREET	
ADDRESS CITY*STATE*ZIP	
EMAIL	
PHONE #	

Shipping will be done by UPS. You must include a street address. NO PO BOX NUMBERS.

Store Item	Quantity	Size	Color	Price	Total
Short sleeve T-Shirt				\$15	
Long Sleeve T-Shirt				\$20	
Hoodie Sweatshirt				\$30	
Sports Bottle				\$5	
USAWA Patch				\$5	
USAWA Rulebook				\$30	
Official Judging Shirt				\$30	

				Shipping	\$8.00
				TOTAL	

Make checks or money orders payable to the USAWA. Credit card orders are not available at this time. Any additional store item not listed on this order form may be added in the blank lines.

Send Orders to:

Al Myers * 1126 Eden Road * Abilene, Kansas*67410

Email: amyers@usawa.com Phone#: 785-479-2264

MEMBERSHIP ROSTER

The following individuals have paid their yearly membership fees to the USAWA and have properly filled out and signed the USAWA membership application, which includes the Drug Testing Waiver. The Individual Membership Application includes the Official Club Affiliation of the individual. If a person wishes to change Club Affiliation during the year, this form must be filled out again with the updated club information and resubmitted. 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 2018. 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 EIGHT YEARS SO DON'T ASK ME THIS ANYMORE.

2018 USAWA MEMBERSHIP ROSTER

(Includes Club Affiliation and Join Date)

Barcia, Dravin (Dino Gym) – December 30th

Bowman, Chas – July 31st

Brunner, Tressa (Heartland Strength) – February 10th

Bryan, Barry (Habecker's Gym) – January 7th

Bulebosh, Beth (Ambridge BBC) – December 8th

Burchett, Emily (Ledaig Heavy Athletics) – July 15th

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Ciavattone, Jeff (Frank's Barbell Club) – January 14th

Ciavattone, Joe Sr. (Frank's Barbell Club) – May 12th

Ciavattone, Joe Jr. (Frank's Barbell Club) – May 12th

Channel, Jamie (Ledaig Heavy Athletics) – July 15th

Clark, Bill (Clark's Gym) – January 1st

Clasen, Marsha (Ledaig Heavy Athletics) – July 15th

Cook, Greg (KC Strongman) – April 13th

Diggs, Crystal – January 1st

Douglas, John (Ledaig HA) – January 1st

Dunlap, Cale (Dino Gym) – January 1st

Duran, Mike – October 10th

Edwards, Ben (Dino Gym) – February 10th

Foster, Lance (KC Strongman) – January 1st

Gago, David (Frank's Barbell Club) – January 17th

Garcia, Joe (Clark's Gym) – January 17th

Glasgow, Dave (Ledaig Heavy Athletics) – May 30th

Grieshaber, Joey (Ledaig Heavy Athletics) – July 15th

Habecker, Aidan (Habecker's Gym) – January 1st

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Hahn, Dave – April 6th

Heit, Calvin (Dino Gym) – January 1st

Heit, Lucas (Dino Gym) – January 1st

Inglis, Laura (Frank's Barbell Club) – January 14th

Jackson, Daryl – January 1st

Jackson, RJ (Dino Gym) – January 1st

Janzen, Cole – February 10th

Janzen, John – February 10th

Kahn, Helen – April 9th

Lestan, Christopher (Frank's Barbell Club) – July 13th

Lestan, Eric (Frank's Barbell Club) – October 6th

Lokken, Cody (Dino Gym) – June 3rd

Lydon, Kimberlyn (Frank's Barbell Club) – January 17th

Lucus, Zach (Dino Gym) – July 14th

Malloy, Jim – January 1st

McConnaughey, Mary (Heartland Strength) – February 10th

Mitchell, Dennis – January 1st

Montini, Art (Ambridge BBC) – January 1st

Morrison, Rocky (Franks Barbell Club) – February 8th

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 26th

Myers, Molly (Dino Gym) – January 1st

Ollennuking, Amorkor (Clark's Gym) – March 30th

Patterson, Tony (Frank's Barbell Club) – January 17th

Payne, Jason – February 10th

Payne, Jerod – February 10th

Pensyl, Barry (Habecker's Gym) – January 10th

Rabich, Michael – July 5th

Raymond, Mark (Frank's Barbell Club) – January 1st

Redenbaugh, Braden (Dino Gym) – July 14th

Rein, Brandon (Dino Gym) – June 3rd

Richards, Colleen (Frank's Barbell Club) – January 14th

Rogowski, Michael – March 6th

Ross, Dean (Dino Gym) – January 1st

Rowe, Dan (Frank's Barbell Club) – June 18th

Santangelo, Stephen – January 1st

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Smith, Randy – April 9th

Strangeway, John (KC Strongman) – April 22nd

Stockall, Sylvia – August 30th

Todd, Chris (KC Strongman) – March 12th

Todd, Eric (KC Strongman) – January 1st

Tully, Heather (Dino Gym) – September 8th

Tully, Scott (Dino Gym) – February 10th

Ullom, Brianna (Dino Gym) – January 1st

Ullom, Chad (Dino Gym) – January 1st

Ullom, Tasha (Dino Gym) – January 1st

Van Vleck, Thom (JWC) – January 26th

Vuono, Michael (Frank's Barbell Club) – July 13th

Vuono, Peter (Frank's Barbell Club) – January 14th

2019 USAWA MEMBERSHIP ROSTER

(Includes Club Affiliation and Join Date)

Bryan, Barry (Habeckers Gym) – January 1st

Bulebosh, Beth (Habeckers Gym) – January 1st

Burns, Lynda – January 1st

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Ciavattone, Jeff (Frank's Barbell Club) – January 1st

Clark, Bill (Clark's Gym) – January 1st

Edwards, Ben (Dino Gym) – January 12th

Foster, Lance (KC Strongman) – January 1st

Garcia, Joe (Clarks Gym) – January 1st

Habecker, Aidan (Habeckers Gym) – January 1st

Habecker, Denny (Habeckers Gym) – January 1st

Habecker, Judy (Habeckers Gym) – January 1st

Hahn, Dave – January 1st

Heit, Calvin (Dino Gym) – January 1st

Heit, Lucas (Dino Gym) – January 1st

Kahn, Helen – January 21st

Mitchell, Dennis – January 1st

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 1st

Myers, Molly (Dino Gym) – January 1st

Pensyl, Barry (Habeckers Gym) – January 1st

Raymond, Mark (Frank's Barbell Club) – January 1st

Rein, Brandon (Dino Gym) – January 19th

Ross, Dean (Dino Gym) – January 1st

Santangelo, Stephen – January 11th

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Smith, Randy – January 21st

Strangeway, John (KC Strongman) – January 1st

Todd, Eric (KC Strongman) – January 1st

Tortorelli, Lou (Lou's Physical Culture Studio) – January 1st

Ullom, Chad (Dino Gym) – January 1st

Ullom, Tasha (Dino Gym) – January 1st

PAST MEMBERSHIP ROSTERS

2017 USAWA Membership Roster – [2017USAWARoster](#)

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](#)

MEMBER CLUBS

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2018. 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 2017 but have NOT YET renewed their club membership for 2018 are marked with an asterisk.

Current USAWA Member Clubs For 2018

Al’s Dino Gym – (2003-2019)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate (PDF) – [Dino Gym](#)

Ambridge VFW Barbell Club – (1993-2019)

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate (PDF) – [Ambridge BBC](#)

Clark's Championship Gym – (1989-2019)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate (PDF) – [Clarks Gym](#)

Frank's Barbell Club – (2010-2019)

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate (PDF) – [Franks Barbell Club](#)

Habecker's Gym – (2010-2019)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate (PDF) – [Habeckers Gym](#)

Heartland Strength Sports – (2009-2010, 2016-2018)

Location: Omaha, Nebraska

Contact: Mary McConnaughey

Club Certificate (PDF) – [Heartland Strength Sports](#)

Jackson Weightlifting Club – (2009-2018)

Location: Kirksville, Missouri

Contact: Thom Van Vleck

Club Certificate – [Jackson WL Club](#)

KC Strongman – (2011-2019)

Location: Turney, Missouri

Contact: Eric Todd / Lance Foster

Club Certificate – [KC Strongman](#)

Ledaig Heavy Athletics – (2010-2018)

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate – [Ledaig Heavy Athletics](#)

Schmidt Barbell Club – (2010-2019)

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate (PDF) – [Schmidt Barbell Club](#)

Past Club of the Year Award Winners

2016 Club of the Year – Frank’s Barbell Club, Runner Up – Habecker’s Gym

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

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

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

LaVerne Myers – Lifetime Certification

Lance Foster – 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

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

RJ Jackson – Certification expires June 26th, 2020

Jarrold Fobes – Certification expires June 26th, 2020

Level 1 – Experience Qualified

John McKean – Certification expires October 12th, 2020

USAWA Officials in Training

Collin Cortez – Passed Rules Test on July 15th, 2017

John Strangeway – Passed Rules Test on January 8th, 2019

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

STEP TWO IN BECOMING A CERTIFIED USAWA OFFICIAL

After passing the Open Book Rules Test, the next step is to complete three practical training sessions. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System, or judge officially in the Three Official System in three competitions within a year. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A practical training session form will be available for the applicant to document this process. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an applicant. It is the applicant's responsibility to submit this form to the Officials Director Joe Garcia once completed in order to apply for official certification.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

SCORING INFORMATION

The USAWA has several bodyweight classes and age group classes for lifters to compete in. Any lifter may find a class to compete in where the competition is against other lifters of the same bodyweight and age. The USAWA has four main age groups which are the Junior, Senior, Open,

and Masters age groups. A lifter's age is determined by the lifter's actual age the day of the competition. The Junior age group includes lifters who have not reached their 20th birthday. The Junior age groups may be further split into four smaller age groups. These include 13 and under, 14-15, 16-17, and 18-19. The Senior age group includes lifters who are between the ages of 20-39. The Open age group includes lifters 20 years of age and older. The Master age group includes lifters who are over the age of 40. Master age groups are often split into smaller age group classes. These include 40-44, 45-49, 50-54, etc. There are 19 bodyweight classes, beginning at 40 kilograms. There is a new bodyweight class for every 5 kilograms above 40 kilograms until 125 kilograms is reached. Lifters above 125 kilograms compete in the unlimited class, or the 125+ KG class. At the National Championships, lifters compete in one of these 19 weight classes within the smallest split of age groups for class placings. Best lifter awards are given for each age group and is determined by formula adjusting the lifter's total for bodyweight and age. For local competitions, the Meet Director is in charge of how the scoring is done for each competition and the type of awards given. The Meet Director may combine different weight classes or age groups to make different divisions. The Meet Director may have all the lifters compete against each other, in which the lifter's total is formula adjusted for bodyweight and age, which is the recommended scoring system of the USAWA. The method for adjusting for bodyweight and age is this:

- 1st – Make the bodyweight adjustment. This is done by using the Lynch Formula. The Lynch Formula is:

$$\text{Lynch Points} = \text{Total Weight Lifted} \times \text{Lynch Factor}$$

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

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).

2017 Year in Review

[2017REVIEWCOVERPAGE](#) (PDF) [2017 YEAR IN REVIEW](#) (PDF)

2016 Year in Review

[2016REVIEWCOVERPAGE](#) (PDF) [2016 YEAR IN REVIEW](#) (PDF)

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

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

John Mahon, Australia

WEBSITE FOR THE IAWA(UK) –

<http://www.iawa.uk/>

WEBSITE FOR THE ARWLWA –

<http://www.arwlwa.com/>

UPCOMING IAWA MEET SCHEDULE

2019 IAWA World Postal Championships – Postal Meet – Promoter Al Myers

2019 IAWA World Championships – Abilene, Kansas, USA – Promoter Al Myers

2019 IAWA Gold Cup – Perth, Australia – Promoter Peter Phillips

2020 IAWA World Postal Championships- Postal Meet – Promoter Al Myers

2020 IAWA World Championships – Lebanon, Pennsylvania, USA – Promoter Denny Habecker

2020 IAWA Gold Cup – Belfast, Ireland – Promoter Stevie Shanks

IAWA PRESIDENTIAL MERIT AWARD

The IAWA Presidential Merit Award is the highest honor one can receive in the IAWA. It recognizes those that have made outstanding longterm contributions to the IAWA, and is awarded by the IAWA President.

Steve Andrews, England – Received Merit Award in 2018



Past IAWA President Steve Gardner (left) presenting the IAWA Merit Award to Steve Andrews
(right)

Denny Habecker, United States – Received Merit Award in 2018



Denny Habecker (left) receiving the IAWA Merit Award from IAWA President Al Myers (right).

Frank Ciavattone, United States – Received Merit Award in 2014



Frank Ciavattone (right) receiving the IAWA Presidential Award of Merit from IAWA President Al Myers.

Frank Allen, England – Received Merit Award in 2014



Frank Allen (right) receiving the IAWA Presidential Award of Merit from Past IAWA President Steve Gardner (center) and IAWA President Al Myers (left).

Steve Gardner, England – Received Merit Award in 2012



IAWA President Al Myers (left) presenting IAWA Past President Steve Gardner (right) the IAWA Presidential Award of Merit.

Art Montini, United States – Received Merit Award in 2010



Art Montini (center picture) receiving the IAWA Presidential Award of Merit. To left is the 2010 IAWA World Championships Meet Promoter George Dick, and to the right is IAWA President Steve Gardner.

PAST USAWA AWARDS

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.

2017 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Al Myers
Sportsmanship Award	Dean Ross	LaVerne Myers
Courage Award	Frank Ciavattone	Dennis Mitchell
Newcomer Award	John Douglas	Greg Cook
Club of the Year	Dino Gym	Schmidt Barbell Club

2016 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Frank Ciavattone	Denny Habecker
Sportsmanship Award	Dean Ross	LaVerne Myers
Courage Award	Rocky Morrison	Art Montini
Newcomer Award	Kim Lydon	Mark Raymond
Club of the Year	Franks Barbell Club	Habeckers Gym

Howard Prechtel Contribution Award – Al Myers

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

Howard Prechtel Contribution Award – Frank Ciavattone

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

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 and/or World level. Biographies for some USAWA Hall of Fame Members are located in past Daily News Blogs and as a PDF to the right of the HOF members name in the list below.

Class of 2016

Al Myers

Chad Ullom – [Chad Ullom – HOF Biography](#)

Class of 2012

Bob Geib

Class of 2010

Scott Schmidt – [Scott Schmidt – HOF Biography](#)

Class of 2003

Bill DiCioccio

Class of 2002

Dale Friesz – [Dale Friesz – HOF Biography](#)

Class of 2001

Rex Monahan

Class of 2000

Bob Hirsh

Class of 1999

Bill Clark – [Bill Clark – HOF Biography](#)

John McKean – [John McKean – HOF Biography](#)

Class of 1997

Denny Habecker – [Denny Habecker – HOF Biography](#)

Joe Garcia – [Joe Garcia – HOF Biography](#)

Dennis Mitchell – [Dennis Mitchell – HOF Biography](#)

Chris Waterman

Deanna Springs – [Deanna Springs – HOF Biography](#)

Class of 1996

Frank Ciavattone – [Frank Ciavattone – HOF Biography](#)

Joe Ciavattone Sr. – [Joe Ciavattone Sr. HOF Biography](#)

Jim Malloy – [Jim Malloy – HOF Biography](#)

John Vernacchio – [John Vernacchio – HOF Biography](#)

Class of 1993

John Grimek – [John Grimek – HOF Biography](#)

Art Montini – [Art Montini – HOF Biography](#)

Howard Prechtel

Noi Phumchaona

Steve Schmidt – [Steve Schmidt – HOF Biography](#)

Ed Zercher

PAST LIFTERS OF THE MONTH

The USAWA recognizes a Lifter of the Month, which represents a lifter who has excelled in a USAWA competition and/or competitions during the previous month.

LIFTER OF THE MONTH FOR 2018

MONTH	LIFTER	STORY
January	Mark Raymond	http://usawa.com/lifter-of-the-month-mark-raymond/
February	Eric Todd	http://usawa.com/lifter-of-the-month-eric-todd-4/
March	Mary McConnaughey	http://usawa.com/lifter-of-the-month-mary-mcconnaughey/
April	Amorkor Ollenuking	http://usawa.com/lifter-of-the-month-amorkor-ollenuking/
May	Dave Hahn	http://usawa.com/lifter-of-the-month-dave-hahn/
June	Dennis Mitchell	http://usawa.com/lifter-of-the-month-dennis-mitchell/
July	Dean Ross	http://usawa.com/lifter-of-the-month-dean-ross-2/
August	Scott Schmidt	http://usawa.com/lifter-of-the-month-scott-schmidt/
September	John Douglas	http://usawa.com/lifter-of-the-month-john-douglas/
October	Denny Habecker	http://usawa.com/lifter-of-the-month-denny-habecker-5/
November	Jeff Ciavattone	http://usawa.com/lifter-of-the-month-jeff-ciavattone/
December	Stephen Santangelo	http://usawa.com/lifter-of-the-month-stephen-santangelo/

LIFTER OF THE MONTH FOR 2017

MONTH	LIFTER	STORY
January	LaVerne Myers	http://usawa.com/lifter-of-the-month-laverne-myers-3/
February	Chad Ullom	http://usawa.com/lifter-of-the-month-chad-ullom-3/
March	Tony Patterson	http://usawa.com/lifter-of-the-month-tony-patterson/
April	Daryl Jackson	http://usawa.com/lifter-of-the-month-daryl-jackson/
May	Joe Ciavattone Jr.	http://usawa.com/lifter-of-the-month-joe-ciavattone-jr-2/
June	Susan Sees	http://usawa.com/lifter-of-the-month-susan-sees/
July	Eric Todd	http://usawa.com/lifter-of-the-month-eric-todd-3/
August	Collin Cortez	http://usawa.com/lifter-of-the-month-collin-cortez/
September	Greg Cook	http://usawa.com/lifter-of-the-month-greg-cook/
October	Al Myers	http://usawa.com/lifter-of-the-month-al-myers-2/
November	James Fuller	http://usawa.com/lifter-of-the-month-james-fuller-3/
December	Barry Pensyl	http://usawa.com/lifter-of-the-month-barry-pensyl/

LIFTER OF THE MONTH FOR 2016

MONTH	LIFTER	STORY
January	Emily Burchett	http://usawa.com/lifter-of-the-month-emily-burchett/
February	LaVerne Myers	http://usawa.com/lifter-of-the-month-laverne-myers-2/
March	Ruth Jackson	http://usawa.com/lifter-of-the-month-ruth-jackson-2/
April	Joe Garcia	http://usawa.com/lifter-of-the-month-joe-garcia-2/
May	James Fuller	http://usawa.com/lifter-of-the-month-james-fuller-2/
June	Joe Ciavattone Jr.	http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/
July	Dave Glasgow	http://usawa.com/lifter-of-the-month-dave-glasgow-2/

August	Aidan Habecker	http://usawa.com/lifter-of-the-month-aidan-habecker/
September	Abe Smith	http://usawa.com/lifter-of-the-month-abe-smith/
October	Art Montini	http://usawa.com/lifter-of-the-month-art-montini-4/
November	Kim Lydon	http://usawa.com/lifter-of-the-month-kim-lydon/
December	Dan Wagman	http://usawa.com/lifter-of-the-month-dan-wagman-3/

LIFTER OF THE MONTH FOR 2015

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	none	
May	none	
June	Randy Smith	http://usawa.com/lifter-of-the-month-randy-smith/
July	Barry Bryan	http://usawa.com/lifter-of-the-month-barry-bryan-3/
August	Dean Ross	http://usawa.com/lifter-of-the-month-dean-ross/
September	Denny Habecker	http://usawa.com/lifter-of-the-month-denny-habecker-4/
October	Art Montini	http://usawa.com/lifter-of-the-month-art-montini-3/
November	Al Myers	http://usawa.com/lifter-on-the-month-al-myers/
December	John McKean	http://usawa.com/lifter-of-the-month-john-mckean/

LIFTER OF THE MONTH FOR 2014

MONTH	LIFTER	STORY
January	Dave Glasgow	http://www.usawa.com/lifter-of-the-month-dave-glasgow/
February	LaVerne Myers	http://www.usawa.com/lifter-of-the-month-laverne-myers/
March	Joe Garcia	http://www.usawa.com/lifter-of-the-month-joe-garcia/
April	Ruth Jackson	
May	Eric Todd	
June	Chad Ullom	
July	Randy Smith	
August	Al Myers	
September	Frank Ciavattone	http://www.usawa.com/lifter-of-the-month-frank-ciavattone/
October	none	

November none
December none

LIFTERS OF THE MONTH FOR 2013

MONTH	LIFTER	STORY
January	Art Montini	http://www.usawa.com/lifter-of-the-month-art-montini/
February	Troy Goetsch	http://www.usawa.com/lifter-of-the-month-troy-goetsch/
March	James Fuller	http://www.usawa.com/lifter-of-the-month-james-fuller/
April	Dan Wagman	http://www.usawa.com/lifter-of-the-month-dan-wagman-2/
May	Dennis Mitchell	http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/
June	Molly Myers	http://www.usawa.com/lifter-of-the-month-molly-myers/
July	Chad Ullom	http://www.usawa.com/lifter-of-the-month-chad-ullom-2/
August	Denny Habecker	http://www.usawa.com/lifter-of-the-month-denny-habecker-2/
September	John Wilmot	http://www.usawa.com/lifter-of-the-month-john-wilmot/
October	Barry Bryan	http://www.usawa.com/lifter-of-the-month-barry-bryan-2/
November	Al Myers	http://www.usawa.com/lifter-of-the-month-al-myers/
December	Eric Todd	http://www.usawa.com/lifter-of-the-month-eric-todd-2/

LIFTERS OF THE MONTH FOR 2012

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	Chad Ullom	http://www.usawa.com/lifter-of-the-month-chad-ullom/
May	Eric Todd	http://www.usawa.com/lifter-of-the-month-eric-todd/
June	Al Myers	
July	Bryan Benzel	http://www.usawa.com/lifter-of-the-month-bryan-benzel/
August	Dale Friesz	http://www.usawa.com/lifter-of-the-month-dale-friesz/
September	Barry Bryan	http://www.usawa.com/lifter-of-the-month-barry-bryan/
October	Dan Wagman	http://www.usawa.com/lifter-of-the-month-dan-wagman/
November	Denny Habecker	http://www.usawa.com/lifter-of-the-month-denny-habecker/
December	Ruth Jackson	

PAST USAWA OFFICERS

The following are the past officers and elected positions of the USAWA.

CURRENT USAWA EXECUTIVE BOARD

Effective June 24th, 2017 (elected 6/24/2017)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Rocky Morrison, Massachusetts

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

Effective June 29th, 2013 (elected 6/29/2013)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

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

Effective June 26th, 2010 (elected 6/26/2010)

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

Effective January 1st, 2010 (elected 6/20/2009)

PRESIDENT: Denny Habacker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

Effective July 7th, 2007 (elected 7/7/2007)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Al Myers, Kansas

SECRETARY/TREASURER: Bill Clark, Missouri

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

Effective January 1st, 1989 (elected 1/22/1989)

PRESIDENT: John Vernacchio, Pennsylvania

VICE PRESIDENT: Art Montini, Pennsylvania

SECRETARY/TREASURER: Bill Clark, Missouri

Effective January 1st, 1987 (appointed 11/29/1986)

PRESIDENT: John Carr, Missouri

REGISTAR: Joe McCoy, Texas

PAST USAWA NATIONALS

This is a summary by year of Best Lifters at Past USAWA National Championships.

2018 Best Lifters	Men	Women
Overall	Al Myers	none
Senior	Joe Ciavattone Jr.	none
Master	Al Myers	none
Junior	none	none
2017 Best Lifters	Men	Women
Overall	Al Myers	Susan Sees

Senior	Cody Lokken	none		
Master	Al Myers	Susan Sees		
Junior	Jackson LaPointe	none		
2016 Best Lifters	Men	Women		
Overall	Joe Ciavattone, Jr.	Cassie Morrison		
Senior	Joe Ciavattone, Jr.	Cassie Morrison		
Master	James Fuller	Susan Sees		
Junior	James Morrison	None		
2015 Best Lifters	Men	Women		
Overall	Randy Smith	Susan Sees		
Senior	Frankie Ciavattone	None		
Master	Randy Smith	Susan Sees		
Junior	Matt Hancock	None		
2014 Best Lifters	Men	Women		
Overall	Chad Ullom	None		
Senior	Eric Todd	None		
Master	Chad Ullom	None		
Junior	Logan Kressly	None		
2013 Best Lifters		Men		Women
Overall		Al Myers		Molly Myers
Senior		Joe Ciavattone Jr.		None
Master		Al Myers		Susan Sees
Junior		None		Molly Myers
2012 Best Lifters		Men		Women
Overall		Al Myers		Susan Sees
Senior		None		None
Master		Al Myers		Susan Sees
Junior		None		None
2011 Best Lifters		Men		Women
Overall		Larry Traub		Amber Glasgow
Open		Eric Todd		Amber Glasgow
Master		Larry Traub		Susan Sees
Junior		Sammy Ibrahim		None
2010 Best Lifters		Men		Women
Overall		Al Myers		None
Open		Chad Ullom		None
Master		Al Myers		None
Junior		Kohl Hess		None
2009 Best Lifters		Men		Women
Overall		Al Myers		None
Open		Al Myers		None
Master		Al Myers		None

Junior		None	None
2008 Best Lifters		Men	Women
Overall		Al Myers	None
Open		Al Myers	None
Master		Al Myers	None
Junior		None	None
2007 Best Lifters	Men		Women
Overall	Ed Schock		Elizabeth Monk
Open	Al Myers		None
Master	Ed Schock		None
Junior	James Gilligan		Elizabeth Monk
2006 Best Lifters	Men	Women	
Overall	Al Myers	Amorkor Ollennuking	
Open	Al Myers	Amorkor Ollennuking	
Master	Joe Garcia	Amorkor Ollennuking	
Junior	Ian Reel	Stephanie Beemer	
2005 Best Lifters	Men		Women
Overall	Mike McBride		None
Open	Mike McBride		None
Master	Randy Smith		None
Junior	Ian Reel		None
2004 Best Lifters	Men	Women	
Overall	Ed Schock	Pam Maciolek	
Open	Ed Schock	Pam Maciolek	
Master	Ed Schock	Pam Maciolek	
Junior	Cale DeMille	None	
2003 Best Lifters	Men		Women
Overall	Bob Hirsh		Rita Hall
Open	Bill Spayd		Rita Hall
Master	Bob Hirsh		Rita Hall
Junior	Joshua Monk		None
2002 Best Lifters	Men	Women	
Overall	Bill DiCioccio, Sr.	Noi Phumchaona	
Open	John Monk	Noi Phumchaona	
Master	Bill DiCioccio, Sr.	Noi Phumchaona	
Junior	Joe Hunter	None	
2001 Best Lifters	Men	Women	
Overall	John Monk	Amorkor Ollennuking	
Open	John Monk	Amorkor Ollennuking	
Master	Joe Garcia	Noi Phumchaona	
Junior	Abe Smith	None	
2000 Best Lifters	Men	Women	

Overall	Ed Schock	Su. J. Mason
Open	Ed Schock	Su. J. Mason
Master	Ed Schock	Noi Phumchaona
Junior	Jim Loewer	None
1999 Best Lifters	Men	Women
Overall	Denny Habecker	Noi Phumchaona
Open	Denny Habecker	Noi Phumchaona
Master	Denny Habecker	Noi Phumchaona
Junior	Jeff Ciavattone	None
1998 Best Lifters	Men	Women
Overall	Joe Ciavattone	Noi Phumchaona
Open	Joe Ciavattone	Noi Phumchaona
Master	Frank Ciavattone	Noi Phumchaona
Junior	Jeff Ciavattone	Domenique Ciavattone
1997 Best Lifters	Men	Women
Overall	Jim Malloy	Noi Phumchaona
Open	Bob Hirsh	Noi Phumchaona
Master	Jim Malloy	Noi Phumchaona
Junior	Jonathan Anderson	Emily Gordon
1996 Best Lifters	Men	Women
Overall	Bob Hirsh	Cara Ciavattone
Open	Bob Hirsh	Cara Ciavattone
Master	Bob Hirsh	Noi Phumchaona
Junior	Jeff Ciavattone	Holly Ciavattone
1995 Best Lifters	Men	Women
Overall	Art Montini	Kerry Clark
Open	Art Montini	Kerry Clark
Master	Art Montini	Noi Phumchaona
Junior	Adam Geib	None
1994 Best Lifters	Men	Women
Overall	Bob Hirsh	Jacqueline Simonsen
Open	Bob Hirsh	Jacqueline Simonsen
Master	Jim Malloy	Noi Phumchaona
Junior	Robbie McKean	None
1993 Best Lifters	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Bill DiCioccio, Jr.	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None
1992 Best Lifters	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Roger Lynch	Jacqueline Caron

Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None
1991 Best Lifters	Men	Women
Overall	Art Montini	Jeanne Burchett
Open	Steve Schmidt	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
1990 Best Lifters	Men	Women
Overall	Barry Bryan	Jeanne Burchett
Open	Barry Bryan	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
1989 Best Lifters	Men	Women
Overall	Steve Schmidt	Cindy Garcia
Open	Steve Schmidt	Cindy Garcia
Master	Art Montini	Noi Phumchaona
Junior	Frank Shuba, Jr.	None
1988 Best Lifters	Men	Women
Overall	Steve Schmidt	None
Open	Steve Schmidt	None
Master	Art Montini	None
Junior	Casey Clark	None

This is a summary by year of the dates and locations of past USAWA National Championships.

2018 June 23rd, Cocoa Beach, Florida

2017 June 24th-25th, Cleveland, Ohio

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

This is a summary by year of meet promoters of Past USAWA National Championships.

2018 Al Myers
2017 Bob Geib & Scott Schmidt
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

This is a summary by year of the lifts contested at past USAWA National Championships.

Number of Lifts Performed at Past National Championships

2018 – 5 (Curl – Cheat, Snatch – One Arm, Pullover and Press, Deadlift – One Arm, Zercher Lift)

2017 – 7 (DAY 1 Vertical Bar Deadlift – 1Bar 2" One Hand, Clean and Push Press, Bentover Row, Deadlift – 2 Dumbbells DAY 2 Clean and Jerk – One Arm, Pullover and Push, Jefferson Lift)

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 (17 times)- 2018, 2015, 2014, 2011, 2010, 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
2. Deadlift – One Arm (16 times) – 2018, 2015, 2013, 2010, 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
3. Pullover and Push (13 times) – 2017, 2015, 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
4. Snatch – One Arm (12 times) – 2018, 2015, 2014, 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
5. Clean and Press – Heels Together (12 times) – 2016, 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
6. Curl – Cheat (10 times) – 2018, 2016, 2014, 2011, 2009, 2005, 2004, 2003, 1998, 1994
7. Hip Lift (10 times) – 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
8. Neck Lift (10 times) – 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
9. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
10. Clean and Jerk – One Arm (8 times) – 2017, 2012, 2010, 2008, 2005, 2004, 2002, 1994
11. Bench Press – Feet In Air (8 times) – 2006, 2005, 2004, 1998, 1995, 1990, 1989, 1988
12. Hand and Thigh Lift (8 times) – 2001, 1997, 1994, 1993, 1992, 1991, 1990, 1988
13. Pullover and Press (6 times) – 2018, 2016, 2012, 2009, 1998, 1996
14. Hack Lift – One Arm (6 times) – 2012, 2005, 2004, 2002, 2001, 1994
15. Clean and Push Press (5 times) – 2017, 2014, 1999, 1994, 1993
16. Jefferson Lift (5 times) – 2017, 2012, 1994, 1993, 1992

17. Deadlift – Ciavattone Grip (5 times) – 2015, 2013, 1999, 1997, 1996
18. Vertical Bar Deadlift – 1 bar, 2", 1 hand (4 times) – 2017, 2010, 2005, 2004
19. Deadlift – Trap Bar (4 times)- 2016, 2010, 2004, 2002
20. Continental Snatch (4 times) – 2016, 1998, 1992, 1991
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. Deadlift – 2 Dumbbells (1 time) – 2017
35. Bentover Row (1 time) – 2017
36. Jefferson Lift – Fulton Bar (1 time) – 2014
37. Crucifix (1 time) – 2014
38. Clean and Press – 12" Base (1 time) – 2013
39. Snatch – Dumbbell, One Arm (1 time) – 2011
40. Continental to Chest – Fulton Bar (1 time) – 2011
41. Snatch – From Hang (1 time)- 2010
42. Clean and Press (1 time) – 2010
43. Back Lift (1 time) – 2009
44. Clean and Jerk – Fulton Bar (1 time) – 2009
45. Harness Lift (1 time) – 2006
46. Deadlift – Fulton Bar (1 time) – 2005
47. French Press (1 time) – 2005
48. Clean and Seated Press (1 time) – 2005
49. Bench Press – Alternate Grip (1 time) – 2003

- 50. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
- 51. Clean and Seated Press – Behind Neck (1 time) – 2002
- 52. Clean and Jerk – Behind Neck (1 time) – 2000
- 53. Swing – One Arm (1 time) – 1999
- 54. Continental to Chest and Jerk (1 time) – 1995
- 55. Deadlift – Heels Together (1 time) – 1995

RESULTS OF PAST NATIONALS

2018 USAWA National Championships

Cocoa Beach, Florida

June 23rd, 2018

Meet Director: Al Myers & Cody Lokken

Meet Announcer: Steve Gardner

Meet Scorekeeper: Al Myers

Meet Photographer: Karen Gardner

Meet Caterer: Leslie Myers

Meet Officials (3-official system used): Denny Habecker (head), Al Myers (head), Joe Ciavattone Sr., Dennis Mitchell, Eric Todd, and LaVerne Myers

Meet Loaders: Cale Dunlap, Cody Lokken, Brandon Rein

Lifts: Curl-Cheat, Snatch-One Arm, Pullover and Press, Deadlift-One Arm, Zercher Lift

Men: Top Ten Placings

- 1. Al Myers, Kansas
- 2. Eric Todd, Missouri
- 3. Joe Ciavattone Jr., Massachusetts
- 4. Joe Ciavattone Sr., Massachusetts
- 5. Denny Habecker, Pennsylvania
- 6. Cody Lokken, Florida
- 7. LaVerne Myers, Kansas
- 8. Brandon Rein, Kansas

9. Dean Ross, Oklahoma

10. Cale Dunlap, Kansas

BEST LIFTER AWARDS

Senior 20-39 Age Group: Joe Ciavattone Jr.

Masters 40-44 Age Group: Eric Todd

Masters 45-49 Age Group: Joe Ciavattone Sr.

Masters 50-54 Age Group: Al Myers

Masters 70-74 Age Group: LaVerne Myers

Masters 75-79 Age Group: Denny Habecker

Masters 85-89 Age Group: Dennis Mitchell

Overall Best Lifter: Al Myers

Best Club Award: Dino Gym (Al Myers, LaVerne Myers, Cale Dunlap, Brandon Rein, Cody Lokken, Dean Ross)

Club Runner Up: Frank's Barbell Club (Joe Ciavattone Jr., Joe Ciavattone Sr.)

2017 USAWA National Championships

West Park YMCA

Cleveland, Ohio

June 24th & 25th, 2017

Meet Director: Bob Geib

Assistant Meet Director: Scott Schmidt

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials (3-official system used): Scott Schmidt, Randy Smith, Denny Habecker, Frank Ciavattone, LaVerne Myers, Dennis Mitchell

Loaders: Aidan Habecker, Franklin, and Ryan

Lifts: DAY 1 Vertical Bar Deadlift – 1Bar 2" One Hand, Clean and Push Press, Bentover Row, Deadlift – 2 Dumbbells DAY 2 Clean and Jerk – One Arm, Pullover and Push, Jefferson Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Randy Smith, Michigan
3. Chris Waterman, Ohio
4. Cody Lokken, Kansas
5. Denny Habecker, Pennsylvania
6. John McKean, Pennsylvania
7. Roger LaPointe, Ohio
8. Scott Schmidt, Ohio
9. LaVerne Myers, Kansas
10. Brandon Rein, Kansas

Women: Top Two Placings

1. Susan Sees, Ohio
2. Kathy Schmidt, Ohio

BEST LIFTER AWARDS

Womens Master – Susan Sees

Womens Overall – Susan Sees

Mens Senior – Cody Lokken

Mens Master 45-49 – Roger LaPointe

Mens Master 50-54 – Al Myers

Mens Master 60-64 – Randy Smith

Mens Master 70-74 – Denny Habecker

Mens Master 85- 89 – Art Montini

Mens Master Overall – Al Myers

Mens Overall – Al Myers

Club Runner Up – Schmidt Barbell Club (2287.6 pts)

(Scott Schmidt, Kathy Schmidt, Bob Geib, Susan Sees, Chris Waterman, Peeter Pirn)

Club Overall – Dino Gym (3122.5 pts)

(Al Myers, LaVerne Myers, Cody Lokken, Brandon Rein, Cale Dunlap)

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

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)

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)

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.)

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)

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

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

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

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

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

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 Ollenuking, 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

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

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

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

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

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

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

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 Zarembo

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

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

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 Prectel, 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

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

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

1994 USAWA National Championships

June 4-5, 1994

East Lake, Ohio

Meet Director: Howard Prechtel

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Lifts: Clean and Push Press, Jefferson Lift, One-Hand Hack Lift, Cheat Curl, One-Hand Snatch, Zercher Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill DiCioccio Jr, Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Sr, Pennsylvania
5. Goeff Gazda, Ohio

6. Art Montini, Pennsylvania
7. Chris Waterman, Ohio
8. Howard Prechtel, Ohio
9. Mike Locondro, Pennsylvania
10. John McKean, Pennsylvania

Women: Top Three Placings

1. Jacqueline Simonsen, Vermont
2. Noi Phumchaona, Ohio
3. Deanna Springs, Missouri

Best Lifter Awards:

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Jim Malloy

Men Junior – Robbie McKean

1993 USAWA National Championships

May 22-23, 1993

Middletown, Pennsylvania

Meet Directors: Paul Montini and Paul Healey

Lifts: Clean and Push Press, Jefferson Lift, Steinborn, Zercher Lift, Hand and Thigh, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Jr, Pennsylvania
5. Bob Hirsh, Ohio
6. Barry Pensyl, Pennsylvania

7. Chris Waterman, Ohio
8. John Kurtz, Ohio
9. John McKean, Pennsylvania
10. John Monk, Pennsylvania

Women: Top Three Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio
3. Kerry Clark, Missouri

Best Lifter Awards:

Women Open – Jacqueline Caron

Men Open – Bill DiCioccio Jr.

Women Master – Noi Phumchaona

Men Master – Art Montini

Men Junior – Rocco Montini

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – John Vernacchio

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Paul Eberhardinger

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

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

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, Pennsylvani
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

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.

1988 USAWA National Championships

July 9-10, 1988

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: Leg Press, Clean & Press – heels together, Front Squat, Hand & Thigh, Bench Press – feet in air, Deadlift – one hand, Zercher, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Phil Anderson, Texas
3. Joe Garcia, Missouri
4. John Vernacchio, Pennsylvania
5. John McKean, Pennsylvania
6. Dan Ciccarelli, Pennsylvania
7. Italo Bonacci, Pennsylvania
8. Gonzalo Gonzalez, New York

9. Art Montini, Pennsylvania

10. Bill Clark, Missouri

Best Lifter Awards:

Men Open – Steve Schmidt

Men Master – Art Montini

Men Junior – Casey Clark

Men 40-44 Age Group – John McKean

Men 45-49 Age Group – Bill DiCiccio, Sr.

Men 50-54 Age Group – John Vernacchio

Men 55-59 Age Group – Gonzalo Gonzalez

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Harrison Skeete

Team Champion – Valley Forge Club

PAST USAWA CHAMPIONSHIPS

HISTORY OF THE HEAVY LIFT CHAMPIONSHIPS

(Promotion is rotated every year)

DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL
5/5/2018	Eric Todd	Turney, MO	Eric Todd	None
5/13/2017	Mark Raymond	Walpole, MA	Joe Ciavattone Jr.	None
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 USAWA Grip Championships

(All Promoted by Al Myers at the Dino Gym in Abilene, Kansas)

YEAR	MENS OVERALL	WOMENS OVERALL
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2018	Al Myers	Tressa Brooner
2017	Chad Ullom	RJ Jackson
2016	LaVerne Myers	Emily Burchett
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

(All promoted by the USAWA President Denny Habecker)

YEAR	CUP WINNER	LIFT	PRESIDENT
2017	Collin Cortez	Hackenschmidt Floor Press	Denny Habecker
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

HISTORY OF THE USAWA CLUB CHAMPIONSHIPS

(Promoted by Dave Glasgow of the Ledaig HA Club)

DATE	HOST	FIRST	SECOND	THIRD
2018 July 15th	Ledaig HA	Dino Gym	Ledaig HA	None
2017 July 15th	Ledaig HA	Ledaig HA	Dino Gym	Habecker's Gym
2016 July 23rd	Ledaig HA	Dino Gym	Ledaig HA	None
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	none
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

HISTORY OF THE USAWA TEAM CHAMPIONSHIPS

(All hosted by Al Myers at the Dino Gym)

YEAR & DATE	2-MAN OVERALL	2-WOMEN OVERALL	MIXED PAIR OVERALL
	LaVerne Myers & Dean Ross		
2017 – August 26th	>60: LaVerne Myers & Dean Ross Al Myers & Chad Ullom	None	None
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		none	Jera & Doug Kressly

	>60: LaVerne Myers & Dean Ross Al Myers & Chad Ullom		
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

HISTORY OF THE OLDTIME STRONGMAN CHAMPIONSHIPS

(Promoted by Eric Todd, KCSTRONGMAN Club)

DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL	#
9/9/2017	Eric Todd	Turney, MO	Greg Cook	Heather Tully	12
9/10/2016	Eric Todd	Turney, MO	Abe Smith	Heather Gardner	10
9/26/2015	Eric Todd	Turney, MO	Denny Habecker	none	4
11/1/2014	Eric Todd	Turney, MO	Eric Todd	Jenna Lucht	7
12/7/2013	Thom Van Vleck	Kirksville, MO	Eric Todd	none	7
10/14/2012	Thom Van Vleck	Kirksville, MO	Chad Ullom	Whitney Piper	7
10/16/2011	Thom Van Vleck	Kirksville, MO	Al Myers	none	10

PAST POSTAL SERIES

2018 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Eric Todd	Amorkor Ollennuking

2nd Quarter Postal	Eric Todd	RJ Jackson
3rd Quarter Postal	John Douglas	RJ Jackson
Postal Championships	Jeff Ciavattone	RJ Jackson

GRAND SLAM WINNERS: RJ Jackson, Chad Ullom, John Douglas, Stephen Santangelo, Chris Todd, Eric Todd, Aidan Habecker, Denny Habecker, and Lance Foster

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	14
2	Kim Lydon	1	6
3T	Crystal Diggs	3	4
3T	Amorkor Ollenuking	2	4
3T	Sylvia Stockall	1	4

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	4	66
2T	Al Myers	3	61
2T	John Douglas	4	61
4	Barry Bryan	3	50
5	Stephen Santangelo	4	48
6	Jeff Ciavattone	1	44
7	Denny Habecker	4	43
8	Dravin Barcia	1	38
9	John Strangeway	2	37
10	Chris Lester	1	36

2017 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Daryl Jackson	RJ Jackson
2nd Quarter Postal	Eric Todd	RJ Jackson

3rd Quarter Postal Eric Todd RJ Jackson
Postal Championships Tony Patterson Kim Lydon

GRAND SLAM WINNERS: RJ Jackson, Eric Todd, Mark Raymond, Aidan Habecker, Denny Habecker, and Lance Foster

Final Postal Series Rankings

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	9
2	Kim Lydon	1	6
3	Crystal Diggs	3	4

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Eric Todd	4	46
2	Al Myers	3	42
3	John Douglas	3	41
4	Tony Patterson	1	30
5	Chad Ullom	2	27
6 Tie	Mark Raymond	4	26
6 Tie	Barry Bryan	2	26
6 Tie	LaVerne Myers	2	26
9	Denny Habecker	4	25
10	Aidan Habecker	4	23

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

GRAND SLAM WINNERS: RJ Jackson, Dan Wagman, Al Myers, LaVerne Myers, Denny Habecker, and Dean Ross

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

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

GRAND SLAM WINNERS: RJ Jackson, Mary McConnaughey, Crystal Diggs, Denny Habecker, Dean Ross, and Christian Schimpf

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

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

GRAND SLAM WINNERS: RJ Jackson, Eric Todd, Denny Habecker, Barry Bryan, and Lance Foster

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

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

GRAND SLAM WINNERS: RJ Jackson, Dan Wagman, Sam Rogers, Orie Barnett, Denny Habecker, and John Wilmot

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

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

GRAND SLAM WINNERS: Chad Ullom, Orie Barnett, Sam Rogers, Denny Habecker, Gabby Jobe, John Wilmot

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

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

GRAND SLAM WINNERS: Orie Barnett, Denny Habecker, and John Wilmot

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

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

GRAND SLAM WINNERS: Denny Habecker and John Wilmot

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

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

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

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

PAST IAWA OFFICERS

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

John Mahon, Australia

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

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

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

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

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

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

Self Appointed July 1st, 1987

IAWA PRESIDENT

Bill Clark, United States

IAWA GENERAL SECRETARY/TREASURER

Frank Allen, England

IAWA VICE PRESIDENT

Jon Carr, United States

IAWA REGISTRAR

Joe McCoy, United States

IAWA BOARD OF DIRECTORS

Bill Clark, United States

Jon Carr, United States

Frank Allen, England

Joe McCoy, United States

Tony Cook, England

Clive Nevis, England

Frank Lamp, Australia

Teddy Kaplan, Israel

RESULTS OF PAST WORLDS

2018 IAWA World Championships

October 6th & 7th, 2018

Eastbourne Sports Park

Eastbourne, England

Meet Promoter: Paul Barette

Meet Announcers: Al Myers & Steve Gardner

Meet Scorekeepers: Judy Habecker and Chris Bass

Meet Drug Testing Officer: Frank Allen

Meet Officials (3-official system used): Gary Ell, LaVerne Myers, Graham Saxton, Denny Habecker, Neil Keddy, Steve Gardner, Karen Gardner, Paul Barette, Frank Allen, Steve Andrews, Natalie Voce

Lifts Day 1: Front Squat, Clean and Press Behind Neck, One Hand Snatch, One Hand 2"

Dumbbell Deadlift

Lifts Day 2: Power Row, Continental Clean and Jerk, Deadlift

Men Top Ten Placings

1. Pete Tryner, England
2. Rory Hoad, England
3. Steve Andrews, England
4. Gary Ell, England
5. Al Myers, United States
6. Paul Barette, England
7. Dylan Thomas, England
8. Gary Smith, England
9. Matt Jones, England
10. Neil Keddy, Wales

Women Top Three Placings

1. Sylvia Stockall, Canada
2. Beata Banas, England
3. Charlotte Hughes, England

BEST LIFTER AWARDS

Best Junior: Brandon Hyland

Best Female Open: Beata Banas

Best Female Master: Sylvia Stockall

Best Master 40+: Paul Barette

Best Master 45+: Pete Tryner

Best Master 50+: Al Myers

Best Master 55+: Steve Andrews

Best Master 60+: Ed Shorttle

Best Master 65+: Steve Shah

Best Master 70+: LaVerne Myers

Best Master 75+: Denny Habecker

Best Master 80+: David Bleay

Overall Mens: Pete Tryner

Overall Womens: Sylvia Stockall

2017 IAWA World Championships

September 30th-October 1st, 2017

Belmont Sports Club

Perth, Australia

Meet Promoter: John Mahon

Meet Announcers: Al Myers and John Mahon

Meet Scorekeepers: Sharni Clifford and Mel Parkes-Urls

Meet Photographers: Robin Lukosius & Russ Cook

Meet Caterers: Sharni Clifford & Anne Whitehead

Meet Officials (3-official system used): Peter Phillips, John Patterson, Justine Martin, Julia Phillips, Robin Lukosius, Sam Trew, Denny Habecker, Miriam Phillips, Tom Davies

Loaders: Alex Biasin, Sam Trew, Robin Lukosius, Miriam Phillips, Craig Biggs and others

Lifts DAY 1: Cheat Curl, One Hand Dumbbell Snatch, One Hand Vertical Bar with 2" Bar,
Bench Press Feet in Air

Lifts DAY 2: Clean and Press 2" Bar, One Hand Hack Lift, Straddle Deadlift 2" Bar

Men Top Ten Placings

1. Bill Kappel, Australia
2. Al Myers, United States
3. Peter Phillips, Australia
4. Javan Waller, Australia
5. Alex Biasin, Australia
6. Denny Habecker, United States
7. Steven Charles, Australia
8. Tom Davies, Australia
9. John Mahon, Australia
10. Sam Trew, Australia

Women Top Three Placings

1. Monica Cook, Australia
2. Miriam Phillips, Australia
3. Catherine Dorrestyn, Australia

BEST LIFTER AWARDS

Bill Kappel Overall Best Mens Lifter and Best Master Lifter

Monica Cook Overall Best Womens Lifter and Best Master Lifter

Steven Charles Best Overall Mens Senior Lifter

Miriam Phillips Best Overall Womens Senior Lifter

2016 IAWA World Championships

October 8th & 9th, 2016

Lebanon, PA, USA

Meet Promoter: Denny Habecker

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Rocky Morrison

Drug Testing Officials: Al Myers & Rocky Morrison

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

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

Lifts: DAY 1: Continental Clean, Pullover and Push, 2 Hands 2" Vertical Bar Lift DAY 2:

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

Men Top Ten Placings

1. Pete Tryner, England
2. Timo Luttamus, Finland
3. Al Myers, United States
4. Denny Habecker, United States
5. Peter Phillips, Australia
6. Graham Saxton, England

7. LaVerne Myers, United States
8. Dean Ross, United States
9. Scott Schmidt, United States
10. Art Montini, United States

Women Top Two Placings

1. Kim Lydon, United States
2. Karen Gardner, England

BEST LIFTER AWARDS

Junior Mens: Aidan Habecker

Female Senior: Kim Lydon

Female Master: Karen Gardner

Mens Masters 40-44: Peter Tryner

Mens Masters 50-54: Al Myers

Mens Masters 55-59: Steve Gardner

Mens Master 60-64: Peter Phillips

Mens Masters 65-69: George Dick

Mens Masters 70-74: Denny Habecker

Mens Masters 80-84: Dennis Mitchell

Mens Masters 85-89: Art Montini

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 Luttamus, 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

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

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

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

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

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

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+

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

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

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

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

2004 IAWA World Championships

October 2nd & 3rd, 2004

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Push Press, Continental Snatch, Clean and Jerk behind neck, Front Squat, Pullover and Push, Straddle Deadlift

Men: Top Ten Placings

1. Rick Meldon, England
2. Ed Schock, United States
3. Roger Davis, England
4. Steve Andrews, England
5. Bill Spayd, United States
6. John Monk, United States
7. Clive Nevis, England
8. David Abbiell, England
9. Gerry Davidson, England
10. Andy Goddard, England

Women: Top Three Placings

1. Agnes McInally, England
2. Mandy Hughes, England
3. Julia Phillips, Australia

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

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

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 McNally, Scotland
2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women – Agnes McNally

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

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

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

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 McInally, 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

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

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

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

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

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

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

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

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

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
-

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

PAST IAWA GOLD CUPS

PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP

2018 IAWA Gold Cup

October 13th, 2018

Eastbourne, England

Meet Director: Paul Barette

Prechtel Award: Paul Barette, England

Commitment Award: Paul Barette, Ed Shorttle, Beata Banas, Jenny Wilson, Steve Andrews,

Denny Habecker, Al Myers, LaVerne Myers, Gary Ell, Karen Gardner, Paul Hallam, Steve Moss, Graham Saxton

2017 IAWA Gold Cup

November 4th, 2017

Glasgow, Scotland

Meet Directors: Andy Tomlin & Matt Finkle

Prechtel Award: Steve Andrews, England

2016 IAWA Gold Cup

October 22nd, 2016

Abilene, Kansas, USA

Meet Directors: Al Myers & LaVerne Myers

Prechtel Award: Timo Lauttamus, Finland

2015 IAWA Gold Cup

November 27th, 2015

Perth, Western Australia

Meet Director: John Mahon

Prechtel Award: Al Myers, United States

2014 IAWA Gold Cup

October 25th, 2014

Burton on Trent, England

Meet Director: Steve Gardner

Prechtel Award: James Gardner, England

2013 IAWA Gold Cup

November 2nd, 2013

Lebanon, PA, USA

Meet Director: Denny Habecker

Prechtel Award: Al Myers, United States

2012 IAWA Gold Cup

November 3rd, 2012

Glasgow, Scotland

Meet Directors: Andy Tomlin & Matt Finkle

Prechtel Award: James Gardner, England

2011 IAWA Gold Cup

October 1st, 2011

Burton on Trent, England

Meet Director: Steve Gardner

2010 IAWA Gold Cup

November 6th, 2010

Walpole, Massachusetts, USA

Meet Director: Frank Ciavattone

2009 IAWA Gold Cup

November 7th, 2009

Glasgow, Scotland

Meet Director: David McFadzean

2008 IAWA Gold Cup
November 8th, 2008
Lebanon, Pennsylvania, USA
Meet Director: Denny Habecker

2007 IAWA Gold Cup
November 10th, 2007
Leicester, England
Meet Director: Frank Allen

2006 IAWA Gold Cup
November 4th, 2006
Lebanon, Pennsylvania, USA
Meet Director: Denny Habecker

2005 IAWA Gold Cup
October 29th, 2005
Maui, Hawaii
Meet Director: Bob Geib

2004 IAWA Gold Cup
October 23rd, 2004
Glasgow, Scotland
Meet Director: William Wright

2003 IAWA Gold Cup
November 2nd, 2003
Lansdale, Pennsylvania, USA
Meet Director: John Vernacchio

2002 IAWA Gold Cup
November 2nd, 2002
Leicester, England
Meet Director: Frank Allen

2001 IAWA Gold Cup
November 3rd, 2001
Cleveland, Ohio, USA
Meet Director: Howard Prechtel

2000 IAWA Gold Cup
October 14th, 2000
Burton upon Trent, England
Meet Director: Steve Gardner

1999 IAWA Gold Cup
November 20th, 1999
Glasgow, Scotland
Meet Directors: Jim Ridler and Steve Gardner

1998 IAWA Gold Cup
November 7th, 1998
Cleveland, Ohio, USA
Meet Director: Howard Prechtel

1997 IAWA Gold Cup
November 15th, 1997
Burton upon Trent, England
Meet Director: Steve Gardner

1996 IAWA Gold Cup
November 16th, 1996
Valley Forge, Pennsylvania, USA
Meet Director: John Vernacchio

1995 IAWA Gold Cup
November 11th, 1995
Leicester, England
Meet Director: Frank Allen

1994 IAWA Gold Cup
November 12th, 1994
East Lake, Ohio, USA
Meet Director: Howard Prechtel

1993 IAWA Gold Cup
November 6th, 1993
Burton upon Trent, England
Meet Director: Steve Gardner

1992 IAWA Gold Cup
November 28th, 1992
Collegeville, Pennsylvania, USA
Meet Director: John Vernacchio

1991 IAWA Gold Cup
November 23rd, 1991
Lakewood, Ohio, USA
Meet Director: Howard Prechtel

USAWA MERCHANDISE

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,

Al Myers, USAWA Secretary

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.

ONLINE STORE ORDER FORM (PDF):

[Online Store Order Form \(EDIT PDF\)](#)

USAWA SPEC EQUIPMENT

To: Fellow All Round Weightlifters

The online store of the USAWA now offers USAWA Specification Equipment to those interested in All-Round Weightlifting and the USAWA. The equipment listed conforms to the rules and standards put forth in the USAWA Rulebook for use in performing official lifts of the USAWA. All proceeds from sales go into the bank account of the USAWA. No individual/individuals profits from this. By ordering any of these 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. Please make checks payable to the USAWA.

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,

Al Myers, USAWA Secretary

ONLINE STORE USAWA SPEC EQUIPMENT

2" Vertical Bar – \$50 (ADD \$25 FOR SHIPPING)



The 2" Vertical Bar is a Solid Steel Shaft 18" long with a welded base plate.

Official USAWA lifts that require the 2" Vertical Bar: Thor's Hammer, Vertical Bar Deadlift – 2 Bars, 2", Vertical Bar Deadlift – 1 Bar, 2"

3" Bar – \$200 (ADD \$75 FOR SHIPPING)



The 3" Bar has an outside diameter of 3", weighs 50 pounds, has no knurling, and is 6.5 feet in length.

Official USAWA lifts that require the 3" Bar: 3" Bar Deadlift

Dumbbell Walk Handle – \$75 (ADD \$25 FOR SHIPPING)



The Dumbbell Walk Handle has a 3.5" gripping handle diameter, and is 18" in length. It weighs 8 pounds and has 1.9" diameter loading sleeves.

Official USAWA lift that require the Dumbbell Walk Handle: Dumbbell Walk

Fulton Dumbbell – \$75 (ADD \$25 FOR SHIPPING)



The Fulton Dumbbell has a 2" diameter handle, is solid steel, and weighs 10 KG.

Official USAWA Lifts that require a Fulton Dumbbell: Deadlift – Fulton Dumbbell One Arm, Deadlift – 2 Fulton Dumbbells. It can also be used for the OTSM lift, the Dumbbell to Shoulder

Dinnie Lift Loading Pin – \$100 (ADD \$25 FOR SHIPPING)



The Dinnie Lift Loading Pin is a solid shaft loading pin with a welded base. It comes complete with a 6" diameter Steel Ring (5/8" rod) and connector. It is 20.5" high and weighs 15 pounds.

Official USAWA Lifts that require the Dinnie Lift Loading Pin: Dinnie Lift. It can also be used for the Finger Lifts.

Trap Bar – \$175 (NO SHIPPING – PICKUP ONLY)



This Trap Bar is a regulation trap bar with elevated handles in addition to the regular handles. It weighs 45 pounds.

Official USAWA Lift that requires a Trap Bar: Trap Bar Deadlift

Row Handle – \$80 (ADD \$30 FOR SHIPPING)



This Row Handle is perfect for training the upper back by performing one arm rows. It has a solid 1-15/16" steel shaft, so it can be used as a 2" dumbbell as well if the handle is turned down. It will hold 4 x 25 pound plates per side. It weighs 25 pounds, and is 24 inches long.

Official USAWA Lifts for this: NONE

2018 IAWA World Postal Championships *"The Andy Goddard Memorial"* August 31st, 2018

Lifts: Front Squat, Clean and Press Behind Neck, 1H Barbell Snatch, 1H 2"
Dumbbell Deadlift

MEET REPORT, BY PROMOTER AL MYERS

The 2018 IAWA World Postal Championships was a huge success, with 42 lifters entered from the United States, England, Scotland, Wales and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've

included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings for men and women, and club rankings. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men’s Steve Sherwood and Women’s Kat Becker. Overall winners in the 3 - Person Team Championships are WOMEN – Western Australia (Kat Becker, Miriam Phillips, and Racheal Hin) and MEN – Granby Grippers (Mark Shaw, Steve Andrews, and Steve Sherwood). The OVER CLUB CHAMPION is the Dino Gym (RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, LaVerne Myers, Dean Ross and Brandon Rein). Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

MASTER SCORESHEET

LIFTER	CLUB	ORG	M/ F	REF S	AG E	BW T	Squ at	C& P Nec k	1H Snatc h	2”D L	TOT AL	POIN TS
RJ Jackson	Dino Gym	USAWA	F	1	56	48.0	52.1	31.7	24.9 R	34.9 R	143.8	233.9
Crystal Diggs	Dino Gym	USAWA	F	1	31	74.0	20.4	15.0	12.9 R	23.6 R	71.9	72.5
Max Ell	Twyford Celt Ladies	IAWAUK	F	1	21	45.0	40.0	20.0	17.5	32.5	110.0	162.2
Maddy Ell	Twyford Celt Ladies	IAWAUK	F	1	23	47.0	55.0	25.0	16.8	30.0	126.8	179.6
Lance Foster	KC Strongman	USAWA	M	1	52	148.0	0.0	38.6	25 R	42.3 R	105.9	83.5
Eric Todd	KC Strongman	USAWA	M	1	43	118.0	0.0	0.0	54.5 R	0.0	54.5	44.1
Chris Todd	KC Strongman	USAWA	M	1	39	126.0	125.0	73.2	40.9 R	51.4 R	290.5	218.8
John Strangeway	KC Strongman	USAWA	M	1	40	89.0	188.6	73.2	54.5 R	94.1 L	410.4	374.4
Natalie Voce	Metamorphit	IAWAUK	F	1	36	81.5	52.5	32.5	20.0 R	28.5 R	133.5	126.9

Jamie Livens	Metamor fit	IAWAU K	M	3	25	71.0	110.0	55.0	41.2 R	58.5 R	264.8	274.2
Paul Barette	Metamor fit	IAWAU K	M	2	42	73.7	95.0	47.5	37.5 R	48.5 R	228.5	237.9
Ed Shorttle	Metamor fit	IAWAU K	M	3	62	70.0	65.0	40.0	25.0 L	38.5 L	168.5	216.6
Beata Banas	Metamor fit	IAWAU K	F	1	34	68.1	55.0	30.0	20.0 R	36.0 R	141.0	150.1
Jenny Wilson	Metamor fit	IAWAU K	F	1	52	58.6	42.5	22.5	15.0 R	31.0 R	111.0	148.4
Phil Crisp	Iron Masters	IAWAU K	M	1	48	100.0	190.5	68.0	48.0 R	70.0 R	376.5	349.6
Martin Doolan	Iron Masters	IAWAU K	M	1	77	75.0	60.5	40.5	24.0 R	50.0 R	175.0	262.5
Steve Shah	Iron Masters	IAWAU K	M	1	68	78.0	70.5	48.0	25.5 R	50.0 R	194.0	250.0
Rouhul Uddin	Iron Masters	IAWAU K	M	1	37	70.0	50.5	48.0	25.5 R	50.0 R	174.0	181.8
Kat Becker	Western Australia	ARWL WA	F	1	34	85.0	140.0	50.0	30.0 R	35.0	255.0	236.5
Miriam Phillips	Western Australia	ARWL WA	F	1	36	124.5	80.0	45.0	30.0 R	45.0	200.0	151.5
Racheal Hin	Western Australia	ARWL WA	F	1	49	59.0	50.0	17.5	12.5 R	30.0	110.0	142.4
Steven Charles	Western Australia	ARWL WA	M	1	37	89.0	95.0	50.0	30.0 L	60.0	235.0	212.3
Mark Shaw	Granby Grippers	IAWAU K	M	2	57	83.1	60.5	32.5	28.0 L	56.0 L	177.0	196.2
Steve Andrews	Granby Grippers	IAWAU K	M	1	59	65.2	85.0	55.5	40.5 R	51.0 L	232.0	305.2
Steve Sherwood	Granby Grippers	IAWAU K	M	1	66	76.8	120.0	55.0	42.5 R	85.0 L	302.5	381.6
Denny Habecker	Habecker's Gym	USAWA	M	1	75	87.1	0.0	50.0	25.0 R	55.0 R	130.0	173.6
Aidan Habecker	Habecker's Gym	USAWA	M	1	15	81.7	55.0	27.5	27.5 R	47.5 R	157.5	171.9
John Douglas	Dino Gym	USAWA	M	1	54	140.6	155.0	75.0	55.0 R	65.0 L	350.0	287.8
Al Myers	Dino Gym	USAWA	M	1	52	106.6	90.0	40.0	50.0 R	77.5 R	257.5	238.4
LaVerne Myers	Dino Gym	USAWA	M	1	74	107.9	77.5	30.0	25.5 R	77.5 R	210.5	246.7
Chad Ullom	Dino Gym	USAWA	M	1	46	109.8	185.0	20.0	60.0 L	82.5 R	347.5	300.1
Dean Ross	Dino Gym	USAWA	M	1	75	111.6	77.5	45.0	25.0 L	32.5 L	180.0	210.2

Brandon Rein	Dino Gym	USAWA	M	1	23	67.6	60.0	40.0	30.0	42.5	172.5	184.7
Matthew Finkle	Chateau Lait All Comers	IAWAU K	M	1	52	64.0	80.0	42.5	32.5	45.0	200.0	250.9
Andrew Tomlin	Chateau Lait All Comers	IAWAU K	M	1	50	89.4	102.5	50.0	45.0	80.0	277.5	277.5
Gary Ell	Chateau Lait All Comers	IAWAU K	M	1	47	96.0	132.5	63.0	42.5	68.5	306.5	286.6
Neil Keddy	Wales	IAWAU K	M	1	40	90.5	100.0	55.0	30.0	57.5	242.5	219.1
Karen Gardner	James's Shed Gym	IAWAU K	F	3	59	75.0	30.0	22.5	17.5	45.0	115.0	138.0
Paul Hallam	James's Shed Gym	IAWAU K	M	3	39	89.5	95.0	40.0	40.0	60.0	235.0	211.6
Steve Moss	James's Shed Gym	IAWAU K	M	3	36	97.0	100.0	65.0	40.0	70.0	275.0	236.8
James Gardner	James's Shed Gym	IAWAU K	M	3	34	99.9	125.0	65.0	55.0	95.0	340.0	288.2
Graham Saxton	James's Shed Gym	IAWAU K	M	3	56	114.0	90.0	40.0	30.0	55.0	215.0	199.1

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
RJ Jackson	Womens 55-59/50KG Class Champion, Best Lifter 55-59, Best Master Lifter
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion,
Natalie Voce	Womens 20-39/85KG Class RunnerUp
Beata Banas	Womens 20-39/70KG Class Champion
Jenny Wilson	Womens 50-54/60KG Class Champion, Best Lifter 50-54
Kat Becker	Womens 20-39/85KG Class Champion, Best Lifter 20-39, Best Senior Lifter, Best Lifter Overall

Miriam Phillips	Womens 20-39/125KG Class Champion
Racheal Hin	Womens 45-49/60KG Class Champion, Best lifter 45-49
Karen Gardner	Womens 55-59/75KG Class Champion
Lance Foster	Mens 50-54/125+KG Class RunnerUp
Eric Todd	Mens 40-44/120KG Class Champion
Chris Todd	Mens 20-39/125+KG Class Champion
John Strangeway	Mens 40-44/90KG Class Champion, Best Lifter 40-44
Jamie Livens	Mens 20-39/75KG Class Champion
Paul Barette	Mens 40-44/75KG Class Champion
Ed Shorttle	Mens 60-65/70KG Class Champion, Best Lifter 60-64
Phil Crisp	Mens 45-49/100KG Class Champion, Best Lifter 45-49
Martin Doolan	Mens 75-79/75KG Class Champion, Best Lifter 75-79
Steve Shah	Mens 65-69/80KG Class RunnerUp
Rouhul Uddin	Mens 20-39/70KG Class RunnerUp
Steven Charles	Mens 20-39/90KG Class Champion
Mark Shaw	Mens 55-59/85KG Class Champion
Steve Andrews	Mens 55-59/70KG Class Champion, Best Lifter 55-59
Steve Sherwood	Mens 65-69/80KG Class Champion, Best Lifter 65-69, Best Master Lifter, Best Lifter Overall
Denny Habecker	Mens 75-79/90KG Class Champion
Aidan Habecker	Mens 14-15/85KG Class Champion, Best Lifter Junior
John Douglas	Mens 50-54/125+KG Class Champion, Best Lifter 50-54
Al Myers	Mens 50-54/110KG Class Champion
LaVerne Myers	Mens 70-74/110KG Class Champion, Best Lifter 70-74
Chad Ullom	Mens 45-49/110KG Class Champion
Dean Ross	Mens 75-79/115KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion
Matthew Finkle	Mens 50-54/65KG Class Champion
Andrew Tomlin	Mens 50-54/90KG Class Champion
Gary Ell	Mens 45-49/100KG Class RunnerUp
Neil Keddy	Mens 40-44/95KG Class Champion
Paul Hallam	Mens 20-39/90KG Class RunnerUp
Steve Moss	Mens 20-39/100KG Class RunnerUp
James Gardner	Mens 20-39/100KG Class Champion, Best Lifter 20-39, Best Senior Lifter
Graham Saxton	Mens 55-59/115KG Class Champion

TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Steve Sherwood, England	381.6	1	Kat Becker, Australia	236.5
2	John Strangeway, USA	374.4	2	RJ Jackson, USA	233.9
3	Phil Crisp, England	349.6	3	Maddy Ell, England	179.6

4	Steve Andrews, England	305.2	4	Max Ell, England	162.2
5	Chad Ullom, USA	300.1	5	Miriam Phillips, Australia	151.5
6	James Gardner, England	288.2	6	Beata Banas, England	150.1
7	John Douglas, USA	287.8	7	Jenny Wilson, England	148.4
8	Gary Ell, England	286.6	8	Racheal Hin, Australia	142.4
9	Andy Tomlin, Scotland	277.5	9	Karen Gardner, England	138.0
10	Jamie Levins, England	274.2	10	Natalie Voce, England	126.9
11	Martin Doolan, England	262.5			
12	Matthew Finkle, Scotland	250.9			
13	Steve Shah, England	250.0			
14	LaVerne Myers, USA	246.7			
15	Al Myers, USA	238.4			
16	Paul Barrette, England	237.9			
17	Steve Moss, England	236.8			
18	Neil Keddy, Wales	219.1			
19	Chris Todd, USA	218.8			
20	Ed Shorttle, England	216.6			

TOP 5 WOMEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Western Australia	530.4	Kat Becker, Miriam Phillips, Racheal Hin
2	Metamorfit	425.4	Natalie Voce, Beata Banas, Jenny Wilson
3	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell
4	Dino Gym	306.4	RJ Jackson, Crystal Diggs
5	James Shed Gym	138.0	Karen Gardner

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

	TEAM	POINTS	LIFTERS
1	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
2	Iron Masters	862.1	Phil Crisp, Martin Doolan, Steve Shah
3	Dino Gym Varsity	834.6	John Douglas, Chad Ullom, LaVerne Myers
4	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
5	James Shed Gym	736.6	Paul Hallam, James Gardner, Steve Moss
6	Metamorfit	728.7	Jamie Livens, Paul Barette, Ed Shorttle
7	KC Strongman	676.7	John Strangeway, Lance Foster, Chris Todd
8	Dino Gym JV	633.3	Al Myers, Dean Ross, Brandon Rein
9	Habecker's Gym	345.5	Denny Habecker, Aidan Habecker
10	Wales	219.1	Neil Keddy

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Dino Gym	1774.3	RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, Dean Ross, Brandon Rein
2	Metamorfit	1154.1	Natalie Voce, Jamie Livens, Paul Barette, Ed Shorttle, Beata Banas, Jenny Wilson
3	James Shed Gym	1073.7	Karen Gardner, Paul Hallam, Steve Moss, James Gardner, Graham Saxton
4	Iron Masters	1043.9	Phil Crisp, Martin Doolan, Steve Shah, Rouhul Uddin
5	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
6	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
7	Western Australia	742.7	Kat Becker, Miriam Phillips, Racheal Hin, Steven Charles
8	KC Strongman	720.8	John Strangeway, Lance Foster, Chris Todd, Eric Todd
9	Habeckers Gym	345.5	Denny Habecker, Aidan Habecker
10	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell

2018 IAWA GOLD CUP – World Record Breakers Event

Metamorfit Gym, Eastbourne, England – Promoter: Paul Barette

Name	Bwt	Class	Age	Div	Gold Cup Lift	2 nd Lift for Record
Steve Gardner	139.6	125+	61	M60+	R/H Index Finger Lift 70k	Index Fingers Straddle 70k
		Gary Ell		95.1	100 47 M45+	R/H Bench Press 45k
---					Beata Banas 66.7 70 35	Open Cont. C 77.9 80
& Jerk 57.5k		Steinborn 65k			Frank Allen	
76	M75+	Bent Arm Pullover 30k			Lateral Raise Lying 22.5k	Steve
Andrews	65.7	70	59	M55+	Shoulder Drop 52.5k	Trap Bar Deadlift 155k
Nick Swain	81.4	85	53	M50+	Middle Fingers D/L 75k	2" Bar DBell Deadlift (R) 61.5k
		Ed Shorttle 69.1	70	62	M60+ Zercher 105k	2" Bar Hacklift 105k
		Denny Habecker	87.6	90	76 M75+	Pullover and Push 85k
		Pullover and Press 77.5k			Sylvia Stockall 57.6 60 60	M60+ Trap Bar Deadlift 110k
		Bench Press Alternate Grip 57.5k			Jenny Watson 57.5 60 52	
	M50+	Deadlift 87.5k			Continental Clean 32.5k	Graham Saxton
	113.0	115 56	M55+	Hacklift 170k		R/H Dumbbell Press 20k
Al Myers	103.2	105	52	M50+	Rim Lift 130k	Reverse Rim Lift 52.5k
Laverne Myers	105.1	110	74	M70+	Rim Lift 135k	Reverse Rim Lift 62.5k
Steve Sherwood	78.7	80	67	M65+	2" Bar Straddle 175k	2" Bar Hacklift 160k
Paul Hallam	89.0	90	39	Open	Domaal Squat 35k	L/H Bent Press
		Dumbbell 27.5k Karen Gardner	74.9	80 59	M55+ L/H 2" Vertical Bar 50k	Bench Press F.I.A. 32.5k
		Selina Dorn	72.1	75 42	M40+	2" Bar Straddle 115k
		Reflex Clean & Jerk 45k			Nicola Thornhill 69.8 70 49	M45+
		Reflex Clean & Jerk 42.5k			2" Bar Deadlift 110k	Rory Hoad 83.4
	85 30	Open	2" Bar Clean & Press 85k		2" Bar Snatch 75k	

Paul Barette	70.6	75	42	M40+	R/H Strict Bent Press 32.5k	L/H Bench Press 32.5k
Steve Moss	102.3	105	36	Open	Middle Fings Clean & Jerk 50k	Turkish Get Up 50k

Announcer: Steve Gardner **Assistant Recorder:** Judy Habecker **Records:** Chris Bass

Referees: Karen Gardner Denny Habecker Graham Saxton Al Myers Laverne Myers Steve Sherwood
Paul Barette Rory Hoad Nick Swain Frank Allen Steve Andrews

Loaders: The Lifters all loaded for each other when not lifting (and they did an excellent job!)

The Howard Prechtel Award: (Rankings decided on the total lifted for the Gold Cup Lift x The Blindt Formula)

1 st	Paul Barette
2 nd	Laverne Myers
3 rd	Steve Andrews
4 th	Steve Sherwood
5 th	Paul Hallam

21 Lifters made it to this Year's Gold Cup, and set 41 new IAWA World Records between them. The Event was a standout success, thank you to Paul Barette and Adrian Pryor for putting the event on, and big big thanks to everyone who helped the event to run so smoothly. The record attempts were varied and very exciting to watch, numerous great performances, in fact every lifter rose to the occasion and lifted excellently. We enjoyed the Myers Challenge lift, where we saw Laverne narrowly edge out Al, by 5 kilos to win their Rim Lift Challenge.

We award a special trophy at the Gold Cup in memory of the event founder: Howard Prechtel. This years award (at the 29th Annual Gold Cup) went to Paul Barette for his Mastery of the very difficult: Strict Bent Press with Barbell, so again a special well done to Paul!

2018 IAWA World Championships – Sat 6th and Sun 7th October at Eastbourne, England

Day One: Lift 1 – Front Squat Lift 2 - Clean & Press B/Neck Lift 3 – One Hand Snatch Lift 4 – O/H 2” DBell Deadlift
Day Two: Lift 5 – Power Row Lift 6 – Continental Clean & Jerk Lift 7 - Deadlift

Lifter	Bwt	Class	Age	Div	Lift1	Lift2	Lift3	Lift4	Lift5	Lift6	Lift7	Total
Amended Jenny Watson	56.6	60	52	M50+	42.5	25	15R	32.5	40	30		
85	270	478.6		Sylvia Stockall	57.6	60	60	M60+	70	35	20R	
32.5R	42.5	40	112.5	352.5	650.4	Beata Banas	66.9	70	35	Open	62.5	
32.5	27.5R	37.5R	50	50	115	375	537.1	Karen Gardner	74.4	75	59	
M55+	35	22.5	20R	45R	40	30	85.5	277.5	428.2	Charlotte Hughes	75.0	75
28 Open	70	27.5	22.5R	37.5R	45	40	120	362.5	482.1	Natalie Voce		
77.9	80	36	Open	50	30	22.5R	30R	47.5	42.5	90	312.5	406.0
Steve Andrews	64.0	65	59	M55+	85	55	43R	55L	65	72.5	150	525
699.4			Ed Shorttle	68.1	70	62	M60+	62.5	45	27.5L	40R	62.5
50	150	437.5	572.7					Uddin Rouhul	69.3	70	37	Open

	75	45	25R	47.5R	75.5	60	150	477.5	502.3		Paul	
Barette	69.9	70	42	M40+	95	47.5	37.5R	52.5R	80	67.5	202.5	582.5 627.6
Brandon H Hyland	71.5	75	16	J16/17	80	45	27.5R	47.5R	30	50	125	405
	459.2				Dylan Thomas	75.8	80	45	M45+	105	55	30R 60R 90
	70	180	590	621.3			Steve Shah	78.4	80	67	M65+	70 50
	25R	50R	70	45	140	450	569.2			Rory Hoad	80.9	85 30
Open	140	75	55L	72.5R	100	90	225	757.5	723.3		David Bleay	
	81.3	85	84	M80+	55	27.5	22.5L	50R	50	30	120	355 554.3
Denny Habecker	85.6	90	76	M75+	-	52.5	25R	50R	85	55	130	397.5
	543.4				Paul Hallam	87.5	90	39	Open	100	42.5	40L 60L
	75	70	165	552.5	503.9			Pete Tryner	88.2	90	46	M45+ 160
	90	57.5R	-	115	110	280	812.5	789.3			Neil Keddy	90.6 95
40 M40+		115	60	42.5L	55L	90	80	195	637.5	575.8		Gary Ell
	94.5	95	47	M45+	131	65.5	40R	62.5L	95	90	202.5	685 646.2
Steve Moss		101.2	105	36	Open	115	70	40R	67.5R	101	85	185 662.5
	557.7				Al Myers	103.7	105	52	M50+	90	55	50R 75R 115
	60	225	670	629.1	Laverne Myers	105.3	110	74	M70+	70	30	25L
	80R	80	35	127.5	447.5	531.2				Gary R Smith	110.0	110 45
M45+	142.5	80	47.5R	55R	110	100	190	725	619.4	Graham Saxton	112.4	
115 56 M55+		90.5	32.5	25.5R	50R	65	60.5	172.5	495	461.6	Graham Alway	
	119.5	120	45	M45+	80	60	30R	55L	80	60	170	535 438.4
Matt Jones		128.0	125+	22	Open	165	80	60R	70R	90	130	220 815
	609.2				Cliff Dunlop	135.0	125+	55	M55+	130	70	30L 50L
	120	80	120	600	507.1			Steve Gardner	141.3	125+	61	M60+ -
	-	27.5R	45R	85	-	100	257.5	224.1				

Second Day moved to a heavier Class:

Gary R Smith Bwt 110.8 = 115k Class

Did Not Weigh in on 2nd Day: (lifters do not have to weigh on the 2nd day unless they wish to try and claim records)

Beata Banas - Steve Shah - Rory Hoad - Paul Hallam - Al Myers - Laverne Myers - Steve Gardner

Successful 4th Attempts: (Lifts outside of the competition but for record attempts)

<u>Front Squat:</u>	Karen Gardner 40.5	David Bleay 62.5	Graham Saxton 95
<u>Clean & Press B/Neck:</u>	Sylvia Stockall 40		
<u>O/H 2" D/Bell Deadlift:</u>	Karen Gardner 47.5R	David Bleay 52.5R	Denny Habecker 55
<u>Power Row:</u>	Jenny Watson 42.5	Sylvia Stockall 45	Karen Gardner 42.5
<u>Power Row (Cont):</u>	Charlotte Hughes 47.5	Steve Moss 110	Graham Saxton 70
<u>Cont. Clean & Jerk:</u>	Sylvia Stockall 42.5		
<u>Deadlift:</u>	Karen Gardner 90	Paul Barette 205.5	Denny Habecker 135

Referees: Gary Ell (WAL) Laverne Myers (USA) Graham Saxton (ENG) Denny Habecker (USA) Neil Keddy (WAL) Steve Gardner & Karen Gardner(ENG) Paul Barette(ENG) Frank Allen(ENG) Steve Andrews(ENG) Natalie Voce(ENG)

Announcers: Al Myers (USA) & Steve Gardner (ENG) **Assistant:** Judy Habecker (USA) **Records:** Chris Bass (ENG)
Drug Testing Officer: Frank Allen (ENG)

The Loaders: The Loading was outstanding throughout the whole two days and was undertaken by all of the lifters, who loaded for each other in the groups where they were not lifting themselves – Well done to all, againOUTSTANDING!

Promoters: Joint Promoters- Paul Barette assisted by Steve Gardner

Best Lifter Awards:

Best Junior: Brandon H Hyland (ENG)
Best Female Open: Beata Banas (ENG)
Best Female Master: Sylvia Stockall (Canada)
Best Open Lifter: Rory Hoad (ENG)
Best Master 40+: Paul Barette (ENG)
Best Master 45+: Pete Tryner (ENG)
Best Master 50+: Al MYERS (USA)
Best Master 55+: Steve Andrews (ENG)
Best Master 60+: Ed Shorttle (ENG)
Best Master 65+: Steve Shah (ENG)
Best Master 70+: Laverne Myers (USA)
Best Master 75+: Denny Habecker (USA)
Best Master 80+: David Bleay (ENG)

The Overall Best Lifter Ranking – Champion of Champions:

Winner: Pete Tryner (ENG)
Runner Up: Rory Hoad (ENG)
Third Place: Steve Andrews (ENG)

Presentations of the IAWA Award of Merit

(The IAWA's Highest Award - presented for long and loyal service to our organisation and All Round Weightlifting)

IAWA (UK) President: Steve Gardner, gave a short speech and presented the Award of Merit to: Steve Andrews

IAWA President: Al Myers, gave a short speech and presented the Award of Merit to: Denny Habecker

A word about the event from Co Promoter Steve Gardner:

Paul Barette found an excellent venue for the Championships, and again for the Banquet and Presentation of Awards. It was my pleasure to assist Paul with arranging the event, and I thank him for

his tireless efforts on our behalf, recognising the help and support of Adrian Pryor who managed to keep things going at Metamorfit enabling Paul to be free enough to run the event. Well done to Paul's club members and family and friends who also helped out in many ways to. The competition was outstanding and easily ranks as one of the best events ever, with the lifting going so well and everyone helping out with reffing and loading, making the day run so smoothly. Our youngest competitor was 16 year old Brandon H Hyland, and our most Senior was David Bleay at 84 years young. It was nice to note that David lifted in this event, after a break of 14 years, in memory of his good friend and lifting partner who passed a few years ago: a true IAWA Champion: Keith Murdie. Nice moments included witnessing 74 year old Laverne Myers from Kansas USA pulling the heaviest One Hand 2" Dumbbell Deadlift of the competition at 80 kilos, and the wonderful style and commitment of the female lifters. Everyone performed brilliantly, congratulations to Pete Tryner for taking his second Overall Best Lifter title at World Championships. Finally, the presentation of the Awards of Merit made a fitting end to the weekend, well done to Steve Andrews and Denny Habecker!