

# 2019 USAWA YEAR IN REVIEW

Dear USAWA members and friends,

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

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

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

SINCERELY,

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

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

# POSTAL CHAMPIONSHIPS

[January 5, 2019](#) [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) – [2019 Postal Championships Entry Form](#)

## 3RD QUARTER POSTAL

[January 5, 2019](#) [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) – [2019 3rd Quarter Postal Entry Form](#)

## 2ND QUARTER POSTAL

[January 5, 2019](#) [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) – [2019 2nd Quarter Postal Entry Form](#)

## 1ST QUARTER POSTAL

---

[January 5, 2019](#) [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) – [2019 1st Quarter Postal Entry Form](#)

## NATIONAL CHAMPIONSHIPS

---

[January 7, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT –

2019 USAWA NATIONAL CHAMPIONSHIPS

The date has been set!

Denny Habecker, the promoter of this year's National Championships, has just released the entry form and information page for the biggest yearly event in the USAWA. Denny is planning on promoting the Nationals in his hometown of Lebanon, PA on June 22nd. A great selection of lifts have been chosen for this Championships. The lifts are:

Curl – Cheat, Reverse Grip  
Deadlift – No Thumbs, Overhand Grip  
Clean and Jerk – One Arm  
Snatch – From Hang  
Pullover and Push  
Continental to Belt

This will be a long day – as all lifts will be performed on the 22nd. Afterwards there will be an awards banquet for all lifters and supporters. Make sure to make plans to attend the banquet as that is a highlight of the weekend.

This is VERY IMPORTANT – make sure to get Denny your entry form (AND ENTRY FEE) before the deadline. The deadline is MAY 22ND. It will be enforced.

There will be drug testing done at the Nationals. DO NOT enter if you have an issue with being tested!

ENTRY FORM – [2019 USAWA Nationals Entry Form](#)

INFORMATION PAGE – [2019 USAWA Nationals Info Page](#)

## POSTAL CHAMPIONSHIP

---

January 10, 2019 Denny Habecker Edit Post

By Denny Habecker

MEET RESULTS –

USAWA Postal Championship

I believe this is the most participation in a USAWA postal that we have ever had. We had 22 men and 4 women take part in this postal. Jeff Ciavattone edged out Chad Ullom in the Men's Division and R.J. Jackson topped the women's Division.

## RESULTS:

2018 USAWA Postal Championships

October 1st Thru December 31st, 2018

Meet Director: Denny Habecker

Lifts: Lateral Raise-Lying, Deadlift- No Thumbs, Overhand Grip, Continental to Belt

Lifters with a certified official:

Christopher Lestan – Rocky Sullivan, Frank Ciavattone, Jeff Ciavattone

Jeff Ciavattone – Rocky Sullivan, Frank Ciavattone

John Strangeway – Eric Todd, Lance Foster

Barry Pensyl – Barry Bryan, Denny Habecker

Eric Lestan – Rocky Sullivan, Frank Ciavattone

Chris Todd – Eric Todd, Lance Foster

Chad Ullom – Al Myers

Al Myers – Chad Ullom

Deaven Barcia – Al Myers

Barry Bryan – Denny Habecker

Cody Lokken – Al Myers

Denny Habecker – Barry Bryan

Laverne Myers – Al Myers

Brandon Rein – Al Myers

Dean Ross – Al Myers

Frank Ciavattone – Rocky Sullivan

Lance Foster – Eric Todd

Aidan Habecker – Denny Habecker

Eric Todd – Lance Foster

Cale Dunlap – Al Myers

Kimberlyn Lyden – Frank Ciavattone

Crystal Diggs – R.J. Jackson

Lifters with no Certified Official:

John Douglas

Stephen R. Santangelo

R.J. Jackson

Sylvia Stockall

### **Women's Division**

Name	Age	Bdwt	Lateral	D.L. N.T.	Cont.	TOT	Points
R.J. Jackson	57	105.6 Lbs	30 Lbs.	150 Lbs.	150 Lbs.	330 Lbs.	543.25
Sylvia							
Stockall	60	130 Lbs.	20 Lbs.	175 Lbs.	115 Lbs.	310Lbs.	441.41
Kimberlyn							
Lyden	28	152 Lbs.	34 Lbs.	200 Lbs.	150 Lbs.	384 Lbs.	504.50
Crystal							
Diggs	31	165 Lbs.	24 Lbs.	75Lbs.	95 Lbs.	194 Lbs.	194.33

### **Men's Division**

Jeff

Ciavattone	39	240 Lbs.	120 Lbs.	450 Lbs.	402 Lbs.	972 Lbs.	787.8
Chad Ullom	47	242 Lbs.	80 Lbs.	408 Lbs.	408 Lbs.	896 Lbs.	780.6
Al Myers	52	232 Lbs.	70 Lbs.	375 Lbs.	353 Lbs.	798 Lbs.	743.3
Dravin							
Barcia	23	180 Lbs.	90 Lbs.	353 Lbs.	308 Lbs.	751 Lbs.	712.8
Christopher							
Lestan	22	269 Lbs.	144 Lbs.	403 Lbs.	375 Lbs.	922 Lbs.	705.4
Barry							

Bryan	60	187 LBS.	66 Lbs.	330 Lbs.	231 Lbs.	627 Lbs.	703.6
Cody							
Lokken	24	163 Lbs.	80 Lbs.	308 Lbs.	308 Lbs.	696 Lbs	702.5
John							
Douglas	55	301 Lbs.	80 Lbs.	365 Lbs.	385 Lbs.	830 Lbs.	697.9
Denny							
Habecker	76	193 Lbs.	40 Lbs.	264 Lbs.	243 Lbs.	547 Lbs.	683.5
John							
Strangeway	40	198 Lbs.	95 Lbs.	370 Lbs.	284 Lbs.	749 Lbs.	679.8
Barry Pensyl	70	152 Lbs.	54 Lbs.	200 Lbs.	193 Lbs.	447 Lbs.	618.4
Laverne							
Myers	74	230 Lbs	30 Lbs.	275 Lbs.	209 Lbs.	514 Lbs	574.6
Brandan							
Rein	23	153 Lbs.	50 Lbs.	253 Lbs.	225 Lbs.	528 Lbs.	554.9
Stephen							
Santangelo	66	162 Lbs.	50 Lbs.	230 Lbs.	140 Lbs.	420 Lbs.	540.2
Eric Lestan	14	137 Lbs.	40 Lbs.	210 Lbs	143 Lbs.	393 Lbs.	534.7
Dean Ross	76	246 Lbs.	50 Lbs.	220 Lbs.	187 LBS.	457 Lbs.	500.8
Chris Todd	39	269 Lbs.	80 Lbs.	314 Lbs.	259 Lbs.	653 Lbs.	499.6
Frank							
Ciavattone	63	295 Lbs.	40 Lbs.	220 Lbs	220 Lbs.	480 Lbs.	435.5
Lance							
Foster	53	340 Lbs.	40 Lbs.	249 Lbs.	246 Lbs.	535 Lbs.	417.5



Aidan

Habecker	15	190 Lbs.	30 Lbs.	220 Lbs.	143 Lbs.	393 Lbs.	416
----------	----	----------	---------	----------	----------	----------	-----

Eric Todd	43	259 Lbs.	130 Lbs.	153 Lbs.	203 Lbs.	486 Lbs.	394.1
-----------	----	----------	----------	----------	----------	----------	-------

Cale

Dunlap	23	162 Lbs.	60 Lbs.	0	187 Lbs.	247 Lbs.	250.2
--------	----	----------	---------	---	----------	----------	-------

*Notes: All weights recorded in pounds. TOT is total pounds lifted. Points are adjusted points corrected for bodyweight and age.*

## POSTAL SERIES 2018

[January 14, 2019](#) [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 28 lifters competed in the various postal meets, which is more lifters than competed last year. The first Postal Meet had 12 lifters, the second had 15 lifters, the third had 16 lifters, and the Postal Championship drew 26 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, Chad Ullom, John Douglas, Stephen Santagnelo, Chris Todd, Eric Todd, Aidan Habecker, Denny Habecker, and Lance Foster.

Now for the overall rankings for the 2018 USAWA Postal Series!

**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

This has been a great year for our USAWA Postal Series. The overall Champions for the 2018 USAWA Postal Series are WOMEN – RJ JACKSON and MEN – CHAD ULLOM. A big congrats goes out to these two lifters! I was glad to see a few “first timers” entered in our Postal Meets this past year.

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”.

# DINO CHALLENGE

January 22, 2019 Al Myers Edit Post

By Al Myers

## 2019 Dino Gym Challenge “Dale Friesz Memorial Meet”



Group picture from the 2019 Dino Gym Challenge

The weather turned cold and the forecast looked bad, but 5 brave lifters made their way to the Dino Gym Challenge this year. I'm sure this would have been a very well attended meet this year if not for the bad weather as I had several lifters cancel their attendance because of concerns of the bad road conditions. I've always known that's a risk I take having this meet in January – but the show goes on!



Best Lifter Chad Ullom (right) receiving his award from meet director Al Myers (left).

This year the meet was dedicated to the late Dale Friesz. All the lifts contested were among Dale's favorites. It provided a great variety from finger lifting to the Neck Lift. It gave everyone a challenge for sure!

Chad Ullom won the BEST LIFTER award. The highlight lift for Chad was his 310 pound Middle Finger Deadlift. That's the most he has ever done, and is one of the best MF deadlifts ever done in the USAWA.

I want to thank Chad, LaVerne Myers, Dean Ross, Brandon Rein, and Calvin Heit for competing. It was another great meet at the Dino Gym!

### **MEET RESULTS:**

Dino Gym Challenge

January 19th, 2019

Dino Gym

Holland, KS

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Official (1-official system used): Al Myers

Lifts: Finger Lift – Ring, Deadlift – Fulton Bar One Arm, Deadlift – One Arm, Deadlift – Middle Fingers, Neck Lift

### MENS DIVISION

Lifter	Age	BWT	RF	DLF 1	DL 1	MFD L	Nec k	TOT	PTS
Chad Ullom	47	239	114 R	160 R	365 R	270	500	1409	1235
LaVerne Myers	74	230	100 R	170 L	204 R	172	260	906	1012
Calvin Heit	16	159	100 R	120 R	204 R	192	190	806	909
Brandon Rein	23	153	69R	100 R	162 R	172	240	743	781
Dean Ross	76	244	74L	95R	152 L	132	240	693	762

### EXTRA ATTEMPTS FOR RECORD

Chad Ullom: Middle Finger DL 310

Dean Ross: Finger Lift Ring 84L

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

### RECORD DAY LIFTS

Al Myers – 52 years old, 232# BWT

Pinch Grip DL Right Hand 125#

Pinch Grip DL Left Hand 125#

Pinch Grip Strict Right Hand 55#

Pinch Grip Strict Left Hand 55#

Deadlift Fulton Bar Right Arm 182#

LaVerne Myers – 74 years old, 230# BWT

Pinch Grip DL Right Hand 125#

Pinch Grip DL Left Hand 125#

Pinch Grip Strict Right Hand 55#

Pinch Grip Strict Left Hand 55#

Finger Lift – Ring Left 100#

## 2019 POSTAL SERIES

January 23, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

The entire 2019 Postal Series Meets has 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 USAWA 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**

Jerk – From Racks

Hack Lift – One Arm

Deadlift – Fulton Dumbbell, One Arm

(done with opposite hand than hack lift)

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

Snatch – From Hang

Curl – Strict, Reverse Grip

Vertical Bar Deadlift – 2 Bars, 2"

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

Pullover and Press

Curl – 2 Dumbbells, Cheat

Continental to Belt

**Postal Championships – October 1st to December 31st**

Press – Dumbbell, One Arm

Deadlift – 2 Dumbbells

Push Press – From Rack

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

## 2018 YEAR IN REVIEW

January 29, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

### 2018 USAWA YEAR IN REVIEW



*In memory of Art Mantini*

*October 11th, 1927 to May 25th, 2018*

I have just finished the 2018 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 381 pages long and contains 76,491 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.

## **WORLD CHAMPIONSHIPS**

[January 31, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### **MEET ANNOUNCEMENT –**

#### **2019 IAWA WORLD CHAMPIONSHIPS**

The plans for the 2019 World Championships are underway! My father LaVerne and I are the co-promoters and directors of the 2019 IAWA Worlds, which is the biggest meet in the International All Round Weightlifting Association. We are both excited and honored to be able to do this promotion. The dates have been set for October 5th & 6th.

The lifts have been approved for this two day event. They are as follows:

#### **DAY ONE**

Reverse Curl (Curl – Strict, Reverse Grip)

2H Snatch From the Hang (Snatch – From Hang)

One Hand Clean and Jerk (Clean and Jerk – One Arm)

2H Thumbless Deadlift (Deadlift – No Thumbs, Overhand Grip)

#### **DAY TWO**

Pullover and Push Press with Bridge (Pullover and Push)

Continental onto Belt (Continental to Belt)

Straddle Deadlift – 2" Bar (Jefferson Lift – Fulton Bar)



The first listed name is the official IAWA-UK name, the name in parenthesis is the official USAWA name for the lift. Fortunately for the lifts this year the IAWA-UK and the USAWA rules for each lift are identical so there shouldn't be any confusion on the rules.

For USAWA lifters, this gives you a great opportunity to compete in Worlds without traveling out of the country. IAWA Worlds is only in the states every 3-4 years. I'm hoping for a great turnout, so put this event on your calendars!

ENTRY FORM (PDF) – [2019 IAWA World Championship Entry Form](#)

## UPDATED GOERNER'S CLUB

[February 8, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Chad Ullom lifting 310 pounds in the Middle Fingers Deadlift, and joining the USAWA Goerner's Club.

I always notice outstanding lifts from meet results when I'm updating the Record List. Every meet has a few that stand out amongst the rest. At the Dino Gym Challenge a few weeks ago Chad Ullom made a lift of 310 pounds in the Middle Fingers Deadlift. It was done on a fourth attempt so it would be easy to miss as it's hidden in the "footnotes" of the meet results. Of all the Finger Deadlifts I've considered the Middle Finger Deadlift as the KING of the finger deadlifts as the most weight can be lifted with this long strong digit.

Years ago I've dubbed a GOERNER'S CLUB and have kept track of the lifters that are in it. Chad's great MF DL at the Dino Challenge gets him into this exclusive club of finger gripsters.

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

David Willoughby in his book *The Super Athletes* listed Goerner as having done a MF deadlift of 140 kilograms (308.5 pounds) around 1925. I have always considered this the mark to beat to be outstanding in the middle fingers deadlift. Now, compared to what Hermann has reported in his other finger lifts, this lift of his seems to be a sub-maximal effort. None the less, it is a very good lift (and is actually believable compared to some of his other claims). However, this 308.5# middle finger deadlift is not listed in Hermann's autobiography by Edgar Mueller's *Goerner the Mighty*. I have read this book several times, and I don't ever remember seeing this lift listed. Mueller does talk in one chapter about the wide deviations of grips that Hermann uses for his deadlifts, and mentions a middle finger overhand grip deadlift (of which he lists Goerner as having worked up to 220 pounds), but nothing about using an alternate grip as we allow in the USAWA for the Finger Deadlifts.

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

1. Kevin Fulton 400 pounds – 1999 SuperGrip Challenge
2. Dan Wagman 316 pounds – 2017 Iron Warrior RD
3. Ben Edwards 315 pounds – 2016 USAWA Grip Championships
4. Chad Ullom 310 pounds – 2019 Dino Gym Challenge
5. Bill DiCiccio 309 pounds – 1994 IAWA Gold Cup

On a sidenote of Chad's 310# Middle Finger Deadlift, is that it broke an outstanding record held by Joe Garcia of 305 pounds. I hated removing Joe's name from the record list as he was so close to being in the Goerner Club – and now his great lift will be left unremembered (except for me and him of course!). I feel for you Joe as I was close once with a 300# MF lift that got removed from the Record List as well by James Fuller.

The ALL TIME master of the Middle Finger Deadlift in the USAWA is Kevin Fulton. In addition to his 400 pound lift, he is without a doubt the man who exceeded 309 pounds in competition more than anyone else. I tried to count all the times he has done it, and after I got to six I gave up as no one else is remotely close!

## GRIP CHAMPIONSHIPS

February 11, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

### 2019 USAWA GRIP CHAMPIONSHIPS



Group picture from the 2019 USAWA Grip Championships

What a great day at the Grip Champs!

Twelve lifters made their way to the platform for the annual USAWA Grip Championships this year. This has always been a well attended event in the USAWA, and this year was one of the best ever.



Kaela Janzen was the overall Best Womens Lifter. Presenting his award was meet director LaVerne Myers.

There were so many excellent lifts that there's no way to cover all of them in the meet report. The overall Womens Best Lifter was newcomer Kaela Janzen. The overall Mens Best Lifter was the meet director and grip aficionado LaVerne Myers.

I was very impressed with both Junior lifters Cole and Jarod. These two have excellent coaches and mentors with their Dad's John and Jason. Also, excellent lifting was had by Scottish Johnny – who was the only one to break a Dino Gym record during the competition (his 185 1arm FB DL topped the gym record of 182 pounds).

Our President Denny Habecker made the longest trip to the event, coming from Lebanon Pennsylvania. Denny set several new records over the weekend to extend his century club record number and stretch his lead in the top spot.

It was great to see Ben Edwards back in action. Ben had the top mark in the dumbbell walk with 112 pounds. LaVerne mentioned this in his opening remarks but I would like to repeat it here. The Grip Championships only came about because Ben convinced me many years ago to have a grip challenge as he thought it would be well received by the membership. The first grip meet in the Dino Gym was promoted by Ben and that was the start of the tradition of the Grip Championships.

Lastly, I want to thank everyone who showed up to compete or support this meet.

## MEET RESULTS:

2019 USAWA Grip Championships

Dino Gym

Holland, KS

Saturday, February 9th, 2019

Meet Director: LaVerne Myers

Scorekeeper: Al Myers

Announcer: Al Myers

Official (1 official system used): Al Myers

Lifts: Dumbbell Walk, Deadlift – Fulton Bar One Arm, Deadlift – Inch Dumbbells, Deadlift – One Arm No Thumb, Deadlift – Index Fingers

### WOMENS DIVISION

LIFTE R	AG E	BW T	D W	FB 1	Inc h	DL 1	IN D	TO T	PTS
Kaela Janzen	24	186	47 R	80 R	160	85R	0	372	346. 2

### MENS DIVISION

LiFTER	AG E	BW T	D W	FB1	Inc h	DL 1	IN D	TO T	PTS
LaVerne Myers	74	229	97	170 R	24 0	185 R	13 5	827	926. 8
John Strangew ay	40	196	92	180 R	24 0	190 L	23 0	932	850. 3
Chad Ullom	47	239	97	165 L	24 0	200 R	22 5	927	812. 5
Ben Edwards	43	219	11 2	160 R	22 0	195 R	22 5	912	806. 1
Cole Janzen	17	181	77	155 R	19 0	160 R	12 0	702	692. 2
Denny Habecker	76	193	37	115 R	14 0	120 R	10 0	512	639. 3

Brandon Rein	23	154	77	100 R	16 0	130 R	11 5	582	609.4
Jarod Payne	17	288	10 2	130 R	20 0	145 R	12 0	697	541.6
John Janzen	53	291	67	130 R	18 0	145 R	11 0	632	530.6
Dean Ross	76	243	57	90L	12 0	110 L	90	467	514.9
Lance Foster	53	345	67	110 R	14 0	145 R	15 5	617	478.7

#### EXTRA ATTEMPTS FOR RECORD:

John Strangeway: Dumbbell Walk 102

Cole Janzen: Dumbbell Walk 102

John Strangeway: Deadlift Fulton Bar Right 185

Jerod Payne: Deadlift Inch Dumbbells 220

John Strangeway: Deadlift No Thumb Left 195

Denny Habecker: Deadlift No Thumb Right 125

Dean Ross: Deadlift No Thumb Left 120

Dean Ross: Deadlift Index Fingers 100

#### BEST LIFTER AWARDS:

BEST WOMENS SENIOR – Kaela Janzen

BEST WOMENS OVERALL – Kaela Janzen

BEST MENS JUNIOR – Cole Janzen

BEST MENS SENIOR – Brandon Rein

BEST MENS MASTER 40+ – John Strangeway

BEST MENS MASTER 45+ – Chad Ullom

BEST MENS MASTER 50+ – John Janzen

BEST MENS MASTER 70+ – LaVerne Myers

BEST MENS MASTER 75+ – Denny Habecker

BEST MENS MASTER OVERALL – LaVerne Myers

BEST MENS OVERALL – LaVerne Myers

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

## RECORD DAY LIFTS

### **John Strangeway – Age 40 years, bodyweight 196 pounds**

Finger Lift – Index, Right 125

Finger Lift – Middle, Right 160

Finger Lift – Ring, Right 150

Deadlift – Fulton Bar, Left 160

### **LaVerne Myers – Age 74 years, bodyweight 229 pounds**

Finger Lift – Index, Right 95

Finger Lift – Index, Left 95

Finger Lift – Middle, Right 105

Finger Lift – Middle, Left 105

Habecker Lift 185

### **Denny Habecker – Age 76, bodyweight 195 pounds**

Anderson Press 145

Deadlift – Fulton Bar, Left 100

Deadlift – Fulton Bar, Ciavattone Grip 210

Habecker Lift 200

Deadlift – No Thumb, Left 100

### **Dean Ross – Age 76 years, bodyweight 237 pounds**

Bearhug 152

Lurich Lift 220

Habecker Lift 185

Deadlift – No Thumbs, Overhand Grip 215

Deadlift – Fulton Bar, Ciavattone Grip 160

## **LIFTER OF THE MONTH – CHAD ULLOM**

---

February 14, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Lifter of the Month for January 2019 is Chad Ullom. Chad was the overall best lifter at the Dino Gym Challenge, which was the only competition held in the month of January within the USAWA. The Dino Gym Challenge is currently the longest running annual competition in the USAWA held at the same location every year. This year celebrated the 16th year of the Dino Gym Challenge (started in 2004).

By winning the best lifter award at the 2019 Dino Challenge, it made Chad the lifter who has won the best lifter award at the Dino Gym Challenge the most times. This was his 6th overall win (2008, 2009, 2010, 2012, 2015, and 2019).

## **THE HISTORY OF THE DINO GYM CHALLENGE**

---

February 15, 2019 [Al Myers](#) [Edit Post](#)

---

By Al Myers

Early on I named this meet the Dino Gym Challenge for this reason – every year there would be a different meet challenge to take on. No two meets would be the same. Each year a different “theme” is contested. This makes this meet very interesting, and allows different lifters to have advantages because of the different lifts that are contested each year.

2019 marked the 16th year of the Dino Gym Challenge. It is now the longest running annual USAWA competition held in the same venue. I mention this with a little sadness as it took over this spot with the passing of Art and the cancellation of Art’s Birthday Bash last year, which was previously the longest running USAWA event. Today I am going to give a “run-down” of the preceding Dino Gym Challenges with a bit of history.

### **2019 – The Dale Frieze Memorial Challenge**

This meet was done to honor the memory of a longtime USAWA member, Dale Frieze. Five of Dale’s favorite lifts were picked for the challenge – Ring Finger Lift, One Arm Fulton Bar Deadlift, One Arm Deadlift, The Middle Fingers Deadlift, and the Neck Lift. Five lifters accepted the Challenge – Chad Ullom, LaVerne Myers, Calvin Heit, Brandon Rein, and Dean Ross. Chad Ullom was the Best Lifter of the meet, and performed a 310 pound Middle Finger Deadlift to join the Goerner Club.

### **2018 – The Tom Ryan Memorial Challenge**



This Dino Gym Challenge paid tribute to Tom Ryan, who was a longtime supporter of the USAWA. Tom had passed away a year prior. During Tom's life he was a great help to me in providing historical information regarding the USAWA, and always had the answer for any question I had. I picked five of Tom's favorite lifts for this challenge – Weaver Stick, Rectangular Fix, The one hand no thumb Deadlift, the Reeves Deadlift, and the Hip Lift. These eight lifters made their way to the Dino Gym for the competition – Eric Todd, Lance Foster, Chad Ullom, Calvin Heit, John Douglas, LaVerne Myers, Dean Ross, and myself. Thom Van Vleck was present and officiated the challenge. Eric Todd prevailed on the last event to be the best lifter of the meet, with a big 2010# Hip Lift.

### **2017 – The Triple Deuce**

This meet was a truly all around event challenge with pressing, deadlifting, curling, and grip strength involved. The Triple Deuce Dino Gym Challenge included three different groupings of 2 lifts, with each lift using either 2 bars, 2 dumbbells, or 2 pieces of equipment. The lifts contested were 2 special equipment lifts (2 Inch Dumbbell Deadlift & 2" 2 Bar Vertical Bar Deadlift), 2 Dumbbell lifts (Clean and Press with 2 Dumbbells & 2 Dumbbell Cheat Curl), and 2 Bar lifts (Reg Park Bench Press & 2 Bar Deadlift). A terrible ice storm blew in the night before the meet making travel impossible for lifters on meet day. The meet was close to being cancelled and ending the streak of continuous yearly Dino Challenges, but my dad LaVerne and I decided the meet was going to take place so it was just the two of us competing. I was the best lifter of this 2 person challenge.

### **2016 – The Mike “Murdo” Murdock Memorial Challenge**

This challenge honored a great friend of the Dino Gym, who had passed away the previous year. Murdo was the guy who would do everything at a meet – lift, officiate, load, and coach. He then would help clean up after the meet. He was a friend to all of us, so this meet was a tribute to him. I picked five of his favorite lifts for the Challenge – Crucifix, One Arm Dumbbell Swing, Rectangular Fix, Bent Over Row, and the Trap Bar Deadlift. A big crowd of lifters showed up to compete – 11 lifters total representing 5 different states. LaVerne Myers served as the official throughout the day. The best lifters were: Women – Emily Burchett, Men – Al Myers.

### **2015 – The Herman Goerner Deadlift Medley**

This year the Dino Gym highlighted the Old Time German Strongman Herman Goerner. Goerner was an outstanding deadlifter in many pulling disciplines, so the meet featured various deadlift movements as lifts. These lifts were contested: Fulton Bar Ciavattone Grip Deadlift, One Arm Deadlift, No Thumbs Overhand Grip Deadlift, Ciavattone Grip Deadlift, and the Heels Together Deadlift. Six lifters competed – Chad Ullom, Kyle Jones, Eric Todd, Dave Glasgow, Dean Ross, and Lance Foster. Chad Ullom was the overall best lifter.

### **2014 – Presenting a Challenge Left by Warren Lincoln Travis**

The challenge this year was to honor the Old Time Strongman Warren Lincoln Travis. Travis was an american strongman who often performed at Coney Island. He performed many strength exhibitions for 25 years, and left a “challenge to the World” which has never been achieved by anyone since he did it. The choice for the lifts were several of WLT’s favorites – Teeth Lift, Middle Finger Lift, Kennedy Lift, Harness Lift, and the Back Lift. These lifts made for a grueling competition in which eight brave lifters showed up to take on. The lifters were: Al Myers, Larry Traub, Logan Kressly, Doug Kressly, Dave Glasgow, Dean Ross, Lance Foster, and Eric Todd. Overall best lifter was Al Myers. A metal cutout of WLT was given out as a special award to all participants.

### **2013 – The Old Time Strongman Powerlifting Meet**

The Dino Gym Challenge in 2013 was an Old Time Strongman Powerlifting Meet. The lifts that were contested were: Anderson Squat, Hackenschmidt Floor Press, and the Peoples. All three of those lifts are similiar to the three powerlifts but are part of the USAWA Old Time Strongman Lifts. The three celebrity officials were Thom Van Vleck, Chad Ullom, and LaVerne Myers. A huge attendance of lifters, 21 in total, showed up to compete in the Dino Challenge. The best overall womens lifter was Ruth Jackson, and the overall best mens lifter was Dan Wagman. The top Anderson Squat of the meet was 903 pounds by Eric Todd. The top Hackenshmidt Floor Press was 435 pounds by Dan Wagman. The top People’s Deadlift was 800 pounds by Chuck Cookson.

### **2012 – The Single Arm Challenge**

The feature of the 2012 Dino Gym Challenge was the Single Arm Challenge. Five one arm lifts were contested using both arms, for a total of 10 lifts altogether. The lifts contested were: Side Press One Arm, Bench Press One Arm, Snatch One Arm, Clean and Jerk One Arm, and the

Deadlift One Arm. Five lifters competed: Chad Ullom, Dave Glasgow, Rudy Bletscher, Dean Ross, and Al Myers. The overall best lifter was Chad Ullom. Two special awards were given out as well, the first being the Ambidextrous Award which was determined by the highest percent correlation between the stronger arm to the weaker. This was won by Chad Ullom. The second was the Klutz Award which went to the lifter who had the lowest percent correlation between both arms, and that went to Al Myers.

### **2011 – Dino Gym Old Time Strongman Challenge**

The Dino Gym presented the VERY FIRST Old Time Strongman competition that year. Five new and exciting OTSM events were contested: Saxon Snatch, Cyr Press, Dinnie Lift, Apollons Lift, and the Goerner Stroll. This meet will forever be known as the first promotion of OTSM within the USAWA, and what a great inauguration this meet was! A great turnout of 18 lifters took part. The class winners were: Women – Felecia Simms, Mens Junior – Cody Lokken, Mens 40+ – Al Myers, Mens 60+ – Dean Ross, and Open – Sam Cox. The top three placings of the day went to: 1. Sam Cox, 2. Eric Todd, and 3. Chad Ullom.

### **2010 – The Arthur Saxon Pentathlon**

This meet was done to honor the great German Strongman Arthur Saxon. Five lifts were chosen which were some of Saxon's favorites: the Dumbbell Swing, the Bent Press, the 2-Hands Anyhow, the Arthur Lift, and the Foot Press. The Foot Press was done as an exhibition lift (not an official USAWA lift at that time, but it is now) and was a big hit of the meet. It mimicked the stage act where Arthur would support a big plank loaded with people as natural weight. 5 lifters took part, with Chad Ullom being the overall meet winner. A celebrity was in attendance – Wilbur Miller. Wilbur is a legend in All Round Weightlifting and his presence at this meet enhanced the meet atmosphere. Afterwards, several of us toasted Arthur Saxon with Arthur's favorite workout beverage, the Saxon Health Drink.

### **2009 – The meet named after others**

The 2009 Dino Gym Challenge was very unusual in that all 5 of the lifts contested were "named" after other lifters. These lifts were contested: the Kelly Snatch, the Ziegler Clean, the Judd Clean and Jerk, the James Lift, and the Allen Lift. All of these lifts required LOTS of flexibility that made them very hard to do. Chad Ullom prevailed as the overall winner of the four lifters in attendance: Chad, Al Myers, Scott Campbell, and Rudy Bletscher. However, despite all of these

lifts being done with “light” weights, one of the biggest lifts in USAWA history was done on this day. Steve Schmidt showed up to be officially judged in the Back Lift. He finished with 3050 pounds (after doing 3000 pounds as well) to set an ALL-TIME USAWA record in the Back Lift.

### **2008 – The Roger Davis Selection**

The 2008 Dino Gym Challenge saw lifts selected by Roger Davis. Roger had just finished a compilation of the top All Round lifters of ALL-TIME in history using these lifts as the criteria: the one arm snatch, the one arm clean and jerk, the continental to chest and jerk, two dumbbells clean and push press, and the 12” base deadlift. His report was published in MILO and gave me the notion to have a meet using these lifts. This meet must have scared off the competition because only two lifters showed up to compete: Chad Ullom and Scott Campbell. I was going to compete as well, but I was the only one there to officiate so I judged instead. Chad ended up the victor over Scott. Wilbur Miller showed up as well and did some record-setting after the meet. He first did a 350 pound Ciavattone Grip Deadlift, followed by a 400 pound heels together deadlift, and finishing with a 450 pound 12” base deadlift. Wilbur did these lifts at 75 years of age and 230 pounds!

### **2007 – The All Round Powerlifting Meet**

The theme of 2007 was that of an All Round Powerlifting Meet. These lifts were contested: Steinborn, Pullover and Push, and the heels together Deadlift. 11 lifters took part. Al Myers was the overall best mens lifter and Kristen Barry was the top overall womens lifter. A team award was given which was won by the Dino Gym. A full record day was contested afterwards. Some great lifts were done during the day: Chad Ullom 430# Steinborn, Kristen Barry 310# heels together deadlift, Bill Cookson 227# Index Fingers Deadlift, and myself teaming with Chad to hit a 407# Team Cheat Curl. Afterwards, we all reconvened at a restaurant in town to celebrate the annual HASA banquet. The big news of the banquet was the induction of Thom Van Vleck into the HASA Hall of Fame.

### **2006 – The Travis Lift Showdown**

This meet had a record setting turnout of lifters – 23 LIFTERS! Five lifts were contested: Fulton Bar Clean, Maxey Press, Front Squat, Jefferson Lift and the Travis Lift. The main event of this meet was the Travis Lift. This was the first time the Travis Lift had been held in competition. Previously the only lifter in the USAWA who had ever done the Travis Lift was

Howard Prechtel, and he did it only in record days. At the time Howard held the ALL-TIME record with a lift of 1815 pounds. Joe Garcia broke Howard's record with a lift of 2000 pounds. The class winners were: Women Junior – Kirsti Griffis, Women Masters – Mary McConnaughey, Mens Junior – Kent Longbine, Mens Lightweight – Tim Pinkerton, Mens Middleweight – Eric Todd, Mens Heavyweight – John O'Brien, Mens Master – Joe Garcia. The Mens Overall Best Lifter went to Eric Todd.

### **2005 – The Back Lift Rematch**

A big group of lifters turned out this year for the Dino Gym Challenge – 19 lifters. Several difficult lifts were contested: the Fulton Bar Snatch, the Inch Dumbbell Deadlift, the Alternate Grip Bench Press, the Steinborn, and the Back Lift. Steve Schmidt reclaimed his ALL-TIME Back Lift record with a lift of 2920 pounds at this meet. Class winners were as follows: Junior Women – Misty Fritz, Open Women – Mary McConnaughey, Junior Men – Ian Reel, Mens Lightweight – Tim Pinkerton, Mens Middleweight – Eric Todd, Mens Heavyweight – Chad Ullom, Mens Superheavyweight – Matt Graham, and Mens Masters – Joe Garcia. Eric Todd was the overall Best Lifter of the meet. Matt Graham put on a grip-lifting show after the meet by picking up two INCH REPLICAS at the same time!

### **2004 – The First Ever Dino Challenge**

A full field of 17 lifters took part in the first ever Dino Gym Challenge. These lifts were contested: Fulton Bar Clean and Press, Pullover and Push, One Arm Clean and Jerk, Steinborn, and the Back Lift. Several records fell during this meet. Al Myers broke Steve Schmidts All-Time record in the back lift with a lift of 2915 pounds. Class winners were as follows: Women – Jessica Todd, Men Lightweight – Tim Pinkerton, Men Middleweight – Al Myers, Mens Heavyweight – Eric Todd, Mens Masters – Joe Garcia. The overall Best Lifter of the meet was Al Myers.

## **STRETCHING FOR A HEALTHY BACK**

---

[March 5, 2019](#) [Al Myers](#) [Edit Post](#)

By Thom Van Vleck



Neck and upper back stretch....and yes, I used a photo of a pretty girl instead of me!

A healthy back is essential to weight training. If you lift weights and have never hurt your back, you are either a very good liar, you've never pushed yourself, or you just started yesterday. Back injuries are a part of the sport. Especially if you are a master lifter over 40, and most USAWA lifters are over 40.....some WELL over 40! If you've had a back injury, you've probably tried to rehab it in different ways. Some of these with drugs like anti-inflammatories, muscle relaxants, or pain medication. You may have seen a doctor, a chiropractor, a massage therapist, or maybe an Osteopath. You've probably been given stretching exercises, yoga exercises, or whatever the latest fad is. You may have went so far to invest in some equipment, such as a stability ball, rubber bands, or went really expensive with a reverse hyper, or an inversion table! You also may have found some really complicated and difficult ways to do what all these things try and do.....decompress your spine.

I'm going to share two very simple and basic stretches that require very little investment of time or money. They can be very helpful in rehabbing a bad or injured back, but I would encourage you to do these EVERY TIME YOU WORK OUT to help keep your back healthy and prevent injuries!

First, there's the good ol' bar hang. Sure, we've all heard of it and probably done it. You hang from a chin up bar. I know what you are thinking. "Geez, Thom, I thought you were going to give us some great secret! Well, I am. Sometimes the best things are the simplest things and they are the things we tend to ignore. Like squats, which is a really great exercise, and yet there's been a hundred ways developed to avoid squatting each one more complicated than the last! Now, here is a real secret. When you hang from the bar, put your heels on something about a foot or two in front of you. Why? Because you want to tilt your hips forward. This will straighten out the lower spine. Otherwise, if you just hang there the weight of your legs will pull you hips back and bend your spine inward in your lower back. As a result, the weight of your legs will bend your spine and true decompression does not occur! You also need to relax everything except your grip (and another thing, this can be a tremendous grip exercise, an added benefit). If you can't hang for at least a minute, then use straps until your grip gets to where you can. Total investment: A chin up bar.

Now, the only problem with the bar hang is it only decompresses the lower half of your spine. While this is where most injuries occur, it is only half the picture. Plus, most guys don't think much about this, but your spine is more than your back, it's your neck as well! Many weight lifters will injure their neck and it's also an area that gets a lot more abuse than you realize. Why, because it holds up your fat head! Seriously, the head is always FORWARD on the neck so any time you are not lying down with your neck supported it is being leveraged with pressure from that bowling ball that's sitting on top of it! Also, many of us will injure our neck at some point lifting, playing sports, or doing something stupid (most guys that train tend to be risk takers....admit it, you've done something stupid with your body). And as for the upper back, it gets injured much more rarely than the lower, as a result, how often do we decompress our upper back and neck?

So, this leads me to the second "secret" exercise. Like I said before, if you got loads of cash, you can spend it on a personal masseuse and an inversion table....but if you don't this will work just as well. Maybe better because it is so easy you will do it more often!

The second exercise involves sitting in a chair and letting your head and shoulders fall between your knees. There's an added benefit that if you get good at this exercise you can also use it to kiss your rear goodbye when you do some of the aforementioned "stupid" stuff. But seriously, you sit in a chair and let your arms fall between your legs while sitting right on the edge of the chair. I was taught to let my arms fall relaxed and then let my head fall forward relaxing it as

much as possible. If you do this enough you can feel your vertebrae relax. I now feel a “pop-pop-pop” in my upper back when I do this. Again, you want to stay in this position for about a minute. I also do the added exercise of doing some head rolls once I sit back up, this will seem to always pop my neck a couple times. Total investment: a chair.

So, there you have it. Two exercises, two minutes, cheap, easy and I would argue for the amount of time and money invested you will do your spine more good than any of that other stuff. Call this, 2 ounces of prevention!

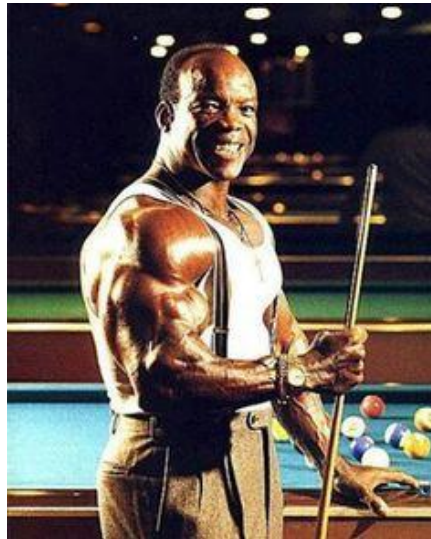
## ULTRA HIGH REP TRAINING

---

March 6, 2019 Thom Van Vleck Edit Post

---

by Thom Van Vleck



Albert Beckles: One of the great bodybuilders from the 60's to the 90's who used ultra high rep training.

So I was talking training with Al Myers the other night and he asked me if I did a particular exercise. I said I did. Then he asked me what kind of weight I used. I said bodyweight. He then asked if I didn't use weight how was it progressive resistance. Was it reps? I jokingly said I was up to a 1000 reps.

That got me to thinking about Ultra High reps. Usually strength training falls in the 1 to 10 rep range. Body building 10 to 20 reps. But what about high rep training.

My Uncle Phil was a bodybuilder but he had to travel a lot for his job. Back in the 60's and 70's there weren't many gyms he could find so he developed a routine where he would do 100 reps on



bodyweight exercises. Such as push ups, sit ups, leg raises, etc. He weighed around 220lbs so doing 100 perfect push ups was a real challenge. And believe me, he did them strict and non stop.

Bill Clark once wrote about doing something similar. As a baseball scout he spent much of his time on the road. He did a “Deck of Cards” workout. He would shuffle a deck of cards, pick a bodyweight exercise, draw the card and do however many reps the card represented like in black jack. This would amount to several hundred reps in one workout.

But what about weight training with high reps?

When I was a kid and just starting training I would peruse the weightlifting magazine collection my Uncles and grandfather had. They went back to the 1930’s. There was one magazine that had an article by Albert Beckles. Beckles was a bodybuilder that placed as high as 2nd in the Mr. Olympia and won a pro event at age 61. He competed at a high level from the 1960s to the 1990s.

This particular article he was pushing single sets of 32 reps. This seems absurd and to be honest back in the day lifters would lie in articles about training as they wanted to keep their routines secret. I read later articles on his training and it was more conventional.

But I tried it. Talk about a pump! I could see where as a bodybuilder that might be an effective routine to cycle in every once in awhile. I don’t see how you could maintain that for very long but it might be good to “blow the cob webs out” every once in awhile. Why 32? Beckles just said that he originally would do them to failure and 32 was where he would usually end up.

I have a set and rep system I call “Hundred’s”. I usually use it on calves and forearms that you need higher reps to get anything out of them. If I use it on another body part it’s usually with an assistance exercise. But I’ve used this set and reps program on the Bench Press before. Believe it or not I started with 205 for 30 reps. By the last set I was barely able to do 135 for 10 reps.

So sets and reps go like this:

First set: 30 reps

Second set: 25 reps

Third set: 20 reps

Fourth set: 15 reps

Fifth set: 10 reps

These total 100 reps. I usually do them as quickly as I can. The hump always seems to be the third set. The final set I usually do slow and deliberately really squeezing the muscle. What I like about the scheme is I feel confident I can do 5 less reps with each set although by the third set it becomes a real struggle. I have to admit that 100 is a nice, round number. I just adjust the weight until 100 reps is all I can do.

Will Ultra High reps build a lot of strength and power? Probably not but they will build endurance which will in turn help with the lower rep exercises with the added conditioning. If you try it share your results.

## **LIAR, LIAR, PANTS ON FIRE**

March 11, 2019 Thom Van Vleck Edit Post

by Thom Van Vleck

Weightlifters are generally liars. My Uncle Phil once told me that everyone was a liar, it's just that some do it to a low degree while others to a high degree. He would often would describe someone as a 5% liar (which was someone that most would feel was really honest) or maybe an 85% liar (which was someone that was full of crap). Everyone had a number.

Weightlifters lie for lots of reasons but I think the number one reason is ego. I'll admit to it myself. When I was young I would often add 10% to my best lift to inflate my ego. I would reason that "on a good day" I could make that lift or that I would soon be able to if I kept training so it really wasn't a lie.

Another reason weightlifters lie is because they are greedy. They will lie about their workout routines to hide their secrets or to sell workouts. I bought a leg training manual from a bodybuilder back in the 80s. He had the best legs out there. I followed that routine to the "T". Only to have him come out years later and admit that it was a fraud. He was blessed with great genes and his legs didn't require as much effort to look fantastic. He said he was afraid nobody would believe him if he told the truth. He was probably more concerned nobody would buy his training manual!

Weightlifters lie about two things. Weights and measurements. How much can you squat? Oh, 5 plates. I guess I didn't ask if those plates were 45's or 25's so he could be telling the truth. I had a high school buddy I would run into every year or so for some time. Every time he would ask me what I was benching. By some miracle he would always be benching 5 or 10lbs more. Finally I asked him to do a bench workout with me (which was really me asking him to prove it or shut up). He never showed up. The truth is the numbers I gave him were probably 5 or 10 pounds more than I could actually do. So we were both liars. I was just a 5% whereas he was more like 20%.

Measurements are also a topic of exaggeration. I remember there was a weightlifting historian by the name of David Willoughby. He would show up with a steel tape and ask to measure strongmen, weightlifters, and body builders. Most of the time he would get turned down. When he was allowed the proclaimed measurements usually came up short. Then the excuses would come. I don't recall him once saying he found a measurement that was bigger than stated.

Another measurement is distance. Like a shot putter or highland gamer. What's your best put? You always round up or you give your personal best from 10 years ago.

My Uncle Phil said that my Uncle Wayne was the only 100% honest weightlifter he knew. I remember asking my Uncle Wayne about his lifts and never once did he exaggerate. NOT ONCE. He would not only give his best lift to the pound he would also tell you when he did it and that he couldn't do that much now.

It all comes down to ego. If you have a strong ego you tend to exaggerate less. Doesn't matter how strong you are, if you have a weak ego the lying will come! I notice as I get older I lie less. Maybe my ego is stronger. Have I mentioned I have 20 inch arms and I can bench 500?!

## **ME AND BILL PEARL**

---

March 20, 2019 Thom Van Vleck Edit Post

by Thom Van Vleck



One of my favorite Bill Pearl photos. He was in his 40's in this photo and as a teenager that was OLD! It inspired me to be fit but also fit for life.

If you don't know who Bill Pearl is then you don't know weightlifting history and you should drop everything and look him up and learn about the greatest bodybuilder of all time.

There have been countless stories written about Pearl by guys that know much more than me. This is a story about my relationship with Pearl.

When I first got interested in weightlifting when I was around 14 years old my Uncle Phil took me under his wing and taught me about lifting, lifters, and all the history, types of strength, and just about everything you'd want to know about weightlifting. My Uncle Phil would tell me, "I've forgotten more than you'll every know". He was my guru whereas my Uncle Wayne, his brother, was my training partner. Wayne didn't talk much about lifting. He just did it and with great success. Phil became a student of the sport, opened a gym, and became a great trainer.

The guy my Uncle Phil first told me about was Bill Pearl. Pearl was the epitome of size and strength according to Phil. Pearl was a 1 time amateur Mr. Universe and 4 time Pro Mr. Universe. He first won in 1953 and his last win was in 1971. This would have been 1977 when I first learned about Pearl so not too long after his last win. The amazing thing is Pearl never lost. Theoretically he could have won every year in between but chose to come "down from the mountain" every so often to reclaim the title.

My Uncle Phil had a 3 ring binder that included just about every photo of Bill Pearl out there. He “loaned” it to me (40 years later I still have it). There wasn’t much on lifting out there and I would peruse that binder for inspiration while lifting.

My Uncle Phil met Bill Pearl in the 60’s. Right after he won the 1967 Mr. Universe. My Uncle was stationed in Alabama in the Air Force and found out about Pearl appearing at a nearby gym. Phil went and listened to his seminar. He said Pearl was wearing street clothes but stripped off his shirt and loaded a barbell to 300lbs. With no warm up he powercleaned the barbell and pressed it overhead then pressed it behind the neck twice.

Pearl also did feats of strength that inspired me. He would rip decks of cards in half, tear license plates in half, and blow up hot water bottles. I learned how to do all of these things because of Pearl.

Then about 15 years ago I got to thinking. Pearl was still very much alive. My Uncle Phil was struggling with some health issues and needed some inspiration. Maybe I could call Pearl and arrange for them to talk on the phone.

After a couple of phone calls I reached Bill! It seemed weird talking to someone you’d grown up reading about. The amazing part is he claimed he knew me! I had been writing articles for Milo, a strength journal, and Bill was a fan. He loved Milo and recognized my name and even quoted a couple of articles he remembered. Well, that made my day.

I arranged for my Uncle Phil to talk with Pearl. Phil said they talked for 3 hours! It had been nearly 40 years in the interim. Pearl was as friendly as they come.

Over the years I’ve kept in touch with Pearl. I once had plans to go to Oregon where he lives but he was called away last minute. I really need to go. He promised me a workout!

## AUSTRALIAN UPDATE

---

March 21, 2019 Al Myers [Edit Post](#)

By Al Myers

There has been a lot of new activity from the All Rounds in Australia. For those USAWA lifters who are not familiar with the Australian branch of IAWA weightlifters, today I want to give a little update on the latest activity from Australia. Australia has been one of the affiliated organizations of the International All Round Weightlifting Association since the beginning.

But recently there have been some BIG CHANGES! First of all, the Western Australians in Perth have relocated to a new facility. They had been centered out of the Belmont Sports and Recreation Club for many years, and have hosted many International events there. They have now moved to the Lambda Academy in Mundaring, ran by Kat Becker. I am looking forward to seeing this new facility.

Also – now this is really big news – the All Rounds in Australia is growing with the addition of a new club in Ballina, NSW. This expansion of All Round lifting from just one club will be leading to a new name for the Australian All Rounds – the ARWFA (All Round Weightlifting Federation of Australia). This will be implemented soon.

2019 will be a big year for the Australians as they will be hosting the 2019 IAWA Gold Cup. It will be held on Sunday November 3rd, promoted by Peter Phillips. The day before will be the Australian Championships which will make a very big and exciting weekend! If you have not been to an IAWA event in Australia please think about attending and representing the USAWA. I promise you that you will not be disappointed. The entry form and announcement will be available soon.

There is some sad news to report from Western Australia which I just seen recently on Facebook. Frank Lamp has passed away. Frank was a pioneer in getting the All Rounds established in Australia. John Mahon summed up it pretty well when he said:

*We have received the sad news that Frank Lamp has passed away. Frank has had a significant role in strength sports in WA with most noting his contributions to powerlifting and Weightlifting. For ARWLWA we would not even exist if it was not for Frank Lamp. His contribution to ARWLWA has been unmatched and we will be forever grateful for what he has done for this sport. We pass on our deepest condolences to Franks family and may All-Round Weightlifting in Australia live on in Frank's memory.*

Recently the Australians published a newsletter which highlighted all of the activity from their organization – [The All-Round Strenght Athlete Issue 1 \(1\)](#)

The second annual IAWA OTSM World Championships Postal will be held again this year in July. Australian John Mahon and I are working on getting the details set for it at this moment, so expect it to be announced soon.

## **DINO GYM SPRING RD**

---

By Al Myers

## **MEET ANNOUNCEMENT – DINO GYM SPRING RECORD DAY**

We are going to host a record day at the Dino Gym on May 4th to celebrate a big day for one of the Dino Gym's most distinguished members. LaVerne is turning 75 years old and we are going to have a combination record day/birthday party for him. This will be his first opportunity to set USAWA records in a new age division.

The record day will start in the morning. Afterwards I do plan to host a supper/party for him so everyone is welcome to stay for the after-meet festivities. However, this record day is a "come and go" affair so if you need to come early and leave early that is ok. Plus if you just want to arrive in the afternoon and do your lifts then that is fine as well. It always works better if everyone is not trying to do their record day lifts at the same time.

My goal for this event is to have at least 75 records set (which means at least 15 lifters need to show and set their max 5 records) to recognize LaVerne's 75th birthday. Hope to see everyone there!

### **MEET DETAILS:**

Meet Director: Al Myers and the Dino Gym

Meet Date: Saturday, May 4th, 2019, 9:00 AM – 5:00 PM

Location: Dino Gym, Abilene, Kansas

Sanction: USAWA

Entry Form: None – just show up – but if possible please let me know ahead of time so I can prepare

Entry Fee: None, but gag birthday presents for LaVerne are encouraged. There will be a roast to him before the evening meal so please come prepared with your roast speech

Lifts: Record Day – Pick any lifts you can set a USAWA record in (up to the 5 lift max)

Contact me at [amyers@usawa.com](mailto:amyers@usawa.com) if you have any questions

# USAWA NATIONALS MEETING AND BANQUET

March 28, 2019 Denny Habecker Edit Post

By Denny Habecker

For anyone coming to the Nationals this year, which I hope will be many of you, the annual meeting will be held at 7 PM, Friday June 21 at my house. The awards banquet after the meet will be held at Hoss's Steak and Seafood, 1235 East Main Street, Annville, Pa. 17003 at 7:30 PM. It will be an order from the menu and pay your own, banquet.

# FORTY YEARS OF LIFTING

March 29, 2019 Thom Van Vleck Edit Post

by Thom Van Vleck

It was 40 years ago in May that I started my weightlifting journey. I had messed around with the weights for a couple of years. I would workout but a month or two later I would quit. I made myself a promise on my 15th Birthday I would start training and give it my all. I've been lifting ever since.

I remember maxing out on some lifts to get a base line. I deadlifted 225 pounds, I could barely squat my own bodyweight (due to having broken both legs and my hip), I benched 105, and power cleaned 125. I weighed in at a porky 198lbs. As a matter of fact I wore a 38 waist then and I now weigh 275 and wear 38's. I was a fatty!

My birthday was the first day of school being out. I worked out in the old Jackson Weightlifting Club which was in a barn with a metal roof. More often alone than with someone. There was no air conditioning. It was hot! I would workout about 2 hours every single day all summer. Not surprisingly I lost over 30lbs in three months plus I think I converted another 10lbs to muscle. On top of that I grew about 4 inches. My transformation was so great that when I went back to school that fall a classmate didn't recognize me.

My lifts didn't sky rocket up. I was probably over training badly. I was also constantly maxing out and not sticking to a routine. But I was dedicated and I learned a lot and I got well conditioned.



I would spend my time reading stacks of weightlifting magazines owned by my Uncles and my grandfather that were laying around the gym. My routines were often gleaned from these pages.

My memories of those days working out in that unairconditioned, metal roof building in the sweltering Missouri heat are burned into my mind. I felt like a spartan! I had friends come by to workout and they would last a day, maybe two. Then they would quit. It was too hot and too hard for them.

My Uncle Wayne would come by and workout three days a week. We would visit, talk about training, and I would watch him put up some fantastic weights and dream of when I would be that strong. He regularly pressed 300 pounds or more. I remember him doing a seated press with 300lbs for 8 sets of 3 reps. I also remember him hang cleaning 300 for 8 sets of 3 reps. It was inspirational.

My grandfather would also come out a couple days a week and work out. I marveled at his dedication even though he was in his late 60s. At my age at the time that was amazing. He did a lot of old school strongman lifts. He would do lifts like the shoulder drop and Zercher squat. I learned a lot from him.

We would open the big sliding doors to the barn to let as much air in as possible. I can recall opening those doors and it being like walking into an oven. I would often walk outside between sets hoping to catch a breeze.

It was at this time I fell in love with weightlifting. It became my sport. While I've had some success in competition the greatest rewards have been in mind, body, and spirit.

Do you remember when you fell in love with lifting weights?

## **JWC: THE EVANGELISM YEARS**

---

[April 8, 2019](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck



Left to Right: Brian Kerby, Brett Kerby, John O'Brien, and Thom Van Vleck. The core members of the JWC Evangelism Team

The Jackson Weightlifting Club (JWC) has had many lives over the past 91 years. One of it's incarnations was as an Evangelism team. We were inspired by Paul Anderson who toured the country and evangelized while demonstrating feats of strength.

It started with a relationship with Randy Richey who heads up Omega Force. They are a strong man evangelism team that has toured the country for many years. I met Randy at a Scottish highland games and he invited me to perform with his group in St. Louis. I talked Brian Kerby into going and we performed 6 shows in 4 days. Talk about a workout! We finished as the warm up for the US Strongman Nationals at the Family Arena in front of a crowd of over 3000.

Randy invited us to travel with them but Brian and I both had families and full time jobs. We would occasionally hook up with them but doing anything long term was out of the question.

Brian is an ordained minister and often would fill in at local Churches. He was filling in at a little Church in tiny Worthington, Missouri and they were having a 24 hours fast with the youth group. Brian suggested we do a little strongman show for the 20 or so kids present. Brian invited his brother Brett and I invited my friend John. That show ended up being quite a production and a real hit.

We had not intentions of taking it further. Just a one time deal. But a woman came up and gave Brian a check for \$250. She said we needed to do this somewhere else. So the team was born. We would stay local and that way we could all be back to work the next day.

At first we weren't going to call ourselves the JWC. That was the name of the weightlifting club started by my grandfather and continued by my Uncles. But Brian thought it would be the thing to do. My family has a deep Christian history and I was honored.

We never asked for money. Just an offering. We figured as long as there was money in the bank we would keep going. Over the next 10 years we did over 250 shows to over 25,000 spectators. Every show was all about the gospel. But some serious lifting and feats of strength were performed. We would bend short steel, steel bars (scroll work), break cement blocks, lift objects such as anvils and stones, lift traditional weights, strongman events such as the log lift, and tearing phone books and decks of cards in half. All the feats would tie into a Christian message.



Thom Van Vleck on the bed of nails with 380 pound Terry Lawson on top of him and 330lb Brian Kerby at the very top. Yes, it's a physics trick but it still hurts!!!!

Some of the more amazing feats we performed over the years include the following:

John O'Brien became a world class short steel bender. He would bend 3/8" grade 8 bolts. We would always offer for someone to come out of the crowd and try it and no one ever even put a kink in it. John is one strong guy and he would lift about anything. He would lift a 90lb

dumbbell with a 3 inch grip with one hand and then proceed to press it overhead for as many as 10 reps. We would have the crowd count along. Afterwards we would ask people to come up and try and lift it. The thing was that with that 3inch handle nobody could get a grip to even break it off the ground!

Brian Kerby was just strong. He would regularly load up 405lbs on the Bench with no warm up and then do reps. Again having the crowd count along and he would usually do 10 reps. Brian benched 550 raw in a meet one time. Another time he lifted a log loaded to over 300lbs. He lifted it so easily the crowd didn't respond. So with the weight overhead he stood on one leg, then did a 360 degree turn, and then proceeded to talk for what seemed like a minute or two all while holding that weight.

Brett Kerby was amazing at grip strength. He would do all the bending that John would do but he was also great at ripping decks of cards in half. Now lots of strong guys could rip a deck of cards in half with a little work. Heck, I did it! But Brett would take it two steps further. He would rip the deck in half, then quarter it...and then eighth it!

Some of the other "regulars" included Mitch Ridout, Eric Todd, Jeff Jacques, and Joe Costello. Sometimes just two or three of us would go. Work and family came first. Just whoever could make it and we made do. Some of the funniest memories was going out to eat after a show. We would be exhausted and starving but full of joy.

I learned to do many feats of strength. I built a bed of nails and we would lay a platform across my body and load up audience members. I once had 14 kids standing on me. We would break concrete blocks across my stomach with a sledge hammer. One of my regular feats was to pull vehicles. One time we showed up at a Church and we had told them if they had a vehicle I would pull it. They had a fully loaded 80,000lb semi! I thought I'd met my match but somehow I managed to ever so slowly pull it. I had blood blisters all over my shoulders from the harness.

I never dreamed we would last as long as we did. The end came when Brian moved away for a new job. We did a couple more shows without him but it wasn't the same and father time was moving in on all of us. Brett had to quit because of injuries. It just reached a natural conclusion.

That was about 10 years ago and to this day I'll still be recognized by people who saw one of our shows. One of the more touching moments for me involved a boy that attended our show and I gave him a signed souvenir after the show. That boy died suddenly and at the funeral that

souvenir was in his casket. His dad explained that it was a prized possession and his goal was to lift weights and get strong and do what we did. I like to think we did God's work and glorified Him and not us. We just used His gifts to serve Him. My grandfather was a musician and he spread God's word through his music. I'm a strength athlete and I served with my own talents in the same way. Through performance with a message.

## OTSM WORLD POSTAL

April 11, 2019 Al Myers Edit Post

By Al Myers

### **MEET ANNOUNCEMENT –**

### **2019 IAWA OLD TIME STRONGMAN WORLD POSTAL CHAMPIONSHIPS**

After the success of last year's inaugural OTSM World Postal, John Mahon and I have decided to continue with the promotion again this year. This years competition dates are July 20th-21st.

Now for a little "background" on this postal competition. It is much different than the other postal meets we have.

- It will be held over a weekend only and all lifts must happen at this time
- It will always be held at only one venue per participating country
- Each country will have a promoter for the event, and provide the venue

The reason for these added stipulations is to give more credibility to the event. Since all lifts will be done at a set venue at the same time, with the same set of officially recognized officials there is no question to the validity of this World Championship. Also, I like the idea of everyone world wide doing the lifts at the same time, almost like a meet we are all at together. There are different lifts chosen this year to give a new challenge to everybody.

ENTRY FORM (WORD)- [2019 OTSM World Postal Entry Form](#)

ENTRY FORM (PDF) – [2019 OTSM World Postal Entry Form](#)

Once completed, please send your completed forms to me this year instead of John. I would like everyone to please use the prepared form for the official scoresheet to minimize submission errors.

### **USAWA MEET DETAILS**

I have the set the date and time for the USAWA portion of the IAWA OTSM World Postal Championships. I am hoping for a turnout as good as last year. I plan to run it very efficiently, so hopefully if we start by 1 we will be finished by 5. Also, please let me know in advance if you plan to attend so I can make proper arrangements.

Location:

Dino Gym  
1126 Eden Road  
Abilene, KS 67410

Meet Director:

Al Myers  
amyers@usawa.com

Date:

Sunday, July 21st  
Weigh-ins: 12:00 Noon  
Meet Start: 1:00 PM

## 1ST QUARTER POSTAL

---

April 12, 2019 Denny Habecker Edit Post

By Denny Habecker

### MEET RESULTS –

### 2019 1ST QUARTER POSTAL MEET

15 lifters took part in the first postal meet this year, with John Strangeway leading the men and R.J Jackson at the top in the women's Division.

2019 1st Quarter Postal

January 1st thru March 31st

Lifts- Jerk from Racks, Hack Lift-One Arm, Deadlift- Fulton DB One Arm

Lifters with a certified official:

John Strangeway – Eric Todd & Lance Foster  
 Aidan Habecker – Barry Bryan & Denny Habecker  
 Chris Todd – Eric Todd & John Strangeway  
 Lance Foster – Eric Todd & John Strangeway  
 Al Myers – LaVerne Myers  
 Barry Bryan – Denny Habecker  
 LaVerne Myers – Denny Habecker  
 Branden Rein – Al Myers  
 Denny Habecker – Barry Bryan  
 Dean Ross – Denny Habecker

Lifters with no Certified Official:

John Douglas  
 Chad Ullom  
 R.J. Jackson  
 Sylvia Stockall  
 Lynda Burns

### **Women's Division**

Name	Age	Bdwt.	Jerk	Hack	Fulton D.B.	Total	Points
R.J. Jackson	57	106Lbs.	80 Lbs.	135Lbs.- R	57 Lbs. – L	272 Lbs.	446.1
Sylvia Stockall	61	135 Lbs.	105 Lbs.	100 Lbs.-L	80 Lbs. – R	285 Lbs.	398.4
Lynda Burns	44	179 Lbs.	87 Lbs.	87 Lbs.-R	75 Lbs. – L	249 Lbs	248.9

### **Men's Division**

John Strangeway	40	205 Lbs.	245lbs.	251.5 lbs.-L	168 lbs-R	664.5lbs	591.8
Al Myers	52	235 Lbs.	150 lbs.	280 lbs.-R	165 lbs -L	595 lbs	551
Barry Bryan	61	186.5 lbs.	165 lbs.	187lbs- R	124 lbs. -L	476 lbs.	540.4
John Douglas	55	300 lbs.	205 lbs.	200lbs -R	185 lbs.-L	590 lbs.	497
Chad Ullom	47	241 lbs.	95 lbs.	275lbs.-L	155 lbs.-R	525 lbs.	458.5

LaVerne Myers	74	231 lbs.	95 lbs.	154 lbs-L	155lbs.-R	404 lbs	451
Brandan Rein	23	154 lbs.	130 lbs.	160 lbs.-R	110lbs. -L	400lbs.	419.2
Denny Habecker	76	192 lbs.	99 lbs.	132 lbs.-R	96 lbs.-L	327lbs.	410
Aidan Habecker	15	195 lbs.	110 lbs.	187 lbs.-R	91 lbs. -L	388 lbs.	405
Chris Todd	39	272 lbs.	205 lbs.	214lbs.-R	113 lbs-R	532 lbs.	384
Lance Foster	53	345 lbs.	120 lbs.	151 lbs.-L	108 lbs.-R	379 lbs.	294
Dean Ross	76	243 lbs.	45 lbs.	75 lbs. -L	75 lbs.- R	195lbs	215

## PRESIDENTIAL CUP

April 15, 2019 Al Myers Edit Post

By Al Myers

### MEET ANNOUNCEMENT

#### THE 2019 USAWA PRESIDENTIAL CUP

For the eighth 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 3rd, 2019

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.

## **LIFTER OF THE MONTH – LAVERNE MYERS**

---

[April 30, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers



LaVerne in action wiith the 2" dumbbell deadlift at the 2018 World Championships in Eastbourne, England .

The USAWA Lifter of the Month for February is LaVerne Myers. LaVerne was the overall outstanding men's lifter at the 2019 USAWA Grip Championships which was contested in February. He bested 10 other outstanding gripsters in the meet. That is a huge accomplishment!

Now don't forget that this coming weekend we are going to be celebrating LaVerne's 75th birthday at the Dino Gym in conjunction with an afternoon record day. Everyone is invited to stay for the evenings festivities which will include a roast to LaVerne along with a fish fry. I will provide all food and beverages. Please remember to bring a gag gift for LaVerne along with a roast speech. I want to make this a night that he won't forget!!!

## AWARD NOMINATIONS

---

May 1, 2019 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 2018 (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 2018
- 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](mailto:amyers@usawa.com) with your nominations. The deadline for this is May 10th. I'm only 10 days 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!!!!

## **DINO GYM SPRING RD**

---

May 6, 2019 Al Myers Edit Post

By Al Myers

### **DINO GYM SPRING RECORD DAY**



Group picture from the 2019 Dino Gym Spring Record Day

What an exciting weekend at the Dino Gym!!! We celebrated LaVerne's 75th birthday with a record day and a big fish fry afterwards. The weather was perfect for a fun day.

Seven lifters made their way to the gym for the event. Each lifter set their "usawa max" of 5 records each. I want to really thank these guys for making it, as a few of them came quite a long way. Our President, Denny, made the longest drive from Pennsylvania. Dean never misses an event at the gym and made his normal drive from Oklahoma. Lance and Scottish Johnny came from Kansas City, and John Douglas made his several hour drive from western Kansas.



LaVerne putting his new cane to use!!!

Many great record day lifts were made. As I inputted the results a few really stood out to me. Regrettably, I was tied up with work and made it to the gym late so I missed out on most of lifts. Scottish Johnny put up a 425# front squat which is a huge lift for a lifter over 40. The birthday boy LaVerne put up some great finger lifts. Big John put up over 400 pounds in the Neck Lift, and Lance combined many different types of lifting to put up the most well rounded set of records. Dean exerted himself fully by back lifting and harness lifting over 1000 pounds. Denny put up big records in the one arm dumbbell deadlift with both arms. My highlight was doing the Lurich Lift for the first time and realizing I like it much better than the Hack Lift!

The evening festivities were held on my deck. We had a few other gym members join us that night – including Brandon, Casey, Hunter, Molly, K dog, Katie, and Cale. Each of us took our time giving a roast and gag gift to LaVerne for his birthday. Even though we didn't get the 75 new records I was hoping for, we did give LaVerne a birthday he won't forget!

### **Meet Results:**

Dino Gym Spring RD

Dino Gym

Holland, KS

May 4th, 2019

Meet Director: Al Myers

Scorekeeper: Al Myers

Lifts: Record Day Lifts

**John Strangeway – BWT 207#, Age 40 years**

**3 Official System – LaVerne, Denny, Lance**

Front Squat: 425#

Deadlift – No Thumbs: 474#

Deadlift – Ciavattone Grip: 418#

Finger Lift – Left Index: 135#

Finger Lift – Right Index: 135#

**LaVerne Myers – BWT 235#, Age 75 years**

**1 Official System – Denny**

Finger Lift – Left Little: 65#

Finger Lift – Left Thumb: 71#

Finger Lift – Right Thumb: 71#

Finger Lift – Left Index: 90#

Finger Lift – Right Index: 111#

**John Douglas – BWT 314#, Age 55 years**

**3 Official System – Denny, Lance, LaVerne**

Front Squat: 350#

Bench Press – Feet in Air: 275#

Bent Over Row: 303#

Deadlift – Trap Bar: 501#

Neck Lift: 410#

**Al Myers – BWT 233#, Age 52 Years**

**3 Official System – Denny, LaVerne, Lance**

Back Extension: 150#

Lurich Lift: 579#

Deadlift – 2 Inch Dumbbells: 241#

Habecker Lift: 320#

Wrist Curl: 230#

**Lance Foster – BWT 348#, Age 53 Years**

**3 Official System – LaVerne, Denny**

Anderson Press: 135#

Clean & Jerk – Dumbbell, Right Arm: 50#

Deadlift – No Thumbs: 275#

Harness Lift: 1240#

Bench Press – Fulton Bar: 144#

**Dean Ross – BWT 235#, Age 76 Years**

**1 Official System – LaVerne**

Back Lift: 1050#

Harness Lift: 1010#

Bench Press – Feet in Air: 135#

Bench Press – Hands Together: 135#

Back Extension: 75#

**Denny Habecker – BWT 193#, Age 76 Years**

**3 Official System – LaVerne, Lance**

Press – From Racks: 100#

Push Press – From Racks: 100#

Deadlift – No Thumbs: 243#

Deadlift – Dumbbell, Left Arm: 147#

Deadlift – Dumbbell, Right Arm: 187#

## **SCHMIDT BBC RD**

---

[May 9, 2019](#) [Al Myers](#) [Edit Post](#)

By Scott Schmidt

### **MEET ANNOUNCEMENT – SCHMIDT BARBELL CLUB RECORD DAY**

Greetings to All our USAWA members!

I am setting up a USAWA Record Meet on July 13, 2019 at my Schmidt Bar Bell Club. The address is 2571 Glenmore Drive Westlake, Ohio 44145. We can weigh in at 11 am and start lifting at Noon. There is not a fee to attend but you do need a membership in USAWA to set Records.

If you would like to attend, you can e mail me at: [onelifter@yahoo.com](mailto:onelifter@yahoo.com)



I look forward to a Fun Event! We can have a snack after we lift.

## HEAVY LIFT CHAMPIONSHIP

May 13, 2019 [Al Myers](#) [Edit Post](#)

By Mark Raymond

**MEET –**

### 2019 USAWA HEAVY LIFT CHAMPIONSHIP



The meet was a great success. We had 6 lifters from Massachusetts and New York. It was held at Frank's Barbell Club in East Walpole, Massachusetts.

The Lestan brothers, Chris and Eric, were outstanding on the platform! It's always good to see them in action.

Michael Rabich from Queens, New York, showed lots of enthusiasm as he performed his lifts. We always enjoy spending time with Michael when he comes to visit.

Congratulations to Joe Ciavattone Sr who was overall champion of the meet.

Thanks to Frank and Joe Sr. who officiated the meet.

A special thank you to Peter Vuono for cheering us on throughout the event.

And a special thank you Frank for welcoming us all into his home and treating us to pizza after the event.

Results are as follows:

USAWA Heavy Lift Championship

Frank's Barbell Club, East Walpole, Massachusetts

May 11<sup>th</sup>2019

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials – Frank Ciavattone, Joe Ciavattone Sr.

All lifts recorded in pounds

---

**Lifters using the one official system:**

---

<b>LIFTER</b>	<b>AGE</b>	<b>WEIGHT</b>	<b>M/F</b>	<b>CLASS</b>
Frank Ciavattone	64	292	M	125 Kg/600
Joe Ciavattone	50	236	M	110 Kg/500

---

**Lifters using the three official system:**

---

<b>LIFTER</b>	<b>AGE</b>	<b>WEIGHT</b>	<b>M/F</b>	<b>CLASS</b>
Chris Lestan	23	271	M	125 Kg/Op
Eric Lestan	14	148	M	70 Kg/14-
Michael Rabich	38	195	M	90 Kg/Op
Mark Raymond	56	252	M	115 Kg/55

<b>Lift 1</b>	<b>Neck Lift</b>
<b>Lift 2</b>	<b>Hand and Thigh Lift</b>
<b>Lift 3</b>	<b>Hip Lift</b>

<b><u>Lifter</u></b>	<b><u>Age</u></b>	<b><u>Weight</u></b>	<b><u>Lift 1</u></b>	<b><u>Lift 2</u></b>	<b><u>Lift 3</u></b>	<b><u>Total #</u></b>
Chris Lestan	23	271	700	1000	1800	3500
Eric Lestan	14	148	110	550	800	1460
Frank Ciavattone	64	292	110	300	600	1000
Joe Ciavattone Sr.	50	236	600	1000	1500	3100
Mark Raymond	56	252	110	800	1200	2110
Michael Rabich	38	195	400	1000	1200	2600

<b><u>Record Day Lifts</u></b>		
<b><u>Lifter</u></b>	<b><u>Lift</u></b>	<b><u>#</u></b>
Michael Rabich	Squat – Lunge	240

## CLUB OF THE YEAR AWARD

May 15, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

The nomination & voting period is over for the 2018 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. And this club EXCEEDED that for sure – with several lifters helping FRANK’S BARBELL CLUB win the 2018 CLUB OF THE YEAR. Frank’s club had 16 registered USAWA members, far exceeding any other club. Their club members included: Frank Ciavattone, Jeff Ciavattone, Joe Ciavattone Sr., Joe Ciavattone Jr., David Gago, Laura Inglis, Chis Lestan, Eric Lestan, Kim Lydon, Rocky Morrison, Tony Patterson, Mark Raymond, Colleen Richards, Dan Rowe, Michael Vuono, and Peter Vuono. The club also had 2 lifters compete at Nationals (Joe Sr. and Joe Jr.) and promoted 3 club events.

The final standings for the 2018 USAWA CLUB OF THE YEAR (only top 3 listed):

- 1. Franks Barbell Club – 29 points**
- 2. Habecker’s Gym – 17 points**
- 3. KC Strongman – 16 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. The Dino Gym was the Club of the Year in 2017 and will get the honor of awarding this year’s awards for the Club of the Year.

## **LIFTER OF THE MONTH – JOHN STRANGEWAY**

---

[May 21, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA LIFTER OF THE MONTH for March is John Strangeway, of the KCSTRONGMAN Club. Scottish Johnny has been a regular at local USAWA competitions and postal meets throughout the last year. He was the overall Men’s Champion in the 1st Quarter Postal Meet of 2019.

I have lifted with Johnny many times now and he has great enthusiasm for the all rounds. Congratulations on being the Lifter of the Month!

## **GOLD CUP**

---

[May 24, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

## **MEET ANNOUNCEMENT – 2019 IAWA GOLD CUP**

The Australians have got the 2019 Gold Cup announced! The date is Sunday, November 3rd, 2019. It will be held at the Lambda Academy in Perth.

The Gold Cup is one of the BIG IAWA events every year. It is definitely worth attending. The is your chance to set a new IAWA World Record on the biggest of stages. However, the Gold Cup is much bigger than the competition itself. Just being part of an event where everyone across the world comes together to lift in an All Round competition is an amazing experience. Perth is a very beautiful city to visit, and this Gold Cup gives you the opportunity to see things that will make a lifelong impression.

[LINK TO ENTRY FORM](#)

## **CLUB CHAMPIONSHIPS**

May 28, 2019 Al Myers Edit Post

by Dave Glasgow

# **\*\*\*\*\*CANCELLED\*\*\*\*\***

## **MEET ANNOUNCEMENT 2019 USAWA CLUB CHAMPIONSHIPS**

Hosted by:

**LEDAIG HEAVY ATHLETICS**

Saturday, July 6th, 2019

Weigh In 9:00-10:00 AM

Lifting starts at 10:00 AM sharp

### **LIFTS TO BE CONTESTED**

Overhead Squat

Deadlift – 2 Bars

Clean and Jerk – Dumbbell, One Arm (non dominate hand)

Push Press from Rack

Questions or directions to the venue

dglasgow@cox.net

## OTSM WORLD POSTAL

---

May 30, 2019 Al Myers Edit Post

By Al Myers

### USAWA MEET DETAILS

I have the set the date and time for the USAWA portion of the IAWA OTSM World Postal Championships. I am hoping for a turnout as good as last year. I plan to run it very efficiently, so hopefully if we start by 1 we will be finished by 5. Also, please let me know in advance if you plan to attend so I can make proper arrangements.

Location:

Dino Gym  
1126 Eden Road  
Abilene, KS 67410

Meet Director:

Al Myers  
amyers@usawa.com

Date:

Sunday, July 21st  
Weigh-ins: 12:00 Noon  
Meet Start: 1:00 PM

# JERK BLOCKS OR BOXES

June 4, 2019 Thom Van Vleck [Edit Post](#)

By Thom Van Vleck



Jerk boxes in the JWC gym. Made by Al Myers.

I own several pieces of equipment that you won't find in most gyms yet I find them invaluable in my training. One of these are my Jerk Boxes. I use them all the time and credit them with saving my shoulders as I age.

I first acquired my Jerk Boxes from my good friend Al Myers. I told Al what I wanted and we worked out a trade and he made me the beautiful Jerk boxes you see in the photo above. There are dozens of designs and you can buy them or make your own. But basically they are a table that catches the weight after you drop it after an overhead movement instead of dropping it all the way to the floor or catching the weight on your shoulders or collar bone.

The reason I wanted them was I work overhead presses and push presses a lot and had injured my shoulder catching the weight as I lowered it to my shoulders. The Jerk Boxes allow me to just drop the weight saving my shoulders wear and tear. And as I get older I don't know how much wear and tear my shoulders have left! If I missed the weight they fell directly on the jerk boxes and didn't fall all the way to the floor....or worse yet, on ME!

Your only other choice if you don't want to "catch" the weight every time you do jerks, push presses, or presses is to drop the weight all the way to the ground. I did that for a while after injuring my shoulder catching the weight on the way down and believe me....it became a real chore unloading the bar and returning it to the rack.

I use my jerk boxes all the time. I will even use them as squat racks from time to time. They even make dandy saw horses! So if you don't have a set of jerk boxes I would recommend getting them. They are the second most used piece of equipment in my gym after the power rack (and weights themselves).

## WORLD POSTAL

---

June 6, 2019 [Al Myers](#) [Edit Post](#)

### MEET ANNOUNCEMENT

#### 2019 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 Championships 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. Read the the info sheet as it outlines the "rules of the competition". Send your results to me at [amyers@usawa.com](mailto: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 – [2019 World Postal Entry Form](#) (word document)

ENTRY FORM – [2019 World Postal Entry Form](#) (PDF)

INFO SHEET – [2019 World Postal Information Sheet](#) (word document)

INFO SHEET – [2019 World Postal Information Sheet](#) (PDF)

## WORK VS A WORKOUT

---

June 10, 2019 [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck





Farm Boy Strong!

My first workout instruction book was given to me by my Uncle Wayne. It was written by Doug Hepburn and my uncle bought it in 1957 and I still have it. It was the first workout routine I followed. There was a chapter in there on rest. It said work was not rest and should be avoided if the lifter wanted to make maximum gains. I tried telling my mom the yard work she wanted me to do was cutting into my gains. She wasn't having none of that! I still had to do the yard work!

My grandfather was an avid weightlifter. His collar was also as blue as they come and grew up on the farm before tractors were common. He worked hard his whole life. Sometimes holding down three jobs to take care of his family. He also rarely missed a workout! I recall him teaching me how to turn work into a workout. We were shoveling after a deep snow. He said to shovel 5 times to the left and 5 times to the right. Always keep balanced. Whatever I did one way I should do an equal amount to the other side. Squat down to pick things up and equal number of time to bending over to pick things up. Find ways to get in exercise while you work. He would do calf raises while standing at his work bench. That way work became a workout. Because a workout, like work, tears the body down. The difference is that workouts are balanced.

Then when I was a teen I had a manual labor job. I hated it but I liked having money. I dreaded going to work and watched the clock for quitting time. I worked with a guy that had a great attitude. He made everything a game. If we had to stack up sacks of flour he would say, "Race

ya!” and we would race to see who could fill a pallet the fastest. When I started looking at work that way the clock disappeared and it was quitting time before I knew it.

When I first started working out I honestly hated it. It was a means to an end. I wanted to be and look strong and this was the way to do it. After awhile, when I saw results, I started to enjoy workouts. They gained intrinsic value to me. I think that’s why over 40 years later I’m still doing it. I took the work out of my work outs.

A few years back I had to cut down a very large dead elm tree on my property. I went after it like a workout. I did sets and reps and varied how I carried the wood keeping things balanced. I made a game out of it. It was a really good workout in the end.

So my point is that the difference between work and a work out is balance and attitude. Bring both to your work and your workouts and you’ll be better off in the end!

## **NATIONAL MEETING OF THE USAWA**

---

June 11, 2019 Al Myers Edit Post

By Al Myers

The National Championships are about here, and with that comes the Annual National Meeting of the USAWA. It will be held on June 21st, Friday night, at 7PM. It will be at the house of our President Denny Habecker. His address is: 637 N. 11th Ave, Lebanon, PA. Please try to make the meeting if possible as all the yearly decisions are made at this meeting. Plus this is the year for USAWA elections – so if you want to run for office this is your opportunity. I have worked up the meeting agenda, which is still subject to change.

### **Business Agenda for the 2019 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 Rule Changes for Strict Curl, Holdout Raised, and Holdout Lowered
  - Loosen rules to NOT involve the use of paper, making the USAWA rule the same as the IAWAUK rule
13. Discussion and Vote on bylaw addition allowing provisional USAWA memberships
  - Provisional memberships are for non USA citizens – not eligible for records but all other aspects of membership is allowed
14. Change age allowance to be the same as the IAWA rule
  - At the age of 66 years 2% per year is added to the age correction
15. Discussion of New Business brought forth by the membership
16. Election of Officers and Executive Board
  - Current Officers: Denny Habecker – President, Chad Ullom – Vice President, Al Myers – Secretary/Treasurer, Dennis Mitchell – EB member, Rocky Morrison – EB member
17. Accept Bids for the 2020 National Championships
  - One prior proposal by Frank Ciavattone, to be held in Walpole, MA the last weekend of June
18. Meeting Adjourned

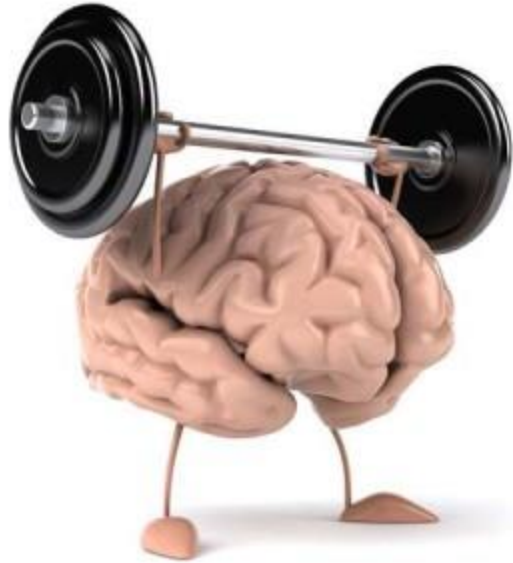
**\*\* \*If a Director or an Officer is unable to attend this meeting to give their report PLEASE send it to me so I can give it on your behalf!\*\*\***

## **EXERCISE AND MENTAL HEALTH**

---

June 12, 2019 Thom Van Vleck Edit Post

by Thom Van Vleck



This is your brain on barbells!

As many of you know I work as a Counselor at A.T. Still University. We have several programs all related to the healthcare field and all graduate level. My job it to make sure our students are taken care of from a mental health standpoint.

A long time ago I realized there was a connection between mental health and exercise. My first test subject was myself! When I was a teen I had a heavy dose of angst, depression, and anxiety. I found that lifting weights and exercise did me a world of good.

So when I came to ATSU I started a weightlifting club. They go by the Osteoblasters Weightlifting Club because our school is the founding school of Osteopathic Medicine. I did it because of my interest in weightlifting but also I realized the importance of exercise and mental health.

So why does exercise impact mental health positively? For one thing exercise stimulates the production of endorphins and enkephalins. These are the body's natural "feel good" hormones. But it goes beyond that. Exercise requires focus. That focus takes us away from the negative self talk that often dominates our thoughts. The things we worry about and obsess about are pushed out as we focus in the moment on the exercise we are doing. Exercise also gives us a place where we belong. A positive social group and interactions. Like the USAWA!

Let's take this a step further. We have for a long time separated mental health from physical health. We even call physicians who deal with mental health a whole different

name! Psychiatrists! But I've preached for a long time that mental health is physical health. The brain is an organ attached to the rest of the body. It suffers illness just like any other organ but the symptoms are behaviors not pains. The brain has no pain receptors so often the only way you can tell something is wrong is through behaviors.

There is now research that shows that mental health conditions are associated with reduced neurogenesis in the hippocampus. Guess what increases neurogenesis in the brain? You guessed it. Exercise. Anti depressants also increase neurogenesis and that is why they are believed to work. I think a good workout would be the preferred method. Then if that doesn't work try the anti-depressants.

So it's not just muscles you're building. It's mental health! And don't forget, Mental Health is Physical Health that involves the brain as an organ. It's not "All in your head....it's all in your brain!"

## **LIFTER OF THE MONTH – RJ JACKSON**

---

[June 15, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Lifter of the Month for April is RJ Jackson. RJ was the women's overall best lifter in the 1st Quarter USAWA Postal Meet. She put up some excellent lifts in the postal meet.

Congrats to RJ!!!!

## **EASTERN MASS RD**

---

[June 17, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

**MEET ANNOUNCEMENT –**

**1ST ANNUAL EASTERN MASS RECORD BREAKERS MEET**

Date: 7-27-19

Please contact Paul Dallalis for meet details.

## **MY REFLECTIONS ON WSM**

---

[June 19, 2019](#) [Al Myers](#) [Edit Post](#)

By Darren Barnhart



Worlds Strongest

Man 2019 is over. And the armchair commentators are already coming out on social media. So I normally don't do this but here is my rant.

I will never say that I was the best at anything. Or that I was even competitive at the sport. But guess what...I lived it and loved it for years. Yeah I made it to Nationals a couple of times but it was way past my prime. So what was my "prime" you may ask? My "prime" was the point in which my body wasn't broken down. Spoiler alert!! This sport can break you. It can hurt you. It can make you have bad days. But only the individual can decide when that is. Not people on social media.

So let's go back to the early days. The days when no one had even heard of the sport. Yet there were guys getting together on their buddies farm, harnessing up with rope, and pulling farm equipment. Or grabbing the worn out combine tire and seeing how many times they could flip it faster than anyone else. This is truly where the phrase "hey ya'll get a load of this" comes from. Those my friends were the glory days. When you train all day on Saturday and then can't walk during church on Sunday. When you get a friendly contest put together at someone's house then BBQ and drink beer afterward. That is the root of the sport my friends. This is what makes strongman the best.

So before you start judging my friends because of how they did this year. Judge them based on what they HAVE done. How many times they cheered their opponent on. How many times they loaned their opponent gear. How many times they smiled and thanked God for their talent and skill. This is what makes strongman the greatest sport on earth.

Take some time and Thank the early guys. The old guys. The guys that built equipment in their barn. The guys that wish to this very day that they could get out on the platform and “move heavy shit”. We are still out here and we smile every time WSM comes on TV. We don’t nit pick or belittle the guys doing it. Because we have been there.

So here goes the beginning of my list:

Scott Tully

Al Myers

Nick Best

Travis Ortmeyer

Brian Shaw

Chuck Cookson

Mark Mitchell

Lon Beffort

Willie Wessels

And the list goes on and on. A lot of these guys you may never have heard of. But they prefer it that way. That’s what makes strongman great. Thank you for what you did for the sport and what some of you are still doing. I will forever be grateful.

## NATIONAL CHAMPIONSHIPS

---

July 4, 2019 Al Myers Edit Post

By Al Myers

### 2019 USAWA NATIONAL CHAMPIONSHIPS

Another year and another outstanding USAWA National Championships!

Meet promoter Denny Habecker put on a great Championships for the USAWA. It was held in a large facility at Acernus Crossfit. This year’s Championships was a one day meet with six lifts, so it made for a long day of lifting.

It was great to see two lifters make their first appearance at Nationals. Chris and Eric Lestan of Frank's Barbell Club made their National debut and both lifted exceptionally. Chris is a young strong lifter who put up the top total of the meet, and had the top lift in several of the competition lifts. Eric is a Junior lifter and won best lifter in the Junior Division. He had stiff competition from Aidan Habecker, and in the end less than 1 adjusted point separated them!!! I love to see competition battles like that!

It was great seeing Frank Ciavattone on the platform. Frank has just went through a serious surgery so he was not at 100%, but still he got a mark in in every lift. His courage and passion for the USAWA really impresses me. Frank is a pioneer in the USAWA and has influenced many lifters through the years.

Denny Habecker and Dennis Mitchell have been regulars at Nationals. Both of these guys hit a milestone that probably can only be topped by themselves. This year's Nationals marked 30 YEARS of competing in the USAWA National Championships for the both of them. I plan to do a more thorough followup story on this accomplishment at a later time.

Michigan native Randy Smith lifted great AGAIN at Nationals. We normally only see Randy once a year in the USAWA – but he does it right and shows up for the organizations biggest event. Randy started in the USAWA at the same time I did, so we have lifted together now for 20 years!!!

The over 70 group had the most lifters of the meet. LaVerne Myers, Dean Ross, Barry Pensyl, and Denny Habecker showed everyone that being a senior citizen doesn't mean you can't lift heavy weights!!! I was very impressed with their performances.

The Club title at Nationals was a close race, with the Dino Gym, Habeckers Gym, and Frank's Barbell Club all putting together great teams. The overall club title went to the Dino Gym.

I want to really thank Judy Habecker for her help at the scoring table. Judy does so much behind the scenes to make sure events run smoothly. I also got to mention my new announcer assistant Aidan. Aidan wanted to help, and he did outstanding while I had to step away from the mic to lift. I can't say enough about the veteran loading team of Terry and John. These two have loaded at Nationals for Denny more times than I can count – and deserve as much recognition as the lifters.

## **MEET RESULTS:**



## 2019 USAWA National Championships

Acernus Crossfit

Lebanon, PA

June 22nd, 2019

Meet Director: Denny Habecker

Meet Announcer: Al Myers with assistant Aidan Habecker

Meet Scorekeeper: Judy Habecker

Loaders: Terry Barlet and John Horn

Officials (3-official system used): Denny Habecker, LaVerne Myers, Frank Ciavattone, Dennis Mitchell, Randy Smith

Lifts: Curl – Cheat Reverse Grip, Deadlift – No Thumbs Overhand Grip, Clean and Jerk – One Arm, Snatch – From Hang, Pullover and Push, Continental to Belt

### MENS DIVISION

LIFTER	AGE	BWT	Curl	DLNT	C&J	Snatch	P&P	Belt	TOT	PTS
Al Myers	52	229	75	170	50R	57.5	130	175	658	616.7
Randy Smith	64	195	70	140	42.5R	37.5	92.5	132.5	515	583.3
Chris Lestan	23	275	90	192.5	47.5R	90	145	182.5	748	565.6
Denny Habecker	76	184	47.5	110	25R	35	85	105	408	522.4
Barry Pensyl	71	151	45	85	12.5R	32.5	55	90	320	448.2
LaVerne Myers	75	228	55	130	20L	35	55	100	395	446.8
Eric Lestan	14	150	40	97.5	25R	35	60	60	318	405.8

Aidan Habecker	15	20 3	50	110	37. 5R	45	65	90	39 8	40 5.1
Dean Ross	76	23 2	40	110	17. 5L	30	65	80	34 3	38 7.2
Dennis Mitchell	87	14 2	20	71	0	0	27. 5	45	16 4	26 7.5
Frank Ciavattone	64	30 6	30	90	15 R	15	40	70	26 0	23 3.7

#### EXTRA ATTEMPTS FOR RECORDS:

Aidan Habecker Curl-Cheat, Reverse Grip 55

Denny Habecker Curl-Cheat, Reverse Grip 50

Barry Pensyl Clean and Jerk – One Arm 15R

Denny Habecker Clean and Jerk – One Arm 28.5R

Aidan Habecker Pullover and Push 70

Barry Pensyl Pullover and Push 57.5

Dean Ross Pullover and Push 70

Barry Pensyl Continental to Belt 92.5

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

#### **BEST LIFTER AWARDS**

Best Junior Lifter – Eric Lestan

Best Senior Lifter – Chris Lestan

Best Master 50-54 Lifter – Al Myers

Best Master 60-64 Lifter – Randy Smith

Best Master 70-74 Lifter – Barry Pensyl

Best Master 75-79 Lifter – Denny Habecker

Best Master 85-89 Lifter – Dennis Mitchell

Best Overall Total – Chris Lestan

Best Overall Lifter – Al Myers

Best Club – 1st Dino Gym 1450.7 points (Al Myers, LaVerne Myers, Dean Ross), 2nd Habeckers Gym 1375.7 points (Aidan Habecker, Barry Pensyl, Denny Habecker), 3rd Franks Barbell Club 1205.1 points (Eric Lestan, Chris Lestan, Frank Ciavattone)

## 2019 MINUTES

July 4, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

### **Minutes from the 2019 Annual General Meeting of the USAWA**

The annual meeting of the USAWA was called to order at 7:15 PM on Friday, June 21st by USAWA President Denny Habecker. The meeting was held at the home of Denny and Judy Habecker. Roll call was taken and these USAWA members were in attendance: Chris Lestan, Eric Lestan, Dean Ross, Aidan Habecker, Judy Habecker, Randy Smith, Al Myers, LaVerne Myers, Denny Habecker, Dennis Mitchell, and Frank Ciavattone. The minutes of the 2018 meeting were read by Secretary Al Myers [2018 USAWA Minutes](#). Dean moved to accept the minutes, with a second by Frank, and it passed unanimously. The report of the financial status of the USAWA were read by treasurer Al Myers. A breakeven year was reported for the USAWA. Dean moved to accept the report, with a second by LaVerne, and it passed unanimously. A report from website director Al Myers was given next. A full review of what the website offers the membership was given, along with a request that members contribute to the website if the could . Dean moved to accept the report, with a second by Frank, and it passed unanimously. A report from the Awards Director Al Myers was given next. Details of the Awards Program was explained. Dean moved to accept the report, with a second by Frank, and it passed unanimously. The report from the Records Director Al Myers was given. Details were given about the record list, and about the recent improvements of the record file. Dean moved to accept the report, with a second by LaVerne and it passed unanimously. The report by the Drug Enforcement Director Chad Ullom was forwarded and presented by Al Myers on Chad's behalf, since he was not in attendance. Chad reported that 20 drug tests have been done in the last year with all negative results. Dean moved to accept the report, with a second by Frank, and it passed unanimously. The report by the Officials Director Joe Garcia was not given since Joe was not present, and the report was not forwarded to anyone to be given. The report from the Postal Meet Director Denny Habecker was presented. Denny reported that 26 lifters had participated in the postal meets, and he was very pleased with the participation. Frank moved to accept the report, with a second by Dean, and it passed unanimously. Dennis Mitchell, the IAWA Tech Committee

Chairman, was next on the agenda and gave a report on the tech committee. He gave details on the Shank's Lift, which is a new lift proposal to IAWA to be voted on at the IAWA meeting at Worlds. Dean moved to accept the report, with a second by Judy, and it passed unanimously. The first new business item was a discussion and vote on a rule change for the Strict Curl, Holdout Raised, and the Holdout Lowered. The Executive Board had presented that the rule be changed by removing the paper requirement, making the rule the same as the IAWAUK rule. It passed unanimously. The next new business item involved a discussion and vote on a bylaw addition allowing provisional USAWA membership to non USA citizens. The Executive Board had presented this stipulation – "Provisional memberships are allowed for non USAWA citizens. Provisional memberships are not eligible for USAWA records, but are eligible for IAWA records. All other benefits of USAWA memberships as outlined in the rule book and bylaws are allowed." It passed with unanimous vote. The next new business item was making a change to the age allowance, whereas at the age of 66 years 2% per year is added to the age correction. This will make the USAWA age correction the same as the IAWA rule. It passed with unanimous vote. No other new business was brought forth by the membership. Officer and executive board election was next. All of the current officers/EB members were asked previously if they wanted to run for another term and all had agreed to this. When the membership was asked if there were any nominations from the floor Chris Lestan nominated Frank for President. Frank declined the nomination. No other floor nominations were made. LaVerne moved to cast a ballot to retain all the current officers/EB members, with a second by Dean, and it passed unanimously. The officers/EB members for the next two years will be: Denny Habecker – President, Chad Ullom – Vice President, Al Myers – Secretary/Treasurer, Dennis Mitchell – EB member, Rocky Morrison – EB member. Accepting bids for the 2020 National Championships was next. Only one previous bid was put forth to the executive board, by Frank Ciavattone of Franks Barbell Club, to be held the last weekend of June, 2020 in Boston. No other bids were put forth. A vote was taken to accept Franks bid, and it passed unanimously. LaVerne then moved to adjourn the meeting, with a second by Dean, and it passed unanimously. The meeting ended at 8:00 PM.

## **TEDD VAN VLECK: GETTING STRONG AFTER 40**

---

July 6, 2019 Thom Van Vleck Edit Post

Article Submitted by Thom Van Vleck



Tedd holding the sheaf with which he broke the master's world record. The sheaf is tossed over a crossbar for height with a pitchfork.

### **Off the Clock: Highland Games Champion Tedd Van Vleck**

An incredible fitness journey and a world record! The Jackson Weightlifting Club strikes again!

Many of us make resolutions to lose weight and get in shape, but life sometimes gets in the way. Meeting those goals is difficult, but not impossible, as BNSF Business Analyst Tedd Van Vleck has learned. Over the past several years, Tedd has surpassed his fitness goals, losing 85 lbs. and becoming a world record-holder in one of the most challenging sporting events in the world: The Scottish Highland Games.

Tedd's fitness journey began with inspiration from his older brother, Thom, who always stayed in good shape.

"When I turned 40, my brother told me, 'You can be in the best shape of your life when you're 45 if you get started now.' He advised that it's much easier to stay healthy when you get older if you begin early and stick with it," said Tedd.

Around the same time, Tedd got sick with the flu. On a visit to a nearby clinic, he weighed himself and discovered that he'd need to be more than 7 foot tall for his weight to be considered healthy. Tedd is 6'1". The clinic visit was a wake-up call. And, with his brother's encouragement, Tedd began to change his lifestyle.

Even small things, like giving up the Mountain Dew he used to drink at work, cut hundreds of calories from his diet each week. He began making healthier switches, like opting for a cauliflower crust pizza from the store over just ordering delivery pizza. Over time Tedd got into the habit of eating lower calorie foods that he could still enjoy.

“It’s easy to lose track of the calories you consume, even when you think you’re eating healthy snacks,” he said.

He started using a fitness app to track the foods he was eating and found that many foods marketed as being “healthy” were actually misleading. Doing his own research and consulting a nutritionist allowed Tedd to discover what foods worked best to keep his calories and nutrients on target.



Thom and Tedd Van Vleck both winning in their class at the Wichita Highland Games

Changing his mindset allowed Tedd to lose weight and keep it off.

“I used to celebrate special events by going out to eat, but it’s dangerous to use food as a reward,” Tedd explained. “Now I celebrate by doing something like bowling or rock climbing with friends instead.”

Tedd says that along with your diet, focusing on your long-term results and performance is important to getting fit. That’s where the Highland Games come in. The Highland Games are Olympic-like sporting events similar to modern track and field that take place all over the world. True to the Scottish heritage of the competition, all participants wear kilts.

Tedd got into the Highland Games in 1994, once again with the support of his older brother Thom. A few years before Thom had traced the Van Vleck family lineage to Scotland and became interested in the Highland Games. Initially Tedd made fun of his brother for his involvement in the kilt-wearing sporting event, but then he tried it himself. To date, Tedd estimates he's been to around 500 Highland Game competitions.

"It started out as a fun thing to do with my brother," Tedd said. "I didn't start seriously training until a few years ago."

In June of this year Tedd participated in the U.S. Nationals in Glasgow, Ky. While there, Tedd broke the **World Record in the Masters 40-49 Lightweight Division** for the Sheaf Toss. The previous record of 30'0" was set in 2009. Not only did Tedd break the record initially with a throw of 30'1", he bested his own new record with a throw of 32'1". He placed 3<sup>rd</sup> overall at these games and qualified for the World Championships to be held this November in Tucson, Ariz.

Earlier this year Tedd had his first international win in Santiago, Chile, where he set the field record in the sheaf toss for all weight classes. For an American to hold a world record in a Scottish sport is a big deal and was a goal of Tedd's since he began his fitness journey in 2015. Now that he's achieved that, he's focusing on becoming a well-rounded thrower, and hopefully making it to the podium during the World Championship this year.



Tedd Van Vleck in Germany for the Master's World Championships of Highland Games in 2018

Tedd keeps up with his competition workouts and his healthy eating habits throughout the year. Even when he's traveling for work, he manages to keep up his workout schedule and opt for healthier meals when eating at restaurants. When he doesn't have access to good gym facilities, he makes the best with what he has, like running up and down flights of stairs at the hotel or doing lunges across hallways.

"People think they need to join a gym to get in shape," Tedd explained, "But there's so much you can do with nothing at all, or even just a chair!"

When asked what advice he has for people trying to get in shape, Tedd says there are five key things:

1. *Sleep*: You want eight hours of sleep, or seven at the minimum. When we're sleep deprived our mental strength is weakened and we act differently. Tedd says it's more important to him to get enough sleep than to get a workout in.



2. *Water:* Being hydrated is extremely important for our health and should be a priority. Tedd drinks a gallon of water each day and starts his day with a drink of water as soon as he wakes up.
3. *Nutrition:* Making sure we get the nutrients we need is important to helping our bodies function at full capacity. Tedd says to think of what we're eating as fuel in a car. We need to put in good-quality fuel for it to drive and function properly. That being said, everyone has different nutrition and dietary needs based on our body type and genetic factors.
4. *Stretching:* Stretching can help stimulate circulation, increase flexibility and reduce lactic acid buildup, the cause of sore muscles, after working out. Tedd does light stretching every morning, and often stretches while watching TV in the evenings instead of just sitting on the couch.
5. *Working out:* Cardio and weight training are both important to losing weight and becoming more fit. Gaining muscle makes it easier to burn more calories when working out, Tedd says.

Even though Tedd has achieved a lot since he turned 40, he acknowledges that there are always ups and downs when it comes to his fitness and weight loss. Tedd credits the support of others in helping him reach his goals.

"My brother Thom is my biggest fan," Tedd said. "He's very supportive of me."



Thom and Tedd. Best friends who happen to be brothers.

BNSF Regional Wellness Manager Adrienne Davis has also been a huge encouragement to him. He said Adrienne helped him initially establish a work/life balance, and that she continues to keep in touch.

Next up for Tedd is training for the Highland Games World Championship that will take place this November. His supporters and fellow employees at BNSF are sure that with his focus and determination, Tedd will continue to achieve great things.

## 2ND QUARTER POSTAL

---

July 10, 2019 Denny Habecker Edit Post

By Denny Habecker

### 2019 USAWA 2nd QUARTER POSTAL MEET

We had a very good turnout for the Postal again this quarter, with 16 men and 4 women sending in their results. Al Myers leads the men and Sylvia Stockall heads the women's group this quarter.

## **Meet Results:**

2nd Quarter Postal Meet

April 1st – June 30th, 2019

Meet Director: Denny Habecker

Lifts: Snatch- From Hang, Curl- Strict, Reverse Grip, Vertical Bar Deadlift-2Bars, 2"

Lifters with a Certified Official:

Chris Todd – Eric Todd, Lance Foster, John Strangeway

John Strangeway – Eric Todd, Lance Foster

Eric Todd – Lance Foster, John Strangeway

Lance Foster – Eric Todd, John Strangeway

Al Myers – Laverne Myers

Brandon Rein – LaVerne Myers

Dean Ross – Laverne Myers

LaVerne Myers – Denny Habecker

Aidan Habecker – Denny Habecker

Christopher Lestan – Frank Ciavattone

Mark Raymond – Frank Ciavattone

Crystal Diggs – R.J. Jackson

Lifters with non-certified Officials:

Randy Smith

John Douglas

Denny Habecker

Barry Pensly

Frank Ciavattone

Sylvia Stockall

Lynda Burns

R.J.Jackson

## **MENS DIVISION**

Al Myers 52 – 233 – 120 -105- 375 -600- 558.06

John Strangeway – 41 -206.8 – 166 -105 -337 -608 – 543.94

Randy Smith    - 64 -193   - 115 - 95 -258 -468 - 533.52

Chris Lestan    -23 -275   - 200 -100 -400 - 700- 529.9

John Douglas    -55 -305   - 195 - 115 - 305 -615 - 513.93

LaVerne Myers   -75 -235   - 75   - 75   - 284 -434 - 483.70

Denny Habecker -76 -184   - 77   -65   - 220- 362 - 465.04

Eric Todd        - 44 - 250 -171   -145   - 237 - 553 - 460.97

Barry Pensyl    - 71 -151   - 68   - 52   - 182 - 302 - 422.59

Aidan Habecker- 15 - 203   - 94   - 55   - 264 -413 -421.44

Brandon Rein    - 23 - 153   - 70   - 90 -   240 - 400 - 420.4

Mark Raymond   - 56 - 247 - 100 - 80   - 260 -440 - 411.06

Chris Todd       - 40 -274 - 146 - 100 - 277   - 523 - 400.66

Dean Ross        - 76 - 235   - 65 -65   - 204 -334 -374.98

Lance Foster    -53 - 343   - 95 - 100 -   257   - 452 - 351.67

Frank Ciavattone 64 - 301   - 45   - 77   - 220   - 342 - 309.89

### **WOMENS DIVISION**

Sylvia Stockall   61   - 140 - 85 - 52.5   - 100   - 237.5 - 323.41

Lynda Burns      44   - 176.2 -70   - 48   - 124 -   242   - 244.41

R.J. Jackson     57   - 108   - 58   - 33   - 0   - 91   -146.84

Crystal Diggs    32   - 165 - 33   - 24   - 0   - 57   - 57.09

## **CONTRIBUTION AWARD**

July 12, 2019 Al Myers Edit Post

By Al Myers



Denny and Judy Habecker receiving the Howard Prechtel Contribution Award at the 2019 Nationals banquet.

At the banquet following the 2019 Nationals I was honored to make a special presentation to Denny and Judy Habecker. They both received the Howard Prechtel Contribution Award.

Howard Prechtel was a very important person in the USAWA. His contributions to our organization paved the way to what the USAWA is now. He served 14 years as the USAWA President (1993 thru 2007), which is the longest tenure of any USAWA President. He started the IAWA Gold Cup in Lakewood, Ohio in 1991, and the Gold Cup has become one of the feature events in the IAWA. It has been held every year since it's start.

Years ago Howard had given a special plaque of his to Bob Geib, which included an engraved picture of Howard on it. This plaque meant alot to Bob, and for years Bob would bring it to competitions to remember his friend Howard. In 2015, Bob decided it would be best if it was "shared" within the USAWA. He presented it to Frank Ciavattone for all the effort he has given to the USAWA – and thus the beginning of the Howard Prechtel Contribution Award. It is a

traveling award (consisting of Howard's plaque) that is passed from one member to the next, with the intention that the current recipient finds someone that is deserving of it.

I received this honor in 2017, receiving the Howard Prechtel Contribution Award from Frank. I had intended to award it to Denny during the 2018 Nationals banquet, but due to the lack of privacy at the banquet with other restaurant patrons present (we didn't have an official awards ceremony that year) I decided to wait till a later time. Well, this year the timing was right! I felt that since I had missed giving it out the previous year I would make up for it by giving the Contribution to BOTH Denny and Judy. They are both very deserving of it, and it was a big honor for me to present the Howard Prechtel Contribution Award to them.

## OVERCOMING ADVERSITY

---

[July 13, 2019](#) [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

In every competitive lifter's career, they must overcome some type of adversity. It may involve personal troubles, financial issues, or some type of nagging injury. Sometimes the troubles we face may even break us, or even mentally cripple us. However, the strongest always find a way to fight through these troubles that loom over them. In some instances, we can become even better. It's in these situations you really find out what type of lifter, athlete, and person you really are.

This is my story.

In high school, I had just become one of the best lacrosse goalies Westwood High had ever had. I even lead my team to the quarter-finals of the state championships which had never happened in Westwood history, and only had loses against state champions. Going into college I felt invincible. I joined the rugby team there and my incoming class helped Roanoke Rugby become a top-three contender in division two club rugby even being voted All-Star in the conference. Overall, my ego was probably the highest it ever was. That is when it all fell apart.

In the final game of the season, I was tackled at the knee on my right leg while running for a loose ball. Immediately there were four or five loud "Cracks"! I fell in pain and agony. Most people ask me if I felt pain and in all honesty, I couldn't feel my right leg. Within two hours I was in the ER with a giant cast over my leg. I was in so much shock, pain, and stress that I don't remember much of the ER. Fast forward two days later I had an MRI done on my right leg and

finally had the answer to what was wrong with my leg and it was truly awful. I ruptured my patella tendon, torn my ACL, PCL, LCL, MCL, and Lateral Meniscus. In one hit to the knee I had 6 damaged tendons. Luckily I was seen by the Virginia Tech Surgeon who happened to know my coach at the time, but he even said this was probably the worst contact knee injury he had ever seen. Due to the extreme nature of the injury, I had surgery within twelve hours of the MRI.

Fast Forward for almost two weeks and I am talking to my surgeon close to my home in Massachusetts. It is at this moment I received possibly the worst news. The surgeon looked at my in the eyes and stated, “you will probably never be able to play sports, or lift competitively ever again”. I broke down and cried. Sports my whole life have been my avenue to social life. I made my best friends through hard-fought practices when we had to do sprints in the rain, snow, or ninety-degree weather. Sports is where I gained my confidence in lifting during the offseason. The barbell is where I found my greatest strengths. Now I was being told I would never play sports or lift ever again.



Minutes after my MRI!

This is where I started my journey to overcome adversity. I wanted to prove I can recover and play rugby again. Prove that I can be stronger after the injury than before my injury. The next eight months were nothing but eat, sleep, and rehab. It was my only focus. Its all I cared about. I become obsessed. By the start of the spring rugby season of my sophomore year, I was cleared to play rugby again. The injury happened in April and by January I had been cleared by my surgeon. The turn-around was so impressive that even my coach who had been involved in rugby for twenty years couldn't believe I was playing again.

Within two years after the injury, I achieved my first 500-pound squat in a USA Powerlifting meet. Fast-Forward to April 2019 and I hit Personal Records in a National Powerlifting Meet. Fast Forward in May, where I competed in USAWA 2019 Heavy Lifts Championships. Fast Forward to this June I just competed at the USA Nationals.

This is why lifting is important to me personally, and to any other athlete who has been to some type of adversity. The barbell makes you stronger. The barbell doesn't mock or make fun of your current situation. It is there to make you better. To fight back. The barbell is what has kept me believing that will be back and be stronger!

Ever since that experience, I have had an edge whenever I compete. I am, according to my surgeon, not suppose to be able to Olympic Lift, Powerlift, and run faster than I did before my injury. Yet I do. Whenever I step on the platform I remind myself of how much rehab, pain, and mental struggle I had to get back to the platform.

The moral of this story is that lifters and athletes who go through struggles similar to mine find a way to fight back to the top. It's what makes us true warriors of Iron. We live and breath this lifestyle of fighting against all obstacles and defeating it whether it be the barbell or troubled life. These moments are what defines us. We will do whatever is possible to be back on that platform, for it is our passion and our pride. It whats makes us competitors. These moments are also the moments we remember the most and take the most pride with.

In the end, adversity makes us stronger!

## **SCHMIDT BBC RD**

---

[July 17, 2019](#) [Al Myers](#) [Edit Post](#)

By John McKean



## SCHMIDT BARBELL CLUB RECORD DAY 2019



Beth Skwarecki performed several record Bent Presses at the Record Day.

On the most beautiful, bright blue sky summer day of the year in this rain laden Eastern sector, my grandson Andraes, newcomer mother-of-three Beth Skwarecki, and I arrived at Scott and Kathy Schmidt's beautiful Ohio home for their first annual record day meet. Scott was just leaving for a vitals run for the meet picnic later, but we were greeted by the always friendly & welcoming Rev. Peeter Pirn. Peet was all set to lift, but was summoned away with the joyous news of his grand daughter being born ,right before his opening attempt! So, our hostess Kathy Schmidt opened the meet with some great record lifts, before scurrying back to the kitchen,to prepare us a feast !!

Scott's home gym proved to be a fantastic venue for an all-round meet, with enough equipment and sound lifting platform for all our needs. Even had a big open door to breathe the fresh morning air, and to listen to the soothing sounds and refreshing smell of neighbors mowing their lawns!Old USAWA pals Stevan Santangelo from Kentucky and Cleveland's stalwart Dennis Mitchell soon arrived to add to the growing excitement and spirited conversation.

Lady lifters Joanna Jones and Beth Skwarecki dazzled us with their picture perfect form on world record lifts, despite both being newcomers to the USAWA! Johanna, a long time mover& shaker of the Ohio Olympic lifting crowd, executed an extremely efficient women's world record

snatch-from-the-hang of 52.5 k ,among several other great pulls &pushes. Thirty Eight year old Beth, just over the 60K weight class, amazed everyone by electing to begin with the tricky James lift, then the bent press! Her years of competition in the rugged sport of Roller Derby has given her perfect balance, flexibility, and coordination, because her picture-perfect bent press even had ole pro bent presser Dennis Mitchell falling out of his official's chair! I believe it was the highest IAWA bent press ever performed by a female, yet Beth will soon be closing in on a bodyweight attempt!

Can't forget the teen lifters -as grandson Andraes won't let me!! At 13 ,taking a break from summer training with jr high football, Dra wanted to join the lists of his Dad,Sean, and Uncle Rob, when they lifted in the 13 and under category, and actually outdid the (now) "old men" of the family!Heck, these days the little lad (well maybe not so little at 212 pounds bwt!) can even outdo the granddad patriarch (yeah, that'd be me!) of the family!

Of course, our master age lifters put on their usual exciting shows! Newcomer 66 yr old Klaus Gondosch did some excellent overhead lifting, and meet director Scott (hard to believe this youthful looking ,always smiling guy is even master's age!!), looking trim and fit, just bulldozed a few more records! Stephen Santagelo took the morning off from the organic farm in Kentucky to smash special grip lift records, showing the power that can be developed from daily milking the chickens, and such ! Dennis Mitchell defied age(87!) ,as usual, to place 5 more record lifts in the books!

The Schmidt meet picnic in a spacious back yard, under tall cooling trees, only added to the great mood and fellowship that we all enjoyed! I had to apologize to Beth and Dra on the drive home for my non stop talking (yeh, I know none of you can believe that of ME !) due to the high adrenaline level that Scott's contest supplied! Hopefully this will be the first of many Schmidt events -even inspired me to maybe restart USAWA record days in our Pittsburgh vicinity!

## **MEET RESULTS:**

2019 Schmidt BBC RD

Schmidt's Barbell Club

Weslake, Ohio

July 13th, 2019

Meet Director: Scott Schmidt

Officials (3-official system used): Scott Schmidt (meet director and USAWA official) , Dennis Mitchell (IAWA Tech Chairman and USAWA official), John McKean ( IAWA official and past IAWA General Secretary). All lifts recorded were passed with all three white lights!

**Beth Skwarecki age 38 bwt 62.5 k div female 65 k**

James Lift 71 Pounds

Bent Press (pulled up two handed) LEFT hand 55 Pounds

Bent Press (two hand pull) RIGHT hand 77 Pounds

Two hands pullup (overhand chin-up) 33 pounds hanging at waist

**Dennis Mitchell age 87 bwt 62.95 k div M ,85+, 65k**

Stiff leg deadlift 60K

Vertical bar Deadlift, 1 inch bar, 66.5 pounds (right hand)

Vertical bar deadlift ,1 inch bar, 66.5 pounds (left hand)

One hand Dumbbell swing (right) 25 pounds

One hand Dumbbell swing (left) 25 pounds

**John McKean age 73 bwt 69.7k div 70k 70+**

Lurich lift 304 pounds

Peoples deadlift 304 pounds

**Stephen R. Santangelo age 67 bwt 72.05 k div 65+ 75k**

One hand pinch grip strict left 52 pounds

One hand pinch grip strict right 62 pounds

Pinch Grip deadlift left 142 pounds

Pinch grip deadlift right 142 pounds

Two hands pinch grip deadlift 310 pounds

**Klaus Gondosch age 66 bwt 75.0 k div 75k 65+\*\***

Clean and press 125 pounds

Snatch from hang 99 pounds

Deadlift 12 inch base 253 pounds

Dumbbell (right) clean & jerk 65 pounds

Dumbbell (left) clean & jerk 65 pounds

**Kathy Schmidt age 61 bwt 85.0 k div female 60+ 85k\*\***

strict reverse barbell curl 50 pounds

Barbell straddle lift 114 pounds

**Andraes McKean age 13 bwt 97.2 k div 13 & under, 100k**

2 hands cheat curl 88 pounds

deadlift with 12" heel spacing 210 pounds

power row 142 pounds

reverse grip bench press 110 pounds

alternate grip bench press 130 pounds

**Scott Schmidt age 66 bwt 101.0 k div 65+ 105k**

2" vertical bar (left) 70 k

2" vertical bar(right) 70k

bent over (power) row 105k

**Joanna Jones age 43 bwt 103.9k div female 40+ 105k**

continental to chest 70k

bench press hands together 83.6 pounds

snatch from hang 52.5 k

2 hands anyhow 80 pounds

Rev. Peeter Pirn "best trophy" of the meet, had to leave early on the birth of his grand daughter!!

## **OTSM CHAMPIONSHIP**

July 19, 2019 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

### **MEET ANNOUNCEMENT – 2019 Old Time Strongman Championship**

The Old Time Strongman Championship is usually a rather popular meet among all-rounders. It has been around since 2011, when Thom Van Vleck hosted the first one in Kirksville, MO. He went on to host the 2012 and 2013, before it moved to the big tin can somewhere in the neighborhood of Turney, MO to be hosted by yours truly. The men's division has been won by a total of 6 lifters, with Chad Ullum (last year's winner) and myself both winning twice. The women's division has been won by a total of 3 ladies, with Heather Tully taking home the title the past 3 years.

As always, I hope for a big turnout for this meet; however, I do not want to do so by the means of deception. You will not be competing in an arena or nice gym, but rather a large metal Quonset with gravel floors. There is not air conditioning, so it has the possibility of being hot in September. The facilities come in the form of an outhouse out back. I plan on knocking down all of the wasp nests and sweeping out the spider webs prior to your arrival for your comfort. And while the weights at one time were painted pretty colors like black and gray, they now are mostly marred by a brown rust coloration. There is a distinct possibility that whilst lifting in my facility, you may get dirt on your costume, so I would persuade you not to come in your good school clothes or your Sunday finest.

That being said, I hope to have a good turnout with lots of great lifting. It is what has become the norm for this meet.

#### **MEET DETAILS:**

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

When: September 7, 2019

Weigh ins: 9:30

Rules: 10:00

Meet Starts: 10:30

Events: Apollon's Lift  
People's Deadlift  
Hackenschmidt Floor Press  
Dinnie Lift

Entry Fee: \$25. Checks payable to Eric Todd. Entry and check can be sent to me at the above address.

Entry Deadline: August 24, 2019. Please be prompt in entering, as it helps me plan accordingly for the best possible meet

Awards: There will be awards for this meet

ENTRY FORM – [OTSM Entry](#)

## **TEAM CHAMPIONSHIPS**

---

[July 23, 2019](#) [Al Myers](#) [Edit Post](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2019 USAWA TEAM CHAMPIONSHIPS**

The date for the USAWA Team Championships has been set – September 8th (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 8th

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:

**Curl – Strict, Reverse Grip**

**Snatch – From Hang**

**Deadlift – No Thumbs, Overhand Grip**

**Jefferson Lift – Fulton Bar**

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

## **SLEDGE HAMMER LEVERING: PART 1**

---

[July 29, 2019 Thom Van Vleck Edit Post](#)

by Thom Van Vleck



Slim “The Hammer man” Farman doing a sledge hammer leverage exercise with added weight. Slim did a total of 56lbs on 31” handles

Some of the old timers may have heard of Slim “The Hammerman Farman”. He was famous for being able to lever very heavy sledge hammers. He had incredible forearm development.

I always wanted big muscles and big arms were at the top of my list. My Uncle Wayne had 20 inch arms and did a standing press of 370 pounds back when it was still one of the Olympic lifts. My Uncle Phil was a bodybuilder and a great arm wrestler. He had huge forearms. I wanted to be like them.

But my arms are long and spindly. I started out with 12” arms when I first started lifting. My forearms were even smaller. I started my quest then to find exercises to develop the forearms and I came across Sledge Hammer Levering in an article in the old Peary Radar IronMan magazine.

The photo above of Slim illustrates the first exercise. The arms are held straight. You can do one arm with one sledge or two arms with two sledges. The arms are kept straight and the sledges are lowered only bending the wrists until you touch the face. Then the wrists are straightened lifting the sledges back up. I used this exercise regularly.



The second exercise I call the “Crucifix”. It is similar to the basic lever but with the arms out to the side. Like the first exercise it could be performed with one or two hammers. Slim had several other feats he performed with sledge hammers. Over the years I did leverage wrist work off and on. Including Weaver Stick type exercises.

Then about 20 years ago, me and some friends started a “Strongman Evangelism” show along the lines of what Paul Anderson used to do. Performing feats of strength while delivering a Christian message. Paul learned early on that the average person wasn’t impressed with just lifting weights. They had no context. So he started performing strongman stunts. We did the same and one of the first “feats of strength” I thought about was the sledge hammer lever.



Another feat of strength done with a sledge hammer.

I had a splitting maul that weighed 16lbs. A splitting maul is a sledge hammer on one side and an ax handle on the other. At the time I could lever a 12lb sledge hammer. But I wanted to be able to do the 16lber with the ax blade pointed down! How do you train for that!

Part 2: How I trained for the Sledge Hammer Lever.



# NE POWERLIFT MEET

July 31, 2019 [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

## MEET ANNOUNCEMENT

2019 New England USAWA PowerLift Meet

Hosted at 447 Grove Street, Canton, Massachusetts

Date: August 31st, 2019

Lifts:

Squat 12" Base

Deadlift 12" Base

Bench Feet in the Air

Contact Christopher Lestan at [christopherlestan@gmail.com](mailto:christopherlestan@gmail.com) for entry and questions.

## EASTERN MASS RB

July 31, 2019 [Al Myers](#) [Edit Post](#)

By Mark Raymond

### 2019 USAWA 1st Annual Eastern Mass Record Breakers Day



Jacob McLaughlin and Michael McLaughlin competed in their first USAWA competition. Welcome to the USAWA!

The meet was a great success. We had 8 lifters all from Massachusetts. It was held at Paulie's Weightlifting Club in Braintree, Massachusetts.

Congratulations to Jeff Ciavattone who was overall champion of the meet. Looks like he might be the next member of the USAWA Century Club!

Thanks to Frank and Jeff who officiated the meet.

A special thank you to Peter Vuono for loading the bar and cheering us on throughout the event.

And a special thank you Paul and Judy for hosting the event and treating us to a cookout afterwards.

Results are as follows:

### **USAWA 1<sup>st</sup> Annual Eastern Mass Record Breakers Day**

Paulie's Weightlifting Club, Braintree, Massachusetts

July 27<sup>th</sup>2019

Meet Director and Host: Paul Dallalis

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials – Frank Ciavattone, Jeff Ciavattone

All lifts recorded in pounds

### **MEET RESULTS:**

#### **Lifters using the one official system:**

<b>LIFTER</b>	<b>AGE</b>	<b>WEIGHT</b>	<b>M/F</b>	<b>CLASS</b>
Frank Ciavattone	64	301	M	125+ Kg/6
Jeff Ciavattone	39	230	M	105 Kg/O

#### **Lifters using the three official system:**

<b>LIFTER</b>	<b>AGE</b>	<b>WEIGHT</b>	<b>M/F</b>	<b>CLASS</b>
Chris Lestan	23	275	M	125 Kg/O

Jacob McLaughlin	19	160	M	75 Kg/Op
Michael McLaughlin	51	206	M	95 Kg/50+
Mark Raymond	56	247	M	115 Kg/55
Kimberlyn Lydon	28	160	F	70 Kg/Op
Paul Dallalis	62	300	M	125+ Kg/5

### **Womens Division**

<b>Lifter</b>	<b>Lift</b>	<b>#</b>
Kimberlyn Lydon	Deadlift – Reeves	96
	Deadlift – Ciavattone Grip, One Arm, Right	120
	Curl – Reverse Grip	51
	Deadlift – No Thumbs	200
	Bench Press – Hands Together	96

### **Mens Division**

<b>Lifter</b>	<b>Lift</b>	<b>#</b>
Jeff Ciavattone	Deadlift – 12" Base	600
	Deadlift – Ciavattone Grip, One Arm, Right	250
	Shoulder Drop	145
	Snatch – On Knees	125
	Gardner – Half	130
Mark Raymond	Deadlift – Reeves	230
	Finger Lift – Left Middle	102
	Finger Lift – Left Ring	62
	Deadlift – No Thumbs	275
	Curl – Dumbbell, Cheat, One Arm, Right	62
Paul Dallalis	Finger Lift – Left Ring	72
	Finger Lift – Left Index	72
	Finger Lift – Left Middle	72

Chris Leston	Clean and Press	210
	Steinborn Lift	245
Frank Ciavattone	Crucifix	30
	Deadlift – Reeves	185
	Zercher Lift – One Arm, Left	135
	Curl – Dumbbell, Cheat, One Arm, Left	60
	Curl – Dumbbell, Cheat, One Arm, Right	60
Michael McLaughlin	Deadlift – Ciavattone Grip	300
Jacob McLaughlin	Deadlift – Ciavattone Grip	275

## SLEDGE HAMMER LEVERING: PART 2

August 2, 2019 Thom Van Vleck [Edit Post](#)

by Thom Van Vleck



Loadable Sledge Hammer

So I wanted to be able to train to lever a 16lb sledge maul like Slim “The Hammer Man” Farman. A potentially dangerous thing lowering an axe blade with 16lbs of steel behind it to your face! I needed a way to train!



The loadable sledge opened up and the one pound weights that can be loaded inside. This can loaded from 4lbs to 20lbs.

Regular readers will notice that I’ve featured this loadable sledge before in my three part article on the Gada (or Mace) training.

I knew from looking at Slim’s hammers he had done two things. He had added weight to them. That part was obvious. The part that wasn’t so obvious is that he had marked the inches on the handles. I assumed that was for training purposes.

So the difference was my hammer had added weight on the INSIDE. And then inches marked off on the handle like Slim’s. That way I could add or subtract weight and move my grip progressively further down the handle. I could quantify the sets, reps, weight, and leverage distance.

I used this training device to eventually do the 16lb sledge maul. It always amazed me how impressed people were watching this event. Or maybe it was like watching Evel Knievel waiting for him to wreck! But out of the hundreds of times I performed that feat I never once dropped it on my face.



Slim giving me the “Ice Clamp”. He was in his 70’s and still had a steel grip.

I can imagine how sledge hammer levering started. A group of guys swinging them for a living having an impromptu contest. Of course, that probably applies to everything involving lifting!

## **PRESIDENTIAL CUP**

---

August 5, 2019 Denny Habecker Edit Post

By Denny Habecker

### **2019 USAWA PRESIDENTIAL CUP**



Barry Pensyl (left) won the Presidential Cup Award.

We had a small, but talented group of lifters for the Presidential Cup this year. , Lou Tortorelli came up from New Jersey to do an outstanding Trap Bar Deadlift, Dean Ross drove all the way from Oklahoma to do some very difficult lifts , Barry Pensyl, from Easton, did some great lifting, and last but not least, my grandson Aidan Habecker did 5 very good lifts. Barry Pensyl won the Presidential Cup this year for his outstanding Allen Lift. The lifts were judged under the one official format. I was the only certified official.

## **MEET RESULTS**

2019 Presidential Cup

August 3rd, 2019

Habeckers Gym

Lebanon, PA

Meet Director: Denny Habecker

Officials (1 official system used): Denny Habecker

**Dean Ross 76- 238.5 Lbs [75-79] 110 Kg. class**

Piper Squat- 121 Lbs.

Side Press – Dumbbell – Left Hand – 10 Lbs.

Side Press – Dumbbell – Right Hand – 10 Lbs.

**Barry Pensyl – 71 – 149 Lbs. [70-74] 70 Kg. Class**

Cheat Curl – 105 Lbs.

Deadlift – Index Fingers – 95 Lbs.

Habecker Lift – 198 Lbs.

Allen Lift – 29 Lbs.

**Lou Tortorelli – 53 – 239 Lbs. [50-54] 110Kg. Class**

Trap Bar Deadlift – 425Lbs.

**Aidan Habecker – 16 – 204 Lbs [16-17] 95 Kg. Class**

Jerk from Racks – Behind Neck – 132 Lbs.

Clean & Push Press – Dumbbells – 80 Lbs.

James Lift 45Lbs.

Habecker Lift – 204Lbs.

Dumbbell Walk – 55 Lbs.

## **THE GOOSE NECK FOR STRONGER FOREARMS**

[August 6, 2019](#) [Thom Van Vleck](#) [Edit Post](#)

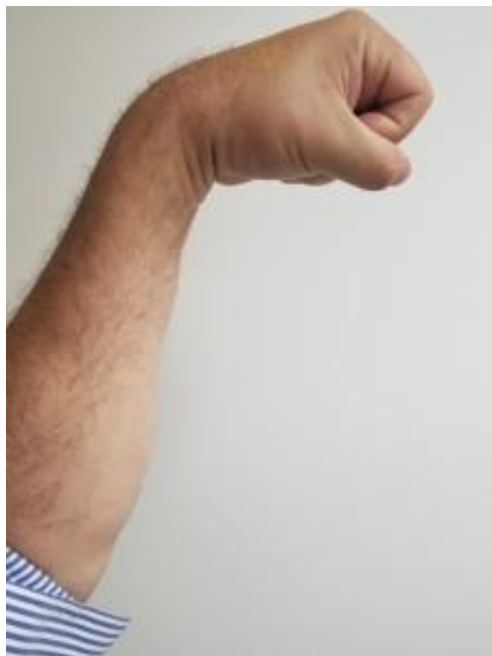
by Thom Van Vleck

Many remember Slim “The Hammer Man” Farman for his insane ability to lever Sledge Hammers. He was amazing at it. He credited his ability to three things. One was working in a quarry swinging a sledge hammer all day long. The other was working out with the sledge hammer adding weight and doing progressive resistance with the hammer itself. The third was about the simplest exercise you could imagine. The Goose Neck.





Step one: Hand and forearm relaxed



Step two: Flex forearm down while simultaneously squeezing the grip as hard as possible holding for a two count (or longer).

While my forearms aren't anything that are going to win prizes I feel like I've developed a pretty good grip over the years. The beauty of this exercise is it can be done almost anywhere and at any time. Slim used to do hundreds of reps of these a day.

Do 50 of these and see if your forearms don't feel it!

## NEWCOMER AWARD WINNER!

[August 7, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers



John Strangeway (left) receiving the USAWA Newcomer Award from Al Myers (right).

A big CONGRATS goes to this year's Newcomer Award Winner Johnny Strangeway. Johnny has been a great addition to the USAWA and very, very deserving of this award. He lifts with the KCSTRONGMAN Club and has been present at many events during the past couple of years. I was honored to present him with this award at the recent OTSM World Postal at the Dino Gym.

Also, Scottish Johnny just earned official judging status in the USAWA by being approved as a new USAWA Certified Official. He is now on the list of Level 1 Test Qualified Officials.

# OTSM WORLD POSTAL CHAMPIONSHIPS

August 9, 2019 Al Myers [Edit Post](#)

By Al Myers

## 2019 IAWA WORLD POSTAL OLD TIME STRONGMAN CHAMPIONSHIPS



Greg Cook, the Overall Best Mens Lifter, performing a Hackenschmidt Press at the 2019 OTSM World Postal Championships.

The results from the Second Annual Old Time Strongman Championships have been tabulated. I was so excited to see the international involvement again this year, as that makes this competition a truly World event. This year a total of 26 lifters competed (exceeding that of last year). Australia had 6 lifters, the United States had 8 lifters, England had 10 lifters, Wales had 1 lifter, and Canada had 1 lifter. Three different OTSM lifts were chosen this year to add a new challenge for everyone. The OVERALL BEST LIFTERS were Women – Sylvia Stockall of Canada and Men – Greg Cook of the USA. Congratulations to both of these lifters for their exceptional lifting. As I was putting all the results together I noticed great lifting from so many other lifters as well. I want to really thank everyone for supporting this World

Championships!!! I especially want to thank the promoters from each country for hosting the venue for the lifters.

Here are a few words from Phil Crisp:

*the 2019 English Old Time Strongman Championships, the national leg for England of the World Old Time Strongman Championships, was held on 21<sup>st</sup> July in Hailsham, England.*

*Promoted by Nick Swain and Phil Crisp, Nick very unfortunately could not make the competition due to pressing personal reasons on the day. However, his and Phil's previous work had paid off and the competition was well set up and ready to go, with Rory Hoad, who was already pencilled in for the day as a helper, stepping up to referee and help organise the day efficiently and without missing a trick..*

*Whilst the usual remarks on the camaraderie, the support, the great help from Freedom Leisure where the competition was held, and the lovely weather (with the first lift taking place outside!) could all be given as highlights of the competition perhaps the most impressive part of the day was the quality of the lifting.*

*Leading the charge here was Rory Hoad, who took the Open and Overall titles of the English Old Time Strongman Championships. Rory pulled a huge 360kg Kennedy lift to underscore his fantastic day. Phil Crisp, last year's champion and also the 2018 World Old Time Strongman champion was pushed into 2<sup>nd</sup> place, although Phil took the Masters category. In third overall, Paul Barette – with his usual pulling powers on show once more (!) – saw off Danny Kingsland's very close push for the podium by a margin of 10 points. Rouhol Uddin, in a very balanced performance, took fifth followed by the excellent Steve Shah and the very promising Junior champion Brandon Hazell-Hyland.*

*With a few lifters having to pull out at the last minute, the field of seven could easily have been extended. The event and the idea of the Old Time World Strongman Championship, however, seems to be growing in strength under Al Myers and John Mahon and we look forward to next year's edition!*

### **Meet Results:**

2019 IAWA World OTSM Championships

World Postal

July 20th-21st, 2019

Meet Directors: Al Myers & John Mahon

Scorekeeper: Al Myers

Venues:

Australia – Lambda Academy with promoters John Mahon & Peter Phillips

England – Promoters Nick Swain & Phil Crisp

United States – Dino Gym with promoter Al Myers

Wales – KEDS gym with promoter Neil Keddy

Canada – Promoter Sylvia Stockall

Lifts: Thor's Hammer, Hackenschmidt Floor Press, Kennedy Lift

### WOMENS DIVISION

LIFTER	AGE	BWT	Thor	Hack	Kenn	TOT	PTS
Sylvia Stockall, CAN	61	63.0	9.5	70.3	156.5	236.3	323.6
Racheal Hin, AUS	50	60.0	8.75	55	145	208.8	269.3
Max Ell, ENG	22	45.0	5.75	55	115	175.75	259.1
Maddy Ell, ENG	24	47.5	4.5	57.5	110	172.0	241.3
Claire McLaren, AUS	47	85.0	10	30	160	200.0	200.3

### MENS DIVISION

LIFTER	AGE	BWT	Thor	Hack	Kenn	TOT	PTS
Greg Cook, USA	62	115.7	26	117.5	365	508.5	491.3
Rory Hoad, ENG	31	86.0	12	157.5	360	529.5	487.7
Philippe Crisp, ENG	49	100.5	10	157.5	307.5	475.0	444.1
Gary Ell, ENG	48	90.0	17	120	300	437.0	427.6
John Strangeway, USA	41	93.5	25	130	320	475.0	425.7
Al Myers, USA	52	106.2	20	125	300	445.0	412.7
Paul Barette, ENG	43	77.5	8.25	90	250	348.3	354.9
John Douglas, USA	55	138.2	25	137.5	250	412.5	344.8

Danny Kngsland, ENG	29	57.5	7	100	180	287.0	344.3
Peter Phillips, AUS	65	99.4	17.5	105	190	312.5	334.6
Steven Charles, AUS	38	88.4	17.5	100	250	367.5	333.2
Barry Pensyl, USA	71	67.6	13.75	72.5	137.5	223.8	330.2
Denny Habecker, USA	76	82.6	13.75	85	137.5	236.3	329.8
Neil Keddy, WALES	41	95.0	15.75	140	200	355.8	316.1
Rouhol Uddin, ENG	39	74.5	4.5	105	195	304.5	305.8
Steve Shah, ENG	70	81.5	5.75	80	145	230.8	298.3
Dean Ross, USA	76	106.2	13.75	80	140	233.8	283.9
Flynn McLaren, AUS	16	69.6	15	60	170	245	282.7
LaVerne Myers, USA	75	104.0	17.5	50	160	227.5	275.6
Brandon Hazell- Hyland, ENG	17	75.5	4.5	75	140	219.5	229.5
Cameron McLaren, AUS	53	111.7	22.5	70	145	237.5	216.5

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

### **BEST LIFTER AWARDS**

Womens Best Senior 20-39: Max Ell

Womens Best Master 45-49: Claire McLaren

Womens Best Master 50-54: Racheal Hin

Womens Best Master 60-64: Sylvia Stockall

Womens Overall Best Lifter: Sylvia Stockall

Mens Best Junior: Flynn McLaren

Mens Best Senior 20-39: Rory Hoad

Mens Best Master 40-44: John Strangeway

Mens Best Master 45-49: Philippe Crisp

Mens Best Master 50-54: Al Myers  
Mens Best Master 55-59: John Douglas  
Mens Best Master 60-64: Greg Cook  
Mens Best Master 65-69: Peter Phillips  
Mens Best Master 70-74: Barry Pensyl  
Mens Best Master 75-79: Denny Habecker  
Mens Overall Best Lifter: Greg Cook

## WHAT ONE MAN CAN DO, ANOTHER CAN DO.

August 10, 2019 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

In the year 1997, a drama/adventure picture titled “The Edge” was released by 20th Century Fox. The stars of this show included Anthony Hopkins, Alec Baldwin, and Elle Macpherson. Baldwin and Hopkins’ plane crashed en route to a photo shoot of a hunt. They become the target of a killer Kodiak bear which stalked them for a spell, killing one of their friends and resulting plenty of other close, harrowing encounters. Hopkins’ character, Charles, decided the only way they are going to get out of this predicament is to be proactive rather than reactive. They had to kill the bear. When trying to motivate Baldwin’s character, Bob, that it is the correct plan of action, Charles repeatedly said “What one man can do, another can do.” When Bob finally got on board, Charles enthusiastically cried out “Today, I am going to kill the mother @&\*%^^!” I always kind of liked this movie, but this particular scene and the ensuing one where they did, in fact, kill the bear always kind of pumped me up. Here is a clip of the scene: [What one man can do, another can do.](#)

So, whatever does this have to do with all-round weightlifting you may ask? Well, in early 2018, his majesty, His Highness, the President of the USAWA and the Protector of their Liberties, Denny Habecker made public the events for the postal series to be contested for the year. I noted that in the second quarter postal, we would be competing in the Bench Dip. When I looked it up in the rule book, it became clear that it was a lift designed by which no mortal human could complete within the confines of the rules. It must surely be a lift designed for the gods! However, I had to give it a shot. When the fellows came out to do the first quarter postal, I had them eyeball me as I gave it a shot. I cannot remember if I was using bodyweight or just a small token weight, I just wanted to see if I could get to depth. I began the slow, excruciating

descent. Deeper and deeper I went, as my shoulders were slowly removed from their sockets. I got absolutely as deep as I could go, then fought for just a little more. When I felt there was no more to give I pressed up to complete the lift. I got off the benches and looked to my confederate, and level 2 lifetime certified USAWA official, Lance Foster and asked how it looked. You can imagine my chagrin when he, in his grumbly deep voice reported “about 6 inches high.” It was then that I resigned myself to only being able to complete 2/3 lifts when June would come.

That same year, I was promoting the Heavy Lift Championship in May. I gathered word that Dean Ross was completing his postal events during the course of the meet. Now, we all know how athletic Dean is, but he does have like 12 decades on me, so I just assumed that he would not be able to complete a bench dip. Then I hear a murmuring from the back. Dean HAD successfully completed a bench dip. And even though I did not personally witness it, Denny judged it, so you just knew it had to be legit. I thought to myself “What one man can do, another can do.”

So I started training this lift a little, mostly in an effort to increase my flexibility in order to complete the lift. Though I was not convinced, I knew I had to try. I had no means by which to know if I was getting deep enough, I just kept pushing the flexibility, trying to get deeper and deeper.

On Sunday we have a rather old fashioned, but marvelous tradition. After church, a large contingent of my family gathers at my folks’ house for Sunday dinner. As always, my mom had prepared a feast. My brother Leroy and I started discussing lifting. He said he had his son, Leroy, come to the basement with him to film him completing a bench dip on his tablet or such. My brother had successfully completed a bench dip within the specifications outlined by the USAWA rulebook. “What one man can do, another can do.”

I kept pushing it until the day we scheduled to complete the lifts of the 2nd quarter postal. When the day came, I was able to go 3 for 3 in the bench dip. It was still painful to get to depth, but I did, and felt as though strength wise, there was still some in the tank. I won that particular postal, and ended up posting the second best bench dip currently listed in our rule book. The 350 mark put up by 65 kilo lifter Mark Baldassarre back in 1989 is a bit of an outlier, and substantially more than my record of 235. It may be a bit out of reach. However, who knows? Because, as it turns out, what one man can do, another can do.



# WORLD POSTAL REMINDER

August 20, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

The time is coming for the closing of the IAWA World Postal Championships.

I would like to see a great turnout for this Championships. The lifts for it are the same as the opening day World Championship lifts so everyone should be training them already, so entering this postal could just be another training day. Below is the information sheet for this competition.

## **2019 IAWA WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET**

### **RULES OF THE COMPETITION**

1. The due date for entry is AUGUST 31<sup>st</sup>. Make sure your lifts are completed and sent to me by that time. My email is: [amyers@usawa.com](mailto:amyers@usawa.com)
2. The lifts chosen for this event are Reverse Curl (Curl – Strict, Reverse Grip), 2H Snatch from the Hang (Snatch – From Hang), One Hand Clean and Jerk (Clean and Jerk – One Arm), and the 2H Thumbless Deadlift (Deadlift – No Thumbs, Overhand Grip). The rules for these lifts are outlined in the USAWA and IAWA(UK) Rulebooks, which are available on the website. Make sure to list the hand used in the one handed lifts on the entry form. The chosen lifts represent the lifts performed on the first day of the 2019 IAWA World Championships!
3. If you live in a country that has an organized All Round Weightlifting organization that is affiliated with the IAWA you must be a current member of that organization to enter. Make sure to join before you lift in this World Postal Championships.
4. All lifts by a lifter must be performed on the same day. Record this date on the ENTRY FORM.
5. Please enter your results in kilograms on the scoresheet. List only your best legal lift performed. Do not record misses. Also list your age in years and your BWT (bodyweight) in kilograms. Your bodyweight must be weighed on the day your lifts are performed.
6. Make sure you PRINT the names of the one to three officials used for each lifter as well as having the officials sign the scoresheet. Officials must be current certified officials in their All Round Weightlifting organization. Three officials are required for IAWA records. At least one official is required for entering.

7. As per any meet and as OUTLINED in the rulebooks, you get three attempts. These must be declared and adhered to. If a 4<sup>th</sup> attempt for record is done this must be made clear on the ENTRY FORM.
8. The Scoresheet accommodates up to 6 lifters, but if more than that participate from a club simply add another scoresheet. You do not need to be part of a club to enter the World Postal Championships but Club recognition will be given to the top scoring clubs. Scoring rankings will be done for both individuals and for clubs.
9. Please write CLEARLY on the scoresheet, and fill out the scoresheet completely!
10. Remember this postal championship is ran on the HONOR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honorable manner. If everyone does that – the future of this meet is strong! Thank you for your participation and support of the IAWA!!

#### 11. MEMORIAL RECORD DAY

12. [September 2, 2019](#) [Al Myers](#) [Edit Post](#)

13. by Al Myers

#### 14. **MEET ANNOUNCEMENT – USAWA MEMORIAL RECORD DAY**

15. Last year Denny sanctioned this meet as the Vernacchio Record Day, honoring past USAWA great John Vernacchio. This year it's simply the Memorial Record Day – which recognizes all late USAWA members. I think that is a great idea as over the past few years we have lost many friends within the organization. This meet day will give us the time to reflect on those that have influenced the USAWA by their participation and contributions.

#### 16. MEET DETAILS:

17. Meet Promoter: Denny Habecker

18. Meet Date: December 7th, 2019

19. Location: Habecker's Gym, Lebanon, PA

20. Contact Denny if you plan to attend.

## 21. WORLD POSTAL CHAMPIONSHIPS

22. [September 4, 2019](#) [Al Myers](#) [Edit Post](#)

### 23. **2019 IAWA World Postal Championships**

### 24. ***"The Andy Goddard Memorial" August 31<sup>st</sup>, 2019***

25. Lifts: Reverse Curl, 2H Snatch from Hang, 1H Clean & Jerk, 2H Thumbless Deadlift

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

27. Another great year for the IAWA World Postal Championships!!

28. This year we had 44 lifters compete from the United States, Australia, England, Scotland and Canada. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings, and club rankings.

29. I want to give special mention to the overall winners in each category. The Overall Best Men's Lifter was GARY ELL, and the Overall Best Women's Lifter was MADDY ELL. The Overall Best 3-person Team went to the DINO GYM VARSITY (Al Myers, LaVerne Myers, and John Douglas). The Overall Best Club went to BURTON POWERHOUSE (Karen Gardner, Paul Hallam, Dominic Gardner, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner, Selina Dorn, Nicola Thornhill). I scored a new category this year – the best overall association. The Overall Best Association went to the IAWAUK, with the USAWA in second, and the newly formed Australian Association the ARWFA was in third.

30. It was exciting to see 3 clubs participating from Australia this year (Ballina, The Shed, and the Lambda Lifters). For the lifters of the Ballina Club this was their first time participating in the World Postal. There were several Junior Lifters competing this year with the youngest, Phoebe Todd, at nine years of age. The oldest lifters in the meet were Dean Ross and Denny Habecker at 76 years of age. The best club name goes to the MacBaldie Brothers consisting of Gary Ell and Andy Tomlin. I also want to mention Sylvia Stockall of Canada. She competed as an exhibition lifter since her club does not

have a certified IAWA official yet, but turned in great lifts and becomes the first lifter from Canada to compete in the IAWA World Postal Championships.

31. Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

32. MEET RESULTS: [2019 World Postal Results](#) (word) [2019 World Postal Results](#) (pdf)

33. NE POWERLIFT MEET

---

34. [September 6, 2019 Christopher Lestan Edit Post](#)

---

35. By Christopher Lestan

36. MEET RESULTS –

37. NEW ENGLAND POWERLIFT MEET



38.

39. Two new lifters in the USAWA! Zach on the left and Ryan on the right .

40. What a fun and fantastic meet! We had 10 lifters competing, and 15-20 spectators ranging from family to close friends. Kim Lydon was nice enough to use her own gym

which provided enough space for the lifting. The first lift was the 12" Base Squat. Frank Ciavattone's nieces Olivia and Natalie performed amazingly for their first comp each coming away with 71-pound squats. Zach Marharo executed a perfect 365-pound squat.



41.

42. Chris Lestan Preparing to Squat 507 Pounds!

43. The second lift was the Bench Feet in the Air. Everyone did wonderfully with amazing feats of strength including Ryan's 285 Bench! The highlight of the bench was Sarah Gibbons, for she failed her first attempt, and the second attempt, but got the last attempt with a personal best of 85 pounds! Lastly, the 12" Base Deadlift was the grande finale! Everyone either made a personal best or National Record. Kim Lydon made her final attempt deadlift with a 257-pound pull which is a national record for her weight class! Newcomer Heather made a personal best of 235-pound deadlift on her last attempt! Sarah as well put up 205 deadlift which was a personal best as well! Mike pushed through and performed a 300-pound deadlift with flawless technique!
44. Then the big boys came in with Zach deadlifting 455 for a personal best followed by Ryan Bingham pulling 465! After we had a great cookout and award ceremony! During

the awards, I gave my Overall Best Mens Lifter Award that I won to Zach. 7 weeks ago Zach had surgery to remove his appendix with three scars on his stomach where the doctors operated. He was told he couldn't lift for 4 weeks! But he pushed through and within 3 weeks he was able to break some personal best! Also, he came in second in the Mens Division! To me that says a lot about his character and who he is as a person so naturally, I felt he won the award. It was a great meet that included great lifts, great food, and great friends!



45.

46. The starting crowd at the Meet. about 5 more people showed up to support the lifters!

47. **MEET RESULTS:**

48. NE Powerlift Meet

August 31st, 2019

Canton, Massachusetts

49. Meet Director: Christopher Lestan

50. Host: Kim Lydon

51. Meet Announcer/Scorekeeper: Frank Ciavattone

52. Officials(1 official system used): Frank Ciavattone

53. Lifts: Squat 12" Base, Deadlift 12" Base, Bench Press Feet in Air

54. All lifts are recorded in pounds

55. Female Division:

Name	Age	Weight	Class	Division
Kim Lydon	28	143	65 kilo	Open
Heather Bartholomew	41	262	120 kilo	Masters 4
Sarah Gibbons	21	160	75 kilo	Open
Natalie Collins	12	107	50 kilo	Junior (10-12)
Olivia Collins	10	113	55 kilo	Junior (10-12)

56. Mens Division:

Name	Age	Weight	Class	Division
Christopher Lestan	23	279	125+kg	Open
Zachariah Marhamo	21	228	105kg	Open
Ryan Bingham	18	325	125+kg	Junior(18-19)
Mike McLaughlin	51	206	95kg	Masters(50+)
Eric Lestan	14	161	75kg	Junior (14-17)

### 57. Female Final Standings

Name	Squat 12"Base	Bench FIA	Deadlift 12"Base	Lynch Points
Kim Lydon	170	105	257	583.78
Natalie Collins	71	55	140	473.10
Sarah Gibbons	155	85	205	454.21
Olivia Collins	71	45	140	447.05
Heather Bartholomew	185	125	235	430.93

### 58. Mens Final Standings

Name	Squat 12"Base	Bench FIA	Deadlift 12" Base	Lynch Points
Christopher Lestan	507	365	600	1068.49
Zach Marhamo	365	275	455	911.25
Ryan Bingham	315	285	465	767.20
Eric Lestan	195	135	275	738.48
Mike McLaughlin	225	195	315	723.75

59. Overall Best Mens lifter: Christopher Lestan

Overall Best Female Lifter: Kim Lydon

Overall Best Male Junior: Ryan Bingham

Overall Best Female Junior: Natalie Collins

Overall Best Mens Masters: Mike McLaughlin

Overall Best Females Masters: Heather Bartholomew

60. National Records:

Sarah Gibbons: Deadlift 205 for the 75kg class

Kim Lydon: Deadlift 257 65kg class

Christopher Lestan: 507 Squat for 125+kg class

Natalie and Olivia Collins: Deadlift 140 for 50kg and 55kg class



# OTSM CHAMPIONSHIPS

September 9, 2019 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

## 2019 USAWA OLD TIME STRONGMAN CHAMPIONSHIPS



Competitors at the 2019 OTSM Championship



2 Junior Lifters, Leroy and Phoebe with their Dads

This Saturday past, club KCSTRONGMAN played host to the 2019 edition of the Old Time Strongman Championship. This meet is usually well attended and hotly contested. When a few of our regulars were unable to attend, though, I was a bit concerned we may not have a good

turnout. I should not have been alarmed. We had a great turnout and perhaps as many spectators as we have ever had. It was the largest field of female competitors ever for this championship. We had many veterans competing, but this meet had some relative newbies as well. Lynda burns came all the way from Las Vegas to compete. While she has lifted in a number of postals in the last few years, I do believe this is the first all-round meet she has traveled to. This was 9 year old Phoebe Todd's first meet outside the postals, and 8 year old Leroy Todd's first competition period.



Mike Lucht in the Apollon's Lift

The day started off with the Apollon's lift. Of course each lift saw Leroy and Phoebe leading us off. It was certainly refreshing to get young blood into the organization, and to see the effort which they exhibited in each of the lifts. In this discipline I was most impressed with the grueling, long effort of Lance Foster in his 130 pound effort. There was no quit in this one. The other thing that struck me was the ease by which Mike Lucht hit 280. I was thinking he could have hit 300 on this day. The 280, however, was the biggest lift on the apollon's lift this day.

We then switched platforms to contest the People's Deadlift. Lynda hit an impressive 245 for the top mark in the women's class. Young Leroy hit the century mark at 100 pounds. Greg Cook and Mike Lucht both pulled 625, but they were all overshadowed by Scottish Johnny Strangeway hitting 800 pounds and tying the all-time mark set by a powerful Chuck Cookson back in 2013.



John Strangeway in the People's Deadlift

The third discipline contested in the OTSM championship was the Hackenschmidt Floor Press. The most impressive to me was my brother Chris Todd missing 300 on his second attempt, but coming back to smoke it on his third. I had the highest mark of the meet with a 350, but Mike Lucht came back for a 4th attempt for a record and hit 370.



### Little Leroy in the Hackenschmidt Floor Press

The meet concluded with the Dinnie Lift. Phoebe smashed her personal best by 45 pounds by nailing a 120 pound effort. There were lots of great lift on this event with myself and Scottish Johnny being in the 700 and above range, but this time we were overshadowed by Chad Ullum hitting 800 pound and flirting with an all-time record of 830.



Lance Foster with a Dinnie Lift



Chad Ullum dominates the Dinnie Lift

Unbeknownst to me, the women's division was hotly contested all day. While Lynda more than doubled Phoebe's total, Phoebe eked out the overall win due to the benefit of the formula. The men's division saw 3 former champions, including the defending champion, Chad Ullom, do battle along with a number of other seasoned, strong competitors. When the dust settled, a new victor emerged. John Strangeway was consistently strong all day, which resulted in his eclipsing the field by more than 200 points. Full meet results are as follows:



Women's division for the 2019 OTSM Championship: Lynda Burns and Phoebe Todd

## **MEET RESULTS:**

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 7, 2019

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

The hostess with the mostest and sandwich maker/deliverer: Jenny "From the Block" Todd

Photographer: Stacy Todd

The One Official system was used for all lifts

Officials: Eric Todd, Chad Ullum, Lance Foster, John Strangeway

Loaders: All lifters

All lifts are recorded in pounds, as is the total.

Lifts: Apollon's Lift, People's Deadlift, Hackenschmidt Floor Press, Dinnie Lift

Name	Age	Weight	division	Apollon's	People's	Hackenschmidt	Dinnie	Total	Points	place
<b>Women's</b>	-	-	-							
Lynda Burns	44	174	80	95	245	95	225	660	670.5	2
Phoebe Todd	9	84	40	30	95	55	120	330	695.1	1
<b>Men's</b>	-	-	-							
John Strangeway	41	207	95	250	800	300	710	1606	1839.58	1
Lance Foster	53	350	125+	130	405	135	485	1115	889.35	8
Greg Cook	62	259	120	180	625	250	500	1555	1489.69	3



								1		
								7	15	
Chad Ullum	4 7	23 0	10 5	120	51 5	275	80 0	1 0	28. 74	2
								1		
								6	13	
Eric Todd	4 4	25 3	11 5	260	37 5	350	70 0	7 5	93. 5	5
								1		
								4	11	
Chris Todd	4 0	27 0	12 5	190	42 5	300	55 0	6 5	29. 52	6
								3		
Leroy Todd	8	67	35	25	10 0	65	11 0	0 0	91 4.4	7
								1		
								8	14	
Mike Lucht	3 7	11 0	24 0	280	62 5	340	57 0	1 5	68. 34	4
Lifts for Record										
People's DL										
	2									
Lynda Burns	5 0									
	1									
Leroy Todd	1 0									
Hackenschmidt Floor Press										
	3									
Mike Lucht	7 0									
Dinnie Lift										

---

John	7
Strangew	4
ay	0

---

## TEAM CHAMPIONSHIPS

September 10, 2019 [Al Myers](#) [Edit Post](#)

---

By Al Myers

### MEET RESULTS –

#### 2019 USAWA TEAM CHAMPIONSHIPS



Dean Ross and LaVerne Myers pulling a BIG 2 man Fulton Bar Jefferson Lift at the 2019 Team Championships. Both of these guys are over 75 years of age and are a formidable team lifting duo !!!

The USAWA Team Champs may not have been a large meet this year, but it made up for that in the heated battle between the two teams that were there!

I was a little concerned that my teammate Chad might be worn out from his heavy lifting the day before at the OTSM Champs in Missouri, and not be at full strength. I also was very aware of the venerable veteran due of LaVerne and Dean, and how they had been training secretly



together to knock us off our throne this year. Chad and I have won the overall at 10 previous Team Championships together and have not been beaten yet, but all streaks come to an end eventually. I was concerned that this might be that year. Both Dean and LaVerne seemed very confident before the meet, and Dean even made a boisterous comment how they were gonna take us down! Plus I knew since the USAWA adopted the IAWA scoring format this year they were gonna get an additional 10% to their total points.

Dean and LaVerne had the lead through the first 3 lifts. I was hopeful that we would catch them on the no thumbs deadlift, but that didn't happen. It got tense at one point when pops told me to quit checking the point status with the calculator, as he knew we would have the last attempt with the fulton bar Jefferson and I would know how much we needed! Well, it took all we had to get our final lift for the win! (and of course I knew how much we needed to lift haha). Dean even tried to stop us just as we got ready to lift by saying he wanted to get his camera out to take a picture as he was hoping to throw us off our pre-lift psyche. That's a master sly trick only done by a wily seasoned lifter who knows how to play "head games" with his competition.

This was the closest finish in Team Championship history. Dean and LaVerne will pick up an additional percent next year so Chad and I may have to do a little secret training ourselves if we are to stay ahead of them. It was a great day at the Dino Gym, and after the meet we did several finger lift records for the fun of it. I really want to encourage others to join us next year for this Championships. It's truly one of the most enjoyable meets I do every year in the USAWA.

### **Meet Results:**

2019 USAWA Team Championships

Dino Gym

Holland, KS

September 8th, 2019

Meet Director: Al Myers

Scorekeeper: Al Myers

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

Lifts: Curl- Strict Reverse Grip, Snatch – From Hang, Deadlift – No Thumbs Overhand Grip,  
Jefferson Lift – Fulton Bar

## MENS DIVISION

### Al Myers & Chad Ullom – 45+ Age Group 105KG BWT Class

Al Myers (53 Years Old, 228# BWT) & Chad Ullom (47 Years Old, 228# BWT)

### LaVerne Myers & Dean Ross – 75+ Age Group 110KG BWT Class

LaVerne Myers (75 Years Old, 230# BWT) & Dean Ross (76 Years Old, 235# BWT)

Lifters	Curl	Snatch	DLNT	Jeff	TOT
Al & Chad	175	175	700	800	1850
LaVerne & Dean	150	150	550	520	1370

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

## RECORD DAY LIFTS AFTER THE MEET

### Dean Ross – 76 years old, 235# BWT

Finger Lift – Middle, Left 131#

Finger Lift – Middle, Right 131#

### Chad Ullom – 47 years old, 228# BWT

Finger Lift – Middle, Right 95#

Finger Lift – Middle, Left 95#

### LaVerne Myers – 75 years old, 230# BWT

Finger Lift – Middle, Left 95#

Finger Lift – Middle, Right 95#

Finger Lift – Index, Left 95#

Finger Lift – Index, Right 95#

Finger Lift – Ring, Left 85#

## WORLD DEADLINE

September 11, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

**The deadline for the 2019 IAWA World Championships is fast approaching!!! The deadline is September 15th. Please get those entries in soon!!!**

# TEXTBOOKS CAN'T TEACH EVERYTHING

September 12, 2019 [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

When we grow up and attend school we often are told to use the books that are distributed to us have all the answers. From elementary all the way to college this is true, for some classes only have information from the book.

This couldn't be further from the truth when it comes to any form of Strength and Conditioning.

I currently study at UMass Amherst as a Kinesiology major with a path of Strength and Conditioning. Most of my days are spent at the library trying to memorize every muscle, tendon, and bone in the body. Nights are long, and all-nighters tend to be very common. This is due to the fact that UMass puts kinesiology in the same category as Nursing, Medicine, Physical, and Occupational Therapy. Thus, the classes I take are close to the medical level to some degree. The major is difficult, but there is one thing I have noticed working in the Strength and Conditioning Field for three years. Textbooks don't answer everything.

I took my first internship at Athletic Republic, a gym centered around sports performance with athletes ranging from high school to pro. When we had meetings on what to do with the athletes, our schedules, and hours they recommended that we learn the basic compound movements. This sounded strange since I thought to be in this field you had to have some sort of passion, and the capability to perform the basic compound movements. I soon realized I was the only intern who knew how to clean, snatch, bench, squat, and deadlift properly. As well as be able to teach movements to other athletes. I WAS SHOCKED. However, due to my ability to teach and perform the movements, I was hired after the internship.

Fast forward then to last semester at UMass I took a course in Strength and Conditioning which specialized in being certified a CSCS (the highest strength certification anyone can get). The only way to be picked to take this course was if you showed the desire to work with athletes in the future, and had a passion for strength. So naturally, I thought I would be with people very similar to me. I soon learned I was very very wrong. Other people who were in the same major as me couldn't clean, snatch, deadlift, bench, or do basic push-ups correctly. I continued with the course and got an A- and moved on.

Fast forward to this summer, for I am working as a trainer at Athletic Republic. Part of my job is to help the new interns understand the system we run. Unfortunately, like my internship, and class before.... none of them knew how to do the basic movements properly except for one. This leads to my conclusion that textbooks don't teach everything.

In today's world, someone can flash their certifications, bachelor's degree, a massive amount of Instagram followers, and their crazy physique and people will automatically assume that they are experts in the field. Now there are people like this that know how to program properly and use a ton of percentages to get out a quick strength cycle. However, I find the ones that have experience in competing, gaining strength, and technique that are the best coaches.

Take me for instance. I am no means a brain genius and a medical expert, yet I am 99% sure that I would beat most other kids in my major in teaching, coaching, and reputation due to my experience. The same can be said for other strength athletes out there. My neighbor Frank Ciavattone is my current coach/mentor and has increased my lifting abilities so much. I have a much more refined technique in Olympic lifting, all-around lifting, and powerlifting due to his advice and coaching. Frank doesn't have all these certifications that will let other people know he's a trainer. What he does have is trophies, experience, and knowledge that can't be beaten.

The best coaches know how to demonstrate the lifts, and use their own experience to help others. They understand the stress strength athletes put on their bodies and the amount of energy it takes to put hundreds of pounds on their backs. They understand how much we need to recover from workouts and the amount of sleep we need. Those coaches, know exactly what an athlete is going through because they have been there.

The same can be said to anyone in the Strength World. If you are improving on your lifts, seeing results, and breaking Personal Bests than you probably will do well in the strength and conditioning world even though you haven't used a textbook to get you to the place you are in now.

This can be said to everyone in the USAWA. We all learned how to lift from someone who was kind enough to give us some wisdom on how to perform these lifts. We didn't just read a book and assume that it is the best way to perform the lift. We practiced, practiced, and practiced until we found our form. After a certain point, we don't use books to help us execute lifts.

As I said before ..... Textbooks can't teach everything....

# NEW CENTURY CLUB MEMBER

[September 13, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

An updated record list is now available on the website. It's been a few months with several comps so there has been a lot of additions. I want to thank Scottish Johnny for his help in getting this list updated. He's been my assistant lately with the record list and his help has been much appreciated.

The BIG NEWS this time is the addition of a new CENTURY CLUB member. Longtime USAWA member Jeff Ciavattone made the list – with a now standing 103 USAWA Records. Big congrats to Jeff on this. Jeff has records going back to his teenage years in the USAWA so this is an accomplishment he has worked long and hard at.

The Womens Century Club has been unchanged, with RJ still at the top with 292 records. Denny Habecker continues to build his lead in the Mens Century Club with 622 USAWA Records. The biggest record mover this time around is LaVerne Myers, who added 18 records to his listing. LaVerne now stands in 10th place overall, passing Bob Hirsh.

I really hate to see people fall out of the Century Club. But that will happen if some of your records get broken and you haven't been setting new ones to offset it. This time Dave Glasgow slipped out of the club listing and is setting at 98 records. I will have to encourage Dave to get back after it and set some new records so he can get back in the century club!!

Now who's going to be next in the Century Club? I predicted Jeff was going to make it several months ago, so I'm pretty confident in my ability to make this prediction. So here it goes – I predict Aidan Habecker will be the first teenager to make it. I also am going to put my money on Scottish Johnny. He has been tearing up the records this past year and is moving up his count faster than most realize. I predict both will be the Century Club by the end of the year. So guys – don't let me down!!

# YEARLY AWARDS

[September 14, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Eric Todd (right) receiving the Athlete of the Year Award from John Strangeway.

It's about time I get last year's award winners announced! I've been waiting till all the winners were privately recognized so they wouldn't just see their name in a blog as a winner. Most receive this award at the Nationals Awards Banquet, but this year several of the yearly award winners were not able to be there so it was done at other venues.



Lance Foster (left) receiving the Sportsmanship Award from John Strangeway.

These yearly awards are chosen by the membership with nomination and vote. That makes these awards very special – as it reflects what your peers think of you. I want to congratulate all the winners! It was another great year in the USAWA.

#### 2018 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Eric Todd	Al Myers
Leadership Award	Al Myers & Denny Habecker	—
Sportsmanship Award	Lance Foster	LaVerne Myers
Courage Award	Frank Ciavattone & Dennis Mitchell	—
Newcomer Award	John Strangeway	Brandon Rein
Club of the Year	Franks Barbell Club	Habecker's Gym

## LIFT FOR LEROY II

September 16, 2019 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Chris "Leroy" Todd performs a People's Deadlift at the OTSM Championship

It is that time of the year again. KCSTRONGMAN will again be hosting the record day “Lift for Leroy.” With the holiday season coming up before we know it, the members of KCSTRONGMAN all-round club knew we needed to do something to help Leroy out with his general well-being. We are hoping to avoid another one of those holiday “accidents”. So, the proceeds from this meet will all be allocated for this purpose. Please do not send donations. We will just be using the funds collected by entry fee to help Leroy navigate these times.

We will be holding this meet in conjunction with the club’s performance of the postal championship lifts. We will first do the three postal events together. Then each of the competitors will have the opportunity to attempt record poundages in up to 5 lifts. We should have enough certified judges that you can attempt world records as well. It is just up to you to have the world records you are attempting to ensure you secure enough judges for that attempt. We will be lifting in the basement and/or barn and it is in December. It will more than likely be cool/cold. Regardless, for each attempt the USAWA dress code will be enforced. Wear what you will between sets to maintain your comfort.

Meet: Lift for Leroy II

Date: December 7, 2019

Weigh ins: 9:30

Lifting starts: 10:00

Entry form: None-just let me know you are coming and what lifts you plan on attempting in advance

Entry Fee: None

Awards: No awards outside of the good feeling you will have in your heart for helping Leroy with his general well-being.

Location: ET’s house of Iron and Stone, 10978 SW Pueblo, Turney, MO 64493

## **NEW OFFICIAL BARRY PENSYL**

---

September 20, 2019 Al Myers Edit Post



By Al Myers



Barry Pensyl (center) is now an USAWA Certified Official.

Habecker's Gym gained a new USAWA Certified Official this week! Longtime USAWA member Barry Pensyl just completed the certification process and is now listed as a Level 1 Certified Official on the website. That gives him authority to officiate any sanctioned USAWA competition. It also allows him to officiate in the IAWA as well, as all USAWA officials are also IAWA officials.

Congrats Barry!!

## USAWA MEMBER CLUBS

[September 23, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

One of the strengths of the USAWA is our member clubs. Most of the USAWA lifters are associated with a lifting club. Our competitions are almost always club-based. I keep a complete listing of the active member clubs on the website with contact information. As of now the USAWA has 8 registered clubs. Several of the clubs have been member clubs for many years. The longest standing member club is Clark's Championship Gym, out of Columbia

Missouri. Bill Clark started the club program and his club was the first to register and has been registered every year since!

The second longest running club member is the Ambridge VFW Barbell Club, located in Ambridge Pennsylvania. It's main contact for many years was Art Montini who is one the legends in the USAWA. John McKean has now taken over the club since Art's passing so, for now, the Ambridge BB Club will continue. My Dino Gym is the third longest active member club, first registering in 2003.

When I became secretary in 2009 one of my goals was to rejuvenate the club program. The USAWA started giving out yearly awards to recognize club involvement which helped in getting many new clubs to register. Since then we have had many great clubs register – Frank's Barbell Club, Habecker's Gym, KC Strongman, Ledaig Heavy Athletics, Schmidt's Barbell Club, and the Jackson Weightlifting Club. All of these clubs are responsible for many fantastic promotions in the USAWA.

A complete club listing is available on the website, which includes current club certificates for each club and a listing of past yearly club award winners. I also have kept a list of former clubs of the USAWA for prosperity sake. Most of these clubs ceased when the founding club member died and no one took things over. A couple of former clubs that we don't want to forget about is the Valley Forge WLC which was directed by John Vernacchio and Prechtel's AC led by Howard Prechtel. These were foundation clubs in the USAWA.

I've said this before but I'm gonna say it again. I truly believe the future success of the USAWA lies with active member clubs. New lifters in a club can learn from the veteran members and receive the encouragement to actually compete in an USAWA competition. This is how membership grows. I especially want to thank those who started these clubs and for all the leadership and support to the USAWA that they have provided.

## **IAWA WORLD AGM AGENDA**

---

September 24, 2019 Al Myers Edit Post

By Al Myers

The IAWA World Championships are almost here! The entry deadline has passed, and there will be lifters from all over the World in attendance. This year lifters from Australia, Canada, Ireland, and England will be joining the USA home lifters in lifting. One of the big activities that occurs in addition to the lifting is the Annual General Meeting of IAWA. This is where all the big decisions for the year in IAWA are made. As President, I have worked up the proposed agenda for the meeting – which is outlined below.

The AGM will be right after the lifting on Saturday. Often the meeting is on Friday night but that WILL NOT be the case this year. I have the meet venue reserved for Saturday and Sunday (not Friday) and it is a great location for the meeting. There are no big controversial subjects on the agenda so I expect the meeting will be short. Please try to make it if you can.

### **2019 IAWA Annual General Meeting Agenda**

#### **1. Meeting called to order with Roll Call by IAWA President Al Myers**

- roll call of the IAWA Vice Presidents  
USAWA-Denny Habecker & Chad Ullom  
IAWAUK – Steve Gardner  
Australia – Peter Phillips & Robin Lukosius  
New Zealand – Cliff Harvey  
Spain – Jose Jara
- Roll call of members in attendance

#### **2. Reading of the 2018 IAWA minutes by Al Myers, of behalf of IAWA General Secretary Frank Allen**

#### **3. Report from IAWA Vice Presidents**

#### **4. Report on the World Postal Championships by promoter Al Myers**

#### **5. Report on upcoming 2019 Gold Cup in Australia – By Peter Phillips**

#### **6. Report from the IAWA Technical Committee by chairman Dennis Mitchell**

- Committee – Dennis Mitchell, Denny Habecker, Al Myers, Steve Gardner, Steve Sherwood, Peter Phillips, John Mahon

#### **7. Report on 2020 Worlds – Lebanon, PA by Denny Habecker**

8. Report on the 2020 Gold Cup – Ireland, by Stevie Shanks

9. New Business

- Discuss and vote on Shanks Lift

10. Submit Bids for 2021 Worlds and 2021 Gold Cup

- Submit bid for Worlds By Peter Phillips
- Submit bid for Gold Cup by Paul Barette

11. Words from 2019 World Meet Promoter – Al Myers

12. Meeting Adjourned

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

September 25, 2019 Al Myers Edit Post

By Al Myers



Joe Ciavattone Sr. performing a big Neck Lift at a past USAWA Heavy Lift Championships.

The USAWA Lifter of the Month for May goes to Joe Ciavattone Sr.!

Joe Sr. was the overall best lifter at the USAWA Heavy Lift Championships in May at Walpole, Massachusetts. The Heavy Lift Champs is one of the Championship events in the USAWA and

is one of the most prestigious titles to win in a year. Joe Sr. put up great numbers with a 600 pound Neck Lift, a 1000 pound Hand and Thigh, and a 1500 pound Hip Lift. Joe Sr. has competed in many Heavy Lift Championships throughout the years, and has established himself as one of the best All Time Heavy Lifters in the USAWA, but this is his first time winning the best lifter overall. The Heavy Lift Champs are always loaded with great competition so this is a great honor for him.

Congrats Joe Sr. on being the lifter of the month!!

## NEW HALL OF FAMERS

---

October 1, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Dean Ross (left) and LaVerne Myers (right) were inducted into the USAWA Hall of Fame at the 2019 National Championships.

I am very excited to announce two new USAWA Hall of Fame members. At the recent National Championships, LaVerne Myers and Dean Ross joined the elite fraternity of the USAWA Hall of Fame. The HOF is the highest honor one can receive in the USAWA, and both of these two are more than well deserving. LaVerne and Dean have been part of the Dino Gym Club for over 15 years now, and have been mainstay competitors in many USAWA events throughout the years. I plan to do a full bio for each of them at a future date which I will share on the website.

Congrats to both LaVerne and Dean!!!

## IAWA MINUTES

---

October 12, 2019 Al Myers Edit Post

---

By Al Myers, IAWA President

### **MINUTES FROM THE 2019 IAWA ANNUAL GENERAL MEETING**

The 2019 IAWA Annual General Meeting was called to order at the Abilene Civic Center, in Abilene Kansas, at 5:30 PM on Saturday, October 5th by President Al Myers. Roll call was taken and these members were in attendance: Al Myers, LaVerne Myers, Chris Bass, Lance Foster, Steve Sherwood, Thom Van Vleck, Steve Andrews, John Strangeway, Chad Ullom, Stevie Shanks, Paul Barette, Dennis Mitchell, Denny Habecker, Judy Habecker, Frank Ciavattone, Karen Gardner, Steve Gardner, Eric Todd, Peter Phillips, Christopher Lestan, and Charlotte Hughes. Roll call of the IAWA VP's was done and these VP's were in attendance: Denny Habecker (USA), Chad Ullom (USA), Steve Gardner (IAWAUK), and Peter Phillips (Australia). Steve Gardner read the 2018 IAWA minutes on behalf of the IAWA General Secretary Frank Allen. Chad moved to accept the minutes, with a second by Karen, and it passed unanimously. Reports from the IAWA Vice Presidents were given next. Steve reported an increase in membership in the IAWAUK. Peter reported the growth of independent clubs in Australia, as well as complying with the new regulations of organizing the new association. John Mahon has assumed the responsibilities of the IAWA Vice President, previously held by Robin Lukosis. Judy moved to accept the reports, with a second by Chad, and it passed unanimously. Al gave a report on the success of the 2019 World Postal Championships, with plans to continue it next year. He emphasized that this World Postal will also continue to be known as the Andy

Goddard Memorial Championships. Chad moved to accept the report, with a second by Denny, and it passed unanimously. Peter gave a report on the upcoming IAWA Gold Cup held in Perth, Australia next month and how the plans are coming along. Paul moved to accept the report, with a second by LaVerne, and it passed unanimously. The report from the Chairman of the Technical Committee was given next. Dennis reported that there was nothing to report this year. The report on next years World Championship was given by meet promoter Denny Habecker. Denny had proposed these lifts for the 2020 World Championships, which have been already approved by the Technical Committee: DAY 1 – clean and press, one hand snatch, power row, one hand deadlift DAY 2 – cheat curl, pullover and push, 2×2" vertical bar deadlift. The meet was proposed for the first of October. Frank moved to accept the report with the proposed lifts, with a second by Paul, and it passed unanimously. A report on next years Gold Cup was given by joint meet promoters Stevie Shanks and Steve Gardner. Entry forms and entry information have already been made and plans are fully underway. Frank moved to accept the report, with a second by Chad, and it passed unanimously. The first item on New Business was discussion and voting on the new proposed lift, the Shanks Lift. This lift was brought up at the 2018 meeting and then discussed this past year among the technical committee which supported it fully. Steve G read the rule. There was no discussion. Chad moved to accept the Shanks Lift, with a second by Steve A, and it passed unanimously. At this point Stevie Shanks expressed his appreciation for the acceptance of this lift, and how it meant for his family. Next, Al asked if there was any new business regarding the Ad Hoc committee formed at last years general meeting led by Cliff Dunlop. After a few moments of silence, it was assumed that the committee has not moved forward. Steve G then proposed that the technical committee review a new proposed lift, the two man one hand deadlift. This lift has been a popular lift in the USAWA, and has been performed before in IAWA as a challenge event at a previous Gold Cup with much success. Paul moved to send this lift to the technical committee for review, with a second by Frank, and it passed unanimously. Bids for the 2021 IAWA Gold Cup were taken, and the only bid came from Paul Barette to be held in Eastbourne, England. Peter moved to accept the bid, with a second by LaVerne, and it passed unanimously. Bids for the 2021 IAWA World Championships were taken, with the only bid coming from Peter Phillips to be held in Perth, Australia. Peter stated that John Mahon would be joint promoter with him. Denny moved to accept the bid, with a second by LaVerne, and it passed unanimously. Al, as promoter of this years Worlds, gave a few words about the weekend championships. The highlight of his report was when he stated that beer and pizza was going to be available after the meeting free of

charge. Judy then moved to adjourn the meeting, with a second by Chad, and it passed unanimously. The meeting ended promptly at 6:10 PM.

## **FRANK CIAVATTONE – LIFTER OF THE MONTH**

October 15, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Frank Ciavattone – USAWA Lifter of the Month for June

The USAWA LIFTER OF THE MONTH for June is Frank Ciavattone. Frank had a busy month in the USAWA in June, bringing lifters from his club to compete in the USAWA National Championships in Lebanon, PA. Frank is an inspiration to everyone in the USAWA for his courage. He has overcome many serious physical obstacles, and yet he maintains a competitive spirit. At Nationals Frank had just undergone a major surgery shortly before the meet but he still competed and performed in every single lift!

Congrats to Frank on being the June Lifter of the Month!



# SHANKS LIFT

October 16, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Stevie Shanks lifting 330 kilograms in the Shanks Lift.

At the AGM of IAWA a new official IAWA was accepted by the membership – the Shanks Lift. This lift was originally proposed last year by Stevie Shanks of Ireland to honor his father, the great Dinnie Stone lifter Jack Shanks. The IAWA Technical Committee reviewed this lift during this past year, and now, it has become an official lift!

At the Awards banquet following the IAWA World Championships, Stevie became the first IAWA lifter to perform the Shanks Lift. He lifted an outstanding 330 kilograms! I was very impressed, considering he did this after two strenuous days of lifting in the World

Championships. I am sure the Shanks Lift will be tried by many IAWA lifters and it will become a very popular lift. The entire crowd who witnessed this first Shanks Lift will never forget watching Stevie hoisting up the weight – as it was a very moving experience. I will present the official rules on the Shanks Lift very soon in an upcoming blog.

## CIAVATTONE AWARD

October 17, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Al Myers receiving the Ciavattone Award from Frank Ciavattone at the 2019 IAWA Worlds.

One of the highlights from the IAWA Awards Banquet was the presentation of the Ciavattone Award, presented by Frank Ciavattone. I was extremely honored to have received this award, and it came as a total surprise to me. It has been many years since the Ciavattone Award has been presented to anyone, but it is an award that I remembered from the “early days” of our organization. Also, Steve and Karen Gardner from England received the Ciavattone Award at the banquet – the first time it has been awarded to someone outside of the USAWA. Steve and

Karen are well deserving of this honor. Both of them have had great influence on the USAWA even though they are IAWA-UK members. Steve has announced at many, many IAWA events in the states through the years. His leadership at these competitions are a big part why these meets were so successful. Karen does so much work for IAWA “behind the scenes”. I want to point out the reason we have so many pictures on Facebook of these past World Championships are because of her! That’s a big job at meets to take photos while also competing. I very much appreciate everything Karen does for us.



Steve and Karen Gardner receiving the Ciavattone Award from Frank Ciavattone at the 2019 IAWA Worlds.

I would like to take today to explain the history of the Ciavattone Award. This Award is very much dedicated to the memory of Frank’s parents and the influence they had on him, as well as the support they have given to IAWA/USAWA throughout the years. That’s what made receiving this Award so special to me. My parents have also been tremendously supportive of me in my lifting pursuits thru the years, and I know I have not thanked them enough for this. I could not have promoted this past Worlds to the success it had without their help. This is a hard blog for me to write, finding the right words to truly express the significance of the Ciavattone Award. I have asked Frank to help me – and the following is part of an email he sent me. It is a heartfelt message from him, and describes the Ciavattone Award much better than I ever could.

*It's about a lot of things! It started after my Dad passed after he had numerous operations in his 63 years on earth. When he passed this 300lb man went down to 80lbs. And yes NO ARMS OR NO LEGS! Due to Burgess Disease which attacks the circulatory system.*

*He was a true STRONGMAN who never never would let you feel sorry for him. Over the years many of the great men/lifters like Bill Clark, Art Montini, Steve Gardner, Steve Angell, Howard Prechtel, John Vernacchio, Denny Haybecker and the list goes on! All these heroes of mine all met my Dad! As each of them met him and walked away they all had a tear in their eye. It was at this time I knew our sport was no doubt the Greatest Sport! He spent 2+ Years in Korea! Do to his experience of operating a huge "Steam Shovel" Power Shovel he spent a good part of the war on the 38th Parallel and with 100,000 of thousands of casualties (deaths). You can figure out what his job was! I have all the pictures!*

*On a brighter note we basically were poor but my parents always gave us a wonderful Christmas! But guess who was Santa Claus for the kids even less fortunate than us. You guessed it my Dad! Every Christmas that I can remember my Dad would leave the house for as long as it took and delivered toys to around 100 families! As I got of age I was part of it! A feeling I will never forget!*

*During the Vietnam War from 1962 to 1973 he organized the funeral for any Marine that got killed in action from our County. Also opened our house up for the 38 different Marines who needed a father son relationship before returning to their family. Some lived with us for months! My Mom was there as their mother at those tough times! My Mother came from the same mold! She had her own battles except not being in the war. She took care of my Dad from his first amputation to his passing and not once complained or put him in a Nursing Home! And it doesn't take a smart person to realize how much she did for him! While fighting Cancer herself! She had Cancer in 6 different areas. Up until her passing July 4th this year she continued her strength, courage and leadership while coping losing a grandson and one of her daughters but also mothered my other 3 sisters and brother plus myself as we all battled Cancer! Through her strength we are survivors!*

*They both were the TRUE meaning of COURAGE! While all this they showed LEADERSHIP by opening their home to all, especially the USAWA & IAWA LIFTERS. They LOVED all the lifters from here USA or abroad! They made sure they had a place to sleep and plenty to eat! A truly mutual respect by all! NEVER one complaint and always total respect! At the meets my Dad*

*would Referee even without limbs and my Mom would make sure all were fed even if she came from Radiation or other treatments! This kind of covers what the CIAVATTONE AWARD is about! I could write a book on all they have done Humanity!*

*I think you will agree it covers:*

- 1. Leadership*
- 2. Loyal to the sport of All-ROUND LIFTING WORLD WIDE*
- 3. And the main theme! “COURAGE “ “365 DAYS A YEAR”*

I want to thank Frank for sharing these personal thoughts of his with us. It had to be a difficult thing to do, as he reflected on the true meaning of the Ciavattone Award. I know I speak for all of us when I say that Frank himself also exemplifies the qualities listed above. The past Ciavattone Award recipients are as follows:

USAWA:

Howard Prechtel

Noi Phumachiano

Bill Clark

John Vernachio

Denny Haybecker

Dennis Mitchell

Dale Friez

Rex Monahan

Al Myers

IAWA:

Steve Gardner

Karen Gardner

I plan to keep the Ciavattone Award recipients listed in our history archive on the website so this important award is always remembered. I hope Frank continues presenting the Ciavattone Award in the future to those he feels deserving. I have received many awards during my days of lifting, but receiving this one means more to me than the others. I only have two of my lifting awards hanging in my personal office – my USAWA Hall of Fame Award and the Ciavattone Award. That’s how important it is to me.

## **WORLD CHAMPIONSHIPS**

---

October 18, 2019 [Al Myers](#) [Edit Post](#)

**PRESS RELEASE**

The 2019 International All Round Weightlifting Association (IAWA) World Championships occurred on October 5th & 6th in Abilene, Kansas. Lifters from all over the World came to compete in this All Round Weightlifting Championships. Several lifters attended from England, as well a lifter from Ireland and a lifter from Australia. Local Abilene resident Al Myers served as the meet promoter for this Championships. Every year IAWA hosts a World Championships which features the best All Round Weightlifters in the organization. The location of this Championships rotates among all of the affiliated organizations. Last year the IAWA World Championships were held in Eastbourne, England. Several All Round lifts were contested over the two days. The lifts were the Reverse Curl, Snatch from Hang, One Hand Clean and Jerk, Thumbless Deadlift, Pullover and Push, Continental to the Belt, and the 2" Bar Straddle Lift. The overall women's best lifter was Elizabeth Skwarecki from Pittsburgh, Pennsylvania. The overall men's best lifter was Steve Sherwood, from England. Two local Abilene men competed in this event, LaVerne Myers and Brandon Rein. Both were crowned World Champions in their respective age and bodyweight classes. The next IAWA Championship will be the Gold Cup, which will occur in 1 month in Perth, Australia.



Group picture from the 2019 IAWA World Championships

#### MEET RESULTS:

[World Champs 2019 Day1](#)   [World Champs 2019 Day2](#)   [World Champs 2019 Both Days](#)

# 3RD QUARTER POSTAL

October 21, 2019 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

## **MEET RESULTS – USAWA 3RD QUARTER POSTAL MEET**

The results of the 3rd Quarter Postal have been tabulated. We had 11 men and 5 women take part, with Al Myers leading the men and R.J. Jackson leading the women.

### **RESULTS:**

3rd Quarter Postal Meet

July 1st through September 30th, 2019

Meet Director – Denny Habecker

Lifers with Certified Officials:

Al Myers – Laverne Myers

John Douglas – Laverne Myers

Dean Ross – Laverne Myers

Laverne Myers – Al Myers

Eric Todd – Lance Foster- John Strangeway

John Strangeway- Eric Todd – Lance Foster

Chris Todd – Eric Todd-Lance Foster- John Strangeway

Lance Foster – Eric Todd- John Strangeway

Phoebe Todd – Eric Todd-Lance Foster-John Strangeway

Denny Habecker- Barry Pensyl

Barry Pensyl – Denny Habecker

Aidan Habecker – Denny Habecker

Crystal Diggs- R.J. Jackson

Lifters with Non-Certified Officials:

R.J. Jackson

Sylvia Stockall

Lynda Burns

The Lifts- Pullover and Press, Curl-2 Dumbbells, Cheat, Continental to Belt

## **MEN'S DIVISION**

Al Myers            – 53 – 232 – 230 – 150 – 360 – 740 – 695.71

Eric Todd            – 44 – 256 – 345 – 170 – 310 – 825 – 679.30

John Strangeway – 41 – 210 – 244 – 150 – 345 – 739 – 655.78

Denny Habecker – 76 – 183 – 165 – 80 – 220 – 465 – 645.32

Barry Pensyl        – 71 – 150 – 127 – 80 – 206 – 413 – 607.10

John Douglas        – 55 – 308 – 220 – 150 – 352 – 722 – 600.50

Laverne Myers      – 75 – 229 – 100 – 110 – 220 – 430 – 521.45

Chris Todd          – 40 – 270 – 244 – 145 – 265 – 654 – 504.58

Dean Ross            – 76 – 240 – 130 – 90 – 180 – 400 – 479.57

Aidan Habecker    – 16 – 206 – 132 – 80 – 209 – 421 – 407.58

Lance Foster        – 53 – 345 – 0 – 100 – 265 – 365 – 238.24

## **WOMEN'S DIVISION**

R.J. Jackson        57 – 106 – 100 – 70 – 125 – 295 – 483.82

Sylvia Stockall    61 – 140 – 75 – 90 – 135 – 300 – 408.52

Lynda Burns        44 – 175 – 78 – 80 – 145 – 303 – 307.42

Crystal Diggs      32 – 165 – 43 – 60 – 95 – 198 – 198.33

Phoebe Todd        9 – 84 – 0 – 20 – 65 – 85 – 197.54

## **WHAT ALL-AROUND LIFTING IS ABOUT**

October 22, 2019 Christopher Lestan Edit Post

By Christopher Lestan



As I fly home from my very first Worlds I can't help but think of what I just experienced from the competition. To start off, the event was wonderfully organized. The banquet was great, and the lifting was so much fun. However, there is more to express. The emotions are hard to describe. I feel happiness, confidence, joy, appreciation, and gratitude. Its as if I just saw the greatest movie of all time and left the theater with such a bag of emotions that I just need to put them down on a piece of paper. Tell the world what I am feeling.

If there is one thing I am completely convinced with its that I finally realized what the USAWA, IAWA, and just All-Around lifting is about.



My mentor Frank who introduced me to this sport!

When I first joined the USAWA I was probably like most in the federation when they first join, for I had a background in a sport or strength discipline. I was a powerlifter who only competed to win, and that's it. I didn't care about the people who I competed with because I didn't know them, and they felt the same way about me. Powerlifting at the end of the day is an individual sport where competitors go in with one goal in mind and that is to win. Very similarly when I

entered the USAWA that was my mindset too. I wanted to come in and win in my first meet. When my first All-Around meet I placed 2nd in the overall lifters score. However, I didn't feel defeated. I felt something I never have felt before at a Powerlifting meet.... happiness. I didn't get happiness from the personal bests that I got in the lifts, or the medal that I got after. It was the people. I basically lifted, competed, and socialized. The last word is where I knew this federation was different. I socialized... I laughed... I talked about lifting, life, family, goals with people I have just met.

That is where we segway into the next part of this blog. This weekend's Championship! I have never experienced such openness at a lifting competition. When I walked into the venue for the first time on Friday I was greeted with such friendly faces. It was amazing. On Saturday what I experienced at my first USAWA meet was soon the same here. I was socializing with fellow lifters about life, their passions, how they got into All-Around lifting, making jokes, and laughing. During all this conversation I still managed to hit personal bests in most of my lifts. Then after I would be cheering on my fellow lifters to make their lifts and break world records! It's insane. You will not find this in Powerlifting, for when I made it to the national level meets fellow lifters would become less and less friendly. They would see you as your enemy. They wouldn't talk to you, or even look at you. To me this is strange.



Stevie Shanks! First time meeting him and what a great guy. Always supporting other lifters!

As lifters, we all came from a very similar place of why we wanted to compete. TO IMPROVE OURSELVES. To gain confidence and in the process make relationships that will last forever. Am I still a competitive person. Yes, I will not deny that. However, I will never let that get in the way of never making a relationship with someone who has similar goals as me. I never felt the need to be aggressive with lifters, or be rude to them to gain the upper hand.

Lastly, All-Around lifting is about challenging yourself to do things you never thought possible. These lifts are very unorthodox, yet there is a beauty and humbleness about them. I am absolutely terrible at anything in which hook grip would allow more weight to be lifted. Therefore, I respect any lifter who can take the pain of the hook grip. It's the ability to understand your weaknesses that make this sport amazing. Thus, the courage to enter a competition in which you have a very small idea of what you are able to lift is huge!

This weekend will be in my memories for the rest of my life. I will remember the laughs, jokes, the new friends I made, and the personal bests in lifts, and the courage to make risks in lifts I have very little experience. This is what makes All-Around lifting special. This is what makes this sport so great!

## **WORLD BEST LIFTERS**

---

October 23, 2019 Al Myers Edit Post

---

By Al Myers

At the 2019 IAWA World Championships there were many great lifters in attendance! The competition was fierce, but in the end only ONE lifter is crowned as the overall best lifter of the meet. I knew it was going to be a close one in both the women's and men's divisions before the meet – and that turned out to be the case. Today I want to recognize these two OVERALL BEST LIFTERS. For the men's division, the overall winner was Steve Sherwood and in the women's division it was Elizabeth Skwarecki. Congratulations to both of these outstanding lifters!



Elizabeth Skwarecki, the Overall Best Womens Lifter at the 2019 IAWA World Championships, receiving her award from Meet Promoter Al Myers.



Top 3 Men's Overall Best Lifters at the 2019 IAWA World Championships (left to right): Dan Wagman 3rd, Steve Sherwood 1st, and Steve Andrews 2nd.

# GREG COOK – LIFTER OF THE MONTH

October 24, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Greg Cook – USAWA Lifter of the Month for July

The USAWA Lifter of the Month for July is Greg Cook. In July, Greg competed in the Second Annual IAWA Old Time Strongman Championships and once the dust had settled, earned the title of BEST LIFTER OVERALL. He lifted exceptionally – highlighted by his amazing 805 pound Kennedy Lift. I was able to witness it firsthand, thus I can attest to what an outstanding lift it was! This IAWA Postal Championships had competitors from all over the World enter, and many that competed were World Class All Rounders themselves. Congrats Greg – you deserve being Lifter of the Month for July!

# LAVERNE MYERS – HALL OF FAME BIOGRAPHY

October 25, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

*(Below is the Hall of Fame Biography for LaVerne Myers, who was inducted into the USAWA Hall of Fame at the 2019 USAWA National Championships. This bio is now included in the HOF Archives on the website.)*



**HALL OF FAME BIOGRAPHY**  
**LAVERNE MYERS – CLASS OF 2019**

---



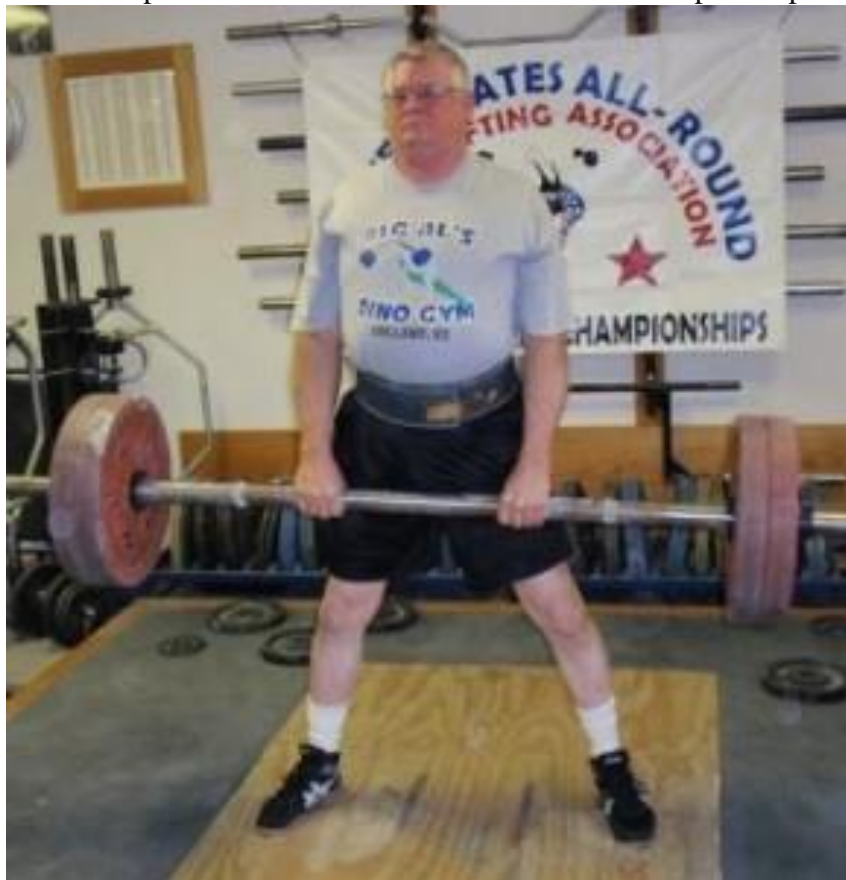
LaVerne was born on May 1<sup>st</sup>, 1944. He has spent his entire life in the Abilene, Kansas area. During his working years he was a dairy and crop farmer and at one time milked over 100 cows. He is married to Jeanette and has 3 sons – Alan, David, and Brian.

LaVerne became involved with the USAWA in 2002, after he attended the National Championships in Youngstown, Ohio. This inspired him to become much more involved in the All Rounds and began training the lifts. He has attended many big meets, including IAWA Championships overseas. He has competed in England 3 times (2018 Worlds in Eastbourne, 2014 Gold Cup in Burton on Trent, 2018 Gold Cup in Eastbourne) and in Scotland 1 times (2017 Gold Cup in Glasgow). He trains at the Dino Gym in Holland, KS.

Among his many accomplishments:

- Best lifter in the 70+ at the World Championships in Eastbourne, England

- 7<sup>th</sup> Place overall finish at the 2016 World Championships in Lebanon, PA
- Best Lifter in the 65-69 at the 2012 World Championships in Salina, KS
- 7<sup>th</sup> Place overall finish at the 2018 USAWA Nationals
- Best Lifter in the 70+ at the 2018 Nationals in Cocoa Beach, Florida
- 9<sup>th</sup> Place overall finish at the 2017 Nationals in Cleveland, Ohio
- 8<sup>th</sup> Place overall finish at the 2012 Nationals in Las Vegas, Nevada
- Sportsmanship Award Runner Up 2016 & 2017
- Lifter of the Month 4 times
- USAWA Certified Level 2 Official for over 10 years
- Overall Best Lifter at the USAWA Grip Championships 3 times (2019, 2016, 2015)
- 3<sup>rd</sup> place overall in the 2016 Postal Series
- Overall Best Lifter at the 2017 Team Championships with Dean Ross
- Runner Up for the Howard Prechtel Award at the 2016 IAWA Gold Cup
- IAWA Commitment Award winner in 2018
- Meet promoter for the 2016 IAWA Gold Cup in Abilene, KS
- Meet promoter for the 2019 IAWA World Championships in Abilene, KS



LaVerne's favorite lifts are any lifts involving grip strength. He has earned the nicknames "La Grip" and "Mr. Vice Grip" among his all-round friends. He is one of the top record holders in the USAWA, with over 200 records. This record mark currently puts him in 11<sup>th</sup> place overall in total records held in the history of the USAWA. Some of his top records are: 182# in the one arm Fulton Bar Deadlift, 242# Inch Dumbbells Deadlift, 123# in the Dumbbell Walk, 335# in the Pinch Grip Deadlift, 255# in the Reeves Deadlift, 182# in the 2" One Handed Vertical Bar Lift, 330# in the 2 bar 2" Vertical Bar Deadlift, 300# Ciavattone Grip Deadlift with the Fulton Bar, and 6# in the Weaver Sticks. All of these records were set over the age of 65 and many are overall records within his weight class. In his 70's he can still do pullups with a thumbless grip!

One of his lifting highlights included doing a 2 man lift with his son Al at the 2017 IAWA Gold Cup in Glasgow, Scotland. Together they did 441# in the Team One Hand Thumbless Deadlift in front of an international lifting crowd. LaVerne is an IAWA official, and has officiated at many IAWA World Championships and Gold Cups. LaVerne biggest enjoyment in the USAWA has been making many great friends all over the World.

## DEAN ROSS – HALL OF FAME BIOGRAPHY

October 26, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

*(Below is the Hall of Fame Biography for Dean Ross, who was inducted into the USAWA Hall of Fame at the 2019 USAWA National Championships. This bio is now included in the HOF Archives on the website.)*

### HALL OF FAME BIOGRAPHY DEAN ROSS – CLASS OF 2019





Dean Ross is a man of many talents. He has been involved with the USAWA since 2009. His previous strength passion involved participating in the Scottish Highland Games, where he put up a Hall of Fame career. Dean has always been known for his commitment to enter competitions. When he was throwing several times he would compete on Saturday and then drive over 500 miles overnight to another competition on Sunday. That same enthusiasm he has brought to the USAWA. During the last 10 years Dean has competed in over 100 USAWA events. That is a mark that no one else has ever done! He is a member of the Dino Gym and supports all of the gym's events, as well as making long driving trips to big events like Nationals. Everyone in the USAWA knows Dean, as he has participated in events in every club.

Dean has put up a very impressive resume during these previous years:

- 9<sup>th</sup> place overall at the 2018 Nationals in Cocoa Beach, Florida
- 6<sup>th</sup> place overall at the 2016 Nationals in Norwood, Massachusetts
- Best Lifter in the 70-74 age group at 2016 Nationals
- 9<sup>th</sup> place overall at the 2015 Nationals in York, Pennsylvania
- 7<sup>th</sup> place overall at the 2014 Nationals in Macomb, Illinois
- 7<sup>th</sup> place overall at the 2012 Nationals in Las Vegas, Nevada
- Lifter of the Month 2 times – July 2018 & August 2015
- Presidential Cup Award Winner in 2015
- Overall Team Champion with LaVerne Myers at the 2017 Team Championships
- Grand Slam Postal Series Winner – 2016 & 2015
- 9<sup>th</sup> Place overall in the 2016 Postal Series
- 6<sup>th</sup> Place overall in the 2015 Postal Series
- 8<sup>th</sup> place overall in the 2016 IAWA World Championships in Lebanon, PA
- USAWA Sportsmanship Award winner in 2016 & 2017
- USAWA Athlete of the Year Runner Up Award winner in 2015
- USAWA Courage Award winner in 2013
- USAWA Newcomer Award winner in 2011



Dean's strength as an All Rounder is his ability to set records in a wide array of different lifts. He currently has the fourth most USAWA records of any lifter in the history of the USAWA, with 383. But even more impressive, is these records have been accomplished in over 150 different lifts! Dean is one of the few lifters to have competed in every one of the Championship events that the USAWA offers, which includes the Heavy Lift Championships, Grip Championships, Presidential Cup, Postal Championships, Club Championships, Old Time Strongman Championships, Team Championships, and the National Championships. He has also competed at the International level – having competed in the 2016 IAWA Worlds, 2016 Gold Cup, and the 2013 Gold Cup. Dean loves to lift heavy and has the goal of doing at least one lift over 1000 pounds every year in competition. He has accomplished this goal consistently over the past 10 years. Dean is one of the most well liked guys in the USAWA, and always has a new story to tell. He is a great competitor, and always encourages other lifters. It is a fitting honor for him to join the USAWA Hall of Fame.

# BARRY PENSYL – LIFTER OF THE MONTH

October 28, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Barry Pensyl performing a Habecker Lift at the 2019 Presidential Cup.

Congratulations goes to Barry Pensyl, for being selected as the USAWA LIFTER OF THE MONTH for August. Barry competed in the USAWA Presidential Cup in August, hosted by our USAWA President Denny Habecker, and was awarded the Presidential Cup for 2019. This is an outstanding lifting accomplishment!

Way to go Barry!!!

## CLUB CHAMPIONSHIPS

October 29, 2019 [Al Myers](#) [Edit Post](#)

By Dave Glasgow

### MEET ANNOUNCEMENT 2019 USAWA CLUB CHAMPIONSHIPS

Hosted by:

## **LEDAIG HEAVY ATHLETICS**

Sunday, December 8th, 2019

Weigh In 10:00- 11:00 AM

Lifting starts at 11:00 AM sharp

### **LIFTS TO BE CONTESTED**

Clean and Jerk – Dumbbell, One Arm (non dominate hand)

Deadlift – 2 Bars

Curl – Cheat, Reverse Grip

Dumbbell To Shoulder

Questions or directions to the venue

[dglasgow@cox.net](mailto:dglasgow@cox.net)

## **ANDERSON WINTER CLASSIC RECORD BREAKERS**

---

[November 8, 2019](#) [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

Meet Announcement:

### **Anderson Winter Classic Record Breakers**

Hosted by:

**Frank's Barbell Club**

Saturday, December 28th, 2019

Weigh-ins 8:00am

Lifting Starts At 9:00 am

### **Lifts Contested**

Anderson Squat

Ciavattone Deadlift

Clean and Strict Press

Any additional lifts at the end may be performed after the main lifts for a USAWA Record!

### **Location**

Athletic Republic, 290 Vanderbilt Ave, Norwood, MA

**Entry Fee: 30\$ DEADLINE DECEMBER 8th**

Requirements to participate: USAWA membership, entry fee, and contact Christopher Lestan at [christopherleston@gmail.com](mailto:christopherleston@gmail.com)

Form: **Anderson Classic**

## **GOLD CUP**

---

[November 12, 2019](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner

### **2019 IAWA GOLD CUP**



Lifters at the 2019 IAWA Gold Cup in Perth, Australia.

And so another great IAWA event is over. The Gold Cup here in Perth Australia has been great, all down to great work and organisation by Peter Phillips, John Mahon and Sharni Clifford and other members of the great Western Australia group. The lifting was sensational today and what amazing loading all day by Shaun and Nicki.

It has been great to catch up with so many old friends here pushing the sport strong for the last 20 years plus, Great to see all round lifting looking so healthy in Australia and the group are in a great place using the Lambda Academy as their headquarters with great support from the owners.

As many of you know IAWA is a great big family around the World and it sure is a joy to belong to such a great sporting body. Next year 2020 is going to be super amazing too with great events ahead. These are exciting times in all round lifting, long may it continue, well done to everyone who took part, you should all be proud of yourselves.... long live IAWA

MEET RESULTS: [THE 2019 IAWA GOLD CUP](#) (word) [THE 2019 IAWA GOLD CUP](#) (pdf)

## PRECHTEL AWARD

---

November 13, 2019 [Al Myers](#) [Edit Post](#)

By Steve Gardner



Al Myers (left) receiving the Prechtel Award from promoter Peter Phillips (right)

The winner of the Howard Prechtel Memorial Award at the 2019 IAWA Gold Cup..... Al Myers who scored a terrific amended score of 124 points with his Ring Fingers Straddle Deadlift! (Monica Cook was 3rd with 108 points amended and Steven Charles was 2nd with 111 points)

## COMMITMENT AWARD 2019

November 14, 2019 [Al Myers](#) [Edit Post](#)

By Steve Gardner



Commitment Award Winners (left to right): Denny Habecker, Steve Gardner, Al Myers, and Peter Phillips

Four lifters were presented with IAWA Commitment Awards for 2019 participation in the Postal World Championships, the World Championships and the Gold Cup.....Denny Habecker, Steve Gardner, Al Myers and Peter Phillips.

## CHRISTOPHER LESTAN – LIFTER OF THE MONTH

November 18, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers





Christopher Lestan – September Lifter of the Month

The USAWA Lifter of the Month for September goes to Christopher Lestan, of Frank's Barbell Club. Christopher organized the NE Powerlift Meet in September, and not only did all of the work of promoting the meet, but was the Overall Outstanding Lifter of the Meet. His competition was well attended with several new USAWA lifters in attendance. Christopher



finished off the meet with a 600 pound 12" Base Deadlift. He also competed in his first USAWA National Championships over the summer, and has been involved in many other USAWA meets throughout this year.

A big CONGRATS goes to Christopher for being the Lifter of the Month for September!!!

## **DINO GYM CHALLENGE**

---

[November 19, 2019](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### **MEET ANNOUNCEMENT –**

**The Dino Gym Challenge presents the:**

#### **“Legends and Leaders Showcase”**

The annual Dino Gym Challenge has always been the meet to launch the USAWA meet calendar for the new year. Every year I try to come up with a new meet theme to keep this meet a new and exciting challenge for everyone.

This year the theme is the “Legends and Leaders Showcase”.

The two “legends” I have chosen to honor in this challenge are Wilbur Miller and Ed Zercher. Both of these guys competed in All Round Weightlifting BEFORE there was the USAWA – when All Round Weightlifting was known as Odd Lifting. They “paved the way” to the formation of the USAWA, and their influence is still felt on our sport today. How many times have we done the Zercher Lift in competitions? MANY! We have Ed Zercher to thank for that. Wilbur Miller was way ahead of his time when it came to All Round Weightlifting. Most remember Wilbur for his powerlifting excellence, especially when it came to a big deadlift. But Wilbur was way more than just a powerlifter – in fact he excelled at ALL types of lifting. He competed in Olympic Weightlifting as well in addition to his All Round Weightlifting. He also was a top notch grip lifter. He was the man who could do it all when it came to strength!

The two “leaders” that I have picked to honor in this challenge are Denny Habecker and Frank Ciavattone. Just like Ed and Wilbur being the pioneers of All Round Weightlifting, Denny and Frank have been the men that have led the USAWA throughout the history of the organization. We wouldn't have the USAWA if it was not for the leadership of these two outstanding men. They have promoted meets, recruited new members, served as officers in the

USAWA, and have represented the USAWA at the IAWA level above all others. There are others that have been great leaders in the USAWA – but only Denny and Frank have been doing it since the FORMATION of the USAWA!!! That's over 30 years of devotion to the USAWA.

I am very excited about this year's Dino Gym Challenge. The four lifts that I picked for the meet are to honor these four great men and to thank them for all they have done for All Round Weightlifting and the USAWA.

#### **MEET DETAILS:**

Meet Director: Al Myers and the Dino Gym 785-479-2264  
Meet Date: Saturday, January 18th, 2020 1:00 PM – 5:00 PM  
Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410  
Sanction: U.S.A.W.A Memberships cards can be purchased on meet day  
Weigh-ins: 12:00 -1:00 PM the day of the meet  
Divisions: Depends who shows up  
Awards: Don't expect one  
Entry Fee: None – but please notify me in advance if you plan to attend  
Lifts:

Miller Clean and Jerk

Zercher Lift – One Arm

Habecker Lift

Ciavattone Deadlift

The lifts will be done in this order.

## **ELIZABETH SKWARECKI – LIFTER OF THE MONTH**

---

November 21, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers



Elizabeth Zkwarecki – Lifter of the Month for October

The USAWA Lifter of the Month for October is Elizabeth Skwarecki. Elizabeth lifted in her first IAWA World Championships in Abilene, KS on October 5th & 6th and was crowned the OVERALL BEST WOMEN’S LIFTER. This is an impressive accomplishment for someone entering their first All Round World competition! It made her a very easy choice for Lifter of the Month.

Congratulations Elizabeth! I look forward to seeing your continual involvement in future USAWA events.

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

---

November 25, 2019 Al Myers Edit Post

By Al Myers



Denny Habecker, at 77 years of age, setting a new IAWA World Record in the Ciavattone Deadlift with a lift of 125 KG.

The USAWA Lifter of the Month for November is Denny Habecker, our USAWA President. Denny just recently traveled to Perth, Australia to compete in the IAWA Gold Cup. This is a long ways to travel to represent the USAWA in an IAWA competition. I got to be his travel companion for this trip, and it was a grueling trip. We were in Australia for only three days while the other 5 were all on the plane. The flight from Chicago to Auckland lasted 17.5 hours! Denny is an IRONMAN when it comes to travel – plus add it the travel lag once you get there – it's amazing he was able to even function, let alone set new World Records!!!

Denny is very deserving of being Lifter of the Month for November. He does so much to represent the USAWA everywhere he goes. We are extremely blessed to have him as our USAWA President. Next time you see him give him a big CONGRATS!

## LIFT FOR LEROY-UPDATE

---

December 2, 2019 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Lift for Leroy to help Big Leroy navigate life changes

Lift for Leroy is less than 2 weeks away and I just wanted to outline a few things to ensure we run a smooth meet.

- We will be doing the lifts for the National Postal first. No record day lifts will be performed until the National Postal portion of the meet has concluded.
- If you are planning on competing, let me know now, along with the lifts you are planning on completing for records so that I can ensure I have the right equipment and can be best prepared for a smooth meet.
- There is a potential for a rather large turnout. As meet director, I reserve the right to limit the number of attempts per lift to 3, depending on the number of lifters.
- You are responsible for knowing if you are attempting a world record or not. We will not be using the 3 official system throughout on the off chance lifters are attempting a world record. We will be using the 1 official system, unless.

- From my reckoning, we will have 3 qualified officials, along with one official in training in attendance. Please keep in mind that all officials in attendance have records of their own they are wanting to complete as well.
- We are lifting in the basement. Please park up top and walk around to the basement door.
- Remember, it will probably be a little chilly in the basement. Wear whatever you wish to between lifts to stay warm; however, USAWA dress code will be enforced on the platform. Be ready to lift in a t-shirt and shorts or a singlet.

## TIME TO RENEW

---

December 3, 2019 Al Myers Edit Post

---

by Al Myers

Hard to believe that another year of the USAWA is coming to an end! This has been a great year for our organization. Now is the time to renew your USAWA membership so you can take advantage of a full year's membership. I want to remind everyone that membership in the USAWA is for "the calendar year". Thus the logical time to renew membership is at the beginning of the year – January FIRST!

I have already started recording the 2020 membership on the membership roster. Also, I include the "date beside the name" to remind everyone when you joined. I want there to be "special distinction" of those that register early. Any registration before January 1st, 2020 will receive that date as their date of registering. I hope this encourages early registration.

Individual Membership Applications are found at the top of the website in the "About Us" under "forms and applications". Please fill out the application fully in legible print, and sign it. Make checks/money orders out to the USAWA and send them to me (address on form). Once I receive the application (with the \$25 fee), I will list your name on the Membership Roster. It doesn't get any easier than that!!!

## MEMORIAL RECORD DAY

---

December 9, 2019 Denny Habecker Edit Post

---

By Denny Habecker

## MEET RESULTS –

### **2019 Memorial Record Day**

We had a great turnout for the first Memorial Record Day, with 8 lifters taking part. I was really impressed with the variety and difficulty of the lifts that were done. Christopher Lestan, Zachariah Marhamo and Ryan Bingham came down from Massachusetts, Lou Tortorelli came in from New Jersey, Elizabeth Skwarecki from Pittsburgh, Barry Pensyl from Easton, and Aidan Habecker and I rounded out the group. The officials were Barry Pensyl, Chris Lestan and Denny Habecker.

### **RESULTS:**

2019 Memorial Record Day

Habecker's Gym

Lebanon, PA

December 7th, 2019

Meet Director: Denny Habecker

Officials (1 official system used): Barry Pensyl, Denny Habecker

Lifts: Record Day

#### **Elizabeth Skwarecki – 39 yrs. 140 Lbs. [ FEMALE 65KG. – Open]**

Bent Press – Dumbbell – Left – 66 Lbs.

Bent Press- Dumbbell- Right – 77 Lbs.

Snatch from Hang – 88 Lbs.

Dinnie Lift – 355 Lbs.

Bench Press – Fulton Bar – 132 Lbs.

#### **Aidan Habecker – 16 yrs. 208 Lbs [95 Kg. 16-17]**

Judd Clean and Jerk – 44 Lbs.

Lano Lift – 22 Lbs.

Miller Clean & Jerk – 44 Lbs.

Snatch – Fulton Bar – 121 Lbs.

Vertical Bar – 1" – Right – 198 Lbs.

#### **Ryan Bingham 19 Yrs. – 300 Lbs. [ 125 Kg. + – 18-19]**

Deadlift – 12" Base – 550 Lbs.

Deadlift – Ciavattone Grip – 387 Lbs.

Hand & Thigh – 700 Lbs.

Hip Lift – 1022 Lbs.

Habecker Lift – 154 Lbs.

**Zachariah Marhamo 21 Yrs. – 231 Lbs. [ 105 Kg. – Open]**

Clean & Press – 176 Lbs.

Deadlift, Ciavattone-Right – 253 Lbs.

Deadlift – Ciavattone Grip – 407 Lbs.

Habecker Lift – 242 Lbs.

Hackenschmidt Floor Press – 342 Lbs.

**Christopher Lestan 23 Yrs – 285 Lbs. [ 125 + Kg. – Open]**

Dinnie Lift – 600 Lbs.

Deadlift, No Thumbs – 387 Lbs.

Habecker Lift – 154 Lbs.

Zercher, One Arm- Left – 143 Lbs.

Zercher, One Arm- Right – 66 Lbs.

**Lou Tortorelli – 53 Yrs. 239 Lbs. [ 110 Kg. – 50-54]**

Curl- Strict – 110 Lbs.

Deadlift – Trap Bar – 425 Lbs.

**Barry Pensyl – 71 Yrs. -150 Lbs. [70 Kg. – 70-74 ]**

Allen Lift – 33 Lbs.

Clean & Jerk -One Arm- Right – 51 Lbs.

Good Morning – 110 Lbs.

Press, Dumbbell, Right – 40 Lbs.

Snatch- One Arm – Left – 55 Lbs.

**Denny Habecker – 77Yrs. 185Lbs. [ 85Kg. – 75-79]**

Deadlift- Dumbbell- Right – 176 Lbs.

Clean & Press Behind Neck – 110 Lbs.

Clean & Seated Press – 88 Lbs.

Clean & Seated Press Behind Neck – 88Lbs.

Vertical Bar – 1" – Right – 105Lbs.

## **LIFT FOR LEROY RD**



By Eric Todd

## MEET RESULTS –

### **Lift for Leroy Record Day**



New member Jeff Rigby sets the tone with a big bent press

“Lift for Leroy” is over and done and was a great success. I feel like we boosted Big Leroy’s spirits enough to avoid another one of those sympathy “throw yourself down the stairs” episodes this time around. We started off with the Postal Championship lifts. 10 members participated in this portion of the meet. There was some fantastic lifting, but I will leave that part to Denny’s write-up for that meet.

Once we completed the three lifts for the Postal Championship, we started in with the “Lift for Leroy” record day. Eleven lifters completed at least one record lift in this portion of the meet. There were many national and world records broken. I would like to thank everyone who supported this meet. We had lifters from age 7 to age 77. We had local lifters and lifters from as far away as Utah. (I would really like to thank Jeff Rigby making the pilgrimage to the Turney area. He brought some real old time all-round flair with classic lifts such as the bent press and the turkish get-up) The camaraderie was fantastic, the day went smooth, and the lifting was stout.

I would like to mention that the youth infusion into the KCSTRONGMAN all-round club has been absolutely refreshing. Nikolai Lucht, age 7, just joined. He is the son of Mike Lucht who

is a long time KCSTRONGMAN member from the old strongman days. That brings us to 3 lifters under 10. KCSTRONGMAN can be credited with reducing the mean age of USAWA membership by like 50 years!!! Aye, but I digress.

Results are as follows:

### **MEET RESULTS:**

Name of Meet: Lift for Leroy Record Day

Location of Meet: Turney, MO

Date of Meet: December 7, 2019

Meet Director: Eric Todd

Meet Announcer/Scorekeeper: Eric Todd

Both the one official system and the three official system were utilized. The system that was used is denoted next to each lift.

Meet Officials: Eric Todd, Lance Foster, John Strangeway, Chris Todd

Loaders/spotters: All lifters

All Records and bodyweights are recorded in Pounds

Lifter		
<b>Lance Foster</b>	Age 54	weight 346
Deadlift-Inch Dumbbell 1 arm- Left	80	3 officials
Finger lift-Index-Right	95	3 officials
Finger lift-ring-Right	95	3 officials

Lifter		
<b>John Strangeway</b>	Age 41	weight 207
Deadlift-Inch Dumbbell 1 arm-Left	132	3 officials
Squat-Front	470	3 officials
Finger Lift-Ring-Right	205	3 officials
Finger lift-Middle-Left	230	3 officials
Anderson press	275	3 officials

---

Lifter		
<b>Mike Lucht</b>	Age 37	weight 238
Bench Press-Fulton Bar	315	1 official

---

Lifter		
<b>Ben Edwards</b>	Age 44	weight 237
Deadlift-Fulton-Ciavattone grip	325	1 official
Vertical Bar-1 bar-2"-Left	208	1 official

---

Lifter		
<b>Jeff Rigby</b>	Age 42	weight 287
Bent press-bar-left	175	3 officials
Bent press-bar-right	155	3 officials
Turkish Getup	135	3 officials
Gardner-Full	115	3 officials

---

Lifter		
<b>Dean Ross</b>	Age 77	weight 231
Clean and press-Fulton bar	60	1 official
Clean and press-middle fingers	45	1 official
Holdout lowerd	25	1 official
Seated press from rack	55	1 official
Seated press from rack-behind neck	55	1 official

---

Lifter		
<b>Greg Cook</b>	Age 62	weight 255
Deadlift-stiff legged	405	1 official

---

Lifter		
<b>Chris Todd</b>	Age 40	weight 269
Pullover-straight arm	75	3 officials
Lateral raise lying	70	3 officials

---

Clean and seated press	140	3 officials
Bench press-fulton bar	265	3 officials
Deadlift-stiff legged	250	3 officials

Lifter

<b>Leroy Todd</b>	Age 8	weight 68
Bench press-fulton bar	35	3 officials
Cheat curl 2 dumbbells	20	3 officials
Vertical bar-1 bar-2 inch-left	26	3 officials
Jackson press	20	3 officials
Continental to belt	45	3 officials

Lifter

<b>Eric Todd</b>	Age 44	weight 252
Jackson press	210	3 officials
Seated press-from rack	175	3 officials
Vertical bar-2 bars 1"	265	1 official
vertical bar-1 bar-1 inch-right	160	1 official
Press-dumbbell-1 arm-left	100	3 officials

Lifter

<b>Phoebe Todd (FEMALE)</b>	Age 9	weight 88
Bench press-feet in the air	35	3 officials
Bench press-fulton bar	40	3 officials
vertical bar 1 bar-1"-right	65	3 officials
vertical bar 1 bar-1"-left	65	3 officials
vertical bar 1 bar-2"-left	53.5	3 officials

## CLUB CHAMPIONSHIPS

December 11, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

## MEET RESULTS –

### 2019 USAWA CLUB CHAMPIONSHIPS



USAWA Club Champions – Ledaig Heavy Athletics

The battle of the USAWA Club Championships was heated at the Ledaig Club on this past Sunday. As been the case these past few years, the Club Champs have been a “2 horse race” between the hosting Ledaig HA Club and the Dino Gym. The victory has been an even split over the past 6 years – with each club standing at 3 wins while the other club was the runner up. So this year was GAME SEVEN to see who would reign supreme of the best of 7. HATS OFF to Dave and the Ledaig HA Club as they put the smack down on my Dino Gym Club.

I always really enjoy going to Dave’s. He has built the ultimate home gym. He has a power rack that would make any HS strength coach drool over, plus loads of steel plates and seasoned bars. As you look around his gym everything screams strength. As been the tradition of the Club Championships each club brings club members with the top three performers in each event being the “scorers”. This gives an advantage if you bring several lifters as if someone has an off event

it doesn't hurt the team score. But this year Dave and I could only manage to barely fill our roster of 3 lifters so every lift of every lifter was important.



Runnerup Club – the Dino Gym

I once seen a T-shirt that had the printing of “Youth and Skill are no match for Old Age and Treachery”. Well – this pretty much sums up Dave. He definitely schemed up some “fast ones” on me for this club championships. All above board of course so I’m not saying he cheated or anything like that. First of all I noticed he picked up a RINGER for his club that caught me by surprise. He didn’t even pre-register him before the meet thus keeping his secret intact until it was time to show his cards on meet day. For those of you who don’t know Eddie “THE DYNAMO KID” Johnson you will after this meet. Eddie is a gifted Highland Game athlete who made his first venture into the All Rounds at this meet. His explosive strength is off the charts and he lifted fantastically. He’s so athletic he just takes to the All Round Lifts with ease.

But then the treachery continues. I have worked hard to get John “THE HOSS” Douglas to join the Dino Gym Club this past year, and he has been a solid addition to my club. I’ve even made big promises to him like I’d give him a gym tshirt and give him a sandwich when he comes to the

Dino Gym. So I was feeling good. But “lo and behold” Dave steals him back from me and he’s there representing the Ledaig Club!!! How did Dave do that??? I still pondering how that happened.

I actually felt like it was close after the first couple of events. Ole Dean and Dad were pushing hard on their lifts. But then Dave puts in this special rule about using your non-dominate hand in the Clean and Jerk with the Dumbbell for the 3rd event and it starts to get “in our heads” a little, and after a big discussion of what really constitutes your non-dominate hand Dave just says “use the hand you conscious tells you too”. I pretty much knew it was over for us then as Dad and Dean were scratching their heads in confusion as to which arm to use.

But his treachery is not over yet!!!! His next trick had to be one for the ages. I’ve been doing this for a long time and I’ve never seen this type of sabotaging your opponents before. At this point Dave declares it’s time for lunch before the last event the Dumbbell to Shoulder. He had his good buddy Gomez come in with his food truck and he freshly baked the best pizza you’ve ever had and brings it into the gym for us to eat. It’s piping hot and the tasty aroma just fills the gym. He followed that up with homemade bread pudding with his special whisky sauce. Plus Dave brings in a sampler pack of Sam Adams to just add to the temptation. The Dino Gym Club was doomed at that point. Dean ate so much pizza he couldn’t tie his shoes, ole Pops was just sitting on the bench in a food coma, and I was polishing off my second beer. The whole time Dave just sat in his big chair with a smile on his face not eating a thing!!!!

Great meet and great times! But now I’m calling for the best of nine.

### **Meet Results:**

2019 USAWA Club Championships

Ledaig Heavy Athletics Club

Rainbow Bend, Kansas

Sunday, December 8th, 2019

Meet Director: Dave Glasgow

Official (1-official System used): Dave Glasgow & Al Myers

Meet Scorekeeper: Al Myers

Meet Caterer: Gomez with his amazing pizza

Lifts: Curl – Cheat, Reverse Grip, Deadlift – 2 Bars, Clean and Jerk – DB, Dumbbell to Shoulder

**1. Ledaig Heavy Athletics – 2197.6 Adjusted Points**

LIFTER	AGE	BWT	Curl	DL	C&J	DB
Dave Glasgow	66	249.5	160	370	86.5L	134
Eddie Johnson	28	269.5	225	410	139.5L	214
John Douglas	56	310.5	200	310	86.5L	214

**2. Dino Gym – 1834.5 Adjusted Points**

LIFTER	AGE	BWT	Curl	DL	C&J	DB
Dean Ross	77	236	95	210	30L	80
LaVerne Myers	75	229	120	270	35L	99
Al Myers	53	233	155	450	30L	99

*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.*

## GRIP CHAMPIONSHIPS

December 12, 2019 [Al Myers](#) [Edit Post](#)

By Al Myers

**MEET ANNOUNCEMENT –**

**2020 USAWA GRIP CHAMPIONSHIPS**





LaVerne Myers performing the Rim Lift at the 2018 IAWA Gold Cup in Eastbourne England.

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.

LaVerne, the meet director for the Grip Championships, has just sanctioned and revealed the details for this year's Championships. He has picked a fine selection of grip lifts that should provide a good challenge to everyone.

After the competition, there will be an exhibition challenge in the Rim Lift. This is not an official USAWA lift but is an IAWA-UK official lift. A couple of years ago LaVerne and I performed it in the Gold Cup in England and really enjoyed the lift. It is a great grip lift that emphasizes a pinch grip. Below is the IAWA-UK rule for the Rim Lift which we will follow in this challenge. This lift will not be part of the Grip Championships scoring as it is not an official lift of the USAWA.

### ***E33 RIM LIFT***

*The lifter will deadlift, hacklift or straddle a loaded barbell whilst holding only the rims of the discs. The maximum sized discs for the lift are 18 inches. On the inside the discs must be flat and smooth, and on the outside the rim cannot be deeper than 1 inch. The lifter must not grasp*

*any handles, holes or specially prepared areas, only the thumbs on the smooth inside and the fingers on the outside rim. Any bar can be used as the distance between the collars is optional. Whatever style of lift the lifter chooses the lift will always be finished in the correct fashion, with an erect posture. On completion the referee will signal to replace the bar.*

***Causes for Failure:***

- *The causes for failure for the deadlift, hacklift or straddle will apply, depending on the style elected.*
- *Failure to achieve the correct fully erect finishing posture.*
- *Lowering / replacing the bar before the referees signal.*

As you may notice it is similar to our Reeves Deadlift but has several differences thus making it a completely different lift. If the Rim Lift is well received by the lifters LaVerne is considering putting it forward as a new USAWA lift.

**MEET DETAILS:**

Meet Director: LaVerne Myers 785-479-2264  
Meet Date: Saturday, February 8th, 2020 1:00 PM – 5:00 PM  
Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410  
Sanction: USAWA – Membership required  
Weigh-ins: 12:00-1:00 PM the day of the meet  
Divisions: Juniors, Women, Masters, and Open  
Awards: None  
Entry: None – But please give advance notification if attending  
Lifts:

**Vertical Bar Deadlift – 2", One Arm**  
**Deadlift – Fulton Dumbbell, One Arm**  
**Deadlift – 2 Inch Dumbbells**  
**Deadlift – One Arm, No Thumb**

## **RECOVERY... THE MOST FEARED WORD IN THE COACHES DICTIONARY**

---

December 13, 2019 [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

When I was playing sports in middle school up to high school there was always the coach that said “You can’t be tired” or “Be mentally tough”. All of these applied to the idea that you can’t overtrain, and hard work only included training, practicing more than the other team until you either collapsed or physically couldn’t move in the morning. Now I loved playing high school sports and enjoyed every minute of the hard work and the life lessons I learned from pushing further than my limits. After high school, I played college rugby and I took that same mentality there too. Practice hard, don’t rest, work more than the other team. Again I saw the same results of life lessons learned from rugby. Then I took an interest in competitive lifting. This is where everything changed.

When you train for a competition most people who come from a field sports background will drive themselves into the dirt before the day of the competition. This usually is experienced with the feeling of drowsiness, feeling weak, and sore constantly. My first Powerlifting meet I bombed out and everything I touched felt heavy. I went home disappointed that I failed. Fast forward 6 months later and I begin reading some strength books, programs and watching videos from top-level Strength Coaches. What I found was that a lot of these had one thing in common and that was recovery. Recovery was something no one said to me in lacrosse, hockey, football, or rugby. I couldn’t believe that they were suggesting resting over training more. I was shocked.

I signed up for my next Powerlifting meet. This time following a new program I got. Very low volume for main lifts with high volume in accessories. It didn’t allow me to do a max lift for 12 weeks and the intensity of the main lifts increased as I got closer to meet day. Also, it only had me lifting 3 days a week compared to the 6 days I was doing before. That meet I actually got personal bests in every lift. That’s when I realized how important rest and recovery are.

Now while I am at school my recovery routine has increased. The studies I read in class coming out on how the quality of sleep, eating and spacing of training affect your progress. I currently run a 3 day a week sometimes only 2 pending on how the school is going and if classwork piles up. The main movements are my priority so I spend the most time with them. Eating enough protein is something that people tend to overlook. I used to only consume very little protein in general until my good friend who is getting his Masters in Strength and Conditioning said: “you eat less than most lightweights”. People tend to not understand how important food is for the Strength Athlete. Since I am a “big boy” and I want to maintain this size and increase strength I need to eat a lot. I went from 90 grams of protein a day to over 300 grams when I am 12 weeks out from a big competition.

This idea of recovery was further cemented when I started training in All-Around Weightlifting. When I started training over at my neighbor Frank Ciavatonne's house he would always advise me to take more time recovery than training. Another statement he would say to me is "Some days we go light and don't lift that heavy". I was hesitant at first. I loved to go intense in the gym and lifting heavy. But as we started training together more often I was listening and fully understanding. With the number of lifts we do in this sport your body needs time to rest and recover. I think it is safe to say that my body has never fully adapted to one block of training because I do some type of new lift all the time. This is where it all clicked together. There is a reason why one of the strongest in the sport of All-Around Weightlifting is enforcing the idea of recovery over rest, and that's because we want the best possible workout every workout.

I became a firm believer in rest in recovery when it came to Nationals and Worlds. The tapering for those events would include a deload of 12 days to allow full recovery before the competition. Turns out I would have personal bests on every lift. Now that may not work for everybody, but it helps when you have a good coach with experience who encourages this type of training. The idea is to make sure recovery is a priority.

Recovery is different with everyone. Some people can recover faster than others. It's about finding out what works best for you. I personally after heavy days need 2 days to rest. After competitions, I spend 1-2 weeks doing completely nothing to aid in recovery for the next phase of training. Sleeping is the most difficult for me and I am sure for other people, for it's hard to get a solid 8-10 hours of sleep with busy schedules. I can get a good 6-7 during the school week. However, some days 3 hours if I have an exam or presentation the next day. Weekends are where I spend the most on sleeping.

One trend that is common now with Strength Coaches is the amount of volume they prescribe. I see kids on my Powerlifting team squatting 3 times a week, deadlifting 3 times a week, and benching 4 times a week on programs that are 5-6 days of the week. Then when it comes to meet day they always feel tired, and groggy because their body is going into complete shock. High volume does work but for only a very little span of time. It's more meant for getting used to the movement that is going to be used in the competition, and conditioning. However, high volume for long periods of time leads to overtraining which then leads to injury, and possibly always feeling tired.

I think I used this the best when I first coached King Philip Warriors, a high school football team. Before I arrived they were always being pushed into the group with intense lifting and training. If the kids didn't puke they thought they were not working hard enough. It took 3 years to develop a new culture of training for performance. Now the kid lift and the conditioning doesn't destroy them to the point of on the ground. I have them lift to win. Not lift to injure. Additionally, they have been making the playoffs every year with fewer injuries.

The moral of the story is that pushing hard is good, but like everything else in life, it has a time and place. Don't push yourself over the edge and over train. Make training fun. Strength is a marathon and that is true. Don't rush the process and possibly injure yourself. Enjoy making personal bests, enjoy the process of getting stronger. Become strong.

## OLE JOHN AND SALLY

---

December 24, 2019 Al Myers Edit Post

BY DAVE GLASGOW

*(Editor's Note: This blog was written by Dave Glasgow five years ago for the USAWA Website. I feel it is worthy of being ran again as it is a inspirational story for the Holiday Season.)*

A SEASONAL, NON-LIFTING, BUT UP-LIFTING STORY –

I ENJOY HISTORY, ESPECIALLY MY OWN FAMILY HISTORY. ONE STORY I HEARD MANY TIMES WAS TOLD BY MY DAD, JOHN. IT WAS ABOUT MY GREAT GRAND DAD, WHO I HAVE ALWAYS CALLED 'OLE JOHN', TO DIFFERENTIATE HIM FROM MY DAD. I THINK THIS IS THE APPROPRIATE TIME OF YEAR TO PASS THE STORY ON.

OLE JOHN WAS A SOLDIER IN THE 'CIVIL WAR'. HE WAS IN THE CAVALRY, WHICH SEEMED ODD TO ME, AS HE WAS A SAILOR FROM THE TIME HE WAS TWELVE YEARS OLD. AT ANY RATE, HE WAS CAPTURED BY THE CONFEDERATES AND SENT TO THE NOTORIOUS PRISON CAMP, ANDERSONVILLE, IN GEORGIA. THE CONDITIONS IN THIS CAMP WERE HORRID. MANY DIED OF DISEASE, STARVATION AND JUST PLAIN LOSS OF HOPE. SOMEHOW, OLE JOHN SURVIVED, BUT HE DID NOT GO UNSCATHED. HE LOST ALL HIS UPPER TEETH AND HAD PERMANENT SKELETAL PROBLEMS FROM SCURVY AND MALNUTRITION.

AS THE STORY GOES, OLE JOHN TOLD HOW THE MEMBERS OF THE SALVATION ARMY (WHOM I HAVE ALWAYS CALLED 'SALLY') WOULD SNEAK UP TO THE WALLS AT NIGHT AND THROW SWEET POTATOES OVER THE FENCE TO THE PRISONERS. HE SAID THAT THIS KIND, HUMANITARIAN GESTURE WAS ONE OF THE REASONS HE MADE IT OUT ALIVE.

SO, EVERY CHRISTMAS, WHEN MY KIDS WERE GROWING UP, I WOULD ENCOURAGE AMBER AND DEREK TO 'THROW SOMETHING IN SALLY'S POT', IN HONOR OF OLE JOHN AND TO HELP OUT SALLY, WITHOUT WHOM WE WOULD , PROBABLY, NOT BE AROUND.

THEN, A FEW YEARS BACK, I WAS LISTENING TO THE RADIO AND THEY WERE SPEAKING TO SOME MEMBERS OF THE SALVATION ARMY, AS IT WAS CHRISTMAS TIME AND THEY WERE IN NEED OF MONIES AND CLOTHING DONATIONS TO GIVE TO THOSE IN NEED. NATURALLY, I THOUGHT OF OLE JOHN. SO, WHEN I HAD TIME I DID A LITTLE RESEARCH ABOUT 'SALLY'. WHAT I DISCOVERED DISAPPOINTED ME, GREATLY.

SEEMS THAT SALLY WAS STARTED IN ENGLAND IN 1865, AND WAS NOT FOUNDED IN THE STATES UNTIL 1880! CLEARLY WELL PAST THE TIME OF OLE JOHN'S CONFINEMENT!! IMMEDIATELY, QUESTIONS FORMED IN MY MIND AS TO THE VALIDITY OF THIS CONTRADICTION IN THE STORY. UNFORTUNATELY, ANYONE WHO WOULD KNOW THE ANSWER TO THIS MYSTERY HAS LONG SINCE PASSED.

AFTER A LOT OF DELIBERATIONS, I CAME TO SOME OF MY OWN CONCLUSIONS. COULD IT BE IT WAS THE BAPTISTS, METHODISTS OR MEMBERS OF SOME OTHER RELIGIOUS ORGANIZATION WHO FOUND THE COMPASSION TO HELP THESE UNFORTUNATE INDIVIDUALS?

TO HAVE SURVIVED ALMOST A YEAR IN THAT FILTH AND DEGRADATION, CERTAINLY, BRINGS TO MY MIND THAT SOMEONE WAS HELPING THOSE PRISONERS! JUST BECAUSE THE DISCREPANCY OF THE ORGANIZATION IS IN QUESTION DOES NOT TAKE AWAY FROM THE MEAT OF THE STORY. ORAL HISTORY HANDED DOWN FROM ONE TO ANOTHER LEAVES THE DOOR OPEN TO

ERRORS AND A MISTAKE COULD HAVE VERY WELL BEEN MADE BY ONE WHO HAD ONLY HEARD THE STORY, NOT THE ONE THAT WAS THERE, LIVING IT.

REGARDLESS, DO I THINK THAT SWEET POTATOES MADE THEIR WAY INTO UNION PRISONERS HANDS? ABSOLUTELY! A STORY, SUCH AS THIS, IS TOO GOOD TO HAVE BEEN ‘MADE UP’. FURTHER, WHY WOULD HE FABRICATE SUCH A TALE IF IT WERE NOT TRUE?? IN MY MIND, OLE JOHN WAS THE RECIPIENT OF A KINDNESS THAT CAN NEVER BE REPAID.

SO, IN THIS SEASON OF GIVING, MIGHT I ENCOURAGE EACH OF YOU TO ‘THROW SOMETHING IN SALLY’S POT’? THEY ARE A VERY WORTHY ORGANIZATION AND HELP UNTOLD NUMBERS OF THOSE LESS FORTUNATE. EVEN IF SALLY WAS NOT THE ONES THAT HELPED OLE JOHN, MAYBE, JUST MAYBE, YOU WILL HELP THEM HELP SOMEONE ELSE THAT NEEDS A HAND UP!

JUST TELL THEM ‘OLE JOHN’ SENT YA.....

## **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](#)

## 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](mailto:amyers@usawa.com)). Age group and bodyweight classes are noted with age in years and bodyweight in kilograms. All records are recorded in pounds. “ALL” stands for the overall record for a bodyweight class. “M” and “F” designate male and female divisions. “NAT” is the bodyweight class record for the National Championships.

[INDIVIDUAL RECORD LIST](#) – Excel File (Updated January 17th, 2020)

[INDIVIDUAL RECORD LIST](#) – PDF File (Updated January 17th, 2020)

[TEAM RECORDS](#) – Excel File (Updated September 13th, 2019)

[TEAM RECORDS](#) – PDF File (Updated September 13th, 2019)

### IAWA WORLD RECORD LIST

Chris Bass is the IAWA Records Registrar. Chris lives in Grimsby, England and operates the All Round Weightlifting Club, the Haven Gymnasium. He maintains a current IAWA World

Record List, which includes records of all official IAWA lifts. This Record List is available here  
(as a PDF):

[http://www.havengym.org.uk/PDF/WR\\_Index.pdf](http://www.havengym.org.uk/PDF/WR_Index.pdf)

**WOMEN'S CENTURY CLUB**

**(as of September 13th, 2019)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK
1	RJ Jackson	292	292/1
2	Noi Phumchona	259	259/2
3	Mary McConnaughey	154	154/3
4	Susan Sees	123	123/4

**MEN'S CENTURY CLUB**

**(as of September 13th, 2019)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK
1	Denny Habecker	622	611/1
2	Al Myers	572	562/2
3	* Art Montini	478	481/3
4	Dean Ross	393	383/4
5	John McKean	334	333/5
6	Dennis Mitchell	305	295/7T
7	Chad Ullom	303	296/7T
8	Frank Ciavattone	301	295/7T
9	Joe Garcia	297	298/6
10	LaVerne Myers	239	221/11
11	Bob Hirsh	225	225/10
12	Bill Clark	195	197/12
13	Scott Schmidt	177	177/13
14	* Howard Prechtel	166	166/14
15	* Dale Friesz	149	151/15
16TIE	* Jim Malloy	146	147/16
16TIE	John Monk	146	146/17

18TIE	Chris Waterman	145	145/18
18TIE	Eric Todd	145	140/19
20	Ed Schock	136	136/20
21	Barry Pensyl	126	115/22T
22	Rudy Bletscher	121	123/21
23	Bob Geib	115	115/22T
24	Randy Smith	107	105/24
25	Jeff Ciavattone	103	—-/—

### 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 calendar year (January to December) and the cost is \$25. This also covers joint membership to the IAWA, which is the international governing organization of all-round weightlifting. The membership application also includes a drug waiver which must be agreed to by the applicant. In case an applicant is under the age of 21, a parent or legal guardian must also sign and date both applications. A coach's signature is not sufficient.

PDF Document: [Individual Membership Application \(PDF\)](#)

EDIT PDF Document: [Individual Membership Application \(EDIT PDF\)](#)

### MEET SANCTION APPLICATION

This is the application form that must be filled out to apply for a meet sanction. Please read over this website blog before applying for a sanction so you are informed of the proper sanction protocol: <http://www.usawa.com/tag/sanctions/> The cost of a meet sanction is \$30. 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**

## **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 2020. 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 TEN YEARS SO DON'T ASK ME THIS ANYMORE.

**2020 USAWA MEMBERSHIP ROSTER**  
**(Includes Club Affiliation and Join Date)**

---

Bryan, Barry (Habeckers Gym) – January 1st

Caron, Joseph (Clark's Gym) – January 7th

Ciavattone, Frank (Franks Barbell Club) – January 1st

Clark, Bill (Clark's Gym) – January 1st

Clear, Jim (STVT) – January 1st

DeForest, David (Clark's Gym) – January 1st

Diggs, Crystal – January 1st

Douglas, John (Ledaig HA) – January 18th

Foster, Lance (KC Strongman) – January 1st

Glasgow, Dave (Ledaig HA) – January 1st

Habecker, Aidan (Habeckers Gym) – January 1st

Habecker, Denny (Habeckers Gym) – January 1st

Habecker, Judy (Habeckers Gym) – January 1st

Hancock, Matthew (Franks Barbell Club) – January 1st

Heit, Calvin (Dino Gym) – January 18th

Jackson, RJ (Dino Gym) – January 1st

Janzen, John (Dino Gym) – January 18th

Kahn, Helen – January 6th

Lucht, Mike (KC Strongman) – January 18th

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 1st

Payne, Jason (Dino Gym) – January 18th

Pensyl, Barry (Habeckers Gym) – January 1st

Raymond, Mark (Franks Barbell Club) – January 1st

Rein, Brandon (Dino Gym) – January 18th

Ross, Dean (Dino Gym) – January 1st

Rigby, Jeff – January 1st

Smith, Randy – January 6th

Strangeway, John (KC Strongman) – January 1st

Todd, Eric (KC Strongman) – January 1st

Todd, Phoebe (KC Strongman) – January 1st

Tortorelli, Lou (Lou's Physical Culture Studio) – January 1st

Ullom, Chad (Dino Gym) – January 18th

### **PAST MEMBERSHIP ROSTERS**

2019 USAWA Membership Roster – [2019USAWARoster](#)

2018 USAWA Membership Roster – [2018USAWARoster](#)

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 2020. Club Membership Applications are found under “About Us” in the “Forms and Applications” section of the website. 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 2019 but have NOT YET renewed their club membership for 2020 are marked with an asterisk. Club Certificates are available to be printed out for each registered club below.

### **Current USAWA Member Clubs For 2020**

**Al's Dino Gym** – (2003-2020)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate (PDF) – [Dino Gym](#)

\* **Ambridge VFW Barbell Club** – (1993-2019)

Location: Ambridge, Pennsylvania

Contact: John McKean

Club Certificate (PDF) – [Ambridge BBC](#)

**Clark's Championship Gym** – (1989-2020)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate (PDF) – [Clarks Gym](#)

**Frank's Barbell Club** – (2010-2020)

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate (PDF) – [Franks Barbell Club](#)

**Habecker's Gym** – (2010-2020)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate (PDF) – [Habeckers Gym](#)

**KC Strongman** – (2011-2020)

Location: Turney, Missouri

Contact: Eric Todd / Lance Foster

Club Certificate – [KC Strongman](#)

**Ledaig Heavy Athletics** – (2010-2020)

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**

2018 Club of the Year – Frank's Barbell Club, Runner Up – Habecker's Gym

2017 Club of the Year – Dino Gym, Runner Up – Schmidt Barbell Club

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**

Jackson Weightlifting Club – (2009-2018)

Heartland Strength Sports – (2009-2010, 2016-2018)

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

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

Randy Smith – 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**

Jeff Ciavattone – Certification expires July 16th, 2019 **EXPIRED**

Rocky Morrison – Certification expires September 20th, 2019 **EXPIRED**

RJ Jackson – Certification expires June 26th, 2020

Jarrold Fobes – Certification expires June 26th, 2020

John Strangeway – Certification expires July 26th, 2022

Barry Pensyl – Certification expires September 20th, 2022

Dave Glasgow – Certification expires November 8th, 2022

Christopher Lestan – Certification expires January 4th, 2023

## **Level 1 – Experience Qualified**

John McKean – Certification expires October 12th, 2020

### **USAWA Officials in Training**

Collin Cortez – Passed Rules Test on July 15th, 2017

Chris Todd – Passed Rules Test on November 10th, 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.

Word Document: [RULES TEST](#)

PDF Document: [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

2278 350th Ave

DeWitt, IA 52742

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

### **STEP TWO IN BECOMING A CERTIFIED USAWA OFFICIAL**

After passing the Open Book Rules Test, the next step is to complete three practical training sessions. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System, or judge officially in the Three Official System in three competitions within a year. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A

practical training session form will be available for the applicant to document this process. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an applicant. It is the applicant's responsibility to submit this form to the Officials Director Joe Garcia once completed in order to apply for official certification.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

## SCORING INFORMATION

---

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) –

## 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).

### **2018 Year in Review**

[2018 REVIEW COVERPAGE](#) (PDF) [2018 YEAR IN REVIEW](#) (PDF)

### **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.

### 2018 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Eric Todd	Al Myers
Leadership Award	Al Myers & Denny Habecker	—
Sportsmanship Award	Lance Foster	LaVerne Myers
Courage Award	Frank Ciavattone & Dennis Mitchell	—
Newcomer Award	John Strangeway	Brandon Rein
Club of the Year	Franks Barbell Club	Habecker's Gym

Howard Prechtel Contribution Award – Denny & Judy Habecker

### **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

#### **CIAVATTONE AWARD WINNERS**

USAWA:

Howard Prechtel

Noi Phumachiano

Bill Clark

John Vernachio

Denny Haybecker

Dennis Mitchell

Dale Friez

Rex Monahan

Al Myers (2019)

IAWA:

Steve Gardner (2019)

Karen Gardner (2019)

## **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 2019**

LaVerne Myers – [LaVerne Myers – HOF Biography](#)

Dean Ross – [Dean Ross – HOF Biography](#)

**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 2019**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January	Chad Ullom	<a href="http://usawa.com/lifter-of-the-month-chad-ullom-4/">http://usawa.com/lifter-of-the-month-chad-ullom-4/</a>
February	LaVerne Myers	<a href="http://usawa.com/lifter-of-the-month-laverne-myers-4/">http://usawa.com/lifter-of-the-month-laverne-myers-4/</a>
March	John Strangeway	<a href="http://usawa.com/lifter-of-the-month-john-strangeway/">http://usawa.com/lifter-of-the-month-john-strangeway/</a>
April	RJ Jackson	<a href="http://usawa.com/lifter-of-the-month-rj-jackson/">http://usawa.com/lifter-of-the-month-rj-jackson/</a>
May	Joe Ciavattone Sr.	<a href="http://usawa.com/lifter-of-the-month-joe-ciavattone-sr/">http://usawa.com/lifter-of-the-month-joe-ciavattone-sr/</a>
June	Frank Ciavattone	<a href="http://usawa.com/frank-ciavattone-lifter-of-the-month/">http://usawa.com/frank-ciavattone-lifter-of-the-month/</a>
July	Greg Cook	<a href="http://usawa.com/greg-cook-lifter-of-the-month/">http://usawa.com/greg-cook-lifter-of-the-month/</a>
August	Barry Pensyl	<a href="http://usawa.com/barry-pensyl-lifter-of-the-month/">http://usawa.com/barry-pensyl-lifter-of-the-month/</a>
September	Christopher Lestan	<a href="http://usawa.com/christopher-lestan-lifter-of-the-month/">http://usawa.com/christopher-lestan-lifter-of-the-month/</a>
October	Elizabeth Skwarecki	<a href="http://usawa.com/elizabeth-skwarecki-lifter-of-the-month/">http://usawa.com/elizabeth-skwarecki-lifter-of-the-month/</a>
November	Denny Habecker	<a href="http://usawa.com/denny-habecker-lifter-of-the-month/">http://usawa.com/denny-habecker-lifter-of-the-month/</a>

December

### LIFTER OF THE MONTH FOR 2018

MONTH	LIFTER	STORY
January	Mark Raymond	<a href="http://usawa.com/lifter-of-the-month-mark-raymond/">http://usawa.com/lifter-of-the-month-mark-raymond/</a>
February	Eric Todd	<a href="http://usawa.com/lifter-of-the-month-eric-todd-4/">http://usawa.com/lifter-of-the-month-eric-todd-4/</a>
March	Mary McConnaughey	<a href="http://usawa.com/lifter-of-the-month-mary-mcconnaughey/">http://usawa.com/lifter-of-the-month-mary-mcconnaughey/</a>
April	Amorkor Ollenuking	<a href="http://usawa.com/lifter-of-the-month-amorkor-ollenuking/">http://usawa.com/lifter-of-the-month-amorkor-ollenuking/</a>
May	Dave Hahn	<a href="http://usawa.com/lifter-of-the-month-dave-hahn/">http://usawa.com/lifter-of-the-month-dave-hahn/</a>
June	Dennis Mitchell	<a href="http://usawa.com/lifter-of-the-month-dennis-mitchell/">http://usawa.com/lifter-of-the-month-dennis-mitchell/</a>
July	Dean Ross	<a href="http://usawa.com/lifter-of-the-month-dean-ross-2/">http://usawa.com/lifter-of-the-month-dean-ross-2/</a>
August	Scott Schmidt	<a href="http://usawa.com/lifter-of-the-month-scott-schmidt/">http://usawa.com/lifter-of-the-month-scott-schmidt/</a>
September	John Douglas	<a href="http://usawa.com/lifter-of-the-month-john-douglas/">http://usawa.com/lifter-of-the-month-john-douglas/</a>
October	Denny Habecker	<a href="http://usawa.com/lifter-of-the-month-denny-habecker-5/">http://usawa.com/lifter-of-the-month-denny-habecker-5/</a>
November	Jeff Ciavattone	<a href="http://usawa.com/lifter-of-the-month-jeff-ciavattone/">http://usawa.com/lifter-of-the-month-jeff-ciavattone/</a>
December	Stephen Santangelo	<a href="http://usawa.com/lifter-of-the-month-stephen-santangelo/">http://usawa.com/lifter-of-the-month-stephen-santangelo/</a>

### LIFTER OF THE MONTH FOR 2017

MONTH	LIFTER	STORY
January	LaVerne Myers	<a href="http://usawa.com/lifter-of-the-month-laverne-myers-3/">http://usawa.com/lifter-of-the-month-laverne-myers-3/</a>
February	Chad Ullom	<a href="http://usawa.com/lifter-of-the-month-chad-ullom-3/">http://usawa.com/lifter-of-the-month-chad-ullom-3/</a>
March	Tony Patterson	<a href="http://usawa.com/lifter-of-the-month-tony-patterson/">http://usawa.com/lifter-of-the-month-tony-patterson/</a>
April	Daryl Jackson	<a href="http://usawa.com/lifter-of-the-month-daryl-jackson/">http://usawa.com/lifter-of-the-month-daryl-jackson/</a>
May	Joe Ciavattone Jr.	<a href="http://usawa.com/lifter-of-the-month-joe-ciavattone-jr-2/">http://usawa.com/lifter-of-the-month-joe-ciavattone-jr-2/</a>
June	Susan Sees	<a href="http://usawa.com/lifter-of-the-month-susan-sees/">http://usawa.com/lifter-of-the-month-susan-sees/</a>
July	Eric Todd	<a href="http://usawa.com/lifter-of-the-month-eric-todd-3/">http://usawa.com/lifter-of-the-month-eric-todd-3/</a>
August	Collin Cortez	<a href="http://usawa.com/lifter-of-the-month-collin-cortez/">http://usawa.com/lifter-of-the-month-collin-cortez/</a>
September	Greg Cook	<a href="http://usawa.com/lifter-of-the-month-greg-cook/">http://usawa.com/lifter-of-the-month-greg-cook/</a>
October	Al Myers	<a href="http://usawa.com/lifter-of-the-month-al-myers-2/">http://usawa.com/lifter-of-the-month-al-myers-2/</a>
November	James Fuller	<a href="http://usawa.com/lifter-of-the-month-james-fuller-3/">http://usawa.com/lifter-of-the-month-james-fuller-3/</a>
December	Barry Pensyl	<a href="http://usawa.com/lifter-of-the-month-barry-pensyl/">http://usawa.com/lifter-of-the-month-barry-pensyl/</a>

### LIFTER OF THE MONTH FOR 2016

MONTH	LIFTER	STORY
January	Emily Burchett	<a href="http://usawa.com/lifter-of-the-month-emily-burchett/">http://usawa.com/lifter-of-the-month-emily-burchett/</a>

February	LaVerne Myers	<a href="http://usawa.com/lifter-of-the-month-laverne-myers-2/">http://usawa.com/lifter-of-the-month-laverne-myers-2/</a>
March	Ruth Jackson	<a href="http://usawa.com/lifter-of-the-month-ruth-jackson-2/">http://usawa.com/lifter-of-the-month-ruth-jackson-2/</a>
April	Joe Garcia	<a href="http://usawa.com/lifter-of-the-month-joe-garcia-2/">http://usawa.com/lifter-of-the-month-joe-garcia-2/</a>
May	James Fuller	<a href="http://usawa.com/lifter-of-the-month-james-fuller-2/">http://usawa.com/lifter-of-the-month-james-fuller-2/</a>
June	Joe Ciavattone Jr.	<a href="http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/">http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/</a>
July	Dave Glasgow	<a href="http://usawa.com/lifter-of-the-month-dave-glasgow-2/">http://usawa.com/lifter-of-the-month-dave-glasgow-2/</a>
August	Aidan Habecker	<a href="http://usawa.com/lifter-of-the-month-aidan-habecker/">http://usawa.com/lifter-of-the-month-aidan-habecker/</a>
September	Abe Smith	<a href="http://usawa.com/lifter-of-the-month-abe-smith/">http://usawa.com/lifter-of-the-month-abe-smith/</a>
October	Art Montini	<a href="http://usawa.com/lifter-of-the-month-art-montini-4/">http://usawa.com/lifter-of-the-month-art-montini-4/</a>
November	Kim Lydon	<a href="http://usawa.com/lifter-of-the-month-kim-lydon/">http://usawa.com/lifter-of-the-month-kim-lydon/</a>
December	Dan Wagman	<a href="http://usawa.com/lifter-of-the-month-dan-wagman-3/">http://usawa.com/lifter-of-the-month-dan-wagman-3/</a>

#### **LIFTER OF THE MONTH FOR 2015**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January	none	
February	none	
March	none	
April	none	
May	none	
June	Randy Smith	<a href="http://usawa.com/lifter-of-the-month-randy-smith/">http://usawa.com/lifter-of-the-month-randy-smith/</a>
July	Barry Bryan	<a href="http://usawa.com/lifter-of-the-month-barry-bryan-3/">http://usawa.com/lifter-of-the-month-barry-bryan-3/</a>
August	Dean Ross	<a href="http://usawa.com/lifter-of-the-month-dean-ross/">http://usawa.com/lifter-of-the-month-dean-ross/</a>
September	Denny Habecker	<a href="http://usawa.com/lifter-of-the-month-denny-habecker-4/">http://usawa.com/lifter-of-the-month-denny-habecker-4/</a>
October	Art Montini	<a href="http://usawa.com/lifter-of-the-month-art-montini-3/">http://usawa.com/lifter-of-the-month-art-montini-3/</a>
November	Al Myers	<a href="http://usawa.com/lifter-on-the-month-al-myers/">http://usawa.com/lifter-on-the-month-al-myers/</a>
December	John McKean	<a href="http://usawa.com/lifter-of-the-month-john-mckean/">http://usawa.com/lifter-of-the-month-john-mckean/</a>

#### **LIFTER OF THE MONTH FOR 2014**

<b>MONTH</b>	<b>LIFTER</b>	<b>STORY</b>
January	Dave Glasgow	<a href="http://www.usawa.com/lifter-of-the-month-dave-glasgow/">http://www.usawa.com/lifter-of-the-month-dave-glasgow/</a>
February	LaVerne Myers	<a href="http://www.usawa.com/lifter-of-the-month-laverne-myers/">http://www.usawa.com/lifter-of-the-month-laverne-myers/</a>
March	Joe Garcia	<a href="http://www.usawa.com/lifter-of-the-month-joe-garcia/">http://www.usawa.com/lifter-of-the-month-joe-garcia/</a>
April	Ruth Jackson	
May	Eric Todd	

June	Chad Ullom	
July	Randy Smith	
August	Al Myers	
September	Frank Ciavattone	<a href="http://www.usawa.com/lifter-of-the-month-frank-ciavattone/">http://www.usawa.com/lifter-of-the-month-frank-ciavattone/</a>
October	none	
November	none	
December	none	

### LIFTERS OF THE MONTH FOR 2013

MONTH	LIFTER	STORY
January	Art Montini	<a href="http://www.usawa.com/lifter-of-the-month-art-montini/">http://www.usawa.com/lifter-of-the-month-art-montini/</a>
February	Troy Goetsch	<a href="http://www.usawa.com/lifter-of-the-month-troy-goetsch/">http://www.usawa.com/lifter-of-the-month-troy-goetsch/</a>
March	James Fuller	<a href="http://www.usawa.com/lifter-of-the-month-james-fuller/">http://www.usawa.com/lifter-of-the-month-james-fuller/</a>
April	Dan Wagman	<a href="http://www.usawa.com/lifter-of-the-month-dan-wagman-2/">http://www.usawa.com/lifter-of-the-month-dan-wagman-2/</a>
May	Dennis Mitchell	<a href="http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/">http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/</a>
June	Molly Myers	<a href="http://www.usawa.com/lifter-of-the-month-molly-myers/">http://www.usawa.com/lifter-of-the-month-molly-myers/</a>
July	Chad Ullom	<a href="http://www.usawa.com/lifter-of-the-month-chad-ullom-2/">http://www.usawa.com/lifter-of-the-month-chad-ullom-2/</a>
August	Denny Habecker	<a href="http://www.usawa.com/lifter-of-the-month-denny-habecker-2/">http://www.usawa.com/lifter-of-the-month-denny-habecker-2/</a>
September	John Wilmot	<a href="http://www.usawa.com/lifter-of-the-month-john-wilmot/">http://www.usawa.com/lifter-of-the-month-john-wilmot/</a>
October	Barry Bryan	<a href="http://www.usawa.com/lifter-of-the-month-barry-bryan-2/">http://www.usawa.com/lifter-of-the-month-barry-bryan-2/</a>
November	Al Myers	<a href="http://www.usawa.com/lifter-of-the-month-al-myers/">http://www.usawa.com/lifter-of-the-month-al-myers/</a>
December	Eric Todd	<a href="http://www.usawa.com/lifter-of-the-month-eric-todd-2/">http://www.usawa.com/lifter-of-the-month-eric-todd-2/</a>

### LIFTERS OF THE MONTH FOR 2012

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	Chad Ullom	<a href="http://www.usawa.com/lifter-of-the-month-chad-ullom/">http://www.usawa.com/lifter-of-the-month-chad-ullom/</a>
May	Eric Todd	<a href="http://www.usawa.com/lifter-of-the-month-eric-todd/">http://www.usawa.com/lifter-of-the-month-eric-todd/</a>
June	Al Myers	
July	Bryan Benzel	<a href="http://www.usawa.com/lifter-of-the-month-bryan-benzel/">http://www.usawa.com/lifter-of-the-month-bryan-benzel/</a>
August	Dale Friesz	<a href="http://www.usawa.com/lifter-of-the-month-dale-friesz/">http://www.usawa.com/lifter-of-the-month-dale-friesz/</a>
September	Barry Bryan	<a href="http://www.usawa.com/lifter-of-the-month-barry-bryan/">http://www.usawa.com/lifter-of-the-month-barry-bryan/</a>

October	Dan Wagman	<a href="http://www.usawa.com/lifter-of-the-month-dan-wagman/">http://www.usawa.com/lifter-of-the-month-dan-wagman/</a>
November	Denny Habecker	<a href="http://www.usawa.com/lifter-of-the-month-denny-habecker/">http://www.usawa.com/lifter-of-the-month-denny-habecker/</a>
December	Ruth Jackson	

## PAST USAWA OFFICERS

---

The following are the past officers and elected positions of the USAWA.

### **USAWA OFFICERS AND EXECUTIVE BOARD**

**Effective June 21st, 2019 (elected 6/21/2019)**

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 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 Habecker, 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 22nd, 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.

2019 Best Lifters	Men	Women
Overall	Al Myers	none

Senior	Chris Lestan	none
Master	Al Myers	none
Junior	Eric Lestan	none
<b>2018 Best Lifters</b>	Men	Women
Overall	Al Myers	none
Senior	Joe Ciavattone Jr.	none
Master	Al Myers	none
Junior	none	none
<b>2017 Best Lifters</b>	Men	Women
Overall	Al Myers	Susan Sees
Senior	Cody Lokken	none
Master	Al Myers	Susan Sees
Junior	Jackson LaPointe	none
<b>2016 Best Lifters</b>	Men	Women
Overall	Joe Ciavattone, Jr.	Cassie Morrison
Senior	Joe Ciavattone, Jr.	Cassie Morrison
Master	James Fuller	Susan Sees
Junior	James Morrison	None
<b>2015 Best Lifters</b>	Men	Women
Overall	Randy Smith	Susan Sees
Senior	Frankie Ciavattone	None
Master	Randy Smith	Susan Sees
Junior	Matt Hancock	None
<b>2014 Best Lifters</b>	Men	Women
Overall	Chad Ullom	None
Senior	Eric Todd	None
Master	Chad Ullom	None
Junior	Logan Kressly	None
<b>2013 Best Lifters</b>	Men	Women
Overall	Al Myers	Molly Myers
Senior	Joe Ciavattone Jr.	None
Master	Al Myers	Susan Sees
Junior	None	Molly Myers



<b>2012 Best Lifters</b>	Men	Women
Overall	Al Myers	Susan Sees
Senior	None	None
Master	Al Myers	Susan Sees
Junior	None	None

<b>2011 Best Lifters</b>	Men	Women
Overall	Larry Traub	Amber Glasgow
Open	Eric Todd	Amber Glasgow
Master	Larry Traub	Susan Sees
Junior	Sammy Ibrahim	None

<b>2010 Best Lifters</b>	Men	Women
Overall	Al Myers	None
Open	Chad Ullom	None
Master	Al Myers	None
Junior	Kohl Hess	None

<b>2009 Best Lifters</b>	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

<b>2008 Best Lifters</b>	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

<b>2007 Best Lifters</b>	Men	Women
Overall	Ed Schock	Elizabeth Monk
Open	Al Myers	None
Master	Ed Schock	None
Junior	James Gilligan	Elizabeth Monk

<b>2006 Best Lifters</b>	Men	Women
Overall	Al Myers	Amorkor Ollennuking
Open	Al Myers	Amorkor Ollennuking

Master	Joe Garcia	Amorkor Ollennuking
Junior	Ian Reel	Stephanie Beemer
<b>2005 Best Lifters</b>	Men	Women
Overall	Mike McBride	None
Open	Mike McBride	None
Master	Randy Smith	None
Junior	Ian Reel	None
<b>2004 Best Lifters</b>	Men	Women
Overall	Ed Schock	Pam Maciolek
Open	Ed Schock	Pam Maciolek
Master	Ed Schock	Pam Maciolek
Junior	Cale DeMille	None
<b>2003 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Rita Hall
Open	Bill Spayd	Rita Hall
Master	Bob Hirsh	Rita Hall
Junior	Joshua Monk	None
<b>2002 Best Lifters</b>	Men	Women
Overall	Bill DiCioccio, Sr.	Noi Phumchaona
Open	John Monk	Noi Phumchaona
Master	Bill DiCioccio, Sr.	Noi Phumchaona
Junior	Joe Hunter	None
<b>2001 Best Lifters</b>	Men	Women
Overall	John Monk	Amorkor Ollennuking
Open	John Monk	Amorkor Ollennuking
Master	Joe Garcia	Noi Phumchaona
Junior	Abe Smith	None
<b>2000 Best Lifters</b>	Men	Women
Overall	Ed Schock	Su. J. Mason
Open	Ed Schock	Su. J. Mason
Master	Ed Schock	Noi Phumchaona
Junior	Jim Loewer	None
<b>1999 Best Lifters</b>	Men	Women

Overall	Denny Habecker	Noi Phumchaona
Open	Denny Habecker	Noi Phumchaona
Master	Denny Habecker	Noi Phumchaona
Junior	Jeff Ciavattone	None
<b>1998 Best Lifters</b>	Men	Women
Overall	Joe Ciavattone	Noi Phumchaona
Open	Joe Ciavattone	Noi Phumchaona
Master	Frank Ciavattone	Noi Phumchaona
Junior	Jeff Ciavattone	Domenique Ciavattone
<b>1997 Best Lifters</b>	Men	Women
Overall	Jim Malloy	Noi Phumchaona
Open	Bob Hirsh	Noi Phumchaona
Master	Jim Malloy	Noi Phumchaona
Junior	Jonathan Anderson	Emily Gordon
<b>1996 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Cara Ciavattone
Open	Bob Hirsh	Cara Ciavattone
Master	Bob Hirsh	Noi Phumchaona
Junior	Jeff Ciavattone	Holly Ciavattone
<b>1995 Best Lifters</b>	Men	Women
Overall	Art Montini	Kerry Clark
Open	Art Montini	Kerry Clark
Master	Art Montini	Noi Phumchaona
Junior	Adam Geib	None
<b>1994 Best Lifters</b>	Men	Women
Overall	Bob Hirsh	Jacqueline Simonsen
Open	Bob Hirsh	Jacqueline Simonsen
Master	Jim Malloy	Noi Phumchaona
Junior	Robbie McKean	None
<b>1993 Best Lifters</b>	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Bill DiCioccio, Jr.	Jacqueline Caron
Master	Art Montini	Noi Phumchaona

Junior	Rocky Montini	None
<b>1992 Best Lifters</b>	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Roger Lynch	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None
<b>1991 Best Lifters</b>	Men	Women
Overall	Art Montini	Jeanne Burchett
Open	Steve Schmidt	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
<b>1990 Best Lifters</b>	Men	Women
Overall	Barry Bryan	Jeanne Burchett
Open	Barry Bryan	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None
<b>1989 Best Lifters</b>	Men	Women
Overall	Steve Schmidt	Cindy Garcia
Open	Steve Schmidt	Cindy Garcia
Master	Art Montini	Noi Phumchaona
Junior	Frank Shuba, Jr.	None
<b>1988 Best Lifters</b>	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.

2019 June 22nd, Lebanon, Pennsylvania

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.

2019 Denny Habecker

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**

2019 – 6 (Curl-Cheat Reverse Grip, Deadlift-No Thumbs Overhand Grip, Clean and Jerk-One Arm, Snatch-From Hang, Pullover and Push, Continental to Belt)

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 (14 times) – 2019, 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. Clean and Jerk – One Arm (9 times) – 2019, 2017, 2012, 2010, 2008, 2005, 2004, 2002, 1994



10. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
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. Curl – Cheat, Reverse Grip (3 times) – 2019, 2015, 2012
22. Continental to Belt (3 times) – 2019, 2013, 2004
23. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002
24. Hack Lift (3 times) – 2003, 2000, 1991
25. Continental to Chest (3 times) – 1996, 1990, 1989
26. Squat – Front (3 times) – 1990, 1989, 1988
27. Snatch – From Hang (2 times)- 2019, 2010
28. Deadlift – One Arm, Ciavattone Grip (2 times) – 2016, 2000
29. Pullover – Straight Arm (2 times) – 2013, 2004
30. Deadlift – 12" base (2 times) – 2011, 2006
31. Deadlift – 2 Bars (2 times) – 2009, 2001
32. Arthur Lift (2 times) – 2007, 1991
33. Two Hands Anyhow (2 times) – 2005, 2001
34. Clean and Press – On Knees (2 times) – 1998, 1997
35. Deadlift – No Thumbs, Overhand Grip (1 time) – 2019
36. Deadlift – 2 Dumbbells (1 time) – 2017
37. Bentover Row (1 time) – 2017
38. Jefferson Lift – Fulton Bar (1 time) – 2014
39. Crucifix (1 time) – 2014
40. Clean and Press – 12" Base (1 time) – 2013
41. Snatch – Dumbbell, One Arm (1 time) – 2011
42. Continental to Chest – Fulton Bar (1 time) – 2011

43. Clean and Press (1 time) – 2010
44. Back Lift (1 time) – 2009
45. Clean and Jerk – Fulton Bar (1 time) – 2009
46. Harness Lift (1 time) – 2006
47. Deadlift – Fulton Bar (1 time) – 2005
48. French Press (1 time) – 2005
49. Clean and Seated Press (1 time) – 2005
50. Bench Press – Alternate Grip (1 time) – 2003
51. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
52. Clean and Seated Press – Behind Neck (1 time) – 2002
53. Clean and Jerk – Behind Neck (1 time) – 2000
54. Swing – One Arm (1 time) – 1999
55. Continental to Chest and Jerk (1 time) – 1995
56. Deadlift – Heels Together (1 time) – 1995

## RESULTS OF PAST NATIONALS

---

2019 USAWA National Championships

Lebanon, Pennsylvania

June 22nd, 2019

Meet Director: Denny Habecker

Meet Announcer: Al Myers with assistant Aidan Habecker

Meet Scorekeeper: Judy Habecker

Meet Loaders: Terry Barlet and John Horn

Meet Officials (3-official system used): Denny Habecker, LaVerne Myers, Frank Ciavattone,  
Dennis Mitchell, Randy Smith

Lifts: Curl-Cheat Reverse Grip, Deadlift-No Thumbs Overhand Grip, Clean and Jerk – One Arm,  
Snatch-From Hang, Pullover and Push, Continental to Belt

Men: Top Ten Placings

1. Al Myers, Kansas
2. Randy Smith, Michigan

3. Chris Lestan, Massachusetts
4. Denny Habecker, Pennsylvania
5. Barry Pensyl, Pennsylvania
6. LaVerne Myers, Kansas
7. Eric Lestan, Massachusetts
8. Aidan Habecker, Pennsylvania
9. Dean Ross, Oklahoma
10. Dennis Mitchell, Ohio

#### BEST LIFTER AWARDS

Best Junior Lifter – Eric Lestan

Best Senior Lifter – Chris Lestan

Best Master 50-54 Lifter – Al Myers

Best Master 60-64 Lifter – Randy Smith

Best Master 70-74 Lifter – Barry Pensyl

Best Master 75-79 Lifter – Denny Habecker

Best Master 85-89 Lifter – Dennis Mitchell

Best Overall Total – Chris Lestan

Best Overall Lifter – Al Myers

Best Club – 1st Dino Gym 1450.7 points (Al Myers, LaVerne Myers, Dean Ross), 2nd Habeckers Gym 1375.7 points (Aidan Habecker, Barry Pensyl, Denny Habecker), 3rd Franks Barbell Club 1205.1 points (Eric Lestan, Chris Lestan, Frank Ciavattone)

---

#### 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. Laynne Burnett, Kansas
7. Dan Mather, Kansas
8. Tim Pinkerton, Nebraska
9. Randy Smith, Michigan
10. Darren Barnhart, Kansas

### Women: Top Two Placings

1. Amorkor Ollennuking, Missouri
2. Stephanie Beemer, Kansas

### Best Lifter Awards:

Women Junior – Stephanie Beemer

Women Master – Amorkor Ollennuking

Women Open – Amorkor Ollennuking

Men Junior – Ian Reel

Men 20-39 Age Under 175lb – Dan Mather

Men 20-39 Age 176lb-200lb – Dan Wagman  
Men 20-39 Age 201lb-231lb – Bret Carter  
Men 20-39 Age 232lb-265lb – Al Myers  
Men 20-39 Age 266lb-300lb – Darren Barnhart  
Men 40-49 Age Group – Layne Burnett  
Men 50-59 Age Group – Joe Garcia  
Men 60-69 Age Group – Denny Habecker  
Men 70-79 Age Group – Dennis Mitchell  
Men 90 Plus Age Group – Clyde Myers  
Men Open – Al Myers  
Men Master – Joe Garcia

---

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 Zaremba

Men 40-44 Age Group – Frank Ciavattone

Men 45-49 Age Group – Joe Garcia

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Denny Habecker

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Art Montini

---

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 Prechtel, Ohio

Women: Top Three Placings

1. Noi Phumchaona, Ohio

2. Karen Devine, Pennsylvania

3. Emily Gordon, Missouri

Best Lifters Awards:

Men Overall – Jim Malloy

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Jim Malloy

Men 20-39 Age Group – John Carter

Men 40-44 Age Group – Bob Hirsh

Men 50-54 Age Group – Joe Caron

Men 55-59 Age Group – Jim Malloy

Men 60-64 Age Group – John Vernacchio

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Howard Prechtel

Men 75-79 Age Group – Jack Lano

Women Junior – Emily Gordon

Men Junior – Jonathon Anderson

---

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
5/11/2019	Mark Raymond	Walpole, MA	Joe Ciavattone, Sr.	None
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
2019	LaVerne Myers	Kaela Janzen
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
2018	Scott Schmidt	Vertical Bar DL – 2", 2 Bars	Denny Habecker
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
2018 – September 9th	Al Myers & Chad Ullom  >60: LaVerne Myers & Dean Ross	None	None
2017 – August 26th	LaVerne Myers & Dean Ross  >60: LaVerne Myers & Dean Ross	None	None
2016 – December 17th	Al Myers & Chad Ullom	None	None

	>60: LaVerne Myers & Dean Ross		
	Al Myers & Chad Ullom		
2015-August 30th	>60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
	Al Myers & Chad Ullom		
2014-August 24th	>60: Laverne Myers & Dean Ross	none	none
	Al Myers & Chad Ullom		
2013-August 17th	>60: Denny Habecker & Art Montini	Ruth Jackson & Molly Myers	Jera Kressly & Logan Kressly
	Al Myers & Chad Ullom		
2012-August 11th	>60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
	Al Myers & Chad Ullom		
2011-August 27th	>60: Mike Murdock & Rudy Bletscher	none	none
	Al Myers & Chad Ullom		
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	#
9/8/2018	Eric Todd	Turney, MO	Chad Ullom	Heather Tully	10
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

---

### 2019 POSTAL SERIES SUMMARY

#### Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Strangeway	RJ Jackson
2nd Quarter Postal	Al Myers	Sylvia Stockall

3rd Quarter Postal	Al Myers	RJ Jackson
Postal Championships	John Strangeway	RJ Jackson

GRAND SLAM WINNERS: John Strangeway, Al Myers, LaVerne Myers, Denny Habecker, Chris Todd, Lance Foster, Dean Ross, RJ Jackson, Sylvia Stockall, Lynda Burns

#### Final Postal Series Rankings

##### WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	20
2	Sylvia Stockall	4	18
3	Lynda Burns	4	13
5T	Crystal Diggs	3	5
5T	Phoebe Todd	2	5

##### MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1T	John Strangeway	4	66
1T	Al Myers	4	66
3	Eric Todd	3	43
4	Denny Habecker	4	39
5	LaVerne Myers	4	33
6	Barry Bryan	2	30
7	Barry Pensyl	3	29
8	John Douglas	3	27
9	Greg Cook	1	26
10	Chris Todd	4	23

---

#### 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

## PAST IAWA GOLD CUPS

---

### PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP

2019 IAWA Gold Cup

November 3rd, 2019

Perth, Australia

Meet Director: Peter Phillips

Prechtel Award: Al Myers

Commitment Award: Peter Phillips, Steve Gardner, Denny Habecker, Al Myers

---

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

---

# RESULTS OF PAST WORLDS

---

2019 IAWA World Championships

October 5th & 6th, 2019

Abilene Civic Center

Abilene, Kansas, United States

Meet Promoter: Al Myers

Meet Announcer: Steve Gardner

Meet Scorekeepers: Judy Habecker & Chris Bass

Meet Drug Testing Officer: Chad Ullom

Meet Photographer: Karen Gardner

Meet Caterer: Leslie Myers

Meet Loaders: Al Myers & Hunter Whiteley

Meet Officials (3-Official System Used): Frank Ciavattone, Denny Habecker, LaVerne Myers, Lance Foster, Eric Todd, Chad Ullom, Steve Sherwood, Steve Andrews, Karen Gardner, Peter Phillips

Lifts Day 1: Reverse Curl, 2H Snatch From Hang, 1H Clean and Jerk, 2H Thumbless Deadlift

Lifts Day 2: Pullover and Push, Continental to Belt, Straddle Deadlift 2" Bar

Men Top Ten Placings

1. Steve Sherwood, England
2. Steve Andrews, England
3. Dan Wagman, United States
4. Christopher Lestan, United States
5. John Strangeway, United States
6. Denny Habecker, United States
7. Paul Barette, England
8. Stevie Shanks, Ireland
9. Chad Ullom, United States
10. Peter Phillips, Australia

### Women Top 3 Placings

1. Elizabeth Skwarecki, United States
2. RJ Jackson, United States
3. Karen Gardner, England

### BEST LIFTER AWARDS

Mens Senior 20-39: Christopher Lestan

Mens Open: Dan Wagman

Mens Master 40-44: Paul Barette

Mens Master 45-49: Chad Ullom

Mens Master 50-54: Lance Foster

Mens Master 55-59: Stevie Shanks

Mens Master 60-64: Steve Andrews

Mens Master 65-69: Steve Sherwood

Mens Master 75-79: Denny Habecker

Mens Master 85-89: Dennis Mitchell

Mens Overall Master: Steve Sherwood

Mens Overall: Steve Sherwood

Womens Senior 20-39: Elizabeth Skwarecki

Womens Master 55-59: RJ Jackson

Womens Master 60-64: Karen Gardner

Womens Overall Master: RJ Jackson

Womens Overall: Elizabeth Skwarecki

---

### 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 Lauttamus, 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 Offiical: Frank Allen

Officials: James Gardner, George Dick, Karen Gardner, Denny Habecker, David McFadzean, Frank Allen, John Gardner, Gary Ell, Andy Tomlin, Graham Saxton, Mark Haydock, Chad

Ullom, Paula Thompson, Matt Finkle, Paul Barette, Al Myers, Steve Andrews, Luke Davis,  
Dennis Mitchell

Lifts: DAY 1 Clean & Push Press, Continental Snatch, Pullover & Press, One Arm Deadlift  
DAY 2 One Arm Zercher, Two Hands Anyhow Dumbbell & Barbell, Straddle Deadlift

#### Men Top Ten Placings

1. Mark Haydock, England
2. James Gardner, England
3. Steve Andrews, England
4. Josh Davidson, England
5. Paul Barette, England
6. Timo Lauttamus, Finland
7. Luke Davis, England
8. Stevie Shanks, Ireland
9. Gary Ell, England
10. Matt Wells, England

#### Women Top Three Placings

1. Paula Thompson, England
2. Nicola Thornhill, England
3. Chloe Brennan, England

#### BEST LIFTER AWARDS

Mens Junior: Matt Jones

Overall Womens: Paula Thompson

Overall Mens Open: James Gardner

Overall Mens Masters: Mark Haydock

Overall Mens: Mark Haydock

---

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 McInally, Scotland
2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women – Agnes McInally

Men Junior – James Gardner

Men Open 1st – Steve Angell

Men Open 2nd – John Monk

Men Open 3rd – Steve Andrews

Men Master 1st – Steve Andrews

Men Master 2nd – Frank Allen

Men Master 3rd – Keith Murdie

---

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 McNally, Scotland
2. Tracy Emmerson, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Agnes McNally

Women Master – Agnes McNally

Men Junior – Wayne Vasey

Men Open – Neil Aberly

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

---

## 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

**THE 2019 IAWA GOLD CUP – NOVEMBER 3<sup>rd</sup> - AT THE LAMBDA ACADEMY nr PERTH, WESTERN AUSTRALIA**  
**THE WORLD RECORD BREAKERS EVENT**  
**FOR THE HOWARD PRECHTEL AWARD – Promoter: Peter Phillips**

<b>Name</b>	<b>Bwt</b>	<b>Class</b>	<b>Age</b>	<b>Division</b>	<b>Gold Cup Lift</b>	<b>2<sup>nd</sup> Record Lift</b>
<b>Opening Lifter:</b>						
Steve Gardner	147.0	125+	63	M60+	L/H Mid finger Lift 75k	-
<b>Group 1: Ladies</b>						
Rachael Hin	59.5	60	50	M50+	Rev Grip Bench P 37.5k	D/Lift 2" Bar
95k						
Monica Cook	67.6	70	55	M55+	Bench Press 87.5k	Bench Press FIA
80k						
Claire McLaren	84.5	85	48	M45+	Hip Lift 400k	Hand and Thigh
300k						
Julia Phillips	70.6	75	67	M65+	2/Hs D/bells D/lift 82k	Cheat Curl 30k
<b>Group 2: Senior Master and Junior</b>						
John Patterson	117.4	120	75	M75+	L/H 2" Vertical Bar 70k	R/H Thumbless
D/lift 75k						
Tom Davies	77.7	80	76	M75+	L/H Ciavattone D/lift 65k	L/H 2" Vertical
Bar 60k						
Denny Habecker	83.1	85	77	M75+	Ciavattone D/lift 125k	Fulton D/lift
95k						
Flynn McLaren	72.5	75	16	J16-17	Mid Fingers D/lift 67.5k	R/H Thumbless
D/lift 67.5k						
<b>Group 3: Young Masters and Open</b>						
Peter Phillips	97.6	100	65	M65+	Deadlift 190k	R/H Ciavattone
D/lift 80k						
Al Myers	105.0	105	53	M50+	Ring Fingers Straddle 90k	-
Steven Charles	90.3	95	38	Open	Zeigler Clean 65k	2 Hs D/bells
D/lift 110k						
Sam Trew	129.6	125+	36	Open	L/H D/bell C&Jerk 55k	Little Fingers
Hacklift 60k						

(After the lifting Al Myers and Peter Phillips performed an exhibition lift in the proposed new IAWA lift: The 2 Man 1 Hand Deadlift. The team duo pulled 3 good lifts, with 300 kilos being their top mark. This was very entertaining!)

**Loaders:** Nicki and Shaun **Refs:** Denny Habecker, Al Myers, John Mahon, John Patterson

**MC Announcer:** Steve Gardner

**Recorder:** Sharni Clifford

**Promoter:** Peter Phillips

**Asst:** John Mahon

(During the weigh in, new Junior Member Flyn McLaren performed a R/H Thumbless D/lift with 40 kilos to qualify to take part in the event, his Refs were Al Myers, Denny Habecker and John Mahon.)

**The Howard Prechtel Award:** Goes to the winner each year determined by adding the Blindt Formula to the usual Lynch, age and gender allowances. The Winner of the Howard Prechtel Memorial Award was Al Myers (USA) Scoring 124 Points, with Steven Charles in 2<sup>nd</sup> with 111 points and Monica Cook 3<sup>rd</sup> with 108 points.

The event was a super spectacle of all round lifting in a great atmosphere of excitement and endeavour, lots of great lifting and lots of records. The event worked well at the new home of All Round Weightlifting W.A. – The Lambda Academy owned by Kat Beker, who has shown great support to the group and all round weightlifting. The lifting saw wonderful work by so many stalwart IAWA all timers and a great showing from the newer International lifters: Steve Charles, Flyn McLaren, Rachael Hin and Claire McLaren. All congratulations go to Peter Phillips and his support team.

After the Awards Presentaton at the Evening Dinner, four **IAWA Commitment Awards** were presented to members who had taken part in the big three events: The World Postal, The World Championships and the Gold Cup – Congratulations go to: Al Myers (USA) Steve Gardner(Eng) Peter Phillips (Australia) and Denny Habecker (USA)

Day 1 on 5th October 2019 WORLD CHAMPIONSHIPS HELD IN ABILENE, KANSAS - USA.

● = Open World ▲ = Masters World

B/W AGE Age CLASS Reverse Curl Snatch from Hang 1H Barbell C&J 2H Thumbless Deadlift TOTAL TOTAL

NAME Kilos yr Class Kilos KILOS KILOS KILOS KILOS POINTS

Ruth J Jackson 47.3 57 55+ 50 17.5 ▲ 30.0 ▲ R22.5 ▲ 80.0 ▲ ● 127.5 271.1

Elizabeth Skwarecki 60.0 38 Open 60 20.0 37.5 ● (4th=40●) R35.0 ● 102.5 ● 195.0 301.4

Karen Gardner 74.9 60 60+ 75 17.5 ▲ 20.0 ▲ R20 85.0 ▲ 142.5 219.6

Charlotte Hughes 85.0 29 Open 85 22.5 BR 30 ● (4th=35●) R25 85.0 ● 162.5 200.4

Dennis Mitchell 63.9 87 85+ 65 15.0 ▲ 10.0 ▲ 0.0 65 (4th=70.5) 90.0 170.0

Steve Andrews 63.8 60 60+ 65 30.0 ▲ 55.0 ▲ ● L40.5 ▲ 115.0 ▲ 240.0 323.1

Brandon Rein 68.0 24 Open 70 30.0 35.0 R30 110.0 205.0 218.4

Paul Barette 74.3 43 40+ 75 37.5 50.0 R37.5 115.0 ▲ 240.0 251.1

Steve Shanks 72.9 56 55+ 75 30.0 41.0 ▲ R30 125.0 ▲ 225.0 268.0

Steve Sherwood 80.2 68 65+ 85 35.0 60.0 ▲ L37.5 150.0 ▲ 282.5 357.9

Denny Habecker 82.5 77 75+ 85 32.5 ▲ 37.5 R25 115.0 ▲ 210.0 297.3

Dan Wagman 80.9 Open 85 62.5 (4th=69.5●) 67.5 R37.5 163.0 ● 330.0 315.1

John Strangeway 92.3 41 40+ 95 50.0 77.5 ▲ L47.5 ▲ 180 ▲ ● (4th=182.5 ▲ ●) 355.0 320.5

Peter Phillips 99.3 65 65+ 100 32.5 ▲ 45.0 R35.0 ▲ 156.0 ▲ 267.5 286.6

Chad Ullom 103.8 47 45+ 105 55.0 ▲ 30.0 L20 175.0 280.0 251.2

Laverne Myers 102.5 75 75+ 105 37.5 ▲ 35.0 L20 130.0 222.5 271.6

Dean Ross 106.0 76 75+ 110 30.0 ▲ 25.0 L10 110.0 175.0 212.8

Eric Todd 113.8 44 40+ 115 65.0 77.5 R55 137.5 335.0 278.6

Chris Todd 121.7 40 40+ 125 42.5 67.5 ▲ R45 137.5 ▲ 292.5 226.3

Christopher Lestan 127.6 23 Open 125+ 53.0 ● 95.5 ● R57.5 190.0 395.0 295.7

Frank Ciavattone 136.0 64 60+ 125+ 35.0 20.0 ▲ R15 155.5 ▲ 225.0 204.2

John Douglas 141.2 56 55+ 125+ 53.0 ▲ 70.0 ▲ R41.0 ▲ 165.0 ▲ 327.5 273.4

Lance Foster 156.0 53 50+ 125+

Day 2 on 6th October 2019 WORLD CHAMPIONSHIPS HELD IN ABILENE, KANSAS - USA.

● = Open World ▲ = Masters World

B/W AGE Age CLASS Pullover & Push Cont Clean to Belt 2"bar Straddle TOTAL TOTAL

NAME Kilos yr Class Kilos KILOS KILOS KILOS KILOS POINTS

Ruth J Jackson 47.2 57 55+ 50 52.5 ▲ 62.5 ▲● 80.0 ▲● 195.0 414.6

Elizabeth Skwarecki 62.5 38 Open 65 70 (4th=75●) 85.0 100.0 255.0 394.2

Karen Gardner 74.9 60 60+ 75 42.5 ▲ 65.0 ▲ 80.0 ▲ 187.5 289.0

Charlotte Hughes 84.9 29 Open 85 50.0 75● (4th=80●) 95 (4th=105.5●) 220.0 271.4

Dennis Mitchell 63.9 87 85+ 65 27.5 45.5 ▲ 60 ▲ (4th=70 ▲) 132.5 250.3

Steve Andrews 64.5 60 60+ 65 100.0 ▲ 125.0 ▲ 140.0 ▲ 365.0 491.3

Brandon Rein 69.0 24 Open 70 70.0 120.0 110.0 300.0 319.6

Paul Barette 74.6 43 40+ 75 90.0 150.0 200 (4th=207.5 ▲●) 440.0 460.3

Steve Shanks 72.9 56 55+ 75 70.0 ▲ 100.0 ▲ 190.0 ▲ 360.0 428.8

Steve Sherwood 79.9 68 65+ 80 90.0 132.5 ▲ 170.0 392.5 497.3

Denny Habecker 83.0 77 75+ 85 86.0 ▲ 107.5 ▲ 110 ▲ (4th=115 ▲) 302.5 428.2

Dan Wagman 80.7 39 Open 85 120.0 165.0 200.0 485.0 463.1

John Strangeway 92.9 41 40+ 95 112.5 160.0 192.5 ▲ (4th=200 ▲) 465.0 419.7

Peter Phillips 99.3 65 65+ 100 95.0 ▲ 115.0 ▲ 150 ▲ (4th=160 ▲) 360.0 385.7

Chad Ullom 103.8 47 45+ 105 100.0 ▲ 185.0 ▲ 210.5 ▲● 495.0 444.0

Laverne Myers 103.4 75 75+ 105 60.0 ▲ 105.0 ▲ 120.0 ▲ 285.0 347.9

Dean Ross 107.0 76 75+ 110 60.0 80.0 120.0 ▲ 260.0 316.1

Eric Todd 115.6 44 40+ 120 165.0 ▲ 147.5 160.0 ▲ 472.5 393.0

Chris Todd 122.9 40 40+ 125 120.0 120.0 135.0 ▲ 375.0 290.1

Christopher Lestan 128.3 23 Open 125+ 170.0 200.5● 225● (4th=240●) 595.0 445.4

Frank Ciavattone 136.0 64 60+ 125+ 85.0 115.0 ▲ 115.0 315.0 285.9

John Douglas 143.3 56 55+ 125+ 115.0 ▲ 160.0 ▲ 140.0 ▲ 415.0 346.4

Lance Foster 158.0 53 50+ 125+ 57.5 112.5 ▲ (4th=125 ▲) 102.5 272.5 211.7

Steve Shanks 72.9 56 55+ 75 Shanks Lift performed @ banquet: 189 + 141 = 330kg ▲●

WORLD CHAMPIONSHIPS HELD IN ABILENE, KANSAS - USA, 5 - 6 OCT 2019

B/W B/W AGE Age TOTAL TOTAL TOTAL TOTAL TOTAL TOTAL

NAME Kilos Class yr Class KILOS POINTS KILOS POINTS KILOS POINTS

Steve Sherwood	M	80.2	85	68	65+	282.5	357.9	392.5	497.3	675.0	855.2
Steve Andrews	M	63.8	65	60	60+	240.0	323.1	365.0	491.3	605.0	814.4
Dan Wagman	M	80.9	85	39	Open	330.0	315.1	485.0	463.1	815.0	778.2
Christian Lestan	M	127.6	125+	23	Open	395.0	295.7	595.0	445.4	990.0	741.1
John Strangeway	M	92.3	95	41	40+	355.0	320.5	465.0	419.7	820.0	740.2
Denny Habecker	M	82.5	85	77	75+	210.0	297.3	302.5	428.2	512.5	725.5
Paul Barette	M	74.3	75	43	40+	240.0	251.1	440.0	460.3	680.0	711.4
Steve Shanks	M	72.9	75	56	55+	225.0	268.0	360.0	428.8	585.0	696.8
Elizabeth Skwarecki	F	60.0	60	38	Open	195.0	301.4	255.0	394.2	450.0	695.6
Chad Ullom	M	103.8	105	47	45+	280.0	251.2	495.0	444.0	775.0	695.2
Ruth J Jackson	F	47.3	50	57	55+	127.5	271.1	195.0	414.6	322.5	685.8
Peter Phillips	M	99.3	100	65	65+	267.5	286.6	360.0	385.7	627.5	672.3
Eric Todd	M	113.8	115	44	40+	335.0	278.6	472.5	393.0	807.5	671.6
John Douglas	M	141.2	125+	56	55+	327.5	273.4	415.0	346.4	742.5	619.8
Laverne Myers	M	102.5	105	75	75+	222.5	271.6	285.0	347.9	507.5	619.5
Brandon Rein	M	68.0	70	24	Open	205.0	218.4	300.0	319.6	505.0	537.9
Dean Ross	M	106.0	110	76	75+	175.0	212.8	260.0	316.1	435.0	528.9
Chris Todd	M	121.7	125	40	40+	292.5	226.3	375.0	290.1	667.5	516.4
Karen Gardner	F	74.9	75	60	60+	142.5	219.6	187.5	289.0	330.0	508.6
Frank Ciavattone	M	136.0	125+	64	60+	225.0	204.2	315.0	285.9	540.0	490.1
Charlotte Hughes	F	85.0	85	29	Open	162.5	200.4	220.0	271.4	382.5	471.8
Dennis Mitchell	M	63.9	65	87	85+	90.0	170.0	132.5	250.3	222.5	420.4
Lance Foster	M	156.0	125+	53	50+	222.5	172.9	272.5	211.7	495.0	384.6

## **2019 IAWA World Postal Championships “*The Andy Goddard Memorial*” August 31<sup>st</sup>, 2019**

Lifts: Reverse Curl, 2H Snatch from Hang, 1H Clean & Jerk, 2H Thumbless Deadlift

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

Another great year for the IAWA World Postal Championships!!

This year we had 44 lifters compete from the United States, Australia, England, Scotland and Canada. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I’ve included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings, and club rankings.

I want to give special mention to the overall winners in each category. The Overall Best Men’s Lifter was GARY ELL, and the Overall Best Women’s Lifter was MADDY ELL. The Overall Best 3-person Team went to the DINO GYM VARSITY (Al Myers, LaVerne Myers, and John Douglas). The Overall Best Club went to BURTON POWERHOUSE (Karen Gardner, Paul Hallam, Dominic Gardner, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner, Selina Dorn, Nicola Thornhill). I scored a new category this year – the best overall association. The Overall Best Association went to the IAWAUK, with the USAWA in second, and the newly formed Australian Association the ARWFA was in third.

It was exciting to see 3 clubs participating from Australia this year (Ballina, The Shed, and the Lambda Lifters). For the lifters of the Ballina Club this was their first time participating in the World Postal. There were several Junior Lifters competing this year with the youngest, Phoebe Todd, at nine years of age. The oldest lifters in the meet were Dean Ross and Denny Habecker at 76 years of age. The best club name goes to the MacBaldie Brothers consisting of Gary Ell and Andy Tomlin. I also want to mention Sylvia Stockall of Canada. She competed as an exhibition lifter since her club does not have a certified IAWA official yet, but



turned in great lifts and becomes the first lifter from Canada to compete in the IAWA World Postal Championships.

Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

## MASTER SCORESHEET

LIFTER	CLUB/TEAM	ORG	M/F	OFF #	AGE	BWT	Curl	Snaatch	1H C&J	NTDL	TOTAL	POINTS
Max Ell	Twyford Celt Ladies	IAWA UK	F	1	22	45.0	20.0	22.5	22.5 R	72.5	137.5	202.7
Maddy Ell	Twyford Celt Ladies	IAWA UK	F	1	24	46.8	25.0	30.0	20.5 L	70.0	145.5	206.9
Lance Foster	KC Strongman	USAW A	M	2	53	156.5	43.0	41.0	20.4	122.3	226.7	175.9
Eric Todd	KC Strongman	USAW A	M	2	44	116.1	63.5	79.8	49.9	140.6	333.8	274.9
Chris Todd	KC Strongman	USAW A	M	3	40	122.5	45.4	66.2	43.1	131.5	286.2	220.7
John Strangeway	KC Strongman	USAW A	M	2	41	95.3	49.9	77.6	47.6 L	179.2	354.3	314.2
Phoebe Todd	KC Strongman	USAW A	F	3	9	38.1	0.0	0.0	0.0	34.0	34.0	79.0
Natalie Voce	Metamorphit	IAWA UK	F	1	37	77.9	25.0	27.5	25.0 R	75.0	152.5	148.9
Maria Bennett	Metamorphit	IAWA UK	F	2	57	90.0	20.0	20.0	15.0 R	75.0	130.0	137.7
Paul Barette	Metamorphit	IAWA UK	M	1	43	75.3	35.0	45.0	30.0 R	110.0	220.0	228.2
Danny Kingsland	Metamorphit	IAWA UK	M	2	29	58.6	30.0	40.0	30.0 R	100.0	200.0	236.5
Beata Banas	Metamorphit	IAWA UK	F	1	35	72.8	22.5	35.0	25.0 R	95.0	177.5	180.9
Lara Bennett	Metamorphit	IAWA UK	F	2	14	58.9	15.0	27.5	20.0 R	67.5	130.0	183.8

Jason Farrugia	Ballina	ARWF A	M	1	48	78.0	35.0	50.0	35.0 L	115.0	235.0	250.0
Andrew Parker	Ballina	ARWF A	M	1	44	79.0	35.0	40.0	25.0 R	110.0	210.0	213.6
Daniel Parker	Ballina	ARWF A	M	1	19	77.0	30.0	35.0	25.0 R	100.0	190.0	190.7
Peter Phillips	The Shed	ARWF A	M	3	65	99.8	25.0	37.5	35.0 R	140.0	237.5	253.8
Miriam Phillips	The Shed	ARWF A	F	3	37	127.0	25.0	40.0	35.0 R	105.0	205.0	153.8
Steven Charles	The Shed	ARWF A	M	3	38	89.0	35.0	45.0	37.5 L	140.0	257.5	232.6
Racheal Hin	Lambda Lifters	ARWF A	F	3	50	61.0	15.0	22.5	15.0 R	82.5	135.0	172.1
Claire McLaren	Lambda Lifters	ARWF A	F	3	47	84.9	20.0	27.5	22.5 R	97.5	167.5	167.9
Flynn McLaren	Lambda Lifters	ARWF A	M	3	16	71.0	25.0	35.0	32.5 R	120.0	212.5	242.0
Steve Andrews	Granby Grippers	IAWA UK	M	1	60	65.0	27.5	52.5	35.0 L	95.0	210.0	279.1
Denny Habecker	Habecker's Gym	USAW A	M	1	76	83.0	30.0	35.0	25.0 R	115.0	205.0	285.3
Aidan Habecker	Habecker's Gym	USAW A	M	2	16	93.5	25.0	45.0	35.0 R	105.0	210.0	202.9
Barry Pensyl	Habecker's Gym	USAW A	M	1	71	68.0	22.5	32.5	17.5 R	87.5	160.0	235.2
John Douglas	Dino Gym	USAW A	M	1	55	139.7	50.0	70.0	30.0 R	160.0	310.0	257.8
Al Myers	Dino Gym	USAW A	M	1	53	104.8	45.0	55.0	55.0 R	180.0	335.0	315.6
LaVerne Myers	Dino Gym	USAW A	M	1	75	104.4	37.5	35.0	20.0 L	120.0	212.5	256.9
Chad Ullom	Dino Gym	USAW A	M	1	47	102.2	43.0	43.0	20.0 L	166.0	272.0	245.9
Dean Ross	Dino Gym	USAW A	M	1	76	108.9	35.0	30.0	20.0 L	100.0	185.0	221.8
Brandon Rein	Dino Gym	USAW A	M	1	24	70.8	30.0	30.0	35.0 R	120.0	215.0	223.0
Andrew Tomlin	MacBaldie Brothers	IAWA UK	M	1	51	87.8	42.5	60.0	50.0 R	145.0	297.5	303.3
Gary Ell	MacBaldie Brothers	IAWA UK	M	1	48	86.5	47.5	62.5	45.0 R	167.5	322.5	322.7
Karen Gardner	Burton Powerhouse	IAWA UK	F	3	60	74.2	20.0	22.5	20.0 R	70.0	132.5	161.4

Paul Hallam	Burton Powerhouse	IAWA UK	M	3	40	93.2	37.5	60.0	40.0 L	150.0	287.5	255.6
Dominic Gardner	Burton Powerhouse	IAWA UK	M	3	13	44.9	17.5	20.0	15.0 R	60.0	112.5	207.7
Mollie Redfern-Smith	Burton Powerhouse	IAWA UK	F	3	11	55.0	12.5	20.0	15.0 R	50.0	97.5	160.9
Graham Saxton	Burton Powerhouse	IAWA UK	M	3	57	114.6	25.0	35.0	40.0 R	130.0	230.0	214.2
Gary Redfern-Smith	Burton Powerhouse	IAWA UK	M	3	46	107.5	45.0	60.0	37.5 R	140.0	282.5	246.5
Steve Gardner	Burton Powerhouse	IAWA UK	M	3	62	142.3	30.0	30.0	20.0 R	130.0	210.0	183.6
Selina Dorn	Burton Powerhouse	IAWA UK	F	3	43	74.0	20.0	30.0	25.0 R	90.0	165.0	173.1
Nicola Thornhill	Burton Powerhouse	IAWA UK	F	3	50	73.0	22.5	30.0	25.0 R	90.0	167.5	189.1
Sylvia Stockall	Canada	-----	F	1*	61	63.0	24.0	33.0	21.0	97.5	175.5	240.3

#### *4<sup>th</sup> Attempts for RECORDS:*

*Hang Snatch: John Strangeway 79.8, Miriam Phillips 45, Barry Pensyl 33.5*

*1 H Clean and Jerk: Miriam Phillips 38R, Barry Pensyl 18.5R*

*Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.*

*One IAWA Certified Official is required for competition. Two/Three IAWA Certified Officials required for IAWA World Records. Listed below are the IAWA Certified Officials for each club/team participating.*

- *Twyford Ladies – Official Gary Ell*
- *KC Strongman – Officials Eric Todd, Lance Foster, John Strangeway*
- *Metamorfit – Officials Paul Barette, Natalie Voce*
- *Ballina – Officials Jason Farrugia, Andrew Parker*
- *The Shed – Officials Tom Davis, John Patterson, Julia Phillips*
- *Lambda Lifters – Officials Tom Davis, John Patterson, Julia Phillips*
- *Granby Grippers – Official Frank Allen*

- *Habecker's Gym – Officials Denny Habecker, Barry Pensyl*
- *Dino Gym – Officials LaVerne Myers, Al Myers*
- *MacBaldie Brothers – Officials Andy Tomlin, Gary Ell*
- *Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner, James Gardner*
- *Canada – (1\*) Uncertified Official Jesse Campbell*

## CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/40KG Class Champion
Maria Bennett	Womens 55-59/90KG Class Champion, BEST MASTER 55-59
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion, BEST SENIOR 20-39, OVERALL BEST WOMENS LIFTER
Natalie Voce	Womens 20-39/80KG Class Champion
Beata Banas	Womens 20-39/75KG Class Champion
Lara Bennett	Womens 14-15/60KG Class Champion, BEST JUNIOR
Claire McLaren	Womens 45-49/85KG Class Champion, BEST MASTER 45-49
Miriam Phillips	Womens 20-39/125+KG Class Champion
Racheal Hin	Womens 50-54/65KG Class Champion
Karen Gardner	Womens 60-64/75KG Class Champion, BEST MASTER 60-64
Mollie Redfern-Smith	Womens <13/55KG Class Champion
Selina Dorn	Womens 40-44/75KG Class Champion, BEST MASTER 40-44
Nicola Thornhill	Womens 50-54/75KG Class Champion, BEST MASTER 50-54, BEST MASTER OVERALL
Sylvia Stockall	Womens 60-64/65KG Class Champion (Exhibition Lifter)
Lance Foster	Mens 50-54/125+KG Class Champion
Eric Todd	Mens 40-44/120KG Class Champion
Chris Todd	Mens 40-44/125KG Class Champion
John Strangeway	Mens 40-44/100KG Class Champion, BEST MASTER 40-44
Paul Barette	Mens 40-44/80KG Class Champion
Danny Kingsland	Mens 20-39/60KG Class Champion, BEST SENIOR 20-39
Jason Farrugia	Mens 45-49/80KG Class Champion
Andrew Parker	Mens 40-44/80KG Class RunnerUp
Daniel Parker	Mens 18-19/80KG Class Champion
Peter Phillips	Mens 65-69/100KG Class Champion, BEST MASTER 65-69
Steven Charles	Mens 20-39/90KG Class Champion
Flynn McLaren	Mens 16-17/75KG Class Champion, BEST JUNIOR
Steve Andrews	Mens 60-64/65KG Class Champion, BEST MASTER 60-64
Denny Habecker	Mens 75-79/85KG Class Champion, BEST MASTER 75-79
Aidan Habecker	Mens 16-17/95KG Class Champion
Barry Pensyl	Mens 70-74/70KG Class Champion, BEST MASTER 70-74
John Douglas	Mens 55-59/125+KG Class Champion, BEST MASTER 55-59
Al Myers	Mens 50-54/105KG Class Champion, BEST MASTER 50-54
LaVerne Myers	Mens 75-79/105KG Class Champion

Chad Ullom	Mens 45-49/105KG Class Champion
Dean Ross	Mens 75-79/110KG Class Champion
Brandon Rein	Mens 20-39/75KG Class Champion
Andrew Tomlin	Mens 50-54/90KG Class Champion
Gary Ell	Mens 45-49/90KG Class Champion, BEST MASTER 45-49, BEST MASTER OVERALL, OVERALL BEST
Paul Hallam	Mens 40-44/95KG Class Champion
Dominic Gardner	Mens <13/45KG Class Champion
Gary Redfern-Smith	Mens 45-49/110KG Class Champion
Graham Saxton	Mens 55-59/115KG Class Champion
Steve Gardner	Mens 60-64/125+KG Class Champion

## TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Gary Ell, England	322.7	1	Maddy Ell, England	206.9
2	Al Myers, USA	315.6	2	Max Ell, England	202.7
3	John Strangeway, USA	314.2	3	Nicola Thornhill, England	189.1
4	Andrew Tomlin, Scotland	303.3	4	Lara Bennett, England	183.8
5	Denny Habecker, USA	285.3	5	Beata Banas, England	180.9
6	Steve Andrews, England	279.1	6	Selina Dorn, England	173.1
7	Eric Todd, USA	274.9	7	Racheal Hin, Australia	172.1
8	John Douglas, USA	257.8	8	Claire McLaren, Australia	167.9
9	LaVerne Myers, USA	256.9	9	Karen Gardner, England	161.4
10	Paul Hallam, England	255.6	10	Mollie Redfern-Smith, England	160.9
11	Peter Phillips, Australia	253.8			
12	Jason Farrugia, Australia	250.0			
13	Gary Redfern-Smith, England	246.5			
14	Chad Ullom, USA	245.9			
15	Flynn McLaren, Australia	242.0			
16	Danny Kingsland, England	236.5			
17	Barry Pensyl, USA	235.2			
18	Steven Charles, Australia	232.6			
19	Paul Barette, England	228.2			
20	Brandon Rein, USA	223.0			

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

	TEAM	POINTS	LIFTERS
1	Dino Gym Varsity	830.3	Al Myers, LaVerne Myers, John Douglas
2	KC Strongman	809.8	John Strangeway, Eric Todd, Chris Todd

3	Habecker's Gym	723.4	Aidan Habecker, Denny Habecker, Barry Pensyl
4	Burton Powerhouse	716.3	Gary Redfern-Smith, Paul Hallam, Graham Saxton
5	Dino Gym JV	690.7	Dean Ross, Brandon Rein, Chad Ullom
6	Ballina	654.3	Jason Farrugia, Andrew Parker, Daniel Parker
7	Metamorfit	648.5	Paul Barette, Danny Kingsland, Lara Bennett
8	The Shed	640.2	Miriam Phillips, Steven Charles, Peter Phillips
9	MacBaldie Brothers	626.0	Gary Ell, Andy Tomlin
10	Lambda Lifters	582.0	Racheal Hin, Claire McLaren, Flynn McLaren

## TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Burton Powerhouse	1792.1	Karen Gardner, Paul Hallam, Dominic Gardner, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner, Selina Dorn, Nicola Thornhill
2	Dino Gym	1521.0	John Douglas, Al Myers, LaVerne Myers, Chad Ullom, Dean Ross, Brandon Rein
3	Metamorfit	1116.0	Natalie Voce, Marla Bennett, Paul Barette, Danny Kingsland, Beata Banas, Lara Bennett
4	KC Strongman	1064.7	Lance Foster, Eric Todd, Chris Todd, John Strangeway, Phoebe Todd
5	Habecker's Gym	723.4	Denny Habecker, Aidan Habecker, Barry Pensyl
6	Ballina	654.3	Jason Farrugia, Andrew Parker, Daniel Parker
7	The Shed	640.2	Peter Phillips, Miriam Phillips, Steven Charles
8	MacBaldie Brothers	626.0	Gary Ell, Andrew Tomlin
9	Lambda Lifters	582.0	Racheal Hin, Claire McLaren, Flynn McLaren
10	Twyford Celt Ladies	409.6	Max Ell, Maddy Ell

## TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	IAWAUK	4222.8
2	USAWA	3309.1
3	ARWFA	1879.5

## 2019 USAWA Membership Roster

Bartholomew, Heather (Franks Barbell Club) – Aug 25th

Bingham, Ryan (Franks Barbell Club) – July 19th

Blass, Shane (Franks Barbell Club) – Dec 26th

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

Ciavattone, Joe Jr. (Frank's Barbell Club) – May 8th

Ciavattone, Joe Sr. (Frank's Barbell Club) – May 8th

Clark, Bill (Clark's Gym) – January 1st

Collins, Natalie (Franks Barbell Club) – August 23rd

Collins, Olivia (Franks Barbell Club) – August 23rd

Cook, Greg (KCStrongman) – July 6th

Dallalis, Paul (Frank's Barbell Club) – June 3rd

Dasrath, Rajan (Franks Barbell Club) - Dec 26th

Diggs, Crystal – March 6th

Douglas, John – March 25th

Dunlap, Cale (Dino Gym) – May 1st

Edwards, Ben (Dino Gym) – January 12th

Fisher, Carter (Franks Barbell Club) – Dec 26th

Foster, Lance (KC Strongman) – January 1st

Fuller, James – September 13th

Garcia, Joe (Clarks Gym) – January 1st

Gibbons, Sarah (Franks Barbell Club) – July 18th

Glasgow, Dave (Ledaig HA) – May 15th

Gondosch, Klaus (Schmidt Barbell Club) – July 13th

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  
Jackson, RJ (Dino Gym) – March 6th  
Janzen, Cole – February 9th  
Janzen, John – February 9th  
Janzen, Kaela – February 9th  
Johnson, Eddie (Ledaig HA) – December 7th  
Jones, Joanna (Schmidt Barbell Club) – July 9th  
Kahn, Helen – January 21st  
Kaleshian, Ani (Franks Barbell Club) – Dec 26th  
Lestan, Christopher (Franks Barbell Club) – April 6th  
Lestan, Eric (Franks Barbell Club) – April 7th  
Lydon, Kimberlyn (Franks Barbell Club) – July 24th  
Lucht, Mike (KC Strongman) – August 31st  
Lucht, Nikolai (KC Strongman) – December 7th  
Marhamo, Zachariah (Franks Barbell Club) – July 18th  
Marhamo, Mahmud (Franks Barbell Club) – July 18th  
McLaughlin, Jake (Franks Barbell Club) – July 15th  
McLaughlin, Michael (Franks Barbell Club) – July 15th  
McKean, John (Ambridge BBC) – July 9th  
McKean, Andraes (Ambridge BBC) – July 9th  
Mitchell, Dennis – January 1st  
Myers, Al (Dino Gym) – January 1st  
Myers, LaVerne (Dino Gym) – January 1st  
Myers, Molly (Dino Gym) – January 1st  
Payne, Jerod – February 9th



Pensyl, Barry (Habeckers Gym) – January 1st  
Pirn, Peeter (Schmidt Barbell Club) – June 27th  
Rabich, Michael (Franks Barbell Club) – May 1st  
2019 USAWA Membership Roster  
Raymond, Mark (Frank's Barbell Club) – January 1st  
Rein, Brandon (Dino Gym) – January 19th  
Rigby, Jeff – November 6th  
Ross, Dean (Dino Gym) – January 1st  
Santangelo, Stephen – January 11th  
Schmidt, Kathy (Schmidt Barbell Club) – July 13th  
Schmidt, Scott (Schmidt Barbell Club) – January 1st  
Sharpe, Giles (CANADA) – October 2nd  
Skwarecki, Elizabeth – May 9th  
Smith, Randy – January 21st  
Strangeway, John ( KC Strongman) – January 1st  
Stockall, Sylvia (CANADA) – March 25th  
Szetela, Travis (Franks Barbell Club) – Dec 26th  
Todd, Chris (KC Strongman) – March 1st  
Todd, Eric (KC Strongman) – January 1st  
Todd, Leroy (KC Strongman) – August 19th  
Todd, Phoebe (KC Strongman) – August 17th  
Tortorelli, Lou (Lou's Physical Culture Studio) – Jan 1st  
Ullom, Chad (Dino Gym) – January 1st  
Ullom, Tasha (Dino Gym) – January 1st  
Wagman, Dan – September 1<sup>st</sup>