

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

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

MEET REPORT, BY PROMOTER AL MYERS

The 2018 IAWA World Postal Championships was a huge success, with 42 lifters entered from the United States, England, Scotland, Wales and Australia. This Postal Championships is one of three (with Worlds and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I’ve included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings for men and women, and club rankings. I want to congratulate the OVERALL BEST INDIVIDUAL LIFTERS – Men’s Steve Sherwood and Women’s Kat Becker. Overall winners in the 3 - Person Team Championships are WOMEN – Western Australia (Kat Becker, Miriam Phillips, and Racheal Hin) and MEN – Granby Grippers (Mark Shaw, Steve Andrews, and Steve Sherwood). The OVER CLUB CHAMPION is the Dino Gym (RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, LaVerne Myers, Dean Ross and Brandon Rein). Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

MASTER SCORESHEET

LIFTER	CLUB	ORG	M/F	REFS	AGE	BWT	Squat	C&P Neck	1H Snatch	2”DL	TOTAL	POINTS
RJ Jackson	Dino Gym	USAWA	F	1	56	48.0	52.1	31.7	24.9 R	34.9 R	143.8	233.9
Crystal Diggs	Dino Gym	USAWA	F	1	31	74.0	20.4	15.0	12.9 R	23.6 R	71.9	72.5
Max Ell	Twyford Celt Ladies	IAWAUK	F	1	21	45.0	40.0	20.0	17.5	32.5	110.0	162.2
Maddy Ell	Twyford Celt Ladies	IAWAUK	F	1	23	47.0	55.0	25.0	16.8	30.0	126.8	179.6
Lance Foster	KC Strongman	USAWA	M	1	52	148.0	0.0	38.6	25 R	42.3 R	105.9	83.5
Eric Todd	KC Strongman	USAWA	M	1	43	118.0	0.0	0.0	54.5 R	0.0	54.5	44.1
Chris Todd	KC Strongman	USAWA	M	1	39	126.0	125.0	73.2	40.9 R	51.4 R	290.5	218.8
John Strangeway	KC Strongman	USAWA	M	1	40	89.0	188.6	73.2	54.5 R	94.1 L	410.4	374.4
Natalie Voce	Metamorfit	IAWAUK	F	1	36	81.5	52.5	32.5	20.0 R	28.5 R	133.5	126.9
Jamie Livens	Metamorfit	IAWAUK	M	3	25	71.0	110.0	55.0	41.2 R	58.5 R	264.8	274.2
Paul Barette	Metamorfit	IAWAUK	M	2	42	73.7	95.0	47.5	37.5 R	48.5 R	228.5	237.9

Ed Shorttle	Metamorfit	IAWAUK	M	3	62	70.0	65.0	40.0	25.0 L	38.5 L	168.5	216.6
Beata Banas	Metamorfit	IAWAUK	F	1	34	68.1	55.0	30.0	20.0 R	36.0 R	141.0	150.1
Jenny Wilson	Metamorfit	IAWAUK	F	1	52	58.6	42.5	22.5	15.0 R	31.0 R	111.0	148.4
Phil Crisp	Iron Masters	IAWAUK	M	1	48	100.0	190.5	68.0	48.0 R	70.0 R	376.5	349.6
Martin Doolan	Iron Masters	IAWAUK	M	1	77	75.0	60.5	40.5	24.0 R	50.0 R	175.0	262.5
Steve Shah	Iron Masters	IAWAUK	M	1	68	78.0	70.5	48.0	25.5 R	50.0 R	194.0	250.0
Rouhul Uddin	Iron Masters	IAWAUK	M	1	37	70.0	50.5	48.0	25.5 R	50.0 R	174.0	181.8
Kat Becker	Western Australia	ARWLWA	F	1	34	85.0	140.0	50.0	30.0 R	35.0	255.0	236.5
Miriam Phillips	Western Australia	ARWLWA	F	1	36	124.5	80.0	45.0	30.0 R	45.0	200.0	151.5
Racheal Hin	Western Australia	ARWLWA	F	1	49	59.0	50.0	17.5	12.5 R	30.0	110.0	142.4
Steven Charles	Western Australia	ARWLWA	M	1	37	89.0	95.0	50.0	30.0 L	60.0	235.0	212.3
Mark Shaw	Granby Grippers	IAWAUK	M	2	57	83.1	60.5	32.5	28.0 L	56.0 L	177.0	196.2
Steve Andrews	Granby Grippers	IAWAUK	M	1	59	65.2	85.0	55.5	40.5 R	51.0 L	232.0	305.2
Steve Sherwood	Granby Grippers	IAWAUK	M	1	66	76.8	120.0	55.0	42.5 R	85.0 L	302.5	381.6
Denny Habecker	Habecker's Gym	USAWA	M	1	75	87.1	0.0	50.0	25.0 R	55.0 R	130.0	173.6
Aidan Habecker	Habecker's Gym	USAWA	M	1	15	81.7	55.0	27.5	27.5 R	47.5 R	157.5	171.9
John Douglas	Dino Gym	USAWA	M	1	54	140.6	155.0	75.0	55.0 R	65.0 L	350.0	287.8
Al Myers	Dino Gym	USAWA	M	1	52	106.6	90.0	40.0	50.0 R	77.5 R	257.5	238.4
LaVerne Myers	Dino Gym	USAWA	M	1	74	107.9	77.5	30.0	25.5 R	77.5 R	210.5	246.7
Chad Ullom	Dino Gym	USAWA	M	1	46	109.8	185.0	20.0	60.0 L	82.5 R	347.5	300.1
Dean Ross	Dino Gym	USAWA	M	1	75	111.6	77.5	45.0	25.0 L	32.5 L	180.0	210.2
Brandon Rein	Dino Gym	USAWA	M	1	23	67.6	60.0	40.0	30.0 R	42.5 R	172.5	184.7
Matthew Finkle	Chateau Lait All Comers	IAWAUK	M	1	52	64.0	80.0	42.5	32.5 R	45.0 R	200.0	250.9
Andrew Tomlin	Chateau Lait All Comers	IAWAUK	M	1	50	89.4	102.5	50.0	45.0 L	80.0 R	277.5	277.5
Gary Ell	Chateau Lait All Comers	IAWAUK	M	1	47	96.0	132.5	63.0	42.5 R	68.5 L	306.5	286.6
Neil Keddy	Wales	IAWAUK	M	1	40	90.5	100.0	55.0	30.0	57.5	242.5	219.1
Karen Gardner	James's Shed Gym	IAWAUK	F	3	59	75.0	30.0	22.5	17.5 R	45.0 R	115.0	138.0
Paul Hallam	James's Shed Gym	IAWAUK	M	3	39	89.5	95.0	40.0	40.0 L	60.0 L	235.0	211.6
Steve Moss	James's Shed Gym	IAWAUK	M	3	36	97.0	100.0	65.0	40.0 R	70.0 R	275.0	236.8
James Gardner	James's Shed Gym	IAWAUK	M	3	34	99.9	125.0	65.0	55.0 R	95.0 R	340.0	288.2
Graham Saxton	James's Shed Gym	IAWAUK	M	3	56	114.0	90.0	40.0	30.0 R	55.0 R	215.0	199.1

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
RJ Jackson	Womens 55-59/50KG Class Champion, Best Lifter 55-59, Best Master Lifter
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion,
Natalie Voce	Womens 20-39/85KG Class RunnerUp
Beata Banas	Womens 20-39/70KG Class Champion
Jenny Wilson	Womens 50-54/60KG Class Champion, Best Lifter 50-54
Kat Becker	Womens 20-39/85KG Class Champion, Best Lifter 20-39, Best Senior Lifter, Best Lifter Overall
Miriam Phillips	Womens 20-39/125KG Class Champion
Racheal Hin	Womens 45-49/60KG Class Champion, Best lifter 45-49
Karen Gardner	Womens 55-59/75KG Class Champion
Lance Foster	Mens 50-54/125+KG Class RunnerUp
Eric Todd	Mens 40-44/120KG Class Champion
Chris Todd	Mens 20-39/125+KG Class Champion
John Strangeway	Mens 40-44/90KG Class Champion, Best Lifter 40-44
Jamie Livens	Mens 20-39/75KG Class Champion
Paul Barette	Mens 40-44/75KG Class Champion
Ed Shorttle	Mens 60-65/70KG Class Champion, Best Lifter 60-64
Phil Crisp	Mens 45-49/100KG Class Champion, Best Lifter 45-49
Martin Doolan	Mens 75-79/75KG Class Champion, Best Lifter 75-79
Steve Shah	Mens 65-69/80KG Class RunnerUp
Rouhul Uddin	Mens 20-39/70KG Class RunnerUp
Steven Charles	Mens 20-39/90KG Class Champion
Mark Shaw	Mens 55-59/85KG Class Champion
Steve Andrews	Mens 55-59/70KG Class Champion, Best Lifter 55-59
Steve Sherwood	Mens 65-69/80KG Class Champion, Best Lifter 65-69, Best Master Lifter, Best Lifter Overall
Denny Habecker	Mens 75-79/90KG Class Champion
Aidan Habecker	Mens 14-15/85KG Class Champion, Best Lifter Junior
John Douglas	Mens 50-54/125+KG Class Champion, Best Lifter 50-54
Al Myers	Mens 50-54/110KG Class Champion
LaVerne Myers	Mens 70-74/110KG Class Champion, Best Lifter 70-74
Chad Ullom	Mens 45-49/110KG Class Champion
Dean Ross	Mens 75-79/115KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion

Matthew Finkle	Mens 50-54/65KG Class Champion
Andrew Tomlin	Mens 50-54/90KG Class Champion
Gary Ell	Mens 45-49/100KG Class RunnerUp
Neil Keddy	Mens 40-44/95KG Class Champion
Paul Hallam	Mens 20-39/90KG Class RunnerUp
Steve Moss	Mens 20-39/100KG Class RunnerUp
James Gardner	Mens 20-39/100KG Class Champion, Best Lifter 20-39, Best Senior Lifter
Graham Saxton	Mens 55-59/115KG Class Champion

TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Steve Sherwood, England	381.6	1	Kat Becker, Australia	236.5
2	John Strangeway, USA	374.4	2	RJ Jackson, USA	233.9
3	Phil Crisp, England	349.6	3	Maddy Ell, England	179.6
4	Steve Andrews, England	305.2	4	Max Ell, England	162.2
5	Chad Ullom, USA	300.1	5	Miriam Phillips, Australia	151.5
6	James Gardner, England	288.2	6	Beata Banas, England	150.1
7	John Douglas, USA	287.8	7	Jenny Wilson, England	148.4
8	Gary Ell, England	286.6	8	Racheal Hin, Australia	142.4
9	Andy Tomlin, Scotland	277.5	9	Karen Gardner, England	138.0
10	Jamie Levins, England	274.2	10	Natalie Voce, England	126.9
11	Martin Doolan, England	262.5			
12	Matthew Finkle, Scotland	250.9			
13	Steve Shah, England	250.0			
14	LaVerne Myers, USA	246.7			
15	Al Myers, USA	238.4			
16	Paul Barrette, England	237.9			
17	Steve Moss, England	236.8			
18	Neil Keddy, Wales	219.1			
19	Chris Todd, USA	218.8			
20	Ed Shorttle, England	216.6			

TOP 5 WOMEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Western Australia	530.4	Kat Becker, Miriam Phillips, Racheal Hin
2	Metamorfit	425.4	Natalie Voce, Beata Banas, Jenny Wilson
3	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell
4	Dino Gym	306.4	RJ Jackson, Crystal Diggs
5	James Shed Gym	138.0	Karen Gardner

TOP 10 MEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
2	Iron Masters	862.1	Phil Crisp, Martin Doolan, Steve Shah
3	Dino Gym Varsity	834.6	John Douglas, Chad Ullom, LaVerne Myers
4	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
5	James Shed Gym	736.6	Paul Hallam, James Gardner, Steve Moss
6	Metamorfit	728.7	Jamie Livens, Paul Barette, Ed Shorttle
7	KC Strongman	676.7	John Strangeway, Lance Foster, Chris Todd
8	Dino Gym JV	633.3	Al Myers, Dean Ross, Brandon Rein
9	Habecker's Gym	345.5	Denny Habecker, Aidan Habecker
10	Wales	219.1	Neil Keddy

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Dino Gym	1774.3	RJ Jackson, Crystal Diggs, John Douglas, Chad Ullom, Al Myers, Dean Ross, Brandon Rein
2	Metamorfit	1154.1	Natalie Voce, Jamie Livens, Paul Barette, Ed Shorttle, Beata Banas, Jenny Wilson
3	James Shed Gym	1073.7	Karen Gardner, Paul Hallam, Steve Moss, James Gardner, Graham Saxton
4	Iron Masters	1043.9	Phil Crisp, Martin Doolan, Steve Shah, Rouhul Uddin
5	Granby Grippers	883.0	Mark Shaw, Steve Andrews, Steve Sherwood
6	Chateau Lait All Comers	815.0	Matthew Finkle, Andy Tomlins, Gary Ell
7	Western Australia	742.7	Kat Becker, Miriam Phillips, Racheal Hin, Steven Charles
8	KC Strongman	720.8	John Strangeway, Lance Foster, Chris Todd, Eric Todd
9	Habeckers Gym	345.5	Denny Habecker, Aidan Habecker
10	Twyford Celt Ladies	341.8	Max Ell, Maddy Ell