

2018 IAWA World Championships – Sat 6th and Sun 7th October at Eastbourne, England

Day One: Lift 1 – Front Squat Lift 2 - Clean & Press B/Neck Lift 3 – One Hand Snatch Lift 4 – O/H 2” DBell Deadlift

Day Two: Lift 5 – Power Row Lift 6 – Continental Clean & Jerk Lift 7 - Deadlift

Lifter	Bwt	Class	Age	Div	Lift1	Lift2	Lift3	Lift4	Lift5	Lift6	Lift7	Total	Amended
Jenny Watson	56.6	60	52	M50+	42.5	25	15R	32.5	40	30	85	270	478.6
Sylvia Stockall	57.6	60	60	M60+	70	35	20R	32.5R	42.5	40	112.5	352.5	650.4
Beata Banas	66.9	70	35	Open	62.5	32.5	27.5R	37.5R	50	50	115	375	537.1
Karen Gardner	74.4	75	59	M55+	35	22.5	20R	45R	40	30	85.5	277.5	428.2
Charlotte Hughes	75.0	75	28	Open	70	27.5	22.5R	37.5R	45	40	120	362.5	482.1
Natalie Voce	77.9	80	36	Open	50	30	22.5R	30R	47.5	42.5	90	312.5	406.0
Steve Andrews	64.0	65	59	M55+	85	55	43R	55L	65	72.5	150	525	699.4
Ed Shorttle	68.1	70	62	M60+	62.5	45	27.5L	40R	62.5	50	150	437.5	572.7
Uddin Rouhul	69.3	70	37	Open	75	45	25R	47.5R	75.5	60	150	477.5	502.3
Paul Barette	69.9	70	42	M40+	95	47.5	37.5R	52.5R	80	67.5	202.5	582.5	627.6
Brandon H Hyland	71.5	75	16	J16/17	80	45	27.5R	47.5R	30	50	125	405	459.2
Dylan Thomas	75.8	80	45	M45+	105	55	30R	60R	90	70	180	590	621.3
Steve Shah	78.4	80	67	M65+	70	50	25R	50R	70	45	140	450	569.2
Rory Hoad	80.9	85	30	Open	140	75	55L	72.5R	100	90	225	757.5	723.3
David Bleay	81.3	85	84	M80+	55	27.5	22.5L	50R	50	30	120	355	554.3
Denny Habecker	85.6	90	76	M75+	-	52.5	25R	50R	85	55	130	397.5	543.4
Paul Hallam	87.5	90	39	Open	100	42.5	40L	60L	75	70	165	552.5	503.9
Pete Tryner	88.2	90	46	M45+	160	90	57.5R	-	115	110	280	812.5	789.3
Neil Keddy	90.6	95	40	M40+	115	60	42.5L	55L	90	80	195	637.5	575.8
Gary Ell	94.5	95	47	M45+	131	65.5	40R	62.5L	95	90	202.5	685	646.2
Steve Moss	101.2	105	36	Open	115	70	40R	67.5R	101	85	185	662.5	557.7
Al Myers	103.7	105	52	M50+	90	55	50R	75R	115	60	225	670	629.1
Laverne Myers	105.3	110	74	M70+	70	30	25L	80R	80	35	127.5	447.5	531.2
Gary R Smith	110.0	110	45	M45+	142.5	80	47.5R	55R	110	100	190	725	619.4
Graham Saxton	112.4	115	56	M55+	90.5	32.5	25.5R	50R	65	60.5	172.5	495	461.6
Graham Alway	119.5	120	45	M45+	80	60	30R	55L	80	60	170	535	438.4
Matt Jones	128.0	125+	22	Open	165	80	60R	70R	90	130	220	815	609.2
Cliff Dunlop	135.0	125+	55	M55+	130	70	30L	50L	120	80	120	600	507.1
Steve Gardner	141.3	125+	61	M60+	-	-	27.5R	45R	85	-	100	257.5	224.1

Second Day moved to a heavier Class:

Gary R Smith Bwt 110.8 = 115k Class

Did Not Weigh in on 2nd Day: (lifters do not have to weigh on the 2nd day unless they wish to try and claim records)

Beata Banas - Steve Shah - Rory Hoad - Paul Hallam - Al Myers - Laverne Myers - Steve Gardner

Successful 4th Attempts: (Lifts outside of the competition but for record attempts)

<u>Front Squat:</u>	Karen Gardner 40.5	David Bleay 62.5	Graham Saxton 95
<u>Clean & Press B/Neck:</u>	Sylvia Stockall 40		
<u>O/H 2” D/Bell Deadlift:</u>	Karen Gardner 47.5R	David Bleay 52.5R	Denny Habecker 55
<u>Power Row:</u>	Jenny Watson 42.5	Sylvia Stockall 45	Karen Gardner 42.5
<u>Power Row (Cont):</u>	Charlotte Hughes 47.5	Steve Moss 110	Graham Saxton 70
<u>Cont. Clean & Jerk:</u>	Sylvia Stockall 42.5		
<u>Deadlift:</u>	Karen Gardner 90	Paul Barette 205.5	Denny Habecker 135

Referees: Gary Ell (WAL) Laverne Myers (USA) Graham Saxton (ENG) Denny Habecker (USA) Neil Keddy (WAL) Steve Gardner & Karen Gardner(ENG) Paul Barette(ENG) Frank Allen(ENG) Steve Andrews(ENG) Natalie Voce(ENG)

Announcers: Al Myers (USA) & Steve Gardner (ENG) **Assistant:** Judy Habecker (USA) **Records:** Chris Bass (ENG)
Drug Testing Officer: Frank Allen (ENG)

The Loaders: The Loading was outstanding throughout the whole two days and was undertaken by all of the lifters, who loaded for each other in the groups where they were not lifting themselves – Well done to all, againOUTSTANDING!

Promoters: Joint Promoters- Paul Barette assisted by Steve Gardner

Best Lifter Awards:

Best Junior: Brandon H Hyland (ENG)

Best Female Open: Beata Banas (ENG)

Best Female Master: Sylvia Stockall (Canada)

Best Open Lifter: Rory Hoad (ENG)

Best Master 40+: Paul Barette (ENG)

Best Master 45+: Pete Tryner (ENG)

Best Master 50+: Al MYERS (USA)

Best Master 55+: Steve Andrews (ENG)

Best Master 60+: Ed Shorttle (ENG)

Best Master 65+: Steve Shah (ENG)

Best Master 70+: Laverne Myers (USA)

Best Master 75+: Denny Habecker (USA)

Best Master 80+: David Bleay (ENG)

The Overall Best Lifter Ranking – Champion of Champions:

Winner: Pete Tryner (ENG)

Runner Up: Rory Hoad (ENG)

Third Place: Steve Andrews (ENG)

Presentations of the IAWA Award of Merit

(The IAWA's Highest Award - presented for long and loyal service to our organisation and All Round Weightlifting)

IAWA (UK) President: Steve Gardner, gave a short speech and presented the Award of Merit to: Steve Andrews

IAWA President: Al Myers, gave a short speech and presented the Award of Merit to: Denny Habecker

A word about the event from Co Promoter Steve Gardner:

Paul Barette found an excellent venue for the Championships, and again for the Banquet and Presentation of Awards. It was my pleasure to assist Paul with arranging the event, and I thank him for his tireless efforts on our behalf, recognising the help and support of Adrian Pryor who managed to keep things going at Metamorfit enabling Paul to be free enough to run the event. Well done to Paul's club members and family and friends who also helped out in many ways to. The competition was outstanding and easily ranks as one of the best events ever, with the lifting going so well and everyone helping out with reffing and loading, making the day run so smoothly. Our youngest competitor was 16 year old Brandon H Hyland, and our most Senior was David Bleay at 84 years young. It was nice to note that David lifted in this event, after a break of 14 years, in memory of his good friend and lifting partner who passed a few years ago: a true IAWA Champion: Keith Murdie. Nice moments included witnessing 74 year old Laverne Myers from Kansas USA pulling the heaviest One Hand 2" Dumbell Deadlift of the competition at 80 kilos, and the wonderful style and commitment of the female lifters. Everyone performed brilliantly, congratulations to Pete Tryner for taking his second Overall Best Lifter title at World Championships. Finally, the presentation of the Awards of Merit made a fitting end to the weekend, well done to Steve Andrews and Denny Habecker!