**2019 IAWA World Postal Championships *“The Andy Goddard Memorial”* August 31st, 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 where 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**

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| **LIFTER**  | **CLUB/TEAM** | **ORG** | **M/F** | **OFF#** | **AGE** | **BWT** | **Curl** | **Snatch** | **1H C&J** | **NTDL**  | **TOTAL** | **POINTS** |
| Max Ell | Twyford Celt Ladies | IAWAUK | F | 1 | 22 | 45.0 | 20.0 | 22.5 | 22.5 R | 72.5 | 137.5 | 202.7 |
| Maddy Ell | Twyford Celt Ladies | IAWAUK | F | 1 | 24 | 46.8 | 25.0 | 30.0 | 20.5 L | 70.0 | 145.5 | 206.9 |
| Lance Foster  | KC Strongman | USAWA | M | 2 | 53 | 156.5 | 43.0 | 41.0 | 20.4  | 122.3 | 226.7 | 175.9 |
| Eric Todd | KC Strongman | USAWA | M | 2 | 44 | 116.1 | 63.5 | 79.8 | 49.9 | 140.6 | 333.8 | 274.9 |
| Chris Todd | KC Strongman | USAWA | M | 3 | 40 | 122.5 | 45.4 | 66.2 | 43.1 | 131.5 | 286.2 | 220.7 |
| John Strangeway | KC Strongman | USAWA | M | 2 | 41 | 95.3 | 49.9 | 77.6 | 47.6 L | 179.2 | 354.3 | 314.2 |
| Phoebe Todd | KC Strongman | USAWA | F | 3 | 9 | 38.1 | 0.0 | 0.0 | 0.0 | 34.0 | 34.0 | 79.0 |
| Natalie Voce  | Metamorfit | IAWAUK | F | 1 | 37 | 77.9 | 25.0 | 27.5 | 25.0 R | 75.0 | 152.5 | 148.9 |
| Maria Bennett | Metamorfit | IAWAUK | F | 2 | 57 | 90.0 | 20.0 | 20.0 | 15.0 R | 75.0 | 130.0 | 137.7 |
| Paul Barette | Metamorfit | IAWAUK | M | 1 | 43 | 75.3 | 35.0 | 45.0 | 30.0 R | 110.0 | 220.0 | 228.2 |
| Danny Kingsland | Metamorfit | IAWAUK | M | 2 | 29 | 58.6 | 30.0 | 40.0 | 30.0 R | 100.0 | 200.0 | 236.5 |
| Beata Banas | Metamorfit  | IAWAUK | F | 1 | 35 | 72.8 | 22.5 | 35.0 | 25.0 R | 95.0 | 177.5 | 180.9 |
| Lara Bennett | Metamorfit | IAWAUK | F | 2 | 14 | 58.9 | 15.0 | 27.5 | 20.0 R | 67.5 | 130.0 | 183.8 |
| Jason Farrugia | Ballina | ARWFA | M | 1 | 48 | 78.0 | 35.0 | 50.0 | 35.0 L | 115.0 | 235.0 | 250.0 |
| Andrew Parker | Ballina | ARWFA | M | 1 | 44 | 79.0 | 35.0 | 40.0 | 25.0 R | 110.0 | 210.0 | 213.6 |
| Daniel Parker | Ballina  | ARWFA | M | 1 | 19 | 77.0 | 30.0 | 35.0 | 25.0 R | 100.0 | 190.0 | 190.7 |
| Peter Phillips | The Shed | ARWFA | M | 3 | 65 | 99.8 | 25.0 | 37.5 | 35.0 R | 140.0 | 237.5 | 253.8 |
| Miriam Phillips | The Shed | ARWFA | F | 3 | 37 | 127.0 | 25.0 | 40.0 | 35.0 R | 105.0 | 205.0 | 153.8 |
| Steven Charles | The Shed | ARWFA | M | 3 | 38 | 89.0 | 35.0 | 45.0 | 37.5 L | 140.0 | 257.5 | 232.6 |
| Racheal Hin | Lambda Lifters | ARWFA | F | 3 | 50 | 61.0 | 15.0 | 22.5 | 15.0 R | 82.5 | 135.0 | 172.1 |
| Claire McLaren | Lambda Lifters | ARWFA | F | 3 | 47 | 84.9 | 20.0 | 27.5 | 22.5 R | 97.5 | 167.5 | 167.9 |
| Flynn McLaren | Lambda Lifters | ARWFA | M | 3 | 16 | 71.0 | 25.0 | 35.0 | 32.5 R | 120.0 | 212.5 | 242.0 |
| Steve Andrews | Granby Grippers | IAWAUK | M | 1 | 60 | 65.0 | 27.5 | 52.5 | 35.0 L | 95.0 | 210.0 | 279.1 |
| Denny Habecker | Habecker’s Gym | USAWA | M | 1 | 76 | 83.0 | 30.0 | 35.0 | 25.0 R | 115.0 | 205.0 | 285.3 |
| Aidan Habecker | Habecker’s Gym | USAWA | M | 2 | 16 | 93.5 | 25.0 | 45.0 | 35.0 R | 105.0 | 210.0 | 202.9 |
| Barry Pensyl | Habecker’s Gym | USAWA | M | 1 | 71 | 68.0 | 22.5 | 32.5 | 17.5 R | 87.5 | 160.0 | 235.2 |
| John Douglas | Dino Gym | USAWA | M | 1 | 55 | 139.7 | 50.0 | 70.0 | 30.0 R | 160.0 | 310.0 | 257.8 |
| Al Myers | Dino Gym | USAWA | M | 1 | 53 | 104.8 | 45.0 | 55.0 | 55.0 R | 180.0 | 335.0 | 315.6 |
| LaVerne Myers | Dino Gym | USAWA | M | 1 | 75 | 104.4 | 37.5 | 35.0 | 20.0 L | 120.0 | 212.5 | 256.9 |
| Chad Ullom | Dino Gym | USAWA | M | 1 | 47 | 102.2 | 43.0 | 43.0 | 20.0 L | 166.0 | 272.0 | 245.9 |
| Dean Ross | Dino Gym | USAWA | M | 1 | 76 | 108.9 | 35.0 | 30.0 | 20.0 L | 100.0 | 185.0 | 221.8 |
| Brandon Rein | Dino Gym | USAWA | M | 1 | 24 | 70.8 | 30.0 | 30.0 | 35.0 R | 120.0 | 215.0 | 223.0 |
| Andrew Tomlin | MacBaldie Brothers | IAWAUK | M | 1 | 51 | 87.8 | 42.5 | 60.0 | 50.0 R | 145.0 | 297.5 | 303.3 |
| Gary Ell | MacBaldie Brothers | IAWAUK | M | 1 | 48 | 86.5 | 47.5 | 62.5 | 45.0 R | 167.5 | 322.5 | 322.7 |
| Karen Gardner | Burton Powerhouse | IAWAUK | F | 3 | 60 | 74.2 | 20.0 | 22.5 | 20.0 R | 70.0 | 132.5 | 161.4 |
| Paul Hallam | Burton Powerhouse | IAWAUK | M | 3 | 40 | 93.2 | 37.5 | 60.0 | 40.0 L | 150.0 | 287.5 | 255.6 |
| Dominic Gardner | Burton Powerhouse | IAWAUK | M | 3 | 13 | 44.9 | 17.5 | 20.0 | 15.0 R | 60.0 | 112.5 | 207.7 |
| Mollie Redfern-Smith | Burton Powerhouse | IAWAUK | F | 3 | 11 | 55.0 | 12.5 | 20.0 | 15.0 R | 50.0 | 97.5 | 160.9 |
| Graham Saxton | Burton Powerhouse | IAWAUK | M | 3 | 57 | 114.6 | 25.0 | 35.0 | 40.0 R | 130.0 | 230.0 | 214.2 |
| Gary Redfern-Smith | Burton Powerhouse | IAWAUK | M | 3 | 46 | 107.5 | 45.0 | 60.0 | 37.5 R | 140.0 | 282.5 | 246.5 |
| Steve Gardner | Burton Powerhouse | IAWAUK | M | 3 | 62 | 142.3 | 30.0 | 30.0 | 20.0 R | 130.0 | 210.0 | 183.6 |
| Selina Dorn | Burton Powerhouse | IAWAUK | F | 3 | 43 | 74.0 | 20.0 | 30.0 | 25.0 R | 90.0 | 165.0 | 173.1 |
| Nicola Thornhill | Burton Powerhouse | IAWAUK | 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 |

*4th 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**

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| **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 MENS LIFTER |
| 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**

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|  | **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)**

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|  | **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**

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| --- | --- | --- | --- |
|  | **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**

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| --- | --- | --- |
|  | **ASSOCIATION** | **POINTS** |
| 1 | IAWAUK | 4222.8 |
| 2 | USAWA | 3309.1 |
| 3 | ARWFA | 1879.5 |