

# 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	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

*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 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

	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