**2021 IAWA World Postal Championships *“The Andy Goddard Memorial”* August 31st, 2021**

Lifts: Clean and Press, 1H Snatch, Power Row, 1H Deadlift

**MEET REPORT, BY PROMOTER AL MYERS**

Another great year for the IAWA World Postal Championships!!

This year we had 42 lifters compete from the United States, Australia, England, 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 JEFF CIAVATTONE, and the Overall Best Women’s Lifter was BEATA BANAS. The Overall Best 3-person Team went to FRANK’S BARBELL CLUB (Jeff Ciavattone, Frank Ciavattone, and Wade Marchand). The Overall Best Club went also to FRANK’S BARBELL CLUB. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

It’s always exciting to see new clubs participate. This year CLARK’S CHAMPIONSHIP joined in and 3 lifters from their club (Nick Frieders, Tony Hose, and Dave DeForest) competed in their first World Postal.

There were several Junior Lifters competing this year with the youngest, Everett Todd, at eight years of age. The oldest lifter in the completion was Denny Habecker at 78 years of age. I also want to mention 3 lifters who competed as Exhibition Lifters (because of lack of an official to judge their lifts) just to show support to IAWA and the memory of Andy Goddard. These lifters were Gary Ell, Jason Farrugia, and Sylvia Stockall of Canada.

If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I have difficulties reading the handwriting on the official scoresheets.

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** | **C&P** | **Snatch** | **Row** | **DL 1H** | **TOTAL** | **POINTS** |
| Max Ell | Twyford Celts | IAWAUK | F | 1 | 24 | 51.6 | 28.0 | 17.5R | 40.0 | 55.0L | 140.5 | 183.6 |
| Sonya Coles | Twyford Celts | IAWAUK | F | 1 | 44 | 86.2 | 32.5 | 17.5R | 42.5 | 55.0L | 147.5 | 142.5 |
| Gary Ell | Twyford Celts | IAWAUK | M | 1\* | 50 | 90.2 | 57.5 | 37.5R | 102.5 | 135.0L | 332.5 | 327.9 |
| Lance Foster | KC Strongman | USAWA | M | 2 | 55 | 152.3 | 50.5 | 22.7R | 93.1 | 86.4L | 252.7 | 201.9 |
| Eric Todd | KC Strongman | USAWA | M | 2 | 46 | 119.3 | 100.0 | 54.5R | 135.5 | 181.8 | 471.8 | 390.5 |
| Chris Todd | KC Strongman | USAWA | M | 2 | 42 | 120.3 | 66.2 | 40.8R | 83.9 | 123.8 | 314.7 | 249.7 |
| Everett Todd | KC Strongman | USAWA | M | 3 | 8 | 29.5 | 11.4 | 6.8 | 20.5 | 18.2 | 56.9 | 181.0 |
| Phoebe Todd | KC Strongman | USAWA | F | 3 | 11 | 55.0 | 18.2 | 11.4 | 25.0 | 31.8 | 86.4 | 142.6 |
| Stacy Todd | KC Strongman | USAWA | F | 3 | 38 | 85.0 | 34.1 | 22.7 | 64.1 | 86.4 | 207.3 | 192.3 |
| Natalie Voce | Metamorfit | IAWAUK | F | 1 | 39 | 89.9 | 37.5 | 22.5R | 40.0 | 50.0R | 150.0 | 134.7 |
| Paul Barette | Metamorfit | IAWAUK | M | 1 | 45 | 74.8 | 45.0 | 30.0R | 60.0 | 60.0R | 195.0 | 207.1 |
| Danny Kingsland | Metamorfit | IAWAUK | M | 1 | 31 | 60.4 | 50.0 | 25.0R | 60.0 | 100.0R | 235.0 | 271.8 |
| Beata Banas | Metamorfit | IAWAUK | F | 1 | 38 | 70.8 | 42.5 | 30.0R | 60.0 | 80.0R | 212.5 | 220.4 |
| Jason Farrugia | Ballina | AWFA | M | 1\* | 50 | 78.0 | 65.0 | 35.0L | 105.0 | 125.0R | 330.0 | 357.5 |
| Riley Farrugia | Ballina | AWFA | M | 1 | 14 | 81.0 | 45.0 | 25.0R | 80.0 | 80.0R | 230.0 | 263.3 |
| Steve Andrews | Granby Grippers | IAWAUK | M | 2 | 62 | 66.6 | 55.0 | 40.0R | 75.0 | 100.0L | 270.0 | 359.5 |
| Denny Habecker | Habecker’s Gym | USAWA | M | 1 | 78 | 85.7 | 45.0 | 20.0R | 77.5 | 95.0R | 237.5 | 333.2 |
| Aidan Habecker | Habecker’s Gym | USAWA | M | 2 | 18 | 92.0 | 40.0 | 32.5R | 70.0 | 110.0R | 252.5 | 230.6 |
| Barry Pensyl | Habecker’s Gym | USAWA | M | 1 | 73 | 65.0 | 35.0 | 22.5L | 70.0 | 77.5R | 205.0 | 319.7 |
| Al Myers | Dino Gym | USAWA | M | 2 | 55 | 102.9 | 43.1 | 40.8R | 110.0 | 140.0R | 333.9 | 323.2 |
| LaVerne Myers | Dino Gym | USAWA | M | 2 | 77 | 98.0 | 27.7 | 15.9L | 70.0 | 90.0R | 203.6 | 261.5 |
| Chad Ullom | Dino Gym | USAWA | M | 2 | 49 | 104.4 | 20.0 | ------- | 102.1 | 165.6R | 287.7 | 262.1 |
| Karen Gardner | Burton Powerhouse | IAWAUK | F | 2 | 62 | 73.4 | 25.0 | 15.0R | 50.0 | 70.0R | 160.0 | 199.5 |
| Paul Hallam | Burton Powerhouse | IAWAUK | M | 2 | 42 | 91.3 | 45.0 | 40.0L | 90.0 | 120.0L | 295.0 | 270.5 |
| Mollie Redfern-Smith | Burton Powerhouse | IAWAUK | F | 2 | 13 | 49.3 | 20.0 | 15.0R | 30.0 | 30.0R | 95.0 | 161.3 |
| Graham Saxton | Burton Powerhouse | IAWAUK | M | 2 | 59 | 121.0 | 45.0 | 25.0R | 70.0 | 120.0R | 260.0 | 239.7 |
| Gary Redfern-Smith | Burton Powerhouse | IAWAUK | M | 2 | 48 | 113.4 | 70.0 | 40.0R | 110.0 | 70.0 | 290.0 | 250.8 |
| Steve Gardner | Burton Powerhouse | IAWAUK | M | 2 | 64 | 128.8 | ----- | ------ | 90.0 | 90.0R | 180.0 | 169.0 |
| Sylvia Stockall | Victoria | CANADA | F | 1\* | 63 | 68.1 | 46.7 | 20.0R | 60.3 | 55.0R | 182.0 | 240.2 |
| Tony Hose | Clark’s Gym | USAWA | M | 2 | 52 | 104.3 | 81.7 | 48.1L | 79.4 | 122.5 | 331.7 | 310.4 |
| Nick Frieders | Clark’s Gym | USAWA | M | 2 | 20 | 70.7 | 49.9 | 45.4R | 90.7 | 140.6R | 326.6 | 339.1 |
| Dave DeForest | Clark’s Gym | USAWA | M | 1 | 61 | 89.3 | 56.7 | 38.6R | 83.4 | 90.7L | 269.4 | 296.3 |
| Nick Swain | Iron Masters | IAWAUK | M | 1 | 56 | 78.2 | 30.5 | 28R | 70.5 | 100.5R | 229.5 | 261.7 |
| Philippe Crisp | Iron Masters | IAWAUK | M | 1 | 51 | 106.5 | 73 | 25.5R | 125.5 | 155.5R | 379.5 | 348.3 |
| Olivia Collins | Frank’s Barbell Club | USAWA | F | 2 | 12 | 63.5 | 25.0 | 12.5R | 30.0 | 50.0R | 117.5 | 174.4 |
| Natalie Collins | Frank’s Barbell Club | USAWA | F | 2 | 14 | 68.1 | 27.5 | 15.0R | 35.0 | 52.5R | 130.0 | 166.0 |
| Frank Ciavattone | Frank’s Barbell Club | USAWA | M | 2 | 66 | 127.0 | 40.0 | 30.0R | 100.0 | 160.0L | 330.0 | 316.9 |
| Mark Raymond | Frank’s Barbell Club | USAWA | M | 2 | 58 | 104.4 | 66.0 | 20.0R | 88.0 | 60.0L | 234.0 | 230.6 |
| James Morrison | Frank’s Barbell Club | USAWA | M | 2 | 22 | 77.1 | 50.0 | 37.5R | 70.0 | 105.0R | 262.5 | 258.0 |
| Mike Marchand | Frank’s Barbell Club | USAWA | M | 2 | 15 | 76.7 | 43.0 | 33.0R | 55.0 | 91.0R | 222.0 | 251.8 |
| Wade Marchand | Frank’s Barbell Club | USAWA | M | 2 | 51 | 74.9 | 53.0 | 26.0R | 65.0 | 91.0R | 235.0 | 263.4 |
| Jeff Ciavattone | Frank’s Barbell Club | USAWA | M | 2 | 41 | 109.8 | 110.0 | 72.5L | 160.0 | 205.0R | 547.5 | 450.5 |

*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. Exhibition lifters are marked with a \*.*

* *Twyford Celts– Official Gary Ell ( 1\*) Gary officiated himself “just for fun and to honor Andy”*
* *KC Strongman – Officials Eric Todd, Lance Foster, Chris Todd*
* *Metamorfit – Officials Paul Barette, Natalie Voce*
* *Ballina – Official Jason Farrugia (1\*) Jason officiated himself*
* *Granby Grippers – Officials Steve Gardner, Karen Gardner*
* *Habecker’s Gym – Officials Denny Habecker, Barry Pensyl*
* *Dino Gym – Officials LaVerne Myers, Al Myers*
* *Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner*
* *Canada – (1\*) Uncertified Official Jesse Campbell*
* *Clark’s Gym – Officials Bill Clark, Dave DeForest*
* *Iron Masters - Officials Nick Swain, Philippe Crisp*
* *Frank’s Barbell Club – Officials Chris Lestan, Jeff Ciavattone, Frank Ciavattone*

**CLASS CHAMPIONS AND BEST LIFTERS**

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| --- | --- |
| **LIFTER** | **IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS** |
| Phoebe Todd | Womens <13/50KG Class Runner Up |
| Max Ell | Womens 20-39/55KG Class Champion |
| Natalie Voce | Womens 20-39/90KG Class Champion |
| Beata Banas | Womens 20-39/75KG Class Champion |
| Karen Gardner | Womens 60-64/75KG Class Champion, BEST MASTER 60-64 |
| Mollie Redfern-Smith | Womens <13/50KG Class Champion |
| Sylvia Stockall | Womens 60-64/70KG Class Champion (Exhibition Lifter) |
| Sonya Coles | Womens 40-44/90KG Class Champion BEST MASTER 40-44 |
| Olivia Collins | Womens <13/65KG Class Champion |
| Natalie Collins | Womens 14-15/70KG Class Champion |
| Stacy Todd | Womens 20-39/85KG Class Champion |
|  |  |
| Gary Ell | Mens 50-54/95KG Class Champion (Exhibition Lifter) |
| Lance Foster | Mens 55-59/125+KG Class Champion |
| Eric Todd | Mens 45-49/120KG Class Champion BEST MASTER 45-49 |
| Chris Todd | Mens 40-44/125KG Class Champion |
| Everett Todd | Mens <13/30KG Class Champion |
| Paul Barette | Mens 45-49/75KG Class Champion |
| Danny Kingsland | Mens 20-39/65KG Class Champion |
| Jason Farrugia | Mens 50-54/80KG Class Champion (Exhibition Lifter) |
| Riley Farrugia | Mens 14-15/85KG Class Champion BEST JUNIOR |
| Steve Andrews | Mens 60-64/70KG Class Champion, BEST MASTER 60-64 |
| Denny Habecker | Mens 75-79/90KG Class Champion, BEST MASTER 75-79 |
| Aidan Habecker | Mens 18-19/95KG Class Champion |
| Barry Pensyl | Mens 70-74/65KG Class Champion, BEST MASTER 70-74 |
| Al Myers | Mens 55-59/105KG Class Champion, BEST MASTER 55-59 |
| LaVerne Myers | Mens 75-79/100KG Class Champion |
| Chad Ullom | Mens 45-49/105KG Class Champion |
| Paul Hallam | Mens 40-44/95KG Class Champion |
| Gary Redfern-Smith | Mens 45-49/115KG Class Champion |
| Graham Saxton | Mens 55-59/125KG Class Champion |
| Steve Gardner | Mens 60-64/125+KG Class Champion |
| Tony Hose | Mens 50-54/105KG Class Champion |
| Nick Frieders | Mens 20-39/75KG Class Champion BEST SENIOR 20-39 |
| Dave DeForest | Mens 60-64/90KG Class Champion |
| Nick Swain | Mens 55-59/80KG Class Champion |
| Philippe Crisp | Mens 50-54/110KG Class Champion BEST MASTER 50-54 |
| Frank Ciavattone | Mens 65-69/125+KG Class Champion BEST MASTER 65-69 |
| Mark Raymond | Mens 55-59/105KG Class Runner Up |
| James Morrison | Mens 20-39/80KG Class Champion |
| Mike Marchand | Mens 14-15/80KG Class Champion |
| Wade Marchand | Mens 50-54/75KG Class Champion |
| Jeff Ciavattone | Mens 40-44/110KG Class Champion BEST MASTER 40-44, BEST MASTER OVERALL, OVERALL BEST LIFTER |

**TOP INDIVIDUAL PLACINGS**

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| --- | --- | --- | --- | --- | --- |
|  | **MENS OVERALL TOP TWENTY** | **POINTS** |  | **WOMENS OVERALL TOP TEN** | **POINTS** |
| 1 | Jeff Ciavattone, USA | 450.5 | 1 | Beata Banas, England | 220.4 |
| 2 | Eric Todd, USA | 390.5 | 2 | Karen Gardner, England | 199.5 |
| 3 | Steve Andrews, England | 359.5 | 3 | Stacy Todd, USA | 192.3 |
| 4 | Philippe Crisp, England | 348.3 | 4 | Max Ell, England | 183.6 |
| 5 | Nick Frieders, USA | 339.1 | 5 | Olivia Collins, USA | 174.4 |
| 6 | Denny Habecker, USA | 333.2 | 6 | Natalie Collins, USA | 166.0 |
| 7 | Al Myers, USA | 323.2 | 7 | Mollie Redfern-Smith, England | 161.3 |
| 8 | Barry Pensyl, USA | 319.7 | 8 | Phoebe Todd, USA | 142.6 |
| 9 | Frank Ciavattone, USA | 316.9 | 9 | Sonya Coles, England | 142.5 |
| 10 | Tony Hose, USA | 310.4 | 10 | Natalie Voce, England | 134.7 |
| 11 | Dave DeForest, USA | 296.3 |  |  |  |
| 12 | Danny Kingsland, England | 271.8 |  |  |  |
| 13 | Paul Hallam, England | 270.5 |  |  |  |
| 14 | Wade Marchand, USA | 263.4 |  |  |  |
| 15 | Riley Farrugia, Australia | 263.3 |  |  |  |
| 16 | Chad Ullom USA | 262.1 |  |  |  |
| 17 | Nick Swain, England | 261.7 |  |  |  |
| 18 | LaVerne Myers, USA | 261.5 |  |  |  |
| 19 | James Morrison, USA | 258.0 |  |  |  |
| 20 | Mike Marchand, USA | 251.8 |  |  |  |

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

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|  | **TEAM** | **POINTS** | **LIFTERS** |
| 1 | Frank’s Barbell Club 1 | 1030.8 | Jeff Ciavattone, Frank Ciavattone, Wade Marchand |
| 2 | Clark’s Championship Gym | 945.8 | Nick Frieders, Tony Hose, Dave DeForest |
| 3 | Habecker’s Gym | 883.5 | Aidan Habecker, Denny Habecker, Barry Pensyl |
| 4 | Dino Gym | 846.8 | Al Myers, LaVerne Myers, Chad Ullom |
| 5 | KC Strongman | 842.1 | Eric Todd, Chris Todd, Lance Foster |
| 6 | Frank’s Barbell Club 2 | 740.4 | Mark Raymond, James Morrison, Mike Marchand |
| 7 | Burton Powerhouse 1 | 720.8 | Paul Hallam, Karen Gardner, Gary Redfern-Smith |
| 8 | Metamorfit | 699.3 | Paul Barette, Danny Kingsland, Beata Banas |
| 9 | Iron Masters | 610.0 | Philippe Crisp, Nick Swain |
| 10 | Burton Powerhouse 2 | 570.0 | Graham Saxton, Mollie Redfern-Smith, Steve Gardner |

**TOP 10 CLUBS**

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| --- | --- | --- | --- |
|  | **CLUB** | **POINTS** | **MEMBERS** |
| 1 | Frank’s Barbell Club | 2111.6 | Olivia Collins, Natalie Collins, Frank Ciavattone, Mark Raymond, James Morrison, Mike Marchand, Wade Marchand, Jeff Ciavattone |
| 2 | KC Strongman | 1358.0 | Lance Foster, Eric Todd, Chris Todd, Everett Todd, Phoebe Todd, Stacy Todd |
| 3 | Burton Powerhouse | 1290.8 | Karen Gardner, Paul Hallam, Mollie Redfern-Smith, Graham Saxton, Gary Redfern-Smith, Steve Gardner |
| 4 | Clark’s Championship Gym | 945.8 | Nick Frieders, Tony Hose, Dave DeForest |
| 5 | Habecker’s Gym | 883.5 | Denny Habecker, Aidan Habecker, Barry Pensyl |
| 6 | Dino Gym | 846.8 | Al Myers, LaVerne Myers, Chad Ullom |
| 7 | Metamorfit | 834.0 | Natalie Voce, Paul Barette, Danny Kingsland, Beata Banas |
| 8 | Iron Masters | 610.0 | Philippe Crisp, Nick Swain |
| 9 | Granby Grippers | 359.5 | Steve Andrews |
| 10 | Twyford Celts | 326.1 | Max Ell, Sonya Coles |

**TOP 3 ASSOCIATIONS**

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| --- | --- | --- |
|  | **ASSOCIATION** | **POINTS** |
| 1 | USAWA | 6145.7 |
| 2 | IAWAUK | 3420.4 |
| 3 | AWFA | 263.3 |