

2024 IAWA World Postal Championships “The Andy Goddard Memorial” August 31st, 2024

Lifts: Clean and Push Press, Continental to Belt, One Hand DB Clean and Jerk, Cheat Curl

MEET REPORT, BY PROMOTER AL MYERS

Another great year for the IAWA World Postal Championships!!

This year we had 55 lifters compete from the United States, Australia, and England. 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 best lifters, individual overall rankings, 3 person team rankings, and club rankings.

The Overall Best Lifter was ABE SMITH, followed by CHLOE BRENNAN and RJ JACKSON. The Overall Best 3-person Team went to BURTON’S POWERHOUSE (Chloe Brennan, Josh Davidson, Matt Jones). The Overall Best Club went to CLARK’S GYM, which had 14 members participate. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

The youngest lifter that entered was LOGAN WENZEL at 9 years of age. The oldest lifter was BILL CLARK at 92 years of age! The highest total weight lifted was by MATT JONES with 465 kilos.

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

LIFTER	CLUB/TEAM	ORG	M/F	OFF#	AGE	BWT	C&PP	ConBelt	1H DB CJ	C Curl	TOTAL	POINTS
Max Ell	Twyford Celts	IAWAUK	F	2	27	49.	25.0	50.0	15.0	32.5	122.5	219.3

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Sonya Coles	Twyford Celts	IAWAUK	F	2	47	92.0	30.0	50.0	17.5	35.0	132.5	168.8
Gary Ell	Twyford Celts	IAWAUK	M	2	53	92.0	20.0	50.0	17.5	40.0	127.5	128.9
Natalie Voce	Metamorfit	IAWAUK	F	1	42	89.9	45.0	60.0	25.0R	40.0	170.0	209.2
Matt Ashdown	Metamorfit	IAWAUK	M	2	37	101.0	75.0	110.0	35.0R	67.5	287.5	242.3
Danny Kingsland	Metamorfit	IAWAUK	M	1	34	62.5	65.0	100.0	35.0R	50.0	250.0	282.2
Sam Bonar	Metamorfit	IAWAUK	M	1	30	89.2	80.0	140.0	50.0R	75.0	345.0	311.2
Brandon HazellHyland	Metamorfit	IAWAUK	M	1	22	79.3	55.0	100.0	30.0R	50.0	235.0	227.1
Lara Bennett	Metamorfit	IAWAUK	F	1	19	57.6	37.5	55.0	17.5R	35.0	145.0	235.7
Thomas Meakin	Metamorfit	IAWAUK	M	1	73	82.0	62.5	92.5	32.5R	57.5	245	329.5
Jeni Ashdown	Metamorfit	IAWAUK	F	2	35	86.5	35.0	50.0	20.0R	30.0	135.0	164.8
Christopher Lansdown	Habeckers Gym	USAWA	M	1	45	99.5	80.0	110.0	41.0	70.0	301.0	271.0
RJ Jackson	Dino Gym	USAWA	F	1	62	47.2	43.6	68.5	9.1L	43.6	164.8	380.2
Chloe Brennan	Burton Powerhouse	IAWAUK	F	3	28	73.8	70.0	120.0	40.0R	60.0	290.0	389.5

Josh Davidson	Burton Powerhouse	IAWAUK	M	3	33	94.0	90.0	170.0	60.0R	85.0	405.0	354.8
Matt Jones	Burton Powerhouse	IAWAUK	M	3	28	143.1	100.0	200.0	70.0R	95.0	465.0	329.7
Paul Hallam	Burton Powerhouse	IAWAUK	M	3	45	97.9	65.0	165.0	45.0R	70.0	345.0	313.4
Jamie Oates	Burton Powerhouse	IAWAUK	M	3	39	100.6	80.0	140.0	50.0R	90.0	360.0	303.9
Gary Redfern-Smith	Burton Powerhouse	IAWAUK	M	3	51	108.9	70.0	105.0	35.0R	70.0	280.0	254.0
Graham Saxton	Burton Powerhouse	IAWAUK	M	3	62	116.2	45.0	100.0	30.0R	40.0	215.0	207.3
Sanjiv Gupta	High Country Vigor	USAWA	M	1	53	93.1	65.8	93.0	28.5R	38.6	225.9	226.8
Abe Smith	Clark's Gym	USAWA	M	3	42	83.9	111.1	156.5	63.5R	93.0	424.1	408.2
Travis Luther	Clark's Gym	USAWA	M	3	31	76.5	68.0	115.6	38.5R	61.2	283.5	280.0
Tony Hose	Clark's Gym	USAWA	M	3	55	100.7	81.6	115.6	45.3L	106.6	349.3	341.9
John Carter	Clark's Gym	USAWA	M	3	65	84.1	47.6	106.5	27.2R	47.6	229.1	269.4
Dave DeForest	Clark's Gym	USAWA	M	2	64	78.5	54.4	99.8	35.1R	52.1	241.5	293.5
Jeff Wenzel	Clark's Gym	USAWA	M	2	49	106.1	81.6	151.9	40.8R	77.1	351.5	317.5
Tony Lupo	Clark's Gym	USAWA	M	1	58	106.1	63.5	140.6	36.3L	58.9	299.4	292.5
Spencer Wenzel	Clark's Gym	USAWA	M	3	17	58.1	43.1	65.7	22.7R	34.0	165.6	206.9
Bill Clark	Clark's Gym	USAWA	M	3	92	91.0	12.5	45.0	10.0R	20.0	87.5	140.5

Logan Wenzel	Clark's Gym	USAWA	M	2	9	31.3	10.0	27.2	6.8R	13.6	57.6	169.8
Janet Thompson	Clark's Gym	USAWA	F	2	66	74.8	22.6	63.5	13.6L	29.5	129.2	220.4
Allison Lupo	Clark's Gym	USAWA	F	2	58	87.5	24.9	40.8	13.6L	27.2	106.6	151.9
Lisa Gore	Clark's Gym	USAWA	F	3	59	96.1	38.5	68.0	22.7R	36.3	165.6	228.6
Kim VanWagner	Clark's Gym	USAWA	F	2	57	58.1	34.0	47.6	20.4R	34.0	136.0	254.4

Carl Puzin	Frank's Barbell Club	USAWA	M	2	68	105.6	45.0	62.5	32.5	55.0	195.0	211.9
Frank Ciavattone	Frank's Barbell Club	USAWA	M	2	69	125.2	60.0	160.0	35.0	75.0	330.0	334.1
Dan Jones	Frank's Barbell Club	USAWA	M	2	40	89.3	70.0	117.5	37.5	62.5	287.5	261.8
Wade Marchand	Frank's Barbell Club	USAWA	M	2	55	74.4	47.5	80.0	32.5	47.5	207.5	241.9
Jess Hopps	Frank's Barbell Club	USAWA	F	2	40	92.5	35.0	70.0	22.5	37.5	165.0	195.9
Lovely Patrick	Frank's Barbell Club	USAWA	F	2	43	70.0	22.5	42.5	11.0	22.5	98.5	142.4
Katja Mannel	The Shed	AWFA	F	3	39	50.4	40.0	65.0	20.0R	40.0	165.0	292.4
Owen Webb	The Shed	AWFA	M	3	74	69.9	40.0	60.0	17.5R	40.0	157.5	237.2
David Reeve	The Shed	AWFA	M	3	78	73.	52.5	80.0	27.5R	47.5	207.5	320.8

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Charlie Carabott	The Shed	AWFA	M	3	70	91.0	40.0	70.0	17.5R	40.0	167.5	203.2
Tom Davies	PattersonPowerhouse	AWFA	M	2	81	77.1	40.0	70.0	20.0L	40.0	170.0	264.0
Edmund Patterson	PattersonPowerhouse	AWFA	M	3	35	114.0	85.0	130.0	35.0R	80.0	330.0	261.2
Everett Todd	KC Strongman	USAWA	M	3	11	46.2	55.0	38.6	13.6R	22.7	129.9	248.5
Leroy Todd	KC Strongman	USAWA	M	3	13	61.9	31.8	18.6	17.0R	27.3	94.7	134.5
Phoebe Todd	KC Strongman	USAWA	F	3	14	63.0	29.4	45.5	15.9R	34.1	124.0	223.7
Lilly Todd	KC Strongman	USAWA	F	3	15	72.5	43.2	65.9	20.5R	36.4	166.0	259.4
Stacy Todd	KC Strongman	USAWA	F	3	41	87.0	43.2	77.2	22.7R	50.0	193.1	239.7
Lance Foster	KC Strongman	USAWA	M	2	58	109.3	----	86.4	----	45.5	131.9	126.9
Chris Todd	KC Strongman	USAWA	M	2	45	128.3	79.5	120.5	39.8R	74.1	313.9	248.4
Eric Todd	KC Strongman	USAWA	M	2	49	125.6	70.4	86.4	36.4R	60.5	253.7	210.5

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.

- *Twyford Celts– Officials Gary Ell, Max Ell, Sonya Coles*
- *Metamorfit – Officials Paul Barette, Natalie Voce*
- *Habeckers Gym – Official Beth Skwarecki*

- *Dino Gym – Official Crystal Diggs*
- *Burton Powerhouse – Officials Graham Saxton, Steve Gardner, Paul Hallam, Matt Jones*
- *Sanjiv Gupta – Official Jarrod Fobes*
- *Clark’s Gym – Officials Bill Clark, Dave DeForest, Abe Smith, Tony Lupo, Jarrod Fobes, Sanjiv Gupta*
- *Franks Barbell Club – Officials Frank Ciavattone, Mark Raymond, Wade Marchand*
- *The Shed – Officials Peter Phillips, John Patterson, Tom Davies*
- *Patterson Powerhouse – Officials Peter Phillips, John Patterson, Tom Davies*
- *KC Strongman – Officials Eric Todd, Chris Todd, and Lance Foster*

BEST LIFTERS AWARDS

Best Junior Age Group	Lilly Todd
Best Senior 20-39 Age Group	Chloe Brennan
Best Master 40-44 Age Group	Abe Smith
Best Master 45-49 Age Group	Jeff Wenzel
Best Master 50-54 Age Group	Gary Redfern-Smith
Best Master 55-59 Age Group	Tony Hose
Best Master 60-64 Age Group	RJ Jackson
Best Master 65-69 Age Group	Frank Ciavattone
Best Master 70-74 Age Group	Thomas Meakin
Best Master 75-79 Age Group	David Reeve
Best Master 80-84 Age Group	Tom Davies
Best Master 85-89 Age Group	none
Best Master 90-94 Age Group	Bill Clark
Overall Best Lifter	Abe Smith

TOP INDIVIDUAL PLACINGS

	OVERALL TOP TWENTY	POINTS			POINTS
1	Abe Smith	408.2	11	Paul Hallam	313.4
2	Chloe Brennan	389.5	12	Sam Bonar	311.2
3	RJ Jackson	380.2	13	Jamie Oats	303.9
4	Josh Davidson	354.8	14	Dave DeForest	293.5
5	Tony Hose	341.9	15	Tony Lupo	292.5
6	Frank Ciavattone	334.1	16	Katja Mannel	292.4
7	Matt Jones	329.7	17	Danny Kingsland	282.2
8	Thomas Meakin	329.5	18	Travis Luther	280.0
9	David Reeve	320.8	19	Jeni Ashdown	271.0
10	Jeff Wenzel	317.5	20	John Carter	269.4

TOP 10 TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Burton Powerhouse Gym 1	1074.0	Chloe Brennan, Josh Davidson, Matt Jones
2	Clark's Gym 1	1067.6	Abe Smith, Tony Hose, Jeff Wenzel
3	Metamorfit 1	923.2	Sam Bonar, Danny Kingsland, Thomas Meakin
4	Burton Powerhouse Gym 2	871.3	Paul Hallam, Jamie Oates, Gary Redfern-Smith
5	Clark's Gym 2	866.0	Dave DeForest, Tony Lupo, Travis Luther

6	The Shed	850.5	Katja Mannel, David Reeve, Owen Webb
7	Frank's Barbell Club	837.8	Frank Ciavattone, Dan Jones, Wade Marchand
8	KC Strongman	756.3	Chris Todd, Everett Todd, Lilly Todd
9	Metamorfit 2	705.1	Brandon Hazell-Hyland, Lara Bennett, Matt Ashdown
10	Clark's Gym Women	703.4	Kim VanWagner, Lisa Gore, Janet Thompson

TOP 5 CLUBS

	CLUB	POINTS	MEMBERS
1	Clark's Gym	3575.5	Abe Smith, Travis Luther, Tony Lupo, John Carter, Dave DeForest, Jeff Wenzel, Tony Hose, Spencer Wenzel, Bill Clark, Janet Thompson, Allison Lupo, Logan Wenzel, Kim VanWagner, Lisa Gore
2	Burton Powerhouse Gym	2152.6	Paul Hallam, Jamie Oates, Gary Redfern-Smith, Graham Saxton, Chloe Brennan, Josh Davidson, Matt Jones
3	Metamorfit	2002.3	Danny Kingsland, Sam Bonar, Brandon Hazell-Hyland, Lara Bennett, Thomas Meakin, Matt Asdown, Jeni Ashdown, Natalie Voce
4	KC Strongman	1691.6	Everett Todd, Leroy Todd, Phoebe Todd, Lilly Todd, Stacy Todd, Lance Foster, Chris Todd, Eric Todd
5	Frank's Barbell Club	1388.0	Dan Jones, Wade Marchand, Carl Puzin, Frank Ciavattone, Jess Hopps, Lovely Patrick
6	The Shed	1053.7	Katja Mannel, Charlie Carabott, Owen Webb, David Reeve

TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	7533.
2	IAWAUK	4671.9

3	AWFA	1578.9
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