

# **2023 USAWA YEAR IN REVIEW**

Dear USAWA family,

I have compiled the Year in Review for a number of years now, and I feel it is a great way to preserve the history of the USAWA in a written format. Over the course of a year our organization accumulates so much new information and becomes the future history of the future. I want to thank everyone who contributes to the USAWA whether as a member, lifter, official, or meet promoter. Without the support of everyone we would not have this great organization that has been around for over 30 years now!

Thank you!

Al Myers

Former USAWA Secretary and Publisher of the USAWA Year in Review

# FIRST QUARTER POSTAL

January 2, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

## LIFTS

Dumbbell Swing – One Hand

Deadlift- No Thumb – One Hand

Deadlift – 2 Bars

The basic rules for entering a USAWA Postal Meet are as follows:

Must be a CURRENT member of the USAWA

All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

[USAWA-1st-Quarter-Postal-Meet1](#)

# SECOND QUARTER POSTAL

January 2, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets.. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

## LIFTS

Cheat Curl

Snatch – One Hand

Continental to Belt

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All lifts must be done on the same day

USAWA rules apply as outlined in Rule Book

3 attempts allowed with best attempt recorded

Bodyweight and Age apply as to the day of lifting

Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

[USAWA-2nd-Quarter-Postal-Meet](#)

## THIRD QUARTER POSTAL

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[January 2, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

## LIFTS

Holdout – Lowered

Ciavattone Deadlift

Clean & Push Press

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All lifts must be done on the same day  
USAWA rules apply as outlined in Rule Book  
3 attempts allowed with best attempt recorded  
Bodyweight and Age apply as to the day of lifting  
Must turn in official scoresheet by deadline  
Record results on scoresheet in pounds  
At least 1 certified official required for records  
May enter with a non-certified judge but will not be eligible for records  
Scoresheet must be fully filled out  
No entry fee

USAWA-3rd-Quarter-Postal-Meet1

## FOURTH QUARTER POSTAL

January 2, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The USAWA Postal Series consists of 4 quarterly postal meets. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

### LIFTS

Snatch from Hang  
Deadlift- 2 Dumbbells  
Pullover and Press

The basic rules for entering a USAWA Postal Meet are as follows:

Must be a CURRENT member of the USAWA  
All lifts must be done on the same day  
USAWA rules apply as outlined in Rule Book  
3 attempts allowed with best attempt recorded  
Bodyweight and Age apply as to the day of lifting  
Must turn in official scoresheet by deadline

Record results on scoresheet in pounds

At least 1 certified official required for records

May enter with a non-certified judge but will not be eligible for records

Scoresheet must be fully filled out

No entry fee

[USAWA-4th-Quarter-Postal-Meet1](#)

## **FRANK'S BARBELL CLUB 2022 NEW YEAR'S EVE RECORD BREAKER**

January 3, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Mark Raymond

# **Frank's Barbell Club**

## **2022 New Year's Eve Record Breaker**

Results are as follows:

2022 New Year's Eve Record Breaker Frank's Barbell Club, East Walpole,  
Massachusetts December 31st 2022

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Jeff Ciavattone, Mark Raymond

All lifts recorded in pounds

**Wade Marchand** Age: 53 Weight: 162 Lbs. 75K Class 50+ Masters

**Mark Raymond** Age: 59 Weight: 226 Lbs. 105K Class 55+ Masters

**Jeff Ciavattone** Age: 43 Weight: 240 Lbs. 110K Class 40+ Masters

**Frank Ciavattone Jr.** Age: 67 Weight: 276 Lbs. 125K+ Class 60+ Masters

**Lifter**

**Lift**

**Pounds**

Jeff Ciavattone

Vertical Bar-2 Inch-Right

185

Deadlift – Fingers – Index	241
Clean & Press – 12 Inch Base	210
Clean & Press – Middle Fingers	155
Jefferson Lift	605

Mark Raymond	Bench Press – Hands Together	120
Bench Press – Alternate grip		115
Weaver Stick – Right – Front		5.5
Weaver Stick – Left – Front		5.5
Weaver Stick – Left – Rear		7.5

Wade Marchand	Weaver Stick – Right – Rear	7.5
Weaver Stick – Left – Front		5
Weaver Stick – Left – Rear		7.5
Wrist curl		100
Wrist curl – 1 Hand – Left		50

Frank Ciavattone	Weaver Stick – Right – Front	6
Weaver Stick – Right – Rear		9
Weaver Stick – Left – Rear		9
Curl – Reverse Grip		90
Rectangular Fix		80

# RECORDING RECORDS-CONVERTING KILOS TO POUNDS

January 11, 2023 [KCSTRONGMAN](#) [Edit Post](#)

A few years ago the call was made to allow partial pounds in our record book. This was mostly due to converting kilograms meets to pounds to not shortchange the US crowd. This carried over to using half pounds throughout. It has been requested by a member we adhere to the organization's rules and no longer use partial lbs. All current partial records will be rounded down as per the rules of the USAWA. Please remember for future record attempts to no longer use partial pounds.

## 2022 NATIONAL POSTAL CHAMPIONSHIP

January 16, 2023 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker



Dan Wagman executes a Bench Press-Reverse Grip in the National Postal Championship.

We had great participation in the 2022 4th Quarter Postal again, with 24 men and 7 women taking part. There were some great lifts done in this meet, with many records set or broken. Jeff Ciavattone set a tough standard in the men's division and Beth Skwarecki placed at the top of the women's division.

4th Quarter Postal – October 1 thru December 31, 2022

The Lifts : Bench Press- Reverse Grip, Deadlift – Dumbbell – One Hand, Zercher

Records are marked with an \* All weights are in Pounds

**MEN'S DIVISION:**

Jeff Ciavattone	- 43	- 240	- 315 *	- 425 -R*	- 450 *	- 1190	- 1003
Abe Smith	- 41	- 180	- 270 *	- 300 -R*	-370 *	- 940	-910.76
Randy Smith	- 68	- 197	- 155	- 228.5 -R	- 295	- 678.5	-
807.4							
Anthony Hose	- 53	- 228	- 285 *	- 280 - R*	- 275	- 840	-
796.91							
Nick Frieder	- 22	-153	- 165	- 248 -R	- 340	- 753	-
791.4							
Dave Hahn	- 85	- 142	- 100	- 125 - L	- 190	- 415	-
761.44							
Barry Bryan	- 64	- 185	- 226 *	- 187 - R	- 220	- 633	-
739.42							
John J. Carter	- 64	- 215	- 115	- 260 - R*	- 300*	- 675	-
724.61							
Dave DeForest	- 62	- 190	- 170	- 238 -L*	- 200	- 608	-
688.38							
Frank Ciavattone-	67	- 276	- 155	- 310 - R*	- 225	-	
690	-	672.47					
Jarrold Fobes	- 45	- 209	- 240	- 235 -R	- 215	- 690	-
637.78							
Dan Wagman	- 175.8		- 331 *	- 331 -L*	- 0	- 662	-
637.77							
Barry Pensyl	- 74	- 140	- 44	- 154 - R	- 176	- 374	-
601.14							
Denny Habecker	-80	-181	- 88 *	- 176 -R*	- 143	- 407	-
600.95							
Chris Todd	- 43	- 270	-225 *	- 280 - R*	- 225 *	-730	-
579.04							
Wade Marchand	-53	- 162	- 155 *	- 211 -L*	- 112	-478	-
552.38							
Eric Todd	- 47	- 263	- 225	- 300 - L*	-135	- 660	-
551.63							
Tony Lupo	- 56	- 236.5	- 250*	- 165-R*	-		
155	-	570	-	544.65			
Leroy Todd	- 11	-92.4	- 45*	- 90-R*	-		
80	-	215	-	451.82			
Sanjiv Gupta	- 51	-194.9	- 0	- 170-R	-		



175	– 345	– 381.63					
Mark Raymond	-59	-226	-125*	– 170-L *	– 55	– 350	– 352.42
Everett Todd	– 9	– 86	– 40*	– 70-R*	– 45	– 155	-
351.11							
Lance Foster	– 57	– 263	– 0	– 210-R*	– 135	– 345	–
315.05							
Bill Clark	– 90	– 197.5	-55*	-108-R*	– 0	-163	– 258.30

#### WOMEN:

Beth Skwarecki	– 42	– 145	– 121*	– 187-L *	-222*	– 531	– 596.64
R.J. Jackson	– 61	– 103.4	– 100	– 171-R	– 67	– 338	–
479.62							
Stacy Todd	– 39	– 180.4	– 120*	– 205-R*	– 170*	– 495	– 469.50
Kim Van Wagner	-55	-124	– 95	-95-R	-130	– 320	– 453.12
Lily Todd	– 13	– 137.8	– 80*	– 115-R*	– 110*	– 305	– 416.51
Phoebe Todd	– 12	– 118	– 50*	-120-R*	– 70*	– 240	– 405
Janet Thompson	-65	-165	– 40*	– 75- R*	-45*	– 160	201.94

#### OFFICIALS:

Abe Smith- Bill Clark, Tony Lupo, Dave DeForest  
 Nick Frieders- Bill Clark, Tony Lupo, Dave DeForest  
 Anthony Hose- Tony Lupo, Abe Smith, Dave DeForest  
 John Carter- Tony Lupo, Abe Smith, Dave DeForest  
 Tony Lupo- Bill Clark, Abe Smith, Dave DeForest  
 Dave DeForest- Bill Clark, Tony Lupo  
 Bill Clark – Dave DeForest, Tony Lupo  
 Janet Thompson – Bill Clark, Tony Lupo  
 Chris Todd – Eric Todd, Lance Foster, Jeff Rigby[Probational}  
 Leroy Todd- Eric Todd, Chris Todd, Lance Foster, J. Rigby  
 Stacy Todd – Eric Todd, Chris Todd, Lance Foster, J. Rigby  
 Lilly Todd – Eric Todd, Chris Todd, Lance Foster, J. Rigby  
 Phoebe Todd – Eric Todd, Chris Todd, Lance Foster, J. Rigby  
 Eric Todd – Chris Todd, Lance Foster, Jeff Rigby  
 Lance Foster – Chris Todd, Jeff Rigby  
 Jeff Ciavattone – Frank Ciavattone, Mark Raymond  
 Frank Ciavattone- Jeff Ciavattone, Mark Raymond  
 Wade Marchand – Jeff Ciavattone, Mark Raymond

Mark Raymond- Frank Ciavattone, Jeff Ciavattone  
Barry Bryan- Denny Habecker, Bethh Skwarecki  
Denny Habecker- Barry Bryan, Beth Skwarecki  
Beth Skwarecki – Barry Bryan, Denny Habecker  
Dan Wagman – R.J. Jackson

Lifters with no Certified Official:

Randy Smith, Jarrod Fobes, Barry Pensyl, Sanjiv Guota,  
R.J. Jackson, Kim Van Wagner

## NEW RECORD LIST OUT

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[January 19, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The newest record list is out and posted. This list is current through the “Lift for Leroy Record Day.” If you are uncertain if your record should be included or not, please refer to the results page. If your lift was completed in a meet that was posted after “Lift for Leroy” it is not and should not be posted yet. Hope you guys enjoy Johnny’s work, and to see where you and your friends fall on the records list. Will be posting an update on the century club soon.

## CENTURY CLUB UPDATE

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[January 21, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Dave DeForest-One of our newest members of the Century Club

With the newest record update, I figured it was time to take a new look at the Century Club. And there has been some movement. The men's Century Club, our biggest mover was no surprise. It was Abe Smith, and if he is in a meet, you know he is challenging for top honors, and records are going to be one of the many casualties in his wake. Abe jumped up 39 records in his count, and that moved him up 9 spots to number 17. Randy Smith jumped up the second most spots by moving four to number 25 on our list. Big Frank Ciavattone improved his count by 21 records, and that saw him go from eighth on our list to seventh. Myself and our founder, Bill Clark moved up 20 and 19 records, respectively, but maintained what place we sit in. Biggest news in the men's division is the addition of Dave DeForest, of Clark's Gym. This makes Dave the fifth member of Clark's Gym to make the cut. Dave sits at 111 records and is tied for 28th place.



Phoebe Todd becomes the fifth member of the Women's Century Club, and the youngest member to ever do it at age 12

The Women's Division once again saw very little movement. RJ Jackson stands firm in first place, Noi Phumchona stays in second, Mary McConnaughey in third, and Susan Sees in fourth. This is the way this list has looked for some time. There is a new name on the list, though. Young Phoebe Todd has broken through the Century mark at 104 records. Unless I am missing something (and I am not), Phoebe is the youngest member ever of the Century Club. She joins the ranks at a mere twelve years of age.

Below is a link to the club:

[Record List and Century Club](#)

Please note, our records director John Strangeway has been doing some work on cleaning this list up. So if you are unsure why your count is lower than you think, that is why. There were duplicate records for the same lift spanning decades. So, for a time, you might have had a record listed that had since been beat, but your record remained

on the books. So, while we are not claiming it is perfect, this should be a more accurate reflection of where you stand in the record count.

## POSTAL SERIES

January 23, 2023 [Denny Habecker](#) [Edit Post](#)

The 2022 Postal series had great participation again! Over the 4 Postals we had 37 men and 9 women that competed in at least one postal. So the overall ranking for the postals was done again using the same scoring system as in the past. The overall placing in the meet determines your points. I.E.- if three lifters compete, lifter number one gets 3 points, lifter number 2 gets 2 points and lifter number three gets 1 point. Obviously then, as more lifters enter, more points can be earned for winning and all lifters earn points regardless where they place overall. Just entering will earn points toward the Postal Series Ranking. The Postal Championships is worth “double points”. Several lifters that competed in all the Postal meets last year and they deserve to be recognized. These lifters are the GRAND SLAM WINNERS: Beth Skwarecki, R.J. Jackson, Stacy Todd, Kim Van Wagner, Phoebe Todd, Janet Thompson, Abe Smith, Randy Smith, Nick Frieders, Dave Hahn, John J. Carter, Dave DeForest, Jarod Fobes, Barry Pensyl, Denny Habecker, Chris Todd, Tony Lupo, Eric Todd, LeRoy Todd, Everett Todd and Bill Clark.

Now for the overall ranking for the 2022 USAWA Postal Series!

### WOMEN'S DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1-Tie	Beth Skwarecki	4	33
1-Tie	R.J. Jackson	4	33
3	Stacy Todd	4	20
4	Kim Van Wagner	4	19
5	Phoebe Todd	4	17

### MEN'S DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Abe Smith	4	115

2	Randy Smith	4	104
3	Nick Frieders	4	97
4	John J. Carter	4	95
5.	Dave DeForest	4	84
6.	Anthony Hose	3	78
7.	Dave Hahn	4	76
8.	Eric Todd	4	65
8.	Barry Pensyl	4	65
10.	Denny Habecker	4	64

This has been a great year for our USAWA Postal Series. The overall Champions for the 2022 USAWA Postal Series are WOMEN- BETH SKWARECKI in a tie with RJ JACKSON and MEN – ABE SMITH. Congrats to those two lifters and thank you to everyone who participated in the Postal Series last year.

## DINO GYM CHALLENGE

[January 24, 2023](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS:

**2023 Dino Gym Challenge**  
**“Tribute to John McKean”**



Group picture from the 2023 Dino Gym Challenge

The Dino Gym Challenge is often the first meet of the year for the USAWA, so I always hope that I can promote a competition that starts things off well for the organization. Despite the snow that blew in on Saturday that kept a few lifters away, it was a GREAT hard day of lifting for the 5 lifters that took to the platform. This meet was in tribute to the late John McKean. John was a good friend and a “big player” in the history of the USAWA, as well as an USAWA Hall of Famer. I made sure to tell many stories about John throughout the day as well as all lifters receiving a retro Tshirt that John had designed for the 2012 Nationals that I organized in Las Vegas for our 25 year anniversary of the USAWA.

Much to everyone’s surprise was Chad Ullom making an appearance! Chad just had total shoulder replacement a little over a week ago and seemed in great spirits. LaVerne was going to sit this one out and officiate, but with Chad there I subbed him into the head chair so ole dad could enjoy himself lifting. I was worried that Chad might be “slow on the calls” because of pain meds, but he did an outstanding job as usual. He even stepped up and did a couple of lifts with his good arm in the one handed lifts. I refused to watch as I thought he was crazy to do that and I didn’t want to be witness to a potential horror show, but he’s an iron warrior and lifted unscathed.

I hadn't seen Lance in a while and hardly recognized him as he's lost so much weight. He looked fit and lifted better than he did when he was heavier. I was very impressed with him, as dieting and losing weight is a difficult task.

Scottish Johnny sure put on a good lifting show and pushed me much harder than I had planned. He always makes his lifts look effortless (unlike myself who looks like I'm gonna pop a vessel). After the Kennedy Lift he did a great record day lift of 711 pounds in the Peoples DL which probably was the highlight lift of the day.

After the meet I put on a big fish fry for all that stayed. John loved to fish as much as lifting and I know he would have been impressed by this (sorry you had to miss out on this Denny as I know how much you love your fish and chips!).

As great as the day was, there was a sense of sadness in the air with the absence of longtime Dino Gym member Dean Ross. Dean's fighting some health issues and couldn't make it. I can't remember the last time Dean missed a Dino Gym event.

Meet Results:

Dino Gym Challenge

Saturday, January 21st, 2023

Dino Gym, Holland, Kansas

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Meet Officials (1 official system used): Chad Ullom, Al Myers, LaVerne Myers

Lifts: 1x2" Vertical Bar Deadlift, Bentover Row, Dumbbell Deadlift One Arm, Deadlift 2 Bars, Kennedy Lift

Lifter	Age	BWT	VB	Row	DL1	DL2	Kenn	TOT
Al Myers	56	230	180R	275	330R	441	711	19
John Strangeway	44	216	180L	275	330L	507	661	19
LaVerne Myers	78	220	135L	155	200L	224	280	99
Lance Foster	57	257	145R	175	220R	300	397	12
Chad Ullom	51	220	145L	—	200L	—	—	34

*Notes: BWT is bodyweight in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall corrected points for age and bodyweight adjustments.*

RECORD DAY LIFTS:



John Strangeway – 44 years, 216 pounds

1×2" Vertical Bar Deadlift Left Arm: 191 pounds

Peoples Deadlift: 711 pounds

LaVerne Myers – 78 years, 220 pounds

Curl Cheat Dumbbell Left: 40 pounds

Curl Cheat Dumbbell Right: 40 pounds

Curl Cheat 2 Dumbbells: 70 pounds

Deadlift 2 Fulton Dumbbells: 250 pounds

Deadlift Fulton Dumbbell Left: 125 pounds

Al Myers – 56 years, 230 pounds

Deadlift Fulton Bar Right: 190 pounds

Deadlift Fulton Bar Left: 170 pounds

Curl Cheat Dumbbell Right: 75 pounds

Curl Cheat Dumbbell Left: 75 pounds

Deadlift 2 Fulton Dumbbells: 320 pounds

## 2023 NEW ENGLAND GRIP CLASSIC

January 25, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Mark Raymond

**2023 New England Grip Classic**

**Saturday, February 25, 2023**

Meet sponsored by and held at:

Frank's Barbell Club

204 East Street, Wapole, MA 02032

**Meet Director:** Mark Raymond (Email [owdmr@aol.com](mailto:owdmr@aol.com))

**Sanctioned by :** USAWA(membership required)

### **Lifts:**

Deadlift-Ciavattone Grip

Vertical Bar Deadlift-1 Bar, 1 inch, 1 hand

Deadlift-Fulton Dumbbell, 1 hand

Pinch Grip Deadlift

## Deadlift-Reeves

**Divisions:** Junior, Womens, Masters, Senior, and Open

**Weigh Ins:** 9:00-10:00- Day of Meet

**Please let me know in advance if you plan on attending.**

## ZERCHER STRENGTH CLASSIC

February 9, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark & Abe Smith

Results are below. Kim VanWagner entered via video, so she is not eligible for records at this time. Lifts marked with an asterisk(\*) denote record lifts.

The 3 official system was used. Officials were The officials were Bill Clark, Abe Smith, Tony Lupo and Dave DeForest. Weight is listed in pounds and in kilos. Lifts are listed in pounds.

	Age	division	weight	BW IN KG	weight class	Zercher Lift	Steinborn Lift
Men’s							
Dave DeForest	62	60-64	196	88.9	90	250	200*
Tony Lupo	56	55-59	232.5	105.46	110	150	135
Abe Smith	41	40-44	180	81.65	85	370*	300*
Philip Marlin	27	Open	269	122.02	125	350	300*
Wyatt Sawyers	26	Open	189	85.73	90	350	225
Women’s							
Kim VanWagner	55	55-59	123	55.79	60	95	65
Not eligible for records							
	Clean and Jerk	Vertical Leg Press	Hand and Thigh	Bench Press Feet in Air	Deadlift-He Together		
Men’s							
Dave DeForest	140	500	705	180	350		
Tony Lupo	120	525	500	270*	360		
Abe Smith	265	825	1105*	290*	435		
Philip Marlin	225	600	900	305	455		

Wyatt Sawyers	250	750	800	285	450
Women's					
Kim VanWagner	75	135	236	105	165
Not eligible for records					
	Harness Lift	Hip Lift	Deadlift-1 arm	total	adj
Men's					
Dave DeForest	1400	1235*	225-L	5630	625
Tony Lupo	1400	1105	200-R	5070	488
Abe Smith	1705	1510	320-R	7690	744
Philip Marlin	1750	1500	315-R	7420	567
Wyatt Sawyers	1505	1015	275-R	6415	591
Women's					
Kim VanWagner	236	236	90-R	1668	237
Not eligible for records					

4th attempt for record:

Philip Martin

Hack lift 555

Abe Smith

Hand and thigh 1355

Record day attempts:

**BILL CLARK** Age 90. Bwt – 197 lb.

Deadlift – trap bar – 155.

Harness Lift – 755

Kennedy Lift – 255.

Lurich lift – 205.

Hip lift – 535.

**TONY LUPO** Age 56. Bwt – 234.5

Press – seated behind neck – 125.

Press – Behind neck – 140.

Phumchaona Lift – 605.

Deadlift – three inch bar – 345.

Weaver stick – right – 2 ½ lb.

**DAVE DeFOREST.** Age 62. Bwt – 196.

Deadlift – three-inch bar – 300.

Front squat – 200.

Clean and jerk – two dumbbells – 2x50 – 100 lbs.

Deadlift, Fulton Dumbbell, Left – 113.

Deadlift – Fulton Dumbbell right – 113.

**ABE SMITH** Age – 41. Bwt – 180.

Hack lift – Fulton bar – 310.

Cyr press – 135

Anderson press – 215.

Bent press – right – 105.

Bent press – left – 105.

**PHILIP MARLIN** AGE – 27. Bwt – 269.

Hack lift – Fulton bar – 320.

Jefferson lift – Fulton bar – 440.

Bench press – Fulton Bar – 305.

Cyr press – 145.

Lurich lift – 405.

**WYATT SAWYERS** AGE – 26. Bwt – 189.

Clean and jerk – dumbbell – right – 105.

Clean and jerk – dumbbell – left – 100.

Chinup – 55 lbs.

Pullup – 55 lbs.

## YEAR IN REVIEW

February 9, 2023 [Al Myers](#) [Edit Post](#)

By Al Myers

I have just finished the 2022 USAWA Year in Review. It's a summary of all the news, blogs and meet results that have been put on the USAWA webpage over the past year. The document is available on this website (under About Us then hit on the Year in Review page) for free download. If you are like me you may want to print it off to keep a "written record", or you may just want to keep it as a digital file for later reference. Either way, I do this to help maintain an archive of the history of our organization.

## BENCH PRESS DECATHLON

February 12, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

**SATURDAY, APRIL 22, 2023**

**CLARK'S GYM, COLUMBIA, MISSOURI**

**WEIGH-INS: 8-9 A.M.**

**THE LIFTS:** Regular bench press; bench press feet in air; left-arm bench press; right arm bench press; Reg Park bench press; reverse grip bench press; alternate grip bench press; hands-together bench press; Roman Chair bench press; rampage.

**ENTRY DEADLINE** – April 17, 2023. E-mail – [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) or by phone at 573-474-4510.

**ENTRY FEE:** None.

**USAWA MEMBERSHIP REQUIRED:** Registration available at meet site.

**AWARDS:** Unframed certificates.

**RECORD SESSION** – Will follow the decathlon competition.

**REMOTE:** you may lift in the competition in your own gym and your lifts will be included in the final stanings and eligible for certificates. However, no records may be set unless

you are lifting at Clark's Gym. We assume you will be honest concerning your bodyweight and your correct lifts. Video is appreciated if you lift remotely, but not required.

## DIAMOND JUBILEE DEADLIFT DOZEN PLUS ONE

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February 12, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

**MAY 14, 2023**

**CLARK'S GYM, COLUMBIA, MISSOURI**

**OPEN ONLY TO THOSE WHO HAVE CELEBRATED THEIR DIAMOND JUBILEE – THEIR 75<sup>TH</sup> BIRTHDAY ANNIVERSARY – BY MAY 13, 2023. All others are not eligible.**

**USAWA MEMBERSHIP REQUIRED** – Registration available on meet day.

**ENTRY DEADLINE** – Monday, May 8, 2023. E-mail – [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) or by phone – 573-474-4510.

**WEIGH-INS** – 8-9 a.m.

**ENTRY FEE** – None.

**AWARDS** – Unframed certificates.

**THE LIFTS** – With two-inch (Fulton) bar: deadlift – feet together; deadlift – Ciavattone grip; deadlift – thumbless grip; hack lift; straddle lift.

With one-inch bar – Peoples deadlift; Kennedy lift; Lurich lift; one-hand deadlift; one-hand deadlift with thumbless grip; one-hand Ciavattone deadlift; rim lift.

**RECORD SESSION:** Will follow the Jubilee competition.

**REMOTE:** you may lift in the competition in your own gym and your lifts will be included in the final standings and eligible for certificates. However, no records may be set unless you are lifting at Clark's Gym. We assume you will be honest concerning your bodyweight and your correct lifts. Video is appreciated if you lift remotely., but not required.

## PAYPAL

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February 16, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Starting today, we have a new method by which to send your fees for Individual Membership, meet sanction, Club Membership, and USAWA merchandise. You can continue to do so by sending a check or cash (which is still legal tender for all debts, public and private) via the United States Postal Service OR you can do so by using the online payment method of PayPal. The address for our PayPal account is linked on our "Forms and Applications" page, but I will also link it in this article. You can click this link to access it. [USAWA's PayPal account](#)

Hopefully this will make it easier for members (both current and prospective) who no longer use checks to access membership. Please let me know if there are any questions regarding our PayPal account and its use.

## **NATIONAL CHAMPIONSHIPS 2023!**

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February 16, 2023 [KCSTRONGMAN](#) [Edit Post](#)

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By Bill Clark and Eric Todd

USAWA nationals is announced! It is going back to where it was held in 1995 and 1997: The American Legion Hall in Columbia, Missouri. Its promoter is Bill Clark, who is the founder of the USAWA. Clark has a very active membership at his gym, and hopes to make this event a huge success. Let's do our part in helping bring that to fruition. The following are the particulars of the meet:

**JUNE 24-25, 2023 – AMERICAN LEGION BUILDING, COLUMBIA, MO**

**(Site of the 1995 and 1997 USAWA Nationals)**

**HOST: CLARK'S GYM**

**ENTRY DEADLINE: June 12, 2023**

**ENTRY FEE: \$40 (Does not include dinner)**

**DINNER:** Saturday evening at D. Rowe's, one of Columbia's most popular dining establishments. Dinner will be a buffet of pulled pork, baked beans, scalloped potatoes and a huge salad bowl. Cost – \$25.00 per person, includes gratuities.

Dinner is open to lifters, family, friends, but must be reserved and paid in advance.

One check for entry fee and dinner is accepted. Make checks payable to Clark's Gym.

**THE LIFTS**

**FIRST DAY**

Two-hand clean and press with heels together.

Front Squat.

Hip Lift.

## SECOND DAY

Steinborn Lift.

Two-hand one-inch vertical bar deadlift.

Two-hand Swing.

Record sessions will follow each day's competition as needed. You may attempt five records during the weekend.

If more than 12 entries are involved, this will be a two-platform meet.

## ANNUAL MEETING

Will follow dinner on Saturday evening unless USAWA officials seek another time.  
Agenda to be announced later.

### TO ENTER:

Please use the U.S. Postal Service, e-mail ([yeoldclark@gmail.com](mailto:yeoldclark@gmail.com)), or telephone (573-474-4510) and pay by check made payable to Clark's Gym, mailed to Bill Clark, 3906 Grace Ellen Ave, Columbia, Mo. 65202-1739.

Entry must include name, address, e-mail, phone number, age, and projected weight class – and number of dinner attendees.

All entries and dinner reservations must be received not later than 5 p.m., June 12, 2023.

[Nationals Entry 2023](#)

## **GRIP CHAMPIONSHIPS**

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[February 17, 2023](#) [Al Myers](#) [Edit Post](#)

By Al Myers

**MEET RESULTS –**

**2023 USAWA GRIP CHAMPIONSHIPS**





Group picture from the 2023 USAWA Grip Championships

It was a great weekend for the USAWA Grip Championships!!



Kevin Fulton back in action lifting the 1" vertical bar

Four brave grip lifters made an appearance. The legendary gripster Kevin Fulton made his return to USAWA competition in this event. It was definitely the highlight of the meet. Many years ago Kevin would promote the "super grip" competition at his gym which inspired me to start promoting the USAWA Grip Championships, so having him in attendance was a special treat. Kevin still has that strong grip and he didn't miss a single lift because his grip failed.

Our president Denny Habecker made the trip again this year to attend the meet. Denny has competed in several of the USAWA Grip Championships.

Lance Foster had just been to the Dino Gym for the Dino Challenge and he had so much fun he came back for the Grip Champs!

LaVerne Myers was the overall champion of the day. This makes it his SIXTH time winning the overall – the most ever in Grip Championship history

#### Meet Results:

2023 Grip Championships

Saturday, February 11th

Dino Gym, Abilene, Kansas

Meet Director: Al Myers

Meet Official (1 official system used): Al Myers

Lifts: Strict Pinch Grip, Vertical Bar Deadlift 1 bar 1" one hand, Deadlift Fingers Index, Deadlift Fulton Bar Ciavattone Grip, Rim Lift

#### MENS DIVISION

Lifter	Age	BWT	Pin	VB	DLIF	DLFB	Rim	TOT
LaVerne Myers	78	220	107	145R	160	231	275	993
Denny Habecker	80	183	78	105R	100	198	195	671
Kevin Fulton	63	313	127	205R	160	220	245	952
Lance Foster	57	256	112	170R	170	176	215	873

#### EXTRA FOR RECORDS:

Lance Foster Strict Pinch Grip 117#

Kevin Fulton Strict Pinch Grip 137#

Denny Habecker VB DL 1 bar 1" 115#

Denny Habecker Index Fingers DL 110#

Kevin Fulton DL FB, CG 242#

*All lifts recorded in pounds. BWT is bodyweight in pounds. R and L designate right and left hands. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight.*

RECORD DAY LIFTS – 2 officials were used on each lift (Al Myers, LaVerne Myers, Denny Habecker)

Al Myers – 56 years old, 229# BWT

Rim Lift 325#

Bench Press Hands Together 190#

Foot Press 1050#

Bearhug 235#

Holdout Raised 50#

LaVerne Myers – 78 years old, 220# BWT

Curl Cheat Reverse Grip 80#

Curl Cheat 101#

Continental to Belt 155#

BearHug 185#

Hack Lift Left Arm 125#

Denny Habecker – 80 years old, 186# BWT

Curl Cheat Reverse Grip 80#

Bench Press Feet in Air 140#

Dumbbell Press Right Arm 45#

Hack Lift Right Arm 135#

Jefferson Lift 220#

## **HACKENDINNIE CLASSIC**

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February 20, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore

**WHO WILL WEAR THE CROWN!**

**SUNDAY, JUNE 4, 2023**

**BUFFVILLE GYM in ALBANY, KENTUCKY**

ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY

**WEIGH-INS: 9 AM – 10 AM , LIFTING BEGINS AT 10:30 AM**

**THE LIFTS:** HACKENSCHMIDT FLOOR PRESS & DINNIE STONES DEADLIFT.

**ENTRY DEADLINE** –. June 3, 2023 – email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE:** None, just let me know you are attending

**USAWA MEMBERSHIP REQUIRED:** Registration available at meet site.

**AWARDS:** The HackenDinnie Crown to the overall champion and T-shirt to all competitors. I must know shirt size two weeks prior to meet, we will have a few extra as well.

**RECORD SESSION –** will follow the HackenDinnie Classic competition, each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment.

**HOTEL –** Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

## HEAVY LIFT CHAMPIONSHIP

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February 28, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Frank Ciavattone

Meet Director: Mark Raymond – [owdmr@aol.com](mailto:owdmr@aol.com) (718)-801-0947

Date: May 13, 2023

Weigh In: 7:00-8:30am

Lifting begins at 9:00 AM

Entry Fee: \$75.00

Entry deadline: April 22, 2023 No Exceptions

**USAWA Membership for 2023 is required**

To Enter, please fill out the form below, **make checks payable to Mark Raymond and mail to:**

Mark Raymond

635 N Main Street

Mansfield, MA 02048

Phone: (781) 801-0947

Meet Site: Frank's Barbell Club

204 East Street

East Wapole, MA 02032

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Please enter me in the 2023 USAWA Heavy Lift Championships

Name\_\_\_\_\_Anticipated Weight

Class\_\_\_\_\_

Address\_\_\_\_\_City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

—

Phone \_\_\_\_\_DOB\_\_\_\_\_Age\_\_\_\_\_

Division entering(age group, Open and 40\_\_\_\_\_

In consideration of acceptance of my entry, I hereby release all claims for damages, losses, and injuries that I might hold against the USAWA, Met Director, Mark Raymond and all officials and assistance and Frank's Barbell Club while taking part of the 2023 USAWA Heavy Lift Championship.

Signature\_\_\_\_\_

If you are under 18 years of age, a parent is required

to sign \_\_\_\_\_

## **NEW ENGLAND GRIP CLASSIC**

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March 12, 2023 KCSTRONGMAN Edit Post

By Frank Ciavattone and Mark Raymond

Frank's Barbell Club, East Walpole, Massachusetts

February 25<sup>th</sup> 2023

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Jeff Ciavattone, Mark Raymond, Wade Marchand.

All lifts recorded in pounds

Wade Marchand	Age: 53	Weight: 162 Lbs	80K Class	50+ Masters
Nils Larson	Age: 63	Weight: 248 Lbs	115K Class	60+ Masters
Jeff Ciavattone	Age: 43	Weight: 240 Lbs	110K Class	40+ Masters
Frank Ciavattone Jr.	Age: 68	Weight: 275 Lbs	125K Class	65+ Masters
Cara Collins	Age: 50	Weight: 185 Lbs	90K Class	50+ Masters
Olivia Collins	Age: 14	Weight: 170 Lbs	80K Class	14-15 Juiniors
Natalie Collins	Age: 16	Weight: 170 Lbs	80K Class	16-17 Juniors
Jim Collins	Age: 50	Weight: 252 Lbs	115K Class	50+ Masters
Mark Raymond	Age: 60	Weight: 226 Lbs	105K Class	60+ Masters
Michael Marchand	Age: 16	Weight: 165 Lbs	75K Class	16-17 Juniors
Maverick O’Neil-Butters	Age: 16	Weight: 137 Lbs	65K Class	16-17 Juniors

Lift 1	Deadlift – Ciavattine Grip
Lift 2	Vertical Bar – 1 Bar, 1 Inch, 1 hand
Lift 3	Deadlift – Fulton Dumbbell – 1 Hand
Lift 4	Pinch Grip Deadlift
Lift 5	Deadlift – Reeves

Lifter	Lift 1	Lift 2	Lift 3
M. Wade Marchand	210	165R	105R
Nils Larson	255	155R	125R
Jeff Ciavattone	525	220L	205R
Frank Ciavattone	325	175R	200R
Cara Collins	175	135R	85R
Olivia Collins	175	115R	55R
Natalie Collins	180	135R	75R

	Jim Collins	205	180R	125L
	Mark Raymond	205	190R	190R
	Michael Marchand	215	190R	105R
	Maverick O'Neil-Butters	185	155R	110R
Record Day Lifts				
Lifter	Lift	#		
Mark Raymond	Deadlift – Fulton Dumbbell – 1 Hand	180L		
	Vertical Bar – 1 Bar, 1 Inch, 1 hand	190L		
	Finger Lift – Index – Right	65R		
	Finger Lift – Middle – Left	80L		
	Finger Lift – Middle – Right	80R		
Frank Ciavattone	Bench Press – Reverse Grip	200		
	Vertical Bar – 1 Bar, 2 Inch, 1 hand	175L		
	Vertical Bar – 1 Bar, 2 Inch, 1 hand	175R		
	Jefferson Lift	325		
	Hand & Thigh	750		
Jeff Ciavattone	Deadlift – One Leg – Left	155L		
	Jackson Press	155		
	Clean & Seated Press – 2 Dumbbells	100		
	Finger Lift – Thumb – Left	80L		
	Finger Lift – Thumb – Right	80R		

## RECORDS LIST UPDATED

March 20, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I got a recent record list posted that I received from Scottish Johnny. Once again it is posted in both PDF and Excel files. It is updated through the Dino Challenge. Reminder, it is through the Dino Challenge and all RESULTS that were posted up to that time. If the results were not posted before the Dino Challenge, those results will not be posted in this update.

# LIFTER OF THE MONTH-NOVEMBER

[March 21, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Well, I have fallen behind on the lifters of the month again, so here we go. While there were some worthy members who competed at a high level at the Goerner meet in Columbia, November's lifter of the month goes to Chad Ullom. Chad won the prestigious Howard Prechtel Award at the Gold Cup in Belfast, Ireland. He did so by way of a 332.5 kilo (733 pounds) in the Shanks Lift. This lift saw him top Timo Lauttamus from Finland, who was in second, and Stevie Shanks, from Ireland, in third. This is Chad's sixth nod, having been awarded lifter of the month in April of 2012, July of 2013, June of 2014, February of 2017, and January of 2019. Way to go, Chad! Well deserved!

# LIFTER OF THE MONTH-DECEMBER

[March 23, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

We had several top-notch events in December with some big numbers put up. Jeff Ciavattone put up a big 605 pound Jefferson Lift at the New Years Eve Record Breakers in Massachusetts. Lou Tortorelli put up a 369 pound trap bar deadlift at the Memorial Record Day in Pennsylvania. Jeff Rigby put up a massive 545 pound squat with 12 inch base. All of these are worthy of consideration; however, a competition trumps a record day, and John Carter's heavy lift prowess and victory in the Schmidt Backbreaker Pentathlon gave him the nod for December's accolade. He won via some monster lifting with a 2000 pound harness lift and a 1605 hip lift, among others. This is his second Lifter of the Month award, having won this same year in August. Way to go, John! Well deserve

# REST IN PEACE, DEAN

[March 24, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd





Dean Ross (left) and LaVerne Myers (right) were inducted into the USAWA Hall of Fame at the 2019 National Championships.

I heard the news on March 10th from a post Francis Brebner, of Highland Games fame, made on Facebook. Our brother and friend, Dean Ross, has passed away. I knew that Dean was in poor health from another post from Francis on January 17th, but had some concerns prior to that. He has been to more than his share of meets contested at my house over the years. A couple of years ago he came to one and did not seem to be doing too well. The next time I saw him, he was lifting here again, and seemed to be doing much better. He told me about all he had gone through health wise, and how he was on the mend. His health seemed to have improved. The next time he came out, he seemed to be doing better yet, but he brought me a bunch of his weights and stuff to give to me. While I appreciated him passing it down to me, this gesture had me concerned. Back in September 2022, I got a letter in the mail from Dean, saying the following:

This is to let you know that I don't have or won't have any phone or computer service for at least one to two months, which is my choice. Please let anyone in the USAWA know that my health is getting a lot better. Wish I could see you on 9-10, but even with the way I drive, I can't be at two spots at the same time 200 miles apart. Hope to see you soon,

Thanks

Dean

I know my Old Time Strongman championship, and the Buffalo, MO Highland Games often were a conflict for Dean, so he committed to compete in each on alternating years. I wished this had been my year. This message concerned me, but as Dean has always been a character, and his claim that his health was getting better put me at ease. Well, as it turns out my concerns were founded. We are now without our dear friend, Dean.

Dean's obituary was a simple one:

With heavy hearts, we announce the death of Warren Dean Ross in Tulsa, Oklahoma, who passed away on March 9, 2023 at the age of 80. Family and friends are welcome to leave their condolences on this memorial page and share them with the family.

He was loved and cherished by many people including : his parents, Lee Clayton Ross and Ellen Lorene Ross

Many people indeed. I know just a little of Dean's personal life, but I know he touched a generation or two of Highland Games and All-Round athletes. Dean did not want an elaborate obituary nor a funeral. According to his good friend Michael Lambert, he was cremated and his remains mixed with his dog Princess who he loved so much.



Dean Ross pulling a Hand and Thigh

I initially met Dean through the Highland Games, believe it or not. While he was a champion at the games, I was merely a journeyman. I always thought of him as rather bionic, as at that time, he always wore two rather significant knee braces. It wasn't until he started competing in the USAWA that I got to know him significantly better.

Dean was the king of the mother-in-law joke, the ex-wife joke, and one liners. He always kept listeners entertained, or listening anyhow. He always enjoyed meeting new people so he could try out his classic jokes on them. Dean was one to rarely miss a meet. If he was not there, you worried. He thought nothing of traveling hundreds of miles to get to your meet, then leave quickly after, because he had hundreds more miles to complete to get to the next meet.



Dean Ross had the top Reeves Deadlift of the day, with this 275 pound lift.

Dean has been inducted into the hall of fame in no less than three organizations. He was an inductee in the Rocky Mountain Scottish Athletics and the Scottish Master Athletics International in the Highland Games. He was a 2019 inductee into the USAWA Hall of Fame. Here is a link to his HOF Biography: [Dean Ross-HOF Biography](#)

Dean competed in the Highland Games for over 23 years, where he was Masters World Champion twice, both in 2003 and 2008. He competed in All-Round for around 14 years. Dean was top 10 overall in the Nation on 7 occasions, and top 10 in the World once. Dean won the Presidential Cup back in 2015, and was second with his teammate Laverne Myers at the team championship on seven different occasions. I do not believe that there was a championship event in the USAWA that Dean did not compete in at least a time or two. He was truly committed.

Dean was chosen as lifter of the month on two separate occasions, in August of 2015 and July of 2018. He was chosen by his USAWA peers as runner up for Athlete of the year in 2015. That is an award that typically goes to a younger lifter, but Dean achieved that accolade at over 70. He was also chosen as newcomer of the year in 2011.

The next two National awards that Dean won, twice each, speaks as to who Dean was as a person. Dean was awarded first place in the Sportsmanship award in 2016 and again in 2017. Those who knew Dean like many of us did could attest to his consummate sportsmanship. Dean always laid it on the line. He always gave it his best. He often would not come out on the very top of the heap, but you never saw a

change in his demeanor. He was always pleasant to be around. Always quick with a joke, a compliment, or a pointer. Dean was cheerful in all weathers, and was a beloved member of our USAWA.

Dean won the Courage Award in 2013 and 2022. We all know Dean loved to tell stories. If you sat down to listen long enough, you would hear harrowing tales of accidents and injuries Dean sustained. It was a miracle the guy was still with us to tell the stories he told, and I marveled at that. The true testament to Dean's courage, though, came much later. It came over the past few years when many of us were truly worried about Dean. At nationals in 2021 in Abilene, Kansas, when we were finally able to get back together as a group and in person after the pandemic, it was clear that Dean was not quite himself. He struggled to maintain balance while on the platform. We pulled extra duty in spotting him for fear that he would fall and get hurt. But Dean made the drive to get there, fought through the dizziness to lift the weight, then turned around and drove home. He continued to make those drives, lay it all on the line, and never give up, even though his health was failing him. That was Dean, and that is courage.

Dean's last meet in the USAWA was the Heavy Lift Championship at my house last year. Dean's last record was a neck lift of 100 pounds at that meet. I guess I just missed Dean over the summer at Bill Clark's Birthday Bash, as he had left before I got there. We both just came to catch up, but Dean made the trip all the way from Tulsa to do so. As Dean would say, the only time he was on the road is when he was crossing it.

I am not sure we will ever see another like old Dean. He never was in any of this for any glory. He never held an office, never really made waves about anything, never even became an official. But he would drive cross country and back, often in a day or two, just to get to our USAWA meets. I know Dean was a competitor and loved to handle the heavy weights. But even more, I think Dean was a man of the people. He loved the camaraderie of the sport. The passing of Dean is going to leave a void in our organization that just may never be filled. It is for the memory of guys like Dean that it is important to keep the spirit of the USAWA moving forward so that it is around for younger generations of guys who like to move the iron, tell a story, or maybe just share an insulting joke about their ex-wife. We are going to miss you, Dean.

# LIFTER OF THE MONTH-JANUARY

[April 1, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I am going a little bit different direction with the Lifter of the month in January. While both Al Myers' win in the Dino Challenge and Abe Smith's win in the Zercher are worthy of consideration, these guys are very seasoned competitors. Both have won Nationals (Al maybe more than any other lifter) and are expected to win or at least be in the mix of any and every meet they enter. I am giving the nod for the January Lifter of the month to a newbie. Wyatt Sawyers had never competed in a USAWA meet prior to this January, when he traveled from his home in Tulsa, OK to Columbia, MO to compete in the Zercher Classic. He placed third, and put up many lifts that would compete with veteran lifters. His 189 bodyweight makes these lifts even more impressive. He hit a 350 Zercher, 250 Clean and Jerk, a 285 Bench Press-Foot in Air, a 450 Deadlift-Heels together, and a 275 Deadlift-1 arm. These are just some of them that stood out to me. If he did all of this as a rookie, I cannot wait what the future brings for this exciting young lifter. Congrats Wyatt! Well deserved!

## 2023 YEARLY AWARD NOMINATIONS

[April 4, 2023](#) [Al Myers](#) [Edit Post](#)

by Al Myers

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started in 2009 to honor those individuals that displays outstanding achievements throughout the year in different categories. I have been the USAWA Awards Director that entire time and was the one who started the USAWA Awards Program. Part of the USAWA budget goes to these awards, which means that part of your membership dues support this program. These awards are awarded at the Annual General Meeting of the USAWA, which occurs at the same time as the National Championships. Usually the USAWA Awards are "yearly" – meaning they are for the previous year's accomplishments. I would consider "yearly" as being the time since (and including) last years National Championships. Now for a little "overview" of the rules for nominations:

- You must be a USAWA member to make a nomination or cast a vote
- Nominated individuals must be a USAWA members to be eligible

- Only one individual may be nominated per person per award
- Two nominations for each award may be submitted, one for your choice of the Winner and one for your choice of the runner-up.
- The awards are for the accomplishments since last June
- An individual may be nominated for more than one award

These are the different awards for which you should chose your nominations for:

***Athlete of the Year*** – This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.

***Leadership Award*** – This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.

***Sportsmanship Award*** – This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional sportsmanship.

***Courage Award*** – This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.

***Newcomer Award***– This award goes to an individual who in new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.

As stated earlier in the rules, I would like you to submit your choice for the WINNER and your choice for the RUNNER UP for each award. I will score it this way: for each nomination per award I will give 2 points for the nominated winner and 1 point for the nominated runner up. I will then add up all the points from all nominations with the person receiving the most points declared the winner and the one with the second most points the runner up. So you can see that the Award Winners are chosen by YOU THE MEMBERSHIP! That's the way it should be done.

Please email me at [amyers@usawa.com](mailto:amyers@usawa.com) with your nominations. The deadline for nominations is April 30th. That's giving everyone a few weeks to make their decisions. My experience with this is that if a person does not make their nominations shortly after reading this announcement, it never gets done. So make it easy on yourself (and me!) and turn your nominations in today!!!!

## NORFOLK COUNTY RECORD DAY

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[April 4, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Nils Larson will be hosting a record day at Frank's Barbell Club in Wapole, Massachusetts on April 30, 2023. Come prepared with a list of up to 5 lifts to break/set records in. If you wish to attend or would like more information you can email Nils at [LarsonDel@Comcast.net](mailto:LarsonDel@Comcast.net) or call Frank in advance at 508-801-6279. The meet will be held at 204 East Street, E. Wapole, MA 02032.

## LIFTER OF THE MONTH-FEBRUARY

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[April 10, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The Dino Gym hosted the Grip Championship again this past February. While Laverne Myers would certainly be a worthy recipient, winning his sixth title here, February's Lifter of the Month goes to Keving Fulton. Kevin put up the biggest total at the Grip Championship by way of a 127 pound strict pinch grip (doing a 137# record lift outside the competition) and a 205 pound Vertical Bar Deadlift 1 bar 1" one hand. Kevin was a fixture in the USAWA 20 years ago, but has not been in action since. Kevin was the second American (after our own Frank Ciavattone) to lift the Dinnie Stones unassisted. He was the leader of the old Braveheart Weightlifting club from 2000-2003. It was great to see Keving return to action, and I hope he continues being active in the USAWA. Great work, Kevin!



# 2023 1ST QUARTER POSTAL

April 12, 2023 [Denny Habecker](#) [Edit Post](#)

We have had great participation in this year's 1st Postal, with 26 men and 8 women taking part. Dan Wagman is at the top of the men's list and Beth Skwarecki topped the women this quarter. There was some great lifting done again this quarter with many records set or broken. Thank you to all that participated.



Dan Wagman shared with us that he got all fired up watching RJ pull a huge 131-pound deadlift-no thumbs-one arm and then gave 246 pounds a successful ride for a new all-time record in the 80 kg weight class. Pictured Dan's second attempt with 236 pounds.

January 1 thru March 31, 2023

The lifts- Swing- Dumbbell- 1 Hand, Deadlift- No Thumb- 1-hand, Deadlift- 2 Bars

All lifts are listed in Pounds. Records are marked with an \*

## Men's Division:

Dan Wagman	- ?	- 174.4 Lbs.	- 110-L*	- 246 -L*	- 522*	- 878	- 849.72
Nicholas Frieders	- 22	-153.5 Lbs.	- 85-L*	- 175-L	- 460	- 720	- 758.16
John J. Carter	- 64	- 218 Lbs	- 80-R*	- 215 -R*	- 410*	- 705	- 751.44
Abe Smith	- 41	- 176 Lbs.	- 115-R*	- 225-R*	- 420*	-760	- 746.28
Dave DeForest	- 63	- 195 Lbs.	- 75- R*	- 135- L	- 400*	- 610	- 685.82
Randy Smith	-68	- 194.5 Lbs.	- 84-R	- 155-R	- 320	- 559	- 669.92
Dave Hahn	- 85	143 Lbs.	- 25-L	- 115-R	- 220	- 360	-657.71
Wyatt Sawyers	- 26	-195 Lbs.	- 85 -R	-185-R	-450	-720	- 652.82
Travis Luther	- 30	- 170 Lbs.	-105 -R	- 135-R	- 420	- 660	- 648.78
Barry Pensyl	- 75	-137.5 Lbs.	- 50-R*	- 106-R*	- 231*	- 387	-639.20
Denny Habecker	- 80	-184.5 Lbs.	- 40-R*	- 132-R*	- 253*	-425	-620.83
Anthony Hose	- 54	-226 Lbs.	- 80-L*	- 225-L*	- 320	- 625	- 600.94
Barry Bryan	-65	-191.5 Lbs.	- 70-R	-149-R*	- 297	- 516	-595.68
Jeff Wenzel	- 48	- 227 Lbs.	- 75-R	- 175-R*	- 350	- 600	- 545.69
Anthony Lupo	- 57	- 236 Lbs.	- 50-R*	- 165-R*	- 340	- 555	- 535.38
Sanjiv Gupta	- 51	- 195.8 Lbs.	- 75-R	- 160-L	- 290	- 525	- 531.78
Eric Todd	- 48	- 277 Lbs.	- 110-R*	- 161-R	- 352*	- 623	- 512.22
Brady Habecker	-14	-117 Lbs.	- 40-R*	- 77-R*	- 187*	- 304	- 466.36
Chris Todd	- 43	- 277 Lbs.	- 85-L*	- 171-R	- 302	- 558	- 437.74
Bill Clark	- 90	- 203 Lbs.	- 20-R*	- 100-R*	- 150*	- 270	- 421.31
Lance Foster	- 57	- 255 Lbs.	- 30-L*	-131-R*	- 282	- 443	-410.82
Leroy Todd	- 11	- 95 Lbs.	- 27.5-R	- 55- R*	- 104	-186.5	- 381.96
Harry Smith	-14	-194 Lbs.	- 40-L*	- 85-L*	- 190	- 315	- 343.64
Everett Todd	- 10	- 90 Lbs.	- 25-R	- 50-R*	- 80	- 155	- 334.72
Jarod Fobes	-45	-209 Lbs.	- 80-R	- 180-R	- 0	- 260	- 240.32
Aidan Habecker	-19	-184 Lbs.	- 70-R*	- 154-R	- 0	- 224	- 214.25

## WOMEN:

Beth Skwarecki	- 42	- 150.5 Lbs.	- 55- R	- 138-R	- 308	- 502	- 549.82
R.J.Jackson	- 61	-103.8 Lbs.	-51-R	- 131-R	- 182	- 364	-515.53
Kim Van Wagner	-55	- 126.2 Lbs.	-35-R	- 95- R	-170	- 300	- 419.13
Stacy Todd	- 40	- 180 Lbs.	- 57.5-L*	- 115-R*	-230*	-402.5	- 386.16
Phoebe Todd	- 12	- 118.6 Lbs.	- 30-R	- 70-R*	-120	-220	-370.14
Janet Thompson	-65	-165 Lbs.	- 30-L*	- 85-L*	- 150*	-265	- 344.47
Liana Weaver	-20	-146 Lbs.	- 45-L	- 95-L*	- 170	- 310	- 336.23
Lilly Todd	- 13	- 140 Lbs.	- 35-R*	- 75-R*	- 110*	- 220	- 306.95

## OFFICIALS:

Phoebe Todd – Eric Todd, Chris Todd, Lance Foster

Everett Todd – Eric Todd, Chris Todd, Lance Foster

Eric Todd – Chris Todd, Lance Foster

Chris Todd – Eric Todd, Lance Foster

Lance Foster – Eric Todd, Chris Todd

David DeForest – Bill Clark, Tony Lupo

Travis Luther – Bill Clark, Abe Smith

Anthony Lupo – Bill Clark, Abe Smith

Harry Smith – Bill Clark, Abe Smith

Bill Clark – Dave DeForest, Tony Lupo

John Carter – Bill Clark

Abe Smith – Bill Clark

Nicholas Frieders – Bill Clark

Anthony Lupo – Bill Clark

John Wenzel – Bill Clark

Janet Thompson – Bill Clark

Liana Weaver – Bill Clark

Leroy Todd – Chris Todd

Stacy Todd – Chris Todd

Lilly Todd – Chris Todd

Barry Pensyl – Denny Habecker

Barry Bryan – Denny Habecker

Brady Habecker – Denny Habecker

Aidan Habecker – Denny Habecker

Denny Habecker – Barry Pensyl

Dan Wagman – R. J. Jackson

## LIFTERS WITH NON-CERTIFIED OFFICIALS:

Randy Smith, Dave Hahn, Wyatt Sayers, Sanjiv Gupta, Jarod Fobes,

Beth Skwarecki, R.J. Jackson, and Kim Van Wagner.

# DIAMOND JUBILEE UPDATE

[April 20, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Due to a non lifting conflict, the Diamond Jubilee is postponed from May 13 to May 14th. The rest of the info should be the same. Let Bill know soon if you plan on participating.

# LEBANON VALLEY RECORD DAY

[April 22, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Denny Habecker

Where: Habecker's Gym, Lebanon, PA

When: May 20, 2023

Weigh Ins: 10:00AM

Pick up to 5 lifts you would like to set or break records in.

Just let Denny know if you plan on attending: [liftingliar@comcast.net](mailto:liftingliar@comcast.net)

# PRESIDENTIAL CUP

[April 22, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Denny Habecker

Where: Habecker's Gym, Lebanon, PA

When: August 5, 2023

Weigh Ins: 10:00AM

*The Presidential Cup will follow along some of the same guidelines as the Gold Cup, which is the IAWA meet which recognizes outstanding performances by lifters in the lift/lifts of their choosing. The Gold Cup started in 1991 under the direction of then-IAWA President Howard Prechtel. However there will be some differences in the guidelines of the USAWA Presidential Cup:*

- *The Presidential Cup is hosted annually by the USAWA President only.*
- *Must be a USAWA member to participate.*

- *A lifter may choose any official USAWA lift/lifts (up to a maximum of 5 lifts) to set a USAWA record/records in.*
- *The lifter must open at a USAWA Record Poundage on first attempt.*
- *The top performance record lift of the entire record day, which will be chosen by the President, will be awarded the PRESIDENTIAL CUP.*

Just let Denny know if you plan on attending: [liftingliar@comcast.net](mailto:liftingliar@comcast.net)

## BENCH PRESS DECATHLON

May 3, 2023 KCSTRONGMAN Edit Post

By Bill Clark

The Second Annual Bench Press Decathlon drew a crowd of 16 USAWA/IAWA lifters from three countries and five states – 10 in person and six remote (two sending videos) in the first hybrid competition in the USAWA – and a forerunner (we all hope) of the way things will be in the near future.

Tony Hose successfully defended his title, slipping past Dave Beversdorf for the second year in a row.

Sylvia Stockall-Douglas of Victoria, British Columbia, took the women's title (via video), edging past two Coloradoans – R.J. Jackson and Kim Van Wagner.

It was good seeing Joe Garcia back in competition after a 16-month battle with covid-19 and the severe after-effects. He finished one spot above Ol' Clark, who wound up in 13<sup>th</sup> spot – and happy to make a total.

Wyatt Sawyers made the drive from Tulsa for the second time in six weeks and brought along a former collegiate diver from the University of West Virginia, 28-year-old Logan McHenry, who had a day-long battle before losing to 22-year-old Nick Frieders by a slim 17 ½ points.

A new name to consider is Jeff Wenzil, a member of Clark's Gym in Columbia, who was a loader in this meet a year ago. Jeff came in third behind his mentor, Dave Beversdorf.

The women's competition was interesting – three lifters aged 55 and above.

The winner, Sylvia Stockall-Douglas, a 65-year-old from Victoria, British Columbia (that's on Vancouver Island), actually lost one of her lifts to video when she failed to reach parallel in the

Roman Chair bench, but still finished just ahead of two Colorado lifters – R.J. Jackson and Kim Van Wagner. Jackson is 61 and Van Wagner is a mere child at 55.

As a sidebar to this meet were a couple of comments that were welcomed by the meet director. Both Wyatt Sawyers and Phil Marlin voiced the same words: “I’m glad I found the USAWA.” Both lifted in the Zercher Strength Classic and both made special trips to Columbia prior to the Zercher meet to do a full run-through of those 13 lifts before entering the competition.

Marlin will miss the USAWA Nationals in June. He will be in New Delhi, India, on a church mission assignment, but plans to be on hand for the Deadlift Dozen in the fall.

Sawyers, who manages a Crossfit gym in Tulsa and competes in Crossfit, plans to be at the Nationals and hopes to be leading a new club in Tulsa. FYI – many of the lifts done in Crossfit are USAWA lifts and Crossfit uses the USAWA rules for those lifts.

From the point of view of this co-founder of the IAWA, I was moved by the mood of the 10 lifters who came together in Clark’s Gym, loading, officiating, coaching, and cheerleading as a team. We ran off almost 300 lifts in just over three hours – on one bench – a good warm -up for Ol’ Clark as he looks ahead at the Nationals in late June.

Next up on the Clark’s Gym agenda is the Diamond Jubilee – open only to those who have celebrated their 75<sup>th</sup> birthday anniversary.

**Officials were Tiny Lupo, Dave DeForest and Bill Clark.**

Results are as follows (Lifters marked with an asterisk (\*) are not eligible for records for this meet:

Name	age	bwt	Bench press	bench press	ben
			alternate grip	feet in air	han
Tony Hose	54	226	275	315	
Dave Beversdorf	57	306	335	315	
Jeff Wenzil	48	222	225	275	

Wyatt Sawyers	26	164	205	275
Phil Marlin	27	283	275	275
Tony Lupo	57	238	205	275
Nick Frieders	22	158	155	185
Logan McHenry	28	164	170	185
Dave DeForest	63	195	175	185
*Tony Cook	86	178	121	121
*Randy Smith	67	194	155	175
*Joe Garcia	69	201	135	135
Bill Clark	90	201	55	65

Name	Bench press	Bench press	Bench press	Bench press
	one arm right	Reverse grip	Roman Chair	Clayton
Tony Hose	135	275	80	
Dave Beverdors	135	315	45	
Jeff Wenzil	105	225	135	
Wyatt Sawyers	85	205	135	
Phil Marlin	110	275	135	





			5,850 lbs.		
Wyatt Sawyers	200		54 reps with 90 lbs.	6530	591
			4,860 lbs.		
Phil Marlin	270		53 reps with 100 lbs.	7280	545
			5,300 lbs.		
Tony Lupo	120		80 reps with 50 lbs.	5585	534
			4,000 lbs.		
Nick Frieders	140	*	80 reps with 50 lbs.	5195	533
	335		4,000lbs.		
Logan McHenry	150	*	52 reps with n75 lbs.	5,160	516
			3,900 lbs.		
Dave DeForest	130		61 rep with 55 lbs.	4,530	508
			3,355 lbs.		
*Tony Cook	110		20 reps with 35 lbs.	2,378	404

			1,540 lbs.		
*Randy Smith	130		63 reps with 45 lbs.	3965	360
			2,835    lbs.		
	0		30 reps with 50 lbs.	2350	277
			1,500 lbs.		
Bill Clark	40		26 reps with 30 lbs.	1179	236
			780 lbs.		
WOMEN			Bench	bench	
			alternate	Feet Up	
	age	bwt			
*Sylvia Stockall- Douglas	65	164.5	65	135	
*R.J. Jackson, Colorado	61	103.1	95	95	
*Kim Van Wagner, Colorado	55	129.8	90	100	
	Bench		bench	Bench	

	1-hand – rt	reverse	classic
*Sylvia Stockall-Douglas	35	65	160
*R.J. Jackson	39	95	95
*Kim Van Wagner	35	35	105

	Reg Park	Rampage	Total
*Sykvia Stocxkall-Douglas	0	48 reps with 45 lb.	2,715
		2160 lbs.	
*R.J. Jackson	68	46 reps with 29 lb.	2026
		1,334 lbs.	
*Kim Van Wagner	90	16 reps with 65 lbs.	1705
		1,040 lbs.	

Successful fourth attempts for record

Reg Park  
bench:

Nick  
Frieders –

150

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Logan  
McHenry

160

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RECORD DAY

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	age	bwt
	–	–
<b>Dave DeForest</b>	<b>63</b>	<b>195</b>
<hr/>		
Deadlift- Ciavattone	365	
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Deadlift -two dumbbells –	335	
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Snatch – dumbbell left	65	
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Jackson press	122	
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Bench press – Fulton Bar – 185.	185	
<hr/>		
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Official for record day – Bill Clark		
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## NATIONALS 2023

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[May 3, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Please get those entries in for nationals in Columbia, MO ASAP. Clark is planning a fine event, but needs to know how many competitors he will have in order to make this nationals as successful as possible. Should be a great time to get us all together, throw around some iron, and tell a story or two. So, put those entries in the mail and let Bill know you are coming. Should be a great time for all.

## 2023 NORFOLK COUNTY RECORD DAY

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[May 6, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Mark Raymond

## 2023 Norfolk County Record Day

Frank's Barbell Club, East Walpole, Massachusetts

April 30th 2023

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Wade Marchand, Mark Raymond

All lifts recorded in pounds

### Results are as follows:

Wade Marchand	Age: 53	Weight: 165 Lbs.	75K Class	50+ Masters
Mark Raymond	Age: 60	Weight: 228 Lbs.	105K Class	60+ Masters
Nils Larson	Age: 63	Weight: 245 Lbs.	115K Class	60+ Masters
Frank Ciavattone Jr.	Age: 68	Weight: 295 Lbs.	125K+ Class	65+ Masters
Carl Puzin	Age: 66	Weight: 240 Lbs.	110K Class	65+ Masters

<u>Record Day Lifts</u>	
Lifter	Lift
Mark Raymond	Deadlift – No Thumb,1 Arm,Left
	Deadlift – No Thumb,1 Arm,Right
	Deadlift – Fulton,1 Arm,Left
	Deadlift – Fulton,1 Arm,Right
	Curl – Reverse Grip
Wade Marchand	Bench Press
	Bench Press – Reverse Grip
	Wrist Curl
	Wrist Curl – 1 Hand – Left

	Wrist Curl – 1 Hand – Right
Frank Ciavattone	Clean & Seated Press – 2 Dumbbells
	Curl – Dumbell, One Arm, Left
	Curl – Dumbell, One Arm, Right
	Abdominal Raise
	Crucifix
Nils Larson	Curl – Dumbell, Cheat,One Arm, Left
	Curl – Dumbell, Cheat, One Arm, Right
	Press – Dumbell, One Arm, Left
	Press – Dumbell, One Arm, Right
	Curl – Reverse Grip
Carl Puzin	Deadlift – No Thumb,1 Arm,Left
	Deadlift – No Thumb,1 Arm,Right
	Deadlift – Fulton,1 Arm,Left
	Deadlift – Fulton,1 Arm,Right
	Curl – Reverse Grip

## DIAMOND JUBILEE

May 16, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

\*indicates does not qualify for records

Diamond Jubilee				
Name	Age	Bwt	Deadlift	Deadlift
			Right	Ciavattone
				Right
*Dave	Hahn	86	140	125
				115

*Tony	Cook	86	183	154 1/2	60
Bill	Clark	90	201	120	120
		Deadift	Deadlift		
		Futon Bar	Fulton bar		
		Heels together	Ciavattone		
*Dave	Hahn	190	140		
*Tony	Cook	167 1/2	134 1/2		
Bill	Clark	125	125		
		Deadlift	Hack lift		
		Fulton bar	Fulton bar		
		straddle			
*Dave	Hahn	210	190		
*Tony	Cook	178 1/2	134 1/2		
Bill	Clark	125	125		
		Lurich	Peoples		
		Lift	Deadlift		
*Dave	Hahn	335	315		

*Tony	Cook		198 1/2	264 1/2
Bill	Clark		200	200
			Total	Adj.
				total
*Dave	Hahn		2,365	4024.66
*Tony	Cook		1850 1/2	2,658.77
Bill	Clark		1,590	2,227.04
Record	Lifts			
Dave	DeForest	Age 63	Bwt – 195	
Clean and jerk – Fulton bar			140	
Snatch – two dumbbells			2 x 50	
Seated press from rack			110	
Maxey press			120	
Scott lift			85	
Tony	Lupo	Age - 57	Bwt – 240	
Lurich lift			250	



Swing – right	65	
Carter lift	940	
Peoples deadlift	415	
Maxey press	140	
Nick Frieders	Age 22	Bwt – 152
Scott lift	100	
Officials:		
Bill Clark		
Dave DeForest		
Tony Lupo		

## PROPOSED CHANGES IN THE NATIONAL MEETING

May 16, 2023 KCSTRONGMAN Edit Post

The following are proposed changes in the national meeting, proposed by Bill Clark. Some of them may make the official agenda, as prepared by our president, per our rule book. Some probably will not. As is his right, I will assume Bill will propose those that did not make it during new business. Here is what he is proposing. If you have any interest in discussing or having your voice be heard or vote count, I would suggest being at the national meeting.

*TO: The USAWA membership and board of directors.*

*FROM: Bill Clark, co-founder of the IAWA/USAWA and owner of Clark's Gym.*

*MAY 6, 2023*

*Proposals for changes in the operation of the USAWA for consideration at the 2023 annual meeting of the membership.*

*1 – The Board of Directors shall be expanded to nine members, at least two of whom must identify as females, to serve three year-terms. Board members may serve an unlimited number of terms.*

*To set up a rotation of membership, the 2023 election will select three members to serve one-year terms, three members to serve two-year terms, and three members to serve three years terms.*

- 1. From the Board, the general membership will elect an executive committee which will handle the day-by-day operation of the organization.*
- 2. The officers will be President, Vice-president; Secretary; Treasurer. The last two positions may be combined.*
- 3. The officers will be elected each year and may serve an unlimited number of terms.*

*3 – Competition for all meets other than the USAWA National Championship may be held remotely, in person, or hybrid. The designation is at the discretion of the competition director.*

*a. If the competition is remote or hybrid, any records set remotely and adjudicated by USAWA/IAWA officials will be entered into the record books.*

*b. The above rules will become immediate upon approval.*

*4 – Appoint a committee to report back to the board of directors and the membership by October 1, 2023, concerning the future use of video and/or Zoom to be accepted as in-person participation in any sanctioned USAWA competition, not including the national championship, thus allowing competitors to set records without attendant officials.*

*5 – Appoint a committee to report back to the board of directors and the membership by October 1, 2023, concerning the following rules for certification of officials:*

- 1. Prospective officials must pass the current open-book test.*
- 2. They will then be given a video of at least 50 lifts to judge, with reasons for positive or negative judgment. The list of video lifts to be changed periodically.*
- 3. Upon passage of the video, the candidate will not need to sit for the current requirements before being certified.*

*6 – There is no by-law that restricts the dissemination of contact information for registered members. Such information is now restricted by tradition, not rule.*

- 1. Starting immediately, the member information, including e-mail, phone number, mailing address, and birth date, be available for use by meet directors, the media, and other registered USAWA members, but restricted from others, including advertising and marketers.*
- 2. Members may have their information blocked by request.*

7 – *Current practice does not certify individual membership to the person involved. Once a candidate for membership is certified, that person should receive notification, either by e-mail or by post, that the membership is now current. Those memberships should be numbered.*

8 – *Review a conflict in By-Law Article 9 and Article 20.*

1. *Article 9 states that membership decisions supported by the majority vote of the membership shall override decisions made by the executive board (which currently is the board of directors).*

2. *Article 20, Paragraph E, states that “any change, amendment, or addition to the USAWA by-laws require a 2/3 vote by the membership present at the annual national meeting.”*

*To simplify the by-laws, I move that the 2/3 vote requirement be reduced to a simple majority. Maybe this should be the first order of business. It will place current decisions, as well as the future, in the hands of the membership, not a small group elected to manage the business and the future of the organization.*

*I submit the above to be placed on the USAWA website for membership consideration and to voted up or down by the membership, not the board of directors at the annual meeting on June 24, 2023.*

So, it is placed on the website. Study over whether or not you think this is the direction we should go. And try to make it to the national meeting. I will voice my opinion there.

## 2023 USAWA HEAVY LIFT CHAMPIONSHIPS

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May 22, 2023 KCSTRONGMAN Edit Post

By Mark Raymond

Frank's Barbell Club, East Walpole, Massachusetts

May 13th 2023

Meet Director: Mark Raymond

Host: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials (3 official system used): Frank Ciavattone, Wade Marchand, Mark Raymond

All lifts recorded in pounds

Michael Marchand	Age: 16	Weight: 165 Lbs.	75K Class	16-17 Juniors
Wade Marchand	Age: 53	Weight: 165 Lbs.	75K Class	50+ Masters
Mark Raymond	Age: 60	Weight: 228 Lbs.	105K Class	60+ Masters
Nils Larson	Age: 63	Weight: 245 Lbs.	115K Class	60+ Masters
Frank Ciavattone Jr.	Age: 68	Weight: 295 Lbs.	125K+ Class	65+ Masters
Carl Puzin	Age: 66	Weight: 240 Lbs.	110K Class	65+ Masters

Lifter	Lift
Michael Marchand	Neck Lift
	Hand & Thigh Lift
	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
Wade Marchand	Neck Lift
	Hand & Thigh Lift
	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
Frank Ciavattone	Neck Lift
	Hand & Thigh Lift
	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
Nils Larson	Neck Lift
	Hand & Thigh Lift
	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
Carl Puzin	Neck Lift
	Hand & Thigh Lift

	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
Mark Raymond	Neck Lift
	Hand & Thigh Lift
	Hip Lift
	Total Pounds
	Total Pounds – Adjusted
	-

Awards:

- - - - -

Mens Master 65-69: Frank Ciavattone  
Mens Master 60-64: Nils Larson  
Mens Master 50-54: Wade Marchand  
Mens Junior: 16-17 : Michael Marchand

Mens Overall Best Lifter: Nils Larson

## LEBANON VALLEY RECORD DAY

[May 25, 2023](#) [Denny Habecker](#) [Edit Post](#)

Only three lifters lifted at the L.V. Record Day this year, but we all had a great time lifting and I got to meet some very nice people too. Steve Jury came down from State College and his friend Casey was here to cheer us on. Barry Pensyl also showed up to do some great lifting as always, and I rounded out the list of lifters. As usual after the lifting Judy treated us the some delicious food.

**Steve Jury** – 57 – 235Lbs. – 110KG. Class  
Holdout Raised – 25 Kg. – 55Lbs.  
Jackson Press – 55 Kg. -121 Lbs.  
Lunge Squat – 70 Kg. – 154 Lbs.  
Trap Bar Deadlift -187.5 Kg. – 413 Lbs.  
Swing -One Hand – Right -42.5 Kg. – 93 Lbs.

**Barry Pensyl** – 75 – 134 Lbs. -65 Kg. Class  
Strict Curl – 24 Kg. – 52 Lbs  
Reverse Curl – 20 Kg. – 44 Lbs.  
Dumbbell Snatch – Left Hand – 45 Lbs.  
Vertical Bar Deadlift – 1" – Right Hand – 45.5 Kg. – 100 Lbs.  
Deadlift – Heels Together – 95 Kg. – 209 Lbs.  
**Denny Habecker** – 80 – 186 Lbs- 85 Kg. Class  
Ciavattone Deadlift – 115 Kg. – 253 Lbs.  
Reverse Curl – 25 Kg. – 55 Lbs.  
Vertical Bar Deadlift – 1" – Left Hand – 45 Kg. – 99 Lbs.  
Verical Bar Deadlift – 1" – Right Hand – 45 Kg. – 99 Lbs.  
Ciavattone Deadlift – Fulton Bar – 95 Kg. – 209 Lbs.

Barry's Lifts were judged by Denny Habecker

Denny's lifts were judged by Barry Pensyl

Steve's lifts were judged by Denny and Barry

## RECORD LIST

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May 31, 2023 KCSTRONGMAN Edit Post

By Eric Todd

The record list is now updated through the New England Grip Classic, as per the order they are listed on the results page. A huge thanks to Scottish Johnny Strangeway, our records director, for the frequent updates. Updates can be found here: [Records updates](#)

## DEFINING MOMENTS AT THE HACKENDINNIE CLASSIC

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June 7, 2023 KCSTRONGMAN Edit Post

By Clint Poore



Beth Skwarecki pulling a monster Dinnie Lift

As I sit here typing the meet write up for the HackenDinnie Classic, I feel compelled to bring special recognition to three lifters who had, what I would call Defining Moment Lifts!

First of all is, Beth Skwarecki, who pulled the ALL TIME HEAVIEST DINNIE DEADLIFT/ SHANKS LIFT EVER BY A WOMAN! Beth successfully lifted 510 lbs for an IAWA Dinnie/ Shanks lift World Record! It was an outstanding feat of strength that was literally history in the making! Following the lift, her young daughter, Daphne ran enthusiastically up to her mother and gave her a huge hug! It was a moment that touched all of our hearts to witness the love between a Mother & Daughter. Congratulations Beth, It was an honor to witness your historic lift at the HackenDinnie Classic!



Beth celebrates with her daughter Daphne over this historic lift

The next Defining Moment Lift was Chris Frappier, who with his sons, Payton and Kyle, travelled all the way to the HackenDinnie Classic from Fergus, Ontario, Canada! Chris, Payton & Kyle were celebrating Kyle's 1 year anniversary from having his throat tracheostomy removed and being able to breathe normally. To honor this life changing event, Kyle's father, Chris Frappier pulled an emotional Trap Bar Deadlift World Record of 442 lbs (201 kilos) at 58 years of age! It was a spectacular lift that had everyone feeling the love and warmth a Father has for his son! What a wonderful lift that left everyone in attendance with a smile on their face!





Chris Frappier 442 Trap Bar Deadlift

The final Defining Moment Lift was when Holland Millsaps pulled an astounding 671 lb Dinnie Deadlift/ Shanks Lift to qualify to go to Scotland and lift the real Dinnie Stones at the Donald Dinnie Games! Holland had narrowly missed his third attempt of 702 lb Dinnie Lift, when referee Beth Skwarecki mentioned that he could do another lift of over 660 lbs, 300 kilos, & would qualify him for the Donald Dinnie Games to attempt to lift the real Dinnie Stones in Scotland! His 671 lbs was an out of meet lift, but brought the entire gym to a crescendo of enthusiasm. Holland Millsaps boldly accepted the challenge and stepped up to the plate. You could see Holland was tired from the 3 previous Dinnie lifts during the HackenDinnie Classic, but with the courage of a lion, Holland rose to the occasion. He stepped up the Dinnie handles and with every ounce of fortitude in his body, he summoned the strength of Hercules and hoisted the 671 lb Dinnie lift to a

locked out body position and received a DOWN Command! All of Buffville Gym erupted in cheers for such mighty effort and we all hope Holland sends in the video to Scotland, to receive his invitation to lift the World Famous Dinnie Stones!



Holland Millsaps

671 Dinnie Deadlift – Shanks Lift

These were 3 incredible Defining Moment Lifts I will never forget.

Thank you to Beth, Chris & Holland for their phenomenal lifts and allowing us to witness history in the making!!!!

## **NATIONALS ENTRY DEADLINE COMING NEAR!**

June 7, 2023 [KCSTRONGMAN](#) Edit Post

By Eric Todd

Anyone who is waiting to the last minute to get their entry in, it is here! We are about at the last minute! Entries are due June 12th, which is this coming Monday. I hope we have a great turnout. I look forward to seeing you guys there!

## **RULES FOR GETTING ENTRIES IN FOR NATIONALS**

June 8, 2023 KCSTRONGMAN Edit Post

By Bill Clark

1 – I will accept entries via e-mal until noon on Monday, June 12. After a2 p.m., the door closes.

2 – If entries come via e-mail, I will accept the entry form and appropriate checks postmarked not late than June 12.

3 – No phone calls. E-mails only.

## **THE HACKENDINNIE CLASSIC MEET WRITE UP!**

June 9, 2023 KCSTRONGMAN Edit Post

By Clint Poore



Clint and Beth wore the crown

## WHO WORE THE CROWN!

Sunday June 4, 2023 was the HackenDinnie Classic @ Buffville Gym in Albany, Ky.

This was the inaugural HackenDinnie Classic, named after George Hackenschmidt, father of the the World's Most Popular lift, the Bench Press & Donald Dinnie , founder & lifter of the World Famous Dinnie Stones.

The meet became an international championship that featured 11 lifters from 2 countries (Canada & USA) & 5 states (Missouri, Illinois, Pennsylvania, Tennessee & Kentucky).

It was a labor of love and lifting, that featured the mighty lifters of the day setting 82 USAWA National Records & 49 IAWA World Records! We were honored to have the USAWA President Denny Habecker join us for the meet and fellowship afterwards. 4 referees were in attendance and all of them did a magnificent job serving and officiating.

The referees were Denny Habecker, Anthony Lupo, Beth Skwarecki & Clint Poore.

The spotter and loaders for the meet were Patrick Hadley, Ashley Stearns and Holland Millsaps.

I want to give special recognition to Patrick & Ashley my training partners, without their help this couldn't have happened, I am extremely grateful for all their help preparing for the HackenDinnie Classic and support during the meet. THANK YOU BROTHERS!

The meet results were as follows

– 1st place in the Women's division was Beth Skwarecki & 1<sup>st</sup> place in the Men's division was Clint Poore. Both Beth & Clint received the Crown of Champions for winning their individual divisions! Since we had international field of lifters, I chose to use an international formula (1.33 multiplier for women) to determine who would be the Overall Grand Champion. The HackenDinnie Classic Overall Grand Champion was the resolute Beth Skwarecki! Congratulations Beth on a phenomenal meet, let's hope for a rematch one day soon!

Now for the rest of the story!

The camaraderie and cheering for all lifters was extremely vigorous and at times made it difficult to hear a referee say DOWN or RACK! But made the experience of the HackenDinnie Classic, one that none of us will forget.

What an extraordinary group of people were gather @ Buffville Gym that day!

Here are some fantastic highlights from the lifters at the meet.

– Ashley Stearns had strong meet with a 305 lb Hackenschmidt Floor Press (HFP), 475 lb Dinnie Deadlift finishing 3<sup>rd</sup> in the Men's division, finishing the day with a 580 lb foot press along with other records!

-Patrick Hadley did an excellent job with a 300 lb HFP and a 405 Dinnie Deadlift. Then finished his day with a 530 lb Foot Press and a World record 275 lb Feet on Floor Bench Press!

– Anthony Lupo had a thunderous 300 lb HFP and 350 Dinnie Deadlift & wrapping his lifts with a fervent 275 lb Fulton Bar Deadlift!



-Spencer Martin had a powerful 301 lb HFP and a 310 Dinnie Deadlift! He completed his day with a strong 530 lb Foot Press!

-Payton Frappier, in his first meet, had 185 HFP and smooth 365 lb Dinnie Deadlift! He also completed his day with a steadfast 530 lb Foot press!

-Kyle Frappier was celebrating his one year anniversary from having his tracheostomy removed, then did a bold & courageous 124 lb Dumbbell Deadlift in both his right and left hands!

Fantastic lifting.





-Chris Frappier had 232 lb HFP, a 154 lb Right Hand Dumbbell Deadlift, & then brought the gym to a crescendo with his 442 lb Trap Bar Deadlift in honor of his son, Kyle! What an incredible impassioned lift, Thank You for performing that feat of Strength in Buffville Gym. It was a great honor to witness your lift!

-Denny Habecker, at the tender age of 80 years young, did a 150 lb HFP and a 300 lb Dinnie Deadlift. Then followed those amazing lifts with a sensational 600 lb Foot Press! Denny is very inspiring and all around super gentleman!



-Holland Millsaps did 325 HFP followed by a 650 Dinnie Deadlift and finished 2<sup>nd</sup> in the Men's division!

He barely missed 702 lbs Dinnie Deadlift, but on an out of meet lift, he hoisted a 671 lb Dinnie Deadlift like the mighty Hercules! He finished his day with an out of this world 825 lb Foot Press and barely missed an insane 1005 lb Foot Press! Holland is the definition of a true Gentle Giant!

-Beth Skawrecki was our Overall Grand Champion with a 200 lb 4<sup>th</sup> attempt HFP and 510 lb ALL TIME IAWA/USAWA Women's World Record Dinnie Deadlift/ Shanks Lift! She wrapped up her day with an marvellous 700 lb Foot Press! Absolutely Phenomenal!

-Clint Poore was our Men's division champion with a huge 425 lb HFP and a bullish 500 lb Dinnie Deadlift!

Clint wrapped up his day with a pair of World Records, 380 lb Feet on Floor Bench Press & 365 lb Feet in Air Bench Press.

Clint had a sublime day of lifting was honored by the surprise win at the HackenDinnie Classic. I must say, I, in no way expected to win but had one of my best days lifting since Spinal Stenosis Neck Surgery on January 3, 2023. The HackenDinnie Classic was a tremendous success and a joy to run. Thank you to everyone who attended and supported the HackenDinnie Classic, without you it would not have been possible.

Lord willing and the creek don't rise..... the HackenDinnie Classic will return in 2024!

Athlete	Age	Division	BW	Class	Hackenschmidt Floor Press	Dinnie Lift	Total
Mens							
Clint Poore	49	45	114.3	115	425	500	925
Holland Millsaps	42	40	119.6	120	325	655	980
Ashley Stearns	42	40	83.6	85	300	475	775
Patrick Hadley	51	50	96.2	100	300	405	705
Denny Habecker	80	80	82.4	85	150	300	450
Anthony Lupo	57	55	107.2	110	300	350	650
Spencer Martin	35	Open	87.2	90	285	310	595
Payton Frappier*	23	Open	83	85	185	365	550
Chris Frappier*	58	55	88.6	90	215	0	215
Kyle Frappier*	19	19	94.2	95			
Womens							
Beth Skwarecki	42	40	70.5	75	190	500	690
4th attempt for record							
Hackenschmidt Floor Press							
Chris Frappier	232						
Beth Skwarecki	200						
Spencer Martin	301						
Ashley Stearns	305						
Dinnie Lift							
Beth Skwarecki	510						
Record Day Lifting after the meet							
Clint Poore							
Bench Press-Feet on Floor	380						

Bench Press-Feet in air	365
Clean and Press- Middle Fingers	75
Pinch Grip- Strict-left	35
Pinch Grip-strict- right	35
Holland Millsaps	
Apollons Lift	205
Kennedy Lift	500
Foot Press	825
Pinch Grip- Strict-Left	50
Pinch Grip- Strict-Right	50
Ashley Stearns	
Bench Press- Alternate Grip	250
Foot Press	580
Pinch Grip- Strict-Right	40
Pinch Grip- Strict-Left	40
Beth Skwarecki	
Foot Press	700
James Lift	85
Bench Press-Feet on Floor	150
Deadlift-Fulton Bar	275
Apollons Lift	115
Patrick Hadley	
Bench Press-Feet on the Floor	275
Bench Press- Alternate Grip	225



Curl-Strict	115
Leg Press- Unsupported	135
Foot Press	530
Denny Habecker	
Deadlift- Dumbbell-Left	154
Deadlift-Fulton Bar-Civattone Grip	190
Foot Press	600
People's Deadlift	275
Anthony Lupo	
Jackson Press	125
Anderson Press	150
Deadlift-Fulton Bar	275
Pinch Grip-strict- Left	35
Pinch Grip=Strict-Right	40
Spencer Martin	
Foot Press	530
Payton Frappier*	
Foot Press	530
Chris Frappier*	
Deadlift-trap bar	442
Deadlift- Dumbbell-Right	154
Clean and Seated Press-2 dumbbells	110
Dumbbell Curl- Right	40
Dumbbell Curl- Left	40

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Kyle Frappier

Deadlift-  
Dumbbell-Right 124

Deadlift-  
Dumbbell-Left 124

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## 2023 COLORADO RECORD DAY

June 15, 2023 [KCSTRONGMAN](#) [Edit Post](#)

by RJ Jackson

### MEET ANNOUNCEMENT

2023 Colorado Record Day (RD)

Colorado Springs CO

July 13, 2023

### MEET DETAILS:

Director: RJ Jackson

Date: July 13, 2023

Location: Colorado Springs CO

Sanction: USAWA (Membership is required for 2023 year)

Weigh-ins: 7:00 AM morning of the meet

Deadline: June 20th

Awards: None

Entry: \$15 It is the member's responsibility to pay and get in the facility. If attending, please notify me using USAWA FB Messenger for details This RD is to provide local members who have no access to a USAWA official an opportunity to set or break records. Please note that specialized all-round equipment may not be available. The gym depends on the member who sets it up for me to come in and officiate the lifts while I am in the area

# BUFFVILLE PUSH/PULL & RECORD DAY

June 16, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore

## **BUFFVILLE PUSH/PULL & RECORD DAY**

**SATURDAY, SEPTEMBER 23, 2023**

**BUFFVILLE GYM in ALBANY, KENTUCKY**

**ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY**

**WEIGH-INS: 9 AM – 10 AM , LIFTING BEGINS AT 10:30 AM**

**THE LIFTS:** HACKENSCHMIDT FLOOR PRESS & PEOPLE'S DEADLIFT.

**ENTRY DEADLINE** – September 22, 2023 – email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE:** None, just let me know you are attending, then have fun lifting & breaking records!

**USAWA MEMBERSHIP REQUIRED:** Please join the USAWA before the meet, Registration will also available at meet site if you need to join the USAWA the day of the meet

**AWARDS:** **Grand Champion Trophy** with Medals awarded to all participants and T-shirts to all competitors. I must know t-shirt size two weeks prior to meet, we will have a few extra as well.

**RECORD SESSION** – will follow the Buffville Push/Pull competition, each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at this meet, if we have 3 referees present IAWA World Records may be set.

**HOTEL** – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

## NATIONAL MEETING AGENDA

June 17, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Our national meeting will take place as part of our dinner after lifting on Saturday June 24. Dinner will be at D Rowe's in Columbia and will begin at 5:30. The agenda is as follows:

1. Meeting called to order by USAWA President Denny Habecker
2. Roll Call by USAWA President Denny Habecker
3. Reading of previous meeting minutes by USAWA Secretary Eric Todd
4. Report of financial status by USAWA Treasurer Eric Todd
5. Report from Website Director Eric Todd
6. Report from Awards Director Al Myers
7. Report from Records Director John Strangeway
8. Report from Drug Enforcement Director Chad Ullom
9. Report from Officials Director Joe Garcia
10. Report from Postal Meet Director Denny Habecker
11. Report from IAWA Technical Committee Chairman on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee
12. Discussion on restructuring the executive board
13. Discussion on remote and hybrid competitions
14. Discuss organizing a committee to research the possibility of the use of video for competitions in the future
15. Discuss the use of video tests to use in place of practical training sessions as needed in the officials certification process
16. Discussion of New Business brought forth by the membership
17. Election of officers
18. Accept Bids for the 2024 National Championships
19. Meeting Adjourned

This agenda is subject to change a bit between now and then, but is probably pretty much what it will look like. As you can see, this year is the year we elect officers, so if you have any desire to serve, please let your intentions be known.

## **OLD TIME STRONGMAN WORLD CHAMPIONSHIP**

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June 20, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore



Clint Poore executing a Hackenschmidt Floor Press

### **OLD TIME STRONGMAN WORLD CHAMPIONSHIP**

This is the OFFICIAL OLD TIME STRONGMAN WORLD CHAMPIONSHIP. This is a POSTAL meet, so different countries can all compete simultaneously across the World. The OTSM Worlds will take place on December 9 in different locations on separate continents. All results will be sent in by each locations meet director and results will be tabulated ASAP! Each lifter will receive a OTSM Worlds medal and T-shirt for participating. International locations for the OTSM Worlds to be held, are in England, Australia and the USA. Other International locations may be added.

### **OLD TIME STRONGMAN WORLD CHAMPIONSHIP – USA LOCATION**

**SATURDAY, DECEMBER 9, 2023**

**BUFFVILLE ARENA in ALBANY, KENTUCKY**

**ADDRESS: 2608 NORTH HWY 127 BUSINESS, ALBANY, KENTUCKY**

This is the North American Continental location for the OTSM World Championship. All lifters from any North American nation are welcome to attend. CANADA, USA, MEXICO & all Central American countries are invited. Also, any International lifters who want to compete are invited to attend .

**WEIGH-INS: 8 AM – 9:30 AM , LIFTING BEGINS AT 10:00 AM**

**THE LIFTS: HACKENSCHMIDT FLOOR PRESS, DINNIE LIFT & DUMBBELL TO SHOULDER**

**ENTRY DEADLINE** – December 8, 2023 – email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE:** None, just let me know you are attending, then have fun lifting & breaking records!

**USAWA MEMBERSHIP REQUIRED:** Please join the USAWA before the meet. Registration will also be available at meet site if you need to join the USAWA the day of the meet. If lifting in England or Australia please pay your National Registration fee prior to the meet.

**AWARDS:** **WORLD CHAMPIONSHIP AWARDS in EACH WEIGHT CLASS & OVERALL GRAND CHAMPION TROPHY MALE & FEMALE** with Medals awarded to all competitors. T-shirts provided for all lifters, I must know your t-shirt size two weeks prior to the meet, we will have a few extra as well.

**SEATING** – We now have access to 40 chairs for the meet. This should easily provide a seat for you and your guests that come with you to the competition. For an even more comfortable seat, please feel free to bring your own fold out chair with you.

**RECORD SESSION** – Record Day will follow the OLD TIME STRONGMAN WORLD CHAMPIONSHIP competition. No more than 5 Record attempts, per person. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment, if time allows. USAWA National Records can be set at this meet, 3 referees will be present & IAWA World Records may be set.

**HOTEL** – **Baymont by Wyndham Albany**

**Address:** 79 Soma Lane, Albany, KY 42602

**Phone:** (606) 387-7238

## **DEAN ROSS'S LEGACY, CONTINUED**

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June 26, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

A few weeks back, I received a phone call on my cellular telephone from a number in Oklahoma I was not familiar with. As I did not recognize the number, I did not answer the first couple times. The caller was persistent, though, and eventually my curiosity got the best of me. I answered the phone. On the other end was an attorney. He said he was representing Dean Ross, and that before Dean had passed away, he had requested that a sum of his estate be donated to a certain camp, and that I would be the one to contact in that regard. I immediately knew what he was talking about. A number of years ago, I ran a strongman meet in which all the proceeds were given to Camp Quality. Me and a few of my buddies also did some strongman demos for the campers as well. Camp Quality is a camp for children who have been diagnosed with

cancer. The purpose of the camp is to offer a week of unforgettable enjoyment where the campers can just be kids for a while. Dean was aware of this work, and mentioned it on many occasions. He loved the idea of Camp Quality and what they were doing for these kids. I knew that this attorney was speaking about Camp Quality. I put him in contact with a representative from the camp, and that is the last I have heard. But I thought the membership would appreciate hearing about Dean's generosity and giving spirit.

## **IAWA WORLD POSTAL**

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June 28, 2023 Al Myers Edit Post

By Al Myers, IAWA President

### **MEET ANNOUNCEMENT**

#### **2023 IAWA WORLD POSTAL CHAMPIONSHIPS**

The IAWA World Postal Championships has been announced! It will still be the "Andy Goddard Memorial". Andy was a great friend and supporter of the IAWA and as long as I'm involved promoting the World Postal Championships it will be done in Andy's memory. As it has been the past few years, the lifts for this World Postal will be the first day lifts of the upcoming Worlds. Read the the info sheet as it outlines the "rules of the competition". Send your results to me at [amyers@usawa.com](mailto:amyers@usawa.com). Also, please send in the official entry form with your club results. If you have more club entries than on the entry form just include extra entry forms.

INFORMATION SHEET (PDF) – [2023 World Postal Information Sheet](#)

ENTRY FORM (PDF) – [2023 World Postal Entry Form](#)

**PLEASE READ THE INFORMATION SHEET**

## **2023 NATIONAL MEETING MINUTES**

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June 29, 2023 KCSTRONGMAN Edit Post

By Eric Todd

The meeting was held at D. Rowes Restaurant in Columbia, MO on June 24th, 2023. The Meeting was called to order by President, Denny Habecker, who then called roll. The following members were in attendance:

Bill Clark, Joe Garcia, Randy Smith, Sanjiv Gupta, Nick Frieders, Travis Luther, Tony Lupo, Abe Smith, Calvin Heit, Chad Ullom, Wyatt Sawyers, Beth Skwarecki, Joe Caron, Dave DeForest, Denny Habecker, and Eric Todd

The minutes of the 2022 national meeting were read by Secretary, Eric Todd. Bill Clark made a motion to accept the minutes as read, with a second by Randy Smith. It passed unanimously. The financial report was then given by treasurer, Eric Todd. It was reported that the organization now has \$11,799 in our bank account and still \$160.07 in our paypal account. This is an increase of \$2486.35 in total from where we were at this point last year. Joe Garcia suggested that we may need to file a financial report with the state, and Eric Todd said that he would look into that. Chad Ullom made a motion that we accept the report as given. Bill Clark gave the second. Motion passed unanimously. The website report was given by Website Director, Eric Todd. It was reported that the website was in need of contributors. The forum has not been used much of late, but we have decent activity on Facebook and Instagram. Beth Skwarecki mentioned that we do have a page on Reddit, and Eric Todd said he would link it on the website. Chad Ullom made a motion to accept the report as given; Joe Caron made the second. Motion passed unanimously. Next up was the report from the Awards Director, Al Myers as read by Eric Todd, as Al was unable to attend. The report discussed the way the awards program works and the concept behind it. Motion to accept the report was made by Chad Ullom; the second was made by Calvin Heit. Motion passed unanimously. Next, the report from Records Director, John Strangeway was made on his behalf by Eric Todd, as John was unable to attend. John has decided to stay on as Record's Director. Motion was made by President Habecker to accept the report as read, and the Chad Ullom made the second. Motion passed unanimously. Next on the agenda was the report from Drug Enforcement Director, Chad Ullom. It was reported that we gave four tests this year, but the lab failed to test any of them, due to discontinuing the product. We are looking into finding a different vendor to supply our drug tests, and have a good lead on an outfit that some other Drug Free organizations use. Denny Habecker made a motion to accept the report; Beth Skwarecki made the second. Motion passed unanimously. The report from Official's Director, Joe Garcia, was given next. We have had a couple level one officials who have let their certification lapse, but have picked up a couple new officials. Eric Todd said that he had been in contact with the officials whose certification has lapsed, and they are working on it. Joe recommended that anyone who is not yet an official begin the steps toward becoming one so that we have enough to cover our meets. Beth Skwarecki made a motion to accept the report; Sanjiv Gupta made the second. Motion passed unanimously.



There was a motion made by Bill Clark prior to the meeting to expand the executive board from five members to nine members. Bill explained that he thought it was needed to get a broader representation in order to move the organization forward. Eric Todd expressed that he did not see the need, and explained what the day-to-day operation of the organization currently looks like. There was much discussion. Randy Smith made a motion to table the motion until the end of the meeting to see if the other business at hand would help clarify whether there was a need or not. Chad Ullom made the second. Motion passed unanimously.

There was a motion by Bill Clark prior to allow for remote and/or hybrid competitions. The motion included all competitions outside of nationals, and would be up to the discretion of the meet director. He mentioned that he was hoping to increase participation in meets from people that might not travel, and suggested that if records are accepted that are set remotely via postal meets, then why not for any meet. Eric Todd said that he was concerned for us to become an organization of postal meets only, and lose out on the allure of the in-person competition. There was much discussion, but the consensus of the attendees was that there was no reason not to allow remote or hybrid competitions. Chad Ullom asked if there might be any unforeseen downfalls with this proposal. Sanjiv said one possible downfall would be the aspect of knowing what you might need to do to beat a competitor, but conceded that with the formula, that is sometimes an issue anyhow. Chad Ullom suggested that if it passed and was a failure, we could overturn it at a future meeting. Motion had already been made, and Randy Smith made the second. Motion passed unanimously.

Next up was motion made by Bill Clark to replace the practical training session portion of the certification process to become an official with a video test. Bill's proposal was that we replace all three of the practical training sessions with a 50 question video test. Eric Todd said that he had already been working on a video test, and proposed that we keep the 3 practical sessions, where any or all of the session can be replaced with a 10 question video test. There was much discussion. Bill proposed a compromise where we require one in person practical training session. The prospective official can still complete two more practical sessions to complete their level one certification, or they can complete two fifteen question video tests, or it can be a combination of both. That was a motion made by Bill Clark, and a second was made by Eric Todd. Motion passed unanimously.

Next up was new business as brought up by the membership. Randy Smith brought up the fact that our rulebook currently requires a platform no smaller than 12' by 8'. He mentioned that most meets use platforms that are 8' by 8' (2 pieces of plywood crossed

by 2 pieces of plywood). Motion was made to change the requirement to 8'x8'. Joe Garcia made the second. Motion passed unanimously.

The next thing up was the election of officers. Bill Clark suggested a vote of acclamation that Eric Todd continue as Secretary/Treasurer that was unanimously accepted. Chad Ullom suggested a vote of acclamation that Denny Habecker remain as president that was unanimously accepted. Eric Todd suggested a vote of acclamation Chad Ullom continue as Vice President that was unanimously accepted. Bill Clark nominated Beth Skwarecki to continue her role on the executive board. There were no other nominations. It was unanimous. Bill Clark nominated Abe Smith to take on the other Executive Board At-Large position. Chad Ullom nominated Dave Glasgow to continue in that role. A vote was taken, and Abe Smith won the position based on majority vote.

Last on the agenda was accepting bids for 2024 nationals. Eric Todd reported that at this time there were no bids. Bill Clark said that he and Clark's Gym would bid 2024 nationals. Eric Todd moved that the bid be accepted. Denny Habecker made the second. Motion passed unanimously.

Because the motion to restructure the executive board was tabled until the end of the meeting, we readdressed it at this time. There was discussion as to whether it would be better to add members to the executive board, or come up with an advisory committee to focus on moving the organization forward. Since there was already a motion to expand the executive board, we just needed a second. Randy Smith gave the second. That motion was defeated unanimously. Bill Clark then made a motion to add an advisory committee that will report to the executive board and will consist of no more than five members. Chad Ullom made the second. This motion passed unanimously.

As there was no more business, Denny Habecker made the motion that the meeting be adjourned. Randy Smith made the second. Motion passed unanimously.

## **CLUB OF THE YEAR AWARD**

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June 29, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Club of the year: Habecker's Gym!

Club of the year is the one award that is not given via vote by the membership. It is selected by a point system, and the defending club of the year is not eligible to repeat. The point system is as follows:

***Club Awards are determined by adding up club points using this 4-Step System:***

- 1. One point awarded*** to the club for EACH USAWA registered member that lists the club as their affiliated club on their membership application. This designation is also listed beside the members name on the membership roster.
- 2. Two points awarded*** to the club for EACH club member that participates in the National Championships, World Championships, and Gold Cup. Points are awarded for each competition, so if one club athlete competes in all three of these big meets it would generate 6 points for the club.
- 3. Three points awarded*** to the club for EACH USAWA sanctioned event or competition the club promotes.
- 4. Four bonus points awarded*** to the club for promotion of the National Championships, World Championships, and Gold Cup.

First place in this category for 2023 is Habecker's Gym!

Second place is KCSTRONGMAN.



Runner-Up: KCSTRONGMAN

We are currently at 8 clubs for the year 2023. We have started to branch out into some different territories and are hoping that clubs start popping up in other locations. Thank you to all who register as a club. It is things like this that will keep us moving forward as an organization,

## TRUE NORTH TRUE STRENGTH 2024 OPEN

July 1, 2023 [KCSTRONGMAN](#) [Edit Post](#)

by Chris Frappier

### TRUE NORTH TRUE STRENGTH 2024 OPEN

**Passports are required for all international travellers to enter Canada.**

**When:** Sunday, August 25, 2024

**Where:** Anytime Fitness

**735 Tower Street South, Fergus, Ontario**

**Weigh-ins:** 8:30 a.m. to 10:00 a.m. Eastern Time

**Lifting starts at 10:30 a.m. Eastern Time**

**The Lifts:** Hackenschmidt Floor Press and Trapbar Deadlift

**Record Sessions:** Depending on time and the number of competitors, a Record Day session may follow the TRUE NORTH, TRUE STRENGTH 2024 OPEN competition.

Each lifter will be permitted up to three record attempts – includes world records.

**Note:** Let me know which record lifts you will be attempting so we can try to ensure we

have the necessary equipment. USAWA national records can be set at this meet. If we have three referees present, IAWA World Records can also be set.

**Event Entry Fee:** None, but you must complete both event registration steps to compete, then have fun lifting and breaking records!

**Deadline to register: August 18, 2024—NO EXCEPTIONS**

**Event registration:** Read carefully. Both steps must be completed in order to compete.

**Step 1:** Email Chris Frappier at [stonedreams53@gmail.com](mailto:stonedreams53@gmail.com) with the following information.

Your first and last name

Women or Men division

Your age on August 25, 2024

Your bodyweight now or what you think you will weigh on August 25, 2024

Your T-shirt size

Your contact information (email and/or phone number) This will only be used to provide competitors with event details as the event approaches.

**Step 2: USAWA membership required to compete.**

Visit <http://usawa.com/forms-and-applications>

Follow the instructions to complete the USAWA membership application and pay the \$25 USD membership fee. **Paypal accepted**

**Questions:** Contact Chris Frappier at [stonedreams53@gmail.com](mailto:stonedreams53@gmail.com) or call or text 226-821-1740.

**T-shirts:** All competitors will receive a free t-shirt. I must know your t-shirt size two weeks prior to the event.

**Awards:** The True North True Strength 2024 Open trophy goes to the overall champion. More awards will be added based on the number of competitors.

**The USAWA will recognize four main age groups.** Competitions are organized for both men and women in separate divisions.

**Junior:** This includes lifters who have not reached their 20th birthday. Junior age groups may be further split into smaller age groups. These include 13 and under, 14–15, 16–17, and 18–19.

**Senior:** This includes lifters who have reached their 20th birthday but have not reached their 40th birthday.

**Open:** This includes lifters who are 20 years of age or older.

**Master:** This includes lifters who are 40 years of age or older. Master age groups may be further split into smaller age groups. These include 40–44, 45–49, and 50–54, and will continue every 5 years to infinity.

**Hotels:** We recommend booking early; most hotels will let you cancel within 48–72 hours if your plans change. There are also a number of Air B&Bs in Fergus and neighbouring Elora, Ontario; do a Google search for recommendations.

**Best Western Plus, Fergus**

830 St. David St. N., Fergus, ON N1M 2L2

(519) 843-2100

**Hampton Inn & Suites by Hilton Guelph**

725 Imperial Rd. N, Guelph, ON N1K 1X4

(519) 821-2144

**Comfort Inn Guelph**

480 Silvercreek Pkwy N, Guelph, ON N1H 7R5

(519) 763-1900

**Super 8 by Wyndham Guelph**

281 Woodlawn Rd W, Guelph, ON N1H 7K7

(519) 836-5850

## **NORWOOD/WALPOLE LIFTING CLASSIC**

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July 2, 2023 KCSTRONGMAN Edit Post

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By Frank Ciavattone

**Norwood/Walpole Lifting Classic**

Sponsored By Frank's Barbell Club Walpole MA

Meet Director: Frank Ciavattone

Competition Date: July 30, 2023

For Meet information please contact Frank at [fdc2955@aol.com](mailto:fdc2955@aol.com)

All Lifters must have a current USAWA Membership

Lifts to be contested:

2 Hand Press

Reverse Grip Bench Press

Cheat Curl

2 Hand Ciavattone Dead Lift

Hip Lift

## IAWA WORLD CHAMPIONSHIP

July 3, 2023 [KCSTRONGMAN](#) [Edit Post](#)

Where: Bunbury, Australia

When: September 30-August 1

Promoter: John Mahon

Please click the link to see the information on this year's World Championship! [Information for World's 2023](#)

## 2023 NATIONAL CHAMPIONSHIP

July 3, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark



It was a good weekend with 17 entries – 16 made it to the platform – with plenty of record lifting and a return to 26 years ago – the last time the Nationals were held in Columbia's American Legion Hall.

The entry list was the largest since 2017 when the meet was held in Columbus, Ohio – in the center of USAWA activity.

The only entry not on the platform was former champion Mike McBride, who had to call it off because of intestinal upset which stopped him enroute from his home in St. Joseph, Mo. He returned home and is now recovering from the unfortunate bellyache.

Not surprisingly, Abe Smith was the easy men's winner, leading a parade of Clark's Gym lifters which took the first eight spots and added No. 11 in a near-sweep of honors.

Defending champion, Beth Skwarecki, was the repeat women's winner.

One of the highlights of the weekend came in the two-hand, one-inch, vertical bar deadlift when four Clark's team members tangled in an effort to break 500 pounds – 250 lbs. in each hand. The two who had beaten 500 pounds in the past were in the mix – John Carter and Travis Luther. Close behind was 22-year-old Nick Frieders, the lightest of the quartet at 157 pounds.

In the end, it was Abe Smith who set a personal record of 505 pounds to emerge the champ.

Abe, who weighed in at 174.2 lbs., actually picked up unneeded help by getting an additional two percent – due to being 41 years young.

His six-lift total was 3,180 pounds and his adjusted total, adding and subtracting age and bodyweight, was 3,087.91 – more than 300 points ahead of his teammate, Travis Luther, age 30, who weighed in at 173.6 pounds and totaled 2,729.70 points.

Beth Skwarecki, 42, easily defended her title with a total of 1,590 pounds and 1,714.69 points, then added five difficult records in the record-day session, including bent presses with each arm, the Ziegler Lift, the James Lift, and the reflex clean and jerk.

The runner-up in the women's competition was 12-year-old Phoebe Todd, who showed herself to be a champ of the future. Her 10-year-old brother, Everett, was the top male junior lifter. Their dad is Eric Todd, the USAWA General Secretary, who wound up in ninth place in this competition.

Chad Ullom, a former champion who was recovering from shoulder replacement, finished one spot behind Eric.



Joe Garcia finished fifth and John Carter came in seventh overall.

A year ago, Joe was just coming through the recovery stage following a months-long battle with covid-19 that had been nip-and-tuck early in 2022. He still feels the ravages of the virus, but is back to his jovial self again and finding enough oxygen once again to finish fifth last weekend. He might have been the happiest person in the meet.

Carter has become the primary caregiver for his wife and balances a schedule that requires his presence at home, handling his private contracting business, and finding some gym time. He was able only to lift on Sunday, but used a big hip lift to finish seventh on the basis of three, not six, lifts.

Hats off to both.

Let's hope that the 2024 meet will showcase them both.

The successful weekend came about only because of the dedication of four gym members – and the Show-Me-State Games.

First, the Games allowed us to use their three lifting platforms and rugs, the officials' lights, their supply of chalk.

Next came Abe Smith and Kerry Clark. When Abe realized that a single large U-Haul was an easier way to go than three smaller personal vehicles needed to transport about 4,500 pounds of weight, squat racks, etc., he rented and paid for a three-day use of the truck. He refused to accept the gym's offer to cover the cost of the truck.

Kerry, who was a lifter and official in the same facility 26 years ago, took charge of the loaders, hiring four graduate students from her international program in the University of Missouri College of Agriculture, Foods and Natural Resources, paying for them herself. She also handled the computerized report of the competition, which had been set-up by Abe Smith.

Close behind was Dave DeForest, who handled the weigh-ins both days. loaded and officiated – and also took home the fourth place certificate, slipping past teammate and world-record holder, Joe Garcia. Dave is 63 years old.

Tony Lupo, who is a professor at the University of Missouri and the head of the atmospheric science program when he isn't in the gym, was involved in every aspect of the meet – loading, officiating and lifting. He finished 11<sup>th</sup> in his first national competition – at age 57.

Without those four dedicated gym members, success was only a dream. They turned the dream into reality – and the basis for the future.

Results are as follows:

Location: American Legion Hall, Columbia, MO

Meet Director: Bill Clark, Clark's Gym

Announcer: Bill Clark

Date: June 24-25 2023

Officials: Denny Habecker, Joe Garcia, Tony Lupo, Eric Todd, Chad Ullom, Randy Smith, Abe Smith, Dave DeForest, Beth Skwarecki

Score Keeper: Kerry Clark

Weigh ins: Dave DeForest

The three official system was used for all lifts. Bodyweights are listed in pounds. All lifts are recorded in pounds.

Name		age	Division	bwt.	weight class	Clean and press- heels together	Squat-Front
MEN							
Abe	Smith	41	40	179.2	85	210*	325
Travis	Luther	30	Open	173.6	80	155	225
Randy	Smith	68	65	194.8	90	115	205
Dave	DeForest	63	60	191	90	125*	210*
Joe	Garcia	69	65	208.6	95	120	125
Nick	Frieders	22	Open	157.4	75	120	245
John	Carter	64	60	216.1	100	0	0
Wyatt	Sawyers	26	Open	200.6	95	170	300
Eric	Todd	48	45	289.4	125+	210*	200
Chad	Ullom	51	50	227.8	105	90	200
Tony	Lupo	57	55	241.4	110	145	180
Sanju	Gupta	52	50	193.4	90	115	175
Denny	Habecker	80	80	183.6	85	85*	0
Everett	Todd	10	<13	100.8	50	40*	50*
WOMEN							
Beth	Skwarecki	42	40	154	70	0	205*
Phoebe	Todd	12	<13	127.8	60	50*	55
Name				Hip Lift	Vertical bar-2 bars-1"	Swing-2 dumbbells	total
Abe	Smith	40	85	1775*	425*	150*	3180
Travis	Luther	Open	80	1700*	465*	130*	2810
Randy	Smith	65	90	1275*	290*	100*	2190
Dave	DeForest	60	90	1250*	290*	90*	2170
Joe	Garcia	65	95	1375*	315*	90*	2120
Nick	Frieders	Open	75	1205	400*	120*	2275
John	Carter	60	100	1700	425*	60*	2190

Wyatt	Sawyers	Open	95	1300	340*	120*	2485
Eric	Todd	45	125+	1800*	280*	60*	2730
Chad	Ullom	50	105	1485	365*	60*	2050.5
Tony	Lupo	55	110	1210	215*	100*	2000
Sanju	Gupta	50	90	1075	265*	95*	1420
Denny	Habecker	80	85	600	215*	70*	990
Everett	Todd	<13	50	200*	150*	30*	520
WOMEN							
Beth	Skwarecki	40	70	800*	300*	90*	1590
Phoebe	Todd	<13	60	275*	170*	50*	660

#### **Fourth attempts for records:**

Vertical bar-2 bars-1"

Sanjiv Gupta – 270 lb

Beth Skwarecki – 330 lb

#### **Record Lifts outside the meet:**

BETH SKWARECKI

Bent press – one arm, left – 65.

Bent press – one arm right – 75.

Ziegler Clean – 65.

James Lift – 80.

Reflex clean and jerk -135.

DENNY HABECKER

Pullover and Press- 135

Deadlift-Fulton Bar – 255

SANJIV GUPTA

Apollon lift – 125.

Clean and push press – 125

Full Gardner – 40.

Scott Lift – 135.

Dead lift – Ciavattone – no thumbs – 275.

NICK FRIEDERS

deadlift-Fulton Bar – 425

vertical bar deadlift- 2 bar, one-inch– 440

TONY LUPO

Deadlift – Futon Bar – Right – 105.

Deadlift – Fulton Bar – Left – 100.

Carter Lift – 1,010.

Ziegler Clean – 45.

Deadlift – Fulton bar – 345.

TRAVIS LUTHER

Carter Lift – 1,010.

Ziegler Clean – 45.

Judd Clean and jerk – right – 65.

Scott lift – 125.

Swing – two-hand – 140.

Dave DeFOREST

Ziegler Clean – 45.

Deadift – Fulton Bar – right – 100.

Deadlift – Fulton Bar – left – 100

Hack lift – Fulton bar – 250.

Deadlift – Inch Dumbbells – 67.5 x 2 – 135 lbs.

CHAD JULLOM

Ziegler Clean – 135.

vertical bar deadlift-Two bar, one-inch – 400.

JOE GARCIA

Deadlift – Fulton Bar – left – 105.

Deadlift – Fulton Bar – right – 115.

ABE SMITH

Reflex clean and press – 185.

Judd Clean and Jerk – right – 105.

vertical bar deadlift-Two bar, one—inch – 505.

WYATT SAWYERS.

vertical bar deadlift-Two bar, one-inch – 400.

RANDY SMITH

vertical bar deadlift-Two bar, one-inch – 340.

## HOW TO JOIN USAWA

July 4, 2023 [Beth Skwarecki](#) [Edit Post](#)

By Beth Skwarecki

This is the first in a series of articles about the basics of USAWA. First up: how to join.

Membership in USAWA is necessary to participate in competitions and to set records. (Officials also need to keep up their membership to keep their certification current.) Fortunately, it's cheap! For just \$25, you become a member and you get to do the postals at no additional charge. Many of the in-person competitions are also free to members.

USAWA is the **I**AWA-affiliated organization for the USA. If you live in or near the UK, you should join IAWA-UK. If you live in another country, you should join your closest organization as an associate member. For example, if you live in Canada, you can join USAWA as an associate member. You can't set US national records but you can participate in meets and you can set IAWA world records.

You only need to do two things to join:

1. **Fill out the membership application form**, which asks for your contact information and what club you are a member of (if any—it's okay to be unaffiliated), and includes a waiver stating you understand that you may be subject to drug testing. If you are

under 21, your parent or guardian must also sign. You can either [print out this form](#), fill it out, and mail it; or use the new [online membership application](#).

2. **Send us \$25**, either by enclosing a check if you are mailing your application, or **by PayPal** if you are all “fancy” and “modern.”

If you'd like to learn more about the organization you are joining, the [USAWA Rulebook](#) contains the bylaws, the procedures by which competitions are run, and the rules of all the lifts.

More information on membership, including membership and meet sanctions, is on the [Forms and Applications page](#).

That's it—now you are all set. Membership expires at the end of the calendar year, and is not prorated. So renew every January to get your money's worth.

## COURAGE AWARD: RUNNER-UP

July 5, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Runner-up in the Courage category: Joe Garcia

This award is described as such:

*This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.*

For the second year in a row, the runner-up is Joe Garcia. He won last year for having survived a near death experience with covid, and wins this year by way of his long recovery and return to the platform. We has gone from being on a ventilator in a hospital bed, to doing pushups on his knees and walking around the house on oxygen, back to lifting, and ultimately making it to the national championship meet. The road was a long one, and it took a great amount of courage to complete that journey. Congrats Joe! Well deserved!

## COURAGE AWARD

July 6, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Courage Award Winner: Randy Smith

Description of the Courage Award is as follows:

*This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.*

Randy Smith is the deserving recipient of our courage award for this year past. He was close to making it to nationals last year, after just having been afflicted with the covid virus. He just missed it, but made it to Clark's Birthday Weekend just a couple months later. His wife also was having some health issues, but Randy managed to take care of

her while attending Worlds in October, and then made the long journey back to Columbia, MO from Michigan for another Nationals this year. Navigating his health and taking care of his wife, while finding the time and will to still compete goes right along with our definition of courage. Congrats, Randy! Well deserved!

## NEWCOMER OF THE YEAR AWARD: RUNNER-UP

July 8, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Tony Lupo accepts his Newcomer runner-up award.

The Newcomer of the year award is described as such:

*This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.*

This year's runner-up in this category is Tony Lupo. Tony is a member of Clark's Gym. Since last year's nationals, Tony has been very active. He started out by participating in the second quarter postal. He competed in the Clark's Gym vs Frank's Barbell Club Postal Challenge for the victorious Clark's Gym. He was on hand for Clark's birthday weekend, and he claimed runner-up honors in the Schmidt Backbreaker. Tony broke five records as part of the Memorial Record Day, and he



competed in the 2022 Postal Championship. He took on the most daunting of challenges by completing all of the lifts in the Zercher Strength Classic, and was a competitor in the first quarter postal. Tony placed 6th in the Bench Press Decathlon, and traveled to Kentucky to compete in the inaugural Hackendinnie Classic. Tony has quickly gone from not being certified at all to becoming a level one certified official. As you can see, Tony has had a busy, and successful, first year with the organization. This award is well deserved, Tony! Congrats!

## NEWCOMER OF THE YEAR AWARD

July 10, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Nick Frieders awarded the Newcomer of the Year Award!

The Newcomer of the year award is described as such:

*This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.*

This year, the winner in this category is Nick Frieders from Clark's Gym. He started off strong by winning third place in the second quarter postal. He successfully completed

all 11 lifts at Clark's birthday weekend, and outright won three of the events. Nick was fifth overall in the 2022 Postal Championship, and was eighth this year in the first quarter postal. He most recently competed in the bench Press Decathlon. Nick is an energetic young lifter, and seemingly has a bright future in the USAWA. Well deserved, Nick. Congratulations!

## **HERMAN GOERNER DEADLIFT DOZEN PLUS ONE**

July 14, 2023 KCSTRONGMAN Edit Post

Date: October 21 and 22(if necessary)

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Weigh ins: 8:00-9:00

Entry Fee: None

Entry Deadline: October 14, 2022

Lifts: Deadlift-heels together; Hack Lift; Deadlift-2 bars; Deadlift-1 arm right; Deadlift-1 arm left; Deadlift – No Thumb, One Arm Right; Deadlift – No Thumb, One Arm left; Jefferson lift; Deadlift – Fingers, Index; Deadlift – Fingers, Middle; Deadlift – Fingers, Ring; Deadlift – Fingers, Little; Deadlift – Reeves

There is no entry form for this meet, but please let Bill know you are coming. You can reach him by email at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com); telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

Please note, this meet is hybrid. You can compete in person or remotely. If you compete remotely, you must have a certified official judge your lifts in order for them to be eligible for records. If you enter without a certified official, your results will be noted, but will not be eligible for records. In the event that you are lifting remotely, your results must be submitted to Bill no later than 10:00 PM on Thursday, October 17th.

Information for the Deadlift Dozen

## **STEVE SCHMIDT'S BACKBREAKER PENTATHLON**

July 14, 2023 KCSTRONGMAN Edit Post

Date: December 2, 2023

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Weigh ins: 9:00 AM

Entry Fee: none

Lifts: Back Lift; Harness Lift; Hip Lift; Hand and Thigh; Neck Lift

There is no entry form for this event, but please let Bill know if you will be attending by November 28, 2021. You can reach him by email at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com); telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

Please note, this meet is hybrid. You can compete in person or remotely. If you compete remotely, you must have a certified official judge your lifts in order for them to be eligible for records. If you enter without a certified official, your results will be noted, but will not be eligible for records. In the event that you are lifting remotely, your results must be submitted to Bill no later than 10:00 PM on Thursday, November 30th.

## **ED ZERCHER STRENGTH CLASSIC**

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July 14, 2023 [KCSTRONGMAN](#) [Edit Post](#)

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When: January 27-28, 2023

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Entry Fee: none

Entry Deadline: January 22, 2023

Lifts: Zercher Lift; Steinborn Lift; Clean and Press-Heels together; 2 hand Clean and Jerk; Leg Press in rack; Hand and Thigh; Bench Press-Feet in air; Deadlift-heels together; Hack Lift; Harness Lift; Hip Lift; One Hand Deadlift

There is no entry form for this event, but please let Bill know you are attending. You can reach him by email at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com); telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

Please note, this meet is hybrid. You can compete in person or remotely. If you compete remotely, you must have a certified official judge your lifts in order for them to be eligible for records. If you enter without a certified official, your results will be noted, but will not be eligible for records. In the event that you are lifting remotely, your results must be submitted to Bill no later than 10:00 PM on Thursday, January 25th.

## **2ND QUARTER POSTAL**

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By Denjamin Habecker

The second Postal of 2023 had 22 men and 6 women taking part. Dan Wagman was at the top of the Men's list again and R.J Jackson topped a very good Women's field this Quarter. Thank you to all who participated this quarter.

April 1 thru June 30, 2023

The lifts: Cheat Curl, Snatch- One Hand, Continental to Belt

All lifts are in pounds. Records are marked with an \*

Men's Division:

Dan Wagman	– ? – 174.6 Lb- 200 – 111-L – 351 – 662 – 640.68
Randy Smith	– 68 – 197.2 Lb- 155 – 75-L – 295* – 525 – 624.39
Abe Smith	– 41 – 179 Lbs.- 180 – 125-L – 325* -630 – 612.20
Dave DeForest	– 63 – 191 Lbs. – 140 – 85-R -265 – 490 – 557.83
Barry Bryan	– 65 – 186 Lbs. – 132 – 94-R -220 -446 – 523.69
John Carter	– 64 -212 Lbs. – 135 – 80-R -250* -465 – 503.07
Chad Ullum	– 51 – 227 Lbs. – 180*- 65-R -275 -520 – 485.95
Barry Pensyl	– 75 – 135 Lb – 86 – 43-L – 160 – 289 – 483.45
Anthony Hose	-54 -228 Lbs – 185* – 90-L – 225 -500 – 478.51
Jeff Wenzel	– 48 – 228 Lbs. – 155 – 75-R -285 – 515 – 467.15
Tony Lupo	– 57 – 237 Lbs – 120 – 87-L* – 277* – 484 – 465.74
Dave Hahn	– 86 -139 Lbs. – 85 – 25-R – 135 – 245 -461.98
Denny Habecker	– 80 – 182 Lbs. – 83 – 39-R* – 187 – 309 – 454.95
Wyatt Sawyer	-26 – 200 Lbs. – 145 – 105-R – 245 – 495 -442.38
Aaron Travis Luther-	30 – 173 Lbs. -135 – 85-R – 225 – 445 – 432.98
Chris Todd	– 44 -278 Lbs. – 160 – 85-R – 260 -505 -399.38
Leroy Todd	– 12 – 98 Lbs. – 52.5* -25-R – 65* -142.5- 282.94

Bill Clark – 90 -202 Lbs. -45\* -22-R\* – 100\* – 167 -264.33

Sanjiv Gupta – 52 – 192 Lbs. – 0 -65-L – 185 – 250 – 258.49

Alex Lansdown – 13 – 170 Lbs. -70 – 35-L\* – 101\* – 206 – 252.73

Everett Todd -10 – 96 Lbs. -40\* – 20\_R – 60\* -120 -243.54

Calvin Helt – 21 – 178 Lbs. – 135 – 85-R -0 -220 -209.90

#### WOMEN'S DIVISION:

R.J. Jackson – 61 – 104.4Lbs. – 96 – 52-R – 151 -299 – 421.05

Bethh Skwarecki -42 – 153.2 Lbs.- 110 – 66-R -209 -385 – 416.38

Stacy Todd – 40 -184 Lbs. – 115\*- 55-R\* -180\* – 350 -331.48

Lily Todd – 13 -140 Lbs. – 70\* -35-R\* – 110\* -215 -299.97

Phoebe Todd -12 – 123 Lbs. – 67.5\* – 30-R\* -80\* – 177.5 -290.16

Kim Van Wagner-56 – 128.9 Lbs. -75 – 35-R – 95 – 205 -284.39

#### OFFICIALS:

Abe Smith – Joe Garcia, Chad Ullum, Denny Habecker

Chad Ullum – Joe Garcia, Denny Habecker

Anthony Hose – Bill Clark, Tony Lupo

Jeff Wenzel – Bill Clark, Tony Lupo

Aaron Travis Luther – Abe Smith, Chad Ullum

Calvin Helt – Abe Smith, Chad Ullum

Dan Wagman – R.J.Jackson

Randy Smith – Tony Lupo

John Carter – Bill Clark

Barry Bryan – Denny Habecker

Tony Lupo – Bill Clark

Denny Habecker – Barry Bryan

Leroy Todd – Chris Todd

Bill Clark – Tony Lupo

Ajax Lansdown – Beth Skwarecki

Everett Todd – Eric Todd

Stacy Todd – Chris Todd

Lilly Todd – Chris Todd

Phoebe Todd – Eric Todd

#### LIFTERS WITH NON-CERTIFIED OFFICIALS:

David DeForest, Dave Hahn, Wyatt Sawyer, Chris Todd, Sanjiv, Gupta, R.J. Jackson, Beth Skwarecki, & Kim Van Wagner

## 2023 COLORADO RECORD DAY

July 15, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By RJ Jackson and Sanjiv Gupta



### Sanjiv Gupta completing a Bench Press-1 arm

Two lifts attended the July Colorado Record Day and we had a great time lifting. Sanjiv came down from Denver and Crystal represented Colorado Springs. The lifts were performed at VASA Fitness which certainly made for some coordinating with the other patrons and some curious glances. Two sessions were held with an early morning session for Sanjiv and a later session for Crystal. RJ Jackson hosted and officiated the Record Day.



Sanjive completing a curl-strict, reverse grip

## COLORADO RECORD DAY

Colorado Springs CO

July 13, 2023

Meet Director: RJ Jackson

Officials (1-official system used): RJ Jackson

### MEET RESULTS:

#### WOMEN'S division:

Name	Age	Bodyweight (in pounds)	Weight Class
Crystal Diggs	36	155.0	75 k

Seated Press – From Rack 45#

Weaver Stick 1.5#

Bench Press – One Arm, Right 25#

Bench Press – One Arm, Left 20#

Bench Press – Reverse grip 85#

#### MEN'S division:

Name	Age	Bodyweight (In Pounds)	Weight Class
Sanjiv Gupta	52	193.0	90 k

Bench Press – Hands Together 126#

Bench Press – One Arm, left 56#

Deadlift, No Thumbs 305#

Curl-Strict, Rev. Grip 70#

Curl-Cheat, Rev. Grip 115

## LEADERSHIP AWARD

July 19, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd





Eric Todd receiving the leadership award

This award is given the following description:

*This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.*

I was honored to have been chosen by the membership for this award. It has been a pleasure serving as the Secretary/Treasurer and Website director. It was also fun having my mini-me present it to me.

## **LEADERSHIP AWARD: RUNNER-UP**

July 19, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Runner-up in the leadership category: Bill Clark

This award is given the following description:

*This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.*

This year's runner-up in the Leadership category goes to Bill Clark. Bill has resurrected his "Clark's Gym" USAWA club of late, bringing in many new lifters and revitalizing the lifting careers of others. He has sanctioned and promoted 6 events since last year's nationals. I am quite certain he has the only commercial all-round gym in Missouri, and I am sure one of the few in the USA. His club members have competed in local, and distant meets including worlds, and they have a very strong presence in our quarterly postal events. This accolade is well deserved. Congrats, Bill!

## **SPORTSMANSHIP AWARD: RUNNER-UP**

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July 21, 2023 [KCSTRONGMAN](#) Edit Post

By Eric Todd



Dave DeForest accepting his sportsmanship award

The sportsmanship award is described as follows:

*This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by a specific example of exceptional sportsmanship.*

This year's runner-up in this category goes to Dave DeForest. Dave has competed regularly in the USAWA. He is a stalwart at the Clark's Gym meets and has traveled to many competitions as well. He has been to my place on more than one occasion, and has traveled out of state multiple times, including to national and world meets. Dave is a fierce competitor, but is always the consummate sportsman. He always leaves all he has on the platform, but win, lose or draw, he maintains a cheerful demeanor. He is a pleasure to visit with, and is always ready to lend a helping hand when it is needed. Congratulations, Dave! Well deserved!

## **SPORTSMANSHIP AWARD**

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July 22, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



As you can see, this is not the first time Lance has won this award.

The Sportsmanship award reads as follows:

*This goes to an individual who possesses and shows great sportsmanship within the USAWA.*

*The act of sportsmanship may be by conduct at all events, or by a specific example of exceptional sportsmanship.*

This year, the award goes to Lance Foster. This probably comes as no surprise, as this is Lance's fourth win in a row in this category. Lance competes often and is a stalwart of the KCSTRONGMAN club. He is quick with a joke and a kind word. If he hears you need something, Lance will go out of his way to see that you get it. If you see a newbie at a meet, you can bet that Lance will be by their side helping them with pointers and fine tuning to help them be successful, even if they are competing against him. It is going to take a pretty special member to dethrone the king of this category. Congratulations Lance! Well deserved!!

## NATIONALS 2002

July 23, 2023 [KCSTRONGMAN](#) [Edit Post](#)

We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. The first one that I am posting here is from 2008. They are all transcribed from the "Strength Journal" by Bill

Clark. This was an idea of Frank Ciavattone's and was presented at the national meeting. Enjoy a little piece of history:

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XIII, No. 3, July 10, 2002. Columbia MO. Print.)

2002 Nationals

## ATHLETE OF THE YEAR: RUNNER-UP

July 31, 2023 [KCSTRONGMAN](#) Edit Post

By Eric Todd



Beth Swarecki wins runner-up honors in athlete of the Year category

Athlete of the year is described as follows:

*This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation*



*in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.*

Our runner-up in this category is Beth Skwarecki. This is her third time finishing second in this category. Beth was women's champion and overall Grand champion at nationals last year. She won the second quarter postal, and won her second Presidential Cup. Beth was the overall winner in the women's division of the 2022 postal championship, and then again in the first quarter postal 2023. She recently won the Hackendinnie Classic, outscoring all the other lifters, and putting up the best Dinnie Lift ever of a woman in our organization. Beth has achieved level one status as an official. as you can see, Beth has been very busy in our organization, and is rarely bested in competition. Her master of the lifts and her technique is second to none. Beth is very deserving to be recognized for this award. Congrats, Beth!

## ATHLETE OF THE YEAR

August 1, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Abe Smith awarded Athlete of the Year

Athlete of the year is described as follows

*This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.*

For the second year in a row, this accolade goes to Abe Smith. I have known Abe for around 20 years, and have been beaten in competitions by Abe for about 20 years. Any of you that know Abe know that he is in contention to win just about any meet he enters. Since nationals last year, Abe won the second quarter postal. He was fourth by formula in the Clark's Gym vs Frank's Barbell Club postal challenge. He completed all the lifts at the Clark's Birthday weekend meet, and won three events outright. He was overall best lifter in the 2022 Andy Goddard World Postal and was second in the National Postal Championship. Abe won the Zercher Strength classic, and was fourth in the first quarter postal. Abe is always a tough competitor, and is very deserving of this recognition. Congrats, Abe!

## **OLD TIME STRONGMAN CHAMPIONSHIP**

August 4, 2023 KCSTRONGMAN Edit Post

By Eric Todd



Chad Ullom breaks the all time Lurich Lift record with a pull of 610

The time has come again for the Old Time Strongman championship. This year's championship will be held yet again at my House of Iron and stone in God's country, USA. Accommodations are same as before: lots of iron, no climate control, and no running water. It is a good place for heavy lifting and good USAWA camaraderie. We usually have a decent turnout for this one. I hope this year is no exception. Details are below:

Location: ET's House of Iron and Stone, Turney, MO

Date: September 9, 2023

Time 10:30 AM

weigh ins: 9:30 AM

Rules meeting: 10:00AM

Cost \$25 (Make Checks out to Eric Todd)

Entries due (in hand) September 2, 2023

Lifts:

Cyr Press

People's Deadlift

Anderson Squat

Anderson Press

Awards: There will be awards at this event

Entry below:

[Click on this link for the OTSM Entry form in Word](#)

[Click on this link for the OTSM entry form in PDF](#)

## **I.A.W.A. GOLD CUP 2023**

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[August 6, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Paul Barette





## **I.A.W.A. GOLD CUP 2023 – 4TH NOVEMBER, EASTBOURNE**

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Entries are now being welcomed for the 2023 IAWA Gold Cup at MetamorFIT Gym, Eastbourne England!

Please note – Closing Date for entries is Saturday 14th October!

The Gold Cup is IAWA's annual international record breakers event.

To take part, lifters must be the holder of an IAWA World Record.

Lifters have the opportunity to choose a lift and attempt to break (or set) a World Record in their age and weight class on that lift, but the first attempt has to be for the record. Three further attempts can then be taken.

If successful they receive a trophy based on the theme 'Gold Cup' presented at the evening award ceremony.

Lifters also have the opportunity to compete against each other to determine the overall winner (based on Blindt score, age & bodyweight) for the Howard Prechtel Memorial Award.

Usually (time permitting) lifters have an opportunity to attempt a record in a second choice lift.

Please direct any enquiries to the promoter –

Paul Barette – Email [iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk)

[Click Here for the Application Form – Word Format](#)

[Click Here for the Application Form – PDF Format](#)

[Click Here for the Information Sheet](#)

## 2023 PRESIDENTIAL CUP

August 8, 2023 Denny Habecker Edit Post

The 2023 Presidential Cup had a great turnout this year with 8 lifters taking part, including some new lifters with great promise. We had 6 men and 2 very good women lifters, with Barry Bryan taking home the Presidential Cup with a great 110 Kg. [242 Lbs.] Bench Press with Feet in Air. It was a tough decision, as there were a lot of great lifts accomplished. All lifts were judged on the three official system. The officials were Denny Habecker, Beth Skwarecki, Barry Bryan, & Barry Pensyl.

### RESULTS:

**Ajax Lansdown** – Men's – 13 Year old – 80 Kg. [80 Kg. 13-14 ]

Trap Bar Deadlift – 80Kg. 176 Lbs.

**Aidan Habecker** – Men's – 20 Yrs. old – 80 Kg. [80 Kg. – Open ]

2 Hands 2" Vertical Bar Deadlift – 175 Kg. – 385 Lbs.

1 Hand 2" Vertical Bar Deadlift – Right Hand – 100 Kg. – 220 Lbs.

**Kasey Cicero** – Women's – 22 Yrs. old – 71 Kg. [ 75Kg. – Open }

Deadlift- No Thumbs- Overhand Grip – 120 Kg. – 264 Lbs.

Jefferson [Straddle] Deadlift – 135 Kg. – 297 Lbs.

1 Hand 1" Vertical Bar Deadlift – Right Hand – 67 Kg. – 148 Lbs.

Arthur Lift – 47.5 Kg. – 105 Lbs.

Front Squat – 90 Kg. – 198 Lbs.

**Beth Skwarecki** – Women's – 42 Yrs. old – 71 Kg. [ 75 Kg. – 40- 44 ]

Bear Hug – 67.5 Kg. – 149 Lbs.

Trap Bar Deadlift – 130 Kg. – 286 Lbs.

Middle Finger Lift – Right Head – 22.5 Kg. – 49 Lbs.

Middle Finger Lift – Left Hand – 22.5 Kg. – 49 Lbs.

Little Finger Lift – Left Hand – 12.5 Kg. – 28 Lbs.

**Steve Jury** – Men's – 58 Yrs. old – 104.5 Kg. [ 105 Kg- 55-59 ]

Dumbbell Swing – Left Hand – 42.5 Kg. – 93 Lbs.

One- Arm Hack Lift – Right Hand – 80 Kg. – 176 Lbs.

Hack Lift – 150 Kg – 331 Lbs.

Good Morning – 50 Kg. – 110 Lbs.

**Barry Bryan** – Men's – 65 Yrs. old – 84.5 Kg. [ 85Kg. -65 -69]

Bench Press – Feet in Air – 110 Kg. – 243 Lbs.

Continental & Push Press – 70 Kg. – 154 Lbs.

Continental Clean & Jerk – 75 Kg. – 165 Lbs.

Bear Hug – 57.5 Kg. – 127 Lbs.

**Barry Pensyl** – Men's – 75 Yrs. old – 61.8 Kg. [ 65 Kg. – 75 – 79]

Dumbbell Swing – Left Hand – 20.4 Kg. – 45 Lbs.

Cheat Curl – 37.5 Kg. – 82 Lbs.

Vertical Bar Deadlift-1Bar-1" – Right Hand – 49.4 Kg. – 109 Lbs.

Ciavattone Deadlift – 92.5 Kg. – 203 Lbs.

Snatch- One- Arm – Left – 19.5 Kg. – 43 Lbs.

**Denny Habecker** – Men's – 80Years old – 83.4 Kg. – [ 85 Kg. – 80 – 84 ]

Pinch Grip Deadlift – 90 Kg. – 198 Lbs.

Straight Arm Pullover – 22 Kg. – 48 Lbs.

Trap Bar Deadlift – 115 Kg. – 253 Lbs.

Clean & Seated Press – 32.5 Kg. – 72 Lbs.

2 Hands Anyhow – 28.5 Kg. – 63 Lbs.

## RECORDS LIST UPDATED

August 9, 2023 KCSTRONGMAN Edit Post

By Eric Todd

The records list is updated through Clark's Bench Press Decathlon (per the order listed on the website). Thank you to our records director Scottish Johnny Strangeway with his protégé Sanjiv Gupta. Record list can be found here: [Record List | USAWA](#)

## NORWOOD-WAPOLE LIFTING CLASSIC

August 11, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Mark Raymond

See below for the results of the 2023 Norwood-Wapole Lifting Classic:

	Frank’s Barbell Club	
	East Walpole, Massachusetts	
	July 30th 2023	
Officials	Frank Ciavattone	
	Wade Marchand	
	Mark Raymond	
	<b>3 Official System Used</b>	
	Womens Division	
Lifter		
Taylor Richards	33 Years – 174 #	
	Open / 80 Kg Class	
	Lift	#
	Clean & Press	55
	Curl – Cheat	75
	Bench Press – Reverse Grip	45
	Deadlift – Ciavattone Grip	175
	Hip Lift	900
	Mens Division	
Lifter		
Maverick Butters	16 Years – 134 #	
	16/17 Juniors / 65 Kg Class	
	Lift	#

	Clean & Press	75
	Curl – Cheat	125
	Bench Press – Reverse Grip	110
	Deadlift – Ciavattone Grip	230
	Hip Lift	900
Michael Marchand	17 Years – 167	
	16/17 Juniors / 80 Kg Class	
	Lift	#
	Clean & Press	0
	Curl – Cheat	0
	Bench Press – Reverse Grip	120
	Deadlift – Ciavattone Grip	170
	Hip Lift	1600
Sean Quinn	19 Years – 253 #	
	Open / 115 Kg Class	
	Lift	#
	Clean & Press	130
	Curl – Cheat	155
	Bench Press – Reverse Grip	195
	Deadlift – Ciavattone Grip	330
	Hip Lift	1700
Dan Jones	39 Years – 190 #	
	Open / 90 Kg Class	
	Lift	#
	Clean & Press	160
	Curl – Cheat	140
	Bench Press – Reverse Grip	190
	Deadlift – Ciavattone Grip	340
	Hip Lift	1340
Wade Marchand	54 Years – 165 #	
	50+ Masters / 75 Kg Class	
	Lift	#
	Clean & Press	0

	Curl – Cheat	0
	Bench Press – Reverse Grip	155
	Deadlift – Ciavattone Grip	265
	Hip Lift	900
Eric Carney	55 Years – 242 #	
	55+ Masters / 110 Kg Class	
	Lift	#
	Clean & Press	120
	Curl – Cheat	120
	Bench Press – Reverse Grip	155
	Deadlift – Ciavattone Grip	310
	Hip Lift	1400
Mark Raymond	60 Years – 230 #	
	60+ Masters / 105 Kg Class	
	Lift	#
	Clean & Press	80
	Curl – Cheat	80
	Bench Press – Reverse Grip	100
	Deadlift – Ciavattone Grip	200
	Hip Lift	1000
Nils Larson	64 Years – 250 #	
	60+ Masters / 115 Kg Class	
	Lift	#
	Clean & Press	125
	Curl – Cheat	130
	Bench Press – Reverse Grip	215
	Deadlift – Ciavattone Grip	275
	Hip Lift	1510
Carl Puzin	66 Years – 240 #	
	65+ Masters / 110 Kg Class	
	Lift	#
	Clean & Press	125
	Curl – Cheat	140

	Bench Press – Reverse Grip	165
	Deadlift – Ciavattone Grip	275
	Hip Lift	1340
Frank Ciavattone	68 Years – 292 #	
	65+ Masters / 125+ Kg Class	
	Lift	#
	Clean & Press	55
	Curl – Cheat	135
	Bench Press – Reverse Grip	205
	Deadlift – Ciavattone Grip	300
	Hip Lift	1510
	Record Day Lifts	
Lifter	Lift	#
Nils Larson	Neck Lift	565
Frank Ciavattone	Abdominal Raise	50
	Bench Press – One Arm – Left	50
	Bench Press – One Arm – Right	60
	Jefferson Lift	250
	Deadlift – Middle Fingers	150
Dan Jones	Weaver Stick	5.1

## JEFF CIAVATTONE-HALL OF FAME BIOGRAPHY

August 13, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Jeff Ciavattone-the USAWA's newest Hall of Fame inductee

One of the highlights at this year's nationals was the induction of our newest Hall of Fame Member, Jeff Ciavattone. Jeff has been competing in all-round for a few decades now. He has records dating back to 1991. Jeff has been challenging for top honors for many years now in the USAWA, the IAWA, and Frank's Barbell Club, and is certainly deserving of this award.

Jeff was born in Norwood, MA on September 14, 1979. He is the son of Hall of Famer Frank Ciavattone, founder of Frank's Barbell club. Jeff grew up in Wapole, and graduated from Wapole High in 1997. While Jeff played basketball, football, and lacrosse at Wapole High, weightlifting has always been his primary sport. He started lifting with his dad when he was four years old.

Jeff worked for his dad's construction company for many years before he became a Robotics Engineer. That gave him the opportunity to travel the world repairing gas mains with robotic technology. While on a trip to England, he met his wife. They have now been married for over 5 years and live with their two cats in South Carolina.

In the realm of all-round weightlifting, Jeff was a top 10 lifter at nationals on four different occasions. He was the best overall junior lifter at the national championship in



1996, and top ten in the men's division four different times. He has placed top three in the Heavy Lift championship on several times. Jeff was the top lifter in the men's division of the postal championship in both 2018 and 2022. He was the overall best lifter in the Andy Goddard World Postal Championship in 2021. He competed regularly in the USAWA national meet, particularly as a junior lifter. He also competed in several world championships. One of Jeff's biggest claims to fame is a 408 pound world record deadlift-1 arm-right that was done when he was 19 years old that stands to this day.

Jeff is a member of the USAWA century club, currently with 148 national records. Some of his records that stand out and are records to this day are as follows:

- DL DB left 392
- DL DB Right 425
- DL 1 arm 344 at 16 years of age, and 353 at 18 years
- Hand and Thigh 1200 at 16 years
- Harness lift 2000 at 18
- Hip Lift 1700 at 18
- Kennedy Lift 752
- Zercher of 450

Jeff has been a force in the USAWA and all-round in general for decades now. He has been a champion many times over, and has carried on the legacy of the Ciavattone name. Jeff attributes much of his success to the support and coaching of his father, Frank, and is quite proud of having done it all without the aid of steroids. Welcome to the Hall of Fame, Jeff Ciavattone! You have earned it!

## NATIONALS 1997

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August 26, 2023 KCSTRONGMAN Edit Post

We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. The first one that I am posting here is from 1997. They are all transcribed from the "Strength Journal" by Bill Clark. This was an idea of Frank Ciavattone's and was presented at the national meeting last year. Enjoy a little piece of history:

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. VIII, No. 3, June 17, 1997. Columbia MO. Print.)

Nationals 1997

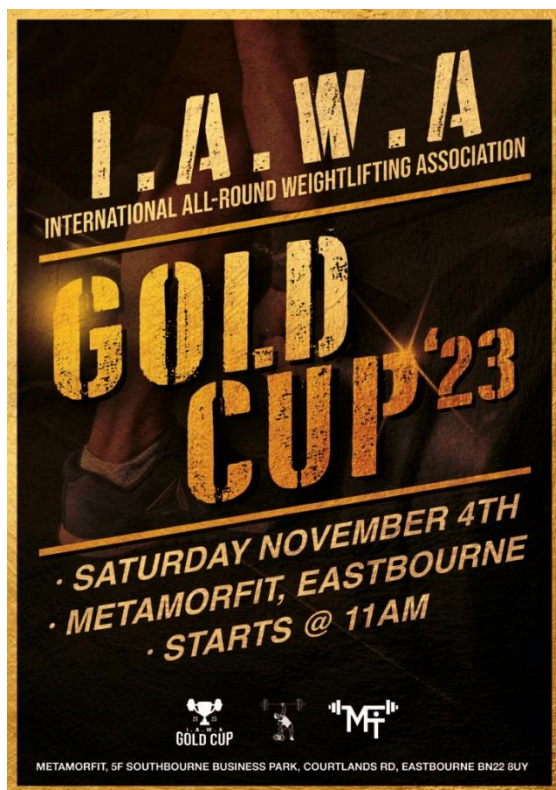
# IAWA GOLD CUP UPDATE

September 4, 2023 [KCSTRONGMAN](#) [Edit Post](#)

apparently, the Gold Cup is a hot commodity this year, which is a fantastic thing. Because of that, they have had to change the venue for the banquet. Updated info all below:



Entries are now being welcomed for the 2023 IAWA Gold Cup at MetamorFIT Gym,  
Eastbourne England!



[Click Here for the Application Form – Word Format](#)

[Click Here for the Application Form – PDF Format](#)

[Click Here for the Information Sheet](#)

Please note – Closing Date for entries is Saturday 14th October!

The Gold Cup is IAWA's annual international record breakers event.

To take part, lifters must be the holder of an IAWA World Record.

Lifters have the opportunity to choose a lift and attempt to break (or set) a World Record in their age and weight class on that lift, but the first attempt has to be for the record. Three further attempts can then be taken.

If successful they receive a trophy based on the theme 'Gold Cup' presented at the evening award ceremony.

Lifters also have the opportunity to compete against each other to determine the overall winner (based on Blindt score, age & bodyweight) for the Howard Prechtel Memorial Award.

Usually (time permitting) lifters have an opportunity to attempt a record in a second choice lift.

Please direct any enquiries to the promoter –

Paul Barette – Email [iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk)

## **VIRTUAL/HYBRID COMPETITIONS**

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[September 4, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

There were a few changes that were voted on and approved by the membership at the national meeting. I have planned to outline these in a series of articles, and am just now getting to it. One of those was the allowance of individuals to lift virtually in USAWA competitions. This is not an option that is allowable for the national championship, but could be an option for any other meet. That is up to the discretion of the promoter. For instance, all of the current meets sanctioned by Clark's gym are hybrid, meaning lifters can lift in person or remotely, whereas the Old Time Strongman meet I am hosting next weekend is in person only. The idea behind this rule change is that it might increase participation for those lifters that are less likely to travel cross country to meets. Lifters who lift virtually with no certified official are eligible for meet accolades, but no national records. Those that are judged by a certified official in a remote location from the in-person competition would be eligible for USAWA national records. No promoter is

required to offer remote or hybrid options, but any who wishes to is welcome to do so. Any promoter is welcome to ask questions about this rule change via email, the forum, or on facebook. Hopefully it encourages additional participation of members and in turn increases our membership which seems to be on an uphill swing.

## OLD TIME STRONGMAN CHAMPIONSHIPS

September 9, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



2023 Old Time Strongman Championship

The 2023 edition of the Old Time Strongman Championship is completed, and the chalk and dust have settled. It was a classic! If it weren't for injury, this would have been the best attended OTSM championship ever. Unfortunately, Abe Smith and Everett Todd were sidelined by injury, so while we had 13 entries, we were down to 11 competitors. The best attended OTSM championship was back in 2017, when we had 12 lifters. At any rate, those competitors did not disappoint.

We had competitors from as close as across the yard and as far away as Pennsylvania, where our President Denny Habecker traveled from. The age range was thirteen to

eighty years old. The women's division was deeper than it has ever been with four lifters, and each lifter set or broke 4 records. We had four former champions contending for another title. Lance Foster came in at more than 100 pounds less than his top weight, and was competing in top form in a new weight class.

The day started off with the Cyr Press. This lift is named after top Canadian strongman Louis Cyr. In the women's class, Lilly and Stacy Todd tied for top honors with 45 pounds. Defending champ Pheobe Todd was close behind with 35 pounds, and newcomer Allison Lupo was nipping at her heels with 25. In the men's division, I was at the top with 150 pounds. Tony Lupo, Dave DeForest, Greg Cook, and Denny Habecker all had record lifts as well.

The second lift was the People's Deadlift, named after legendary deadlifter, Bob Peoples. Stacy Todd was the top female puller at 300 pounds. Allison Lupo hit a fourth lift for record at 220. The men's division was dominated by former champion Greg Cook, with a pull of 565. Tony Lupo and Denny Habecker also hit record lifts.

After the second lift, we took a lunch break. Thanks to Stacy Todd, we enjoyed a treat of pulled pork sandwiches and frankfurter sandwiches, along with chips and such. It was nice to have the opportunity to eat and enjoy the camaraderie that is so common in the USAWA.

Next, we did the Anderson Press, named after Paul Anderson, who was considered by many at the time to be the strongest man ever. Stacy Todd was top lady's presser with a lift of 105 in the meet, and 110 as a fourth attempt for record. I was top in the men's division at 300 pounds, with Chris Todd following at 235. Tony Lupo hit a fourth attempt of 170 to break the record there. Denny Habecker also set a record in this discipline.

It now came down to the last lift of the day, the Anderson Squat, also named after famed American Strongman, Paul Anderson. Once again, top female lifter was Stacy Todd, with a big squat of 300 pounds. Lilly Todd set a record of 225 on a fourth attempt. Top squatter on the men's side of things was Chris Todd, with a squat of 455. Tony, Dave, Greg and Denny all broke or set records in their respective age/weight class in this lift.

Once the math was all done and the formulas were applied it was time to hand out awards. First through third overall were awarded trophies, while everyone else was presented a medal. This year's champions were no strangers to winning this thing. In the Men's division, Greg Cook won his second OTSM championship, having won before in 2017. In the women's class, Phoebe Todd became the most decorated OTSM

Champion in history, having now won her fourth. This surpasses the three won by Heather Gardner and Chad Ullum. The difference between 3rd and 4th in the men's division was decided by exactly one point. You do not get much closer than that.

**Official results are as follow:**

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 9, 2023

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

Maker of barbeque and frankfurters: Stacey Todd

The One Official system was used for all lifts

Official: Eric Todd, Denny Habecker

Loaders: all lifters

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All records are denoted with an asterisk \*

Lifts: Cyr Press, People's Deadlift, Anderson Press, Anderson Squat

Name	weight	weight class (kilo)	Age	Age Division	Cyr Press	People's Deadlift	Anderson Press	Anderson Squat
Women's								
Phoebe Todd	130	60	13	13	*35	*220	*80	*130
Lilly Todd	152	70	14	14	*45	*235	*95	*220
Stacy Todd	185.2	85	40	40	*45	*300	*105	*300
Allison Lupo	194.8	90	57	55	*25	*200	*80	*150
Men's								
Greg Cook	247.2	115	66	65	*70	*565	185	*450
Denny Habecker	182.6	85	80	80	*50	*325	*125	*250
Chris Todd	277.2	125+	44	40	100	425	235	450
Tony Lupo	237.7	110	57	55	*90	*400	*155	*350

Lance Foster	239	110	57	55	45	315	115	20
Dave DeForest	194.8	90	63	60	*55	315	140	*4
Eric Todd	277.6	125+	48	45	*150	0	*300	0

#### **4th Attempts for record**

##### Peoples Deadlift

Allison Lupo 220

Tony Lupo 425

Denny Habecker 335

##### Anderson Press

Stacy Todd 110

Tony Lupo 170

##### Anderson Squat

Lilly Todd 225

## **WORLD POSTAL**

[September 16, 2023](#) [Al Myers](#) [Edit Post](#)

By Al Myers, IAWA President

### **MEET RESULTS –**

#### **2023 IAWA WORLD POSTAL CHAMPIONSHIPS**

Another great year for the IAWA World Postal Championships!!

This year we had 51 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 ABE SMITH, and the Overall Best Women's Lifter was MAX ELL. The Overall Best 3-person Team went to CLARK'S GYM (Abe Smith, Travis Luther, Tony Hose). The Overall Best Club went to CLARK'S GYM, which had 11 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 KYRAN VOCE at 5years of age. The oldest lifter in the completion was BILL CLARK at 91 years of age! I want to mention 2 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 Chad Ullom 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.

MEET RESULTS (PDF) – [2023 World Postal Results](#)

## **PRACTICAL TRAINING SESSIONS-VIDEO TESTING OPTION**

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September 23, 2023 KCSTRONGMAN Edit Post

By Eric Todd

Another change that was made at the national meeting this year was the method by which the practical training sessions to complete the process of being an official may be conducted. In the past, it has been required for an official in training to sit side by side with a fully certified official to complete three practical training sessions. That method is still an acceptable practice, but now you have the option of doing as few as one in person training sessions. If a person chooses this method, they must complete a video test for each of the training sessions they did not sit in on. Each video test has 15 videos of USAWA lifts. The prospective official will decide if the lift passes or not, and then answers a couple questions about the lift. The tests are on Google Forms. Please reach out to me if you would like the video tests to supplement your practical training session(s) in order to complete your USAWA official's certification process. You can



reach me at [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com). There are currently 3 officials in training who would be eligible to take advantage of this.

## UPDATED INFO FOR THE DEADLIFT DOZEN-PLUS ONE

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September 26, 2023 [KCSTRONGMAN](#) Edit Post

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By Bill Clark

This message is to the world of all-round (odd) lifting – and is the first time that our organization has the opportunity to utilize the new USAWA rule which allows both hybrid and remote competition in any sanctioned meet except the USAWA National Championship – which must be competition on site.

DUAL MEMBERSHIP – Anyone who is registered in any country as an IAWA member is automatically eligible to compete in open competition in any other IAWA member nation, be it in person or remote.

THUS – Clark's Gym is opening up the infamous Deadlift Dozen Plus One to the world – remote and hybrid – and, where registered officials are involved – records can be set.

The USAWA sanction thus opens the meet to the entire IAWA membership.

We will see what comes to pass.

My assumption is that any lifter in any nation can set a national record if the lift is adjudicated by three registered officials (one in the U.S.), but that is a rule to be at the discretion of each national governing body.

### CLARK'S GYM GOAL:

Is to involve every IAWA-registered lifter in the world in this meet.

1 – First, we will rely on your honesty if you lift remote without officials in attendance.

2 – Second, there is no entry fee and the only awards will be certificates.

3 – If you plan to lift in person in Clark's Gym, I need to know if you're coming so we can make the best conditions in our small gym.

4 – A USAWA record day is set for those in the gym and can be done on either or both days. Previously, the record day applied only to the site of the meet director. According

to the existing rules which allow officiating at remote sites, record day should be allowed at any such site. We'll see if that will apply.

5 – The lifts must be done on no more than two consecutive days.

6 – The results must be reported in pounds, not kilos.

7– The results will require no official form, but must contain the same for each lifter, whether with or without an official.

The simple entry form for a remote lifter will be your name, your age – with birthdate, your bodyweight on each day (if a two-day meet), your club of registry, your national body, and the name(s) of the officials. I also need your mailing address in case you win a certificate.

Simply list your best lift in each of the 13 events – one event to a line, using the order below.

8 – Please make all reports via e-mail to [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) and report within 48 hours. I must have your results not later than 10 a.m., Wednesday, October 25, Central Time, USA.

9 – The date of the competition, no matter where you live in the world is October 21-22, 2023.

10 – The lifts – to be done in any order, but reported in the order below, are:

Deadlift – heels together.

Deadlift – two bars.

Deadlift – Fingers – Index.

Deadlift – Fingers – Little.

Deadlift – Fingers – Middle

Deadlift – Fingers – Ring.

Deadlift – No thumbs – left.

Deadlift – No thumbs – right.

Deadlift – One arm – left.

Deadlift – One arm – right.

Deadlift – Reeves.

Hack Lift.Hack

Jefferson Lift (straddle lift).

11 – If you cannot perform any of the lifts, you are still in the competition. Your total weight is used.

12 – Once again, a reminder – we accept every entry, regardless of origin and either remote, with or without officials. If your national association allows you to set records with the proper officials in your country – that's a plus.

All we need for this meet is your current membership in the IAWA and one of its branches such as the USAWA and the IAWA/UK.

FINALLY –

If 200 IAWA members worldwide get involved – the happier Clark's Gym will be.

It is our hope for 2024 that you will be able to lift via video communication – but, until then – we're happy to be making all of Clark's Gym meets fully open to the world, hybrid – with or without officials – as well as the best way of all – in person in the grimy confines of Clark's Gym.

Now – inundate me with results.

## **LIFTER OF THE MONTH-MARCH**

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September 28, 2023 KCSTRONGMAN Edit Post

By Eric Todd

Behind again-This one was a bit tricky. We had the first quarter postal in March, but also had the New England Grip Classic. I typically lean toward in person meets when they are available, but there had been no official scoring done at the Grip Classic. This meet had one of the more impressive line ups of junior lifters in a USAWA meet that I can recall seeing. While all the junior lifters lifted magnificently, there was one that stood out to me in particular. The title of Lifter of the Month goes out to Michael Marchand of Frank's Barbell Club. He had a total of 870 pounds and set some records along the way. Congrats Michael! Job well done.

# LIFTER OF THE MONTH-APRIL

[September 29, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

We only had one meet in April this year; however, it was the Bench Press Decathlon put on by Clark's Gym, and it was hotly contested. While bench specialist David Beversdorf had the highest total, when the coefficient was applied, gym member Tony Hose had the most points and was declared champion. This is Tony's second win in the Bench Press Decathlon, and his second lifter of the month accolade. Congrats Tony! Job well done.

# LIFTER OF THE MONTH-MAY

[September 30, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

One of my absolute favorite championship events was in May, in the Heavy Lift Championships. Outside of our national championship meet, the Heavy Lift is the longest running championship event in the USAWA. This year's event was out in Massachusetts, hosted by Frank Ciavattone and ran by Mark Raymond. This year it was Nils Larson who emerged victorious, adding his name along the great champs like Frank Ciavattone, Steve Schmidt, and John Carter. Due to that win, Nils Larson is awarded Lifter of the Month of May. Way to go, Nils!

# MEMBER OF THE MONTH-JUNE

[October 1, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



I have grown bored. For quite some time, we have seen the same names come up over and over for lifter of the month. I received more of these accolades than I probably deserved. While the top lifters are the face of our organization, they are not necessarily the backbone. From very back in my days in strongman, I knew it was much more favorable to be a lifter than a promoter, a judge or a spotter/loader. With that being said, I have decided to change this designation from athlete of the month to member of the month. It may be a lifter who has shined, but it may be for any of a number of other contributions as well. The lifters will always be recognized with trophies and medals at local meets, championships, national and worlds meets. It is time to start recognizing the unsung heroes as well. The member of the month of June 2023 goes to Clint Poore. I am choosing him not only due to his win at the Hackendinnie classic, but due to his being an ambassador for the organization. He traveled from Kentucky to Missouri and Kansas in order to complete his practical training sessions on the way to becoming a certified official. Not only did he sanction a meet in an unsettled territory, he had a great turnout and is on way to making Kentucky a hotbed of USAWA activity. He has been a huge contributor to our increased membership. Clint may very well be part of the future of the USAWA, and is well deserving of the title Member of the Month of June. Congrats!

## **BUFFVILLE PUSH/PULL & RECORD DAY-RESULTS**

October 3, 2023 [KCSTRONGMAN](#) Edit Post

By Clint Poore



Chip Hultquist-GRAND CHAMPION!

The inaugural BUFFVILLE PUSH/PULL by far exceeded all my wildest expectations,! A full meet report is forthcoming, but we must begin with the sublime performances of Chip Hultquist, Francis Hegel, Holland Millsaps & Brian Gardner. These four men pushed each other mightily in a competition that came down to who could make their final attempt. The heavens opened this glorious day and gave us a competition of resplendent glory. Let us now begin our amazing journey about the legends of strength we were blessed to witness on September 23, 2023!

Brian Gardner is a massive man and former Tennessee Strongest man. He had the highest Hackenschmidt Floor Press of the day with a mighty 365 lb lift. It came down to his final People's Deadlift attempt where he missed a 550 lb pull. If Brian had pulled his final deadlift he would have been the Grand Champion. Regardless, he finished in 4<sup>th</sup> place with a total of 776.55 points. He was so close to winning the title and I expect even greater lifts from him at the OLD TIME STRONGMAN WORLD CHAMPIONSHIP on December 9, 2023.

Holland Millsaps is strapping fellow who competes in Highland games and is an excellent Blacksmith. Holland brought his vigorous deadlift with him to Buffville in Albany, Ky. His second deadlift was a whopping 650lbs! On his third attempt Holland went for an enormous 700 lb attempt, but the Deadlift said NO! The 700 lbs was more than bar would allow this day. If Holland had successfully conquered the 700 lb deadlift he would have easily won the title this day! At any rate, this meant Holland finished in 3<sup>rd</sup> place overall with 788.67 points. He too is returning to Buffville in December and look for even more glorious deadlifting from the enigmatic Holland Millsaps!

Francis Hegel was a man on a mission, He flew from Arizona to Kentucky just to set the Barbell Bent Press record, which he succeeded in doing so with his left hand! He had no intentions of lifting in the Push/Pull competition but the plan of the Divine cannot be denied! He performed admirably and was very consistent going 6 for 6 on the day, not missing a lift in competition. His final People's Deadlift was a sight to behold as he set a new USAWA National Record in the All division, 80 kilo weight class with a gargantuan deadlift of 536 lbs! What an amazing lift to witness! All this led to Francis' mammoth third deadlift vaulting him from 6<sup>th</sup> place into 2<sup>nd</sup> place with 789.15 points! I hope I get the honor to see Francis lift again in the near future!

Our Grand Champion is 73 years young, Chip Hultquist! Chip is the Tennessee Special Olympics Powerlifting State chair & meet director, Cancer Survivor & an IPF Category 2 International Referee. I have met no more deserving of a man to win the over title than Chip Hultquist! To be honest, I was completely in awe as we were tallying the results, then lo and behold.... Chip Hultquist beat everyone with 793.56 points! His lifting was phenomenal, and he put on a clinic of how to win a meet. He taught all of us younger guys the definition of meet strategy and consistency. Chip went 6 for 6 for the day with impeccable form and technique. At 73 years young, he Hackenschmidt Floor Pressed 225 lbs and People's Deadlifted 365 lbs. I personally think he had more pounds in the tank. It was superb performance by one of the greatest human beings I have ever known.....CHIP HULTQUIST!





Francis Hegel preforms a bent press during the record day portion

**Official results are as follow:**

Buffville Push/Pull

Buffville Gym

Albany, KY

September 23, 2023

Meet Director: Clint Poore

The One Official system was used for all lifts

Official: Clint Poore

Loaders: all lifters



All lifts are recorded in pounds, as is the total. Bodyweight in kilos. Adj is the adjusted score after Lynch and Age adjustment. Clint's lifts are not considered for records since he was lifting without a certified official. All records are denoted with an asterisk \*

Athlete	Age	Age Division	Weight- in kilos	Weight Class	Hackenschmidt Floor Press	People's Deadlift	T
Men							
Chip Hultquist	73	70	82	80	225*	365*	5
Francis Hegel	35	Open	80	80	285*	536*	8
Hollands Millsap	42	40	121.8	125	350*	650	1
Brian Gardner	57	55	123.4	125	365*	500*	8
Patrick Hadley	52	50	97.6	100	315*	450*	7
Ashley Stearns	43	40	82.6	85	295*	450*	7
Brian Guffey	36	Open	57.2	60	200*	320*	5
Randy Ritchey	61	60	104.2	105	200*	405*	6
David Tompkins	61	60	84.6	85	180*	300	4
Will Haydon	25	Open	89.6	90	140	225	3
Sam Lasure	15	16	71.4	75	85*	130*	2
Clint Poore*	50				315	405	7
Women							
Sarah Waites	19	Open	64.8	65	140*	300*	4
Wendy Gardner	51	50	57.4	60	125*	200*	3
4th attempt for record							
David Tomkins							
Hackenschmidt Floor Press	185						
Sarah Waites							
People's Deadlift	320						
Sam Lasure							
People's Deadlift	135						

<b>Record Day lifts</b>	
Chip Hultquist	
Dinnie Lift	237
Francis Hegel	
Bent Press-Barbell-Left	180
Clean & Jerk-Dumbbell-Left	144
Clean & Jerk-Dumbbell-Right	144
Pinch Grip-Strict-Right	47
Holland Millsaps	
Holdout Raised	75
Patrick Hadley	
Pinch Grip-Strict-Right	56
Reeves Deadlift	276
Cyr Press	84
Bench Press-Alternate Grip	245
Pinch Grip-Strict-left	56
Ashley Stearns	
Pinch Grip-Strict-Right	42
Pinch Grip-Strict-left	42
Reeves Deadlift	315
Pinch Grip-Strict	126
Randy Richey	
Anderson Squat	450
Dinnie Lift	406
Stephen Santagelo	

Pinch Grip Deadlift- Left	195
Pinch Grip Deadlift- Right	195
Vertical Bar-1 bar- 2" Left	155
Vertical Bar-1 bar- 2" Right	160
Finger Lift-Index Finger-Left	105

## 2023 WORLD CHAMPIONSHIPS

October 5, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By John Mahon

The 2023 World Championships has been run and was a great day for all involved. We had a small group of local lifters who performed extremely well, breaking multiple world records. This year's Worlds was run differently to previous Worlds. Due to the low number of competitors who were available to lift the decision was made to reduce the event to a single day meet with 5 lifts being contested. There were many outstanding performances to mention. This was Charlie Carabott's 2nd time on the platform and he performed very well, breaking the 2" vertical lift record in his division twice. Edmund Patterson (son of John Patterson) was the only Open lifter on the day and wow he is strong. He finished in 2nd place overall which is a very tough thing to achieve for an Opens division lifter at the worlds. Tom Davies has still got it. He finished the day with 3 world records. Big Sam Trew is still as strong as ever. Sam finished with the 2nd heaviest total of the day. Peter Phillips just keeps on amazing everyone with his ability to grind through a deadlift no matter how much pain he is in. The stand out performance of the meet came from David Reeve. David broke the work record in every single lift and took out the overall champion title by a substantial margin. With all said and done this was another fantastic world championship. Everyone involved ensured the day ran smoothly and all the lifters put in a top quality performance.

## MEMBER OF THE MONTH-JUNE

October 8, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Sanjiv completing a curl-strict, reverse grip

The member of the month of July is Sanjiv Gupta. Though Sanjiv is a relatively new member, he is an enthusiastic one. Having just competed in Nationals in June, Sanjiv participated in the Colorado record day in July, and set or broke five USAWA records. This is certainly not where his contribution ends, though. He was an active participant in the discussion at the national meeting where a few changes were made. He is serving on the advisory committee, which was newly formed after the national meeting. Perhaps his most daunting challenge, though, is assisting Scottish Johnny in the capacity of Records Director. Scottish Johnny has told me that having Sanjiv on board has been a game changer. His contributions in just his first member as a member of the USAWA have been impressive to say the least. Congrats Sanjiv! Well deserved!

## LIFT FOR LEROY RECORD DAY

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October 10, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

So, it has come time for another “Lift for Leroy” record day. It has come to my attention that my brother Leroy’s holiday “episodes” were a mere ruse to garner attention from friends and family. He would throw himself down the stairs, lie there moaning and wailing for hours, and then call us on it when no one came to check on him. He would lay down in a snow drift to quietly fade into oblivion, only to loudly verbally accost us for not being concerned. He would wander down a lonely path of loneliness after a strongman meet, feigning heat stroke merely in hopes that someone would come along, pat him on the little tushy, and call him special. We fell for this tomfoolery for years. We were concerned about his diminutive ego and self worth, thus raising funds for him year after year to bolster his confidence, spirit, and holiday cheer. Well, no more. This year’s installment of Lift for Leroy will serve as an intervention. We invite all USAWA members to join with us at the House of Iron and Stone to call Leroy out for his subterfuge, break up to five records, and air all the grievances we have with Leroy for how he has made our lives miserable with his countless webs of lies.

Date: November 18, 2023

Weigh Ins: 10:00

Lifting Starts: 10:30

Please just let me know you plan on coming. Email is [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com)

No Awards. We will do the 4th quarter postal this day as well. Choose up to 5 lifts to set or break the existing record in. And please, choose as many items of contention that you have to bring to Leroy, or feel free to just insult him. We all know he deserves it.

## MEMORIAL RECORD DAY

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October 11, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Denny Habecker and his York Adjustable Krusher.

### **Meet Announcement**

Our honorable president, Denny Habecker has sanctioned the Memorial Record Day. This meet honors our former USAWA members who have passed over the years. Some that immediately come to mind are our friends Art Montini, Mike Murdock, Dean Ross, and John McKean. I know there are many others, and too many to list for our purposes here. At any rate, it is a great way for us to honor those who have come before us in the organization. Here are the meet details:

Date: December 16, 2023

Location: Habecker's Gym, Lebanon, PA

Please contact Denny if you plan on attending to remember these great people and set or break some USAWA records. You can email him at [liftingliar@comcast.net](mailto:liftingliar@comcast.net)

## **LETTER FROM NICK FRIEDERS**

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October 15, 2023 [KCSTRONGMAN](#) [Edit Post](#)

Submitted by Bill Clark

### **LETTER FROM NICK FRIEDERS**

Good morning Bill, and happy Sunday. I apologize for the lack of correspondence these last couple months, but I have been working through an extremely transitional period in my life. In summary, since graduating I have done the following:

Traveled to Wyoming with my father to hike the Tetons,

Traveled to Gulfport, Mississippi, with my childhood friends to celebrate our college graduations.

I returned to my old beer distribution job in Aurora to save money,

I landed a different beer distribution job as a relief salesman on the North side of Chicago.

Now, as of this month, I have moved to the northwest neighborhood of Albany Park in Chicago (I'm sure you ran a training camp here no doubt) and I have been training with the sales team in preparation for taking over my own sales route in the city.

Throughout all of the transition I am sure you would be happy to hear, that I am still lifting heavy and am currently looking for opportunities to compete in weightlifting up here.

I have not yet forgot about the USAWA and I hope to return for the deadlift dozen so I may defend my title.

Again, I apologize for my absence these last few months, I have had a lot of life to live following graduation. I hope you and your wife are doing well, and I look forward to coming back to visit soon. Be sure to catch me up on the happenings of the USAWA. How has participation been these last couple postals? Is membership continuing to climb? I look forward to hearing about it.

Best wishes to you,

Nick

## **3RD QUARTER POSTAL**

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October 18, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Denny Habecker



### USAWA 3<sup>rd</sup> QUARTER POSTAL

I think this may be the most lifters that have ever competed in one of our postals. We had 24 men and 11 women lift this quarter. The top man this quarter is Abe Smith and the top woman is Sylvia Stockall.

JULY 1 THRU SEPTEMBER 30, 2023

The Lifts – HOLDOUT- LOWERED, CIAVATTONE DEADLIFT, CLEAN & PUSH PRESS

ALL LIFTS ARE IN POUNDS- RECORDS ARE MARKED WITH AN \*

Name	AGE	BDWT	Holdout	Deadlift	Push
Press Total Points					
Abe Smith	41	183			
Lbs. 90*	445*	265*	800	762.37	
Dan Wagman	?	180.8 Lbs.	80 *	461	
* 156	697	660.19			



Barry Bryan	65	188.6 Lbs.	61 *	331	
* 160*	552	642.87			
Dave Hahn	86	140			
Lbs. 22	230	65	317	594.44	
Wyatt Sawyer	26	206			
Lbs. 45	385	245	675	593.46	
Randy Smith	68	198			
Lbs. 45	315	135	495	587.21	
Dave DeForest	63	191 Lbs.	51		
* 325	140	516	587.05		
Steve Jury	58	230 Lbs.	61*	353	
* 171	585	576.76			
John J. Carter	64	202 Lbs.	45 *	375	
* 100	520	574.40			
Travis Luther	30	177 Lbs.	65		
* 365	165	595	571.08		
Denny Habecker	80	183 Lbs.	39 *	254 *	94
* 387	567.74				
Tony Hose	54	223 Lbs.	67		
* 325	175	567	549.15		
Tony Lupo	57	238 Lbs.	60		
* 335	165	560	537.89		
Jeff Wenzel	48	227			
Lbs. 65	340	165	570	518.41	
Eric Todd	48	281 Lbs.	85		
* 320	221	626	511.14		
Sanjiv Gupta	52	193 Lbs.	45		
* 305	145	495	510.13		
Barry Pensyl	75	136			
Lbs. 19	200	70	289	481.18	

Chris Todd	44	275 Lbs.	65		
* 320		181	566	450.88	
Brady Habecker	14	126 Lbs.	33 *	187 *	88
* 308		445.74			
Spencer Wenzel	16	131 Lbs.	45		
* 205		85	335	431.47	
Lance Foster	57	239.4 Lbs.	35		
* 250		85	370	354.34	
Everett Todd	10	97 Lbs.	30 *	110	40
* 170		340.48			
Bill Clark	91	203 Lbs.	11 *	170 *	22
* 203		320.36			
Leroy Todd	12	105 Lbs.	20 *	65 *	40
* 125		232.80			

WOMEN :

Sylvia Stockall	65	160			
Lbs. 35		265	105	405	521.32
Beth Skwarecki	42	154.5			
Lbs. 35		287	110	432	464.58
Kasey Cicero	22	165 Lbs.	44*	303 *	99
* 446		446.76			
R.J. Jackson	61	104.6			
Lbs. 33		191	85	310	435.70
Kim Van Wagner	56	127.6			
Lbs. 25		165	65	255	356.49
Lilly Todd	14	146 Lbs.	30 *	151 *	85
* 266		342.72			
Stacy Todd	40	181 Lbs.	35 *	216*	90
* 341		322.76			

Phoebe Todd	13	127 Lbs.	22.5		
*	131	60	213.5	319.72	
Allison Lupo	57	196 Lbs.	30 *	180 *	45
*	255	271.95			
Janet Thompson	66	165 LBS.	22 *	155 *	33
*	210	269.25			
Crystal Diggs	36	155 Lbs.	30		
*	150	50	230	239.71	

#### OFFICIALS :

Abe Smith – Bill Clark, Tony Lupo, Dave DeForest

Dave DeForest – Bill Clark, Tony Lupo, Abe Smith

Travis Luther – Bill Clark, Abe Smith, Dave DeForest

Tony Lupo – Bill Clark, Abe Smith, Dave DeForest

Allison Lupo – Bill Clark, Abe Smith, Dave DeForest

Joohn J, Carter – Bill Clark, Tony Lupo

Tony Hose – Bill Clark, Tony Lupo

Chris Todd – Eric Todd, Lance Foster

Everett Todd – Eric Todd, Lance Foster

Leroy Todd – Eric Todd, Lance Foster

Lilly Todd – Eric Todd, Lance Foster

Stacy Todd – Eric Todd, Lance Foster

Phoebe Todd – Eric Todd, Lance Foster

Dan Wagman – R.J. Jackson

Sanjiv Gupta – R.J. Jackson

Crystal Diggs – R.J. Jackson

Barry Bryan – Denny Habecker

Steve Jury – Denny Habecker

Brady Habecker – Denny Habecker

Kasey Cicero – Denny Habecker

Denny Habecker – Barry Bryan

Jeff Wenzel – Bill Clark

Spencer Wenzel – Bill Clark

Janet M. Thompson – Bill Clark

Bill Clark – Tony Lupo

Eric Todd – Lance Foster

Lance Foster – Eric Todd

LIFTERS WITH NO CERTIFIED OFFICIAL:

Dave Hahn, Wyatt Sawyer, Randy Smith, Barry Pensyl, Sylvia Stockall, Beth Skwarecki,, R.J. Jackson & Kim Van Wagner

## **2023 WORLD COUNCIL MEETING**

[October 19, 2023](#) [KCSTRONGMAN](#) [Edit Post](#)

This year's World Council meeting was held in Australia in conjunction with the World Championship. Below are the minutes from this meeting:

World Council meeting minutes 1st October 2023 - Toodyay, Western Australia  
Meeting commenced: 13:40 (Chaired by John Mahon) • The role call took place, those present John Patterson (Aus), Edmund Patterson (Aus), Sam Trew (Aus), David Reeves (Aus), Peter Phillips (Aus), Bill Kappel (Aus), Charlie Carabott (Aus), John Mahon (Aus) • John conducted the IAWA International Vice Presidents Role Call as currently being Denny Habecker and Chad Ullom of the USA, Steve Andrews and Paul Barrette of the UK and Peter Phillips and Robin Lukosious of Australia. John mentioned that Robin has not been involved with AWFA for some years now and that he was removed as vice president from memory in the 2013 or 2014 world council meeting. • Report from Vice Presidents: • None • John read out Al Myres report on the World Postal Championships: Another great year for the IAWA World Postal Championships!! This year we had 51 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 ABE SMITH, and the Overall Best Women's Lifter was MAX ELL. The Overall Best 3-person Team went to CLARK'S GYM (Abe Smith, Travis Luther, Tony Hose). The Overall Best Club went to CLARK'S GYM, which had 11 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 KYRAN VOCE at 5 years of age. The oldest lifter in the competition was BILL CLARK at 91 years of age! I want to mention 2 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 Chad Ullom 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.

- Report from forthcoming Gold Cup - Paul Barrette
- John pointed out he did not receive a report but it looks like there has been an outstanding response to this year's Gold Cup where Paul has had to seek out a bigger venue to cater for the meet. Great to see
- Report from the General Technical Secretary - Steve Gardner

I know you will all appreciate that I have not been able to be operating in as full a capacity as possible, as I have spent the last 12 months caring for my dear wife Karen. I am greatly saddened and lost without my life partner but I know I must continue on and that is what Karen would have expected. So please bare- with me and I shall now attempt to resume my responsibilities and push forward with IAWA's best interest at heart.

IAWA Technical Committee (6 Man Committee) IAWA General Technical Secretary – Steve Gardner (ENG) Denny Habecker USA Peter Phillips AUSTRALIA Al Myers USA Steve Sherwood ENG John Mahon AUSTRALIA

Motion for Adoption – New Lift 'The Duck Walk' This was proposed at the IAWA (UK) AGM December 2022, to be submitted to IAWA for consideration. The Technical Committee proved in favour of supporting the lift (Majority) Please see the Rules of Performance and causes for failure attached, the lift is good to go, if approved at World Council Meeting then the lift can be performed thereafter ...

- Report on the 2023 World Championships - John Mahon
- John mentioned due to the fact the council meeting was held after the Worlds that there was not much to report on the logistics of the event. The meet was a success considering the challenges faced. The numbers were very low this year but there are a number of factors that

contributed to that. I just want to thank everyone who participated and made it a great event. • Report from 2024 Gold Cup promotor - Paul Barrette We are still good to go for hosting the IAWA World Championships here in Eastbourne 2024. As yet, I haven't secured a venue but hope to shortly after the forthcoming Gold Cup. So for the timing being it will be Venue TBC. As usual I will try and get this for the first weekend in October which for 2024 will be 5/6th. I have chosen these lifts to be considered at the World Council meeting for possible approval. Day 1 Clean & Push Press Continental Clean to Belt One Hand Dumbbell Clean & Jerk Cheat Curl Day 2 Pullover & Push One Hand Zercher Hack Lift • A vote was conducted and it was in unanimous favour of the proposed lifts. • New business • Proposal from Steve Gardner .....that Paul Barrette can be considered for the role as our new International IAWA President (when Al hands over) Paul is ready and happy to take on the role and I believe he will do a great job! • Proposal from IAWA(UK) ..... the possibility of IAWA adopting the successful Disability All Round Weightlifting programme that has been used in IAWA(UK) for the last three years. Three years ago we put together some all-round lifts (ten) that can be performed in two disability categories: Standing Disabled and Seated Disabled. There are ten lifts for each Standing and Seated. This is only a small and simple categorisation of the multitude of different categories used in some major sports, but we could not possibly ever aspire to such things, it was simply a gesture to allow inclusion in our sport. We did not know if it would be well received, but it was put together with disability sports advisors and participators. We have run four championships in the last three years and have been so pleased with the results. We have had all manner of different categorists take part, Wheelchair users, Guide Dog users, those without limbs and others with severe difficulties. Our experience is that those who have taken part have all loved lifting in our events, without exception, and we have had no problems whatsoever. We have received praise for putting the events on. The lifts are simple and the referees can referee the lifts easily as they follow regular IAWA Rules, excepting that the Seated lifters perform seated of course. In this regard they are strapped to the equipment and we pay no attention to below the belt matters, as some don't have limbs and some need to wear clothing, some cannot keep legs or feet in contact with the surface etc...but this is all easily understood and accepted and as I say easy to referee. Our feedback has been nothing but grateful thanks for making it possible. We have had 10 or 12 lifters at each event from all parts of the Country. So after three years of practice, and the lifters being able to claim British Records, is it time to see if we can ask for it to be internationally accepted, and then the lifters could aspire to claim International records. The lifters use a simple seat, and what they call a para-bench for the bench press (like an extended bench where they can lay

their legs down and be strapped to it), we have found that they already usually have or have access to the equipment they use, so we have had no problem sourcing it. With the World Councils approval we should like to proceed further, and in the new year I would like to submit the list of lifts and the rules of performance and failure, to the Technical Committee. So that at World Council meeting in 2024 we are ready to bring it back with Technical Committees observations that it may be voted on for adoption (or otherwise if unsuccessful). • John Mahon Proposed that the Old time strongman is adopted by IAWA as it has become increasingly popular and the fact that there is an upcoming World OTSM Championships that it makes sense that it is made official • New lift proposal F 33 DUCK WALK Using either of the loading pins that are required for the Shanks Lift (see full dimensions of the pins, also referred to as Dinnie Handles, under lift F31 Shanks Lift). The lifter will grasp the top ring with both hands and hoist the weight stack from the lifting surface. The lifter will be standing with the weight hanging between the legs which will be astride the weight. On the command to 'walk' the lifter will walk, waddle or stagger, in the fashion known as a 'Duck Walk' a full distance of 20 metres (hitting the legs with the weights is allowed). The lifter will start behind a start line and must not put the weight down until the 20 metre finish mark is crossed. The distance can be a straight 20 metre course, a 10 metre course requiring a 'there and back' duck walk, or even a 5 metre course, there and back twice! If the weight stack touches the lifting surface for any reason before the 20 metres is complete, the lift will be failed. The lifter cannot brace the hands using the belt. Only completion of the full distance, clear of the lifting surface, will count as the performance (and where a turn in the 10 metres or 5 metres distances is used both feet must cross the line). The weight elected to be carried, and the size of discs used, will be the lifters choice, as will usage of the large or smaller ringed loading pin. Causes for failure: 1 Failure to wait for the referees signal before commencing the walk. 2 Any contact with the lifting surface, by any part of the carried weight stack or loading pin before the 20 metre distance is achieved. 3 Any bracing of the hands on the belt. 4 Failing to cross the line during a 10 metre distance or a 5 metre distance attempt with both feet. Peter Phillips pointed out that he was the only Technical Committee member to not approve the lift as he wanted more clarification on the lift. John motioned to he rather see this put forward at the next council meeting where there will be more international representation at the meeting to vote on the lift. Everyone agreed. • 2024 Gold Cup Report • No report received. John mention that as it stands it will be hosted by Frank Ciavattone in Boston. • Bids for 2025 World Championships and Gold Cup • None received Sam motioned that the meeting to be adjourned, second by Peter Meeting Concluded: 14:10

# USAWA MEMBERS PARTICIPATE IN GRIP MEET

November 2, 2023 [KCSTRONGMAN](#) Edit Post

By Sanjiv Gupta



Beth Skwarecki competes

in the Blob event

Beth Skwarecki, Kim Van Wagner and Sanjiv Gupta had a chance to compete in the 11<sup>th</sup> Annual International King Kong Grip Challenge (October 28, 2023). This is an international competition hosted at multiple venues around the world and included 182 male and 40 female competitors. Beth competed in Pittsburgh, PA; Kim and Sanjiv competed in Carbondale, CO. This year's implements included:

- 2.25 inch Crusher (Fat Bastard Barbell Company (FBBC))



- Pinch Block (IronMind)
- Finnish Ball (Otevoima)
- 2.5" Jug (FBBC)



Sanjiv competes in the pinch block discipline

The implements allowed athletes to showcase grip strength in the spirit of all-round weightlifting with a combination of technique, specific training and raw strength. A big burly athlete may struggle to understand how to lift an implement that a showman with excellent technique can lift with ease. The Crusher has often been compared to the Thomas Inch Dumbbell in difficulty as it wants to roll out of your hand. Some notable

lifts include Beth with a 40.82 kg lift on the Crusher, Kim with a 19.50 kg lift on the Finnish Ball and Sanjiv with a 21.90 lift on the Pinch Block.

Beth finished 8<sup>th</sup> among 72kg women, Kim finished 3<sup>rd</sup> among 57 kg women and Sanjiv finished 19<sup>th</sup> among 93 kg men.

Dino Gym has hosted the USAWA Grip Championships since 2011 with some impressive USAWA lifts. In 2023 Frank's Barbell Club hosted the New England Grip Classic. There are some very challenging USAWA lifts that are limited by the athlete's grip strength.

Apologies if you participated in the King Kong Grip Challenge and your results were not included, please contact Sanjiv Gupta to be included in a revised write-up.

## 2023 BUFFVILLE PUSH/PULL..... OH WHAT A MEET!

November 7, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore



The inaugural Buffville Push/ Pull was a roaring success with tremendous high caliber lifting by all the lifters.

First, I must Thank the two people the meet would not have happened without, Ashley Stearns & Patrick Hadley! My training partners Ashley & Patrick spotted and

loaded the entire day and did an excellent job making sure everything went smoothly! Thank you guys, you are AWESOME!

Stephen Santangelo came from Florence, Kentucky and did some magnificent feats of strength during the record day portion! He is a superb masters lifter with exceptional grip strength!



Now for the competition lifting and in proper order, ladies first.

In the Women's division we had two competitors, Sarah Waites and Wendy Gardner, both of whom competed in the Open division as well. Both ladies did a spectacular job lifting. Sarah pulled a voluminous 320 lb People's Deadlift for the win in the Women's division. Wendy pulled a strong 200 lb People's Deadlift, which with a little more training will go up significantly. A rematch between these two ladies looks to be looming at the 2023 Old Time Strongman World Championships in just a few short weeks. It shall be exciting to witness.

In our Special Olympics division we had two lifters, Will Haydon & Sam Lasure. Both Sam & Will competed in the Open division as well. Sam and Will put up very powerful numbers. Sam did Hackenschmidt Floor Press of 85 lbs and Deadlifted a solid 135 lbs for 2<sup>nd</sup> place in the Special Olympics division, Our Special Olympics winner was Will Haydon, He Hackenschmidt Floor Pressed 140 lbs and People's Deadlifted a robust 225 lbs. Great job guys and I hope to see you at another meet again soon!

In the open division beginning in 14<sup>th</sup> place was the meet director, Clint Poore. He recently had rotator cuff surgery and was just glad to start slowly competing again.



Look for Clint & Holland Millsaps to renew their rivalry on December, which is more valuable a Big Hackenschmidt Floor Press or a Gargantuan Dinnie Stone Deadlift? We shall soon see!

13<sup>th</sup> and 12<sup>th</sup> place in the Open was Sam Lasure (13<sup>th</sup>) & Will Haydon (12<sup>th</sup>) with acknowledgements made previously. 11<sup>th</sup> and 10<sup>th</sup> place was Wendy Gardner (11<sup>th</sup>) & Sarah Waites, (10<sup>th</sup>). Also previously recognized above.

In 9<sup>th</sup> place was the man who designed the glorious Buffville meet banner, David Tompkins. David entered the meet on short notice, but put up excellent numbers with a 185 HFP and a 300 lb deadlift!

In 8<sup>th</sup> place the man who has earned the title of the World's Strongest Ordained Minister, Randy Richey! In his first meet in a long time, the president of the Omega Force Strength team did a 200 HFP & a whopper 405 lb People's Deadlift!

In 7<sup>th</sup> place was a new lifter, Brian Guffey. Who at a 126 lb bodyweight performed a 200 HFP and double bodyweight 320 People's deadlift, stout lifting indeed!

In 6<sup>th</sup> place was Ashley Stearns, who pressed a solid 295 lbs and pulled a mighty 450 lbs. Ashley is a superbly strong man at a 182 lb bodyweight!

In 5<sup>th</sup> place was Patrick Hadley, who was firing on all cylinders this day! He HFPed 315 lbs and pulled 450 lbs like it was LIGHTWEIGHT, in the words of Ronnie Coleman!

In 4<sup>th</sup> place was Brian Gardner, he had the biggest Hackenschmidt Floor Press of the day with 365lbs and a quarter of a ton deadlift, 500 lbs!

The top 3 begins with Holland Millsaps. He had a vigorous 350 lb HFP and then pulled a mammoth 650 lb People's Deadlift, the heaviest pull of the day! He barely missed a 700 lb deadlift on his third attempt. Since then he has sworn by the gates of Ragnarok, a 700 lb Dinnie Stone Deadlift is coming at the 2023 Old Time Strongman World Championships on December 9th. May the glory of Valhalla lead your way to a glorious purpose and a monstrous deadlift soon!

In 2<sup>nd</sup> place was Francis Hegel, with a 285 lb HFP and 536 lb USAWA National Open/All Record in the 80 kilo weight class! Phenomenal lifting by Francis!

The Buffville Push/Pull champion was the Chip Hultquist, where at 73 years young he put on a clinic of what meet consistency is all about. He crushed a 225 lb HFP and then lifted an astonishing 365 People's Deadlift heavenward! It was a glorious sight to behold his legendary strength on display! This mighty senior citizen took all of us to school on this majestic day in Buffville Gym!

In closing, the 2023 Buffville Push/Pull was nothing short of epic on performances and downright neighborly in the atmosphere!

Thank you to all who attended and I hope to see you again at the 2024 Buffville Push/Pull!

Peace Be Upon You!

## **OLD TIME STRONGMAN WORLD CHAMPIONSHIP UPDATE**

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November 7, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore

Good morning, good afternoon, good day and good night to you!

We are 4 weeks away from the 2023 OLD TIME STRONGMAN WORLD CHAMPIONSHIPS and time for an update!

The 2023 Old Time Strongman Worlds is off to a smoking hot start! We have a current roster, not final roster, of 22 competitors so far!!! The current roster is listed below, if for any reason I missed and did not include someone please let me know ASAP! If you know anyone else interested in competing, let me know and bring them on to the meet!

WE HAVE A NEW LOCATION! The size of the meet has simply outgrown BUFFVILLE GYM and we are hosting the meet at a 16,000 square foot warehouse just 2 miles from BUFFVILLE GYM! (see photo)

The new address is 2608 North Highway 127 Business in Albany, Kentucky. Located right beside of Hunter's BBQ. It's a warehouse building that I own and should be a great location for future USAWA National & IAWA World Championship meets! 2025 Bids are forthcoming and hopeful to be accepted! There will plenty of room to accommodate everyone and 2 bathrooms available all the time. We will have up to 5 referees present at the meet and WORLD RECORDS can be set!

All the set up pieces, banners, smoke machine and sound system should be in this week and ready to be assembled! It will be a great chance to promote the USAWA online with your TikTok, Instagram or Facebook account with the spectacular videos from the meet.

Please make sure you have a current USAWA MEMBERSHIP. You cannot compete in this meet without a USAWA membership and it can be purchased by clicking on the link .....

For anyone wanting to set USAWA National Records or IAWA World Records, we will move to BUFFVILLE GYM following the conclusion of the OTSM World Championship. To make sure the Record Day portion goes smoothly, please let me know what national or world records you would like to set or break during the Record Day following the meet, To be fair, there will simply be too many people setting records to look them up the day of the meet, so please have a list of records with you and send me your list before the meet so we can have the proper bars and equipment ready for your awesome records!

You can email your Record Day attempts to me at [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com)

Also, please bring a portable fold out chair with you. We will have a few chairs available but they will be for referees, spotters, loaders, scores table and staff. If you want a comfortable place to sit, please bring a personal fold-out camping chair with you.

With all that said..... WE ARE EXCITED to have you here in Albany, Kentucky for the 2023 Old Time Strongman World Championships! The team is putting in a spectacular effort to make this an event & meet you will never forget! We look forward to having you with us and look for more updates weekly as we get closer to the competition! Please feel free to email, call or text me with any questions at 606-688-2600.



Current US Roster (not the final roster & subject to change)

Holland Millsaps

Chip Hultquist

Brian Gardner

Wendy Gardner

Sarah Waites

David Tompkins

Randy Richey

Ricky Dickerson

Brian Guffey

Tim Spearman

Chris Broughton

Kyle Johnson

John Bunch

Jarrold Gaddis

Anthony Lupo

David Deforest

Phillip Martin

Thom Van Vleck

Denny Habecker

Patrick Hadley

Ashley Stearns

Clint Poore

See you soon & BE STRONG!

Clint Poore

# RECORD LIST/CENTURY CLUB UPDATED

November 12, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Elizabeth Skwarecki, the Overall Best Womens Lifter at the 2019 IAWA World Championships, receiving her award from Meet Promoter Al Myers.

The record lists are updated. My apologies to Scottish Johnny and Sanjiv, as well as the general membership for the delay. When I was sent this update, they notified me of a new century club member. It is no surprise that Beth Skwarecki is now a member of the century club, and not just barely. In what must be almost record time, Beth has accumulated 144 USAWA records. Not only is she incredibly strong, but her proficiency in the lifts is hard to match. That, and she has served in a few leadership roles in the USAWA. She jumps over Phoebe Todd and Susan Sees to take the number 4 spot in the women's division. Phoebe jumped up 20 records to overtake Susan.



In the men's division, King Denny is still dominating the class with 659 records. The biggest movers in this class are Abe Smith moving from 17th to 14th with 37 additional records. Dave DeForest went from a tie for 28th to 21st with an additional 34 records. And Jeff Ciavattone jumped from 26th to 20th with an additional 26 records.

Here is the link to the page to find this information:

## GOERNER DEADLIFT DOZEN PLUS ONE

November 16, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

What this optimist thought would be the turning point in the future of the IAWA/USAWA turned out to be a major disappointment.

We had exactly eight entries in a contest that was designed to handle at least 100 – in which any registered IAWA/USAWA lifter could lift – with or without certified officials. Only three of the eight came from somewhere outside Clark's Gym.

Injuries took their toll on some – including Abe Smith, John Carter and Allison Lupo. Tony Lupo lifted while recovering from a hard bout with flu and he was so depleted that he lost a close battle with Ol' Clark for last place.

Our compliments to the winners – 79-year-old LaVern Myers and 61-year-old RJ Jackson – and to 84-year-old Tony Cook, an IAWA member. Tony finished second behind Myers.

It is a compliment to the aged crowd – seven of the eight were at least 48 years old – and to the eighth person – a 16-year-old newcomer to Clark's Gym who shows the potential and the interest to work his way to the top of the list – Spencer Wenzel.

Name			Age	Bwt	DLHT
WOMEN					
RJ	Jackson		61	103.6	191
MEN					
LaVern	Myers		79	213	220
Tony	Cook		87	182	220
Jeff	Wenzel		48	229	355
Dave	DeForest		63	192	325

Spencer	Wenzel		16	128	205
Bill	Clark		91	201	175
Tony	Lupo		57	233	345
Lifter			DL-fingers		
			Index	little	middle
Jackson			106	46	121
Myers			120	80	170
Cook			46	44	90
J.Wenzel			200	115	225
DeForest			95	80	160
S. Wenzel			115	75	115
Clark			65	50	65
Lupo			140	85	150
LIFTER			DL- No	DL – NO	DL – 1 arm
			Thumb L	Thumb – R	Left
Jackson			106	116	148
Myers			175	175	200
Cook			77	88	132
J. Wenzel			185	205	205
DeForest			125	135	225
S, Wenzel			115	75	115
Clark			100	85	115
Lupo			125	135	145
LIFTER				DL-Reeves	Hack
Jackson				76	156
Myers				210	200
Cook				113	199
J. Wenzel				235	315
DeForest				175	225
S. Wenzel				145	205

Clatk				65	125
LIFTER				Total lbs.	
Jackson				1644	
Myers				2300	
Cook				1577.5	
J. Wenzel				3160	
DeForest				2500	
S. Wenzel				1970	
Clark				1350	
Lupo				2310	
RECORD DAY					
LIFTER			AGE		WEIGHT
DAVE	DeFOREST		63		192
Record	lifts				
Rim	Lift		250		
Curl	wrist		105		
Weaver	stick		2.5		
Pinch grip-two-hand			135		
Rectangular Fix			65		
LIFTER			AGE		WEIGHT
Jeff	Wenzel		48		229
Record	Lifts				
Deadlift	3-in. bar		300		
Curl	Strict		115		
Weaver	Stick		5		
Bench	Alt. grip		255		
Bench	Fulton		280		
LIFTER			AGE		WEIGHT
Spencer	Wenzel		16		128

Record	Lifts				
Bench	alt. grp		125		
Bench	reverse		125		
Bench	hands together		120		
Bench	Fulton		120		
Rectangular fix			45		
OFFICIALS					
THE FOLLOWING HAD NO OFFICIALS AND ARE NOT ELIBILE FOR RECORDS					
Jackson					
Cook					
Those with officials:					
Myers – by Al Myers					
Lifters in Clark’s Gym – Bill Clark, Tony Lupo, Dave					

## HACKENDINNIE CLASSIC II

November 17, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore

**HACKENDINNIE CLASSIC II – THERE CAN BE ONLY ONE!**

**SUNDAY, JUNE 2, 2024**

**BUFFVILLE GYM in ALBANY, KENTUCKY**

**ADDRESS: 205 SOUTH SPRING STREET ALBANY, KENTUCKY**

**WEIGH-INS: 8 AM – 9:30 AM, LIFTING BEGINS AT 10:00 AM**

**THE LIFTS:** HACKENSCHMIDT FLOOR PRESS & DINNIE STONES DEADLIFT.

**ENTRY DEADLINE** – June 1, 2023

**MEET DIRECTOR** – Clint Poore: contact by email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE;** None, just let me know you are attending

**USAWA MEMBERSHIP REQUIRED:** Registration available at meet, but it is preferred that you purchase your USAWA membership prior to the meet day. It helps registration go quickly.

**AWARDS:** The HackenDinnie Classic II – The HackenDinnie Crown will be awarded to the overall Male & Female champion and a free T-shirt to all competitors. I must know shirt size two weeks prior to meet, we will have a few extra as well.

**RECORD DAY SESSION** – will follow the HackenDinnie Classic II competition, each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment.

**HOTEL** – Baymont by Wyndham Albany

**Address:** 79 Soma Lane, Albany, KY 42602

**Phone:** (606) 387-7238

## **IRON PALACE'S STRONGEST MAN: THE TRIAL OF KINGS**

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November 17, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore

**IRON PALACE'S STRONGEST MAN: THE TRIAL OF KINGS**

**BECOME THE FIRST KNIGHT OF THE IRON PALACE!**

**SATURDAY, MARCH 16, 2024**

**CAMP TIPTON in MARYVILLE, TENNESSEE**

**ADDRESS:** 933 WALKER SCHOOL ROAD, MARYVILLE, TENNESSEE

**WEIGH-INS:** 7:30 AM – 8:30 AM, LIFTING BEGINS AT 9:00 AM

**THE LIFTS:** DINNIE STONES DEADLIFT. APOLLONS LIFT & ZERCHER LIFT

**ENTRY DEADLINE** – MARCH 15, 2024

**CO-MEET DIRECTORS** –

Caleb Day: contact by email [theirironpalacepodcast@gmail.com](mailto:theirironpalacepodcast@gmail.com) or by phone at 865-804-2663

Clint Poore: contact by email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE:** \$10 dollars for athletes, \$5 dollars for spectator admission.

All proceeds will go to support Special Olympics Powerlifting

**USAWA MEMBERSHIP REQUIRED:** Registration available at meet, but it is preferred that you purchase your USAWA membership prior to the meet day. It helps registration go quickly.

**AWARDS:** The Overall Champion will be Knighted and receive a Sword for his glorious win! All lifters will receive an award for their participation.

**RECORD DAY SESSION** – will follow the Iron Palace's Strongest Man competition, each lifter can perform up to 5 record attempts. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment.

**HOTEL** – There numerous options for hotels in the Maryville/ Knoxville area. The meet location is just a few short miles from the Knoxville airport (McGhee Tyson Airport)

## **GOLD CUP-A LIFT FOR KAREN**

November 17, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Paul Barette

Here are the full results from the 2023 Gold Cup – ‘A Lift for Karen’.

Thank you to **Christopher Bass** for his work in confirming all the records achieved.

## **LIFT FOR LEROY**

November 19, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Stacy Todd completes a hands together bench press at the “Lift for Leroy”

Another Lift for Leroy is now in the rearview mirror, and what a day it was! 9 lifters participated in the Fourth Quarter postal. Lifters included 7 members of the Todd Tribe, joined by KCSTRONGMAN members Greg Cook and Lance Foster. The lifting there

was fantastic, but I will save the postal results for Denny's report. We then proceeded to the "Lift for Leroy" record day portion of our day. While all of the lifting was commendable, I continue to be impressed with the growth and development of our younger lifters. They are truly the future of KCSTRONGMAN and the USAWA. Results are as follows:

[Lift-for-Leroy-2](#) [Download](#)

## IRON PALACE PODCAST & OLD TIME STRONGMAN WORLDS UPDATE

November 20, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore



It has been a fast & furious past few weeks leading up to the 2023 OLD TIME STRONGMAN WORLD CHAMPIONSHIP!

I hope your training is going well and may the weights feel light!

We are heading into the home stretch prior to the OTSM WORLDS and things are picking up momentum!

Recently, I had the fantastic opportunity to be on the Iron Palace Podcast with Caleb Day, David Corbin II & the Holland Millsaps!

It was glorious afternoon of discussing the USAWA, Donald Dinnie and the 2023 OLD TIME STRONGMAN WORLD CHAMPIONSHIP!

I hope you enjoy listening to our revelry as much as we did recording the podcast.

Here is the link to podcast.....

enjoy & devour!

<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVhbnBvZGJlYW4uY29tL2RheWNjYWxIYi9mZWVhbnhtbA/episode/ZGF5Y2NhbGVhbnBvZGJlYW4uY29tL2IxODVINjFkLWQ2YjgtMzhjMC05NWZmLWYyOTQ5N2UyOTJiZQ?sa=X&ved=0CAUQkfYCaHcKEwjQ7vWvt9OCAxUAAAAAHQAAAAQAQ>

UPDATES for the OLD TIME STRONGMAN WORLD CHAMPIONSHIP

1. Weigh-ins will now begin at 8 am – 9:30 am with lifting beginning at 10 am. The meet has 20 plus lifters so far and therefore the extra weigh in time.
2. We now have access to 40 chairs for the meet. This should easily provide a seat for you and your guests that come with you to the competition. For an even more comfortable seat, please feel free to bring your own fold out chair with you.

In closing, I am super excited to meet and greet everyone at the 2023 OLD TIME STRONGMAN WORLD CHAMPIONSHIP!!

It will be GLORIOUS!!!!

BE STRONG!!!

Clint Poore

**FRANK'S BARBELL CLUB THIRD ANNUAL NEW YEAR'S EVE RECORD BREAKER**

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**NATIONALS 1999**

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November 22, 2023 [KCSTRONGMAN](#) [Edit Post](#)



We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. The first one that I am posting here is from 1997. They are all transcribed from the “Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting in 2022. Enjoy a little piece of history:

By Bill Clark (From “US All-Round Weightlifting Association Strength Journal”, Vol. X, No. 4, July 10,

1999. Columbia MO. Print.)

## **2000. OMEGA FORCE STRENGTH EXTRAVAGANZA**

2001. November 23, 2023 [KCSTRONGMAN](#) [Edit Post](#)

2002. By Clint Poore



2003. Randy Richey with a monster squat of the Paul Anderson Wheels for an Omega Force show

2004. **OMEGA FORCE STRENGTH EXTRAVAGANZA**

2005. **SATURDAY, JANUARY 27, 2024**

2006. **BODY MAX GYM in SCOTTSVILLE, KENTUCKY**

2007. **ADDRESS:** 500 JW YORK ROAD, SCOTTSVILLE, KENTUCKY

2008. **WEIGH-INS:** 8:30 AM – 9:30 AM, LIFTING BEGINS AT 10 AM

2009. **THE LIFTS:**

2010. HACKENSCHMIDT FLOOR PRESS

2011. HAND & THIGH LIFT

2012. DEADLIFT-INCH-1 ARM

2013.     **ENTRY DEADLINE** – JANUARY 27, 2024   you can register at the meet  
            but you must have a current
2014.     USAWA membership. You can purchase a membership at USAWA.COM
2015.     **ENTRY FEE:** \$10 dollars for athletes, \$5 dollars for spectator admission.
2016.     **CO-MEET DIRECTORS** –
2017.     Clint Poore: contact by email at clintpoore@hotmail.com or by phone at  
            606 688 2600
2018.     Randy Richey: contact by email at omegaforceone@gmail.com or by  
            phone at 270 237 0251
2019.     **USAWA MEMBERSHIP REQUIRED:** Registration will be available at the  
            meet, but it is preferred that you purchase your USAWA membership prior to the  
            meet day at USAWA.COM
2020.     Prior registration will help the meet begin quicker & on time.
2021.     **AWARDS:** Awards & T-shirts will be given to all participants.   We  
            must know t-shirt size two weeks prior to meet, We may or may not have a few  
            extra, so make sure to let us know your t-shirt size.
2022.     **RECORD SESSION** – Following the competition, each lifter can perform  
            up to 5 record attempts. Please let us know what records you will be attempting  
            so that we can be sure to have the appropriate equipment. USAWA National  
            Records can be set at this meet,
2023.     **HOTEL** – *Barren River Lake State Resort Park*
2024.                                 1149 State Park Road
2025.                                 Lucas, KY 42156
2026.                                 Phone: 270-646-2151

## **NATIONALS 1998**

**[November 24, 2023 KCSTRONGMAN Edit Post](#)**

We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. This one that I am posting here is from 1998. They are all transcribed from the

“Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting in 2022. Enjoy a little piece of history:

By Bill Clark (From “US All-Round Weightlifting Association Strength Journal”, Vol. IX, No. 5, August 10, 1998. Columbia MO. Print.)

## **STEVE SCHMIDT’S BACKBREAKER PENTATHLON**

November 26, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

### **THE BACKBREAKER PENTATHLON**

This meet is about as old as the IAWA/USAWA – but not as old as the Ed Zercher Strength Classic – which started in the Missouri State Prison before there was a Clark’s Gym or a USAWA.

The 2023 version of the Backbreaker has not changed in the 35 years it has been in existence – the same hip, harness, neck, back and hand-and-thigh combination that Steve Schmidt gave us in his farmyard and basement gym which in 1988 drew a crowd from coast-to-coast and lasted until 2 a.m.

Who can ever forget his implements of torture – the elevated platform for the harness lift that towered over a pile of iron that weighed around 2,900 pounds and only Steve had lifted on it – until John Carter challenged Steve over three decades ago?

And who can ever forget Steve’s back lift device in his basement office which used tractor wheel weights to load the monster up to over 3,000 pounds?

The Backbreaker was soon given the title of USAWA Heavy Lift Championship and was held at Clark’s Gym for several years before being passed along to other hosts where lack of proper equipment for the back and harness lifts have reduced the national meet to only three events today – the hip, neck and hand-and-thigh. The heaviest of the heavy lifts have not been a part of the nationals for some two decades.

So – if you enter the Backbreaker next week at Clark’s Gym, you’ll be a part of lifting history, but, once again, it will not be a national championship – just the heaviest of all heavy lifts. It is a true return to the days of the days of the great strongmen of the past century – and beyond.

The meet gets under way with 8 a.m. weigh-ins and the action to start at 9 a.m.

Once again – the meet is open to the world. Any registered IAWA lifter can participate, regardless of site. If any USAWA lifter's efforts have been judged by a USAWA certified official(s), the lifter's efforts will qualify for the USAWA record list.

In the U.S., any registered lifter, regardless of site, can set records with only a single USAWA as a judge. That lifter is also eligible to do five record lifts in addition to the Pentathlon.

If no officials are available, the meet director (that's Ol' Clark) will accept your honesty and you will be included in the summary of the competition as if you were in Clark's gym on meet day.

No videos are needed, though appreciated, and I would like your e-mail results by the evening of Dec. 6. The awards will be certificates.

There is no entry fee and no deadline unless you plan to lift in the friendly confines of Clark's Gym. If you plan to be on hand at the gym on December 2, I need to know. Even if you don't lift, your help as a loader will be greatly appreciated.

And don't forget – you have the weekend to do five record lifts in addition to the Pentathlon.

## **ERROR CORRECTION-2019 WORLDS**

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November 30, 2023 KCSTRONGMAN [Edit Post](#)

By Eric Todd

Unfortunately, sometimes error in sports occur. One has recently come to my attention from 2019 worlds. Even though a fail-safe computer program was used, an error was made. While it was announced at the banquet that Beth Skwarecki was the victor in the women's division, there was an omission of RJ Jackson's one hand barbell clean and jerk in the addition of her total. With the one arm clean and jerk added, RJ's amended total surpassed that of Beth. When I reached out to Beth to be sure I was not missing anything, she assured me that I was not, and she graciously conceded victory to RJ with her congratulations. Apologies from the USAWA/IAWA to RJ Jackson for missing this, and congratulations for your 2019 World Championship!

# FINAL OLD TIME STRONGMAN WORLDS UPDATE & A BIG SURPRISE!

December 6, 2023 [KCSTRONGMAN](#) Edit Post

By Clint Poore



We are just a few short days away from the 2023 OLD TIME STRONGMAN WORLDS and I am sending a final update to all lifters.

The meet location is next to Hunters BBQ and the address is:

**2608 NORTH HIGHWAY 127**

**ALBANY, KENTUCKY 42602**

**Weigh-Ins** begin at 8 AM – 9:30 AM for lifters. Lifting will begin at 10 AM

**RECORD DAY LIFT RECOMMENDATIONS** – If you are going to participate in the RECORD DAY, here are a couple lifts with a lot of opportunity to set records..... **FOOT PRESS & RIM LIFT**

We will be setting records in these lifts, so feel free to come lift with us! Go to [USAWA.COM](http://USAWA.COM) and see if you can set some amazing NATIONAL RECORDS this Saturday!

**THE BIG SURPRISE** is a brand new Feat of Strength is being performed for the first time ever

at the OTSM RECORD DAY ..... **THE BUFFVILLE STONES!**

These stones weigh 264 lbs and 225 lbs each for a grand total of 489 lbs! You can be one of the first people in history to lift the MIGHTY BUFFVILLE STONES! If you



successfully stand up and lift the Buffville Stones you will have your picture taken, make stone lifting history and earn a free T-shirt commemorating your accomplishment! Come lift the Glorious **BUFFVILLE STONES**



Also, we will have 40 chairs available for you to rest and sit in!

If you want, please bring your own personal fold chair and enjoy the show!

Finally, I am excited to meet and greet everyone. Then bear witness to your legendary lifts at the 2023 Old

Time Strongman World Championship!

**We are Burdened with Glorious Purpose!**

## **BENCH PRESS HEPTATHLON**

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December 7, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

**SATURDAY, APRIL 6, 2024**

**CLARK'S GYM, COLUMBIA, MISSOURI**

**WEIGH-INS: 8-9 A.M.**

**THE LIFTS:** Regular bench press; bench press feet in air; left-arm bench press; right arm bench press; reverse grip bench press; alternate grip bench press; hands-together bench press.

Special Awards: Roman Chair bench press; rampage.

**ENTRY DEADLINE** – April 2, 2024. E-mail – [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) or by phone at 573-474-4510.

**ENTRY FEE:** None.

**USAWA MEMBERSHIP REQUIRED:** Registration available at meet site.

**AWARDS:** Unframed certificates including special events

**RECORD SESSION** – Will follow the decathlon competition.

**Hybrid:** you may lift in the competition in your own gym and your lifts will be included in the final standings and eligible for certificates. Records may be set if you are designate a certified official. We assume you will be honest concerning your bodyweight and your correct lifts. Video is appreciated if you lift remotely, but not required.

## **SCHMIDT'S BACKBREAKER PENTATHLON**

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December 10, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

A pair of veterans dominated the Umpteenth (25th/30th?) Steve Schmidt Backbreaker Pentathlon, joined

by a pair of new folks in the upper level of the chain and back lifters.

RJ Jackson checked in from Corpus Christy, Texas, to win the women's division and John Carter, now in

the 65-69 age group, took the men's title.

Jackson, 61, was the only entry from outside Clark's Gym and she did her lifts on some unique

"equipment" that got the job done but must have cost her many pounds in the process. Unfortunately,

she was the only one of the seven entries whose lifts were not judged – proof once again that the

USAWA must approve both video entries – and the much-needed quick approval of new officials.

The lack of remote entries was disheartening but not discouraging. The upcoming Zercher Strength

Classic (January 27-28) will be offered hybrid, which means you can lift anywhere in the world and set

records with proper registration and with approved USAWA officials – and even without officials,

you can be the champion – on your own honesty and good looks.

Plus – if you have officials, each sanctioned meet, in person or hybrid, allows you to break up to five

USAWA records.

And – Clark's Gym never charges an entry fee.

What's not to like about that arrangement?

One of the highlights of the day was the emergence of 48-year-old Jeff Wenzel. His first contact with the

USAWA was as a loader/spotter for the 2022 Bench Press Decathlon. In 2023, he finished third in the

meet and slowly has become interested in many other challenges. Now he's joined by his 16-year-old

son, Spencer, a high school junior. Remember that name.

## **NATIONALS 2004**

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December 12, 2023 [KCSTRONGMAN](#) [Edit Post](#)

We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. This one that I am posting here is from 1998. They are all transcribed from the "Strength Journal" by Bill Clark. This was an idea of Frank Ciavattone's and was presented at the national meeting in 2022. Enjoy a little piece of history:

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XV, No. 5, July

## **OLD TIME STRONGMAN WORLD CHAMPIONSHIP**

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## **FRANK CIAVATTONE-HALL OF FAME JUGGERNAUT**

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By Eric Todd

I was absolutely blessed and privileged to be asked to vouch for Frank when it came to his National Wrestling Hall of Fame nomination and ultimate induction. I am a wrestler at heart. That was my first love and my greatest. My boy Everett is now invested. Nothing I have done has prepared me for life like wrestling. So, I understand what this accolade means. There is no sport that compares in regard to the sacrifice. And Frank has sacrificed indeed.

Frank has been inducted into the Massachusetts chapter of the National Wrestling Hall Of Fame under the designation of "Medal of Courage". This is the third Hall of Fame that I am aware of that Frank has been inducted to, but there may be more. He was inducted into the USAWA Hall of Fame in 1996 (bio found here: [Frank's HOF Bio](#)). He was also inducted into the Massachusetts Interscholastic Wrestling Coaches Association Hall of Fame back in 2015. Please see below for Frank's induction writeup from the "National Wrestling Hall of Fame Massachusetts Chapter 2023 Induction Ceremony & Honors Banquet" booklet. Congrats Frank. An accolade that is well deserved!

## **2024 OLD TIME STRONGMAN WORLD CHAMPIONSHIP**

By Clint Poore

This is the OFFICIAL OLD TIME STRONGMAN WORLD CHAMPIONSHIP. This is a POSTAL meet, so different countries can all compete simultaneously across the World. The OTSM Worlds will take place on December 7 in different locations on separate continents. All results will be sent in by each locations meet director and results will be tabulated ASAP! Each lifter will receive a OTSM Worlds medal and T-shirt for participating. International locations for the OTSM Worlds to be held, are in England, Australia and the USA. Other International locations may be added.

**OLD TIME STRONGMAN WORLD CHAMPIONSHIP – USA LOCATION**

**SATURDAY, DECEMBER 7, 2024**

**BUFFVILLE ARENA in ALBANY, KENTUCKY**

**ADDRESS: 2608 BUSINESS 127 NORTH, ALBANY, KENTUCKY**

This is the North American Continental location for the OTSM World Championship. All lifters from any North American nation are welcome to attend. CANADA, USA, MEXICO & all Central American countries are invited. Also, any International lifters who want to compete are invited to attend .

**WEIGH-INS: 8 AM – 9:30 AM , LIFTING BEGINS AT 10:30 AM**

**THE 3 LIFTS: HACKENSCHMIDT FLOOR PRESS, DINNIE LIFT & INCH DUMBBELL DEADLIFT (ONE ARM, LIFTER MUST DECLARE THE ARM AND NOT CHANGE ARM DURING COMPETITION)**

**ENTRY DEADLINE** – December 6, 2023 – email clintpoore@hotmail.com or by phone at 606-688-2600.

**ENTRY FEE:** None, just let me know you are attending, then have fun lifting & breaking records!

**USAWA MEMBERSHIP REQUIRED:** Please join the USAWA before the meet.

Registration will also available at meet site if you need to join the USAWA the day of the meet. If lifting in England or Australia please pay your National Registration fee prior to the meet.

**AWARDS: WORLD CHAMPIONSHIP AWARDS in EACH WEIGHT CLASS & AGE GROUP. OVERALL GRAND CHAMPION TROPHY MALE & FEMALE** with Medals awarded to all competitors. T-shirts provided for all lifters, I must know your t-shirt size two weeks prior to the meet, we will have a few extra as well.

**OLD TIME STRONGMAN WORLD TEAM CHAMPIONSHIP AWARD** – The top 5 points total from each countries will be added together to determine the Old Time Strongman World Team Champion.

**RECORD DAY** – The Old Time Strongman Record Day will be on Sunday, December 8 @ 9 am. No more than 5 Record attempts, per person. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. USAWA National Records can be set at the Record Day, if we have 3 referees present IAWA World Records may be set.

**HOTEL** – Baymont by Wyndham Albany

**Address: 79 Soma Lane, Albany, KY 42602**

**Phone: (606) 387-7238**

AIDAN HABECKER - 20 - 76 Kg. [80Kg. Open }

Deadlift - 2 Dumbbells - 160 Kg. - 353 Lbs.

KASEY CICERO - 22 - 75Kg. [75 Kg. Open Female]

Snatch From Hang - 40 Kg. - 88 Lbs.

Deadlift - 2 Dumbbells - 130 Kg. - 287 Lbs.

Habecker Lift - 120 Kg. - 264 Lbs.

Bench Press - Reverse Grip - 60 Kg. - 132 Lbs.

Bent-over Row 52.5 Kg. - 116 Lbs.

STEVE JURY - 58 - 108 kG. [ 110 Kg. 55-59 ]

Snatch From Hang - 57.5 Kg. - 127 Lbs.

Deadlift - 2 Dumbbells - 150 Kg. - 331 Lbs.

Piper Squat - 85 Kg. - 187 Lbs.

BARRY BRYAN - 65 - 84.9 Kg. [ 85 KG. 65-69 ]

Pullover And Press - 95 Kg. - 209 Lbs.

Snatch From Hang - 51 kG. - 112 Lbs.

Deadlift - 2 Dumbbells - 150 Kg. - 331 Lbs.

STEPHEN R. SANTANGELO - 71 - 72 kG. [ 75 kG. - 70-74 ]

Vertical Bar -1 Bar - 2" - Right - 75.3 Kg. - 166 Lbs.

Vertical Bar -1 Bar - 2" - Left - 75.3 Kg. - 166 Lbs.

Vertical Bars -2 Bars -2" - 118.3 Kg. - 261 Lbs.

Ring Finger Lift - Right Hand - 66.5 Kg. - 146 Lbs.

Index Finger Lift -Right Hand - 66.5 Kg. - 146 Lbs.

BARRY PENSYL - 75 - 61.5 kG. [ 65 Kg. - 75- 79 ]

Cheat Curl - Dumbbell - Right Hand - 18.1 Kg. - 40 Lbs.

Bench Press -Right Hand - 18.3 Kg. - 41 Lbs.

Pullover - Bent Arm - 33.1 Kg. - 73 Lbs.

Habecker Lift - 80 Kg. 176 Lbs.

DENNY HABECKER - 81 - 80 Kg. [ 80 Kg. - 80- 84 ]

Habecker Lift - 80 Kg. - 176 Lbs.

Anderson Squat - 100 Kg. - 220 Lbs.

Snatch from Hang - 27.5 Kg. - 61 Lbs.

Deadlift - 2 Dumbbells - 100 Kg. - 220 Lbs.

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Deadlift - 2 Dumbbells - 100 Kg. - 220 Lbs.

# RECORD LIST UPDATE

December 31, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Again, a huge thanks to John Strangeway and Sanjiv Gupta for their tireless efforts in keeping this list updated and accurate. This is the last update for 2023. You can find the most recent updates here: <https://www.usawa.com/about-us-2/record-list-2/>

## 2024 MEMBERSHIPS

December 31, 2023 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Time to get those membership forms in for 2024. I recognize I am a bit late in posting this, as we already have close to 30 members signed up before the year 2024 has even started. As we keep getting new competitions posted, it is a great time to get the most possible out of your membership. Membership is for the calendar year, so from January 1 to December 31st. Membership applications can be found here: <https://www.usawa.com/forms-and-applications/>. You can send me check, money order, or cash, or pay online via PayPal.

It is also a good time to renew your club membership, or start a new one if you have a group in your area, and would like to have a club designation or compete for club honors. We already have 6 of the 8 clubs from last year registered. Club Membership application can be found on the same link above. I look forward to having you all join us in 2024!