

March 2, 2024

A RECORD DAY FOR THE WORLD – BUT WHY BOTHER?

For the fourth consecutive meet in Clark's Gym, we have welcomed the world to join us – either with or without officials, live or remote, and see your results a part of the meet results – and at no cost.

Only three non-gym lifters have taken advantage and one of them was Tony Cook in England, the head of the British Strength Athletes Guild, but also an IAWA-UK member. The others were Vern Myers and RJ Jackson.

We have bent over backwards to offer our schedule to the world and evidently no one really gives a damn. We have just sanctioned six more meets and/or record days and all will be open to the world – open for record consideration if you have local officials and for awards if you don't have officials.

And only the USAWA Nationals will have an entry fee and must be competition on-site. Every other meet is for the world to use – free.

The IAWA/USAWA does not grow if competition is ignored. A national or a world meet is damned hollow if no one shows. The same applies to record days, etc.

Once the secretary has certified the upcoming dates, we'll get back to everyone – and we hope to see every other meet promotor open their meets to the world. If all do, maybe we'll get some growth in a dying organization.

DAVE DEFOREST. AGE 64. BWT 185

Vertical bar deadlift - one bar – 2-inch – right – 131.

Rim lift – 275.

Deadlift – Fulton bar – 330.

Swing – dumbbell – right – 65.

Ziegler clean – 75.

TONY HOSE. AGE 54. BWT – 224.

Bench press - alternate grip – 255.

Bench press – feet in air – 280.

Hackenschmidt press – 280.

Deadlift – right – 200.

Lateral raise – lying – 2x55 – 110.

JEFF WENZEL. AGE 48. B WT – 226.

Anderson press – 205.

Anderson squat – 550.

Hackenschmidt press – 280.

Vertical bar deadlift – one bar, one inch – left – 192.

Good morning – 225.

SPENCER WENZEL. AGE 16. Bwt – 125.

Anderson press – 115.

Hackenschmidt press – 170.

Vertical bar deadlift – 1 bar – 2-inch – right – 125

Vertical bar deadlift – 1 bar – 2 inch – left – 116.

Vertical bar deadlift – 2 bars – 2 x 115 – 230.

TONY LUPO. AGE 57. BWT – 234.

Goerner stroll – 2 x 150 – 300.

Deadlift – two dumbbells – 335.

Pullover – stiff arm – 70.

Pullover – bent arm – 125.

Rectangular fix – 65.

JANET THOMPSON. AGE 66. B WT – 163.

Vertical bar deadlift – one bar – 2 inch – right – 50.

Vertical bar deadlift – one bar – 2 inch – left – 50.

Vertical bar deadlift – two bars – 2 inch – 2 x 60 - 120.

Vertical bar deadlift - one bar – 1 inch – right – 87.

Vertical bar deadlift – two bars – 1 inch – 2 x 77 – 154.

BILL CLARK. AGE 91. BWT – 202.

Dumbbell walk – 40.

Deadlift – dumbbell right – 110.

Deadlift – dumbbell left – 105.

Hip lift – 545.

Weaver stick (forward – right) – 2 ½ lbs.

Officials for the lifts above – Bill Clark, Tony Lupo, Dave DeForest.

The following lifter had no official but sent along her results for the fun of being involved. We are always glad to have input from:

RJ JACKSON. AGE 62. BWT – 107.

Finger lift – thumb right – 33.

Finger lift – thumb left – 30.

Rim lift – 153.

Zercher – One arm – left – 81.

Vertical bar deadlift – 1 bar – 1 inch – right – 130.

NOTE: There was no official. None of these are records, but they are damned fine lifts.

All those from Clark's appreciated her participation.