

## **2025 USAWA YEAR IN REVIEW**

Dear USAWA family and friends,

The USAWA was tremendously active in 2025 with (134) members and (41) events across North America. (8) USAWA Championship events were hosted and the USAWA had representatives in all (4) IAWA events. In addition to meet announcements and results, award were handed out and original content was created by six different members.

With the support of everyone, USAWA was able to complete its 38<sup>th</sup> year since its organization in 1987.

Thank you!

Sanjiv Gupta, USAWA Vice President

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## Colorado Grip Classic changed to Grip Championships

January 4, 2025 Beth Skwarecki

This year's Grip Championships will be held in Lakewood, Colorado, on May 3, 2025, by promoter Sanjiv Gupta. This replaces the Colorado Grip Classic that was originally sanctioned for that date. Traditionally, Al Myers hosts the Grip Champs, but he was unable to do it this year. Sanjiv expressed interest in hosting it, and the executive board has awarded the Grip Championships to Sanjiv.

**Notice to lifters who had been intending to compete in the Colorado Grip Classic:** In changing the meet from a local meet to a Championship, Sanjiv has needed to add a \$10 entry fee to cover awards and has also adjusted the entry deadline. Remote lifters are no longer allowed, to be sure that all competitors will be using the same equipment.

The lifts are still the same as those that were planned for the Classic. [You can see the updated meet announcement here.](#)

### 4th Quarter Postal (remote)

January 8, 2025 Beth Skwarecki

The lifts are:

- Dumbbell Swing- One Hand
- Bench Press- Fulton Bar
- Vertical Bar Deadlift – One Bar – 2"

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.

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

Entry form: [4th Quarter 2025 Postal Entry Form](#)

### [3rd Quarter Postal \(remote\)](#)

[January 8, 2025 Beth Skwarecki](#)

The lifts are:

- Crucifix
- Cheat Curl – Dumbbell- One Hand
- Deadlift – One hand

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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

Entry form: [3rd Quarter 2025 Postal Entry Form](#)

### [2nd Quarter Postal \(remote\)](#)

[January 8, 2025 Beth Skwarecki](#)

The lifts are:

- Rectangular Fix

- Clean and Seated Press- 2 Dumbbells
- Hack Lift- One hand

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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

Entry form: [2nd Quarter 2025 Postal Entry Form](#)

[1st Quarter Postal \(remote\)](#)

[January 8, 2025 Beth Skwarecki](#)

The lifts are:

- Continental Snatch
- Press from Rack- Behind neck
- Trap bar Deadlift

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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

Entry form: [1st Quarter 2025 Postal Entry Form](#)

### [Lifter of the Month, December 2024 – Ashley Stearns](#)

[January 9, 2025 Beth Skwarecki](#)

by Sanjiv Gupta



December was bustling with All-Round weightlifting, but Ashley Stearns shined by pulling a 318.43 Kg Dinnie Lift and 63.50 Inch Dumbbell Deadlift to be the top USA lifter at the 2024 Old Time Strongman World Championships. Ashley has been competing out of Buffville since 2023 and quickly joined the Century Club. He currently holds 112 records (across 51 lifts) with 45 of those being ALL Age class records. Congratulations Ashley.

*Do you know a USAWA member who should be recognized as a future Lifter of the Month? Send nominations to the Secretary at [bethskw@gmail.com](mailto:bethskw@gmail.com).*

## **Great American Bench Press (Albany, KY and remote)**

January 20, 2025 Beth Skwarecki

This is a POSTAL meet, many different states and countries in North & South America can all compete simultaneously. The 2025 GREAT AMERICAN BENCH PRESS championship will take place on MARCH 22, 2025 in multiple locations. All results will be sent in by each postal locations coordinator to the meet director and results will be tabulated ASAP! Please let me know in advance how many people from each location may be competing.

This meet will be introducing a new lift for the USAWA, the REFLEX BENCH PRESS. The Reflex Bench Press will contested at this meet for the first time and will be submitted for consideration for the USAWA National Meeting this July. You have the opportunity to make lifting history at the 2025 GREAT AMERICAN BENCH PRESS!

### **BUFFVILLE GYM in ALBANY, KENTUCKY & REMOTE LOCATIONS**

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

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

#### **THE LIFTS:**

- REFLEX BENCH PRESS (new lift – rules below)
- ALTERNATE GRIP BENCH PRESS
- FULTON BAR BENCH PRESS

**ENTRY DEADLINE** – MARCH 22, 2025 you can register at the meet but you must have a current USAWA membership. You can purchase a membership at [USAWA.COM](http://USAWA.COM)

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

**MEET DIRECTOR** – Clint Poore: contact by email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**USAWA MEMBERSHIP REQUIRED:** You must be a member of the USAWA. Registration will be available at onsite if you need to join the USAWA.

**HOTEL** – Baymont by Wyndham Albany

Address: 79 Soma Lane, Albany, KY 42602

Phone: (606) 387-7238

**Reflex Bench Press Rules:** The rules of the Bench Press apply, with these exceptions. The lift begins by self unracking the weight. The bar must be lowered to touch the chest and then immediately pressed to lockout. There is no press command & the lift ends with a RACK command from the referee. This is a touch-n-go Bench Press lift with the only command being Rack!

**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.

### **March Madness Record Breaker (Walpole, MA) – POSTPONED**

January 22, 2025 Beth Skwarecki

**UPDATE: unfortunately Frank's Barbell Club has made the decision to postpone the scheduled March madness record breaker meet due to weather impacting training. We will only be holding the heavy lift classic.**

USAWA Membership Required

**Date:** March 1, 2025

**Location:** Franks Barbell Club- Walpole MA

**Weigh-In time:** 9:00AM

**Lifting begins:** 10:00AM

Lifters can chose to contest up to 5 USAWA/IAWA lifts to compete for record attempts

**Meet director:** Frank Ciavattone

**To enter:** Contact Jessica Hopps, [jessicahopps1@gmail.com](mailto:jessicahopps1@gmail.com)

### **New England Winter Heavy Lift Classic (Walpole, MA)**

January 22, 2025 Beth Skwarecki

USAWA Membership Required

**Date:** March 1, 2025

**Location:** Franks Barbell Club- Walpole MA

**Weigh-In time:** 9:00AM

**Lifting begins:** 10:00AM

#### **The Lifts:**

- Hip Lift
- Neck Lift

- Hand and Thigh Lift

**Meet Director:** Frank Ciavattone

**To enter:** Contact Jessica Hopps, [jessicahopps1@gmail.com](mailto:jessicahopps1@gmail.com)

## 2025 Q4 Postal – Results

January 22, 2025 Beth Skwarecki

We had 28 men and 5 women compete in this quarter’s postal. Abe Smith led the men, and Stacy Todd led the women’s group. Thank you to all that lifted this year.

## 2024 – 4<sup>th</sup> Quarter Postal

We had 28 men and 5 women compete in this Quarter Postal. Abe Amith led the men, and Stacy Todd led the women’s group. Thank you to all that lifted this year.

### MEET DETAILS:

October 1 thru December 31, 2024

Lifts are listed in pounds

One-hand lifts are right hand unless marked with an L

Records are marked with an \*

Bodyweight- BWT.

Weight Class- WT. CL.

Lifts – Press-Dumbbell- One Hand, Deadlift- Dumbbell- One Hand, and Bent-Over Row

### MEET RESULTS:

NAME	AGE	BWT.	WT.CL.	PRESS	DEADLIFT	ROW	TOTAL	POINTS
Abe Smith	43	189	90	115*	320*	265	700	671.94
Randy Smith	70	196.5	90	55	238.5	205	498.5	661.99
Chad Ullom	53	223.4	105	58*	303	265	626	600.38
John J. Carter	66	184	85	50 *	266*	175*	491	589.32
Barry Bryan	66	191	90	66	209*	220*	495	581.33
Tony Lupo	58	238	110	85	230*	270*	585	566.66
Jeff Wenzel	49	235	110	90	266*	270	626	564.03
Denny Habecker-82		180	85	45	165-L*	159	369	560.82
Dave Glasgow	71	261.4	120	58-L*	248*	215*	521	558.07
Dave Hahn	87	135	65	30	125	115	270	526.22
Mike Locondro	62	208	95	45	231*	209	485	521.74
Frank Ciavatone-69		285	125+	22*	253	242*	517	519.16
Travis Luther	32	171	80	60	261	200	521	510.52
Calvin Helt	22	181	85	88	253	195	536	507.32
Dave DeForest	64	176	80	45*	250	125*	420	505.42
Eric Todd	49	278	125+	95-L	240	265*	600	497.11

Chris Frappier	59	213	100	65	201	175	441	456.75
Jarrod Fobes	47	216.6	100	72-L	202-L	220*	494	456.43
Dan Jones	40	193	90	66-L	200*	220	486	447.66
Wade Marchand	55	165	75	40*	171*	173*	384	446.20
Sanjiv Gupta	53	208.4	95	57*	202-L*	185	444	442.13
Tony Hose	55	223	105	80-L*	266-L*	100	446	435.72
Nils Larson	65	251	115	40	171*	223*	434	433.15
Spencer Wenzel	17	127	60	35*	170*	135*	340	427.67
Bill Clark	92	195	90	15	120	115	250	408.01
Carl Puzin	68	234	110	40	170*	133	343	371.76
Login Wenzel	10	74	35	12.5	70*	43*	125.5	339.47
Kyle Frappier	21	226	105	55	151	175	381	318.55

#### WOMEN:

Stacy Todd	42	195	90	35-L	191-L*	140*	366	450.93
Janet Thompson	67	164	75	20*	100*	105*	225	368.91
Allison Lupo	58	193.2	90	25-L	125*	105*	255	353.25
Jessica Hopps	40	206	95	30-L	120*	115*	265	329.20
Kim VanWagner	57	129	60	30	70	75	175	312.92

#### LIFTERS WITH NO CERTIFIED OFFICIALS:

Randy Smith, Dave Hahn, Bill Clark and Kim Van Wagner

## 2024 Postal Championship

### [January 24, 2025 Sanjiv Gupta Edit Post](#)

With the Q4 Postal meet in the books, it is time to crown the Men's and Women's postal champions. 17 women and 44 men competed throughout the year. 17 women is the largest women's field the postal has ever had, beating the previous best of 12 entrants set in 2023. 44 women is the largest men's field the postal has ever had, again a huge jump over the previous best of 36 entrants set in 2023. 61 entrants represented nearly half of the 2024 USAWA members.

Scoring was done the same way it was done last year with points awarded based on number of entrants. RJ Jackson and Sylvia Stockall tied with 33 points each. I don't think we have a tiebreaker system yet, but with RJ taking the win in Q2 and Q3, versus Sylvia's Q1 win, I am proposing RJ is the women's postal champion. Abe Smith had 99 points, narrowly edging out Barry Bryan with 94 points. Congratulations to RJ and Abe. This is RJ's 8th title and Abe's 1st title.

Grand Slam winners include Stacy Todd, Allison Lupo, Janet Thompson, Abe Smith, Barry Bryan, Denny Habecker, Randy Smith, Jeff Wenzel, Travis Luther, Tony Lupo, Spencer Wenzel, Sanjiv Gupta, Eric Todd, Bill Clark

Name	Q1 Points	Q2 Points	Q3 Points	Q4 Points	Total Points
Sylvia Stockall	9	11	13		33
RJ Jackson	7	12	14		33
Stacy Todd	6	10	8	5	29
Lilly Todd	8	9	6		23
Phoebe Todd	4	8	9		21
Lisa Gore		7	11		18
Kim Van Wagner	3		10	1	14
Allison Lupo	2	3	5	3	13
Janet Thompson	1	1	7	4	13
Beth Skwarecki			12		12
Jessica Hopps		4	4	2	10
Crystal Diggs		6	3		9
Amber Elder	5				5
Nisha Gupta		5			5
Diya Gupta		2			2
Lovely Patrick			2		2
Nallexi Ordonez			1		1

Name	Q1 Points	Q2 Points	Q3 Points	Q4 Points	Total Points
Abe Smith	24	20	27	28	99
Barry Bryan	22	22	26	24	94
Randy Smith	20	17	22	27	86
Jeff Wenzel	19	19	21	22	81
Travis Luther	21	21	18	16	76
Tony Lupo	15	14	19	23	71
Denny Habecker	13	11	23	21	68
John Carter	16		24	25	65
Dave Hahn	12		29	19	60
Dave DeForest		15	25	14	54
Frank Ciavattone	6		28	17	51
Tony Hose	23	18		7	48
Dan Jones	17		20	10	47
Spencer Wenzel	14	10	11	5	40
Sanjiv Gupta	10	9	10	8	37
Eric Todd	7	13	3	13	36
Mike Locondro			17	18	35
Wade Marchand	8		12	9	29
Chad Ullom				26	26
Jarrold Fobes	1	12		11	24
Logan Wenzel		6	16	2	24
Bill Clark	3	4	9	4	20
Chris Frappier			8	12	20
Dave Glasgow				20	20
Everett Todd	4	8	7		19
Nick Frieders	18				18
Nils Larson	11			6	17
Jeff Frieders		16			16
Barry Pensyl			15		15
Calvin Helt				15	15
Christopher Lansdown			14		14
Dan Wagman			13		13
Laverne Myers	9				9
Qint Poore	5	2			7
Ashley Stearns		7			7
Chris Todd			6		6
Elijah Conley		5			5
Maverick Butters			5		5
Lance Foster			4		4
Phoenix Jackson	2	1			3
Patrick Hadley		3			3
Carl Puzin				3	3
Leroy Todd			2		2
Kyle Frappier			1	1	2

## Bayou Beast Bash 2025 – Results

[January 26, 2025 Beth Skwarecki Edit Post](#)

by Jeff “Trex” Bankens

A great day of lifting in Louisiana!

The inaugural Bayou Beast Bash turned out to be a huge success! Lifters came from as far away as Kentucky and Missouri to compete in-person, while three additional lifters competed remotely with their own officials on hand. More importantly than the lifting, it was nice to see the arms of the USAWA reaching into the deep south. In fact, I understand that I had the privilege to host the very first USAWA meet in Louisiana.

When people think of Southwest Louisiana, I would imagine things like alligators, swamps, and the Petro-chemical industry, steamy summers, and mild winters come to mind. The timing of the meet couldn't have been better! Temperatures ranged from the 50'sF – to 60'sF which made for perfect lifting conditions. As a side note, if it would have been held two days later, we would have been in the midst of Winter Storm Enzo, record cold, record snow, and blizzard conditions. As of this writing, there is still snow and ice on the ground. The day of the meet two lifts were contested, the Hackenschmidt Floor Press and the Bavarian Deadlift. We had many age groups represented and the lifters showed up with purpose and intensity. The results are posted below.

After the meet was completed, we held a records day. Even though we were tired, we still had some energy left in the tank. Pending official approval, many age group / weight class records were set or exceeded by several of our lifters. Those results will be shared on the website once the officials review and record the results. In closing, I want to say that the USAWA proved to be what I thought it was, a group of people who enjoy camaraderie, lifting, and friendship as much as (if not more than) lifting, competing, and setting records.

As this was my very first lifting competition, I am very pleased that things went well and that I was able to make new friends in a sport I truly adore. Most importantly, I got to share this experience with my eleven-year-old son, Isaac. The memories we made will last a lifetime and have energized us to ramp-up training for the Nationals this coming summer. We look forward to participating again and want to give a big thanks to Clint Poore, Tony Lupo, Sanjiv Gupta, and my loving wife for bringing this to fruition.

**DATE:** 1/18/25

**LOCATION:** IRON SHARPENS IRON WL CLUB, WESTLAKE, LA / REMOTE MEET FOR 3 PARTICIPANTS IN COLORADO

**MEET DIRECTOR:** JEFF BANKENS

**REFEREES / OFFICIALS:** (IN-PERSON) CLINT POORE, TONY LUPO; (REMOTE) SANJIV GUPTA, JARROD FOBES

**ALL LIFTS RECORDED IN LBS. & ALL WEIGHT CLASSES & BODY WEIGHTS MEASURED IN KG**

**ALL COMPETITORS ARE IN THE MEN'S DIVISION**

Columns below are: location, name, age, bodyweight, weight class, hack floor press, bavarian deadlift, total, adjusted total with lynch and age factor, and placing.

	NAME	AGE	BW	CLASS	HACK	B A V D L	TOTAL	ADJ	PLACING
IN-PERSON	ISAAC BANKENS	11	81.8 KG	85KG	80	183	263	331.8	7TH
IN-PERSON	JEFF BANKENS	47	132.4KG	SHW	250	387	637	505.9	5TH
REMOTE	ELIJAH CONLEY	18	77.8 KG	80KG	165	193	358	360.5	6TH
REMOTE	JARROD FOBES	47	99.2 KG	100KG	266	319	585	537.5	3RD
REMOTE	SANJIV GUPTA	53	95.4 KG	100KG	195	319	514	509.2	4TH

IN-PERSON	TONY LUPO	58	109.7KG	110 KG	250	342	592	568.6	2ND
IN-PERSON	CLINT POORE	51	115.1KG	120 KG	430	437	867	764.8	1ST

Jarrold Forbes also lifted 345 in the Bavarian Deadlift as a 4th attempt for record.

### LIFTER OF THE MONTH, JANUARY 2025 – TONY LUPO

January 31, 2025 Sanjiv Gupta



January is off to a great start and Tony Lupo is Lifter of the Month. He traveled down to Westlake, LA to help launch All-Round lifting in the Pelican State, took 2nd in the Bayou Beast Bash and set 5 records after the competition lifts were completed. He shows up live on the platform and has a jump on the competition for 2025 Road Warrior miles. Tony first appears in the record list starting in 2021 and has since accumulated 155 individual records in 138 different lifts and 9 team records. A true All-Rounder, he has set records in the Phumchaona Lift and the Carter Lift.

He was the 2023 Newcomer of the Year Runner Up and the inaugural recipient of the Al Myers Award presented at the 2024 Old Time Strongman World Postal Meet. Finally, he supports the USAWA as the Awards Director and the Records Director. Maintaining 19,000+ records is a daunting task that he has taken on without fanfare. Congratulations Tony!

Do you know a USAWA member who should be recognized as a future Lifter of the Month?  
Send nominations to the Secretary at [bethskw@gmail.com](mailto:bethskw@gmail.com)

## **HEAVY LIFT CHAMPIONSHIP (Turney, MO and Walpole, MA)**

February 5, 2025 KCSTRONGMAN

By Eric Todd



Big Frank Ciavattone doing a big hand and thigh. Frank has not only promoted the Heavy Lift Championships in the past, he is a four time Heavy Lift Champion!

Since 2017, the Heavy Lift Championships have been held exclusively by two clubs, Frank's Barbell Club and KCSTRONGMAN. Since 2017, all of the champions have been from those same two clubs. Frank reached out to me with the proposal that we run two different locations this year and compile our results into a more comprehensive championship. So, with the blessing of the executive board, lifting for this year's Heavy Lift Championships will be done at two different locations: Walpole, MA and Turney, MO. Frank and I will compile all the results together, and will ship awards to those winning them.

### **MEET DETAILS:**

Meet name: Heavy Lift Championship

Date: May 10, 2025

Midwest Location: 10978 SW Pueblo Dr, Turney, MO

Northeast Location: 204 East Street, East Walpole, MA 02032

Promoter: Eric Todd and KCSTRONGMAN

Sanctioned by : USAWA-membership is required of all lifters

Lifts: Neck Lift, Hand and Thigh, Hip Lift

Cost: \$35 (Checks can be made out to Eric Todd)

Awards: There will be awards for the lifters

*This is a drug tested event. Please only enter if you know you can pass a drug test!*

### Superman Push/Pull 2025 – Results

February 8, 2025 Beth Skwarecki



Here are the meet results from the 2025 Superman Push/Pull in Scottsville, Ky.

SUPERMAN PUSH/PULL - FEBRUARY 1, 2025								
LOCATION: BODYMAX BARBELL GYM, SCOTTSVILLE, KENTUCKY								
MEET DIRECTORS: RANDY RICHEY, ASHLEY STEARNS, CLINT POORE								
REFEREES: ASHLEY STEARNS, JARROD GADDIS, HOLLAND MILLSAPS (3 OFFICIAL SYSTEM USED)								
ALL LIFTS RECORDED IN LBS AND BODYWEIGHTS IN KILOS								
NAME	AGE	BODYWEIGHT	WEIGHT CLASS	BENCH PRESS 2 DUMBBELLS	BAVARIAN DEADLIFT	TOTAL LBS	TOTAL POINTS	PLACE
ASHLEY STEARNS	44	91.6 KG	95 KG	330	500	830	774.5	1ST
KADEN CARTER	16	97.52 KG	100 KG	300	480	780	736.9	2ND
JARROD GADDIS	47	130.63 KG	125+ KG	360	535	895	715.5	3RD
ALLEN FAGG	46	146.06 KG	125+ KG	300	605	905	680.3	4TH
CHRIS HENDERSON	35	97.52KG	100 KG	280	503	783	672	5TH
MAX DRUMMOND	16	90.72 KG	95 KG	220	435	655	643.11	6TH
JOHN BUNCH	53	112.49 KG	115 KG	160	405	565	513.42	7TH
RANDY RICHEY	62	107.04 KG	110 KG	150	350	500	502.76	8TH
BENTLEY CLINE	14	61.69 KG	65 KG	90	210	300	410.54	9TH
<b>RECORD DAY LIFTS</b>								
<b>BENTLEY CLINE - 14 YEARS OLD - 65 KG WEIGHT CLASS</b>								
FOOT PRESS	300 LB							
<b>ALLEN FAGG - 46 YEARS OLD - 125+ KG WEIGHT CLASS</b>								
FOOT PRESS	1220 LBS							
<b>RANDY RICHEY - 62 YEARS OLD - 110 KG WEIGHT CLASS</b>								
FOOT PRESS	930 LBS							

**Zercher Classic & Record Day 2025 – Results**

February 8, 2025 Beth Skwarecki

**THE ZERCHER MEET RESULTS** – by Bill Clark

*(Updated 2/10/2025 to correct some errors spotted by Tony Lupo.)*

The toughest test in the USAWA lured in a dozen lifters for the 13-lift Zercher challenge and/or the record days that gave the contestants a total of 18 different lifts in the long weekend. Lifters checked in from Ontario, Kentucky, and Colorado, taking advantage of the Clark’s Gym “open to the world policy” regarding competition – a policy that all meet directors should consider.

The winners were both Clark’s Gym members and both were champions regardless of both scoring systems used – Janet Thompson and Jeff Wenzel. It was a “first” for both.

In fact, it was the first time we have had two women finish the Zercher test in the same year.

Missing was John Carter, the many-time Zercher champion. The many years he spent as a concrete finisher finally caught up with him, leaving him with painful knees that have sidelined him for the immediate future. Knees and shoulders will be evaluated this month and we’ll see what the future holds for the gym’s longest-serving member and a leader in the USWA for the past 35 years.

## **GETTING WELL QUICK**

Dave DeForest, who almost never misses an event in the Midwest, was recovering from a bout with whatever is going around these days, but decided to do give it a try on the final meet date – and he got well quick.

He lifted in only six of the 13 events, and scored two firsts, three seconds and a third place. Then he added five records to boot.

## **A DIFFERENT SCORING SYSTEM VS. THE OLD SYSTEM**

For many years, the discussion in the USAWA has been the question of the domination of the chain and other heavy lifts. Through the years, the results showed that the great heavy lift folks did not dominate the overhead lifters when both light and heavy events were in the same lineup – as in the Zercher.

This year, the decision was made to score each of the 13 lifts individually and match those results against the traditional system of using a single total.

Each lift would be scored normally, and the leader of the event would receive a single point for being No. One and the 10th place would receive 10 points – with low score at the end of the day being the champion.

Both the point leaders were also the leaders using the old system. The only difference was the pressure put on the scorer for the weekend – who needed to tally every one of the 13 lifts as they were completed.

The results follow:

First – the entry list:

### **WOMEN:**

Janet Thompson. Age 67. Bwt -168. Coefficient – .9886.

Allison Lupo. Age 58. Bwt – 193. Coeff. – .9108.

### **MEN:**

Jeff Wenzel. AGE – 49. Bwt – 239. Coeff: – .8112.

Nick Frieders. Age – 24. Bwt – 164. Coeff. – 1.0042.

Tony Lupo. Age – 58. Bwt – 244. Coeff. – .8029.

Sanjiv Gupta. Age – 53. Bwt – 210. Coeff – .8700.

Dave DeForest. Age – 64. Bwt – 175. Coeff. – .9612.

Chris Frappier. Age -60. Bwt. – 215. Coeff. – .8564.

Kyle Frappier. Age – 21. Bwt – 217.6. Coeff. – .8540.

Jarrold Fobes. Age – 47. Bwt. – 217.3. Coeff. – .8540.

**OFFICIALS:**

At Clark's Gym – Bill Clark, Tony Lupo, Dave DeForest.

At High Vigour Gym (Colorado) – Jarrold Fobes and Sanjiv Gupta.

Ontario – Kyle and Chris Frappier.

Buffville Gym, Albany, Kentucky – Clint Poore, Ashley Stearns and Patrick Hadley.

**RECORD CHAIRMAN – PLEASE NOTE:**

The following lifts done by Sanjiv were done without an official. His remaining lifts were properly adjudicated:

Deadlift – heels together.

Hack lift.

Steinborn Lift.

Bench press – feet in air.

**LEG PRESS**

**Women:**

1 – Allison Lupo. 250 lbs. 275.22 adj.

2 – Janet Thompson. 150 lbs. 190.12 adj.

**Men:**

1 – Nick Frieders. 600 lbs. 601.02 adj.

2 – Jeff Wenzel. 600 lbs. 583.70 adj.

3 – Tony Lupo. 500 lbs. 477.73 adj.

**CLEAN AND PRESS – HEELS TOGETHER**

**Women**

1 – Allison Lupo. 50 lbs. 55.64 adj.

2 – Janet Thompson. 40 lbs. 50.7 adj.

### **Men**

1 – Jeff Wenzel. 180 lbs. 147.14 adj.

2 – Sanjiv Gupta. 125 lbs. 123.98 adj.

3 – Nick Frieders. 120 lbs. 120.20 adj.

4 – Tony Lupo. 100 lbs. 95.55 adj.

### **DEADLIFT – HEELS TOGETHER**

#### **Women**

1 – Janet Thompson. 155 lbs. 196.46 adj.

2 – Allison Lupo. 175 lbs. 194.15 adj.

#### **Men**

1 – Nick Frieders. 440 lbs. 442.48 adj.

2 – Jeff Wenzel. 360 lbs. 408.59 adj.

3 – Tony Lupo. 350 lbs. 334.41 adj.

4 – Chris Frappier. 315 lbs. 326.26 adj.

5 – Sanjiv Gupta. 245 lbs. 242.99 adj.

6 – Kyle Frappier. 250 lbs. 213.50 adj.

### **TWO-ARM ZERCHER LIFT**

#### **Women**

1 – Janet Thompson. 80 lbs. 101.40 adj.

2 – Allison Lupo. 90 lbs. 100.16 adj.

#### **Men**

1 – Nick Frieders. 330 lbs. 336.56 adj.

2 – Jeff Wenzel. 300 lbs. 291.83 adj.

3 – Sanjiv Gupta. 205 lbs. 203.22 adj.

4 – Chris Frappier. 155 lbs. 160.62 adj.

5 – Tony Lupo. 130 lbs. 124.21 adj.

### **JEFFERSON LIFT**

#### **Women**

1 – Janet Thompson. 135 pounds. 145.76 adj.

2 – Allison Lupo. 155 lbs. 143.75 adj.

#### **Men**

1 – Nick Frieders. 400 lbs. 400.68 adj.

2 – Jeff Wenzel. 360 lbs. 350.22 adj.

3 – Tony Lupo. 325 lbs. 310.52 adj.

4 – Sanjiv Gupta. 255 lbs. 252.91 adj.

### **ONE-HAND DEADLIFT**

#### **Women**

1 – Janet Thompson. 115 lbs. 145.76 adj. (R)

2 – Allison Lupo. 120 lbs. 132.55 lbs. (R)

#### **Men**

1 – Nick Frieders. 300 lbs. 300.51 adj. (L)

2 – Dave DeForest. 205 lbs. 246.31 adj. (R)

3 – Jarrod Fobes. 225 lbs. 230.5 adj. (L)

4 – Tony Lupo. 225 lbs. 214.98 adj. (L)

5 – Jeff Wenzel. 210 lbs. 187.32 adj. (R)

6 – Chris Frappier. 165 lbs. 170.98 adj. (R)

7 – Kyle Frappier. 165 lbs. 145.76 adj. (R)

8 – Sanjiv Gupta. 135 lbs. 133.89 adj. (L)

### **BENCH PRESS – FEET UP**

#### **Women**

1 – Janet Thompson. 70 lbs. 88.72 adj.

2 – Allison Lupo. 70 lbs. 77.90 adj.

### **Men**

1 – Jeff Wenzel. 330 lbs. 321.04 adj.

2 – Tony Lupo. 235 lbs. 220.53 adj.

3 – Nick Frieders. 205 lbs. 205.35 adj.

4 – Sanjiv Gupta. 175 lbs. 173.57 adj.

5 – Chris Frappier. 155 lbs. 160.62 adj.

6 – Kyle Frappier. 135 lbs. 125.29 adj.

### **STEINBORN LIFT**

#### **Women**

1 – Janet Thompson. 30 lbs. 31.50 adj.

2 – Allison Lupo. 30 lbs. 29.82 adj.

#### **Men**

1 – Jeff Wenzel. 200 lbs. 194.57 adj.

2 – Nick Frieders. 190 lbs. 190.32 adj.

3 – Sanjiv Gupta. 94 lbs. 94.22 adj.

4 – Tony Lupo. 45 lbs. 43.00 adj.

### **HACK LIFT**

#### **Women**

1 – Allison Lupo. 125 lbs. 139.11 adj.

2 – Janet Thompson. 100 lbs. 126.75 adj.

#### **Men**

1 – Nick Frieders. 420 lbs. 420.11 adj.

2 – Dave DeForest. 280 lbs. 336.42 adj.

3 – Jeff Wenzel. 350 lbs. 312.20 adj.

- 4 – Sanjiv Gupta. 225 lbs. 225.11 adj.
- 5 – Chris Frappier. 275 lbs. 187.67 adj.
- 6 – Kyle Frappier. 155 lbs. 158.00 adj.
- 7 – Tony Lupo. 130 lbs. 124.21 adj.

## **HARNESS LIFT**

### **Women**

- 1 – Janet Thompson. 600 lbs. 633.73 adj.
- 2 – Allison Lupo. 550 lbs. 606.98 adj.

### **Men**

- 1 – Jeff Wenzel. 1,502 lbs. 1,461 adj.
- 2 – Tony Lupo. 1,308 lbs. 1,249 adj.
- 3 – Dave DeForest. 1,005 lbs. 1,207.51 adj.
- 4 – Nick Frieders. 1,150 lbs. 1,151.96 adj.
- 5 – Sanjiv Gupta. 570 lbs. 565.33 adj.

## **HIP LIFT**

### **Women**

- 1 – Janet Thompson. 500 lbs. 545.40 adj.
- 2 – Allison Lupo. 425 lbs. 469.03 adj.

### **Men**

- 1 – Dave DeForest. 1,105 lbs. 1,327.66 adj.
- 2 – Jeff Wenzel. 1,250 lbs. 1,216.05 adj.
- 3 – Tony Lupo. 1,207 lbs. 1,153.23 adj.
- 4 – Nick Frieders. 1,100 lbs. 1,000.67 adj.
- 5 – Jarrod Fobes. 710 lbs. 654.85 adj.
- 6 – Sanjiv Gupta. 570 lbs. 565.33 adj.

## **HAND AND THIGH LIFT**

**Women**

1 – Janet Thompson. 305 lbs. 356.57 adj.

2 – Allison Lupo. 315 lbs. 347.64 adj.

**Men**

1 – Jeff Wenzel. 1,015 lbs. 1,055.79 adj.

2 – Dave DeForest. 630 lbs. 756.95 adj.

3 – Nick Frieders. 775 lbs. 736.25 adj.

4 – Jarrod Fobes. 632 lbs. 582.91 adj.

5 – Tony Lupo. 505 lbs. 482.50 adj.

6 – Sanjiv Gupta. 375 lbs. 371.93 adj.

**NECK LIFT****Women**

1 – Janet Thompson. 135 lbs. 171.11 adj.

2 – Allison Lupo. 125 lbs. 137.95 adj.

**Men**

1 – Dave DeForest. 350 lbs. 420.53 adj.

2 – Jeff Wenzel. 315 lbs. 306.52 adj.

3 – Tony Lupo. 205 lbs. 145.87 adj.

4 – Sanjiv Gupta. 140 lbs. 133.85 adj.

5 – Nick Frieders. 135 lbs. 135.23 adj.

**TOTAL POINTS****Women**

1 – Janet Thompson – 16 points.

2 – Allison Lupo – 23 points.

**Men**

1 – Jeff Wenzel – 25 points.

2 – Nick Frieders – 30 points.

3 – Tony Lupo – 48 points.

4 – Sanjiv Gupta – 58 points.

Note: Dave DeForest was involved in only six of the 13 lifts, and totaled only 11 points in those six lifts.

### **A COMPARISON TO THE CURRENT SYSTEM OF FINDING A WINNER**

Using only a single total for the 13 events and the same age and bodyweight adjustments, the results would have been the same.

#### **Women**

1 – Janet Thompson. Total weight – 2,415. Adjusted total – 3103.71.

2 – Allison Lupo. Total weight – 2,480. Adjusted total – 2,687.95.

#### **Men**

1 – Jeff Wenzel. Total weight – 6,972. Adjusted total – 6,221.25.

2 – Nick Frieders. Total weight – 6165. Adjusted total – 6,190.89.

3 – Tony Lupo. Total weight – 5,266. Adjusted total – 5,031.

4 – Sanjiv Gupta. Total weight – 3,124. Adjusted total – 3,088.47.

### **RECORD DAYS**

#### **From Kentucky**

**Clint Poore. Age 51. Bwt – 115.1 kilos**

Hackenschmidt floor press – 445.

Bench press, alternate grip – 340.

Bench press – Fulton Bar – 305.

Reeves Deadlift – 375.

Foot press – 1,107.

**Lynn Homan. Age 62. Bwt – 58.25 kilos.**

Hackenschmidt floor press – 155.

#### **FROM ONTARIO, CANADA**

**Kyle Frappier. Age 21. Wt – 219.6 lbs.**

Zercher lift – 105 lbs.

Two hands dumbbell clean and seated press – 80.

Hackenschmidt floor press – 155.

Crucifix – 50.

**Chris Frappier. Age – 60. Bwt – 214.**

Two hands dumbbell clean and seated press – 112.

Hackenschmidt floor press – 260.

Crucifix – 50.

**FROM CLARK'S GYM, COLUMBIA, MO**

**Dave DeForest. Age 64. Bwt – 177.**

Dinnie lift – 430.

Bavarian deadlift – 265.

Clean and seated press behind neck – 90.

Clean and press on knees – 100.

Curl – strict – 75.

**Jeff Wenzel. Age 49. Bwt – 239.**

Bavarian deadlift – 401.

Clean and press – 12-inch base – 185.

Anderson squat – 610.

Bench dip – 275.

Saxon deadlift – 135.

**Tony Lupo. Age 58. Bwt – 244.**

Deanna Lift – 320.

Reverse press – 140

Kneeling snatch – 70.

Dumbbell clean and press – left – 87.

Saxon deadlift – 105.

### Procedure for bidding on Championship meets

February 10, 2025 Beth Skwarecki

In addition to the National Championships, which are awarded according to the policy in the [rulebook](#), the USAWA has several other championship meets like the Heavy Lift, the Grip Champs, and the OTSM Champs. (Sanjiv Gupta has [compiled a list of all our championship meets, and the history behind them, here.](#))

Usually these meets are bidded and awarded by an informal process, but starting this year we will have an official policy that is transparent to all interested meet directors. **The promoter of each championship will be decided at the previous year's championship, whenever possible.** Sanctions are still granted by the Executive Board, via the Secretary, as usual. But the EB will give priority in awarding championship sanctions to (1) the winner of the previous year's championship, followed by (2) the winner of a vote taken at that championship.

#### **How championship bids will work, in 2025 and beyond:**

1. **Bids for championship meets shall be submitted** to the Secretary by the date of the current year's championship, and should also be shared with the attendees of the championship. The bid should include the location, promoter, lifts to be contested, and as many other relevant details as possible.
2. **If the winner of the championship wishes to host the next year's championship,** the EB will consider this the primary bid for the championship, and will accept it so long as paperwork is in order, sanction fee is paid, and the bid is acceptable to the EB. The sanction will be issued within 7 days of the championship when possible.
3. **If the winner declines to host, or in case of a tie, a vote shall be taken among the members in attendance at the championship meet.** Minutes should be kept, indicating the names of members who were in attendance for the vote, and the tally of votes. All bids from interested parties shall be presented and voted on. If remote entries are accepted, remote votes from those lifters must also be accepted. All efforts must be made to ensure the vote is fair and all athletes in attendance have an opportunity to vote. If an Executive Board member is in attendance, they shall oversee the vote.

4. **The EB will award the bid to the winner of the vote**, again assuming that paperwork is in order, sanction fee is paid, and the bid is acceptable to the EB, and will do so within 7 days when possible.
5. **If no bids are made, or if a championship is not held**, the Secretary will post a call for bids no later than December, so that a decision can be announced by January of the year of the next championship.

This new policy applies to the Grip Championships, Heavy Lift Championships, and OTSM Championships. If the Team or Club Championships were to return, they would abide by this policy as well.

The National Championships, Postal Championships, and Presidential Cup do *not* use this procedure, since they each have their own procedures already in effect. (Nationals are decided at the National Meeting, Postals are done virtually by scoring postal entries, and the Presidential Cup is held by the President.) All championships get priority on the meet schedule, with no other meets allowed to be held on the same date, so getting them scheduled early helps everyone.

**The bottom line: if you want to host next year's [Grip/OTSM/Heavy Lift/etc] championship meet...**

...you can obtain priority for your bid by ANY of the following:

- Winning this year's championship (then you have first dibs)
- Attending this year's championship, and making the case to attendees why you'd be a great host (so you can win the vote)
- Discussing the matter with the other potential hosts, and deciding amongst yourselves who will submit a bid (similar to the friendly way rotating championships like the Heavy Lift have traditionally been done – there will still be a vote under this new rule, but it will be an easy choice).

The EB understands that this new policy favors existing championship hosts, but it also incentivizes potential hosts to attend and compete in the championship they wish to host. It also allows and encourages friendly discussion among potential hosts to coordinate bids, if desired. We hope that the transparency here helps everyone.

**[IAWA Old Time Strongman World Championship](#)**

[February 12, 2025 Beth Skwarecki](#)



### **2025 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 13 on different continents in multiple locations. All results will be sent in by each location's event director and results will be tabulated ASAP! International locations for the OTSM Worlds to be held, are in England, Australia, Canada and the USA.

Other International locations may be added.

**SATURDAY, DECEMBER 13, 2025**

**OLD TIME STRONGMAN WORLD CHAMPIONSHIP**

**HIGH COUNTRY VIGOUR GYM in LAKEWOOD, COLORADO**

**Event Director:** Sanjiv Gupta please contact him by email [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com) or phone at 720-938-2029

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

**THE 3 LIFTS: HACKENSCHMIDT FLOOR PRESS, PEOPLES DEADLIFT & DUMBBELL TO SHOULDER**

**ENTRY DEADLINE** – December 1, 2025

**ENTRY FEE:** \$40 dollars

**USAWA MEMBERSHIP REQUIRED:** Please join the USAWA before the meet. Registration will also be available at the 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 Champion Awards in each weight class & age group. Plus, Overall Grand Champion awards for men & women.

**OLD TIME STRONGMAN WORLD TEAM CHAMPIONSHIP AWARD** – The top 5 points total from each nation will be added together to determine the Old Time Strongman World Team Champion.

**RECORD DAY** – The Old Time Strongman Record Day will follow the OTSM World Championship meet. 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 Information:**

Fairfield Inn & Suites

3605 South Wadsworth Blvd

Lakewood, CO 80235

About a 20 minute walk from the venue.

There are plenty of other hotels, camping, and lodging options in the area

**IAWA WORLD CHAMPIONSHIP**

[February 12, 2025 Beth Skwarecki](#)

IAWA WORLD CHAMPIONSHIP 4 th /5 th Oct 2025

Promoter: Stevie Shanks and Steve Gardner

Email: [stevieshanks45@gmail.com](mailto:stevieshanks45@gmail.com) Tel No: 07818455573

Email: [stevegardneruk@gmail.com](mailto:stevegardneruk@gmail.com) Tel No: 07960960509

Sanctioned By: International All-Round Weightlifting Association (IAWA).

All participants MUST be members of an affiliated organisation.

(This will be a Drug Tested Event)

Entry Fee: £35 – See Entry Form (below) for bank details and Closing Date.

Venue: The Main Hall (Auditorium) -Resurgence training facility

3A Wenlock Rd. Lurgan, Co Armagh BT668QR

Tel: 07901755697

What 3 Words Precise Location /// [tricky.period.verge](http://tricky.period.verge)

Lifts: Day One: O/H Bbell CJerk, Push Press, Pullover and Press, Straddle Deadlift

Day Two: Continental Snatch, OH 2” Vertical Bar, Zercher

Weigh-In: Weigh-in will 8am to 9.30am – lifting starting at 10am (both days).

(You are only required to weigh-in on day 2 if attempting records).

Refreshments: Snacks and food on the day – Chippy van (& Bulgarian cuisine) parked outside for both days. ONLY 5 minutes walk to Supervalu and various food outlets – Comp venue has drink machines and protein bar vending

Travel: Lurgan Train station 10-15 min walk from comp venue or the Ashbourne Hotel – Portadown Train Station 10-15 mins walk from Banview B&B -The area is well serviced by Buses and local taxi services.

Accommodation: The Ashburne Hotel (10 min walk from venue) Lurgan – 81 William St,

Lurgan, Craigavon BT66 6JB – Phone: 028 3832 5711

The Banview B&B Portadown Hotel (10 Min Walk) – 60 Portmore St,

Portadown, Craigavon BT62 3NF – Phone: 028 3833 6666

The Seagoe Hotel, Portadown (10 Min Drive) – 22 Upper Church Ln,

Portadown, Craigavon BT63 5JE – Phone: 028 3833 3076

Banquet Information & Awards Presentations (and Entertainment Afterwards):

Sunday 5 th October (arrive 7pm for 7.30pm dinner)

The Courthouse, 46 William St, Lurgan, Craigavon BT66 6JB – 028 3832 9161

Cost: £35 Per Person (3 course)

Menu: The Menu will be circulated in due course

## **IAWA GOLD CUP**

[February 12, 2025 Beth Skwarecki](#)

Promoter: Steve Gardner: 18 Holly Road, Barton under Needwood, Staffs. DE138LP

E Mail: [stevegardneruk@gmail.com](mailto:stevegardneruk@gmail.com) Tel No: 07960960509

Event Date: Saturday, 1 st November, 2025

Venue Location: Derby University Gym, Keddleston Road, Derby, DE22 1GB,England

Sanctioned by: International All-Round Weightlifting Association (IAWA)

All participants MUST be members of an affiliated IAWA organisation)

Weigh-in: 8.00 am to 9.30am. Lifting will start at 10:00 AM

Divisions: Records in All Classes & Divisions will be recognised

Awards: Lifters will attempt to break a World Record in order to win a Gold Cup

(or a Trophy based on the Theme 'Gold Cup' if successful)

Entry Fee: Cost: £35 (Overseas lifters must submit their Entry Form, but may pay on arrival). The entry fee will include a trophy and an event T-Shirt

Eligibility: To lift for the Gold Cup, entrants must be current World Record Holders and IAWA Member. (non-World Record Holders can lift for a Silver Cup)

Lifts: The lifter will nominate their first choice record attempt, BUT the first lift on the Platform has to be for the World Record. A second choice lift will also be nominated, in case the lifter fails in their first choice lift!

Rules: IAWA General Rules and Scoring will apply.

Howard Prechtel: The Award Will be presented to highest scorer using the Blindt Formula

Drug Testing: Drug Testing will take place with our IAWA(UK) Drug Test Officers

Banquet: A Banquet / Awards presentation will follow the event at 7:00 PM

Cost: £30 (Menu will be circulated in due course)

Venue: POMS, 1 The Waterfront, Barton Marina, Barton, Staffs DE13 8AS

Pay Fees: Send all Entry and Banquet Fees to the Promoter by the Closing Date

Closing Date: 1 st October 2025 (One Month Prior to the event)

For any hotel Information, or any other enquiries: Contact the Promoter direct, on email or by telephone, all details as above!

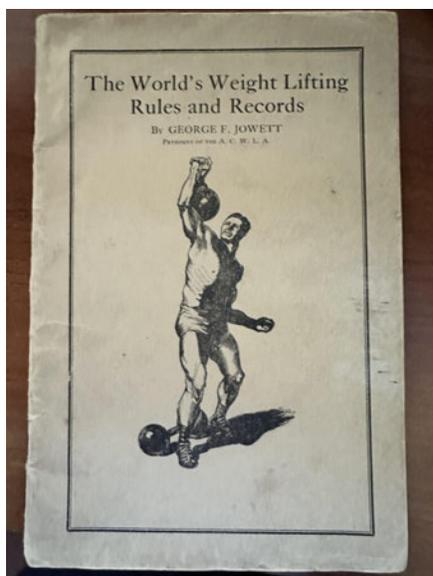
### **March Madness Record Breaker postponed**

[February 18, 2025 Beth Skwarecki](#)

Unfortunately Frank's Barbell Club has made the decision to postpone the scheduled March madness record breaker meet due to weather impacting training. They will only be holding the Heavy Lift Classic.

### **100th Anniversary of Jowett's World Weightlifting Rules and Records**

[February 19, 2025 Sanjiv Gupta](#)



In honor of the 100th anniversary of George F Jowett's book the World's Weightlifting Rules and Records, I wanted to share some of the history of the lifts in the USAWA rulebook and the records that were published back in 1925.

The USAWA Rulebook 13 Edition Preface states "This rulebook was compiled from a variety of sources including past Strength Journals from England, the original IAWA handbook for the 15 International Lifts, The World's Weightlifting Rules and Records by George Jowett, past monthly Strength Journals published by Bill Clark, and other previously compiled rules and guidelines established by the membership of the USAWA." So far Jowett's book is the only original source I have found.

Per Wikipedia, George Jowett was an English-born Canadian strongman, weightlifter, magazine editor and author. He was co-founder of the American Continental Weightlifting Association. He became known as "The Father of American Weightlifting."

In World's Weightlifting Rules and Records (WWRR) Jowett listed (41) Title Lifts and an additional (14) Record Lifts. USAWA currently contests (25) of the Title Lifts and (11) of the Record Lifts.

Jowett competed at 168 pounds and his records still eclipse anything in the USAWA record book at 75kg. He had a right hand snatch of 172.5 pounds (vs 110 pounds in our books). He had a right hand clean & jerk of 200 pounds (vs 132 pounds in our books).

Given the upcoming New England Winter Heavy Lift Classic (hand and thigh) and the

Colorado Single Arm Challenge (1H Snatch, 1H C&J, 1H DL), I wanted to with the best of luck to the athletes that keep showing up to contest these lifts. Our membership includes lifters that struggle with overhead positions and/or have had joint surgeries, repairs and replacements. Our athlete's enthusiasm and perseverance is well aligned with the writings of Jowett 100 years ago.

*"We want you to help us build this into a national institution for good, and help the national reform laws build up a stronger, healthier nation of men and women.*

*You do not have to be a weight lifter in order to join. As long as you are interested in physical training, health, food reform, or weight lifting as a sport you are wanted.*

*Our object is to keep the sport of weight lifting clean, and keep established a record list founded on merit only, and give credit where credit is due"*

– Jowett on the American Continental Weight-Lifters Association from 1921

#### (41) Title Lifts

- 1&2 Right (and Left) Hand Military Press
- 2&3 Right (and Left) Hand Snatch
- 5&6 Right (and Left) Hand Swing
- 7&8 Right (and Left) Hand Continental Press
- 9&10 Right (and Left) Hand Clean & Jerk
- 11&12 Right (and Left) Hand Clean & Bent Press
- 13&14 Right (and Left) Hand Bent Press from Shoulder with Dumbbell
- 15&16 Right (and Left) Hand Anyhow with Bent Press
- 17&18 Right (and Left) Hand Bent Press from Shoulder with Barbell
- 19&20 Right (and Left) Hand Deadlift
- 21&22 Right (and Left) Hand Deadlift – Platform Style
- 23&24 Right (and Left) Hand Clean and Side Press
- 25 Two Hands Clean and Military Press with Dumbbells
- 26 Two Hand Clean and Jerk with Dumbbells

- 27 Two Hands Clean and Continental Press with Dumbbells
- 28 Two Hands Clean and Military Press with Barbell
- 29 Two Hands Clean and Continental Press with Barbell
- 30 Two Hands Snatch
- 31 Two Hands Clean & Jerk – from Behind Neck
- 32 Two Hands Clean & Press – from Behind Neck
- 33 Two Hands Clean & Jerk with Barbell
- 34 Two Hands Continental Jerk with Barbell
- 35 Two Hands Anyhow with Barbell and Kettlebell
- 36 Two Hands Deadlift
- 37 Kennedy Lift
- 38 Jefferson Lift
- 39 Back Lift
- 40 Harness Lift
- 41 Hand & Thigh Lift

(14) Record Lifts

- R1 Abdominal Raise
- R2 Crucifix
- R3 Rectangular Fix
- R4&5 Right (and Left) Hand Slow Curl with Kettlebell or Dumbbell
- R6 Lateral Raise Standing
- R7 Lateral Raise Lying
- R8 Hold out in Front – Raised from Below
- R9 Hold Out in Front – Lowered from Above
- R10 Pullover at Arms Length
- R11 Pull over and Press on Back without Bridge

- R12 Pullover and Press on Back with Shoulder Bridge
- R13 Pullover and Press on Back in Wrestler's Bridge
- R14 Two Hand Slow Curl

## 2025 USAWA CLUB CHAMPIONSHIPS (Lakewood, CO and remote)

February 20, 2025 Beth Skwarecki

High Country Vigour

Saturday, April 5, 2025

Entry Deadline: March 22, 2025

Weigh In 9:00 AM; Lifting Starts 10:00 AM

Lifts:

- Snatch, Dumbbell (E19)
- Zercher (C8)
- Turkish Get Up (I25)
- Deadlift, Fulton Bar, Ciavattone Grip (F7)

No record session will be included with this event

Athletes are welcome to lift at High Country Vigour and/or submit results remotely. Hybrid results due by 6:00 PM April 6, 2025.

Must be a USAWA member and a member of a USAWA sanctioned club

Entry Fee: \$20/club plus a group photo to be submitted along with results.

Meet Director: Sanjiv Gupta ([sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com) or 720-938-2029)

Award: Winning club will receive a plaque.

I would love to have everybody converge in Denver for some lifting but given that we are the furthest west club in the country, it may be appropriate to make a concession. All four lifts are classics that have been contested during the club championships at least once. They are easy to set-up and officiate. Official scoring will be used and the top 3 lifters from each club will be summed to determine the championship.

If a club enters with only 2 athletes, a score of 80% of the second highest athlete will be added to create a total.

If a club enters with only 1 athlete, a score of 80% of the athlete and 60% of the athlete will be added to create a total.

Thanks to Ambridge Barbell Club and Ledaig Heavy Athletics for hosting this championship from 2010-2019. Hopefully 2025 will bring some pride and excitement to being the strongest All-Round club in the United States.

### Lebanon Valley Record Day (Lebanon, PA)

March 1, 2025 Beth Skwarecki

Our President Denny Habecker is hosting the Lebanon Valley Record Day on May 17, 2025 at Habecker's Gym in Lebanon, PA. Contact him at [liftingliar@comcast.net](mailto:liftingliar@comcast.net) to enter.

### Colorado Single Arm Challenge – Results

March 9, 2025 Beth Skwarecki

by Sanjiv Gupta

The Colorado Single Arm Challenge was a rousing success and a fun way to ring in the month of March. Jarrod, Sanjiv, Kim, Diya and Nisha competed at the host site in Lakewood and we had (11) remote lifters submit results as well.

Although I have participated in several other meets remotely, this was only the second sanctioned event hosted from High Country Vigour. It is always a little stressful managing the pace of competition, my own lifting, making sure the lifts are accurately recorded, spotting, loading and officiating. Fortunately our little club in Colorado supports each other by providing equipment, encouragement and all around good attitudes.

Some of also squeezed in the Q1 Postal Lifts and some records. It made for a challenging 3 hour local competition.

The record session was exciting as well. In Lakewood, Jarrod gave the Inch Dumbbells a ride. In Missouri, Riley had an amazing Pinch Grip Deadlift at 355 pounds which I would have loved to see. There were also some fun team records as well.

Meet Results:

Colorado Single Arm Challenge

March 1, 2025

High Country Vigour, Lakewood, CO

Meet Director: Sanjiv Gupta

Meet Scorekeeper: Sanjiv Gupta

Officials High Country Vigour (1 official system): Sanjiv Gupta, Jarrod Fobes

Officials Clark's (3 official system): Bill Clark, Tony Lupo, Dave DeForest, Jeff Wenzel (in training), Allison Lupo (in training)

Officials Canada (1 official system): Kyle Frappier and Chris Frappier\*\* Provisional Members eligible for IAWA Records Only

Randy Smith\* did not have an official and is ineligible for records

Lifts: Snatch, One Arm; Clean & Jerk, One Arm; Deadlift, One Arm

Junior Women

Lifter	Age	BWT	Snatch	C&J	Deadlift	Total	Points
Nisha Gupta	16	88	22	25	70	117	226
Diya Gupta	17	99	25	27	80	132	210

Junior Men

Lifter	Age	BWT	Snatch	C&J	Deadlift	Total	Points
Logan Wenzel	10	72	11	11	75	97	332
Tim Market	18	154	45	55	130	230	247

Senior Women

Lifter	Age	BWT	Snatch	C&J	Deadlift	Total	Points
Kim Van Wagner	57	126	38	35	105	178	254
Lisa Gore	59	225	35	40	165	240	240
Allison Lupo	58	197	26	21	125	172	184

Senior Men

Lifter	Age	BWT	Snatch	C&J	Deadlift	Total	Points	
Randy Smith	70	198	80	75	265	420	513	*
David DeForest	65	186	70	60	235	365	428	
Jeff Wenzel	49	240	100	100	275	475	423	
Riley Wenzel	20	154	80	80	205	365	382	
Tony Lupo	58	240	80	80	225	385	371	
Jarrod Fobes	47	215	85	85	215	385	357	
Sanjiv Gupta	53	208	65	75	185	325	324	
Chris Frappier	60	216	0	0	160	160	166	**
Kyle Frappier	21	216	0	0	65	65	56	**

\*No Official ineligible for records

\*\*Provisional Member eligible for World Records only

Randy Smith was the overall best lifter with 513 points, exceeding the gender adjusted women's scores.

Record Session:

LIFT	AGE	S	CLS	LBS	LIFTER
PINCH GRIP DEADLIFT	ALL	M	70kg	355	Wenzel, Riley
ANDERSON PRESS	ALL	M	70kg	155	Wenzel, Riley
ANDERSON SQUAT	ALL	M	70kg	405	Wenzel, Riley
BENT OVER ROW	ALL	M	70kg	170	Wenzel, Riley
JAMES LIFT	ALL	M	70kg	70	Wenzel, Riley
PINCH GRIP DEADLIFT, RIGHT	45	M	110kg	63	Wenzel, Jeff
PINCH GRIP DEADLIFT, LEFT	45	M	110kg	60	Wenzel, Jeff
JAMES LIFT	45	M	110kg	135	Wenzel, Jeff
BENCH PRESS, TWO DUMBBELLS	45	M	110kg	260	Wenzel, Jeff
BENCH PRESS, ROMAN CHAIR	45	M	110kg	215	Wenzel, Jeff
DEADLIFT, ONE ARM, LEFT	13	M	35kg	60	Wenzel, Logan
DEADLIFT, NO THUMB, RIGHT	13	M	35kg	42	Wenzel, Logan
DEADLIFT, NO THUMB, LEFT	13	M	35kg	35	Wenzel, Logan
DEADLIFT, 2 BARS	13	M	35kg	94	Wenzel, Logan
VERTICAL BAR, 1 BAR, 1", LEFT	13	M	35kg	67	Wenzel, Logan
CLEAN & JERK, ONE ARM, LEFT	65	M	85kg	55	DeForest, Dave
SNATCH, ON KNEES	65	M	85kg	75	DeForest, Dave
SEATED PRESS, RACK, BEHIND NECK	65	M	85kg	85	DeForest, Dave
PRESS, FROM RACK, BEHIND NECK	65	M	85kg	90	DeForest, Dave
PRESS, FROM RACK	65	M	85kg	110	DeForest, Dave
DEADLIFT, ONE ARM, LEFT	18	M	70kg	130	Market, Tim
DEADLIFT, CIAVATTONE, LEFT	18	M	70kg	130	Market, Tim
CYR PRESS	55	M	110kg	92	Lupo, Tony
SNATCH, ON KNEES	55	M	110kg	75	Lupo, Tony
PINCH GRIP DEADLIFT	55	M	110kg	365	Lupo, Tony
DINNIE LIFT	55	M	110kg	420	Lupo, Tony
CONTINENTAL TO CHEST, FULTON	50	M	95kg	143	Gupta, Sanjiv
DEADLIFT, INCH DUMBBELL, RIGHT	45	M	100kg	106	Fobes, Jarrod
DEADLIFT, INCH DUMBBELL, LEFT	45	M	100kg	106	Fobes, Jarrod
DEADLIFT, NO THUMBS, OVERHAND GRIP	45	M	100kg	300	Fobes, Jarrod
CLEAN & PRESS, DUMBBELLS	55	F	60kg	68	VanWagner, Kim
CLEAN & PUSH PRESS, DUMBBELLS	55	F	60kg	68	VanWagner, Kim
BENT OVER ROW	55	F	60kg	90	VanWagner, Kim
DEADLIFT BAVARIAN	60	M	100kg	475	Frappier, Chris**
DEADLIFT, TRAP BAR	60	M	100kg	455	Frappier, Chris**
VERTICAL BAR, 2 BARS, 2"	60	M	100kg	270	Frappier, Chris**

\*\*Provisional Member eligible for World Records only

Record Session (Team Lifts):

Team Lift (F/M; 55; 110) Tony and Allison Lupo – Saxon Bar Deadlift – 145 pounds

Team Lift (F/F; 16; 45) Diya and Nisha Gupta – Deadlift, One Arm, Right – 143 pounds



## New England Winter Heavy Lift Classic – Results

March 9, 2025 Beth Skwarecki

by Jessica Hopps

**March 1, 2025**

**Franks Barbell Club- Walpole MA**

### **The Lifts:**

- Hip Lift
- Neck Lift
- Hand and Thigh Lift

**Meet Director:** Frank Ciavattone

**Meet Officials:** Frank Ciavattone, Nils Larson, Wade Marchand

Franks Barbell Club held its annual Winter Heavy Lift Classic this past weekend; which resulted in 13 new world records to be submitted to the IAWA in the Hip Lift, Hand and Thigh Lift, and Neck Lift! Amazing job by the entire team- but a special congratulations to best lifter Dan Jones demolishing current records in a new weight class!

<b>LIFTER</b>	<b>AGE</b>	<b>M / F</b>	<b>WEIGHT</b>	<b>WEIGHT CLASS</b>	<b>DIVISION</b>	<b>HIP LIFT</b>	<b>NECK LIFT</b>	<b>HAND &amp; THIGH</b>	<b>TOTAL</b>
<b>Jessica Hopps</b>	40	F	200	95K	40+ Master	11255 11.36K*	25511 5.90K*	62028 1.81K*	20009 09.09K
<b>Dan Jones</b>	41	M	175	80K	40+ Master	18208 27.27K*	33015 0K	10854 93.18K*	32351 470.45K
<b>Wade Marchand</b>	55	M	165	75K	55+ Master	11105 04.54K*	20090 .90K	56025 4.54K	18708 50K
<b>Nils Larson</b>	65	M	252	115K	65+ Master	17007 72.72K*	40018 1.81K*	85038 6.36K*	29501 340.90K
<b>Frank Ciavattone</b>	70	M	287	125K+	70+ Master	10004 54.54K*	30013 6.36K*	51023 1.81K*	18108 22.72K
<b>Carl Puzin</b>	68	M	233	110K	65+ Master	14006 36.36K*	20090 .90K	60027 2.72K	22001 000K
<b>Jesse Coreas</b>	34	M	220	100K	Open	12905 86.36K	20090 .90K	91041 3.63	24001 090.90K

Lifts marked with \* to be submitted for new world record

## **Update for Nationals 2025**

March 9, 2025 Beth Skwarecki

by Clint Poore

2025 is off to a roaring start ! We are 4 months away from the 2025 USAWA Nationals & the early preparations are going well. The Kentucky team is putting in the hours and making plans to help ensure everyone has a fantastic experience at the 2025 USAWA Nationals at Dale Hollow State Park & Resort in Burkesville, Kentucky.

Here are some things to remember as you prepare this year's USAWA Nationals.

1. You must register online; late entries will not be accepted and the entry deadline is July 1st. It's easy and you can be registered for the meet immediately. [Details for entry are here.](#)
2. We have a group block of 30 rooms reserved at Dale Hollow State Resort. Once they are gone, there will not be any more added. Also, the group block will be released 2 months prior to the meet. You will not be able to get a room at Dale Hollow Resort if you wait until the last minute, because it's summer time and people come from all over the country to enjoy Dale Hollow Lake. There are other options for hotels but they are a minimum of 15 minutes or more from the resort.
3. You must be a USAWA member prior to the meet to compete in this event. You can buy your 2025 USAWA membership [today on the website.](#)
4. This is going to be an exciting meet with tremendous lifting. I hope you can join us for this monumental weekend in Burkesville, Kentucky. Bring your whole family together and enjoy beautiful Dale Hollow Lake for a few days. It's a gorgeous location that has something for everyone in the family to do.
5. Below is the preliminary roster for the 2025 USAWA Nationals. These are the confirmed athletes who will be attending the 2025 USAWA Nationals, with many more to be added soon. Please make sure you complete the online registration to finalize your meet entry. Its going to be fun!

Beth Skwarecki

Sanjiv Gupta

Chris Frappier

Kyle Frappier

Jerry Wilson  
Jeff Bankens  
Isaac Bankens  
Randy Richey  
Jarrod Gaddis  
Dave DeForest  
Tony Lupo  
Allsion Lupo  
Patrick Hadley  
Ashley Stearns  
Clint Poore

### [Jeff Wenzel's 50th Birthday Bash – Results](#)

[March 16, 2025 Beth Skwarecki](#)

by Bill Clark

#### **JEFF'S DAY IN THE SPOTLIGHT**

Jeff Wenzel first came to Clark's Gym about three years ago as a spotter for Dave Beversdorf at the first Bench Press Decathlon. He also helped with the other lifters and Ol' Clark gave him two months of free gym time as his salary for the day.

Talk about a great investment.

Jeff was a bench presser and little else at the time. As he watched the others in the gym doing strange lifts, his curiosity led him to try a few of those strange lifts.

He was hooked.

He did "Lift your Age" when he was 48 and has lured his three sons into competition. His daughter, only six, has tried a few things and no doubt will join this organization that always has plenty of vanilla wafers on hand.

As Jeff worked his way through the record book and gone head-to-head with Abe Smith and John Carter and tackled the BSAG challenge, he decided he would celebrate his Golden Anniversary on Planet Earth at Clark's Gym with a meet like no other.

He would put 10 of his favorite lifts in a hat and draw five, one by one, and set a few records in his new age category – 50-54.

And so it happened on the weekend of March 8-10.

Seventeen lifters lined up online and got their lifts after each draw from the hat via e-mail.

John Carter was on hand but nursing a pair of bad knees (the accumulation of 50 years of concrete work and driving heavy earth-moving equipment). He sat out and enjoyed watching Jeff battle Abe Smith for top honors. It was the first time John has missed a major competition in the gym in recent years.

The battle for first place took shape immediately with Abe Smith and Tony Hose in the lead after three events.

Then came the luck of the draw. Jeff drew two events that he had hoped would come out of the hat – the Roman Chair sit-up and the bench dip.

Abe had won the press from the rack and the Jackson press and Hose had taken the lateral raise (lying) with Jeff holding on in third place with a second and a pair of third place finishes.

The fourth event was the Roman Chair sit-up – a Jeff favorite. He blew away the field. Tony Hose finished in 10<sup>th</sup> place and Abe was seventh.

For all purposes, the meet was over.

Hose wound up 9<sup>th</sup> in the bench dip and Abe won the bench dip by being the lighter man when both he and Jeff set records with their 330 lifts that were well below the required depth.

Jeff had beaten Abe by two points, 11-13. He then treated the vanquished to a pulled pork celebration at the Wenzel castle.

It was a great way to enter the Golden Years.

Hose, who recently turned 55, was third. Two Wenzel kids were on hand. Riley, 20, was sixth and Logan, 10, was ninth of 15. Both completed the five lifts. Six did not. And both stayed around to do five records.

The women's title went to Kim Van Wagner of Colorado, a former Clark's Gym lifter, who is now a member of the High Country Vigour team of Coloradoans recently organized by Sanjiv Gupta. Her competition was Allison Lupo of Clark's Gym.

**JEFF WENZEL'S BIG 50 BIRTHDAY BASH**

**Clark's Gym, Columbia, Mo. – and Remote.**

**Weekend of March 8-9, 2025**

**FINAL STANDINGS**

**WOMEN**

1 – Kim Van Wagner, Co. Age – 17. Bwt. – 127.25. Pts. – 5.

2 – Allison Lupo, Mo. Age – 58. Bwt. – 196. Pts – 10.

**MEN**

1 – Jeff Wenzel, Mo. Age – 50. Bwt. – 238. Pts. – 11.

2 – Abe Smith, Mo. Age – 43. Bwt. – 182. Pts. – 13.

3 – Tony Hose, Mo. Age – 55. Bwt. – 219. Pts. – 24.

4 – Jarrod Fobes, Co. Age – 47. Bwt. – 214. Pts. – 27.

(Tie) – Toby Ortega. Ill. Age – 44. Bwt. – 153. Pts. – 27.

6 – Riley Wenzel, Mo. Age – 20. Bwt. – 156. Pts. – 29.

7 – Dave DeForest, Mo. Age – 65. Bwt. – 184. Pts. – 31.

(tie) – Travis Luther, Mo. Age – 32. Bwt. – 170. Pts. -31.

9 – Logan Wenzel, Mo. Age – 10. Bwt. – 72. Pts. – 62.

**COMPLETED ONLY FOUR LIFTS**

10 – Randy Smith, Mi. Age – 70. Bwt. – 197. Pts. – 40.

11 – Tony Lupo, Mo. Age – 58. Bwt. – 243. Pts. – 47.

**COMPLETED FEWER THAN FOUR LIFTS**

12 – Sanjiv Gupta, Co. Age – 53. Bwt. – 208.5. Pts. – 58.

13 – Elijah Conley, Co. Age – 18. Bwt. – 159. Pts. – 59.

14 – Chris Frappier, Ont. Age – 60. Bwt – 214.6. Pts. – 62.

15 – Kyle Frappier, Ont. Age – 21. Bwt – 214.4. Pts. – 65.

**Rankings by Event**

The above points were awarded by totaling the placings in each event – low score to win. If you were the best, you received one point. If you were 15<sup>th</sup>, you received 15 points.

The rankings by event were the final score after bodyweight and age corrections were computed.

These five events were drawn from a hat which included 10 lifts and entries were given time to warm up for each event since they had no prior knowledge of the next lift till it was drawn. Those lifting remote were informed of the next lift via e-mail. Weights listed are actual pounds followed by the corrected figures (weight/age corrections).

## **PRESS FROM RACK**

### **Women**

1 – Kim Van Wagner – 70 (99.75).

2 – Allison Lupo – 55 (66.52).

### **Men**

1 – Abe Smith – 215 (224.58).

2 – Tony Hose – 170 (185.98).

3 – Jeff Wenzel – 170 (153.88).

4 – Travis Luther – 145 (142.32).

5 – Dave DeForest – 115 (135.79).

6 – Toby Ortega – 115 (127.39).

7 – Riley Wenzel – 125 (126.38).

8 – Jarrod Fobes – 135 (123.56).

9 – Tony Lupo – 130 (124.10).

10 – Sanjiv Gupta – 115 (115.33).

11 – Elijah Conley – 105 (113.37).

12 – Randy Smith – 100 (88.3).

13 – Logan Wenzel – 22 (49.6).

No score – Chris and Kyle Frappier.

## **LATERAL RAISE – LYING**

### **Women**

1 – Kim Van Wagner – 30 (42.75).

2 – Allison Lupo – 30 (32.14).

### **Men:**

1 – Tony Hose – 122 (119.95).

2 – Jeff Wenzel – 122 (110.44).

3 – Abe Smith – 82 (80.43).

4 – Jarrod Fobes – 80 (74.41).

5 – Randy Smith – 60 (72.79).

6 – Dave DeForest – 60 (70.84).

7 – Toby Ortega – 62 (68.68).

8 – Riley Wenzel – 62 (62.60).

9 – Travis Luther – 62 (60.85).

10 – Tony Lupo – 60 (57.28).

11 – Chris Frappier – 50 (51.96).

12 – Sanjiv Gupta – 50 (50.14).

13 – Elijah Conley – 40 (43.19).

14 – Kyle Frappier – 40 (34.37).

15 – Logan Wenzel – 6 (15.00).

## **JACKSON PRESS**

### **Women**

1 – Kim Van Wagner – 65 (92.62).

2 – Allison Lupo – 50 (53.75).

### **Men**

1 – Abe Smith – 205 (201.07).

- 2 – Tony Hose – 175 (172.06).
  - 3 – Jeff Wenzel – 185 (165.85).
  - 4 – Travis Luther – 135 (132.50).
  - 5 – Toby Ortega – 115 (126.79).
  - 6 – Riley Wenzel – 125 (126.35).
  - 7 – Jarrod Fobes – 135 (125.56).
  - 8 – Tony Lupo – 130 (124.10).
  - 9 – Dave DeForest – 100 (119.01).
  - 10 – Randy Smith – 100 (116.83).
  - 11 – Elijah Conley – 105 (103.00).
  - 12 – Logan Wenzel – 22 (49.5).
- No score – Sanjiv Gupta, Chris Frappier, Kyle Frappier.

### **ROMAN CHAIR SIT-UP**

#### **Women**

- 1 – Kim Van Wagner – 93 (132.52).
- 2 – Allison Lupo – 50 (53.75).

#### **Men**

- 1 – Jeff Wenzel – 235 (212.72).
- 2 – Jarrod Fobes – 208 (193.46).
- 3 – Randy Smith – 130 (154.72).
- 4 – Dave DeForest – 110 (129.88).
- 5 – Riley Wenzel – 125 (126.38).
- 6 – Toby Ortega – 100 (110.78).
- 7 – Abe Smith – 110 (107.84).
- 8 – Tony Lupo – 110 (105.01).
- 9 – Travis Luther – 100 (98.14).

10 – Tony Hose – 100 (94.84).

11 – Sanjiv Gupta – 78 (79.91).

12 – Logan Wenzel – 25 (56.25).

No score – Elijah Conley, Chris Frappier, Kyle Frappier.

## **BENCH DIP**

### **Women**

1 – Kim Van Wagner – 58 (82.65).

No score – Allison Lupo.

### **Men**

1 – Abe Smith – 330 (311.22).

2 – Jeff Wenzel – 330 (294.12).

3 – Toby Ortega – 225 (271.69).

4 – Riley Wenzel – 220 (222.42).

5 – Travis Luther – 175 (171.76).

6 – Jarrod Fobes – 135 (125.56).

7 – Dave DeForest – 65 (76.75).

8 – Chris Frappier – 70 (72.74).

9 – Tony Hose – 45 (44.24).

10 – Kyle Frappier – 45 (38.66).

11 – Logan Wenzel – 5 (7.2)

No score – Tony Lupo, Randy Smith, Sanjiv Gupta, Elijah Conley.

Officials:

Clark's Gym – Bill Clark, Tony Lupo, Dave DeForest, Abe Smith, Jeff Wenzel, Allison Lupo.

High Country Vigour Gym – Sanjiv Gupta, Jarrod Fobes.

Ontario – Chris Frappier, Kyle Frappier.

NO OFFICIAL – Randy Smith.

## **RECORD DAY**

Officials for these records are the same as the officials for the Birthday Bash.

### **Logan Wenzel. Age – 10. Bwt – 72 lbs.**

Anderson squat – 100.

Vertical bar – one bar, one inch – left – 61.

Vertical bar – one bar, one inch, right – 61.

Vertical bar – two bars, one inch – 114.

Pinch grip – two hands – 106.

### **Allison Lupo. Age – 58. Bwt – 196 lbs.**

Anderson squat – 205.

Pinch grip – two hands – 201.

Jefferson – Fulton bar – 165.

Fulton bar – husband-wife team – left hand – 150.

Fulton bar – husband-wife team – right hand – 165.

### **Tony Lupo. Age – 58. Bwt. – 243 lbs.**

Jefferson – middle fingers – 135.

Jefferson – Index fingers – 135.

Jefferson – Fulton Bar – 305.

Fulton bar – husband-wife team – left hand – 150.

Fulton bar – husband-wife team – right hand – 165.

### **Dave DeForest, Age – 65. Bwt. – 184 lbs.**

Deanna Lift – 400.

Anderson squat – 340.

Jefferson – index fingers – 117.

Jefferson – middle fingers – 155.

Jefferson – ring fingers – 127.

**Jeff Wenzel. Age – 50. Bwt. – 238 lbs.**

Jefferson – index fingers – 226.

Jefferson – ring fingers – 126.

Anderson squat – 650.

Curl – strict – 125.

**Kyle Frappier. Age – 21. Bwt – 215.8 lbs.**

Dumbbells – clean and seated press – 90.

Crucifix – 60.

Lateral Raise – standing – 60.

Dumbbell to shoulder – 85.

**Chris Frappier. Age – 60. Bwt. – 216.2 lbs.**

Dumbbells – clean and seated press – 120.

Crucifix – 60.

Lateral raise – standing – 50.

Dumbbell to shoulder – 90.

**Kim Van Wagner. Age – 57. Bwt. – 126.2 lbs.**

Clean and press – two dumbbells – 68.

Clean and push press – two dumbbells – 68.

Bent over row – 90.

Clean and jerk – two dumbbells – 70.

Deadlift – pinch grip – 178.

**Jarrold Fobes. Age – 47. Bwt. – 214 lbs.**

Vertical bar, one bar, one inch – right – 183.

Pinch grip deadlift – 345.

Pinch grip deadlift – left – 158.

Pinch grip deadlift – right – 168.

**Elijah Conley. Age – 18. Bwt. – 159 lbs.**

Vertical bar – one bar – one inch – left – 103.

Vertical bar – one bar – one inch – right – 103.

Pinch grip deadlift – 178.

**Riley Wenzel. Age – 20. Bwt. – 156 lbs.**

Pullover and press – wrestler’s bridge – 65.

Curl – strict – 100.

Curl -cheat – two dumbbells – 120.

Bench press – two dumbbells – 170.

Lateral raise – standing – 50.

**Abe Smith. Age – 43. Bwt. – 182 lbs.**

Pullover and press – wrestler’s bridge – 105.

Lano lift – 135.

Lateral raise – standing – 90.

Side press – left – 105.

Side press – right – 120.

**Toby Ortega. Age – 44. Bwt. – 153 lbs.**

Pullover and press – wrestler’s bridge – 65.

Lano lift – 135.

Lateral raise – standing – 50.

Side press – left – 65.

Side press – right – 65.

**[Survey for the future of USAWA](#)**

[March 25, 2025 Beth Skwarecki](#)

**[We invite all USAWA members \(and past/future/potential members\) to fill out this survey](#)** asking what you want to see from the organization going forward. The results from this survey will be shared with the Executive Board and a summary will be presented to the

membership. **Please fill out the survey by April 30** so that we have time to discuss the results well in advance of the National Meeting.

Our goal is to find out what YOU want the USAWA to provide and which goals to prioritize. The EB gets a lot of feedback and requests from members, often conflicting, and we want to make sure that we're not just running the organization according to our own preferences or listening to the loudest voices—this is YOUR organization and we want to have more information about what will best serve the entire membership. In the survey you can tell us what you currently enjoy, where we could improve, and what opportunities we might take advantage of in the future.

Even if you are not a current USAWA member, we invite you to take the survey. If you've been a member in the past, or if you are thinking about joining someday, your input is still valued. (We will be able to separate results according to members and non-members when we analyze the results.)

Thank you to our hardworking advisory committee who put this survey together: Chris Frappier, Kyle Frappier, Allison Lupo, Tony Lupo, Clint Poore, Randy Smith.

Here is the survey link again. Please share with others in our USAWA community. Our deadline is **April 30, 2025**. [USAWA survey link](#)

### **LIFTER OF THE MONTH, FEBRUARY 2025 – JEFF BANKENS**

March 27, 2025 Sanjiv Gupta



Jeff Bankens is the lifter of the Month for February. Jeff is a newcomer to the organization, but has already made an impact by hosting the first ever USAWA meet in Louisiana and setting four records along the way.

Jeff is also active on USAWA's social media platforms with (5) posts in February in addition to his strongman show clips in 2024. Finally, Jeff is active in his church community and brings people of the world together not only through the Gospel, but also through strength sports. Congratulations Jeff!

### **Tony Lupo Light Weight Decathlon Challenge (Columbia, MO and remote)**

March 28, 2025 Beth Skwarecki

**Date:** 28 – 29 June 2025

**Location:** Clark's Gym, Columbia, MO and Remote

**Weigh-In time:** 8:30 am

**Lifting begins:** 9:30 am

**Meet Director:** Tony Lupo

#### **The Lifts:**

- Side Press, Dumbbell (one arm)
- Jefferson Deadlift, Little Fingers
- Lateral Raise, Lying
- Thor's Hammer
- Pinch Grip Strict (one hand).
- Allen Lift
- Zeigler Clean
- Finger Lift, Little (one hand)
- Rectangular Fix
- Weaver Stick Front

**How to enter: OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. You

must send all results to Clark's Gym via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. 1 July 2025.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**Record day:** You can enter up to five record lifts.

**Remote lifting:** To compete remote, you must enter by 5:00 pm 21 June 2025 or your results will not be accepted.

**Memberships:** You must be a USAWA Member, membership applications will be accepted at the meet.

**Awards:** There will be a best lifter award for men and women.

**Contact:** Clark's Gym, email: [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com).

### **Great American Bench Press – Results**

March 28, 2025 Beth Skwarecki

LOCATION: BUFFVILLE GYM, CLARKS GYM & CANADA

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, ASHLEY STEARNS, TONY LUPO, BILL CLARK, CHRIS FRAPPIER, KYLE FRAPPIER, JEFF WENZEL, DAVE DEFOREST (3 OFFICIAL SYSTEM USED)

Lifter Club Gender Birth Date Age Weight (Pounds) Session

Meet results are below.

Meet: 2025 GREAT AMERICAN BENCH PRESS  
 Date: 3/22/2025  
 Director: CLINT POORE  
 Weight lifted will be entered in: Pounds

- Lifts:
- 1 REFLEX BENCH PRESS
  - 2 ALTERNATE GRIP BENCH PRESS
  - 3 FULTON BAR BENCH PRESS
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14
  - 15

#	Lifter	Club	Gender	Birth Date	Age	Weight (Pounds)	Session
1	LYNNE HOMAN	BUFFVILLE GYM	F		62	127.3	
2	LILLY TODD	KCSTRONGMAN	F		15	130	
3	LISA GORE	CLARKS GYM	F		59	208	
4	STACEY TODD	KCSTRONGMAN	F		42	189	
5	ALLISON LUPO	CLARKS GYM	F		58	196	
6	JANET THOMPSON	CLARKS GYM	F		67	162	
7	SYLVIA STOCKALL	CLARKS GYM	F		67	160	
8							
9							
10	ASHLEY STEARNS	BUFFVILLE GYM	M		44	200	
11	CLINT POORE	BUFFVILLE GYM	M		51	239.4	
12	TONY HOSE	CLARKS GYM	M		56	219	
13	AARON RAINS	BUFFVILLE GYM	M		32	208.7	
14	TONY LUPO	CLARKS GYM	M		59	241	
15	TRAVIS LUTHER	CLARKS GYM	M		32	169	
16	RILEY WENZEL	CLARKS GYM	M		20	162	
17	CHRIS FRAPPIER	CANADA	M		60	213.6	
18	DAVE DEFOREST	CLARKS GYM	M		65	180	
19	LOGAN WENZEL	CLARKS GYM	M		10	72	
20	KYLE FRAPPIER	CANADA	M		21	210.2	

Meet: GREAT AMERICAN BENCH PRESS		Date: 3/22/2025															
#	Lifter	Club	Gender	Age	Age Group	Age Factor	Weight (Pounds)	Weight Class	Lynch Factor	Age Adjusted Lynch Points	Best Lift #1: REFLEX BENCH PRESS (Pounds)	Best Lift #2: ALTERNATE GRIP BENCH PRESS (Pounds)	Best Lift #3: FULTON BAR BENCH PRESS (Pounds)	Total Weight Lifted (Pounds)	Lynch Points	Female Rank	Male Rank
1	LYNNE HOMAN	BUFFVILLE GYM	F	62	60-64	1.23	127.3	60	1.1905	1.471695	130	115	126	371	545.998845	1	
2	LILLY TODD	KCSTRONGMAN	F	15	Juniator	1.15	130	60	1.1708	1.35332	105	100	100	305	412.7626	2	
3	LISA GORE	CLARKS GYM	F	59	55-59	1.2	208	95	0.8746	1.04952	125	115	120	360	377.8272	3	
4	STACEY TODD	KCSTRONGMAN	F	42	40-44	1.03	189	90	0.921	0.99269	130	125	130	385	366.01565	4	
5	ALLISON LUPO	CLARKS GYM	F	58	55-59	1.19	196	90	0.9038	1.075522	70	65	70	205	220.48201	5	
6	JANET THOMPSON	CLARKS GYM	F	67	65-69	1.28	162	75	1.0128	1.296388	55	60	55	170	220.38528	6	
7	SYLVIA STOCKALL	CLARKS GYM	F	67	65-69	1.28	160	75	1.0207	1.306496	165	0	0	165	215.57264	7	
-														0			
-														0			
8	ASHLEY STEARNS	BUFFVILLE GYM	M	44	40-44	1.05	200	95	0.8937	0.938385	390	345	365	1100	1032.2235	1	
9	CLINT POORE	BUFFVILLE GYM	M	51	50-54	1.12	239.4	110	0.8112	0.908544	430	360	390	1120	1017.56828	2	
10	TONY HOSE	CLARKS GYM	M	56	55-59	1.17	219	100	0.8503	0.994851	315	300	310	925	620.237175	3	
11	AARON RAINS	BUFFVILLE GYM	M	32	Open	1	208.7	95	0.8725	0.8725	350	315	315	980	855.05	4	
12	TONY LUPO	CLARKS GYM	M	59	55-59	1.2	241	80	0.8086	0.97032	225	205	240	670	650.1144	5	
13	TRAVIS LUTHER	CLARKS GYM	M	32	Open	1	169	110	0.9862	0.9862	225	185	245	655	645.961	6	
14	RILEY WENZEL	CLARKS GYM	M	20	Open	1	162	75	1.0128	1.0128	225	205	205	635	643.128	7	
15	CHRIS FRAPPIER	CANADA	M	60	60-64	1.21	213.6	100	0.8616	1.042536	225	155	165	545	568.18212	8	
16	DAVE DEFOREST	CLARKS GYM	M	65	65-69	1.26	180	85	0.9499	1.196874	160	140	150	450	538.5933	9	
17	LOGAN WENZEL	CLARKS GYM	M	12	12	1.33	72	35	2.0964	2.788212	27	22	25	74	206.327688	10	
18	KYLE FRAPPIER	CANADA	M	21	Open	1	210.2	100	0.8695	0.8695	45	45	25	115	99.9925	11	

<i>Gender</i>	<i>Age Group</i>	<i>Weight Class</i>	<i>Lifter</i>	<i>Sum of Lynch Points</i>
				0
F	40 - 44	90	STACEY TODD	366.01565
	55 - 59	90	ALLISON LUPO	220.48201
		95	LISA GORE	377.8272
	60 - 64	60	LYNNE HOMAN	545.998845
	65 - 69	75	JANET THOMPSON	220.38528
			SYLVIA STOCKALL	215.57184
	Junior	60	LILLY TODD	412.7626
M	12	35	LOGAN WENZEL	206.327688
	40 - 44	95	ASHLEY STEARNS	1032.2235
	50 - 54	110	CLINT POORE	1017.56928
	55 - 59	80	TONY LUPO	650.1144
		100	TONY HOSE	920.237175
	60 - 64	100	CHRIS FRAPPIER	568.18212
	65 - 69	85	DAVE DEFOREST	538.5933
	Open	75	RILEY WENZEL	643.128
		95	AARON RAINS	855.05
		100	KYLE FRAPPIER	99.9925
		110	TRAVIS LUTHER	645.961

## GREAT AMERICAN BENCH PRESS RECORD DAY

LOCATION: BUFFVILLE GYM, CLARKS GYM & CANADA

MEET DIRECTOR: CLINT POORE

REFEREES: CLINT POORE, ASHLEY STEARNS, TONY LUPO, BILL CLARK, CHRIS FRAPPIER, KYLE FRAPPIER,  
JEFF WENZEL, DAVE DEFOREST (3 OFFICIAL SYSTEM USED)

ALL LIFTS RECORDED IN LBS AND BODYWEIGHTS IN KILOS

**KYLE FRAPPIER - 21 YEARS OLD - 100 KG WEIGHT CLASS**  
CRUCIFIX 24 LBS

**CHRIS FRAPPIER - 60 YEARS OLD - 100 KG WEIGHT CLASS**  
(1H) DUMBBELL STRICT CURL, LEFT 40 LBS  
(1H) DUMBBELL STRICT CURL, RIGHT 40 LBS

**LYNNE HOMAN - 82 YEARS OLD - 60 KG WEIGHT CLASS**  
BENCH PRESS, ALTERNATE GRIP 125 LBS  
DINNIE LIFT 200 LBS  
SAXON DEADLIFT 48 LBS  
DUMBBELL TO SHOULDER 53 LBS

**ASHLEY STEARNS - 44 YEARS OLD - 95 KG WEIGHT CLASS**  
SAXON DEADLIFT 163 LBS

**CLINT POORE - 51 YEARS OLD - 110 KG WEIGHT CLASS**  
SAXON DEADLIFT 143 LBS  
CLEAN & JERK, 2 DUMBBELLS 70 LBS  
HOLDOUT, LOWERED 50 LBS  
HOLDOUT, RAISED 55 LBS

**ALLISON LUPO - 58 YEARS OLD - 90 KG WEIGHT CLASS**  
REG PARK BENCH PRESS 56 LBS  
DEADLIFT, 12" BASE 185 LBS  
DEADLIFT, 3" BAR 145 LBS

**JANET THOMPSON - 67 YEARS OLD - 75 KG WEIGHT CLASS**  
DEADLIFT, 2 DUMBBELLS 160 LBS  
DEADLIFT, DUMBBELL, RIGHT 80 LBS  
DEADLIFT, DUMBBELL, LEFT 80 LBS  
DEADLIFT, FULTON DUMBBELL, RIGHT 65 LBS  
DEADLIFT, FULTON DUMBBELL, LEFT 65 LBS

**DAVE DEFOREST - 65 YEARS OLD - 85 KG WEIGHT CLASS**  
RECTANGULAR FIX 55 LBS  
CURL, CHEAT, DUMBBELL, RIGHT 70 LBS  
CURL, CHEAT, DUMBBELL, LEFT 70 LBS  
JEFFERSON LIFT, LITTLE FINGERS 86 LBS  
CLEAN & PRESS, ON KNEES 100 LBS

**TONY LUPO - 59 YEARS OLD - 110 KG WEIGHT CLASS**  
DUMBBELL WALK 83 LBS  
CONTINENTAL TO CHEST 135 LBS  
ROMAN CHAIR SITUP 125 LBS

**TRAVIS LUTHER - 32 YEARS OLD - 80 KG WEIGHT CLASS**  
DUMBBELL WALK 83 LBS  
LATERAL RAISE, LYING 50 LBS  
JUDD CLEAN & JERK 110 LBS  
PULL UP 10 LBS  
MAXEY PRESS 125 LBS

**TONY HOSE - 56 YEARS OLD - 100 KG WEIGHT CLASS**  
REG PARK BENCH PRESS 270 LBS

**JEFF WENZEL - 50 YEARS OLD - 110 KG WEIGHT CLASS**  
DUMBBELL WALK 126 LBS  
REG PARK BENCH PRESS 270 LBS  
VERTICAL BAR, 2 BARS, 1" 354 LBS  
JEFFERSON LIFT, LITTLE FINGERS 100 LBS  
JEFFERSON LIFT, RING FINGERS 155 LBS

**LISA GORE - 59 YEARS OLD - 95 KG WEIGHT CLASS**  
VERTICAL BAR, 1 BAR, 1", RIGHT 102 LBS  
VERTICAL BAR, 1 BAR, 1", LEFT 102 LBS  
VERTICAL BAR, 2 BARS, 1" 204 LBS

**RILEY WENZEL - 20 YEARS OLD - 75 KG WEIGHT CLASS**  
VERTICAL BAR, 1 BAR, 1", RIGHT 125 LBS  
VERTICAL BAR, 1 BAR, 1", LEFT 125 LBS  
VERTICAL BAR, 2 BARS, 1" 250 LBS

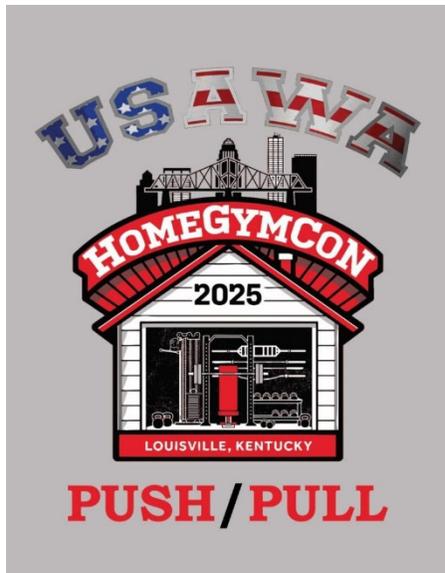
**LOGAN WENZEL - 18 YEARS OLD - 35 KG WEIGHT CLASS**  
VERTICAL BAR, 1 BAR, 2", RIGHT 36 LBS  
VERTICAL BAR, 1 BAR, 2", LEFT 36 LBS  
VERTICAL BAR, 2 BARS, 2" 72 LBS  
VERTICAL BAR, 2 BARS, 1" 82 LBS

**TEAM LIFTS**

**TONY & ALLISON LUPO - 58 YEARS OLD EACH - 110 KG WEIGHT CLASS - MALE/FEMALE CLASS**  
TEAM DEADLIFT, INDEX FINGER, LEFT 121 LBS  
TEAM DEADLIFT, INDEX FINGER, RIGHT 121 LBS

## HomeGymCon Push/Pull (Louisville, KY)

March 30, 2025 [Beth Skwarecki](#)



**USAWA HOMEGYMCON PUSH/PULL**

**SATURDAY, JUNE 28, 2025**

**LOCATION : LOUISVILLE, KENTUCKY**

**KENTUCKY INTERNATIONAL CONVENTION CENTER**

**221 S 4TH ST**

**LOUISVILLE, KY 40202**

**WEIGH-INS: 8:30 AM – 9:30 AM , LIFTING BEGINS AT 10:00 AM (EASTERN STANDARD TIME)**

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

**ENTRY DEADLINE –.** JUNE 15, 2025 – email [clintpoore@hotmail.com](mailto:clintpoore@hotmail.com) or by phone at 606-688-2600.

**ENTRY FEE:** \$50 dollars, all lifters must register online at the Eventbrite link provided

**EVENTBRITE ENTRY FORM LINK**

**USAWA MEMBERSHIP REQUIRED:** Memberships are required for all participants prior to the meet. Please go [USAWA.COM](http://USAWA.COM) to purchase your memberships prior to the meet.

**AWARDS:** BEST LIFTER AWARD to the overall champion & medals for all lifters. Each lifter will receive a competition T-shirt to be worn during the HomeGymCon Push/Pull & Record Day. I must know your shirt size two weeks prior to meet.

**RECORD DAY SESSION –** will follow the HomeGymCon Push/Pull competition, we will be having the Thomas Inch Dumbbell World Record Challenge. All Record Day lifts are time permitting & at the discretion of the meet director. More Record day lifts may be added upon request & meet director approval prior to the Record Day event.

**HOTEL –** There are many hotels to choose from in Louisville. There is no specific meet hotel, but a quick online search will find plenty of great options.

**USAWA HOMEGYMCON PUSH/PULL SCHEDULE**

ALL TIMES ARE EASTERN STANDARD TIME

You may check in the night before, by coming to the Convention Center until approximately/before 6 PM, but you must contact the meet director to set up a time.

WEIGH-INS BEGIN                    8:30 AM – 9:30 AM

LIFTING BEGINS                    10:00 AM – 2:00 PM

IRON PALACE PODCAST            3:00 PM – 4:00 PM

RECORD DAY                        2:00 PM – 3:00 PM

CLEAN UP & LOAD TRUCK        5:00 PM – 7:00 PM

Please keep in mind the schedule may change depending on how long each segment lasts.

This will be a very exciting event with music, laser lights, banners, & heavy weights being lifted.

This is a great opportunity for the USAWA and I hope you will join us at the  
2025 USAWA HOMEGYMCON PUSH/PULL & EXPO!

### Time to vote for the 2025 Annual Awards

April 1, 2025 Beth Skwarecki

by Tony Lupo

If it aint broke .....Thank you to Al Myers, the previous awards director, for his service to the USAWA in this capacity. He started the USAWA Awards Program in 2009 and it's running smoothly.

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started to honor those individuals that display outstanding achievements throughout the year in different categories. Part of the USAWA budget goes to these awards, which means that part of your membership dues supports this program. These awards are to be presented at the Annual General Meeting of the USAWA, which happens 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 year's National Championships. Now for an 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 member 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 choose 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 highly. 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 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.*

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, 2 points will be awarded 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: [lupoa0313@gmail.com](mailto:lupoa0313@gmail.com) with your nominations. The deadline for nominations is May 31<sup>st</sup>, 2025. That gives everyone a couple 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!!!!

**[2025 Nationals Update – Change of Venue and Hotel](#)**

[April 4, 2025 Beth Skwarecki](#)

by Clint Poore

A mighty day of strength to you!

This update for the 2025 USAWA Nationals brings about change. **The 2025 nationals meet location and hotel have both changed due to unforeseen issues.** To be clear, Dale Hollow Lake State Resort had a structural collapse of a partial lodge building & walkway and is undergoing immediate emergency construction, according to the State Park. We appreciate the swift notice by Dale Hollow State Park and hopefully we get the opportunity to plan another meet there in future.

**THERE IS ALWAYS A BACKUP PLAN!** The backup plan will be to host the 2025 USAWA Nationals at Buffville Colosseum, which is located at 2608 North Highway 127 Business in Albany, Ky. It is a 16,000 square ft. warehouse and has hosted the Old Time Strongman World Championships in 2023 and the HackenDinnie Classic II in 2024. Now it will host the premier event for the USAWA, the 2025 USAWA NATIONALS!

Our hotel venue has changed as well. The new meet hotel for the 2025 USAWA Nationals is the Baymont Inn in Albany, Kentucky. Here are a few points to know about booking a room.

**HOTEL – BAYMONT INN** phone #(606) 387-7238. You must call the Baymont Inn to receive the group rate. You will not receive the group rate if you book online through a third party.

**Group code is USAWA**

The Baymont Inn has a block of 20 rooms for the USAWA for 139 dollars per night plus tax, more rooms can be added if necessary.

You must call the Baymont Inn to make a reservation with the group code. This is peak season for Lake Cumberland and Dale Hollow Lake, meaning the rooms will only be held until June 8th. **After June 8, the group code will no longer be available.** Due to being the peak season for travelers, each reservation must be for a minimum of two nights, Friday & Saturday night. This is a destination location for travelers and you must book before the deadline of June 8th. If you wait to the last minute you may not get a room.

The National Meeting is currently scheduled for Friday, July 18 at 5 pm at Southern Kentucky Distillery (SKD). We are also having a Kentucky Bourbon Distillery visit at 2 pm which will be followed by the National Meeting. Kentucky is World Famous for its Bourbon and anyone who is interested can take the Bourbon Distillery tour for 15 dollars. It's a very fun and insightful tour that everyone can enjoy.

With all these new updates/changes the 2025 USAWA Nationals and National Meeting are planned and ready to lead the USAWA into a glorious future! Until the next update.....

Here is the current roster of 24 confirmed lifters.

(Please make sure all entries are paid online at the Eventbrite link on the entry form)

Beth Skwarecki

Allison Lupo

Jessica Hopps

Chris Frappier

Kyle Frappier

Jerry Wilson

Jeff Bankens

Isaac Bankens

Clint Poore

Ashley Stearns

Abe Smith

Randy Richey

John Bunch

Jarrodd Gaddis

Sanjiv Gupta

Tony Lupo

Randy Smith

David DeForest

Chad Ullom

Toby Ortega

Frank Ciavattone

Dan Jones

Wade Marchand

Nils Larson

Many more to be added

BE STRONG!

Clint Poore

**LIFTER OF THE MONTH, MARCH 2025 – RANDY SMITH**

[April 4, 2025 Sanjiv Gupta](#)



March was a busy month with meets being held in Massachusetts, Kentucky, Missouri and Colorado. Randy Smith earned lifter of the month for March by shining in the Colorado Single Arm Challenge and Jeff's 50th Birthday Bash. He was first overall in the Single Arm Challenge with a massive 420 pound unadjusted total at 198 pound bodyweight and 70 years of age. During Jeff's Birthday Bash, he completed four of five lifts with an impressive 130 pound Roman Chair Sit-up.

Randy has records dating back to the 2003 National Championship and has competed in 16 National Championships and was the best lifter in 2015. He is a member of the Century Club with 144 records. 31 of those are National Records, which puts him at 5th behind some pretty impressive company.

Most recently he has taken a role on the USAWA Advisory Committee which was tasked with better understanding the membership.

This is the 4th time Randy has earned Lifter of the Month with past recognition in July 2014, June 2015 and October 2021. Congratulations Randy!

### [2025 USAWA Club Championship – Results](#)

[April 10, 2025 Beth Skwarecki](#)



*Clark's Championship Gym*



*High Country Vigour*

2025 marks the return of the Club Championship which had not been contested since 2019. This is a great format where clubs total their top three lifters to form an adjusted total and bragging rights as the strongest club of the year.

From 2010-2012 it had been hosted at Ambridge Barbell Club. From 2013-2019 it had been contested at Ledaig Heavy Athletics. Beyond the host clubs only four other clubs had competed in the Club Championship (Atomic Athletics, Dino Gym, Habecker's Gym and Joe's Gym).

In 2025, we tried something different allowing lifter to lift live at High Country Vigour or submit results remotely. There was only one taker with Clark's Championship Gym submitting an entry.

Also new since the last time the event was hosted, was the 1.33 gender modifier. Women had competed in the past but were at a disadvantage when contributing to the team total.

Clark's Championship Gym brought a full squad of (11) athletes lifting in Missouri and Michigan, including powerhouse, Randy Smith. The team included (3) Junior athletes, (2) Open athletes and (7) masters athletes. Clark's Gym also had the oldest and youngest athletes at 70 years old and 10 years old respectively. Notably absent was Abe Smith, defending National Overall Best Lifter and Athlete of the Year, who was recovering from some injuries. Surprisingly present was Tony Lupo competing with a bad shoulder and torn pec and Randy Smith competing with a recent hamstring injury.

High Country Vigour had (4) athletes lifting in Colorado, (3) seasoned masters athletes and (1) newcomer who is calmly starting to set records in the 16–17-year-old age group after a birthday in February.

In Colorado, we had some exciting lifting and fourth attempts for records. Nisha had an impressive 50-pound Zercher after some really sketchy warm-ups. Jarrod had a massive 102-pound fourth attempt Turkish Get Up which is an all-age class record at 100kg (he also owns the 85kg and 95kg all age class records). Kim had a scary moment with a missed Turkish Get Up that came down on her non-lifting wrist. She showed tremendous courage finishing the meet with not only a solid 143-pound competition deadlift, but also a fourth attempt 153 pounds to extend her all age class 60kg record.

We also had some amusing struggles with the Turkish Get Up. Nisha's technique went from the ground to a squat stance without passing through a kneeling position. Sanjiv's final attempt somehow had both knees on the ground before going into a kneeling position and driving up.

#### Top Individual Lifts

- Best Dumbbell Snatch – 95 pounds by Jeff Wenzel
- Best Zercher – 335 pounds by Jeff Wenzel
- Best Turkish Get Up – 92 pounds by Jarrod Fobes
- Best Deadlift, Fulton Bar, Ciavattone Grip – 268 pounds by Randy Smith

#### **Final Standings:**

1<sup>st</sup> – Clark’s Championship Gym

2<sup>nd</sup> – High Country Vigour

Clark’s Gym having won the Club Championship has earned the option to host the 2026 Club Championships.

**Meet Results:**

USAWA Club Championship

High Country Vigour

Lakewood, Colorado

April 5, 2025

Meet Director – Sanjiv Gupta

Officials – Jarrod Fobes, Sanjiv Gupta, Bill Clark, Tony Lupo, Dave DeForest, Jeff Wenzel

Scorekeeper – Sanjiv Gupta

Lifts: Snatch, Dumbbell, One Arm; Zercher; Turkish Get Up; Deadlift, Fulton Bar, Ciavattone Grip

Clark’s Championship Gym – 2223.9 Adjusted Points

Lifter-Age-BWT-Snatch-Zercher-TGU-DL-Total-Points

Randy Smith-70-197-68 (L)-305-35-268-676-827.7\*

Travis Luther-32-169-90 (R)-90-320-85-225-720-709.9

Dave DeForest-65-176-66 (R)-275-25-200-566-686.3

Jeff Wenzel-50-241-95 (R)-335-60-265-755-677.0

Riley Wenzel-20-152-70 (R)-225-60-200-555-586.6

Lisa Gore (F)-59-212-30 (L)-155-25-185-395-544.9

Logan Wenzel-10-72-10 (R)-45-10-85-150-514.1

Tony Lupo-59-236-81 (L)-135-26-225-467-457.7

Janet Thompson (F)-67-163-20 (R)-85-7-150-262-457.3

Tim Market – 18-147.5-45 (R)-120-40-175-380-422.0

Allison Lupo (F)-58-193-20 (R)-95-5-125-245-353.4

Officials – Bill Clark, Tony Lupo, Dave DeForest, Jeff Wenzel

\*Randy Smith – No official, ineligible for records

High Country Vigour – 1856.0 Adjusted Points

Lifter-Age-BWT-Snatch-Zercher-TGU-DL-Total-Points

Jarrold Fobes-47-216.4-87 (L)-250-92-253-682-629.5

Sanjiv Gupta-53-208.4-77 (R)-250-50-243-620-616.9

Kim Van Wagner (F)-57-125.6-32 (L)-101-44-143-320-609.6

Nisha Gupta (F)-16-87.4-22.5 (R)-40-15-93-170.5-440.8

Officials – Jarrold Fobes and Sanjiv Gupta

Extra Attempts for Records:

Nisha Gupta – Zercher – 50 pounds

Kim Van Wagner – Zercher – 106 pounds

Jarrold Fobes – Turkish Get Up – 102 pounds

Kim Van Wagner – Deadlift, Fulton Bar, Ciavattone Grip – 153 pounds

## **[USAWA Nationals update #2](#)**

[April 17, 2025 Beth Skwarecki](#)

by Clint Poore

A glorious day of strength to you!

This is update #2 for the 2025 USAWA Nationals.

To follow up on the previous update regarding Dale Hollow State Park going through immediate emergency reconstruction at the park, I have polled many of the lifters coming to nationals about where to have the National Meeting.

The two choices I proposed were the SKD Distillery, after the tour or Angie's Family Restaurant, a locally owned family restaurant that serves southern style country cooking. Before proposing this option to the lifters, Lynne and I went and had dinner at Angie's Family Restaurant. It met the criteria we need and then I invited the lifters attending nationals to share which option they liked best. In an overwhelming response, the lifters chose Angie's Family Restaurant by an 80 to 20 percent margin. I think this was conclusive

and I will be setting up the 2025 USAWA National Meeting in the side room at Angie's Family Restaurant for Friday, July 18.

Here is the planned itinerary for Friday, July 18:

– 2:00 – 4:30 pm we have a tour scheduled for Southern Kentucky Distillery

– 5:30 – 8:30 pm we will have the 2025 National Meeting at Angie's Family Restaurant.

Here are the Facebook links to each location.

Angie's Family Restaurant

<https://www.facebook.com/profile.php?id=61558438594318>

Southern Kentucky Distillery

<https://www.facebook.com/Southernkentuckydistillery>

To close, I am excited for 2025 Nationals and look forward to seeing each of you.

I have included the current roster for the 2025 USAWA Nationals... It's going to be EPIC!

Updated 25 confirmed lifters – from 9 different states and 2 countries!

Chris Frappier      Ontario, Canada

Kyle Frappier      Ontario, Canada

Jerry Wilson      Kentucky

Jeff Bankens      Louisiana

Isaac Bankens      Louisiana

Clint Poore      Kentucky

Ashley Stearns      Kentucky

Abe Smith      Missouri

Randy Richey      Kentucky

Jarrold Gaddis      Kentucky

Beth Skwarecki      Pennsylvania

Sanjiv Gupta      Colorado

Allison Lupo      Missouri

Tony Lupo	Missouri
Randy Smith	Michigan
Helen Kahn	Michigan
David DeForest	Missouri
Chad Ullom	Kansas
Toby Ortega	Illinois
Frank Ciavattone	Massachusetts
Dan Jones	Massachusetts
Jessica Hopps	Massachusetts
Wade Marchand	Massachusetts
Nils Larson	Massachusetts
Dennis Habecker	Pennsylvania

Many more to be added

### **[Change of date for the Colorado OTSM Classic](#)**

[April 17, 2025 Beth Skwarecki](#)

The date of the Colorado OTSM Classic has been changed to September 13, and the deadline for entry is now September 6. More details

here: <https://www.usawa.com/colorado-otsm-classic-lakewood-co/>

### **[Bench press heptathlon – results](#)**

[April 17, 2025 Beth Skwarecki](#)

BENCH PRESS HEPTATHON						
CLARK'S GYM						
COLUMBIA. MO.						
APRIL 12-13, 2025						
					FEET ON	FEET IN
WOMEN			AGE	BWT	FLOOR	AIR
LYNNE	HOMAN		62	131	131	125
LISA	GORE		59	216	125	120
KIM	VAN WAGNER		58	126	95	95

MEN						
Jeff	Wenzel		50	236	335	330
Patrick	Hadley		53	223	315	275
Ashley	Stearns		44	201	385	0
Clint	Poore		51	240	405	385
Randy	Smith		70	197	175	165
Riley	Wenzel		20	152	200	185
Jarrold	Fobes		48	215	205	205
Will	Hose		21	165	185	195
Tony	Lupo		59	237	200	200
Dave	DeForest		65	173	155	150
Sanjiv	Gupta		53	209	180	175

			ALT.	REV.	HANDS	RIGHT
			GRIP	GRIP	TOUCH	HAND
WOMEN						
Lynne	Homan		120	125	110	28
Lisa	Gore		120	115	100	33
Kim	Van Wagner		81	90	0	35

MEN						
Jeff	Wenzel		305	300	257	135
Patrick	Hadley		245	275	226	108
Ashley	Stearns		350	340	321	78
Clint	Poore		325	255	65	78
Randy	Smith		135	135	135	65
Riley	Wenzel		185	195	160	75
Jarrold	Fobes		226	205	196	106
Will	Hose		175	175	160	85
Tony	Lupo		150	150	180	50
Dave	DeForest		145	145	120	65
Sanjiv	Gupta		135	0	150	55

			LEFT	RAW	ADJ.	
			HAND	TOTAL	TOTAL	
WOMEN						
Lynne	Homan		28	667	959.88	
Lisa	Gore		33	676	694.71	
Kim	Van Wagner		0	396	541.15	

MEN						
Jeff	Wenzel		145	1807	1635.71	
Patrick	Hadley		108	1558	1588.75	
Ashley	Stearns		125	1639	1520.28	
Clint	Poore		110	1623	1472.02	
Randy	Smith		65	950	1161.04	
Riley	Wenzel		75	1083	1137.15	
Jarrold	Fobes		95	1143	1070.2	
Will	Hose		85	1050	1050	
Tony	Lupo		105	1035	1010.49	
Dave	DeForest		65	850	973	
Sanjiv	Gupta		55	750	744.71	

SPECIAL EVENTS					
MEN			RAW	ADJ.	
REG PARK BENCH PRESS			TOTAL	TOTAL	
Jeff	Wenzel		250	226.3	
Riley	Wenzel		150	158.55	
WOMEN					
Lisa	Gore		90	92.49	
ROMAN	CHAIIR	BENCH	PRESS		
WOMEN					
Lisa	Gore		65	66.8	
Kim	Van Wagner		45	61.84	

MEN					
Jeff	Wenzel		205	185.57	
Tony	Lupo		100	97.63	
Sanjiv	Gupta		75	74.47	
Randy	Smith		75	69.26	
Jarrold	Fobes		75	68.33	
Riley	Wenzel		45	47.48	
Dave	DeForest		22	25.18	

BENCH	PRESS	RAMPAGFE			
WOMEN			WT.X REPS	TOTAL	ADJ. PTS.
Kim	Van Wagner		65 X 22	1430	1964.98
Lisa	Gore		61x 28	1708	1765.28
MEN					
Riley	Wenzel		70x72	5040	5292
Jeff	Wenzel		100x50	5000	4523.25
Will	Hose		60x61	3660	3660
Jarrold	Fobes		95x34	3230	2942.95
Randy	Smith		45x48	2160	2659.41
Sanjiv	Gupta		95x22	2090	2075.2

OFFICIALS						
In Kentucky:						
Clint	Poore					
Ashley	Stearns					
Patrick	Hadley					
Lynne	Homan					
In Colorado:						
Sanjiv	Gupta					
Jarrod	Fobes					
In Missouri:						
Bill	Clark					
Tony	Lupo					
Dave	DeForest					
Jeff	Wenzel					
No Official - Randy Smith.						

### **Record day results – April 12-13 at Clark’s Gym**

[April 17, 2025 Beth Skwarecki](#)

(alongside the Bench Press Heptathlon)

RECORD DAY – APRIL 12-13, 2025

CLINT POORE. AGE – 51. BWT – 241.

Peoples deadlift – 515.

Deadlift – Ciavattone – left – 185.

Deadlift – 3-inch bar – 251.

Curl, cheat -dumbbell – left – 50.

LYNNE HOMAN. AGE – 62. BWT – 131.

Holdout – lowered – 28.

Holdout – raised – 28.

Curl, strict – 48.

Bench dip – 70.

Bench press – two dumbbells – 90.

JEFF WENZEL. AGE – 50. BWT – 236.

Deadlift – Inch Dumbbell – right – 127.

Deadlift – Inch dumbbell – left – 117.

James lift – 120.

Squat – overhead – 165.

Bear hug – 266.

RILEY WENZEL. AGE – 20. BWT – 152.

Deadlift – Inch Dumbbell – right – 67.

Deadlift – Inch Dumbbell -left – 67.

Deadlift – two Inch Dumbbells – 2×67 – 134.

Deadlift – three-inch bar – 245.

Bear hug – 236.

LOGAN WENZEL. AGE 10. BWT – 72 LBS.

Deadlift – Inch dumbbell – right – 22.

Deadlift – Inch dumbbell – left – 22.

Deadlift – Inch dumbbell – both – 2×19.5 – 39 lbs.

Roman chair bench – 5 lbs.

Bearhug – 51.

WILL HOSE. AGE – 21. BWT – 165.

Vertical bar – one-inch – right – 127.

Vertical bar – one inch – left – 127.

Vertical bar – two-inch – right – 145.

Vertical bar – two-inch – left – 145.

Vertical bar – two inch – both – 2×120 -240.

LISA GORE. AGE – 59. BWT – 216.

Deadlift – Inch dumbbell – left – 77.

Deadlift – Inch dumbbell – right – 77.

Deadlift – Inch dumbbell – both – 2 x 77 – 154.

Pinch grip – 60.

Bear hug – 115.

DAVE DEFOREST. AGE – 65. BWT – 173.

Vertical bar – One inch – left – 157.

Vertical bar – one inch – right – 157.

Vertical bar – one inch – two hands – 2 x 133 – 266.

Press from rack behind neck – 90.

Press from rack – 105.

TONY LUPO. AGE – 59. BWT – 237.

Middle fingers clean and jerk – 70.

Middle fingers press – 80.

Pinch grip – left – 111.

Pinch grip -strict – left – 56.

Deadlift – Inch dumbbell – left – 92.

### **Results – Q1 2025 Postal**

April 22, 2025 Beth Skwarecki

We had thirty-seven lifters compete in this year's first postal. Abe Smith was the top lifter this quarter.

January 1 thru March 31, 2025

The Lifts – CONTINENTAL SNATCH, PRESS FROM RACK BEHIND NECK, TRAP BAR DEADLIFT

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

LIFTERS WITH NO CERTIFIED OFFICIAL- Dave Hahn, Dave Glasgow, Barry Pensyl, Randy Smith, Jerome Licini and Bill Clark.

USAWA 2025 - 1ST QUARTER POSTAL

We had thirty-seven lifters compete in this year's first postal. Abe Smith was the top lifter this quarter.

January 1 thru March 31, 2025

The Lifts – CONTINENTAL SNATCH, PRESS FROM RACK BEHIND NECK, TRAP BAR DEADLIFT

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

LIFTERS WITH NO CERTIFIED OFFICIAL- Dave Hahn, Dave Glasgow, Barry Pensyl, Randy Smith, Jerome Licini and Bill Clark.

Name	Age	BDWT.	CLASS	SNATCH	PRESS	DEADLIFT	TOTAL	POINTS
Abe Smith	43	182	85 KG.	171	180	430	781	766.59
Barry Bryan	67	195	90 KG.	107	143*	374*	624	735.52
Travis Luther	32	169	80 KG.	150	135	445	730	720.51
Jeff Wenzel	50	236	110 KG.	150	167*	445	762	691.46
Jessie Coreas	34	220	100 KG.	155	185*	415	755	640.62
Denny Habecker	82	181	85 KG.	66	93*	259*	418	633.01
Dave Hahn	87	134	65 KG.	40	35	245	320	627.01
Dan Jones	41	175	80 KG.	140	135	350	625	616.01
Dave DeForest	65	180	85 KG.	95	100*	315	510	610.40
Eric M. Todd	50	275	125 KG.	161*	195*	350	706	593.23
Sanjiv Gupta	53	207.7	95 KG.	115	115*	364*	594	592.58
Lilly Todd	15	130	60 KG.	65*	60*	210*	335	584.15
Lisa Gore	59	208	95 KG.	65*	90*	285*	440	550.29
Dave Glasgow	71	259.8	120 KG.	90	85	335	510	547.90
Barry Pensyl	77	129	60 KG.	44	61	200	305	541.77
Riley Wenzel	20	163	75 KG.	105	105	325	535	539.98
Anthony Lupo	59	241	110 KG.	115*	45	395	595	538.52
Jarrold Fobes	47	216.4	100 KG.	115	125*	384*	624	536.80
Wade Marchand	55	165	75 KG.	65	100*	295*	460	534.51
Randy Smith	70	198	90 KG.	85	80	272	427	534.11
Chris Todd	45	282	125+ KG.	131	150*	350	631	500.10
Nils Larson	65	250	115 KG.	65*	105*	315	485	484.90
Stacy Todd	42	189	90 KG.	60*	65*	225*	370	464.45
Chris Frappler	60	215.6	100 KG.			445	445	461.88
Mike Lacondro	62	208	95 KG.	83		336	419	450.74
Everett Todd	12	112	55 KG.	45*	50*	150	245	431.36
Kim VanWagner	57	126.2	60 KG.	65*	60*	174*	299	424.93
Jessica Hopps	40	195	90 KG.	65*	55*	200*	320	388.79
Jerome Licini	66	237	110KG.	75	2	277	354	369.52
Bill Clark	92	195	90 KG.	22	22	175	219	357.42
Janet Thompson	67	162	75 KG.	30*	30*	155*	215	354.93
Frank Ciavattone	70	285	125+ KG.	20*	20*	300*	340	344.07
Lance Foster	59	256	120 KG.	45*	65*	250	360	337.48
Allison Lupo	58	195.4	90 KG.	40	55*	205*	300	323.22
Logan Wenzel	10	72	35 KG.	15	22*	75*	112	313.50
Beth Skwarecki	44	145.5	70 KG.	117	81		198	296.98
Kyle Frappler	21	216.4				255	255	218.25

[Ledaig Heavy Athletics Record Day \(Geuda Springs, KS and remote\)](#)

[April 29, 2025 Beth Skwarecki](#)

LEDAIG HEAVY ATHLETICS RECORD DAY

(AND REMOTE)

1 JUNE – 2025

22470 11TH RD.

GEUDA SPRINGS, KS. 67051

WEIGHT IN: 1200-1300

START TIME: 1300

CONTACT: DAVE GLASGOW [LEDAIG1871@GMAIL.COM](mailto:LEDAIG1871@GMAIL.COM)

RECORDS NEED TO BE TURNED IN NO LATER THAN 7 JUNE -2025

USAWA MEMBERSHIP MUST OBTAINED PRIOR TO DATE OF MEET.

NO AWARDS, JUST YOUR OWN PERSONAL RECORDS.

**[Reminder to vote for awards and fill out the Future of USAWA Survey!](#)**

[May 1, 2025 Beth Skwarecki](#)

Our Awards Director, Tony Lupo, would like to ask everyone to vote for the 2025 USAWA Awards if you haven't already. You can find all the information you need [here](#) about the awards and how to vote. You just need to send an email, and votes are due by May 31, 2025.

Also, the survey about the future of USAWA is about to close—the deadline was April 30 but I will allow a few more days for any stragglers to submit their responses. [Here is more information about the survey](#), which includes a link to fill it out. It should only take a few minutes of your time. Current, past, and potential future members are all invited to respond.

**[LIFTER OF THE MONTH, APRIL 2025 – JEFF WENZEL](#)**

[May 6, 2025 Sanjiv Gupta](#)



April was an exciting month with meets being held in Colorado and Missouri. Jeff Wenzel earned lifter of the month with some incredible lifts in the Club Championships and winning the Bench Press Heptathlon. His 250-pound Reg Park Bench Press was good for an all-ages record at 110kg.

Jeff has been enthusiastically competing and setting records since 2023 in the 45-year-old age category and since the 50th Birthday Bash in the 50-year-old age category. Jeff is a member of the Century Club and was honored as 2024 Newcomer of the Year.

All-Round weightlifting is a family sport in the Wenzel household. Spencer (17), Logan (10) and Riley (20) quickly in Jeff's footsteps. They tend to favor the obscure and currently all four athletes hold records in the Anderson Squat, Jackson Press, Roman Chair Sit-up, Pinch Grip Deadlift and Bench Dip.

Congratulations Jeff!

### **Heavy Lift Championship**

May 18, 2025 KCSTRONGMAN

By Eric Todd



For this year's championship, we tried something different. I got a call from Big Frank Ciavattone a few months back suggesting a meet with multiple locations. This year we hosted one at my house in the Kansas City area and one at Frank's gym in the Boston area. WE had a total of 13 lifters with seven at my place and six at Frank's. I was unsure of how the logistics would work out in regard to getting results tallied in a timely fashion with me having to get his results from him digitally, but it worked famously. In the 32 years since this meet's inception, there have been nine unique women's champions and thirteen unique men's champions. This year, Jessica Hopps defended her title against former women's champion, Mary McConnaughey. Mary was returning to competition after about a ten-year sabbatical. After many top three finishes, Chad Ullom found his way to the top of the podium in his first championship effort. He bested Abe Smith, who was also a former champion, having won the title back in 2001. The lifting was fierce, and the comradery fantastic. Below are the results:

Heavy Lift Championship  
ET's House of Iron and Stone  
Turney, MO  
May 10, 2025

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Eric Todd

The hostess with the mostest and sandwich maker/deliverer: Phoebe Todd

The One Official system was used for all lifts

Officials: Dave Glasgow, Eric Todd

Loaders: All lifters

**Women's Division**

Athlete	Age division	weight class	neck lift	hand and thigh	hip lift	total	adjusted	place
Jessica Hopps	40	90	210	710	910	1830	1714.8	1st
Mary McConn aughey	65	125+	140	350	400	890	810.8	2nd

**Men's Division**

Athlete	Age Division	weight class	neck lift	hand and thigh	hip lift	total	adjusted	place
Chad Ullom	50	100	810	1100	1500	3410	3312.8	1st
Abe Smith	40	90	555	1150	1500	3205	3058.2	2nd
Nils Larson	65	115	450	810	1710	2970	2985.5	3rd
Dan Jones	40	80	300	1000	1710	3010	2971.3	4th
Carl Puzin	65	110	210	710	1400	2320	2732,2	5th
Dave DeForest	65	85	385	650	1100	2135	2538.9	6th

Frank Ciavattone	70	125	350	660	1200	2210	2277	7th
Wade Marchand	55	75	210	560	1120	1890	2192.4	8th
Tony Lupo	55	115	200	510	1100	1810	1737.6	9th
Everett Todd	13	55	250	350	400	1000	1662.8	10th
Joe Caron	80	90	140	375	350	865	1137.1	11th

### **Results: 2025 USAWA Grip Championships**

[May 18, 2025 Beth Skwarecki](#)

2025 USAWA Grip Championships

May 3, 2025



*Small but Enthusiastic Field*

Three USAWA masters athletes and one junior took the platform to contest the 2025 USAWA Grip Championships held at High Country Vigour in Lakewood, Colorado. Weigh-ins and rules briefings were conducted, and the meet was contested using the one official system, Sanjiv Gupta, Jarrod Fobes and in training was Nisha Gupta.

We started with Pinch Grip, Strict which is a classic lift that has been contested numerous times at the Grip Championship. This was contested with 1990's York Plates. Ben and Jarrod tied with a top lift of 125 pounds. However, Jarrod lifted first and established the record in the 100kg 45-year-old age class. Nisha's 36-pound lift was also good for a record.

The next lift was the Deadlift, Inch DB, One Arm. This was contested with Nemesis Grips Loadable Handles. This is a relatively newer lift, but everybody put up great numbers. This time, Ben had the top lift at 121 pounds. This was good enough to beat the record in the 100kg 45-year-old. Nisha's 41-pound lift was also good for a record.

Then there was the 2-inch vertical bar. This lift has been contested quite frequently, but the slick surfaces on the competition handles (Custom fabricated by Fat Bastard Barbell Company) made for some uncertainty. Nisha came through with a third attempt 80 pounds which was nearly her body weight and good for 206 Age-Gender-Adjusted Lynch points and put her in first place overall after three lifts. Sanjiv lifted a solid 140 pounds, beating his previous 130-pound record. Jarrod made the unfortunate decision to open at 145 pounds and missed all 3 attempts, essentially taking him out of the competition. Ben followed successful lifts at 140 and 170 pounds with an unsuccessful 200-pound attempt. Therefore, Chad Ullom retains his 195-pound record.

Finally, it was time for the Hack Lift, Fulton Bar. This was contested on the equally slick Apollon's Axle, but lifts were still impressive. Nisha established a record, Sanjiv extended his previous record set last year. Ben had the best lift at 303 pounds establishing the 100kg 45-year-old age class record, but still a far cry from Joe Ciavattone Jr.'s 357 all age record at 100kg.

This final lift put Ben (Dino Gym) in first place and he has the option to host the 2026 Grip Championship. If Ben defers, the meet will again be hosted by High Country Vigour in 2026.

Total Weight rankings:

1. Ben Edwards – 719 pounds
2. Sanjiv Gupta – 569 pounds
3. Jarrod Fobes – 449 pounds
4. Nisha Gupta – 230 pounds

Lynch/Age/Gender Points:

1. Ben Edwards – 673 points

2. Nisha Gupta – 595 points
3. Sanjiv Gupta – 566 points
4. Jarrod Fobes – 418 points



*Podium Picture*



*Overall Champion's Award*

Complete Results:

USAWA Grip Championship

High Country Vigour

Lakewood, Colorado

May 3, 2025

Meet Director: Sanjiv Gupta

Scorekeeper: Sanjiv Gupta

Officials: (1-official system) Sanjiv Gupta, Jarrod Fobes, Nisha Gupta (in training)

The Lifts: Pinch Grip, Strict; Deadlift, Inch Dumbbell, One Arm; Vertical Bar, 1 Bar, 2"; Hack Lift, Fulton Bar

Bodyweight and Lifts in Pounds

Lifter	Age	Body-weight	Pinch	Inch DB	V-Bar	Hack	Total	Points
Nisha Gupta	16	86.8	36	41 (R)	80 (R)	83	230	595

#### MENS DIVISION

Lifter	Age	Body-weight	Pinch	Inch DB	V-Bar	Hack	Total	Points
Ben Edwards	49	216.8	125	121 (R)	170 (R)	303	719	673
Sanjiv Gupta	53	208.2	95	101 (L)	140 (L)	233	569	566
Jarrod Fobes	48	215.7	125	101 (R)	0 (R)	223	449	418

No 4<sup>th</sup> attempts for records were successful

Record Session:

#### **Jarrod Fobes**

Scott Lift – 135 pounds

Clean & Press, Middle Fingers – 95 pounds

#### **Sanjiv Gupta**

Clean & Press, Alternate Grip – 105 pounds

Side Press, Dumbbell, Left – 52 pounds

Side Press, Dumbbell, Right – 62 pounds



*Road Warrior Award (while supplies last for athletes traveling to Colorado)*

### [A Grip Champs Story](#)

[May 18, 2025 Beth Skwarecki](#)

by Ben Edwards

The 2025 USAWA Grip Champs contest was held in Lakewood, Colorado this year at Sanjiv Gupta's High Country Vigour Gym. I enjoyed the solo drive and made frequent stops to stretch my legs. It's always nice seeing the mountains get bigger in my windshield on the way to Denver. But it stings a bit on the return trip when I watch the mountains get smaller in the rear view mirror. I spend a lot of time on road trips gripping the steering wheel way too hard. It's an unconscious habit, unfortunately. Then when I get wherever I'm going I always feel like I've had a low key grip session, which isn't super helpful when I'm traveling to a grip contest. It has become a running joke between me and my wife. She used to drive me to grip contests to "save my hands," lol.

I felt like I kind of "knew" Jarrod Forbes from seeing his name on the contest results write-ups for a few years. Especially since we are both about the same age and same bodyweight category. It was nice finally meeting him in person. He is a super funny and humble strong guy! We had a good time chatting about martial arts and a mutual friend in Lawrence. I also enjoyed visiting with his friends who came to watch the contest. Aaron and Kate. Not sure of the spellings. But they were also from Lawrence, so it felt like a small world. He was definitely stronger in the pinch than I was. I barely held on to my

3rd attempt by the tips of my fingers. We technically ended up with the same result in the pinch event. But he had at least 5lbs more in him that day.

Sanjiv's daughter Nisha was very impressive and really made me wish that my daughter Josie had made the drive with me to compete. Last year Josie said she wanted to compete at the 2025 Grip Champs... She is 12 years old though. So a year for her is about equivalent to a decade in grown up time. There is always next year. Hope springs eternal. Nisha had the most impressive lift (IMO) of the meet with a nearly-bodyweight 2" vertical bar pull. And she did it on the SLICKEST (as in slippery) 2" vbar I've ever laid hands on. If she had pulled on the well-seasoned 2" vbar I have in my garage, I'm 100% confident she would have gone well over her bodyweight.

Sanjiv was a blast to spend time with! I enjoyed his and his family's hospitality over the weekend. It was a well run contest. I got a kick out of touring his gym and playing with some of the equipment.

There was a funny moment on the hack lift when I lost my balance and fell backwards. Got a video of that and then posted a screenshot of it on Facebook. Actually made a successful 3rd attempt on the same weight (303lbs) that I wiped out on a few minutes after falling down.

The 2" vertical bar is usually my strongest event. No excuses, I only pulled 200lbs a few inches off the ground both hands on two attempts. Pulled 170lbs super high and easy on a test pull before securing it as a successful attempt. Should've gone with 190lbs vs. 200lbs. Sanjiv's 2" vertical bar is the slickest (slippery) that I have ever lifted on. It was pretty amusing. I pulled 207lbs on my 2" vbar at home about 10 days before this contest. Big difference in surfaces.

Ben Edwards

### **[TEAM CHAMPIONSHIPS \(Lakewood, CO and remote\)](#)**

[May 18, 2025 Beth Skwarecki](#)

*The team championships are returning to the USAWA championship roster! Here are Sanjiv's highlights on this tradition, followed below by the meet announcement.*

USAWA has a long history of team lifting with records dating back to 1989 with Joe McCoy and Bill Drybread. Since then, the popularity of team lifts has ebbed and flowed with a handful of records set every year at record sessions and the Gold Cup.

A turning point was the 2005 Deadliest Duo Meet. This meet had (5) different teams contesting the Team Deadlift and Team Clean & Jerk. This success was quickly followed by

Team Nationals which had been a staple from 2007-2021. 39 different lifts were officially contested during Team Nationals

During those Team Nationals Al Myers and Chad Ullom slowly piled up records in 39 different lifts and still retain the top spot with the most team records. Most unusual was the Team Trap Bar Deadlift (2010 Al/Chad). Team One Arm Dumbbell Press, Right (2012 Rudy/Mike) is a close second. Note that athletes would have to face each other to pull off this lift.



While no team records were set in 2022 or 2023, there has been a resurgence since 2024. The power couple of Allison and Tony Lupo have set records in (16) different team lifts and show no signs of slowing down. New meets in Kentucky, Tennessee, Pennsylvania,

Colorado and Canada the past two years have also featured team lifts as part of the record day.

## **2025 USAWA Team Championship**

**Saturday, December 20, 2025**

**Location:** Lakewood, Colorado and Hybrid

**Weigh-Ins:** 9:00 AM, Lifting Begins 10:00 AM

**Meet Director:** Sanjiv Gupta ([sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com) 720-938-2029)

**The Lifts:** Team Clean & Press (A10) & Team Deadlift, Ciavattone Grip (B3)

**Entry Deadline:** December 6, 2025

**Entry Fee;** \$10 per 2-person team

**Officials:** Must accompany Hybrid results to be eligible for records

USAWA Membership Required

**Awards:** Overall award to the best team as determined by gender-age-Lynch adjusted total (1.16 will be applied to M/F teams). Certificates for all entrants.

**Special Event Team “Freestyle”** – Teams are encouraged to select a 3<sup>rd</sup> USAWA Lift as their Freestyle entry. This lift must be video captured and submitted to the meet director. Best Team Lift based on Originality, Degree of Difficulty and Execution. Award to be determined.

Freestyle has historic roots going back to the 1904 Olympic Games as Freestyle was the tenth weightlifting event and was weighted heavily enough to override the outcome of the other nine lifts.

## **[Lebanon Valley Record Day 2025 – Results](#)**

[May 20, 2025 Denny Habecker](#)

The L.V. Record Day this year had 4 lifters set 19 new records. Although our numbers were small, we all had a great time lifting. New lifter, Jerome Licini came out from Allentown and did 5 excellent lifts. Mike and Jerome’s lift’s were judged by Barry Pensyl and Denny Habecker. Barry’s Lifts were judged by Denny and Jerome[ official in training}. Denny’s lifts were judged by Barry and Jerome.

- Mike Locondro – 62 – 216 Lbs. – 100 Kg. Class [60-64 ]

- Dumbbell to Shoulder – 45 Kg. – 99 Lbs.
- Bent Over Row – 100 Kg. – 220 Lbs.
- Anderson Squat – 150 Kg.. – 330 Lbs.
- Peoples Deadlift -172.5 Kg. – 380 Lbs.
- Jerome Licini – 67 – 252 Lbs. – 115 Kg. Class [65- 69]
  - Thumbless Deadlift 120 K – 264 Lbs.
  - Thumbless Deadlift – Overhand Grip – 80 Kg. – 176 Lbs.
  - Wrist Curl – 50 Kg. – 110 Lbs.
  - Jefferson- Fulton Bar – 75 Kg. – 165 Lbs.
  - Kennedy Lift – 110 Kg. – 242 Lbs.
- Barry Pensyl – 77 – 127 Lbs. – 60 Kg. Class [ 75 – 79]
  - Bench Press – One Arm – Left – 19.5 Kg. – 43 Lbs.
  - Press from Rack- Behind Neck – 27.5 Kg. – 60 Lbs.
  - Snatch from Hang – 20 Kg. – 44 Lbs.
  - Rectangular Fix – 18.5 Kg. – 40 Lbs.
  - Snatch – Dumbbell – Left Hand – 15.8 Kg. – 35 Lbs.
- Denny Habecker – 82 – 182 Lbs – 85 Kg. Class [ 80 – 84 ]
  - Bench Press- Alternate Grip -57.5 Kg. – 126 Lbs.
  - Deadlift- Middle Fingers – 61 Kg. – 134 Lbs.
  - Deadlift- Stiff Legged – 101 Kg. – 222 Lbs.
  - Habecker Lift – 80 Kg. – 176 Lbs.
  - Finger Lift- Left Index – 25 Kg. – 55 Lbs.

## DIAMOND JUBILEE 2025 RESULTS

May 23, 2025 Beth Skwarecki

**THE DIAMOND JUBILEE – A ONE-MAN CELEBRATION**

It wasn't meant to be such – but it was. After all, it was hybrid with no reason not to enter since lifts were accepted by the meet director, with or without officials – and there was no entry fee. None entered.

So Ol' Clark kept the event alive by doing what seemed to be token lifts – but weren't. They were the postings of a soon-to-be 93-year-old who hadn't done anything other than a couple of record days in the past year.

## **THE SECOND ANNUAL DIAMOND JUBILEE CHAMPIONSHIPS APRIL 26, 2025**

### **CLARK'S GYM, COLUMBIA, MO.**

**Bill Clark. Age 92. Bwt – 197.**

Deadlift – heels together – 150.

Deadlift – Fulton Bar – no thumbs (a non-USAWA lift) – 125.

Jefferson Lift – Fulton Bar – 150.

Bench press – reverse grip – 45.

Bench press – close grip – 45.

Seated press behind neck – from rack – 22.

Total – 537.

Adjusted total – 873.13.

## **RECORD DAY**

### **HIGH VIGOUR GYM (Colorado)**

The team – Diya is 17 and weighed in at 97.2 lbs; her sister, Nisha, is 16 and weighed 86.2 lbs. Their five team lifts have no equal in the USAWA.

Team deadlift – one arm, left – 105.

Team Zercher lift – 85.

Team Scott lift – 115.

Team squat-lunge – 95.

Team curl – cheat – 85.

Their next team lift will be an unsupported leg press. That truly will be an event. Interesting what happens when kids have the opportunity to be kids and not compared to the adults. I hope all under-20 USAWA members will join Clark's Gym in its hybrid competition – the Stars of Tomorrow on Parade – which has as its goal the Teenage National Championships on a day not a part of being secondary to the Over-20 crowd – with separate titles for boys and girls.

### **FROM CLARK'S GYM**

**Janet Thompson. Age – 67. BWT. – 163.** Deadlift – dumbbell – left – 80.

Deadlift – dumbbell – right – 101.

Deadlift – dumbbells – 2×70 – 140.

Deadlift – vertical bar – two inch – right – 61. Deadlift – vertical bar – two bars – two inch – 2 x 71 – 142.

**Allison Lupo. Age – 59. Bwt – 194.**

Bench press – two dumbbells – 2×20 – 40.

Deadlift – two dumbbells – 2 x 80 – 160.

Roman chair bench press – 15.

Team Jefferson lift – male/female – 336.

Team heels together deadlift – male/female – 422.

**Dave DeForest. Age – 65. Bwt – 176**

Neck lift – 375.

Deanna Lift – 400.

Deadlift – three-inch bar – 245.

Kennedy lift – 430.

Lurich lift – 385.

**Tony Lupo. Age - 59. Bwt - 239.**

Thor's hammer - 41.

James Lift - 40.

Ciavattone lift - Fulton Bar - 230.

Team Jefferson lift (male/female) - 336.

Team heels together deadlift (male/female) - 422.

**Bill Clark. Age - 92. Bwt. - 197.**

Deadlift - dumbbell - left - 100.

Deadlift - dumbbell - right - 101.

Deadlift - two dumbbells - 2x80 - 160.

Deadlift - vertical bar - 2-inch - right - 86.

Deadlift - vertical bar - 2 bars - 2x61 - 132.

**Logan Wenzel. Age - 10. Bwt. - 72.**

Peoples deadlift - 145.

Lurich lift - 165.

Kennedy lift - 165.

Deadlift - vertical bar - 2-inch - left - 46.

Deadlift - vertical bar - 2-inch - right - 46.

**Riley Wenzel. Age - 20. Bwt - 150.**

Press from rack - 120.

Jackson press - 120.

Hackenschmidt floor press - 215.

Lateral raise - sanding - 2x25 - 50. Deadlift - Fulton Bar - Ciavattone grip - 230.

**Jeff Wenzel. Age - 50. Bwt - 246.**

Piper squat – 300. (Most by anyone – ever). Foot press – 1705 (Most by anyone – ever). Lateral raise – lying – 2×61 – 122.

Bench press – left hand – 125.

Bench press – right hand – 140.

### LIFTER OF THE MONTH, MAY 2025 – JESSICA HOPPS

May 29, 2025 Sanjiv Gupta



Jessica Hopps has shined during the month of May by winning the 2025 USAWA Heavy Lift Championship with a very impressive 1830 pound total to earn May Lifter of the Month honors. This came on the heels of the March New England Winter Heavy Lift Classic where she won the women's field with a 2000 pound total.

Jessica has records on the books going back to 2013. She has competed at National Championships and World Championships and is well on her way to the Century Club with 65 records to her name.

Congratulations Jessica!

**El Paso Local Meet (Colorado Springs, CO)**

May 29, 2025 Beth Skwarecki

**Name of meet:** El Paso Local Meet

**Date:** June 30, 2025 **postponed until further notice**

**Entry deadline:** June 2, 2025

**Weigh-in time:** 7 a.m.

**Lifting begins:** 7:30 a.m.

**The lifts:**

- Abdominal Raise – on Roman Chair
- Continental to Chest
- Deadlift – No Thumb, One Arm
- Press – From Rack
- Bench Press – One Arm

**How to enter:** Contact RJ Jackson on USAWA Facebook messenger for entry form and details.

**Record day:** A record session will follow or be held on the next day.

**Memberships:** Current USAWA membership is required. Open and Masters groups.

**Awards:** USAWA merchandise.

**Contact:** Contact RJ Jackson on USAWA Facebook messenger for information

**USAWA Merchandise Close out sale!**

May 30, 2025 KCSTRONGMAN

Here is the inventory we currently have left in stock. Upon getting rid of this inventory, we will look at another method by which to sell USAWA Merchandise. Here is what we have left:

\$15 Blue Official's polo shirt: 1-3X

\$8 each Black short sleeve T-shirts: 2 Large

\$8 each Gray short Sleeve T-shirts: 3 -large, and 3- 3X

\$10 each Black Long Sleeve T-shirts: 1- Large, 5- XL, 2 -XXL, 1- XXXL

\$10 each Gray Long Sleeve T-shirts: 1 -medium, 3- XL, 1- XXXL

\$15 Gray Hooded Sweatshirts: 1- small, 1 -XXL, 1 -XXXL

Black hooded sweatshirts are SOLD OUT!

Copious amounts of the old blue patches and water bottles. I will throw some in for free on any order. Order multiple shirts and I will cut you a deal. Just send me an email at Sal Guimino@yahoo.com. Let me know what you want, and I will let you know what kind of a deal we can cut. The more you order, the sweeter the deal will be.

### **2025 USAWA NATIONALS Update #3**

June 1, 2025 Beth Skwarecki

by Clint Poore

A mighty day of strength to you!

Thank you to everyone who has registered so far, it looks like the 2025 USAWA Nationals is going to be an exciting and memorable National Championship! Please check to list below for the current roster.

1. We are less than 2 months away from the 2025 USAWA Nationals and the ROOM BLOCK will be closing soon! **If you do not reserve a room before JUNE 8TH, you may not be able to get one.** The price will change after the room block is released. Please use the information provided to reserve your room today.

**HOTEL – BAYMONT INN phone #(606) 387-7238.** You must call the Baymont Inn to receive the group rate. You will not receive the group rate if you book online through a third party.

#### **Group code is USAWA**

The Baymont Inn has a block of 20 rooms for the USAWA for 139 dollars per night plus tax, more rooms can be added if necessary.

You must call the Baymont Inn to make a reservation with the group code. This is peak season for Lake Cumberland and Dale Hollow Lake, meaning the **rooms will only be held until JUNE 8TH!** After June 8, the group code will no longer be available. Due to being the peak season for travelers, each reservation must be for a minimum of two nights, Friday &

Saturday night. This is a destination location for travelers and you must book before the deadline of June 8th. If you wait to the last minute you may not get a room.

**2. The entry deadline is July 1st**, please make sure you get registered and signed up before then. Late entries will not be accepted. Don't wait to register, because its going to be a fantastic meet!

**3. I have been asked if the Mighty Buffville Stones will be available to lift!** Yes, they will be available on Friday, the day before Nationals and Sunday after Nationals. For anyone interested in etching their name in history by lifting the Mighty Buffville Stones, please let me know and we will set up a time for you to earn your t-shirt and hoist the Mighty Buffville Stones!

Here is the current roster for the 2025 USAWA Nationals

26 confirmed lifters from 10 states and 2 countries!

Chris Frappier

Kyle Frappier

Jerry Wilson

Jeff Bankens

Isaac Bankens

Clint Poore

Ashley Stearns

Aaron Rains

Randy Richey

Jarrodd Gaddis

Beth Skwarecki

Sanjiv Gupta

Allison Lupo

Tony Lupo

Randy Smith

Helen Kahn

David DeForest

Chad Ullom

Toby Ortega

Frank Ciavattone

Dan Jones

Jessica Hopps

Wade Marchand

Nils Larson

Dennis Habecker

Larry Traub

### **Results – Ledaig Heavy Athletics Record Day 2025**

June 8, 2025 Beth Skwarecki

#### **LEDAIG RECORD DAY – May 31, 2025 – Clark’s Gym**

##### **Dave DeForest. Age – 65. Bwt. – 182**

Wrist curl – 140.

Clean and jerk, dumbbell, left – 60.

Clean and jerk, dumbbell, right – 65.

Crucifix – 2×22.5 – 45 lbs.

Two-hand clean and seated press behind neck – 85.

##### **Will Hose. Age – 21. Bwt. – 172.**

Two-hand clean and seated press behind neck – 105.

Clean and press – two dumbbells – 2×30 – 60.

##### **Dave Beversdorf. Age – 59. Bwt. – 300.**

Bavarian deadlift – 406.

##### **Allison Lupo. Age – 59. Bwt – 197.5.**

Wrist curl – 65.

Team wrist curl – 200.

Team cheat curl – 140.

Team deadlift – thumbless – 405.

Team continental to belt – 405.

**TONY LUPO. Age – 59. Bwt. – 244.5**

Wrist curl – 160.

Team wrist curl – 200.

Team cheat curl – 140.

Team deadlift – thumbless – 405.

Team continental to belt – 405.

**LOGAN WENZEL. Age 10. Bwt. – 74.**

Foot press – 200.

Clean and jerk behind neck – 25.

Clean and press seated – 15.

Bavarian deadlift – 106.

Deadlift – two dumbbells – 2×45 – 90.

**RILEY WENZEL. Age – 20. Bwt. – 143.**

Press behind neck from rack – 115.

Reverse grip press – 112.

Foot press – 1175.

Chin-up – 45.

Pull-up – 45.

**Jeff Wenzel. Age – 50. Bwt. – 239.**

Pinch grip – 393.

Chin-up – 25.

Pull-up – 25.

Abdominal extension – 181.

Deadlift – three-inch bar – 325.

**CHAD ULLOM AGE 53 ..... WT 214.5 (DAVE GLASGOW, JUDGE)**

12" base DL no record....365

DL no thumb right (no record).....205

rec fix no record.... 105

**LARRY TRAUB AGE..71 WT. 197.5 (CHAD ULLOM AND DAVE GLASGOW, JUDGES)**

2 BAR DL.....370

BP FEET IN AIR....235

REEVES DL.....340

JEFFERSON....400

**DAVE GLASGOW AGE 71 WT. 250 (CHAD ULLOM, JUDGE)**

PUSH PRESS FROM RACK.....140

PEOPLES DEADLIFT.....385

CONTINENTAL SNATCH.....95

ONE ARM DEADLIFT , RT. HAND.....250

HALF GARDENER..... 17

**EVERETT TODD (ERIC TODD, JUDGE)**

Age 12 years

BW 118 (55 kilo class)

Bench Press-Fulton Bar 70

Clean and Press 55

Continental to belt 101

Squat 12" base100

Deadlift 12" base 156

**[The H.J. Lutcher Stark Center For Physical Culture and Sports](#)**

[June 9, 2025 Sanjiv Gupta](#)

The Stark Center has been on my list of attractions for quite some time. The family was teasing me as it was my Disneyland. I was recognizing pictures, people and pointing things out wherever I could.

It is housed at the University of Texas at Austin in the football stadium. Entering the stadium and taking an elevator to the 5th floor, visitors are greeted by the Warren Lincoln Travis dumbbell and a large main room with a stein display and large paintings. To the right is the library and research archives. To the right are the exhibits.

As I cannot do justice or organize my thoughts, I will just do a photo dump with my pictures and why they jumped out to me.

I did talk to Patty at the research center, and she is familiar with the USAWA and has several of Bill's Strength Journals as Terry Todd was a subscriber.



Warren Lincoln Travis' Dumbbell



Warren Lincoln Travis' exhibition barbell from Coney Island



Bob Peoples' stone loaded wooden barbell. The height seems similar to a standard barbell.



Sig Klein's 160 pound stage barbell. The stage and splendor of strongman and odd lifting should not be forgotten.



Barbell made by Terry Todd and used by Mark Henry to train for 2002 Arnold Strongman Classic. It was neat to see equipment made from what could be found in the oil field.



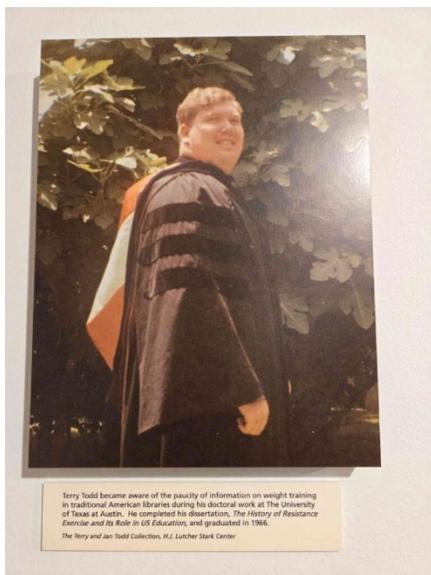
George Jowett's Anvil. Anvils have never been part of USAWA. It would be a challenging opportunity as the shape of every anvil is unique.



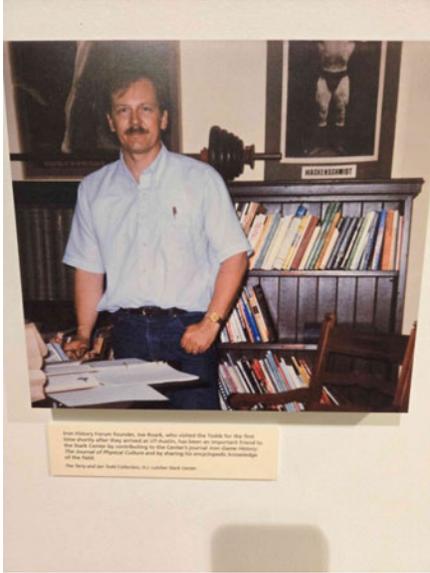
Basque Lifting Stone. I need to do some homework on this.



Jan and Terry Todd with some of his collection. Love the Iron Man plates.



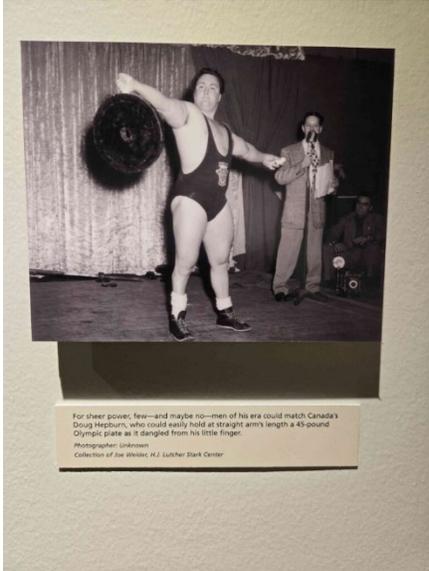
Terry Todd earning his PhD in 1966. His interest led him to a doctorate degree.



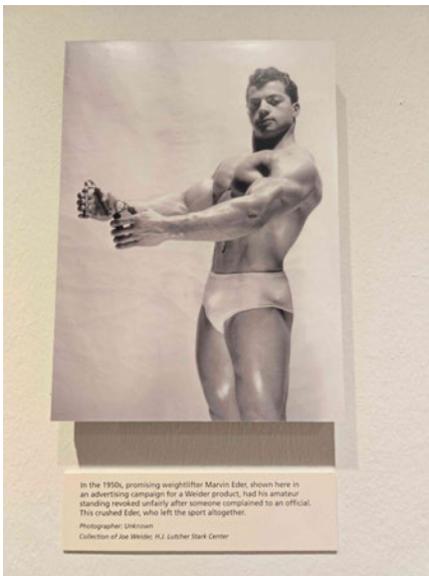
Ironhistory Forum founder Joe Roark. I am subscriber and love the content.



Louis Cyr and his dumbbell.



Doug Hepburn holding a 45 pound plate at arm's length by his little finger



1950's picture of Marvin Eder with some grippers



Tommy Kono and Pete George with a 375 pound Team Clean & Jerk



Tommy Kono entertaining the crowd



1991 National Powerlifting meet. I am a Purdue grad and love seeing the support for women's competition.



Her story chalkboard with Diya's current claim to fame



Katie Sandwina



Richard Sorin's 1991 close of the #3 Gripper



Cool statue in the library



Stein Collection

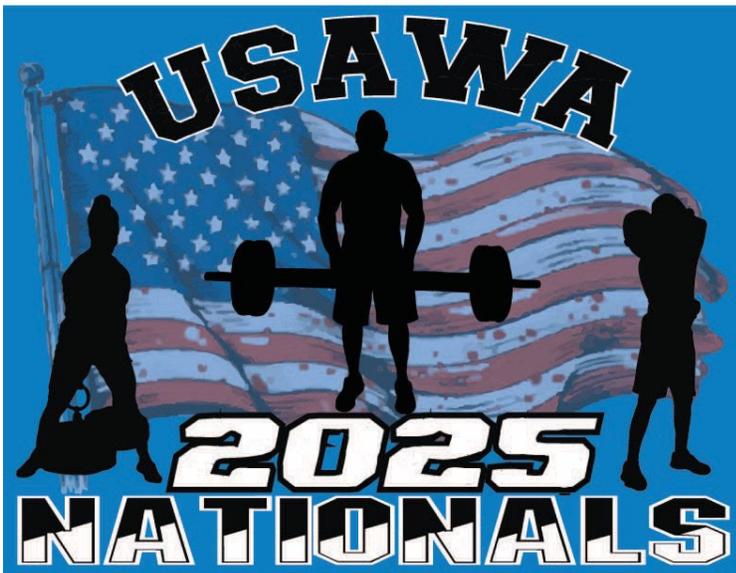


Frank Zane in a vacuum, Lou Ferrigno in a front double bicep and myself in overhead hands out double biceps. These paintings were just cool.

#### [USAWA Nationals Update #4](#)

[June 15, 2025 Beth Skwarecki](#)

by Clint Poore



A mighty day of strength to you!

We are now a short 5 weeks away from the 2025 USAWA Nationals in Albany, Kentucky. I wanted to pass along a massive THANK YOU to all the lifters who are attending this year's Nationals. It will be a great event and a lot of fun. As of today, all registered lifters for the

2025 USAWA have current memberships... THANK YOU. This is always a huge burden for any meet director and having all the lifters have current memberships will make things go smoothly. Here are a few items I would like to share about the upcoming 2025 USAWA Nationals.

1. We currently have the largest USAWA Nationals field since 2003 with 27 lifters(see roster below). We lost a couple of lifters for various reasons. A breakdown of the lifters shows we currently have lifters from 10 states and 2 countries, this should be very exciting. If you know of anyone who would like to lift at the 2025 USAWA Nationals please have them register ASAP. The entry deadline is July 1<sup>st</sup> and will be enforced. I would love to see this meet go over 30 lifters. We are heading the right direction and let's keep moving forward.

2. CALL FOR REFEREES! If you are interested in refereeing at the 2025 USAWA Nationals please let me know ASAP. All referees will be required to wear a blue polo while officiating, shorts or pants are fine. The blue polos do not have to have a logo on them, just be blue for uniformity of officials. We want this to be as professional as possible. Referees will not be lifting in the flights they are officiating. This will help streamline the meet. Please let me know ASAP if you want to referee at nationals and THANK YOU!

3. There will be over 40 chairs available to sit in at the meet location, but if you want to bring your own chair, please feel free to do so.

4. The local newspaper, the Clinton County News, will be doing a pre-Nationals and post-Nationals article about the 2025 USAWA Nationals! Also, if you would like to have your hometown/local news paper do an article about your participation at the 2025 USAWA Nationals, please let me know. I will make you sound great and write a flattering article for your paper or have your local newspaper give me a call @ 606 688-2600 and we can do an interview about your tremendous lifting at Nationals!

5. On Friday, July 18, the Southern Kentucky Distillery Tour is set for 2 pm and the national meeting is set for 5:30 pm at Angie's Family Restaurant. Please let me know if you are attending the national meeting and distillery tour so we can have an accurate head count, thank you.

The next update will include flights and award divisions. At the moment, awards will be given in weight classes and age group winners. The Men's & Women's Overall Best lifter will be awarded as well. Men's & Women's Overall Master and Junior Best Lifter will be recognized as well. All lifters will be receiving medals for lifting at the USAWA Nationals.

Updated Roster for the 2025 USAWA Nationals

27 confirmed lifters

- Chris Frappier
- Kyle Frappier
- Jerry Wilson
- Jeff Bankens
- Isaac Bankens
- Clint Poore
- Ashley Stearns
- Randy Richey
- Jarrod Gaddis
- Beth Skwarecki
- Sanjiv Gupta
- Nisha Gupta
- Diya Gupta
- Lisa Gore
- Allison Lupo
- Tony Lupo
- Randy Smith
- David DeForest
- Chad Ullom
- Toby Ortega
- Frank Ciavattone
- Dan Jones
- Jessica Hopps
- Wade Marchand
- Nils Larson
- Dennis Habecker

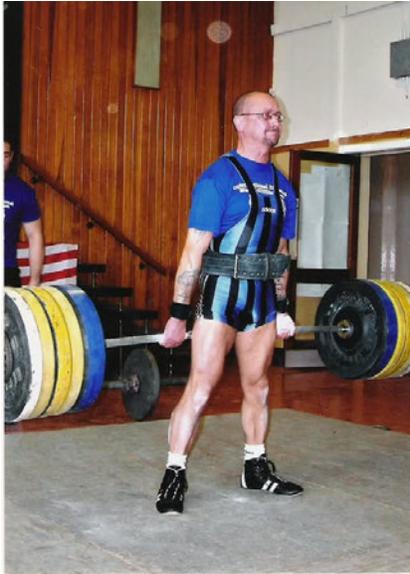
- Larry Traub

BE STRONG

Clint Poore

## 2025 Andy Goddard Memorial World Postal Championship

June 19, 2025 Sanjiv Gupta



IAWA President, Paul Barette, recently announced and invited lifters to participate in the 2025 IAWA World Postal Championships. Once again, honouring our IAWA friend Andy Goddard.

Contested lifts are those of Day 1 of the IAWA World Championships.

One Hand Clean & Jerk (IAWA B25, USAWA A9)

Clean & Push Press (IAWA B31, USAWA A18)

Pullover & Push Press (IAWA B41, USAWA A36)

Straddle Deadlift (IAWA C12, USAWA B19)

Full details can be found on the [IAWA\(UK\) Website](#)

Closing date for entries is 31st August! to Paul Barette at:

[iawa@metamorfit.co.uk](mailto:iawa@metamorfit.co.uk)

As a newcomer to All-Round Weightlifting, USAWA and IAWA, I never got the opportunity to meet Andy Goddard. Andy came to All-Round lifting after battling stomach cancer that ended his Army career and nearly took his life. He was a fierce competitor that could

deadlift 3X his weight in several deadlift variations. After lifting in the 2008 World Championships, feeling a little off, he went to the hospital to discover that the cancer had returned and spread. In 2009, the World Postal was promoted by Steve Gardner in Andy's memory. This tradition has been continued during Al Myer's 12 years as IAWA President and now under Paul Barette's leadership. It is worth giving [Steve Gardner's story](#) a read.

[Information Sheet](#)

[Entry Form](#)

This is the first of three annual events run by IAWA. Competing in the World Postal Championship, the World Championship and the Gold Cup in the same year earns athletes the Commitment Award.

### [Old Time Strongman Championship](#)

[June 20, 2025 KCSTRONGMAN](#)

By Eric Todd



John Strangeway in the People's Deadlift in winning his 2019 title

### **Meet announcement**

KCSTRONGMAN is excited to announce the fourteenth installment of the Old Time Strongman Championship. This will be the eleventh time this meet has been held at our facility, with the first three being held in Kirksville, hosted by Thom VanVleck's JWC club. Ours is a no-frills facility, and a no frills meet. It is a place where big hitters get together to lift heavy weight. There is no climate control other than opening a door and some windows (we do have a big fan, but then you might not be able to hear the down command). The

latrine comes in the form of an outhouse out back. We dust out the spider webs and knock down any wasp nests before you get there. The weights might be rusty, but they get heavy enough, anyhow.

Since its inception, there have been seven men's division winners, and five women's. Chad Ullom and Phoebe Todd have won four apiece. Who out there is ready to take up the challenge and vie for the title of 2025 Old Time Strongman Champion? We hope to have a fantastic turnout. Details below:

**Meet Director:** Eric Todd

**Location:** 10978 SW Pueblo, Turney, MO 64493

**Weigh Ins:** 9:30

**Rules:** 10:15

**Lifting starts:** 10:30

**Lifts:** Thor's Hammer, Apollon's Lift, Saxon Snatch, Kennedy Lift

**Awards:** We will have awards for the lifters

**Payment:** can be cash, check, or paypal to SalGuimino@yahoo.com

Entry form follows:

[2025 USAWA Nationals Update #5](#)

[June 26, 2025 Beth Skwarecki](#)

A mighty day of strength to you!

The 2025 USAWA Nationals is less than one month away and things are looking great for a fantastic meet.

I wanted to say a massive THANK YOU to everyone who has registered so far, all memberships are current and we are excited to see old friends and meet new ones as well. Here are 5 quick points to remember as we inch closer to Nationals.

1. First a HUGE THANK YOU too our sponsors of the 2025 USAWA Nationals!

Arm Assassin Strength Shop for sponsoring the Saxon Deadlift event, Cerberus Strength USA for sponsoring the Dinnie Lift event and Weight It Out for providing weights for the platform! Thank you to each of these companies and we greatly appreciate it. Lifters please remember these fine companies when making your strength equipment purchases, they are supporting us and let's support them with our business.

2. JULY 1 is the deadline to enter the 2025 USAWA Nationals, that's just a few short days. If you are considering lifting in the meet, it will be phenomenal and we would love to have you lift with us.

Don't wait SIGN UP TODAY! Just click on the link to enter right away....

<https://www.eventbrite.com/e/2025-usawa-nationals-tickets-946795770637?aff=ebdssbdestsearch>

<p><a href="#">2025 USAWA NATIONALS Tickets, Sat, Jul 19, 2025 at 8:00 AM – Eventbrite</a>Eventbrite – 2025 USAWA NATIONALS – Saturday, July 19, 2025 at Dale Hollow Lake State Resort Park, Burkesville, KY. Find event and ticket information.<a href="http://www.eventbrite.com">www.eventbrite.com</a></p>
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3. Referees at Nationals! We currently have 12 referees signed up to register at the Nationals. If you are a current USAWA referee and would like to referee at the meet, please let me now ASAP. All referees will need to wear a blue polo shirt with shorts or pants. Thank you to all referees for being willing to support the USAWA with your time and effort.

4. Awards at the 2025 Nationals will be given by weight class first and then age groups. The best lifter awards came in this week and look nice. We will have a Best Lifter award for Overall, Junior (20 & under), Senior (20-40) and Masters (40 and over). Plus, we will be awarding the USAWA NATIONAL TEAM CHAMPIONS!. We currently have 8 teams(USAWA clubs) signed up for Nationals, this looks like a record turnout for teams lifting at Nationals. The scoring will be done by taking the top 3 from each team and adding their total points together. Teams can only score with present members. As an example, if a team has 2 members present at Nationals they will have 2 scoring lifters. We have a very nice Eagle sculpture to award to the winning Team at the 2025 USAWA Nationals.

5. The Bourbon Distillery tour at 2 pm on Friday at Southern Kentucky Distillery has close to 20 people attending so far. If you would like to see and taste a little Kentucky Bourbon please let me know ASAP, so we can add you to the distillery tour. It's a beautiful location less than 15 minutes from the Baymont Inn.

Following the distillery tour will be the USAWA National Meeting at Angie's Family Restaurant in Albany, Kentucky. Please be at Angie's Restaurant between 5 and 5:30 pm to get your order in or eat from the buffet. All attendees are responsible for their own food

costs. The National meeting will begin at 6 pm, please come to the national meeting and support the USAWA.

Updated

2025 USAWA Nationals

30 confirmed lifters

Chris Frappier

Kyle Frappier

Jerry Wilson

Jeff Bankens

Isaac Bankens

Clint Poore

Ashley Stearns

Randy Richey

Brian Guffey

Jarrold Gaddis

Beth Skwarecki

Sanjiv Gupta

Nisha Gupta

Diya Gupta

Lisa Gore

Allison Lupo

Tony Lupo

Randy Smith

David DeForest

Chad Ullom

Toby Ortega

Frank Ciavattone

Dan Jones

Jessica Hopps

Wade Marchand

Nils Larson

Dennis Habecker

Larry Traub

Dave Glasgow

Chris Henderson

BE STRONG

Clint Poore

**[Roster for HomeGymCon Push/Pull](#)**

[June 26, 2025 Beth Skwarecki](#)

by Clint Poore

#	Lifter	Club	Gender	Birth Date	Age
1	Lynne Homan	Buffville Gym	F		62
2	Alexandria McDonald	Iron Palace Podcast	F		18
3					
4	Mark Evans		M		69
5	Michael Hanlein		M		31
6	Ashley Stearns	Buffville Gym	M		45
7	Kyle Agre	Iron Palace Podcast	M		18
8	Jarrold Gaddis	Buffville Gym	M		47
9	Allen Fagg	Iron Palace Podcast	M		47
10	Chris Henderson	Body Max Barbell	M		35
11	Bret Newcomb		M		42
12	Kenneth Viktora Jones		M		36
13	Michael Cotney	Iron Palace Podcast	M		52
14	Cole Bersaglia	Iron Palace Podcast	M		20
15	James Hall	Buffville Gym	M		54
16	Randy Richey	Body Max Barbell	M		62
17	Brian Guffey	Body Max Barbell	M		39
18	Tim Paul	Buffville Gym	M		65
19	David Paul	Buffville Gym	M		29
20	Charles Mullenex		M		33
21	Clint Poore	Buffville Gym	M		51

### **El Paso Meet Postponed**

June 27, 2025 Beth Skwarecki

The [El Paso meet](#) originally planned for June 30, 2025 in Colorado has been postponed until further notice.

## [2025 National Championship Preview](#)

[June 29, 2025 Sanjiv Gupta](#)

I am starting to get excited about the 2025 National Championship in Albany, Kentucky.

With (30) registered athletes, this will be one of the larger fields for nationals. The past 10 years have had an average of 14 lifters. You must go back to 2002 at Ambridge, PA for the last field over 25 athletes and the record seems to be 37 athletes who descended on Cleveland, OH in 1994. As of this writing, 8 of 10 USAWA clubs will be represented. The 30 athletes have combined for over 250 years on the platform and set over 3000 records.

With (4) lifts, this will be the fewest lifts ever used to decide a National Champion. (10) lifts had been typical in the early years and the last 10 years have seen an average of (6) lifts. This will also be a one-day meet. The last 10 years have seen (7) one-day meets and (3) two-day meets. With all the fun activities around Kentucky, I am sure folks will find plenty of things to do with a day off on Sunday.

Interestingly, all the lifts will be from the Strongman Category. Typically, we have seen a broad mix of cleans, presses, snatches, jerks, deadlifts, squats, curls, pullovers, dumbbell lifts and even the occasional Fulton bar lift, Heavy Lift or Special equipment lift. All (4) lifts are IAWA lifts as well so there is an opportunity to set age group, National and world records. Remember to set a National record you must not only perform at Nationals, but your lift has to be an all age class record for your weight class.

Hackenschmidt Floor Press, Dinnie Lift, Saxon Deadlift and Dumbbell to Shoulder are all being contested for the first time at a National Championship. With the large field, these should all go quick and should be easy to judge. They are all taken from the floor and do not require rack height adjustments, chain length adjustments, checking a bar for balance, etc. For those all-rounders who have struggled with overhead movements, this meet is for you. With the Saxon Deadlift being very implement dependent it will be interesting to see how the warmup area is set up and how many competition platforms will be used.

Judging will not be an issue as there will be (12) Level 2 and (4) Level 1 officials in attendance.

The large field also bodes well for the annual meeting. USAWA has seen solid steady participation numbers and that has brought some contention regarding drug testing, supportive equipment, uniforms, USAWA officers, association with IAWA, new lifts, rule

changes and by-law changes. Most can be accommodated with a simple majority, but by-law changes will require a 2/3 majority vote.

We have also been fortunate to see a large influx of provisional Canadian members the past two years. Aside from brief bubbles of participation from New Zealand and Spain; Canada offers the best opportunity to grow All-Round weightlifting worldwide or at least give North America a larger voice.

There will be (6) athletes competing for the women's title. (4) masters athletes and (2) juniors. Beth Skwarecki is the favorite having won the past four years. The women's junior championship is up for grabs as recent past champions Lilly Todd, Phoebe Todd and Daphne Lansdown will not be in attendance.

There will be (24) athletes competing for the men's title. 2024 Champion, Abe Smith, will not be in attendance, but runner up Randy Smith will be there. Dave DeForest has been a top five finisher the past few years as well. Larry Traub was the 2012 runner up and appears to be in good form. Chad Ullom was the 2014 champion, and these lifts should suit him well.

Isaac Bankens appears to have a lock on the men's Junior division. The Senior division will be a battle between Brian Guffey, Kyle Frappier and Chris Henderson.

Safe travels to the athletes and supporters who will be making their way to Albany, KY.

## **2025 Survey Results**

June 30, 2025 Beth Skwarecki

Hi everyone,

Attached are the results of the survey that was done earlier this year. I'd especially like to invite anyone who will be attending the Annual Meeting on June 18 to take a look at these results, as they indicate what our members (and a few past/future/potential members) want to see in the organization going forward. Thank you to everyone who participated, and to the survey committee for organizing this.



# USAWA

## USAWA Survey

54 responses

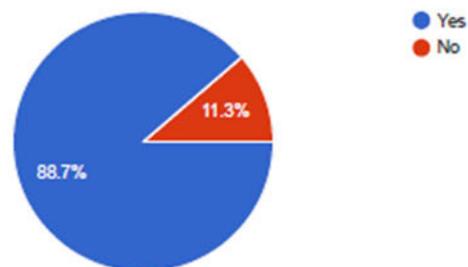
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### Background Questions

Are you currently a USAWA member?

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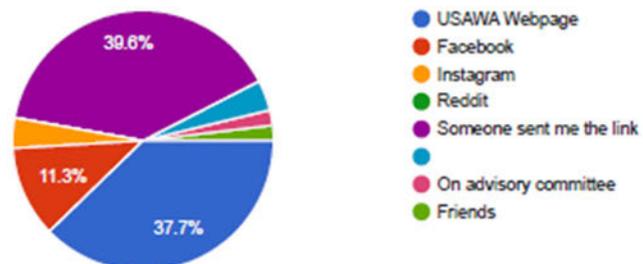
53 responses



How did you hear about this survey?

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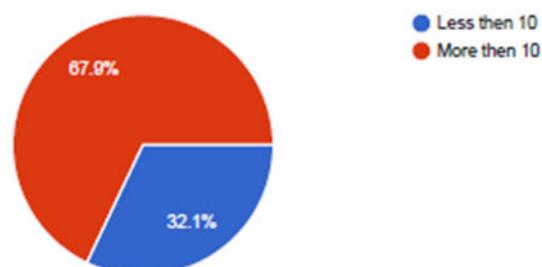
53 responses



How many years of strength sports experience do you have?

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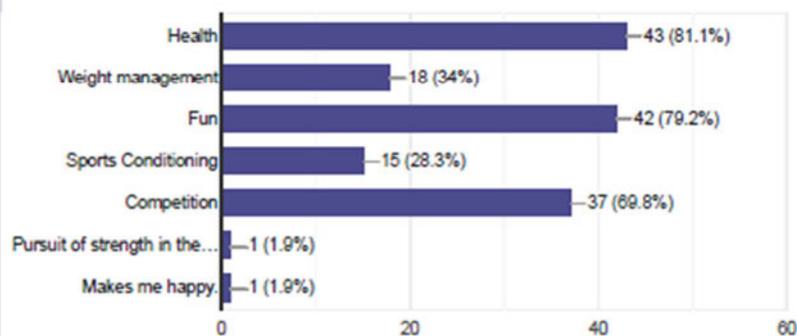
53 responses



Why do you primarily train? Select all that apply.

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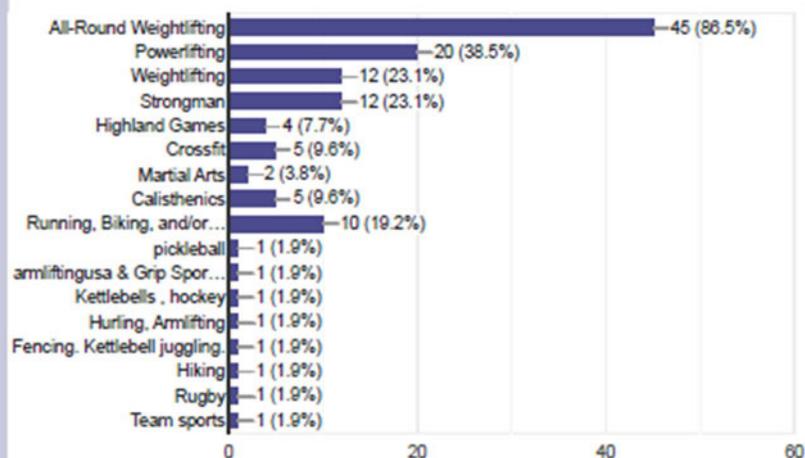
53 responses



What sports do you train/compete in? **Select all that apply.**

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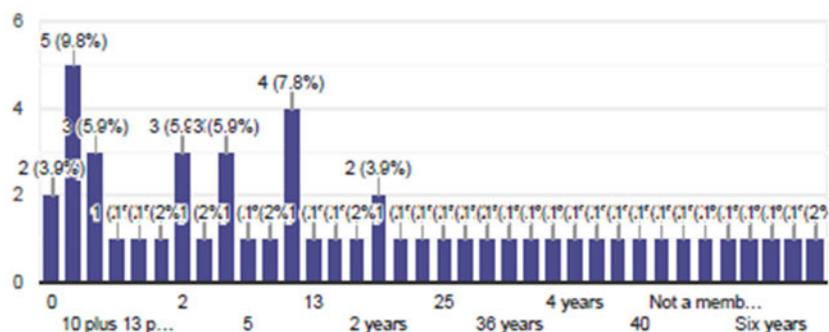
52 responses



How long have you been a member of the USAWA? (Answer in number of years)

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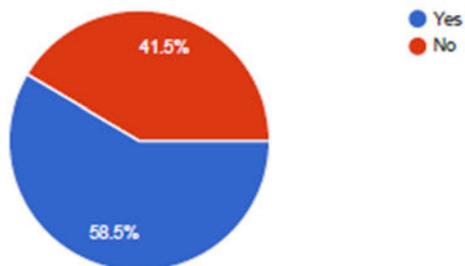
51 responses



### Do you belong to a USAWA club?

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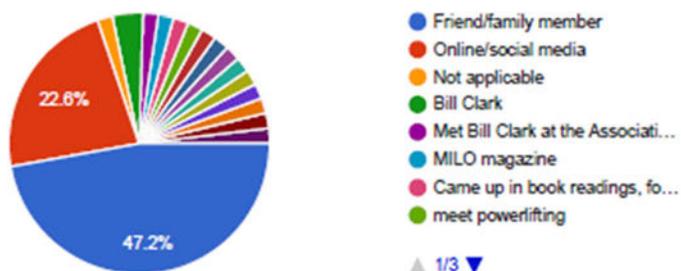
53 responses



### How did you here about the USAWA?

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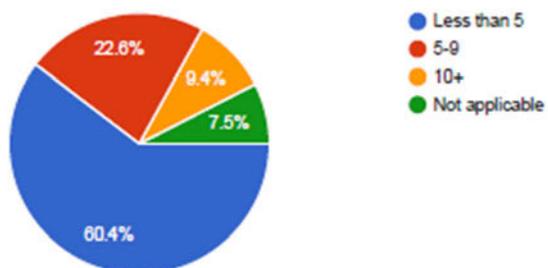
53 responses



### How often do you compete in person in USAWA meets annually?

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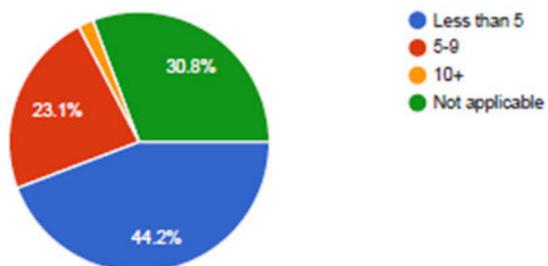
53 responses



How often do you compete remotely in USAWA meets annually?

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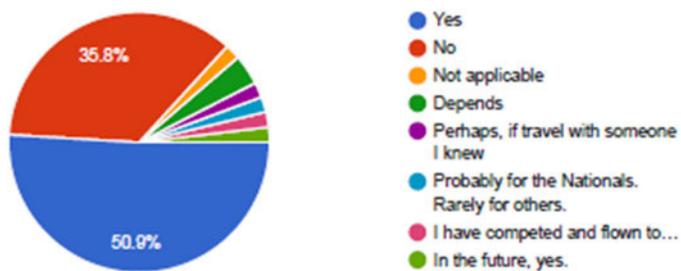
52 responses



Do you/would you travel for events beyond 5 hours of driving from your house?

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53 responses



## Would anything make it easier for you to compete?

29 responses

Not really

Depends on the lifts, whether I feel comfortable with them. I feel some are dangerous and won't risk getting injured.

The ability to wear leggings/yoga pants especially during the cold months.

N/A

Venues close to major airports

Closer to a major airport and a nice hotel

I live in an area with no judges, so I have to travel to compete.

More events near me

A newsletter to find out about competition either near me or on line.

Competition in Pacific Northwest

I don't think so.

I am the only certified judge in my area (UT). I am at a disadvantage because unless I travel, I cannot contest any records. I would love it if, as a judge, I could compete in the Postals by submitting my virtual lifts to another judge (or two) I could contest lifts and participate fully without the cost of long distance and time away from home and work.

For meets during occur in more accessible locations that are near airports.

Additional events in Dufferin-Wellington County

The remote meets make it easier to still stay involved with the all-rounds.

Enjoying traveling. (I.e., I don't usually enjoy traveling )

Yes having competition in South Carolina .

No



Local Meets. I'm in metro NYC - there should be enough people.

More competitions closer to where I live.

Nothing

No, my reasons for not competing are usually personal.

My own issues, either health or financial

Knowing the events at least six months in advance

Not really.

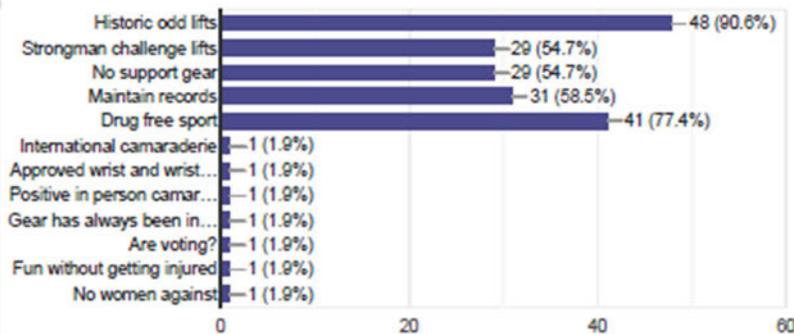
More competitions in florida

A body that was 20 years old again!

meets in Lexington or Winchester, Ky

What would you consider to be USAWA guiding principles? **Select all that apply** [Copy](#)

53 responses

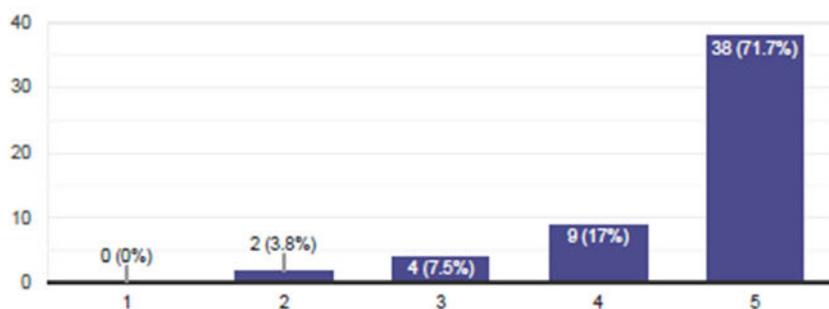


How do you feel about the following statements?

The USAWA is a welcoming, friendly, and inclusive organization.

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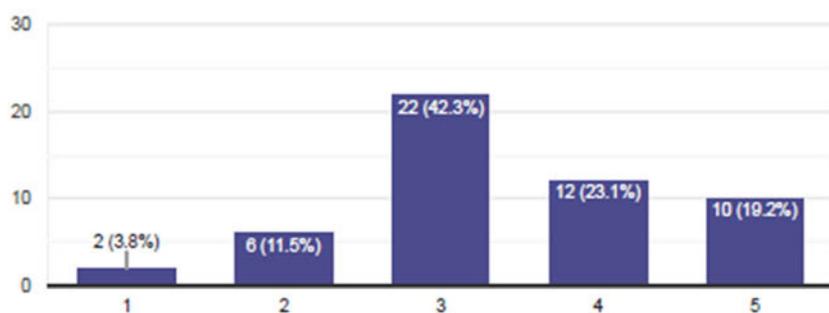
53 responses



The USAWA is going in the right direction.

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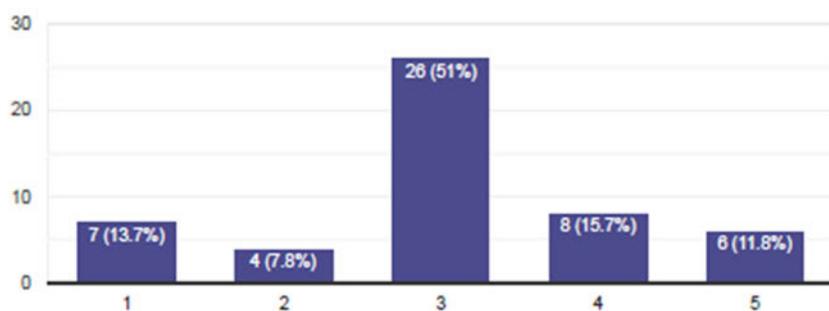
52 responses



I have a voice in how the organization is run.

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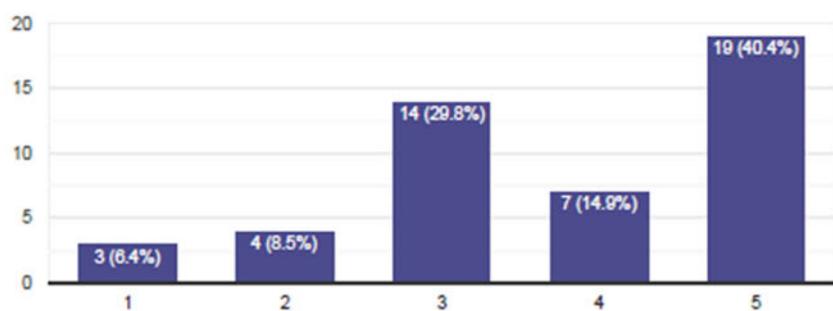
51 responses



The executive board acts in the best interest of the organization.

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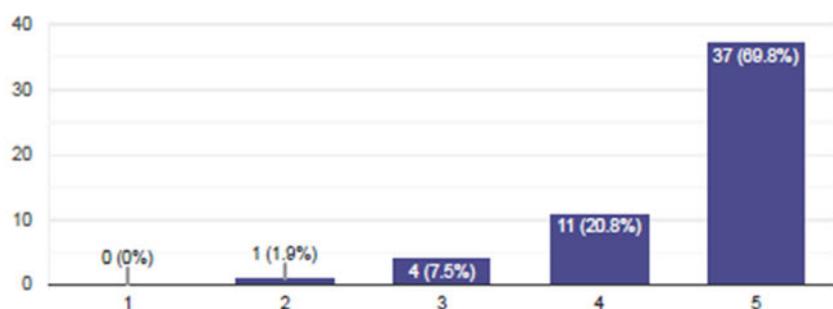
47 responses



I like being able to set records.

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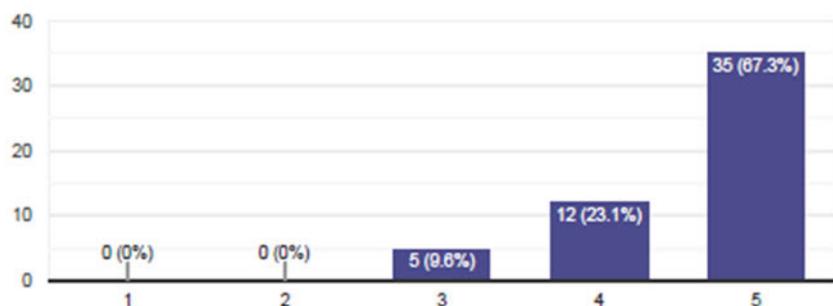
53 responses



I like competing on the platform in live competitions.

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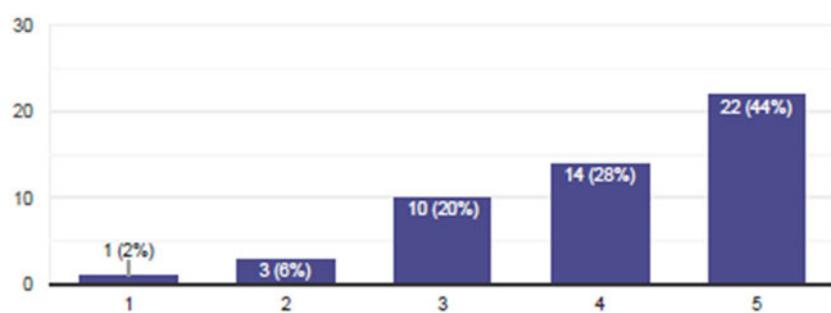
52 responses



I enjoy the content on the USAWA website.

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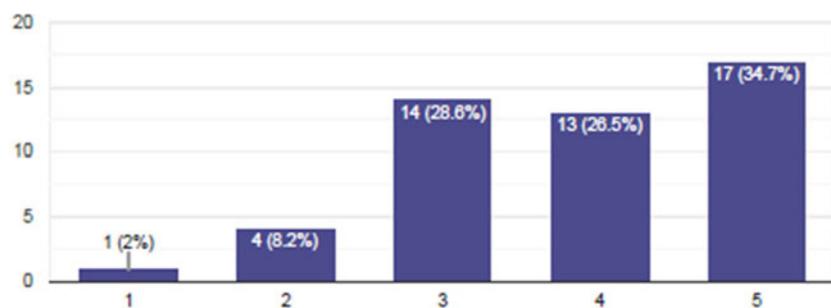
50 responses



I enjoy the content of USAWA social media.

 Copy

49 responses



Personal responses

Please list your top (3) challenges the USAWA faces.

39 responses

Lifts that are not mainstream that most people can do. Too many lifts, whereas you could narrow it down significantly and still cover the fundamentals of each category of lifts. Not a well known organization to strength athletes.

Money, recruiting new members, and the snails pace at which things can be changed and or addressed, once a year is not enough in this Internet age.

1.) Deviation from tradition and founding principles

Geographic distance between athletes; Competition calendar dominated by 2-3 meet directors and not coordinated; Much easier to compete in other sports like Highland Games and Powerlifting (don't need equipment and every state has several events in those sports)

To stay true to the values that the organization started with .[ drug free, no support equipment]

growth. locations to compete. geography

Publicizing USAWA to lifters in other disciplines and to general gym-goers. Small membership base.

Growth and Expansion

Modernizing to current strength world

Having more people with experience outside the USAWA

Publicity; Need for growth (specifically we should have a clear direction for how we want to grow); Education resources for All-Round Lifters (Outside of our rule book, what is the definitive book on All-round Lifting? What's the starter resource for a new lifter?)

1. Recruitment of new members

2. Maintaining the original idea of raw lifting without wraps , sleeves and equipment except as presently allowed

3. Adding additional content to the website pertaining to training, history, etc.

Growth, finances, new leadership

#1) Attracting new members. #2) Retaining members. #3) Deciding what types of knee/elbow sleeves to allow or disallow, etc.

good judging, growth, recruiting younger lifters

Being drug free because I have found so much drug use.



I am not sure, I have only two years of experience.

Recruiting

lack of promoters, lack of athletes, risk of losing its identity for the sake of growing to grow like adding support gear

Allowing people who live a great distances a chance to complete and contest records. Keeping these old time/historical lifts alive. Remaining drug-free and equipment minimal. Keeping the judging and the record lifts pure and accurate.

Gaining more members, marketing the organization, encouraging young people to join

Attracting new competitors, international competitions (increase Canadian opportunities)

Growing awareness & expanding

Expense of traveling. Keeping a drug-free organization. Attracting new lifters.

Billions of record days seem a bit excessive.  
Maintain the integrity of the organization.  
Being a small, niche organization is okay.

Remember where we came from! Stay 100% drug free! Have all members vote on major decisions!

Increasing acrimonious divisiveness. Members (attracting new and keeping old). Finding agreement (compromise?) regarding goals for the USAWA.

Having competition in more states . Attracting new lifters. Respect from lifters outside the org.

Keeping with the tradition of the usawa.  
Keeping negative factions at bay.

1. Public awareness 2. Very few or none: women, teenagers and youth lifters 3. Organization remains modest in size with a consistent but limited membership each year.

- 1) Current Leadership
- 2) Getting new members
- 3) Membership retention

Lack of exposure, Almost too many lifts and lack of meets

Lack of growth, poor online presence, clubs feel disconnected



Bringing in new members

I'm not sure

I don't know

A records list that has a way to search records like under certain lifts, women, men, age and weight groups would make it more user friendly. I have no idea how to make that a thing it's just a suggestion. 2) distance from life competitions but how do you fix that?

1-People wanting radical change at the expense of the organization's foundations 2-expanding the org without the expand at all cost mindset

Could be a power struggle in the future with different groups.

Membership expansion; using existing technology to allow all meets to be officated via zoom and/or video;; using e-mail to conduct business with the membership and making ALL issues known to the membership and all decisions by the board be available for review at all times and not just at annual meetings that have limited attendence. It is vitally important that all members be involved in every decision other than petty cash and housekeeping duties. No decisions involving the membership should be made by the board without knowledge and consent of the membership. Follow your own rules that allow non-by-law decisions to be reversed by a majority of one and all by-law decisions reversed by 2/3 majority.

1. Limited meets in multiple cities in Kentucky. 2. Limited meets in the USA 3. Lack of pro division

Please list your top (3) opportunities the USAWA should take advantage of.

38 responses

The number of strength athletes worldwide provides a good base of people to market to. Younger people with new, up to date ideas adding input. The flexibility of allowing remote meets provides ample opportunity, but also some inconsistencies in that everyone is not judged by the same referees.

Quarterly zoom meetings for the executive board, the membership should get to vote more on things, more remote meets.

Tap into the experience of member lifters to share training articles, tips, on the website, something everyone would enjoy reading.

Much easier to research weightlifting/strongman history, could be fun to have a historical director; Strongman and CrossFit have huge participant base, could be nice to co-sanction events or allow discounted dues for members of Strongman Corporation, USA Weightlifting, others); All-Round lifts require core strength, balance and grit, USAWA should promote the lifts as part of overall health & wellness

Social media,

remote competitions to help grow. Increase # of officials. promotion of drug free competition

CrossFit popularity. Tie-in to strongman broadcasts.

Making the referee exam online.

The uniqueness of the lifts in the USAWA

Adding Knee Sleeves to attract modern strength athletes from other sports

1) We have some seasoned lifters with a wealth of knowledge - we should look for ways to pass that on to younger generations; 2) We should publicize what happens in competitions consistently [photos, videos, as well as statistics]; 3) We could use USAWA to help the community in general (maybe a meet where the entry fee goes to a charitable cause like Special Olympics).

Growth in Canada

Go to shows and exhibitions like the Arnolds. More remote competitions.

the big national type weightlifting events that USAWA can participate in are great

Promote health benefits for ageing people.



## Exposure

back in the late 90s and early 00s there would be demo between lifts in powerlifting meets. try to include cross fit community/strongman folks

The USAWA needs to make more use of social media such as Instagram and TikTok to encourage participation from younger people; Make an obvious distinction from Olympic lifts or Strongman competitions.

## Exploring Canadian opportunities

Social media, sponsors, & online viewership

New clubs around the country and more enthusiastic promoters and meet directors.

I don't want to write 3 things.

Respect our Master lifters, respect the pioneers and history of this sport which has been around since 1986! Respect full awards as deserved!

Welcomes lifters of all levels, ages, etc. The large variety of lifts (Fun. Challenging. Everyone can find lifts that they "enjoy"). A really nice group of people to hang out with and do (often) usual things with weights.

Spread throughout the country . Strongman events old time strongman . Add a equipped division on the powerlifts

I believe that the usawa will continue to grow, given the recent influx.

1. Marketing to a diverse audience of younger athletes, including women. 2. A very large selection of lifts for people to choose from (no other strength organization can say the same). 3. Build a powerful brand with a robust website (weekly videos, tips, membership engagement etc).

1) Competitive records that are not part of the dominant strength sports.  
2) Records anyone can specialize in and achieve a stand-out record. Ie, you may not be a great overall lifter, but you can set records which even good lifters must train to beat. This makes competition approachable and fun for people who can't bench press 400 pounds or who are giant human beings.  
3) Online presence is huge. There are individuals online who are quite skilled at oddlifts and at building a following. Speaking to, or just learning from the individuals could be a good opportunity. And if they're interested, they may even support the USAWA.

Better use of social media



Yonger lifters and social media

Remote lifting, online lifting

Again I'm not sure

I don't know

Searchable data base.

Biggest opportunity is stay true to roots. We are not a powerlifting or push/pull org. Secondly is expand into new territories. We can do this without bastardizing the org into something it is not

1) more active on social media 2) more competitions in different states 3) more remote competitions

1)More qualified judges 2)More discussion about the lifts 3) More participation from youth

Seek joint membership opportunities that use our rules- such as crossfit and learn from them how to determine national champions via video. Also - use this time to make official the status of national championships for separate male and female athletes like every other successful sport in the world from the Olympics down and give teen-agers a championship of their own and not a part of an adult competition. You grow these divisions quickly when each has its own value and not compared to other ages and/or genders. And go back to the original rules of the IAWA which allowed no supports except for a four-inch waist belt - and no wraps except for the wrist when backhand was used in swings. It was one of the rules that made the IAWA unique.

1. Utilize live Facebook at meets. 2. Utilize live YouTube at meets. 3. USAWA magazine.

We value your opinion. Please share your thoughts.

Is there any additional information you would like to share to help the USAWA better understand your responses or provide insight into other areas you feel are important?

29 responses

No

To make the meets more legitimate, there should be consistency between all the lifters so some people are not given advantage because their buddy/training partner is judging them and no accountability of the lifting to anyone else because of remote lifting. Maybe make all remote meets videoed to share with the other referees who are judging remotely for consistency and fairness to all lifters.

Yoga/ legging pants for women, you'd get more women to participate, it's what we workout in, it does not provide support like sleeves and braces do.

The USAWA is quite possibly one of the last organizations that can provide opportunities for drug free and non assisted lifting in the tradition of the oldtime strongmen, weightlifter, powerlifters, etc.. Efforts to increase membership at the expense of traditional training values should be avoided at all costs.

I am pretty new to USAWA and despite following the website and social media, I feel like I don't really know many athletes. I have met about 20 different athletes at live competition and most rarely leave their home area, while a few travel all over the country. I think All-Round has a nice little thing going and while we should let more people know about us, we should not change our values, rules or history to accommodate new athletes. It may be time to divide the organization so the folks that want a lot of change can do their thing and folks that like the old timey lifts and international cooperation can continue to do their thing. Powerlifting (tested and untested), grip sport and now even functional fitness have multiple governing bodies and that has been good for those sports.

We MUST maintain our commitment to being drug free. That should lead the organization

I've only been with the USAWA a short while but I want it to be known that I am very happy with my experience here. I have enjoyed the competitions and it really has focused my workouts and fitness goals. I will chime in on a topic that has come up in USAWA frequently: Number of lifts. I like the large number of lifts available, but some of the rarer ones should be put in competition more. The use of variations will mix it up for the better.

no

Beaden publicity.

While USAWA could be considered a niche sport, it also has some similar (more well-known at the moment) sports, such as powerlifting, crossfit, olympic lifting to 'compete' with. The



athletic cross-over is there but the interest from those sports doesn't seem to be.

i honestly enjoy the organization the way it is and fear it will change and lose what makes it unique.

I would like to see the organization provide more virtual competing opportunities (postals) for folks like me who live far away from organizational hubs to compete and have their records count. I have put in the time, effort, and money to become a certified judge but with no other judges around what good is it? I believe that myself and others, as certified judges, have the integrity to virtually contest lifts and have them signed off by other certified judges (even at a fee or cost) especially postals. I love (and would love to attend more) the in person meets (nationals, worlds, etc.) and I don't believe those should ever go away. Those who would like to compete in these should and must travel. This keeps a comradery and community alive and well. I would love to be more involved and I believe myself and others would be if we had the chance to participate more fully. Honestly, I cannot participate fully (being able to contest and really compete) like I'd to. I cannot travel three or four times a year. I'd love to but its not feasible. I have loved my interactions with Eric Todd. He has been so welcoming and helpful. His attitude, passion, and desire to uphold the integrity and tradition of the organization has been a big draw for me to want to be a part of it.

Is Canada part of the USAWA? Or are they are an international member? If not, consider Canada as part of a North American All Around Weightlifting Association - why just the U.S.?

At 78 last year, the amazing, awesome support for me was inspiring. Witnessing the crowd and judges cheering and supporting all of the competitors was wonderful. Having clarification of the rules before and during the competition was essential.

Don't want the USAWA to lose sight of its original purpose and beginnings.

Go back to the Class A competitions and Banquets! They were first class championships which brought comradeship through out the United States and the World!

Regarding the direction the USAWA is going. The board and the advisory committee are trying to figure out what may be "best" in a relatively organized manner. My impression is that this is new for the USAWA. There are clearly differences in opinion about what is best. Hopefully, this survey will help.

Regarding the Executive Board having the USAWA's best interests in mind. Based on my interactions with the individual boards members I believe the board does have the organizations "best interests" in mind. But it's clear that different people in the USAWA (and on the board) have different opinions about what's best. All those that I have heard express their opinions clearly care about the USAWA and all round weightlifting. Despite their differences I hope those involved can be respectful and work together for common goals rather than being painfully adversarial.

I like the website and believe that it is an important part of the organization. The website was by far the best when Al Myers (and others, e.g. John McKean) was writing regular outstanding



(!) articles. The huge amount of time and commitment that Al put into the website, the articles, and the organization is difficult for me to imagine. (I believe that without his efforts the USAWA would not currently exist)

I have considered writing articles for the website. But..... I have felt intimidated by the high quality of the articles, such as those written by Al M and John M. And some of Dan Wagman's articles, notably regarding the bench press rule revision, has caused me not to want to be a participant. (Everybody's a volunteer doing the best they can. Let's work together. If that sort of behavior is welcome I'll go elsewhere. I prefer a family friendly organization.)

I find the forum useful. But in the past it has been more active.

Social media: I don't currently do social media.

Hope this helps.

The niche of the usawa is rooted in tradition and needs to remain as such.

It feels like there is a clique or inner club which sets the narrative for the USAWA. Being on the outside of that club, I am constantly reevaluating whether I want to be part of the USAWA.

Nope

It's 2025, there needs to be a better way for clubs to connect and compete despite distances between; it's become too expensive to travel across country to compete.

Great organization, have had a lot of fun in USAWA, would love to see it stick around for years.

N/A

Keep men and women's scores separate.

I am interested in doing competitions and trying all the odd/ historic lifts out I would love a competition in south Florida but would also be willing to try remote competitions

My concern is the old veterans of the sport are being pushed aside for a change in the sport that may have negative results.

Restore the hor category for the Hall of Fame. Ghe biard took the category our of the by-laws 2-3 years agoi without approval of the membership. Resturn it toi mits proper place and make entry to anyone whoi receives 60 per cent of the votes cast. Homnor allows those to be considered who were funders, were sidelined by injury, have been valuable contribuoes - and has noithing to do with points being earned as lifters. TYhe deeletion of the hinircategory was a rebuke by the board without a vote of the membership and must be overturned.

Please note that where I have answered 3 it is because I am neutral about the question



## [HomeGymCon 2025 Results](#)

[July 1, 2025 Beth Skwarecki](#)

Attached are the results from the [HomeGymCon push/pull meet](#) (updated 7/2/2025). The lifts were the Hackenschmidt Floor Press and the Peoples Deadlift. Michael Hanlein led the men and Lynne Homan led the women.

Below that are the results from the HomeGymCon record day (also updated 7/2/2025 to add a missing lift).

#	Lifter	Club	Gender	Birth Date	Age	Age Group	Age Factor	Weight (Pounds)	Weight Class	Lynch Factor
1	Lynne Homan	Buffville Gym	F		62	60 - 64	1.23	132	60	1.1637
2	Alexandria McDonald	Iron Palace Podcast	F		18	Junior	1.03	120	55	1.252
1	Michael Hanlein		M		31	Open	1	150	70	1.0652
2	Kyle Agre	Iron Palace Podcast	M		18	Junior	1.03	164	75	1.005
3	Ashley Stearns	Buffville Gym	M		45	45 - 49	1.06	201	95	0.8909
4	Jarrold Gaddis	Buffville Gym	M		47	45 - 49	1.08	296	125+	0.7304
5	Chris Henderson	Body Max Barbell	M		35	Open	1	216	100	0.8564
6	Allen Fagg	Iron Palace Podcast	M		47	45 - 49	1.08	334	125+	0.6906
7	Kenneth Viktora Jones		M		36	Open	1	218	100	0.8522
8	James Hall	Buffville Gym	M		54	50 - 54	1.15	198	90	0.8987
9	Bret Newcomb		M		42	40 - 44	1.03	280	125+	0.7503
10	Cole Bersaglia	Iron Palace Podcast	M		20	Open	1	192	90	0.9144
11	Michael Cotney	Iron Palace Podcast	M		52	50 - 54	1.13	234	110	0.8211
12	Charles Mullenex		M		33	Open	1	286	125+	0.7427
13	Randy Richey	Body Max Barbell	M		62	60 - 64	1.23	233	110	0.8227
14	Tim Paul	Buffville Gym	M		65	65 - 69	1.26	297	125+	0.7294
15	David Paul	Buffville Gym	M		29	Open	1	233	110	0.8227
16	Mark Evans		M		69	65 - 69	1.3	140	65	1.1162

Age Adjusted Lynch Points	Session	Lift #1: Hackenschmidt Floor Press	Lift #2: Peoples Deadlift	Total Weight Lifted (Pounds)	Lynch Points	Female Rank	Male Rank
		Best Lift (Pounds)	Best Lift (Pounds)				
1.431351		155	300	455	651.264705	1	
1.28956		130	215	345	444.8982	2	
		0	0	0	0		
1.0652		365	535	900	958.68		1
1.03515		285	600	885	916.10775		2
0.944354		405	555	960	906.57984		3
0.788832		440	660	1100	867.7152		4
0.8564		365	600	965	826.426		5
0.745848		340	710	1050	783.1404		6
0.8522		340	555	895	762.719		7
1.033505		400	300	700	723.4535		8
0.772809		385	550	935	722.576415		9
0.9144		245	525	770	704.088		10
0.927843		260	475	735	681.964605		11
0.7427		305	565	870	646.149		12
1.011921		225	400	625	632.450625		13
0.919044		185	365	550	505.4742		14
0.8227		270	260	530	436.031		15
1.45106		200	0	200	290.212		16

Saxon bar at Nationals

July 5, 2025 Beth Skwarecki

A notice to all who plan to lift at the 2025 USAWA Nationals:

A 3" Saxon bar will be used for the Saxon deadlift, as per the rulebook. An announcement on Facebook incorrectly stated that female competitors would be using a 2" bar. This is not the case and only the 3" bar will be used for all competitors, since the rules of the Saxon deadlift require a minimum of 2.9 inches.

**LIFTER OF THE MONTH, JUNE 2025 – LARRY TRAUB**

July 7, 2025 Sanjiv Gupta



Larry Traub of Ledaig Heavy Athletics has earned Lifter of the Month with his outstanding 340-pound Reeves Deadlift at the 2025 Ledaig Heavy Athletics Record Day. At 198-pound bodyweight he also had successful lifts in the 2 Bar Deadlift (370 lb), Bench Press, Feet in Air (235 lb) and Jefferson Deadlift (400 lb).

Larry started all-round weightlifting in 2010 and was awarded Newcomer of the Year. His accolades also include

- 2011 Athlete of the Year Runner Up
- 2011 Overall Men's Best Lifter at Nationals
- 2012 Overall Men's Runner Up at Nationals
- 2014 Men's 2<sup>nd</sup> Place Dino Gym Challenge (which featured a Teeth Lift, Finger Lift – Middle, Kennedy Lift, Harness Lift and Back Lift)

Finally, Larry has written several USAWA website articles and has made a profound impact in his community founding the St Xavier powerlifting program in 1987.

Congratulations Larry!

### [Light Weight Decathlon – The Return of the No Weight Dozen! \(Meet results\)](#)

[July 9, 2025 Beth Skwarecki](#)

The weekend of 28 – 29 June 2025 saw the return of an old event. Looking back in the Record Books, the No Weight Dozen ran for two years in 1999 and 2000. Earlier this year, at Clark's Gym we decided to bring it back to life. The idea was to choose lifts that are challenging, yet something most folks can perform. With the input from several folks a list

of 10 events was drawn up from those that had only a few records over 100 lbs – and the meet sanctioned.

In spite of temperatures in the upper 80s and dewpoints around 75 F (31 C and 24 C for those north of the border) in Columbia of course, the turnout was fantastic. We had 20 lifters from four gyms and two nations compete. Two people emerged as the champions of a challenging two days – on the women's side, Lisa Gore from Clark's Gym was the champion. On the men's side, Tony Hose from Clark's Gym edged fellow teammate Jeff Wenzel to take the title.

Thank you to all who participated. The response was far greater than I imagined. The weights may have been light, but there was a ton of fun and camaraderie. The results below showed that there was a lot of good lifting that took place from good lifters – including two lifters who will be inducted into this year's Hall of Fame. As we look down the road for the future, it is my hope to swap in some different lifts and take out a few that were a bit more challenging to keep the list fresh. Additionally, we'll look for a date that is further away from other meets. Lastly, given the great response, we'll keep track of team performances if we get enough lifters from various gyms and compare common lifts. In fact – there are a myriad of stats we can produce. Just ask!

Any suggestions for next year's event will be welcome.

Results are below.

**WOMENS DIVISION**

NAME	Age	Age Category	Weight lbs / (kg)	Weight (Class)	Lynch Factor	Age Concern
Lisa Gore	59	55	222.5 / 101.1	105	0.8422	1.20
Janet Thompson	67	65	164.0 / 74.5	75	1.0042	1.30
Allison Lupo	59	55	197.0 / 89.5	90	0.9004	1.20

**MENS DIVISION**

NAME	Age	Age Category	Weight (kg)	Weight (Class)	Lynch Factor	Age Concern
Tony Hose	56	55	218.0 / 99.1	100	0.8513	1.17
Jeff Wenzel	50	50	232.0 / 105.5	110	0.8235	1.11
John Carter	66	65	190.0 / 86.4	90	0.9187	1.28
Toby Ortega	44	40	152.5 / 69.3	70	1.0520	1.05
Travis Luther	32	ALL	172.0 / 78.2	80	0.9745	1.00
Randy Smith	70	70	197.0 / 89.5	90	0.9004	1.36
Riley Wenzel	21	ALL	152.0 / 69.1	70	1.0540	1.00
Tony Lupo	59	55	244.2 / 111.0	115	0.8021	1.20
Sanjiv Gupta	54	50	211.2 / 96.0	100	0.8660	1.15
Joe Somfay	79	75	190.6 / 86.6	90	0.9175	1.54
Logan Wenzel	10	13	75.0 / 34.1	35	1.9897	1.33
Tim Market	18	18	154.0 / 70.0	70	1.0451	1.03
Jarrold Fobes	48	45	216.3 / 98.3	100	0.8550	1.09
Chris Frappier	60	60	215.4 / 97.9	100	0.8569	1.21
Jermone Licini	66	65	248.4 / 112.9	115	0.7953	1.28
Kyle Frappier	21	ALL	218.8 / 99.5	100	0.8494	1.00
Jeremy Law	44	40	265.8 / 120.8	125	0.7689	1.05

**WOMENS DIVISION**

NAME	Side Press (H)	Jefferson Deadlift Little Fingers	Lateral Raise Lying	Thor's Hammer	Pinch Grip Strict (H)
Lisa Gore	40R	65	40	26	37R
Janet Thompson	20R	50	20	18	26R
Allison Lupo	35R	30	20	18	26R

**MENS DIVISION**

NAME	Side Press (H)	Jefferson Deadlift Little Fingers	Lateral Raise Lying	Thor's Hammer	Pinch Grip Strict (H)
Tony Hose	85L	65	126	46	80R
Jeff Wenzel	95R	135	126	41	90R
John Carter	50R	95	50	41	62L
Toby Ortega	66L	120	60	41	75R
Travis Luther	70R	95	80	36	62L
Randy Smith	55L	55	50	33	50L
Riley Wenzel	60R	110	60	26	41R
Tony Lupo	91L	75	60	41	51L
Sanjiv Gupta	57R	65	55	20	42R
Joe Somfay		75	40		
Logan Wenzel	10R	20	15	0	17R
Tim Market	40L	45	30	21	41R
Jarrold Fobes	68L	54		18	52R
Chris Frappier		100	50		
Jerome Licini	35	45	10	15	30
Kyle Frappier		65	50		
Jeremy Law			72		

**WOMENS DIVISION**

NAME	Allen Lift	Zeigler Clean and Jerk	Finger Lift Little	Rectangular Fix	Weaver Stick Forward
Lisa Gore	10	55	50R	55	2.5
Janet Thompson	3	38	26R	40	2.5
Allison Lupo	0	38	36R	35	1.5

**MENS DIVISION**

NAME	Allen Lift	Zeigler Clean and Jerk	Finger Lift Little	Rectangular Fix	Weaver Stick Forward
Tony Hose	25	150	81L	120	6.25
Jeff Wenzel	25	105	96R	100	6.0
John Carter	30	105	66R	60	3.0
Toby Ortega	25	42	56L	82	2.5
Travis Luther	15	90	96L	85	3.5
Randy Smith	16.5	75	50L	80	4.0
Riley Wenzel	25	75	66R	75	3.0

Tony Lupo	20	65	71L	70	3.0
Sanjiv Gupta	15	85	36R	65	2.5
Joe Somfay	0	65		65	
Logan Wenzel	3	15	26R	20	1.0
Tim Market	10	30	26R	55	3.0
Jarrold Fobes	15	45	87R		3.5
Chris Frappier	0	65		65	
Jerome Licini			35.75	67	2.75
Kyle Frappier	0	65		65	
Jeremy Law	0	65		65	

**WOMENS DIVISION**

NAME	Total Weight	Lynch Factor (Weight)	Age Concern	Rank
Lisa Gore	380.5	320.46	384.55	1
Janet Thompson	243.5	244.52	317.88	2
Allison Lupo	239.5	215.65	258.78	3

**MENS DIVISION**

NAME	Total Weight	Lynch Factor (Weight)	Age Concern	Rank
Tony Hose	784.25	667.63	781.13	1
Jeff Wenzel	819.0	674.45	748.64	2
John Carter	562.0	516.31	660.88	3
Toby Ortega	569.5	599.11	629.07	4
Travis Luther	632.5	616.37	616.37	5
Randy Smith	468.5	421.84	573.70	6
Riley Wenzel	541.0	570.21	570.21	7
Tony Lupo	547.0	438.75	526.50	8
Sanjiv Gupta	442.5	383.21	440.69	9
Joe Somfay	245.0	224.79	346.17	10
Logan Wenzel	127.0	252.69	336.08	11

Tim Market	301.0	317.58	324.01	12
Jarrold Fobes	342.5	292.84	319.19	13
Chris Frappier	280.0	239.93	290.32	14
Jerome Licini	241.25	191.87	245.59	15
Kyle Frappier	245.0	208.10	208.10	16
Jeremy Law	202.0	155.32	163.08	17

**Women's Overall Champion:** Lisa Gore

Lisa Gore 1<sup>st</sup> 55-59 age and 1<sup>st</sup> 105 kg weight

Janet Thompson: 1<sup>st</sup> 65 – 69 age and 1<sup>st</sup> 75 kg weight

Allison Lupo 2<sup>nd</sup> 55 – 59 age and 1<sup>st</sup> 90 kg weight

**Men's Overall Champion:** Tony Hose

Tony Hose: 1<sup>st</sup> 55 – 59 age and 1<sup>st</sup> 100 kg weight

Jeff Wenzel 1<sup>st</sup> 50 – 54 age and 1<sup>st</sup> 110 kg weight

Toby Ortega 1<sup>st</sup> 40 – 44 age and 1<sup>st</sup> 70 kg weight

Travis Luther 1<sup>st</sup> ALL (20 – 39 age) and 1<sup>st</sup> 80 kg weight

Randy Smith 1<sup>st</sup> 70 – 74 age and 2<sup>nd</sup> 90 kg weight

Riley Wenzel 2<sup>nd</sup> ALL age and 2<sup>nd</sup> 70 kg weight

John Carter 1<sup>st</sup> 65 – 69 age and 1<sup>st</sup> 90 kg weight

Tony Lupo 2<sup>nd</sup> 55 – 59 age and 1<sup>st</sup> 115 Kg weight

Sanjiv Gupta 2<sup>nd</sup> 50 – 54 age and 2<sup>nd</sup> 100 kg weight

Joe Somfay 1<sup>st</sup> 75 – 79 age and 3<sup>rd</sup> 90 kg weight

Logan Wenzel 1<sup>st</sup> 13 age and 1<sup>st</sup> 35kg weight

Tim Market 1<sup>st</sup> 18 age and 3<sup>rd</sup> 70 kg weight

Jarrold Fobes 1<sup>st</sup> 45 – 49 age and 3<sup>rd</sup> 100 kg weight

Chris Frappier 1<sup>st</sup> 60 – 64 age and 4<sup>th</sup> 100 kg weight

Jerome Licini 2<sup>nd</sup> 65 – 69 age and 2<sup>nd</sup> 115 kg weight

Kyle Frappier 3<sup>rd</sup> ALL age 5<sup>th</sup> 100 kg weight

Jeremy Law 2<sup>nd</sup> 40 – 44 age and 1<sup>st</sup> 125 kg weight

International Standings

1<sup>st</sup> Joe Somfay

2<sup>nd</sup> Chris Frappier

3<sup>rd</sup> Kyle Frappier

4<sup>th</sup> Jeremy Law (Setting 4 IAWA records!)

**TONY LUPO'S WEEKEND AT CLARK'S GYM**

June 26-29, 2025.

**RECORD DAY RESULTS**

Lisa Gore. Age 59. Bwt. 222.5

Side press – left – 30.

Weaver lift – rear – 3 3/4.

Finger – little -left – 27.

Pinch grip strict – left – 31.

Janet Thompson. Age - 67. Bwt. – 164.

Finger – little – left – 26.

Pinch grip – strict - left – 24.

Weaver strict – rear – 3 ½.

Side press – dumbbell - left – 20.

Allison Lupo. Age - 59. Bwt. – 197.

Pinch grip – strict – left – 24.

Weaver stick – rear – 2 ½.

Side press – dumbbell – left – 35.

Crucifix – 2 x 10 - 20.

Tim Market. Age – 18. Bwt. – 154.

Pinch grip – strict – left - 36.

Finger – left – 26.

Weaver lift – rear – 3 ½.

Tony Lupo. Age – 59. Bwt. - 244.2.

Bent over row – 270.

Crucifix – 2x15 – 30.

Clean and press on knees - 102.

Kennedy lift – 405.  
Side press right – 65.

Logan Wenzel. Age - 10. Bwt. – 75.  
Finger – little – left – 26.

Riley Wenzel. Age – 20. Bwt. – 152.  
Finger – little – left – 46.

Tony Hose. Age – 56. Bwt. – 218.  
Pinch grip – strict – left – 90.

Toby Ortega. Age – 44. Bwt – 152.5.  
Pinch grip – strict – left - 70.  
Weaver stick - rear – 2 ½ .  
Clean and press – dumbbell right – 55.

Travis Luther. Age - 34. Bwt. - 172.  
Clean and push press – two dumbbells – 2x45 – 90.  
Clean and jerk – two dumbbells – 2x45 – 90.  
Snatch – two dumbbells – 2x45 - 90.  
Jackson press – 95.  
Seated press – 135.

Jeff Wenzel. Age – 50. Bwt – 232.  
Pinch grip – left – 70.  
Finger – little - left – 96.  
Weaver stick – rear – 6.  
Crucifix – 2 x 50 – 100.  
Side press - left – 60.

John Carter. Age – 67. Bwt. – 187.  
Abdominal raise – Roman Chair – 110.  
Abdominal raise – weight behind head – 25.

Bill Clark. Age – 92. Bwt. – 197.  
Abdominal raise – weight behind head – 20.  
Abdominal raise – Roman chair – 130.  
Bench press – Roman chair – 28.

Dave DeForest. Age – 65. Bwt. – 180  
Dead lift – no thumbs – 305.  
Dead lift – overhand – 225.  
Dead lift – Fulton bar – 300.

Jefferson lift – Fulton bar – 215.  
Hack lift – Fulton bar – 215.

**Officials @ Clark's Gym:**

Bill Clark.  
Allison Lupo.  
Tony Lupo.  
Jeff Wenzel.  
Dave DeForest.

**RECORD DAY IN ONTARIO**

Frappier's Gym.  
Jeremy Law. Age – 44. Bwt – 265.8.  
Bavarian deadlift – 405.

Kyle Frappier. Age – 21. Bwt. – 218.8  
Bavarian deadlift – 235.  
Crucifix – 2x25 – 50.

Joe Somfay. Age – 79. Bwt. - 190.6.  
Bavarian deadlift – 280.  
Crucifix – 2 x 10 – 20.

Chris Frappier. Age 60. Bwt. 215.4.  
Bavarian deadlift – 400.  
Crucifix – 2 x 20 – 40.

**Officials:**

All four lifters are certified officials. They operated a three-official competition/record day – good for IAWA world records.

**RECORD DAY IN COLORADO**

Jarrold Fobes. Age – 48. Bwt. – 216.  
Finger – little – left – 82.

Sanjiv Gupta. Age – 54. Bwt. – 210.8.  
Pinch grip deadlift – left – 39.  
Pinch grip deadlift – right – 41.  
Habecker lift – 265.  
Lurich lift – 335.  
Kennedy lift – 335.

**Colorado Officials:**

Nisha Gupta.  
Sanjiv Gupta.

## [Draft Agenda for 2025 Annual Meeting](#)

[July 14, 2025 Beth Skwarecki](#)

**Note on time management:** *The time planned for the Annual Meeting is **two hours**, and the Annual Meeting must include elections. To facilitate this, members of the current Executive Board plan to call the following motions at the following times:*

- **Elections** will be motioned to begin when about 90 minutes have elapsed since the call to order, or when new business is completed, whichever happens first.
- **A motion to adjourn** the meeting will be called at or around the two-hour mark, assuming elections have been completed.

Any important business that cannot be completed during the Annual Meeting may be handled at a follow-up meeting, tentatively scheduled for **Wednesday, September 17, 2025, at 6 p.m. Central time, to be held virtually (on Zoom or similar).**

Robert's Rules of Order will be in effect, which allow members to vote on adjournment, so the exact timing may turn out differently. Final scheduling/planning of the follow-up meeting will be up to the newly elected Executive Board.

### **Beginning**

- Meeting call to order – President Denny Habecker
- Notetaker – Secretary Beth Skwarecki
- Roll call
- Approval of previous minutes – motion to waive reading since they have been [posted on the website](#) since last year

### **Reports**

- Treasurer's report (Eric Todd) – submitted
- Website director's report (Beth Skwarecki)
- Awards director's report (Tony Lupo)
- Records director's report (Tony Lupo)
- Drug enforcement director's report (Chad Ullom) – submitted
- Officials director's report (Joe Garcia)
- Postal meet director's report (Denny Habecker) – submitted
- IAWA representative's report (Sanjiv Gupta) – submitted

### **Survey presentation**

- **Brief summary of [member survey results](#)** (by a member of the advisory committee)

## Unfinished business

- **Weaver stick rule change** – rules and record keeping [were changed by the Executive Board](#) since the last Annual Meeting. Time is given here for members to motion to amend or overrule, if desired.

## New business

### New lift approval – requires membership vote

- **Reflex bench press** (Clint Poore)

### Proposed bylaw changes

- **Change geographical membership requirement** to US residency, not citizenship, to bring in line with how this is currently determined and enforced (by address of residence)

### Proposed rule changes

- **Amend drug test policy** to remove requirement for Executive Board to vote on approving appeals before testing (to account for new testing setup with MRO)
- **Bavarian deadlift rule change:** remove requirement that hands must be within 12”.
- **Wrist wrap rule** requiring 1 mm maximum thickness: increase or remove the limit.
- **Leggings rule:** amend uniform rules to allow solid colored, form fitting pants (in addition to, or instead of, shorts) that allow the position of the knee to be clearly seen.

### New business brought up by members at the meeting

- Time is reserved for any needed discussions, motions, votes, etc.

## Elections

Board elections must be in this order. One person may hold up to two positions. The board must have a total of five members.

- President
- Secretary
- Treasurer
- Vice-president

- At-large member(s)

#### **Elections of special assignment directors, if needed**

- Website director
- (Others as needed)

#### **Choose location/host of 2026 National Championships**

- Bid #1: Sanjiv Gupta, Colorado
- (Other bids may be submitted before or during the meeting)

#### **Choose location/host of all other 2026 Championships, if not previously announced**

- Grip Championships (2025: Sanjiv Gupta, Colorado/remote)
- Club Championships (2025: Sanjiv Gupta, Colorado/remote)
- Heavy Lift Championship (2025: Eric Todd, multi-location)
- Team Championships (2025: to be held in December and decided then)

The agenda is also available as a printable PDF, below.

Please direct any bids or requests to the secretary at [usawasec@gmail.com](mailto:usawasec@gmail.com).

#### **Q2 Postal Results – 2025**

July 17, 2025 Beth Skwarecki

by Denny Habecker

We had thirty-three lifters compete in this year's second postal. Barry Bryan was the top lifter this quarter. Lilly Todd was the top lifter of the women's group.

April 1 thru June 30, 2025

The Lifts – RECTANGULAR FIX, CLEAN AND SEATED PRESS- 2 DUMBBELLS, HACK LIFT- ONE HAND

#### **USAWA 2025 - 2nd QUARTER POSTAL**

We had thirty-three lifters compete in this year's first postal. Barry Bryan was the top lifter this quarter. Lilly Todd was the top lifter of the women's group.

April 1 thru June 30, 2025

The Lifts – RECTANGULAR FIX, CLEAN AND SEATED PRESS- 2 DUMBBELLS, HACK LIFT- ONE HAND

ALL LIFTS AND BDWTS. ARE IN POUNDS- RECORDS ARE MARKED WITH AN \*. ONE HAND LIFTS ARE RIGHT HAND UNLESS MARKED WITH AN L.

LIFTERS WITH NO CERTIFIED OFFICIAL- Randy Smith, Abe Smith, Dave Hahn, Bill Clark , Jerome Licini, & Clint Poore

Name	Age	BDWT.	CLASS	FIX	PRESS	HACK	TOTAL	ADJ. TOTAL
Barry Bryan	67	185	85	71*	100*	198	369	448.27
Randy Smith	70	198	90	75	80	205-L	360	440
Abe Smith	43	185	85	80	180	190-L	450	437.34
Dan Jones	41	178	85	99	140	177*-L	416	405.73
Travis Luther	32	171	80	75	120*	215*-L	410	401.17
Jeff Wenzel	50	235	110	90*	140*	205	435	395.50
Dave Hahn	88	136	65	50	30	115	195	382.49
Denny Habecker	82	184	85	66*	50*	137*	253	379.58
Lilly Todd	15	129	60	35*	60*	112*	207	366.79
Wade Marchand	55	165	75	78*	81*	150	314	364.85
Chad Ullom	53	214.5	100	105*	40*	225	370	362.83
Eric Todd	50	285	125+	100*	135*	196	431	355.98
Dave Glasgow	71	251.6	115	95*	85*	145*	325	354.80
Sanjiv Gupta	54	213.5	100	60*	100*	185-L*	345	342.04
Stacy Todd	42	187	85	60*	60*	150-L*	270	341.01
Nils T. Larson	66	248	115	99*	91*	121	311	317.15
Anthony Lupo	59	246	115	70	110*	150 -L	330	316.80
Jessica Hopps	41	180	85	56*	61*	121*	238	305.20
Lisa E. Gore	59	222.5	105	50*	80*	100*	230	296.68
Frank Ciavatone	70	275	125	89*	41*	155*	285	293.41
Everett Todd	12	119	55	27.5*	40*	105*	172.5	289.35
Joe Somfay	79	192.2	90	59*	60*	85	204	287.26
Lance Foster	59	253	115	75	50*	173	298	282.15
Mike Locondro	62	209	95	71*		192*	263	282.08
Kim VanWagner	58	126.8	60	40*	54*	60*	154	280.80
Logan Wenzel	10	76	35	22*	14*	70*	106	277.51
Janet Thompson	67	165	75	40*	40*	85*	165	269.40
Bill Clark	92	197	90	45	20	100	165	267.74
Jerome Licini	66	250.6	115	67	50	135	252	255.73

Chris Frappier	60	215.2	100	70*	80*	95	245	254.44
Allison Lupo	59	196.2	90	35*	40*	85	160	221.12
Will Hose	21	170	80	35	40*	85	160	157.28
Lynne Homan	62	131.5	60	28	50*		78	142.12
Clint Poore	51	241.7	110	68	50		118	106.71

## 2025 Annual USAWA Meeting Minutes

### July 23, 2025 Sanjiv Gupta

Notes taken by Beth Skwarecki and Sanjiv Gupta

The annual meeting of the United States All-round Weightlifting Association was held on July 18, 2025 at 6:11 p.m at Angie's Family Restaurant in Albany, KY. The President, Secretary, and Vice President were present.

#### **Members present** were:

- Nisha Gupta
- Diya Gupta
- Beth Skwarecki
- Jessica Hopps
- Allison Lupo
- Brian Guffey
- Michael Hanlein
- Tobias Ortega
- Wade Marchand
- Isaac Bankens
- David DeForest
- Dan Jones
- Denny Habecker
- Clint Poore
- Helen Kahn
- Lynn Homan

- Bentley Klein
- Randy Smith
- Larry Traub
- Ashley Stearns
- Kyle Frappier
- Chris Frappier
- Sanjiv Gupta
- Chris Henderson
- Chad Ullom
- Tony Lupo
- Randy Richey
- Dave Glasgow
- Nils Larson
- Frank Ciavattone
- Jeff Bankens
- Jarrod Gaddis

Chad Ullom motioned to waive the reading of the 2024 Annual Meeting's minutes, since they have been [on the website all year](#). **The motion passed** and the minutes were approved.

## **Reports**

Reports were given by the treasurer (motion to approve by Randy Smith), website director (motion to approve by Sanjiv Gupta), awards director (motion to approve by Clint Poore), records director (motion to approve by Clint Poore), drug enforcement director (motion to approve by Nisha Gupta), officials director (motion to approve by Jessica Hopps) and IAWA representative (motion to approve by Beth Skwarecki). Minutes of the most recent IAWA world meeting are [available on the website](#).

The awards director, Tony Lupo, reported that only 30% of the membership voted in the annual awards. Next year he would like to have a better system, perhaps something on the website that can connect voters with the names and accomplishments of the members

they might vote for. He also suggested giving out awards for a male and female winner for each category, instead of for a winner and a runner-up.

The drug enforcement director, Chad Ullom, reported that we had four tests in the past year. Three were negative, and one was waived by a person who admitted to drug use and accepted a suspension. Chad recognized Eric Todd for his work in setting up our current drug testing program, and recommended Eric Todd as his replacement as the drug enforcement director.

A brief summary of the results of the member survey was given by Randy Smith. As to the purpose and core activities of the USAWA, 90% of respondents said that promoting historic odd lifts is important. 80% want USAWA to be drug free. 59% think setting records is important. As to the direction the USAWA seems to be going, about 25% thought the organization is going in the right direction, 25% in the wrong direction, and the middle 50% did not have a strong opinion. A large amount of people felt they didn't have much say in how the organization is run, and would like more transparency and more opportunities to participate. [Full results are here on the website.](#)

### **Unfinished business – Weaver stick**

As unfinished business, the Secretary asked members if any motions were desired to address the [Weaver stick rule changes](#) that the Executive Board made after the meeting last year. **No motions were made.**

### **New lift – Reflex bench press**

A new lift was presented to the membership for approval, the Reflex bench press. A majority vote (31-1) approved it as a new type of bench press in section A of the rulebook. The rule is as follows:

***Reflex bench press.*** *Standard bench press rules apply, with the following modifications: The lifter self-unracks the weight. The bar must be lowered to touch the chest and pressed immediately (no pause). There is no press command—the only command is “Rack!” after lockout. This creates a touch-and-go bench press movement.*

### **Other new business from the draft agenda**

Beth Skwarecki motioned that the bylaws be changed to refer to U.S. residency rather than citizenship as the requirement for membership eligibility. **This motion failed to receive the 2/3 majority needed to pass.** 18 in favor 5 opposed.

Beth Skwarecki motioned that the drug test policy be amended to allow the testing lab's Medical Resource Officer to correspond with athletes about their medical use of drugs,

rather than requiring the Executive Board to do so. The Executive Board would still be responsible for making decisions based on the MRO's report. **The motion succeeded.** 17+ in favor 0 opposed. The drug testing rule, part 6, shall now read:

*An appeal may be made by a lifter for an exception for a specific agent or agents. The appeal must be for medical reasons. The lifter must provide documentation supporting the appeal. The executive board's decision will be decided by majority vote.*

Beth Skwarecki motioned that the Bavarian deadlift's rules be changed to remove the portion that reads "The outside of the hands should be no further than 12 inches apart." Clint Poore explained that some lifters' hands are more than 6 inches wide and they cannot abide by this rule. The equipment used would still be the same, so the length of the bar will not change. **The motion passed.** 17+ in favor 0 opposed

Beth Skwarecki brought up a concern that had been voiced about the wrist wrap thickness rule being difficult for lifters to follow, given the types of wrist wraps currently on the market, and difficult for officials to enforce. TK PERSON motioned that the thickness requirement for wrist and knee wraps be removed from the rule. **The motion passed.** 17+ in favor 0 opposed. The Equipment section, part 1, shall now read:

*No wrapping is allowed except wrist wraps and knee wraps. Knee wraps are ONLY allowed for the Anderson squat, front squat, and the 12" base squat. Wrist wraps must not exceed 1 meter in length and knee wraps must not exceed 2 meters in length. The maximum width of wrist wraps and knee wraps is 10 cm. If wrist wraps contain thumb loops, they must be removed from the thumbs prior to lifting.*

Beth Skwarecki motioned to amend the uniform rule to allow form-fitting pants under or instead of shorts. **The motion passed.** 17+ in favor 0 opposed. The rule, to be added to the Equipment section, shall say:

*Leg coverings such as leggings, tights, or long singlets that cover the knee shall be allowed as long as the position of the knee can be clearly seen by officials. These may be worn in addition to, or instead of, shorts.*

The new business on the draft agenda being concluded, the floor was opened to members for additional business.

### **Canadian membership**

Clint Poore motioned that Canadian members of USAWA shall become full members rather than provisional members, and be allowed to set U.S. records. There was discussion about whether this should apply to other countries as well. The records director said he

had no problem with tracking records from Canadians. **The motion to extend full membership to Canadians passed.** 24 in favor 2 opposed.

Beth Skwarecki motioned that the provisional category of membership be abolished, so that any person from any country can join the USAWA as a full member. **This motion passed.** 24 in favor 2 opposed.

Sanjiv Gupta motioned that records already set by Canadian lifters be added to the USAWA record books retroactively, if the records director deems this feasible. **This motion passed.** 17+ in favor 0 opposed.

### **Changes to voting requirements**

Chris Frappier motioned to remove the  $\frac{2}{3}$  majority requirement for making changes to the bylaws. Amending this rule would itself require a  $\frac{2}{3}$  majority. **This motion failed.** 3 in favor.

### **Quarterly all-member voting meetings**

Chris Frappier motioned that the USAWA require the board to hold quarterly all-member voting meetings so members would not have to be present at the Annual Meeting to vote on important business. **This motion failed.** 6 in favor 14 opposed.

### **Weigh-in timing**

Clint Poore motioned that the USAWA allow 24-hour weigh-ins for all record days and competitions at the discretion of the meet promoter. **This motion failed.** 11 in favor 12 opposed.

### **Elections**

For the office of **President**, Clint Poore and Denny Habecker were both nominated. Voting was done by ballot, and **Clint Poore won the office.**

Beth Skwarecki nominated Sanjiv Gupta for **Secretary**, and he was approved on a vote of acclamation.

Beth Skwarecki nominated Eric Todd, who was not present, to continue in his role as **Treasurer**. This was approved on a vote of acclamation.

Unrecorded member nominated Tony Lupo as **Vice President**, and this was approved on a vote of acclamation.

For the **at-large board member**, Unrecorded member nominated Kyle Frappier and Diya Gupta nominated Nisha Gupta. A ballot was taken and **Kyle Frappier won the position.**

Beth Skwarecki nominated Sanjiv Gupta as the new Website Director and he was approved on a vote of acclamation.

Chad Ullom nominated Eric Todd as the new Drug Enforcement Director, and he was approved on a vote of acclamation.

Joe Garcia was approved to continue as Officials Director on a vote of acclamation.

Tony Lupo was approved to continue as Awards Director and as Records Director on votes of acclamation.

Kyle Frappier motioned to create a position of Social Media Director. **This motion passed.** Unrecorded member nominated Kyle Frappier as Social Media Director and he was approved on a vote of acclamation.

### **Championship bids**

A bid by Sanjiv Gupta was the only bid made for the 2026 Nationals, and was **accepted by majority vote.**

Meeting Adjourned 8:16 PM.

### **[2025 National Championship Results](#)**

[July 23, 2025 Sanjiv Gupta](#)

Submitted by Clint Poore

Meet: 2025 USAWA Nationals

Date: 7/19/2025

#	Lifter	Club	Gender	Birth Date	Age	Age Group	Age Factor	Weight (Pounds)	Weight Class	Lynch Factor	Age Adjusted Lynch Points	State	Lift #1:	Lift #2:
													Hackenschmidt Floor Press	Dinnie Lift
													Best Lift (Pounds)	Best Lift (Pounds)
1	Nisha Gupta	High Country Vigor	F		16	Junior	1.1	87	40	1.68	1.848	Colorado	60	150
1	Diya Gupta	High Country Vigor	F		18	Junior	1.03	103	50	1.4245	1.467235	Colorado	65	165
1	Beth Skwarecki	Habecker's Gym	F		44	40 - 44	1.05	142	65	1.1053	1.160565	Pennsylvania	225	450
1	Jessica Hopps	Frank's Barbell Club	F		41	40 - 44	1.02	173	80	0.9723	0.991746	Massachusetts	110	350
1	Allison Lupo	Clark's Gym	F		59	55 - 59	1.2	197	90	0.901	1.0812	Missouri	75	260
1	Michael Hanlein	Buffville Gym	M		31	Open	1	148	70	1.0748	1.0748	Kentucky	345	525
2	Tobias Ortega	Clark's Gym	M		44	40 - 44	1.05	150	70	1.0652	1.11846	Illinois	250	425
1	Wade Marchand	Frank's Barbell Club	M		55	55 - 59	1.16	162	75	1.0128	1.174848	Massachusetts	195	420
1	Dave DeForest	Clark's Gym	M		65	65 - 69	1.26	179	85	0.9527	1.200402	Missouri	200	460
2	Dan Jones	Frank's Barbell Club	M		41	40 - 44	1.02	178	85	0.9562	0.975324	Massachusetts	250	460
3	Denny Habecker	Habecker's Gym	M		82	80 - 84	1.43	181	85	0.9465	1.353495	Pennsylvania	155	300
1	Larry Traub	Ledaig Heavy Athletics	M		71	70 - 74	1.32	190	90	0.9199	1.214268	Indiana	250	575
2	Randy Smith	Clark's Gym	M		70	70 - 74	1.31	198	90	0.8987	1.177297	Michigan	175	490
3	Jerry Wilson	Buffville Gym	M		56	55 - 59	1.17	193	90	0.912	1.06704	Kentucky	250	470
1	Sanjiv Gupta	High Country Vigor	M		54	50 - 54	1.15	206	95	0.8792	1.01108	Colorado	190	405
2	Isaac Bankens	Iron Sharpens Iron WLC	M		12	12	1.33	199	95	0.8959	1.191547	Louisiana	80	300
1	Chad Ullom	Dino Gym	M		53	50 - 54	1.14	216	100	0.8564	0.976296	Kansas	250	725
2	Chris Frappier	Buffville Gym	M		60	60 - 64	1.21	217	100	0.8545	1.033945	Canada	250	560
3	Chris Henderson	Buffville Gym	M		35	Open	1	212	100	0.8651	0.8651	Kentucky	375	0
1	Randy Richey	Buffville Gym	M		63	60 - 64	1.24	231	105	0.8264	1.024736	Kentucky	200	420
2	Kyle Frappier	Buffville Gym	M		21	Open	1	223	105	0.8418	0.8418	Canada	155	0
1	Clint Poore	Buffville Gym	M		51	50 - 54	1.12	235	110	0.8191	0.917392	Kentucky	435	575
1	Nils Larson	Frank's Barbell Club	M		65	65 - 69	1.26	249	115	0.7953	1.002078	Massachusetts	245	400
2	Tony Lupo	Clark's Gym	M		59	55 - 59	1.2	243	115	0.8052	0.96624	Missouri	240	405
3	Dave Glasgow	Ledaig Heavy Athletics	M		72	70 - 74	1.33	246	115	0.8	1.064	Kansas	190	340
1	Frank Ciavattone	Frank's Barbell Club	M		70	70 - 74	1.31	275	125	0.757	0.99167	Massachusetts	45	275
1	Jarrod Gaddis	Buffville Gym	M		47	45 - 49	1.08	291	125+	0.7365	0.79542	Kentucky	405	600
2	Jeff Bankens	Iron Sharpens Iron WLC	M		46	45 - 49	1.07	290	125+	0.7378	0.789446	Louisiana	240	550

Lift #3: Saxon Deadlift	Lift #4: Dumbbell to Shoulder				
Best Lift (Pounds)	Best Lift (Pounds)	Total Weight Lifted (Pounds)	Lynch Points	Female Rank	Male Rank
38	50	298	550.704	3	
48	75	353	517.933955	4	
88	0	763	885.511095	1	
65	75	600	595.0476	2	
60	60	455	491.946	5	
115	176	1161	1247.8428		3
115	151	941	1052.47086		9
120	105	840	986.87232		11
88	130	878	1053.952956		8
125	140	975	950.9409		12
90	75	620	839.1669		17
105	176	1106	1342.980408		1
140	136	941	1107.836477		5
110	161	991	1057.43664		7
103	126	824	833.12992		18
65	80	525	625.562175		21
160	176	1311	1279.924056		2
105	131	1046	1081.50647		6
130	221	726	628.0626		20
115	126	861	882.297696		15
0	0	155	130.479		23
135	130	1275	1169.6748		4
110	136	891	892.851498		14
110	136	891	860.91984		16
115	121	766	815.024		19
110	50	480	476.0016		22
165	151	1321	1050.74982		10
135	269	1194	942.598524		13

**applications and fees**

July 29, 2025 KCSTRONGMAN

By Eric Todd

Eric Todd is no longer the treasurer of the USAWA. I am working toward getting the money turned over, but have to wait a few days to get everything finalized. At this time, please do not use paypal to send me anything, as I am closing that out. Anything sent via paypal will be refunded and not processed. Please do not send me any applications or checks. They will be returned to you. I will not be taking any more orders for USAWA merchandise. I am working to get funds transferred over to the new executive board, so I will not be processing

any more funds at this time, so that I can close out the account and make the transition as quickly as possible.

### Walpole Record Breaker Day

July 30, 2025 Tony Lupo

There will be a Record Day held in Walpole, MA at Franks Barbell Club on Saturday 16 August 2025. USAWA Membership is required. Weigh in time is at 9:00 am. **Lifters can choose to contest up to 5 USAWA/IAWA lifts to compete for record attempts.**

[For More Information.](#)

### 2025 Award Winners: Athlete of the Year and Newcomer of the Year – Runner up

July 31, 2025 Tony Lupo

Today we'll begin featuring the 2025 USAWA Award Winners. The first would normally be athlete of the year, but we'll call this first one "All in the Family"! The 2025 Athlete of the Year was chosen in a close vote. Jeff Wenzel received the award for the first time. Jeff is a member of Clark's Gym in Columbia, MO, joining the team after spotting in the Bench Press Decathlon a few years ago. Jeff embodies the description of the award accomplishing the most athletically within the last year. Not only does he compete in meets across the USAWA, but he's tried about every lift in the book from Abdominal Raise to the Zeigler Clean. In his time as a member of the USAWA he's amassed over two hundred records, including top lifts of all time in the Piper Squat and the Foot Press. He's become a level one USAWA referee as well. Jeff is a fierce but gracious competitor. He's won several meets including his 50th Birthday Bash in Clark's Gym By day he works for the Missouri Department of Health and Senior Services.

The 2025 Newcomer of the Year – Runner up is Logan Wenzel. At the tender age of 10 years, he's a chip off the old block. He became interested in lifting watching his his older brother take on the record book. He has participated in all he can joining the Century Club two records ahead of his older brother! He has a bright future in lifting, finishing 2nd at the Stars of Tomorrow meet in June at Clark's Gym. He is pictured below sporting his USAWA Award alongside dad after winning two gold medals (bench press and deadlift) on 26 July 2025 in Missouri's Show Me Games. Congratulations to both of you!



## **Minutes From First EB Meeting**

[August 1, 2025 Tony Lupo Edit Post](#)

The Minutes from the first EB meeting of 27 July were posted on the Facebook site and I'd like to include them here. A thank you to the outgoing EB for their work of the last two years. This is an all volunteer organization and it take a lot of work to make it go. The goals of the new EB are included in here and are short or long term goals. In the meantime contact us! We'd like to hear from you. The new EB is: Clint Poore – President, Joe Garcia – Vice President, Bill Clark – Treasurer, Kyle Frappier – Member-at-Large, and myself at Secretary now.

# USAWA Executive Board Meeting Minutes

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Date: July 27, 2025

Time: 5:00pm EST-End Time

Location: Virtual

Minutes Recorded By: Kyle Frappier

## 1. Call to Order

Time: 5:00pm EST

Presiding Officer: Clint Poore

## 2. Roll Call

Name	Title/Role	Present (✓)
Clint Poore	President	Present
Tony Lupo	Vice President	Present
Sanjiv Gupta	Secretary	Not present
Eric Todd	Treasurer	Not present
Kyle Frappier	At-Large Member	Present

## 3. Approval of Previous Minutes

Motion to Approve: Proposal to accept the minutes as written by Beth Skwarecki and Sanjiv Gupta from the previous meeting on July 18, 2025.

Moved By: Kyle Frappier

Seconded By: tony Lupo

Outcome: Approved

Notes: Unanimous

#### 4. Old Business

Discussion Topics:

No outstanding business from previous meeting remains.

#### 5. New Business

#	Topic	Notes / Summary of Discussion	Motions Made	Actions / Responsible Parties
1	Resignation of Secretary, Treasurer, Website Director, & Drug Enforcement Officer	Review the voluntary resignations of Sanjiv Gupta & Eric Todd from their respective board positions & officer roles	Motion to accept: Clint Seconded: Tony Outcome: Approved 3-0	Sanjiv Gupta & Eric Todd are now officially removed from the EB and their officer roles
2	Procedure for finding new Secretary & Treasurer	Look at finding new candidates to fill the empty executive board positions and special duty officer positions  Appoint interim board members  Clint becomes interim treasurer  Tony becomes interim secretary	Motion to accept: Kyle Seconded: Tony Outcome: Approved 3-0	Clint & Tony's responsibility
3	Restructuring Secretary job to Pres/VP	Motion to postpone until secretary position is filled in 2 weeks' time by any interested member through email	Motion to accept: Kyle Seconded: Clint Outcome: Approved 3-0	
4	DBA as USAWA & United States All-Round Weightlifting	Tabled	Motion to accept: Clint Seconded: Kyle	

	Association		Outcome: Approved 3-0	
5	Insurance follow-up	Gather quotes on insurance for the USAWA	Motion to accept: Clint  Seconded: Kyle  Outcome: Approved 3-0	Clint's responsibility
6	Membership waiver for website	Look into creating a waiver for members  Add clause to allow USAWA to share personal details with meet directors and officials	Motion to accept: Clint  Seconded: Kyle  Outcome: Approve 3-0	Secretary's responsibility
7	Quarterly Message	Start a quarterly email message with upcoming meets and details on what has happened in the organization  1 <sup>st</sup> week of each quarter a message will be sent	Motion to accept: Kyle  Seconded: Clint  Outcome: Approved 3-0	Shared across EB
8	Robert's Rules of Order adoption	Create a standardized list of Robert's rules of order specifically for the USAWA	Motion to accept: Kyle  Seconded: Clint  Outcome: Approved 3-0	Delegate to special committee lead by Tony Lupo
9	Staggering officer terms / elections	Tabled	Motion to accept: Kyle  Seconded: Clint  Outcome: Approved 3-0	
10	2025 Nationals Follow-up	General discussion on the aggressive behavior that occurred between members	Motion to accept: Kyle	Add new rule to rulebook, responsibility

		<p>towards officials, the meet director, &amp; the EB members</p> <p>Develop ethics committee, EB will act as ethics committee going forward until a formal ethics committee is developed, and code of conduct</p> <p>Rule: Meet directors reserve the right to remove any athlete due to disruptive behavior</p>	<p>Seconded: Clint</p> <p>Outcome: Approved 3-0</p>	<p>of secretary</p> <p>Creation of an ethics committee is a shared responsibility of the EB</p>
11	2026 Nationals Bid - Louisville, KY @ HomeGymCon	<p>Following the withdrawal of the 2026 nationals bid to be hosted in Colorado by the meet director</p> <p>Move to 2026 nationals to Louisville KY led by Clint Poore &amp; Randy Richey</p> <p>Lifts include reflex bench press, peoples deadlift, barbell cheat curl</p> <p>Cap of 50 lifters</p> <p>Nationals meeting on Friday July 31<sup>st</sup> at 6pm at a restaurant to be determined</p> <p>Saturday August 1<sup>st</sup></p> <p>President's Cup: Friday July 31<sup>st</sup></p>	<p>Motion to accept: Clint</p> <p>Seconded: Kyle</p> <p>Outcome: Approved 3-0</p>	
12	New USAWA logo design	Tabled	<p>Motion to accept: Clint</p> <p>Seconded: Kyle</p> <p>Outcome: Approved 3-0</p>	

13	1 Arm DB Bench Press addition	Based on precedent of weaver stick and existence of a 2 arm DB bench, an additional variant of a 1 arm DB Bench Press following the rules of the 2 arm DB bench except with the use of 1 arm (any hand)	Motion to accept: Clint Seconded: Tony Outcome: Approved 3-0	Add to rulebook and records, responsibility of Secretary & Tony
14	Knee Sleeves proposal	Tabled	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	
15	POTUS Exec Order discussion (gender in sport)	Add to rule of section IX sub-section 4 "at the meet director's discretion, including all USAWA national events."	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	Add to rulebook, responsibility of Secretary
16	Access to all social media accounts	All accounts should transfer over to the new Social Media Director or President immediately upon election results	Motion to accept: Kyle Seconded: Clint Outcome: Approved 3-0	
17	USAWA slogan development	Tabled	Motion to accept: Kyle Seconded: Clint Outcome: Approved 3-0	
18	Website & bank account access	All credentials be transferred over to their respective positions immediately upon elections	Motion to accept: Kyle Seconded: Clint Outcome:	

			Approved 3-0	
19	TUE form availability online	Tabled	Motion to accept: Kyle Seconded: Clint Outcome: Approved 3-0	
20	Meet Director resource page	Tabled	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	
21	Female athlete representative	Tabled	Motion to accept: Kyle Seconded: Clint Outcome: Approved 3-0	
22	Background checks for EB, officers, meet directors, and referees	Start background checks, at a time to be determined, for EB members, officers, meet directors, & referees  Table decision on how it should be put into effect	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	
23	Safe Sport training	Tabled	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	
24	Code of Conduct development	Start development on this	Motion to accept: Clint Seconded: Kyle Outcome:	President

			Approved 3-0	
25	Social media policy development	Start development on this	Motion to accept: Clint Seconded: Kyle Outcome: Approved 3-0	Social Media Director & President

**6. Other Business**

No other business to be proposed

**7. Adjournment**

Time: 6:45pm

Motion to Adjourn by: Kyle

Seconded by: Clint

Outcome: Approved

**LIFTER OF THE MONTH, JULY 2025, NISHA GUPTA**

August 1, 2025 Tony Lupo

Nisha Gupta of High Country Vigour has earned lifter of the month for July 2025 with an outstanding performance at the 2025 USAWA National Championship on the way to claiming the top overall Junior and 3rd overall among all female lifters. She is pictured below hoisting the mighty Dinnie Bars. At 40kg all of her lifts set not only age group, but also ALL age class and National records.

Nisha’s performance comes on the heels of defending her Stars of Tomorrow title and winning the overall female title in the 2025 Grip Championship. She is also a Level 1 official and was the side judge for 3 of the 4 lifts at Nationals. She is well on the way to the Century Club and currently holds 75 USAWA records.

In addition to all-round, Nisha has competed in unsanctioned Powerlifting and GSI Sanctioned Grip Sport. Outside of lifting, Nisha is the Vice President of her High School Class and Varsity tennis player.

Congratulations Nisha!



## 2025 Presidential Cup

August 3, 2025 Denny Habecker

The Presidential Cup was at Habecker's Gym even this year as all 5 lifters are members of Habecker's Gym. There was some very good lifts done this year as 25 records were set or broken. Beth Skwarecki won the Presidential Cup for the 3rd time with her great chin-up record. Congratulations Beth!

August 2, 2025 – Habecker's Gym- Lebanon, Pa.

BETH SKWARECKI- 44 – 142 LBS. – 65 Kg. Class – [ 40- 44 ]

Dumbbell to Shoulder – 50 Kg. – 110 Lbs.

Chin-up – 12.5 Kg. – 27.5 Lbs.

Piper Squat – 60 Kg. – 132 Lbs.

Clean & Seated Press- 2 Dumbbells – 36.4 kg – 80 Lbs.

Deadlift- Fulton Dumbbell – Right 35 Kg. – 77 Lbs.

STEVE JURY – 60 – 240 LBS. -110 Kg. Class – [ 60- 64 ]

Bench Press -Feet in Air- 85 Kg. – 187 Lbs.

Crucifix – 22.7 kg – 50 Lbs.

Swing- Dumbbell – Left – 37.5 Kg. 82 Lbs.

Swing -Dumbbell – Right – 40 Kg. 88 Lbs.

Press- Dumbbell – Left – 27.5 Kg. 60 Lbs.

MIKE LOCONDRO – 62 – 217 Lbs. – 100 Kg. Class [ 60 – 64 ]

People's Deadlift – 185 Kg. – 407 Lbs.

Bent Over Row – 109.5 Kg. – 241 Lbs.

Dumbbell to Shoulder – 50 Kg. – 110 Lbs.

Piper Squat – 60 Kg. – 132 Lbs.

Good Morning – 40 Kg. – 88 Lbs.

BARRY PENSYL – 77 – 125.7 Lbs. – 60 Kg. Class [ 75 – 79 ]

Cheat Curl – 32.5 Kg. – 71 Lbs.

Crucifix – 9.1 kg – 20 Lbs.

Deadlift- One Hand- Left 65 Kg. – 143 Lbs.

Deadlift – One Hand – Right 65 Kg. – 143 Lbs.

Weaver Stick- Right Hand- Front – 0.9 kg – 2 Lbs.

DENNY HABECKER – 82 – 180.6 Lbs. 85 Kg. Class [ 80- 84 ]

Deadlift- 12" Base – 110 Kg. – 242 Lbs.

Bench Press- Fulton Bar – 67.5 Kg. – 148 Lbs.

Deadlift- Fulton Dumbbell – Right 50 Kg – 110 Lbs.

Deadlift- No Thumbs – 95 Kg. – 209 Lbs.

Deadlift – One Hand – Left 75 Kg. -165 Lbs.

OFFICIALS: Denny Habecker, Barry Pensyl, Beth Skwarecki

### **2025 Award Winners: Courage Award Runner-Up and Lifter of the Month August 2025**

#### August 4, 2025 Tony Lupo

If you google the name, Frank Ciavattone, you will find details for amazing feats of strength. For example, he is the first American to lift the Dinnie Stones and was inducted into Massachusetts Hall of Fame for wrestling. He is also in the USAWA Hall of Fame and ranks 5<sup>th</sup> all time with more than 360 records. Known for his toughness he's battled and survived some serious health issues in the past. He founded and leads Frank's Barbell Club in Walpole, MA. But, even more important to him, you will find words like kindness, character and generosity used to describe his personality. The 2025 USAWA Courage Award Runner-up and August 2025 USAWA Lifter of the Month is a true gentleman. He led a group of lifters from his gym to come and compete at the 2025 Nationals. He also competed side-by-side with the team in spite of quietly battling cancer. Congratulations to one of the living legends in the USAWA!



### **2025 Award Winners: Club of the Year Runner up.**

August 6, 2025 Tony Lupo

When you visit the Boston, MA area, the Cradle of Liberty, you think of American history and some of the best seafood you can find. In sports, you think of the Red Sox, Patriots, Celtics, and Bruins. In the USAWA, and beyond, we think of Frank's Barbell Club in Walpole, MA. Nestled between Boston and Providence, RI, they are the easternmost organization of the USAWA and the 2025 USAWA Runner-up for gym of the year (see picture below). The criteria for this award are membership (Frank's is one of the largest clubs), members competing in USAWA Nationals and IAWA Worlds (check), and sanctioning events (which they've done since last year – including a cross country OSTM event in May). They are certainly an active group. They have a record day coming up on Saturday 16 August which is listed on the Upcoming Events calendar! But, their members are more than a club, together they are like family. As their members will attest, the veterans help and give advice to the newer members with both lifting and life. They clearly enjoy competing together and their club is an important part of their lives. Led by Frank Ciavattone himself, part of the team was able to come to nationals in July 2025 and did very well. They are pictured below from left to right, Dan Jones, Frank Ciavattone, Jessica Hopps, Wade Marchand, and Nils Larson. Congratulations to Frank's Barbell Club!



### 2025 Award Winners: Sportsman of the Year

August 7, 2025 Tony Lupo

Look up the word sportsman in the dictionary, and one of the definitions is a person who behaves sportingly, which is to say in a fair or generous manner. This describes the 2025 USAWA Sportsmanship Award winner David DeForest (pictured below). Many of us would also think of someone who is accomplished in the sport as well. Dave has more than 350 USAWA records which ranks 6<sup>th</sup> all-time and first in Clark's gym. When he competes, it is with a "quiet intensity" that does not let the weight get the best of him. As a 30+ year veteran, his lifting techniques are often near perfect. At a meet, Dave will do what is asked of him without complaint. And you'll never hear him be overly vocal or dramatic during his W's or L's on the floor. In Columbia, Dave is always available to the newer lifters in our gym to answer questions, help us improve technique, to load and spot, or to referee even if it means coming in when he's not necessarily competing. He is also very humble about his own accomplishments, preferring instead to highlight his teammates. Dave is more than just another person in Clark's gym. These days he's enjoying the title grandpa and makes a mean apple cider from his apple orchard. That is not to be said (mean) in the academic sense! Congratulations David DeForest!



### Results: Clark's Gym Record Day

August 8, 2025 Tony Lupo

**August 5, 2025**

### **RECORD DAY – AUGUST 2-3, 2025**

Participation in record days as stand-alone or as part of weekend competitions offered by Clark's Gym continue to be quite popular.

We had a record 27 lifters (five gyms and two countries) involved on a day when there was also a record day in Lebanon, Pa., that surely drew some lifters from the local record day.

Here are the results:

#### **From Clark's Gym**

**Lisa Gore. Age – 59. Bwt. – 217.**

Dinnie lift – 306.

Hackenschmidt floor press – 135.

Saxon deadlift – 85.

Dumbbell to shoulder – 80.

**Allison Lupo. Age – 59. Bwt – 197.**

Team clean and push press – 150.

Deadlift – one-leg -left – 50.

Deadlift – one leg – right – 50.

Deadlift – Inch bar – two hand – 2×47 – 94.

Team Ciavattone deadlift – 390.

**Tony Lupo. Age – 59. Bwt. – 243.5**

Team clean and push press – 150.

Foot press – 1,335.

Bench press – Fulton bar – 215.

Clean and jerk – two dumbbells – 2 x 60 – 120.

Team Ciavattone deadlift – 390.

**Dave DeForest. Age – 65. Bwt. – 179.**

Lurich lift – 390.

Deadlift – Fulton bar Dumbbell – Right – 126.

Thor's hammer – 28.

Side press – left – 50.

Side press – right – 50.

**Janet Thompson. Age – 67. Bwt. – 164.5**

Cheat curl – left – 20.

Cheat curl – right – 20.

Crucifix – 2 x 10 – 20.

Deadlift – dumbbell – left – 100.

Deadlift – dumbbell – right – 100.

**Travis Djuren. Age – 43. Bwt – 365.**

Reeves deadlift – 405.

Foot press – 1,435.

Deadlift – Inch bar – left – 147.

Deadlift – Inch bar – right – 147.

**Riley Wenzel. Age – 20. Bwt. – 158.**

Maxey press – 135.

Foot press – 1,180.

Piper squat – 135.

Habecker lift – 225.

Goerner stroll – 210.

**Logan Wenzel. Age – 10. Bwt. – 73.**

Piper squat – 28.

Foot press – 230.

Deadlift – three-inch bar – 85.

Deadlift – Fulton bar – 75.

Deadlift – one leg – left – 28.

**Jeff Wenzel. Age – 50. Bwt. – 228.**

Piper squat – 305.

Maxey press – 185.

Foot press – 1,710.

Goerner stroll – 270.

**Clark's Gym Officials:**

Allison Lupo.

Bill Clark.

Tony Lupo.

Dave DeForest.

Jeff Wenzel.

**From High Vigour Gym, Colorado**

Team lifts:

**Diya Gupta. Age – 18. Bwt. – 108.1.**

**Nisha Gupta. Age – 16. Bwt. – 89.5.**

Bench press – alternate grip – 70.

Bench press – hands together – 70.

Bench press – one arm -left – 30.

Bench press – one arm – right – 30.

Bench press – reverse grip – 70.

**Sanjiv Gupta. Age – 54. Bwt. – 210.7.**

Continental to chest – 165.

Continental snatch – 115.

Reflex clean and jerk – 135.

Reflex clean and push press – 245.

Goerner stroll – 270.

**Jarrold Fobes. Age – 48. Bwt. 217.7.**

Snatch – one arm – left – 65.

Side press – left – 65.

Zercher lift – one arm – left – 165.

Swing – dumbbell – left – 86.

Cheat curl – dumbbell – one arm -left – 89.

**Colorado officials:**

Sanjiv Gupta.

Jarrold Gupta.

**Ontario, Canada.**

**Chris Frappier. Age – 60. Bwt. – 218.**

Vertical bar – 2 bars – 2-inch – 150.

Vertical bar – 1 bar – 2-inch – left – 90.

Vertical bar – 1 bar – 1 inch – left – 150.

Lurch lift – 285.

**Joe Somfay. Age – 80. Bwt. – 190.4.**

Jefferson lift – little fingers – 85.

Vertical bar – 2 bars – two inch – 140.

Vertical bar – 2 bars – one inch – 210.

Vertical bar – 1 bar – left – 115.

Vertical bar – 1 bar – right – 120.

**Jeremy Law. Age – 44. Bwt. – 268.2.**

Vertical bar – two bars – two inch – 225.

Vertical bar – two bars – one inch – 220.

Vertical bar – one bar – two inch – left – 120

Vertical bar – one bar – one inch – right – 125.

**Canadian officials:**

Those lifting plus Kyle Frappier.

**Buffville, Kentucky, Gym.**

**Patrick Hadley. Age – 54. Bwt. – 92.8 kg.**

Reflex bench press – 250.

Bench press – dumbbell – left – 105.

Bench press – dumbbell – right – 105.

**Clint Poore. Age – 51. Bwt. – 107.0 kg. (??) Report had a typo.**

Reflex Bench press – 415.

Bench press – dumbbell – one hand – right – 130.

Bench press – dumbbell – one hand – left – 120.

**Aaron Rains. Age – 32. Bwt – 95.6.**

Reflex bench press – 335.

Bench press – dumbbell – one arm – left – 125.

Bench press – dumbbell – one arm – right – 130.

Turkish get-up – 105.

**Kentucky officials:**

Clint Poore.

Patrick Hadley.

**Frank’s Barbell Club – Walpole, MA**

**Lilliana Jones Age 9 BWT 60 kg**

Reverse Curl – 28.5 lb 13 kg

Finger Lift – Middle Right – 32 lb 14.5 kg

Finger Lift – Middle Left – 32 lb 14.5 kg

Finger Lift – Index Left – 27 lb 12.25 kg

Finger Lift – Index Right – 27 lb 12.25 kg

**Jessica Hopps Age 41 BWT 80 kg**

Finger Lift – Middle Right – 75 lb 34 kg

Finger Lift – Middle Left – 75 lb 34 kg

Finger Lift – Ring Left – 55 lb 25 kg

Finger Lift – Ring Right – 55 lb 25 kg

Finger Lift – Index Left – 57 lb 25.8 kg

**Dan Jones Age 41 BWT 85 kg**

Bench Press, One Arm Right – 56 lb 25.5 kg

Finger Lift – Ring Left – 100 lb 45.5 kg

Finger Lift – Middle Left – 112 lb 50.9 kg

Finger Lift – Index Left – 100 lb 45.5 kg

Finger Lift – Index Right – 112 lb 50.9 kg

**Wade Marchand Age 56 BWT 75 kg**

Finger Lift – Middle Right – 102 lb 46.3 kg

Finger Lift – Middle Left – 97 lb 44 kg

Finger Lift – Ring Right – 77 lb 35 kg

Finger Lift – Index Right – 77 lb 35 kg

Finger Lift – Index Left – 77 lb 35 kg

**Nils Larson Age 65 BWT 115**

Bench Press Hands Together – 226 lb 102.7 kg

Bench Press Alternate Grip – 156 lb 70.9 kg

Bench Press One Arm Left – 56 lb 25.5 kg

Bench Press One Arm Right – 56 lb 25.5 kg

Bench Press Reverse Grip – 156 lb 70.9 kg

**Carl Puzin Age 68 BWT 105 kg**

Finger Lift – Middle Right – 97 lb 44 kg

Finger Lift – Ring Left – 67 lb 30.5 kg

Finger Lift – Little Right – 52 lb 23.6 kg

Squat, Overhead – 45 lb 20.5 kg

Pull Over Press, Wrestler's Bridge – 45 lb 20.5 kg

**Frank Ciavattone Age 70 BWT 125 kg**

Finger Lift – Little Right – 80 lb 36.3 kg

Finger Lift – Little Left – 75 lb 34 kg

Finger Lift – Ring Right – 80 lb 36.3 kg

Finger Lift – Middle Right – 100 lb 45.5 kg

Finger Lift – Index Right – 100 lb 45.5 kg

**Massachusetts Officials**

Frank Ciavattone

Wade Marchand

Nils Larson

### **LATER THIS MONTH.**

The IAWA World Postal must be completed not later than August 31. Clark's Gym had won the three-man team competition in 2021-22-23, but fell to second place in 2024. We hope to return to the top and have at least three teams in the mix – including a female squad.

The entire Clark's Gym team is eligible to lift, regardless of where you live, but your lifts must be judged on site.

Rest up for a couple of weeks and we will gather in the air-cooled comfort of Clark's Gym later in the month to take on the world.

### **2025 USAWA Award Winners: Newcomer of the Year**

August 10, 2025 Tony Lupo

The 2025 USAWA newcomer of the year is Allison Lupo (see below). Allison joined the USAWA after being dragged around to watch my competitions. In her youth she was a tennis and softball star. She's been athletic all her life. She found out she has a real talent for the USAWA's unique brand of lifts. Allison learns the techniques real well and real fast. Better than other members of the household! She has a keen eye for what is a good technique and what is a good lift. She turned the latter talent into becoming a referee. She's always been strong and has managed to pile up over 200 USAWA records! She surprised our gym one day by doing the Mansfield Lift which has not been done by someone we'll just say in her age group. She's a valued part of the Clark's Gym team. In her daily life, she manages the kitchen at Our Lady of Lourdes elementary school, and her strength and endurance helps keep the cafeteria in line. She also manages to keep her household in line. A guy can be thankful to have a strong and beautiful spouse. Congratulations to Allison as the 2025 USAWA newcomer of the year



### **One Ton Pentathlon Challenge**

August 11, 2025 Tony Lupo

**Date:** 13 – 14 September 2025

**Location:** Clark's Gym, Columbia, MO and Remote

**Weigh-In time:** 8:30 am

**Lifting begins:** 9:30 am

**Meet Director:** Bill Clark

#### **The Lifts:**

- Anderson Press
- Anderson Squat
- Hackenschmidt Press
- Kennedy Lift
- Peoples Deadlift

**How to enter: OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. You must send all results to Clark's Gym via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. 16 September 2025.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**Record day:** You can enter up to five record lifts.

**Remote lifting:** To compete remote, you must enter by 5:00 pm 6 September 2025 or your results will not be accepted.

**Memberships:** You must be a USAWA Member, membership applications will be accepted at the meet.

**Awards:** There will be a best lifter award for men and women.

**Contact:** Clark's Gym, email: [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com).

### **Ed Zercher Strength Classic 2026 and Record Day, Columbia, MO**

[August 11, 2025 Tony Lupo](#)

**DATE** – Weekend of January 24-25, 2026

**WHERE** – Clark's Gym, Columbia, Mo. and remote (hybrid).

**USAWA/IAWA MEMBERSHIP REQUIRED.** (Onsite registration available).

**WEIGH-INS** – 8 A.M. each day.

**ENTRY FEE** – None.

**ENTRY DEADLINE** – 10 P.M. Tuesday, January 20, 2026 via e-mail to [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com).

**AWARDS** – Certificates.

**OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you

have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**REPORTING DEADLINE** – All remote result must be received by e-mail by 10 p.m., Tuesday, January 27, 2026.

### **THE LIFTS**

- DL – Heels together
- Hack lift
- Steinborn lift
- Zercher lift
- Leg press (non USAWA lift)
- DL – one hand
- DL – one-hand thumbless
- Hip lift
- Harness lift
- Hand-and-thigh lift
- Neck lift
- Bench press feet in air.

### **2026 USAWA Club Championship and Record Day**

August 11, 2025 Tony Lupo

Clark's Gym

Saturday, February 28, 2026

Entry Deadline: February 21, 2026

Weigh In 8:00 AM; Lifting Starts 9:00 AM

Lifts:

- TBA

Athletes are welcome to lift at Clark's Gym and/or submit results remotely. Hybrid results due by 6:00 PM March 3, 2026

Must be a USAWA member and a member of a USAWA sanctioned club

Entry Fee: \$20/club plus a group photo to be submitted along with results. But, clubs can enter as many teams as they wish.

Meet Director: Bill Clark ([yeoldclark@gmail.com](mailto:yeoldclark@gmail.com))

Award: Winning club will receive a plaque.

We would love to have everybody visit Columbia, MO for some lifting but given the time of year and the weather, we will accept remote results. All four lifts are classics that have been contested during the club championships at least once. They are easy to set-up and officiate. Official scoring will be used and the top 3 lifters from each club will be summed to determine the championship.

If a club enters with only 2 athletes, a score of 80% of the second highest athlete will be added to create a total.

If a club enters with only 1 athlete, a score of 80% of the athlete and 60% of the athlete will be added to create a total.

Thanks to Ambridge Barbell Club and Ledaig Heavy Athletics for hosting this championship from 2010-2019. Thank you to High Country Vigour for bringing the Club Championships back in 2025. The winning club will earn the right to host the event in 2027!

### **Tony and Allison's 60th Birthday Party and Record Day**

August 12, 2025 Tony Lupo

MARCH 14-15, 2026

**CLARK'S GYM AND REMOTE.**

**ENTRY FEE:** None.

**WEIGH-INS EACH DAY** – 8 A.M.

**AWARDS** – Certificates.

**LIFTS:** Ten lifts will be put in a hat and five will be drawn one by one and contested with no advanced warning. Remote lifters will be notified by either telephone or e-mail following each draw.

**OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday of the weekend involved or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on the Tuesday following the meet.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**RULES** – First – any USAWA/IAWA member can enter by letting me know by March 7 that they plan to do so. My phone is 573-474-4510 and my e-mail is [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com).

The meet is scheduled for Saturday, March 14 beginning at 10 a.m., Central Standard Time. All remote entries must have e-mail capabilities beginning at 9:30 a.m. on that date and be in touch with the e-mail connection they will receive prior to the competition.

Last year, Jeff Wenzel turned 50 years old and came up with the idea for a meet that would choose lifts at random from a hat. There are a lot of birthdays in our gym in March and the two months bookending March. We decided to keep the tradition alive for all our birthdays and in the future it will be called “The Birthday Bash” except when some of us have a milestone birthday!

Here’s how the meet will be done:

Tony and Allison will choose 10 lifts that they enjoy. Five of the 10 will be drawn out of a hat – one at a time – and the lifters will complete that lift before moving on to the next lift. Each lift will be figured individually and the winner will be the person with the lowest number of points with one point for first place and two for second, etc.

Last year’s 10 lifts were bench dip, Anderson squat, Jackson press, lying lateral raise, one-hand pinch grip deadlift, strict curl, press from rack, Reg Parke bench press, Roman chair sit-up, and seated press from rack. We will choose the 2026 lifts soon!

Those lifting remote will be informed by e-mail about the next lift and their final result from the lift just completed will be recorded at that time. At the end of five lifts – all drawn from the hat – the points will be totaled and the winners announced.

If you lift at Clark’s Gym, Tony and Allison will host for some sort of food and beverage following the record day which will go with the competition.

If you have an official available at your remote site, you can add five records since this date is sanctioned as both a competition and a record day for all. You can file five lifts for record without being in the competition – provided you have let Clark know in advance and you are a USAWA /IAWA member.

This offer extends to the IAWA/UK and to all members in Australia and worldwide.

There is no entry fee.

And there is no reason why the entire IAWA membership should not be involved in this first-of-its-kind competition in odd-lift history.

### **2026 Bench Press Heptathlon V and Record Day**

August 12, 2025 Tony Lupo

APRIL 11-12, 2026

#### **CLARK'S GYM AND REMOTE**

**ENTRY FEE:** None.

**WEIGH-INS** – 8 A.M. EACH DAY.

**AWARDS** – Certificates (Male and female divisions)

#### **LIFTS:**

- Bench press – Feet on floor (non USAWA lift)
- Bench press – feet in air
- Bench press – reverse grip
- Bench press – alternate grip
- Bench press – hands together
- Bench press – right hand
- Bench press – left hand

**SPECIAL EVENTS:** Certificates also for Rampage, Reg Park, and for Roman Chair Bench.

**OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 7 April your results will not be accepted. You must

send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on the Tuesday 14 April.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

### 4th Diamond Jubilee 2026 and Record Day

August 12, 2025 Tony Lupo

APRIL 25-26, 2026

#### **CLARK'S GYM AND REMOTE**

**ENTRY FEE** – None.

**WEIGH-INS** – 8 A..M. each day.

**AGE REQUIREMENT** – Most be at least 70 on April 25, 2026 for the 4th Diamond Jubilee.

**AWARDS** – Certificates for male and female.

#### **LIFTS:**

- Deadlift Heels together
- Deadlift, Fulton Bar – no thumbs (non USAWA lift)
- Jefferson with Fulton Bar
- Bench press – reverse grip
- Bench press -close grip
- Press, seated, from rack.

**OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 21 April 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on Tuesday 28 April 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you

have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

### 3rd Stars of Tomorrow and Record Day, Columbia, MO

August 12, 2025 Tony Lupo

May 16-17, 2026

**CLARK'S GYM AND REMOTE.**

**ENTRY FEE:** None

**WEIGH-INS** – 8 a.m. each day.

**AGE REQUIREMENT** – Must not have achieved 20<sup>th</sup> birthday by May 17, 2026.

**GENDER** – Open to both genders in the teenage and pre-teenage categories.

**AWARDS** – Certificates for both male and female.

**LIFTS:**

- Bench press – feet in air;
- Jerk from rack;
- Anderson squat;
- Dead lift – heels together;
- clean and press, heels together.

**OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 12 May 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on the Tuesday 19 May 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

## 2nd For Women Only and Record Day, Columbia, MO

August 12, 2025 Tony Lupo

May 23-24, 2026

### **CLARK'S GYM AND REMOTE**

**ENTRY FEE** – None.

**GENDER REQUIREMENT** – Women only.

**AWARDS** – Certificates.

### **LIFTS**

- Swing – one hand;
- Deadlift (barbell) – one hand;
- Push press from rack;
- Hack lift;
- Bench press – feet in air.

**OPEN TO THE WORLD** – All competition in Clark's Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark's Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 19 May 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on the Tuesday 26 May 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

## 2025 USAWA Award Winners: Sportsman of the Year Runner-Up

August 12, 2025 Tony Lupo

The 2025 USAWA Sportsman of the Year Runner up is Jarrod Gaddis from Buffville Gym. The 'short and tall' of his story (see picture below) would reveal he is cut from similar cloth to our Sportsman of the Year winner. He is an accomplished lifter in his own right with the second largest Hackenschmidt Floor Press in the record books at 440 lbs. He was also the

2024 Kentucky Open Men's Champion. He is always willing to help out as a referee and has a good eye for judging lifts. Jarrod Gaddis is a valued member of the Buffville team and is always helping out when there's a meet, and you can always find him spotting on the competition platform or at the warm-up platform, or encouraging other lifters. He is outgoing and very polite and makes visiting lifters feel very welcome. Congratulations to the USAWA Sportsman Runner-up, Jarrod Gaddis!



## 2nd Light Weight Decathlon and Record Day

August 13, 2025 Tony Lupo

**Date:** 15 – 16 August 2026

**Location:** Clark's Gym, Columbia, MO and Remote

**Weigh-In time:** 8:30 am

**Lifting begins:** 9:30 am

**Meet Director:** Tony Lupo

### **The Lifts:**

- Side Press, Dumbbell (one arm)
- Jefferson Deadlift, Little Fingers
- Lateral Raise, Lying
- Thor's Hammer

- Pinch Grip Strict (one hand).
- Crucifix
- Zeigler Clean
- Finger Lift, Thumb (one hand)
- Rectangular Fix Fulton Bar
- Weaver Stick Front

**How to enter: OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. You must send all results to Clark’s Gym via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) or [lupoa0313@gmail.com](mailto:lupoa0313@gmail.com) not later than 10 p.m. 18 August 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**Record day:** You can enter up to five record lifts.

**Remote lifting:** To compete remote, you must enter by 5:00 pm 11 August 2026 or your results will not be accepted.

**Memberships:** You must be a USAWA Member, membership applications will be accepted at the meet.

**Awards:** There will be a best lifter award for men and women.

**Contact:** Clark’s Gym, email: [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) or [lupoa0313@gmail.com](mailto:lupoa0313@gmail.com)

### **3rd Two-Fisted Challenge and Record Day**

[August 13, 2025 Tony Lupo](#)

SEPTEMBER 19-20, 2026

### **CLARK’S GYM AND REMOTE**

**ENTRY FEE** – None.

**WEIGH-INS** – 8 A.M. both days.

**AWARDS** – Certificates for male and female.

**LIFTS** –

- All four fingers and thumb on each hand;
- deadlifts by pairs of fingers, Index, middle, ring, and little.

**OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on 15 September 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. 22 September 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

### **2nd One Ton Challenge and Record Day, Columbia, MO**

August 13, 2025 Tony Lupo

**Date:** 10-11 October 2026

**Location:** Clark’s Gym, Columbia, MO and Remote

**Weigh-In time:** 8:30 am

**Lifting begins:** 9:30 am

**Meet Director:** Bill Clark

**The Lifts:**

- Anderson Press
- Anderson Squat
- Hackenschmidt Press
- Kennedy Lift
- Peoples Deadlift

**How to enter: OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. You must send all results to Clark’s Gym via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. 13 October 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

**Record day:** You can enter up to five record lifts.

**Remote lifting:** To compete remote, you must enter by 5:00 pm 29 September 2026 or your results will not be accepted.

**Memberships:** You must be a USAWA Member, membership applications will be accepted at the meet.

**Awards:** There will be a best lifter award for men and women.

**Contact:** Clark’s Gym, email: [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com).

### **Hermann Goerner Deadlift Dozen (Plus one) and Record Day, Columbia, MO**

August 13, 2025 Tony Lupo

OCTOBER 31-November 1, 2026

#### **CLARK’S GYM AND REMOTE.**

**ENTRY FEE** – None.

**WEIGH-INS** – 8 a.m, both days.

**AWARDS** – Certificates for male and female.

**LIFTS** – All deadlifts to include

- two-bars,
- Reeves,
- Jefferson,
- heels together,

- hack,
- all four fingers,
- one-hand with each hand,
- one-hand thumbless with each hand.

**OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 27 October, 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on Tuesday 3 November, 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

### **Steve Schmidt Backbreaker Pentathlon and Record Day, Columbia, MO**

August 13, 2025 Tony Lupo

DECEMBER 5-6, 2026

**CLARK’S GYM AND REMOTE.**

**ENTRY FEE** – None.

**WEIGH-INS** – 8 a.m. each day.

**AWARDS** – Certificates for male and female.

**LIFTS** –

- Back lift,
- neck lift;
- harness lift;
- hip lift;
- hand-and-thigh lift.

**OPEN TO THE WORLD** – All competition in Clark’s Gym is hybrid. You may compete in your local gym or in the friendly confines of Clark’s Gym in Columbia, Mo. To compete remote, you must enter by 10 p.m. on Tuesday 1 December 2026 or your results will not be accepted. You must send all results to Bill Clark via e-mail only at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com) not later than 10 p.m. on Tuesday 8 December 2026.

Included on the reporting form must be the name of the official(s) involved. DO NOT send your remote results to the USAWA. They must be approved by the meet director first. If you have no officials, your results will be included in the final tabulation of the competition and be eligible for meet awards – but not records. Your honesty is the key to all competitions.

**OFFICIALS** – Must accompany remote results to be eligible for records.

### **2025 USAWA AWARDS WINNERS: Leadership Runner-up.**

August 14, 2025 Tony Lupo

The 2025 USAWA Leadership Runner-up was none other than Bill Clark, another living legend in the USAWA. Bill is pictured below preparing to perform a successful 650 lb Hip Lift at 90 something years of age. Bill has been there with the USAWA since the beginning and listening to his stories whether in sports (especially weightlifting), his career as a Major League Baseball scout, or life in general is quite interesting. He’s packed quite a bit into his 90+ years as he’s been all over the world (except Antarctica, but he just may have been there and not let us know yet). He’s a member of the Missouri Sports Hall of Fame. He’s participated and refereed in 22 different sports! And he still finds time to go birding, be involved in community outreach, and teach classes for the University of Missouri Extension. Not sure there is much more to say other than he is very fond of his gym which is a sight to see. But even more so, he is fond of all the members of the Clark’s Gym as individuals – and cares about how we’re all doing both inside and beyond the confines of the gym. We all appreciate his leadership in the gym and beyond. Congratulations Bill Clark, 2025 USAWA Leadership Runner-up Award.

### **2025 Award Winners: The Club of the Year.**

August 17, 2025 Tony Lupo

When you visit Columbia, in the heart of Missouri, you can see a lot of Civil War history, some of the nation’s first Interstate (I-70), and enjoy great barbecue or catfish. It’s the land of the Missouri Tigers (the SEC), and Kansas City Chiefs and Royals to the west or the Saint Louis Cardinals and Blues to the east. This is the location of Clark’s Gym, the 2025 USAWA Club of the year. A gym where the lifters sweat as much or more than the corn. As possibly the largest club in the USAWA, we have members from at least five states and two

Canadian provinces. In the last year going back to mid-2024, we hosted the Nationals and sanctioned a variety of interesting meets. And we've participated at meets remotely and in person around the country. The inside is not pretty, but we have some great old-time and modern equipment. And the Clark's team features a mix of characters from great hall-of-fame lifters to broken-down meteorologists and even the future of weightlifting with our junior members. If you are a fan of the late Toby Keith, country singer, think of the song "I Love this Bar". But when we're in the gym (and even outside of it) – we're there for each other. There is no one on the team who wouldn't go out of their way to help out a fellow gym member. And as our leader Bill Clark has always told us – we don't leave the gym without doing something positive! And many positive things have been done there! Congratulations to Clark's Gym 2025 USAWA Club of the year. Pictured below is part of the team from a recent meet from left to right, Janet Thompson, John Carter, Jeff Wenzel, Tony Hose, Allison Lupo, Toby Ortega, and Travis Luther.



### [A letter to USAWA members](#)

[August 19, 2025 Jessica Hopps](#)

Members of the USAWA:

Some of you may or may not have heard of things that have been happening in the USAWA from the National meeting till now. As President of the USAWA, I would like to share how events unfolded and hope you all continue to support the organization.

7/18 – Clint Poore (President), Tony Lupo (VP), Sanjiv Gupta (Secretary), Eric Todd (Treasurer) and Kyle Frappier (At-Large) were duly elected at the Annual General Meeting.

7/19-7/26 – Due to perceived behavior by fellow board members and irreconcilable differences on how the board should behave, Sanjiv (Secretary), and Eric (Treasurer) resigned.

7/27 – Clint became interim Treasurer, and Tony became interim Secretary.

7/29 – Bill Clark was appointed Treasurer by Clint, Tony and Kyle.

7/31 – Tony resigned as VP and Joe Garcia was appointed VP by Clint, Tony, Kyle and Bill

8/10 – Based on information received from several participants at the National meeting/meet, Clint was asked to step down by Joe.

– Upon his refusal to resign, a motion was made by Joe to remove Clint as President. Motion carried.

-Joe was appointed President by the remaining EB, and Kyle was appointed interim VP.

8/12 – Tony resigned as Secretary due to pressures of the events occurring.

8/12 – Jessica Hopps was appointed Secretary by Joe, Kyle and Bill.

8/13 – Sanjiv Gupta appointed as VP by Joe, Kyle, Bill and Jessica.

This level of drama has not been seen by the organization since its founding in 1987. There will be some disagreements as to who said what, what is best for the athletes, what is fair and just. You may not agree that the current board is legitimate, but the outline of events may provide some reconciliation. Any appeal to these and other board decisions may be made through the Secretary per article 21C of the by-laws. You may contact Jessica at [usawasec@gmail.com](mailto:usawasec@gmail.com)

Regards,

Joe Garcia

President, USAWA

**2025 Award Winners: Hall of Fame Inductee and Courage Award Winner.**

August 20, 2025 Tony Lupo

The last three awards to be highlighted are the three lifters chosen in 2025 for induction into the USAWA Hall of Fame. The first is Mr. John Carter of Columbia, MO and Clark's Gym. The Hall of Fame nomination form would demonstrate that someone should be a person who not only excels as a lifter but also participates in furthering the health and vitality of the USAWA. This can be done in many ways. Although John gained more than the

achievements needed for induction, there are certain intangibles that would also support his accomplishments in promoting the USAWA, his leadership qualities, as well as his toughness as a competitor.

As one of three who founded the Clark's team in the late 1980s (along with Joe Garcia and Bill Clark), John has been a consistent presence in the gym through the years. During the early days, he was instrumental in the physical support of the gym, especially through some of the moves that brought us to our current location. Today, John has become an elder statesman and mentor to the new cadre of lifters that have joined Clark's Gym post-Covid. As a teacher of lifting techniques and styles, he's thorough and patient. Many of us seek out his advice and have come to adopt his energetic style in pushing ourselves to lift better.

As a competitor, he's demonstrated his ability to finish in the top positions when he attends meets. During the 1990s, he won four straight heavy lift championships. When he's been to Nationals, he is consistently a top 10 finisher. Even today, he can still win meets such as the Zercher Classic, the Goerner Deadlift Dozen, or the Steve Schmidt Backbreaker Pentathlon, as he has all along, when he's able to attend. He routinely finishes high in the quarterlies and the postals. This is in spite of some injuries that limit mobility today. He holds over 150 USAWA records even while competing with Hall of Famers like Steve Schmidt and Joe Garcia in the early days. He even proposed a lift that bears his name and is a real challenge to complete.

In his personal life, John is small businessman / independent contractor in a business that requires one to work when hired and when the weather is favorable. This means that at times he is not able to compete as work needs to come first to keep his business going strong. When he is in the gym, the Clark's Gym team values his presence, and the team voted enthusiastically for him to win the 2025 USAWA Courage Award winner. John has, in many ways since the beginning, been a contributor to the health and vitality of the Clark's Gym team. In the last six years especially, he's promoted the USAWA through his leadership and support for the next generation of Clark's Gym team by making it a welcoming place to belong. History has shown he is a very tough competitor in any meet he competes in regularly. Congratulations John Carter as a 2025 USAWA Hall of Fame Inductee and 2025 Courage Award Winner.



**Results: Walpole Record Day (16 August)**

August 28, 2025 Tony Lupo

Frank's Barbell club sanctioned a record day for 16 August just two weeks following the Clark's Gym Record Day. In spite of the 1000 miles of distance between them – the two

clubs lifted together in spirit putting up some good numbers both times! The Walpole numbers including the IAWA records are posted below. Here's to another year of successful record days.

**Frank's Barbell Club**

**WALPOLE RECORD DAY**

**AUGUST 16, 2025**

Meet Director: Frank Ciavattone

Officials in Franks Barbell Club: Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

Officials in Clarks Gym: Bill Clark, Jeff Wenzel, Dave DeForest, Allison Lupo, Tony Lupo.

s = World Junior/Masters record; l = World Open record

<b>Lifter</b>	<b>Age</b>	<b>Weight</b>	<b>Gender</b>	<b>Weight Class</b>	<b>Division</b>
Liliana Jones	9	123 LBS	F	60K	Under 13
Norman Martel	16	172 LBS	M	80K	16-17
Jessica Hopps	41	170 LBS	F	80K	40+ Master
Dan Jones	41	168 LBS	M	80K	40+ Master
Wade Marchand	56	164 LBS	M	75K	55+ Master
Mark Raymond	62	193 LBS	M	90K	60+ Master
Nils Larson	65	251 LBS	M	115K	65+ Master
Carl Puzin	68	218 LBS	M	100K	65+ Master
Frank Ciavattone	70	272 LBS	M	125K	70+ Master
Dave DeForest	65	180 LBS	M	85K	65+ Master
Lisa Gore	60	226 LBS	F	105K	60 + Master
Janet Thompson	67	163 LBS	F	75K	65+ Master
Tony Lupo	59	239 LBS	M	110K	55+ Master
Allison Lupo	59	196 LBS	F	90K	55 Master
John Carter	67	190 LBS	M	90K	65+ Master

Jeff Wenzel	50	228 LBS	M	105L	50+ Master
Dave Beversdof	60	300 LBS	M	125+K	60+ Master

LIFTER	LIFT	POUNDS	KILOS
<b>LILIANA JONES</b>	Finger Lift- little- Left	17 lbs	7.7sl
	Finger Lift- little- right	17 lbs	7.7sl
	Finger Lift- ring- left	19.5 lbs	8.8 sl
	Finger Lift- ring- right	19.5 lbs	8.8sl
	2 Hand barbell clean and push press- 2" bar	26 lbs	11.8s

LIFTER	LIFT	POUNDS	KILOS
<b>JESSICA HOPPS</b>	2 hand vertical bar lift 2" bar	174 lb	79s
	1 hand vertical bar lift- 2"bar Left	102 lbs	46.3sl
	1 hand vertical bar lift- 2" bar Right	92 lbs	41.8s
	1 hand vertical bar lift-	131 lbs	59.5sl

	1" bar Left		
	1 hand vertical bar lift- 1" bar Right	126 lbs	57.2s

LIFTER	LIFT	POUNDS	KILOS
DAN JONES	Weaver Stick- Front- Left Hand	4.5 lbs	2sl
	Finger Lift- little- Right	81 lbs	36.8s
	Straddle- ring finger	117 lbs	53.1s
	1 hand vertical bar lift- 2"bar Left	187 lbs	85s
	1 hand vertical bar lift- 2"bar- right	187 lbs	85s

LIFTER	LIFT	POUNDS	KILOS
WADE MARCHAND	Hacklift- middle finger	107 lbs	48.6s
	Bench press- fulton bar	161 lbs	73.17
	Deadlift- fulton bar	251 lbs	114.07
	Deadlift- fulton bar- Ciavatonne grip	201 lbs	91.37
	Larson Bench Press	131 lbs	59.57

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>NILS LARSON</b>	Bench Press- Feet in air	228 lbs	103.67
	Bench Press- fulton bar	221 lbs	100.47
	Larson Bench Press	226 lbs	102.77
	Clean and Jerk- fulton bar	111 lbs	50.4s
	Fulton bar Hacklift	83 lbs	37.7s

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>CARL PUZIN</b>	Larson Bench Press	121 lbs	557
	Weaver Stick-Front-Right	3.5 lbs	1.5s
	Weaver Stick- Front- Left	3.5 lbs	1.5s
	Weaver Stick- Rear- Left	3.5 lbs	1.5s
	Weaver Stick- Rear-Right	7.0 lbs	3.1s

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>FRANK CIAVATONE</b>	1 hand vertical bar lift-2"bar Left	187 lbs	85s
	1 hand vertical bar lift-2"bar Right	152 lbs	69s
	1 hand vertical bar lift-1" bar Left	147 lbs	66.8s
	1 hand vertical bar lift-1" bar Right	182 lbs	82.7s
	Weaver Stick- Front- Left	5 lbs	2.2s

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>MARK RAYMOND</b>	Finger Lift- index- Right	58 lbs	26.3s
	Finger Lift- index- left	53 lbs	24s
	Finger Lift- Middle-Right	73 lbs	33.1s
	Finger Lift- Middle- Left	73 Lbs	33.1s
	Finger Lift- Ring- Right	58 lbs	26.3s

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>NORMAN MARTEL</b>	Reverse Curl	55 lbs	25s
	Fulton Bar Bench Press	111 lbs	50.47
	Larson Bench Press	111 lbs	50.47
	Finger Lift- Middle- Left	76 lbs	34.5s

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>DAVE DEFOREST</b>	Clean and seated press	105 lbs	47.77
	Cheat curl two dumbbells	100 lbs total	45.457
	Ziegler clean	65 Lbs	29.5s
	Zercher Lift- Left	140 lbs	63.6s
	Zercher Lift- Right	140 lbs	63.67

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>LISA GORE</b>	Dumbbells Deadlift	202 lbs total	91.8s
	Dumbbell to shoulder	90 lbs	40.9sl
	Clean and seated press	90 lbs	40.9sl
	Dinnie lift	292 lbs	132.7sl
	Hip lift	405 lbs	184sl

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>Janet Thompson</b>	Fulton bar deadlift- heels together	125 lbs	56.8 s
	Fulton bar deadlift- Ciavattone	155 lbs	70.47
	Fulton Bar Jefferson Lift	125 lbs	56.8 s
	Deadlift- thumbless grip	155 lbs	70.4 s
	Deadlift- thumbless overhand	155 lbs	70.4 7

<b>LIFTER</b>	<b>LIFT</b>	<b>POUNDS</b>	<b>KILOS</b>
<b>TONY LUPO</b>	Cyr Press	101 lbs	45.9 sl
	Reflex push press	130 lbs	59 s
	Reflex clean and jerk	130 lbs	59s
	Team Bench Press Feet in Air (with Allison Lupo)	225 lbs	102.2 7
	Deadlift- overhand thumbless	225 lbs	102.27

LIFTER	LIFT	POUNDS	KILOS
<b>ALLISON LUPO</b>	Inch Dumbbell deadlift-Left	57 lbs	25.9sl
	Inch Dumbbell deadlift-Right	60lbs	27.2sl
	Deadlift overhand thumbless	155lbs	70.47
	Team Bench Press Feet in Air (with Tony Lupo)	225lbs	102.2 7
	Curl, Strict	40 lbs	18.18 sl

LIFTER	LIFT	POUNDS	KILOS
<b>JOHN CARTER</b>	Jefferson Lift Fulton Bar	255 lbs	115.9s
	Hack Lift Fulton Bar	275 lbs	125s
	Roman Chair Sit Up	155lbs	70.5sl
	Dinnie Lift	416 lbs	189s
	Reeves Deadlift	205 lbs	93.1s

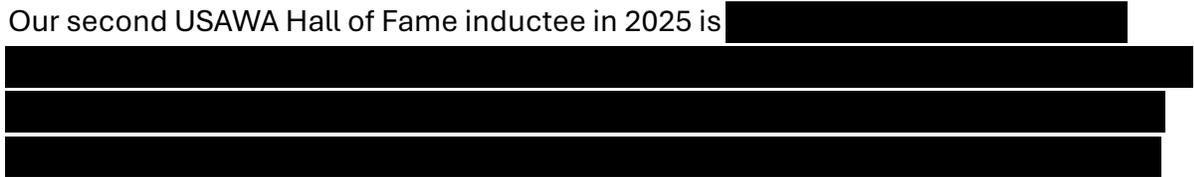
LIFTER	LIFT	POUNDS	KILOS
<b>Dave Beversdorf</b>	Dinnie Lift	416 lbs	189s

LIFTER	LIFT	POUNDS	KILOS
<b>Jeff Wenzel</b>	Abdominal Extension?	185 lbs	84.1?7
	Press From Rack Behind Neck	155 lbs	70.5sl
	Squat Overhead	175 lbs	79.5sl
	Leg Press, Unsupported	225 lbs	102.3sl
	Reflex Clean and Push Press	170 lbs	77.3s

## 2025 Award Winners: Our Second Hall of Fame Inductee

[August 29, 2025 Tony Lupo](#)

Our second USAWA Hall of Fame inductee in 2025 is



[REDACTED]

[REDACTED] as our second USAWA Hall of Fame inductee for 2025!



### [Social Media Report](#)

[September 1, 2025 kyle.frappier](#)

As the Social Media Director position was newly created at the 2025 National meeting in July. I, Kyle Frappier (Social Media Director), wanted to fill the membership in on what's been happening with the social media of the USAWA. The full report is attached to this post.

To summarize everything that has happened:

- A new Instagram account was created (@us\_all\_around\_weightlifting)
- Followers on this account have reached 93
- Viewership has exceeded 21,000 across all posts

It has been a great start for the USAWA and should continue to grow going forward.

# USAWA Social Media Report

August 31, 2025

Prepared by: Kyle Frappier, Social Media Director

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## Introduction

As the Social Media Director—a position newly established in July 2025—I am pleased to present the first official report on the progress, impact, and next steps for the USAWA's digital presence. Social media plays an increasingly important role in building community, showcasing our athletes, and extending the reach of the USAWA to new lifters, fans, and supporters.

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## Platform Development & Growth

In late July, I launched a new official Instagram account for the USAWA after the previous account could not be transferred due to technical setup issues. Since its launch on July 29, 2025, the account has seen strong early growth:

- **Followers:** 93 (a mix of members and non-members, steadily increasing)
- **Reach:** 5,964 accounts reached in the first month
- **Views:** Over 21,000 total post views
- **Engagement:** 775 interactions (likes, comments, shares, saves)
- **Top Post:** 4,241 views (with recent posts averaging close to 1,000 views each)

This growth highlights a clear appetite for USAWA content and demonstrates that social media can serve as a powerful tool for increasing visibility and engagement.

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## Content Strategy & Highlights

So far, the account has focused on building excitement and community around the USAWA. Content has included:

- **Competition Highlights:** Coverage of the 2025 Nationals, showcasing athletes and their records.
- **Training Features:** Videos and photos from members, providing a glimpse into preparation both in and out of competition.
- **Community Collaboration:** Partnered posts with lifters, sponsors, and spectators to broaden reach and highlight the diverse talent within our membership.
- **Sponsor Appreciation:** Recognition of organizations and individuals who support the USAWA.

The community-driven approach has been key to our early success. Athletes and meet directors are strongly encouraged to send photos and videos or tag the USAWA as a collaborator on Instagram posts. This not only expands our reach but also reinforces the sense of community that makes the USAWA unique.

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## Recommendations for Expansion

While Instagram has proven an excellent starting point, the next step is to broaden our digital presence across multiple platforms. Expanding will allow us to reach new demographics, particularly younger athletes and fans. Recommended next platforms include:

- **TikTok:** Short-form, high-energy video content to capture a younger audience and showcase training and competition highlights.
- **YouTube:** Longer-form videos such as meet recaps, interviews, and educational content on training and rules.
- **X (formerly Twitter):** Real-time updates, quick highlights, and direct engagement with members and the wider strength community.

In addition, developing a consistent posting calendar, hashtag strategy, and engagement campaigns (e.g., lifter spotlights, throwback posts, Q&A sessions) will help sustain growth and strengthen USAWA's brand.

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## Conclusion

The first month of USAWA's renewed social media presence has already shown **measurable success and tremendous potential for growth**. By continuing to highlight our athletes, foster

community collaboration, and strategically expand to other platforms, social media can become a driving force in promoting the USAWA's mission, celebrating our lifters, and attracting the next generation of strength athletes.

Respectfully submitted,

**Kyle Frappier**

Social Media Director, USAWA

**[2025 Award Winners: Our Third Hall of Fame Inductee](#)**

[September 5, 2025 Tony Lupo](#)

Our third USAWA Hall of Fame inductee for 2025 is none other than Randy Smith. Randy is a member of Clark's Gym and lives in the upper peninsula of Michigan (a "Yooper" as residents are affectionately known). Randy has been a constant presence in the USAWA for more than 20 years! Living where he does, there are not many USAWA referees around him. He is a certified referee (since 2010) himself. But that does not stop Randy from doing many remote USAWA events and submitting his lifts anyway. And he is a force to be reckoned with piling up about 150 records over the years in the events to which he can travel. Usually, those events are the USAWA Nationals (17 of the last 22 years!) and IAWA World Championships when they are held in the USA. And when he visits, he's going to be a top 10 guy, you can count on it. He is also a USAWA courage award winner. Randy is a great presence when he visits. Generally he is laid back person, very friendly, and a fount of knowledge when it comes to weightlifting topics. He supports his fellow lifters and is willing to jump in and referee. He'll help you with technique and performance. He has a lot of great ideas which he shared as a valuable member of the USAWA advisory board these past few years. He is able to analyze an issue from many angles. And if you talk to Randy, you'll find out that he's a retired physician who is knowledgeable on a whole range of topics! There is more to Randy than weightlifting, he is an officer in a shooting sports club. He enjoys nature and spends time hiking. Congratulations to Randy Smith as our third 2025 USAWA Hall of Fame Inductee!



[Old Time Strongman Championship](#)

[September 6, 2025 KCSTRONGMAN](#)

By Eric Todd



This year marked the eleventh year that KCSTRONGMAN hosted the Old Time Strongman Championship. This year saw representatives of 3 states and 4 clubs: Habeckers, Ledaig, Dino Gym and KCSTRONGMAN. This was the first year in a spell where we have had no female representation. The day was beautiful, the camaraderie amazing and the lifting strong. It has also been quite a while in which I do not think any of our lifters had a bad day; Everyone was setting records and setting PRs. While Chad's shoulder limitations held him back in the first three lifts, his huge Kennedy saw him win his fifth old time strongman championship, putting him in a league of his own in this category. The two Dave's were hitting stupid numbers. Denny continues to amaze at 82 years old. Young Everett Todd is starting to play with the big boys in regard to weights lifted. Tony Lupo and Lance Foster looked to be in top form as well.

**Official results are as follow:**

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 6, 2025

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

The three Official system was used for all lifts

Official: Eric Todd, Dave Glasgow, Lance Foster, Denny Habecker, Tony Lupo, Dave DeForest, Chad Ullom

Loaders: Eric Todd, Chris Todd, and all of the lifters

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment.

Lifts: Thor’s Hammer, Saxon Snatch, Apollon’s Lift, Kennedy Lift

Name	Weight (lb)	Weight class	Age	Age Division	Thor	Saxon	Apollon	Kennedy	Total	Points	Place
Chad Ullom	220.7	105	53	50	30	80	120	725	955	921.8	1
Dave DeForest	183.2	85	65	65	20	65	130	470	685	811.06	2
Dave Glasgow	250.6	115	72	70	30	70	135	365	600	665.7	3
Denny Habecker	183.4	85	82	80	22.5	40	90	290	442.5	664.88	4
Everett Todd	127	60	12	13	13.75	35	65	300	413.75	659.24	5
Tony Lupo	245	115	59	55	30	70	140	410	650	625.4	6
Lance Foster	259.6	120	59	55	30	50	100	365	545	509.34	7
Extra attempt for record											
<u>Denny Habecker</u>											
Saxon Snatch	45										
Kennedy Lift	300										
<u>Tony Lupo</u>											
Saxon Snatch	82.5										
<u>Everett Todd</u>											
Apollon's Lift	70										
<u>Dave DeForest</u>											
Kennedy Lift	500										
<u>Lance Foster</u>											
Kennedy Lift	400										

**Colorado OTSM Classic**

September 15, 2025 Sanjiv Gupta



Congratulations to Kim for winning the women's field and the overall title! Jarrod won the men's field but could not overcome the age-weight-gender adjustments. Nisha won the junior field.

This was the inaugural installation of an OTSM event held in Colorado. Given the popularity of Old Time Strongman, I wanted to make sure Colorado athletes had a chance to give it a try. For over half the local field it was the first time lifting with Dinnie Rings. In Colorado, we had (4) official lifters and (2) athletes unofficially giving All-Round weightlifting a try. Jeff and Tony joined in from Missouri to round out the field.

Top Dinnie Lift – Jarrod Fobes – 506 pounds

Top Saxon Deadlift – Jeff Wenzel – 135 pounds

### **Colorado OTSM Classic**

High Country Vigour

September 13, 2025

Meet Director: Sanjiv Gupta

Score Keeper: Sanjiv Gupta

The one official system was used for all lifts.

Officials: Jarrod Fobes, Sanjiv Gupta, Nisha Gupta, Tony Lupo, Allison Lupo, Bill Clark

Loaders: Jarrod, Sanjiv, Nisha, Kim, Greg, Billy

All lifts are recorded in pounds; All lifts performed to IAWA uniform standards.

Lifts: Dinnie Lift; Saxon Deadlift; Saxon Deadlift, 2×5 (exhibition lift)

Lifter	Club	Gender	Age	Age Group	Weight (Pounds)	Weight Class	Dinnie Lift	Saxon Deadlift	Total (Pounds)	Lynch Points	Overall Rank
Kim Van Wagner	Country Vigour	F	57	55 - 59	126.1	60	251	55	306	581.3194	1
Jarrold Fobes	Country Vigour	M	48	45 - 49	220.2	100	506	116	622	574.1322	2
Sanjiv Gupta	Country Vigour	M	54	50 - 54	211.9	100	418	110	528	525.0913	3
Jeff Wenzel	Clark's	M	50	50 - 54	228	105	402	135	537	495.619	4
Tony Lupo	Clark's	M	59	55 - 59	237	110	350	110	460	449.7499	5
Nisha Gupta	Country Vigour	F	16	Junior	90.1	45	175	0	175	433.0233	6

### **Saxon Deadlift, 2×5 Exhibition**

In addition to the (2) official lifts, a Saxon Deadlift, 2×5 was added as an exhibition.

- Sanjiv Gupta – 115 pounds
- Jarrod Fobes – 115 pounds
- Kim Van Wagner – 80 pounds
- Nisha Gupta – 45 pounds

The 2×5 is a completely different lift and the results show Kim and Nisha were able to lift 30-45% more with the 2×5 Saxon Bar, while Sanjiv and Jarrod did not show much difference between the 2×5 and the 3×4 Saxon Bar.

We used a Sorinex Bare Steel 3×4 Saxon Bar with an empty weight of 45 pounds. This implement was too heavy for our Junior lifter today. We used a custom fabricated Bare Steel 2×5 Saxon Bar with an empty weight of 35 pounds. This was suitable for all of our lifters. Jarrod missed his second attempt at 135 pounds, but would have likely shown an improvement with more conservative 2nd and 3rd attempts.

### **Record Session:**

Jarrold Fobes – Hackenschmidt Floor Press – 300 pounds

Sanjiv Gupta – Deadlift, Fulton Bar – 213 pounds

Sanjiv Gupta – Deadlift, Fulton, Left – 113 pounds

Sanjiv Gupta – Deadlift, Fulton, Right – 108 pounds

### **[2025 IAWA Andy Goddard Memorial Postal Results](#)**

#### [September 18, 2025 Tony Lupo](#)

The final results with records noted are available for the 2025 IAWA Andy Goddard Memorial World Postal. Thanks to Chris Bass and Paul Barette for preparing these. The USAWA fared quite well thanks to the four clubs that participated. The four were Iron Throne, High Country Vigour, Frank's Barbell Club, and Clark's Gym. All in all the USAWA had by my count 25 new world records, three teams (Clark's 1, Clark's 2, and Franks

Barbell Club) were part of the top 10 teams, and Frank's Barbell Club and Clark's Gym finished 5th and 2nd, respectively. The USAWA also claimed four of the 10 best lifters by age class (Dan Jones 40+, Jeff Wenzel 50+, Tony Lupo 55+, and Dave Deforest 65+) as well as eight (Jeff Wenzel, Dave DeForest, Riley Wenzel, Travis Luther, Tony Lupo, Dan Jones, Wade Marchand, and Kim VanWagner) of the top 20 individual lifters! Well done USAWA!

**2025 IAWA World Postal Championship "The Andy Goddard Memorial" August 31st 2025**  
 Lifts: One Hand Clean & Jerk, Clean & Push Press, Pullover & Press, Straddle (Jefferson) Deadlift  
 Results Compiled and Report by Paul Barrette

This year we had 43 lifters compete from England, United States, Australia and Canada. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by the International All-Round Weightlifting Association. I would personally like to thank everyone that participated and supported the memorial event in memory of our IAWA friend, Andy Goddard. As has been the tradition for the past few years, day one lifts of the forthcoming World Championships were contested.

Listed below is the main scoreboard (in results received order), individual rankings, 3 person team rankings and club rankings.

The Overall Best Lifter was Chloe Brennan (Eng), followed by Josh Davidson (Eng) and David Reeve (Aus).  
 The Overall Best 3-Person Team Went to Steve Gardner's Powerhouse Team - Chloe Brennan, Josh Davidson & Matt Jones.  
 The Overall Best Club went to Powerhouse Team with 9 lifters.  
 The Overall Best Association went to IAWA(US), with USAWA second and AUSA third.

The youngest lifter was Logan Wenzel at 10 years old. The oldest lifter was David Reeve at 79 years old.

The highest total weight lifted was by Josh Davidson with 492.5kg!

If anyone notices any errors or omissions, please let me know so corrections can be made.  
 Thank you once again for supporting this great event!

**World Postal - The Andy Goddard Memorial - 31 August 2025 -**

Name	Club/Team	Organization	Off/Club	Sex	Age & Sex %	Age Group	Weight Class	Scored using Total, Age & Sex%, Lynch				Total	Lynch	Assessed
								One Hand Clean and Jerk	Clean and Push Press	Pullover and Press on Floor	Straddle Deadlift (Jefferson)			
Sam Bonar	MetanoorOT	IAWA(UK)	1	M	0	Open	90KG	55R	87.5	105	180	477.50	0.8976	383.71
Paul Barrette	MetanoorOT	IAWA(UK)	1	M	10	45+	80KG	35R	60	72.5	142.5	310.00	0.9904	338.75
Matt Ashdown	MetanoorOT	IAWA(UK)	2	M	0	Open	105KG	45R	80	100	155	380.00	0.8287	315.29
Jay Webb	MetanoorOT	IAWA(UK)	2	M	0	Open	85KG	37.5R	70	80	170	357.50	0.9482	339.35
Trevor Egglestone	MetanoorOT	IAWA(UK)	2	M	44	70+	105KG	20R**	50	50**	130**	250.00	0.8431	303.52
Natalie Voice	MetanoorOT	IAWA(UK)	1	F	27	45+	85KG	30R	45	60	87.5	222.50	0.9299	283.47
Sarah Gault	High Country Vigour	USAWA	1	M	15	50+	100KG	34R	61	56.5	147.5	298.00	0.8695	298.40
Julia Phillips	The Shed	AUSA	3	F	40	70+	70KG	12.5R▲	27.5▲	25▲	75▲	140.00	1.0759	218.87
Karla Marnock	The Shed	AUSA	3	F	34	40+	55KG	20R	35	40	80	105.00	1.2784	164.91
Chloe Webb	The Shed	AUSA	3	M	46	75+	70KG	15R▲	30	35	80	160.00	1.0480	244.81
David Reeve	The Shed	AUSA	2	M	54	75+	75KG	25R▲	45▲	50	145▲	265.00	1.0154	454.39
Peter Phillips	The Shed	AUSA	2	M	38	70+	95KG	0	0	50	100	150.00	0.8766	181.46
Larry Graham	The Shed	AUSA	3	M	44	70+	110KG	20L	40▲	42.5	0	102.50	0.8067	119.07
Harish Doble	The Shed	AUSA	3	M	38	70+	80KG	20R	30	40	100	190.00	0.9761	251.93
Chloe Brennan	Powerhouse	IAWA(UK)	3	F	33	Open	80KG	45R▲	75	70▲	150▲	340.00	0.9454	445.90
Joshua Davidson	Powerhouse	IAWA(UK)	3	M	0	Open	95KG	62.5R	90	120	220	492.50	0.8834	435.07
Matt Jones	Powerhouse	IAWA(UK)	3	M	0	Open	125KG	89R▲	100	100	200	480.00	0.7590	364.34
Paul Hallam	Powerhouse	IAWA(UK)	3	M	7	45+	100KG	47.5R	82.5	70	160	340.00	0.8471	326.12
Leo Miles	Powerhouse	IAWA(UK)	3	M	25	13 & Under	55KG	23R▲	35	30▲	85**	178.00	1.3348	288.66
Chris Jones	Powerhouse	IAWA(UK)	3	M	2	40+	110KG	40R	80	60	180	340.00	0.8105	297.61
Steen Moss	Powerhouse	IAWA(UK)	3	M	4	40+	100KG	30R	60	60**	140	290.00	0.8636	260.46
Jessie Oates	Powerhouse	IAWA(UK)	3	M	1	40+	110KG	35L	70	70	120	265.00	0.8116	241.83
Kayleigh Lamb	Powerhouse	IAWA(UK)	3	F	33	Open	115KG	25L**	40	40**	60**	102.00	0.8015	175.88
Frank Cavestone	Frank's Barbell Club	USAWA	3	M	36	70+	125KG	25R▲	43.18▲	61.36▲	136.36▲	265.90	0.7626	276.13
Wade Marchand	Frank's Barbell Club	USAWA	3	M	17	55+	75KG	27.7R	55▲	64	121.36	248.06	1.0040	314.95
Dan Jones	Frank's Barbell Club	USAWA	3	M	2	40+	80KG	30.27R	71.36	77.7	139.54	320.67	0.9784	320.21
Nik Larson	Frank's Barbell Club	USAWA	3	M	28	65+	115KG	27.7R	62.27▲	105.45▲	112.27	307.68	0.7879	310.32
Kim Van Wagner	High Country Vigour	USAWA	2	F	52	55+	60KG	22.22L▲	34.00▲	38.55▲	77.11▲	171.88	1.2000	313.55
Mark Rattenberry	Devochire Dimplings	IAWA(UK)	1	M	24	60+	65KG	16.2R	32.5	50	142.5	254.20	1.1126	352.79
Andy Price	Devochire Dimplings	IAWA(UK)	2	M	0	Open	125+KG	35R	65	60	175	335.00	0.7508	251.53
Gary St	Devochire Dimplings	IAWA(UK)	1	M	15	50+	80KG	30L	62.5	80	185	327.50	0.8986	373.74
Allan Lupo	Clark's Gym	USAWA	3	F	53	55+	80KG	11.4R	37.4	27.3▲	75▲	138.70	0.9027	191.56
Lisa Cox	Clark's Gym	USAWA	3	F	54	60+	105KG	23.7R▲	34.1▲	45.5▲	104.8▲	208.10	0.8102	248.96
Janet Thompson	Clark's Gym	USAWA	3	F	63	65+	75KG	13.6L▲	22.7▲	22.7▲	68.2▲	127.20	1.0040	206.21
Jeff Wenzel	Clark's Gym	USAWA	3	M	11	50+	105KG	45.5R	79.5	113.4	170.5	408.10	0.8310	378.31
David Deforest	Clark's Gym	USAWA	3	M	26	65+	85KG	25R	61.4	81.8	136.4	304.60	0.9485	364.04
Riley Wenzel	Clark's Gym	USAWA	3	M	0	Open	70KG	34.1R	61.4	64.1	159.1	338.70	1.0540	356.90
Tony Lupo	Clark's Gym	USAWA	3	M	20	55+	110KG	38.4L▲	64.1▲	77.3	150	330.00	0.8163	323.26
Travis Luther	Clark's Gym	USAWA	3	M	0	Open	80KG	38.4L	70.5	65.9	170.5	345.50	0.9615	339.10
Logan Wenzel	Clark's Gym	USAWA	3	M	10	13 & Under	25KG	6.9R	15.9	13.6	40.9	77.20	2.0263	208.05
Sofia Stockell	Iron Throne	USAWA	0	F	63	65+	75KG	20R	45	72.5	203.8	207.64	1.0214	346.05
Sarah Sussewell	Iron Throne	USAWA	0	F	38	40+	65KG	15R	45	35	55	150.00	1.1287	133.05
Anna Douberly	Iron Throne	USAWA	0	F	37	40+	110KG	25R	55	45	75	200.00	0.8136	222.82

Notes: All weights recorded in kilograms. RPT & Bodyweight in kilograms. R and L designate Right & Left hands. Total & Total Kilograms Lifted. Annotated joints adjusted for bodyweight, age and sex.  
 One Certified official is required for competition (Canada included but not ranked as no certified officials). Two/Three Certified Officials required for IAWA World Records.

Best Lifter Awards		Top 10 Teams (By 3 Lifters Per Team)	
13 & Under	Leo Miles	1	Powerhouse Team 1
Open (20-39)	Chloe Brennan	2	Clark's Gym Team 1
40+	David Jones	3	MetanoorOT Team 1
45+	Paul Barrette	4	The Shed Team 1
50+	Jeff Wenzel	5	Devochire Dimplings
55+	Tony Lupo	6	Clark's Gym Team 2
60+	Mark Rattenberry	7	Frank's Barbell Club Team 1
65+	David Deforest	8	Powerhouse Team 2
70+	Trevor Egglestone	9	MetanoorOT Team 2
75+	David Reeve	10	Powerhouse Team 3

Top 20 Individual Placings	
1	Chloe Brennan
2	Joshua Davidson
3	David Reeve
4	Sam Sizer
5	Jeff Wenzel
6	Gary El
7	Mark Jones
8	David DeForest
9	Riley Wenzel
10	Mark Kettleberry
11	Jay Webb
12	Travis Luther
13	Paul Sacette
14	Paul Hallam
15	Tony Lupo
16	Don Jones
17	Kate Wenzel
18	Matt Ackison
19	Wade Merchand
20	Kim Van Wagner

Top 5 Clubs		
1	PowerHouse	2065.78
2	Clark's Gym	2054.07
3	MelanorFit	1996.1
4	The Stud	1765.63
5	Frank's Sport Club	1725.85

Top 3 Associations		
1	SWANGL	3777.85
2	USAWA	4486.25
3	AWA	1765.63

▲ = World Junior/Masters record; ◆ = World Open record; British record = \*\*

## 2025 One Ton Challenge Results

[September 19, 2025 Tony Lupo Edit Post](#)

The first One Ton Challenge Meet was the brain child of Jeff Wenzel. These lifts were meant to be challenging, while at the same time allow lifters to post some big numbers.

Preferably, the lifts are those named after someone. The meet was a success drawing in 20 lifters from five different gyms and two nations. On the women's side, we had seven lifters, five in the competition and two for records. Allison Lupo was thrilled to win her first outright title in a contested meet. She had a great day as she rolled up a total of 925 lb, and was the only female over 1000 points with age and weight. She wasn't the only female lifter with big numbers as Mary McConnaughey posted 900 lbs in four events and Lisa Gore lifted 855 lb on a bum knee to take 3rd place. Janet Thompson was the second place finisher.

On the men's side we actually had two lifters make it to one ton! Both Jeff Wenzel (2357 lb) and Abe Smith (2335 lb) went the extra mile posting totals of more than one Metric Ton (2205 lb). Only 22 lb separated the two, or a hair under 1%! After age and weight were accounted for, Abe Smith came out on top. The battle for 3rd was also interesting as Travis Luther lifted 1910 lb, while Riley Wenzel came in at 1810 lb. For both that is more than 90% of a ton! But once age and weight were accounted for, they literally flipped spots. Tony Lupo gave it a good try getting just over 82% of a ton.

Some big individual lifts were made as Lisa Gore (300 lb People's DL), Allison Lupo (275 lb People's DL), and Mary McConnaughey (275 lb People's DL) all set records in this event. Janet Thompson set a new standard with 200 lb in the Kennedy DL, and Alix McGregor at 79 years young did an Anderson Squat of 120 lb. On the Men's side perhaps the most impressive lifts were from Jeff Wenzel (700 lb Anderson Squat), Abe Smith (600 lb Anderson Squat), with Travis Luther posting a 575 lb Kennedy DL, and Riley Wenzel was not too far behind at 495 lb. Sanjiv Gupta also posted a record 380 lb in the Kennedy, and relative newcomer Jerome Licini hoisted 360 lb in the same lift. Everett Todd at the tender age of 12,

also got a big number on the Kennedy at 265 lb. Eric Todd lifted an impressive 300 lb in the Anderson Press. Tony Lupo's big lift was 475 in the People's DL.

One Ton Challenge, 13 – 14 September 2025, Clark's Gym, Columbia, MO

\*= Age and weight record, \*\* = Age, weight and Open record

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Hackenschmidt Press (lb)	Anderson Squat (lb)
Allison Lupo	59	196.5	89.3	0.9015	1.2	75	235**
Janet Thompson	68	163	74.1	1.0076	1.32	75*	185*
Lisa Gore	60	225	102.3	0.837	1.21	140**	120**
Mary McConnaughey	66	299	135.9	0.7264	1.28	135**	245**
Alix McGregor	79	120.6	54.8	1.2448	1.54	40	120*
Abe Smith	44	184	83.6	0.9364	1.05	350	600*
Jeff Wenzel	50	228	103.6	0.8314	1.11	350**	700**
Riley Wenzel	20	149	67.7	1.0684	1	220	455*
Travis Luther	32	172.5	78.4	0.973	1	260	435
Tony Lupo	59	237	107.7	0.8147	1.2	270	375*
Sanjiv Gupta	54	211.5	96.1	0.8655	1.15	185	305*
Eric Todd	50	285	129.5	0.7433	1.11	319	315
Everett Todd	12	126	57.3	1.2028	1.33	85*	155*
Jerome Licini	66	209.1	108.7	0.8109	1.28	105*	255*

Name	Kennedy (lb)	Peoples (lb)	Anderson Press (lb)	total (lb)	Points (lb)	Rank
Allison Lupo	275*	275*	65	925	1000.67	1
Janet Thompson	200*	200	65*	725	964.27	2
Lisa Gore	190**	300*	105**	855	865.92	3
Mary McConnaughey	245**	275*		900	836.81	4
Alix McGregor				160	306.72	5
Abe Smith	600	555	230**	2335	2295.82	1
Jeff Wenzel	605	455*	247**	2357	2175.17	2
Riley Wenzel	495*	455	185*	1810	1933.80	3
Travis Luther	575*	455	185	1910	1858.43	4
Tony Lupo	365	475*	170	1655	1617.99	5
Sanjiv Gupta	380*	380	145*	1395	1388.48	6
Eric Todd	285	385	300*	1604	1323.40	7
Everett Todd	265	225*	75*	805	1287.78	8
Jerome Licini	360*	325*	85*	1130	1172.89	9



**Lebanon Valley, PA**

**Barry Pensyl, Age 77, 56.6 Kg**

Curl, Cheat 75 lb\*

**Fergus, ON, CA**

**Kiera Pinkerton, Age 21, 56.6 Kg**

Bavarian Deadlift 215 lb +

**Joe Somfay, Age 80, 88.4 Kg**

Saxon Deadlift 95 lb

**Alix McGregor, Age 79, 54.8 Kg**

Bavarian Deadlift 155 lb\* +

Saxon Deadlift 45 lb\*, +

Dumbbell to Shoulder 40 lb +

**Micki Dudok, Age 22, 87.5 Kg**

Bavarian Deadlift 280 lb

**Ben Walsh, Age 33, 83.3 Kg**

Bavarian Deadlift 485 lb +

## Travis Lift

September 23, 2025 Sanjiv Gupta

*Any bar may be used in this lift, which may include the Heavy Lift Bar. The bar is supported on stands or a rack at waist height. The lifter assumes a position with the bar in front of the lifter. The feet must be parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter is allowed to grip the bar with any grip, and may also have a specially adapted belt attached directly to the bar or connected by a chain. The lifter may perform the lift without the use of this belt. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length or height of the support stands. The lifter will stand and lift the weight or bar clear of the stands or rack. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the*

*plates on both ends of the bar are off the supports at the same time, an official will give a command to end the lift.*

I have been interested in the Travis Lift for over a year. I reached out on the [USAWA Forum](#) and had several responses. Most of the responses were words of warning. Being physically attached to weights from 900-2000 pounds that could travel 3 feet before coming to rest on the ground can obviously end badly.

Reviewing the records list, brave souls have taken this on three different times: Ambridge RD 1990 (1), Dino Gym Challenge 2006 (15), and Florida RD 2015 (2)

- Women's Records:
  - Kirstie Griffis – 520 (Dino Gym Challenge 2006)
  - Misty Fritz – 520 (Dino Gym Challenge 2006)
  - Mary McConnaughey – 740 (Dino Gym Challenge 2006)
- Men's Records:
  - Theo Prior – 705 (2015 Florida RD)
  - Kent Longbine – 880 (Dino Gym Challenge 2006)
  - Derek Prior – 585 (2015 Florida RD)
  - Layne Burnett – 1200 (Dino Gym Challenge 2006)
  - David Suttle – 1200 (Dino Gym Challenge 2006)
  - Rick Newton – 1200 (Dino Gym Challenge 2006)
  - Joe Garcia – 2000 (Dino Gym Challenge 2006)
  - Dean Ross – 1200 (Dino Gym Challenge 2006)
  - Howard Prechtel – 1815 (RD Ambridge 1990)
  - Rudy Bletscher – 740 (Dino Gym Challenge 2006)
  - Tim Pinkerton – 1200 (Dino Gym Challenge 2006)
  - Kurt Pholman – 1000 (Dino Gym Challenge 2006)
  - Bret Carter – 1600 (Dino Gym Challenge 2006)
  - Eric Todd – 2000 (Dino Gym Challenge 2006)

- Josh Hettinger – 1200 (Dino Gym Challenge 2006)

Taking this lift on requires (1) an attachment to a belt (2) a platform or pins to pull from and (3) enough plates to test a 1RM.

I fashioned an attachment from leather that I had left over from another project. I was planning on running chain from the belt attachment to a normal Olympic barbell.



For the platform, my blocks were not tall enough, so I set up a barbell on the safety stops of my squat rack. This seemed a little sketchy. If the weights got heavy enough or I missed a lift badly enough, the whole squat rack could just tip over.

The weights are an obvious frustration also. With a crew of lifters, setting up a heavy lift is not so bad. At home, it is much harder to get all of the plates out and put them away than it is to perform the lift.

I worked my way up from 135 and spent every 90-pound increment fiddling with the connection to the belt. Whenever I thought I had it right and added more weight, the belt attachment felt too long. When the attachment is too long, you have to hold tighter with your hands. I eventually topped at [525 pounds](#).

525 pounds is not heavy. Many athletes my size can deadlift that without issue. For me, my grip is probably done somewhere around 400 pounds and the belt attachment bought me another 125 pounds.

*What lifts have you been trying lately? Consider submitting an article for the USAWA website!*

[USAWA Business](#)

[September 25, 2025 Sanjiv Gupta](#)



Please send Secretary correspondence to Sanjiv Gupta ([sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com)) until further notice. This will include meet sanction forms, meet results, membership applications, etc.

The Executive Board intends to keep USAWA running with minimal disruptions. Several members and special assignment directors have been pitching in to keep content on the website and social media platforms.

### **Lift Programming**

[September 26, 2025 John Strangeway](#)

I would like to share the programming style I used for USAWA meets.

With the number of meets and lifts in the USAWA, programming efficiency is key not to over train while still competing competitively in several lifts.

The simple strategy I used was;

Combine the “main” weight of one lift to be the “warmup” weight of another.

For example, if you are training for a split jerk, push press the lighter warmup weights. While you are doing warmup weights for push press, strict press them.

Obviously if your form needs work, you need the reps but if your skill and strength are adequate, squeeze in an extra lift or two.

My deadlift strategy for the longest time is to use thumbless until grip starts to fail, then double over, and finally alternate grip. It allowed me to train 3 styles of deadlift without one impacting another. Train for 3 types of lift without any programming changes off the bat.

Once the weights are programmed, the goal is to hit the prescribed reps for each deadlift type but if the grip starts to fail, the barbell is floored, and the next grip is taken to finish out the reps and the workout carries on.

When training for meets, specific changes are made. This could be adding a lift or replacing a lift plus equipment changes e.g. Fulton deadlifts. Also singles for the meet lift will be added.

If finger deadlifts are on the horizon, they would be added first, becoming the warmup to the thumbless deadlift.

If there's a Peoples deadlift, the no thumb deadlift may be removed to save strength and to start at a higher poundage. The Peoples deadlift would continue after the alternate grip deadlift.

If you are going for a thumbless record, this is going to be pushed followed by a few extra singles before the full grip deadlift. You'll then perform the rest of the deadlifts in the series to "keep the wheel greased" but you won't push them.

I used my PR's from 2020 for the example below. Using the 531 method by Jim Wendler, I took 90% of these PR's to calculate an individual workout for each.

			<b>Deadlift, double over, no thumbs</b>		<b>Deadlift, double over</b>		<b>Deadlift, alternate grip</b>
<b>Warmup</b>	40%		145 x5		160 x5		190 x5
<b>Warmup</b>	50%		180 x5		200 x5		235 x5
<b>Warmup</b>	60%		215 x5		235 x5		280 x5
<b>Set 1</b>	65%		235 x5		255 x5		305 x5
<b>Set 2</b>	75%		270 x5		295 x5		350 x5
<b>Set 3</b>	85%		305 x5		335 x5		395 x5

So instead of 3 workouts with 3 separate warm-ups, they will be combined into one workout;

<b>deadlift, double over, no thumbs</b>				
<b>145 x5</b>		<b>deadlift, double over</b>		
<b>180 x5</b>		<del>160 x5</del>		
<b>215 x5</b>		<del>200 x5</del>	<b>deadlift, mixed grip</b>	
<b>235 x5</b>		<del>235 x5</del>	<del>190 x5</del>	
<b>270 x5</b>		<del>255 x5</del>	<del>235 x5</del>	
<b>305 x5</b>		<del>295 x5</del>	<del>280 x5</del>	
		<b>335 x5</b>	<del>305 x5</del>	
			<b>350 x5</b>	
			<b>395 x5</b>	

The greyed out poundage is made redundant by the previous lift. You'll need to decide where one lift ends, and another begins based on the poundages. Since "no thumbs" ends at 305, the closest weight to that (and lower) will be ignored, thus "double over" will start on its last set of 335. Then "mixed grip" will finish its last two sets. If you feel you need more work on x lift, just repeat the last lift weight with the new lift. E.g. after "no thumbs" 305x5, do "double over" 305x5, then 335x5.

### Meet manipulation example 1

Say the next meet has a no thumb one arm deadlift, since they are the lightest, they are placed at the start and will replace part of the "no thumbs" warmup. Since both hands will be trained, I drop the reps to 3 and do each arm per set. Also since these are "no thumb" you may want to only do a few sets of "double over, no thumb" and jump early to "double over" as to not stress the thumbless grip.

<b>deadlift, one arm, no thumbs</b>							
85	x3						
105	x3						
125	x3						
<b>deadlift, double over, no thumbs</b>							
135	x3						
155	x3						
175	x3						
		145	x5	<b>deadlift, double over</b>			
		180	x5	160	x5		
		215	x5	200	x5	<b>deadlift, mixed grip</b>	
		235	x5	235	x5	190	x5
		270	x5	255	x5	235	x5
		305	x5	295	x5	280	x5
				335	x5	305	x5
						350	x5
						395	x5

## Meet manipulation example 2

Maybe there's a meet with the "peoples deadlift" and a Postal the following week with "double overhand". Since "Peoples" is a heavy lift, you may want to strip down the sets, so "no thumbs" is reduce to a couple of warmup sets to still get some training in, then the lift is switched to "double overhand" for the rest of the warmup and main lift. Some singles are added to train strength before a set of "mixed grip" as a filler to warm up for the "peoples deadlift".

<b>deadlift, double over, no thumbs</b>							
145	x5	<b>deadlift, double over</b>					
180	x5	160	x5				
215	x5	200	x5				
235	x5	235	x5				
270	x5	255	x5	<b>deadlift, mixed grip</b>			
305	x5	295	x5	190	x5		
		335	x5	235	x5		
		345	x1	280	x5		
		355	x1	305	x5	<b>peoples deadlift</b>	
		365	x1	350	x5	290	x5
				395	x5	360	x5
						435	x5
						470	x5
						540	x5
						615	x5
						625	x1
						645	x1
						655	x1

While these all use the same bar, there is no reason dumbbell lifts like one hand/two hand, Fulton, Inch etc can be used early as well as a Fulton barbell lifts.

The same process can be used as a dumbbell workout, regular > to fulton > to inch.

There are many USAWA lifts that can be “cheated” into another lift’s progression. Even just combining two that fit well will make a difference.

Hope this was helpful to anyone struggling to program many lifts into their routine.

## **MEMORIAL RECORD DAY (LEBANON, PA)**

September 26, 2025

Denny Habecker has sanctioned the Memorial Record Day. This meet was originally started to replace Art’s Birthday Bash. The 2017 installment was sanctioned as the John Vernacchio Record Day. Since 2019 it has been sanctioned as the Memorial Record Day. The meet honors our former USAWA members who have passed over the years including Dennis Mitchell, Dean Ross, John McKean, Wilbur Miller and many others.

Date: November 22, 2025

Location: Habecker’s Gym, Lebanon, PA

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

## **How I found my lifting home**

September 29, 2025

by Jerome Licini

Growing up as a skinny geek, I had knocked around with lifting ever since my dad bought me a weight set in high school, but I didn’t start lifting seriously until a near-catastrophic accident at age 59. When I did, I started out just lifting at home to try to get bigger and stronger. Eventually I tried a powerlifting gym. I really liked the gym owner and the vibes there, and the introductory personal training weeks showed me that despite a prior knee surgery, I could eventually do full-depth squats, but I’d have a long way to go. The other members were very nice and there would be in-gym competitions, but I am very motivated by PRs at home, and I didn’t think I would ever be able to really be competitive in the big three lifts. After deciding against that and as I became happier about my size, I did consider bodybuilding, but I would have had to start training muscle groups that I never did, and dieting was never easy for me, so it would be a monumental challenge to get on stage.

Eventually, I stumbled across the USAWA, probably through a podcast that mentioned all-round weightlifting. As I looked into it, I couldn't imagine that I hadn't run across it in four decades of on-and-off working out and reading muscle media. I immediately felt that it would be perfect for me. The fact that it kept records on more than 200 lifts felt very freeing, and when multiplied by the number of age and bodyweight classes, there were plenty of available national records just waiting to be grabbed.

I joined in January 2025 and started looking into the practicalities. I reached out to gym owners who then put me in contact with other members. EVERYONE was extremely friendly, supportive, and encouraging, despite my difficult travel and family constraints. I learned more about the USAWA and people's lifting careers, and I became even more convinced to get involved. When I found out that the lifter who lived closest to me was an official, I realized that if I became an official too, we could judge each other's lifts, so I did my written and video tests before ever lifting in person.

Finally the stars aligned, and I was able to get to Denny's gym on a Record Day in May. The support and camaraderie from the other lifters there was amazing. With their lifting tips and encouragement, it was easy to beat my home PRs, and it served as my third practice judging so I became a certified official. I started participating remotely in meets, officiated occasionally when possible. At each step along the way, I have found this to be an organization filled with extremely supportive members and club owners through every email, phone call, and in-person visit!

I'm a huge believer that the USAWA is a great federation, especially for older lifters who are motivated by PRs. The concept of relative newbies being able to earn national records is extremely empowering. I've started talking with a neighbor who works out to see if he might be interested, and I plan to go back to the powerlifting gym to see if it might click with any of the members there.

I find that I am more motivated to keep working out consistently because I always have an upcoming meet to look forward to. I love the variety of the scheduled lifts because it gets me to work on more than my favorites, for example, I've restarted my rotator cuff rehab exercises to improve my overhead lifts. Finally, my doctor is happy that I am losing weight to improve my A1c, but my real motivation is that I want to improve my Lynch factor for meet standings. Overall, I am very happy to have finally found a community after lifting by myself for almost five decades.

## **[2025 Two-Fisted Challenge II – Results and Record Day](#)**

[October 2, 2025](#)

The 2nd Two Fisted Challenge, held 27 – 28 September, featured a lot of big lifts, new champions, new contestants, and a lot of skinned fingers! This year we had entries from three gyms across the USAWA. On the Women's side, Janet Thompson entered the fray and won the title for 2025. Mary McConnaughey finished third in her first year, and lifted the most in raw weight. Lisa Gore finished second while lifting about 25% more than last year. Only Allison Lupo had a larger improvement – up 50% from a year ago.

On the men's side, Jeff Wenzel ran away from the field tallying nearly a ton after putting up over a ton in the One Ton Meet. Not only that, but he improved about 35% over last year. Abe Smith was the runner-up in raw weight, while Tony Lupo and Riley Wenzel battled for third place. The former lifted more in raw totals but the latter took third after Lynch and Age were considered. Riley was quite impressive in his first entry into this meet, breaking or establishing 11 records in 14 events. Abe and Tony were both up about 15% over last year as well. Three entered from high Country Vigour in 2025, and this year Jarrod Fobes got to compete injury free. He was strong enough to place 5th overall in raw weight, and not much separated him from 3rd. Sanjiv Gupta returned to the mix, and Elijah Conley got a few lifts in for his first competition, hitting age-weight records in all four events attempted. Sanjiv hit age-weight marks in 12 of 14 lifts which was 2nd on the men's side. Only Logan Wenzel did better establishing all 14 age-weight records and finishing 5th overall at only age 10. We were also glad to have Jerome Licini enter the mix from Habecker's Gym in Lebanon Valle, PA. He made a good strong entrance into the field, and given this is his rookie year, expect to see big gains next year.

Jeff Wenzel, Sanjiv Gupta, and Lisa Gore put up some strong numbers in their record day lifts. Check it out in the results posted here.

The 2<sup>nd</sup> Annual Two – Fisted Challenge Meet and Record Day

September 27 – 28 2025

Clarks' Gym – Columbia, MO USA

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Finger Thumb L (lb)	Finger Thumb R (lb)
Janet Thompson	68	164	74.5	1.0042	1.32	31**	31**
Lisa Gore	60	226	102.7	0.8352	1.21	31**	41**
Mary McConnaughey	65	301	136.5	0.721	1.26	31	31
Allison Lupo	59	195	88.6	0.9056	1.20	26**	31
Jeff Wenzel	50	225	102.3	0.837	1.11	56	61
Abe Smith	44	182	82.7	0.9424	1.05	71**	71**
Riley Wenzel	20	150	68.2	1.0632	1.00	41**	41**
Tony Lupo	59	238	108.2	0.8128	1.20	56*	51
Logan Wenzel	10	75	34.1	1.9897	1.33	19**	19**
Jarrold Fobes	48	218.6	99.4	0.8499	1.09	67**	67**
Jerome Licini	67	234.3	105.5	0.8195	1.30	46	47
Sanjiv Gupta	54	209.6	95.3	0.8695	1.15	30*	30*
Elijah Conley	18	154.2	70.1	1.0441	1.03	30*	30*

Name	Finger Index L (lb)	Finger Index R (lb)	Finger Middle L (lb)	Finger Middle R (lb)	Finger Ring L (lb)	Finger Ring R (lb)
Janet Thompson	56**	56**	66**	66**	56**	56
Lisa Gore	66*	71*	81**	86*	71**	71
Mary McConnaughey	76	76	116	116	76	76
Allison Lupo	61*	61*	61*	76*	41*	46
Jeff Wenzel	131**	131**	141**	156**	111	136
Abe Smith	116*	116*	166*	166*	121	121*
Riley Wenzel	106**	86**	91**	106**	86	86**
Tony Lupo	111*	101*	116*	101	86	106*
Logan Wenzel	21**	41*	41**	46**	36**	41**
Jarrold Fobes	125**	115**	150**	150**	125**	125**
Jerome Licini	51	58	54	58	34	38
Sanjiv Gupta	55*	55*	65*	65*	40*	40
Elijah Conley				55*		

Name	Finger Little L (lb)	Finger Little R (lb)	Deadlift, Little (lb)	Deadlift, Ring (lb)	Deadlift, Middle (lb)	Deadlift Index (lb)
Janet Thompson	46**	46**	75*	75*	75*	75*
Lisa Gore	51*	66**	50**	100*	150**	100*
Mary McConnaughey	56	56	65	115	135	115
Allison Lupo	31*	41*	40**	50**	100**	85*
Jeff Wenzel	86*	97**	150*	247**	230	200
Abe Smith	81**	81**	85*	100*	175	100
Riley Wenzel	71**	86**	105	160**	150	150**
Tony Lupo	61	71	60	132*	180	170
Logan Wenzel	36*	36**	35**	40**	60**	45**
Jarrold Fobes	67	67		85*	115	95*
Jerome Licini	30	31	50	65	90	95
Sanjiv Gupta	30*	30	45*	55*	85*	75*
Elijah Conley			20*			

Name	total (lb)	Points (lb)	Rank
Janet Thompson	810	1073.69	1
Lisa Gore	1035	1045.96	2
Mary McConnaughey	1140	1040.10	3
Allison Lupo	750	815.04	4
Jeff Wenzel	1933	1795.89	1
Abe Smith	1570	1553.55	2
Riley Wenzel	1365	1451.27	3
Tony Lupo	1402	1367.45	4
Logan Wenzel	516	1365.49	5
Jarrold Fobes	1353	1253.41	6
Jerome Licini	747	795.82	7
Sanjiv Gupta	700	699.95	8
Elijah Conley	135	145.18	9

\*USAWA Age / Weight Record

\*\*USAWA ALL

**Referees:**

**Clark's Gym:** Bill Clark, Allison Lupo, Tony Lupo, Abe Smith, Jeff Wenzel

**High Country Vigour:** Jarrod Fobes, Sanjiv Gupta

**Record Day Lifts:**

**Clark's Gym**

**Allison Lupo - Age 59, Wgt 90 kg**

Curl, Cheat L 25 lb

Deadlift, One Hand L 110 lb

**Lisa Gore - Age 60, Wgt 105 kg**

Curl, Cheat L 35 lb

Deadlift, One Hand L 172 lb

Back Extension 100 lb

**Tony Lupo – Age 59, Wght 110 kg**

Back Extension 100 lb

Curl, Cheat R 50 lb

Miller Clean and Jerk 85 lb

**Jeff Wenzel, Age 50, Wgt 105 kg**

Squat Lunge 235 lb

French Press 105 lb

Strict Curl 135 lb

Chin up 30 lb

Pull-up 30 lb

## High Country Vigour

### Sanjiv Gupta – Age 54, Wgt 100 kg

Bear Hug	128 lb
Squat, 12" Base	235 lb
Clean and Press Middle Fingers	75 lb
Miller Clean and Jerk	75 lb

## Century Club Updated

October 7, 2025

The Record sheets will be updated when the quarterlies are ready. This will include the OTSMs in Colorado and Missouri as well as the One Ton Challenge and Two Fisted Challenge. All these records are added in. The Century Club lists are updated! Welcome and Congratulations to Jessica Hopps and Wade Marchand – they are now in the Century Club. There were some big movers on the women's side. Lisa Gore added 65 new records as she moved into a new age class. She moves up to #2 all time among female lifters. On the men's side Jeff Wenzel added 48 new standards to move up to 13th all-time. Sanjiv Gupta moved up 16 places with a big quarter and Frank Ciavattone moves into 4th all time. Since the United States is turning 250 this year, the record lists have a new feature. All those with more than 250 records are bolded and belong to the new USAWA250 Club level. On the women's side – the top three are bolded. On the men's side, it's the top 15. Also, I have a new team record table. For those who may have been a member of more than one team, there is the top 10 individual team record holders table now. Enjoy! If there is any stat or table that you as a lifter would like to see, let me know.

## LIFTER OF THE MONTH, SEPTEMBER 2025, CHAD ULLOM

October 8, 2025



September was an exciting month with the Andy Goddard Memorial World Postal, Old Time Strongman Championship, Colorado OTSM Classic, One Ton Challenge and the Two-Fisted Challenge. Chad Ullom earned lifter of the month by winning the Old Time Strongman Championship primarily on the strength of his massive 725-pound Kennedy Lift (a masters and ALL age class record). Only (5) USAWA athletes have broken 700 pounds on this lift.

Chad is a 2016 Hall of Fame inductee and this is his 7<sup>th</sup> time being recognized as lifter of the month. He has been the long running Vice President of the USAWA and Vice President of the IAWA. He currently holds 347 individual records and 72 team lift records.

Congratulations Chad!

*Do you know a USAWA member who should be recognized as a future Lifter of the Month? Send nominations to the acting Secretary at [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com)*

## **USAWA Business**

October 10, 2025

With the resignation of Jessica Hopps (Secretary) and Kyle Frappier (At-Large) announced on Facebook, the remaining board of Joe Garcia, Sanjiv Gupta and Bill Clark have appointed Eric Todd to the board as an At-Large member. Welcome back Eric.

Sanjiv Gupta has assumed the responsibilities of USAWA Secretary.

The executive board is seeking applicants for an At-Large board member. Interested members are to submit a letter of interest with qualifications to [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com) by November 14th.

#### *ARTICLE 12 – DUTIES OF THE AT LARGE EXECUTIVE BOARD MEMBERS*

*A. Attend the National Meeting and meetings of the executive board.*

*B. Represent the USAWA at meetings of the IAWA.*

*C. Serve on the executive board.*

The executive board is seeking bids for the 2026 National Championship. Interested members are to submit bids to [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com) by November 14.

#### *X. National Championships Guidelines*

*2. ... Included in the bid must be details of the proposed meet location, an approximate date of the meet, and any other details that may seem pertinent to the membership by the person making the bid.*

#### IAWA OTSM WORLD POSTAL

October 13, 2025



*Greg Cook performing the Hackenschmidt Floor Press, 2019*

The IAWA Old Time Strongman World Postal was conceived by Al Myers and was first promoted in [2018](#) by Al Myers and John Mahon. It was a rousing success and was repeated in [2019](#).

In 2020 and 2021 the event was planned and then scuttled. I am assuming this was due to Covid 19 restrictions.

Clint Poore picked up the torch in [2023](#) and the event saw a record number of lifters from around the world.

The event is unique in that rather than competing on your own, there is a host venue in each country. That way lifters can enjoy some camaraderie but not travel internationally.

The [2025 event](#) is planning on making the event even more accessible with 2 venues in Australia and 2 venues in the United States to get more people involved.

<b>Date</b>	<b>Promoter</b>	<b>Lifts</b>	<b>Women's Winner</b>	<b>Men's Winner</b>
2018, July 14	Al Myers/John Mahon	Anderson Squat, Cyr Press, Peoples Deadlift	Kat Becker (AUS)	Phillippe Crisp (ENG)
2019, July 21	Al Myers/John Mahon	Thor's Hammer, Hackenschmidt Floor Press, Kennedy Lift	Sylvia Stockall (CAN)	Greg Cook (USA)
2020	canceled	Cyr Press, Habecker Lift, Goerner Stroll	NA	NA
2021	canceled	Cyr Press, Habecker Lift, Goerner Stroll	NA	NA
2022	NA	NA	NA	NA
2023, Dec 9	Clint Poore	Hackenschmidt Floor Press, Dinnie Lift, DB to Shoulder	Wendy Gardner (USA)	Mark Haydock (UK)
2024, Dec 7	Clint Poore	Hackenschmidt Floor Press, Dinnie Lift, OH Inch Dumbbell	Emily Haydock (UK)	Mark Haydock (UK)
2025, Dec 13	Steve Gardner	Hackenschmidt Floor Press, Peoples Deadlift, DB to Shoulder	?	?

October 17, 2025

We had 28 lifters compete in this postal. Abe Smith was the top lifter this quarter. Stacy Todd was the top lifter of the women's group.

July 1 thru September 30

The Lifts- CRUCIFIX, CHEAT CURL-DUMBBELL- ONE HAND, DEADLIFT- ONE HAND

ALL LIFTS AND BDWTS. ARE IN POUNDS- RECORDS ARE MARKED WITH AN \*. ONE HAND LIFTS ARE RIGHT HAND UNLESS MARKED WITH AN L.

LIFTERS WITH NO CERTIFIED OFFICIALS- Randy Smith, Miles Pruznick, Dave Hahn, Sylvia Stockall, Kim Van Wagner, and Bill Clark.

Name	Age	BDWT	CLASS	Crucifix	Curl	Deadlift	Total	Adj Total
Abe Smith	44	183	85 KG	90	100*	305-L	495	488.77
Dan Jones	41	171	80 KG	91*	76-L*	301*	468	467.76
Randy Smith	70	197	90 KG	46	83	245	374	458.53
Jeff Wenzel	50	228	105 KG	113*	94	280	487	449.86
Barry Bryan	67	173.2	80 KG	70*	60*	220	350	442.71
Chad Ullom	53	222	105 KG	20	110*	325-L*	455	437.99
Dave Glasgow	72	250.2	115 KG	67*	60-L*	240-L*	367	407.70
Wade Marchand	56	164	75 KG	60*	61*	223	344	404.85

Travis Luther	32	173	80 KG	70	84-L	260-L	414	402.82
Miles Pruznick	33	203	95 KG	100	110	242-L	452	400.74
Denny Habecker	83	178.4	85 KG	40*	40*	176	256	395.97
Barry Pensyl	77	124.5	60 KG	25*	40	145*	210	383.48
Nils Larson	66	243	115 KG	70*	76*	220	366	377.22
Stacy Todd	42	187	85 KG	40*	65*	190*	295	372.59
Dave Hahn	88	130	60 KG	20	35-L	125	180	364.77
Mike Locondro	62	209	95 KG	0	70*	261	331	355.02
Lisa Gore	60	226	105 KG	50*	40*	172*	262	337.35
Sylvia Stockall	67	155	75 KG	30	50	110.2	190.2	323.11
Sanjiv Gupta	54	210.3	100 KG	45	62-L*	205-L	312	311.97
Frank Ciavattone	70	268	125 KG	50	50*	188*	288	300.30
Steve Jury	60	247	115 KG	60*	70*	176	306	295.65

Kim Van Wagner	58	126	60 KG	20	35	95	150	274.97
Jessica Hopps	41	161	75 KG	30	35-L*	135-L*	200	274.64
Jerome Licini	66	237.6	110 KG	20*	70*	170	260	271.13
Bill Clark	93	201	95 KG	20	25	125	170	269.76
Tony Lupo	59	243	115 KG	42*	60-L	172	274	269.76
Janet Thompson	68	165	75 KG	20	25*	100	145	239.66
Allison Lupo	59	197	90 KG	22*	30*	120	172	237.24

## Renewing your Memberships for 2026

October 18, 2025

The forms for renewing your individual and club memberships are available under “About Us” and then “Forms and Applications”. Check it out.

Also, the record lists were updated last weekend. Take a look at the Records page. I made a few simple changes to better organize the page. All the Individual Records and past records are in one place and all the Team Records are also in one place. it’s a small change, but the page is a little better organized. As usual, let me know if there is anything we can do to make it more functional.

## IAWA WORLD COUNCIL MEETING

October 19, 2025

Held at 5pm on 4<sup>th</sup> October 2025 at RTF Lurgan, Northern Ireland

### **Present:**

International Secretary: Steve Gardner –Recorded the Meeting

International President: Paul Barette – Chaired the Meeting

IAWA Members: Sanjiv Gupta, Denny Habecker – USA; Chloe Brennan, Matt Jones, Paul Hallam, Josh Davidson – UK

### **Reports:**

USA IAWA Vice President Sanjiv Gupta gave a report on the situation in the USAWA, supported by Vice President Denny Habecker. A general discussion took place where concerns and observations were made, and Sanjiv was thanked for his report and all best wishes were given for the future of the USAWA.

In the absence of a UK Vice President, Steve Gardner as UK President, gave a report. Steve informed those present that the UK division of IAWA had been enjoying an amazing year where all events have been well attended and eagerly contested, with many new as well as existing members in action. The number of female and Junior athletes has been outstanding, and once again the disability Championships had been a success. Steve was thanked by the meeting for his report.

Paul Barette said a few words about his first year in office as IAWA International President, and he was thanked by those present for all of his continued hard work and efforts.

Steve Gardner said he had been in contact a few times recently with John Mahon, Australian Vice President, and that all seemed well down under, they continue to support IAWA events and are looking forward to the Old Time Strongman in December.

### **Technical Committee Business**

As Technical Committee Chairman, Steve Gardner informed the meeting that we were due to vote on the acceptance or otherwise, of the new lift: E39 The Two Man Turkish Get Up. The lift was first proposed by Matt Jones and Josh Davidson and was submitted at the World Council Meeting in 2024 supported by IAWA (UK). The two had given a demonstration of the lift at the 2024 World Championships. Twelve months later he reported the IAWA Technical Committee were in favour of supporting and accepting the new lift. A vote took place and the lift was voted in Unanimously. It will now be added to the rule book and World Records lists.

### **E39 TWO PERSON TURKISH GET UP**

The Rules of the Turkish get up will apply, except that two lifters will be lifting the weight together, the weights will be loaded onto a regular lifting bar, as a dumbbell or a kettle bell cannot be used in this version of the lift for obvious reasons. Causes for Failure remain the same.

Causes for Failure:

1. Starting to lift before the referees signal.
2. Failure to maintain the arm straight and locked throughout the lift.
3. Any contact of the equipment with the lifting surface during the lift.
4. Failure to achieve the finished position, the implement locked out at arms-length, overhead.
5. Lowering/replacing the bar before the referees signal.

### **IAWA Internationals 2026, 2027 and 2028**

Those present were reminded that the International events for 2026 and 2027 are already agreed upon and in place.

**2026 Worlds** – Lebanon, PA, USA – Promoter: Denny Habecker (Lifts proposed and accepted)

Day 1: Snatch From Hang; Clean & Press Behind Neck; Pullover and Push; One Hand Deadlift

Day 2: Two Hands Ciavattone Deadlift; Straight Arm Pullover; 2 x 1" Vertical Bars (18")

**2026 Gold Cup** – Eastbourne, England – Promoter: Paul Barette

**2027 Worlds** – Perth, Western Australia – Promoters: John Mahon and Peter Phillips

**2027 Gold Cup** – Denver, CO, USA – Promoter: Sanjiv Gupta

Bids were received and accepted unanimously for 2028:

**2028 Worlds** – Eastbourne, UK – Promoter: Paul Barette

**2028 Gold Cup** – Derby, England – Promoters: Josh Davidson and Matt Jones

The IAWA President reflected that the organisation is in good hands for the next three years for our main Internationals.

### **International Postal Events:**

The Old Time Strongman World Postal Championships:

Clint Poore had stepped down from his role as organiser and it will now continue under the care of organiser: Steve Gardner. For this year's event on Saturday 13<sup>th</sup> December, lifts are:

Hackenschmidt Floor Press (H9), Dumbbell to Shoulder (H7), People's Deadlift (H13)

Lifting hubs will be Derby in the UK, Belfast in Northern Ireland, Perth in Western Australia, Colorado and Pennsylvania in the USA and hopefully a venue in Canada.....

The Andy Goddard World All Round Postal Championships:

This event takes place in August each year and usually comprises of Day One lifts of the forthcoming World Championships. As per tradition this event is coordinated by the IAWA

International President. Paul Barette ran his first event this year and he reported on it's success, and was congratulated by those present!

### **IAWA Presidential Award of Merit** – The highest Honour that can be bestowed in IAWA

As a past President of the organisation, Steve Gardner brought it to the attention of those present that he had been in discussions during 2025 with Past President Al Myers, and current President Paul Barette, and they had agreed that Dennis Mitchell from OHIO USA is a deserving candidate to receive the award. Dennis was our International Technical Secretary for 25 years and carried out his duties seamlessly, he also attended very many international IAWA events wherever they were held around the World. Having stood down in 2024 due to very poor health, it was agreed it was right to recognise his work and efforts on behalf of IAWA. Unfortunately before this could be organised Dennis sadly passed away. Steve suggested this award could and should still be presented to Dennis's widow Flossy. It was agreed this will be done, and Steve said he and Stevie Shanks (promoters of this year's World Championships) would cover the cost of the Award and postage. All agreed this was a great idea and should certainly go ahead. Steve Gardner agreed to see it is done.

### **Other news:**

...a short discussion took place where Paul Barette advised those present about the work he is currently undertaking to digitise the complete record of all of IAWA's lifts. It is a mammoth task and taking him a long time, he estimates it is about 20,000 entries, and he has completed over 4,000 so far. When it is completed anyone will be able to look up the complete history of any of our lifts, who held it from day one, then who broke it and when etc. through to present day. This will be an amazing record of our records at our fingertips. Matt Jones suggested that maybe video footage can be attached to those records of the lifts being performed, where available. All agreed this was a great idea, and Paul was thanked by all present for the hard work he is undertaking on our behalf.

### **There being no other business – at 6.20pm the Meeting was concluded**

Date and Place of Next IAWA World Council Meeting – First Saturday in October 2026 following the lifting on Day One of the World Championships in Pennsylvania USA

### **IAWA Officers:**

There was no voting of Officers as the election is every 4 years, so with three years to go the officers remain in position:

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

IAWA General / Technical Secretary – Steve Gardner: [stevegardneruk@gmail.com](mailto:stevegardneruk@gmail.com)

(The IAWA General Secretary shall maintain a list of all International Officials – and the

IAWA General Secretary shall also be the competition Secretary for the World Championships)

IAWA Vice Presidents

Sanjiv Gupta, USA – Denny Habecker, USA

Steve Andrews, UK – Graham Saxton, UK

Johan Mahon, Australia – Peter Phillips, Australia

**2025 IAWA WORLD CHAMPIONSHIP – BELFAST**

October 19, 2025



Ruby, Beata, Emily , Dolores, Chloe, Natalie and Amy



Steve, Denny, Sam, Stanley, David, Brandon, George, Leo and Paul



Joshua, Mark, Sanjiv, Steve, Paul, Matt



Overall Podium: Chloe, Mark and Josh



155kg Straddle Deadlift

I was very fortunate to be able to go to Belfast, NI for the 2025 IAWA World Championship. 22 athletes from the USA, England and Northern Ireland converged on the Resurgence Training Facility in Lurgan for 2 days of competition. Stevie Shanks was an amazing host and everything ran smoothly. Several folks had travel woes with Storm Amy (an extratropical cyclone) impacting ferry service, flights and even rail service. Everybody eventually made it to the venue on time to weigh-in and lift.

Lifting started at 10:00 AM both days and was wrapped up at 4:30 PM Day One and 3:00 PM Day Two. This was accomplished by Steve Gardner announcing, Paul Barette keeping score, Simon Truesdale and Michael Wilson loading and everybody helping with officiating. The meet was organized into (3) flights with women in the first flight, up to 90kg men in the second flight and 95kg and up men in the third flight.

Day 1 featured the One Hand Clean & Jerk; Clean & Push Press; Pullover and Press; and the Straddle Deadlift. There were several impressive lifts. The following are the top lifts for the day

- Chloe Brennan – 47.5kg Right Hand Clean & Jerk
- Matt Jones and Joshua Davidson – 65kg Right Hand Clean & Jerk
- Chloe Brennan – 80kg Clean & Push Press
- Mark Haydock – 105kg Clean & Push Press
- Chloe Brennan – 75kg Pullover & Press
- Mark Haydock – 135kg Pullover & Press
- Chloe Brennan – 175kg Straddle Deadlift
- Mark Haydock – 260 kg Straddle Deadlift

Day 2 featured the Continental Snatch; Vertical Bar Lift – 2” Rod; Zercher. The following are the top lifts for the day

- Chloe Brennan – 70.5kg Continental Snatch
- Joshua Davidson – 85kg Continental Snatch
- Dolores McGuckin – 70kg Vertical Bar Lift – 2” Rod
- Stanley Hamilton – 125kg Vertical Bar Lift – 2” Rod
- Chloe Brenna – 150kg Zercher
- Joshua Davidson – 192.5kg Zercher

Chloe is the defending IAWA World Champion. Dolores is new to all-round weightlifting but put in an amazing performance. Mark is a long-time competitor and has dominated the master's men in international competition. Joshua is an open lifter who takes technical expertise to the next level. Stanley is a relative newcomer to all-round but has competed in grip sport and likely has the strongest grip in Ireland.

Stevie Shanks did a record day lift setting the All-Time record for any age or weight class in the 2 x 1" vertical bar lift. I think the support of his family helped a lot. His Mother, Father and brother were in attendance. His Father, Jack Shanks, was the first person since Donald Dinnie to lift the Dinnie stones. Mark Haydock became the most recent hoisting them on Monday following the competition.

Dolores and June did a record day lift setting a record in the Team Deadlift.

Personally, I went 19 for 21 with (4) personal records. I was most proud of my 155kg Straddle Deadlift.

Top 5, Award Winners and USA Athletes:

- 1st – Chloe Brennan – Overall and Top Open Women
- 2nd – Mark Haydock – Top Masters Men
- 3rd – Joshua Davidson – Top Open Men
- 4th – Steve Sherwood
- 5th – Dolores McGuckin – Top Masters Women
- 10th – Emily Haydock – Top Junior Women
- 13th – Leo Moss – Top Junior Men
- 15th – Denny Habecker (top USA finisher)
- 17th – Sanjiv Gupta

Travel to Lurgan was a little tricky, fortunately my wife joined me for the trip. We flew from Denver to Detroit (2 hours) and then Detroit to Dublin (6 hours). From Dublin we rented a car and drove on the left-hand side of the road to Lurgan (2 hours). The facilities and staff at the Ashburn hotel were very nice.

The awards banquet was held at the Courthouse Bar which offered excellent food served by an amazing staff. Stevie invited a friend of his to perform and she had an amazing voice to go along with her guitar playing.

Ireland and Northern Ireland offered some great site-seeing. We visited Trinity College in Dublin, Great Causeway in Northern Ireland and my wife took in Belfast during day one of competition. I enjoyed the food and the people were really friendly. The area has a rich history with castles and vistas. There has also been political strife which is still evident if you know what to look for. Fortunately, all-round weightlifting is kind of like the Olympics where everybody can come together to celebrate sport.

On the way home, I heard the unfortunate news - that Stevie Shanks suffered a heart attack following the banquet. He was rushed to the hospital and a stent was put in. He was allowed visitors, is recovering well and looking forward to training and competing soon.



**World Championships - Day 1 - 04 October 2025 - Lurgan, Northern Ireland**

Scored using Total, Age & Sex%, Lynch																					
One Hand Clean and Jerk		Clean and Push Press						Pullover and Press on Floor						Straddle Deadlift (Jefferson)							
Name	Country	Sex	Age & Sex %	Age Group	Bwt	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Total		
Ruby Meakin	NI	F	66	13 & Under	33.0	35KG	5L▲		5.00	11		11.00	12.5▲		12.50	50 <sup>RR</sup>			50.00	78.50	
Leo Moss	ENG	M	25	13 & Under	50.3	55KG	25R▲		25.00	37.5▲		37.50	35▲		35.00	100			105▲	100.00	197.50
Emily Haydock	ENG	F	66	13 & Under	53.0	55KG	20R▲		20.00	35▲		35.00	30▲		30.00	82.5			85▲	82.50	167.50
George Dutton	ENG	M	33	13 & Under	57.2	60KG	20R		20.00	27.5▲		27.50	27.5		27.50	92.5			100.5	92.50	167.50
Beata Banas	ENG	F	35	40+	69.9	70KG	32.5R		32.50	57.5		57.50	55▲		55.00	125▲			125.00	270.00	
Paul Barette	ENG	M	10	45+	74.8	75KG	35R		35.00	60		60.00	75		75.00	210			220	210.00	380.00
Chloe Brennan	ENG	F	33	Open	76.2	80KG	47.5R●		47.50	80●		80.00	75●		75.00	175●			175.00	377.50	
Steve Sherwood	ENG	M	44	70+	78.0	80KG	25L▲		25.00	45		45.00	60		60.00	153▲			153.00	282.50	
Brandon Hazell-Hyland	ENG	M	0	Open	79.4	80KG	40R		40.00	67.5		67.50	70		70.00	155			155.00	332.50	
Denny Habecker	USA	M	62	80+	81.5	85KG	15R		15.00	40		40.00	65		65.00	105▲			105.00	225.00	
Natalie Voce	ENG	F	37	40+	82.9	85KG	30R▲		30.00	47.5		47.50	57.5▲●		57.50	97.5▲			97.50	232.50	
David Angove	ENG	M	0	Open	83.0	85KG	37.5R		37.50	77.5		77.50	180		180.00	206▲			206.00	372.50	
Dolores McGuckin	NI	F	44	50+	85.9	90KG	27.5R▲		27.50	50▲●		50.00	45▲		45.00	160▲●			160.00	282.50	
Sam Bonar	ENG	M	0	Open	88.0	90KG	57.5R		57.50	90		90.00	105		105.00	185			185.00	437.50	
Stanley Hamilton	NI	M	7	45+	88.4	90KG	42.5R		42.50	67.5 <sup>RR</sup>		67.50	80		80.00	190			206▲	190.00	380.00
Joshua Davidson	ENG	M	0	Open	90.9	95KG	65R		65.00	95		95.00	130		130.00	240			240.00	530.00	
Sanjiv Gupta	USA	M	15	50+	94.0	95KG	35R		35.00	62.5		62.50	70		70.00	155			155.00	322.50	
Steve Moss	ENG	M	4	40+	94.7	95KG	35R		35.00	70		70.00	80		80.00	170			170.00	355.00	
Amy Robertson	ENG	F	37	40+	98.3	100KG	22.5R		22.50	45		45.00	42.5		42.50	130▲			130.00	240.00	
Paul Hallam	ENG	M	7	45+	98.6	100KG	45R		45.00	75		75.00	85		85.00	180			180.00	385.00	
Mark Haydock	ENG	M	11	50+	108.3	110KG	60R▲		60.00	105 <sup>RR</sup>		105.00	135▲		135.00	260▲			260.00	560.00	
Matt Jones	ENG	M	0	Open	115.8	120KG	65R		65.00	0		0.00	100		100.00	210			210.00	375.00	



**World Championships - Day 2 - 05 October 2025 - Lurgan, Northern Ireland**

Scored using Total, Age & Sex%, Lynch																				
Continental Snatch		Vertical Bar Lift - 2" Rod						Zercher												
Name	Country	Sex	Age & Sex %	Age Group	Bwt	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Total	
Ruby Meakin	NI	F	66	13 & Under	32.3	35KG	7		7.00	15R▲		15.00	20▲		20.00	0			0.00	42.00
Leo Moss	ENG	M	25	13 & Under	50.2	55KG	27.5		27.50	60R		60.00	80▲		80.00	0			0.00	167.50
Emily Haydock	ENG	F	66	13 & Under	53.2	55KG	25▲		25.00	45R		45.00	72.5▲		72.50	0			0.00	142.50
George Dutton	ENG	M	33	13 & Under	57.9	60KG	20		20.00	35R		35.00	75▲		75.00	0			0.00	130.00
Beata Banas	ENG	F	35	40+	69.2	70KG	52.5▲●		52.50	60R▲●		60.00	107.5		107.50	0			0.00	220.00
Paul Barette	ENG	M	10	45+	74.0	75KG	53 <sup>RR</sup>		52.50	65R▲		65.00	140		140.00	0			0.00	257.50
Chloe Brennan	ENG	F	33	Open	78.4	80KG	70.5●		70.00	60 <sup>RR</sup>		60.00	150		150.00	0			0.00	280.00
Steve Sherwood	ENG	M	44	70+	77.8	80KG	47.5		47.50	70L▲		70.00	120.5▲		120.00	0			0.00	237.50
Brandon Hazell-Hyland	ENG	M	0	Open	79.4*	80KG	50		50.00	80R		80.00	125		125.00	0			0.00	255.00
Denny Habecker	USA	M	62	80+	81.8	85KG	27.5		27.50	45R		45.00	70		70.00	0			0.00	142.50
Natalie Voce	ENG	F	37	40+	82.8	85KG	30 <sup>RR</sup>		30.00	50R▲		50.00	77.5▲		77.50	0			0.00	157.50
David Angove	ENG	M	0	Open	83.6	85KG	62.5		62.50	95R		95.00	145		145.00	0			0.00	302.50
Dolores McGuckin	NI	F	44	50+	86.1	90KG	40▲		40.00	70R▲		70.00	140▲●		140.00	0			0.00	250.00
Sam Bonar	ENG	M	0	Open	89.3	90KG	80		80.00	97.5 <sup>RR</sup>		97.50	150		150.00	0			0.00	327.50
Stanley Hamilton	NI	M	7	45+	87.9	90KG	55▲		55.00	117.5 <sup>RR</sup>		117.50	145		145.00	0			0.00	317.50
Joshua Davidson	ENG	M	0	Open	93.3	95KG	85		85.00	90R		90.00	192.5		192.50	0			0.00	367.50
Sanjiv Gupta	USA	M	15	50+	94.0*	95KG	47.5		47.50	70L		70.00	110		110.00	0			0.00	227.50
Steve Moss	ENG	M	4	40+	94.9	95KG	47.5		47.50	85R		85.00	130		130.00	0			0.00	262.50
Amy Robertson	ENG	F	37	40+	98.7	100KG	32.5▲		32.50	47.5R		47.50	87.5		87.50	0			0.00	167.50
Paul Hallam	ENG	M	7	45+	99.4	100KG	67.5		67.50	70L		70.00	150		150.00	0			0.00	287.50
Mark Haydock	ENG	M	11	50+	108.2	110KG	77.5 <sup>RR</sup>		77.50	95R		95.00	190 <sup>RR</sup>		190.00	0			0.00	362.50
Matt Jones	ENG	M	0	Open	115.8*	120KG	75		75.00	80L		80.00	160		160.00	0			0.00	315.00

\* Denotes Lifter didn't weigh in on Day 2

## World Championships Combined Results - 5th & 6th October 2025 - Lurgan, Northern Ireland

Name	Sex	Age & Sex %	Age Group	Weight Class	Day 1 Total	Day 2 Total	Combined Total	Lynch	Amended
Chloe Brennan	F	33	Open	80	377.50	280.00	657.50	0.9902	865.89
Mark Haydock	M	11	50+	110	560.00	362.50	922.50	0.8124	831.88
Joshua Davidson	M	0	Open	95	530.00	367.50	897.50	0.8926	801.08
Steve Sherwood	M	44	70+	80	282.50	237.50	520.00	0.9761	730.88
Dolores McCuckin	F	44	50+	90	282.50	250.00	532.50	0.9218	706.81
Paul Barette	M	10	45+	75	380.00	257.50	637.50	1.0017	702.42
Sam Bonar	M	0	Open	90	437.50	327.50	765.00	0.9091	695.44
Beata Banas	F	35	40+	70	270.00	220.00	490.00	1.0460	691.96
Stanley Hamilton	M	7	45+	90	380.00	317.50	697.50	0.9067	676.72
Emily Haydock	F	66	13 & Under	55	167.50	142.50	310.00	1.2784	657.85
David Angove	M	0	Open	85	372.50	302.50	675.00	0.9404	634.77
Paul Hallam	M	7	45+	100	385.00	287.50	672.50	0.8536	614.22
Leo Moss	M	25	13 & Under	55	197.50	167.50	365.00	1.3348	609.02
Brandon Hazell-Hyland	M	0	Open	80	332.50	255.00	587.50	0.9656	567.28
Denny Habecker	M	62	80+	85	225.00	142.50	367.50	0.9506	565.94
Steve Moss	M	4	40+	95	355.00	262.50	617.50	0.8725	560.33
Sanjiv Gupta	M	15	50+	95	322.50	227.50	550.00	0.8761	554.12
Matt Jones	M	0	Open	120	375.00	315.00	690.00	0.7852	541.78
Natalie Voce	F	37	40+	85	232.50	157.50	390.00	0.9411	502.81
Amy Robertson	F	37	40+	100	240.00	167.50	407.50	0.8550	477.32
George Dutton	M	33	13 & Under	60	167.50	130.00	297.50	1.2044	476.54
Ruby Meakin	F	66	13 & Under	35	78.50	42.00	120.50	2.0724	414.55

● = World Record ▲ = World Masters/Junior Record <sup>SM</sup> = British Record  
 Promoters: Stevie Shanks & Steve Gardner  
 MC/Announcer: Steve Gardner      Scoring: Paul Barette      Drug Testing: Sam Bonar  
 Referees: Mark Haydock, Josh Davidson, Steve Sherwood, Sam Bonar, Paul Hallam, Denny Habecker, Sanjiv Gupta, Matt Jones, Natalie Voce, Stevie Shanks, Graham Saxton, Chloe Brennan (Prov.)  
 Loaders: Stevie Shanks, Simon Truesdale & The Resurgence Training Facility support crew.  
 Top Five Lifters:      Best Lifter Awards:  
 5th - Delores McCuckin      Best Junior Lifter - Emily Haydock  
 4th - Steve Sherwood      Best Open Lifter - Josh Davidson  
 3rd - Josh Davidson      Best Masters Lifter - Mark Haydock  
 2nd - Mark Haydock      Best Female Lifter - Chloe Brennan  
 1st - Chloe Brennan  
 Champion of Champions - Winner of the IAWA World Championship Belt - Chloe Brennan  
 ▲ = World Junior/Masters record; ● = World Open record; British record = <sup>SM</sup>

## Hermann Goerner Club

### October 29, 2025 Sanjiv Gupta

As we await the results of Hermann Goerner Deadlift Dozen Plus One, I wanted to revisit the Hermann Goerner Club. Al Myer's dubbed the Hermann Goerner Club in [2011](#) for athletes that met Goerner's standard of a 308.5-pound middle fingers deadlift.

As of an update in [2019](#), only (5) athletes had made the list:

- Kevin Fulton 400 pounds – 1999 SuperGrip Challenge
- Dan Wagman 316 pounds – 2017 Iron Warrior RD
- Ben Edwards 315 pounds – 2016 USAWA Grip Championships
- Chad Ullom 310 pounds – 2019 Dino Gym Challenge
- Bill DiCiccio 309 pounds – 1994 IAWA Gold Cup

Since 2019, no new names have been added to the list. The highest recorded records by year are as follows:

2020 – Female – Amorkor Ollennuking (105 lb); Male – Lance Foster (205 lb)

2021 – Female – NA; Male – Bill Clark (75 lb)

2022 – Female – NA; Male – Chad Ullom (325 lb; moving up the list to #2)

2023 – Female – NA; Male – Jeff Wenzel (225 lb)

2024 – Female – Lisa Gore (75 lb); Male – Dan Wagman (316 lb)

2025 – Female – Lisa Gore (150 lb); Male – Denny Habecker (134 lb)

Personally, I am not a big fan of finger deadlifts. I respect the strength and pain tolerance required to perform these lifts, especially at a world class standard. My personal best middle fingers deadlift is a meagre 85 pounds.

Regarding Female lifters, the USAWA adopted the 1.33 gender adjustment at the 2024 Annual General Meeting. Taking  $308.5/1.33 = 232.0$ -pound female equivalent of Hermann Goerner's mighty feet. The highest recorded USAWA female middle fingers deadlift is 230 pounds by Mary McConaughy in 2005. Had she known about the club and had the benefit of gender adjustment, I am certain she would have gone for 232 pounds.

*Do you have a favorite lift or historic benchmark that deserves attention? Consider submitting an article to Sanjiv for publication on the website.*

### **Results from the 2025 Hermann Goerner Deadlift Dozen +1**

#### October 31, 2025 Tony Lupo

A mere one month after putting their fingers through the Two Fisted Challenge, 14 lifters from four clubs decided to put their hands through the wringer again! This includes four women and 10 men from Clark's Gym (7), Frank's Gym (5), Habecker's Gym (1), and Dino Gym (1) that competed in this years event.

On the women's side, the competition was strong and every female tied or broke records in 9 events or more. Lisa Gore edged RJ Jackson by 22 points. Lisa Gore lifted more than one ton, setting 10 new standards at age and weight. RJ Jackson set 12 new records with a second place finish. Jessica Hopps finished third with 8 new records, including a sweep of all four fingers, and Allison Lupo was not far behind setting 8 new records as well. Allison was the only returning lifter and improved over last year by hoisting nearly 25% more weight. The women certainly excelled.

The men's side was equally tough, and featured three returning lifters (Jeff Wenzel, Toby Ortega, and Tony Lupo). Jeff Wenzel (Clark's), Dan Jones (Frank's), and Toby Ortega (Clark's)

took the top three spots. Jeff not only took the title this year, but improved in weight lifted by close to 15%! Toby was up by about 2% in total weight over last year as well, but he set 8 records. Dan Jones set 6 new records and along with Toby set all four records in the finger deadlifts. After the top three, there was a lot of great lifting as Wade Marchand took fourth (including big numbers in the index and middle fingers), and Frank Ciavattone took fifth at the young age of 70. Among the men, Frank showed the field how to get it done by setting the most records at 10 and was in a virtual tie with Tony Lupo for third in raw weight. Riley Wenzel finished sixth, but showed some real moxie by getting a field-best 360 lb Hack Lift and a top three Heels Together DL. Tony Lupo finished seventh lifting 3% more weight than one year ago. Nils Larson set 8 new records, and along with Dan Jones was over 300 lb in the Reeves Lift! Nils L and Tony L swept through the finger lifts with new records as well. Jerome Licini entered the field as the newest lifter and made a respectable showing in a long event filled with grizzled veterans. He put up some good numbers in the Jefferson and Heels together DLs. Check out the record day lifts as well. There was a lot of additional strong lifts! Note: Jeff Wenzel's Reeves Deadlift was 287 not 237. It was an age / weight record.

**2025 Hermann Goerner Deadlift Dozen + 1**

**Clark's Gym, Columbia, MO**

**25 – 26 October 2025**

\*USAWA Age and Weight Record \*\* ALL Record t = tied a previous record (no record)

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	DL One Hand L, NO Thumb
Lisa Gore	60	226	102.7	0.8352	1.21	145 **
RJ Jackson	63	103.8	47.2	1.4109	1.00	106 **
Jessica Hopps	41	160	72.7	1.0199	1.02	88 *
Allison Lupo	59	196.7	89.4	0.901	1.2	90 **
Jeff Wenzel	50	229	104.1	0.8293	1.11	190
Dan Jones	41	175	79.5	0.9649	1.02	144 *
Toby Ortega	45	153	69.5	1.049	1.06	170 *
Wade Marchand	56	164.2	74.6	1.0034	1.17	133 *
Frank Ciavattone	70	271	123.2	0.7615	1.36	175 *
Riley Wenzel	21	152	69.1	1.054	1	160
Tony Lupo	59	243.5	110.7	0.8033	1.2	150
Nils Larson	66	238	108.2	0.8128	1.28	144 *
Jerome Licini	67	238.8	108.5	0.8116	1.30	100
Logan Wenzel	10	76	34.5	1.9615	1.33	55 **

Name	DL One Hand R, NO Thumb	DL one Hand L	DL One Hand R	DL - 2 Bars	Jefferson DL	DL Heels Together
Lisa Gore	135 **	165	165	190 **	240 **	265 **
RJ Jackson	106 **	121 *	131 *	152 *	146*	181 *
Jessica Hopps	88 *	135 t	135	174 *	176	186
Allison Lupo	90 **	135 **	135*	180 *	175 *	180 *
Jeff Wenzel	203 *	265	305	370	400	400 *
Dan Jones	166	265	301 t	352	310	316
Toby Ortega	160 *	185 *	185	350	315	275
Wade Marchand	133	215	223	252 *	276	226
Frank Ciavattone	175 *	250 *	250*	200 *	250	250
Riley Wenzel	160	160	170	310	300	345
Tony Lupo	150	205	225	350	315	355 *
Nils Larson	144	223 *	213	267	246	301 *
Jerome Licini	100	125	165	200	250	275
Logan Wenzel	55 **	65 **	80**	90	85	85

Name	Hack Lift	Reeves DL	Deadlift, Little	Deadlift, Ring	Deadlift, Middle	Deadlift Index
Lisa Gore	185 *t	185**	65 **	120 **	135	121 **
RJ Jackson	146 *	76**	45	68 *	126 *	96 *
Jessica Hopps	186	165 *	50 *	87 *	131 *	115 *
Allison Lupo	115	55	30	50 t	101 **	80
Jeff Wenzel	355	237	100	150	190	150
Dan Jones	206	325 **	112 *	115 *	215 *	144 *
Toby Ortega	300	205 *	75 *	100 *	150 *	100 *
Wade Marchand	206	266 *	40	99	179	149
Frank Ciavattone	250 *	250 *	110 *	150 *	150	165 *
Riley Wenzel	360	155	65	120	140	120
Tony Lupo	135	185	75 *	120 *	200 *	181 *
Nil Larson	176	301 *	60 *	94 *	127 *	89 *
Jerome Licini	225	113	35	60	85	85
Logan Wenzel						

Name	total (lb)	Points (lb)	Rank
Lisa Gore	2116	2138.41	1
RJ Jackson	1500	2116.35	2
Jessica Hopps	1716	1785.15	3
Allison Lupo	1416	1530.98	4
Jeff Wenzel	3315	3051.53	1
Dan Jones	2971	2924.05	2
Toby Ortega	2570	2857.69	3
Wade Marchand	2397	2814.03	4
Frank Ciavattone	2625	2718.56	5
Riley Wenzel	2565	2703.51	6
Tony Lupo	2646	2550.64	7
Nil Larson	2385	2481.32	8
Jerome Licini	1818	1918.14	9
Logan Wenzel	515	1343.53	10

#### Referees

**Clark's Gym:** Bill Clark, Jeff Wenzel, Tony Lupo, Allison Lupo

**Frank's Gym:** Frank Ciavattone, Nils Larson, Wade Marchand, Jessica Hopps

#### Record Day – Clark's Gym

##### Toby Ortega – Age 45 – Wgt 70 kg

Abdominal Raise, Roman Chair	28 lb
Clean and Press, Reverse	95 lb
Back Extension	95 lb
Deadlift, One Leg Left	125 lb
French Press	78 lb

##### Tony Lupo – Age 59 – Wgt 115

Back Extension	150 lb
Clean and Push Press, 2 DB	122 lb
Two Hands Anyhow	122 lb

Deadlift, Fulton	310 lb
Team Deadlift, 2 Bars	350 lb

**Allison Lupo – Age 59 – Wgt 90 kg**

Deadlift, Fulton	190 lb
Vertical Bars 2", 2 Hands	102 lb
Back Extension	50 lb
Team Deadlift, 2 Bars	350 lb

**Jeff Wenzel – Age 50 – Wgt – 105 kg**

Clean and Push Press, 2 DB	150 lb
Deadlift, Ciavattone L	195 lb
Seated Press from Rack	145 lb
Swing Dumbbell, 2 hands	100 lb
Snatch from the Hang	130 lb

**Travis Luther – Age 33 – Wgt - 80 kg**

Pull-up	27 lb
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**Lisa Gore – Age 60 – Wgt. – 105 kg**

Deadlift, Stiff Legged	150 lb
Deadlift Trap Bar	230 lb
Jerk from Rack	45 lb

**Dave Beversdorf – Age 60 – 125+ kg**

Bent Over Row	245 lb
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**Joe Caron – Age 82 – 90 kg**

Deadlift, 12 inch base 287 lb

**Record Day - Franks Gym**

**Jessica Hopps – Age 41 – Wgt 75 kg**

Bench Press, One Hand L 35 lb

Bench Press, One Hand R 35 lb

Pinch Grip, Left 22 lb

**Wade Marchand – Age 56 – Wgt 75 kg**

Apollons Lift 113 lb

Bench Press Fulton Bar 173 lb

Maxey Press 110 lb

Anderson Press 115 lb

Bench Press, Hands Together 137 lb

**Dan Jones – Age 41 – Wgt 80 kg**

Bench Press – Larson 205 lb

Bench Press (IAWA) 227 lb

Deadlift, One Leg Left 136 lb

Deadlift, One Leg Right 136 lb

Jefferson, Little Fingers 88 lb

**Nils Larson – Age 66 – Wgt 110 kg**

Apollons Lift 113 lb

Bench Press, Fulton Bar 240 lb

Bench Press, Namesake 235 lb  
Bench Press, Hands Together 227 lb  
Bench Press, Reverse Grip 207 lb

**Frank Ciavattone – Age 70 – Wgt 125 kg**

Finger, Index, Left 160 lb  
Finger Middle Left 180 lb  
Finger, Ring Left 150 lb  
Bench Press, Larson 125 lb  
Bench Press, Hands Together 125 lb

## **Stars of Tomorrow**

November 2, 2025 Sanjiv Gupta

*Results taken from Clark's Gym Newsletter – Vol. XXXIV, No. 9*

*(I will be catching up a few results that were missing this past summer based on available resources)*

June 19, 2025

### **CONGRATULATIONS TO NISHA AND SPENCER —**

The winners of the Second Annual Stars of Tomorrow contest.

Both were defending their 2024 titles – successfully.

For Spencer – it was a busy spring. He was a double graduate in May., receiving diplomas from both Battle High School in Columbia and an associate degree from Moberly Area Community College, allowing him enroll as a junior in the fall at Westminster College in Fulton, Mo. – the home of the Churchill Museum and the home of a section of the Berlin Wall. He will major in psychology.

Spencer's closest competition came from his 10-year-old soccer-playing brother, Logan, one of five Wenzels rising through the USAWA ranks.

Dad Jeff has taken his place among the USAWA's elite lifters as a 50-year-old, and Riley, a high school pole vaulter, has now turned his attention toward the USAWA and, at age 20, saw action this weekend in the record day session.

The fifth member of the Wenzel crew made her debut – unofficially – during this weekend. Her name is Dylan and you'll find her unofficial results listed below. She is six years old.

Nisha Gupta is not only a rising lifter, she is the youngest certified meet official in the USAWA. She recently passed her written exam and, at 16, takes her place in a referee's chair. Congratulations.

On to the meet results:

### **STARS OF TOMORROW CHAMPIONSHIPS**

June 14-15, 2025

Clark's Gym – Columbia, Mo. – and remote.

#### **GIRLS' DIVISION**

1st – Nisha Gupta. Age – 16. Bwt – 88.

Bench press – feet in air – 48.

Jerk from rack – 45.

Anderson squat – 90.

Deadlift – heels together – 105.

Clean and press – heels together – 35.

Total – 323.

Adjusted total – 568.48.

2nd – Diya Gupta. Age – 18. Bwt. – 100.

Bench press – feet in air – 51.

Jerk from rack – 50.

Anderson squat – 100.

Deadlift – heels together – 105.

Clean and press – heels together – 40.

Total – 346.

Adjusted total – 509.62

#### **BOYS DIVISION**

1st – Spencer Wenzel. Age – 18. Bwt – 125.

Bench press – feet in air – 140.

Jerk from rack – 95.

Anderson squat – 315.

Deadlift – heels together – 235.

Clean and press – heels together – 80.

Total – 865.

Adjusted total – 1075.01

2nd – Logan Wenzel. Age 10. Bwt – 74

Bench press – feet in air – 29.

Jerk from rack – 22.

Anderson squat – 150.

Deadlift – heels together – 95.

Clean and press – heels together – 21.

Total – 316.

Adjusted total – 798.55.

3rd – Tim Market. Age – 18. Bwt – 156.

Bench press – Feet in air – 100.

Jerk from rack – 85.

Anderson squat – 205.

Deadlift – heels together – 160.

Clean and press – heels together – 85.

Total – 635.

Adjusted total – 677.8

Officials:

Colorado – Sanjiv Gupta, Jarrod Fobes, Kim Van Wagner.

Clarks' Gym – Jeff Wenzel, Tony Lupo, Allison Lupo, Dave DeForest, Bill Clark.

### **RECORD DAY – WEEKEND OF JUNE 13-15, 2025**

From Colorado:

Sanjiv Gupta. AGE – 54. BWT. – 213.5 LBS.

Deadlift – three-inch bar – 255.

Jarrod Fobes. AGE – 48. BWT. 217.8 LBS.

Pinch – strict – left – 60.

Pinch – strict – right – 60.

Clean and jerk, one arm – left – 82.

Dumbbell press, one arm – left – 72.

Deadlift, one leg – left – 115.

Officials – Fobes, Gupta and Kim Van Wagner.

From Ontario, Canada.

Joe Somfay. Age – 79. Bwt – 192.6.  
Hackenschmidt floor press – 155.  
Bavarian deadlift – 235.  
Trap bar deadlift – 255.

Jeremy Law. Age – 44. Bwt – 268.  
Hackenschmidt floor press – 245.  
Bavarian deadlift – 400.  
Trap bar deadlift – 435.

Chris Frappier. Age – 60. Bwt. – 214.8.  
Hackenschmidt floor press – 185.  
Bavarian deadlift – 501.  
Trap bar deadlift – 456.

Kyle Frappier. Age – 22. Bwt – 215.8.  
Hackenschmidt floor press – 175.  
Bavarian deadlift – 280.  
Trap bar deadlift – 255.

Officials were all four lifters.

Clark's Gym, Columbia, Mo.

Dave DeForest. Age – 65. Bwt – 180.  
Curl – strict – 80.  
Snatch – dumbbell – left – 60.  
Swing – dumbbell – left – 60.  
Snatch – dumbbell – right – 60.  
Kennedy lift – 460.

Riley Wenzel. Age – 20. Bwt – 150.  
Anderson squat – 405.  
Clean and press – Fulton bar – 125.  
Bent over row – 185.  
Back extension – 100.  
Lunge – 200.

Logan Wenzel. Age – 10. Bwt – 74.  
Lunge – 28.  
Trap bar deadlift – 105.  
Clean and jerk – two dumbbells – 2×10 – 20.

Clean and press – two dumbbells – 2×10 – 20.

Thor's hammer – 7 lb.

Jeff Wenzel. Age – 50. Bwt – 234.

Press from rack – 180.

Lunge – 241.

Phumchaona lift – 1115.

Carter lift – 1175.

Apollon lift – 175.

Dave Beversdorf. Age – 60. Bwt – 300.

Trap bar deadlift – 415.

Peoples deadlift – 455.

Tony Lupo. Age – 59. Bwt. -245.

Pinch grip deadlift – 303.

Deadlift – thumbless – 325.

Deadlift – stiff-legged – 325.

Clean and press – middle fingers – 80.

Press behind neck – from rack – 130.

Allison Lupo. Age – 59. Bwt – 196.

Jerk from rack – 45.

Phumchaona lift – 355. First female to set a record in this lift since Noi performed it two decades ago.

Carter lift – 363.

Deadlift – stiff-legged – 145.

Deadlift – thumbless – 160.

Plus – we had a special lifter who was not registered, but no doubt, will be soon. She follows a family path.

Dylan Wenzel. Age 6. Bwt – 47 lb.

Deadlift – dumbbell right – 20.

Deadlift – dumbbell right – 20.

Rectangular fix – 10.

Deadlift – two hands – 28.

Curl – two dumbbells – 2 x 3 – 6 lbs.

Officials at Clark's gym – Jeff Wenzel, Tony Lupo, Allison Lupo, Dave DeForest, Bill Clark.

## Gold Cup recap

November 3, 2025 Chad Ullom



### **Gold Cup 2025**

#### **By Chad Ullom**

The 2025 Gold Cup in Derby, UK was one for the history books! Held at the outstanding **University of Derby Sports Centre**, the venue proved to be the perfect setting for a day filled with strength, camaraderie, and unforgettable moments.

#### **Flawless Execution and Teamwork**

Under the expert leadership of **Steve Gardner** and his dedicated crew, the meet ran like clockwork. With **over 30 lifters** competing across **three groups on two platforms**, the first attempts kicked off promptly at **10 AM** and wrapped up by **1 PM**—a remarkable feat made possible by the collective effort of lifters, loaders, and judges. Everyone pitched in, and the teamwork on display was nothing short of inspiring.

#### **Personal Highlights and Record-Breaking Lifts**

For some reason I chose the **Middle Finger Straddle Deadlift** and was happy to set a new **105KG record with a 141KG lift**. Happily, my fingers came away unscathed

The day was packed with outstanding performances:

- **Josh Davidson** delivered the **heaviest Strict Bent Press in IAWA history** for his 2nd lift—a flawless and powerful lift that extremely fun to watch! His first lift was a full Gardner that also performed to perfection!
- **Chloe Brennan** with a massive **306KG Shanks Lift!** So impressive to see how she handles the shanks lift and the Dinnie Stones!
- **Matt Jones** and **Paul Halum** both tackled the **Domaal Squat**, but Matt stole the show with a standout **70KG lift**.
- **John Moss** impressed with a **Two One-Inch Vertical Bar Lift of 250KG**—a phenomenal display of grip strength.
- **Michael Perry**, at **60 years old**, executed a **70KG Straight Arm Pullover** that was simply unbelievable.
- Two lifters completed **60 reps of Bodyweight Deadlifts**, pushing their limits in a truly grueling challenge.
- In a friendly family rivalry, **Al Myers edged out his dad, Laverne**, in a **2-Inch Bar Deadlift grudge match**, 67.5KG to 65KG. Laverne narrowly missed 70KG on his fourth attempt!

### **Celebrating Community and Legacy**

As always, the highlight for me was reconnecting with old friends and making new ones. These international meets are more than competitions—they're reunions of a passionate and supportive community. I encourage all **USAWA lifters** to make the effort to attend an international event. You won't be disappointed!

### **Evening Banquet and Special Awards**

The day concluded with a wonderful banquet at **Poms Restaurant**, where every lifter received their Gold Cup. Several special awards were presented:

- The **Karen Gardner Award**, created by **Frank Ciavattone**, honors a female lifter who embodies Karen's spirit. With an unenviable decision to make, this year, **Chloe Brennan** was the deserving recipient.
- The **IAWA Commitment Award**, presented by **Paul Berette**, recognized lifters who participated in the **IAWA Worlds, Gold Cup, and World Postal**. (Steve Gardner will provide a full recap of recipients.)

- **Matt Jones** received the **Howard Prechtel Award** for his outstanding Domaal Squat performance.
- The evening's most emotional moment came with the presentations to **Al Myers**. I had the honor of presenting Al with a **Lifetime Membership** on behalf of USAWA. Al's contributions are immeasurable—he updated the USAWA website, rewrote the rulebook, updated the record list, launched the **Old Time Strongman** division, revamped the officials program, and initiated the awards program. He's also been a tireless promoter, competitor, and blogger.
- Immediately following, Al was awarded the **IAWA Award of Merit**. Al served as **IAWA President for 12 years**, attending nearly every World Championship and Gold Cup during his tenure. His commitment and humility are truly inspiring.

### Final Thoughts

The 2025 Gold Cup was a shining example of what makes our sport so special—dedication, sportsmanship, and a deep sense of community. Congratulations to all the lifters, organizers, and supporters who made this event unforgettable.

**Thank you, Steve Gardner, and thank you, Al Myers, for your unwavering commitment to the strength community**

### [LIFTER OF THE MONTH, OCTOBER 2025, DENNY HABECKER](#)

[November 5, 2025 Sanjiv Gupta](#)



October featured the IAWA World Championship, Q3 Postal Results and the Herman Goerner Deadlift Dozen. Denny Habecker earned lifter of the month with his massive 105kg Straddle Deadlift in the IAWA World Championship. Combined with impressive lifts across the board, Denny was the top USA finisher and 15<sup>th</sup> overall.

Denny is a 1997 [Hall of Fame](#) inductee and this is his 6<sup>th</sup> time being recognized as lifter of the month. He had been the long running president of the USAWA and is on the IAWA Technical Committee and serves as USA Vice President to the IAWA. He stands alone with over 600 records set in the 45, 50, 55, 60, 65, 70, 75, and 80 age groups including 17 ALL age class records and 23 NAT records. He is a regular on the United States and International circuit and a gentleman on and off the platform.

He has been promoting the Postal league, Memorial Record Day and President's Cup. In 2026 he will be promoting the IAWA World Championship.

Congratulations Denny!

*Do you know a USAWA member who should be recognized as a future Lifter of the Month? Send nominations to the acting Secretary at [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com)*

### **For Women Only**

[November 8, 2025 Sanjiv Gupta](#)

*Results taken from Clark's Gym Newsletter – Vol. XXXIV, No. 10*

*(I will be catching up a few results that were missing from this past summer based on available resources)*

June 23, 2025

### **FOR WOMEN ONLY – AND RECORD DAY.**

Lisa Gore has mostly recovered from a knee problem and defeated two fellow members of Clark's Gym as other USAWA women – both remote and hybrid – chose not to rise and shine in a meet designed – like the Olympics and every other sport of value in the world – to showcase the ability of girls' and women's sports.

The meet, the first offered for women only, was an effort to build the strong foundation for a national women's championship and encourage women and girls to succeed on a stage designed for them only.

Gore led a trio of veterans who have long served the non-lifting Columbia community. Lisa, 59, is an operating room nurse; Janet Thompson (67) is in her fourth term as one of three Boone County commissioners; Allison Lupo, also 59, is a longtime employee of Our Lady of Lourdes Parish in Columbia.

Interestingly, Lisa is the current chair of the county Republican party and Janet is a longtime leader of the Democratic Party. Lisa has long been a leader in women's fitness; Thompson has long been a rider and driver of show horses at the national level.

Allison Lupo was dragged to the gym by her husband and now is the family leader in the number of USAWA national records. She is the only one of three who is a registered USAWA official.

They would love to be joined by the other women of like interest in strength and competition.

Clark's Gym plans to sanction "For Women Only" again in 2026.

Now – the results from a busy weekend.

### **FOR WOMEN ONLY**

Weekend of June 21-22, 2025

Sponsored by Clarks' Gym

First – Lisa Gore. Age – 59. Bwt – 222.5

Bench press – feet up – 75.

Swing -right hand – 40.

Deadlift – right hand – 155.

Push press behind neck – 80.

Hack lift – 185.

Total – 575.

Adjusted total – 584.22.

Second – Janet Thompson. Age – 67. Bwt. – 164,

Bench press – feet up – 75.

Swing – right hand – 30.

Deadlift – right hand – 110.

Push press behind neck – 35.

Hack lift – 120.

Total – 370.

Adjusted total – 475.59.

Third Place – Allison Lupo.

Bench press – feet up – 72.

Swing – right hand – 30.

Deadlift – right hand – 130.

Push press behind neck – 50.

Hack lift – 105.

Total – 377.

Adjusted total – 406.86.

OFFICIALS: Bill Clark, Tony Lupo, Dave DeForest, Jeff Wenzel.

## **RECORD DAYS**

From Ontario:

Joe Somfay. Age – 79. Bwt. – 192.2.

Rectangular fix – 59.

Clean and seated press – two dumbbells – 60.

Hack lift – Right hand – 85.

Vertical bar – two bars – two inch – 130.

Dinnie Deadlift – 272.

Chris Frappier. Age – 60. Bwt – 215.2.

Rectangular fix – 70.

Clean and seated press – two dumbbells – 80.

Hack lift – right hand – 95.

Vertical bar – two bars – two-inch – 200

Saxon deadlift – 110.

Officials: The two lifters.

From Clark's Gym:

Janet Thompson. Age -67. Bwt. – 164.

Swing – left hand – 30.

Deadlift – left hand – 110.

Dinnie Lift – 200.

Tim Market. Age – 18. Bwt. – 156.

Bent over row – 120.

Continental to belt – 120.

Continental to chest – 100.

Anderson press – 75.

Roman chair bench press – 45.

Dave DeForest. Age – 65. Bwt. – 181.

Holdout – lowered – 45.

Holdout – raised – 45.

Clean and press behind neck – 90.

Clean and press – alternate grip – 95.

Clean and seated press – two dumbbells – 2×30 – 60.

Jeff Wenzel. Age – 50. Bwt. – 235.

Clean and press – Fulton bar – 175.

Bent over row – 285.

Continental to chest – 201.

Anderson press – 225.

Clean and press on knees – 130.

Allison Lupo. Age – 59. Bwt. -196.5.

Deadlift – left hand – 105.

Deadlift – right hand – 105.

Dinnie lift – 245.

Two hands anyhow – 35.

Deadlift – stiff-legged – 165.

OFFICIALS: Bill Clark, Tony Lupo, Allison Lupo, Dave Deforest, Jeff Wenzel.

### USAWA Business

November 9, 2025 Sanjiv Gupta

Reminder. At-Large board member letters of interest and 2026 National Championship bids are due this Friday, November 14th.

## AL MYERS AWARDED LIFETIME MEMBERSHIP

November 10, 2025 Sanjiv Gupta



Al Myers needs no introduction. He was the long-term Secretary of the USAWA and was the driving force behind all the wonderful content on the website. His articles are a constant inspiration to me when I try to type something clever to make sure the USAWA remains a friendly, welcoming organization for strength athletes and fans of historic physical culture.

Al has not been one for self-promotion. His 2016 induction into the Hall of Fame has no biography. He was awarded the Ciavattone Award in 2019 without much fanfare. He was the second winner of the Prechtel Contribution Award in 2016.

Randy Smith made the nomination for a Lifetime Membership by simply stating that “Al put a tremendous amount of time and energy into bettering the USAWA and keeping it going for years. The large number of excellent articles penned by Al on a regular basis made the website truly awesome. Plus his incredible support hosting meets, and traveling to run or help run meets that he did not host. I could go on and on

I do not believe that the USAWA would still be in existence if Al had not put the time and effort into it for the multiple years that he did”

Al holds (537) individual records stretching back to 2002. He shares (83) team lift records going back to 2007.

Al's Dino Gym was named after Brooks Kubik's "Dinosaur Training." I had the pleasure of visiting the Dino Gym in 2024 and it is truly an homage to All-Round Weightlifting and physical culture. You will find York Deep Dish plates, globe dumbbells, a wall of history and countless awards and trophies. You will also see some amazing self-fabricated pieces as Al's pursuit of strength would not be held back by the availability of commercial equipment. The Dino Gym Challenge could be considered a 9<sup>th</sup> championship.

On the topic of Championships, Al was the long-time host of the Grip Championship and won the event in 2011, 2012 and 2018. He has also hosted the Team Lift Championship and was on the winning team for 10 consecutive years from 2007-2016.

In addition to announcing and scorekeeping, Al promoted the National Championship in 2021, 2018, 2012, 2009, and 2006. As an athlete, he won the National Championship (9) times between 2006 and 2019.

He promoted the Gold Cup in 2016 and earned the Prechtel Award for best lift in 2019, 2015 and 2013.

He promoted the IAWA World Championship in 2019 and 2012, has (12) top ten finishes and was the overall winner in 2006.

His first USAWA position was as Vice President in 2007 and then Secretary/Treasurer from 2010-2021. He has been on the IAWA Technical Committee since 2012. He was the President of the IAWA from 2012 to 2024.

A point of order is that without all of the history and archiving Al performed, none of these accolades could be properly researched. They would be lost to stories, e-mails and newsletters. By my estimation, Al has posted 1,603 of 2,638 posts on the website.

This is only the 2<sup>nd</sup> Lifetime Membership awarded by the USAWA. The first was to Bill Clark in 2011 as part of a Lifetime Achievement Award. On behalf of the United States All-Round Weightlifting Association in recognition of his long-term contributions to the organization and guidance through its 35<sup>th</sup> Anniversary and beyond, we wish to present Al Myers the Lifetime Membership Award on November 1<sup>st</sup>, 2025.

## High Country Vigour Cup Results

November 12, 2025 Sanjiv Gupta



Jarrood receiving cup for Chin Up Record



Nisha receiving cup for Steinborn Lift Record



Elijah receiving cup for Pull Up Record



Jarrold Chin Up



Nisha and Sanjiv Team Deadlift



### Nisha Steinborn Lift

This is the inaugural installation of the High Country Vigour Cup. I originally wanted to do a simple record day to close out the season. With the excitement of the President's Cup and the Gold Cup, it seemed like a fun idea for athletes to show off a special lift for themselves. The local athletes did not disappoint, and we had an incredible (20) remote lifters join in the fun.

I admired Nisha's courage on the Steinborn Lift. After making 33 pounds and 44 pounds, she failed a 54-pound attempt.

Elijah shined with a third attempt on the pull up to get his chin over the bar with 20 pounds hanging from weight belt.

Kim's Piper Lift seemed really solid at 80 pounds. I realized just how solid when I tried to do the lift.

Jarrod's pulling power is just amazing. He held the 60-pound chin up to make sure he was clearly over the bar without any doubt.

It is harder for me to evaluate the remote lifters.

Columbia, Missouri had some amazing lifts. I have never performed a Back Lift or a Phumchaona Lift. Lisa (Backlift – 700 lb) is an ALL age record. Tony and Jeff improved their benchmarks on the Phumchaona and Travis Luther became the lightest athlete to set a record in the lift.

In a second batch of entries, Janet (Neck Lift – 155 lb), Allison Lupo (Carter Lift – 407 lb), Dave DeForest and Tim Market with Scott Lifts, Bill Clark with a phenomenal 200 lb Roman Chair Situp (the 5<sup>th</sup> highest lift ever recorded), Dave Beversdorf (Deadlift 12" Base – 450 lb), Riley Wenzel (Jefferson Lift, Fulton Bar – 320 lb) and Logan Wenzel (Back Extension – 50 lb).

In a final entry, John Carter recorded the highest all ages, all weight classes Phumchaona lift at 1,227 pounds.

Pennsylvania had some impressive lifts as well. The dumbbell cheat curl always puts a lot of strain on my biceps and Barry's 45-pound effort is an improvement over his 2024 record at 40 pounds. Not to be outdone, Jerome's 225 Fulton Bar Hack Lift broke a long-standing record and is the ALL ages heaviest lift in the 110kg class.

Massachusetts had a solid crew of athletes as well. Jessica Hopps, Dan Jones, Frank Ciavattone, Nils Larson and Wade Marchand decided to only perform record session lifts and did not offer a lift for the Cup. Unofficially, I was most impressed by Jessica's Peoples Deadlift (209 lb.); Dan's Bearhug (215 lb.); Frank's Jefferson Lift, Little Fingers (115 lb.); Nils' Bearhug (188 lb); and Wade's Bearhug (188lb).

Best Junior Women – Nisha Gupta

Best Junior Men – Elijah Conley

Best Open Women – NA

Best Open Men – Travis Luther

Best Masters Women – Lisa Gore

Best Masters Men – John Carter

Now for the extremely subjective declaration of the winner:

1. John Carter – 1,227 lb. Phumchaona Lift
2. Bill Clark – 200 lb. Roman Chair Situp
3. Jerome Licini – 225 lb. Hack Lift – Fulton Bar
4. Lisa Gore – 700 lb. Back Lift
5. Jarrod Fobes – 60 lb. Chin Up

**COMPLETE RESULTS:**

Location: High Country Vigour, Lakewood, CO and remote

Meet Director: Sanjiv Gupta

Dates: November 7, 2025

Officials: Sanjiv Gupta, Jarrod Fobes, Nisha Gupta, Jerome Licini, Barry Pensyl, Bill Clark, Tony Lupo, Jeff Wenzel, Dave DeForest, Allison Lupo, Jessica Hopps, Dan Jones, Frank Ciavattone, Nils Larson, Wade Marchand

As USAWA rules and IAWA rules are different, no lifts will be submitted for IAWA records.

**NISHA GUPTA**, AGE – 16, BWT. – 85.4 pounds (40 KG Class)

STEINBORN LIFT – 44 lb.

Records:

TEAM DEADLIFT (w/Sanjiv) – 315 lb.

**ELIJAH CONLEY**, AGE – 18, BWT. – 151.2 pounds (70 KG Class)

PULL UP – 20 lb.

Records:

CHIN UP – 20 lb.

HACK LIFT – 135 lb.

REEVES DEADLIFT – 120 lb.

**KIM VAN WAGNER**, AGE – 58, BWT. – 126.6 pounds (60 KG Class)

PIPER SQUAT – 80 lb.

Records:

HACK LIFT, FULTON BAR – 145 lb.

REEVES DEADLIFT – 100 lb.

CLEAN & PRESS, ALTERNATE GRIP – 65 lb.

CLEAN & PRESS, BEHIND NECK – 60 lb.

**JARROD FOBES**, AGE – 48, BWT. – 220 pounds (100 KG Class)

CHIN UP – 60 lb.

Records:

PULL UP – 40 lb.

SWING, 2 DUMBBELLS – 100 lb.

REEVES DEADLIFT – 281 lb.

PIPER SQUAT – 155 lb.

**SANJIV GUPTA**, AGE – 54, BWT. – 214 pounds (100 KG Class)

APOLLONS LIFT – 143 lb.

Records:

TEAM DEADLIFT (w/Nisha) – 315 lb.

SNATCH, FULTON BAR – 103 lb.

REEVES DEADLIFT – 280 lb.

PIPER SQUAT – 115 lb.

Officials: Sanjiv Gupta, Nisha Gupta, Jarrod Fobes

**LISA GORE**, AGE – 60, BWT. – 225 pounds (105 KG Class)

BACK LIFT – 700 lb.

Records:

RIM LIFT – 210 lb.

DEADLIFT, 3” BAR – 185 lb.

ANDERSON PRESS – 105 lb.

BENCH PRESS, ALTERNATE GRIP – 110 lb.

BENCH PRESS, REVERSE GRIP – 110 lb.

**TRAVIS LUTHER**, AGE – 32, BWT – 174 pounds (80 KG Class)

PHUMCHAONA LIFT – 1145 lb.

Records:

JUDD CLEAN & JERK – 115 lb.

DEADLIFT, ONE LEG, LEFT – 225 lb.

DEADLIFT, 3” BAR – 365 lb.

**JEFF WENZEL**, AGE – 50, BWT. – 224 pounds (105 KG Class)

PHUMCHAONA LIFT – 1155 lb.

Records:

RIM LIFT – 370 lb.

RECTANGULAR FIX – 100 lb.

HOLDOUT, LOWERED – 75 lb.

JERK, FROM RACK, BEHIND NECK – 140 lb.

JUDD CLEAN & JERK – 85 lb.

**TONY LUPO**, AGE – 59, BWT. – 244 pounds (115 KG Class)

PHUMCHAONA LIFT – 945 lb.

Records:

CARTER LIFT – 925 lb.

CONTINENTAL TO CHEST & JERK – 142 lb.

ANDERSON PRESS – 150 lb.

RIM LIFT – 285 lb.

SWING, 2 DUMBBELLS – 2×45 = 90 lb.

**JANET THOMPSON**, AGE – 68, BWT. – 164 pounds (75 KG Class)

NECK LIFT – 155 lb.

**ALLISON LUPO**, AGE – 59, BWT. – 196 pounds (90 KG Class)

CARTER LIFT – 407 lb.

Records:

BACK EXTENSION – 55 lb.

ROMAN CHAIR SITUP – 60 lb.

RECTANGULAR FIX, FULTON BAR – 30 lb.

CLEAN & PRESS – 50 lb.

CLEAN & SEATED PRESS – 40 lb.

**DAVE DEFOREST**, AGE – 65, BWT. – 184 pounds (85 KG Class)

SCOTT LIFT – 150 lb.

Records:

DEADLIFT, FINGERS, INDEX – 136 lb.

RIM LIFT – 255 lb.

CLEAN & JERK, BEHIND NECK – 115 lb.

CLEAN & JERK, FULTON BAR – 105 lb.

CLEAN & PRESS, FULTON BAR – 105 lb.

**BILL CLARK**, AGE – 93, BWT. – 204 pounds (95 KG Class)

ROMAN CHAIR SITUP – 200 lb.

Records:

ABDOMINAL RAISE – 25 lb.

**TIM MARKET**, AGE – 19, BWT. – 165 pounds (75 KG Class)

SCOTT LIFT – 150 lb.

Records:

SAXON DEADLIFT – 70 lb.

SAXON SNATCH – 50 lb.

BACK EXTENSION – 65 lb.  
DEADLIFT, 3” BAR – 195 lb.  
DEADLIFT, 12” BASE – 215 lb.

**DAVE BEVERSDORF**, AGE – 60, BWT. – 300 pounds (125+ KG Class)

DEADLIFT, 12” BASE – 450 lb.

Records:

PEOPLES DEADLIFT – 505 lb.

**RILEY WENZEL**, AGE – 20, BWT. – 150 pounds (70 KG Class)

JEFFERSON LIFT, FULTON BAR – 320 lb.

Records:

PINCH GRIP DEADLIFT, LEFT – 87 lb.

PINCH GRIP DEADLIFT, RIGHT – 87 lb.

HOLDOUT, LOWERED – 65 lb.

LATERAL RAISE, STANDING – 60 lb.

SCOTT LIFT – 170 lb.

**LOGAN WENZEL**, AGE – 10, BWT. – 76 pounds (35 KG Class)

BACK EXTENSION – 50 lb.

Records:

BENCH PRESS, ONE ARM, LEFT – 10 lb.

BENCH PRESS, ONE ARM, RIGHT – 10 lb.

BENCH PRESS, HANDS TOGETHER – 28 lb.

BENCH PRESS, TWO DUMBBELLS – 20 lb.

ABDOMINAL RAISE – 5 lb.

**JOHN CARTER**, AGE – 67, BWT. – 195 pounds (90 KG Class)

PHUMCHAONA LIFT – 1,227 lb.

Records:

CARTER LIFT – 1,327 lb.

WEAVER STICK, FRONT – 3 lb.

WEAVER STICK, BACK – 5 lb.

Officials: Bill Clark, Tony Lupo, Jeff Wenzel, Dave DeForest, Allison Lupo

**JEROME LICINI**, AGE – 67, BWT. – 238 pounds (110 KG Class)

HACK LIFT, FULTON BAR – 225 lb.

Records:

DEADLIFT, FULTON BAR – 250 lb.

RECTANGULAR FIX, FULTON BAR – 43 lb.

MAXEY PRESS – 43 lb.

WEAVER STICK, FRONT – 2 lb.

WEAVER STICK, BACK – 1 lb.

**BARRY PENSYL**, AGE – 77, BWT. – 125 pounds (60 KG Class)

CURL, CHEAT, DUMBBELL, RIGHT – 45 lb.

Records:

KENNEDY LIFT – 255 lb.

CURL, CHEAT – 76 lb.

Officials: Barry Pensyl, Jerome Licini

**JESSICA HOPPS**, AGE – 41, BWT. – 160 pounds (75 KG Class)

NA

Records:

PEOPLES DEADLIFT – 209 lb.

SNATCH, DUMBBELL, LEFT – 35 lb.

SNATCH, DUMBBELL, RIGHT – 40 lb.

PINCH GRIP DEADLIFT, LEFT – 36 lb.

PINCH GRIP DEADLIFT, RIGHT – 38 lb.

**DAN JONES**, AGE – 41, BWT. – 174 pounds (80 KG Class)

NA

Records:

CLEAN & SEATED PRESS, 2 DUMBBELLS – 111 lb.

RH Dumbell Strict Curl – G21 – 40 lb.\*\*\*Not a USAWA lift, ineligible for USAWA Records

DEADLIFT, FULTON DUMBBELL, LEFT – 134 lb.

DEADLIFT, FULTON DUMBBELL, RIGHT – 124 lb.

BEARHUG – 215 lb.

**FRANK CIAVATONE**, AGE – 70, BWT. – 271 pounds (125 KG Class)

NA

Records:

JEFFERSON LIFT, INDEX FINGERS – 170 lb.

JEFFERSON LIFT, MIDDLE FINGERS – 155 lb.

JEFFERSON LIFT, RING FINGERS – 155 lb.

JEFFERSON LIFT, LITTLE FINGERS – 115 lb.

BENCH PRESS, ALTERNATE GRIP – 125 lb.

**NILS LARSON**, AGE – 66, BWT. – 238 pounds (110 KG Class)

NA

Records:

BEARHUG – 188 lb.

DEADLIFT, FULTON DUMBBELL, LEFT – 124 lb.

DEADLIFT, FULTON DUMBBELL, RIGHT – 124 lb.

CLEAN & SEATED PRESS – 110 lb.

CLEAN & SEATED PRESS, 2 DUMBBELLS – 100 lb.

**WADE MARCHAND**, AGE – 56, BWT. – 165 pounds (75 KG Class)

NA

Records:

CLEAN & PUSH PRESS, DUMBBELLS – 100 lb.

CLEAN & SEATED PRESS – 106 lb.

BEARHUG – 188 lb.

DEADLIFT, FULTON DUMBBELL, LEFT – 115 lb.

DEADLIFT, FULTON DUMBBELL, RIGHT – 120 lb.

Officials: Jessica Hopps, Dan Jones, Frank Ciavattone, Nils Larson, Wade Marchand

## **2025 IAWA GOLD CUP RESULTS**

[November 13, 2025 Sanjiv Gupta](#)

The [2025 Gold Cup](#) was a tremendous event by all accounts. USA Participants included Chad Ullom (Middle Fingers Straddle Deadlift), Denny Habecker (Peoples Deadlift), Al Myers (One Hand Fulton Barbell Deadlift (2" Bar)), and LaVerne Myers (One Hand Fulton Barbell Deadlift (2" Bar)).

This was a splendid display of strength by world class athletes who had to have already established an IAWA World Record to participate in the Gold Cup.

Denny Habecker completed the rare trifecta of attending the USAWA National Championship, IAWA World Championship and IAWA Gold Cup in the same year. For those of you who love numbers Albany is 665 miles from Lebanon, Belfast is 3284 miles from Lebanon and Derby is 3490 miles from Lebanon. That is commitment.



## Gold Cup - 01 November 2025 - Derby University

### Gold Cup

#### 1st Choice Lifts - For the Howard Prechtel Memorial Award

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift	Lynch	Amended
Matt Jones	ENG	M	30	0	Open	115KG	Domal Squat	E38	2.8316	70R ●	0.7946	157.50
Michael Perry	ENG	M	60	21	60+	75KG	Stiff Arm Pullover	E11	1.8001	67.5 ▲	1.0067	148.02
Chloe Brennan	ENG	F	30	33	Open	80KG	Shanks Lift	F31	0.3285	306.25 ●	0.9846	131.74
Joshua Davidson	ENG	M	35	0	Open	95KG	One Hand Bent Press - Strict	B26	3.1211	42.5R ●	0.8866	117.60
Timo Lauttamus	FIN	M	46	7	45+	95KG	Index Fingers Deadlift	C17	1.0046	120 ●	0.8948	115.42
Chad Ullom	USA	M	53	14	50+	105KG	Middle Fingers Straddle Deadlift	C22	0.8135	141 ●	0.8411	110.24
Chris Jones	ENG	M	41	2	40+	115KG	Duck Walk	F33	0.7561	173 ▲	0.7982	106.50
Suzie Richards	ENG	F	52	46	50+	65KG	One Leg Deadlift	C6	0.8975	67.5L ▲ ●	1.1065	97.86
Josh Haydock	ENG	M	35	0	Open	90KG	Bench Press	A3	0.7157	150 ●	0.9097	97.66
Denny Habecker	USA	M	83	62	80+	85KG	Peoples Deadlift	H13	0.4221	142.5 ▲ ●	0.9451	92.09
Thomas Meakin	ENG	M	74	44	70+	90KG	One Hand Dumbbell Press	G1	2.0897	33L ▲	0.9156	90.92
Laverne Myers	USA	M	81	58	80+	100KG	One Hand Fulton Barbell Deadlift (2" bar)	F15	1.0079	65R ▲	0.8588	88.89
Gary Ell	ENG	M	54	15	50+	90KG	One Hand Vertical Bar Lift 1" rod	F2	0.6102	140L ▲	0.8976	88.17
Steve Andrews	ENG	M	66	28	65+	70KG	Shoulder Drop	E28	1.2839	47.5 ▲	1.0857	84.76
Paul Barette	ENG	M	49	10	45+	80KG	Ring Fingers Hacklift	C26	1.4469	52.5 ▲ ●	0.9983	83.42
Pandora Holladay	ENG	F	25	33	Open	85KG	One Hand Deadlift	C7	0.5092	125R ●	0.9555	80.89
Hannah Ames	ENG	F	45	39	45+	65KG	Two Hands Thumbless Deadlift	C16	0.5737	87.5 ▲ ●	1.1287	78.76
Angela Joiner-Handy	ENG	F	56	50	55+	55KG	Stiff Leg Deadlift	C3	0.4994	80 ▲ ●	1.2650	75.80
Paul Hallam	ENG	M	46	7	45+	100KG	Two Hands Dumbbells Snatch	G7	1.6755	46 ▲	0.8471	69.86
Al Myers	USA	M	59	20	55+	115KG	One Hand Fulton Barbell Deadlift (2" bar)	F15	1.0079	67.5R ▲	0.8033	65.58
Kam Wallis	ENG	F	41	35	40+	115KG	Hackenschmidt Floor Press	H9	0.6217	82.5 ▲ ●	0.8048	55.72
Steve Gardner	ENG	M	69	34	65+	125+KG	Middle Finger Lift	F14	0.5675	82.9R ▲	0.7336	46.25
Amy Robertson	ENG	F	43	37	40+	100KG	Reverse Curl	E32	1.5317	25 ▲	0.8508	44.63
Kayleigh Lamb	ENG	F	36	33	Open	115KG	Middle Finger Lift	F14	0.5675	57.9R ●	0.7964	34.80
Phoebe Ames	ENG	F	15	48	14-15	60KG	Seated Deadlift	I1	N/A	100 ▲	1.1623	0.00
Matthew Smyth	ENG	M	33	0	Open	125+KG	Seated Bench Press (Para)	I8	N/A	175 ●	0.7312	0.00
Glenn Branch	ENG	M	42	3	40+	90KG	Repetition Bodyweight Deadlifts	C27	N/A	60reps at 90kg ▲ ●	0.8998	0.00

### Team Lifts

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift
Steve Moss	ENG	M	43	N/A	40+	95KG	Two Person One Hand Deadlift	C28	N/A	150R ▲ ●
Leo Moss	ENG	M	13	N/A	13 & Under	55KG	Two Person One Hand Deadlift	C28	N/A	150R ▲ ●
Jamie Oates	ENG	M	40	N/A	40+	110KG	Two Person Team Deadlift *	C9	N/A	500
Mark Haydock	ENG	M	50	N/A	50+	110KG	Two Person Team Deadlift *	C9	N/A	500

\* Performed as an 'exhibition lift' not an official record attempt

### 2nd Choice Lifts

Name	Country	Sex	Age	Age&Sex %	Age Group	Weight Class	IAWA Lift	Ref	Blindt	Max Lift
Kayleigh Lamb	ENG	F	36	N/A	Open	115KG	Peoples Deadlift	H13	N/A	170 ●
Phoebe Ames	ENG	F	15	N/A	14-15	60KG	Seated Bench Press (Para)	I8	N/A	20 ▲
Suzie Richards	ENG	F	52	N/A	50+	65KG	Half Gardner Lift	E30	N/A	30 ▲ ●
Pandora Holladay	ENG	F	25	N/A	Open	85KG	Kelly Snatch	B9	N/A	20 ●
Kam Wallis	ENG	F	41	N/A	40+	115KG	Anderson Squat	H2	N/A	150 ▲ ●
Hannah Ames	ENG	F	45	N/A	45+	65KG	Repetition Bodyweight Deadlifts	C27	N/A	40 reps at 62.5kg ▲ ●
Angela Joiner-Handy	ENG	F	56	N/A	55+	55KG	Repetition Bodyweight Deadlifts	C27	N/A	62 reps at 54kg ▲ ●
Steve Andrews	ENG	M	66	N/A	65+	70KG	Crucifix	G18	N/A	37 ▲
Michael Perry	ENG	M	60	N/A	60+	75KG	Stiff Leg Deadlift	C3	N/A	165 ▲
Paul Barette	ENG	M	49	N/A	45+	80KG	One Hand Hacklift	C11	N/A	92.5L ▲ ●
Thomas Meakin	ENG	M	74	N/A	70+	90KG	Clean and Push Press- 2" Bar	F23	N/A	70 ▲
Josh Haydock	ENG	M	35	N/A	Open	90KG	One Hand Bench Press	B37	N/A	65L ●
Gary Ell	ENG	M	54	N/A	50+	90KG	One Hand Dumbbell Deadlift	G9	N/A	115L ▲
Paul Hallam	ENG	M	46	N/A	45+	100KG	Domal Squat	E38	N/A	45L ▲ ●
Leo Moss	ENG	M	13	N/A	13 & Under	55KG	Steinborn	E9	N/A	45 ▲
Denny Habecker	USA	M	83	N/A	80+	85KG	Two Hands Dumbbells Deadlift	G5	N/A	105 ▲
Glenn Branch	ENG	M	42	N/A	40+	90KG	One Leg Deadlift	C6	N/A	100R ▲ ●
Timo Lauttamus	FIN	M	46	N/A	45+	95KG	Middle Fingers Deadlift	C5	N/A	175 ▲ ●
Chris Jones	ENG	M	41	N/A	40+	115KG	Lurich Lift	H12	N/A	185 ▲ ●
Joshua Davidson	ENG	M	35	N/A	Open	95KG	Full Gardner Lift	E31	N/A	62.5 ●
Matt Jones	ENG	M	30	N/A	Open	115KG	Teeth Lift	F11	N/A	105 ●
Jamie Oates	ENG	M	40	N/A	40+	110KG	One Hand Pinch Grip Clean and Press	F18	N/A	27.5L ▲ ●
Mark Haydock	ENG	M	50	N/A	50+	110KG	Alternate Grip Clean and Press	B10	N/A	90 ▲ ●
Steve Moss	ENG	M	43	N/A	40+	95KG	Two Vertical Bars (1 in each hand) - 1" rods	F32	N/A	250.5 ▲ ●

Promoter - Steve Gardner    MC/Announcer - Steve Gardner    Scoring - Paul Barette    Drug Testing - Gary Ell    Loaders & Spotters - The Lifters

Referees - Al Myers, Laverne Myers, Chad Ullom, Denny Habecker, Mark Haydock, Matt Jones, Glenn Branch, Paul Hallam, Graham Saxton, Gary Ell, Suzie Richards, Steve Andrews, Michael Perry (Prov.)

Top 5 First Choice Lifts - For the Howard Prechtel Memorial Award:

- 5th - Timo Lauttamus
- 4th - Josh Davidson
- 3rd - Chloe Brennan
- 2nd - Michael Perry
- 1st - Matt Jones

The Karen Gardner Memorial award for outstanding female performance awarded to: Chloe Brennan

▲ = World Junior/Masters record; ● = World Open record

## USAWA Records Update

November 13, 2025 Sanjiv Gupta

Our tireless Records Director, Tony Lupo, has provided a records update through November 12, 2025. There are now 20,560 individual records and 382 team lift records. Up from 20,423 individual records and 379 team lift records on October 11, 2025.

Thank you Tony for your diligent effort and frequent updates!

## 2026 Club Championship Lifts Announced

November 14, 2025 Sanjiv Gupta

Clark's Championship Gym won the 2025 Club Championship and will be hosting the 2026 event on February 28th.

The Lifts were determined and are reflected on the meet announcement page:

- Snatch, Dumbbell, One Arm (E19)
- Zercher Lift (C8)
- Turkish Get Up (I25)
- Deadlift – Ciavattone Grip (B3)

## TRUE NORTH TRUE STRENGTH 2025

November 15, 2025 Sanjiv Gupta

*Results taken from communications with past USAWA Secretary*

*(I will be catching up a few results that were missing this past summer based on available resources)*

August 23, 2025

RT Health Company

Elora, ON

Meet Director: Chris Frappier

Three Official System Used

Officials: Joe Somfay, Chris Frappier, Jeremy Law, Tony Lupo, Clint Poore, Kyle Frappier

Lifts: Hackenschmidt Floor Press, Bavarian Deadlift

Meet: True North True Strength 2025 Open Date: August 23, 2025

#	Lifter	Gender	Age	Age Group	Age Factor	Weight (Pounds)	Weight Class	Lynch Factor	Age Adjusted Lynch Points	Lift #1: Hackenschmidt Floor Press		Lift #2: Bavarian Deadlift		Total Weight Lifted (Pounds)	Lynch Points	Overall Rank	Female Rank	Male Rank	Gender Equity Points	Gender Equity Rank
										Best Lift (Pounds)	Best Lift (Pounds)	Best Lift (Pounds)	Best Lift (Pounds)							
15	Chris Frappier	M	60	60-64	1.21	215.6	100	0.8573	1.037333	230	560	790	819.49	1				819.49	1	
19	Clint Poore	M	51	50-54	1.12	241.2	110	0.8082	0.905184	415	485	900	814.67	2				814.67	2	
23	Adam Balch	M	27	Open	1	254.2	120	0.7869	0.7869	355	605	960	755.42	3				755.42	3	
12	Nick England	M	34	Open	1	185	85	0.9345	0.9345	315	475	790	738.26	4				738.26	4	
25	Marshall Hinton	M	33	Open	1	319	125+	0.7054	0.7054	400	645	1045	737.14	5				737.14	5	
17	Jacob Ford-Roussel	M	30	Open	1	196	90	0.9038	0.9038	315	500	815	736.60	6				736.60	6	
7	Tara Losey	F	44	40-44	1.05	218.6	100	0.8508	0.89334	195	400	595	531.54	16	1			706.94	7	
24	Dr. Tyler Displenter	M	36	Open	1	259.4	120	0.7788	0.7788	355	540	895	697.03	7				697.03	8	
4	Salina Valitutti	F	27	Open	1	142	65	1.1053	1.1053	165	300	465	513.96	17	2			683.57	9	
11	Benjamin Walsh (Ben)	M	32	Open	1	177.2	85	0.9583	0.9583	210	485	695	666.02	8				666.02	10	
22	Matt Black	M	37	Open	1	258.8	120	0.7798	0.7798	315	515	830	647.23	9				647.23	11	
8	William Burbank	M	18	Junior	1.03	151.2	70	1.059	1.09077	205	360	565	616.29	10				616.29	12	
14	Nathaniel Koudijis	M	28	Open	1	197.6	90	0.8998	0.8998	200	455	655	589.37	11				589.37	13	
21	Jeremy Law	M	45	45-49	1.06	266.4	125	0.7689	0.815034	275	435	710	578.67	12				578.67	14	
10	Joe Somfay	M	80	80-84	1.41	190.8	90	0.9181	1.294521	155	290	445	576.06	13				576.06	15	
20	Tony Lupo	M	59	55-59	1.2	244.8	115	0.8021	0.96252	250	340	590	567.89	14				567.89	16	
9	Cory Harwood	M	31	Open	1	148.4	70	1.0726	1.0726	190	325	515	552.39	15				552.39	17	
2	Alix McGregor	F	79	75-79	1.4	118.6	55	1.2631	1.76834	48	150	198	350.13	20	3			465.67	18	
13	Dave Gardner	M	50	50-54	1.11	213.6	100	0.8616	0.956376	0	475	475	454.28	18				454.28	19	
16	Kyle Frappier	M	22	Open	1	225	105	0.8378	0.8378	165	350	515	431.47	19				431.47	20	
6	Leah Hutchinson	F	23	Open	1	215.2	100	0.8583	0.8583	102	270	372	319.29	21	4			424.65	21	
5	Micki Dudok	F	22	Open	1	191.8	90	0.915	0.915	0	315	315	288.23	22	5			383.34	22	
3	Kiera Pinkerton	F	21	Open	1	124	60	1.2207	1.2207	0	215	215	262.45	23	6			349.06	23	
1	Becca Gardner	F	18	Junior	1.03	99.8	50	1.4649	1.508847	0	105	105	158.43	24	7			210.71	24	
18	John Culbert	M	44	40-44	1.05	227.8	105	0.8327	0.874335	0	0	0	0.00					0.00	25	

True North True Strength Open 2025

23 August 2025

Referee System: Three Tony Lupo (head), Jeremy Law, Joe Somfay, Chris Frappier, Clint Poore, and Kyle Frappier ▲ - World Junior/Masters record; ● - World Open record

\*Lifter set the record first

Lifter	Age / Division	Weight / Class (kg)	Hackenschmidt Floor Press (kg)	Bavarian Deadlift (kg)
<b>Females</b>				
Tara Losey	44 / 40+	99.4 / 100	88.6 ▲●	181.8 ▲●
Salina Valitutti	27 / Open	64.5 / 65	75.0	136.4 ●
Alix McGregor	79 / 75+	53.9 / 55	21.8 X	68.2 X
Leah Hutchinson	23 / Open	97.8 / 100	46.4	122.7
Micki Dudok	22 / Open	87.2 / 90		143.2 X
Kiera Pinkerton	21 / Open	56.4 / 60		97.7 X
Becca Gardner	18 / 18-19	45.4 / 50		47.7 ▲●
<b>Males</b>				
Chris Frappier	60 / 60+	98.0 / 100	104.5	254.5 ▲●
Clint Poore	51 / 50 +	109.6 / 110	188.6	220.5
Adam Balch	27 / Open	115.5 / 120	161.4 W O*	275.0 ●
Nick England	34 / Open	84.1 / 85	143.2	215.9 ●
Marshall Hinton	33 / Open	145.0 / 125+	181.8	293.2 ●
Jacob Ford-Roussel	30 / Open	89.1 / 90	143.2	227.3 ●
Tyler Displenter	36 / Open	117.9 / 120	161.4	245.5
Ben Walsh	32 / Open	80.5 / 85	95.5	220.5
Matt Black	37 / Open	117.6 / 120	143.2	234.1
William Burbank	18 / 18-19	68.7 / 70	93.2 O	163.6 ▲●
Nathaniel Koudijis	28 / open	89.8 / 90	90.1	206.8
Jeremy Law	45 / 45+	121.1 / 125	125.0 W	197.7 ▲●
Joe Somfay	80 / 80+	86.7 / 90	70.5 W	131.8 ▲
Tony Lupo	59 / 55+	111.3 / 115	113.6 W	154.5 ▲●
Cory Harwood	31 / Open	67.5 / 70	86.4	147.7
Dave Gardner	50 / 50+	97.1 / 100		215.9
Kyle Frappier	22 / Open	102.3 / 105	75.0	159.1 ●
John Culbert	44 / 40+	103.5 / 105		

Record Day:

Kyle Frappier

Habecker Lift 225 lb / 102.3 kg •  
Lurich Lift 250 lb / 113.6 kg •

Leah Hutchinson

Saxon Deadlift 90 lb / 40.9 kg •

Cory Harwood

Kennedy Lift 280 lb / 127.3 •

Jacob Ford-Roussel

Kennedy Lift 545 lb / 247.7 kg •  
Lurich Lift 460 lb / 209.1 kg •  
Peoples Deadlift 550 lb / 250.0 kg •

Matt Black

Cyr Press 90 lb / 40.9 kg X  
Saxon Deadlift 160 lb / 72.7 kg •

Jeremy Law

Crucifix 70 lb / 31.8 kg ▲  
Cyr Press 80 lb / 36.4 kg ▲•

Salina Valitutti

Lurich Lift 205 lb / 93.2 kg •  
Crucifix 40 lb / 18.2 kg •  
Cyr Press 40 lb / 18.2 kg •

Aix McGregor

Saxon Deadlift 25 lb / 11.4 kg X

	Anderson Squat	100 lb / 45.5 kg	X
	Dumbbell to Shoulder	40 lb / 18.2 kg	X
Joe Somfay	Saxon Deadlift	95 lb / 43.2 kg	▲
	Dinnie Lift	312 lb / 141.8 kg	▲
John Culbert	Turkish Get up	70 lb / 31.8 kg	▲
	Dinnie Lift	527 lb / 239.5 kg	▲●
	Kennedy	525 lb / 238.6 kg	▲●
Tyler Displenter	Habecker Lift	430 lb / 195.5 kg	●
	Cyr Press	162 lb / 73.6 kg	●
	Push Press / Rack	280 lb / 127.3 kg	X
Tony Lupo	RH Dumbbell C&J	62 lb / 28.2 kg	▲
	Cyr Press	92 lb / 41.8 kg	▲●
	RH Barbell DL (team)	315 lb / 143.2 kg	▲●
Clint Poore	LH Barbell DL (team)	225 lb / 102.3 kg	▲
Chris Frappier	RH Barbell DL (team)	315 lb / 143.2 kg	▲●
	LH Barbell DL (team)	225 lb / 102.3 kg	▲
Ben Walsh	Piper Squat	315 lb / 143.2 kg	X
	Habecker Lift	375 lb / 170.5 kg	●
	Hack Lift	455 lb / 206.8 kg	X
Nathaniel Koudijis	RH Bent Press Bar	115 lb / 52.3 kg	●
	RH Bent Press DB	102 lb / 46.4 kg	X
	LH Bent Press DB	90 lb / 40.9 kg	X

## Spotlight on Junior Lifters

November 16, 2025 Sanjiv Gupta



Kohl Hess setting (7) records at the 2009 IAWA World Championships

Junior lifters are usually introduced to All-Round weightlifting by a family member and our individual record books have the good fortune of featuring (225) Junior Record Holders in the 13 and under; 14-15; 16-17; and 18-19 age groups. There are only (760) Record Holders total. It surprised me to learn that 1 in 3 record holders was a junior lifter.

Clark's Championship Gym started hosting a Stars of Tomorrow event for Junior lifters. The 2024 event featured (5) athletes and 2025 featured (5) athletes. The only other recognition for Junior athletes is at the National Championship. In 37 years of the National Championship, (11) junior women and (32) junior men have been crowned. Jeff Ciavattone and Robbie McKean share a distinction of being the top junior at three different nationals.

Top 10:

1. Phoebe Todd – 109 records
2. Aidan Habecker – 102 records
3. Logan Wenzel – 85 records
4. Everett Todd – 82 records
5. Joshua Monk – 80 records

6. Spencer Wenzel – 72 records
7. Robbie McKean – 67 records
8. Lillian Todd – 65 records
9. Jeff Ciavattone – 62 records
10. Misty Fritz – 55 records

It is no surprise that most of the kids have at least one family member in the Hall of Fame. Eric Todd (Phoebe & Everett, niece Lillian), Denny Habecker (Aidan), John McKean (Robbie), Frank Ciavattone, Joe Ciavattone Sr (Jeff).

Most Active 2025 to Date:

1. Logan Wenzel – 63 records
2. Tim Market – 26 records
3. Nisha Gupta – 22 records
4. Everett Todd – 17 records
5. Elijah Conley – 12 records
6. Diya Gupta – 11 records
7. Isaac Bankens – 10 records
8. Lilian Jones – 10 records
9. Lillian Todd – 8 records
10. Alexandria McDonald – 4 records

Hat tip to Phoebe and Aidan for making the Century Club before their 20<sup>th</sup> birthday. Things get difficult from ages 20-39 and then get a little easier again. I found it interesting that the overall Top 10 features 3 ladies, while the 2025 most active features 5 ladies. This bodes well for the future of All-Round weightlifting.

In regards to Team Lifts things change quite a bit:

Top 10:

1. Nisha Gupta / Diya Gupta – 11 (2025)
2. Tyler Cookson / Matt Cookson – 4 (2011)

3. Draven Kressly / Austin Brewer – 4 (2015)
4. Matt Van Fossan / Sean McKean – 3 (1996)
5. Steve Beck / Joshua Monk – 2 (2005)
6. Sam Myers / Riley Clauson – 1 (2005)
7. Kyle Achenbach / Justin Achenbach – 1 (2005)
8. Robby McKean / Sean McKean – 1 (1991)
9. Joshua Monk / Kyle Achenbach – 1 (2005)
10. Justin Achenbach / Joshua Monk – 1 (2005)

And just when I thought I had come up with an original idea, I found Al Myer's website post from [2012](#) which featured the top 20 junior lifters.

1. Joshua Monk – 95 records (now 5<sup>th</sup> with 80)
2. Robbie McKean – 79 records (now 7<sup>th</sup> with 67)
3. Jeff Ciavattone – 73 records (now 9<sup>th</sup> with 62)
4. Sean McKean – 68 records (now 18<sup>th</sup> with 44)
5. Misty Fritz – 58 records (now 10<sup>th</sup> with 55)
6. Joe Ciavattone Jr. – 47 records (now 12<sup>th</sup> with 52)
7. Cale Demille – 47 records (now 19<sup>th</sup> with 43)
8. Kohl Hess – 47 records (now 13<sup>th</sup> with 46)
9. Elizabeth Monk – 46 records (now 15<sup>th</sup> still 46)
10. Kyle Calcote – 44 records (now 17<sup>th</sup> still 44)
11. Abe Smith – 39 records
12. Frank Ciavattone III – 36 records
13. Molly Myers – 35 records
14. Adam Geib – 34 records
15. James Loewer – 34 records
16. Mike O'Brien – 33 records

17. Jon Blockston – 31 records
18. Jeremiah Schmidt – 31 records
19. Kirstie Griffis – 29 records
20. Jonathon Ciavattone – 26 records

*Do you have an idea for a USAWA website article? Consider submitting some content for the website.*

### **THE BOARD WELCOMES (BACK) CHAD ULLOM**

[November 18, 2025 Sanjiv Gupta](#)

Congratulations to Chad Ullom being appointed as At-Large board member. Chad had been the long term Vice President since 2010 and is excited to return to service. We received (4) letters of interest from members that were all qualified to perform the requirements of the position. We thank them all for volunteering to support and guide the USAWA.

### **NEW YEARS EVE RECORD BREAKER**

[November 19, 2025 Sanjiv Gupta](#)



Frank's Barbell Club will be hosting the New Year's Eve Record Breaker 2025. This will be the 5th year in a row that Walpole has rang in the new year with some All-Round Weightlifting.

### **Meet Details:**

Frank's Barbell Club New Year's Eve Record Breaker 2025

**Date:** December 31, 2025

**Location:** Frank's Barbell Club, Walpole MA and remote

**How to enter:** To compete remotely, please let Jessica Hopps know no later than 12/23/2025 of plans to compete. Please submit remote results to [jessicahopps1@gmail.com](mailto:jessicahopps1@gmail.com) no later than January 2, 2026. If lifting remotely, please include the names of officials present to be considered for records.

**Record Day:** Lifters can choose to contest up to 5 USAWA/IAWA lifts to compete for record attempts.

**Contact:** For any questions, contact Jessica Hopps at [jessicahopps1@gmail.com](mailto:jessicahopps1@gmail.com)

### **2026 NATIONAL CHAMPIONSHIP ANNOUNCEMENT**

[November 20, 2025 Sanjiv Gupta](#)



Clark's Championship Gym will be hosting the 2026 National Championship in Columbia, MO. This will be the 6th time Bill Clark has promoted the National Championship in Columbia, MO. Lebanon, PA is the only other city that has hosted the National Championship 6 times. This is the premier event on the USAWA calendar and we hope everyone can attend to compete, officiate, and support the event as volunteers and spectators.

### **2026 USAWA National Championship**

Meet Director: Bill Clark

Date: June 27, 2026

Location: American Legion Hall, Columbia, MO (back up location Silverthorn Arena)

Weigh In: TBD

Rules Meeting: TBD

Lifting Begins: TBD

**LIFTS:**

- Deadlift – No Thumbs, Overhand Grip (B11)
- Clean and Press – Heels Together (A14)
- Lateral Raise – Lying (E14)
- Jefferson Lift (B19)

No Record Session will be included and 4th attempts for records may be limited based on number of entries.

Entry Fee: \$50 (\$100 per family, for immediate family of two or more) – Lifting Only

Entry Deadline: TBD

Annual General Meeting is tentatively scheduled for Friday, June 26 with full details and cost information to be provided.

**Contact:**

Bill Clark

3906 Grace Ellen Drive, Columbia, MO 65202

Telephone – 573-474-4510

E-mail: [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com)

**Final Two Championship Events of 2025**

**November 22, 2025 Sanjiv Gupta**

This is the first time since 2019 that all (8) championships will be contested. The promoters were distributed around the country giving most athletes a chance to compete.

- **Club Championship** – Promoted by High Country – April 5<sup>th</sup> – Winner – Clark’s Championship Gym
- **Grip Championship** – Promoted by High Country – May 3<sup>rd</sup> – Winners – Ben Edwards & Nisha Gupta
- **Heavy Lift** – Promoted by KCSTRONGMAN and Frank’s May 10<sup>th</sup> – Winners – Chad Ullom & Jessica Hopps
- **National Championship** – Promoted by Buffville – July 19<sup>th</sup> – Winners – Larry Traub & Beth Skwarecki
- **Presidential Cup** – Promoted by Habecker’s – August 2<sup>nd</sup> – Winner Beth Skwarecki

- **OTSM Championship** – Promoted by KCSTRONGMAN – September 6<sup>th</sup> – Winner Chad Ullom
- **Team Championship** – Being promoted by High Country – December 20<sup>th</sup> – register by December 6<sup>th</sup>
- **Postal Championship** – Being promoted by Postal Director Denny Habecker – December 31<sup>st</sup> – Winners will be determined by the Q4 Postal. Through the first three quarters, Stacy Todd is leading with (20) points, Lisa Gore in second with (18) points and Lilly Todd in third with (16) points. On the men’s side, Abe Smith leads with (74) points, Barry Bryan is in second with (71) points and Dan Jones & Jeff Wenzel are tied for third with (65) points each.

Looking ahead to 2026:

- **Club Championship** – February 28<sup>th</sup> promoted by Clark’s Gym, remote entries will be accepted
- **Grip Championship** – Save the Date – April 18<sup>th</sup> High Country will be submitting a meet sanction
- **Heavy Lift** – TBD – This was a dual-venue meet in 2025
- **National Championship** – June 27<sup>th</sup> promoted by Clark’s Gym
- **Presidential Cup** – TBD
- **OTSM Championship** – TBD, typically the first weekend in September at KCSTRONGMAN
- **Team Championship** – TBD
- **Postal Series** – Quarterly. The lifts have typically been announced in early January by the Postal Director, Denny Habecker

## 2025 MEMORIAL RECORD DAY

November 25, 2025 Denny Habecker



Four amazing lifters took the platform to remember lifters of USAWA's past and set or break (19) new records along the way. Denny and Barry have been competing since the early days of USAWA. Mike competed in the mid 1990's, took a break and has been a frequent competitor in 2024 and 2025. Miles is a relative newcomer, but put up some of the most impressive lifts.

Mile is only the 9th USAWA athlete to set a record in the Pullover & Press with a Wrestler's Bridge. His 155 pound effort is the 3rd highest all time behind Steve Schmidt (270 pounds) and Michael Rabich (177 pounds).

#### COMPLETE RESULTS:

Location: Habecker's Gym, Lebanon, PA

Meet Director: Denny Habecker

Date: November 22, 2025

Officials – Denny Habecker & Barry Pensyl

Miles Pruznick – Age- 33 – 208 Lbs. – 95 Kg. Class – Open

Snatch- 2 Dumbbells – 140 Lbs

Clean & Press – 2 Dumbbells- Heels Together- 140 Lbs

Pullover & Press – Wrestler's Bridge – 155 Lbs

Cheat Curl – 2 Dumbbells – 176 Lbs

Full Gardner – 100 Lbs

Mike Locondro -63 – 209 Lbs.- 95 Kg. Class -[ 60-64 ]

Peoples Deadlift – 396 Lbs

Good Morning – 151 Lbs

Deadlift – 12" Heels – 308 Lbs

Anderson Squat – 242 Lbs

Lurich Lift – 215 Lbs

Barry Pensyl – 77 – 125 Lbs. – 60 Kg. Class – [ 75- 79 ]

Kennedy Lift – 270 Lbs

Vertical Bar- 2" – Right Hand – 85 Lbs

Cheat Curl – 2 Dumbbells – 60 Lbs

Dumbbell to Shoulder – 70 Lbs

Bench Press – Fulton Bar- 88 Lbs

Denny Habecker – 83 – 182.5 Lbs. – 85 Kg. – [ 80- 84 ]

Deadlift-No Thumbs-Overhand Grip – 220 Lbs

Deadlift- No Thumb- Left Hand – 104 Lbs

Clean & Press -Dumbbells- Heels Together- 50 Lbs

Deadlift- Fulton Bar- Left Hand -77 Lbs.

### **[14th Edition of Rule Book Available](#)**

[November 27, 2025 Sanjiv Gupta](#)

The 14th Edition of the Rulebook is now available for [download](#) from the website and purchase from [Amazon](#).

- New Lift – Reflex Bench Press – A38
- Drug Test Appeal change
- Wrist wrap/Knee wrap thickness removed
- Leg coverings added
- Provisional membership clause removed
- Special Assignment Director – Social Media Director added

The authors wish to thank everybody who contributed ideas to this rulebook. Thanks go to Kerry Clark, who did the editing and design on the original rulebook and the first revision in 2003. Also, I want to thank everyone who contributed pictures to this rulebook. This

includes Denny Habecker, Tim Piper, Mary McConnaughey, Jim Malloy, Scott Schmidt, the late Joe McCoy and many others. I especially want to thank the late Tom Ryan, who did the proof reading of many prior Rulebooks to make them as error-free as possible. Thanks to Beth Skwarecki, who made the 2024 updates. Finally, thanks to Jessica Hopps for proof reading the 14th edition.

## **LIFTER OF THE MONTH, NOVEMBER 2025, LISA GORE**

December 1, 2025 Sanjiv Gupta

November featured the IAWA Gold Cup, High Country Vigour Cup and Memorial Record Day. Lisa Gore earned Lifter of the Month for November thanks to her amazing 700-pound Back Lift.

Despite only competing since April of 2024 and never leaving the friendly confines on Columbia, MO, Lisa has crept up the records leaderboard and at 293 records is second behind RJ Jackson on the women's leaderboard.

Besides setting records, Lisa has won competitions outright including the 2025 Bench Press Heptathlon, Tony Lupo Lightweight Decathlon, Q2 Postal and Goerner Deadlift Dozen Plus One.

Congratulations Lisa!

*Do you know a USAWA member who should be recognized as a future Lifter of the Month? Send nominations to the acting Secretary at [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com)*

## **Memorial Record Day Meet Report**

December 2, 2025 Sanjiv Gupta

By Miles Pruznick

November 22, 2025 was this year's Memorial Record Day at the legendary Habecker's Gym in Lebanon, Pa. The lifting was planned to start around 10/10:30am. I arrived a bit late around 11 so I made my way down to the basement to see Mike Locondro, Barry Pensyl, and Denny Habecker rattling weights around. There was one more gentleman who left shortly after I got there, and whose name I didn't catch but apparently had shown some impressive deadlifting earlier in the session. Hope to catch him next time!

My chosen 5 lifts for the day were a 2 Hand Dumbbell Snatch, a Dumbbell Clean and Press with Heels together, a Pullover and Press in the wrestler's bridge position, a Cheat Curl with 2 dumbbells, and a Full Gardner. Denny had thoughtfully moved one of his cars out of the garage in case I wanted to do any overhead lifting. I'm 6'4 with lanky arms and legs so any

overhead lifting of mine in the basement would be an assault on the lower ceiling of the gym (just ask my mother about the tiles I knocked out of our basement ceiling as a teenager practicing one arm snatches, overhead presses, and Turkish get ups). Denny helped me carry his York Dumbbells up the stairs. My first lift would be the 2-hand dumbbell snatch. I warmed up with the 50's and 60's to get the technique dialed in before taking my crack at the 70's. My first attempt I got them locked out overhead but pressed out which resulted in an unsuccessful lift. Denny gave me some advice, I took my time getting dialed in for the next attempt, pulled the weights off the ground with as much speed as I could and threw them overhead dropping into a split snatch and thankfully this lift was passed. I really enjoy the 2-hand dumbbell snatch and I'm quite happy with getting 140lbs on the book in the 95kg class. In the future I will be refining this split snatch technique as I feel there is potential to lift more weight. The IAWA & USAWA record lists show 160lbs as the highest overall weight lifted in this movement in all age and weight classes. The idea of throwing 80+ lb dumbbells overhead is daunting yet feels achievable, especially now that I better understand the adjustments in technique that I will need to make. I'll add that one to the 2026 goals list.

Next up was the Dumbbell clean and press with heels together. While perusing the record lift I saw that the 95kg record for this lift was 138lbs, set by John Vernacchio in 1988. This memorial record day is thrown in honor of the great lifters who came before us. Denny had told me at the 3<sup>rd</sup> quarter postal how John was the guy who got him into the sport – given the day and the history I felt it appropriate to take a crack at one of his long-standing records as a 'tip of the cap' to one of the legends of this organization. I was successful with pressing the 70lb York dumbbells overhead with my heels touching and that was good enough for me. I'm extra impressed with John's record considering not only did it stand for over 25 years, but he also set it when he was over 50 years old. His age class record is still secure as are many of his other records, and I am again reminded that the past and present lifters of this sport have set a high standard for longevity. I'm 33 years of age and hopefully I will still be able to move these weights around in 20 years (and beyond).

Next up was one of my "favorite" lifts (it's a love/hate relationship) – the pullover and press in a wrestler's bridge. I knew I'd have a good shot of establishing a record in this lift as I have been interested in the wrestler's bridge position for years and have spent over a decade building mobility and capacity in this position. After warming up I hit a successful pullover and press with 133lbs which was enough to beat the standing record of 132. I was feeling strong on this one, so I jumped to 155lbs and hit another successful lift. This too felt very good, so I decided to push my luck & added 2 more 5kg plates to load the bar up to 176lbs. I made two attempts, but my head slipped on the first one and on the second got the bar to my collarbones but couldn't quite get it to a good pressing position. This won't

be my last time taking a crack at the bridged pullover and press. I'd love to hit 185+ in the future as this movement is feeling stronger than ever for me.

There aren't a ton of records set on this lift, and I think I understand why- this movement is not a comfortable one and my neck and the top of my head usually feel the impact and the friction for the next few days after going heavy. It's been a useful move for me as I began training jiu jitsu in 2015 and any grappling sports tend to be quite intensive on the neck. I believe the bridge movement has helped protect my neck over the past 10 years as the times when my neck felt the most vulnerable were the times when I wasn't regularly practicing the bridge position. However, it's absolutely a risky position and unless you are engaging in a sport that requires a large amount of neck strength/resilience I won't fault you at all for skipping this one. A big part of exercise selection is knowing the risk vs reward of a movement and understanding how it applies to your individual goals. I've been training people for almost a decade now and I've never programmed a neck bridge for one of my clients. I would save this exercise for a wrestler/grappler or someone playing football, rugby, or another collision sport.

Steve Schmidt has the overall USAWA/IAWA record in this lift, an essentially unbelievable weight of 270lbs, which from my understanding is the oldest & longest standing record in the organization. I'd like to chase 200+ pounds on this movement, and I feel that's achievable, however it would take a small miracle to get anywhere close to the standard Steve has set.

For my next lift I was undecided until the day of if I was going to aim for an Anderson Squat or a Cheat curl with 2 dumbbells. The squat record for my weight class is 507lbs and while I was getting closer to that number in my training it didn't feel like it would be there on the day. Especially 3 heavy lifts in, my spine was not feeling up to task of bearing 500+ pounds atop it. I decided to tackle the cheat curl.

Some people look down on curls or proclaim them not functional. I loved them when I was 14/15 years old when I was beginning to lift weights and I love them now at 33. And cheat curls? Even more fun. Learning to use your hips and some body English to overload the grip, forearms, and biceps feels like one of the most real-world functional movements to me. The standing record for my weight class was 160 lbs, which was a weight I had hit recently in the gym. I knew it was tough but doable. I started warming up with the York dumbbells. Based on how well the 70's moved I was feeling confident in hitting a new record. Denny has a great set of loadable Olympic dumbbells. I loaded them to 82.5 per hand for a new record of 165lbs. It felt heavy but there were a few more pounds there. We loaded the dumbbells to 88lbs per hand for a total of 176lbs. Barry told me not to start until he was watching, and I obliged. The weights felt heavy off the floor, but I got my grip, kept

my legs straight as I loaded up my hips and with a lot of hip drive and some necessary lean back, I got the weights up to my chest and locked out. I was quite happy with this one. Looking at the records for this list it's rather cool to see the strongest cheat curl, 2 dumbbells performance in the USAWA was by Bryan Benzel. I remember watching him in the heats at World's Strongest Man for several years. It feels both good to be on the same list as him and humbling to see the big weights he was heaving around. He cheat-curlled 107lbs per hand for a massive 214lb dumbbell cheat curl.

Last up was the Full Gardner. My body was feeling the accumulation of the previous 4 lifts. But I was confident I had enough in me to get a new record on the board. The standing record in my weight class was 65lbs which had stood since 1999. I was confident though that I could beat that number. Much like the bridge pullover and press this is niche movement that I have invested a lot of time into for a few varied reasons. I've been a fan of the similar Turkish get up movement for over a decade now. Originally, I became interested in the movement due to the abdominal and shoulder strength and stability it could develop. And much like the wrestlers' bridge it built strength in unique positions and angles that can be helpful for grappling sports. Back in 2014/2015 I was finishing college, beginning jiu jitsu and lifting as heavy as I was physically able to in as many lifts as I could imagine. I believe my best get up was 133/135lbs per side done back in 2015. So, even though it had been years since I had gone heavy, I knew I was strong in this movement. The full Gardner is a bit different from the Turkish get up. First you put the weight overhead in whatever way you prefer. For me, I like to get it overhead with a one arm snatch as it helps me find the center balance point of the bar. Once the bar is held overhead in one hand you descend to the ground fully, with back flat on the ground and legs straight and wait for the "UP" call. If you can successfully stand back up while keeping the arm straight and elbow locked, you will receive a "DOWN" call.

89 lbs felt great. 100 lbs felt good but heavy especially in my rapidly fatiguing right shoulder. I had hit 115lb a few weeks prior in the gym and I knew it was a long shot, but I wanted a shot at holding the heaviest Full Gardner in the USAWA record list. I loaded the barbell to 120lbs and attempted to snatch it but my body, (especially my shoulder and back) told me emphatically that we had had enough. In the new year I will take another crack at 115lbs and beyond. I find this movement excellent as I have been working in senior fitness since July 2020. I teach exercise mostly to people in their 70's, 80's, and 90's. The ability to get on and off the floor is crucial for us as we age. This movement is a wonderful way to break down and build competence in the physical qualities needed to get on and off the ground. In the next few years I will be trying to see how heavy of a full Gardner I can safely manage. But after my ego is satisfied in that pursuit, I am sure I will continue to practice this

movement (albeit with lighter weights) for the rest of my life. Practicing and mastering these steps can be a huge key to preventing and recovering from falls.

That was my own personal lifting story for the day. Mike showed some big strength attempting what I believe was a continental clean to belt with some huge weight but unfortunately hurt his leg in the attempt. Undeterred, he kept at it the rest of the day hitting a ton of impressive good mornings, Anderson Squats, Lurich Lifts and more. In between lifting he shared stories including such icons of the past as John Grimek & The Mighty Atom alongside more modern names such as Pavel Tstasouline. I grew up reading about these guys- pretty cool that he's known & knows many of them personally. Barry Pensyl was doing some great work with the vertical bar deadlift, dumbbell cheat curls, and then hit rep after rep of increasing weight in the dumbbell to shoulder movement. Denny had some great lifting as well with some deadlifts and a dumbbell clean and press. I think Denny's biggest problem is that he can hardly find a record to break anymore that isn't his own! Talk about a nice problem to have. I appreciate these guys cheering me on in my own lifting and for all the time and effort they've put into keeping this thing going now and over the years. This is only my second all round lifting meet (the first being the 3<sup>rd</sup> quarter postal earlier this year) but I'm sure there will be many more in my future. Big thanks to all those of today and yesteryear who have kept this wacky and wonderful sport alive. I'm glad to be part of this organization and hope to be more involved over the years to come.

Overall, I'm quite happy with how the day went. I made the 2+ hour drive back to my home in Dingmans Ferry Pa. By that time my back was tightening up and my shoulder was yelling at me so loudly I'm not sure I could have held my right hand over my head at all, let alone with a 100lb barbell. Post competition tends to be a mix of satisfaction, recovery, and dreaming/planning of the next training goals. For 2026 I'd like to aim for bigger weights in the 2-hand dumbbell snatch, the wrestlers bridge pullover and press, and the full Gardner. I've already written down the events that Denny has chosen for Worlds next year which I will be familiarizing myself with and training over the next year. I've even become quite curious about the legendary Inman Mile. I live in a beautiful area, and I have a barbell and some makeshift yoke swing straps. My neighbors might be seeing me walking the roads with ever increasing weights next year. I'm grateful to have finally gotten involved in this sport and I hope to meet many of you in person in the future. Here's to a successful first year of participating in the USAWA and the memory of those who have paved the way before us.

I've attached links to my lifting videos on youtube in case anyone wants to watch. Youtube channel and Instagram fitness page are both @dontpanic42fitness (big "hitchhikers' guide to the galaxy" fan)

Til next time,

Miles

*Editors Note:*

*Thanks for the outstanding meet report. Sharing athletic background and the feel of the meet is so important, especially in a geographically distributed organization when we cannot all share the platform often.*

*If anyone has content they would like to share, please send it over.*

## **Bayou Beast Bash 2026**

December 3, 2025 Sanjiv Gupta



**Name of meet:** Bayou Beast Bash 2026

**Date:** Saturday, February 7, 2026

**Location:** Westlake, LA

**Weigh-In time:** 8AM

**Lifting begins:** 8:30AM

**The Lifts:**

- H13. Peoples Deadlift
- H7. Dumbbell to Shoulder
- D28. Two Hands Anyhow

**How to enter:** Fill-out the [entry form](#) & contact Jeff Bankens by January 24, 2026

**Record day:** – N/A

**Remote lifting:** Yes – submit lifts by end of day, Sunday, February 8, 2026

**Memberships:** Must be a member of USAWA

**Awards:** T-shirts & certificates for those present / in-person

**Contact:** Jeff Bankens (Iron Sharpens Iron Weightlifting Club) / 337-884-5406  
/ [trexpowerevents1@gmail.com](mailto:trexpowerevents1@gmail.com)

## **Results From the 2025 Steve Schmidt Backbreaker Pentathlon**

### **December 11, 2025 Tony Lupo**

The Steve Schmidt Backbreaker Pentathlon was held on December 6 – 7 at Clark’s Gym in Columbia, MO and remotely. This event has been held annually for over 30 years, and the name was inspired by the legendary Steve Schmidt, whose records in many of these lifts may never be broken.

This year we had entrants from two clubs outside of Columbia, Frank’s Barbell Club, and High Country Vigour. The competition was as spirited as the time of year, which is to say it was fervent and the results were close. In the Women’s Division, all three competitors totaled close to, or over, 2000 lbs in raw weight. When age and weight were considered Lisa Gore held on by 18 points to win the 2025 Women’s Division. Lisa Gore also set age and weight, and All records in each event. Janet Thompson finished second, getting records in two events and tying personal bests in two other events. Allison Lupo set four records as well. Some impressive individual performances can be acknowledged. Lisa Gore’s 1006 lbs in the Back Lift was 5<sup>th</sup> best in the USAWA Women’s Division. Allison Lupo’s 700 lb was commendable nearly doubling her previous best. Janet Thompson was the top competitor in the Neck Lift, and all three women lifted 600 or more pounds on the Harness Lift.

The men’s competition was close as well as Dan Jones lifted 216 lbs (only 3%) more than teammate Nils Larson in raw weight. But when age and weight were accounted, Nils Larson is the 2025 Men’s Division Champion and the only lifter to break the 6800-point level! Not only that, Nils set four age and weight records including an impressive 610 lb Neck Lift. Dan Jones finished second but also set two records. His Hand and Thigh lift of 1050 lb was best in the Men’s Division. At third and fourth place, Jeff Wenzel was the third competitor to lift more than 6000 lbs in raw weight, and Frank Ciavattone lifted more than 5500 lbs as well. However, with age and weight figured in, Frank Ciavattone finishes third, and his efforts were rewarded with four age and weight records missing the fifth by a mere 11 lb! This included a second best 380 lb Neck Lift. Thus, Frank’s Gym garnered the top three places among the men. Jeff Wenzel finished fourth, but put up some big numbers including the top Back Lift at 1855 lbs, and second in both the Harness Lift and Hand and Thigh lifts. Team

Clark also featured David DeForest and Tony Lupo finishing fifth and sixth. Dave DeForest set two records, one being a second best 380 lb in the Neck Lift. Tony Lupo set two records this year, getting or tying personal bests in all but one lift. Wade Marchand finished seventh as he could not do the Neck Lift, but he still was impressive in setting three records! High Country Vigour's Sanjiv Gupta contributed as well in spite of the lack of proper equipment, but he showed his mettle in the record day lifts with two different thumbless deadlifts at 300 lbs. These were among the most impressive record day efforts. Well done everyone!

**2025 Steve Schmidt Backbreaker Pentathlon**

**Clark's Gym, Columbia, MO**

**6 – 7 December 2025**

\*USAWA Age and Weight Record \*\* ALL Record

Name	Age	Weight (lb)	Weight (kg)	Lynch	Age Concern	Back Lift (lb)
Lisa Gore	60	225	102.3	0.837	1.21	1006**
Janet Thompson	68	164	74.5	1.0042	1.32	400
Allison Lupo	59	196.2	89.2	0.9027	1.2	700*
Nils Larsen	66	238	108.2	0.8128	1.28	1800*
Dan Jones	41	181	82.3	0.9451	1.02	1800*
Frank Ciavattone	70	272	123.6	0.7602	1.36	1500*
Jeff Wenzel	50	225	102.3	0.837	1.11	1855
David DeForest	65	188	85.5	0.9249	1.26	1100
Tony Lupo	59	244	110.9	0.8026	1.2	1310*
Wade Marchand	56	164	74.5	1.0042	1.17	1020*
Sanjiv Gupta	54	206.4	93.8	0.8771	1.15	0

	Hip Lift (lb)	Harness Lift (lb)	Hand & Thigh (lb)	Neck Lift (lb)	total (lb)	Points (lb)	Rank
Lisa Gore	460**	600**	360**	170**	2596	2629.2	1
Janet Thompson	455	640*	300	175*	1970	2611.3	2
Allison Lupo	435*	600**	310	135*	2180	2361.5	3
Nils Larson	1614*	1800*	720	610*	6544	6808.3	1
Dan Jones	1800*	1800	1050	310	6760	6516.7	2
Frank Ciavattone	1500*	1500*	710	380*	5590	5779.3	3
Jeff Wenzel	1265	1645	1015	335	6115	5681.3	4
Dave DeForest	1165	1165	710*	380*	4520	5267.5	5
Tony Lupo	1215	1505*	560	210	4800	4623.0	6
Wade Marchand	1040	1020*	580*	0	3660	4300.2	7
Sanjiv Gupta	570	570	460	190	1790	1805.5	8

Referees: Clark's Bill Clark, Jeff Wenzel, Allison Lupo, Tony Lupo

High Country Vigour: Nisha Gupta

Frank's Gym: Frank Ciavattone, Nils Larson, Wade Marchand, Dan Jones (in training)

**Record Day - Clark's Gym**

**Riley Wenzel Age 21 Wt. 70 kg**

Pullover and Press Wrestler's Bridge:	50 lb
Vertical Bar 1 in Left:	157 lb
Vertical Bar 1 in Right:	157 lb
Reflex Clean and Jerk:	140 lb
Snatch 2 DB:	80 lb

**Logan Wenzel Age 10 Wt. 35 kg**

Vertical Bar 1 in Left:	77 lb
Vertical Bar 1 in Right:	89 lb
Snatch 2 DB:	20 lb
Snatch DB Left:	10 lb
Snatch (Bar) from the Hang:-	25 lb

**Jeff Wenzel Age 50 Wt. 105 kg**

Snatch 2 DB:	110 lb
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**David DeForest Age 65 Wt. 90 kg**

Deanna Lift:	375 lb
Cheat Curl, DB Left:	65 lb
Cheat Curl, DB Right:	65 lb
Curl, Bar, Strict:	80 lb
Deadlift, Index Finger:	130 lb

**Tony Lupo Age 59 Wt. 115 kg**

Clean and Press, Fulton:	125 lb
Clean and Jerk, Fulton:	130 lb
Clean and Press, 12-inch base:	142 lb
Piper Squat:	150 lb
Cyr Press:	102 lb

**Record Day - High Country Vigour**

**Sanjiv Gupta Age 54 Wt. 95 kg**

Deadlift, No Thumbs:	300 lb
Deadlift, No Thumbs, Overhand Grip:	300 lb
Lateral Raise, Standing:	40 lb
Pinch Grip, Strict, Left:	41 lb
Pinch Grip, Strict, Right:	41 lb

**Record Day Frank's Gym**

**Dan Jones Age 41 Wt. 85 Kg**

Hacklift ring fingers:	97lbs/44k
Straddle lift little fingers:	77lbs/34.9k
Straddle index fingers:	158lbs/71.7k
Straddle ring fingers:	158lbs/71.7k
Straddle middle fingers:	215lbs/97.5k

**Wade Marchand Age 56 Wt. 75 Kg**

Clean and Press heels together:	112lbs/50.9k
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Deanna Lift:	230 lbs/104.5k
Jackson Press:	140lbs/63.6k
Vertical Bar Deadlift 1" Left:	130lbs/59k
Vertical Bar Deadlift 1" Right:	143lbs/65k

**Nils Larson Age 66 Wt. 110 Kg**

Cheat Curl:	145lbs/65.9k
Deadlift No Thumbs:	250lbs/113.6k
Strict Curl:	111lbs/50.4k
Reverse Cheat Curl:	120lbs/54.5k
One Hand Ciavattone Deadlift- Right Hand:	165lbs/75k

**Frank Ciavattone Age 70 125 Kg**

Cheat Curl:	100lbs/45.4k
Revere Curl:	90lbs/40.9k
Strict Curl:	90lbs/40.9k
One Hand Ciavattone Deadlift- Left Hand:	200lbs/90.9k
One Hand Ciavattone Deadlift- Right Hand:	200lbs/90.9k

## Competing Outside of All-Round Weightlifting

December 15, 2025 Sanjiv Gupta



I am running out of stuff to write about, so some of you need to step up. I decided to flashback to see what was going on 10 years ago in USAWA.

[Belmont Heavy Events](#) was the topic on December 15, 2025 and it got me thinking about competitions outside of All-Round Weightlifting.

I know a lot of our members also compete in Highland Games (some at a World Class level).

Others compete in Powerlifting and Olympic Weightlifting. Since All-Round was the foundation for Olympic Weightlifting and Powerlifting, this makes a lot of sense to me.

A few of us compete in Grip Sport. Grip Sport has been slowly growing around the world over the past quarter century. The big categories of grip strength are crush grip, pinch grip, support, wrist, vertical grip and miscellaneous grip tests. Outside of standard competition there are also feats of strength like picking up blobs, axles, fixed weight inch dumbbells and plate pinches (without the benefit of a bar holding the weights together).

I noticed on Facebook, a member recently competed in a Strongman competition. I used to love watching the World's Strongest Man on the Wide World of Sports. It is amazing that the sport has taken off, and world class athletes and novices can find events that are suitable to their skill level.

I dabble in a number of mainstream sports as well. Among mainstream sports, I have participated in foot races from the mile all the way to a marathon. I have competed in triathlon, Hyrox and CrossFit. I even tried to race mountain bikes, but my current cardiovascular strength to weight would be prohibitive today. In what seems like a lifetime ago, I used to enjoy playing pick-up basketball and flag football.

What other sports do you compete in? Let us know on the forum!

*If anyone has content they would like to share, please send it over.*

### [IAWA OTSM World Postal Championship](#)

[December 18, 2025 Sanjiv Gupta](#)

*Taken from IAWA.UK Facebook Posts, December 17, 2025*

#### **Results – The 2025 Old Time Strongman World Championships – 13<sup>th</sup> December**

**Venues:** Derby England, Lebanon PA USA, Perth W Australia, Denver, Colorado USA, and **Guest Lifters Venue:** Belfast, Ireland

A fantastic 42 Lifters took part from England, Ireland, Australia and USA. A great big thank you goes out to all who were involved at all of the venues. It was a truly amazing day. It bodes well for the future of IAWA....Well done Everyone!

The results have been submitted to the Records Registrar for checking on Records. The Irish team did not have any officials as their leader Stevie is still recovering from heart surgery, but they still took part to lift as guests which was amazing, and though they were just guests they were meticulous about observing all the correct rules of competition and platform attire, so thank you to Dolores and Simon. The wheels are in motion for getting qualified officials for them soon, Dolores is already studying the rule book.

### **NATIONS TEAM EVENT RESULTS:**

Team Event – Based on the Top 7 Scoring (as USA had 7 complete lifters totals)

- 1 England 3427 Amended Points
- 2 Australia 2531 Amended Points
- 3 USA 2412 Amended Points

Guest Lifter Irish Team – For Comparison – 2738 Amended Points (would have placed them Second!)

### **TOP TEN INDIVIDUAL RANKED LIFTERS OVERALL:**

- 1 Chloe Brennan ENG 613.03
- 2 Mark Haydock ENG 593.19
- 3 David Reeve AUS 553.62
- 4 Olivia Clarksmith ENG 482.25
- 5 Joshua Davidson ENG 472.26
- 6 Barry Bryan USA 432.23
- 7 Emily Haydock ENG 426.35
- 8 Jamie Oates ENG 422.17
- 9 Paul Hallam ENG 419.90
- 10 Matt Jones ENG 403.260

Top Irish Guest Lifters for Comparison:

Delores McGuckin 463 pts and Stanley Hamilton 448 pts would both have made the top ten listings

### **BEST LIFTER TITLES**

Best Male Junior: Leo Moss ENG

Best Female Junior: Emily Haydock ENG

Best Female Open:

1 Chloe Brennan ENG 2 Olivia Clark Smith ENG 3 Kayliegh Lamb ENG

Best Female Masters:

1 Claire Vize Cowper ENG 2 Kim Van Wagner USA 3 Melanie Deighton AUS

Best Male Open Division:

1 Josh Davidson ENG      2 Matt Jones ENG

Best Male Master:

1 Mark Haydock ENG      2 David Reeve AUS      3 Barry Bryan USA

Irish Guest Comparison:

Delores McGuckin could have been best Female Master

Carl Arbuthnot could have been best Male Junior

**BEST LIFTER TITLES PER AGE GROUP:**

Best Junior	Emily Haydock	ENG
Best Open Division	Chloe Brennan	ENG
Best Master 40+	Jamie Oates	ENG
Best Master 45+	Paul Hallam	ENG
Best Master 50+	Mark Haydock	ENG
Best Master 55+	Kim Van Wagner	USA
Best Master 60+	Mike Locondro	USA
Best Master 65+	Barry Bryan	USA
Best Master 70+	Steve Sherwood	ENG
Best Master 75+	Barry Pensyl	USA
Best Master 80+	David Reeve	AUS

**TOP TEN LIFTERS – HACKENSCMIDT FLOOR PRESS**

1	Chloe Brennan	ENG	156.52
2	Barry Bryan	USA	145.47
3	David Reeve	AUS	142.56
4	Josh Davidson	ENG	139.93
5	Mark Haydock	ENG	139.84
6	Jarrold Fobes	USA	137.05
7	Olivia Clarksmith	ENG	132.12
8	Peter Phillips	AUS	120.77
9	Paul Hallam	ENG	114.10
10	Emily Haydock	ENG	113.01

Guest Lifters Ireland Comparison – None would make the top ten

**TOP TEN LIFTERS – PEOPLES DEADLIFT**

1	Mark Haydock	ENG	369.90
2	Chloe Brennan	ENG	339.12
3	David Reeve	AUS	319.98

4	Olivia Clarksmith	ENG	251.04
5	Emily Haydock	ENG	246.56
6	Joshua Davidson	ENG	244.87
7	Jamie Oates	ENG	229.53
8	Steve Sherwood	ENG	226.85
9	Charlie Carrabott	AUS	224.32
10	Barry Bryan	USA	215.04

Guest Lifters Ireland Comparison – Delores 276 – Stanley 249

#### **TOP TEN LIFTERS – DUMBBELL TO SHOULDER**

1	Chloe Brennan	ENG	117.39
2	Matt Jones	ENG	111.80
3	Olivia Clarksmith	ENG	99.09
4	Paul Hallam	ENG	95.85
5	David Reeve	AUS	91.08
6	Jamie Oates	ENG	90.17
7	Joshua Davidson	ENG	87.46
8	Steve Sherwood	ENG	85.07
9	Mark Haydock	ENG	83.45
10	Claire Vize Cowper	ENG	77.93

Guest Lifters Ireland Comparison – Delores 107 – Stanley 101 – Samuel 94



**Old Time Strongman - 13 December 2025 - World Postal Championship**

Scored using Total, Age & Sex%, Lynch																		
						Hackenschmidt Floor Press			Peoples Deadlift			Dumbbell to Shoulder						
Name	Country	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Amend	Total	Lynch	Amended
Chloe Brennan	ENG	F	33	Open	80KG	120		120.00	260		260.00	90		90.00	0.00	470.00	0.9807	613.03
Mark Haydock	ENG	M	11	50+	110KG	155		155.00	410	425	410.00	92.5		92.50	0.00	657.50	0.8128	593.19
David Reeve	AUS	M	56	80+	75KG	90		90.00	202		202.00	57.5		57.50	0.00	349.50	1.0154	553.62
Olivia Clarksmit	ENG	F	33	Open	80KG	100		100.00	190		190.00	75		75.00	0.00	365.00	0.9934	482.25
Joshua Davidson	ENG	M	0	Open	95KG	160		160.00	280		280.00	100		100.00	0.00	540.00	0.8746	472.26
Barry Bryan	USA	M	30	65+	80KG	115		115.00	170		170.00	56.7		56.70	0.00	341.70	0.9730	432.23
Emily Haydock	ENG	F	66	13 & Under	60KG	55		55.00	120	125	120.00	32.5	35	32.50	0.00	207.50	1.2378	426.35
Jamie Oates	ENG	M	1	40+	110KG	125		125.00	280	290	280.00	110		110.00	0.00	515.00	0.8116	422.17
Paul Hallam	ENG	M	7	45+	100KG	125	122.5	125.00	230	240	230.00	105		105.00	0.00	460.00	0.8531	419.90
Matt Jones	ENG	M	0	Open	115KG	125		125.00	240	260	240.00	140		140.00	0.00	505.00	0.7985	403.26
Steve Sherwood	ENG	M	44	70+	80KG	60		60.00	160	180	160.00	60		60.00	0.00	280.00	0.9846	396.99
Claire Vize Cowper	ENG	F	40	45+	100KG	75		75.00	175		175.00	65		65.00	0.00	315.00	0.8564	377.67
Paul Barette	ENG	M	10	45+	75KG	90		90.00	190	200	190.00	55		55.00	0.00	335.00	1.0017	369.12
Denny Habecker	USA	M	62	80+	85KG	72		72.00	130		130.00	36.7		36.70	0.00	238.70	0.9472	366.26
Charlie Carrabott	AUS	M	38	70+	95KG	70		70.00	182		182.00	42.5		42.50	0.00	294.50	0.8931	362.97
Barry Pensyl	USA	M	50	75+	60KG	52.5		52.50	115		115.00	31.7		31.70	0.00	199.20	1.2060	360.34
Gary Ell	ENG	M	15	50+	95KG	92.5		92.50	190	200	190.00	65		65.00	0.00	347.50	0.8948	357.58
Peter Phillips	AUS	M	40	70+	100KG	100		100.00	152		152.00	42.5		42.50	0.00	294.50	0.8626	355.66
Hamish Dobie	AUS	M	38	70+	80KG	72.5		72.50	147		147.00	42.5		42.50	0.00	262.00	0.9823	355.14
Kim Van Wagner	USA	F	52	55+	60KG	56.8		56.80	95.5		95.50	37.3		37.30	0.00	189.60	1.1842	341.28
Sanjiv Gupta	USA	M	15	50+	95KG	90.9		90.90	184		184.00	60		60.00	0.00	334.90	0.8839	340.43
Leo Moss	ENG	M	25	13 & Under	55KG	57.5	62.5	57.50	95		95.00	45		45.00	0.00	197.50	1.3025	321.55
Mike Locondro	USA	M	24	60+	100KG	65		65.00	175		175.00	56.7		56.70	0.00	296.70	0.8569	315.25
Tom Davies	AUS	M	60	80+	80KG	55		55.00	112		112.00	30		30.00	0.00	197.00	0.9910	312.36
Owen Webb	AUS	M	46	75+	70KG	60		60.00	102		102.00	35		35.00	0.00	197.00	1.0490	301.71
Melanie Deighton	AUS	F	47	50+	95KG	65		65.00	120		120.00	42.5		42.50	0.00	227.50	0.8715	291.45
Kayleigh Lamb	ENG	F	33	Open	115KG	65		65.00	160		160.00	50		50.00	0.00	275.00	0.7914	289.46
Carseem Vlam	AUS	M	7	45+	110KG	90		90.00	162		162.00	62.5		62.50	0.00	314.50	0.8136	273.78
Nisha Gupta	USA	F	43	16-17	40KG	29.5		29.50	52.3		52.30	22.7		22.70	0.00	104.50	1.7323	258.87
Julia Phillips	AUS	F	73	70+	70KG	40		40.00	70		70.00	27.5		27.50	0.00	137.50	1.0880	258.80
Jarrold Fobes	USA	M	9	45+	100KG	147.7		147.70	0		0.00	0		0.00	0.00	147.70	0.8513	137.05



**Old Time Strongman - 13 December 2025 - World Postal Championship**

Scored using Total, Age & Sex%, Lynch																		
						Hackenschmidt Floor Press			Peoples Deadlift			Dumbbell to Shoulder						
Name	Country	Sex	Age & Sex %	Age Group	Weight Class	Max	4th	Amend	Max	4th	Amend	Max	4th	Amend	Amend	Total	Lynch	Amended
Dolores McGuckin (Guest Lifter)	NI	F	45	50+	90KG	60		60.00	210		210.00	81.5		81.50	0.00	351.50	0.9085	463.03
Stanley Hamilton (Guest Lifter)	NI	M	8	45+	90KG	100		100.00	255		255.00	104		104.00	0.00	459.00	0.9044	448.33
Samuel Arbutnot (Guest Lifter)	NI	M	13	50+	95KG	90		90.00	230		230.00	94		94.00	0.00	414.00	0.8937	418.08
Martin Gallagher (Guest Lifter)	NI	M	9	45+	105KG	90		90.00	230		230.00	94		94.00	0.00	414.00	0.8352	376.91
Sam McMullan (Guest Lifter)	NI	M	0	Open	90KG	110		110.00	210		210.00	81.5		81.50	0.00	401.50	0.9085	364.76
Ruby Hamilton (Guest Lifter)	NI	F	66	13 & Under	55KG	35		35.00	90		90.00	30		30.00	0.00	155.00	1.3238	340.60
Ruby Meakin (Guest Lifter)	NI	F	66	13 & Under	35KG	22		22.00	60		60.00	15		15.00	0.00	97.00	2.0491	329.94
Cai Arbutnot (Guest Lifter)	NI	M	25	13 & Under	65KG	50		50.00	132.5		132.50	50		50.00	0.00	232.50	1.1274	327.66
Grace Hamilton (Guest Lifter)	NI	F	58	13 & Under	60KG	43		43.00	80		80.00	36		36.00	0.00	159.00	1.1768	295.62
Lois McNally (Guest Lifter)	NI	F	33	Open	115KG	55		55.00	150		150.00	60		60.00	0.00	265.00	0.8000	281.96
Jude Meakin (Guest Lifter)	NI	F	38	40+	110KG	50		50.00	115		115.00	40		40.00	0.00	205.00	0.8167	231.05

**USAWA Team Championship**

December 21, 2025 Sanjiv Gupta



The Colorado venue of the Team Championship was a rollercoaster of testing the lifts with ad hoc teams, rearranging the teams, warming up and finally beginning competition.

With the Clean & Press being the first lift, Kim and I quickly realized that our height difference would not allow anything more than a token lift. Diya decided to do double duty and joined up with both Nisha and Kim to allow everybody to compete. Jarrod, who had just recovered from an injury, was willing to lift with me.

As none of us had much experience with team lifts, the warmups were crucial as each team seemed to have a faster puller and a slower puller. All the teams eventually figured out a communication style and pace so they could stay in synch. Jarrod and I struggled to find good positions on the bar. Eventually we found spots where we could have pressing power and stay out of each other's way. The deadlift was infinitely easier than the clean & press.

Once competition was underway, everything went smoothly. We opted for rising bar so all the teams were following themselves.

Clark's Championship Gym had (3) teams also. The power couple of Allison & Tony Lupo was the only M/F team (I applied a 1.16 Gender modifier to their score). Tony pulled double duty partnering with Dave DeForest for the highest unadjusted total. Finally, the entry of Jeff Wenzel and Travis Luther joined the mix.

The most fun was freestyle and I need to add some commentary.

Team Vertical Bar, 2", Right Hand – Executing this lift requires an extremely close relationship, think husband and wife or sisters. Facing each other did not work. Trial and error showed the lifter closest to the pin should grab higher and the lifter further away should grab lower. Plus, both hands need to fit in the top 6 inches. Once the technique was established, the team lift moved a lot of weight. First ever Team Vertical Bar.

Team Side Press, Right Hand – I thought this lift would be incredibly easy, but it was anything but. The team tried facing each other and facing in the same direction. Facing each other resulted in some rotation of the bar but facing the same direction through off timing. The best set up was facing the same direction and having the person who could see their teammate match their speed. The weight lifted does not sound like much, but two attempts at a heavier weight were both misses. First ever Team Side Press.

Team Pinch Grip, Strict, Right Hand – This seemed like a fun lift, but it was much harder than I expected. It made sense to face each other and pull on 45-pound plates. The challenge was pulling speed. If either teammate was pulling faster, the lift was over. In the end our team lift with one hand each was the same as either of our two hand lifts, which only makes sense as I am typing this out. First ever Team Pinch Grip Deadlift.

Team Dumbbell Clean & Jerk, Left Hand – First ever team dumbbell clean and jerk and only second ever team dumbbell lift. Considering how hard a press or push press can be, timing a jerk is extremely impressive.

Team Hip Lift – While there have been a few Team Hip Lifts performed, this lift really impressed me. The coordination of moving together with that much load is amazing and then holding it for the down command and trusting your partner to do the same.

A final note on team lifts. A missed lift can be disastrous and needs to be thought out in advance. If your partner cannot hang out to a clean or pauses during the press, or the barbell is starting to slip, I encourage having a plan for dumping the weight rather than it swinging under the control of only one lifter.

Women's Junior Division Winners – Diya Gupta and Nisha Gupta

Women's Open Division Winners – Kim Van Wagner and Diya Gupta

Mixed Master Division Winners – Allison Lupo and Tony Lupo  
 Men’s Open Division Winners – Jeff Wenzel and Travis Luther  
 Men’s Master Division Winners – Dave DeForest and Tony Lupo  
 Men’s Master Division Runners Up – Sanjiv Gupta and Jarrod Fobes  
 Freestyle Winner – Sanjiv Gupta and Jarrod Fobes

Lifters	Lift	Weight	Adjustment	Blindt	Points
Sanjiv/Jarrood	Pinch Grip, Strict, RH	106	0.928	3.252	319.9
Diya/Nisha	V-Bar, 2", RH	120	1.959	1.020	239.7
Kim/Diya	Side Press, Bar, RH	45	1.595	2.855	204.9
Dave/Tony	DB, C&J, LH	82	0.963	1.6821	132.8
Allison/Tony	Hip Lift	1075	1.117	0.104	124.9

I honestly could not decide which lift deserved the win. All of them met the guidelines of originality, degree of difficulty and execution. The Vertical Bar, 2” Right Hand was the most original lift. The Hip Lift had the highest degree of difficulty. The Side Press had the best execution. In the end, I fell back on my estimated USAWA Blindt (degree of difficulty) to select a winner. I could have also been biased as that pushed Jarrod and I to the top. If anybody would like to see the videos, feel free to reach out to me.

**COMPLETE RESULTS:**

Location: High Country Vigour, Lakewood, CO and Clark’s Gym, Columbia, MO

Meet Director: Sanjiv Gupta

Meet Scorekeeper: Sanjiv Gupta

Date: December 20, 2025

Officials: (3-Official System) Sanjiv Gupta, Nisha Gupta, Jarrod Fobes, Kim Van Wagner (in training), Bill Clark, Tony Lupo, Allison Lupo and Jeff Wenzel

Lifts: Clean & Press; Deadlift, Ciavattone Grip

<b>Lifters</b>	<b>C &amp; P</b>	<b>DL, C</b>	<b>TOT</b>	<b>PTS</b>
Dave/Tony	210	605	815	784.9
Sanjiv/Jarrood	205	585	790	733.2
Jeff/Travis	180	605	785	652.7
Kim/Diya	105	300	405	645.8
Allison/Tony	150	426	576	643.5
Diya/Nisha	75	245	320	626.8

**Diya Gupta / Nisha Gupta** – Age 16, Bwt – 112 (55 KG Class)

Diya Gupta (18 years old, 112# Bwt) & Nisha Gupta (16 years old, 84# Bwt)

Team Clean & Press – 75 pounds

Team Deadlift, Ciavattone Grip – 245 pounds

Freestyle – Vertical Bar, 2”, Right Hand – 120 pounds

**Kim Van Wagner / Diya Gupta** – Age OPEN, Bwt – 127.7 (60 KG Class)

Kim Van Wagner (58 years old, 128# Bwt) & Diya Gupta (18 years old, 112# Bwt)

Team Clean & Press – 105 pounds

Team Deadlift, Ciavattone Grip – 300 pounds

Freestyle – Side Press, Bar, Right Hand – 45 pounds

**Sanjiv Gupta / Jarrod Fobes** – Age 48, Bwt – 218.1 (100 KG Class)

Sanjiv Gupta (54 years old, 204# Bwt) & Jarrod Fobes (48 years old, 218# Bwt)

Team Clean & Press – 205 pounds

Team Deadlift, Ciavattone Grip – 585 pounds

Freestyle – Pinch Grip, Strict, Right Hand – 106 pounds

**Allison Lupo / Tony Lupo** – Age 59, Bwt – 244 (115KG Class)

Allison Lupo (59 years old, 197# Bwt) & Tony Lupo (59 years old, 244# Bwt)

Team Clean & Press – 150 pounds

Team Deadlift, Ciavattone Grip – 426 pounds  
Freestyle – Hip Lift – 1,075 pounds

**Dave DeForest / Tony Lupo** – Age 59, Bwt – 244 (115KG Class)

Dave DeForest (65 years old, 185# Bwt) & Tony Lupo (59 years old, 244# Bwt)

Team Clean & Press – 210 pounds

Team Deadlift, Ciavattone Grip – 605 pounds

Freestyle – Clean & Jerk, Dumbbell, Left Hand – 82 pounds

**Jeff Wenzel / Travis Luther** – Age 33, Bwt – 228 (105KG Class)

Jeff Wenzel (50 years old, 228 # Bwt) & Travis Luther (33 years old, 174# Bwt)

Team Clean & Press – 180 pounds

Team Deadlift, Ciavattone Grip – 605 pounds

Freestyle – N/A

## RECORD SESSION

**Sanjiv Gupta** – Age 54, Bwt – 204 pounds (95 KG Class)

Clean & Press, Middle Fingers – 75 pounds

Scott Lift – 115 pounds

Pinch Grip Deadlift, Strict – 106 pounds

**Jarrold Fobes** – Age 48, Bwt 218 pounds (100 KG Class)

Curl, Cheat, Reverse Grip – 185 pounds

Dumbbell Swing, Left Hand – 92 pounds

Clean & Press, Alternate Grip – 140 pounds

Repetition Bench Press, Reverse Grip – 50 reps x 95 pounds

## [2026 2nd Quarter Postal \(Remote\)](#)

[December 29, 2025 Sanjiv Gupta](#)

The Lifts:

- Curl – Cheat (D7)
- Deadlift – No Thumb, One Arm (B12)
- Clean and Push Press (A18)

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. 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

Entry Form: [2026 2nd Quarter Postal Entry Form](#)

- [USAWA Events](#)

### **[2026 3rd Quarter Postal \(Remote\)](#)**

[December 29, 2025 Sanjiv Gupta](#)

The Lifts:

- Snatch – From Hang (A45)
- Pullover and Push (A36)
- Deadlift – Dumbbell, One Arm (E13)

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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

Entry Form: [2026 3rd Quarter Postal Entry Form](#)

- [USAWA Events](#)

### **[2026 4th Quarter Postal \(Remote\)](#)**

[December 29, 2025 Sanjiv Gupta](#)

The Lifts:

- Deadlift – Ciavattone Grip, One Arm (B4)
- Holdout – Raised (D17)
- Continental to Belt (A22)

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- 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

Entry Form: [2026 4th Quarter Postal Entry Form](#)

[High Country Vigour Ground to Overhead Challenge \(Lakewood, CO and Remote\)](#)

[December 30, 2025 Sanjiv Gupta](#)



**Date:** Saturday, February 14, 2026

**Address:** High Country Vigour, Lakewood, Colorado

**Weigh-Ins:** 9 AM; Lifting Begins: 10 AM

**The Lifts:**

-Clean and Press (A10)

-Clean and Push Press (A18)

-Continental to Chest and Jerk (A24)

**Entry Fee:** \$5 (waived for Junior athletes); late entry fee \$10

**To Enter:** The meet is open to any USAWA member. Entries deadline February 7, 2026

**Meet Director:** Sanjiv Gupta, contact by email [sanjiv\\_gupta@hotmail.com](mailto:sanjiv_gupta@hotmail.com)

**USAWA Membership Required**

**Record Session:** Each lifter can perform up to 5 records if equipment is available and time allows

**Hybrid:** Remote entries will be allowed and included in the results. Results due by February 16, 2026. Officials are required for records

Athletes can look forward to an overhead challenge inspired by the Olympic Clean & Press and the Clean & Jerk.

This is the second installment of the High Country Vigour Challenge. Inspired by the Dino Gym, we did the Single Arm Challenge in 2025 and are following it up with a ground to overhead challenge in 2026.



- [USAWA Events](#)

**[2026 1st Quarter Postal \(Remote\)](#)**

[December 29, 2025 Sanjiv Gupta](#)

The Lifts:

- Snatch – One Arm (A48)
- Bench Press – Reverse Grip (A5)
- Deadlift – 2 Bars (B2)

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. 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

Entry Form: [2026 1st Quarter Postal Entry Form](#)

### Superlatives

[December 31, 2025 Sanjiv Gupta](#)

While the year is not yet complete, I find myself with a little time on my hands and wanted to shout out some folks who have really knocked it out of the park in 2025.

#### **Most Active Athletes:**

The results of (39) events have been posted and making 20+ is quite an achievement. (24) other athletes were 10+, (13) athletes were in 5-9 events, the large majority of (84) athletes were in less than 5 events in 2025 so far.

- Tony Lupo – (28) events, (16) in person, (8) remote, (4) postal
- Allison Lupo – (24) events
- Sanjiv Gupta – (23) events
- Jeff Wenzel – (23) events
- Dave DeForest – (20) events)

**Road Warriors:**

How many athletes traveled out of state for more than one event?

- Denny Habecker – (4) IAWA Gold Cup, USAWA Nationals, IAWA Worlds, USAWA OTSM Championship
- Tony Lupo – (3) True North True Strength, USAWA Nationals, Bayou Beast Bash
- Chad Ullom – (3) IAWA Gold Cup, USAWA Nationals, USAWA OTSM Championship
- Dave Glasgow – (2) USAWA Nationals, USAWA OTSM Championship
- Clint Poore – (2) True North True Strength, Bayou Beast Bash
- Sanjiv Gupta – (2) USAWA Nationals, IAWA Worlds

**Commitment:**

No athletes participated in all (8) championships. Tony and Dave missed the Presidential Cup and Grip Championship. Nisha and Sanjiv missed the Presidential Cup, Heavy Lift and OTSM Championship.

- Tony Lupo – (6)
- Dave DeForest – (6)
- Nisha Gupta – (5)
- Sanjiv Gupta – (5)

**Active Clubs:**

I tried to tally up and rank 2025 entries to date. Clark's Gym was by far the most active club hosting (12) events in 2025. Ranked in order of member event entries.

- Clark's Gym – 221 entries by 26 athletes
- High Country Vigour – 71 entries by 6 athletes
- Frank's Barbell Club – 68 entries by 10 athletes
- Canada – 51 entries by 25 athletes
- Habecker's Gym – 45 entries by 8 athletes
- Buffville – 35 entries by 15 athletes
- KC Strongman – 23 entries by 7 athletes
- Dino Gym – 11 entries by 5 athletes

- No Club Listed – 9 entries by 6 athletes
- Ledaig Heavy Athletics – 8 entries by 2 athletes
- Iron Palace Podcast – 6 entries by 5 athletes
- Iron Throne – 5 entries by 3 athletes
- Iron Sharpens Iron – 4 entries by 2 athletes

**Active Clubs:**

Al Myers made a big push to promote all-round lifting clubs. It would be impossible for me to figure out due to the absence of online records, but there should be a century club for clubs that have hosted over (100) events. Aside from the \$30 sanction fee per event, meet directors have to plan the meet; organize athletes, officials, spotters, loaders, announcers; distribute awards, results; and keep everyone safe. It is a tough job for small field events of less than (10) athletes and exponentially higher for (10+) athletes. There were (41) events sanctioned in 2025 and Clark's Gym led the pack by an incredible margin.

- Clark's Gym – (12) events
- High Country Vigour – (6) events
- Buffville – (4) events
- Habecker's – (3) events
- Frank's – (3) events
- KCSTRONGMAN – (2) events
- Iron Sharpens Iron – (1) event
- Ledaig – (1) event
- True North True Strength – (1) event
- Postal – (4) events
- IAWA – (4) events