

## **The 2024 IAWA World Council Meeting**

**Held at 5pm on Saturday 5<sup>th</sup> October, at Metamorfit Gym, Eastbourne, England**

Al Myers – USA (IAWA President) could not be present due to ill health and asked Steve Gardner (past IAWA President) to chair the meeting.

**Members Present:** Paul Barette, Steve Gardner, Sanjiv Gupta USA , Denny Habecker USA , Natalie Voce, Graham Saxton, Brandon Hazell Hyland, Paul Hallam, Matt Ashdown, Steve Andrews

**Following Up from 2023 Meeting:** One matter of business that was rolled over to the 2024 meeting was acceptance or otherwise of new lift: The Duck Walk. Having been properly prepared for the rule book with description of the lift and causes for failure, and having been passed by the International Technical Committee, there was a vote on acceptance or otherwise of the lift to become a new IAWA Record: The motion was passed Unanimous!

**Any Officer Reports:** As Technical and General Secretary Steve Gardner gave a short report: Steve said “I am really pleased to have seen how IAWA has continued to thrive under Al Myers leadership’. We have had good numbers competing across the board in domestic and International competitions, and the postal events have been well attended also. The organisation is in good hands and continues to provide a wonderful platform for all round lifting. I am sad that Al has come to the end of his term of office, he joins the ranks of past masters: Howard Prechtel USA - 12 Years, Steve Gardner England - 12 years and now Al Myers USA – 12 years! The IAWA organisation recognises the incredible amount of work that Al Myers undertook on IAWA’s behalf, and the commitment he showed for his position, travelling to almost all International events during his term. Al Myers take a bow sir you were an exceptional shining beacon on the horizon of our sport! ”

**New Lift Proposals:** Both the Disability Lifting Records (proposed by IAWA(UK)) and the Old Time Strongman Lifts (proposed by Australia) Were discussed. Having been first proposed in accordance with correct procedure at the Meeting in 2023, both sets of lifts have been documented correctly for addition to the IAWA Rule Book, and have been scrutinised by the International Technical Committee, both with overwhelming favourable review. The disability lifts have been in use in IAWA (UK) for the last 4 years, and have proved to be very popular. If passed other Countries will have the opportunity to run such competitions if they wish. The Old Time Strongman lifts have been proposed because we now have an Old Time Strongman International Competition each year, so it makes good sense that the lifters taking part in each Country have the opportunity to set and break IAWA Records.

**In both Cases, if the lifts are accepted, it is well understood by all that:**

The Disability Lifts and the Old Time Strongman Lifts, there will be no retrospective lifts

brought forward, the lifts as British Records in the Case of Disability, and USAWA Records in the case of the Old Time Strongman will remain as they are, so only records set after 5<sup>th</sup> October 2024 (the date of official acceptance) will be eligible to go into the IAWA World Record Books Listings (it may then be the former record lists will be higher than the World Records for a while, but things will soon catch up, and it is the only way to proceed fairly!

Disability Lifts (index group I) will be used for Disability Competitions run by IAWA Officials – and **not to be mixed in with other regular IAWA Competitions**, as will the Old Time Strongman Lifts (index group H) be used for the Old Time Strongman World Championships – and **not to be mixed in with other regular IAWA events** (as we all know, we already have a pool of authorised lifts for International Competition)

However with Disability Lifts and the Old Time Strongman Lifts, they **can of course be attempted at Gold Cup or Record Days** (so long as the equipment can be provided!

The Vote was Unanimous in both cases ..... Accepted as full IAWA Record Status: the Disability Lifts (I 1 - I 20), and the Old Time Strongman Lifts (H1 – H19)

**International Fixtures:** In keeping with our usual practice and tradition we have sought promoters for our up and coming International Events for the next couple of years:

**World Championships 2025** – First Weekend in October (Sat 4 Sun 5)

Promoter: Stevie Shanks / Steve Gardner, to be held in Belfast, Northern Ireland

Lifts Day One: Continental Snatch, Pullover and Push, Straddle Deadlift

Lifts Day Two: Push Press – O/H 2” Vertical Bar, Zercher Lift

**Gold Cup 2025:** First Saturday in November (1<sup>st</sup>)

Promoter: Steve Gardner, to be held in Derby University, Derbyshire, England

**World Championships 2026** – First Weekend in October (Sat 3 Sun 4)

Promoter: Denny Habecker Lebanon PA, USA (Lifts to be advised at Next Meeting)

Note: We did originally have a bid for the 2026 Championships to be held in Kentucky but unfortunately it wasn't a bid that could meet the requirements for the IAWA World Championships, so we were grateful for the thought, but we were then pleased that we did find a suitable bid still in the USA that met with all the usual IAWA requirements for the event, in Lebanon PA, and it was voted in and accepted unanimously.

**Gold Cup 2026:** First Saturday in November (7th)

Promoter: Paul Barette, to be held in Eastbourne, England

**World Championships 2027:** First Weekend in October (Sat 2 Sun 3)

Promoter: John Mahon / Peter Phillips (Lifts to be advised at next Meeting)

All of the above Fixtures were voted in as Unanimous!

### **Election of IAWA Officers and Executive Board:**

The Election of the IAWA Officers and Executive Board takes place every four years and 2024 sees a new election period begin. All of the offices held were prepared to continue for another term of office, except:

#### **IAWA International President:**

As Al Myers steps down as International President, we have an eligible, willing candidate who will fit the bill for IAWA leadership perfectly well. (in fact we had two, but more on that in a minute) Al Myers confidently proposed Paul Barette to become our new President and Steve Gardner Seconded the motion. But we had another eligible candidate also in John Mahon from Australia. So after much discussion with both candidates, we were all in agreement the Paul Barette of England should be proposed as President for the next four years, and that he will automatically be followed in four years-time, by John Mahon from Australia. We feel confident the organisation will be in good hands for the next 8 years, and both can elect to take another 4 years at the end of that period if they wish. The proposal met with great favour, and this was again voted in unanimous!

#### **International Vice Presidents:**

Each member Nation has two IAWA Vice Presidents. One USA Vice President: Chad Ullom, stood down from office and proposed Sanjiv Gupta to the role. Sanjiv was happy to take on the Position. He was voted in unanimously!

Both the retiring President, and USA Vice President, that were stepping down, were thanked for their assistance and guidance, and the wonderful work they did for the organisation. It was agreed that Al Myers has been outstanding as IAWA President, in every way, travelling the IAWA World so that he could demonstrate his hands on support, and always conducted himself well and always with a very approachable manner!

### **The updated list of Officers, as from 5<sup>th</sup> October 2024**

**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

John Mahon, Australia – Peter Phillips, Australia

**IAWA Technical Committee**

Steve Gardner, UK (Committee Chairman) – Steve Sherwood, UK

Denny Habecker, USA – Al Myers, USA

Peter Phillips, Australia – John Mahon, Australia

**Date and place of the Next Meeting:** Saturday 4<sup>th</sup> October 2025-Belfast, N Ireland