

IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 1 - compiled by Chris Bass.

1	Norn Irn1	Roy McClean, Brian Irwin, David Bagnall	951.9
2	Metamorfit1	Clive Madge, Ryan Burchett, Paul Barette	868.5
3	Iron Clan1	Philippe Crisp, Sam Hills, Jenn Tibenham	856.8
4	Castlemilk	Andy Tomlin, Matthew Finkle, George Dick	794.5
5	Granby	Steve Andrews, Steve Sherwood	793.2
6	Freedom S&P	Oli Downey, Steve Sha, Martin Doolan	694.6
7	Metamorfit2	Ed Shorttle, Gareth Edwards, Kris Singh	689.5
8	Metamorfit3	Natalie Voce, Ian Thomas, Candice Morris	618.3
9	Twyford Celts	Maddy Ell, Max Ell	520.6
10	Sunbury1	Jeff Luther, Trevor Evans	502.2
11	Norn Irn2	Gary Bunting	226.3
12	Iron Clan2	Nick Swain	208.1
13	Metamorfit4	Jenny Watson	175.2

Ranking of Lifters

1	Steve Andrews	403.5	16	Max Ell	248.3
2	Steve Sherwood	389.7	17	Trevor Evans	238.7
3	Philippe Crisp	345.3	18	Ed Shorttle	235.9
4	Clive Madge	341.5	19	Steve Sha	235.0
5	Andy Tomlin	322.0	20	Gareth Edwards	227.8
6	Roy McClean	321.1	21	Gary Bunting	226.3
7	Brian Irwin	318.6	22	Kris Singh	225.7
8	David Bagnall	312.1	23	Jenn Tibenham	222.0
9	Sam Hills	289.4	24	Natalie Voce	217.3
10	Maddy Ell	272.4	25	George Dick	210.6
11	Oli Downey	265.1	26	Ian Thomas	209.7
12	Ryan Burchett	264.7	27	Nick Swain	208.1
13	Jeff Luther	263.5	28	Martin Doolan	194.5
14	Paul Barette	262.3	29	Candice Morris	191.3
15	Matthew Finkle	261.9	30	Jenny Watson	175.2

Ranking of Lifters per Lift & Record Breakers. Dumbell Press

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	65.0	97.1
Clive Madge	65+	32	110	70.0▲	89.8
Philippe Crisp	45+	9	105	80.0	85.0
Steve Sherwood1	65+	28	80	57.5	83.6
Brian Irwin1	Open	0	125+	100.0	81.9
Roy McClean1	45+	6	110	72.5	74.6
Sam Hills	55+	17	85	55.0	71.0
Ed Shorttle1	60+	22	80	50.0	69.7
Andy Tomlin	45+	11	95	60.0	68.7
Jeff Luther	60+	23	75	45.0	67.8
Ryan Burchett1	Open	0	115	70.0	65.9
David Bagnall1	40+	4	95	59.0	65.0
Oli Downey1	Open	0	100	64.0	64.7
Matthew Finkle	50+	12	70	45.0	62.5
Kris Singh1	Open	0	95	55.0	56.9
Trevor Evans	70+	42	85	35.0	56.2
Gareth Edwards1	Open	0	85	50.0	56.1
Steve Sha1	65+	32	80	36.0	54.4
Gary Bunting1	40+	1	125+	59.0	53.2
Paul Barette1	40+	2	80	45.0	52.7
Maddy Ell1	Open	33	55	25.0	51.6
Ian Thomas1	Open	0	80	45.0	51.1
Natalie Voce1	Open	33	90	35.0	50.9
George Dick	65+	34	125+	45.0▲	49.5
Martin Doolan1	75+	50	80	28.0	47.9

Ranking of Lifters per Lift & Record Breakers. Dumbell Swing

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	28	80	60.0	91.0
Steve Andrews1	55+	19	70	52.5	81.8
Philippe Crisp	45+	9	105	72.0▲	79.8
David Bagnall1	40+	4	95	68.0	78.1
Clive Madge	65+	32	110	55.0▲	73.6
Roy McClean1	45+	6	110	68.0	72.9
Andy Tomlin	45+	11	95	60.0	71.6
Brian Irwin1	Open	0	125+	80.0	68.4
Sam Hills	55+	17	85	50.0	67.3
Maddy Ell1	Open	33	55	30.0	64.6
Jeff Luther	60+	23	75	40.0	62.9
Paul Barette1	40+	2	80	50.0	61.0
Max Ell1	Open	33	45	25.0	60.6
Trevor Evans	70+	42	85	35.0	58.6
Matthew Finkle	50+	12	70	40.0	57.9
Jenn Tibenham	Open	33	100	40.0●	55.8
George Dick	65+	34	125+	47.5	54.5
Ryan Burchett1	Open	0	115	55.0	54.0
Steve Sha1	65+	32	80	33.0	52.0
Gary Bunting1	40+	1	125+	50.0	47.0
Gareth Edwards1	Open	0	85	40.0	46.8
Oli Downey1	Open	0	100	44.0	46.4
Nick Swain	50+	13	85	35.0	45.9
Ed Shorttle	60+	22	80	30.0	43.6
Kris Singh1	Open	0	95	40.0	43.2

Continued:

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Max Ell1	Open	33	45	20.0	46.5	Martin Doolan1	75+	50	80	24.0	42.8
Nick Swain	50+	13	85	35.0	44.0	Ian Thomas1	Open	0	80	35.0	41.4
Jenn Tibenham	Open	33	100	30.0 ^{BR}	40.1	Candice Morris1	Open	33	55	18.1	38.5
Jenny Watson1	50+	45	65	16.0	31.5	Natalie Voce1	Open	33	90	25.0	37.9
Candice Morris1	Open	33	55	15.0	30.8	Jenny Watson1	50+	45	65	18.0	36.9

Dumbbell Clean & Jerk

1H Dumbbell Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	70.0	97.7	Steve Andrews1	55+	19	70	125.0	126.8
Steve Sherwood1	65+	28	80	67.5	91.7	Steve Sherwood1	65+	28	80	125.0	123.4
Clive Madge1	65+	32	110	70.0	83.9	David Bagnall1	40+	4	95	145.0	108.4
Philippe Crisp	45+	9	105	80.0▲	79.4	Roy McClean1	45+	6	110	155.0	108.2
Brian Irwin1	Open	0	125+	100.0	76.6	Andy Tomlin	45+	11	95	137.5	106.8
Andy Tomlin	45+	11	95	70.0	74.9	Philippe Crisp	45+	9	105	140.0▲●	101.0
Sam Hills	55+	17	85	60.0	72.3	Maddy Ell1	Open	33	55	70.0	98.2
Ryan Burchett1	Open	0	115	75.0	66.0	Clive Madge	65+	32	110	108.2▲	94.2
Roy McClean1	45+	6	110	68.0	65.3	Paul Barette1	40+	2	80	118.2	93.9
Oli Downey1	Open	0	100	68.0	64.2	Brian Irwin1	Open	0	125+	165.0	91.8
Jeff Luther	60+	23	75	45.0	63.4	Oli Downey1	Open	0	100	131.0	89.9
Jenn Tibenham	Open	33	100	50.0●	62.5	Matthew Finkle	50+	12	70	95.0▲	89.6
David Bagnall1	40+	4	95	59.0	60.7	Max Ell1	Open	33	45	55.0	86.8
Ed Shorttle1	60+	22	80	45.0	58.6	Candice Morris	Open	33	55	60.0	83.6
Maddy Ell1	Open	33	55	30.0	57.9	Sam Hills	55+	17	85	90.0▲	78.9
Paul Barette1	40+	2	80	50.0	54.7	Ryan Burchett	Open	0	115	123.2 ^{BR}	78.8
Natalie Voce1	Open	33	90	40.0	54.4	Steve Sha1	65+	32	80	76.0	77.9
Max Ell1	Open	33	45	25.0	54.3	Nick Swain	50+	13	85	90.0	76.9
Kris Singh1	Open	0	95	55.0	53.2	Gary Bunting1	40+	1	125+	125.0	76.5
Ian Thomas1	Open	0	80	50.0	53.0	Natalie Voce1	Open	33	90	75.0	74.1
Trevor Evans	70+	42	85	35.0	52.5	Kris Singh1	Open	0	95	103.2	72.5
Gareth Edwards1	Open	0	85	50.0	52.5	Gareth Edwards1	Open	0	85	95.0	72.4
Matthew Finkle	50+	12	70	40.0	51.9	Trevor Evans	70+	42	85	65.4	71.3
Steve Sha1	65+	32	80	36.0	50.8	Jenny Watson1	50+	45	65	52.5	70.1
Gary Bunting1	40+	1	125+	59.0	49.7	Jeff Luther	60+	23	75	67.9▲	69.5
Martin Doolan1	75+	50	80	28.0	44.7	George Dick	65+	34	125+	87.5	65.4
Nick Swain	50+	13	85	35.0	41.2	Ian Thomas1	Open	0	80	83.2	64.1
George Dick	65+	34	125+	40.0	41.2	Ed Shorttle	60+	22	80	67.5 ^{BR}	63.9
Candice Morris	Open	33	55	20.0	38.4	Jenn Tibenham	Open	33	100	70.0●	63.6
Jenny Watson1	50+	45	65	20.0	36.8	Martin Doolan1	75+	50	80	51.0	59.2

Here's Leg 1 results of the new year. Unfortunately we have lost Burton but on the plus side we have 2 teams from Northern Ireland, 1 Freedom Strength & Power from Hastings & 1 from Castlemik. This has given us 30 lifters so far.

Recognition to Steve Andrews, Clive Madge & Phil Crisp for the top 3 in the Press; Steve Sherwood, Steve Andrews & Phil Crisp for the top 3 in the Swing; Steve Andrews, Steve Sherwood, & Clive Madge for the top 3 in the C&J and finally Steve Andrews, Steve Sherwood & David Bagnall for the top 3 in the Deadlift. Also to the top 3 lifters: Steve Andrews, Steve Sherwood & Phil Crisp. The top 3 teams were Norn Irrn1, Metamorfit1 & Iron Clan1.

Also to Steve Andrews, Steve Sherwood & Clive Madge for being top 3 in the Spencer Set (on page 3).

Finally a big well done to the rest of the lifters for competing in the first leg of 2017, it promises to be an interesting year.

Leg2 lifts are: Pullover & Press, Snatch from Hang, C&J behind Neck & Abdominal Raise. To be completed by 30th March 2017.

Chris Bass.

Spencer Set			Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews1	M	55+	70	65.0	52.5	70.0	187.5	276.7	
Steve Sherwood1	M	65+	80	57.5	60.0	67.5	185.0	266.3	
Clive Madge1	M	65+	110	70.0	55.0	70.0	195.0	247.2	
Philippe Crisp	M	45+	105	80.0	72.0	80.0	232.0 ^{BR}	244.3	
Brian Irwin1	M	Open	125+	100.0	80.0	100.0	280.0	226.9	
Andy Tomlin	M	49	95	60.0	60.0	70.0	190.0	215.1	
Roy McClean1	M	45+	110	72.5	68.0	68.0	208.5	212.8	
Sam Hills	M	55+	85	55.0	50.0	60.0	165.0	210.6	
David Bagnall1	M	40+	95	59.0	68.0	59.0	186.0	203.7	
Jeff Luther	M	60+	75	45.0	40.0	45.0	130.0	194.0	
Ryan Burchett1	M	Open	115	70.0	55.0	75.0	200.0	185.9	
Oli Downey1	M	Open	100	64.0	44.0	68.0	176.0	175.2	
Matthew Finkle	M	50	70	45.0	40.0	40.0	125.0	172.3	
Maddy Ell1	F	Open	55	25.0	30.0	30.0	85.0	174.2	
Ed Shorttle1	M	60+	80	50.0	30.0	45.0	125.0	172.0	
Paul Barette1	M	40+	80	45.0	50.0	50.0	145.0	168.4	
Trevor Evans	M	70+	85	35.0	35.0	35.0	105.0	167.3	
Max Ell1	F	Open	45	20.0	25.0	25.0	70.0	161.4	
Jenn Tibenham	F	Open	100	30.0	40.0	50.0	120.0 ^{BR}	158.4	
Steve Sha1	M	65+	80	36.0	33.0	36.0	105.0	157.1	
Gareth Edwards1	M	Open	85	50.0	40.0	50.0	140.0	155.4	
Kris Singh1	M	Open	95	55.0	40.0	55.0	150.0	153.2	
Gary Bunting1	M	40+	125+	59.0	50.0	59.0	168.0	149.8	
Ian Thomas1	M	Open	80	45.0	35.0	50.0	130.0	145.6	
George Dick	M	68	125+	45.0	47.5	40.0	132.5 ^{BR}	145.2	
Natalie Voce1	F	Open	90	35.0	25.0	40.0	100.0	143.2	
Martin Doolan1	M	75+	80	28.0	24.0	28.0	80.0	135.4	
Nick Swain	M	50+	85	35.0	35.0	35.0	105.0	131.1	
Candice Morris1	F	Open	55	15.0	18.0	20.0	53.0	107.7	
Jenny Watson1	F	50+	65	16.0	18.0	20.0	54.0	105.1	