

# IAWA (UK) Bob Smith All Round Postal League 2017 – Leg 3 - compiled by Chris Bass.

1	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	867.5
2	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	824.3
3	Norn Irn1	Roy McClean, David Bagnall, Paul Cullen	779.1
4	Metamorfit1	Clive Madge, Paul Barette, Ed Shorttle	730.1
5	Iron Masters2	Robyn Taylor, Kris Singh, Sarah Fry	609.8
6	Metamorfit2	Ian Thomas, Ryan Burchett, Jenny Watson	575.0
7	Castlemilk	Andy Tomlin, Matthew Finkle	509.0
8	Twyford Celts	Maddy Ell, Max Ell	457.2
9	Sunbury1	Jeff Luther, Trevor Evans	454.9
10	Iron Clan1	Sam Hills	209.3
11	Metamorfit3	Natalie Voce	163.8
12	Iron Masters3	Ollie Downey	49.2

## Ranking of Lifters

1	Steve Sherwood	331.3	15	Daniel Andrews	223.9
2	Philippe Crisp	321.0	16	Paul Cullen	214.6
3	Clive Madge	318.6	17	Kris Singh	211.9
4	Steve Andrews	312.3	18	Paul Barette	211.1
5	Roy McClean	299.9	19	Sam Hills	209.3
6	Andy Tomlin	276.5	20	Trevor Evans	204.7
7	David Bagnall	264.6	21	Ed Shorttle	200.5
8	Steve Shah	256.5	22	Ian Thomas	198.7
9	Jeff Luther	250.2	23	Ryan Burchett	188.5
10	Martin Doolan	246.8	24	Jenny Watson	187.8
11	Robyn Taylor	234.6	25	Natalie Voce	163.8
12	Matthew Finkle	232.5	26	Sarah Fry	163.3
13	Maddy Ell	231.3	27	Ollie Downey	49.2
14	Max Ell	226.0			

## Ranking of Lifters per Lift & Record Breakers.

### 1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	19	70	42.5R	81.5
Steve Sherwood1	65+	28	80	40.0L	75.3
Clive Madge	65+	32	105	45.0R	74.5
Andy Tomlin	45+	11	95	45.0L	67.6
Roy McClean1	40+	6	105	50.0R	66.6
Daniel Andrews	Open	0	75	42.5R	64.9
David Bagnall1	40+	4	95	45.0R	63.4
Matthew Finkle	50+	12	70	35.0R	62.9
Philippe Crisp1	45+	9	105	45.5R	62.7
Sam Hills1	55+	17	85	35.0L	58.2
Ryan Burchett	Open	0	115	47.5R	57.5
Steve Shah1	65+	32	80	28.0R	55.7
Jeff Luther	60+	23	70	28.5R	55.4
Robyn Taylor1	Open	33	65	23.0R	52.5
Ed Shorttle	60+	22	80	27.5L	49.5
Trevor Evans	70+	42	80	22.5R	46.8
Paul Cullen1	40+	4	125+	40.0R	46.7
Kris Singh1	Open	0	100	35.5R	46.3
Paul Barette1	40+	2	80	30.0R	45.9
Max Ell1	Open	33	45	15.4L	45.7
Martin Doolan1	75+	50	80	20.5R	44.7
Maddy Ell1	Open	33	55	16.4R	43.4
Ian Thomas	Open	0	85	30.0R	43.2
Jenny Watson1	50+	45	60	15.0	38.7
Natalie Voce1	Open	33	95	20.0	36.0
Sarah Fry1	Open	33	90	15.5R	28.0
Ollie Downey1	Open	0	100	0.0	0.0

▲World Junior/Masters, ●World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref

### Continental C&J

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	28	80	75.0	75.9
Steve Andrews1	55+	19	70	70.0	72.2
Roy McClean1	40+	6	105	100.0	71.6
Clive Madge	65+	32	105	80.0	71.2
Philippe Crisp1	45+	9	105	93.0	68.9
Andy Tomlin	45+	11	95	85.0	68.6
Sam Hills1	55+	17	85	70.5	63.0
David Bagnall1	40+	4	95	80.0	60.6
Max Ell1	Open	33	45	37.9	60.5
Matthew Finkle	50+	12	70	62.5	60.3
Jeff Luther	60+	23	70	55.4▲	57.9
Maddy Ell1	Open	33	55	40.4	57.4
Paul Cullen1	40+	4	125+	90.0	56.4
Robyn Taylor1	Open	33	65	45.5	55.8
Daniel Andrews	Open	0	75	67.5	55.3
Steve Shah1	65+	32	80	50.0	53.4
Martin Doolan1	75+	50	80	45.5	53.3
Kris Singh1	Open	0	100	75.5	52.9
Ollie Downey1	Open	0	100	70.5	49.2
Paul Barette1	40+	2	80	55.0	45.2
Trevor Evans	70+	42	80	40.4	45.2
Sarah Fry1	Open	33	90	45.5	44.1
Ian Thomas	Open	0	85	55.0	42.5
Jenny Watson1	50+	45	60	30.0	41.6
Ed Shorttle	60+	22	80	40.0	38.7
Natalie Voce1	Open	33	95	40.0	38.6
Ryan Burchett	Open	0	115	0.0	0.0

## Front Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Philippe Crisp1	45+	9	105	185.5	104.1	Clive Madge	65+	32	105	47.5	92.0
Steve Sherwood1	65+	28	80	120.0	92.0	Steve Sherwood1	65+	28	80	40.0	88.1
Sam Hills1	55+	17	85	130.0	88.1	Jeff Luther	60+	23	70	38.5▲	87.5
Clive Madge	65+	32	105	120.0	80.9	Steve Andrews1	55+	19	70	38.5	86.4
Roy McClean1	40+	6	105	140.0	76.0	Roy McClean1	40+	6	105	55.0	85.7
David Bagnall1	40+	4	95	130.0	74.6	Philippe Crisp1	45+	9	105	53.0	85.4
Steve Andrews1	55+	19	70	92.5	72.3	Trevor Evans	70+	42	80	35.0BR	85.2
Martin Doolan1	75+	50	80	80.0	71.0	Steve Shah1	65+	32	80	35.5	82.6
Steve Shah1	65+	32	80	80.0	64.8	Andy Tomlin	45+	11	95	45.0	79.1
Andy Tomlin	45+	11	95	100.0	61.2	Martin Doolan1	75+	50	80	30.5	77.7
Maddy Ell1	Open	33	55	55.4	59.7	Robyn Taylor1	Open	33	65	28.0	74.7
Kris Singh1	Open	0	100	110.5	58.7	Ryan Burchett	Open	0	115	52.5	74.3
Paul Cullen1	40+	4	125+	120.0	57.0	Max Ell1	Open	33	45	20.4	70.9
Matthew Finkle	50+	12	70	77.5	56.7	Maddy Ell1	Open	33	55	22.9	70.8
Ryan Burchett	Open	0	115	115.0	56.7	Ed Shorttle	60+	22	80	32.5	68.4
Paul Barette1	40+	2	80	85.0	53.0	Jenny Watson1	50+	45	60	22.5	68.0
Daniel Andrews	Open	0	75	85.0	52.8	Paul Barette1	40+	2	80	37.5	67.1
Robyn Taylor1	Open	33	65	55.5	51.6	David Bagnall1	40+	4	95	40.0	65.9
Ian Thomas	Open	0	85	85.0	49.8	Ian Thomas	Open	0	85	37.5	63.1
Jeff Luther	60+	23	70	62.5	49.5	Paul Cullen1	40+	4	125+	40.0	54.6
Max Ell1	Open	33	45	40.4	48.9	Kris Singh1	Open	0	100	35.5	54.1
Ed Shorttle	60+	22	80	60.0	44.0	Natalie Voce1	Open	33	95	25.0	52.6
Sarah Fry1	Open	33	90	58.0	42.6	Matthew Finkle	50+	12	70	25.0	52.5
Jenny Watson1	50+	45	60	37.5	39.5	Daniel Andrews	Open	0	75	28.5	50.9
Natalie Voce1	Open	33	95	50.0	36.6	Sarah Fry1	Open	33	90	23.0	48.5
Trevor Evans	70+	42	80	32.5	27.5	Sam Hills1	55+	17	85	0.0	0.0
Ollie Downey1	Open	0	100	0.0	0.0	Ollie Downey1	Open	0	100	0.0	0.0

## Ranking of Teams after Legs 1+2+3.

1	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	2476.6
2	Norn Irrn1	Roy McClean, David Bagnall, Paul Cullen	2440.5
3	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	2426.7
4	Metamorfit1	Clive Madge, Paul Barette, Ed Shorttle	2321.9
5	Castlemilk	Andy Tomlin, Matthew Finkle,	1992.3
6	Metamorfit2	Ian Thomas, Ryan Burchett, Jenny Watson	1863.3
7	Twyford Celts	Maddy Ell, Max Ell,	1470.1
8	Sunbury1	Jeff Luther, Trevor Evans,	1393.2
9	Metamorfit3	Natalie Voce, ,	1233.0
10	Iron Masters2	Robyn Taylor, Kris Singh, Sarah Fry	990.4
11	Iron Clan1	Sam Hills, ,	928.8
12	Norn Irrn2	, ,	402.8
13	Metamorfit4	, ,	291.6
14	Iron Masters3	Ollie Downey, ,	49.2

## Ranking of Lifters after Legs 1+2+3

1	Steve Andrews	1053.6	19	Brian Irwin	591.4
2	Steve Sherwood	1018.3	20	Paul Barette	589.8
3	Philippe Crisp	956.2	21	Jenny Watson	530.2
4	Clive Madge	956.1	22	Ollie Downey	525.8
5	Andy Tomlin	899.9	23	Natalie Voce	518.7
6	David Bagnall	819.8	24	Sam Hills	498.8
7	Jeff Luther	778.2	25	Paul Cullen	408.4
8	Maddy Ell	753.9	26	Gary Bunting	402.8
9	Steve Shah	747.1	27	George Dick	345.8
10	Matthew Finkle	746.6	28	Candice Morris	337.5
11	Max Ell	716.2	29	Robyn Taylor	234.6
12	Ryan Burchett	671.1	30	Gareth Edwards	227.8
13	Kris Singh	645.4	31	Daniel Andrews	223.9
14	Martin Doolan	627.4	32	Jenn Tibenham	222.0
15	Ed Shorttle	624.0	33	Nick Swain	208.1
16	Roy McClean	620.9	34	Chris Powell	203.4

17	Ian Thomas	617.7	35	Frank Allen	180.8
18	Trevor Evans	614.9	36	Sarah Fry	163.3

Aston Set		Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	40.0	75.0	120.0	235.0	243.2
Philippe Crisp1	M	45+	105	45.5	93.0	185.5	324.0	235.6
Clive Madge	M	65+	105	45.0	80.0	120.0	245.0 <sup>BR</sup>	226.6
Steve Andrews1	M	55+	70	42.5	70.0	92.5	205.0	226.0
Roy McClean1	M	40+	105	50.0	100.0	140.0	290.0	214.2
Sam Hills1	M	55+	85	35.0	70.5	130.0	235.5	209.3
David Bagnall1	M	40+	95	45.0	80.0	130.0	255.0	198.7
Andy Tomlin	M	45+	95	45.0	85.0	100.0	230.0	197.4
Matthew Finkle	M	50+	70	35.0	62.5	77.5	175.0	179.9
Steve Shah1	M	65+	80	28.0	50.0	80.0	158.0	173.9
Daniel Andrews	M	Open	75	42.5	67.5	85.0	195.0	173.0
Martin Doolan1	M	75+	80	20.5	45.5	80.0	146.0	169.0
Jeff Luther	M	60+	70	28.5	55.4	62.5	146.4	162.7
Maddy Ell1	F	Open	55	16.4	40.4	55.4	112.2	160.4
Paul Cullen1	M	40+	125+	40.0	90.0	120.0	250.0	160.1
Robyn Taylor1	F	Open	65	23.0	45.5	55.5	124.0	159.9
Kris Singh1	M	Open	100	35.5	75.5	110.5	221.5	157.8
Max Ell1	F	Open	45	15.4	37.9	40.4	93.7	155.1
Paul Barette1	M	40+	80	30.0	55.0	85.0	170.0	144.0
Ian Thomas	M	Open	85	30.0	55.0	85.0	170.0	135.5
Ed Shorttle	M	60+	80	27.5	40.0	60.0	127.5	132.1
Jenny Watson1	F	50+	60	15.0	30.0	37.5	82.5	119.8
Trevor Evans	M	70+	80	22.5	40.4	32.5	95.4	119.5
Sarah Fry1	F	Open	90	15.5	45.5	58.0	119.0	114.7
Ryan Burchett	M	Open	115	47.5	0.0	115.0	162.5	114.2
Natalie Voce1	F	Open	95	20.0	40.0	50.0	110.0	111.2
Ollie Downey1	M	Open	100	0.0	70.5	0.0	70.5	49.2

Here's the Leg 3 results, with 27 lifters and 12 teams. Welcome to 2 new lifters for Iron Master team; Sarah Fry & Robyn Taylor.

Recognition to Steve Andrews, Steve Sherwood & Clive Madge for top 3 in the Snatch; Steve Sherwood, Steve Andrews & Clive Madge for top 3 in the C&J; Phil Crisp, Steve Sherwood & Sam Hills for the top 3 in the Squat; Clive Madge, Steve Sherwood & Jeff Luther for top 3 in the Curl. The top 3 Teams were Granby, Iron Masters1 & Norn Irn1. Finally a big well done to the rest of the lifters. Top 3 in the Aston Set were Steve Sherwood, Phil Crisp & Clive Madge. Overall position of the 3 top teams remain Norn Irn1, Granby & Iron Masters1. Phil has replaced Clive in 3<sup>rd</sup> place overall leaving Steve A & Steve S remaining in 1<sup>st</sup> & 2<sup>nd</sup> place.

Leg 4 lifts are the Olympic Set + Rectangular Fix.



# I.A.W.A ALL ROUND TEAM POSTAL LEAGUE

**TEAM NAME:** \_\_\_\_\_ **LEG N°:** 4

*The results of this leg must be completed by the week ending* \_\_\_\_\_ 30th July 2017

*and be returned within 48 hours to:* Chris Bass: 72, Beverley Crescent, Grimsby, NE Lincs, DN32 9TJ

<b>NAME</b> <small>(TICK LIFTERS NAME IF 2 OR MORE REFEREES)</small>									
<b>BODYWEIGHT</b>									
<b>LYNCH FORMULA</b>									
<b>D.O.B</b> / %		/		/		/		/	
2H Barbell Press 1.0000									
2H Barbell Snatch 1.1823									
2H Barbell C&J 0.8922									
Rectangular Fix 1.8726									
<b>REFEREES</b>									

Please indicate clearly the number of referees per lifter & the hand used for one handed lifts.