

# IWA (UK) Bob Smith All Round Postal League 2017 – Leg 5 - compiled by Chris Bass.

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	830.8
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	802.9
3	Metamorfit1	Paul Barette, Gareth Edwards, Clive Madge	699.3
4	Norn Irn1	David Bagnall, Brian Irwin, Gary Bunting	653.0
5	Iron Masters1	Philippe Crisp, Steve Shah, Liam Casey	643.9
6	Twyford Celts	Max Ell, Maddy Ell,	411.0
7	Iron Masters2	Martin Doolan, Robyn Taylor, Kris Singh	403.3
8	Metamorfit2	Ed Shorttle, Ian Thomas	362.8
9	Sunbury1	Trevor Evans	107.4

## Ranking of Lifters

1	Steve Sherwood	339.4	12	Clive Madge	205.2
2	Steve Andrews	335.5	13	Maddy Ell	196.6
3	Andy Tomlin	298.3	14	Steve Shah	189.3
4	Paul Barette	280.4	15	Liam Casey	185.7
5	Gary Ell	276.7	16	Ed Shorttle	182.4
6	Philippe Crisp	268.9	17	Ian Thomas	180.4
7	David Bagnall	249.6	18	Gary Bunting	162.5
8	Brian Irwin	240.8	19	Mark Shaw	155.8
9	Matthew Finkle	227.9	20	Martin Doolan	140.1
10	Max Ell	214.4	21	Robyn Taylor	139.6
11	Gareth Edwards	213.6	22	Kris Singh	123.6
			23	Trevor Evans	107.4

## Ranking of Lifters per Lift & Record Breakers.

### 1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	55+	19	70	42.5R	83.4
Steve Sherwood1	65+	28	80	40.0R	75.4
Clive Madge	65+	32	105	45.0R▲	74.2
Andy Tomlin1	45+	11	95	45.0L	67.5
Brian Irwin1	40+	1	125+	60.0R	65.2
David Bagnall1	40+	4	95	45.0R	62.9
Philippe Crisp1	45+	9	100	45.0R	62.9
Paul Barette	40+	2	70	37.5L	60.7
Gareth Edwards1	Open	0	85	42.5R	60.6
Gary Ell1	45+	7	95	42.5L	60.4
Ed Shorttle	60+	22	80	32.5L	58.2
Matthew Finkle1	50+	12	70	30.0L	53.4
Max Ell1	Open	33	45	17.5R	52.0
Liam Casey1	Open	0	90	35.0L	48.9
Maddy Ell1	Open	33	50	17.5L	48.3
Mark Shaw	55+	18	85	28.0L	46.6
Ian Thomas	Open	0	85	30.0R	42.7
Robyn Taylor1	Open	33	65	17.5R	40.2
Steve Shah1	65+	32	75	20.0R	39.9
Gary Bunting1	Open	1	125	30.0R	34.8
Kris Singh1	Open	0	95	25.0R	33.1
Martin Doolan1	75+	50	85	15.0R	32.5
Trevor Evans1	70+	42	80	15.0R	31.0

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

### 1H Barbell C&J

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	28	80	45.0L	80.5
Steve Andrews	55+	19	70	42.5L	79.0
Matthew Finkle1	50+	12	70	42.5R	71.8
Andy Tomlin1	45+	11	95	50.0R	71.1
Paul Barette	40+	2	70	42.5R	65.2
Max Ell1	Open	33	45	23.0L	64.8
Gary Ell1	45+	7	95	47.5R	64.0
Clive Madge	65+	32	105	40.0L▲	62.5
David Bagnall1	40+	4	95	40.0L	53.0
Brian Irwin1	40+	1	125+	50.0L	51.5
Ed Shorttle	60+	22	80	30.0R	51.0
Gareth Edwards1	Open	0	85	37.5L	50.7
Ian Thomas	Open	0	85	35.0L	47.2
Maddy Ell1	Open	33	50	17.5R	45.8
Mark Shaw	55+	18	85	28.0R	44.2
Gary Bunting1	Open	1	125	40.0L	43.9
Philippe Crisp1	45+	9	100	32.5L	43.0
Liam Casey1	Open	0	90	30.0R	39.7
Robyn Taylor1	Open	33	65	15.0L	32.6
Trevor Evans1	70+	42	80	15.0L	29.3
Martin Doolan1	75+	50	85	12.5L	25.6
Kris Singh1	Open	0	95	20.0L	25.1
Steve Shah1	65+	32	75	12.5L	23.6

### 1H Barbell Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	28	80	145.0L	94.7
Andy Tomlin1	45+	11	95	180.0R	93.5
Steve Andrews	55+	19	70	132.5L▲	90.0
Philippe Crisp1	45+	9	100	175.5L	84.9
Paul Barette	40+	2	70	140.0R	78.4
Clive Madge	65+	32	105	120.0R <sup>BR</sup>	68.5
David Bagnall1	40+	4	95	140.0R	67.8

### Pullover @ Arms Length

Lifter	Age	%	Class	Kilos	Points
Gary Ell1	45+	7	95	55.0	92.0
Steve Sherwood1	65+	28	80	40.0	88.8
Steve Andrews	55+	19	70	36.0▲	83.1
Philippe Crisp1	45+	9	100	47.5	78.1
Paul Barette	40+	2	70	40.0BR	76.2
Steve Shah1	65+	32	75	30.0	70.5
Andy Tomlin1	45+	11	95	37.5	66.2

1H Barbell Deadlift - cont

Lifter	Age	%	Class	Kilos	Points
Gary Ell1	45+	7	95	122.5R	60.3
Brian Irwin1	40+	1	125+	160.0R	60.2
Max Ell1	Open	33	45	57.5L	59.2
Matthew Finkle1	50+	12	70	90.0R	55.5
Steve Shah1	65+	32	75	80.0L	55.3
Gareth Edwards1	Open	0	85	105.0R	51.9
Maddy Ell1	Open	33	50	52.9L	50.6
Trevor Evans1	70+	42	80	65.9R	47.1
Kris Singh1	Open	0	95	100.0R	45.9
Ian Thomas	Open	0	85	90.0R	44.4
Liam Casey1	Open	0	90	90.0R	43.6
Mark Shaw	55+	18	85	70.5L	40.6
Robyn Taylor1	Open	33	65	50.0L	39.8
Martin Doolan1	75+	50	85	50.0L	37.5
Gary Bunting1	Open	1	125	90.0R	36.1
Ed Shorttle	60+	22	80	50.0R1	31.0

Pullover @ Arms Length - cont

Lifter	Age	%	Class	Kilos	Points
David Bagnall1	40+	4	95	40.0	65.8
Brian Irwin1	40+	1	125+	50.0	63.9
Liam Casey1	Open	0	90	32.5	53.4
Maddy Ell1	Open	33	50	16.0	52.0
Gareth Edwards1	Open	0	85	30.0	50.4
Gary Bunting1	Open	1	125	35.0	47.7
Matthew Finkle1	50+	12	70	22.5	47.2
Ian Thomas	Open	0	85	27.5	46.1
Martin Doolan1	75+	50	85	17.5	44.6
Ed Shorttle	60+	22	80	20.0	42.2
Max Ell1	Open	33	45	11.0	38.5
Robyn Taylor1	Open	33	65	10.0	27.0
Mark Shaw	55+	18	85	12.5	24.5
Kris Singh1	Open	0	95	12.5	19.5
Clive Madge	65+	32	105	0.0	0.0
Trevor Evans1	70+	42	80	0.0	0.0

Ranking of Teams after Legs 1+2+3+4+5.

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	4179.5
2	Norn Irn1	David Bagnall, Brian Irwin, Roy McClean	3962.0
3	Iron Masters1	Philippe Crisp, Steve Shah, Martin Doolan	3866.7
4	Metamorfit1	Clive Madge, Ed Shorttle, Ian Thomas,	3786.7
5	Castlemilk	Andy Tomlin, Matthew Finkle, Gary Ell	3601.5
6	Metamorfit2	Paul Barette, Jenny Watson, Ryan Burchett	2626.6
7	Twyford Celts	Maddy Ell, Max Ell	2354.4
8	Iron Masters2	Kris Singh, Robyn Taylor, Sarah Fry	2026.4
9	Sunbury1	Jeff Luther, Trevor Evans,	1985.4
10	Metamorfit3	Gareth Edwards, Natalie Voce, Candice Morris	1233.0
11	Iron Clan1	Sam Hills, Jenn Tibenham, Nick Swain	928.8
12	Norn Irn2	Paul Cullen	583.6
13	Granby2	Daniel Andrews, Frank Allen	404.7
14	Castlemilk2	George Dick	345.8
15	Metamorfit4	Chris Powell	291.6
16	Iron Masters3	Ollie Downey, Liam Casey	97.7

Ranking of Lifters after Legs 1+2+3+4+5

1	Steve Andrews	1717.4	21	Jenny Watson	713.8
2	Steve Sherwood	1683.5	22	Ryan Burchett	671.1
3	Philippe Crisp	1540.3	23	Gareth Edwards	662.8
4	Andy Tomlin	1497.3	24	Natalie Voce	640.1
5	Clive Madge	1491.0	25	Robyn Taylor	567.5
6	David Bagnall	1343.6	26	Gary Ell	548.7
7	Matthew Finkle	1209.6	27	Ollie Downey	525.8
8	Maddy Ell	1203.6	28	Sam Hills	498.8
9	Steve Shah	1177.4	29	Liam Casey	425.6
10	Max Ell	1150.8	30	Paul Cullen	408.4
11	Brian Irwin	1129.7	31	Mark Shaw	373.9
12	Jeff Luther	1033.9	32	George Dick	345.8
13	Ed Shorttle	1020.9	33	Candice Morris	337.5
14	Martin Doolan	996.2	34	Daniel Andrews	223.9
15	Kris Singh	979.7	35	Jenn Tibenham	222.0
16	Trevor Evans	951.5	36	Sarah Fry	211.7
17	Roy McClean	917.8	37	Nick Swain	208.1
18	Ian Thomas	893.6	38	Chris Powell	203.4
19	Paul Barette	870.2	39	Frank Allen	180.8
20	Gary Bunting	746.2			

Single Arm Set NAME		Age Class	CLASS Kilos	1H Barbell Snatch KILOS	1H Barbell C&J KILOS	1H Barbell Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Steve Andrews	M	55+	70	42.5	42.5	132.5	217.5	252.4
Steve Sherwood1	M	65+	80	40.0	45.0	145.0	230.0	250.6
Andy Tomlin1	M	45+	95	45.0	50.0	180.0	275.0	232.1
Clive Madge	M	65+	105	45.0	40.0	120.0	205.0 <sup>BR</sup>	205.2
Paul Barette	M	40+	70	37.5	42.5	140.0	220.0	204.3
Philippe Crisp1	M	45+	100	45.0	32.5	175.5	253.0	190.8
Gary Ell1	M	45+	95	42.5	47.5	122.5	212.5	184.7
David Bagnall1	M	40+	95	45.0	40.0	140.0	225.0	183.7
Matthew Finkle1	M	50+	70	30.0	42.5	90.0	162.5	180.7
Brian Irwin1	M	40+	125+	60.0	50.0	160.0	270.0	176.9
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	175.9
Gareth Edwards1	M	Open	85	42.5	37.5	105.0	185.0	163.3
Maddy Ell1	F	Open	50	17.5	17.5	52.9	87.9	144.6
Ed Shorttle1	M	60+	80	32.5	30.0	50.0	112.5	140.2
Ian Thomas	M	Open	85	30.0	35.0	90.0	155.0	134.3
Liam Casey1	M	Open	90	35.0	30.0	90.0	155.0	132.2
Mark Shaw	M	55+	85	28.0	28.0	70.5	126.5	131.4
Steve Shah1	M	65+	75	20.0	12.5	80.0	112.5	118.9
Gary Bunting1	M	Open	125	30.0	40.0	90.0	160.0	114.8
Robyn Taylor1	F	Open	65	17.5	15.0	50.0	82.5	112.6
Trevor Evans1	M	70+	80	15.0	15.0	65.9	95.9	107.4
Kris Singh1	M	Open	95	25.0	20.0	100.0	145.0	104.1
Martin Doolan1	M	75+	85	15.0	12.5	50.0	77.5	95.6

Here's the Leg 5 results, with 23 lifters making 9 teams. I hope for more numbers in the 6<sup>th</sup> & final leg of 2017.

Recognition to Steve Andrews, Steve Sherwood & Clive Madge for top 3 in the Snatch; Steve Sherwood, Steve Andrews & Matt Finkle for the top 3 in the C&J; Steve Sherwood, Andy Tomlin & Steve Andrews for top 3 in the Deadlift; Gary Ell, Steve Sherwood & Steve Andrews for top 3 in the Pullover.

The top 3 Teams were Granby, Castlemilk & Metamorfit1. Top 3 in the Single Arm Set were Steve Andrews, Steve Sherwood & Andy Tomlin. Finally a big well done to the rest of the lifters.

Overall position of the 3 top teams are still Granby, Norn Irn1 & Iron Masters1. Phil has regained 3<sup>rd</sup> place overall from Clive leaving Steve A & Steve S remaining in 1<sup>st</sup> & 2<sup>nd</sup> place.

Leg 6 lifts are Push Press, Reflex C&J, 2H Straddle & Reverse Curl.



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

**TEAM NAME:** \_\_\_\_\_

**LEG N°:** 6

*The results of this leg must be completed by the week ending* 30th November 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> / %		/			/				/
Push Press 0.8970									
Reflex Clean & Jerk 1.1216									
2H Straddle D/L 0.3940									
Reverse Curl 1.6380									
<b>REFEREES</b>									

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