

# IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 4 - compiled by Chris Bass.

1	Granby1	Steve Andrews, Steve Sherwood, Mark Shaw	929.9
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	906.8
3	Metamorfit1	Jamie Livens, Paul Barette, Ryan Shields	874.7
4	Metamorfit2	Theo Hendley, Ed Shorttle, Beata Banas	697.0
5	Sunbury	Jeff Luther, Trevor Evans,	501.6
6	Twyford Celts	Maddy Ell, Max Ell,	498.6
7	Metamorfit3	Ian Thomas, Natalie Voce,	390.7

## Ranking of Lifters

1	Steve Andrews	359.0		10	Jeff Luther	260.7
2	Steve Sherwood	357.3		11	Theo Hendley	253.4
3	Gary Ell	336.7		12	Trevor Evans	240.9
4	Andy Tomlin	303.3		13	Max Ell	230.7
5	Jamie Livens	300.2		14	Ed Shorttle	221.9
6	Paul Barette	288.0		15	Beata Banas	221.6
7	Ryan Shields	286.5		16	Mark Shaw	213.6
8	Maddy Ell	267.8		17	Ian Thomas	211.7
9	Matthew Finkle	266.8		18	Natalie Voce	179.0

## Ranking of Lifters per Lift & Record Breakers.

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

### 2H Barbell Press

### 2H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	85.1	Steve Sherwood1	65+	30	80	65.0	97.3
Steve Sherwood1	65+	30	80	60.0	76.3	Steve Andrews1	55+	20	70	55.0	84.8
Andy Tomlin1	50+	12	95	70.0	70.1	Gary Ell1	45+	8	100	67.5	73.9
Gary Ell1	45+	8	100	75.0	69.8	Jamie Livens1	Open	0	75	60.0	72.3
Jamie Livens1	Open	0	75	65.0	66.5	Andy Tomlin1	50+	12	95	60.0	70.8
Ryan Shields	16-17	10	85	62.5	64.8	Paul Barette	40+	3	75	57.5	70.7
Matthew Finkle1	50+	13	70	50.0	61.7	Ryan Shields	16-17	10	85	55.0	67.2
Jeff Luther1	60+	24	70	46.0	59.9	Maddy Ell1	Open	33	50	30.5	67.0
Maddy Ell1	Open	33	50	31.0	57.8	Matthew Finkle1	50+	13	70	42.5	61.8
Paul Barette	40+	3	75	55.0	57.4	Jeff Luther1	60+	24	70	39.0	59.8
Ed Shorttle1	60+	23	75	45.0	56.1	Beata Banas	Open	33	70	35.0	58.2
Trevor Evans1	70+	44	85	40.1	55.1	Max Ell1	Open	33	45	25.0	57.7
Theo Hendley	16-17	10	70	45.0	54.2	Theo Hendley	16-17	10	70	40.0	56.8
Mark Shaw1	55+	19	85	47.5	53.1	Trevor Evans1	70+	44	85	34.9	56.5
Ian Thomas1	Open	0	100	60.0	51.8	Mark Shaw1	55+	19	85	40.0	52.7
Natalie Voce1	Open	33	85	37.5	47.0	Ed Shorttle1	60+	23	75	35.0	51.4
Beata Banas	Open	33	70	32.5	45.9	Natalie Voce1	Open	33	85	30.0	44.3
Max Ell1	Open	33	45	22.5	44.1	Ian Thomas1	Open	0	100	42.5	43.2

### 2H Barbell C&J

### Bent Arm Pullover

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	75.0	85.0	Gary Ell1	45+	8	100	75.0	120.4
Andy Tomlin1	50+	12	95	85.0	76.0	Steve Andrews1	55+	20	70	50.0	113.0
Steve Andrews1	55+	20	70	65.0	76.0	Steve Sherwood1	65+	30	80	45.0	98.7
Jamie Livens1	Open	0	75	80.0	73.0	Paul Barette	40+	3	75	52.5□●	94.6
Gary Ell1	45+	8	100	87.5	72.6	Jamie Livens1	Open	0	75	50.0	88.3
Ryan Shields	16-17	10	85	75.0	69.4	Andy Tomlin1	50+	12	95	50.0	86.4
Paul Barette	40+	3	75	70.0	65.2	Ryan Shields	16-17	10	85	47.5□	85.1
Matthew Finkle1	50+	13	70	57.5	63.3	Theo Hendley	16-17	10	70	40.0□	83.2
Maddy Ell1	Open	33	50	37.5	62.4	Maddy Ell1	Open	33	50	25.0	80.5
Jeff Luther1	60+	24	70	52.9	61.4	Matthew Finkle1	50+	13	70	37.5	79.9
Max Ell1	Open	33	45	35.0	61.2	Jeff Luther1	60+	24	70	35.4	79.6
Theo Hendley	16-17	10	70	55.0	59.2	Trevor Evans1	70+	44	85	33.4	79.2
Beata Banas	Open	33	70	45.0	56.7	Ian Thomas1	Open	0	100	50.0	74.4
Trevor Evans1	70+	44	85	40.9	50.1	Ed Shorttle1	60+	23	75	32.5	69.9
Mark Shaw1	55+	19	85	50.0	49.9	Max Ell1	Open	33	45	20.0	67.7
Ed Shorttle1	60+	23	75	40.0	44.5	Beata Banas	Open	33	70	25.0●	60.9
Ian Thomas1	Open	0	100	55.0	42.3	Mark Shaw1	55+	19	85	30.0	57.9
Natalie Voce1	Open	33	85	35.0	39.1	Natalie Voce1	Open	33	85	22.5	48.6

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	3670.0
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	3402.4
3	Metamorfit1	Jamie Livens, Paul Barette, Ed Shorttle	3219.5
4	Metamorfit2	Ian Thomas, Gareth Edwards, Natalie Voce,	2629.3
5	Twyford Celts	Maddy Ell, Max Ell,	1938.8
6	Metamorfit3	Charlotte Hughes, Theo Hendley, Ryan Shields	1807.9
7	Sunbury	Jeff Luther, Trevor Evans,	1636.4
8	Granby2	Daniel Andrews, Mark Godleman	433.0
9	Metamorfit4	Beata Banas, Kris Singh	400.2

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

1	Steve Andrews	1359.5	13	Ian Thomas	800.1
2	Steve Sherwood	1342.6	14	Gareth Edwards	730.5
3	Gary Ell	1230.1	15	Jeff Luther	719.8
4	Andy Tomlin	1163.7	16	Natalie Voce	641.9
5	Jamie Livens	1110.2	17	Charlotte Hughes	569.6
6	Paul Barette	1060.1	18	Ryan Shields	539.2
7	Maddy Ell	1019.8	19	Theo Hendley	511.4
8	Matthew Finkle	1008.6	20	Chris Powell	433.9
9	Max Ell	918.9	21	Mark Godleman	314.8
10	Trevor Evans	916.7	22	Beata Banas	221.6
11	Mark Shaw	892.2	23	Daniel Andrews	193.8
12	Ed Shorttle	859.6	24	Kris Singh	178.6

Olympic 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	60.0	65.0	75.0	200.0	258.6
Steve Andrews1	M	55+	70	65.0	55.0	65.0	185.0	245.9
Andy Tomlin1	M	50+	95	70.0	60.0	85.0	215.0	216.8
Gary Ell1	M	45+	100	75.0	67.5	87.5	230.0	216.3
Jamie Livens1	M	Open	75	65.0	60.0	80.0	205.0	211.9
Ryan Shields	M	16-17	85	62.5	55.0	75.0	192.5 <sup>BR</sup>	201.5
Paul Barette	M	40+	75	55.0	57.5	70.0	182.5	193.3
Maddy Ell1	F	Open	50	31.0	30.5	37.5	99.0	187.3
Matthew Finkle1	M	50+	70	50.0	42.5	57.5	150.0	186.9
Jeff Luther1	M	60+	70	46.0	39.0	52.9	137.9	181.2
Theo Hendley	M	16-17	70	45.0	40.0	55.0	140.0	170.2
Max Ell1	F	Open	45	22.5	25.0	35.0	82.5	163.1
Trevor Evans1	M	70+	85	40.1	34.9	40.9	115.9	161.7
Beata Banas	F	Open	70	32.5	35.0	45.0	112.5	160.7
Mark Shaw1	M	55+	85	47.5	40.0	50.0	137.5	155.7
Ed Shorttle1	M	60+	75	45.0	35.0	40.0	120.0	152.0
Ian Thomas1	M	Open	100	60.0	42.5	55.0	157.5	137.3
Natalie Voce1	F	Open	85	37.5	30.0	35.0	102.5	130.3

Here's the Leg 4 results, with 18 lifters and 7 teams.

Recognition to Steve Andrews Steve Sherwood & Andy Tomlin for top 3 in the Press; Steve Sherwood, Steve Andrews & Jamie Livens for top 3 in the Snatch; Steve Sherwood, Andy Tomlin & Steve Andrews for the top 3 in the C&J; Gary Ell, Steve Andrews & Steve Sherwood for top 3 in the Pullover.

The top 3 Teams remain: Granby1, Castlemilk & Metamorfit1. Finally a big well done to the rest of the lifters. Top 3 in the Olympic Set were Steve Sherwood, Steve Andrews & Andy Tomlin.

Leg 5 lifts are the Single Arm Set + Crucifix.