

# IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 2 - compiled by Chris Bass.

## Ranking of Teams

1	Granby1	Steve Sherwood, Mark Godleman, Steve Andrews	961.7
2	Castlemilk	Matthew Finkle, Andy Tomlin, Gary Ell	880.5
3	Metamorfit1	Paul Barette, Jamie Livens, Ed Shorttle	819.6
4	Haven Harlots	Tony Cook, Dave Morton, Terry Morris	767.3
5	Sunbury1	Michelle Ryder, Joshua Jones, Jeff Luther	714.9
6	Metamorfit2	Beata Banas, Danny Kingsland, Rouhul Uddin	664.4
7	Metamorfit3	Lara Bennett, Natalie Voce, Brandon Hazell-Hyland	577.6
8	Twyford Celts	Max Ell, Maddy Ell	542.1
9	Metamorfit4	Maria Bennett, Charlotte Hughes	279.4
10	Haven Hotentots	Wayne Pawson	233.1
11	Granby2	Mark Shaw	219.8
12	Sunbury2	Trevor Evans	187.6

## Ranking of Lifters

1	Steve Sherwood	346.4	15	Ed Shorttle	236.8
2	Mark Godleman	319.3	16	Wayne Pawson	233.1
3	Paul Barette	301.2	17	Beata Banas	227.8
4	Matthew Finkle	296.4	18	Joshua Jones	227.5
5	Steve Andrews	296.1	19	Danny Kingsland	226.8
6	Andy Tomlin	293.3	20	Mark Shaw	219.8
7	Gary Ell	290.7	21	Jeff Luther	212.6
8	Jamie Livens	281.5	22	Rouhul Uddin	209.7
9	Maddy Ell	277.4	23	Lara Bennett	206.5
10	Michelle Ryder	274.8	24	Natalie Voce	189.6
11	Tony Cook	270.8	25	Trevor Evans	187.6
12	Max Ell	264.7	26	Brandon Hazell-Hyland	181.5
13	Dave Morton	250.1	27	Maria Bennett	162.6
14	Terry Morris	246.3	28	Charlotte Hughes	116.8

## Ranking of Lifters per Lift & Record Breakers.

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

### 2H Zercher

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	32	80	146.0▲	93.9
Mark Godleman	55+	18	105	172.5▲	85.4
Maddy Ell1	Open	33	45	87.5	83.0
Steve Andrews1	55+	21	70	122.5	81.6
Matthew Finkle1	50+	14	65	125.0	80.7
Max Ell1	Open	33	50	82.5	79.2
Andy Tomlin1	50+	13	90	150.0	77.0
Jamie Livens1	Open	0	75	150.0	76.7
Paul Barette	40+	4	85	150.0	75.7
Gary Ell1	45+	9	95	150.0	72.6
Ed Shorttle1	60+	24	80	110.0	67.8
Beata Banas	Open	33	70	90.0	63.3
Lara Bennett	14-15	58	60	65.0▲	61.7
Michelle Ryder1	45+	39	50	58.5	59.6
Terry Morris1	60+	25	110	110.0	56.9
Danny Kingsland	Open	0	60	90.0	55.6
Dave Morton1	60+	21	75	90.0	55.2
Rouhul Uddin	Open	0	75	105.0	54.4
Mark Shaw1	55+	20	85	90.0	51.4
Joshua Jones1	Open	0	75	100.4	51.2
Natalie Voce1	Open	33	80	75.0	48.7
Brandon H-Hyland	16-17	5	80	90.0	47.5
Jeff Luther1	60+	25	70	70.4	46.6
Wayne Pawson1	50+	13	85	80.0	43.2
Tony Cook1	80+	62	85	55.0	42.5
Charlotte Hughes1	Open	0	85	80.0	38.4
Maria Bennett	55+	52	95	55.0▲	37.5
Trevor Evans1	70+	46	85	20.4	14.3

### Reverse Grip Bench Press

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	32	80	85.0▲	84.6
Tony Cook1	80+	62	85	70.0	83.7
Trevor Evans1	70+	46	85	70.4	76.1
Wayne Pawson1	50+	13	85	90.0	75.1
Mark Godleman	55+	18	105	97.5▲	74.7
Gary Ell1	45+	9	95	95.0	71.1
Matthew Finkle1	50+	14	65	70.0	69.9
Steve Andrews1	55+	21	70	67.5	69.5
Jamie Livens1	Open	0	75	85.0	67.2
Paul Barette	40+	4	85	85.0	66.3
Joshua Jones1	Open	0	75	80.4	63.4
Danny Kingsland	Open	0	60	65.0 <sup>BR</sup>	62.1
Terry Morris1	60+	25	110	77.5	62.0
Andy Tomlin1	50+	13	90	75.0	59.5
Dave Morton1	60+	21	75	62.5	59.3
Michelle Ryder1	45+	39	50	37.5	59.1
Rouhul Uddin	Open	0	75	70.0	56.0
Beata Banas	Open	33	70	50.0 <sup>BR</sup>	54.4
Ed Shorttle1	60+	24	80	55.0	52.4
Max Ell1	Open	33	50	35.0	52.4
Jeff Luther1	60+	25	70	50.4	51.5
Maddy Ell1	Open	33	50	35.0	51.4
Natalie Voce1	Open	33	80	50.0	50.2
Brandon H-Hyland	16-17	5	80	60.0 <sup>BR</sup>	49.0
Mark Shaw1	55+	20	85	55.0	48.6
Maria Bennett	55+	52	95	42.5▲	44.8
Lara Bennett	14-15	58	60	30.0▲	44.0
Charlotte Hughes1	Open	0	85	37.5	27.9

## 2H Hacklift

Lifter	Age	%	Class	Kilos	Points
Paul Barette	40+	4	85	235.0▲	100.4
Mark Godleman	55+	18	105	210.0▲	88.1
Michelle Ryder1	45+	39	50	101.0	87.2
Steve Sherwood	65+	32	80	160.0	87.2
Matthew Finkle1	50+	14	65	150.0	82.0
Gary Ell1	45+	9	95	200.0	82.0
Jamie Livens1	Open	0	75	180.0	78.0
Terry Morris1	60+	25	110	170.0	74.5
Andy Tomlin1	50+	13	90	170.0	73.9
Steve Andrews1	55+	21	70	130.0	73.3
Ed Shorttle1	60+	24	80	130.0	67.9
Dave Morton1	60+	21	75	130.0	67.5
Tony Cook1	80+	62	85	100.0	65.5
Danny Kingsland	Open	0	60	115.0	60.2
Beata Banas	Open	33	70	100.0	59.6
Lara Bennett	14-15	58	60	72.5 <sup>BR</sup>	58.3
Joshua Jones1	Open	0	75	130.4	56.3
Wayne Pawson1	50+	13	85	120.0	54.8
Mark Shaw1	55+	20	85	110.0	53.2
Jeff Luther1	60+	25	70	90.4	50.6
Rouhul Uddin	Open	0	75	110.0	48.2
Maddy Ell1	Open	33	45	82.5	66.3
Natalie Voce1	Open	33	80	80.0	44.0
Brandon H-Hyland	16-17	5	80	95.0	42.5
Maria Bennett	55+	52	95	65.0▲	37.5
Max Ell1	Open	33	50	87.5	71.7
Trevor Evans1	70+	46	85	50.0	29.6
Charlotte Hughes1	Open	0	85	50.0	20.3

## Rectangular Fix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Tomlin1	50+	13	90	45.0	82.9	Steve Sherwood	65+	32	80	35.0	80.8
Steve Sherwood	65+	32	80	35.0	80.8	Tony Cook1	80+	62	85	28.5	79.1
Tony Cook1	80+	62	85	28.5	79.1	Maddy Ell1	Open	33	45	22.5	76.6
Maddy Ell1	Open	33	45	22.5	76.6	Steve Andrews1	55+	21	70	30.0	71.7
Steve Andrews1	55+	21	70	30.0	71.7	Mark Godleman	55+	18	105	40.0▲	71.1
Mark Godleman	55+	18	105	40.0▲	71.1	Michelle Ryder1	45+	39	50	18.8	68.8
Michelle Ryder1	45+	39	50	18.8	68.8	Dave Morton1	60+	21	75	31.0	68.2
Dave Morton1	60+	21	75	31.0	68.2	Trevor Evans1	70+	46	85	26.9	67.5
Trevor Evans1	70+	46	85	26.9	67.5	Mark Shaw1	55+	20	85	32.5	66.6
Mark Shaw1	55+	20	85	32.5	66.6	Gary Ell1	45+	9	95	37.5	65.1
Gary Ell1	45+	9	95	37.5	65.1	Jeff Luther1	60+	25	70	26.9	63.8
Jeff Luther1	60+	25	70	26.9	63.8	Matthew Finkle1	50+	14	65	27.5	63.7
Matthew Finkle1	50+	14	65	27.5	63.7	Max Ell1	Open	33	50	17.5	60.8
Max Ell1	Open	33	50	17.5	60.8	Wayne Pawson1	50+	13	85	31.0	60.0
Wayne Pawson1	50+	13	85	31.0	60.0	Jamie Livens1	Open	0	75	32.5	59.6
Jamie Livens1	Open	0	75	32.5	59.6	Paul Barette	40+	4	85	32.5	58.8
Paul Barette	40+	4	85	32.5	58.8	Joshua Jones1	Open	0	75	30.9	56.6
Joshua Jones1	Open	0	75	30.9	56.6	Terry Morris1	60+	25	110	28.5	52.9
Terry Morris1	60+	25	110	28.5	52.9	Rouhul Uddin	Open	0	75	27.5	51.1
Rouhul Uddin	Open	0	75	27.5	51.1	Beata Banas	Open	33	70	20.0	50.5
Beata Banas	Open	33	70	20.0	50.5	Danny Kingsland	Open	0	60	22.0	48.8
Danny Kingsland	Open	0	60	22.0	48.8	Ed Shorttle1	60+	24	80	22.0	48.7
Ed Shorttle1	60+	24	80	22.0	48.7	Natalie Voce1	Open	33	80	20.0	46.6
Natalie Voce1	Open	33	80	20.0	46.6	Maria Bennett	55+	52	95	17.5▲●	42.8
Maria Bennett	55+	52	95	17.5▲●	42.8	Brandon H-Hyland	16-17	5	80	22.5	42.6
Brandon H-Hyland	16-17	5	80	22.5	42.6	Lara Bennett	14-15	58	60	12.5▲	42.6
Lara Bennett	14-15	58	60	12.5▲	42.6	Charlotte Hughes1	Open	0	85	17.5	30.2
Charlotte Hughes1	Open	0	85	17.5	30.2						

## Ranking of Teams after Legs 1+2.

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	1786.6
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	1712.1
3	Metamorfit1	Jamie Livens, Paul Barette, Danny Kingsland	1600.2
4	Haven Harlots	Tony Cook, Dave Morton, Terry Morris	1417.7
5	Metamorfit2	Beata Banas, Ed Shorttle, Rouhul Uddin	1323.9
6	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	1089.0
7	Twyford Celts	Max Ell, Maddy Ell	962.4
8	Sunbury	Michelle Ryder, Jeff Luther, Trevor Evans	808.7
9	Metamorfit4	Maria Bennett, Charlotte Hughes	418.9
10	Haven Hotentots	Wayne Pawson	233.1
11	Granby2	Mark Godleman	219.8
12	Sunbury2	Joshua Jones	187.6

## Ranking of Lifters after Legs 1+2

1	Steve Sherwood	670.7	15	Terry Morris	456.4
2	Steve Andrews	598.1	16	Ed Shorttle	453.3
3	Gary Ell	582.5	17	Jeff Luther	438.2
4	Andy Tomlin	578.1	18	Mark Shaw	418.4
5	Jamie Livens	553.6	19	Rouhul Uddin	418.0
6	Paul Barette	550.2	20	Trevor Evans	398.2
7	Matthew Finkle	528.4	21	Lara Bennett	385.7
8	Maddy Ell	504.0	22	Brandon Hazell-Hyland	353.0
9	Tony Cook	498.6	23	Natalie Voce	350.2
10	Danny Kingsland	486.3	24	Mark Godleman	319.3
11	Michelle Ryder	471.0	25	Maria Bennett	302.0
12	Dave Morton	462.7	26	Wayne Pawson	233.1
13	Beata Banas	462.5	27	Joshua Jones	227.5
14	Max Ell	458.4	28	Charlotte Hughes	116.8

Here's the Leg 2 results, now with 28 lifters and 12 teams.

Recognition to Steve Sherwood, Mark Godleman & Maddy Ell for the top 3 in the Zercher; Steve Sherwood, Tony Cook & Trevor Evans for top 3 in the Bench Press; Paul Barette, Mark Godleman & Michelle Ryder for top 3 in the Hacklift; Andy Tomlin, Sherwood & Tony Cook in the Rectangular Fix.

Steve Sherwood, Mark Godleman & Paul Barette are top 3 lifters overall & the top 3 Teams are Granby1, Castlemilk & Metamorfit 1. Finally a big well done to the rest of the lifters.

To date: top 3 lifters are Steve Sherwood, Steve Andrews & Gary Ell; Top 3 teams remain Granby, Castlemilk & Metamorfit 1.

Lifts for Leg3 are: Squat, Bench Press fof, Deadlift & Crucifix to be done by the end of May.



Chris