

IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 1 - compiled by Chris Bass.

Ranking of Teams

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	886.2
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	851.2
3	Metamorfit1	Jamie Livens, Gareth Edwards, Paul Barette	751.5
4	Metamorfit2	Ed Shorttle, Chris Powell, Ian Thomas	653.8
5	Metamorfit3	Charlotte Hughes, Kris Singh, Natalie Voce	533.9
6	Twyford Celts	Maddy Ell, Max Ell	477.0
7	Sunbury	Jeff Luther, Trevor Evans	450.6

Ranking of Lifters

1	Steve Sherwood	342.0	11	Ed Shorttle	231.9
2	Steve Andrews	327.0	12	Max Ell	230.6
3	Gary Ell	297.2	13	Chris Powell	225.8
4	Andy Tomlin	294.6	14	Mark Shaw	217.2
5	Jamie Livens	263.2	15	Trevor Evans	215.8
6	Matthew Finkle	259.4	16	Ian Thomas	196.2
7	Maddy Ell	246.5	17	Charlotte Hughes	186.2
8	Gareth Edwards	245.6	18	Kris Singh	178.6
9	Paul Barette	242.7	19	Natalie Voce	169.1
10	Jeff Luther	234.8			

Ranking of Lifters per Lift & Record Breakers.

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref

1H Barbell Snatch

Continental C&J

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	40.0R	85.4
Steve Sherwood1	65+	30	80	40.0R	70.0
Andy Tomlin1	50+	12	95	45.0L	67.7
Paul Barette1	40+	3	75	37.5R	60.0
Gareth Edwards1	Open	0	85	42.5R	59.6
Matthew Finkle1	50+	13	70	32.5R	58.4
Gary Ell1	45+	8	100	40.0L	56.8
Jeff Luther1	60+	24	75	29.1R	56.1
Ed Shorttle	60+	23	80	30.0L	54.6
Jamie Livens1	Open	0	75	35.0R	53.3
Max Ell1	Open	33	45	17.5L	51.9
Trevor Evans1	70+	44	85	24.2R	50.6
Maddy Ell1	Open	33	50	17.5L	49.3
Mark Shaw1	55+	19	85	28.0L	46.9
Chris Powell1	40+	5	100	32.5R	44.0
Ian Thomas	Open	0	95	30.0R	39.9
Natalie Voce	Open	33	85	20.0R●	37.4
Charlotte Hughes1	Open	33	80	17.5R	34.7
Kris Singh	Open	0	95	20.0R	26.5

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	74.8
Andy Tomlin1	50+	12	95	87.5	71.0
Gary Ell1	45+	8	100	90.0	68.9
Steve Sherwood1	65+	30	80	70.0	66.0
Gareth Edwards1	Open	0	85	82.5	62.3
Jamie Livens1	Open	0	75	75.0	61.5
Matthew Finkle1	50+	13	70	62.5	60.5
Jeff Luther1	60+	24	75	55.4	57.6
Maddy Ell1	Open	33	50	37.5	57.0
Paul Barette1	40+	3	75	65.0	56.1
Max Ell1	Open	33	45	32.5	52.0
Chris Powell1	40+	5	100	70.0	51.1
Mark Shaw1	55+	19	85	55.5	50.1
Kris Singh	Open	0	95	70.0	50.1
Trevor Evans1	70+	44	85	41.6	46.8
Ed Shorttle	60+	23	80	45.0	44.1
Ian Thomas	Open	0	95	60.0	43.0
Charlotte Hughes1	Open	33	80	40.0	42.7
Natalie Voce	Open	33	85	40.0	40.4

Front Squat

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	120.0	83.4
Gary Ell1	45+	8	100	130.0	73.4
Steve Andrews1	55+	20	70	82.5	70.0
Andy Tomlin1	50+	12	95	102.5	61.3
Jamie Livens1	Open	0	75	100.0	60.5
Matthew Finkle1	50+	13	70	82.5	58.9
Maddy Ell1	Open	33	50	52.5	58.8
Paul Barette1	40+	3	75	90.0	57.3
Gareth Edwards1	Open	0	85	97.5	54.3
Ian Thomas	Open	0	95	100	52.9

2H Thumbless Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	30	80	170.0	122.6
Gary Ell1	45+	8	100	167.5	98.1
Steve Andrews1	55+	20	70	110.0	96.8
Andy Tomlin1	50+	12	95	152.5	94.6
Jamie Livens1	Open	0	75	140.0	87.9
Ed Shorttle	60+	23	80	110.0	82.5
Matthew Finkle1	50+	13	70	110.0	81.5
Maddy Ell1	Open	33	50	70.0	81.4
Mark Shaw1	55+	19	85	115.5	79.9
Chris Powell1	40+	5	100	142.5	79.6

Continued:

Front Squat

2H Thumbless Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Kris Singh	Open	0	95	100.0	52.8	Trevor Evans1	70+	44	85	90.1	77.6
Chris Powell1	40+	5	100	95.0	51.1	Max Ell1	Open	33	45	62.5	76.5
Ed Shorttle	60+	23	80	70.0	50.6	Jeff Luther1	60+	24	75	90.4	71.9
Max Ell1	Open	33	45	42.5	50.1	Charlotte Hughes1	Open	33	80	85.0	69.5
Jeff Luther1	60+	24	75	64.1	49.1	Gareth Edwards1	Open	0	85	120.0	69.4
Trevor Evans1	70+	44	85	49.1	40.8	Paul Barette1	40+	3	75	105.0	69.3
Mark Shaw1	55+	19	85	60.5	40.3	Ian Thomas	Open	0	95	110.0	60.4
Charlotte Hughes1	Open	33	80	50.0	39.4	Natalie Voce	Open	33	85	70.0	54.1
Natalie Voce	Open	33	85	50.0 ^{BR}	37.2	Kris Singh	Open	0	95	90.0	49.3

Aston Set		Age	CLASS	1H Snatch	Cont C&J	Front Squat	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	40.0	70.0	120.0	230.0	237.7
Steve Andrews1	M	55+	70	40.0	65.0	82.5	187.5	212.4
Andy Tomlin1	M	50+	95	45.0	87.5	102.5	235.0	200.0
Gary Ell1	M	45+	100	40.0	90.0	130.0	260.0	199.1
Matthew Finkle1	M	50+	70	32.5	62.5	82.5	177.5	177.9
Gareth Edwards1	M	Open	85	42.5	82.5	97.5	222.5	176.2
Jamie Livens1	M	Open	75	35.0	75.0	100.0	210.0	175.3
Paul Barette1	M	40+	75	37.5	65.0	90.0	192.5	173.4
Maddy Ell1	F	Open	50	17.5	37.5	52.5	107.5	165.1
Jeff Luther1	M	60+	75	29.1	55.4	64.1	148.6	162.9
Max Ell1	F	Open	45	17.5	32.5	42.5	92.5	154.1
Ed Shorttle	M	60+	80	30.0	45.0	70.0	145.0	149.3
Chris Powell1	M	40+	100	32.5	70.0	95.0	197.5	146.2
Trevor Evans1	M	70+	85	24.2	41.6	49.1	114.9	138.2
Mark Shaw1	M	55+	85	28.0	55.5	60.5	144.0	137.4
Ian Thomas	M	Open	95	30.0	60.0	100.0	190.0	135.8
Kris Singh	M	Open	95	20.0	70.0	100.0	190.0	129.4
Charlotte Hughes1	F	Open	80	17.5	40.0	50.0	107.5	116.8
Natalie Voce	F	Open	85	20.0	40.0	50.0	110.0 ^{BR}	115.0

Here's Leg 1 results of the new year. Unfortunately we have lost Iron Clan & Northern Ireland. Hopefully Northern Ireland will return for leg 2. This has given us 7 team & 19 lifters so far.

Recognition to Steve Andrews, Steve Sherwood & Andy Tomlin for the top 3 in the Snatch; Steve Andrews, Andy Tomlin & Gary Ell for the top 3 in the C&J; Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the Squat and finally Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the Deadlift. The top 3 lifters were: Steve Sherwood, Steve Andrews & Gary Ell. The top 3 teams were Granby, Castlemilk & Metamorfit1.

Also to Steve Andrews, Steve Sherwood & Andy Tomlin for being top 3 in the Aston Set.

Finally a big well done to the rest of the lifters for competing in the first leg of 2018.

Leg2 lifts are: Clean & Seated Press, Continental Snatch, Reflex C&J & Rectangular Fix. To be completed by 30th March 2018.

Chris Bass.