

# IWA (UK) Bob Smith All Round Postal League 2018 – Leg 3 - compiled by Chris Bass.

## Ranking of Teams

1	Granby1	Steve Andrews, Steve Sherwood, Mark Godleman	1008.0
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	822.7
3	Metamorfit1	Paul Barette, Jamie Livens, Theo Hendley	806.2
4	Metamorfit2	Ryan Shields, Ed Shorttle, Gareth Edwards	713.4
5	Metamorfit3	Ian Thomas, Charlotte Hughes, Natalie Voce	590.5
6	Twyford Celts	Maddy Ell, Max Ell	472.5
7	Sunbury	Trevor Evans, Jeff Luther	455.6
8	Granby2	Mark Shaw, Daniel Andrews	433.0

## Ranking of Lifters

1	Steve Sherwood	363.2	11	Maddy Ell	240.8
2	Steve Andrews	330.0	12	Mark Shaw	239.2
3	Mark Godleman	314.8	13	Ed Shorttle	235.0
4	Gary Ell	313.7	14	Max Ell	231.6
5	Paul Barette	279.9	15	Trevor Evans	231.3
6	Jamie Livens	268.3	16	Gareth Edwards	225.8
7	Andy Tomlin	263.5	17	Jeff Luther	224.3
8	Theo Hendley	258.0	18	Ian Thomas	214.4
9	Ryan Shields	252.7	19	Charlotte Hughes	204.3
10	Matthew Finkle	245.5	20	Daniel Andrews	193.8
			21	Natalie Voce	171.8

## Ranking of Lifters per Lift & Record Breakers.

### Squat

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	150.0▲	89.7
Gary Ell1	45+	8	100	185.0	81.5
Mark Godleman	55+	17	105	170.0▲	78.9
Steve Andrews1	55+	20	70	120.0	74.7
Theo Hendley	16-17	10	65	112.5▲	65.8
Jamie Livens1	Open	0	70	130.0	64.9
Paul Barette	40+	3	75	130.0	64.9
Maddy Ell1	Open	33	55	65.4	54.7
Charlotte Hughes1	Open	33	75	85.0	54.0
Matthew Finkle1	50+	13	70	95.0	54.0
Mark Shaw1	55+	19	85	100.5	53.4
Gareth Edwards	Open	0	85	120.0	53.4
Andy Tomlin1	50+	12	95	110.0	52.2
Ryan Shields	16-17	10	85	100.0	50.4
Ian Thomas1	Open	0	100	120.0	49.4
Daniel Andrews	Open	0	75	100.0	49.3
Max Ell1	Open	33	45	50.5	47.4
Ed Shorttle	60+	23	80	82.5	47.2
Trevor Evans1	70+	44	85	70.4	46.1
Jeff Luther1	60+	24	70	67.9	42.4
Natalie Voce	Open	33	85	70.0	41.7

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

### Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points
Gary Ell1	45+	8	100	130.0	90.3
Steve Andrews1	55+	20	70	82.5	81.0
Trevor Evans1	70+	44	85	77.9	80.3
Steve Sherwood	65+	30	80	85.0 <sup>BR</sup>	80.1
Mark Godleman	55+	17	105	105.0▲	76.8
Andy Tomlin1	50+	12	95	92.5	69.2
Jamie Livens1	Open	0	70	85.0	66.9
Jeff Luther1	60+	24	70	67.9	66.9
Ian Thomas1	Open	0	100	100.0	65.0
Ed Shorttle	60+	23	80	70.0▲	63.2
Gareth Edwards	Open	0	85	90.0	63.1
Paul Barette	40+	3	75	80.0▲	62.9
Matthew Finkle1	50+	13	70	70.0	62.8
Ryan Shields	16-17	10	85	77.5 <sup>BR</sup>	61.6
Theo Hendley	16-17	10	65	65.0▲	59.9
Max Ell1	Open	33	45	40.0	59.2
Maddy Ell1	Open	33	55	42.5	56.0
Mark Shaw1	55+	19	85	65.5	54.9
Natalie Voce	Open	33	85	47.5	44.6
Charlotte Hughes1	Open	33	75	40.0	40.1
Daniel Andrews	Open	0	75	50.0	38.9

## Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	183.0▲	89.1
Steve Andrews1	55+	20	70	157.5	79.8
Paul Barette	40+	3	75	195.0BR	79.2
Mark Godleman	55+	17	105	200.0▲	75.6
Gary Ell1	45+	8	100	195.0	70.0
Ed Shorttle	60+	23	80	150.0	69.9
Jamie Livens1	Open	0	70	170.0	69.1
Max Ell1	Open	33	45	90.4	69.1
Maddy Ell1	Open	33	55	100.4	68.3
Andy Tomlin1	50+	12	95	175.0	67.6
Matthew Finkle1	50+	13	70	140.0	64.8

## Barbell Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	30	80	77.5▲	104.2
Steve Andrews1	55+	20	70	67.5	94.5
Mark Godleman	55+	17	105	80.0▲	83.5
Ryan Shields	16-17	10	85	67.5	76.5
Andy Tomlin1	50+	12	95	70.0	74.6
Paul Barette	40+	3	75	65.0	72.9
Mark Shaw1	55+	19	85	60.5	72.3
Gary Ell1	45+	8	100	72.5	71.9
Jamie Livens1	Open	0	70	60.0	67.4
Matthew Finkle1	50+	13	70	50.0	63.9
Jeff Luther1	60+	24	70	45.4	63.8

**Deadlift**

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Theo Hendley	16-17	10	65	130.0	61.9	Maddy Ell1	Open	33	55	32.9	61.8
Mark Shaw1	55+	19	85	135.5	58.6	Trevor Evans1	70+	44	85	40.4	59.4
Gareth Edwards	Open	0	85	150.0	54.3	Theo Hendley	16-17	10	65	45.0	59.2
Ian Thomas1	Open	0	100	160.0	53.7	Charlotte Hughes1	Open	33	75	40.0	57.2
Ryan Shields	16-17	10	85	130.0	53.3	Max Ell1	Open	33	45	26.5	55.9
Charlotte Hughes1	Open	33	75	102.5	53.0	Daniel Andrews	Open	0	75	50.0	55.4
Jeff Luther1	60+	24	70	100.4	51.1	Gareth Edwards	Open	0	85	55.0	55.0
Daniel Andrews	Open	0	75	125.0	50.2	Ed Shorttle	60+	23	80	42.5	54.7
Trevor Evans1	70+	44	85	85.4	45.5	Natalie Voce	Open	33	85	35.01	46.8
Natalie Voce	Open	33	85	80.0	38.8	Ian Thomas1	Open	0	100	50.0	46.3

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	2740.1
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	2495.6
3	Metamorfit1	Paul Barette, Jamie Livens, Gareth Edwards	2344.8
4	Metamorfit2	Ed Shorttle, Ian Thomas, Charlotte Hughes	1932.3
5	Twyford Celts	Maddy Ell, Max Ell,	1440.2
6	Metamorfit3	Natalie Voce, Chris Powell, Theo Hendley	1417.2
7	Sunbury	Trevor Evans, Jeff Luther,	1134.8
8	Granby2	Mark Godleman, Daniel Andrews,	433.0
7	Metamorfit3	Ryan Shields, Kris Singh	

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

1	Steve Andrews	1000.6	13	Ed Shorttle	637.6
2	Steve Sherwood	985.3	14	Ian Thomas	588.4
3	Gary Ell	893.4	15	Charlotte Hughes	569.6
4	Andy Tomlin	860.4	16	Natalie Voce	462.9
5	Jamie Livens	809.9	17	Jeff Luther	459.1
6	Paul Barette	772.1	18	Chris Powell	433.9
7	Maddy Ell	752.0	19	Mark Godleman	314.8
8	Matthew Finkle	741.8	20	Theo Hendley	258.0
9	Gareth Edwards	730.5	21	Ryan Shields	252.7
10	Max Ell	688.2	22	Daniel Andrews	193.8
11	Mark Shaw	678.6	23	Kris Singh	178.6
12	Trevor Evans	675.7			

Power Set		Age	CLASS	Squat	Bench Press FOF	Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood	M	65+	80	150.0	85.0	183.0	418.0 <sup>BR</sup>	258.9
Gary Ell1	M	45+	100	185.0	130.0	195.0	510.0	241.9
Steve Andrews1	M	55+	70	120.0	82.5	157.5	360.0	235.5
Mark Godleman	M	55+	105	170.0	105.0	200.0	475.0 <sup>BR</sup>	231.3
Paul Barette	M	40+	75	130.0	80.0	195.0	405.0	207.0
Jamie Livens1	M	Open	70	130.0	85.0	170.0	385.0	201.0
Andy Tomlin1	M	50+	95	110.0	92.5	175.0	377.5	188.9
Theo Hendley	M	16-17	65	112.5	65.0	130.0	307.5 <sup>BR</sup>	187.6
Matthew Finkle1	M	50+	70	95.0	70.0	140.0	305.0	181.6
Ed Shorttle	M	60+	80	82.5	70.0	150.0	302.5	180.3
Maddy Ell1	F	Open	55	65.4	42.5	100.4	208.3	179.0
Max Ell1	F	Open	45	50.5	40.0	90.4	180.9	175.7
Trevor Evans1	M	70+	85	70.4	77.9	85.4	233.7	171.9
Gareth Edwards	M	Open	85	120.0	90.0	150.0	360.0	170.8
Ian Thomas1	M	Open	100	120.0	100.0	160.0	380.0	168.1
Mark Shaw1	M	55+	85	100.5	65.5	135.5	301.5	166.9
Ryan Shields	M	16-17	85	100.0	77.5	130.0	307.5 <sup>BR</sup>	165.2
Jeff Luther1	M	60+	70	67.9	67.9	100.4	236.2	160.5
Charlotte Hughes1	F	Open	75	85.0	40.0	102.5	227.5	147.1
Daniel Andrews	M	Open	75	100.0	50.0	125.0	275.0	138.3
Natalie Voce	F	Open	85	70.0	47.5	80.0	197.5	125.0

Here's the Leg 3 results, with 21 lifters and 7 teams. Welcome to 2 new lifters for Metamorfit team; Theo Hendley & Ryan Shields.

Recognition to Steve Sherwood, Gary Ell & Mark Godleman, for top 3 in the Squat; Gary Ell, Steve Andrews & Trevor Evans for top 3 in the Bench Press; Steve Andrews, Steve Sherwood & Paul Barette for the top 3 in the Deadlift; Steve Sherwood, Andrews & Mark Godleman for top 3 in the Curl.

The top 3 Teams were Granby, Castlemilk & Metamorfit1. Finally a big well done to the rest of the lifters. Top 3 in the Power Set were Steve Sherwood, Gary Ell & Steve Andrews. Overall position of the 3 top teams remain Granby, Castlemilk & Metamorfit1. Gary has replaced Andy 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 + Bent arm Pullover.



Chris