

# IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 5 - compiled by Chris Bass.

1	Granby1	Steve Andrews, Steve Sherwood, Mark Shaw	824.9
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	811.6
3	Metamorfit1	Paul Barette, Jamie Livens, Gareth Edwards	696.3
4	Sunbury	Jeff Luther, Michelle Ryder, Trevor Evans	588.4
5	Metamorfit2	Beata Banas, Ed Shorttle, Charlotte Hughes	535.5
6	Twyford Celts	Max Ell, Maddy Ell	419.3
7	Metamorfit3	Natalie Voce	159.7

## Ranking of Lifters

1	Steve Andrews	355.1	10	Maddy Ell	205.3
2	Andy Tomlin	304.5	11	Gareth Edwards	200.5
3	Steve Sherwood	298.7	12	Beata Banas	184.8
4	Gary Ell	274.2	13	Ed Shorttle	176.7
5	Paul Barette	252.0	14	Michelle Ryder	175.4
6	Jamie Livens	243.9	15	Charlotte Hughes	173.9
7	Jeff Luther	241.5	16	Trevor Evans	171.5
8	Matthew Finkle	232.9	17	Mark Shaw	171.2
9	Max Ell	214.0	18	Natalie Voce	159.7

## Ranking of Lifters per Lift & Record Breakers.

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

### 1H Barbell Snatch

### 1H Barbell C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	65	42.5R	85.3	Andy Tomlin1	50+	12	90	57.5R	84.4
Steve Sherwood1	65+	30	80	40.0R	76.9	Steve Andrews1	55+	20	65	40.0L	77.0
Andy Tomlin1	50+	12	90	45.0L	68.8	Steve Sherwood1	65+	30	80	40.0L	73.8
Jamie Livens1	Open	0	75	42.5R	65.9	Matthew Finkle1	50+	13	65	40.0R	72.1
Paul Barette1	40+	3	75	37.5L	59.4	Max Ell1	Open	33	45	23.0R	65.3
Gary Ell1	45+	8	100	40.0R	56.5	Gary Ell1	45+	8	100	47.5L	64.4
Beata Banas	Open	33	70	25.0L	53.4	Paul Barette1	40+	3	75	40.0R	60.7
Gareth Edwards1	Open	0	85	37.5L	53.3	Jamie Livens1	Open	0	75	40.0L	59.5
Matthew Finkle1	50+	13	65	28.0L	52.6	Jeff Luther1	60+	24	70	30.1R	56.9
Max Ell1	Open	33	45	17.5L	51.8	Maddy Ell1	Open	33	50	20.5R	56.5
Maddy Ell1	Open	33	50	17.5L	50.3	Charlotte Hughes1	Open	33	80	25.0R	47.8
Jeff Luther1	60+	24	70	25.4L	50.1	Gareth Edwards1	Open	0	85	35.0R	47.7
Ed Shorttle	60+	23	70	25.0L▲	48.7	Ed Shorttle	60+	23	70	25.0R	46.7
Trevor Evans1	70+	44	85	22.9R	47.4	Beata Banas	Open	33	70	22.5R	46.1
Charlotte Hughes1	Open	33	80	22.5L	44.8	Mark Shaw1	55+	19	85	28.0R	45.3
Mark Shaw1	55+	19	85	25.5L	43.0	Trevor Evans1	70+	44	85	20.0L	39.7
Natalie Voce1	Open	33	80	20.0R	38.9	Natalie Voce1	Open	33	80	20.0L	37.3
Steve Andrews1	55+	20	65	42.5R	85.3	Andy Tomlin1	50+	12	90	57.5R	84.4

### 1H Barbell Deadlift

### Crucifix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Tomlin1	50+	12	90	182.5R	96.5	Steve Andrews1	55+	20	65	40.0	102.7
Steve Andrews1	55+	20	65	130.0L	90.1	Gary Ell1	45+	8	100	51.0	92.3
Steve Sherwood1	65+	30	80	130.0L	86.4	Jeff Luther1	60+	24	70	35.0	88.3
Michelle Ryder	40+	38	50	74.5R▲●	75.5	Trevor Evans1	70+	44	85	25.0	66.2
Paul Barette1	40+	3	75	130.0R	71.1	Steve Sherwood1	65+	30	80	25.0	61.5
Matthew Finkle1	50+	13	65	100.0R	64.9	Paul Barette1	40+	3	75	30.0	60.8
Gary Ell1	45+	8	100	125.0R	61.1	Jamie Livens1	Open	0	75	30.0	59.5
Jamie Livens1	Open	0	75	110.0R	58.9	Michelle Ryder	40+	38	50	15.0	56.3
Max Ell1	Open	33	45	57.5R	58.9	Andy Tomlin1	50+	12	90	28.0	54.8
Gareth Edwards1	Open	0	85	110.0R	54.0	Natalie Voce1	Open	33	80	20.0	49.8
Maddy Ell1	Open	33	50	52.9L	52.5	Maddy Ell1	Open	33	50	12.5	46.0
Jeff Luther1	60+	24	70	67.9R	46.3	Gareth Edwards1	Open	0	85	25.0	45.5
Beata Banas	Open	33	70	60.0R	44.3	Matthew Finkle1	50+	13	65	18.0	43.3
Ed Shorttle	60+	23	70	65.0R	43.8	Mark Shaw1	55+	19	85	20.0	43.2
Charlotte Hughes1	Open	33	80	62.5R	43.1	Beata Banas	Open	33	70	15.0	41.0
Mark Shaw1	55+	19	85	68.0L	39.7	Charlotte Hughes1	Open	33	80	15.0	38.3
Natalie Voce1	Open	33	80	50.0R	33.6	Max Ell1	Open	33	45	10.0	37.9

## 1H Barbell Deadlift - cont

Lifter	Age	%	Class	Kilos	Points
Trevor Evans1	70+	44	85	25.4R	18.2

## Crucifix - cont

Lifter	Age	%	Class	Kilos	Points
Ed Shorttle	60+	23	70	15.0	37.4

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

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	4494.9
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	4214.0
3	Metamorfit1	Paul Barette, Ed Shorttle, Gareth Edwards	3915.9
4	Metamorfit2	Natalie Voce, Ian Thomas, Charlotte Hughes	3164.8
5	Twyford Celts	Maddy Ell, Max Ell,	2358.0
6	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	2224.8
7	Metamorfit3	Ryan Shields Theo Hendley, Chris Powell, Beata Banas	1967.7
8	Granby2	Daniel Andrews, Mark Godleman	433.0

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

1	Steve Andrews	1714.6	14	Gareth Edwards	931.0
2	Steve Sherwood	1641.3	15	Natalie Voce	801.6
3	Gary Ell	1504.3	16	Ian Thomas	800.1
4	Andy Tomlin	1468.1	17	Charlotte Hughes	743.6
5	Jamie Livens	1354.0	18	Ryan Shields	539.2
6	Paul Barette	1312.1	19	Theo Hendley	511.4
7	Matthew Finkle	1241.5	20	Chris Powell	433.9
8	Maddy Ell	1225.1	21	Beata Banas	406.4
9	Max Ell	1132.9	22	Mark Godleman	314.8
10	Trevor Evans	1088.2	23	Daniel Andrews	193.8
11	Mark Shaw	1063.4	24	Kris Singh	178.6
12	Ed Shorttle	1036.3	25	Michelle Ryder	175.4
13	Jeff Luther	961.3			

Single Arm Set		Age	CLASS	1H Barbell Snatch	1H Barbell C&J	1H Barbell Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews1	M	55+	65	42.5	40.0	130.0	212.5	252.4
Andy Tomlin1	M	50+	90	45.0	57.5	182.5	285.0	249.6
Steve Sherwood1	M	65+	80	40.0	40.0	130.0	210.0	237.1
Paul Barette1	M	40+	75	37.5	40.0	130.0	207.5	191.2
Matthew Finkle1	M	50+	65	28.0	40.0	100.0	168.0	189.6
Jamie Livens1	M	Open	75	42.5	40.0	110.0	192.5	184.3
Gary Ell1	M	45+	100	40.0	47.5	125.0	212.5	182.0
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	176.0
Maddy Ell1	F	Open	50	17.5	20.5	52.9	90.9	159.3
Gareth Edwards1	M	Open	85	37.5	35.0	110.0	182.5	155.0
Jeff Luther1	M	60+	70	25.4	30.1	67.9	123.4	153.2
Beata Banas	F	Open	70	25.0	22.5	60.0	107.5	143.8
Ed Shorttle	M	60+	70	25.0	25.0	65.0	115.0 <sup>BR</sup>	139.3
Charlotte Hughes1	F	Open	80	22.5	25.0	62.5	110.0	135.7
Mark Shaw1	M	55+	85	25.5	28.0	68.0	121.5	128.0
Michelle Ryder	F	40+	50	7.6	7.6	74.5	89.7 <sup>BR</sup>	119.1
Natalie Voce1	F	Open	80	20.0	20.0	50.0	90.0	109.9
Trevor Evans1	M	70+	85	22.9	20.0	25.4	68.3	105.3

Here's the Leg 5 results, with 18 lifters making 7 teams.

Recognition to Steve Andrews, Steve Sherwood & Andy Tomlin for top 3 in the Snatch; Andy Tomlin, Steve Andrews & Steve Sherwood for the top 3 in the C&J; Andy Tomlin, Steve Andrews & Steve Sherwood for top 3 in the Deadlift; Steve Andrews, Gary Ell & Jeff Luther for top 3 in the Crucifix. The top 3 Teams again were Granby, Castlemilk & Metamorfit1. Top 3 in the Single Arm Set were Steve Andrews, Andy Tomlin & Steve Sherwood. Finally a big well done to the rest of the lifters. Leg 6 lifts are: 2H D/B Press, 2H D/B Swing, 2H D/B C&J & 1H D/B Deadlift

Chris