

IAWA (UK) Bob Smith All Round Postal League 2018 – Leg 6 - compiled by Chris Bass.

Ranking of Teams – Leg 6

1	Granby1	Steve Sherwood, Steve Andrews, Mark Shaw	1043.4
2	Castlemilk	Andy Tomlin, Matthew Finkle, Gary Ell	888.5
3	Metamorfit1	Jamie Livens, Paul Barette, Beata Banas	794.3
4	Sunbury	Michelle Ryder, Jeff Luther, Trevor Evans	717.9
5	Metamorfit2	Ed Shorttle, Natalie Voce, Rouhul Uddin	682.2
6	Twyford Celts	Maddy Ell, Max Ell	522.4

Ranking of Teams after Legs 1+2+3+4+5+6.

1	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	5538.3
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	5106.4
3	Metamorfit1	Jamie Livens, Paul Barette, Ed Shorttle	4710.1
4	Metamorfit2	Natalie Voce, Gareth Edwards Ian Thomas	3847.0
5	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	2943.8
6	Twyford Celts	Maddy Ell, Max Ell,	2880.4
7	Metamorfit3	Beata Banas, Charlotte Hughes, Ryan Shields	1967.7
8	Granby2	Daniel Andrews, Mark Godleman	433.0

Ranking of Lifters – Leg 6

1	Steve Sherwood	410.4	10	Paul Barette	252.0
2	Steve Andrews	396.1	11	Michelle Ryder	250.1
3	Andy Tomlin	326.5	12	Ed Shorttle	248.1
4	Jamie Livens	288.9	13	Max Ell	243.6
5	Gary Ell	285.6	14	Mark Shaw	236.9
6	Maddy Ell	278.8	15	Natalie Voce	217.2
7	Matthew Finkle	276.4	16	Rouhul Uddin	216.9
8	Beata Banas	253.3	17	Trevor Evans	215.3
9	Jeff Luther	252.5			

Ranking of Lifters after Legs 1+2+3+4+5+6

1	Steve Andrews	2110.7	14	Natalie Voce	1018.8
2	Steve Sherwood	2051.7	15	Gareth Edwards	931.0
3	Andy Tomlin	1798.6	16	Ian Thomas	800.1
4	Gary Ell	1789.9	17	Charlotte Hughes	743.6
5	Jamie Livens	1642.9	18	Beata Banas	659.8
6	Paul Barette	1564.1	19	Ryan Shields	539.2
7	Matthew Finkle	1518.0	20	Theo Hendley	511.4
8	Maddy Ell	1503.9	21	Chris Powell	433.9
9	Max Ell	1376.5	22	Michelle Ryder	426.5
10	Trevor Evans	1303.4	23	Mark Godleman	314.8
11	Mark Shaw	1300.3	24	Rouhul Uddin	216.9
12	Ed Shorttle	1284.3	25	Daniel Andrews	193.8
13	Jeff Luther	1213.8	26	Kris Singh	178.6

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

Dumbbell Press

Lifter	Age	%	Class	Kilos	Points
Steve Andrews ¹	55+	20	70	60.0	91.8
Steve Sherwood ¹	65+	30	80	55.0	81.4
Gary Ell ¹	45+	8	95	65.0	71.8
Andy Tomlin ¹	50+	12	90	60.0	71.0
Jamie Livens ¹	Open	0	80	60.0	70.0
Ed Shorttle ¹	60+	23	75	45.0	66.4
Matthew Finkle ¹	50+	13	65	43.0	64.4
Maddy Ell ¹	Open	33	50	28.0	62.9

Dumbbell Swing

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood ¹	65+	30	80	60.0	96.3
Steve Andrews ¹	55+	20	70	50.0	83.0
Andy Tomlin ¹	50+	12	90	55.0	70.6
Jamie Livens ¹	Open	0	80	55.0	69.6
Jeff Luther ¹	60+	24	70	40.0	66.3
Gary Ell ¹	45+	8	95	55.0	65.9
Beata Banas	Open	33	70	35.5	62.9
Matthew Finkle ¹	50+	13	65	38.0	61.7

<u>D/B Press cont</u>						<u>D/B Swing cont</u>					
	Age	%	Class	Kilos	Points		Age	%	Class	Kilos	Points
Jeff Luther1	60+	24	70	40.0	61.1	Maddy Ell1	Open	33	50	25.0	61.0
Mark Shaw1	55+	19	85	45.0	58.5	Paul Barette	40+	3	75	45.01	59.2
Michelle Ryder1	40+	38	50	25.0	57.7	Ed Shorttle1	60+	23	75	35.0	56.0
Beata Banas	Open	33	70	35.0	57.1	Rouhul Uddin	Open	0	70	40.01	53.2
Rouhul Uddin	Open	0	70	45.0	55.1	Trevor Evans1	70+	44	85	30.0	52.2
Paul Barette	40+	3	75	45.0	54.6	Michelle Ryder1	40+	38	50	20.0	50.1
Natalie Voce	Open	33	80	35.0●	52.9	Mark Shaw1	55+	19	85	35.0	49.4
Max Ell1	Open	33	45	22.0	50.5	Natalie Voce	Open	33	80	27.51	45.1
Trevor Evans1	70+	44	85	30.0	48.1	Max Ell1	Open	33	45	18.0	44.8

Dumbbell C&J

1H Dumbbell Deadlift

<u>Dumbbell C&J</u>						<u>1H Dumbbell Deadlift</u>					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	65.0	100.7	Steve Sherwood1	65+	30	80	145.0	135.4
Steve Sherwood1	65+	30	80	65.0	97.4	Steve Andrews1	55+	20	70	125.0	120.7
Andy Tomlin1	50+	12	90	70.0	83.9	Andy Tomlin1	50+	12	90	135.0	100.9
Gary Ell1	45+	8	95	70.0	78.3	Maddy Ell1	Open	33	50	61.0	86.6
Jamie Livens1	Open	0	80	65.0	76.8	Matthew Finkle1	50+	13	65	90.0	85.1
Jeff Luther1	60+	24	70	45.0	69.6	Michelle Ryder1	40+	38	50	57.5	83.8
Maddy Ell1	Open	33	50	30.0	68.3	Max Ell1	Open	33	45	57.5	83.3
Matthew Finkle1	50+	13	65	43.0	65.2	Paul Barette	40+	3	75	108.21	82.9
Max Ell1	Open	33	45	28.0	65.1	Beata Banas	Open	33	70	73.2●	75.4
Natalie Voce	Open	33	80	40.0●	61.3	Jamie Livens1	Open	0	80	98.2	72.4
Ed Shorttle1	60+	23	75	40.0	59.8	Mark Shaw1	55+	19	85	85.0	69.8
Mark Shaw1	55+	19	85	45.0	59.3	Gary Ell1	45+	8	95	100.0	69.7
Michelle Ryder1	40+	38	50	25.0	58.5	Ed Shorttle1	60+	23	75	70.7	65.9
Beata Banas	Open	33	70	35.0	57.9	Trevor Evans1	70+	44	85	57.5	58.2
Trevor Evans1	70+	44	85	35.0	56.8	Natalie Voce	Open	33	80	60.71	57.9
Rouhul Uddin	Open	0	70	45.0	55.8	Jeff Luther1	60+	24	70	57.5	55.5
Paul Barette	40+	3	75	45.0	55.3	Rouhul Uddin	Open	0	70	68.2	52.7

Here's the roundup of the results 2018:

Well done to Steve Andrews, Steve Sherwood & Andy Tomlin for being the top 3 lifters in this the final leg. Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the Press; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in Swing; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the C&J; Steve Andrews, Steve Sherwood & Andy Tomlin were the first 3 in the Deadlift.

Overall for the year: Steve Andrews was the top lifter for 2018 - well done also to Steve Sherwood on coming second and Andy Tomlin third. Top team this year was with Granby, followed by Castlemilk then Metamorfit1 in third. I must also congratulate Maddy Ell for being top ladies lifter & overall 8th. I feel sure that Beata & Michelle will be strong contenders next year if they complete all 24 lifts. And finally well done to everyone else & thanks for lifting throughout the year. I hope you all compete next year for without you the postal league would not continue.

If you qualify for an award (**12 lifts or more**) and want one then please contact Frank Allen. No claim – No award. Congratulations to all the title and award winners.

Final Rankings of the 2018 All round Scheme.

1	Steve Andrews	24	Best British Open & 55+, 70k class & Top All Rounder
2	Steve Sherwood	24	Best British Open & 65+, 80k class All Rounder
3	Andy Tomlin	24	Best British Open & 50+, 95k class All Rounder
4	Gary Ell	24	Best British Open & 45+, 100k class All Rounder
5	Jamie Livens	24	Best British Open, 75k class All Rounder
6	Paul Barette	24	Best British 40+, 75k class All Rounder
7	Matt Finkle	24	Best British 50+, 70k class All Rounder
8	Maddy Ell	24	Best British Ladies Open, 50k class Top All Rounder
9	Max Ell	24	Best British Ladies Open, 45k class All Rounder
10	Mark Shaw	24	Best British Open & 55+, 85k class All Rounder
11	Trevor Evans	23	Best British 70+, 85k class All Rounder
12	Ed Shorttle	24	Best British 60+, 75k class All Rounder
13	Jeff Luther	20	Best British 60+, 75k class All Rounder
14	Natalie Voce	24	Best British Ladies Open, 85k class All Rounder
15	Gareth Edwards	16	Runner up British Open, 85k class All Rounder
16	Ian Thomas	16	Runner up British Open, 95k class All Rounder
17	Charlotte Hughes	16	Best British Ladies Open, 80k class All Rounder
18	Beata Banas	12	Best British Ladies Open, 70k class All Rounder
19	Ryan Shields	8	British 16 year old, 65k class All Rounder - 8 lifts
20	Theo Hendley	8	British 17 year old, 85k class All Rounder - 8 lifts
21	Chris Powell	8	British 40+, 100k class All Rounder - 8 lifts
22	Michelle Ryder	8	British Ladies 40+, 50k class All Rounder – 8 lifts
23	Mark Godleman	4	British 55+, 105k class All Rounder - 4 lifts
24	Rouhul Uddin	4	British Open, 70k class All Rounder – 4 lifts
25	Daniel Andrews	4	British Open, 75k class All Rounder - 4 lifts
26	Kris Singh	4	British Open, 95k class All Rounder – 4 lifts

Spencer Set		Age	CLASS	D/B Press	D/B Swing	D/B C&J	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood1	M	65+	80	60.0	50.0	65.0	175.0	275.4
Steve Andrews1	M	55+	70	55.0	60.0	65.0	180.0	275.0
Andy Tomlin1	M	50+	90	60.0	55.0	70.0	185.0	225.6
Jamie Livens1	M	Open	80	60.0	55.0	65.0	180.0	216.5
Gary Ell1	M	45+	95	65.0	55.0	70.0	190.0	215.9
Jeff Luther1	M	60+	70	40.0	40.0	45.0	125.0	197.1
Maddy Ell1	F	Open	50	28.0	25.0	30.0	83.0	192.2
Matthew Finkle1	M	50+	65	43.0	38.0	43.0	124.0	191.4
Ed Shorttle1	M	60+	75	45.0	35.0	40.0	120.0	182.2
Beata Banas	F	Open	70	35.0	35.5	35.0	105.5	177.9
Paul Barette	M	40+	75	45.0	45.0	45.0	135.0	169.1
Mark Shaw1	M	55+	85	45.0	35.0	45.0	125.0	167.2
Michelle Ryder1	F	40+	50	25.0	20.0	25.0	70.0	166.3
Rouhul Uddin	M	Open	70	45.0	40.0	45.0	130.0	164.1
Max Ell1	F	Open	45	22.0	18.0	28.0	68.0	160.3
Natalie Voce	F	Open	80	35.0	27.5	40.0	102.5 ^{BR}	159.3
Trevor Evans1	M	70+	85	30.0	30.0	35.0	95.0	157.1

I wish you all good health & good lifting for 2019. Leg 1 lifts are: 1H B/B Snatch, Cont C&J, Front Squat & Lateral Raise Lying. To be completed by end of January please.

CHRIS