

# IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 1 - compiled by Chris Bass.

## Ranking of Teams

1	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	824.9
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	808.7
3	Metamorfit1	Jamie Livens, Danny Kingsland, Paul Barette	780.6
4	Metamorfit2	Beata Banas, Ed Shorttle, Rouhul Uddin	659.5
5	Haven Hotshots	Tony Cook, Dave Morton, Terry Morris	650.4
6	Sunbury	Jeff Luther, Trevor Evans, Michelle Ryder	632.5
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	511.4
8	Twyford Celts	Maddy Ell, Max Ell	420.3
9	Metamorfit4	Maria Bennett	139.4

## Ranking of Lifters

1	Steve Sherwood	324.2	13	Ed Shorttle	216.5
2	Steve Andrews	302.0	14	Dave Morton	212.6
3	Gary Ell	291.8	15	Trevor Evans	210.7
4	Andy Tomlin	284.8	16	Terry Morris	210.0
5	Jamie Livens	272.1	17	Rouhul Uddin	208.3
6	Danny Kingsland	259.5	18	Mark Shaw	198.6
7	Paul Barette	249.0	19	Michelle Ryder	196.2
8	Beata Banas	234.7	20	Max Ell	193.7
9	Matthew Finkle	232.0	21	Lara Bennett	179.2
10	Tony Cook	227.8	22	Brandon Hazell-Hyland	171.6
11	Maddy Ell	226.6	23	Natalie Voce	160.6
12	Jeff Luther	225.6	24	Maria Bennett	139.4

## Ranking of Lifters per Lift & Record Breakers. 1H Barbell Snatch

## ▲ World Junior/Masters, ● World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref Continental C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	55+	21	70	40.0R	79.2	Steve Sherwood <sup>1</sup>	65+	32	80	70.0	72.9
Steve Sherwood <sup>1</sup>	65+	32	80	40.0R	77.3	Andy Tomlin <sup>1</sup>	50+	13	90	87.5	72.7
Andy Tomlin <sup>1</sup>	50+	13	90	45.0L	69.3	Steve Andrews <sup>1</sup>	55+	21	70	67.5	72.1
Matthew Finkle <sup>1</sup>	50+	14	65	35.0R	67.5	Gary Ell <sup>1</sup>	45+	9	95	90.0	70.4
Gary Ell <sup>1</sup>	45+	9	95	42.5R	61.7	Jamie Livens <sup>1</sup>	Open	0	75	85.0	69.7
Jamie Livens <sup>1</sup>	Open	0	75	40.0R	60.8	Matthew Finkle <sup>1</sup>	50+	14	65	60.0	62.4
Terry Morris <sup>1</sup>	60+	25	110	37.5R	57.7	Tony Cook <sup>1</sup>	80+	62	85	50.0	62.3
Beata Banas	Open	33	75	27.5R	57.5	Beata Banas	Open	33	75	55.0●	62.0
Paul Barette <sup>1</sup>	40+	4	80	37.5R	56.8	Dave Morton <sup>1</sup>	60+	21	75	60.0	59.9
Ed Shorttle	60+	24	80	30.0L	56.0	Maddy Ell <sup>1</sup>	Open	33	45	37.5	59.9
Dave Morton <sup>1</sup>	60+	21	75	30.0R	55.5	Paul Barette <sup>1</sup>	40+	4	80	70.0	57.1
Tony Cook <sup>1</sup>	80+	62	85	23.5R	54.3	Jeff Luther <sup>1</sup>	60+	25	70	52.9	56.3
Jeff Luther <sup>1</sup>	60+	25	70	26.4R	52.1	Terry Morris <sup>1</sup>	60+	25	110	65.0	53.9
Maddy Ell <sup>1</sup>	Open	33	45	17.5R	51.8	Danny Kingsland	Open	0	60	55.0	53.6
Max Ell <sup>1</sup>	Open	33	50	17.5L	50.6	Max Ell <sup>1</sup>	Open	33	50	32.5	50.6
Danny Kingsland	Open	0	60	27.5R	49.8	Ed Shorttle	60+	24	80	50.0	50.3
Trevor Evans <sup>1</sup>	70+	46	85	22.8R	48.0	Rouhul Uddin	Open	0	75	60.0	50.1
Mark Shaw <sup>1</sup>	55+	20	85	27.5L	46.7	Mark Shaw <sup>1</sup>	55+	20	85	52.5	48.1
Rouhul Uddin	Open	0	75	30.0R	46.5	Lara Bennett	13&U	58	60	30.0 <sup>BR</sup>	45.9
Brandon Hazell-Hyland	16-17	5	75	27.5R	43.8	Trevor Evans <sup>1</sup>	70+	46	85	40.0	45.4
Lara Bennett	13&U	58	60	15.0R▲	42.6	Michelle Ryder <sup>1</sup>	40+	39	50	27.9	45.2
Michelle Ryder <sup>1</sup>	40+	39	50	12.8R	38.4	Natalie Voce <sup>1</sup>	Open	33	85	40.0	41.4
Natalie Voce <sup>1</sup>	Open	33	85	20.0R	38.4	Brandon Hazell-Hyland	16-17	5	75	45.0	38.6
Maria Bennett	55+	52	95	15.0R▲	30.6	Maria Bennett	55+	52	95	30.0▲	33.0

## Front Squat

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood <sup>1</sup>	65+	32	80	120.0	92.2
Gary Ell <sup>1</sup>	45+	9	95	135.0	77.9
Steve Andrews <sup>1</sup>	55+	21	70	85.0	66.9
Jamie Livens <sup>1</sup>	Open	0	75	110.0	66.5
Maddy Ell <sup>1</sup>	Open	33	45	55.0	64.7
Matthew Finkle <sup>1</sup>	50+	14	65	80.0	61.3
Andy Tomlin <sup>1</sup>	50+	13	90	100.0	61.2
Paul Barette <sup>1</sup>	40+	4	80	100.0	60.2
Ed Shorttle	60+	24	80	77.5	57.5
Michelle Ryder <sup>1</sup>	40+	39	50	47.5	56.7
Beata Banas	Open	33	75	67.5	56.1
Terry Morris <sup>1</sup>	60+	25	110	90.0	55.0
Danny Kingsland	Open	0	60	75.0	53.9
Max Ell <sup>1</sup>	Open	33	50	45.0	51.7
Dave Morton <sup>1</sup>	60+	21	75	70.0	51.5
Lara Bennett	13&U	58	60	45.0 <sup>BR</sup>	50.7
Trevor Evans <sup>1</sup>	70+	46	85	60.4	50.5
Jeff Luther <sup>1</sup>	60+	25	70	60.4	47.4
Rouhul Uddin	Open	0	75	75.0	46.2
Tony Cook <sup>1</sup>	80+	62	85	50.0	45.9
Brandon Hazell-Hyland	16-17	5	75	70.0	44.3
Mark Shaw <sup>1</sup>	55+	20	85	65.0	43.9
Natalie Voce <sup>1</sup>	Open	33	85	52.5	40.1
Maria Bennett	55+	52	95	40.0▲	32.5

## Lateral Raise Lying

Lifter	Age	%	Class	Kilos	Points
Danny Kingsland	Open	0	60	40.0●	102.2
Steve Andrews <sup>1</sup>	55+	21	70	30.0	83.8
Gary Ell <sup>1</sup>	45+	9	95	40.0	81.9
Steve Sherwood <sup>1</sup>	65+	32	80	30.0	81.8
Andy Tomlin <sup>1</sup>	50+	13	90	37.5	81.5
Jamie Livens <sup>1</sup>	Open	0	75	35.0	75.1
Paul Barette <sup>1</sup>	40+	4	80	35.0	74.8
Jeff Luther <sup>1</sup>	60+	25	70	25.0	69.7
Trevor Evans <sup>1</sup>	70+	46	85	22.5	66.8
Rouhul Uddin	Open	0	75	30.0	65.6
Tony Cook <sup>1</sup>	80+	62	85	20.0	65.2
Mark Shaw <sup>1</sup>	55+	20	85	25.0	59.9
Beata Banas	Open	33	75	20.0	59.0
Michelle Ryder <sup>1</sup>	40+	39	50	13.2	55.9
Ed Shorttle	60+	24	80	20.0	52.7
Maddy Ell <sup>1</sup>	Open	33	45	12.0	50.2
Dave Morton <sup>1</sup>	60+	21	75	17.5	45.7
Brandon Hazell-Hyland	16-17	5	75	20.0▲	44.9
Terry Morris <sup>1</sup>	60+	25	110	20.0	43.4
Maria Bennett	55+	52	95	15.0▲●	43.3
Matthew Finkle <sup>1</sup>	50+	14	65	15.0	40.8
Max Ell <sup>1</sup>	Open	33	50	10.0	40.8
Natalie Voce	Open	33	85	15.0●	40.7
Lara Bennett	13&U	58	60	10.0▲	40.0

Aston Set		Age	CLASS	1H Snatch	Cont C&J	Front Squat	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Sherwood <sup>1</sup>	M	65+	80	40.0	70.0	120.0	230.0	242.4
Steve Andrews <sup>1</sup>	M	55+	70	40.0	67.5	85.0	192.5	218.2
Gary Ell <sup>1</sup>	M	45+	95	42.5	90.0	135.0	267.5	209.9
Andy Tomlin <sup>1</sup>	M	50+	90	45.0	87.5	100.0	232.5	203.3
Jamie Livens <sup>1</sup>	M	Open	75	40.0	85.0	110.0	235.0	197.0
Matthew Finkle <sup>1</sup>	M	50+	65	35.0	60.0	80.0	175.0	191.2
Maddy Ell <sup>1</sup>	F	Open	45	17.5	37.5	55.0	110.0	176.4
Beata Banas	F	Open	75	27.5	55.0	67.5	150.0	175.7
Paul Barette <sup>1</sup>	M	40+	80	37.5	70.0	100.0	207.5	174.2
Dave Morton <sup>1</sup>	M	60+	75	30.0	60.0	70.0	160.0	166.9
Terry Morris <sup>1</sup>	M	60+	110	37.5	65.0	90.0	192.5	166.6
Ed Shorttle	M	60+	80	30.0	50.0	77.5	157.5	163.8
Tony Cook <sup>1</sup>	M	80+	85	23.5	50.0	50.0	123.5	162.5
Danny Kingsland	M	Open	60	27.5	55.0	75.0	157.5	157.4
Jeff Luther <sup>1</sup>	M	60+	70	26.4	52.9	60.4	139.7	155.9
Max Ell <sup>1</sup>	F	Open	50	17.5	32.5	45.0	95.0	152.9
Trevor Evans <sup>1</sup>	M	70+	85	22.8	40.0	60.4	123.2	143.9
Rouhul Uddin	M	Open	75	30.0	60.0	75.0	165.0	142.7
Michelle Ryder <sup>1</sup>	F	40+	50	12.8	27.9	47.5	88.2	140.3
Lara Bennett	F	13&U	60	15.0	30.0	45.0	90.0 <sup>BR</sup>	139.2
Mark Shaw <sup>1</sup>	M	55+	85	27.5	52.5	65.0	145.0	138.7
Brandon Hazell-Hyland	M	16-17	75	27.5	45.0	70.0	142.5	126.6
Natalie Voce <sup>1</sup>	F	Open	85	20.0	40.0	52.5	112.5	119.9
Maria Bennett	F	55+	95	15.0	30.0	40.0	85.0 <sup>BR</sup>	96.2

Here's Leg 1 results of the new year. Welcome to Haven Hotshots & 5 new members of Metamorfit. This has given us 9 teams & 24 lifters.

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

Also to Steve Sherwood, Steve Andrews & Gary Ell 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 2019.

Leg 2 lifts are: 2H Zercher, Reverse Grip Bench Press, Hacklift & Rectangular Fix.  
To be completed by 30<sup>th</sup> March 2019.

Chris Bass.