

IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 4 - compiled by Chris Bass.

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	848.2
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	811.3
3	Metamorfit1	Beata Banas, Jamie Livens, Lara Bennett	687.8
4	Sunbury1	Jeff Luther, Joshua Jones, Trevor Evans	670.5
5	Haven Harlots	Wayne Pawson, Tony Cook, Terry Morris	663.8
6	Metamorfit2	Danny Kingsland, Brandon H-Hyland, Rouhul Uddin	607.9
7	Metamorfit3	Ed Shorttle, Paul Barette, Natalie Voce	540.5
8	Twyford Celts	Maddy Ell, Max Ell	479.7
9	Sunbury2	Michelle Ryder	178.2
10	Metamorfit4	Maria Bennett,	116.2

<u>Ranking of Lifters</u>					
1	Steve Sherwood	324.7	13	Jamie Livens	217.7
2	Steve Andrews	306.2	14	Mark Godleman	217.3
3	Gary Ell	301.6	15	Lara Bennett	209.0
4	Andy Tomlin	269.0	16	Danny Kingsland	204.8
5	Beata Banas	261.1	17	Brandon H-Hyland	202.7
6	Maddy Ell	259.3	18	Rouhul Uddin	200.4
7	Wayne Pawson	257.9	19	Ed Shorttle	196.7
8	Jeff Luther	247.8	20	Trevor Evans	196.1
9	Matthew Finkle	240.7	21	Paul Barette	180.3
10	Tony Cook	231.7	22	Michelle Ryder	178.2
11	Joshua Jones	226.6	23	Terry Morris	174.2
12	Max Ell	220.4	24	Natalie Voce	163.5
			25	Maria Bennett	116.2

Ranking of Lifters per Lift & Record Breakers. 2H Barbell Press

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref 2H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	21	70	65.0	86.1	Steve Sherwood1	65+	32	80	60.0	90.9
Wayne Pawson	50+	13	85	75.0	79.5	Steve Andrews	60+	21	70	55.0	85.8
Tony Cook1	80+	62	85	50.0	76.3	Wayne Pawson	50+	13	85	67.5	84.3
Steve Sherwood1	65+	32	80	57.5	74.0	Tony Cook1	80+	62	85	46.0	82.7
Gary Ell1	45+	9	90	67.5	66.7	Jeff Luther1	60+	25	70	51.4	79.9
Andy Tomlin1	50+	13	90	65.0	66.5	Gary Ell1	45+	9	90	67.5	78.5
Jeff Luther1	60+	25	70	47.9	63.2	Maddy Ell1	Open	33	50	30.0	67.2
Mark Godleman1	55+	18	110	65.0	63.2	Andy Tomlin1	50+	13	90	55.0	66.3
Jamie Livens1	Open	0	75	60.0	62.0	Matthew Finkle1	50+	14	65	42.5	64.4
Matthew Finkle1	50+	14	65	47.5	61.1	Mark Godleman1	55+	18	110	55.0	63.0
Danny Kingsland	Open	0	60	50.0	60.9	Lara Bennett	14-15	58	60	27.5▲	61.4
Michelle Ryder	45+	39	50	30.4▲	60.4	Jamie Livens1	Open	0	75	50.0	60.8
Trevor Evans1	70+	46	85	42.9	60.2	Beata Banas1	Open	33	75	37.5	60.4
Joshua Jones	Open	0	75	57.9	59.2	Terry Morris1	60+	25	110	50.0	59.8
Ed Shorttle1	60+	24	85	50.0	59.0	Max Ell1	Open	33	45	25.0	57.7
Rouhul Uddin	Open	0	75	57.5	58.1	Danny Kingsland	Open	0	60	40.0	57.4
Maddy Ell1	Open	33	50	30.5	58.0	Ed Shorttle1	60+	24	85	40.0	55.6
Brandon H-Hyland	16-17	5	80	55.0	57.3	Joshua Jones	Open	0	75	45.4	54.6
Lara Bennett	14-15	58	60	30.0▲	56.9	Trevor Evans1	70+	46	85	32.9	54.3
Beata Banas1	Open	33	75	37.5	51.3	Paul Barette	40+	4	80	45.0	54.0
Terry Morris1	60+	25	110	48.5	49.3	Rouhul Uddin	Open	0	75	45.0	53.5
Max Ell1	Open	33	45	25.0	49.0	Brandon H-Hyland	16-17	5	80	40.0	49.1
Natalie Voce1	Open	33	80	37.5	48.1	Natalie Voce1	Open	33	80	30.0	45.3
Paul Barette	40+	4	80	45.0 ^{BR}	45.9	Michelle Ryder	45+	39	50	15.9▲	37.2
Maria Bennett	55+	52	90	30.0▲	41.2	Maria Bennett	55+	52	90	20.0▲	32.3

2H Barbell C&J

2H Barbell C&J						Abdominal Raise					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	65+	32	80	70.0	81.0	Steve Sherwood1	65+	32	80	25.0	78.9
Gary Ell1	45+	9	90	87.5	77.7	Gary Ell1	45+	9	90	32.5	78.7
Steve Andrews	60+	21	70	65.0	77.4	Beata Banas1	Open	33	75	22.5●	75.5
Beata Banas1	Open	33	75	60.0	73.8	Maddy Ell1	Open	33	50	15.0	70.0
Andy Tomlin1	50+	13	90	80.0	73.6	Andy Tomlin1	50+	13	90	25.0	62.7
Tony Cook1	80+	62	85	53.0	72.7	Steve Andrews	60+	21	70	17.5	56.8
Wayne Pawson	50+	13	85	75.0	71.5	Max Ell1	Open	33	45	10.8	51.9
Jamie Livens1	Open	0	75	75.0	69.6	Matthew Finkle1	50+	14	65	15.4	48.6
Matthew Finkle1	50+	14	65	57.5	66.5	Joshua Jones	Open	0	75	19.2	48.1
Joshua Jones	Open	0	75	70.4	64.7	Brandon H-Hyland	16-17	5	80	17.5	44.7
Maddy Ell1	Open	33	50	37.5	64.1	Paul Barette	40+	4	80	17.5	43.7
Terry Morris1	60+	25	110	70.0	63.9	Jeff Luther1	60+	25	70	13.5	43.7
Max Ell1	Open	33	45	35.0	61.7	Rouhul Uddin	Open	0	75	17.5	43.3
Mark Godleman1	55+	18	110	70.0	61.2	Danny Kingsland	Open	0	60	12.5	37.3
Jeff Luther1	60+	25	70	51.4	61.0	Lara Bennett	14-15	58	60	7.6▲	35.3
Lara Bennett	14-15	58	60	32.5▲	55.4	Michelle Ryder	45+	39	50	6.3▲	30.7
Ed Shorttle1	60+	24	85	50.0	53.1	Trevor Evans1	70+	46	85	8.9	30.6
Brandon H-Hyland	16-17	5	80	55.0	51.5	Mark Godleman1	55+	18	110	12.5	29.8
Trevor Evans1	70+	46	85	40.4	50.9	Ed Shorttle1	60+	24	85	10.0	28.9
Michelle Ryder	45+	39	50	27.9▲	49.9	Jamie Livens1	Open	0	75	10.0	25.3
Danny Kingsland	Open	0	60	45.0	49.3	Natalie Voce1	Open	33	80	7.6	23.9
Natalie Voce1	Open	33	80	40.0	46.2	Wayne Pawson	50+	13	85	8.8	22.7
Rouhul Uddin	Open	0	75	50.0	45.4	Maria Bennett	55+	52	90	2.6▲	8.8
Paul Barette	40+	4	80	40.0	36.7	Terry Morris1	60+	25	110	0.5	1.2
Maria Bennett	55+	52	90	27.5▲	34.0	Tony Cook1	80+	62	85	0.0	0.0

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

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	3629.5
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	3347.9
3	Metamorfit1	Jamie Livens, Paul Barette, Beata Banas	3069.1
4	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	2954.8
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	2761.9
6	Metamorfit2	Danny Kingsland, Ed Shorttle, Rouhul Uddin	2627.4
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	2214.2
8	Twyford Celts	Maddy Ell, Max Ell	1880.6
9	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
10	Sunbury2	Joshua Jones, Rick Meldon	814.5
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

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

1	Steve Sherwood	1327.0	16	Rouhul Uddin	861.8
2	Steve Andrews	1242.5	17	Mark Godleman	861.4
3	Gary Ell	1223.1	18	Terry Morris	817.7
4	Andy Tomlin	1109.2	19	Trevor Evans	812.3
5	Jamie Livens	1039.9	20	Lara Bennett	795.3
6	Matthew Finkle	1015.5	21	Brandon Hazell-Hyland	745.6
7	Maddy Ell	994.7	22	Wayne Pawson	720.0
8	Tony Cook	994.5	23	Joshua Jones	712.6
9	Paul Barette	991.5	24	Natalie Voce	708.0
10	Michelle Ryder	951.4	25	Mark Shaw	635.0
11	Beata Banas	947.6	26	Dave Morton	623.3
12	Danny Kingsland	942.8	27	Maria Bennett	566.4
13	Jeff Luther	916.7	28	Rick Meldon	376.3
14	Max Ell	885.9	29	Charlotte Hughes	342.3
15	Ed Shorttle	878.2			

Olympic Set			Age	CLASS	2H Press	2H Snatch	2H C&J	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews	M	60+	70	65.0	55.0	65.0	185.0	249.4	
Steve Sherwood1	M	65+	80	57.5	60.0	70.0	187.5	245.9	
Wayne Pawson	M	50+	85	75.0	67.5	75.0	217.5	235.2	
Tony Cook1	M	80+	85	50.0	46.0	53.0	149.0	231.7	
Gary Ell1	M	45+	90	67.5	67.5	87.5	222.5	222.9	
Andy Tomlin1	M	50+	90	65.0	55.0	80.0	200.0	206.3	
Jeff Luther1	M	60+	70	47.9	51.4	51.4	150.7	204.2	
Jamie Livens1	M	Open	75	60.0	50.0	75.0	185.0	192.4	
Matthew Finkle1	M	50+	65	47.5	42.5	57.5	147.5	192.1	
Maddy Ell1	F	Open	50	30.5	30.0	37.5	98.0	189.4	
Mark Godleman1	M	55+	110	65.0	55.0	70.0	190.0	187.5	
Beata Banas1	F	Open	75	37.5	37.5	60.0	135.0	185.6	
Joshua Jones	M	Open	75	57.9	45.4	70.4	173.7	178.5	
Lara Bennett	F	14-15	60	30.0	27.5	32.5	90.0 ^{BR}	173.6	
Terry Morris1	M	60+	110	48.5	50.0	70.0	168.5	173.0	
Max Ell1	F	Open	45	25.0	25.0	35.0	85.0	168.4	
Ed Shorttle1	M	60+	85	50.0	40.0	50.0	140.0	167.7	
Danny Kingsland	M	Open	60	50.0	40.0	45.0	135.0	167.5	
Trevor Evans1	M	70+	85	42.9	32.9	40.4	116.2	165.4	
Brandon H-Hyland	M	16-17	80	55.0	40.0	55.0	150.0	158.0	
Rouhul Uddin	M	Open	75	57.5	45.0	50.0	152.5	157.0	
Michelle Ryder	F	45+	50	30.4	15.9	27.9	74.2	147.5	
Natalie Voce1	F	Open	80	37.5	30.0	40.0	107.5	139.6	
Paul Barette	M	40+	80	45.0	45.0	40.0	130.0	136.5	
Maria Bennett	F	55+	90	30.0	20.0	27.5	77.5 ^{BR}	107.5	

Here's the Leg 4 results, with 25 lifters and 10 teams.

Recognition to Steve Andrews, Wayne Pawson & Tony Cook for top 3 in the Press; Steve Sherwood, Steve Andrews & Wayne Pawson for top 3 in the Snatch; Steve Sherwood, Gary Ell & Steve Andrews for the top 3 in the C&J; Steve Sherwood, Gary Ell & Steve Andrews for top 3 in the Abdominal Raise. Top 3 teams were again Granby1, Castlemilk & Metamorfit1. . Finally a big well done to the rest of the lifters. Top 3 in the Olympic Set were Steve Sherwood, Steve Andrews & Wayne Pawson.

The top 3 Teams overall remain: Granby1, Castlemilk & Metamorfit1 & top 3 lifters are Steve Sherwood, Steve Andrews & Gary Ell.

Leg 5 lifts are the Single Arm Set + Reverse Curl.

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