

# IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 5 - compiled by Chris Bass.

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	870.2
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	840.9
3	Sunbury1	Rick Meldon, Jeff Luther, Michelle Ryder	757.2
4	Haven Harlots	Wayne Pawson, Tony Cook, Terry Morris	730.5
5	Metamorfit1	Beata Banas, Paul Barette, Lara Bennett	649.8
6	Metamorfit2	Danny Kingsland, Rouhul Uddin, Natalie Voce	571.8
7	Metamorfit3	Ed Shorttle, Brandon Hazell-Hyland, Maria Bennett	509.2
8	Twyford Celts	Max Ell, Maddy Ell,	493.6
9	Sunbury2	Joshua Jones, Trevor Evans,	392.9

<u>Ranking of Lifters</u>					
		13	Paul Barette	222.3	
1	Rick Meldon	314.2	14	Jeff Luther	222.0
2	Andy Tomlin	312.8	15	Michelle Ryder	221.0
3	Steve Sherwood	310.6	16	Terry Morris	208.3
4	Steve Andrews	295.4	17	Lara Bennett	202.6
5	Gary Ell	273.6	18	Danny Kingsland	202.1
6	Wayne Pawson	265.9	19	Joshua Jones	201.1
7	Mark Godleman	264.2	20	Trevor Evans	191.9
8	Tony Cook	256.3	21	Rouhul Uddin	185.1
9	Matthew Finkle	254.5	22	Natalie Voce	184.6
10	Maddy Ell	253.7	23	Ed Shorttle	182.5
11	Max Ell	239.9	24	Brandon Hazell-Hyland	179.2
12	Beata Banas	224.8	25	Maria Bennett	147.5

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

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

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	21	65	40.0R▲	80.9	Andy Tomlin1	50+	13	90	55.0R	82.0
Rick Meldon	55+	16	85	47.9L	78.5	Rick Meldon	55+	16	85	50.4R	79.2
Steve Sherwood	65+	32	80	40.5R▲	78.2	Matthew Finkle	50+	14	65	42.5R <sup>BR</sup>	78.4
Andy Tomlin	50+	13	90	47.5L	73.9	Steve Andrews	60+	21	65	40.0L▲	77.6
Wayne Pawson	50+	13	85	45.0R <sup>BR</sup>	71.5	Wayne Pawson	50+	13	85	45.0L	68.6
Gary Ell1	45+	9	85	42.5L	64.9	Gary Ell1	45+	9	85	45.0R	65.9
Mark Godleman	55+	18	105	42.5L▲	63.1	Tony Cook1	80+	62	85	30.0L	65.9
Tony Cook1	80+	62	85	26.5R	60.7	Max Ell1	Open	33	45	23.0	65.3
Matthew Finkle	50+	14	65	30.0L	57.7	Steve Sherwood	65+	32	80	35.0L▲	64.8
Terry Morris1	60+	25	110	37.5R	57.6	Beata Banas	Open	33	75	30.0R	59.3
Beata Banas	Open	33	75	27.5L	56.7	Mark Godleman	55+	18	105	40.0R▲	57.0
Max Ell1	Open	33	45	17.5	51.8	Maddy Ell1	Open	33	50	20.5	56.8
Paul Barette1	40+	4	80	32.5L	50.9	Jeff Luther	60+	25	75	30.4R	56.4
Joshua Jones	Open	0	75	32.9L	50.8	Lara Bennett	14-15	58	60	20.0L▲	54.1
Maddy Ell1	Open	33	50	17.5	50.6	Danny Kingsland	Open	0	60	30.0L	52.0
Ed Shorttle1	60+	24	80	27.5L	49.9	Terry Morris1	60+	25	110	35.0L	51.6
Danny Kingsland	Open	0	60	27.5R	49.7	Natalie Voce1	Open	33	80	27.5R	50.9
Lara Bennett	14-15	58	60	17.5R▲	49.3	Paul Barette1	40+	4	80	32.5R	48.8
Jeff Luther	60+	25	75	25.4L	49.1	Ed Shorttle1	60+	24	80	27.5R	47.8
Rouhul Uddin	Open	0	80	32.5L	49.1	Joshua Jones	Open	0	75	30.4R	45.0
Brandon H-Hyland	16-17	5	75	30.0L	47.7	Brandon H-Hyland	16-17	5	75	27.5R	42.0
Natalie Voce1	Open	33	80	22.5L	43.5	Trevor Evans	75+	46	85	20.0R	40.6
Trevor Evans	75+	46	85	16.7L	35.3	Michelle Ryder	45+	39	50	12.7R <sup>BR</sup>	37.1
Michelle Ryder	45+	39	50	10.1L <sup>BR</sup>	30.8	Rouhul Uddin	Open	0	80	25.0R	36.2
Maria Bennett	55+	52	95	15.0L▲●	30.6	Maria Bennett	55+	52	95	17.5R▲	34.2

## 1H Barbell Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	65+	32	80	150.0R▲	100.1
Andy Tomlin	50+	13	90	175.0R	94.1
Michelle Ryder	45+	39	50	78.5R▲●	82.6
Steve Andrews	60+	21	65	110.0R▲	76.9
Mark Godleman	55+	18	105	140.5R▲	72.1
Rick Meldon	55+	16	85	120.4R	68.2
Wayne Pawson	50+	13	85	120.0R <sup>BR</sup>	65.9
Gary Ell1	45+	9	85	122.5R	64.7
Matthew Finkle	50+	14	65	92.5R	61.5
Paul Barette1	40+	4	80	110.0R	59.5
Tony Cook1	80+	62	85	75.0R	59.4
Max Ell1	Open	33	45	57.5	58.9
Beata Banas	Open	33	75	82.5R	58.8
Lara Bennett	14-15	58	60	55.0R <sup>BR</sup>	53.6
Trevor Evans	75+	46	85	72.9R	53.3
Maddy Ell1	Open	33	50	52.9	52.9
Joshua Jones	Open	0	75	92.9R	49.6
Jeff Luther	60+	25	75	72.9R	48.7
Terry Morris1	60+	25	110	90.0R	47.8
Rouhul Uddin	Open	0	80	90.0R	47.0
Danny Kingsland	Open	0	60	75.0R	46.9
Brandon H-Hyland	16-17	5	75	85.0R	46.7
Natalie Voce1	Open	33	80	65.0R	43.4
Maria Bennett	55+	52	95	55.0R▲	38.8
Ed Shorttle1	60+	24	80	57.5R	36.0

## Reverse Curl

Lifter	Age	%	Class	Kilos	Points
Maddy Ell1	Open	33	50	30.0	93.4
Rick Meldon	55+	16	85	50.0▲	88.3
Gary Ell1	45+	9	85	47.5	78.2
Mark Godleman	55+	18	105	45.0▲	72.0
Michelle Ryder	45+	39	50	21.5▲	70.5
Tony Cook1	80+	62	85	28.5	70.3
Jeff Luther	60+	25	75	32.5	67.7
Steve Sherwood	65+	32	80	32.5	67.6
Max Ell1	Open	33	45	20.0	63.8
Paul Barette1	40+	4	80	37.5	63.2
Andy Tomlin	50+	13	90	37.5	62.8
Trevor Evans	75+	46	85	27.5	62.7
Steve Andrews	60+	21	65	27.5	59.9
Wayne Pawson	50+	13	85	35.0	59.9
Matthew Finkle	50+	14	65	27.5	57.0
Joshua Jones	Open	0	75	33.5	55.7
Danny Kingsland	Open	0	60	27.5	53.6
Rouhul Uddin	Open	0	80	32.5	52.9
Terry Morris1	60+	25	110	31.0	51.3
Beata Banas	Open	33	75	22.5	50.0
Ed Shorttle1	60+	24	80	25.0	48.8
Natalie Voce1	Open	33	80	22.5	46.8
Lara Bennett	14-15	58	60	15.0▲	45.6
Maria Bennett	55+	52	95	20.0▲	43.9
Brandon H-Hyland	16-17	5	75	25.0	42.8

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

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	4499.6
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	4188.7
3	Metamorfit1	Paul Barette, Beata Banas, Danny Kingsland	3718.9
4	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	3712.0
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	3492.4
6	Metamorfit2	Ed Shorttle, Rouhul Uddin, Jamie Livens	3199.2
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	2723.4
8	Twyford Celts	Maddy Ell, Max Ell	2374.1
9	Sunbury2	Joshua Jones, Rick Meldon	1207.5
10	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

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

1	Steve Sherwood	1637.6	16	Rouhul Uddin	1046.9
2	Steve Andrews	1537.9	17	Jamie Livens	1039.9
3	Gary Ell	1496.7	18	Terry Morris	1026.0
4	Andy Tomlin	1422.0	19	Trevor Evans	1004.2
5	Matthew Finkle	1270.0	20	Lara Bennett	997.9
6	Tony Cook	1250.8	21	Wayne Pawson	985.9
7	Maddy Ell	1248.4	22	Brandon Hazell-Hyland	924.8
8	Paul Barette	1213.8	23	Joshua Jones	913.7
9	Beata Banas	1172.5	24	Natalie Voce	892.7
10	Michelle Ryder	1172.4	25	Maria Bennett	713.8
11	Danny Kingsland	1144.9	26	Rick Meldon	690.5
12	Jeff Luther	1138.7	27	Mark Shaw	635.0
13	Max Ell	1125.8	28	Dave Morton	623.3
14	Mark Godleman	1125.6	29	Charlotte Hughes	342.3
15	Ed Shorttle	1060.7			

Single Arm Set NAME		Age Class	CLASS Kilos	1H Barbell Snatch KILOS	1H Barbell C&J KILOS	1H Barbell Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Andy Tomlin	M	50+	90	47.5	55.0	175.0	277.5	250.0
Steve Sherwood	M	65+	80	40.5	35.0	150.0	225.5 <sup>BR</sup>	243.0
Steve Andrews	M	60+	65	40.0	40.0	110.0	190.0 <sup>BR</sup>	235.4
Rick Meldon	M	55+	85	47.9	50.4	120.4	218.7	225.9
Wayne Pawson	M	50+	85	45.0	45.0	120.0	210.0	206.0
Matthew Finkle	M	50+	65	30.0	42.5	92.5	165.0	197.5
Gary Ell1	M	45+	85	42.5	45.0	122.5	210.0	195.5
Mark Godleman	M	55+	105	42.5	40.0	140.5	223.0 <sup>BR</sup>	192.2
Tony Cook1	M	80+	85	26.5	30.0	75.0	131.5	186.0
Max Ell1	F	Open	45	17.5	23.0	57.5	98.0	176.0
Beata Banas	F	Open	75	27.5	30.0	82.5	140.0	174.8
Maddy Ell1	F	Open	50	17.5	20.5	52.9	90.9	160.3
Paul Barette1	M	40+	80	32.5	32.5	110.0	175.0	159.1
Lara Bennett	F	14-15	60	17.5	20.0	55.0	92.5 <sup>BR</sup>	157.0
Terry Morris1	M	60+	110	37.5	35.0	90.0	162.5	157.0
Jeff Luther	M	60+	75	25.4	30.4	72.9	128.7	154.3
Michelle Ryder	F	45+	50	10.1	12.7	78.5	101.3 <sup>BR</sup>	150.5
Danny Kingsland	M	Open	60	27.5	30.0	75.0	132.5 <sup>BR</sup>	148.6
Joshua Jones	M	Open	75	32.9	30.4	92.9	156.2	145.3
Natalie Voce1	F	Open	80	22.5	27.5	65.0	115.0	137.8
Brandon H-Hyland	M	16-17	75	30.0	27.5	85.0	142.5	136.4
Ed Shorttle1	M	60+	80	27.5	27.5	57.5	112.5	133.7
Rouhul Uddin	M	Open	80	32.5	25.0	90.0	147.5	132.2
Trevor Evans	M	75+	85	16.7	20.0	72.9	109.6	129.2
Maria Bennett	F	55+	95	15.0	17.5	55.0	87.5 <sup>BR</sup>	103.5

Here's the Leg 5 results, with 25 lifters making 9 teams.

Recognition to Steve Andrews, Rick Meldon & Steve Sherwood for top 3 in the Snatch; Andy Tomlin, Rick Meldon & Matt Finkle for the top 3 in the C&J; Steve Sherwood, Andy Tomlin & Michelle Ryder for top 3 in the Deadlift; Maddy Ell, Rick Meldon & Gary Ell for top 3 in the Reverse Curl.

The top 3 Teams continue to be Granby1, Castlemilk & Metamorfit1. Top 3 lifters overall continue to be Steve Sherwood, Steve Andrews & Gary Ell. Top 3 in the Single Arm Set were Andy Tomlin , Steve Sherwood & Steve Andrews. 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 & 2H D/B Deadlift.

