

IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 6 - compiled by Chris Bass.

Ranking of Teams – Leg 6

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	1011.2
2	Castlemilk	Andy Tomlin, Gary Ell, Matthew Finkle	897.7
3	Sunbury1	Rick Meldon, Joshua Jones, Jeff Luther	889.5
4	Haven Harlots	Tony Cook, Wayne Pawson, Terry Morris	849.9
5	Metamorfit1	Danny Kingsland, Rouhul Uddin, Beata Banas	805.4
6	Metamorfit2	Paul Barette, Lara Bennett, Natalie Voce	680.8
7	Metamorfit3	Brandon Hazell-Hyland, Charlotte Hughes, Maria Bennett	572.0
8	Twyford Celts	Maddy Ell, Max Ell	514.8
9	Sunbury2	Trevor Evans	217.0

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

1	Granby1	Steve Sherwood, Steve Andrews, Mark Godleman	5510.8
2	Castlemilk	Gary Ell, Andy Tomlin, Matthew Finkle	5086.4
3	Sunbury1	Michelle Ryder, Jeff Luther, Trevor Evans	4601.5
4	Metamorfit1	Jamie Livens, Paul Barette, Beata Banas	4524.3
5	Haven Harlots	Tony Cook, Terry Morris, Wayne Pawson	4342.2
6	Metamorfit2	Danny Kingsland, Ed Shorttle, Rouhul Uddin	3880.0
7	Metamorfit3	Lara Bennett, Brandon Hazell-Hyland, Natalie Voce	3295.4
8	Twyford Celts	Maddy Ell, Max Ell	2889.0
9	Sunbury2	Joshua Jones, Rick Meldon	1424.5
10	Metamorfit4	Maria Bennett, Charlotte Hughes	908.6
11	Granby2	Mark Shaw	436.4
12	Haven Hotentots	Dave Morton	393.6

Ranking of Lifters – Leg 6

1	Rick Meldon	374.7	13	Joshua Jones	258.4
2	Steve Sherwood	360.4	14	Beata Banas	256.8
3	Steve Andrews	359.8	15	Jeff Luther	256.5
4	Tony Cook	345.9	16	Max Ell	251.2
5	Andy Tomlin	307.2	17	Paul Barette	238.5
6	Gary Ell	305.7	18	Lara Bennett	228.3
7	Mark Godleman	291.0	19	Terry Morris	220.6
8	Danny Kingsland	289.7	20	Trevor Evans	217.0
9	Matthew Finkle	284.8	21	Natalie Voce	214.1
10	Wayne Pawson	283.4	22	Brandon Hazell-Hyland	213.6
11	Maddy Ell	263.6	23	Charlotte Hughes	186.8
12	Rouhul Uddin	259.0	24	Maria Bennett	171.6

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

1	Steve Sherwood	1997.9	16	Terry Morris	1246.6
2	Steve Andrews	1897.7	17	Lara Bennett	1226.2
3	Gary Ell	1802.4	18	Trevor Evans	1221.3
4	Andy Tomlin	1729.2	19	Michelle Ryder	1172.4
5	Tony Cook	1596.6	20	Joshua Jones	1172.0
6	Matthew Finkle	1554.7	21	Brandon Hazell-Hyland	1138.4
7	Maddy Ell	1512.1	22	Natalie Voce	1106.7
8	Paul Barette	1452.3	23	Rick Meldon	1065.2
9	Danny Kingsland	1434.6	24	Ed Shorttle	1060.7
10	Beata Banas	1429.2	25	Jamie Livens	1039.9
11	Mark Godleman	1416.6	26	Maria Bennett	885.5
12	Jeff Luther	1395.2	27	Mark Shaw	635.0
13	Max Ell	1376.9	28	Dave Morton	623.3
14	Rouhul Uddin	1305.8	29	Charlotte Hughes	529.0
15	Wayne Pawson	1269.3			

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

Dumbbell Press

Lifter	Age	%	Class	Kilos	Points
Rick Meldon1	55+	16	85	72.5	91.5
Steve Andrews1	60+	21	65	57.5	90.1
Steve Sherwood1	65+	32	80	57.5	86.5
Tony Cook1	80+	62	85	47.5	85.0
Danny Kingsland	Open	0	60	55.0	77.5
Gary Ell1	45+	9	85	64.0	76.0
Andy Tomlin1	50+	13	90	60.0	72.3
Jeff Luther	60+	25	75	45.0	67.4
Matthew Finkle1	50+	14	65	45.0	66.6
Mark Godleman	55+	18	105	57.5 ^{BR}	65.8
Joshua Jones	Open	0	75	55.0	65.6
Rouhul Uddin1	Open	0	75	55.0	64.9
Maddy Ell1	Open	33	50	27.6	62.0
Trevor Evans	75+	46	80	35.0	57.5
Max Ell1	Open	33	45	25.0	57.5
Beata Banas1	Open	33	75	35.0	56.4
Brandon H-Hyland	16-17	5	75	45.0	56.1
Paul Barette1	40+	4	80	45.0	54.4
Lara Bennett	14-15	58	60	25.0□	54.3
Natalie Voce1	Open	33	80	35.0	52.7
Wayne Pawson	50+	13	85	40.5	49.8
Terry Morris1	60+	25	110	40.5	48.2
Charlotte Hughes1	Open	33	85	30.0	44.1
Maria Bennett	55+	52	95	25.0	39.5

Dumbbell Swing

Lifter	Age	%	Class	Kilos	Points
Rick Meldon1	55+	16	85	67.7	92.7
Steve Sherwood1	65+	32	80	52.5	85.7
Wayne Pawson	50+	13	85	62.5	83.4
Tony Cook1	80+	62	85	42.5	82.5
Steve Andrews1	60+	21	65	47.5	80.7
Andy Tomlin1	50+	13	90	55.0	71.9
Mark Godleman	55+	18	105	55.0□	68.3
Jeff Luther	60+	25	75	40.0	65.0
Gary Ell1	45+	9	85	50.0	64.4
Matthew Finkle1	50+	14	65	40.0	64.3
Beata Banas1	Open	33	75	35.0	61.2
Maddy Ell1	Open	33	50	25.0	61.0
Paul Barette1	40+	4	80	45.0	59.0
Lara Bennett	14-15	58	60	25.0□	58.9
Rouhul Uddin1	Open	0	75	45.0	57.6
Danny Kingsland	Open	0	60	35.0	53.5
Trevor Evans	75+	46	80	30.0	53.4
Terry Morris1	60+	25	110	41.0	53.0
Joshua Jones	Open	0	75	40.0	51.8
Max Ell1	Open	33	45	20.0	49.9
Brandon H-Hyland	16-17	5	75	35.0	47.3
Natalie Voce1	Open	33	80	27.5	44.9
Charlotte Hughes1	Open	33	85	27.5	43.9
Maria Bennett	55+	52	95	22.5□	38.6

Dumbbell C&J

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	60+	21	65	62.5	99.2
Rick Meldon1	55+	16	85	72.5	92.7
Steve Sherwood1	65+	32	80	60.0	91.4
Tony Cook1	80+	62	85	50.0	90.6
Wayne Pawson	50+	13	85	72.0□	89.7
Gary Ell1	45+	9	85	72.0	86.6
Andy Tomlin1	50+	13	90	70.0	85.4
Danny Kingsland	Open	0	60	55.0	78.5
Beata Banas1	Open	33	75	45.0	73.4
Joshua Jones	Open	0	75	60.0	72.5
Rouhul Uddin1	Open	0	75	60.0	71.7
Max Ell1	Open	33	45	30.0	69.8
Mark Godleman	55+	18	105	60.0□	69.5
Maddy Ell1	Open	33	50	30.0	68.3
Jeff Luther	60+	25	75	45.0	68.3
Matthew Finkle1	50+	14	65	45.0	67.5
Lara Bennett	14-15	58	60	30.0 ^{BR}	65.9
Natalie Voce1	Open	33	80	40.0	61.0
Terry Morris1	60+	25	110	50.5	60.9
Trevor Evans	75+	46	80	35.0	58.2
Brandon H-Hyland	16-17	5	75	45.0	56.8
Paul Barette1	40+	4	80	40.0	49.0
Maria Bennett	55+	52	95	30.0□	48.1
CharlotteHughes1	Open	33	85	30.0	44.7

2H Dumbbells Deadlift

Lifter	Age	%	Class	Kilos	Points
Rick Meldon1	55+	16	85	192.5	97.7
Steve Sherwood1	65+	32	80	160.0	96.8
Steve Andrews1	60+	21	65	142.5	89.805
Tony Cook1	80+	62	85	122.0	87.8
Mark Godleman	55+	18	105	190.0□	87.4
Matthew Finkle1	50+	14	65	145.0	86.4
Danny Kingsland	Open	0	60	141.4●	80.2
Gary Ell1	45+	9	85	165.0	78.8
Andy Tomlin1	50+	13	90	160.0	77.6
Paul Barette1	40+	4	80	156.4	76.1
Max Ell1	Open	33	45	80.0	74.0
Maddy Ell1	Open	33	50	80.0	72.3
Joshua Jones	Open	0	75	142.5	68.4
Beata Banas1	Open	33	75	101.4	65.7
Rouhul Uddin1	Open	0	75	136.4	64.7
Wayne Pawson	50+	13	85	122.0	60.4
Terry Morris1	60+	25	110	122.0	58.5
Jeff Luther	60+	25	75	92.5	55.8
Natalie Voce1	Open	33	80	91.4	55.4
Charlotte Hughes1	Open	33	85	91.4	54.1
Brandon H-Hyland	16-17	5	75	106.4□	53.4
Lara Bennett	14-15	58	60	56.4□	49.2
Trevor Evans	75+	46	80	72.5	47.9
Maria Bennett	55+	52	95	71.4▲●	45.4

Here's the roundup of the results 2019:

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

Overall for the year: Steve Sherwood was the top lifter for 2019 - well done also to Steve Andrews on coming second and Gary Ell third. Top team this year was with Granby, followed by Castlemilk then Sunbury1 in third. I must also congratulate Maddy Ell for being top ladies lifter & overall 7th. 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 2019 All round Scheme.

1	Steve Sherwood	24	Best British Open & 65+, 80k class & Top All Rounder
2	Steve Andrews	24	Best British Open & 55+, 70k class All Rounder
3	Gary Ell	24	Best British Open & 45+, 90k class All Rounder
4	Andy Tomlin	24	Best British Open & 50+, 95k class All Rounder
5	Tony Cook	24	Best British 80+, 85k class All Rounder
6	Matt Finkle	24	Best British Open & 50+ 65k class All Rounder
7	Maddy Ell	24	Best British Ladies Open, 50k class Top All Rounder
8	Paul Barette	24	Best British 40+, 80k class All Rounder
9	Danny Kingsland	24	Best British Open 60k class All Rounder
10	Beata Banas	24	Best British Ladies Open, 75k class All Rounder
11	Mark Godleman	20	Best British Open & 55+, 105k class All Rounder
12	Jeff Luther	24	Best British 60+, 75k class All Rounder
13	Max Ell	24	Runner up British Ladies Open, 50k class All Rounder
14	Rouhul Uddin	24	Best British Open, 75k class All Rounder
15	Wayne Pawson	20	Best British Open & 50+, 85k class All Rounder
16	Terry Morris	24	Best British Open & 60+, 110k class All Rounder
17	Lara Bennett	24	Best British Ladies Open/Junior 60k class All Rounder
18	Trevor Evans	24	Best British 70+, 85k class All Rounder
19	Michelle Ryder	20	Best British Ladies 45+, 50k class All Rounder
20	Joshua Jones	20	Runner up British Open, 75k class All Rounder
21	Brandon Hazell-Hyland	24	Best British Junior 80k class All Rounder
22	Natalie Voce	24	Best British Ladies Open, 80k class All Rounder
23	Rick Meldon	12	Best British Open & 55+, 90k class All Rounder
24	Ed Shorttle	20	Best British 60+, 80k class All Rounder
25	Jamie Livens	16	3 rd British Open, 75k class All Rounder
26	Lara Bennett	24	Best British Ladies Open, 55+ 95k class All Rounder
27	Mark Shaw	12	Best British 55+, 85k class All Rounder
28	Dave Morton	12	Best British 60+, 75k class All Rounder
29	Charlotte Hughes	12	Best British Ladies Open, 85k class All Rounder

Spencer Set			Age	CLASS	D/B Press	D/B Swing	D/B C&J	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Rick Meldon1	M	55+	85	72.5	67.7	72.5	212.7	276.9	
Steve Andrews1	M	60+	65	57.5	47.5	62.5	167.5	270.0	
Steve Sherwood1	M	65+	80	57.5	52.5	60.0	170.0	263.6	
Tony Cook1	M	80+	85	47.5	42.5	50.0	140.0	258.1	
Andy Tomlin1	M	50+	90	60.0	55.0	70.0	185.0	229.7	
Gary Ell1	M	45+	85	64.0	50.0	72.0	186.0	226.9	
Wayne Pawson	M	50+	85	40.5	62.5	72.0	175.0	223.0	
Danny Kingsland	M	Open	60	55.0	35.0	55.0	145.0	209.5	
Mark Godleman	M	55+	105	57.5	55.0	60.0	172.5	203.6	
Jeff Luther	M	60+	75	45.0	40.0	45.0	130.0	200.7	
Matthew Finkle1	M	50+	65	45.0	40.0	45.0	130.0	198.4	
Rouhul Uddin1	M	Open	75	55.0	45.0	60.0	160.0	194.2	
Maddy Ell1	F	Open	50	27.6	25.0	30.0	82.6	191.3	
Beata Banas1	F	Open	75	35.0	35.0	45.0	115.0	191.0	
Joshua Jones	M	Open	75	55.0	40.0	60.0	155.0	189.9	
Lara Bennett	F	14-15	60	25.0	25.0	30.0	80.0	179.1	
Max Ell1	F	Open	45	25.0	20.0	30.0	75.0	177.2	
Trevor Evans	M	75+	80	35.0	30.0	35.0	100.0	169.1	
Paul Barette1	M	40+	80	45.0	45.0	40.0	130.0	162.4	
Terry Morris1	M	60+	110	40.5	41.0	50.5	132.0	162.2	
Brandon H-Hyland	M	16-17	75	45.0	35.0	45.0	125.0	160.2	
Natalie Voce1	F	Open	80	35.0	27.5	40.0	102.5	158.7	
Charlotte Hughes1	F	Open	85	30.0	27.5	30.0	87.5	132.7	
Maria Bennett	F	55+	95	25.0	22.5	30.0	77.5	126.2	

In addition, the Aston Set winner for 2019 is Steve Sherwood.

I wish you all good health & good lifting for 2020. Leg 1 lifts are: Pullover & Press, Cont Clean to Belt, Stiff Legged Deadlift & Pullover at Arms Length. To be completed by end of January please.

CHRIS