

# IAWA (UK) Bob Smith All Round Postal League 2020 – Leg 1 - compiled by Chris Bass.

## Ranking of Teams

1	Granby	Steve Andrews, Steve Sherwood, Mark Godleman	1078.9
2	Sunbury1	Rick Meldon, Joshua Jones, Jeff Luther	857.7
3	Haven Harlots	Tony Cook, Wayne Pawson, Terry Morris	827.3
4	Metamorfit1	Beata Banas, Danny Kingsland, Ed Shorttle	761.1
5	Metamorfit2	Lara Bennett, Richard Herrigan, Paul Barette	645.4
6	Metamorfit3	Rouhul Uddin, Brandon Hazell-Hyland, Maria Bennett	523.5
7	Metamorfit4	Natalie Voce, Ailen Voce	236.0
8	Sunbury2	Trevor Evans	196.7

## Ranking of Lifters

1	Rick Meldon	388.6	12	Lara Bennett	233.0
2	Steve Andrews	366.8	13	Jeff Luther	223.9
3	Steve Sherwood	365.9	14	Richard Herrigan	209.9
4	Mark Godleman	346.1	15	Paul Barette	202.5
5	Tony Cook	331.0	16	Trevor Evans	196.7
6	Beata Banas	262.1	17	Rouhul Uddin	189.7
7	Danny Kingsland	259.5	18	Brandon H-Hyland	189.7
8	Wayne Pawson	256.2	19	Natalie Voce	182.8
9	Joshua Jones	245.1	20	Maria Bennett	144.1
10	Terry Morris	240.0	21	Ailen Voce	53.2
11	Ed Shorttle	239.4			

## Ranking of Lifters per Lift & Record Breakers. Pullover & Press

## ▲ World Junior/Masters, ● World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref Continental to Belt

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Rick Meldon <sup>1</sup>	55+	17	85	110.4	94.0	Rick Meldon <sup>1</sup>	55+	17	85	170.4	105.0
Tony Cook <sup>1</sup>	80+	64	85	70.0	84.5	Steve Andrews <sup>1</sup>	60+	22	70	130.0	98.0
Steve Sherwood <sup>1</sup>	65+	34	80	80.0	81.3	Steve Sherwood <sup>1</sup>	65+	34	80	130.0	95.7
Steve Andrews <sup>1</sup>	60+	22	70	77.5	80.7	Mark Godleman	55+	21	110	155.0□	87.0
Mark Godleman	55+	21	110	97.5 <sup>BR</sup>	75.6	Beata Banas	Open	33	70	95.0	75.3
Danny Kingsland	Open	0	60	80.0	74.8	Tony Cook <sup>1</sup>	80+	64	85	85.0	74.3
Wayne Pawson	50+	14	90	90.0	73.8	Terry Morris <sup>1</sup>	60+	26	115	125.0	70.9
Jeff Luther <sup>1</sup>	60+	26	75	64.1	65.1	Lara Bennett	14-15	53	65	70.0□	69.7
Beata Banas	Open	33	70	55.0	60.2	Wayne Pawson	50+	14	90	110.0	65.3
Joshua Jones	Open	0	70	69.1	56.7	Paul Barette <sup>1</sup>	40+	5	80	110.0	63.3
Terry Morris <sup>1</sup>	60+	26	115	71.0	55.6	Ed Shorttle	60+	25	85	92.5	61.9
Richard Herrigan	Open	0	75	70.0	55.1	Brandon H-Hyland	18-19	3	75	100.0	59.4
Ed Shorttle	60+	25	85	55.0	50.8	Danny Kingsland	Open	0	60	85.0	57.5
Natalie Voce <sup>1</sup>	Open	33	85	50.0	48.9	Jeff Luther <sup>1</sup>	60+	26	75	75.9	55.8
Lara Bennett	14-15	53	65	35.0 <sup>BR</sup>	48.1	Trevor Evans <sup>1</sup>	75+	48	85	70.4	55.5
Rouhul Uddin <sup>1</sup>	Open	1	75	60.0	47.9	Joshua Jones	Open	0	70	90.4	53.7
Trevor Evans <sup>1</sup>	75+	48	85	41.9	45.6	Richard Herrigan	Open	0	75	90.0	51.3
Paul Barette <sup>1</sup>	40+	5	80	55.0	43.7	Natalie Voce <sup>1</sup>	Open	33	85	70.0	49.6
Brandon H-Hyland	18-19	3	75	52.5	43.0	Rouhul Uddin <sup>1</sup>	Open	1	75	80.0	46.2
Maria Bennett	55+	53	95	37.5□	39.4	Maria Bennett	55+	53	95	55.0□●	41.8
Ailen Voce	13&U	33	20	6.0□	15.9	Ailen Voce	13&U	33	20	7.0□	13.4

Pullover at Arms Length						Stiff Legged Deadlift					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	60+	22	70	40.0	95.1	Rick Meldon <sup>1</sup>	55+	17	85	210.4	120.9
Steve Sherwood <sup>1</sup>	65+	34	80	40.0	92.9	Mark Godleman	55+	21	110	190.0□	99.4
Mark Godleman	55+	21	110	47.5□	84.1	Steve Sherwood <sup>1</sup>	65+	34	80	140.0	96.1
Tony Cook <sup>1</sup>	80+	64	85	30.0	82.7	Steve Andrews <sup>1</sup>	60+	22	70	132.5	93.1
Rick Meldon <sup>1</sup>	55+	17	85	35.4	68.8	Tony Cook <sup>1</sup>	80+	64	85	110.0	89.6
Joshua Jones	Open	0	70	36.3	68.0	Beata Banas	Open	33	70	95.0	70.2
Danny Kingsland	Open	0	60	30.0●	64.1	Terry Morris <sup>1</sup>	60+	26	115	130.0	68.8
Ed Shorttle	60+	25	85	27.5	58.1	Ed Shorttle	60+	25	85	110.0BR	68.6
Beata Banas	Open	33	70	22.5	56.3	Joshua Jones	Open	0	70	120.4	66.7
Wayne Pawson	50+	14	90	30.0	56.2	Danny Kingsland	Open	0	60	100.0BR	63.1
Lara Bennett	14-15	53	65	17.5□	54.9	Jeff Luther <sup>1</sup>	60+	26	75	90.4	62.0
Richard Herrigan	Open	0	75	25.0	45.0	Wayne Pawson	50+	14	90	110.0BR	60.9
Terry Morris <sup>1</sup>	60+	26	115	25.0	44.7	Lara Bennett	14-15	53	65	65.0□	60.3
Natalie Voce <sup>1</sup>	Open	33	85	20.0	44.7	Rouhul Uddin <sup>1</sup>	Open	1	75	110.0	59.2
Trevor Evans <sup>1</sup>	75+	48	85	17.7	44.0	Paul Barette <sup>1</sup>	40+	5	80	110.0	59.0
Jeff Luther <sup>1</sup>	60+	26	75	17.7	41.1	Richard Herrigan	Open	0	75	110.0	58.5
Brandon H-Hyland	18-19	3	75	20.0	37.5	Trevor Evans <sup>1</sup>	75+	48	85	70.4	51.7
Rouhul Uddin <sup>1</sup>	Open	1	75	20.0	36.4	Brandon H-Hyland	18-19	3	75	90.0	49.8
Paul Barette <sup>1</sup>	40+	5	80	20.0	36.3	Natalie Voce <sup>1</sup>	Open	33	85	60.0	39.6
Maria Bennett	55+	53	95	10.0□	24.0	Maria Bennett	55+	53	95	55.0□●	39.0
Ailen Voce	13&U	33	20	1.0□	6.0	Ailen Voce	13&U	33	20	10.0□	17.9

Here's Leg 1 results of the new year. Welcome to 2 new metamorfit lifters. Unfortunately we have lost Castlemilk & Twyford ladies. We wish Castlemilk good luck in finding new premises & hope Maddy Ell's health is improving.

Recognition to Rick Meldon, Tony Cook & Steve Sherwood for the top 3 in the Pullover & Press; Rick Meldon, Steve Andrews & Steve Sherwood for the top 3 in the Continental to Belt; Steve Andrews, Steve Sherwood & Mark Godleman for the top 3 in the Pullover at Arms Length and finally Rick Meldon, Mark Godleman & Steve Sherwood for the top 3 in the Stiff Legged D/L. The top 3 lifters were: Rick Meldon, Steve Andrews & Steve Sherwood. The top 3 teams were Granby, Sunbury1 & Haven Harlots.

Finally a big well done to the rest of the lifters for competing in the first leg of 2020.

Leg 2 lifts are: 1H Snatch, Continental C&J, Front Squat & Rectangular Fix.  
To be completed by 30<sup>th</sup> March 2020.

Chris Bass.