

# IAWA (UK) Bob Smith All Round Postal League 2016 – Leg 1 - compiled by Chris Bass.

|    |             |   |       |
|----|-------------|---|-------|
| 1  | Granby      | Steve Andrews, Steve Sherwood, Mark Shaw      | 989.3 |
| 2  | Metamorfit1 | Clive Madge, Rory Hoad, Ed Shorttle           | 946.9 |
| 3  | Powerhouse1 | Webster Reid, James Gardner, Luke Davis       | 921.3 |
| 4  | Powerhouse2 | Lee Coton, Josh Davidson, Matt Jones          | 818.4 |
| 5  | Metamorfit2 | Ryan Burchett, Chris Powell, Paul Barette     | 713.4 |
| 6  | Powerhouse3 | Don Gardner, Paula Thompson, Chris Findon     | 708.0 |
| 7  | Metamorfit3 | Steven Mephram, Gareth Edwards, Jenny Watson  | 650.5 |
| 8  | Iron Clan   | Philippe Crisp, Sam Hills                     | 619.5 |
| 9  | Powerhouse4 | Chloe Brennan, Nic Porter, Pete Tryner        | 606.0 |
| 10 | Powerhouse5 | Steve Moss, Graham Saxton, Gary Redfern Smith | 577.1 |
| 11 | Metamorfit4 | Charlotte Boniface, Ian Thomas, Natalie Voce  | 558.0 |
| 12 | Powerhouse6 | Nic Robinson, Mandy Hughes, Mark Bowles       | 554.2 |
| 13 | Powerhouse7 | Karen Gardner, Diane Baldrey, Josh Hulse      | 486.0 |
| 14 | Sunbury1    | Trevor Evans, Jeff Luther,                    | 442.5 |
| 15 | Metamorfit5 | Elizabeth Edwards                             | 182.6 |

## Ranking of Lifters

|    |                |       |    |                    |       |
|----|----------------|-------|----|--------------------|-------|
| 1  | Steve Sherwood | 369.0 | 21 | Chris Findon       | 228.7 |
| 2  | Steve Andrews  | 367.8 | 22 | Gareth Edwards     | 226.1 |
| 3  | Clive Madge    | 355.1 | 23 | Jeff Luther        | 224.9 |
| 4  | Philippe Crisp | 344.9 | 24 | Trevor Evans       | 217.6 |
| 5  | Rory Hoad      | 332.1 | 25 | Chloe Brennan      | 213.0 |
| 6  | Webster Reid   | 317.6 | 26 | Nic Porter         | 196.7 |
| 7  | James Gardner  | 317.1 | 27 | Pete Tryner        | 196.2 |
| 8  | Luke Davis     | 286.6 | 28 | Steve Moss         | 193.4 |
| 9  | Lee Coton      | 282.9 | 29 | Jenny Watson       | 193.1 |
| 10 | Josh Davidson  | 282.3 | 30 | Graham Saxton      | 192.1 |
| 11 | Sam Hills      | 274.6 | 31 | Gary Redfern Smith | 191.7 |
| 12 | Ed Shorttle    | 259.7 | 32 | Nic Robinson       | 191.5 |
| 13 | Matt Jones     | 253.2 | 33 | Charlotte Boniface | 188.2 |
| 14 | Mark Shaw      | 252.6 | 34 | Ian Thomas         | 186.5 |
| 15 | Ryan Burchett  | 243.5 | 35 | Mandy Hughes       | 185.2 |
| 16 | Don Gardner    | 240.8 | 36 | Natalie Voce       | 183.3 |
| 17 | Paula Thompson | 238.5 | 37 | Elizabeth Edwards  | 182.6 |
| 18 | Chris Powell   | 238.0 | 38 | Mark Bowles        | 177.5 |
| 19 | Paul Barette   | 231.9 | 39 | Karen Gardner      | 170.9 |
| 20 | Steven Mephram | 231.3 | 40 | Diane Baldry       | 165.1 |
|    |                |       | 41 | Josh Hulse         | 150.0 |

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

| Lifter          | Age  | %  | Class | Kilos   | Points |
|-----------------|------|----|-------|---------|--------|
| Steve Andrews1  | 55+  | 18 | 70    | 65.0    | 95.3   |
| Clive Madge     | 65+  | 30 | 105   | 70.0▲   | 90.3   |
| Webster Reid    | 40+  | 5  | 125+  | 108.0BR | 89.4   |
| Philippe Crisp1 | 45+  | 8  | 110   | 84.2    | 88.0   |
| Steve Sherwood1 | 60+  | 26 | 80    | 60.0    | 86.0   |
| Rory Hoad       | Open | 0  | 80    | 75.0    | 85.3   |
| Sam Hills1      | 50+  | 16 | 85    | 58.2    | 75.0   |
| James Gardner   | Open | 0  | 100   | 68.0    | 69.4   |
| Ed Shorttle     | 55+  | 21 | 80    | 50.0    | 69.3   |
| Chris Powell1   | 40+  | 3  | 95    | 65.0    | 68.9   |
| Ryan Burchett1  | Open | 0  | 115   | 70.0    | 65.9   |
| Lee Coton       | Open | 1  | 95    | 62.5    | 65.7   |
| Steven Mephram1 | Open | 0  | 100   | 65.0    | 65.4   |
| Josh Davidson   | Open | 0  | 115   | 68.0    | 63.8   |
| Luke Davis      | Open | 0  | 75    | 53.0    | 63.3   |
| Mark Shaw       | 55+  | 17 | 80    | 47.5    | 63.1   |
| Gareth Edwards  | Open | 0  | 95    | 60.0    | 62.7   |
| Jeff Luther     | 60+  | 22 | 75    | 39.2    | 58.7   |
| Don Gardner     | 50+  | 15 | 95    | 48.0BR  | 57.3   |
| Trevor Evans    | 70+  | 40 | 80    | 35.6    | 56.8   |

## ▲World Junior/Masters,●World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref Dumbbell Swing

| Lifter          | Age  | %  | Class | Kilos  | Points |
|-----------------|------|----|-------|--------|--------|
| Steve Sherwood1 | 60+  | 26 | 80    | 65.0   | 97.2   |
| Philippe Crisp1 | 45+  | 8  | 110   | 74.2   | 80.9   |
| Steve Andrews1  | 55+  | 18 | 70    | 52.5   | 80.3   |
| Clive Madge     | 65+  | 30 | 105   | 55.0▲  | 74.0   |
| James Gardner   | Open | 0  | 100   | 65.0   | 69.2   |
| Lee Coton       | Open | 1  | 95    | 62.5   | 68.6   |
| Sam Hills1      | 50+  | 16 | 85    | 50.2   | 67.4   |
| Josh Davidson   | Open | 0  | 115   | 68.0●  | 66.6   |
| Luke Davis      | Open | 0  | 75    | 53.0   | 66.1   |
| Rory Hoad       | Open | 0  | 80    | 55.0   | 65.2   |
| Jeff Luther     | 60+  | 22 | 75    | 39.2   | 61.2   |
| Don Gardner     | 50+  | 15 | 95    | 48.0▲  | 59.8   |
| Webster Reid    | 40+  | 5  | 125+  | 68.0▲● | 58.7   |
| Paul Barette1   | Open | 1  | 75    | 45.0   | 58.1   |
| Mark Shaw       | 55+  | 17 | 80    | 40.0   | 55.4   |
| Matt Jones      | Open | 0  | 125   | 58.0●  | 54.1   |
| Trevor Evans    | 70+  | 40 | 80    | 31.7   | 52.7   |
| Paula Thompson  | 40+  | 36 | 55    | 24.0▲● | 51.2   |
| Ed Shorttle     | 55+  | 21 | 80    | 35.0   | 50.6   |
| Chloe Brennan   | Open | 33 | 75    | 30.0   | 49.9   |

Leg 1 continued:

Dumbbell Press

| Lifter             | Age  | %  | Class | Kilos  | Points |
|--------------------|------|----|-------|--------|--------|
| Paul Barette1      | Open | 1  | 75    | 45.0   | 55.7   |
| Ian Thomas         | Open | 0  | 75    | 45.0   | 53.8   |
| Matt Jones         | Open | 0  | 125   | 58.0BR | 51.8   |
| Natalie Voce1      | Open | 33 | 90    | 35.0   | 49.9   |
| Paula Thompson     | 40+  | 36 | 55    | 24.0▲  | 49.1   |
| Chloe Brennan      | Open | 33 | 75    | 30.0   | 47.9   |
| Elizabeth Edwards1 | Open | 33 | 60    | 25.0   | 47.4   |
| Chris Findon       | Open | 0  | 70    | 36.0   | 45.2   |
| Charlotte Boniface | Open | 33 | 70    | 25.0   | 42.8   |
| Mandy Hughes       | Open | 33 | 95    | 30.0   | 41.9   |
| Jenny Watson       | 45+  | 44 | 60    | 20.0   | 40.6   |
| Gary Redfern Smith | 40+  | 4  | 110   | 40.0   | 40.3   |
| Steve Moss         | Open | 0  | 105   | 40.0   | 39.9   |
| Mark Bowles        | Open | 0  | 125+  | 43.0   | 37.9   |
| Diane Baldry       | 50+  | 46 | 70    | 20.0   | 36.4   |
| Nic Porter         | Open | 0  | 75    | 30.0   | 36.1   |
| Karen Gardner      | 55+  | 52 | 80    | 20.0▲  | 35.6   |
| Graham Saxton      | 50+  | 15 | 125   | 34.0   | 35.6   |
| Nic Robinson       | Open | 0  | 90    | 30.0   | 32.2   |
| Pete Tryner        | 40+  | 2  | 95    | 30.0   | 31.7   |
| Josh Hulse         | 13&U | 33 | 60    | 15.0   | 27.8   |

Dumbbell Swing

| Lifter             | Age  | %  | Class | Kilos | Points |
|--------------------|------|----|-------|-------|--------|
| Chris Powell1      | 40+  | 3  | 95    | 45.0  | 49.8   |
| Ryan Burchett1     | Open | 0  | 115   | 50.0  | 49.1   |
| Gareth Edwards     | Open | 0  | 95    | 45.0  | 49.0   |
| Steven Mephram1    | Open | 0  | 100   | 45.0  | 47.2   |
| Chris Findon       | Open | 0  | 70    | 36.0  | 47.1   |
| Charlotte Boniface | Open | 33 | 70    | 25.0  | 44.6   |
| Mandy Hughes       | Open | 33 | 95    | 30.0● | 43.7   |
| Ian Thomas         | Open | 0  | 75    | 35.0  | 43.7   |
| Jenny Watson       | 45+  | 44 | 60    | 20.0▲ | 42.3   |
| Gary Redfern Smith | 40+  | 4  | 110   | 40.0  | 42.0   |
| Steve Moss         | Open | 0  | 105   | 40.0  | 41.6   |
| Mark Bowles        | Open | 0  | 125+  | 43.0  | 39.6   |
| Elizabeth Edwards1 | Open | 33 | 60    | 20.0  | 39.6   |
| Diane Baldry       | 50+  | 46 | 70    | 20.0  | 38.0   |
| Nic Porter         | Open | 0  | 75    | 30.0  | 37.6   |
| Natalie Voce1      | Open | 33 | 90    | 25.0  | 37.2   |
| Karen Gardner      | 55+  | 52 | 80    | 20.0▲ | 37.1   |
| Graham Saxton      | 50+  | 15 | 125   | 34.0  | 37.1   |
| Nic Robinson       | Open | 0  | 90    | 30.0  | 33.6   |
| Pete Tryner        | 40+  | 2  | 95    | 30.0  | 33.0   |
| Josh Hulse         | 13&U | 33 | 60    | 15.0  | 28.9   |

Dumbbell Clean & Jerk

| Lifter             | Age  | %  | Class | Kilos   | Points |
|--------------------|------|----|-------|---------|--------|
| Steve Sherwood1    | 60+  | 26 | 80    | 72.5    | 97.1   |
| Steve Andrews1     | 55+  | 18 | 70    | 70.0    | 95.9   |
| Webster Reid       | 40+  | 5  | 125+  | 120.0▲● | 92.8   |
| Clive Madge        | 65+  | 30 | 105   | 75.0▲   | 90.4   |
| Rory Hoad          | Open | 0  | 80    | 80.0    | 85.0   |
| Lee Coton          | Open | 1  | 95    | 85.0    | 83.5   |
| Philippe Crisp1    | 45+  | 8  | 110   | 84.2    | 82.2   |
| Luke Davis         | Open | 0  | 75    | 68.0    | 75.9   |
| James Gardner      | Open | 0  | 100   | 78.0    | 74.4   |
| Matt Jones         | Open | 0  | 125   | 87.0●   | 72.7   |
| Sam Hills1         | 50+  | 16 | 85    | 60.2    | 72.5   |
| Chris Findon       | Open | 0  | 70    | 60.0    | 70.4   |
| Ryan Burchett1     | Open | 0  | 115   | 80.0    | 70.3   |
| Josh Davidson      | Open | 0  | 115   | 78.0●   | 68.4   |
| Paula Thompson     | 40+  | 36 | 55    | 35.0▲●  | 67.0   |
| Ed Shorttle        | 55+  | 21 | 80    | 50.0    | 64.8   |
| Mark Shaw          | 55+  | 17 | 80    | 50.0    | 62.1   |
| Chloe Brennan      | Open | 33 | 75    | 40.0●   | 59.7   |
| Gary Redfern Smith | 40+  | 4  | 110   | 60.0    | 56.5   |
| Steven Mephram1    | Open | 0  | 100   | 60.0    | 56.4   |
| Nic Robinson       | Open | 0  | 90    | 55.0    | 55.2   |
| Gareth Edwards     | Open | 0  | 95    | 55.0    | 53.7   |
| Mark Bowles        | Open | 0  | 125+  | 65.0    | 53.6   |
| Don Gardner        | 50+  | 15 | 95    | 48.0▲   | 53.6   |
| Jeff Luther        | 60+  | 22 | 75    | 37.8    | 52.9   |
| Trevor Evans       | 70+  | 40 | 80    | 35.3    | 52.6   |
| Nic Porter         | Open | 0  | 75    | 45.0    | 50.6   |
| Chris Powell1      | 40+  | 3  | 95    | 50.0    | 49.6   |
| Charlotte Boniface | Open | 33 | 70    | 30.0    | 48.0   |
| Jenny Watson       | 45+  | 44 | 60    | 25.0▲   | 47.4   |
| Natalie Voce1      | Open | 33 | 90    | 35.0    | 46.6   |
| Paul Barette1      | Open | 1  | 75    | 40.0    | 46.3   |
| Mandy Hughes       | Open | 33 | 95    | 35.0    | 45.7   |
| Graham Saxton      | 50+  | 15 | 125   | 46.0    | 45.0   |
| Steve Moss         | Open | 0  | 105   | 48.0    | 44.8   |
| Elizabeth Edwards1 | Open | 33 | 60    | 25.0    | 44.3   |
| Josh Hulse         | 13&U | 33 | 60    | 25.0    | 43.2   |
| Karen Gardner      | 55+  | 52 | 80    | 26.0▲●  | 43.2   |
| Diane Baldry       | 50+  | 46 | 70    | 25.0    | 42.5   |
| Ian Thomas         | Open | 0  | 75    | 30.0    | 33.5   |
| Pete Tryner        | 40+  | 2  | 95    | 30.0    | 29.6   |

1H Dumbbell Cheat Curl

| Lifter             | Age  | %  | Class | Kilos  | Points |
|--------------------|------|----|-------|--------|--------|
| James Gardner      | Open | 0  | 100   | 66.0●  | 104.1  |
| Pete Tryner        | 40+  | 2  | 95    | 62.5▲  | 102.0  |
| Clive Madge        | 65+  | 30 | 105   | 50.3▲● | 100.3  |
| Rory Hoad          | Open | 0  | 80    | 55.0●  | 96.7   |
| Steve Andrews1     | 55+  | 18 | 70    | 42.5   | 96.3   |
| Philippe Crisp1    | 45+  | 8  | 110   | 58.0   | 93.7   |
| Steve Sherwood1    | 60+  | 26 | 80    | 40.0   | 88.7   |
| Josh Davidson      | Open | 0  | 115   | 57.5   | 83.5   |
| Luke Davis         | Open | 0  | 75    | 44.0   | 81.3   |
| Webster Reid       | 40+  | 5  | 125+  | 60.0   | 76.8   |
| Ed Shorttle        | 55+  | 21 | 80    | 35.0   | 75.0   |
| Matt Jones         | Open | 0  | 125   | 54.0●  | 74.6   |
| Graham Saxton      | 50+  | 15 | 125   | 46.0▲  | 74.4   |
| Nic Porter         | Open | 0  | 75    | 39.0   | 72.5   |
| Mark Shaw          | 55+  | 17 | 80    | 35.0   | 71.9   |
| Paul Barette1      | Open | 1  | 75    | 37.5   | 71.8   |
| Paula Thompson     | 40+  | 36 | 55    | 22.5   | 71.2   |
| Nic Robinson       | Open | 0  | 90    | 42.5   | 70.5   |
| Don Gardner        | 50+  | 15 | 95    | 38.0▲  | 70.2   |
| Chris Powell1      | 40+  | 3  | 95    | 42.5   | 69.7   |
| Steve Moss         | Open | 0  | 105   | 43.5   | 67.1   |
| Chris Findon       | Open | 0  | 70    | 34.0   | 66.0   |
| Lee Coton          | Open | 1  | 95    | 40.0   | 65.0   |
| Jenny Watson       | 45+  | 44 | 60    | 20.0▲  | 62.8   |
| Steven Mephram1    | Open | 0  | 100   | 40.0   | 62.2   |
| Gareth Edwards     | Open | 0  | 95    | 37.5   | 60.6   |
| Sam Hills1         | 50+  | 16 | 85    | 30.0   | 59.8   |
| Ryan Burchett1     | Open | 0  | 115   | 40.0   | 58.2   |
| Chloe Brennan      | Open | 33 | 75    | 22.5   | 55.5   |
| Trevor Evans       | 70+  | 40 | 80    | 22.5   | 55.5   |
| Ian Thomas         | Open | 0  | 75    | 30.0   | 55.5   |
| Karen Gardner      | 55+  | 52 | 80    | 20.0   | 55.0   |
| Mandy Hughes       | Open | 33 | 95    | 25.0●  | 54.0   |
| Gary Redfern Smith | 40+  | 4  | 110   | 34.0   | 52.9   |
| Charlotte Boniface | Open | 33 | 70    | 20.0   | 52.9   |
| Jeff Luther        | 60+  | 22 | 75    | 22.5   | 52.1   |
| Elizabeth Edwards1 | Open | 33 | 60    | 17.5   | 51.3   |
| Josh Hulse         | 13&U | 33 | 60    | 17.5▲  | 50.1   |
| Natalie Voce1      | Open | 33 | 90    | 22.5   | 49.6   |
| Diane Baldry       | 50+  | 46 | 70    | 17.5   | 49.3   |
| Mark Bowles        | Open | 0  | 125+  | 34.0   | 46.4   |

Leg 1 continued:

| Spencer Set        |   | Age   | CLASS | 2H Press | 2H Snatch | 2H C&J | TOTAL               | TOTAL  |
|--------------------|---|-------|-------|----------|-----------|--------|---------------------|--------|
| NAME               |   | Class | Kilos | KILOS    | KILOS     | KILOS  | KILOS               | POINTS |
| Webster Reid       | M | 40+   | 125+  | 108.0    | 68.0      | 120.0  | 296.0 <sup>BR</sup> | 287.2  |
| Steve Sherwood1    | M | 60+   | 80    | 60.0     | 65.0      | 72.5   | 197.5               | 280.3  |
| Steve Andrews1     | M | 55+   | 70    | 65.0     | 52.5      | 70.0   | 187.5               | 271.4  |
| Clive Madge        | M | 65+   | 105   | 70.0     | 55.0      | 75.0   | 200.0 <sup>BR</sup> | 254.8  |
| Philippe Crisp1    | M | 45+   | 110   | 84.2     | 74.2      | 84.2   | 242.6               | 251.1  |
| Rory Hoad          | M | Open  | 80    | 75.0     | 55.0      | 80.0   | 210.0               | 235.5  |
| Lee Coton          | M | Open  | 95    | 62.5     | 62.5      | 85.0   | 210.0               | 217.8  |
| Sam Hills1         | M | 50+   | 85    | 58.2     | 50.2      | 60.2   | 168.6               | 214.9  |
| James Gardner      | M | Open  | 100   | 68.0     | 65.0      | 78.0   | 211.0               | 212.9  |
| Luke Davis         | M | Open  | 75    | 53.0     | 53.0      | 68.0   | 174.0               | 205.3  |
| Josh Davidson      | M | Open  | 115   | 68.0     | 68.0      | 78.0   | 214.0 <sup>BR</sup> | 199.0  |
| Matt Jones         | M | Open  | 125   | 58.0     | 58.0      | 87.0   | 203.0 <sup>BR</sup> | 187.7  |
| Ryan Burchett1     | M | Open  | 115   | 70.0     | 50.0      | 80.0   | 200.0               | 185.3  |
| Ed Shorttle        | M | 55+   | 80    | 50.0     | 35.0      | 50.0   | 135.0               | 184.7  |
| Mark Shaw          | M | 55+   | 80    | 47.5     | 40.0      | 50.0   | 137.5               | 180.7  |
| Jeff Luther        | M | 60+   | 75    | 39.2     | 39.2      | 37.8   | 116.2               | 172.8  |
| Don Gardner        | M | 50+   | 95    | 48.0     | 48.0      | 48.0   | 144.0 <sup>BR</sup> | 170.6  |
| Steven Mephram1    | M | Open  | 100   | 65.0     | 45.0      | 60.0   | 170.0               | 169.1  |
| Chris Powell1      | M | 40+   | 95    | 65.0     | 45.0      | 50.0   | 160.0               | 168.3  |
| Paula Thompson     | F | 40+   | 55    | 24.0     | 24.0      | 35.0   | 83.0                | 167.3  |
| Gareth Edwards     | M | Open  | 95    | 60.0     | 45.0      | 55.0   | 160.0               | 165.5  |
| Chris Findon       | M | Open  | 70    | 36.0     | 36.0      | 60.0   | 132.0               | 162.7  |
| Trevor Evans       | M | 70+   | 80    | 35.6     | 31.7      | 35.3   | 102.6               | 162.1  |
| Paul Barette1      | M | Open  | 75    | 45.0     | 45.0      | 40.0   | 130.0               | 160.1  |
| Chloe Brennan      | F | Open  | 75    | 30.0     | 30.0      | 40.0   | 100.0 <sup>BR</sup> | 157.5  |
| Mark Bowles        | M | Open  | 125+  | 43.0     | 43.0      | 65.0   | 151.0               | 139.6  |
| Gary Redfern Smith | M | 40+   | 110   | 40.0     | 40.0      | 60.0   | 140.0               | 138.7  |
| Charlotte Boniface | F | Open  | 70    | 25.0     | 25.0      | 30.0   | 80.0                | 135.3  |
| Natalie Voce1      | F | Open  | 90    | 35.0     | 25.0      | 35.0   | 95.0                | 133.7  |
| Elizabeth Edwards1 | F | Open  | 60    | 25.0     | 20.0      | 25.0   | 70.0                | 131.3  |
| Mandy Hughes       | F | Open  | 95    | 30.0     | 30.0      | 35.0   | 95.0                | 131.2  |
| Ian Thomas         | M | Open  | 75    | 45.0     | 35.0      | 30.0   | 110.0               | 131.0  |
| Jenny Watson       | F | 45+   | 60    | 20.0     | 20.0      | 25.0   | 65.0 <sup>BR</sup>  | 130.3  |
| Steve Moss         | M | Open  | 105   | 40.0     | 40.0      | 48.0   | 128.0               | 126.3  |
| Nic Porter         | M | Open  | 75    | 30.0     | 30.0      | 45.0   | 105.0               | 124.2  |
| Graham Saxton      | M | 50+   | 125   | 34.0     | 34.0      | 46.0   | 114.0 <sup>BR</sup> | 121.5  |
| Nic Robinson       | M | Open  | 90    | 30.0     | 30.0      | 55.0   | 115.0               | 121.0  |
| Diane Baldry       | F | 50+   | 70    | 20.0     | 20.0      | 25.0   | 65.0                | 116.9  |
| Karen Gardner      | F | 55+   | 80    | 20.0     | 20.0      | 26.0   | 66.0 <sup>BR</sup>  | 115.9  |
| Josh Hulse         | M | 13&U  | 60    | 15.0     | 15.0      | 25.0   | 55.0                | 99.9   |
| Pete Tryner        | M | 40+   | 95    | 30.0     | 30.0      | 30.0   | 90.0                | 94.3   |

Here's the Leg 1 results of the new year. Unfortunately we have lost Tiverton but on the plus side we have more teams from Powerhouse and Metamorfit giving 15 teams. Good to see Mandy Hughes back lifting after a few years "rest".

Recognition to Steve Andrews, Clive Madge & Webster Reid for the top 3 in the Press, Steve Sherwood, Phil Crisp & Steve Andrews for the top 3 in the Swing, Steve Sherwood, Steve Andrews & Webster Reid for the top 3 in the C&J and finally James Gardner, Pete Tryner & Clive Madge for the top 3 in the Curl. Also to the top 3 lifters: Steve Sherwood, Steve Andrews & Clive Madge. Also to Webster Reid, Steve Sherwood & Steve Andrews for being to 3 in the Spencer Set. Finally a big well done to the rest of the lifters. This year it seems to be a contest between Granby, Metamorfit and Powerhouse1.

Thanks to all of you for competing in the first leg of 2016, it promises to be an interesting year.

Chris Bass.