

IAWA (UK) Bob Smith All Round Postal League 2016 – Leg 2 - compiled by Chris Bass.

1	Metamorfit1	Philippe Crisp, Clive Madge, Rory Hoad	949.6
2	Powerhouse1	James Gardner, Pete Tryner, Josh Davidson	903.0
3	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	817.4
4	Powerhouse2	Luke Davis, Lee Coton, Webster Reid	791.3
5	Powerhouse3	Matt Jones, Chloe Brennan, Paula Thompson	713.4
6	Powerhouse4	Chris Findon, Gary Redfern Smith, Don Gardner	667.3
7	Metamorfit2	Gareth Edwards, Steven Mephram, Ryan Burchett	657.5
8	Metamorfit3	Ed Shorttle, Charlotte Boniface, Elizabeth Edwards	592.4
9	Powerhouse5	Nic Porter, Mandy Hughes, Graham Saxton	588.8
10	Twyford Celts	Sonya Coles, Mina Ell, Maddy Ell	525.7
11	Metamorfit4	Paul Barette, Jenny Watson, Ian Thomas	522.9
12	Powerhouse6	Nic Robinson, Karen Gardner, Steve Moss	464.7
13	Powerhouse7	Mark Bowles, Diane Baldrey, Josh Hulse	408.8
14	Sunbury1	Jeff Luther, Trevor Evans	394.7
15	Iron Clan	Sam Hills	292.2
16	Metamorfit5	Natalie Voce	161.3

<u>Ranking of Lifters</u>					
1	Philippe Crisp	338.5	22	Ed Shorttle	213.1
2	Clive Madge	314.1	23	Nic Porter	210.8
3	James Gardner	310.7	24	Jeff Luther	207.1
4	Steve Andrews	310.4	25	Mina Ell	204.0
5	Steve Sherwood	306.9	26	Mark Shaw	200.1
6	Pete Tryner	304.3	27	Maddy Ell	197.0
7	Rory Hoad	296.9	28	Mandy Hughes	197.0
8	Sam Hills	292.2	29	Charlotte Boniface	190.1
9	Josh Davidson	288.0	30	Elizabeth Edwards	189.3
10	Luke Davis	281.9	31	Trevor Evans	187.6
11	Lee Coton	256.6	32	Paul Barette	183.6
12	Webster Reid	252.7	33	Graham Saxton	181.1
13	Matt Jones	245.5	34	Jenny Watson	174.8
14	Chloe Brennan	235.3	35	Nic Robinson	166.5
15	Paula Thompson	232.6	36	Ian Thomas	164.5
16	Chris Findon	227.4	37	Natalie Voce	161.3
17	Gary Redfern Smith	225.6	38	Karen Gardner	149.3
18	Gareth Edwards	222.4	39	Steve Moss	148.9
19	Steven Mephram	219.9	40	Mark Bowles	141.5
20	Ryan Burchett	215.1	41	Diane Baldrey	139.6
21	Don Gardner	214.3	42	Josh Hulse	127.8
			43	Sonya Coles	124.7

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

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	18	70	43.0R	81.9
Pete Tryner	40+	4	95	57.5R▲	78.8
Steve Sherwood1	60+	26	80	42.5L	78.1
James Gardner	Open	0	100	57.5R	75.2
Clive Madge1	65+	30	105	45.0R	74.0
Rory Hoad	Open	0	80	50.0R	73.5
Josh Davidson	Open	0	115	57.5R	69.4
Luke Davis	Open	0	75	45.0R	68.7
Sam Hills1	50+	16	85	41.0L	67.1
Philippe Crisp	45+	8	110	48.0R	64.2
Matt Jones	Open	0	125	55.0R	63.7
Chloe Brennan	Open	33	75	30.0R	62.2
Nic Porter	Open	0	75	40.0R	61.7
Webster Reid	40+	5	125+	57.5R	61.4
Chris Findon	Open	0	70	37.5L	60.6
Don Gardner	50+	15	100	40.0R	60.0

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref Continental Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Pete Tryner	40+	4	95	105.0	77.3
James Gardner	Open	0	100	110.0	77.3
Rory Hoad	Open	0	80	95.0	75.0
Matt Jones	Open	0	125	120.0●	74.7
Josh Davidson	Open	0	115	115.0	74.6
Steve Sherwood1	60+	26	80	75.0	74.1
Clive Madge1	65+	30	105	80.0	70.7
Luke Davis	Open	0	75	85.0	69.8
Steve Andrews1	55+	18	70	67.5	69.1
Philippe Crisp	45+	8	110	95.5	68.7
Paula Thompson	40+	36	55	47.5▲	67.4
Sam Hills1	50+	16	85	76.0	66.9
Webster Reid	40+	5	125+	110.0	63.2
Steven Mephram1	Open	0	100	85.0	59.6
Chloe Brennan	Open	33	75	52.5●	58.5
Jeff Luther	60+	22	70	55.9	58.2

1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Paula Thompson	40+	36	55	22.5R▲	59.4
Gary R-Smith	40+	4	105	45.0R ^{BR}	59.0
Paul Barette1	40+	1	75	37.5R	58.2
Jeff Luther	60+	22	70	29.9R	58.0
Ed Shorttle1	55+	21	80	32.5L	57.6
Gareth Edwards	Open	0	95	42.5R	57.4
Ryan Burchett1	Open	0	115	47.5R	56.8
Mandy Hughes	Open	33	90	30.0L●	54.4
Lee Coton	40+	1	95	40.0R	53.8
Steven Mephram1	Open	0	100	40.0R	52.2
Trevor Evans	70+	40	80	25.4R	52.0
Karen Gardner	55+	52	80	22.5R▲	51.2
Nic Robinson	Open	0	90	35.0R	48.0
Mark Shaw	55+	17	80	28.0L	47.6
Mina Ell1	18-19	36	45	15.4L	46.9
Charlotte Boniface1	Open	33	70	20.0R	43.9
Elizabeth Edwards1	Open	33	60	17.5R	43.2
Natalie Voce1	Open	33	90	22.5R	41.6
Maddy Ell1	Open	33	55	15.4L	40.5
Graham Saxton	50+	15	120	30.0R ^{BR}	40.3
Jenny Watson1	50+	44	60	15.0R	39.8
Steve Moss	Open	0	100	30.0L	38.7
Mark Bowles	Open	0	125+	32.5R	36.9
Diane Baldrey	50+	46	70	15.0R	34.9
Josh Hulse	13&U	33	65	15.0R ^{BR}	34.5
Ian Thomas1	Open	0	70	20.0R	31.7
Sonya Coles1	Open	33	90	15.4R	28.7

Continental Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Mina Ell1	18-19	36	45	35.4	57.9
Lee Coton	40+	1	95	80.0	57.8
Ryan Burchett1	Open	0	115	90.0	57.8
Maddy Ell1	Open	33	55	40.4	57.0
Don Gardner	50+	15	100	70.0	56.4
Gary Redfern Smith	40+	4	105	80.0	56.3
Gareth Edwards	Open	0	95	75.0	54.4
Mandy Hughes	Open	33	90	55.0 ^{BR}	53.6
Mark Shaw	55+	17	80	58.0	53.0
Chris Findon	Open	0	70	60.0	52.1
Nic Porter	Open	0	75	62.5	51.8
Trevor Evans	70+	40	80	45.9	50.5
Elizabeth Edwards1	Open	33	60	37.5	49.7
Ed Shorttle1	55+	21	80	50.0	47.6
Charlotte Boniface1	Open	33	70	40.0	47.2
Nic Robinson	Open	0	90	60.0	44.3
Graham Saxton	50+	15	120	60.0▲	43.3
Jenny Watson1	50+	44	60	30.0	42.7
Ian Thomas1	Open	0	70	50.0	42.5
Natalie Voce1	Open	33	90	42.5	42.2
Josh Hulse	13&U	33	65	32.5 ^{BR}	40.2
Steve Moss	Open	0	100	55.0	38.1
Diane Baldrey	50+	46	70	30.0	37.5
Karen Gardner	55+	52	80	30.0▲	36.7
Mark Bowles	Open	0	125+	60.0	36.6
Sonya Coles1	Open	33	90	35.4	35.4
Paul Barette1	40+	1	75	0.0	0.0

Front Squat

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	45+	8	110	202.5	110.4
Sam Hills1	50+	16	85	136.0	90.7
Steve Sherwood1	60+	26	80	120.0	89.8
Clive Madge	65+	30	105	130.0	87.1
James Gardner	Open	0	100	160.0	85.2
Pete Tryner	40+	4	95	150.0▲	83.7
Josh Davidson	Open	0	115	170.0	83.6
Rory Hoad	Open	0	80	125.0	74.8
Chloe Brennan	Open	33	75	85.0●	71.8
Luke Davis	Open	0	75	115.0	71.5
Steve Andrews1	55+	18	70	90.0	69.8
Matt Jones	Open	0	125	140.0	66.1
Lee Coton	40+	1	95	120.0	65.8
Webster Reid	40+	5	125+	150.0	65.3
Gary R-Smith	40+	4	105	120.0	64.1
Chris Findon	Open	0	70	95.0	62.5
Maddy Ell1	Open	33	55	55.4	59.3
Paula Thompson	40+	36	55	55.0 ^{BR}	59.2
Ryan Burchett	Open	0	115	120.0	58.4
Don Gardner	50+	15	100	95.0	58.1
Paul Barette1	40+	1	75	90.0	56.9
Nic Porter	Open	0	75	90.0	56.5
Gareth Edwards	Open	0	95	100.0	55.0
Steven Mephram1	Open	0	100	102.5	54.4
Charlotte Boniface	Open	33	70	60.0	53.7
Elizabeth Edwards1	Open	33	60	52.5	52.8
Mina Ell1	18-19	36	45	42.5	52.7
Mandy Hughes	Open	33	90	70.0 ^{BR}	51.7
Ed Shorttle	55+	21	80	70.0	50.5
Trevor Evans	70+	40	80	59.6	49.7
Mark Shaw	55+	17	80	70.0	48.5
Ian Thomas	Open	0	70	75.0	48.4
Jeff Luther	60+	22	70	60.0	47.4
Diane Baldrey	50+	46	70	45.0	42.6

Pullover at Arms length

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	45+	8	110	60.5	95.3
Steve Andrews1	55+	18	70	40.0	89.6
Clive Madge1	65+	30	105	42.5	82.3
Lee Coton	40+	1	95	50.0	79.2
Rory Hoad	Open	0	80	42.5	73.5
James Gardner	Open	0	100	47.5	73.1
Luke Davis	Open	0	75	40.0	71.9
Paul Barette1	40+	1	75	37.5	68.5
Sam Hills1	50+	16	85	35.0	67.5
Steve Sherwood1	60+	26	80	30.0	64.9
Pete Tryner	40+	4	95	40.0	64.5
Webster Reid	40+	5	125+	50.0	62.9
Josh Davidson	Open	0	115	42.5	60.4
Graham Saxton	50+	15	120	37.5▲	59.2
Ed Shorttle1	55+	21	80	27.5	57.3
Gareth Edwards	Open	0	95	35.0	55.6
Jenny Watson1	50+	44	60	17.5	54.6
Steven Mephram1	Open	0	100	35.0	53.7
Chris Findon	Open	0	70	27.5	52.3
Mark Shaw	55+	17	80	25.5	51.0
Paula Thompson	40+	36	55	15.0▲	46.6
Mina Ell1	18-19	36	45	13.0	46.6
Gary Redfern Smith	40+	4	105	30.0	46.3
Charlotte Boniface1	Open	33	70	17.5	45.2
Jeff Luther	60+	22	70	19.1	43.6
Elizabeth Edwards1	Open	33	60	15.0	43.6
Natalie Voce1	Open	33	90	20.0	43.5
Chloe Brennan	Open	33	75	17.5	42.7
Ryan Burchett1	Open	0	115	30.0	42.2
Ian Thomas	Open	0	70	22.5	41.9
Matt Jones	Open	0	125	30.0	40.9
Nic Porter	Open	0	75	22.5	40.8
Maddy Ell1	Open	33	55	13.0	40.2
Don Gardner	50+	15	100	22.5	39.7

Front Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Nic Robinson	Open	0	90	75.0	41.9	Steve Moss	Open	0	100	25.0	38.0
Graham Saxton	50+	15	120	70.0 ^{BR}	38.3	Mandy Hughes	Open	33	90	17.5●	37.3
Jenny Watson1	50+	44	60	35.0	37.8	Trevor Evans	70+	40	80	14.7	35.4
Mark Bowles	Open	0	125+	75.0	34.7	Sonya Coles1	Open	33	90	15.4	33.8
Steve Moss	Open	0	100	65.0	34.1	Karen Gardner	55+	52	80	12.5▲	33.5
Natalie Voce1	Open	33	90	45.0	33.9	Mark Bowles	Open	0	125+	25.0	33.4
Josh Hulse	13&U	33	65	35.0	32.8	Nic Robinson	Open	0	90	20.0	32.3
Karen Gardner	55+	52	80	30.0▲	27.8	Diane Baldrey	50+	46	70	9.0	24.6
Sonya Coles1	Open	33	90	35.4	26.9	Josh Hulse	13&U	33	65	7.5▲	20.3

Pullover at Arms length

Ranking of Teams after Legs 1+2.

1	Metamorfit1	Philippe Crisp, Clive Madge, Rory Hoad	1902.4
2	Powerhouse1	James Gardner, Pete Tryner, Josh Davidson	1824.3
3	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	1806.7
4	Powerhouse2	Luke Davis, Lee Coton, Webster Reid	1609.7
5	Powerhouse3	Matt Jones, Chloe Brennan, Paula Thompson	1421.5
6	Metamorfit2	Gareth Edwards, Steven Mephram, Ryan Burchett	1370.8
7	Powerhouse4	Chris Findon, Gary Redfern Smith, Don Gardner	1277.2
8	Metamorfit3	Ed Shorttle, Charlotte Boniface, Elizabeth Edwards	1242.9
9	Powerhouse5	Nic Porter, Mandy Hughes, Graham Saxton	1166.0
10	Metamorfit4	Paul Barette, Jenny Watson, Ian Thomas	1080.9
11	Powerhouse6	Nic Robinson, Karen Gardner, Steve Moss	1018.9
12	Iron Clan	Sam Hills	911.7
13	Powerhouse7	Mark Bowles, Diane Baldrey, Josh Hulse	894.8
14	Sunbury1	Jeff Luther, Trevor Evans	837.2
15	Twyford Celts	Sonya Coles, Mina Ell, Maddy Ell	525.7
16	Metamorfit5	Natalie Voce	343.9

Ranking of Lifters after Legs 1+2

1	Philippe Crisp	683.4	23	Jeff Luther	432.0
2	Steve Andrews	678.2	24	Gary Redfern Smith	417.3
3	Steve Sherwood	675.9	25	Paul Barette	415.5
4	Clive Madge	669.2	26	Nic Porter	407.5
5	Rory Hoad	635.0	27	Trevor Evans	405.2
6	James Gardner	627.7	28	Mandy Hughes	382.1
7	Webster Reid	570.3	29	Charlotte Boniface	378.3
8	Josh Davidson	570.3	30	Graham Saxton	373.1
9	Luke Davis	568.5	31	Elizabeth Edwards	371.9
10	Sam Hills	566.9	32	Jenny Watson	367.9
11	Lee Coton	539.5	33	Nic Robinson	358.1
12	Pete Tryner	504.4	34	Ian Thomas	350.9
13	Matt Jones	498.7	35	Natalie Voce	344.6
14	Ed Shorttle	472.7	36	Steve Moss	342.3
15	Paula Thompson	471.1	37	Karen Gardner	320.2
16	Ryan Burchett	458.6	38	Mark Bowles	319.0
17	Chris Findon	456.2	39	Diane Baldry	304.6
18	Don Gardner	455.1	40	Josh Hulse	277.8
19	Mark Shaw	452.7	41	Chris Powell	238.0
20	Steven Mephram	451.2	42	Mina Ell	204.0
21	Gareth Edwards	448.5	43	Maddy Ell	197.0
22	Chloe Brennan	448.3	44	Sonya Coles	124.7

Here's the Leg 2 results, again a good response, with 42 lifters and 16 teams. Good to see the all girl team Twyford Celts joining the league.

Recognition to Steve Andrews, Pete Tryner & Steve Sherwood for the top 3 in the Snatch; Pete Tryner, James Gardner & Rory Hoad for top 3 in C&J; Phil Crisp, Sam Hills & Steve Sherwood for top 3 in the squat; Phil Crisp, Steve Andrews & Clive Madge in the pullover. Also Phil Crisp, Clive Madge & James Gardner were top 3 lifters overall. The top 3 Teams were Metamorfit1, Powerhouse1 and

Granby and this remains with the rankings for legs 1+2. Finally a big well done to the rest of the lifters. Here are the results for the Aston Set:

ASTON SET		Age	CLASS	OH	Cont C&J	Front	TOTAL	TOTAL
NAME		Class	Kilos	Snatch KILOS	KILOS	Squat KILOS	KILOS	POINTS
Philippe Crisp1	M	45+	110	48.0	95.5	202.5	346.0	243.3
Steve Sherwood1	M	60+	80	42.5	75.0	120.0	237.5	242.0
Pete Tryner	M	40+	95	57.5	105.0	150.0	312.5	239.8
James Gardner	M	Open	100	57.5	110.0	160.0	327.5	237.6
Clive Madge1	M	65+	105	45.0	80.0	130.0	255.0	231.8
Josh Davidson	M	Open	115	57.5	115.0	170.0	342.5 ^{BR}	227.6
Sam Hills1	M	50+	85	41.0	76.0	136.0	253.0	224.7
Rory Hoad	M	Open	80	50.0	95.0	125.0	270.0	223.4
Steve Andrews1	M	55+	70	43.0	67.5	90.0	200.5	220.7
Luke Davis	M	Open	75	45.0	85.0	115.0	245.0	210.0
Matt Jones	M	Open	125	55.0	120.0	140.0	315.0	204.6
Chloe Brennan	F	Open	75	30.0	52.5	85.0	167.5 ^{BR}	192.6
Webster Reid	M	40+	125+	57.5	110.0	150.0	317.5	189.9
Paula Thompson	F	40+	55	22.5	47.5	55.0	125 ^{BR}	186.0
Gary Redfern Smith	M	40+	105	45.0	80.0	120.0	245.0	179.4
Lee Coton	M	40+	95	40.0	80.0	120.0	240.0	177.4
Chris Findon	M	Open	70	37.5	60.0	95.0	192.5	175.1
Don Gardner	M	50+	100	40.0	70.0	95.0	205.0	174.5
Ryan Burchett1	M	Open	115	47.5	90.0	120.0	257.5	172.9
Nic Porter	M	Open	75	40.0	62.5	90.0	192.5	170.0
Gareth Edwards1	M	Open	95	42.5	75.0	100.0	217.5	166.8
Steven Mephram1	M	Open	100	40.0	85.0	102.5	227.5	166.2
Jeff Luther	M	60+	70	29.9	55.9	60.0	145.8	163.6
Mandy Hughes	F	Open	90	30.0	55.0	70.0	155 ^{BR}	159.6
Mina Ell1	F	18-19	45	15.4	35.4	42.5	93.3	157.5
Maddy Ell1	F	Open	55	15.4	40.4	55.4	111.2	156.8
Ed Shorttle1	M	55+	80	32.5	50.0	70.0	152.5	155.7
Trevor Evans1	M	70+	80	25.4	45.9	59.6	130.9	152.2
Mark Shaw	M	55+	80	28.0	58.0	70.0	156.0	149.1
Elizabeth Edwards1	F	Open	60	17.5	37.5	52.5	107.5	145.7
Charlotte Boniface1	F	Open	70	20.0	40.0	60.0	120.0	144.8
Nic Robinson	M	Open	90	35.0	60.0	75.0	170.0	134.2
Ian Thomas1	M	Open	70	20.0	50.0	75.0	145.0	122.5
Graham Saxton	M	50+	120	30.0	60.0	70.0	160 ^{BR}	121.8
Jenny Watson1	F	50+	60	15.0	30.0	35.0	80.0	120.3
Natalie Voce1	F	Open	90	22.5	42.5	45.0	110.0	117.8
Karen Gardner	F	55+	80	22.5	30.0	30.0	82.5 ^{BR}	115.8
Paul Barette1	M	40+	75	37.5	0.0	90.0	127.5	115.1
Diane Baldrey	F	50+	70	15.0	30.0	45.0	90.0	114.9
Steve Moss	M	Open	100	30.0	55.0	65.0	150.0	111.0
Mark Bowles	M	Open	125+	32.5	60.0	75.0	167.5	108.1
Josh Hulse	M	13&U	65	15.0	32.5	35.0	82.5 ^{BR}	107.5
Sonya Coles1	F	Open	90	15.4	35.4	35.4	86.2	91.0