

IAWA (UK) Bob Smith All Round Postal League 2016 – Leg 4 - compiled by Chris Bass.

1	Powerhouse1	Mark Haydock, Pete Tryner, Josh Davidson	950.2
2	Granby	Steve Sherwood, Steve Andrews, Daniel Andrews	890.7
3	Metamorfit1	Clive Madge, Rory Hoad, Ryan Burchett	884.8
4	Powerhouse2	James Gardner, Webster Reid, Luke Davis	853.4
5	Powerhouse3	Lee Coton, Gary Redfern Smith, Chloe Brennan	759.5
6	Powerhouse4	Matt Jones, Chris Findon, Don Gardner	695.3
7	Metamorfit2	Steven Mephram, Gareth Edwards, Paul Barette	680.9
8	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	663.2
9	Twyford Strength Club	Mina Ell, Maddy Ell, Sonya Coles	651.7
10	Metamorfit3	Kris Singh, Charlotte Boniface, Jenny Watson	598.0
11	Powerhouse5	Paula Thompson, Karen Gardner, Graham Saxton	587.9
12	Metamorfit4	Natalie Voce, Ed Shorttle, Ian Thomas	532.8
13	Powerhouse6	Paul Hallam, Diane Baldrey, Josh Hulse	503.1

Ranking of Lifters

		20	Maddy Ell	232.3	
1	Mark Haydock	356.3	21	Chris Findon	232.0
2	Steve Sherwood	350.2	22	Gareth Edwards	229.7
3	Philippe Crisp	342.4	23	Don Gardner	225.5
4	Clive Madge	327.4	24	Daniel Andrews	222.2
5	Steve Andrews	318.2	25	Paula Thompson	218.7
6	Rory Hoad	310.2	26	Paul Barette	216.2
7	Pete Tryner	297.8	27	Kris Singh	207.5
8	Josh Davidson	296.1	28	Charlotte Boniface	195.5
9	James Gardner	291.3	29	Jenny Watson	195.0
10	Webster Reid	283.6	30	Karen Gardner	188.3
11	Luke Davis	278.4	31	Graham Saxton	180.9
12	Sam Hills	260.6	32	Natalie Voce	180.4
13	Lee Coton	258.9	33	Ed Shorttle	177.5
14	Mina Ell	256.0	34	Paul Hallam	177.3
15	Gary Redfern Smith	254.0	35	Ian Thomas	174.9
16	Ryan Burchett	247.2	36	Diane Baldrey	167.0
17	Chloe Brennan	246.5	37	Sonya Coles	163.4
18	Matt Jones	237.8	38	Josh Hulse	158.8
19	Steven Mephram	235.0	39	Nick Swain	60.2

Ranking of Lifters per Lift & Record Breakers.

2H Press

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	2	110	110.0 ^{BR}	90.8
Philippe Crisp	45+	8	110	95.5 ^{BR}	84.5
Clive Madge1	65+	30	105	76.0	83.2
Steve Andrews1	55+	18	70	65.5	82.3
Steve Sherwood1	60+	26	80	65.0	80.3
Pete Tryner	40+	4	95	85.0	78.4
Webster Reid	40+	5	125+	110.0	77.6
Rory Hoad1	Open	0	85	77.5	73.7
Josh Davidson	Open	0	120	95.0	73.4
Lee Coton	40+	1	95	80.0	70.4
Luke Davis	Open	0	75	67.5	68.2
Gary Redfern Smith	40+	4	105	77.5 ^{BR}	68.2
Matt Jones	Open	0	125+	90.0	67.3
James Gardner	Open	0	100	77.5	66.7
Mina Ell1	18-19	36	45	32.9	66.1
Sam Hills	55+	16	85	60.0	65.5
Ryan Burchett1	Open	0	110	70.0	56.6
Steven Mephram1	Open	0	100	65.0	56.5
Paula Thompson	40+	36	55	32.5 ^{BR}	56.2
Gareth Edwards1	Open	0	90	60.0	55.5
Kris Singh1	Open	0	95	62.5	55.2

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

2H Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	60+	26	80	65.0	94.9
Mark Haydock	40+	2	110	92.5▲	90.3
Philippe Crisp	45+	8	110	83.0▲	86.9
Steve Andrews1	55+	18	70	58.0	86.1
Josh Davidson	Open	0	120	90.0	82.2
James Gardner	Open	0	100	80.0	81.4
Clive Madge1	65+	30	105	60.0	77.7
Pete Tryner	40+	4	95	70.0	76.3
Rory Hoad1	Open	0	85	67.5	75.9
Lee Coton	40+	1	95	70.0	72.8
Luke Davis	Open	0	75	60.0	71.7
Chloe Brennan	Open	33	70	42.5●	70.2
Gary Redfern Smith	40+	4	105	65.0 ^{BR}	67.6
Ryan Burchett1	Open	0	110	70.0	66.9
Mina Ell1	18-19	36	45	27.9	66.3
Sam Hills	55+	16	85	51.0	65.8
Daniel Andrews	Open	0	80	55.5	65.5
Chris Findon	Open	0	70	50.0	62.7
Webster Reid	40+	5	125+	75.0	62.6
Maddy Ell1	Open	33	55	30.4	62.5
Matt Jones	Open	0	125+	70.0	61.9

2H Press

Lifter	Age	%	Class	Kilos	Points
Don Gardner	50+	15	100	55.0	54.9
Chris Findon	Open	0	70	50.0	53.1
Maddy Ell1	Open	33	55	30.4	52.8
Chloe Brennan	Open	33	70	37.5	52.4
Paul Barette1	40+	1	75	50.0	50.7
Daniel Andrews	Open	0	80	50.5	50.4
Ian Thomas1	Open	0	75	47.5	48.5
Jenny Watson1	50+	44	60	27.5	46.2
Karen Gardner	55+	52	75	30.0	45.6
Graham Saxton	50+	15	120	50.0	44.4
Paul Hallam	Open	0	95	50.0	44.2
Charlotte Boniface1	Open	33	70	30.0	43.2
Natalie Voce1	Open	33	90	35.0	43.1
Ed Shorttle1	55+	21	80	35.0	41.2
Sonya Coles1	Open	33	90	32.9	40.4
Diane Baldrey	50+	46	70	25.0	38.3
Josh Hulse	13&U	33	65	25.0	38.1
Nick Swain	50+	12	85	0.0	0.0

2H Snatch

Lifter	Age	%	Class	Kilos	Points
Gareth Edwards1	Open	0	90	55.0	60.1
Don Gardner	50+	15	100	50.0	59.0
Paula Thompson	40+	36	55	27.5	56.2
Paul Barette1	40+	1	75	45.0	53.9
Steven Mepham1	Open	0	100	50.0	51.4
Kris Singh1	Open	0	95	47.5	49.6
Natalie Voce1	Open	33	90	32.5	47.3
Graham Saxton	50+	15	120	45.0▲	47.3
Charlotte Boniface1	Open	33	70	27.5	46.9
Karen Gardner	55+	52	75	25.0	45.0
Jenny Watson1	50+	44	60	22.5	44.7
Paul Hallam	Open	0	95	42.5	44.4
Ian Thomas1	Open	0	75	35.0	42.3
Ed Shorttle1	55+	21	80	30.0	41.8
Diane Baldrey	50+	46	70	22.5	40.8
Josh Hulse	13&U	33	65	22.5▲	40.5
Sonya Coles1	Open	33	90	27.9	40.5
Nick Swain	50+	12	85	0.0	0.0

2H Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	2	110	127.5▲	94.0
Josh Davidson	Open	0	120	120.0	82.7
Steve Sherwood1	60+	26	80	75.0	82.6
Rory Hoad1	Open	0	85	95.0	80.6
Philippe Crisp	45+	8	110	98.0 ^{BR}	77.4
James Gardner	Open	0	100	97.5	74.8
Lee Coton	40+	1	95	95.0	74.6
Clive Madge1	65+	30	105	76.0	74.2
Pete Tryner	40+	4	95	90.0	74.0
Steve Andrews1	55+	18	70	65.5	73.4
Luke Davis	Open	0	75	80.0	72.2
Chloe Brennan	Open	33	70	57.5●	71.6
Webster Reid	40+	5	125+	112.5▲	70.8
Sam Hills	55+	16	85	70.0	68.1
Mina Ell1	18-19	36	45	37.9	67.9
Matt Jones	Open	0	125+	100.0	66.7
Gary Redfern Smith	40+	4	105	82.5 ^{BR}	64.7
Ryan Burchett1	Open	0	110	87.5	63.1
Steven Mepham1	Open	0	100	80.0	62.0
Chris Findon	Open	0	70	65.0	61.5
Maddy Ell1	Open	33	55	37.9	58.8
Daniel Andrews	Open	0	80	65.0	57.8
Paula Thompson	40+	36	55	37.5	57.8
Gareth Edwards1	Open	0	90	70.0	57.8
Don Gardner	50+	15	100	62.5	55.6
Kris Singh1	Open	0	95	67.5	53.2
Charlotte Boniface1	Open	33	70	40.0	51.4
Graham Saxton	50+	15	120	60.0	47.6
Paul Hallam	Open	0	95	60.0	47.3
Paul Barette1	40+	1	75	50.0	45.2
Natalie Voce1	Open	33	90	40.0	43.9
Sonya Coles1	Open	33	90	37.9	41.5
Jenny Watson1	50+	44	60	27.5	41.2
Ian Thomas1	Open	0	75	45.0	41.0
Karen Gardner	55+	52	75	30.0	40.7
Ed Shorttle1	55+	21	80	37.5	39.4
Diane Baldrey	50+	46	70	27.5	37.6
Josh Hulse	13&U	33	65	27.5	37.4
Nick Swain	50+	12	85	0.0	0.0

Rectangular Fix

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	45+	8	110	56.5▲●	93.6
Steve Sherwood1	60+	26	80	40.0	92.5
Clive Madge1	65+	30	105	45.0	92.3
Mark Haydock	40+	2	110	52.5▲	81.196
Rory Hoad1	Open	0	85	45.0	80.1
Steve Andrews1	55+	18	70	32.5	76.4
Webster Reid	40+	5	125+	55.0 ^{BR}	72.7
Pete Tryner	40+	4	95	40.0	69.1
James Gardner	Open	0	100	42.5	68.5
Paul Barette1	40+	1	75	35.0	66.4
Luke Davis	Open	0	75	35.0	66.3
Steven Mepham1	Open	0	100	40.0	65.1
Jenny Watson1	50+	44	60	20.0	62.9
Sam Hills	55+	16	85	30.0	61.3
Ryan Burchett1	Open	0	110	40.0	60.6
Nick Swain	50+	12	85	30.5	60.2
Maddy Ell1	Open	33	55	17.9	58.3
Josh Davidson	Open	0	120	40.0 ^{BR}	57.9
Karen Gardner	55+	52	75	35.0▲	57.0
Gareth Edwards1	Open	0	90	32.5	56.3
Don Gardner	50+	15	100	30.0▲	56.0
Mina Ell1	18-19	36	45	14.8	55.7
Ed Shorttle1	55+	21	80	25.0	55.1
Chris Findon	Open	0	70	27.5	54.6
Charlotte Boniface1	Open	33	70	20.0	54.0
Gary Redfern Smith	40+	4	105	32.5	53.5
Chloe Brennan	Open	33	70	20.0	52.3
Diane Baldrey	50+	46	70	17.5	50.2
Kris Singh1	Open	0	95	30.0	49.6
Daniel Andrews	Open	0	80	26.0	48.6
Paula Thompson	40+	36	55	15.0▲	48.5
Natalie Voce1	Open	33	90	20.0	46.1
Ian Thomas1	Open	0	75	22.5	43.0
Josh Hulse	13&U	33	65	15.0	42.8
Matt Jones	Open	0	125+	30.0	42.0
Graham Saxton	50+	15	120	25.0▲	41.6
Paul Hallam	Open	0	95	25.0	41.4
Lee Coton	40+	1	95	25.0	41.2
Sonya Coles1	Open	33	90	17.9	41.1

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

1	Powerhouse1	James Gardner, Josh Davidson, Webster Reid	3778.2
2	Metamorfit1	Clive Madge, Rory Hoad, Ryan Burchett	3664.7
3	Granby	Steve Sherwood, Steve Andrews, Mark Shaw	3582.0
4	Powerhouse2	Pete Tryner, Luke Davis, Lee Coton	3339.5
5	Powerhouse3	Matt Jones, Chloe Brennan, Chris Findon	2957.7
6	Metamorfit2	Steven Mepham , Gareth Edwards, Ed Shorttle	2772.3
7	Powerhouse4	Paula Thompson, Gary Redfern Smith, Don Gardner	2677.9
8	Metamorfit3	Paul Barette, Jenny Watson, Charlotte Boniface	2505.1
9	Powerhouse5	Graham Saxton, Mark Haydock, Karen Gardner	2375.6
10	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	2325.7
11	Metamorfit4	Ian Thomas, Natalie Voce, Brian Heyburn	2179.4
12	Powerhouse6	Diane Baldrey, Mandy Hughes, Josh Hulse	1955.0
13	Twyford Celts	Mina Ell, Maddy Ell, Sonya Coles	1743.3
14	Sunbury1	Trevor Evans, Jeff Luther	1227.8
15	Powerhouse7	Nic Porter, Nic Robinson, Steve Moss	894.8
16	Metamorfit5	Kris Singh, Elizabeth Edwards, Chris Powell	492.1

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

1	Philippe Crisp	1390.8	26	Charlotte Boniface	748.4
2	Steve Sherwood	1335.2	27	Ian Thomas	729.0
3	Steve Andrews	1333.2	28	Mark Haydock	719.2
4	Clive Madge	1307.5	29	Mark Shaw	691.4
5	Rory Hoad	1255.0	30	Mina Ell	679.4
6	James Gardner	1192.2	31	Jeff Luther	676.0
7	Josh Davidson	1191.4	32	Natalie Voce	673.2
8	Webster Reid	1168.5	33	Karen Gardner	665.9
9	Pete Tryner	1118.1	34	Brian Heyburn	660.7
10	Luke Davis	1108.9	35	Maddy Ell	637.3
11	Sam Hills	1098.6	36	Diane Baldrey	609.6
12	Lee Coton	1087.2	37	Mandy Hughes	593.3
13	Matt Jones	994.5	38	Josh Hulse	574.2
14	Chloe Brennan	948.1	39	Trevor Evans	551.8
15	Ryan Burchett	940.6	40	Sonya Coles	426.6
16	Steven Mepham	918.9	41	Nic Porter	407.5
17	Chris Findon	915.7	42	Kris Singh	402.0
18	Paula Thompson	914.3	43	Elizabeth Edwards	371.9
19	Gareth Edwards	908.0	44	Nic Robinson	358.1
20	Ed Shorttle	907.0	45	Steve Moss	342.3
21	Gary Redfern Smith	881.4	46	Mark Bowles	319.0
22	Don Gardner	881.0	47	Chris Powell	238.0
23	Paul Barette	863.0	48	Daniel Andrews	222.2
24	Graham Saxton	810.9	49	Paul Hallam	177.3
25	Jenny Watson	759.5	50	Nick Swain	174.8

Here's the Leg 4 results with 39 lifters and 13 teams. Thanks to Daniel Andrews who lifted in place of Mark Shaw for the Granby team.

Recognition to Mark Haydock, Phil Crisp & Clive Madge for the top 3 in the Press; Steve Sherwood, Mark Haydock & Phil Crisp for top 3 in the Snatch; , Mark Haydock, Josh Davidson & Steve Sherwood for the top 3 in the C&J; Phil Crisp, Steve Sherwood & Clive Madge top 3 in Rectangular Fix. Top 3 in the Olympic Total were Mark Haydock, Steve Sherwood & Phil Crisp.

Top 3 teams of this leg were again Powerhouse1, Granby Grippers & Metamorfit1, but Metamorfit1 continues to be 2nd in the top 3 teams overall. Individually overall, Phil Crisp is 1st but Steve Sherwood has moved into 2nd place leaving Steve Andrews in 3rd place.

We now wait to see if these positions are maintained in leg 5. See next page for Olympic totals.

OLYMPIC TOTALS 2016			Age	CLASS	Press	Snatch	Clean & Jerk	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Mark Haydock	M	40+	110	110.0	92.5	127.5	330.0 ^{BR}	275.1	
Steve Sherwood1	M	60+	80	65.0	65.0	75.0	205.0	257.8	
Philippe Crisp	M	45+	110	95.5	83.0	98.0	276.5 ^{BR}	248.8	
Steve Andrews1	M	55+	70	65.5	58.0	65.5	189.0	241.7	
Josh Davidson	M	Open	120	95.0	90.0	120.0	305.0	238.2	
Clive Madge1	M	65+	105	76.0	60.0	76.0	212.0	235.1	
Rory Hoad1	M	Open	85	77.5	67.5	95.0	240.0	230.1	
Pete Tryner	M	40+	95	85.0	70.0	90.0	245.0	228.7	
James Gardner	M	Open	100	77.5	80.0	97.5	255.0	222.9	
Lee Coton	M	40+	95	80.0	70.0	95.0	245.0	217.7	
Luke Davis	M	Open	75	67.5	60.0	80.0	207.5	212.1	
Webster Reid	M	40+	125+	110.0	75.0	112.5	297.5	211.0	
Gary Redfern Smith	M	40+	105	77.5	65.0	82.5	225.0 ^{BR}	200.5	
Mina Ell1	F	18-19	45	32.9	27.9	37.9	98.7	200.3	
Sam Hills	M	55+	85	60.0	51.0	70.0	181.0	199.4	
Matt Jones	M	Open	125+	90.0	70.0	100.0	260.0	195.8	
Chloe Brennan	F	Open	70	37.5	42.5	57.5	137.5 ^{BR}	194.2	
Ryan Burchett1	M	Open	110	70.0	70.0	87.5	227.5	186.6	
Chris Findon	M	Open	70	50.0	50.0	65.0	165.0	177.3	
Maddy Ell1	F	Open	55	30.4	30.4	37.9	98.7	174.1	
Daniel Andrews	M	Open	80	50.5	55.5	65.0	171.0	173.7	
Gareth Edwards1	M	Open	90	60.0	55.0	70.0	185.0	173.4	
Paula Thompson	F	40+	55	32.5	27.5	37.5	97.5	170.2	
Steven Mepham1	M	Open	100	65.0	50.0	80.0	195.0	169.9	
Don Gardner	M	50+	100	55.0	50.0	62.5	167.5	169.5	
Kris Singh1	M	Open	95	62.5	47.5	67.5	177.5	157.9	
Paul Barette1	M	40+	75	50.0	45.0	50.0	145.0	149.8	
Charlotte Boniface1	F	Open	70	30.0	27.5	40.0	97.5	141.5	
Graham Saxton	M	50+	120	50.0	45.0	60.0	155.0 ^{BR}	139.3	
Paul Hallam	M	Open	95	50.0	42.5	60.0	152.5	135.9	
Natalie Voce1	F	Open	90	35.0	32.5	40.0	107.5	134.3	
Jenny Watson1	F	50+	60	27.5	22.5	27.5	77.5	132.1	
Ian Thomas1	M	Open	75	47.5	35.0	45.0	127.5	131.8	
Karen Gardner	F	55+	75	30.0	25.0	30.0	85.0 ^{BR}	131.3	
Ed Shorttle1	M	55+	80	35.0	30.0	37.5	102.5	122.4	
Sonya Coles1	F	Open	90	32.9	27.9	37.9	98.7	122.3	
Diane Baldrey	F	50+	70	25.0	22.5	27.5	75.0	116.7	
Josh Hulse	M	13&U	65	25.0	22.5	27.5	75.0	116.0	

Chris