

# IAWA (UK) Bob Smith All Round Postal League 2016 – Leg 3 - compiled by Chris Bass.

1	Powerhouse1	Mark Haydock, Josh Davidson, Pete Tryner	1003.7
2	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	884.5
3	Metamorfit1	Clive Madge, Rory Hoad, Ed Shorttle	877.5
4	Powerhouse2	Webster Reid, Lee Coton, James Gardner	876.4
5	Powerhouse3	Luke Davis, Matt Jones, Graham Saxton	776.8
6	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	750.8
7	Metamorfit2	Brian Heyburn, Ryan Burchett, Steven Mephram	720.6
8	Powerhouse4	Chloe Brennan, Chris Findon, Paula Thompson	705.3
9	Metamorfit3	Paul Barette, Gareth Edwards, Ian Thomas	664.2
10	Powerhouse5	Mandy Hughes, Gary Redfern Smith, Don Gardner	621.7
11	Twyford Strength Club	Sonya Coles, Mina Ell, Maddy Ell	565.9
12	Metamorfit4	Jenny Watson, Kris Singh, Charlotte Boniface	565.7
13	Powerhouse6	Karen Gardner, Diane Baldrey, Josh Hulse	433.0
14	Sunbury1	Trevor Evans, Jeff Luther	390.6
15	Metamorfit5	Natalie Voce	148.2

## Ranking of Lifters

1	Philippe Crisp	365.0	22	Steven Mephram	232.7
2	Mark Haydock	362.8	23	Paul Barette	231.2
3	Steve Andrews	336.9	24	Gareth Edwards	229.8
4	Josh Davidson	325.0	25	Chris Findon	227.6
5	Pete Tryner	315.8	26	Paula Thompson	224.5
6	Webster Reid	314.5	27	Mina Ell	219.4
7	Clive Madge	310.9	28	Mandy Hughes	211.2
8	Rory Hoad	309.8	29	Gary Redfern Smith	210.1
9	Steve Sherwood	309.0	30	Maddy Ell	208.0
10	Lee Coton	288.7	31	Ian Thomas	203.2
11	James Gardner	273.2	32	Don Gardner	200.4
12	Sam Hills	271.1	33	Jenny Watson	196.5
13	Luke Davis	261.9	34	Kris Singh	194.5
14	Matt Jones	258.0	35	Charlotte Boniface	174.6
15	Graham Saxton	256.9	36	Karen Gardner	157.5
16	Ed Shorttle	256.8	37	Natalie Voce	148.2
17	Chloe Brennan	253.3	38	Trevor Evans	146.6
18	Brian Heyburn	253.1	39	Sonya Coles	138.4
19	Jeff Luther	244.0	40	Diane Baldrey	138.1
20	Mark Shaw	238.7	41	Josh Hulse	137.5
21	Ryan Burchett	234.8	42	Nick Swain	114.7

## Ranking of Lifters per Lift & Record Breakers. Squat

## ▲ World Junior/Masters, ● World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref Bench Press (fof)

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	45+	8	105	248.0	107.2	Webster Reid	40+	5	125+	200.0	96.1
Mark Haydock	40+	2	110	260.5▲●	104.8	Philippe Crisp	45+	8	105	148.0	90.3
Josh Davidson	Open	0	115	220.0	85.8	Josh Davidson	Open	0	115	160.0	88.2
Pete Tryner	40+	4	95	190.0▲	84.0	Pete Tryner	40+	4	95	137.5	85.9
Steve Sherwood1	60+	26	80	140.0	82.5	Mark Haydock	40+	2	110	150.0▲	85.2
Sam Hills	55+	16	85	151.0	79.8	Lee Coton	40+	1	100	140.0	84.1
Graham Saxton	50+	15	125	185.0	79.2	Clive Madge1	65+	30	105	110.0	82.0
Clive Madge1	65+	30	105	150.0	79.1	Rory Hoad1	Open	0	80	115.0	75.7
Webster Reid	40+	5	125+	230.0	78.2	Steve Andrews1	55+	18	70	82.5	70.8
Rory Hoad	Open	0	80	165.0	76.9	Luke Davis	Open	0	75	100.0	69.2
Brian Heyburn	Open	0	75	155.0	76.7	Brian Heyburn	Open	0	75	97.5	68.1
Chloe Brennan	Open	33	75	115.0	76.6	Trevor Evans1	70+	40	80	72.5	67.0
Matt Jones	Open	0	125	200.0	73.8	Steve Sherwood1	60+	26	80	80.0	66.6
Steve Andrews1	55+	18	70	120.0	73.0	Graham Saxton	50+	15	125	110.0	66.5
James Gardner	Open	0	100	170.0	71.4	Gary Redfern Smith	40+	4	105	110.0▲	65.6
Luke Davis	Open	0	75	140.0	68.6	James Gardner	Open	0	100	110.0	65.2
Lee Coton	40+	1	100	145.0	61.7	Ed Shorttle	55+	21	80	80.0	63.8

## Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Ryan Burchett	Open	0	115	160.0	61.4	Gareth Edwards	Open	0	95	105.0	63.4
Kris Singh1	Open	0	90	135.0	59.5	Matt Jones	Open	0	125	120.0	62.6
Chris Findon	Open	0	70	115.0	59.1	Mina Ell1	18-19	36	45	45.0	61.9
Paula Thompson	40+	36	55	67.5▲	56.2	Paula Thompson	40+	36	55	52.5▲	61.7
Gareth Edwards	Open	0	95	130.0	55.6	Steven Mepham1	Open	0	100	102.5	60.5
Maddy Ell1	Open	33	55	65.5	55.3	Sam Hills	55+	16	85	81.0▲	60.5
Mark Shaw1	55+	17	85	100.0	54.3	Ryan Burchett	Open	0	115	110.0	59.7
Mandy Hughes	Open	33	90	90.0●	53.8	Jeff Luther1	60+	22	70	67.5	59.1
Ed Shorttle	55+	21	80	95.0	53.6	Don Gardner	50+	15	100	85.0▲	57.7
Gary Redfern Smith	40+	4	105	120.0	50.7	Chris Findon	Open	0	70	77.5	56.2
Steven Mepham1	Open	0	100	120.0	50.2	Paul Barette	40+	1	80	80.01	54.6
Mina Ell1	18-19	36	45	50.5	49.2	Mark Shaw1	55+	17	85	70.0	53.7
Charlotte Boniface1	Open	33	70	70.0	48.7	Chloe Brennan	Open	33	75	55.0●	51.7
Paul Barette	40+	1	80	100.01	48.3	Ian Thomas	Open	0	75	72.5	50.7
Don Gardner	50+	15	100	95.0	45.7	Kris Singh1	Open	0	90	80.0	49.8
Jeff Luther1	60+	22	70	72.5	45.0	Maddy Ell1	Open	33	55	40.0	47.7
Ian Thomas	Open	0	75	90.0	44.6	Jenny Watson	50+	44	60	37.5	45.2
Jenny Watson	50+	44	60	50.01	42.6	Mandy Hughes	Open	33	90	52.5BR	44.3
Karen Gardner	55+	52	80	50.0▲	36.7	Natalie Voce1	Open	33	90	50.0	42.2
Sonya Coles1	Open	33	90	55.0	32.4	Karen Gardner	55+	52	80	37.5	38.9
Natalie Voce1	Open	33	90	50.0	29.9	Josh Hulse	13&U	33	65	35.0	36.5
Josh Hulse	13&U	33	65	40.0	29.5	Diane Baldrey	50+	46	75	35.0	36.1
Diane Baldrey	50+	46	75	40.0	29.3	Sonya Coles1	Open	33	90	42.5	35.4
Nick Swain	50+	12	85	0.0	0.0	Charlotte Boniface1	Open	33	70	35.0	34.4
Trevor Evans1	70+	40	80	0.0	0.0	Nick Swain	50+	12	85	0.0	0.0

## Bench Press (fof)

## 2H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	2	110	282.5▲●	94.5	Steve Andrews1	55+	18	70	47.5	117.1
Pete Tryner	40+	4	95	250.0	92.1	Jeff Luther1	60+	22	70	35.0	88.1
Philippe Crisp	45+	8	105	246.5▲	88.7	Lee Coton	40+	1	100	50.0▲	86.3
Steve Sherwood1	60+	26	80	180.0	88.3	Trevor Evans1	70+	40	80	30.0	79.6
Josh Davidson	Open	0	115	270.0	87.7	Philippe Crisp	45+	8	105	45.0	78.9
Webster Reid	40+	5	125+	300.0	85.0	Mark Haydock	40+	2	110	48.0▲	78.3
Rory Hoad	Open	0	80	210.0	81.5	Rory Hoad1	Open	0	80	40.0	75.6
Ed Shorttle	55+	21	80	170.0	79.9	Clive Madge1	65+	30	105	35.0	74.9
Brian Heyburn	Open	0	75	190.0	78.3	Steve Sherwood1	60+	26	80	30.0	71.7
Chloe Brennan	Open	33	75	140.0	77.7	Mark Shaw1	55+	17	85	30.0	66.1
James Gardner	Open	0	100	220.0	76.9	Sam Hills	55+	16	85	30.0	64.3
Steve Andrews1	55+	18	70	150.0	75.9	Josh Davidson	Open	0	115	40.0	63.3
Clive Madge1	65+	30	105	170.5	74.9	James Gardner	Open	0	100	35.0	59.6
Luke Davis	Open	0	75	182.5	74.5	Ed Shorttle	55+	21	80	26.0▲	59.5
Paula Thompson	40+	36	55	105.0▲	72.8	Steven Mepham1	Open	0	100	35.0	59.4
Maddy Ell1	Open	33	55	100.5	70.7	Paul Barette1	40+	1	80	30.0	58.8
Chris Findon	Open	0	70	165.0	70.6	Webster Reid	40+	5	125+	40.0▲●	55.2
Paul Barette	40+	1	80	172.5 <sup>BR</sup>	69.4	Ryan Burchett1	Open	0	115	35.0	54.5
Matt Jones	Open	0	125	225.0	69.2	Pete Tryner	40+	4	95	30.0	53.8
Mina Ell1	18-19	36	45	85.0	68.9	Matt Jones	Open	0	125	35.0	52.4
Graham Saxton	50+	15	125	190.0	67.7	Jenny Watson1	50+	44	60	15.0	51.9
Sam Hills	55+	16	85	151.0	66.5	Nick Swain	50+	12	85	25.0	51.8
Gareth Edwards	Open	0	95	185.0	65.8	Ian Thomas1	Open	0	75	25.0	50.2
Mandy Hughes	Open	33	90	130.0	64.7	Luke Davis	Open	0	75	25.0	49.7
Mark Shaw1	55+	17	85	142.5	64.5	Mandy Hughes	Open	33	90	20.0●	48.5
Nick Swain	50+	12	85	148.0	62.9	Chloe Brennan	Open	33	75	17.5	47.3
Steven Mepham1	Open	0	100	180.0	62.7	Gareth Edwards	Open	0	95	26.0	45.1
Ryan Burchett	Open	0	115	185.0	59.2	Kris Singh1	Open	0	90	25.0	44.7
Don Gardner	50+	15	100	145.0 <sup>BR</sup>	58.0	Graham Saxton	50+	15	125	25.0	43.4
Diane Baldrey	50+	46	75	95.0	57.8	Gary Redfern Smith	40+	4	105	25.0	42.8
Ian Thomas	Open	0	75	140.0	57.7	Charlotte Boniface1	Open	33	70	15.0	42.3
Jenny Watson1	50+	44	60	80.0	56.8	Chris Findon	Open	0	70	20.0	41.7
Lee Coton	40+	1	100	160.0	56.7	Mina Ell1	18-19	36	45	10.0	39.5
Karen Gardner	55+	52	80	85.0	52.0	Don Gardner	50+	15	100	20.0 <sup>BR</sup>	39.0
Jeff Luther1	60+	22	70	100.4	51.8	Natalie Voce1	Open	33	90	15.0	36.3
Gary Redfern Smith	40+	4	105	145.0	51.0	Maddy Ell1	Open	33	55	10.0	34.3

## 2H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Charlotte Boniface1	Open	33	70	85.0	49.2	Paula Thompson	40+	36	55	10.0▲●	33.8
Sonya Coles1	Open	33	90	95.4	46.8	Brian Heyburn1	Open	0	75	15.0	30.1
Josh Hulse	13&U	33	65	67.5	41.5	Josh Hulse	13&U	33	65	10.0 <sup>BR</sup>	30.0
Kris Singh1	Open	0	90	110.0	40.4	Karen Gardner	55+	52	80	10.0▲	29.8
Natalie Voce1	Open	33	90	80.0	39.8	Sonya Coles1	Open	33	90	10.0	23.9
Trevor Evans1	70+	40	80	0.0	0.0	Diane Baldrey	50+	46	75	5.0▲	14.8

## Crucifix

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

1	Powerhouse1	Mark Haydock, Josh Davidson, Pete Tryner	2828.0
2	Metamorfit1	Clive Madge, Rory Hoad, Ed Shorttle	2779.9
3	Granby	Steve Andrews, Steve Sherwood, Mark Shaw	2691.3
4	Powerhouse2	Webster Reid, Lee Coton, James Gardner	2486.1
5	Powerhouse3	Luke Davis, Matt Jones, Graham Saxton	2198.2
6	Metamorfit2	Brian Heyburn, Ryan Burchett, Steven Mepham	2091.5
7	Powerhouse4	Chloe Brennan, Chris Findon, Paula Thompson	1982.6
8	Metamorfit3	Paul Barette, Gareth Edwards, Ian Thomas	1907.1
9	Powerhouse5	Mandy Hughes, Gary Redfern Smith, Don Gardner	1787.6
10	Iron Clan	Philippe Crisp, Sam Hills, Nick Swain	1662.5
11	Metamorfit4	Jenny Watson, Kris Singh, Charlotte Boniface	1646.6
12	Powerhouse6	Karen Gardner, Diane Baldrey, Josh Hulse	1451.9
13	Sunbury1	Trevor Evans, Jeff Luther	1227.8
14	Twyford Celts	Sonya Coles, Mina Ell, Maddy Ell	1091.6
15	Powerhouse7	Nic Robinson, Steve Moss, Mark Bowles	894.8
16	Metamorfit5	Natalie Voce	492.1

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

1	Philippe Crisp	1048.4	25	Paul Barette	646.8
2	Steve Andrews	1015.0	26	Graham Saxton	630.0
3	Steve Sherwood	984.9	27	Gary Redfern Smith	627.4
4	Clive Madge	980.1	28	Mandy Hughes	593.3
5	Rory Hoad	944.8	29	Jenny Watson	564.5
6	James Gardner	900.9	30	Ian Thomas	554.1
7	Josh Davidson	895.3	31	Charlotte Boniface	552.9
8	Webster Reid	884.9	32	Trevor Evans	551.8
9	Sam Hills	837.9	33	Natalie Voce	492.8
10	Luke Davis	830.5	34	Karen Gardner	477.6
11	Lee Coton	828.2	35	Diane Baldrey	442.7
12	Pete Tryner	820.3	36	Mina Ell	423.4
13	Matt Jones	756.7	37	Josh Hulse	415.3
14	Ed Shorttle	729.6	38	Nic Porter	407.5
15	Chloe Brennan	701.6	39	Maddy Ell	405.0
16	Paula Thompson	695.6	40	Elizabeth Edwards	371.9
17	Ryan Burchett	693.4	41	Mark Haydock	362.8
18	Mark Shaw	691.4	42	Nic Robinson	358.1
19	Steven Mepham	683.9	43	Steve Moss	342.3
20	Chris Findon	683.7	44	Mark Bowles	319.0
21	Gareth Edwards	678.3	45	Sonya Coles	263.1
22	Jeff Luther	676.0	46	Chris Powell	238.0
23	Brian Heyburn	660.7	47	Kris Singh	194.5
24	Don Gardner	655.5	48	Nick Swain	114.7

Here's the Leg 3 results, again a good response, with 42 lifters and 15 teams.

Recognition to Phil, Mark & Josh for the top 3 in the Squat; Webster, Phil & Josh for top 3 in Bench; Mark, Pete & Phil for top 3 in the Deadlift; Steve A, Jeff & Lee in the Crucifix. Also Phil, Mark & Steve A were top 3 lifters overall. The top 3 Teams were Powerhouse1, Metamorfit1 and Granby and this remains with the rankings for legs 1+2+3. Finally a big well done to the rest of the lifters.

Here are the results for the Power Set:

POWER SET		Age Class	CLASS Kilos	Squat KILOS	Bench Press (fof) KILOS	2H Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
NAME								
Philippe Crisp	M	45+	105	248.0	148.0	246.5	642.5 <sup>BR</sup>	286.1
Mark Haydock	M	40+	110	260.5	150.0	282.5	693.0 <sup>BR</sup>	284.5
Pete Tryner	M	40+	95	190.0	137.5	250.0	577.5 <sup>BR</sup>	262.0
Josh Davidson	M	Open	115	220.0	160.0	270.0	650.0	261.7
Webster Reid	M	40+	125+	230.0	200.0	300.0	730.0 <sup>BR</sup>	259.3
Steve Sherwood1	M	60+	80	140.0	80.0	180.0	400.0	237.3
Clive Madge1	M	65+	105	150.0	110.0	170.5	430.5	236.0
Rory Hoad	M	Open	80	165.0	115.0	210.0	490.0	234.1
Brian Heyburn	M	Open	75	155.0	97.5	190.0	442.5	223.0
Steve Andrews1	M	55+	70	120.0	82.5	150.0	352.5	219.7
James Gardner	M	Open	100	170.0	110.0	220.0	500.0	213.5
Graham Saxton	M	50+	125	185.0	110.0	190.0	485.0	213.4
Luke Davis	M	Open	75	140.0	100.0	182.5	422.5	212.2
Sam Hills	M	55+	85	151.0	81.0	151.0	383.0	206.8
Chloe Brennan	F	Open	75	115.0	55.0	140.0	310.0	206.0
Matt Jones	M	Open	125	200.0	120.0	225.0	545.0	205.5
Lee Coton	M	40+	100	145.0	140.0	160.0	445.0 <sup>BR</sup>	202.4
Ed Shorttle	M	55+	80	95.0	80.0	170.0	345.0	197.3
Paula Thompson	F	40+	55	67.5	52.5	105.0	225.0 <sup>BR</sup>	190.7
Chris Findon	M	Open	70	115.0	77.5	165.0	357.5	185.9
Gareth Edwards	M	Open	95	130.0	105.0	185.0	420.0	184.7
Ryan Burchett	M	Open	115	160.0	110.0	185.0	455.0	180.3
Mina Ell1	F	18-19	45	50.5	45.0	85.0	180.5	179.9
Maddy Ell1	F	Open	55	65.5	40.0	100.5	206.0	173.8
Steven Mepham1	M	Open	100	120.0	102.5	180.0	402.5	173.3
Mark Shaw1	M	55+	85	100.0	70.0	142.5	312.5	172.5
Paul Barette	M	40+	80	100.0	80.0	172.5	352.5	172.4
Gary Redfern Smith	M	40+	105	120.0	110.0	145.0	375.0	167.2
Mandy Hughes	F	Open	90	90.0	52.5	130.0	272.5 <sup>BR</sup>	162.7
Don Gardner	M	50+	100	95.0	85.0	145.0	325.0 <sup>BR</sup>	161.4
Jeff Luther1	M	60+	70	72.5	67.5	100.4	240.4	155.9
Ian Thomas	M	Open	75	90.0	72.5	140.0	302.5	153.0
Kris Singh1	M	Open	90	135.0	80.0	110.0	325.0	149.8
Jenny Watson	F	50+	60	50.0	37.5	80.0	167.5	144.6
Charlotte Boniface1	F	Open	70	70.0	35.0	85.0	190.0	132.3
Karen Gardner	F	55+	80	50.0	37.5	85.0	172.5 <sup>BR</sup>	127.7
Diane Baldrey	F	50+	75	40.0	35.0	95.0	170.0	123.2
Sonya Coles1	F	Open	90	55.0	42.5	95.4	192.9 <sup>BR</sup>	114.5
Natalie Voce1	F	Open	90	50.0	50.0	80.0	180.0	111.8
Josh Hulse	M	13&U	65	40.0	35.0	67.5	142.5	107.5
Trevor Evans1	M	70+	80	0.0	72.5	0.0	72.5	67.0
Nick Swain	M	50+	85	0.0	0.0	148.0	148.0	62.9

Chris