

IAWA (UK) Bob Smith All Round Postal League 2011 – Leg 1 - compiled by Chris Bass.

1	HEMEL HASBEENS	Nick Molloy, Dimitri Koutsoubakis, James Hilston	949.1
2	TIVERTON1 W.L.C.	Gary Ell, Kai Holland, Mark Rattenby	928.7
3	SUNBURY 1	Tom Meldon, Nick Sayce, Peter Lee	917.2
4	HAVEN HOTSHOTS	Mark Haydock, John Kavanagh, Tom Rowbotham	890.6
5	SUSSEX STRENGTH & COND	Phillipe Crisp, Ed Shorttle, Sam Blunt	884.9
6	GRANBY GRIPPERS	Steve Andrews, Daniel Andrews, Frank Allen	829.6
7	METAMORFIT	Adrian Pryor, Paul Barette, Natalie Doughty	804.8
8	TIVERTON2 W.L.C.	Tom Perry, Mike Turl, Patrick Burt	780.9
9	SUNBURY 2	Jeff Luther, John Evans, Trevor Evans	734.7
10	COALVILLE OUTCASTS	Mark Shaw, Jason Reed,	484.5
11	SUNBURY 3	John Curtin	170.4

Ranking of Lifters

1	Mark Haydock	388.9	16	Jeff Luther	264.6
2	Nick Molloy	376.7	17	Paul Barette	263.5
3	Gary Ell	366.2	18	Daniel Andrews	262.2
4	Phillipe Crisp	358.9	19	Jason Reed	255.5
5	Steve Andrews	349.3	20	Mark Rattenby	251.4
6	Tom Meldon	343.6	21	John Evans	247.6
7	Dimitri Koutsoubakis	330.4	22	James Hilston	242.0
8	John Kavanagh	325.8	23	Ed Shorttle	237.7
9	Adrian Pryor	312.3	24	Patrick Burt	232.6
10	Kai Holland	311.1	25	Mark Shaw	229.0
11	Nick Sayce	299.2	26	Natalie Doughty	228.9
12	Sam Blunt	288.2	27	Trevor Evans	222.5
13	Tom Perry	282.3	28	Frank Allen	218.1
14	Peter Lee	274.4	29	Tom Rowbotham	175.8
15	Mike Turl	266.0	30	John Curtin	170.4

Ranking of Lifters per Lift & Record Breakers.

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

Seated Press behind neck from Racks

Snatch from Knees

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	0	120	95.0	82.8	Mark Haydock	Open	0	12075.0		141.0
Steve Andrews1	50+	16	70	57.5	76.5	Steve Andrews1	50+	16	70	45.0	129.2
Tom Meldon	50+	17	85	62.5▲●	74.3	John Kavanagh	Open	0	100	62.5	127.0
Gary Ell1	40+	4	85	65.9	70.3	Phillipe Crisp	40+	6	100	58.0▲	123.7
Dimitri Koutsoubakis1	40+	8	85	62.0	69.2	Jeff Luther	55+	20	75	40.0▲	115.9
Jeff Luther	55+	20	75	50.0▲	67.1	Nick Sayce	Open	0	75	47.5	114.7
Nick Molloy1	Open	1	75	60.0	66.8	Paul Barette	Open	0	70	45.5●	114.5
John Kavanagh	Open	0	100	70.0	65.9	Gary Ell1	40+	4	85	49.4	113.7
Sam Blunt	16-17	5	85	60.0▲	64.9	Adrian Pryor	Open	4	85	48.0●	109.8
Nick Sayce	Open	0	75	55.0	61.5	Nick Molloy1	Open	1	75	43.0	103.4
Kai Holland	16-17	10	75	50.4▲	60.9	Tom Meldon	50+	17	85	40.0▲	102.6
Mike Turl	40+	6	80	52.9▲●	59.8	John Evans	65+	32	85	35.0▲	101.8
Phillipe Crisp	40+	6	100	60.0▲	59.3	Dimitri Koutsoubakis1	40+	8	85	40.0	96.3
Patrick Burt	Open	0	75	52.9●	58.3	Peter Lee	75+	56	85	27.5▲	96.2
Trevor Evans	65+	32	85	42.5▲	57.4	Sam Blunt	16-17	5	85	40.0▲	93.3
Jason Reed1	Open	0	80	52.5	55.2	Kai Holland	16-17	10	75	35.4▲	92.3
Tom Perry	Open	0	90	53.9●	54.5	Jason Reed1	Open	0	80	40.0	90.9
Ed Shorttle	50+	19	70	38.5▲	53.7	Natalie Doughty	Open	33	65	25.5●	90.8
James Hilston1	Open	0	105	58.0	52.6	Ed Shorttle	50+	19	70	30.0▲	90.3
John Evans	65+	32	85	37.5	50.5	Daniel Andrews	14-15	20	90	35.0▲	89.8
Mark Rattenby1	45+	13	65	35.4	48.5	James Hilston1	Open	0	105	45.5	89.1
Mark Shaw1	50+	15	80	37.5	46.4	Frank Allen1	65+	36	65	23.5	87.0
Natalie Doughty	Open	33	65	28.0●	46.2	Mike Turl	40+	6	80	35.4	86.3
Daniel Andrews	14-15	20	90	37.5▲	44.6	Patrick Burt	Open	0	75	35.4	84.2
Peter Lee	75+	56	85	27.5▲	44.5	Tom Perry	Open	0	90	37.9●	82.7
Tom Rowbotham	45+	12	105	42.5▲●	43.8	Trevor Evans	65+	32	85	27.5	80.1
Frank Allen1	65+	36	65	25.0	42.9	John Curtin	65+	34	110	30.0▲	78.4
Adrian Pryor	Open	4	85	38.0	40.3	Mark Rattenby1	45+	13	65	25.4	75.0
Paul Barette	Open	0	70	30.0	35.0	Tom Rowbotham	45+	12	105	30.0▲●	66.8
John Curtin	65+	34	110	27.5▲●	33.3	Mark Shaw1	50+	15	80	25.0	66.7

Leg 1 continued:

Reflex Clean & Jerk t

Rectangular Fix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	0	120	120.0	106.8	Nick Molloy1	Open	1	75	40.0	108.6
John Kavanagh	Open	0	100	102.5●	98.6	Adrian Pryor	Open	4	85	37.5	96.8
Nick Molloy1	Open	1	75	86.0	97.9	Gary Ell1	40+	4	85	35.4	91.9
Tom Meldon	50+	17	85	80.0▲	97.2	Kai Holland	16-17	10	75	30.4	89.5
Dimitri Koutsoubakis1	40+	8	85	85.0	96.9	Philippe Crisp	40+	6	100	33.0▲	79.5
Philippe Crisp	40+	6	100	95.5▲	96.4	Mark Rattenby1	45+	13	65	21.4	71.4
Steve Andrews1	50+	16	70	70.0	95.1	Tom Meldon	50+	17	85	24.0BR	69.5
Gary Ell1	40+	4	85	82.9	90.3	Dimitri Koutsoubakis1	40+	8	85	25.0	68.0
Tom Perry	Open	0	90	86.0	88.8	Sam Blunt	16-17	5	85	24.0▲	63.2
Mike Turl	40+	6	80	65.4	75.5	Peter Lee	75+	56	85	15.0	59.2
Peter Lee	75+	56	85	45.0▲	74.5	Mark Haydock	Open	0	120	27.5●	58.4
John Evans	65+	32	85	52.5BR	72.3	Daniel Andrews	14-15	20	90	20.0	57.9
Daniel Andrews	14-15	20	90	57.5	69.9	Paul Barette	Open	0	70	20.0	56.8
Jeff Luther	55+	20	75	50.0▲	68.6	Tom Perry	Open	0	90	22.9	56.4
Nick Sayce	Open	0	75	60.0	68.6	Nick Sayce	Open	0	75	20.0	54.5
Kai Holland	16-17	10	75	55.4▲	68.4	Mark Shaw1	50+	15	80	17.5	52.7
Sam Blunt	16-17	5	85	60.5▲	66.8	Ed Shorttle	50+	19	70	15.0	51.0
Adrian Pryor	Open	4	85	60.5	65.5	Steve Andrews1	50+	16	70	15.0	48.6
Jason Reed1	Open	0	80	60.0	64.5	Jason Reed1	Open	0	80	17.5	44.9
Mark Shaw1	50+	15	80	50.0	63.2	Mike Turl	40+	6	80	16.1▲	44.3
Trevor Evans	65+	32	85	45.0	62.0	James Hilston1	Open	0	105	20.0	44.2
Natalie Doughty	Open	33	65	35.5●	59.8	Frank Allen1	65+	36	65	8.5	35.5
John Curtin	65+	34	110	47.5▲	58.8	John Kavanagh	Open	0	100	15.0●	34.4
Paul Barette	Open	0	70	48.0	57.2	Patrick Burt	Open	0	75	12.4	33.3
Patrick Burt	Open	0	75	50.4	56.8	Natalie Doughty	Open	33	65	8.0	32.1
Mark Rattenby1	45+	13	65	40.4	56.5	Trevor Evans	65+	32	85	7.0	23.0
James Hilston1	Open	0	105	60.5	56.1	John Evans	65+	32	85	7.0	23.0
Tom Rowbotham	45+	12	105	50.0	52.7	Jeff Luther	55+	20	75	4.0	13.1
Frank Allen1	65+	36	65	30.0	52.6	Tom Rowbotham	45+	12	105	5.0●	12.6
Ed Shorttle	50+	19	70	30.0▲	42.7	Nick Molloy1	Open	1	75	40.0	108.6

Here's the Leg 1 results of the new year. The response this year has been fantastic. Welcome to a new teams from Sussex the Metamorfit, encouraged by Phillippe Crisp, the Hemmels set up by Nick Molloy and a second team from Tiverton. Thanks to all of you for making, fro what promises to be an interesting All Round League.

Recognition to Mark Haydock, Steve Andrews & Tom Meldon for the top 3 in the Seated Press behind neck from Racks, Mark Haydock, Steve Andrews & John Kavanagh in Snatch from Knees, Mark Haydock, John Kavanagh & Nick Molloy in the Reflex Clean & Jerk and finally Nick Molloy, Adrian Pryor & Gary Ell in the Abdominal Raise. Also well done to the rest of the lifters, let's hope the rest of the legs continue with no loss of lifters! I think it will be a good contest between Hemmel, Hasbeens, Tiverton Club 1 & Sunbury 1.

Thanks to everyone for lifting and helping to keep the All Round Postal League going.



Chris Bass