

# IAWA (UK) Bob Smith All Round Postal League 2011 – Leg 3 - compiled by Chris Bass.

1	MACHO MEN	Nick Molloy1, Philippe Crisp, James Hilston	995.1
2	GRANBY GRIPPERS	Steve Andrews, Frank Allen, Daniel Andrews	907.8
3	TIVERTON W.L.C.1	Gary Ell, Mark Rattenby, Kai Holland	862.9
4	SUNBURY 1	Tom Meldon, Jeff Luther, Trevor Evans	796.7
5	TIVERTON W.L.C.2	Mike Turl, Thomas Cleverley, Tom Perry	737.3
6	METAMORFIT	Adrian Pryor, Paul Barette, Natalie Doughty	707.0
7	SUNBURY 2	John Evans, Peter Lee, Nick Sayce	659.1
8	HOTSHOTS	Mark Haydock, John Kavanagh	643.7
9	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	518.8
10	TIVERTON W.L.C.3	Axel Amos, Patrick Burt	452.8
11	SUNBURY 3	John Curtin	399.5
12	SUSSEX STRENGTH & C	Ed Shorttle	249.2

## Ranking of Lifters

1	Steve Andrews	399.0	16	Mike Turl	255.0
2	Nick Molloy	377.3	17	Jason Reed1	254.2
3	Mark Haydock	362.4	18	Ed Shorttle1	249.2
4	Philippe Crisp	358.7	19	Thomas Cleverley	242.9
5	Frank Allen	315.5	20	Tom Perry	239.4
6	Gary Ell	309.2	21	Axel Amos	235.3
7	Mark Rattenby	284.5	22	Paul Barette	234.4
8	Tom Meldon	282.4	23	John Evans	230.8
9	John Kavanagh	281.3	24	Patrick Burt	217.5
10	Kai Holland	269.2	25	Peter Lee	216.7
11	Adrian Pryor	268.8	26	Nick Sayce	211.5
12	Mark Shaw1	264.6	27	John Curtin	203.8
13	James Hilston	259.1	28	Natalie Doughty	203.7
14	Jeff Luther	258.0	29	Barry Ricks	195.7
15	Trevor Evans	256.4	30	Daniel Andrews	193.2

## Ranking of Lifters per Lift & Record Breakers.

▲World Junior/Masters, ●World Open, <sup>BR</sup>British  
1 Single Referee

### 1H Dumbell Swing

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	50+	17	70	47.5L	93.3
Philippe Crisp	40+	7	105	63.5R	91.1
Nick Molloy1	Open	2	75	52.0R	85.1
Mark Haydock	Open	1	120	65.5R	83.4
John Kavanagh	Open	0	100	60.0R	81.1
Tom Meldon	50+	18	85	45.0R	79.9
Frank Allen1	65+	38	90	35.0R	70.9
James Hilston1	Open	0	105	50.8R	66.8
Peter Lee	75+	58	80	27.5R	66.1
Jeff Luther	55+	21	75	32.0R	63.2
Adrian Pryor	40+	5	85	40.0R	61.9
Gary Ell	40+	5	90	40.0R	61.3
Trevor Evans	65+	34	85	30.0R	60.3
Kai Holland	16-17	10	80	35.0R	60.3
Mark Shaw1	50+	16	80	33.1R	59.7
Jason Reed1	Open	0	80	39.1R	59.5
John Evans	65+	34	85	30.0R	59.0
Mike Turl	40+	7	80	32.0R	52.8
John Curtin	65+	36	105	29.5R	52.7
Ed Shorttle1	50+	20	70	25.0L	51.7
Thomas Cleverley	Open	0	70	30.0R	50.9
Tom Perry	Open	0	90	35.0R	50.9
Paul Barette	Open	0	70	30.0R	50.6
Mark Rattenby	45+	14	65	25.0R	50.5
Patrick Burt	Open	0	75	30.0R	49.1
Barry Ricks	55+	24	90	27.0R	48.8
Nick Sayce	Open	0	75	30.0R	47.5
Daniel Andrews	14-15	20	65	22.5R	47.5
Natalie Doughty	Open	33	65	20.0R	46.8
Axel Amos	Open	0	85	30.0R	44.1

### Pullover & Push

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	50+	17	70	125.5	98.9
Mark Haydock	Open	1	120	160.0	81.7
Nick Molloy1	Open	2	75	123.0	80.8
Tom Meldon	50+	18	85	110.0	78.4
Philippe Crisp	40+	7	105	128.5▲	73.9
Frank Allen1	65+	38	90	85.0	69.1
Gary Ell	40+	5	90	107.9	66.4
Tom Perry	Open	0	90	112.9	65.8
John Kavanagh	Open	0	100	120.0	65.1
Thomas Cleverley	Open	0	70	90.4	61.5
Mark Rattenby	45+	14	65	75.4	61.1
Kai Holland	16-17	10	80	85.4	59.0
Ed Shorttle1	50+	20	70	70.5	58.5
Adrian Pryor	40+	5	85	90.5	56.2
Mike Turl	40+	7	80	80.4	53.3
Patrick Burt	Open	0	75	80.4	52.8
Trevor Evans	65+	34	85	65.0	52.4
Jason Reed1	Open	0	80	85.0	51.9
Paul Barette	Open	0	70	75.5	51.0
Axel Amos	Open	0	85	85.4	50.3
Jeff Luther	55+	21	75	61.8	49.0
James Hilston1	Open	0	105	90.5	47.8
Mark Shaw1	50+	16	80	65.0	47.0
Natalie Doughty	Open	33	65	48.5	45.5
John Evans	65+	34	85	57.5	45.4
Nick Sayce	Open	0	75	60.0	38.1
Daniel Andrews	14-15	20	65	43.0	36.4
Barry Ricks	55+	24	90	45.0	32.6
John Curtin	65+	36	105	40.0 <sup>BR</sup>	28.7
Peter Lee	75+	58	80	12.5	12.1

Leg 3 continued:

2H Ciavattone Deadlift

Lifter	Age	%	Class	Kilos	Points
Nick Molloy1	Open	2	75	200.0	114.2
Mark Rattenby	45+	14	65	145.5	102.6
Mark Haydock	Open	1	120	227.5	100.9
Kai Holland	16-17	10	80	167.9▲	100.8
Frank Allen1	65+	38	90	140.0	98.9
Gary Ell	40+	5	90	176.4	94.3
Adrian Pryor	40+	5	85	170.5 <sup>BR</sup>	92.0
Philippe Crisp	40+	7	105	182.5▲	91.3
James Hilston1	Open	0	105	195.0	89.6
Steve Andrews	50+	17	70	130.0	89.0
Ed Shorttle1	50+	20	70	120.5	86.9
Mark Shaw1	50+	16	80	135.0	84.9
Mike Turl	40+	7	80	146.4	84.3
Peter Lee	75+	58	80	100.0	83.8
Axel Amos	Open	0	85	160.4	82.2
Tom Perry	Open	0	90	160.4	81.3
Paul Barette	Open	0	70	135.5	79.6
Thomas Cleverley	Open	0	70	132.9	78.6
John Evans	65+	34	85	110.0	75.5
John Kavanagh	Open	0	100	160.0	75.4
John Curtin	65+	36	105	115.0▲	71.6
Jason Reed1	Open	0	80	135.0	71.6
Trevor Evans	65+	34	85	100.0	70.1
Patrick Burt	Open	0	75	120.4	68.8
Daniel Andrews	14-15	20	65	90.0	66.2
Jeff Luther	55+	21	75	95.8	66.0
Natalie Doughty	Open	33	65	78.5	64.1
Tom Meldon	50+	18	85	102.5	63.5
Barry Ricks	55+	24	90	100.0	63.0
Nick Sayce	Open	0	75	110.0	60.8

Crucifix

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	50+	17	70	47.5	117.8
Philippe Crisp	40+	7	105	56.5▲●	102.4
Nick Molloy1	Open	2	75	47.0	97.2
Mark Haydock	Open	1	120	60.0	96.4
Gary Ell	40+	5	90	45.0	87.2
Jeff Luther	55+	21	75	32.0▲	79.8
Frank Allen1	65+	38	90	30.0	76.7
Trevor Evans	65+	34	85	29.0	73.6
Mark Shaw1	50+	16	80	32.0	72.9
Jason Reed1	Open	0	80	37.0	71.1
Mark Rattenby	45+	14	65	27.5	70.2
Nick Sayce	Open	0	75	32.5	65.1
Mike Turl	40+	7	80	31.0	64.6
Tom Meldon	50+	18	85	27.0	60.6
John Kavanagh	Open	0	100	35.0	59.8
Adrian Pryor	40+	5	85	30.0	58.7
Axel Amos	Open	0	85	31.6	58.6
James Hilston1	Open	0	105	33.0	54.9
Peter Lee	75+	58	80	18.0▲	54.7
Paul Barette	Open	0	70	25.0	53.2
Ed Shorttle1	50+	20	70	20.0	52.2
Thomas Cleverley	Open	0	70	24.2	51.9
Barry Ricks	55+	24	90	22.5 <sup>BR</sup>	51.3
John Evans	65+	34	85	20.5	51.0
John Curtin	65+	36	105	22.5▲	50.8
Kai Holland	16-17	10	80	22.6	49.2
Natalie Doughty	Open	33	65	16.0	47.3
Patrick Burt	Open	0	75	22.6	46.8
Daniel Andrews	14-15	20	65	16.2	43.2
Tom Perry	Open	0	90	22.6	41.5

Ranking of Teams after Legs 1+2+3.

1	MACHOMEN	Nick Molloy1, Philippe Crisp, James Hilston	2995.8
2	TIVERTON W.L.C.1	Gary Ell, Mark Rattenby, Kai Holland	2853.7
3	SUNBURY 1	Tom Meldon, Jeff Luther, Trevor Evans	2668.9
4	GRANBY GRIPPERS	Steve Andrews, Frank Allen, Daniel Andrews	2656.9
5	METAMORFIT	Adrian Pryor, Paul Barette, Natalie Doughty	2386.5
6	TIVERTON W.L.C.2	Mike Turl, Thomas Cleverley, Tom Perry	2369.8
7	SUSSEX S & C	Ed Shorttle, Dimitri Koutsoubakis	2221.1
8	SUNBURY 2	John Evans, Peter Lee, Nick Sayce	2158.9
9	HOTSHOTS	Mark Haydock, John Kavanagh	1928.6
10	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	1592.5
11	TIVERTON W.L.C.3	Axel Amos, Patrick Burt	1025.9
12	SUNBURY 3	John Curtin, Barry Ricks	1020.5

Leg 3 continued:

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

1	Phillipe Crisp	1160.3	19	Trevor Evans	771.6
2	Mark Haydock	1144.0	20	John Evans	743.5
3	Nick Molloy	1137.5	21	Nick Sayce	735.5
4	Steve Andrews	1107.2	22	Patrick Burt	729.2
5	Gary Ell	1036.8	23	Dimitri Koutsoubakis	692.0
6	Tom Meldon	990.1	24	Natalie Doughty	674.3
7	Adrian Pryor	930.4	25	John Curtin	625.2
8	Kai Holland	915.8	26	Frank Allen	617.0
9	Mark Rattenby	901.1	27	John Kavanagh	607.1
10	Tom Perry	831.2	28	Daniel Andrews	587.0
11	Mark Shaw	812.5	29	Axel Amos	533.8
12	James Hilston	807.5	30	Thomas Cleverley	517.6
13	Ed Shorttle	803.2	31	Barry Ricks	395.3
14	Jeff Luther	794.6	32	Mark Godleman	345.7
15	Peter Lee	792.5	33	Kev Thomas	328.0
16	Mike Turle	783.9	34	Sam Blunt	288.2
17	Paul Barette	781.8	35	Tom Rowbotham	177.4
18	Jason Reed	780.1			

Here's the Leg 3 results of 2011. Please note that Hemel Hasbeens have changed their name to Macho Men and Phillipe Crisp has replaced Dimitri Koutsoubakis, leaving Ed Shorttle on his own in Sussex Strength & Conditioning Club.

Recognition to Steve Andrews, Phillipe Crisp & Nick Molloy for the top 3 in the Swing, Steve Andrews, Mark Haydock & Nick Molloy in the Pullover & Push, Nick Molloy, Mark Rattenby & Mark Haydock in the Ciavattone Deadlift and finally Steve Andrews, Phillipe Crisp & , Nick Molloy in the Crucifix. Also well done to the rest of the lifters, and to teams Tiverton1 for returning to second place and Sunbury1 for moving up to 3<sup>rd</sup> place.

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



Chris Bass