

# IAWA (UK) Bob Smith All Round Postal League 2011 – Leg 5 - compiled by Chris Bass.

1	SOUTHERN MACHOMEN	Philippe Crisp, Nick Molloy, James Hilston	838.5
2	GRANBY GRIPPERS	Steve Andrews, Frank Allen, Daniel Andrews	829.5
3	SUNBURY 1	Tom Meldon, Jeff Luther, Trevor Evans	726.8
4	TIVERTON W.L.C.1	Gary Ell, Kai Holland, Mark Rattenby	710.1
5	METAMORFIT	Adrian Pyor, Paul Barette, Natalie Doughty	621.4
6	SUNBURY 2	John Evans, Nick Sayce, Barry Ricks	603.7
7	TIVERTON W.L.C.2	Tom Perry, Mike Turl, Axel Amos	587.9
8	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	413.4
9	TIVERTON W.L.C.3	Thomas Cleverley, Patrick Burt	333.8
10	SUSSEX S & C	Ed Shorttle	208.9
11	SUNBURY 3	Peter Lee	150.5

## Ranking of Lifters

1	Steve Andrews	362.5	14	Mark Shaw	210.8
2	Philippe Crisp	315.9	15	Tom Perry	210.2
3	Nick Molloy	309.7	16	Ed Shorttle	208.9
4	Frank Allen	285.4	17	Jason Reed	202.7
5	Gary Ell	265.3	18	Paul Barette	199.7
6	Tom Meldon	252.9	19	Nick Sayce	196.3
7	Jeff Luther	244.8	20	Barry Ricks	194.9
8	Adrian Pyor	238.8	21	Mike Turl	191.5
9	Trevor Evans	229.1	22	Axel Amos	186.2
10	Kai Holland	223.6	23	Natalie Doughty	182.9
11	Mark Rattenby	221.3	24	Daniel Andrews	181.6
12	James Hilston	212.9	25	Thomas Cleverley	172.7
13	John Evans	212.5	26	Patrick Burt	161.1
			27	Peter Lee	150.5

## Ranking of Lifters per Lift & Record Breakers.

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

### 1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	50+	17	70	50.0R	91.3
Tom Meldon	50+	18	85	48.3L▲	78.7
Philippe Crisp	40+	7	105	56.0R	74.5
Nick Molloy1	Open	2	75	46.5L	70.9
Frank Allen1	65+	38	90	35.0L	65.5
Gary Ell1	40+	5	85	42.9L	61.9
Daniel Andrews	14-15	20	65	30.5R	59.9
Adrian Pyor	40+	5	85	40.5R	59.9
John Evans	65+	34	90	30.8L	56.7
Kai Holland	16-17	10	80	35.4L	56.7
Jeff Luther	55+	21	75	30.5L	56.4
Peter Lee	75+	58	80	23.6R	53.6
James Hilston1	Open	0	105	43.0L	53.0
Paul Barette	Open	0	70	33.0R	52.6
Mark Rattenby1	45+	14	65	27.9L	51.9
Ed Shorttle1	55+	20	75	28.5R	51.5
Mike Turl	40+	7	80	32.9L	50.8
Jason Reed1	Open	0	80	35.0L	49.8
Trevor Evans	65+	34	85	26.0L	48.4
Tom Perry	Open	0	90	35.4L	48.1
Mark Shaw1	50+	16	80	27.5L	46.7
Nick Sayce	Open	0	75	30.0L	45.0
Natalie Doughty	Open	33	70	20.0L	43.0
Barry Ricks	55+	24	90	23.6L	39.8
Thomas Cleverley	Open	0	75	25.4L	38.9
Axel Amos	Open	0	85	27.9L	38.4
Patrick Burt	Open	0	75	20.4L	31.2

### 1H Barbell C&J

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	50+	17	70	53.0L	84.3
Nick Molloy1	Open	2	75	52.0R	69.0
Gary Ell1	40+	5	85	52.9R	66.5
Tom Meldon	50+	18	85	42.1R	59.8
Tom Perry	Open	0	90	50.4R	59.7
Frank Allen1	65+	38	90	32.5R	53.0
Philippe Crisp	40+	7	105	45.0LBR	52.1
John Evans	65+	34	90	30.8R	49.4
Kai Holland	16-17	10	80	35.4R	49.4
Jeff Luther	55+	21	75	30.5R	49.1
Axel Amos	Open	0	85	40.4R	48.4
Nick Sayce	Open	0	75	36.5R	47.7
Mike Turl	40+	7	80	35.4R	47.6
Trevor Evans	65+	34	85	29.0R	47.1
Thomas Cleverley	Open	0	75	35.0R	46.7
Jason Reed1	Open	0	80	37.5R	46.5
Paul Barette	Open	0	70	33.0L	45.8
Mark Rattenby1	45+	14	65	27.9R	45.2
Ed Shorttle1	55+	20	75	28.5L	44.9
Natalie Doughty	Open	33	70	23.5R	44.0
Adrian Pyor	40+	5	85	33.0L	42.5
Barry Ricks	55+	24	90	28.0R	41.1
Mark Shaw1	50+	16	80	27.5R	40.7
Daniel Andrews	14-15	20	65	22.5L	38.5
James Hilston1	Open	0	105	35.5R	38.1
Patrick Burt	Open	0	75	25.4R	33.8
Peter Lee	75+	58	80	11.4L	22.5

Leg 5 continued:

1H Barbell Deadlift

Lifter	Age	%	Class	Kilos	Point
Steve Andrews	50+	17	70	140.5L	99.2
Nick Molloy1	Open	2	75	153.0R	90.2
Philippe Crisp	40+	7	105	171.0R▲	88.0
Frank Allen1	65+	38	90	115.0R	83.3
Trevor Evans	65+	34	85	100.5R	72.4
Jeff Luther	55+	21	75	100.5R	71.9
John Evans	65+	34	90	100.5R	71.5
Adrian Pyor	40+	5	85	110.5R	63.2
Barry Ricks	55+	24	90	90.0R	58.7
Tom Meldon	50+	18	85	92.5R	58.3
James Hilston1	Open	0	105	120.5R	57.5
Gary Ell1	40+	5	85	97.9R	54.7
Natalie Doughty	Open	33	70	65.5R	54.5
Mark Rattenby1	45+	14	65	74.4R	53.6
Ed Shorttle1	55+	20	75	75.5L	52.8
Kai Holland	16-17	10	80	80.4R	49.8
Tom Perry	Open	0	90	92.4R	48.6
Mark Shaw1	50+	16	80	72.5L	47.6
Paul Barette	Open	0	70	75.5R	46.6
Peter Lee	75+	58	80	53.0R	46.6
Nick Sayce	Open	0	75	80.0R	46.4
Patrick Burt	Open	0	75	77.9R	46.1
Daniel Andrews	14-15	20	65	60.5R	46.0
Mike Turl	40+	7	80	75.4R	45.1
Axel Amos	Open	0	85	80.4R	42.8
Jason Reed1	Open	0	80	77.5R	42.7
Thomas Cleverley	Open	0	75	60.4R	35.8

Lateral Raise Lying

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	40+	7	105	55.5▲	101.4
Steve Andrews	50+	17	70	35.0	87.8
Frank Allen1	65+	38	90	32.5	83.6
Gary Ell1	40+	5	85	41.4	82.1
Nick Molloy1	Open	2	75	38.0	79.6
Mark Shaw1	50+	16	80	32.5	75.8
Adrian Pyor	40+	5	85	36.0▲	73.2
Mark Rattenby1	45+	14	65	27.6	70.6
Kai Holland	16-17	10	80	30.8▲	67.8
Jeff Luther	55+	21	75	26.5	67.4
James Hilston1	Open	0	105	38.0	64.4
Jason Reed1	Open	0	80	32.5	63.6
Trevor Evans	65+	34	85	23.9	61.2
Ed Shorttle1	55+	20	75	24.0	59.7
Nick Sayce	Open	0	75	27.7	57.1
Axel Amos	Open	0	85	30.0	56.7
Tom Meldon	50+	18	85	25.0▲	56.0
Barry Ricks	55+	24	90	23.9▲	55.4
Paul Barette	Open	0	70	25.0	54.8
Tom Perry	Open	0	90	28.8	53.8
Thomas Cleverley	Open	0	75	24.4	51.4
Patrick Burt	Open	0	75	23.8	50.0
Mike Turl	40+	7	80	22.6▲	48.0
Natalie Doughty	Open	33	70	14.0	41.4
Daniel Andrews	14-15	20	65	13.8	37.1
John Evans	65+	34	90	13.8	34.9
Peter Lee	75+	58	80	8.9	27.8

Ranking of Teams after Legs 1+2+3+4+5.

1	SOUTHERN MACHOMEN	Philippe Crisp, Nick Molloy, James Hilston	4720.8
2	TIVERTON W.L.C.1	Gary Ell, Kai Holland, Mark Rattenby	4302.0
3	GRANBY GRIPPERS	Steve Andrews, Frank Allen, Daniel Andrews	4273.4
4	SUNBURY 1	Tom Meldon, John Evans, Trevor Evans	4103.3
5	METAMORFIT	Adrian Pyor, Paul Barette, Natalie Doughty	3736.9
6	TIVERTON W.L.C.2	Tom Perry, Mike Turl, Axel Amos	3604.1
7	SUNBURY 2	Jeff Luther, Nick Sayce, Peter Lee	3202.6
8	HOTSHOTS	Mark Haydock, John Kavanagh, Tom Allsop	2685.5
9	SUSSEX S & C	Ed Shorttle	2663.6
10	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	2468.8
11	TIVERTON W.L.C.3	Thomas Cleverley, Patrick Burt	1738.7
12	SUNBURY 3	John Curtin , Barry Ricks	1147.2

Leg 5 continued:

### Ranking of Lifters after Legs 1+2+3+4+5

1	Phillipe Crisp	1809.8	19	Frank Allen	1164.3
2	Steve Andrews	1794.6	20	Peter Lee	1161.4
3	Nick Molloy	1762.9	21	Natalie Doughty	1090.6
4	Gary Ell	1574.5	22	Patrick Burt	1085.3
5	Tom Meldon	1500.9	23	Jeff Luther	1039.4
6	Adrian Pyor	1430.2	24	Daniel Andrews	968.8
7	Mark Haydock	1408.4	25	Axel Amos	936.3
8	Kai Holland	1370.6	26	Nick Sayce	931.8
9	Mark Rattenby	1356.9	27	Thomas Cleverley	905.7
10	James Hilston	1257.7	28	John Kavanagh	852.0
11	Mark Shaw	1252.6	29	Barry Ricks	778.2
12	Ed Shorttle	1245.8	30	Dimitri Koutsoubakis	692.0
13	Trevor Evans	1226.2	31	John Curtin	658.8
14	Tom Perry	1225.4	32	Mark Godleman	345.7
15	Jason Reed	1216.2	33	Kev Thomas	328.0
16	Paul Barette	1216.1	34	Sam Blunt	288.2
17	Mike Turle	1190.1	35	Tom Allsop	247.6
18	John Evans	1180.1	36	Tom Rowbotham	177.4

Here's the Leg 5 results of 2011.

Recognition to Steve Andrews, Tom Meldon & Phillipe Crisp for the top 3 in the Snatch, Steve Andrews, Nick Molloy & Gary Ell in the Clean & Jerk, Steve Andrews, Nick Molloy & Phillipe Crisp in the Clean & Jerk and finally Phillipe Crisp, Steve Andrews & Frank Allen in the Lateral Raise Lying. Also well done to the rest of the lifters, especially those obtaining records, and to teams Machomen, Tiverton1 & Granby for retaining their places from the last leg.

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



Chris Bass