

IAWA (UK) Bob Smith All Round Postal League 2013 – Leg 1 - compiled by Chris Bass.

1	GRANBY GRIPPERS	Steve Andrews, Mark Godelman, Steve Sherwood	1099.2
2	POWERHOUSE 1	Mark Price, John Gardner, Graham Saxton	1093.6
3	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	1000.5
4	TIVERTON W.L.C.1	Mark Rattenberry, Tom Perry, Gary Ell	974.3
5	POWERHOUSE 2	Luke Davis, James Gardner, Jason Dorn	962.8
6	METAMEN	Chris Moloney, Brian Heyburn, Gareth Edwards	857.3
7	TIVERTON W.L.C.2	Patrick Burt, Thomas Cleverley, Peter Hoar	795.5
8	SUNBURY 1	Peter Lee, Trevor Evans, Jeff Luther	767.7
9	TEAMORFIT	Adrian Hollywood, Chris Powel, James Morgan	766.5
10	METASTRENGHT	Jenn Tibenham, David Cole, Nick Swain	759.5
11	IRON MAIDENS	Natalie Doughty, Helen Parry, Nadia Silva	668.2
12	TIVERTON W.L.C.3	Jevan Cockbain, Sarah Martin, Dion Maynard	665.7
13	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	545.0
14	POWERHOUSE 3	Paula Delamata, Karen Gardner	477.0
15	GRANBY GRIPPERS 2	Daniel Andrews	237.7

Ranking of Lifters

1	Steve Sherwood	414.4	21	Adrian Hollywood	281.8
2	Mark Price	398.2	22	David Cole	279.4
3	Philippe Crisp	394.3	23	Patrick Burt	273.4
4	John Gardner	347.9	24	Thomas Cleverley	264.5
5	Graham Saxton	347.5	25	Trevor Evans	262.5
6	Steve Andrews	344.3	26	Paula Delamata	260.7
7	Mark Godelman	340.4	27	Nick Swain	260.6
8	Luke Davis	339.3	28	Peter Hoar	257.6
9	James Gardner	335.9	29	Peter Lee	254.0
10	Mark Rattenberry	329.3	30	Jeff Luther	251.1
11	Tom Perry	322.9	31	Jevan Cockbain	246.0
12	Gary Ell	322.1	32	Jason Reed	245.6
13	Adrian Pryor	319.4	33	James Morgan	245.2
14	Mark Shaw	299.4	34	Chris Powel	239.4
15	Nadia Silva	292.4	35	Daniel Andrews	237.7
16	Brian Heyburn	287.9	37	Jenn Tibenham	219.4
17	Jason Dorn	287.6	38	Karen Gardner	216.4
18	Paul Barette	286.7	39	Sarah Martin	212.8
19	Chris Moloney	286.7	40	Dion Maynard	206.9
20	Gareth Edwards	282.7	36	Natalie Doughty	223.2
			41	Helen Parry	152.7

Ranking of Lifters per Lift & Record Breakers. Reverse Grip Bench Press

Lifter	Age	%	Class	Kilos	Points
Mark Price	45+	14	90	130.0▲	106.2
Philippe Crisp1	40+	9	110	132.5	93.1
Graham Saxton	50+	16	125	118.0▲	86.3
Steve Sherwood	60+	27	80	87.5▲	85.4
Luke Davis	Open	0	80	105.0	80.4
Steve Andrews1	50+	19	70	80.0	79.0
Mark Godelman	50+	16	105	95.0▲	72.7
John Gardner	Open	0	125+	115.0	72.5
Chris Moloney1	Open	0	75	90.5	72.3
Gary Ell	40+	7	90	92.5	71.7
Adrian Pryor1	40+	7	85	90.5	71.7
Adrian Hollywood1	Open	0	90	98.0	71.6
James Gardner	Open	0	90	100.0	71.2
Mark Rattenberry	50+	16	65	70.0	70.8
Thomas Cleverley	Open	0	80	90.4	70.0
Tom Perry	Open	0	90	95.4	69.5
Jason Dorn	40+	9	95	90.0	68.8
David Cole1	Open	1	70	80.5	68.3
Trevor Evans	65+	38	85	65.0BR	67.8
James Morgan1	Open	1	85	85.5	65.7
Peter Hoar	Open	0	110	100.4	64.3
Patrick Burt	Open	0	75	80.4	63.9

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

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	27	80	127.5▲●	164.4
Mark Price	45+	14	90	137.5▲●	148.5
Philippe Crisp1	40+	9	110	143.0	132.8
Luke Davis	Open	0	80	125.0	126.5
Graham Saxton	50+	16	125	130.0▲●	125.7
John Gardner	Open	0	125+	150.0●	125.0
James Gardner	Open	0	90	130.0	122.4
Nadia Silva1	Open	33	55	65.5	115.1
Mark Godelman	50+	16	105	110.0	111.2
Tom Perry	Open	0	90	115.4	111.0
Steve Andrews1	50+	19	70	85.0	110.9
Gary Ell	40+	7	90	100.4	102.8
Brian Heyburn1	Open	0	75	95.5	101.8
Jevan Cockbain	14-15	25	65	70.4	101.4
Mark Shaw1	50+	18	80	80.0	98.5
Paul Barette1	Open	2	70	85.5	95.6
Adrian Pryor1	40+	7	85	90.5	94.7
Mark Rattenberry	50+	16	65	70.4	94.1
Jason Dorn	40+	9	95	90.0▲	90.9
David Cole1	Open	1	70	80.5	90.2
Paula Delamata	Open	37	50	45.0●	87.5
Daniel Andrews	16-17	10	70	70.0	86.8

Leg 1 continued

<u>Bench Press</u>						<u>Lunge Squat</u>					
	Age	%	Class	Kilos	Points		Age	%	Class	Kilos	Points
Gareth Edwards1	Open	0	80	80.5	63.4	Gareth Edwards1	Open	0	80	83.0	86.4
Nick Swain1	45+	13	85	75.0	62.5	Chris Moloney1	Open	0	75	80.5	85.0
Brian Heyburn1	Open	0	75	75.5	60.9	Dion Maynard	14-15	25	65	55.4▲	80.2
Nadia Silva1	Open	33	55	45.5	60.5	Thomas Cleverley	Open	0	80	75.4	77.1
Mark Shaw1	50+	18	80	62.5	58.2	Nick Swain1	45+	13	85	70.0	77.0
Chris Powel1	Open	3	85	75.5	57.6	Patrick Burt	Open	0	75	70.4	73.9
Paul Barette1	Open	2	70	68.0	57.6	Jenn Tibenham1	Open	33	105	60.0	69.7
Jason Reed1	Open	0	80	75.0	57.1	Chris Powel1	Open	3	85	65.5	66.1
Peter Lee	80+	62	80	45.0▲	56.0	Sarah Martin	Open	33	85	50.4●	65.2
Jeff Luther	55+	23	75	55.0▲	55.1	Karen Gardner	50+	53	75	40.0▲●	64.5
Jenn Tibenham1	Open	33	105	57.5	50.6	Peter Hoar	Open	0	110	75.4	63.8
Paula Delamata	Open	37	50	32.5BR	47.8	Peter Lee	80+	62	80	37.5▲	61.6
Natalie Doughty1	Open	33	70	52.0	58.5	James Morgan1	Open	1	85	60.5	61.4
Dion Maynard	14-15	25	65	40.4▲	44.3	Jason Reed1	Open	0	80	60.0	60.4
Karen Gardner	50+	53	75	35.0	42.7	Natalie Doughty1	Open	33	70	50.5	75.0
Jevan Cockbain	14-15	25	65	35.4	38.6	Adrian Hollywood1	Open	0	90	60.5	58.4
Daniel Andrews	16-17	10	70	40.0BR	37.5	Jeff Luther	55+	23	75	41.0▲	54.2
Sarah Martin	Open	33	85	30.4●	29.8	Trevor Evans	65+	38	85	38.5BR	53.1
Helen Parry1	Open	33	75	25.5	27.4	Helen Parry1	Open	33	75	30.5	43.4

StraddleRectangular Fix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	27	80	185.0▲	89.7	Jeff Luther	55+	23	75	41.0▲	97.0
Graham Saxton	50+	16	125	230.0	83.6	Trevor Evans	65+	38	85	38.5	94.9
Adrian Pryor1	40+	7	85	210.5	82.9	Philippe Crisp1	40+	9	110	55.0	91.3
Mark Rattenberry	50+	16	65	160.4▲	80.7	Mark Rattenberry	50+	16	65	35.0▲	83.7
Mark Godelman	50+	16	105	210.0	79.8	Adrian Hollywood1	Open	0	90	48.0	82.8
Steve Andrews1	50+	19	70	160.0	78.5	Mark Shaw1	50+	18	80	37.5	82.5
Luke Davis	Open	0	80	205.0	78.0	Peter Lee	80+	62	80	27.5	80.8
Philippe Crisp1	40+	9	110	220.5	77.0	John Gardner	Open	0	125+	52.5BR	78.2
Gary Ell	40+	7	90	192.9BR	74.3	Tom Perry	Open	0	90	45.4	78.1
Paula Delamata	Open	37	50	100.0	73.2	Mark Godelman	50+	16	105	42.5	76.8
John Gardner	Open	0	125+	230.0	72.1	Steve Andrews1	50+	19	70	32.5	75.8
Chris Moloney1	Open	0	75	180.5	71.7	Steve Sherwood	60+	27	80	32.5	74.9
Mark Price	45+	14	90	175.0	71.1	Gary Ell	40+	7	90	40.0	73.2
James Gardner	Open	0	90	200.0	70.8	Patrick Burt	Open	0	75	39.0	73.2
Nadia Silva1	Open	33	55	105.5	69.7	Mark Price	45+	14	90	37.5	72.4
Adrian Hollywood1	Open	0	90	190.5	69.1	James Gardner	Open	0	90	42.5	71.5
Peter Hoar	Open	0	110	215.4	68.5	Adrian Pryor1	40+	7	85	37.5	70.2
Paul Barette1	Open	2	70	160.5	67.5	David Cole1	Open	1	70	34.0	68.1
Gareth Edwards1	Open	0	80	170.5	66.8	Jason Reed1	Open	0	80	37.5	67.5
Sarah Martin	Open	33	85	133.0●	64.8	Brian Heyburn1	Open	0	75	35.0	66.7
Jason Dorn	40+	9	95	170.0	64.6	Gareth Edwards1	Open	0	80	35.5	66.1
Tom Perry	Open	0	90	177.5	64.2	Paul Barette1	Open	2	70	33.0	66.0
Patrick Burt	Open	0	75	157.9	62.4	James Morgan1	Open	1	85	35.5	64.4
Nick Swain1	45+	13	85	150.0	62.1	Jason Dorn	40+	9	95	35.0	63.2
Jason Reed1	Open	0	80	160.0	60.6	Peter Hoar	Open	0	110	40.4	61.1
Mark Shaw1	50+	18	80	130.0	60.2	Daniel Andrews	16-17	10	70	27.5	60.9
Brian Heyburn1	Open	0	75	145.5	58.4	Thomas Cleverley	Open	0	80	32.5	59.4
Thomas Cleverley	Open	0	80	150.4	57.9	Nick Swain1	45+	13	85	30.0	59.0
Chris Powel1	Open	3	85	150.5	57.1	Chris Powel1	Open	3	85	32.5	58.6
Peter Lee	80+	62	80	90.0BR	55.6	Karen Gardner	50+	53	75	20.0	57.6
Jevan Cockbain	14-15	25	65	100.4	54.4	Chris Moloney1	Open	0	75	30.5	57.6
James Morgan1	Open	1	85	140.5	53.7	Luke Davis	Open	0	80	30.0	54.3
David Cole1	Open	1	70	125.5	52.9	Sarah Martin	Open	33	85	22.9●	53.0
Daniel Andrews	16-17	10	70	112.5	52.5	Paula Delamata	Open	37	50	15.0	52.2
Jenn Tibenham1	Open	33	105	120.0	52.4	Graham Saxton	50+	16	125	30.0▲	51.9
Dion Maynard	14-15	25	65	95.0	51.8	Jevan Cockbain	14-15	25	65	20.0	51.5
Karen Gardner	50+	53	75	85.0	51.5	Helen Parry1	Open	33	75	19.5	49.6
Trevor Evans	65+	38	85	90.0	46.7	Nadia Silva1	Open	33	55	15.0	47.1
Jeff Luther	55+	23	75	90.0	44.8	Jenn Tibenham1	Open	33	105	22.5	46.7
Helen Parry1	Open	33	75	60.5	32.4	Natalie Doughty1	Open	33	70	20.0	53.1
Natalie Doughty1	Open	33	70	65.5	36.6	Dion Maynard	14-15	25	65	11.8	30.6

Leg 1 continued:

Here's the Leg 1 results of the new year. The response this year has been better than last year. Welcome to 3 teams from the Powerhouse Gym, 3 more from the Metamorfit Gym & 1 more from Tiverton, giving a total of 15 teams & 41 lifters. Also 2 all female teams, the Iron Maidens being a full team of 3.

Recognition to Mark Price, Phillipe Crisp & Graham Saxton for the top 3 in the Bench Price, Steve Sherwood, Mark Price & Phillipe Crisp in Squat, , Steve Sherwood Graham Saxton, & Adrian Pryor in the Straddle and finally Jeff Luther, Trevor Evans & Phillipe Crisp in the Rectangular Fix. Finally well done to the rest of the lifters. I think it will be a good contest between Granby Grippers & the Powerhouse Gym judging by this leg's results.

Thanks to all of you for making, for what promises to be, a very interesting All Round League this year.

A handwritten signature in blue ink that reads "Chris". The letter "C" is large and loops around the "h". The "i" has a small dot above it. The "s" is written in a cursive style.

Chris Bass