

IAWA (UK) Bob Smith All Round Postal League 2013 – Leg 2 - compiled by Chris Bass.

1	POWERHOUSE 1	Mark Haydock, Graham Saxton, Mark Price	959.1
2	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Mark Godelman	910.0
3	TIVERTON W.L.C.1	Mark Rattenberry, Gary Ell, Thomas Cleverley	884.7
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	860.5
5	POWERHOUSE 2	Jason Dorn, Luke Davis, James Gardner	791.3
6	METAMEN	Chris Moloney, Brian Heyburn, Gareth Edwards	750.9
7	TIVERTON W.L.C.2	Tom Perry, Jevan Cockbain, Peter Hoar	748.8
8	SUNBURY 1	Tom Meldon, Peter Lee, Jeff Luther	693.3
9	METASTRENGHT	Jenn Tibenham, David Cole, Nick Swain	675.1
10	TEAMORFIT	Adrian Hollywood, Chris Powel, James Morgan	656.5
11	POWERHOUSE 3	John Gardner, Paula Delamata, Karen Gardner	641.6
12	TIVERTON W.L.C.3	Sarah Martin, Dion Maynard, Patrick Burt	620.8
13	IRON MAIDENS	Natalie Doughty, Helen Parry, Nadia Silva	595.0
14	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	495.2
15	SUNBURY 2	John Evans, Trevor Evans	368.0
16	GRANBY GRIPPERS 2	Daniel Andrews	191.2

Ranking of Lifters

1	Mark Haydock	353.0	23	Paul Barette	245.4
2	Graham Saxton	316.9	24	John Gardner	243.7
3	Adrian Pryor	315.5	25	David Cole	242.5
4	Steve Sherwood	314.8	26	Peter Hoar	239.2
5	Mark Rattenberry	312.7	27	Brian Heyburn	232.6
6	Gary Ell	304.9	28	Nadia Silva	229.8
7	Steve Andrews	302.3	29	Jason Reed	228.6
8	Philippe Crisp	299.6	30	Paula Delamata	228.5
9	Mark Godelman	292.9	31	Sarah Martin	216.3
10	Mark Price	289.3	32	Peter Lee	210.8
11	Tom Meldon	281.8	33	Chris Powel	205.5
12	Jason Dorn	269.7	34	Dion Maynard	205.4
13	Thomas Cleverley	267.1	35	Jeff Luther	200.8
14	Mark Shaw	266.6	36	Natalie Doughty	200.7
15	Gareth Edwards	265.9	37	Patrick Burt	199.1
16	Luke Davis	264.9	38	James Morgan	197.4
17	Tom Perry	263.2	39	John Evans	191.8
18	Nick Swain	259.9	40	Daniel Andrews	191.2
19	James Gardner	256.7	41	Trevor Evans	176.2
20	Adrian Hollywood	253.6	42	Jenn Tibenham	172.7
21	Chris Moloney	252.3	43	Karen Gardner	169.4
22	Jevan Cockbain	246.4	44	Helen Parry	164.5

Ranking of Lifters per Lift & Record Breakers. Squat

▲World Junior/Masters, ●World Open, ^{BR}British, ¹Single Ref Bench Press (fof)

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	3	120	300.0●	119.1	Mark Haydock	Open	3	120	162.5	91.1
Graham Saxton	50+	16	125	230.0▲	102.9	Mark Price	45+	14	95	130.0	89.1
Philippe Crisp ¹	40+	9	110	230.0	98.8	Philippe Crisp ¹	40+	9	110	142.5	86.5
Steve Sherwood ¹	60+	27	80	165.0	98.7	Graham Saxton	50+	16	125	125.0▲	79.0
Mark Price	45+	14	95	180.0	87.3	Steve Andrews ¹	50+	19	70	90.0	76.7
Mark Rattenberry	50+	16	65	137.9▲	85.7	Mark Godelman	50+	16	105	115.0	75.8
Tom Meldon	50+	20	85	155.0	84.1	Adrian Pryor ¹	40+	7	85	110.0	75.0
Mark Godelman	50+	16	105	180.0	84.0	Peter Lee	80+	62	80	67.5	73.4
Mark Shaw ¹	50+	18	80	147.5	83.9	Mark Rattenberry	50+	16	65	83.0▲	72.8
Steve Andrews ¹	50+	19	70	137.5	83.0	Steve Sherwood ¹	60+	27	80	85.0	71.8
Tom Perry	Open	0	90	175.4	77.9	Gary Ell	40+	7	90	108.9	71.7
Jason Dorn	40+	9	95	160.0▲	74.8	Nick Swain ¹	45+	13	85	95.5	69.5
Peter Hoar	Open	0	110	182.5	71.5	Chris Moloney ¹	Open	0	75	100.0	69.4
Thomas Cleverley	Open	0	75	145.4	70.6	Luke Davis	Open	0	80	105.0	69.4
Gary Ell	40+	7	90	150.4	70.1	Trevor Evans	65+	38	85	75.0	66.8
John Gardner	Open	0	125+	180.0	69.4	Tom Perry	Open	0	90	105.4	66.1
Luke Davis	Open	0	80	145.0	67.8	John Gardner	Open	0	125+	120.0	65.3
Nick Swain ¹	45+	13	85	130.0	66.9	Thomas Cleverley	Open	0	75	95.0	65.2
James Gardner	Open	0	90	150.0	65.4	James Gardner	Open	0	90	105.0	64.6
Jevan Cockbain	14-15	25	65	95.4	63.6	Tom Meldon	50+	20	85	82.5	63.2

Leg 2 continued

<u>Squat</u>						<u>Bench Press</u>					
	Age	%	Class	Kilos	Points		Age	%	Class	Kilos	Points
Adrian Pryor1	40+	7	85	130.0	62.8	James Morgan1	Open	2	85	95.0	62.8
Jason Reed1	Open	0	85	135.0	62.3	Jason Dorn	40+	9	95	95.0	62.8
Sarah Martin	Open	33	80	97.9●	60.7	David Cole1	Open	1	70	85.0	62.7
Nadia Silva1	Open	33	55	72.5	59.9	Gareth Edwards1	Open	0	85	95.0	62.2
Brian Heyburn1	Open	0	75	120.0	59.0	Adrian Hollywood1	Open	0	90	100.0	61.7
Chris Moloney1	Open	0	75	120.0	59.0	Jeff Luther	55+	23	75	70.0	60.5
Paul Barette1	Open	2	75	115.0	58.5	Patrick Burt	Open	0	80	87.9	59.7
Dion Maynard	14-15	25	70	85.4	56.5	Peter Hoar	Open	0	110	107.5	59.5
Paula Delamata	Open	37	50	62.5 ^{BR}	56.0	Brian Heyburn1	Open	0	75	85.0	59.1
John Evans	65+	38	90	90.0	55.4	Mark Shaw1	50+	18	80	72.5	58.3
Jenn Tibenham1	Open	33	105	100.5	54.0	Jevan Cockbain	14-15	25	65	57.9	54.5
Daniel Andrews	16-17	10	70	95.0	53.7	John Evans	65+	38	90	62.5	54.3
Gareth Edwards1	Open	0	85	110.0	51.0	Paula Delamata	Open	37	50	42.5 ^{BR}	53.8
Natalie Doughty1	Open	33	70	70.0	48.3	Jason Reed1	Open	0	85	82.5	53.8
Patrick Burt	Open	0	80	100.4	48.3	Nadia Silva1	Open	33	55	46.0	53.7
Adrian Hollywood1	Open	0	90	110.0	48.1	Natalie Doughty1	Open	33	70	55.0	53.6
Trevor Evans	65+	38	85	75.0	47.3	Chris Powel1	Open	4	90	80.0	52.3
David Cole1	Open	1	70	90.0	47.0	Paul Barette1	Open	2	75	70.0	50.3
Helen Parry1	Open	33	75	65.0	43.2	Sarah Martin	Open	33	80	55.4 ^{BR}	48.5
Chris Powel1	Open	4	90	87.5	40.5	Dion Maynard	14-15	25	70	47.5	44.4
Jeff Luther	55+	23	75	65.0	39.8	Daniel Andrews	16-17	10	70	52.5	41.9
James Morgan1	Open	2	85	82.5	38.6	Karen Gardner	50+	53	75	40.0▲	41.9
Karen Gardner	50+	53	75	50.0	37.1	Jenn Tibenham1	Open	33	105	53.0	40.2
Peter Lee	80+	62	80	40.0	30.8	Helen Parry1	Open	33	75	36.0	33.8

DeadliftAbdominal Raise

<u>Deadlift</u>						<u>Abdominal Raise</u>					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	3	120	320.0●	105.8	Adrian Pryor1	40+	7	85	35.0	93.3
Steve Sherwood1	60+	27	80	190.0	94.7	Gary Ell	40+	7	90	35.0	90.1
Graham Saxton	50+	16	125	230.0	85.7	Gareth Edwards1	Open	0	85	31.0	79.4
Mark Rattenberry	50+	16	65	165.4▲	85.6	Adrian Hollywood1	Open	0	90	32.5	78.4
Adrian Pryor1	40+	7	85	210.0	84.4	David Cole1	Open	1	70	25.0	72.0
Steve Andrews1	50+	19	70	167.5	84.2	Mark Rattenberry	50+	16	65	20.0▲	68.6
Mark Godelman	50+	16	105	210.0	81.6	Mark Shaw1	50+	18	80	20.0	62.8
Paul Barette1	Open	2	75	190.0	80.5	Thomas Cleverley	Open	0	75	22.5	60.3
Philippe Crisp1	40+	9	110	220.0	78.7	Steve Andrews1	50+	19	70	17.5	58.3
Nick Swain1	45+	13	85	180.0	77.2	Jason Dorn	40+	9	95	22.5	58.1
John Gardner	Open	0	125+	240.0	77.1	Tom Meldon	50+	20	85	19.3	57.8
Tom Meldon	50+	20	85	170.0	76.8	Paul Barette1	Open	2	75	20.0	56.2
Luke Davis	Open	0	80	195.0	76.0	Tom Perry	Open	0	90	22.5	55.2
Jason Dorn	40+	9	95	190.0	74.0	Jevan Cockbain	14-15	25	65	14.8	54.5
Jevan Cockbain	14-15	25	65	132.9	73.8	Chris Moloney1	Open	0	75	20.0	54.3
Brian Heyburn1	Open	0	75	180.0	73.7	James Gardner	Open	0	90	22.5	54.1
Peter Hoar	Open	0	110	225.0	73.4	Luke Davis	Open	0	80	20.0	51.7
Gareth Edwards1	Open	0	85	190.0	73.4	Mark Godelman	50+	16	105	20.0▲	51.5
Gary Ell	40+	7	90	187.9	73.0	Chris Powel1	Open	4	90	20.0	51.1
Mark Price	45+	14	95	180.0	72.7	Jason Reed1	Open	0	85	20.0	51.0
James Gardner	Open	0	90	200.0	72.6	Jeff Luther	55+	23	75	14.7	49.6
Thomas Cleverley	Open	0	75	175.4	71.0	Steve Sherwood1	60+	27	80	15.0	49.6
Nadia Silva1	Open	33	55	102.5	70.5	Paula Delamata	Open	37	50	10.0●	49.5
Chris Moloney1	Open	0	75	170.0	69.6	Graham Saxton	50+	16	125	20.0▲	49.4
Paula Delamata	Open	37	50	92.5	69.1	Peter Lee	80+	62	80	11.5▲	48.9
Sarah Martin	Open	33	80	132.5 ^{BR}	68.4	Nick Swain1	45+	13	85	16.3	46.3
Adrian Hollywood1	Open	0	90	180.0	65.5	Natalie Doughty1	Open	33	70	12.0	45.7
Tom Perry	Open	0	90	172.9	64.0	Nadia Silva1	Open	33	55	10.0	45.6
Chris Powel1	Open	4	90	160.0	61.6	Dion Maynard	14-15	25	70	12.0	43.8
Mark Shaw1	50+	18	80	130.0	61.6	Karen Gardner	50+	53	75	10.0▲	41.0
Jason Reed1	Open	0	85	160.0	61.5	Brian Heyburn1	Open	0	75	15.0	40.7
David Cole1	Open	1	70	140.0	60.8	Mark Price	45+	14	95	15.0	40.2
Dion Maynard	14-15	25	70	110.4	60.8	Daniel Andrews	16-17	10	70	12.5▲	39.0
Patrick Burt	Open	0	80	147.9	59.2	Sarah Martin	Open	33	80	11.3●	38.7
John Evans	65+	38	90	115.0	58.9	James Morgan1	Open	2	85	14.5	37.5
James Morgan1	Open	2	85	150.0	58.5	Mark Haydock	Open	3	120	16.8	36.8

Leg 2 continued

Deadlift	Age	%	Class	Kilos	Points	Abdominal Raise	Age	%	Class	Kilos	Points
Peter Lee	80+	62	80	90.0	57.7	Philippe Crisp1	40+	9	110	15.0	35.6
Daniel Andrews	16-17	10	70	120.0	56.5	Helen Parry1	Open	33	75	9.5	34.9
Natalie Doughty1	Open	33	70	92.5	53.1	Peter Hoar	Open	0	110	16.1	34.8
Helen Parry1	Open	33	75	95.0	52.6	Jenn Tibenham1	Open	33	105	11.3	33.5
Jeff Luther	55+	23	75	100.0	50.9	John Gardner	Open	0	125+	15.0 ^{BR}	31.9
Karen Gardner	50+	53	75	80.0	49.4	Patrick Burt	Open	0	80	12.0	31.9
Trevor Evans	65+	38	85	90.0	47.2	John Evans	65+	38	90	6.8 ^{BR}	23.1
Jenn Tibenham1	Open	33	105	100.5	45.0	Trevor Evans	65+	38	85	4.3	15.0

Ranking of Teams after Legs 1+2.

1	POWERHOUSE 1	Mark Haydock, Graham Saxton, Mark Price	2052.7
2	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Mark Godelman	2009.1
3	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	1861.0
4	TIVERTON W.L.C.1	Mark Rattenberry, Gary Ell, Tom Perry	1859.0
5	POWERHOUSE 2	Jason Dorn, Luke Davis, James Gardner	1754.1
6	METAMEN	Chris Moloney, Brian Heyburn, Gareth Edwards	1608.2
7	TIVERTON W.L.C.2	Thomas Cleverley, Jevan Cockbain, Peter Hoar	1544.3
8	POWERHOUSE 3	John Gardner, Paula Delamata, Karen Gardner	1501.9
9	SUNBURY 1	Trevor Evans, Peter Lee, Jeff Luther	1461.0
10	METASTRENGHT	Jenn Tibenham, David Cole, Nick Swain	1434.6
11	TEAMORFIT	Adrian Hollywood, Chris Powel, James Morgan	1423.0
12	TIVERTON W.L.C.3	Sarah Martin, Dion Maynard, Patrick Burt	1286.4
13	IRON MAIDENS	Natalie Doughty, Helen Parry, Nadia Silva	1263.3
14	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	1040.2
15	GRANBY GRIPPERS 2	Daniel Andrews	428.9
16	SUNBURY 2	John Evans, Tom Meldon	368.0

Ranking of Lifters after Legs 1+2

1	Mark Haydock	736.3	23	David Cole	521.9
2	Steve Sherwood	729.2	24	Nick Swain	520.6
3	Philippe Crisp	694.0	25	Brian Heyburn	520.5
4	Mark Price	687.5	26	Peter Hoar	496.9
5	Graham Saxton	664.4	27	Jevan Cockbain	492.4
6	Steve Andrews	646.6	28	Paula Delamata	489.2
7	Mark Rattenby	642.0	29	Jason Reed	474.2
8	Adrian Pryor	634.9	30	Patrick Burt	472.5
9	Mark Godelman	633.3	31	Peter Lee	464.8
10	Gary Ell	627.0	32	Jeff Luther	451.9
11	Luke Davis	604.1	33	Chris Powel	444.9
12	James Gardner	592.6	34	James Morgan	442.6
13	John Gardner	591.6	35	Trevor Evans	438.8
14	Tom Perry	586.1	36	Sarah Martin	429.1
15	Mark Shaw	566.0	37	Daniel Andrews	428.9
16	Jason Dorn	557.3	38	Natalie Doughty	423.9
17	Gareth Edwards	548.7	39	Dion Maynard	412.3
18	Chris Moloney	539.0	40	Jenn Tibenham	392.1
19	Adrian Hollywood	535.5	41	Karen Gardner	385.8
20	Paul Barette	532.1	42	Helen Parry	317.2
21	Thomas Cleverley	531.6	43	Tom Meldon	281.8
22	Nadia Silva	522.2	44	John Evans	191.8

Here's the Leg 2 results of 2013. Sunbury's teams now nearly up to full strength.

Recognition to Mark Haydock, Graham Saxton & Phillippe Crisp, for the top 3 in the Squat; Mark Haydock, Mark Price & Phillippe Crisp in the Bench Price; Mark Haydock, Steve Sherwood & Graham Saxton, in the Deadlift and finally Adrian Pryor, Gary Ell & Gareth Edwards in the Abdominal Raise. Finally well done to the rest of the lifters, especially to Mark Rattenberry for World records in all 4 lifts. It's still looking to be a good contest between Granby Grippers1 & the Powerhouse Gym1.

Thanks to all of you continuing, making an interesting All Round League. See next page for the power totals.

POWER TOTALS 2013			Age	CLASS	Squat	Bench Press (FOF)	2H Deadlift	TOTAL
NAME			Class	Kilos	KILOS	KILOS	KILOS	KILOS
Mark Haydock	M	Open	120	300.0	162.5	320.0	782.5 ^{BR}	
Philippe Crisp1	M	40+	110	230.0	142.5	220.0	592.5	
Graham Saxton	M	50+	125	230.0	125.0	230.0	585.0 ^{BR}	
John Gardner	M	Open	125+	180.0	120.0	240.0	540.0	
Peter Hoar	M	Open	110	182.5	107.5	225.0	515.0	
Mark Godelman	M	50+	105	180.0	115.0	210.0	505.0	
Mark Price	M	45+	95	180.0	130.0	180.0	490.0	
James Gardner	M	Open	90	150.0	105.0	200.0	455.0	
Tom Perry	M	Open	90	175.4	105.4	172.9	453.7	
Adrian Pryor1	M	40+	85	130.0	110.0	210.0	450.0	
Gary Ell	M	40+	90	150.4	108.9	187.9	447.2	
Luke Davis	M	Open	80	145.0	105.0	195.0	445.0	
Jason Dorn	M	40+	95	160.0	95.0	190.0	445.0 ^{BR}	
Steve Sherwood1	M	60+	80	165.0	85.0	190.0	440.0	
Thomas Cleverley	M	Open	75	145.4	95.0	175.4	415.8	
Tom Meldon	M	50+	85	155.0	82.5	170.0	407.5	
Nick Swain1	M	45+	85	130.0	95.5	180.0	405.5	
Steve Andrews1	M	50+	70	137.5	90.0	167.5	395.0	
Gareth Edwards1	M	Open	85	110.0	95.0	190.0	395.0	
Adrian Hollywood1	M	Open	90	110.0	100.0	180.0	390.0	
Chris Moloney1	M	Open	75	120.0	100.0	170.0	390.0	
Mark Rattenberry	M	50+	65	137.9	83.0	165.4	386.3 ^{BR}	
Brian Heyburn1	M	Open	75	120.0	85.0	180.0	385.0	
Jason Reed1	M	Open	85	135.0	82.5	160.0	377.5	
Paul Barette1	M	Open	75	115.0	70.0	190.0	375.0	
Mark Shaw1	M	50+	80	147.5	72.5	130.0	350.0	
Patrick Burt	M	Open	80	100.4	87.9	147.9	336.2	
Chris Powel1	M	Open	90	87.5	80.0	160.0	327.5	
James Morgan1	M	Open	85	82.5	95.0	150.0	327.5	
David Cole1	M	Open	70	90.0	85.0	140.0	315.0	
Jevan Cockbain	M	14-15	65	95.4	57.9	132.9	286.2 ^{BR}	
Sarah Martin	F	Open	80	97.9	55.4	132.5	285.8 ^{BR}	
Daniel Andrews	M	16-17	70	95.0	52.5	120.0	267.5 ^{BR}	
John Evans	M	65+	90	90.0	62.5	115.0	267.5	
Jenn Tibenham1	F	Open	105	100.5	53.0	100.5	254.0	
Dion Maynard	M	14-15	70	85.4	47.5	110.4	243.3	
Trevor Evans	M	65+	85	75.0	75.0	90.0	240.0	
Jeff Luther	M	55+	75	65.0	70.0	100.0	235.0	
Nadia Silva1	F	Open	55	72.5	46.0	102.5	221.0	
Natalie Doughty1	F	Open	70	70.0	55.0	92.5	217.5	
Paula Delamata	F	Open	50	62.5	42.5	92.5	197.5 ^{BR}	
Peter Lee	M	80+	80	40.0	67.5	90.0	197.5	
Helen Parry1	F	Open	75	65.0	36.0	95.0	196.0	
Karen Gardner	F	50+	75	50.0	40.0	80.0	170.0	

Chris Bass