

IAWA (UK) Bob Smith All Round Postal League 2013 – Leg 3 - compiled by Chris Bass.

1	POWERHOUSE 1	Mark Price, Mark Haydock, James Gardner	984.8
2	GRANBY GRIPPERS	Steve Andrews, Steve Sherwood, Daniel Andrews	939.0
3	TIVERTON W.L.C.1	Gary Ell, Tom Perry, Mark Rattenberry	863.3
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	813.6
5	POWERHOUSE 2	Luke Davis, John Gardner, Jason Dorn	774.6
6	SUNBURY 1	Jeff Luther, Trevor Evans, Peter Lee	761.1
7	METAMEN	Brian Heyburn, Gareth Edwards, Chris Moloney	731.7
8	TEAMORFIT	David Cole, James Morgan, Chris Powel	721.9
9	TIVERTON W.L.C.2	Thomas Cleverley, Peter Hoar, Jevan Cockbain	716.4
10	IRON MAIDENS	Nadia Silva, Jenn Tibbenham, Natalie Doughty	665.6
11	POWERHOUSE 3	Graham Saxton, Paula Delamata, Karen Gardner	633.5
12	METASTRENGHT	Nick Swain, Craig Logan	486.6
13	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	460.7
14	TIVERTON W.L.C.3	Dion Maynard, Patrick Burt	354.9
15	SUNBURY 2	John Evans	247.2

Ranking of Lifters

1	Steve Andrews	361.7	21	Thomas Cleverley	243.0
2	Steve Sherwood	358.8	22	Peter Hoar	242.0
3	Mark Price	353.8	23	Graham Saxton	241.8
4	Mark Haydock	342.0	24	Gareth Edwards	241.3
5	Philippe Crisp	309.5	25	James Morgan	240.4
6	Gary Ell	305.6	26	Nadia Silva	234.9
7	David Cole	298.6	27	Chris Moloney	233.0
8	Tom Perry	291.7	28	Jevan Cockbain	231.4
9	James Gardner	289.0	29	Mark Shaw	231.0
10	Luke Davis	276.7	30	Jason Reed	229.7
11	Adrian Pryor	274.9	31	Paul Barette	229.3
12	Mark Rattenberry	266.1	32	Craig Logan	229.1
13	Jeff Luther	259.9	33	Jenn Tibbenham	225.5
14	Nick Swain	257.6	34	Paula Delamata	220.6
15	Brian Heyburn	257.5	35	Daniel Andrews	218.5
16	Trevor Evans	253.3	36	Natalie Doughty	205.3
17	John Gardner	251.7	37	Chris Powel	182.9
18	Peter Lee	247.9	38	Dion Maynard	177.9
19	John Evans	247.2	39	Patrick Burt	176.9
20	Jason Dorn	246.2	40	Karen Gardner	171.1

Ranking of Lifters per Lift & Record Breakers.

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

2H Press

2H Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Price	45+	14	90	90.0	92.2	Steve Sherwood	60+	27	85	75.0▲	108.2
Steve Andrews	50+	19	70	70.0	87.9	Mark Haydock	Open	3	120	110.0BR	106.6
Steve Sherwood	60+	27	85	67.5	82.3	Steve Andrews	50+	19	70	62.5	92.8
Philippe Crisp1	40+	9	110	90.0	79.4	Mark Price	45+	14	90	75.0	90.8
Gary Ell	40+	7	90	80.0	76.9	Philippe Crisp1	40+	9	110	80.0	83.5
David Cole1	Open	1	70	70.5	75.5	James Gardner	Open	0	95	75.0	79.3
Mark Haydock	Open	3	120	90.0	73.8	Tom Perry	Open	0	90	72.9	79.1
John Evans	65+	38	90	53.7	68.0	Luke Davis	Open	0	80	65.0	74.1
Luke Davis	Open	0	80	70.0	67.5	Brian Heyburn1	Open	0	75	60.5	71.5
Nick Swain1	45+	13	85	60.5	65.2	Peter Lee	80+	62	80	36.7	69.0
Adrian Pryor1	40+	7	85	65.5	65.0	Trevor Evans	65+	38	85	44.2	68.3
Mark Rattenberry	50+	16	65	50.4	65.0	Gary Ell	40+	7	90	60.0	68.2
John Gardner	Open	0	125+	80.0	63.7	Chris Moloney1	Open	0	75	55.5	67.2
Gareth Edwards1	Open	0	85	68.0	63.5	Paula Delamata	Open	37	50	30.0	66.2
James Gardner	Open	0	95	70.0	62.6	John Evans	65+	38	90	44.2	66.2
Chris Moloney1	Open	0	75	60.5	62.0	John Gardner	Open	0	125+	70.0	65.9
Tom Perry	Open	0	90	67.5	61.9	Jevan Cockbain	14-15	25	70	40.4	64.0
Peter Hoar	Open	0	110	75.0	60.8	David Cole1	Open	1	70	50.5	63.9
Brian Heyburn1	Open	0	75	60.5	60.5	Jason Dorn	40+	9	95	55.0	62.5
Jevan Cockbain	14-15	25	70	45.0	60.3	Adrian Pryor1	40+	7	85	53.0	62.2
James Morgan1	Open	2	80	60.5	60.1	Daniel Andrews	16-17	10	70	45.0	62.2

Leg 3 continued

<u>2H Press</u>						<u>2H Snatch</u>					
	Age	%	Class	Kilos	Points		Age	%	Class	Kilos	Points
Jason Reed1	Open	0	85	62.5	59.6	Mark Rattenberry	50+	16	65	40.4	61.6
Peter Lee	80+	62	80	36.7	58.4	Gareth Edwards1	Open	0	85	55.5	61.3
Craig Logan1	Open	0	90	63.0	58.2	Jenn Tibbenham1	Open	33	105	46.0	60.6
Trevor Evans	65+	38	85	44.2	57.8	Jeff Luther	55+	23	75	40.0	60.2
Jason Dorn	40+	9	95	60.0	57.6	Thomas Cleverley	Open	0	75	50.4	59.7
Nadia Silva1	Open	33	55	33.0	57.6	Nick Swain1	45+	13	85	46.0	58.6
Jeff Luther	55+	23	75	45.0	57.3	Peter Hoar	Open	0	110	60.4	57.8
Paula Delamata	Open	37	50	30.0	56.0	Nadia Silva1	Open	33	55	28.0	57.8
Paul Barette1	Open	2	75	53.0	55.5	Jason Reed1	Open	0	85	50.0	56.4
Graham Saxton	50+	16	125	60.0	55.4	Paul Barette1	Open	2	75	45.5	56.4
Thomas Cleverley	Open	0	75	55.0	55.1	Graham Saxton	50+	16	125	50.0	54.6
Mark Shaw1	50+	18	80	45.0	52.7	Natalie Doughty1	Open	33	70	30.5	52.1
Daniel Andrews	16-17	10	70	45.0	52.6	Mark Shaw1	50+	18	80	37.5	51.9
Natalie Doughty1	Open	33	70	35.5	51.3	Craig Logan1	Open	0	90	46.0	50.3
Patrick Burt	Open	0	75	50.0	50.1	Karen Gardner	50+	53	80	27.5	49.4
Dion Maynard	14-15	25	65	35.4	48.9	James Morgan1	Open	2	80	40.5	47.6
Chris Powel1	Open	4	90	50.5	48.1	Patrick Burt	Open	0	75	35.0	41.5
Jenn Tibbenham1	Open	33	105	43.0	47.9	Dion Maynard	14-15	25	65	25.4	41.4
Karen Gardner	50+	53	80	27.5	41.8	Chris Powel1	Open	4	90	30.5	34.4

2H C&JLateral Raise Lying

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	3	120	125.0	91.4	Steve Andrews	50+	19	70	35.0	94.2
Tom Perry	Open	0	90	110.0	90.0	David Cole1	Open	1	70	40.0	91.8
Steve Sherwood	60+	27	85	82.5▲	89.8	Gary Ell	40+	7	90	41.4▲	85.4
Mark Price	45+	14	90	95.0	86.8	Adrian Pryor1	40+	7	85	40.0	85.2
Steve Andrews	50+	19	70	77.5	86.8	Mark Price	45+	14	90	38.2▲	83.9
James Gardner	Open	0	95	100.0	79.8	Steve Sherwood	60+	27	85	30.0	78.5
Gary Ell	40+	7	90	87.5	75.1	Jeff Luther	55+	23	75	28.2	77.0
Luke Davis	Open	0	80	85.0	73.1	Mark Rattenberry	50+	16	65	27.6▲	76.3
Brian Heyburn1	Open	0	75	80.5	71.8	Philippe Crisp1	40+	9	110	40.0	75.7
John Gardner	Open	0	125+	100.0	71.0	James Morgan1	Open	2	80	35.0	74.6
Philippe Crisp1	40+	9	110	90.0	70.9	Graham Saxton	50+	16	125	37.5▲	74.2
Nick Swain1	45+	13	85	70.5	67.8	Mark Haydock	Open	3	120	40.0	70.3
David Cole1	Open	1	70	70.5	67.3	Gareth Edwards1	Open	0	85	35.0	70.1
Thomas Cleverley	Open	0	75	75.0	67.1	Mark Shaw1	50+	18	80	27.5	69.0
Nadia Silva1	Open	33	55	43.0	67.0	Trevor Evans	65+	38	85	24.5	68.7
Jeff Luther	55+	23	75	57.5	65.3	James Gardner	Open	0	95	35.0	67.2
Peter Hoar	Open	0	110	90.0	65.0	Nick Swain1	45+	13	85	28.5	65.9
Jason Dorn	40+	9	95	75.0	64.3	John Evans	65+	38	90	23.2▲	63.0
Mark Rattenberry	50+	16	65	55.0	63.3	Craig Logan1	Open	0	90	31.5	62.4
Adrian Pryor1	40+	7	85	70.5	62.5	Luke Davis	Open	0	80	30.0	62.0
Paul Barette1	Open	2	75	65.5	61.2	Jason Dorn	40+	9	95	30.0	61.8
Peter Lee	80+	62	80	42.7▲	60.6	Thomas Cleverley	Open	0	75	28.4	61.1
Daniel Andrews	16-17	10	70	57.5	59.9	Tom Perry	Open	0	90	30.8	60.6
Chris Moloney1	Open	0	75	65.5	59.9	Peter Lee	80+	62	80	17.6▲	60.0
Jenn Tibbenham1	Open	33	105	60.0	59.6	Peter Hoar	Open	0	110	33.6	58.4
Trevor Evans	65+	38	85	50.2	58.5	Jason Reed1	Open	0	85	28.5	58.3
Paula Delamata	Open	37	50	35.0	58.3	Jenn Tibbenham1	Open	33	105	24.0	57.3
Craig Logan1	Open	0	90	70.5	58.1	Paul Barette1	Open	2	75	25.0	56.2
James Morgan1	Open	2	80	65.5	58.1	Brian Heyburn1	Open	0	75	25.0	53.6
Graham Saxton	50+	16	125	70.0	57.6	Jevan Cockbain	14-15	25	70	18.4	52.9
Mark Shaw1	50+	18	80	55.0	57.4	Nadia Silva1	Open	33	55	14.0	52.4
Jason Reed1	Open	0	85	65.0	55.3	John Gardner	Open	0	125+	30.0	51.2
Jevan Cockbain	14-15	25	70	45.4	54.3	Chris Powel1	Open	4	90	25.0	51.1
Natalie Doughty1	Open	33	70	40.5	52.2	Natalie Doughty1	Open	33	70	16.0	49.6
John Evans	65+	38	90	44.2	50.0	Chris Moloney1	Open	0	75	20.0	43.9
Dion Maynard	14-15	25	65	40.4	49.7	Daniel Andrews	16-17	10	70	17.5	43.8
Chris Powel1	Open	4	90	58.0	49.3	Patrick Burt	Open	0	75	20.0	43.0
Karen Gardner	50+	53	80	35.0	47.4	Paula Delamata	Open	37	50	10.0	40.0
Gareth Edwards1	Open	0	85	55.5	46.3	Dion Maynard	14-15	25	65	12.8	37.9
Patrick Burt	Open	0	75	47.5	42.5	Karen Gardner	50+	53	80	10.0▲●	32.6

Ranking of Teams after Legs 1+2+3.

1	POWERHOUSE 1	Mark Haydock, Mark Price, Graham Saxton	3037.5
2	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Daniel Andrews	2948.1
3	TIVERTON W.L.C.1	Gary Ell, Mark Rattenby, Tom Perry	2722.3
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	2674.6
5	POWERHOUSE 2	James Gardner, Luke Davis, John Gardner	2528.6
6	METAMEN	Brian Heyburn, Gareth Edwards, Chris Moloney	2339.9
7	TIVERTON W.L.C.2	Thomas Cleverely, Peter Hoar, Jevan Cockbain	2260.7
8	SUNBURY 1	Peter Lee, Jeff Luther, Trevor Evans	2222.2
9	TEAMORFIT	David Cole, James Morgan, Chris Powel	2144.9
10	POWERHOUSE 3	Jason Dorn, Paula Delamata, Karen Gardner	2135.4
11	IRON MAIDENS	Nadia Silva, Jenn Tibbenham, Natalie Doughty	1929.0
12	METASTRENGHT	Nick Swain, Adrian Hollywood, Craig Logan	1921.2
13	TIVERTON W.L.C.3	Patrick Burt, Dion Maynard, Sarah Martin	1641.3
14	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	1500.9
15	SUNBURY 2	John Evans, Tom Meldon	615.2
16	GRANBY GRIPPERS 2	Mark Godelman	428.9

Ranking of Lifters after Legs 1+2+3

1	Steve Sherwood	1088.0	24	Peter Hoar	738.9
2	Mark Haydock	1078.3	25	Jevan Cockbain	723.7
3	Mark Price	1041.3	26	Peter Lee	712.7
4	Steve Andrews	1008.3	27	Jeff Luther	711.8
5	Philippe Crisp	1003.5	28	Paula Delamata	709.7
6	Gary Ell	932.5	29	Jason Reed	703.9
7	Adrian Pryor	909.8	30	Trevor Evans	692.1
8	Mark Rattenby	908.1	31	James Morgan	683.0
9	Graham Saxton	906.2	32	Patrick Burt	649.4
10	James Gardner	881.6	33	Daniel Andrews	647.4
11	Luke Davis	880.9	34	Mark Godelman	633.3
12	Tom Perry	877.8	35	Natalie Doughty	629.2
13	John Gardner	843.3	36	Chris Powel	627.8
14	David Cole	820.5	37	Jenn Tibenham	617.6
15	Jason Dorn	803.5	38	Dion Maynard	590.2
16	Mark Shaw	797.0	39	Karen Gardner	556.9
17	Gareth Edwards	790.0	40	Adrian Hollywood	535.5
18	Nick Swain	778.1	41	John Evans	439.0
19	Brian Heyburn	777.9	42	Sarah Martin	429.1
20	Thomas Cleverely	774.6	43	Helen Parry	317.2
21	Chris Moloney	772.0	44	Tom Meldon	281.8
22	Paul Barette	761.4	45	Craig Logan	229.1
23	Nadia Silva	757.0			

Here's the Leg 3 results of 2013.

Recognition to Steve Andrews, Steve Sherwood & Mark Price for being the top 3 lifters of this leg. Mark Price, Steve Andrews & Steve Sherwood, for the top 3 in the Press; Steve Sherwood, Mark Haydock, & Steve Andrews in the Snatch; Mark Haydock, Tom Perry & Steve Sherwood in the Clean & Jerk and finally Steve Andrews, David Cole & Gary Ell in the Lateral Raise. Finally well done to the rest of the lifters, especially to those lifter who have gained World records. It's still looking to be a good contest between the Powerhouse Gym1 & Granby Grippers1 with Tiverton1 remaining 3rd.

Thanks to all of you continuing and making it an interesting All Round League. See next page for the olympic totals. Well done to Mark Haydock, Mark Price & Phil Crisp for being the top 3.

Leg 3 continued

OLYMPIC TOTALS 2013		Age	CLASS	2H Press	2H Snatch	2H Clean & Jerk	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS
Mark Haydock	M	Open	120	90.0	110.0	125.0	325.0
Mark Price	M	45+	90	90.0	75.0	95.0	260.0
Philippe Crisp1	M	40+	110	90.0	80.0	90.0	260.0
Tom Perry	M	Open	90	67.5	72.9	110.0	250.4
John Gardner	M	Open	125+	80.0	70.0	100.0	250.0
James Gardner	M	Open	95	70.0	75.0	100.0	245.0
Gary Ell	M	40+	90	80.0	60.0	87.5	227.5
Peter Hoar	M	Open	110	75.0	60.4	90.0	225.4
Steve Sherwood	M	60+	85	67.5	75.0	82.5	225.0 ^{BR}
Luke Davis	M	Open	80	70.0	65.0	85.0	220.0
Steve Andrews	M	50+	70	70.0	62.5	77.5	210.0
Brian Heyburn1	M	Open	75	60.5	60.5	80.5	201.5
David Cole1	M	Open	70	70.5	50.5	70.5	191.5
Jason Dorn	M	40+	95	60.0	55.0	75.0	190.0
Adrian Pryor1	M	40+	85	65.5	53.0	70.5	189.0
Chris Moloney1	M	Open	75	60.5	55.5	65.5	181.5
Thomas Cleverley	M	Open	75	55.0	50.4	75.0	180.4
Graham Saxton	M	50+	125	60.0	50.0	70.0	180.0
Craig Logan1	M	Open	90	63.0	46.0	70.5	179.5
Gareth Edwards1	M	Open	85	68.0	55.5	55.5	179.0
Jason Reed1	M	Open	85	62.5	50.0	65.0	177.5
Nick Swain1	M	45+	85	60.5	46.0	70.5	177.0
James Morgan1	M	Open	80	60.5	40.5	65.5	166.5
Paul Barette1	M	Open	75	53.0	45.5	65.5	164.0
Jenn Tibbenham1	F	Open	105	43.0	46.0	60.0	149.0
Daniel Andrews	M	16-17	70	45.0	45.0	57.5	147.5
Mark Rattenberry	M	50+	65	50.4	40.4	55.0	145.8
Jeff Luther	M	55+	75	45.0	40.0	57.5	142.5
John Evans	M	65+	90	53.7	44.2	44.2	142.1
Chris Powel1	M	Open	90	50.5	30.5	58.0	139.0
Trevor Evans	M	65+	85	44.2	44.2	50.2	138.6
Mark Shaw1	M	50+	80	45.0	37.5	55.0	137.5
Patrick Burt	M	Open	75	50.0	35.0	47.5	132.5
Jevan Cockbain	M	14-15	70	45.0	40.4	45.4	130.8 ^{BR}
Peter Lee	M	80+	80	36.7	36.7	42.7	116.1
Natalie Doughty1	F	Open	70	35.5	30.5	40.5	106.5
Nadia Silva1	F	Open	55	33.0	28.0	43.0	104.0
Dion Maynard	M	14-15	65	35.4	25.4	40.4	101.2
Paula Delamata	F	Open	50	30.0	30.0	35.0	95.0
Karen Gardner	F	50+	80	27.5	27.5	35.0	90.0 ^{BR}

Chris Bass