

IAWA (UK) Bob Smith All Round Postal League 2013 – Leg 5 - compiled by Chris Bass.

1	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Frank Allen	1071.3
2	POWERHOUSE 1	Mark Haydock, James Gardner, Luke Davis	904.4
3	SUNBURY 1	Andy Murtash, Jeff Luther, Peter Lee	881.4
4	TIVERTON W.L.C.1	Gary Ell, Tom Perry, Mark Rattenberry	861.5
5	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	850.4
6	TIVERTON W.L.C.2	Jevan Cockbain, Peter Hoar, Thomas Cleverley	778.0
7	METAMEN	David Cole, Chris Moloney, Brian Heyburn	762.4
8	POWERHOUSE 2	Paula Delamata, Graham Saxton, John Gardner	750.0
9	IRON MAIDENS	Natalie Doughty, Jenn Tibbenham, Nadia Silva	695.9
10	COALVILLE OUTCASTS	Mark Shaw, Jason Reed,	502.8
11	SUNBURY 2	John Evans, Trevor Evans,	484.3
12	TIVERTON W.L.C.3	Dion Maynard, Patrick Burt,	469.2
13	TEAMORFIT	Chris Powel, Gareth Edwards	444.1
14	GRANBY GRIPPERS 2	Daniel Andrews	237.6

Ranking of Lifters

1	Steve Sherwood	379.8	19	Peter Hoar	255.4
2	Steve Andrews	354.8	20	Brian Heyburn	254.9
3	Frank Allen	336.7	21	Paul Barette	252.7
4	Andy Murtash	336.2	22	Nadia Silva	251.9
5	Mark Haydock	334.4	23	Thomas Cleverley	251.4
6	Adrian Pryor	306.5	24	John Evans	248.7
7	Gary Ell	303.1	25	Dion Maynard	242.8
8	James Gardner	294.5	26	Graham Saxton	240.4
9	Philippe Crisp	291.1	27	John Gardner	239.5
10	David Cole	289.0	28	Daniel Andrews	237.6
11	Tom Perry	286.0	29	Trevor Evans	235.6
12	Jeff Luther	277.5	30	Jason Reed	234.9
13	Luke Davis	275.6	31	Gareth Edwards	227.6
14	Mark Rattenberry	272.5	32	Jenn Tibbenham	226.4
15	Jevan Cockbain	271.1	33	Patrick Burt	226.4
16	Paula Delamata	270.1	34	Chris Moloney	218.5
17	Mark Shaw	267.9	35	Natalie Doughty	217.6
18	Peter Lee	267.7	36	Chris Powel	216.5

Ranking of Lifters per Lift & Record Breakers.

2H Barbell Press

Lifter	Age	%	Class	Kilos	Points
Mark Haydock1	Open	3	120	115.0	93.1
Andy Murtash	45+	12	90	91.0▲	91.8
Steve Andrews1	50+	19	70	67.5	84.3
Steve Sherwood	60+	27	80	67.5	82.9
Philippe Crisp	40+	9	110	87.5	77.8
David Cole	Open	1	70	70.0	75.2
Gary Ell	40+	7	90	77.9	75.0
Frank Allen	70+	42	90	57.5	73.5
Adrian Pryor	40+	7	85	70.0	70.2
James Gardner	Open	0	95	77.5	69.5
Luke Davis	Open	0	85	70.0	66.4
Jevan Cockbain	14-15	25	70	50.4	66.0
Mark Rattenberry	50+	16	65	50.4	64.8
Trevor Evans	65+	38	80	48.0	64.2
Nadia Silva	Open	33	50	35.0	63.9
Peter Lee	80+	62	80	40.5	63.4
Jeff Luther	55+	23	70	48.0	62.6
Paula Delamata	Open	37	50	32.5	62.0
Peter Hoar	Open	0	110	75.0	61.1
Tom Perry	Open	0	90	65.0	59.6
Brian Heyburn	Open	0	80	60.0	59.2

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

Continental Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	27	80	75.0	94.3
Steve Andrews1	50+	19	70	67.5	86.3
Mark Haydock1	Open	3	120	92.5	76.7
James Gardner	Open	0	95	82.5	75.7
Tom Perry	Open	0	90	80.4	75.4
David Cole	Open	1	70	65.0	71.4
Philippe Crisp	40+	9	110	77.5	70.5
Luke Davis	Open	0	85	70.0	67.9
Frank Allen	70+	42	90	50.0	65.4
Andy Murtash	45+	12	90	61.0▲	63.0
Jeff Luther	55+	23	70	46.5	62.1
Jenn Tibbenham	Open	33	100	52.5	60.8
Brian Heyburn	Open	0	80	60.0	60.6
Jevan Cockbain	14-15	25	70	45.0	60.3
Gary Ell	40+	7	90	60.4	59.5
Adrian Pryor	40+	7	85	57.5	59.0
Paul Barette	Open	2	75	52.5	56.6
Thomas Cleverley	Open	0	75	55.0	56.4
Daniel Andrews1	16-17	10	70	45.0	54.1
Paula Delamata	Open	37	50	27.5	53.7
Mark Rattenberry	50+	16	65	40.4	53.1

Leg 5 continued

PRESS cont

Lifter	Age	%	Class	Kilos	Points
Thomas Cleverley	Open	0	75	57.9	58.0
Paul Barette	Open	2	75	55.0	57.9
Jason Reed1	Open	0	85	60.0	57.2
Chris Powel1	Open	4	90	60.0	56.8
Chris Moloney1	Open	0	75	55.0	56.1
Gareth Edwards1	Open	0	85	60.0	56.1
John Gardner	Open	0	125+	75.0	55.9
Daniel Andrews1	16-17	10	70	47.5	55.8
Mark Shaw1	50+	18	80	47.5	55.7
John Evans	65+	38	85	43.0	55.1
Graham Saxton	50+	16	125	60.0	53.5
Dion Maynard	14-15	25	65	37.9	53.5
Jenn Tibbenham	Open	33	100	45.0	50.9
Patrick Burt	Open	0	80	50.4	49.9
Natalie Doughty1	Open	33	70	35.0	49.7

Snatch cont

Lifter	Age	%	Class	Kilos	Points
John Evans	65+	38	85	40.5	53.1
Peter Lee	80+	62	80	33.0	52.8
Trevor Evans	65+	38	80	38.0	52.0
Nadia Silva	Open	33	50	27.5	51.4
Jason Reed1	Open	0	85	52.5	51.2
Graham Saxton	50+	16	125	55.0	50.2
John Gardner	Open	0	125+	65.0	49.6
Mark Shaw1	50+	18	80	40.0	48.0
Dion Maynard	14-15	25	65	32.9	47.5
Chris Moloney1	Open	0	75	45.0	47.0
Peter Hoar	Open	0	110	55.0	45.8
Natalie Doughty1	Open	33	70	31.0	45.0
Chris Powel1	Open	4	90	40.0	38.8
Patrick Burt	Open	0	80	35.0	35.4
Gareth Edwards1	Open	0	85	30.0	28.7

Pullover at Arms Length

Lifter	Age	%	Class	Kilos	Points
Frank Allen	70+	42	90	47.5	108.0
Steve Andrews1	50+	19	70	40.0	88.9
Steve Sherwood	60+	27	80	40.0	87.4
Andy Murtash	45+	12	90	45.7	82.1
Patrick Burt	Open	0	80	42.9	75.5
Philippe Crisp	40+	9	110	47.5	75.1
Mark Haydock1	Open	3	120	50.0	72.0
Luke Davis	Open	0	85	42.5	71.7
Adrian Pryor	40+	7	85	40.0	71.4
Graham Saxton	50+	16	125	45.0	71.4
Paul Barette	Open	2	75	37.5	70.3
Tom Perry	Open	0	90	42.9	69.9
Mark Rattenberry	50+	16	65	30.4▲	69.5
Peter Lee	80+	62	80	24.5	68.2
David Cole	Open	1	70	35.0	66.9
Brian Heyburn	Open	0	80	37.5	65.8
Nadia Silva	Open	33	50	20.0	65.0
Gary Ell	40+	7	90	37.9	64.9
Gareth Edwards1	Open	0	85	37.5	62.4
Peter Hoar	Open	0	110	42.9	62.2
James Gardner	Open	0	95	37.5	59.9
Paula Delamata	Open	37	50	17.5	59.4
Thomas Cleverley	Open	0	75	32.9	58.7
Jevan Cockbain	14-15	25	70	25.0	58.2
Mark Shaw1	50+	18	80	27.5	57.4
John Gardner	Open	0	125+	40.0	53.1
Jeff Luther	55+	23	70	22.0	51.1
Jason Reed1	Open	0	85	30.0	50.9
Natalie Doughty1	Open	33	70	20.0	50.5
Dion Maynard	14-15	25	65	20.0▲	50.2
Chris Moloney1	Open	0	75	25.0	45.4
Trevor Evans	65+	38	80	17.9 ^{BR}	42.6
Daniel Andrews1	16-17	10	70	20.0	41.8
John Evans	65+	38	85	17.9	40.8
Jenn Tibbenham	Open	33	100	17.5	35.2
Chris Powel1	Open	4	90	20.0	33.7

1H Vertical 2" Bar

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	27	80	80.0	115.2
Mark Shaw1	50+	18	80	77.8	106.9
Adrian Pryor	40+	7	85	90.0	105.9
Gary Ell	40+	7	90	92.0▲	103.8
Jeff Luther	55+	23	70	66.5▲	101.7
John Evans	65+	38	85	66.5▲	99.8
Andy Murtash	45+	12	90	84.0▲	99.304
Steve Andrews1	50+	19	70	65.0	95.2
Paula Delamata	Open	37	50	42.5	95.0
Mark Haydock1	Open	3	120	97.5	92.6
Dion Maynard	14-15	25	65	55.4▲	91.6
Frank Allen	70+	42	90	60.0	89.9
James Gardner	Open	0	95	85.0	89.4
Chris Powel1	Open	4	90	78.5	87.2
Jevan Cockbain	14-15	25	70	56.5▲	86.7
Peter Hoar	Open	0	110	90.5	86.4
Daniel Andrews1	16-17	10	70	62.5	86.0
Mark Rattenberry	50+	16	65	56.5▲●	85.1
Peter Lee	80+	62	80	45.5▲	83.3
Tom Perry	Open	0	90	75.5	81.1
John Gardner	Open	0	125+	92.5 ^{BR}	80.9
Gareth Edwards1	Open	0	85	73.5	80.5
Jenn Tibbenham	Open	33	100	60.0	79.5
Thomas Cleverley	Open	0	75	66.6	78.3
Trevor Evans	65+	38	80	49.0▲	76.8
Jason Reed1	Open	0	85	67.8	75.7
David Cole	Open	1	70	60.0	75.5
Natalie Doughty1	Open	33	70	43.5	72.4
Nadia Silva	Open	33	50	33.51	71.7
Chris Moloney1	Open	0	75	58.5	70.0
Luke Davis	Open	0	85	62.5	69.5
Brian Heyburn	Open	0	80	60.0	69.4
Paul Barette	Open	2	75	55.0	67.9
Philippe Crisp	40+	9	110	65.0	67.7
Patrick Burt	Open	0	80	56.5	65.5
Graham Saxton	50+	16	125	62.5	65.3

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

1	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Daniel Andrews	4927.0
2	POWERHOUSE 1	Mark Haydock, James Gardner, Luke Davis	4809.5
3	TIVERTON W.L.C.1	Gary Ell, Mark Rattenby, Tom Perry	4276.7
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	4242.3
5	POWERHOUSE 2	Graham Saxton, John Gardner, Paula Delamata	3984.2
6	SUNBURY 1	Jeff Luther, Trevor Evans, Peter Lee	3855.5
7	METAMEN	David Cole, Brian Heyburn, Chris Moloney	3707.8
8	TIVERTON W.L.C.2	Thomas Cleverely, Jevan Cockbain, Peter Hoar	3559.2
9	IRON MAIDENS	Nadia Silva, Jenn Tibbenham, Natalie Doughty	3259.5
10	TEAMORFIT	Gareth Edwards, Chris Powel, Nick Swain	3133.2
11	POWERHOUSE 3	Mark Price, Jason Dorn, Karen Gardner	2493.1
12	COALVILLE OUTCASTS	Mark Shaw, Jason Reed	2432.6
13	TIVERTON W.L.C.3	Patrick Burt, Dion Maynard, Sarah Martin	2393.0
14	METASTRENGHT	James Morgan, Adrian Hollywood, James Morgan	1921.2
15	SUNBURY 2	John Evans, Andy Murtash, Tom Meldon	1531.2
16	GRANBY GRIPPERS 2	Mark Godelman, Frank Allen	666.5

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

1	Steve Sherwood	1784.2	24	Peter Hoar	1157.3
2	Steve Andrews	1749.0	25	Jason Reed	1149.2
3	Mark Haydock	1743.5	26	Daniel Andrews	1090.3
4	Philippe Crisp	1548.2	27	Natalie Doughty	1062.3
5	Gary Ell	1501.6	28	Mark Price	1041.3
6	James Gardner	1468.5	29	Chris Powel	1035.9
7	Adrian Pryor	1450.2	30	Jenn Tibenham	1023.1
8	Mark Rattenby	1404.3	31	Patrick Burt	1021.8
9	Luke Davis	1400.8	32	Gareth Edwards	1017.6
10	Graham Saxton	1377.0	33	Jason Dorn	1012.9
11	Tom Perry	1366.9	34	Chris Moloney	990.5
12	David Cole	1341.5	35	Nick Swain	978.6
13	John Gardner	1317.6	36	Dion Maynard	969.5
14	Mark Shaw	1283.4	37	John Evans	930.7
15	Nadia Silva	1249.0	38	James Morgan	796.0
16	Paul Barette	1243.9	39	Adrian Hollywood	775.1
17	Jeff Luther	1233.0	40	Karen Gardner	705.1
18	Paula Delamata	1220.2	41	Mark Godelman	633.3
19	Thomas Cleverely	1216.3	42	Andy Murtash	599.3
20	Brian Heyburn	1205.9	43	Sarah Martin	429.1
21	Trevor Evans	1172.7	44	Frank Allen	336.7
22	Peter Lee	1169.0	45	Helen Parry	317.2
23	Jevan Cockbain	1162.1	46	Tom Meldon	281.8
			47	Craig Logan	229.1

Here's the Leg 5 results of 2013.

Recognition to Mark Haydock, Steve Andrews & Frank Allen for being the top 3 lifters of this leg. Mark Haydock, Andy Murtash, & Steve Andrews, for the top 3 in the Press; Steve Sherwood, Steve Andrews, & Mark Haydock in the Snatch; & Frank Allen, Steve Andrews & Steve Sherwood in the Pullover and finally Steve Sherwood Mark Shaw & Adrian Pryor in the Vertical Bar Lift. Lastly well done to the rest of the lifters, especially to those lifters who have gained records. It's still looking to be a good contest between the Granby 1 & Powerhouse 1 having changed positions with Tiverton1 remaining 3rd.

Thanks to all of you continuing and making it an interesting All Round League. See next page for the Single Arm totals. Well done Steve Andrews, Steve Sherwood & Mark Haydock for being the top 3.