

IWA (UK) Bob Smith All Round Postal League 2014 – Leg 2 - compiled by Chris Bass.

1	Powerhouse 1	Mark Haydock, James Gardner, Luke Davis	1171.8
2	The Iron Clan 1	Sam Hills, Nick Swain, Jenn Tibbenham	1157.0
3	Granby Grippers 1	Steve Sherwood, Steve Andrews, Mark Shaw	1118.9
4	Tiverton W.L.C.1	Mark Rattenberry, Gary Ell, Jevan Cockbain	1108.0
5	Sunbury 1	Andy Murtagh, Trevor Evans, Jeff Luther	1012.1
6	Metamorfit	Philippe Crisp, Adrian Pryor, Paul Barette	993.1
7	Powerhouse 2	Paula Thompson, Graham Saxton, Chris Findon	894.8
8	Tiverton W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	847.7
9	Metamen	Ed Shorttle, Brian Heyburn	589.4
10	The Iron Clan2	Lesley Swain	276.5
11	Granby Grippers 2	Daniel Andrews	273.3

Ranking of Lifters

1	Mark Haydock	483.8	14	Jenn Tibbenham	328.3
2	Andy Murtagh	421.2	15	Paula Thompson	318.3
3	Sam Hills	415.5	16	Ed Shorttle	313.3
4	Nick Swain	413.2	17	Thomas Cleverley	307.7
5	Philippe Crisp	404.9	18	Trevor Evans	300.8
6	Mark Rattenberry	390.8	19	Adrian Pryor	298.6
7	Gary Ell	386.0	20	Graham Saxton	296.7
8	Steve Sherwood	377.0	21	Peter Hoar	293.5
9	Steve Andrews	377.0	22	Jeff Luther	290.1
10	Mark Shaw	364.9	23	Paul Barette	289.7
11	James Gardner	348.5	24	Chris Findon	279.7
12	Luke Davis	339.5	25	Lesley Swain	276.5
13	Jevan Cockbain	331.3	26	Brian Heyburn	276.1

Ranking of Lifters per Lift & Record Breakers.

1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	4	120	75.0R	91.8
Steve Andrews1	50+	20	70	46.0L	87.6
Steve Sherwood1	60+	28	80	45.0L	84.0
James Gardner	Open	0	95	57.5R	77.6
Nick Swain1	45+	14	85	45.0R	73.5
Andy Murtagh	45+	13	95	47.9L	73.1
Sam Hills1	50+	18	85	41.5L	70.1
Philippe Crisp1	40+	10	110	50.5R	68.5
Luke Davis	Open	0	80	45.0R	66.0
Gary Ell	40+	8	90	42.5L	62.4
Daniel Andrews	16-17	5	70	37.5R	62.3
Jenn Tibbenham	Open	33	105	36.0R●	60.7
Adrian Pryor1	40+	8	90	40.0R	60.4
Brian Heyburn1	Open	0	80	40.0R	59.3
Paula Thompson	40+	38	50	20.0R	58.3
Chris Findon	Open	0	75	37.5L	58.3
Paul Barette1	Open	3	80	37.5R	57.3
Jeff Luther	55+	24	70	27.9R	54.8
Mark Rattenberry	50+	17	65	27.5L	53.7
Trevor Evans	65+	40	80	25.9R	53.3
Jevan Cockbain	14-15	20	75	30.4R	53.0
Mark Shaw	50+	19	80	28.5L	50.5
Graham Saxton	50+	17	125	35.0R	47.3
Ed Shorttle1	55+	23	75	22.5R	42.7
Patrick Burt	Open	0	80	27.5L	40.2
Lesley Swain	45+	48	95	20.0R▲	40.0
Peter Hoar	Open	0	105	30.4L	38.1
Thomas Cleverley	Open	0	80	25.0L	36.7

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

Continental Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	4	120	140.0	92.1
Andy Murtagh	45+	13	95	92.9	76.2
Steve Sherwood1	60+	28	80	75.0	75.2
Sam Hills1	50+	18	85	82.5	74.9
Nick Swain1	45+	14	85	85.0	74.6
James Gardner	Open	0	95	100.0	72.6
Steve Andrews1	50+	20	70	70.0	71.7
Luke Davis	Open	0	80	90.0	70.9
Jevan Cockbain	14-15	20	75	75.4	70.7
Gary Ell	40+	8	90	87.9	69.4
Philippe Crisp1	40+	10	110	90.5	66.0
Thomas Cleverley	Open	0	80	80.4	63.4
Paula Thompson	40+	38	50	40.0	62.7
Peter Hoar	Open	0	105	90.4	60.8
Jeff Luther	55+	24	70	55.4	58.5
Graham Saxton	50+	17	125	80.0	58.1
Mark Rattenberry	50+	17	65	55.0	57.7
Mark Shaw	50+	19	80	60.5	57.6
Adrian Pryor1	40+	8	90	70.0	56.8
Jenn Tibbenham	Open	33	105	62.5●	56.6
Brian Heyburn1	Open	0	80	70.0	55.8
Trevor Evans	65+	40	80	50.4	55.7
Daniel Andrews	16-17	5	70	60.0	53.5
Chris Findon	Open	0	75	60.0	50.1
Paul Barette1	Open	3	80	60.0	49.2
Ed Shorttle1	55+	23	75	47.5	48.4
Patrick Burt	Open	0	80	60.4	47.4
Lesley Swain	45+	48	95	34.5▲	37.1

Leg 2 continued:

Front Squat

Power Row

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Haydock	Open	4	120	212.5	105.9	Mark Shaw	50+	19	80	106.5▲●	213.5
Philippe Crisp1	40+	10	110	182.5	100.8	Mark Rattenberry	50+	17	65	90.4▲	199.81
Sam Hills1	50+	18	85	136.0	93.6	Mark Haydock	Open	4	120	140.0	193.9
Steve Sherwood1	60+	28	80	120.0	91.2	Andy Murtagh	45+	13	95	110.4▲●	190.8
Andy Murtagh	45+	13	95	130.4▲	81.1	Nick Swain1	45+	14	85	100.0	184.76
Nick Swain1	45+	14	85	121.0	80.5	Gary Ell	40+	8	90	110.4▲●	183.6
Mark Rattenberry	50+	17	65	100.0	79.5	Sam Hills1	50+	18	85	92.5	176.89
Jevan Cockbain	14-15	20	75	110.4▲	78.4	Ed Shorttle1	55+	23	75	80.0	171.85
Steve Andrews1	50+	20	70	100.0	77.6	Philippe Crisp1	40+	10	110	110.5	169.6
Gary Ell	40+	8	90	117.9	70.6	Lesley Swain	45+	48	95	70.0▲●	158.61
Graham Saxton	50+	17	125	125.0	68.9	Jenn Tibbenham	Open	33	105	80.0●	152.6
Peter Hoar	Open	0	105	130.4	66.5	Thomas Cleverley	Open	0	80	85.4	141.7
Thomas Cleverley	Open	0	80	110.4	65.9	Steve Andrews1	50+	20	70	65.0	140.1
Luke Davis	Open	0	80	110.0	65.7	Luke Davis	Open	0	80	82.5	136.9
Paula Thompson	40+	38	50	55.0	65.3	Trevor Evans	65+	40	80	57.9 ^{BR}	134.9
James Gardner	Open	0	95	117.5	64.6	James Gardner	Open	0	95	87.5	133.7
Paul Barette1	Open	3	80	100.0	62.2	Paula Thompson	40+	38	50	40.0	132.0
Adrian Pryor1	40+	8	90	100.0	61.6	Jevan Cockbain	14-15	20	75	65.4▲	129.1
Brian Heyburn1	Open	0	80	100.0	60.4	Jeff Luther	55+	24	70	57.9▲	128.7
Jenn Tibbenham	Open	33	105	85.0●	58.4	Peter Hoar	Open	0	105	90.4▲	128.1
Chris Findon	Open	0	75	90.0	57.0	Steve Sherwood1	60+	28	80	60.0	126.7
Trevor Evans	65+	40	80	67.9	56.9	Graham Saxton	50+	17	125	80.0	122.4
Daniel Andrews	16-17	5	70	80.0	54.1	Paul Barette1	Open	3	80	70.0	121.0
Patrick Burt	Open	0	80	85.4	50.8	Adrian Pryor1	40+	8	90	70.0	119.7
Ed Shorttle1	55+	23	75	65.0	50.3	Chris Findon	Open	0	75	65.0	114.3
Jeff Luther	55+	24	70	60.0	48.0	Patrick Burt	Open	0	80	65.4	108.1
Mark Shaw	50+	19	80	60.0	43.3	Daniel Andrews	16-17	5	70	55.0▲	103.4
Lesley Swain	45+	48	95	50.0▲	40.8	Brian Heyburn1	Open	0	80	60.0	100.68

Aston Set		Age	CLASS	1H Barbell	Continental	Front	TOTAL	TOTAL
NAME		Class	Kilos	Snatch	C&J	Squat	KILOS	POINTS
				KILOS	KILOS	KILOS		
Mark Haydock	M	Open	120	75.0	140.0	212.5	427.5 ^{BR}	296.2
Steve Sherwood1	M	60+	80	45.0	75.0	120.0	240.0	250.3
Sam Hills1	M	50+	85	41.5	82.5	136.0	260.0	238.6
Steve Andrews1	M	50+	70	46.0	70.0	100.0	216.0	236.9
Philippe Crisp1	M	40+	110	50.5	90.5	182.5	323.5	235.3
Andy Murtagh	M	45+	95	47.9	92.9	130.4	271.2 ^{BR}	230.4
Nick Swain1	M	45+	85	45.0	85.0	121.0	251.0	228.5
James Gardner	M	Open	95	57.5	100.0	117.5	275.0	214.8
Jevan Cockbain	M	14-15	75	30.4	75.4	110.4	216.2 ^{BR}	211.0
Luke Davis	M	Open	80	45.0	90.0	110.0	245.0	202.6
Gary Ell	M	40+	90	42.5	87.9	117.9	248.3	202.4
Mark Rattenberry	M	50+	65	27.5	55.0	100.0	182.5 ^{BR}	191.0
Paula Thompson	F	40+	50	20.0	40.0	55.0	115.0 ^{BR}	186.3
Graham Saxton	M	50+	125	35.0	80.0	125.0	240.0 ^{BR}	181.4
Adrian Pryor1	M	40+	90	40.0	70.0	100.0	210.0	178.8
Jenn Tibbenham	F	Open	105	36.0	62.5	85.0	183.5 ^{BR}	175.7
Brian Heyburn1	M	Open	80	40.0	70.0	100.0	210.0	175.5
Daniel Andrews	M	16-17	70	37.5	60.0	80.0	177.5	169.9
Paul Barette1	M	Open	80	37.5	60.0	100.0	197.5	168.7
Thomas Cleverley	M	Open	80	25.0	80.4	110.4	215.8	166.0
Trevor Evans	M	65+	80	25.9	50.4	67.9	144.2	166.0
Peter Hoar	M	Open	105	30.4	90.4	130.4	251.2	165.4
Chris Findon	M	Open	75	37.5	60.0	90.0	187.5	165.4
Jeff Luther	M	55+	70	27.9	55.4	60.0	143.3	161.3
Mark Shaw	M	50+	80	28.5	60.5	60.0	149.0	151.4
Ed Shorttle1	M	55+	75	22.5	47.5	65.0	135.0	141.4
Patrick Burt	M	Open	80	27.5	60.4	85.4	173.3	138.4
Lesley Swain	F	45+	95	20.0	34.5	50.0	104.5 ^{BR}	117.9

Leg 2 continued:

Ranking of Teams after Legs 1+2.

1	Powerhouse 1	Mark Haydock, James Gardner, Luke Davis	2154.2
2	Granby Grippers 1	Steve Andrews, Steve Sherwood, Mark Shaw	2130.0
3	The Iron Clan1	Sam Hills, Nick Swain, Jenn Tibbenham	1984.5
4	Tiverton W.L.C.1	Gary Ell, Mark Rattenberry, Jevan Cockbain	1910.7
5	Metamorfit	Philippe Crisp, Adrian Pryor, Paul Barette	1827.7
6	Tiverton W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	1471.1
7	Metamen	Ed Shorttle, Brian Heyburn, Adrian Hollywood	640.4
8	Sunbury 1	Andy Murtagh, Trevor Evans, Jeff Luther	1012.1
9	Powerhouse 2	Paula Thompson, Graham Saxton, Chris Findon	894.8
10	Granby Grippers 2	Daniel Andrews	488.7
11	The Iron Clan2	Lesley Swain	484.2
12	Teammorfit	Nadia Silva, Natalie Doughty	782.8

Ranking of Lifters after Legs 1+2

1	Mark Haydock	861.1	16	Thomas Cleverley	509.1
2	Steve Andrews	775.4	17	Ed Shorttle	506.6
3	Philippe Crisp	750.8	18	Peter Hoar	498.9
4	Nick Swain	736.4	19	Patrick Burt	491.2
5	Steve Sherwood	724.7	20	Daniel Andrews	488.7
6	Gary Ell	709.3	21	Lesley Swain	484.2
7	Sam Hills	696.9	22	Andy Murtagh	421.2
8	James Gardner	660.6	23	Paula Thompson	318.3
9	Luke Davis	632.5	24	Trevor Evans	300.8
10	Mark Shaw	629.8	25	Graham Saxton	296.7
11	Mark Rattenberry	625.4	26	Jeff Luther	290.1
12	Jenn Tibbenham	551.3	27	Chris Findon	279.7
13	Jevan Cockbain	547.8	28	Brian Heyburn	276.1
14	Adrian Pryor	547.1	29	Adrian Hollywood	240.2
15	Paul Barette	511.8	30	Nadia Silva	224.3
			31	Natalie Doughty	194.0

Here's the Leg 2 results of the new year. The response this leg, although better than 1st leg, is still disappointing from Sunbury & Metamorfit. I know that Sunbury has lost some lifters but hopefully Metamorfit will have more lifters in the next leg.

Recognition to Mark Haydock, Steve Andrews & Steve Sherwood for the top 3 in the Snatch, Mark Haydock, Andy Murtagh & Steve Sherwood in the Clean & Jerk, Mark Haydock, Phillippe Crisp & Sam Hills in the Front Squat and finally Mark Shaw, Mark Rattenberry & Mark Haydock in the Power Row. Also to Mark Haydock, Steve Sherwood & Sam Hills for being top 3 in the Aston Set. Finally well done to the rest of the lifters. I hope the next leg will attract more lifters. As in the 1st leg it's still a contest between Granby and Powerhouse, but the Iron Clan1 has moved into 3rd place with Tiverton a close 4th.

Thanks again to all of you for competing in this leg.



Chris Bass