

IWA (UK) Bob Smith All Round Postal League 2014 – Leg 3 - compiled by Chris Bass.

1	Tiverton W.L.C.1	Mark Rattenberry, Gary Ell, Jevan Cockbain	934.0
2	Powerhouse 1	Mark Haydock, Graham Saxton, James Gardner	924.4
3	Granby Grippers 1	Steve Sherwood, Steve Andrews, Mark Godleman	905.8
4	Metamorfit	Adrian Pryor, Philippe Crisp, Paul Barette	879.7
5	The Iron Clan 1	Sam Hills, Nick Swain, Jenn Tibbenham	824.9
6	Sunbury	Andy Murtagh, Jeff Luther, Trevor Evans	785.4
7	Tiverton W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	721.5
8	Powerhouse 2	Luke Davis, Paula Thompson, Chris Findon	720.1
9	Metamen	Ed Shorttle, Brian Heyburn,	489.7
10	Granby Grippers 2	Mark Shaw, Daniel Andrews	417.1
11	The Iron Clan 2	Lesley Swain	154.5

<u>Ranking of Lifters</u>					
1	Andy Murtagh	384.2	15	James Gardner	270.4
2	Mark Haydock	366.9	16	Luke Davis	268.4
3	Adrian Pryor	329.0	17	Thomas Cleverley	263.1
4	Mark Rattenberry	325.9	18	Paul Barette	253.3
5	Gary Ell	324.5	19	Peter Hoar	249.1
6	Steve Sherwood	324.1	20	Paula Thompson	243.6
7	Sam Hills	302.2	21	Jenn Tibbenham	228.6
8	Philippe Crisp	297.4	22	Mark Shaw	221.0
9	Steve Andrews	297.4	23	Patrick Burt	209.2
10	Nick Swain	294.1	24	Chris Findon	208.2
11	Ed Shorttle	290.3	25	Jeff Luther	204.2
12	Graham Saxton	287.2	26	Brian Heyburn	199.4
13	Mark Godleman	284.3	27	Trevor Evans	197.1
14	Jevan Cockbain	283.5	28	Daniel Andrews	196.1
			29	Lesley Swain	154.5

Ranking of Lifters per Lift & Record Breakers. Squat

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp	40+	10	110	250.0▲●	108.4
Mark Haydock	Open	4	120	272.5	107.2
Mark Rattenberry	50+	17	65	147.9▲	92.8
Graham Saxton	50+	17	125	210.0	90.7
Steve Sherwood ¹	60+	28	80	150.0	90.3
Andy Murtagh	45+	13	95	180.4	88.6
Nick Swain ¹	45+	14	85	160.0	83.7
Sam Hills ¹	50+	18	85	150.0	81.2
Gary Ell	40+	8	90	170.0	80.0
Steve Andrews	50+	20	70	127.5	78.3
Jevan Cockbain	14-15	20	75	135.4▲	76.2
Mark Godleman	50+	17	105	160.0	75.0
Peter Hoar	Open	0	105	185.4	74.2
Thomas Cleverley	Open	0	80	152.9	71.7
Luke Davis	Open	0	80	150.0	70.6
James Gardner	Open	0	95	160.0	69.1
Adrian Pryor	40+	8	90	135.0	65.4
Paul Barette	Open	3	80	130.0	64.6
Brian Heyburn	Open	0	75	130.0	63.2
Ed Shorttle ¹	55+	23	80	100.0	59.4
Jenn Tibbenham	Open	33	105	110.0●	59.3
Paula Thompson	40+	38	50	60.0▲	55.8
Daniel Andrews	16-17	5	70	100.0	53.2
Chris Findon	Open	0	75	105.0	52.7
Trevor Evans	65+	40	80	75.4	49.8
Patrick Burt	Open	0	80	100.4	47.8
Lesley Swain	45+	48	95	70.0▲	44.9
Jeff Luther	55+	24	70	65.4	41.1
Mark Shaw	50+	19	75	70.0	40.4

Ranking of Lifters per Lift & Record Breakers. Bench Press (f.o.f.)

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

Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	45+	13	95	140.4	97.4
Mark Haydock	Open	4	120	160.0	88.9
Philippe Crisp	40+	10	110	135.01	82.7
Gary Ell	40+	8	90	120.0	79.8
Steve Andrews	50+	20	70	87.5	75.9
Adrian Pryor	40+	8	90	110.0	75.2
Mark Rattenberry	50+	17	65	82.5▲	73.1
Mark Godleman	50+	17	105	110.0	72.9
Steve Sherwood ¹	60+	28	80	85.0	72.2
Luke Davis	Open	0	80	107.5	71.4
Trevor Evans	65+	40	80	75.4	70.3
James Gardner	Open	0	95	112.5	68.6
Nick Swain ¹	45+	14	85	92.5	68.4
Patrick Burt	Open	0	80	100.4	67.5
Graham Saxton	50+	17	125	110.0	67.1
Sam Hills ¹	50+	18	85	87.0	66.6
Ed Shorttle ¹	55+	23	80	77.5	65.0
Jevan Cockbain	14-15	20	75	80.4▲	63.9
Brian Heyburn	Open	0	75	92.5	63.5
Thomas Cleverley	Open	0	80	95.0	62.9
Jeff Luther	55+	24	70	70.4	62.4
Peter Hoar	Open	0	105	107.5	60.8
Paula Thompson	40+	38	50	45.0▲	59.1
Chris Findon	Open	0	75	75.0	53.2
Mark Shaw	50+	19	75	65.0	53.0
Paul Barette	Open	3	80	70.0	49.1
Jenn Tibbenham	Open	33	105	57.8	44.0
Daniel Andrews	16-17	5	70	55.0	41.3
Lesley Swain	45+	48	95	42.5▲	38.5

Leg 3 continued:

2H Deadlift

Abdominal Raise

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	45+	13	95	282.9▲●	115.7	Adrian Pryor	40+	8	90	38.0▲	101.6
Mark Haydock	Open	4	120	322.5●	105.6	Gary Ell	40+	8	90	34.0	88.3
Steve Sherwood1	60+	28	80	190.0	95.2	Andy Murtagh	45+	13	95	30.4▲	82.4
Mark Rattenberry	50+	17	65	170.4▲	89.0	Ed Shorttle1	55+	23	80	25.0	81.9
Adrian Pryor	40+	8	90	215.0 ^{BR}	86.7	Sam Hills1	50+	18	85	26.0	77.7
Paul Barette	Open	3	80	205.0	84.8	Mark Rattenberry	50+	17	65	20.5▲	71.0
Jevan Cockbain	14-15	20	75	180.4 ^{BR}	84.5	Steve Sherwood1	60+	28	80	20.0	66.4
Ed Shorttle1	55+	23	80	170.0	84.0	Mark Haydock	Open	4	120	30.0●	65.2
Graham Saxton	50+	17	125	227.5	81.8	Mark Shaw	50+	19	75	20.0	63.8
Steve Andrews	50+	20	70	157.5	80.5	Nick Swain1	45+	14	85	22.0	63.6
James Gardner	Open	0	95	220.0	79.1	Steve Andrews	50+	20	70	18.5	62.7
Peter Hoar	Open	0	105	235.4	78.5	Jevan Cockbain	14-15	20	75	19.0▲	59.0
Nick Swain1	45+	14	85	180.0	78.4	Mark Godleman	50+	17	105	22.5▲	58.3
Mark Godleman	50+	17	105	200.0	78.1	Thomas Cleverley	Open	0	80	22.5	58.2
Paula Thompson	40+	38	50	100.0▲	77.4	Paul Barette	Open	3	80	20.01	54.8
Sam Hills1	50+	18	85	170.0	76.7	James Gardner	Open	0	95	22.5	53.6
Gary Ell	40+	8	90	195.0	76.4	Jenn Tibbenham	Open	33	105	18.0●	53.6
Luke Davis	Open	0	80	190.0	74.4	Luke Davis	Open	0	80	20.0	51.9
Brian Heyburn	Open	0	75	180.0	72.8	Paula Thompson	40+	38	50	10.0▲	51.3
Jenn Tibbenham	Open	33	105	160.0	71.8	Jeff Luther	55+	24	70	13.9	48.2
Philippe Crisp	40+	10	110	195.01	70.4	Graham Saxton	50+	17	125	20.0	47.7
Thomas Cleverley	Open	0	80	180.4	70.4	Daniel Andrews	16-17	5	70	15.0▲	44.0
Mark Shaw	50+	19	75	132.5	63.7	Chris Findon	Open	0	75	15.0	41.6
Patrick Burt	Open	0	80	157.4	62.4	Philippe Crisp	40+	10	110	15.01	35.9
Chris Findon	Open	0	75	145.0	60.6	Peter Hoar	Open	0	105	16.1	35.6
Daniel Andrews	16-17	5	70	130.0	57.6	Patrick Burt	Open	0	80	12.0	31.5
Jeff Luther	55+	24	70	100.4	52.5	Lesley Swain	45+	48	95	8.0▲●	28.3
Trevor Evans	65+	40	80	90.4	49.7	Trevor Evans	65+	40	80	7.5 ^{BR}	27.3
Lesley Swain	45+	48	95	80.0▲	42.7	Brian Heyburn	Open	0	75	0.0	0

Power Set

NAME	Age	CLASS	Squat	BenchPress	Deadlift	TOTAL	TOTAL
	Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Mark Haydock	M	Open	120	272.5	160.0	322.5	755.0
Andy Murtagh	M	45+	95	180.4	140.4	282.9	603.7 ^{BR}
Philippe Crisp1	M	40+	110	250.0	135.0	195.0	580.0
Steve Sherwood1	M	60+	80	150.0	85.0	190.0	425.0
Mark Rattenberry	M	50+	65	147.9	82.5	170.4	400.8 ^{BR}
Graham Saxton	M	50+	125	210.0	110.0	227.5	547.5
Gary Ell	M	40+	90	170.0	120.0	195.0	485.0 ^{BR}
Steve Andrews	M	50+	70	127.5	87.5	157.5	372.5
Jevan Cockbain	M	14-15	75	135.4	80.4	180.4	396.2 ^{BR}
Nick Swain1	M	45+	85	160.0	92.5	180.0	432.5
Adrian Pryor	M	40+	90	135.0	110.0	215.0	460.0
Mark Godleman	M	50+	105	160.0	110.0	200.0	470.0
Sam Hills1	M	50+	85	150.0	87.0	170.0	407.0
James Gardner	M	Open	95	160.0	112.5	220.0	492.5
Luke Davis	M	Open	80	150.0	107.5	190.0	447.5
Peter Hoar	M	Open	105	185.4	107.5	235.4	528.3
Ed Shorttle1	M	55+	80	100.0	77.5	170.0	347.5
Thomas Cleverley	M	Open	80	152.9	95.0	180.4	428.3
Brian Heyburn	M	Open	75	130.0	92.5	180.0	402.5
Paul Barette	M	Open	80	130.0	70.0	205.0	405.0
Paula Thompson	F	40+	50	60.0	45.0	100.0	205.0 ^{BR}
Patrick Burt	M	Open	80	100.4	100.4	157.4	358.2
Jenn Tibbenham	F	Open	105	110.0	57.8	160.0	327.8 ^{BR}
Trevor Evans	M	65+	80	75.4	75.4	90.4	241.2
Chris Findon	M	Open	75	105.0	75.0	145.0	325.0
Mark Shaw	M	50+	75	70.0	65.0	132.5	267.5
Jeff Luther	M	55+	70	65.4	70.4	100.4	236.2
Daniel Andrews	M	16-17	70	100.0	55.0	130.0	285.0 ^{BR}
Lesley Swain	F	45+	95	70.0	42.5	80.0	192.5 ^{BR}

Leg 3 continued:

Ranking of Teams after Legs 1+2+3.

1	Powerhouse 1	Mark Haydock, James Gardner, Luke Davis	3078.6
2	Granby Grippers 1	Steve Andrews, Steve Sherwood, Mark Shaw	3035.8
3	Tiverton W.L.C.1	Gary Ell, Mark Rattenberry, Jevan Cockbain	2844.7
4	The Iron Clan1	Sam Hills, Nick Swain, Jenn Tibbenham	2809.4
5	Metamorfit	Phillipe Crisp, Adrian Pryor, Paul Barette	2707.4
6	Tiverton W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	2192.6
7	Sunbury	Andy Murtagh, Trevor Evans, Jeff Luther	1797.5
8	Powerhouse 2	Paula Thompson, Graham Saxton, Chris Findon	1614.9
9	Metamen	Ed Shorttle, Brian Heyburn	1272.5
10	Granby Grippers 2	Daniel Andrews, Mark Godleman	905.7
11	Teammorfit	Nadia Silva, Natalie Doughty, Adrian Hollywood	640.4
12	The Iron Clan2	Lesley Swain	638.8

Ranking of Lifters after Legs 1+2+3

1	Mark Haydock	1227.9	17	Thomas Cleverley	772.3
2	Steve Andrews	1072.9	18	Paul Barette	765.1
3	Steve Sherwood	1048.8	19	Peter Hoar	748.0
4	Phillipe Crisp	1048.2	20	Patrick Burt	700.4
5	Gary Ell	1033.9	21	Daniel Andrews	684.8
6	Nick Swain	1030.4	22	Lesley Swain	638.8
7	Sam Hills	999.1	23	Graham Saxton	584.0
8	Mark Rattenberry	951.3	24	Paula Thompson	561.9
9	James Gardner	931.0	25	Trevor Evans	497.9
10	Luke Davis	900.8	26	Jeff Luther	494.3
11	Adrian Pryor	876.0	27	Chris Findon	487.9
12	Mark Shaw	850.8	28	Brian Heyburn	475.6
13	Jevan Cockbain	831.4	29	Mark Godleman	284.3
14	Andy Murtagh	805.4	30	Adrian Hollywood	240.2
15	Ed Shorttle	796.9	31	Nadia Silva	224.3
16	Jenn Tibbenham	779.9	32	Natalie Doughty	194.0

Here's the Leg 3 results of 2014.

Recognition to Phillipe Crisp, Mark Haydock & Mark Rattenberry for the top 3 in the Squat; Andy Murtagh, Mark Haydock & Phillipe Crisp for the top 3 in the Bench Press; ; Andy Murtagh, Mark Haydock & Steve Sherwood for the top 3 in the Deadlift; Adrian Pryor, Gary Ell & Andy Murtagh in the Abdominal Raise. Also to Mark Haydock, Andy Murtagh & Phillipe Crisp for being top 3 in the Power Set.

Finally well done to the rest of the lifters. Mark Haydock & Steve Andrews remain in the top 2, with Steve Sherwood coming back into 3rd place closely followed by Phillipe Crisp.

Powerhouse1 has now moved into 1st place closely followed by Granby Grippers1, with Tiverton1 moving back into 3rd place, but the Iron Clan1 is a very close 4th.

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



Chris Bass