

IAWA (UK) Bob Smith All Round Postal League 2014 – Leg 5 - compiled by Chris Bass.

1	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Mark Shaw	1046.6
2	POWERHOUSE 1	Peter Tryner, Mark Haydock, James Gardner	1030.7
3	POWERHOUSE 2	Luke Davis, Paula Thompson, Graham Saxton	905.4
4	TIVERTON W.L.C.1	Gary Ell, Mark Rattenberry, Thomas Cleverley	904.8
5	METAMORFIT	Adrian Pryor, Philippe Crisp, Paul Barette	876.1
6	The Iron Clan1	Nick Swain, Sam Hills, Jenn Tibbenham	846.4
7	SUNBURY	Andy Murtagh, Jeff Luther, Trevor Evans	818.9
8	METAMEN	Clive Madge, Ed Shorttle, Brian Heyburn	797.0
9	POWERHOUSE 3	Chris Findon, Matt Jones, Ciro Crispano	748.3
10	TIVERTON W.L.C.2	Patrick Burt, Jevan Cockbain, Peter Hoar	738.2
11	The Iron Clan2	Lesley Swain	167.5
12	TEAMORFIT	Gareth Edwards	141.4

Ranking of Lifters

1	Steve Sherwood	398.3	17	Graham Saxton	271.7
2	Steve Andrews	380.3	18	Chris Findon	268.5
3	Peter Tryner	350.8	19	Mark Shaw	267.9
4	Mark Haydock	349.4	20	Paul Barette	262.7
5	Andy Murtagh	333.2	21	Ed Shorttle	252.8
6	James Gardner	330.5	22	Jeff Luther	252.1
7	Luke Davis	318.7	23	Patrick Burt	251.7
8	Nick Swain	318.2	24	Matt Jones	246.7
9	Paula Thompson	315.0	25	Jevan Cockbain	244.1
10	Gary Ell	313.9	26	Peter Hoar	242.4
11	Mark Rattenberry	312.1	27	Brian Heyburn	241.4
12	Adrian Pryor	308.5	28	Trevor Evans	233.7
13	Philippe Crisp	304.9	29	Ciro Crispano	233.1
14	Clive Madge	302.9	30	Jenn Tibbenham	230.3
15	Sam Hills	297.9	31	Lesley Swain	167.5
16	Thomas Cleverley	278.9	32	Gareth Edwards	141.4

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

1	POWERHOUSE 1	Mark Haydock, James Gardner, Luke Davis	5058.8
2	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Mark Shaw	5022.8
3	TIVERTON W.L.C.1	Gary Ell, Mark Rattenberry, Jevan Cockbain	4603.5
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	4446.0
5	The Iron Clan1	Nick Swain, Sam Hills, Jenn Tibbenham	4440.7
6	TIVERTON W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	3648.0
7	POWERHOUSE 2	Paula Thompson, Graham Saxton, Chris Findon	3362.2
8	SUNBURY 1	Andy Murtagh, Jeff Luther, Trevor Evans	3175.7
9	METAMEN	Ed Shorttle, Brian Heyburn, Clive Madge	2742.6
10	POWERHOUSE 3	Peter Tryner, Ciro Crispano, Matt Jones	1385.0
11	GRANBY GRIPPERS 2	Daniel Andrews, Mark Godleman, Josh Warren	1106.4
12	The Iron Clan2	Lesley Swain	974.6
13	TEAMORFIT	Adrian Hollywood, Nadia da Silva, Natalie Doughty	334.8

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

1	Mark Haydock	1919.9	21	Graham Saxton	1077.6
2	Steve Sherwood	1812.4	22	Paul Barette	1027.8
3	Steve Andrews	1786.2	23	Chris Findon	1017.9
4	Philippe Crisp	1673.3	24	Lesley Swain	974.6
5	Gary Ell	1638.1	25	Trevor Evans	962.7
6	Nick Swain	1635.9	26	Jeff Luther	746.3
7	Sam Hills	1575.9	27	Brian Heyburn	716.9
8	James Gardner	1559.8	28	Daniel Andrews	684.8
9	Mark Rattenberry	1537.4	29	Peter Tryner	659.4
10	Luke Davis	1510.2	30	Ciro Crispino	461.0
11	Andy Murtagh	1466.7	31	Clive Madge	302.9
12	Adrian Pryor	1456.7	32	Mark Godleman	284.3
13	Jevan Cockbain	1365.1	33	Joe Morris	270.3
14	Mark Shaw	1360.8	34	Matt Jones	246.7
15	Thomas Cleverley	1295.0	35	Adrian Hollywood	240.2
16	Ed Shorttle	1275.7	36	Nadia Silva	224.3
17	Peter Hoar	1248.0	37	Josh Warren	200.6
18	Jenn Tibbenham	1228.9	38	Natalie Doughty	194.0
19	Patrick Burt	1167.9	39	Karen Gardner	186.8
20	Paula Thompson	1166.6	40	Gareth Edwards	141.4

Leg 5 continued

Ranking of Lifters per Lift & Record Breakers.

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

Pullover & Press

1H Barbell Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Philippe Crisp1	40+	10	110	130.5	94.0
Mark Haydock	Open	4	120	142.5	92.6
Peter Tryner	40+	7	90	120.0 ^{BR}	91.7
Steve Andrews1	55+	20	70	87.5	89.8
Andy Murtagh	45+	13	90	110.4	89.0
Steve Sherwood	60+	28	80	82.5	82.2
Clive Madge	65+	30	100	90.5▲	79.5
Gary Ell	40+	8	90	102.9	79.4
Nick Swain1	45+	14	80	90.0	79.0
Luke Davis	Open	0	75	97.5	78.8
James Gardner	Open	0	95	110.0	77.0
Mark Rattenberry	50+	17	65	72.9▲	75.0
Thomas Cleverley	Open	0	80	97.5	74.6
Sam Hills1	50+	18	85	81.0	72.0
Graham Saxton	50+	17	120	100.0 ^{BR}	71.8
Paula Thompson	40+	38	50	47.5▲	70.9
Patrick Burt	Open	0	80	85.4	65.6
Adrian Pryor1	40+	8	85	80.0	63.9
Ed Shorttle	55+	23	80	65.0	63.0
Matt Jones	18-19	5	105	87.5▲	60.3
Jevan Cockbain	14-15	20	75	65.4▲	59.9
Paul Barette1	Open	3	70	70.0	59.9
Ciro Crispano	18-19	5	125	90.0▲	57.4
Jeff Luther1	55+	24	70	55.4	57.3
Chris Findon	Open	0	70	67.5	57.3
Mark Shaw	50+	19	80	60.0	56.5
Trevor Evans1	70+	40	80	50.4	54.3
Brian Heyburn1	Open	0	70	60.0	49.9
Peter Hoar	Open	0	105	70.4	46.3
Gareth Edwards1	Open	0	85	60.0	44.3
Lesley Swain	50+	48	90	36.5▲	38.9
Jenn Tibbenham	Open	33	105	35.0	30.9

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	20	70	47.5L	87.9
James Gardner	Open	0	95	67.5R	85.2
Steve Sherwood	60+	28	80	45.0L	80.9
Luke Davis	Open	0	75	55.0R	80.2
Mark Haydock	Open	4	120	65.0R	76.2
Paula Thompson	40+	38	50	27.5R	74.0
Gary Ell	40+	8	90	50.4R	70.1
Peter Tryner	40+	7	90	50.0R	68.9
Sam Hills1	50+	18	85	41.0L	65.7
Chris Findon	Open	0	70	42.5L	65.1
Graham Saxton	50+	17	120	50.0R ^{BR}	64.7
Jenn Tibbenham	Open	33	105	40.0R	63.7
Brian Heyburn1	Open	0	70	42.5R	63.7
Nick Swain1	45+	14	80	40.0R	63.3
Thomas Cleverley	Open	0	80	45.5R	62.8
Andy Murtagh	45+	13	90	42.9	62.4
Jeff Luther1	55+	24	70	31.4	58.6
Adrian Pryor1	40+	8	85	40.0R	57.6
Trevor Evans1	70+	40	80	27.9	54.2
Paul Barette1	Open	3	70	35.0R	54.0
Mark Rattenberry	50+	17	65	29.0L▲	53.8
Matt Jones	18-19	5	105	42.5R▲	52.8
Clive Madge	65+	30	100	33.0R▲	52.3
Patrick Burt	Open	0	80	37.5R	51.9
Ciro Crispano	18-19	5	125	45.0R▲	51.8
Mark Shaw	50+	19	80	30.0R	50.9
Peter Hoar	Open	0	105	42.5R	50.4
Philippe Crisp1	40+	10	110	35.5L	46.1
Ed Shorttle	55+	23	80	25.0L ^{BR}	43.7
Gareth Edwards1	Open	0	85	27.5R	36.7
Jevan Cockbain	14-15	20	75	20.2L▲	33.4
Lesley Swain	50+	48	90	16.0R▲	30.8

2H Ciavattone Deadlift

Barbell Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	28	80	182.5	119.8
Peter Tryner	40+	7	90	202.5▲●	101.8
Steve Andrews1	55+	20	70	150.0	101.3
Adrian Pryor1	40+	8	85	190.0	99.9
Nick Swain1	45+	14	80	170.0	98.2
Mark Rattenberry	50+	17	65	140.4	95.1
Mark Haydock	Open	4	120	220.5	94.3
Clive Madge	65+	30	100	160.5▲	92.8
James Gardner	Open	0	95	195.0	89.8
Paula Thompson	40+	38	50	90.5▲	88.9
Gary Ell	40+	8	90	172.9	87.8
Sam Hills1	50+	18	85	150.0	87.7
Mark Shaw	50+	19	80	135.0	83.6
Chris Findon	Open	0	70	147.5	82.5
Jevan Cockbain	14-15	20	75	135.4 ^{BR}	81.7
Graham Saxton	50+	17	120	172.5 ^{BR}	81.5
Jenn Tibbenham	Open	33	105	140.0	81.5
Luke Davis	Open	0	75	150.0	79.8
Andy Murtagh	45+	13	90	150.4▲	79.8
Paul Barette1	Open	3	70	140.0	78.9
Peter Hoar	Open	0	105	180.4	78.1
Philippe Crisp1	40+	10	110	155.5	73.7
Ed Shorttle	55+	23	80	115.0	73.4
Brian Heyburn1	Open	0	70	130.0	71.2
Patrick Burt	Open	0	80	140.4	71.0
Thomas Cleverley	Open	0	80	140.4	70.7
Matt Jones	18-19	5	105	155.0	70.3

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood	60+	28	80	85.0	115.4
Andy Murtagh	45+	13	90	92.9▲	102.0
Steve Andrews1	55+	20	70	72.5	101.3
Philippe Crisp1	40+	10	110	93.0	91.2
Peter Tryner	40+	7	90	85.0	88.4
Mark Rattenberry	50+	17	65	62.9	88.1
Adrian Pryor1	40+	8	85	80.0	87.0
Mark Haydock	Open	4	120	97.5	86.3
Paula Thompson	40+	38	50	40.0	81.3
Luke Davis	Open	0	75	72.5	79.8
James Gardner	Open	0	95	82.5	78.6
Clive Madge	65+	30	100	65.5▲	78.3
Nick Swain1	45+	14	80	65.0	77.7
Mark Shaw	50+	19	80	60.0	76.9
Gary Ell	40+	8	90	72.9	76.6
Jeff Luther1	55+	24	70	52.9	74.5
Ed Shorttle	55+	23	80	55.0	72.6
Sam Hills1	50+	18	85	60.0	72.6
Thomas Cleverley	Open	0	80	67.9	70.7
Paul Barette1	Open	3	70	60.0	69.9
Jevan Cockbain	14-15	20	75	55.4	69.1
Trevor Evans1	70+	40	80	46.4	68.1
Peter Hoar	Open	0	105	75.4	67.5
Chris Findon	Open	0	70	55.0	63.6
Matt Jones	18-19	5	105	67.5	63.3
Patrick Burt	Open	0	80	60.4	63.2
Ciro Crispano	18-19	5	125	70.0	60.8

Leg 5 continued

2H Ciavattone

Ciro Crispano	18-19	5	125	150.0▲	63.0
Jeff Luther1	55+	24	70	90.4	61.6
Lesley Swain	50+	48	90	82.5▲	57.9
Trevor Evans1	70+	40	80	80.4	57.0
Gareth Edwards1	Open	0	85	0.0	0

Cheat Curl

Gareth Edwards1	Open	0	85	60.0	60.4
Brian Heyburn1	Open	0	70	50.0	56.6
Jenn Tibbenham	Open	33	105	45.0	54.2
Graham Saxton	50+	17	120	55.0	53.7
Lesley Swain	50+	48	90	27.5▲	39.9

Here's the Leg 5 results of 2014.

Recognition to Steve Sherwood, Steve Andrews & Peter Tryner for being the top 3 lifters of this leg.

Then to Phil Crisp, Mark Haydock & Steve Sherwood, for the top 3 in the Pullover & Press; Steve Andrews, Steve Sherwood, & James Gardner in the Clean & Jerk; Steve Sherwood, Peter Tryner & Steve Andrews in the Ciavattone D/L and Steve Sherwood, Andy Murtagh & Steve Andrews in the Cheat Curl. 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 Powerhouse Gym 1 & Granby Grippers 1 with Tiverton 1 remaining 3rd.

