

Ranking of Teams – Leg 6

1	POWERHOUSE1	Peter Tryner, Mark Haydock, James Gardner	1074.4
2	GRANBY GRIPPERS	Steve Andrews, Steve Sherwood, Mark Godleman	964.6
3	POWERHOUSE2	Luke Davis, Graham Saxton, Paula Thompson	959.4
4	TIVERTON W.L.C.1	Mark Rattenberry, Gary Ell, Jevan Cockbain	915.0
5	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	881.6
6	SUNBURY	Andy Murtagh, Jeff Luther, Trevor Evans	756.6
7	The Iron Clan1	Sam Hills, Nick Swain, Jenn Tibbenham	725.5
8	POWERHOUSE3	Chris Findon, Matt Jones, Karen Gardner	702.0
9	TIVERTON W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	692.0
10	GRANBY GRIPPERS 2	Mark Shaw, Josh Warren	416.9
11	METAMEN	James Rampton	225.3
12	The Iron Clan2	Lesley Swain	138.6

Ranking of Teams after Legs 1+2+3+4+5+6.

1	POWERHOUSE1	Mark Haydock, James Gardner, Luke Davis	6133.2
2	GRANBY GRIPPERS	Steve Sherwood, Steve Andrews, Mark Shaw	5987.4
3	TIVERTON W.L.C.1	Gary Ell, Mark Rattenberry, Jevan Cockbain	5518.5
4	METAMORFIT	Philippe Crisp, Adrian Pryor, Paul Barette	5327.7
5	The Iron Clan1	Nick Swain, Sam Hills, Jenn Tibbenham	5166.3
6	TIVERTON W.L.C.2	Thomas Cleverley, Peter Hoar, Patrick Burt	4340.0
7	POWERHOUSE2	Paula Thompson, Graham Saxton, Chris Findon	4321.6
8	SUNBURY 1	Andy Murtagh, Trevor Evans, Jeff Luther,	3932.3
9	METAMEN	Ed Shorttle, Brian Heyburn, Clive Madge	2967.9
10	POWERHOUSE3	Peter Tryner, Matt Jones, Ciro Crispino	2086.9
11	GRANBY GRIPPERS 2	Daniel Andrews, Mark Godleman, Josh Warren	1523.3
12	The Iron Clan2	Lesley Swain	1113.2
13	TEAMORFIT	Joe Morris, Adrian Hollywood, James Rampton	334.8

Ranking of Lifters – Leg 6

1	Peter Tryner	389.9	17	Chris Findon	286.4
2	Mark Haydock	353.6	18	Jevan Cockbain	282.1
3	Andy Murtagh	348.2	19	Nick Swain	272.9
4	James Gardner	330.9	20	Matt Jones	242.1
5	Steve Andrews	330.7	21	Thomas Cleverley	237.2
6	Steve Sherwood	328.6	22	Peter Hoar	232.4
7	Luke Davis	327.8	23	Mark Shaw	226.0
8	Mark Rattenberry	325.7	24	James Rampton	225.3
9	Graham Saxton	325.0	25	Patrick Burt	222.4
10	Sam Hills	307.4	26	Jeff Luther	206.1
11	Gary Ell	307.2	27	Trevor Evans	202.4
12	Paula Thompson	306.6	28	Josh Warren	190.9
13	Mark Godleman	305.2	29	Karen Gardner	173.5
14	Philippe Crisp	298.4	30	Jenn Tibbenham	145.3
15	Adrian Pryor	294.8	31	Lesley Swain	138.6
16	Paul Barette	288.5	32	Chris Findon	286.4

Ranking of Lifters after Legs 1+2+3+4+5+6

1	Mark Haydock	2273.5	22	Chris Findon	1304.2
2	Steve Sherwood	2141.0	23	Ed Shorttle	1275.7
3	Steve Andrews	2117.0	24	Trevor Evans	1165.0
4	Philippe Crisp	1971.7	25	Lesley Swain	1113.2
5	Gary Ell	1945.3	26	Peter Tryner	1049.4
6	Nick Swain	1908.7	27	Jeff Luther	952.4
7	James Gardner	1890.6	28	Brian Heyburn	716.9
8	Sam Hills	1883.3	29	Daniel Andrews	684.8
9	Mark Rattenberry	1863.2	30	Mark Godleman	589.5
10	Luke Davis	1838.0	31	Matt Jones	488.9
11	Andy Murtagh	1814.9	32	Ciro Crispino	461.0
12	Adrian Pryor	1751.4	33	Josh Warren	391.6
13	Jevan Cockbain	1647.2	34	Karen Gardner	360.3
14	Mark Shaw	1586.8	35	Clive Madge	302.9
15	Thomas Cleverley	1532.2	36	Joe Morris	270.3
16	Peter Hoar	1480.3	37	Adrian Hollywood	240.2
17	Paula Thompson	1473.1	38	James Rampton	225.3
18	Graham Saxton	1402.7	39	Nadia Silva	224.3
19	Patrick Burt	1390.3	40	Natalie Doughty	194.0
20	Jenn Tibbenham	1374.2	41	Gareth Edwards	141.4
21	Paul Barette	1316.2			

Ranking of Lifters per Lift & Record Breakers.

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

¹ Single Referee

2H Zercher

Lifter	Age	%	Class	Kilos	Points
James Gardner	Open	0	95	205.0	92.7
Mark Rattenberry	50+	17	65	140.4	92.1
Peter Tryner	40+	7	95	190.0▲	92.1
Steve Sherwood1	60+	28	80	140.0	88.4
Mark Haydock	Open	4	115	205.5●	86.5
Sam Hills1	50+	18	85	146.0	83.5
Paula Thompson	40+	38	50	85.0▲●	83.2
Jevan Cockbain	14-15	20	75	140.4▲	82.3
Adrian Pryor1	40+	8	85	160.0	82.0
Steve Andrews1	55+	20	70	125.0	82.0
Luke Davis	Open	0	75	155.0	80.3
Graham Saxton	50+	17	125	175.0	79.9
Chris Findon	Open	0	70	145.0	79.5
Paul Barette1	Open	3	70	136.0	75.8
Mark Godleman	50+	17	105	140.0	69.6
Philippe Crisp1	40+	10	110	150.5	69.4
Gary Ell	40+	8	90	140.0	68.9
Matt Jones	18-19	5	115	160.0 ^{BR}	67.4
Nick Swain1	45+	14	80	120.0	66.8
Mark Shaw	50+	19	80	110.5	65.8
James Rampton1	40+	9	85	120.0	62.1
Karen Gardner	55+	54	80	80.0▲	62.0
Thomas Cleverley	Open	0	80	120.4	58.8
Andy Murtagh	45+	13	90	110.4	56.9
Patrick Burt	Open	0	80	100.4	49.0
Josh Warren	13&U	33	50	52.5	48.4
Jeff Luther	55+	24	70	70.4	46.3
Peter Hoar	Open	0	105	100.4	42.2
Trevor Evans	70+	40	80	60.4	41.4
Lesley Swain	50+	48	90	60.5▲	41.1
Jenn Tibbenham	Open	33	105	60.0●	33.7

Alt Grip Bench Press

Lifter	Age	%	Class	Kilos	Points
Peter Tryner	40+	7	95	138.0▲●	108.2
Andy Murtagh	45+	13	90	115.0	95.8
Mark Haydock	Open	4	115	137.5 ^{BR}	93.7
Gary Ell	40+	8	90	112.5	89.7
Philippe Crisp1	40+	10	110	118.0	88.0
Luke Davis	Open	0	75	100.0	83.9
Graham Saxton	50+	17	125	112.5▲	83.1
Steve Andrews1	55+	20	70	77.5	82.3
Steve Sherwood1	60+	28	80	80.0	81.7
James Gardner	Open	0	95	110.0	80.5
Mark Rattenberry	50+	17	65	75.0	79.6
Peter Hoar	Open	0	105	112.9	76.7
Mark Godleman	50+	17	105	95.0▲	76.5
Sam Hills1	50+	18	85	81.0	74.9
Nick Swain1	45+	14	80	83.0	74.7
Adrian Pryor1	40+	8	85	90.0	74.7
Matt Jones	18-19	5	115	105.0 ^{BR}	71.6
Paula Thompson	40+	38	50	45.0▲	71.3
Trevor Evans	70+	40	80	62.5	69.4
Thomas Cleverley	Open	0	80	85.4	67.5
Jevan Cockbain	14-15	20	75	70.4▲	66.7
Chris Findon	Open	0	70	75.0	66.6
Patrick Burt	Open	0	80	82.9	65.5
Paul Barette1	Open	3	70	70.0	63.1
Jeff Luther	55+	24	70	57.5	61.2
Mark Shaw	50+	19	80	63.0▲	60.7
James Rampton1	40+	9	85	65.0	54.5
Josh Warren	13&U	33	50	32.5▲	48.5
Karen Gardner	55+	54	80	37.5	47.1
Lesley Swain	50+	48	90	42.5▲	46.7
Jenn Tibbenham	Open	33	105	50.0	45.5

Leg 6 continued on page 3:

2H Hacklift

Pullover at Arms Length

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	45+	13	90	250.4▲	104.5	Peter Tryner	40+	7	95	55.0	93.4
Peter Tryner	40+	7	95	245.0▲	96.2	Steve Andrews1	55+	20	70	40.0	92.0
Mark Haydock	Open	4	115	270.0	92.2	Andy Murtagh	45+	13	90	50.4	91.0
Steve Sherwood1	60+	28	80	180.0	92.1	Luke Davis	Open	0	75	45.0	81.7
Graham Saxton	50+	17	125	232.5▲	86.0	Mark Haydock	Open	4	115	55.0 ^{BR}	81.2
Mark Rattenberry	50+	17	65	157.9	84.0	Mark Godleman	50+	17	105	45.0	78.5
Gary Ell	40+	8	90	210.0	83.8	Philippe Crisp1	40+	10	110	48.0	77.5
Paula Thompson	40+	38	50	105.0▲	83.4	Graham Saxton	50+	17	125	47.5▲	76.0
James Gardner	Open	0	95	225.0	82.5	James Gardner	Open	0	95	47.5	75.3
Luke Davis	Open	0	75	195.0	81.9	Sam Hills1	50+	18	85	36.0	72.1
Paul Barette1	Open	3	70	180.0	81.3	Mark Rattenberry	50+	17	65	30.5	70.1
Jevan Cockbain	14-15	20	75	170.4▲	80.9	Paula Thompson	40+	38	50	20.0▲	68.6
Mark Godleman	50+	17	105	200.0▲	80.7	Paul Barette1	Open	3	70	35.0	68.3
Chris Findon	Open	0	70	175.0	77.8	Nick Swain1	45+	14	80	35.0	68.2
Sam Hills1	50+	18	85	166.0	76.9	Adrian Pryor1	40+	8	85	37.5	67.4
Steve Andrews1	55+	20	70	140.0	74.5	Steve Sherwood1	60+	28	80	30.0	66.4
Adrian Pryor1	40+	8	85	170.0	70.7	Gary Ell	40+	8	90	37.5	64.7
Philippe Crisp1	40+	10	110	170.0	63.5	Patrick Burt	Open	0	80	37.5	64.2
Nick Swain1	45+	14	80	140.0	63.1	Chris Findon	Open	0	70	32.5	62.5
Mark Shaw	50+	19	80	130.5	63.0	Peter Hoar	Open	0	105	40.0	58.9
Thomas Cleverley	Open	0	80	150.4	59.5	Jevan Cockbain	14-15	20	75	25.4	52.2
James Rampton1	40+	9	85	140.0	58.8	Thomas Cleverley	Open	0	80	30.0	51.3
Matt Jones	18-19	5	115	170.0▲	58.1	James Rampton1	40+	9	85	27.5	49.9
Peter Hoar	Open	0	105	160.4	54.6	Trevor Evans	70+	40	80	19.5 ^{BR}	46.9
Jeff Luther	55+	24	70	100.4	53.6	Matt Jones	18-19	5	115	30.5▲	45.0
Josh Warren	13&U	33	50	67.5	50.4	Jeff Luther	55+	24	70	19.5	45.0
Trevor Evans	70+	40	80	80.4	44.7	Josh Warren	13&U	33	50	13.5▲	43.6
Karen Gardner	55+	54	80	70.0▲	44.0	Mark Shaw	50+	19	80	17.5	36.5
Patrick Burt	Open	0	80	110.4	43.7	Jenn Tibbenham	Open	33	105	15.0	29.6
Jenn Tibbenham	Open	33	105	80.0●	36.5	Lesley Swain	50+	48	90	12.0▲	28.5
Lesley Swain	50+	48	90	40.5▲	22.3	Karen Gardner	55+	54	80	7.5▲	20.4

Here's the roundup of the results 2014:

Well done to Pete Tryner, Mark Haydock & Andy Murtagh for being the top 3 lifters in this the final leg. James Gardner, Mark Rattenberry & to Pete Tryner were also the first 3 in the Zercher. Pete Tryner, Andy Murtagh & Mark Haydock the first 3 in the Bench Press. Andy Murtagh, Pete Tryner, & Mark Haydock the first 3 in the Hacklift. Pete Tryner, Steve Andrews & Andy Murtagh the first 3 in the Pullover.

Overall for the year: Mark Haydock was the top lifter for 2014 - well done also to Steve Sherwood on coming second and Steve Andrews third. Top team this year was with Powerhouse1, followed by Granby Grippers1 at 145 points lower & Tiverton1 coming in third, beating Metamorfit by 190 points! I must also congratulate Paula for being top ladies lifter & overall 17th. And finally well done to everyone else & thanks for lifting throughout the year.

If you qualify for an award (**12 lifts or more**) and want one then please contact Frank Allen. No claim – No award. Congratulations to all the title and award winners.

I wish you all good health & good lifting for 2015. Leg 1 lifts are: Pullover & Press, 2" bar Snatch, 1H D/B Deadlift & Reverse Curl. To be completed by end of January please.

Leg 6 continued on page 4:

Final Rankings of the 2014 All round Scheme.

1	Mark Haydock	24	British Open, 120k class & Top All Rounder
2	Steve Sherwood	24	British 60+, 80k class Best All Rounder
3	Steve Andrews	24	British Open & 55+, 70k class Best All Rounder
4	Philippe Crisp	24	British Open & 40+, 110k class Best All Rounder
5	Gary Ell	24	British Open & 40+, 90k class Best All Rounder
6	Nick Swain	24	British Open & 45+, 85k class Best All Rounder
7	James Gardner	24	British Open 95k class Best All Rounder
8	Sam Hills	24	British 50+, 85k class Best All Rounder
9	Mark Rattenberry	24	British Open & 50+, 65k class Best All Rounder
10	Luke Davis	24	British Open 80k class Best All Rounder
11	Andy Murtagh	20	British 45+, 95k class Best All Rounder
12	Adrian Pryor	24	British 40+, 85k class Best All Rounder
13	Jevan Cockbain	24	British 15 years old & Open, 75k class Best All Rounder
14	Mark Shaw	24	British 50+, 80k class Best All Rounder
15	Thomas Cleverely	24	British Runner up Open, 80k class All Rounder
16	Peter Hoar	24	British Open, 105k class Best All Rounder
17	Paula Thompson	20	British Ladies Open & 40+, 50k class Top All Rounder
18	Graham Saxton	20	British Open & 50+, 125k class Best All Rounder
19	Patrick Burt	24	Devon County Open, 80k class All Rounder
20	Jenn Tibenham	24	British Ladies Open, 105k class Best All Rounder
21	Paul Barette	20	British Runner up Open 75k class Best All Rounder
22	Chris Findon	20	British Runner up Open, 70k class Best All Rounder
23	Ed Shorttle	20	British 55+, 80k class Best All Rounder
24	Trevor Evans	20	British 70+, 80k class Best All Rounder
25	Lesley Swain	24	British Ladies 50+, 90k class Best All Rounder
26	Pete Tryner	12	British 40+, 95k class Best All Rounder
27	Jeff Luther	16	British Runner up 55+, 70k class Best All Rounder
28	Brian Heyburn	12	Sussex County Open, 75k class All Rounder
29	Daniel Andrews	12	British 18 years old, 70k class Best All Rounder
30	Mark Godelman	8	British 50+, 105k class All Rounder 8 lifts
31	Matt Jones	8	British 18 years old, 110k class All Rounder 8 lifts
32	Ciro Crispano	8	British 18 years old, 125k class All Rounder 8 lifts
33	Josh Warren	8	British 13 & under years old, 50k class All Rounder 8 lifts
34	Karen Gardner	8	British Ladies 55+, 80k class All Rounder 8 lifts
35	Clive Madge	4	British 65+, 95k class All Rounder 4 lifts
36	Joe Morris	4	British Open, 80k class All Rounder 4 lifts
37	Adrian Hollywood	4	British Open, 85k class All Rounder 4 lifts
38	James Rampton	4	British 40+, 85k class All Rounder 4 lifts
39	Nadia Silva	4	British Ladies Open, 50k class All Rounder 4 lifts
40	Natalie Doughty	4	British Ladies Open, 75k class All Rounder 4 lifts
41	Gareth Edwards	4	British Open, 85k class All Rounder 4 lifts

Chris