

IAWA (UK) Bob Smith All Round Postal League 2015 – Leg 1 - compiled by Chris Bass.

1	Powerhouse 1	Mark Haydock, Pete Tryner, James Gardner	1093.3
2	Granby Grippers	Steve Andrews, Steve Sherwood, Mark Shaw	1035.6
3	Metamen	Rory Hoad, Joe Morris, Paul Barette	944.6
4	The Iron Clan 1	Nick Swain, Sam Hills, Lesley Swain	934.6
5	Powerhouse 2	Luke Davis, Paula Thompson, Graham Saxton	902.5
6	Sunbury	Andy Murtagh, Trevor Evans, Jeff Luther	886.0
7	Tiverton W.L.C.1	Mark Rattenberry, Jevan Cockbain, Thomas Cleverley	866.8
8	MetaMasters	Philippe Crisp, Adrian Pryor, James Rampton	866.1
9	Powerhouse 3	Steve Moss, Chris Findon, Shaun Jose	805.5
10	Metamasters Oldies	Clive Madge, Ed Shorttle, Phil Padget	805.4
11	Dumbbelle Blondes	Nadia Silva, Clare Rampton, Candice Morris	650.6
12	Powerhouse 4	Matt Jones, Karen Gardner	506.0
13	Iron Maidens	Natalie Voce, Jenny Watson	351.8
14	Tiverton W.L.C.2	Dion Maynard	227.7
15	Granby Grippers 2	Josh Warren	225.0
16	The Iron Clan 2	Jenn Tibbenham	205.5

Ranking of Lifters

1	Mark Haydock	392.1	21	Adrian Pryor	280.0
2	Steve Andrews	380.7	22	Steve Moss	272.7
3	Steve Sherwood	368.5	23	Chris Findon	267.0
4	Andy Murtagh	365.4	24	Thomas Cleverley	266.0
5	Nick Swain	363.5	25	Shaun Jose	265.8
6	Pete Tryner	360.9	26	Jeff Luther	261.7
7	Sam Hills	355.8	27	Matt Jones	259.7
8	James Gardner	340.4	28	Trevor Evans	258.8
9	Philippe Crisp	336.9	29	James Rampton	249.3
10	Rory Hoad	329.8	30	Ed Shorttle	247.7
11	Joe Morris	327.8	31	Phil Padget	247.0
12	Luke Davis	324.4	32	Karen Gardner	246.3
13	Mark Rattenberry	313.4	33	Dion Maynard	227.7
14	Clive Madge	310.7	34	Josh Warren	225.0
15	Paula Thompson	291.8	35	Lesley Swain	215.3
16	Nadia Silva	291.2	36	Jenn Tibbenham	205.5
17	Jevan Cockbain	287.3	37	Jenny Watson	204.5
18	Paul Barette	287.0	38	Clare Rampton	185.0
19	Mark Shaw	286.4	39	Candice Morris	174.3
20	Graham Saxton	286.2	40	Natalie Voce	147.3

Ranking of Lifters per Lift & Record Breakers. Pullover & Press

▲World Junior/Masters, ●World Open, ^{BR}British, ¹Single Ref 2" bar Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	45+	10	95	130.4 ^{BR}	100.1	Steve Sherwood1	60+	25	80	60.0	109.6
Mark Haydock	Open	5	110	140.0 ^{BR}	94.2	Steve Andrews1	55+	17	70	55.0	103.0
Pete Tryner	Open	1	95	125.0▲	89.0	Jevan Cockbain	16-17	15	75	58.5▲	101.4
Philippe Crisp	45+	7	105	125.0 ^{BR}	87.8	Mark Haydock	Open	5	110	75.0 ^{BR}	95.5
Steve Andrews1	55+	17	70	87.5	86.6	James Gardner	Open	0	95	70.0	91.7
Rory Hoad	Open	0	80	105.5	80.8	Joe Morris1	Open	0	85	63.5	91.6
Luke Davis	Open	0	75	97.5	79.1	Andy Murtagh	45+	10	95	62.8▲	91.2
Nick Swain	45+	11	85	93.0	77.2	Pete Tryner	Open	1	95	67.5	90.9
Sam Hills	50+	15	85	86.0	74.5	Clive Madge1	65+	28	100	53.5	87.3
Thomas Cleverley	Open	0	80	95.0	73.3	Rory Hoad	Open	0	80	58.5	84.8
Graham Saxton	50+	14	125	105.0	73.1	Luke Davis	Open	0	75	55.0	84.4
Mark Rattenberry	50+	14	65	72.5	72.4	Philippe Crisp1	45+	7	105	58.5	77.7
Steve Sherwood1	60+	25	80	75.0	72.4	Nick Swain	45+	11	85	49.5▲	77.7
Adrian Pryor1	40+	5	85	90.5	70.1	Jeff Luther1	55+	21	75	41.3	77.5
Clive Madge1	65+	28	100	80.5	69.4	Mark Rattenberry	50+	14	65	41.0▲	77.5
James Gardner	Open	0	95	100.0	69.2	Sam Hills	50+	15	85	47.0 ^{BR}	77.0
Nadia Silva1	Open	33	55	50.5	68.0	Paula Thompson	40+	35	50	27.5▲●	76.4
Joe Morris	Open	0	85	88.0	67.1	Thomas Cleverley	Open	0	80	51.5	75.2
Paula Thompson	40+	35	50	45.0	66.0	Matt Jones	18-19	2	120	62.5▲	74.6
Steve Moss	Open	0	105	97.5	64.8	Jenn Tibbenham	Open	33	110	45.0●	73.7

Leg 1 continued:

Pullover & Press

Lifter	Age	%	Class	Kilos	Points
Shaun Jose	45+	10	125	97.5▲	64.7
Matt Jones	18-19	2	120	100.0▲	63.1
Ed Shorttle	55+	20	80	65.5	62.0
Jevan Cockbain	16-17	15	75	65.4	59.9
Paul Barette1	Open	0	70	70.5	59.7
Chris Findon	Open	0	70	70.0	59.3
Trevor Evans1	70+	38	80	56.1	59.1
Jeff Luther1	55+	21	75	58.6	58.1
Dion Maynard	16-17	15	80	62.9 ^{BR}	57.3
Mark Shaw	50+	16	80	62.5	56.5
James Rampton1	40+	6	90	73.01	56.1
Karen Gardner	55+	51	80	42.5	50.7
Josh Warren	13&U	33	50	35.0	50.5
Phil Padget1	55+	18	85	55.5	48.7
Jenny Watson	45+	43	55	30.5▲	43.7
Clare Rampton1	Open	34	80	40.5	43.0
Lesley Swain	50+	45	90	41.0▲●	42.6
Candice Morris	Open	33	55	25.5	35.3
Natalie Voce1	Open	33	95	30.5	28.8
Jenn Tibbenham	Open	33	110	20.0●	17.3

2" bar Snatch

Lifter	Age	%	Class	Kilos	Points
Nadia Silva1	Open	33	55	28.5	72.7
Chris Findon	Open	0	70	45.0	72.1
Paul Barette1	Open	0	70	43.5	69.7
Trevor Evans1	70+	38	80	33.6	67.0
Steve Moss	Open	0	105	52.5	66.0
Shaun Jose	45+	10	125	52.5▲●	65.9
Mark Shaw	50+	16	80	37.5▲	64.2
Phil Padget1	55+	18	85	38.5	63.9
Adrian Pryor1	40+	5	85	43.5	63.7
Karen Gardner	55+	51	80	27.5▲	62.0
Josh Warren	13&U	33	50	22.5▲	61.4
James Rampton1	40+	6	90	38.5	56.0
Graham Saxton	50+	14	125	42.5	56.0
Ed Shorttle	55+	20	80	31.0 ^{BR}	55.5
Dion Maynard	16-17	15	80	31.5	54.3
Lesley Swain	50+	45	90	27.5▲●	54.0
Clare Rampton1	Open	34	80	26.0	52.2
Natalie Voce1	Open	33	95	26.0	46.5
Jenny Watson	45+	43	55	15.5▲●	42.0
Candice Morris	Open	33	55	13.0	34.1

1H Dumbbell Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	55+	17	70	125.0L	124.8
Mark Haydock	Open	5	110	175.5R ^{BR}	119.1
Steve Sherwood1	60+	25	80	120.0L	116.9
James Gardner	Open	0	95	165.0R●	115.2
Graham Saxton	50+	14	125	157.5R▲●	110.6
Pete Tryner	Open	1	95	150.0R▲	107.7
Nadia Silva1	Open	33	55	75.0R	101.9
Sam Hills	50+	15	85	116.5R▲●	101.8
Luke Davis	Open	0	75	120.0R ^{BR}	98.2
Joe Morris1	Open	0	85	127.0R	97.7
Nick Swain	45+	11	85	116.5R▲	97.5
Rory Hoad1	Open	0	80	124.5R	96.3
Paul Barette1	Open	0	70	112.0R	95.7
Mark Shaw	50+	16	80	100.0L▲	91.2
Clive Madge1	65+	28	100	104.5R	90.9
Andy Murtagh	45+	10	95	116.7R	90.4
Adrian Pryor1	40+	5	85	114.5R	89.5
Philippe Crisp1	45+	7	105	124.5L	88.2
Ed Shorttle1	55+	20	80	89.5L	85.4
Steve Moss	Open	0	105	125.0R ^{BR}	83.8
Chris Findon	Open	0	70	97.5L ^{BR}	83.3
Paula Thompson	40+	35	50	55.0R▲●	81.4
James Rampton1	40+	6	90	104.5R	81.0
Shaun Jose	45+	10	125	115.0R ^{BR}	77.0
Matt Jones	18-19	2	120	120.0R▲	76.4
Mark Rattenberry	50+	14	65	74.5L▲●	75.1
Phil Padget1	55+	18	85	84.5R	74.8
Jevan Cockbain	16-17	15	75	79.5L▲	73.4
Dion Maynard	16-17	15	80	79.5R▲	73.1
Karen Gardner	55+	51	80	60.0R▲●	72.2
Candice Morris	Open	33	55	50.5R●	70.6
Josh Warren	13&U	33	50	45.0R▲	65.5
Jenny Watson	45+	43	55	44.5R▲	64.3
Clare Rampton1	Open	34	80	59.5L	63.7
Thomas Cleverley	Open	0	80	79.5R	61.9
Trevor Evans1	70+	38	80	57.5R	61.2
Jenn Tibbenham	Open	33	110	70.0R●	61.1
Jeff Luther1	55+	21	75	57.5R	57.6
Lesley Swain	50+	45	90	52.0R▲	54.5
Natalie Voce1	Open	33	95	34.5R	32.9

Reverse Curl

Lifter	Age	%	Class	Kilos	Points
Nick Swain	45+	11	85	65.0▲	111.1
Sam Hills	50+	15	85	57.5▲	102.6
Mark Rattenberry	50+	14	65	42.9▲	88.4
Andy Murtagh	45+	10	95	52.9▲	83.7
Mark Haydock	Open	5	110	60.0 ^{BR}	83.2
Philippe Crisp1	45+	7	105	57.5	83.2
Mark Shaw	50+	16	80	40.0▲	74.5
Pete Tryner	Open	1	95	50.0	73.3
Trevor Evans1	70+	38	80	32.9	71.5
Joe Morris	Open	0	85	45.5	71.5
Steve Sherwood1	60+	25	80	35.0	69.6
Jeff Luther1	55+	21	75	33.5	68.5
Paula Thompson	40+	35	50	22.5▲●	68.0
Rory Hoad1	Open	0	80	43.0	67.9
Steve Andrews1	55+	17	70	32.5	66.3
James Gardner	Open	0	95	45.0	64.2
Lesley Swain	50+	45	90	30.0▲●	64.2
Clive Madge1	65+	28	100	35.5	63.1
Luke Davis	Open	0	75	37.5	62.7
Paul Barette1	Open	0	70	35.5	61.9
Karen Gardner	55+	51	80	25.0▲	61.4
Phil Padget1	55+	18	85	33.0	59.6
Steve Moss	Open	0	105	42.5	58.2
Shaun Jose	45+	10	125	42.5	58.1
Adrian Pryor1	40+	5	85	35.5	56.7
James Rampton1	40+	6	90	35.5	56.2
Thomas Cleverley	Open	0	80	35.0	55.7
Jenny Watson1	45+	43	55	18.5	54.6
Jenn Tibbenham	Open	33	110	30.0●	53.5
Jevan Cockbain	16-17	15	75	27.9	52.6
Chris Findon	Open	0	70	30.0	52.3
Nadia Silva1	Open	33	55	17.5	48.6
Josh Warren	13&U	33	50	16.0▲	47.6
Graham Saxton	50+	14	125	32.5	46.6
Matt Jones	18-19	2	120	35.0▲	45.5
Ed Shorttle1	55+	20	80	23.0	44.8
Dion Maynard	16-17	15	80	22.9▲	43.0
Natalie Voce1	Open	33	95	20.0	39.0
Candice Morris1	Open	33	55	12.0	34.3
Clare Rampton1	Open	34	80	12.0	26.2

Leg 1 continued:

Here's the Leg 1 results of the new year. The response this year has been brilliant, with 40 lifters and 16 teams. Good to see Natalie back lifting after recently giving birth & other new lifters from Metamorfit.

Recognition to Andy Murtagh, Mark Haydock & Pete Tryner for the top 3 in the Press, , Steve Sherwood, Steve Andrews & Jevan Cockbain for the top 3 in the Snatch, Steve Andrews, Mark Haydock & Steve Sherwood for the top 3 in the Deadlift and finally Nick Swain, Sam Hills & Mark Rattenberry for the top 3 in the Curl. Also to the top 3 lifters: Mark Haydock, Steve Andrews & Steve Sherwood.

Finally a big well done to the rest of the lifters. Again like last year it seems to be a contest between Granby1 and Powerhouse1, with Metamen 3rd.

Thanks to all of you for competing in the first leg of the new year, it promises to be an exciting year.

A handwritten signature in blue ink that reads "Chris". The letter "C" is large and loops around the "h". The "i" has a small dot above it. The "s" is written in a simple, cursive style.

Chris Bass