

IAWA (UK) Bob Smith All Round Postal League 2015 – Leg 3 - compiled by Chris Bass.

1	Powerhouse1	Mark Haydock, Pete Tryner, Josh Davidson	1002.5
2	Granby Grippers	Steve Sherwood, Mark Godleman, Steve Andrews	923.3
3	Powerhouse2	Webster Reed, James Gardner, Luke Davis	886.9
4	Tiverton W.L.C.1	Mark Rattenberry, Jevan Cockbain, Thomas Cleverley	878.8
5	Metamen	Rory Hoad, Joe Morris, Paul Barette	870.0
6	Sunbury1	Andy Murtagh, Harry McCulloch, Trevor Evans	865.4
7	MetaMasters	Philippe Crisp, Adrian Pryor, James Rampton	854.1
8	The Iron Clan1	Nick Swain, Sam Hills, Jenn Tibbenham	801.3
9	Iron Men	Clive Madge, Ed Shorttle, Ryan Burchett	788.5
10	Powerhouse3	Graham Saxton, Paula Thompson, Chris Findon	774.0
11	Powerhouse4	Matt Jones, Steve Moss, Karen Gardner	653.9
12	Chicks that Lift	Brian Heyburn, Nadia Silva, Candice Morris	602.7
13	Iron Maidens	Jenny Watson, Natalie Voce	314.7
14	Granby Grippers2	Mark Shaw	238.3
15	Sunbury2	Jeff Luther	233.8
16	Tiverton W.L.C.2	Dion Maynard	227.2
17	The Iron Clan2	Lesley Swain	186.7

Ranking of Lifters

1	Andy Murtagh	372.4	22	Paula Thompson	250.6
2	Philippe Crisp	366.4	23	Thomas Cleverley	249.5
3	Mark Haydock	365.1	24	Ed Shorttle	248.4
4	Pete Tryner	320.7	25	Harry McCulloch	247.6
5	Mark Rattenberry	319.0	26	Trevor Evans	245.5
6	Josh Davidson	316.7	27	Chris Findon	244.1
7	Steve Sherwood	314.5	28	Matt Jones	241.8
8	Jevan Cockbain	310.2	29	Jenn Tibbenham	241.8
9	Clive Madge	307.5	30	Steve Moss	239.4
10	Mark Godleman	305.1	31	Mark Shaw	238.3
11	Rory Hoad	304.1	32	Jeff Luther	233.8
12	Steve Andrews	303.7	33	Ryan Burchett	232.5
13	Webster Reed	303.3	34	Dion Maynard	227.2
14	Joe Morris	302.1	35	James Rampton	220.6
15	James Gardner	300.2	36	Brian Heyburn	219.7
16	Nick Swain	289.5	37	Nadia Silva	213.4
17	Luke Davis	283.5	38	Lesley Swain	186.7
18	Graham Saxton	279.3	39	Karen Gardner	172.6
19	Sam Hills	270.0	40	Jenny Watson	171.2
20	Adrian Pryor	267.1	41	Candice Morris	169.6
21	Paul Barette	263.7	42	Natalie Voce	143.5

Ranking of Lifters per Lift & Record Breakers.

Squat

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	1	115	290.0	112.7
Philippe Crisp	45+	7	105	253.0▲●	108.3
Jevan Cockbain	16-17	15	80	175.0	95.3
Andy Murtagh	45+	10	95	200.4	94.8
Mark Rattenberry	50+	14	65	145.0	88.4
Steve Sherwood1	60+	25	80	150.0	88.3
Graham Saxton	50+	14	125	205.0	86.5
Joe Morris	Open	0	80	180.0	83.8
Brian Heyburn	Open	0	80	170.0	79.8
Sam Hills	50+	15	85	150.0	79.2
Josh Davidson	Open	0	110	200.0	78.9
Pete Tryner	40+	1	95	180.0	78.3
Nick Swain	45+	11	85	150.0	74.8
Mark Godleman	50+	14	105	160.0	74.6
James Gardner	Open	0	95	175.0	74.4
Steve Andrews1	55+	17	70	122.5	74.2
Clive Madge1	65+	28	105	140.5	73.2
Luke Davis	Open	0	75	145.0	71.0

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

Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points
Webster Reed	40+	2	125+	190.0	94.1
Andy Murtagh	45+	10	95	140.4	93.8
Philippe Crisp	45+	7	105	149.5▲	90.4
Clive Madge1	65+	28	105	120.5▲	88.7
Mark Haydock	40+	1	115	160.0	87.8
Pete Tryner	40+	1	95	137.5	84.5
Rory Hoad1	Open	0	80	120.5	80.5
Josh Davidson	Open	0	110	142.5	79.4
Steve Andrews1	55+	17	70	85.0	72.7
Mark Godleman	50+	14	105	110.0	72.4
Luke Davis	Open	0	75	102.5	70.9
James Gardner	Open	0	95	117.5	70.5
Trevor Evans	70+	38	85	77.9▲	70.4
Adrian Pryor1	40+	5	90	105.5	70.1
Brian Heyburn	Open	0	80	105.0	69.6
Jevan Cockbain	16-17	15	80	90.4	69.6
Mark Rattenberry	50+	14	65	80.4	69.3
Joe Morris	Open	0	80	105.0	69.1

Leg 3 continued:

Squat

Squat						Bench Press (FOF)					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Webster Reed	40+	2	125+	195.0	68.4	Nick Swain	45+	11	85	95.0BR	66.9
Thomas Cleverley	Open	0	85	145.0	66.6	Steve Moss	Open	0	105	115.0	66.6
Rory Hoad1	Open	0	80	140.0	66.2	Nadia Silva1	Open	33	55	55.0	65.6
Nadia Silva1	Open	33	55	75.0	63.4	Graham Saxton	50+	14	125	107.5	64.0
Paul Barette	Open	0	70	123.0	62.8	Jeff Luther	55+	21	75	75.4▲	64.0
Chris Findon	Open	0	70	120.0	61.6	Harry McCulloch	Open	0	85	100.4	63.9
Matt Jones	18-19	2	120	160.0	61.4	Sam Hills	50+	15	85	85.0	63.4
Dion Maynard	16-17	15	85	115.0 ^{BR}	61.1	Ed Shorttle	55+	20	80	78.0	63.2
Adrian Pryor1	40+	5	90	125.5	59.1	Thomas Cleverley	Open	0	85	95.4	61.9
Paula Thompson	40+	35	50	62.5	55.7	Matt Jones	18-19	2	120	112.5	61.0
Harry McCulloch	Open	0	85	120.4	54.2	Ryan Burchett1	Open	0	100	103.0	59.8
Jenn Tibbenham	Open	33	105	100.0	53.9	Steve Sherwood1	60+	25	80	70.0	58.2
Ryan Burchett1	Open	0	100	130.5	53.6	Paula Thompson	40+	35	50	45.0	56.7
Ed Shorttle	55+	20	80	90.5	51.9	James Rampton1	45+	6	90	83.0	54.6
Trevor Evans	70+	38	85	80.4	51.4	Chris Findon	Open	0	70	75.0	54.4
Steve Moss	Open	0	105	120.0	49.2	Mark Shaw	50+	16	80	70.0▲	53.5
Mark Shaw	50+	16	80	90.0	48.7	Paul Barette	Open	0	70	70.0	50.5
Jeff Luther	55+	21	75	75.4	45.3	Dion Maynard	16-17	15	85	62.5 ^{BR}	46.9
Lesley Swain	50+	45	90	70.5▲●	44.9	Jenn Tibbenham	Open	33	105	57.5	43.8
James Rampton1	45+	6	90	95.5	44.5	Karen Gardner	55+	51	75	40.0▲	41.6
Candice Morris1	Open	33	55	48.0	40.3	Natalie Voce1	Open	33	90	50.5	41.6
Jenny Watson1	45+	43	60	38.0	32.1	Lesley Swain	50+	45	90	45.0	40.5
Karen Gardner	55+	51	75	30.0▲	22.1	Jenny Watson1	45+	43	60	30.5	36.3
Natalie Voce1	Open	33	90	30.5	17.8	Candice Morris1	Open	33	55	25.5	30.2

2H Deadlift

2H Deadlift						Rectangular Fix					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	45+	10	95	292.9▲●	115.3	Philippe Crisp	45+	7	105	56.0	92.6
Mark Haydock	40+	1	115	323.0	104.5	Steve Sherwood1	60+	25	80	35.0	79.7
Jevan Cockbain	16-17	15	80	202.5	91.9	Rory Hoad1	Open	0	80	43.0	78.6
Steve Sherwood1	60+	25	80	180.0	88.3	Mark Rattenberry	50+	14	65	32.9	77.5
Joe Morris	Open	0	80	220.0	85.3	Nick Swain	45+	11	85	40.0	77.1
Paul Barette	Open	0	70	200.5 ^{BR}	85.3	Mark Godleman	50+	14	105	42.5	76.6
Nadia Silva1	Open	33	55	120.0	84.4	Pete Tryner	40+	1	95	45.5▲	76.5
Mark Rattenberry	50+	14	65	165.0	83.8	Josh Davidson	Open	0	110	50.0	76.2
Adrian Pryor1	40+	5	90	210.5	82.5	Steve Andrews1	55+	17	70	32.5	76.1
Josh Davidson	Open	0	110	250.0	82.1	James Gardner	Open	0	95	45.0	73.9
Mark Godleman	50+	14	105	210.0	81.5	Mark Shaw	50+	16	80	35.0	73.1
Pete Tryner	40+	1	95	225.0	81.5	Jeff Luther	55+	21	75	31.4	72.9
James Gardner	Open	0	95	230.0	81.4	Clive Madge1	65+	28	105	35.5	71.5
Steve Andrews1	55+	17	70	160.0	80.7	Trevor Evans	70+	38	85	27.9	68.9
Graham Saxton	50+	14	125	227.5	79.9	Andy Murtagh	45+	10	95	37.5	68.5
Rory Hoad1	Open	0	80	200.0	78.8	Webster Reed	40+	2	125+	50.0 ^{BR}	67.8
Paula Thompson	40+	35	50	105.0	77.9	Jenn Tibbenham	Open	33	105	32.5●	67.7
Ed Shorttle1	55+	20	80	160.5	76.7	Luke Davis	Open	0	75	35.0	66.2
Jenn Tibbenham	Open	33	105	170.5●	76.5	Paul Barette1	Open	0	70	33.0	65.1
Luke Davis	Open	0	75	185.0	75.4	Ryan Burchett1	Open	0	100	40.5	64.3
Philippe Crisp	45+	7	105	210.5	75.0	Joe Morris1	Open	0	80	35.5	63.9
Clive Madge1	65+	28	105	170.5▲	74.0	Lesley Swain	50+	45	90	25.0▲	61.5
Webster Reed	40+	2	125+	250.0	73.0	Harry McCulloch	Open	0	85	35.0	60.9
Nick Swain	45+	11	85	170.0	70.6	Jenny Watson1	45+	43	60	18.5	60.3
Brian Heyburn	Open	0	80	180.0	70.3	Paula Thompson	40+	35	50	17.5	60.3
Sam Hills	50+	15	85	160.0	70.3	Mark Haydock	40+	1	115	40.0 ^{BR}	60.1
Harry McCulloch	Open	0	85	182.9	68.6	Chris Findon	Open	0	70	30.0	59.6
Chris Findon	Open	0	70	160.0	68.4	James Rampton1	45+	6	90	33.0	59.4
Steve Moss	Open	0	105	200.0	68.3	Dion Maynard	16-17	15	85	27.9	57.2
Thomas Cleverley	Open	0	85	175.0	67.0	Sam Hills	50+	15	85	28.0	57.1
Matt Jones	18-19	2	120	200.0	63.9	Karen Gardner	55+	51	75	20.0	56.9
Mark Shaw	50+	16	80	140.0	63.0	Candice Morris1	Open	33	55	17.5	56.8
James Rampton1	45+	6	90	160.5	62.2	Ed Shorttle1	55+	20	80	25.5	56.6
Dion Maynard	16-17	15	85	140.4▲	62.1	Matt Jones	18-19	2	120	37.5▲	55.6
Ryan Burchett1	Open	0	100	160.5	54.9	Adrian Pryor1	40+	5	90	30.5	55.5
Trevor Evans	70+	38	85	102.9	54.8	Steve Moss	Open	0	105	35.0	55.4

Leg 3 continued:

2H Deadlift

						Rectangular Fix					
Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Karen Gardner	55+	51	75	85.0▲	52.1	Jevan Cockbain	16-17	15	80	25.4	53.5
Jeff Luther	55+	21	75	102.9	51.5	Graham Saxton	50+	14	125	30.0	48.9
Jenny Watson1	45+	43	60	60.5	42.5	Natalie Voce1	Open	33	90	20.0	45.0
Candice Morris1	Open	33	55	60.5	42.3	Nadia Silva1	Open	33	55	0.0	0.0
Lesley Swain	50+	45	90	75.0▲	39.8	Brian Heyburn	Open	0	80	0.0	0.0
Natalie Voce1	Open	33	90	80.5	39.1	Jevan Cockbain	16-17	15	80	25.4	53.5

Ranking of Teams after Legs 1+2+3.

1	Powerhouse1	Mark Haydock, Pete Tryner, James Gardner	3221.0
2	Granby Grippers	Steve Andrews, Steve Sherwood, Mark Shaw	2956.4
3	Sunbury1	Andy Murtagh, Jeff Luther, Trevor Evans	2788.3
4	Powerhouse2	Luke Davis, Graham Saxton, Paula Thompson	2749.9
5	Metamen	Rory Hoad, Joe Morris, Paul Barette	2731.7
6	Tiverton W.L.C.1	Jevan Cockbain, Mark Rattenberry, Thomas Cleverley	2633.8
7	The Iron Clan1	Sam Hills, Nick Swain, Jenn Tibbenham	2552.0
8	MetaMasters	Rory Hoad, Joe Morris, Paul Barette	2531.9
9	Iron Men	Clive Madge, Ed Shorttle, Phil Padget	2509.5
10	Powerhouse3	Steve Moss, Matt Jones, Chris Findon	2430.1
11	Chicks that Lift	Nadia Silva, Candice Morris, Clare Rampton	1926.9
12	Powerhouse4	Josh Davidson, Karen Gardner, Webster Reed	1828.1
13	Iron Maidens	Jenny Watson, Natalie Voce	1051.4
14	Tiverton W.L.C.2	Dion Maynard	688.8
15	The Iron Clan2	Lesley Swain	563.7
16	Sunbury2	Harry McCulloch	493.3
17	Granby Grippers2	Mark Godleman, Josh Warren	463.3

Ranking of Lifters after Legs 1+2+3

1	Andy Murtagh	1160.5	24	Mark Shaw	776.7
2	Mark Haydock	1151.8	25	Thomas Cleverley	773.6
3	Steve Andrews	1105.4	26	Trevor Evans	763.8
4	Philippe Crisp	1067.5	27	Adrian Pryor	749.2
5	Pete Tryner	1053.2	28	Ed Shorttle	739.7
6	Steve Sherwood	1007.3	29	James Rampton	715.2
7	James Gardner	999.5	30	Jenn Tibbenham	702.8
8	Clive Madge	994.1	31	Dion Maynard	688.8
9	Rory Hoad	973.3	32	Josh Davidson	655.6
10	Sam Hills	949.0	33	Jenny Watson	574.9
11	Jevan Cockbain	948.9	34	Harry McCulloch	574.9
12	Joe Morris	936.5	35	Lesley Swain	573.5
13	Luke Davis	929.3	36	Karen Gardner	562.4
14	Mark Rattenberry	911.3	37	Shaun Jose	556.6
15	Nick Swain	890.4	38	Ryan Burchett	528.7
16	Paul Barette	821.9	39	Candice Morris	521.8
17	Graham Saxton	817.0	40	Natalie Voce	476.6
18	Paula Thompson	815.8	41	Clare Rampton	390.6
19	Steve Moss	812.4	42	Mark Godleman	305.1
20	Nadia Silva	794.7	43	Webster Reed	303.3
21	Matt Jones	787.4	44	Phil Padget	247.0
22	Chris Findon	785.0	45	Josh Warren	225.0
23	Jeff Luther	782.5	46	Brian Heyburn	219.7

Here's the Leg 3 results, again a good response, with 42 lifters and 17 teams. Welcome to Webster Reed who now lifts with the Powerhouse teams.

Recognition to Mark Haydock, Phil Crisp & Jevan Cockbain for the top 3 in the Squat; Webster Reed, Andy Murtagh & Phil Crisp for the top 3 in the Bench Press; Andy Murtagh, Mark Haydock & Jevan Cockbain for the top 3 in the Deadlift & Phil Crisp, Steve Sherwood & Rory Hoad for the top 3 in the Rectangular Fix. Top 3 teams of the leg were Powerhouse1, Granby Grippers & Powerhouse1.

To date Powerhouse1, Granby1 & Sunbury1 continue in the top 3 teams whilst individually Andy Murtagh, Mark Haydock & Steve Andrews are still top 3 but Andy is now 1st, Mark is 2nd, and Steve has dropped to 3rd place.

We now wait to see if these positions are maintained in leg4.