

IAWA (UK) Bob Smith All Round Postal League 2015 – Leg 5 - compiled by Chris Bass.

1	Powerhouse1	Mark Haydock, James Gardner, Pete Tryner	1013.6
2	Metamen	Joe Morris, Rory Hoad, Paul Barette	895.4
3	Powerhouse2	Luke Davis, Josh Davidson, Paula Thompson	876.8
4	Granby Grippers	Steve Andrews, Steve Sherwood, Mark Shaw	870.0
5	Sunbury1	Andy Murtagh, Harry McCulloch, Trevor Evans	722.3
6	Powerhouse3	Matt Jones, Graham Saxton, Chloe Brennan	697.9
7	Iron Men	Clive Madge, Ryan Burchett, Ed Shorttle	693.4
8	Tiverton W.L.C.1	Mark Rattenberry, Jevan Cockbain, Thomas Cleverley	628.3
9	Powerhouse4	Chris Findon, Steve Moss, Karen Gardner	580.5
10	Chicks that Lift	Jenny Watson, Natalie Voce1, Candice Morris	497.4
11	The Iron Clan1	Sam Hills, Nick Swain,	408.7
12	MetaMasters	Philippe Crisp	274.7
13	Tiverton W.L.C.2	Dion Maynard	167.3

Ranking of Lifters

1	Mark Haydock	356.3	18	Candice Morris	135.7
2	James Gardner	342.8	19	Joe Morris	312.0
3	Steve Andrews	340.2	20	Rory Hoad	306.0
4	Pete Tryner	314.4	21	Clive Madge	299.5
5	Steve Sherwood	311.5	22	Paul Barette	277.3
6	Luke Davis	303.4	23	Philippe Crisp	274.7
7	Josh Davidson	300.8	24	Andy Murtagh	265.9
8	Paula Thompson	272.5	25	Sam Hills	249.8
9	Matt Jones	237.9	26	Harry McCulloch	238.0
10	Graham Saxton	230.6	27	Mark Rattenberry	222.7
11	Chloe Brennan	229.4	28	Trevor Evans	218.4
12	Chris Findon	224.1	29	Jevan Cockbain	209.8
13	Mark Shaw	218.3	30	Ryan Burchett	201.6
14	Steve Moss	191.3	31	Thomas Cleverley	195.8
15	Jenny Watson	189.5	32	Ed Shorttle	192.3
16	Natalie Voce	172.2	33	Dion Maynard	167.3
17	Karen Gardner	165.0	34	Nick Swain	158.9

Ranking of Lifters per Lift & Record Breakers.

1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	1	115	70.5L	86.2
Steve Andrews	55+	17	70	42.5R	79.9
Andy Murtagh	45+	10	95	50.4L	75.0
Joe Morris1	Open	0	80	50.5L	74.1
Rory Hoad1	Open	0	80	50.5L	73.4
Steve Sherwood1	60+	25	80	40.0R	73.1
James Gardner	Open	0	100	55.0L	72.1
Josh Davidson	Open	0	105	55.0L	68.7
Luke Davis	Open	0	75	45.0L	68.4
Pete Tryner	40+	1	95	50.0L	67.7
Clive Madge	65+	28	105	41.5L▲	67.2
Harry McCulloch	Open	0	90	47.9R	66.8
Philippe Crisp	45+	7	110	48.0RBR	63.5
Paul Barette1	Open	0	70	38.0L	60.6
Sam Hills	50+	15	85	37.0L	60.5
Matt Jones	18-19	2	125	50.0L▲	58.4
Trevor Evans	70+	38	80	27.9R	56.0
Paula Thompson	40+	35	55	20.0L▲	54.6
Ryan Burchett1	Open	0	110	43.0L	53.2
Mark Rattenberry	50+	14	65	27.5L	52.4
Chloe Brennan	18-19	35	75	25.0L▲	51.2
Mark Shaw	50+	16	80	30.0L	50.8
Jevan Cockbain	16-17	15	80	30.0R	50.2
Chris Findon	Open	0	70	30.0L	47.6
Ed Shorttle	55+	20	80	25.5L	45.3
Jenny Watson1	45+	43	60	16.0R	41.7

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

1H Barbell Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Mark Haydock	40+	1	115	75.5R▲	87.6
Steve Andrews	55+	17	70	47.5L▲	84.7
James Gardner	Open	0	100	65.0R	80.8
Luke Davis	Open	0	75	55.0R	79.3
Paula Thompson	40+	35	55	30.0R▲	77.6
Joe Morris1	Open	0	80	55.5R	77.2
Pete Tryner	40+	1	95	57.5R	73.8
Josh Davidson	Open	0	105	60.0R	71.1
Rory Hoad1	Open	0	80	50.5R	69.6
Steve Sherwood1	60+	25	80	40.0L	69.3
Paul Barette1	Open	0	70	43.0R	65.0
Graham Saxton	50+	14	125	50.0R	62.8
Clive Madge	65+	28	105	40.5R1	62.1
Thomas Cleverley	Open	0	85	45.0R	61.4
Matt Jones	18-19	2	125	55.0R▲	60.9
Harry McCulloch	Open	0	90	45.4L1	60.1
Sam Hills	50+	15	85	37.0R	57.3
Andy Murtagh	45+	10	95	40.4R	57.0
Chloe Brennan	18-19	35	75	27.5R▲	53.4
Mark Rattenberry	50+	14	65	27.5R	49.7
Natalie Voce1	Open	33	90	28.0R	48.9
Chris Findon	Open	0	70	32.5R	48.9
Trevor Evans	70+	38	80	25.4L1	48.4
Mark Shaw	50+	16	80	30.0R	48.2
Ryan Burchett1	Open	0	110	40.5R	47.5
Philippe Crisp	45+	7	110	35.0L▲	43.9

Leg 5 continued:

1H Barbell Snatch

Lifter	Age	%	Class	Kilos	Points
Steve Moss	Open	0	105	32.5L	41.2
Candice Morris1	Open	33	55	15.5L	41.1
Graham Saxton	50+	14	125	30.0L	39.7
Natalie Voce1	Open	33	90	20.0L	36.9
Thomas Cleverley	Open	0	85	25.0L	36.0
Nick Swain	50+	11	85	20.0L	31.6
Dion Maynard	16-17	15	85	17.5R	28.7
Karen Gardner	55+	51	80	10.0L	22.6

1H Barbell Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Jevan Cockbain	16-17	15	80	27.5L▲	43.6
Ed Shorttle	55+	20	80	25.5R	43.0
Karen Gardner	55+	51	80	20.0R	42.8
Candice Morris1	Open	33	55	15.5R	39.0
Jenny Watson	45+	43	60	15.5L1	38.3
Steve Moss	Open	0	105	30.0R	36.1
Dion Maynard	16-17	15	85	22.5L	35.0
Nick Swain	50+	11	85	20.0R	29.9

1H Deadlift

Lifter	Age	%	Class	Kilos	Points
Steve Sherwood1	60+	25	80	145.0L	91.8
James Gardner	Open	0	100	200.0R	90.9
Steve Andrews	55+	17	70	130.0L▲	84.7
Mark Haydock	40+	1	115	195.5R▲●	82.8
Josh Davidson	Open	0	105	180.0R	77.9
Joe Morris1	Open	0	80	150.5R	76.5
Pete Tryner	40+	1	95	160.0R	75.0
Paul Barette1	Open	0	70	135.5R	74.8
Philippe Crisp	45+	7	110	163.0R	74.7
Rory Hoad1	Open	0	80	140.5R	70.8
Luke Davis	Open	0	75	130.0R	68.5
Clive Madge	65+	28	105	120.5L▲	67.6
Paula Thompson	40+	35	55	70.0R	66.2
Graham Saxton	50+	14	125	140.0L▲	64.2
Sam Hills	50+	15	85	111.0L	62.9
Andy Murtagh	45+	10	95	120.4R	62.1
Chris Findon	Open	0	70	110.0L	60.5
Trevor Evans	70+	38	80	85.4R	59.4
Karen Gardner	55+	51	80	75.0R	58.7
Chloe Brennan	18-19	35	75	80.0R	56.8
Candice Morris1	Open	33	55	60.5L	55.6
Jevan Cockbain	16-17	15	80	95.4L	55.3
Jenny Watson	45+	43	60	60.5L▲	54.6
Steve Moss	Open	0	105	120.0R	52.7
Mark Rattenberry	50+	14	65	77.9R▲	51.5
Nick Swain	50+	11	85	91.0R	49.7
Ed Shorttle	55+	20	80	73.0L	45.0
Matt Jones	18-19	2	125	110.0R▲	44.5
Harry McCulloch	Open	0	90	90.4R	43.7
Mark Shaw	50+	16	80	72.5L	42.6
Natalie Voce1	Open	33	90	65.5R	41.8
Ryan Burchett1	Open	0	110	95.5R	41.0
Dion Maynard	16-17	15	85	70.4R	40.0
Thomas Cleverley	Open	0	85	75.4R	37.6

1H D/B Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Clive Madge	65+	28	105	52.51	102.6
Mark Haydock	40+	1	115	67.5▲●	99.7
James Gardner	Open	0	100	62.5●	99.0
Pete Tryner	40+	1	95	60.0▲	98.0
Philippe Crisp	45+	7	110	58.0▲	92.6
Rory Hoad1	Open	0	80	52.5	92.2
Steve Andrews1	55+	17	70	40.0	90.9
Luke Davis	Open	0	75	47.5	87.2
Joe Morris1	Open	0	80	47.5	84.2
Josh Davidson	Open	0	105	55.0	83.0
Steve Sherwood1	60+	25	80	35.0	77.3
Paul Barette1	Open	0	70	40.0	77.0
Mark Shaw	50+	16	80	37.5▲	76.7
Paula Thompson	40+	35	55	22.5▲	74.2
Matt Jones	18-19	2	125	52.5▲●	74.1
Andy Murtagh	45+	10	95	40.0	71.9
Sam Hills	50+	15	85	35.0▲	69.1
Mark Rattenberry	50+	14	65	30.0	69.1
Chloe Brennan	18-19	35	75	27.5▲	68.0
Harry McCulloch	Open	0	90	40.0	67.4
Chris Findon	Open	0	70	35.0	67.1
Graham Saxton	50+	14	125	40.0	64.0
Dion Maynard	16-17	15	85	32.0	63.5
Steve Moss	Open	0	105	40.0	61.3
Thomas Cleverley	Open	0	85	35.0	60.8
Jevan Cockbain	16-17	15	80	30.0▲	60.6
Ryan Burchett1	Open	0	110	40.0	59.8
Ed Shorttle	55+	20	80	27.5	59.0
Jenny Watson	45+	43	60	17.5▲	55.0
Trevor Evans	70+	38	80	22.5	54.6
Nick Swain	50+	11	85	25.0	47.6
Natalie Voce1	Open	33	90	20.0	44.5
Karen Gardner	55+	51	80	15.0	40.9
Clive Madge	65+	28	105	52.51	102.6

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

1	Powerhouse1	Mark Haydock, Pete Tryner, James Gardner	5217.9
2	Granby Grippers	Steve Andrews, Steve Sherwood, Mark Shaw	4755.1
3	Powerhouse2	Luke Davis, Paula Thompson, Matt Jones	4470.4
4	Sunbury1	Andy Murtagh, Trevor Evans, Jeff Luther	4420.6
5	Metamen	Rory Hoad, Joe Morris, Paul Barette	4399.8
6	Tiverton W.L.C.1	Jevan Cockbain, Mark Rattenberry, Thomas Cleverley	4003.8
7	Iron Men	Clive Madge, Ed Shorttle, Phil Padget	3956.7
8	Powerhouse3	Josh Davidson, Graham Saxton, Steve Moss	3889.6
9	The Iron Clan1	Sam Hills, Nick Swain, Jenn Tibbenham	3679.1
10	MetaMasters	Phil Crisp, Adrian Pryor, James Rampton	3577.6
11	Powerhouse4	Chris Findon, Karen Gardner, Webster Reed	2987.8
12	Chicks that Lift	Jenny Watson, Natalie Voce, Candice Morris	2682.3
13	Iron Maidens	Nadia Silva, Clare Rampton, Brian Heyburn	1279.2
14	Tiverton W.L.C.2	Dion Maynard	1034.2
15	Sunbury2	Lesley Swain	740.0
16	The Iron Clan2	Harry McCulloch	563.7
17	Granby Grippers2	Mark Godleman, Josh Warren	463.3

Leg 5 continued:

SINGLE ARM TOTALS 2015			Age	CLASS	1H	1H C&J	IH Deadlift	TOTAL	TOTAL
NAME			Class	Kilos	Snatch KILOS	KILOS	KILOS	KILOS	POINTS
Mark Haydock	M		40+	115	70.5	75.0	195.5	341.5 ^{BR}	256.0
Steve Andrews	M		55+	70	42.5	47.5	130.0	220.0 ^{BR}	249.3
James Gardner	M		Open	100	55.0	65.0	200.0	320.0 ^{BR}	243.8
Steve Sherwood1	M		60+	80	40.0	40.0	145.0	225.0	234.2
Joe Morris1	M		Open	80	50.5	55.5	150.5	256.5	227.9
Josh Davidson	M		Open	105	55.0	60.0	180.0	295.0	217.8
Pete Tryner	M		40+	95	50.0	57.5	160.0	267.5 ^{BR}	216.4
Luke Davis	M		Open	75	45.0	55.0	130.0	230.0	216.2
Rory Hoad1	M		Open	80	50.5	50.5	140.5	241.5	213.8
Paul Barette1	M		Open	70	38.0	43.0	135.5	216.5	200.3
Paula Thompson	F		40+	55	20.0	30.0	70.0	120.0 ^{BR}	198.4
Clive Madge1	M		65+	105	41.5	40.5	120.5	202.5	196.9
Andy Murtagh	M		45+	95	50.4	40.4	120.4	211.2	194.1
Philippe Crisp	M		45+	110	48.0	35.0	163.0	246.0 ^{BR}	182.0
Sam Hills	M		50+	85	37.0	37.0	111.0	185.0	180.7
Graham Saxton	M		50+	125	30.0	50.0	140.0	220.0	172.6
Matt Jones	M		18-19	125	50.0	55.0	110.0	215.0 ^{BR}	172.1
Harry McCulloch1	M		Open	90	47.9	45.4	90.4	183.7	170.6
Trevor Evans1	M		70+	80	27.9	25.4	85.4	138.7	163.8
Chloe Brennan	F		18-19	75	25.0	27.5	80.0	132.5 ^{BR}	161.3
Chris Findon	M		Open	70	30.0	32.5	110.0	172.5	157.0
Mark Rattenberry	M		50+	65	27.5	27.5	77.9	132.9 ^{BR}	153.6
Jevan Cockbain	M		16-17	80	30.0	27.5	95.4	152.9	149.2
Ryan Burchett1	M		Open	110	43.0	40.5	95.5	179.0	141.8
Mark Shaw	M		50+	80	30.0	30.0	72.5	132.5	141.6
Candice Morris1	F		Open	55	15.5	15.5	60.5	91.5	135.7
Thomas Cleverley	M		Open	85	25.0	45.0	75.4	145.4	135.0
Jenny Watson1	F		45+	60	16.0	15.5	60.5	92.0	134.5
Ed Shorttle1	M		55+	80	25.5	25.5	73.0	124.0	133.3
Steve Moss	M		Open	105	32.5	30.0	120.0	182.5	130.0
Natalie Voce1	F		Open	90	20.0	28.0	65.5	113.5	127.6
Karen Gardner	F		55+	80	10.0	20.0	75.0	105.0 ^{BR}	124.1
Nick Swain	M		50+	85	20.0	20.0	91.0	131.0	111.2
Dion Maynard	M		16-17	85	17.5	22.5	70.4	110.4	103.8

Chris