

# IAWA (UK) Bob Smith All Round Postal League 2010 – Leg 1 - compiled by Chris Bass.

1	SUNBURY 1	Adrian Tucker, Rick Meldon, Trevor Evans	1074.2
2	SUSSEX STRENGTH & C 1	Philip Crisp, Doug Jenner, Jon Brettany	877.5
3	GRANBY GRIPPERS	Steve Andrews, Daniel Andrews, Frank Allen	827.4
4	HASTINGS WARRIORS	Sam Hills, Nick Swain, Gordon Fairey	811.1
5	BURTON ODDS & SODS	Graham Saxton, Mandy Hughes, Karl Birkinshaw	793.5
6	TIVERTON W.L.C.	Gary Ell, Mark Rattenby	587.9
7	HOTSHOTS	John Kavanagh, Dave Morton,	579.7
8	COALVILLE OUTCASTS	Mark Shaw, Jason Reed,	492.6
9	SUNBURY 2	Jeff Luther, Peter Lee,	491.1
10	SUSSEX STRENGTH & C 2	Ed Shorttle	212.3

## Ranking of Lifters

1	Adrian Tucker	408.9	13	Jon Brettany	271.4
2	Rick Meldon	400.0	14	Trevor Evans	265.2
3	Steve Andrews	336.4	15	Mandy Hughes	264.5
4	Philip Crisp	325.5	16	Jeff Luther	262.2
5	John Kavanagh	323.1	17	Dave Morton	256.5
6	Sam Hills	312.1	18	Mark Shaw	254.4
7	Frank Allen	304.5	19	Karl Birkinshaw	240.2
8	Gary Ell	301.7	20	Jason Reed	238.2
9	Nick Swain	301.1	21	Peter Lee	228.9
10	Graham Saxton	288.7	22	Ed Shorttle	212.3
11	Mark Rattenby	286.2	23	Gordon Fairey	197.9
12	Doug Jenner	280.5	24	Daniel Andrews	186.5

## Ranking of Lifters per Lift & Record Breakers.

▲ World Junior/Masters, ● World Open, <sup>BR</sup>British  
♣ Single Referee

## Reflex Clean & Push Press

## Jerk from Racks

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Adrian Tucker	45+	14	85	100.5▲●	139.5	Adrian Tucker	45+	14	85	120.5F▲	89.5
Rick Meldon	45+	11	85	100.5	136.7	Rick Meldon	45+	11	85	120.0F▲	87.4
Philip Crisp	40+	6	100	100.5▲●	120.7	Steve Andrews♣	45+	16	70	92.5R	78.6
Doug Jenner	Open	0	80	85.0●	110.3	John Kavanagh	Open	0	95	122.5F●	76.7
Nick Swain	40+	10	85	80.5	108.6	Philip Crisp	40+	6	100	110.5F▲	71.0
Steve Andrews♣	45+	16	70	67.5	107.1	Nick Swain	40+	10	85	90.5R	65.3
John Kavanagh	Open	0	95	90.0●	105.3	Sam Hills♣	45+	14	85	80.0R	60.9
Jon Brettany	Open	0	85	83.0	103.6	Mandy Hughes	18-19	36	80	60.0F▲	55.7
Sam Hills♣	45+	14	85	70.0	99.6	Doug Jenner	Open	0	80	80.0F	55.5
Gary Ell♣	Open	4	85	77.5	98.8	Dave Morton♣	50+	16	75	65.0	53.9
Frank Allen♣	65+	36	90	60.0	97.3	Graham Saxton	45+	13	115	85.0F▲	53.5
Jeff Luther	50+	20	75	60.0●	95.5	Frank Allen♣	65+	36	90	60.0F	52.1
Trevor Evans	65+	32	85	57.5▲	93.9	Gary Ell♣	Open	4	85	75.0F	51.2
Dave Morton♣	50+	16	75	56.7	87.8	Jeff Luther	50+	20	75	60.0F	51.1
Mandy Hughes	18-19	36	80	50.0▲	86.7	Trevor Evans	65+	32	85	57.5F	50.3
Graham Saxton	45+	13	115	70.0▲	82.3	Mark Rattenby♣	45+	13	65	55.0F	48.1
Mark Rattenby♣	45+	13	65	50.0	81.8	Karl Birkinshaw	Open	0	80	70.0R	47.9
Ed Shorttle	50+	19	70	45.5	75.4	Gordon Fairey	Open	3	100	75.5F	46.6
Karl Birkinshaw	Open	0	80	55.0	70.3	Jason Reed♣	Open	0	80	67.5F	45.8
Gordon Fairey	Open	3	100	60.5	69.8	Mark Shaw♣	45+	15	80	55.0F	42.9
Mark Shaw♣	45+	15	80	45.0	65.5	Jon Brettany	Open	0	85	60.0F	40.1
Daniel Andrews	13&U	25	55	30.0▲	61.1	Daniel Andrews	13&U	25	55	35.0F	38.2
Jason Reed♣	Open	0	80	47.5	60.3	Ed Shorttle	50+	19	70	40.0F	35.5
Peter Lee	75+	56	80	30.0▲	58.8	Peter Lee	75+	56	80	30.0F	31.5

Leg 1 continued:

2H Hacklift

Rectangular Fix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Adrian Tucker	45+	14	85	230.5▲	95.4	Rick Meldon	45+	11	85	49.3▲	94.6
Graham Saxton	45+	13	115	235.0▲	82.4	Mark Shaw♣	45+	15	80	42.5	87.3
Rick Meldon	45+	11	85	200.5	81.3	Adrian Tucker	45+	14	85	43.1	84.4
Gary Ell♣	Open	4	85	210.0	79.8	Peter Lee	75+	56	80	30.0	83.0
Sam Hills♣	45+	14	85	180.0	76.4	Mark Rattenby♣	45+	13	65	35.0	80.7
Steve Andrews♣	45+	16	70	160.0	75.7	Frank Allen♣	65+	36	90	35.0	80.1
Mark Rattenby♣	45+	13	65	155.0	75.6	Sam Hills♣	45+	14	85	37.5	75.3
John Kavanagh	Open	0	95	215.0	75.0	Steve Andrews♣	45+	16	70	33.5	75.0
Frank Allen♣	65+	36	90	155.0	75.0	Trevor Evans	65+	32	85	32.5	74.9
Mandy Hughes	18-19	36	80	130.0▲	67.2	Jeff Luther	50+	20	75	32.5	72.9
Jon Brettany	Open	0	85	175.5	65.3	Philip Crisp	40+	6	100	43.0	72.8
Philip Crisp	40+	6	100	170.5	61.0	Gary Ell♣	Open	4	85	40.0	71.9
Nick Swain	40+	10	85	150.5	60.5	Jason Reed♣	Open	0	80	40.0	71.6
Jason Reed♣	Open	0	80	160.0	60.5	Graham Saxton	45+	13	115	42.5 <sup>BR</sup>	70.5
Karl Birkinshaw	Open	0	80	155.0	59.0	Nick Swain	40+	10	85	35.0	66.6
Mark Shaw♣	45+	15	80	135.0	58.6	John Kavanagh	Open	0	95	40.0♣	66.0
Peter Lee	75+	56	80	95.0	55.6	Karl Birkinshaw	Open	0	80	35.0	63.1
Dave Morton♣	50+	16	75	120.0	55.4	Jon Brettany	Open	0	85	35.5	62.5
Ed Shorttle	50+	19	70	110.5	54.6	Doug Jenner	Open	0	80	33.0	60.4
Doug Jenner	Open	0	80	140.5	54.3	Dave Morton♣	50+	16	75	27.2	59.5
Trevor Evans	65+	32	85	95.0	46.3	Mandy Hughes	18-19	36	80	22.5▲●	55.0
Gordon Fairey	Open	3	100	130.5	44.9	Ed Shorttle	50+	19	70	20.0	46.8
Daniel Andrews	13&U	25	55	72.5	44.1	Daniel Andrews	13&U	25	55	15.0	43.1
Jeff Luther	50+	20	75	90.0 <sup>BR</sup>	42.7	Gordon Fairey	Open	3	100	22.5	36.6

Here's the Leg 1 results of the new year. It has come as a bit of a disappointment that Haven are struggling for lifters this year due to illness & malaise. Welcome to new teams from the Sussex Strength & Conditioning Club hosted by Phillippe Crisp, formerly of the Hastings Warriors. Also to Mark Shaw & Jason Reed from Coalville and Mandy, Karl & Graham from Burton. Thanks to them the numbers look more healthy. Also well done to Adrian Tucker from Sunbury for some very good lifts. Good to see Frank lifting again, helping to bring Granby back up in the top three teams.

Recognition to Adrian Tucker, Rick Meldon & Phillippe Crisp for the top 3 in the Reflex Push Press, Adrian Tucker, Rick Meldon & Steve Andrews in the Jerk from Racks, Adrian Tucker, Rick Meldon & Gary Ell in the Hacklift and finally Rick Meldon, Mark Shaw & Adrian Tucker in the Rectangular Fix. Also well done to the rest of the lifters, let's hope the rest of the legs continue with no loss of lifters & hopefully some more! I think it will be a good contest between Sussex Strength & Conditioning Club 1 & Sunbury 1, with Granby following closely.

Thanks to everyone for lifting and helping to keep the All Round Postal League going.



Chris Bass