

IWA (UK) Bob Smith All Round Postal League 2022 – Leg 3 - compiled by Chris Bass.

Ranking of Teams

1	Sunbury1	Andy Murtagh, Dan Harris, Jacik Szast	1175.0
2	Sunbury2	Max Herd, Ian Dixon, Scott Lomax	1011.9
3	Granby	Steve Andrews, Mark Godleman, Daniel Andrews	848.0
4	Metamorfit1	Beata Banas, Harry Fisher, Sam Bonar	741.5
5	Haven Hobgoblins	Tony Cook, Ash West, Wayne Pawson	708.9
6	Sunbury3	Jack Taylor, Jeff Luther, Trevor Evans	687.7
7	Metamorfit2	Danny Kingsland, Brandon H-Hyland, Khevane Byroo	672.2
8	Keds1	Dean Davies, John Charles Samuel, Carson Williams	653.0
9	2 Bro	Glenn Branch, Stephen Brooker	637.4
10	Metamorfit3	Olga Holcakova, Paul Barette, Steve Shah	596.5
11	Metamorfit4	Trevor Egglestone, Lara Bennett, Natalie Voce	533.3
12	Twyford Celts	Max Ell, Sonya Coles	455.3
13	Metamorfit5	Jenny Watson, Maria Bennett	313.1
14	Haven Harlots	Jamie Fox, Terry Morris	257.4

Ranking of Lifters

1	Andy Murtagh	421.4	20	Jeff Luther	225.1
2	Dan Harris	395.5	21	Brandon H-Hyland	223.9
3	Jacik Szast	358.1	22	Khevane Byroo	211.8
4	Max Herd	353.0	23	John Charles Samuel	210.0
5	Ian Dixon	342.6	24	Carson Williams	207.4
6	Glenn Branch	338.1	25	Sonya Coles	205.6
7	Steve Andrews	323.0	26	Daniel Andrews	204.1
8	Mark Godleman	320.9	27	Olga Holcakova	204.0
9	Scott Lomax	316.3	28	Paul Barette	200.9
10	Stephen Brooker	299.3	29	Wayne Pawson	197.7
11	Jack Taylor	277.1	30	Steve Shah	191.7
12	Tony Cook	271.0	31	Trevor Evans	185.5
13	Beata Banas	256.7	32	Trevor Egglestone	180.6
14	Max Ell	249.8	33	Lara Bennett	178.0
15	Harry Fisher	242.6	34	Natalie Voce	174.6
16	Sam Bonar	242.2	35	Jenny Watson	165.2
17	Ash West	240.3	36	Jamie Fox	155.2
18	Danny Kingsland	236.4	37	Maria Bennett	147.9
19	Dean Davies	235.6	38	Terry Morris	102.1

Ranking of Lifters per Lift & Record Breakers.

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

Squat

Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Dan Harris	Open	0	95	285.0●	120.1	Ian Dixon	Open	0	95	170.0●	113.2
Andy Murtagh	55+	17	90	200.8	101.2	Max Herd	Open	0	80	150.5●	109.8
Jacik Szast	40+	2	100	241.0▲●	100.1	Andy Murtagh	55+	17	90	135.0	106.9
Glenn Branch	Open	0	90	212.5	92.7	Dan Harris	Open	0	95	160.0	106.0
Scott Lomax	Open	0	100	215.0	87.6	Jacik Szast	40+	2	100	140.0▲	91.4
Ian Dixon	Open	0	95	200.0	84.7	Glenn Branch	Open	0	90	125.0	85.7
Stephen Brooker	Open	0	85	182.5	83.4	Stephen Brooker	Open	0	85	117.5	84.4
Mark Godleman	55+	21	110	170.0	80.7	Steve Andrews	60+	24	70	83.0▲	83.0
Max Herd	Open	0	80	160.0	74.3	Mark Godleman	55+	21	110	110.0	82.0
Steve Andrews	60+	24	70	115.5▲	73.5	Jack Taylor	Open	0	120	137.5	80.6
Dean Davies ¹	40+	2	125	180.0	66.6	Scott Lomax	Open	0	100	125.0	80.1
Jack Taylor	Open	0	120	177.5	66.2	Tony Cook ¹	85+	68	85	62.5	73.8
Beata Banas	Open	33	75	100.0	65.3	Sam Bonar ¹	Open	0	95	107.5	71.5
John C Samuel ¹	Open	0	125+	190.0	60.3	Danny Kingsland	Open	0	65	85.0	71.2
Harry Fisher ¹	Open	0	105	140.0	55.3	Steve Shah	70+	42	85	70.0	70.3
Olga Holcakova ¹	Open	33	65	75.0	54.4	Jeff Luther	65+	30	70	68.3	70.2
Steve Shah	70+	42	85	85.0	54.3	Trevor Evans ¹	75+	52	80	60.3	67.4
Danny Kingsland	Open	0	65	100.0	53.3	Wayne Pawson ¹	55+	16	90	85.2	67.223

Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Jenny Watson	55+	50	60	62.5▲	53.2	Trevor Egglestone1	70+	40	105	75.0	65.4
Carson Williams1	14-15	20	120	120.0	53.1	Harry Fisher1	Open	0	105	105.0	65.2
Tony Cook1	85+	68	85	70.0	52.6	Ash West1	Open	0	120	110.0	64.2
Brandon H-Hyland	Open	0	80	112.5	52.5	Max Ell1	Open	33	55	47.5	62.1
Ash West1	Open	0	120	140.0	52.0	Khevane Byroo1	Open	0	90	90.0	61.9
Daniel Andrews	Open	0	80	110.0	51.1	Beata Banas	Open	33	75	60.0●	61.6
Max Ell1	Open	33	55	57.5	47.8	Dean Davies1	40+	2	125	97.5	56.7
Jamie Fox1	Open	0	85	105.0	47.1	Natalie Voce1	Open	34	90	60.0	54.3
Sam Bonar1	Open	0	95	110.0	46.6	Brandon H-Hyland	Open	0	80	72.5	53.2
Sonya Coles1	40+	39	95	77.5	46.2	Jamie Fox1	Open	0	85	75.0	52.9
Paul Barette1	45+	7	75	85.0	43.8	Paul Barette1	45+	7	75	65.0	52.6
Lara Bennett1	16-17	43	65	52.5 ^{BK}	40.9	Olga Holcakova1	Open	33	65	45.0	51.3
Khevane Byroo1	Open	0	90	85.0	37.2	Daniel Andrews	Open	0	80	70.0	51.1
Natalie Voce1	Open	34	90	62.5	36.0	Jenny Watson	55+	50	60	37.5▲	50.2
Wayne Pawson1	55+	16	90	70.0	35.1	John C Samuel1	Open	0	125+	100.0	49.9
Maria Bennett	60+	55	100	40.0▲	25.7	Maria Bennett	60+	55	100	42.5▲	42.9
Trevor Egglestone1	70+	40	105	30.0	16.6	Lara Bennett1	16-17	43	65	35.0▲	42.8
Jeff Luther	65+	30	70	20.0	13.1	Terry Morris1	65+	30	105	52.5	42.75
Trevor Evans1	75+	52	80	0.0	0.0	Carson Williams1	14-15	20	120	60.0	41.7
Terry Morris1	65+	30	105	0.0	0.0	Sonya Coles1	40+	39	95	42.5	39.8

Bench Press (FOF)2H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	55+	17	90	270.3	109.9	Andy Murtagh	55+	17	90	37.6	103.5
Dan Harris	Open	0	95	295.0●	100.3	Max Herd	Open	0	80	40.0●	101.5
Glenn Branch	Open	0	90	250.0	88.0	Jeff Luther	65+	30	70	25.6▲	91.5
Jacik Szast	40+	2	100	260.0▲	87.1	Steve Andrews	60+	24	70	25.0	86.9
Mark Godleman	55+	21	110	210.0	80.4	Jacik Szast	40+	2	100	35.0	79.4
Steve Andrews	60+	24	70	155.0	79.6	Scott Lomax	Open	0	100	35.0	77.9
Beata Banas	Open	33	75	145.0 ^{BK}	76.4	Mark Godleman	55+	21	110	30.0	77.8
Ian Dixon	Open	0	95	220.0	75.2	Trevor Evans1	75+	52	80	20.0	77.7
Tony Cook1	85+	68	85	120.0	72.7	Max Ell1	Open	33	55	16.0	72.7
Scott Lomax	Open	0	100	215.0	70.7	Tony Cook1	85+	68	85	17.5	71.8
Jack Taylor	Open	0	120	230.0	69.2	Sonya Coles1	40+	39	95	22.0	71.6
Stephen Brooker	Open	0	85	187.5	69.1	Glenn Branch	Open	0	90	30.0	71.5
Max Herd	Open	0	80	180.0	67.4	Ash West1	Open	0	120	34.5	70.0
Max Ell1	Open	33	55	100.0	67.1	Ian Dixon	Open	0	95	30.0	69.5
Steve Shah	70+	42	85	130.0 ^{BK}	67.0	Sam Bonar1	Open	0	95	30.0	69.4
Carson Williams1	14-15	20	120	180.0	64.2	Dan Harris	Open	0	95	30.0	69.1
Paul Barette1	45+	7	75	150.0	62.3	Harry Fisher1	Open	0	105	30.0	64.7
Jenny Watson	55+	50	60	90.0▲	61.8	Brandon H-Hyland	Open	0	80	25.0	63.7
Dean Davies1	40+	2	125	200.0	59.7	Stephen Brooker	Open	0	85	25.0	62.4
Olga Holcakova1	Open	33	65	100.0	58.6	Jack Taylor	Open	0	120	30.0●	61.1
Harry Fisher1	Open	0	105	180.0	57.4	Trevor Egglestone1	70+	40	105	20.0	60.6
John C Samuel1	Open	0	125+	220.0	56.4	Khevane Byroo1	Open	0	90	25.0	59.8
Jamie Fox1	Open	0	85	152.5	55.2	Danny Kingsland	Open	0	65	20.0	58.2
Sam Bonar1	Open	0	95	160.0	54.7	Beata Banas	Open	33	75	15.0●	53.5
Brandon H-Hyland	Open	0	80	145.0	54.6	Daniel Andrews	Open	0	80	21.0	53.3
Ash West1	Open	0	120	180.0	54.0	Dean Davies1	40+	2	125	26.0	52.6
Danny Kingsland	Open	0	65	125.0 ^{BK}	53.7	Wayne Pawson1	55+	16	90	18.5	50.7
Khevane Byroo1	Open	0	90	150.0	53.0	Carson Williams1	14-15	20	120	20.0	48.3
Lara Bennett1	16-17	43	65	82.5 ^{BK}	51.8	Natalie Voce1	Open	34	90	15.0	47.2
Jeff Luther	65+	30	70	95.3	50.3	John C Samuel1	Open	0	125+	25.0	43.4
Daniel Andrews	Open	0	80	130.0	48.7	Lara Bennett1	16-17	43	65	10.0	42.5
Terry Morris1	65+	30	105	115.0	48.1	Paul Barette1	45+	7	75	15.0	42.2
Sonya Coles1	40+	39	95	100.0	48.0	Olga Holcakova1	Open	33	65	10.0	39.7
Wayne Pawson1	55+	16	90	110.0	44.6	Maria Bennett	60+	55	100	10.0	35.1

Lateral Raise Standing

2H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Maria Bennett	60+	55	100	85.0▲	44.1	Terry Morris1	65+	30	105	4.0	11.3
Trevor Evans1	75+	52	80	70.3	40.3	Jamie Fox1	Open	0	85	0.0	0.0
Trevor Egglestone1	70+	40	105	85.0	38.0	Jenny Watson	55+	50	60	0.0	0.0
Natalie Voce1	Open	34	90	80.0	37.1	Steve Shah	70+	42	85	0.0	0.0

Lateral Raise Standing

Ranking of Teams after Legs 1+2+3.

1	Sunbury1	Dan Harris, Ian Dixon, Andy Murtagh	3018.9
2	Sunbury2	Jacik Szast, Jeff Luther, Jack Taylor	2463.7
3	Granby	Steve Andrews, Mark Godleman, Daniel Andrews	2453.9
4	Metamorfit1	Beata Banas, Paul Barette, Harry Fisher	2271.9
5	Haven Hobgoblins	Ash West, Jamie Fox, Tony Cook	2099.0
6	Metamorfit2	Olga Holcakova, Sam Bonar, Danny Kingsland	2078.3
7	Metamorfit3	Brandon H-Hyland, Khevane Byroo, Lara Bennett	1816.8
8	Keds1	Dean Davies, Beckham Davies, Frannie Osborne-Keddy	1800.8
9	2 Bro	Glenn Branch, Stephen Brooker	1710.9
10	Metamorfit4	Gareth Edwards, Trevor Egglestone, Natalie Voce	1599.0
11	Sunbury3	Max Herd, Scott Lomax, Trevor Evans	1510.4
12	Twyford Celts	Max Ell, Sonya Coles	1151.0
13	Haven Harlots	Wayne Pawson, Terry Morris	1128.9
14	Keds2	Kingston Williams, Carson Williams, John Charles Samuel	847.8
15	Metamorfit5	Aiden Voce	459.1
16	Keds3	Luke Osborne-Keddy	116.4

Ranking of Lifters after Legs 1+2+3

1	Andy Murtagh	1067.9	24	Khevane Byroo	632.1
2	Steve Andrews	1004.0	25	Daniel Andrews	618.9
3	Ian Dixon	928.9	26	Lara Bennett	560.7
4	Glenn Branch	902.0	27	Trevor Egglestone	547.3
5	Jacik Szast	862.7	28	Natalie Voce	533.4
6	Mark Godleman	831.1	29	Sonya Coles	506.4
7	Stephen Brooker	808.9	30	John Charles Samuel	501.2
8	Max Herd	789.4	31	Carson Williams	487.1
9	Beata Banas	775.3	32	Ash West	486.2
10	Tony Cook	772.4	33	Terry Morris	418.6
11	Danny Kingsland	732.8	34	Trevor Evans	392.5
12	Sam Bonar	726.2	35	Scott Lomax	388.0
13	Jeff Luther	720.3	36	Frannie Osborne-Keddy	381.1
14	Jack Taylor	714.7	37	Kingston Williams	335.4
15	Dan Harris	705.0	38	Maria Bennett	309.6
16	Paul Barette	694.7	39	Mick Phillips	246.3
17	Harry Fisher	693.4	40	Tom Headford	232.9
18	Olga Holcakova	686.7	41	Luke Osborne-Keddy	220.4
19	Wayne Pawson	653.0	42	Beckham Davies	196.5
20	Jamie Fox	651.3	43	Steve Sha	191.7
21	Brandon H-Hyland	647.3	44	Gareth Edwards	182.6
22	Max Ell	644.6	45	Aiden Voce	165.2
23	Dean Davies	643.2	46	Jenny Watson	146.0

Power Set		Age	CLASS	Squat	Bench	Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	Press(FOF)	KILOS	KILOS	POINTS
Dan Harris	M	Open	95	285.0	160.0	295.0	740 ^{BR}	326.4
Andy Murtagh	M	55+	90	200.8	135.0	270.3	606.1	317.9
Jacik Szast	M	40+	100	241.0	140.0	260.0	641 ^{BR}	278.7
Ian Dixon	M	Open	95	200.0	170.0	220.0	590.0	273.2
Glenn Branch	M	Open	90	212.5	125.0	250.0	587.5	266.5
Max Herd	M	Open	80	160.0	150.5	180.0	490.5	251.5
Mark Godleman	M	55+	110	170.0	110.0	210.0	490 ^{BR}	243.1
Scott Lomax	M	Open	100	215.0	125.0	215.0	555.0	238.4
Stephen Brooker	M	Open	85	182.5	117.5	187.5	487.5	236.9
Steve Andrews	M	60+	70	115.5	83.0	155.0	353.5 ^{BR}	236.1
Jack Taylor	M	Open	120	177.5	137.5	230.0	545.0	215.9
Beata Banas	F	Open	75	100.0	60.0	145.0	305.0	203.2
Tony Cook1	M	85+	85	70.0	62.5	120.0	252.5	199.1
Steve Shah	M	70+	85	85.0	70.0	130.0	285.0	191.7
Dean Davies1	M	40+	125	180.0	97.5	200.0	477.5	183.0
Danny Kingsland	M	Open	65	100.0	85.0	125.0	310.0	178.2
Harry Fisher1	M	Open	105	140.0	105.0	180.0	425.0	177.8
Max Ell1	F	Open	55	57.5	47.5	100.0	205.0	177.1
Sam Bonar1	M	Open	95	110.0	107.5	160.0	377.5	172.8
Ash West1	M	Open	120	140.0	110.0	180.0	430.0	170.2
John C Samuel1	M	Open	125+	190.0	100.0	220.0	510.0	166.6
Jenny Watson	F	55+	60	62.5	37.5	90.0	190 ^{BR}	165.2
Olga Holcakova1	F	Open	65	75.0	45.0	100.0	220.0	164.3
Brandon H-Hyland	M	Open	80	112.5	72.5	145.0	330.0	160.2
Carson Williams1	M	14-15	120	120.0	60.0	180.0	360.0	159.0
Paul Barette1	M	45+	75	85.0	65.0	150.0	300.0	158.7
Jamie Fox1	M	Open	85	105.0	75.0	152.5	332.5	155.2
Khevane Byroo1	M	Open	90	85.0	90.0	150.0	325.0	152.1
Daniel Andrews	M	Open	80	110.0	70.0	130.0	310.0	150.9
Wayne Pawson1	M	55+	90	70.0	85.2	110.0	265.2	146.9
Lara Bennett1	F	16-17	65	52.5	35.0	82.5	170 ^{BR}	135.5
Sonya Coles1	F	40+	95	77.5	42.5	100.0	220.0	134.0
Jeff Luther	M	65+	70	20.0	68.3	95.3	183.6	133.6
Natalie Voce1	F	Open	90	62.5	60.0	80.0	202.5	127.4
Trevor Egglestone1	M	70+	105	30.0	75.0	85.0	190.0	120.0
Maria Bennett	F	60+	100	40.0	42.5	85.0	167.5 ^{BR}	112.8
Trevor Evans1	M	75+	80	0.0	60.3	70.3	130.6	107.8
Terry Morris1	M	65+	105	0.0	52.5	115.0	167.5	90.8

Here's the Leg 2 results, now with 38 lifters and 14 teams.

To date: top 3 lifters are now Andy Murtagh, Steve Andrews & Ian Dixon; Top 3 teams are now Sunbury1, Sunbury2 & Granby with Metamorfit1 dropping to 4th.

Lifts for Leg 4 are: Pullover & Press, Continental to Belt, Stiff Legged Deadlift & Barbell Cheat Curl to be done by the end of July.

