

IWA (UK) Bob Smith All Round Postal League 2022 – Leg 4 - compiled by Chris Bass.

Ranking of Teams

1	Sunbury1	Andy Murtagh, Ian Dixon, Jacik Szast	976.1
2	Granby	Steve Andrews, Mark Godleman, Daniel Andrews	906.1
3	Metamorfit1	Adrian Pryor, Paul Barette, Beata Banas	848.1
4	Metamorfit2	Danny Kingsland, Olga Holcakova, Sam Bonar	743.6
5	Haven Hobgoblins	Tony Cook, Jamie Fox, Wayne Pawson	742.3
6	Sunbury2	Jack Taylor, Jeff Luther, Max Herd	654.6
7	Metamorfit3	Brandon H-Hyland, Trevor Egglestone, Lara Bennett	612.9
8	Metamorfit4	Natalie Voce, Khevane Byroo, Maria Bennett	524.5
9	2 Bro	Glenn Branch, Stephen Brooker	503.5
10	Sunbury3	Alex Mansell-Rowe, Trevor Evans, Max Mansell-Rowe	494.7
11	Twyford Celts	Max Ell, Sonya Coles	426.5
12	Haven Harlots	Ash West, Terry Morris	342.1
13	Metamorfit5	Aiden Voce	123.1
14	Sunbury4	Tom Headford	76.7

Ranking of Lifters

1	Andy Murtagh	382.8	18	Daniel Andrews	225.2
2	Steve Andrews	372.9	19	Jack Taylor	222.0
3	Ian Dixon	319.2	20	Jeff Luther	218.9
4	Mark Godleman	308.0	21	Max Herd	213.6
5	Adrian Pryor	287.8	22	Brandon H-Hyland	205.5
6	Paul Barette	286.6	23	Trevor Egglestone	205.2
7	Tony Cook	281.4	24	Alex Mansell-Rowe	203.1
8	Jacik Szast	274.1	25	Lara Bennett	202.2
9	Beata Banas	273.7	26	Ash West	197.4
10	Glenn Branch	268.4	27	Natalie Voce	186.8
11	Danny Kingsland	253.5	28	Sonya Coles	175.4
12	Max Ell	251.1	29	Khevane Byroo	174.9
13	Olga Holcakova	246.2	30	Maria Bennett	162.8
14	Sam Bonar	244.0	31	Trevor Evans	156.8
15	Stephen Brooker	235.1	32	Terry Morris	144.7
16	Jamie Fox	231.6	33	Max Mansell-Rowe	134.8
17	Wayne Pawson	229.4	34	Aiden Voce	123.1
			35	Tom Headford	76.7

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

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

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Max Herd	Open	0	80	126.8	95.7	Steve Andrews	60+	24	70	137.5▲	103.0
Andy Murtagh	55+	17	90	115.8▲	95.3	Paul Barette	45+	7	75	145.0	88.0
Steve Andrews	60+	24	70	83.0▲	86.0	Glenn Branch	Open	0	90	170.0	87.3
Danny Kingsland1	Open	0	65	90.0	77.4	Adrian Pryor1	50+	12	85	140.0	81.9
Tom Headford	Open	0	125	128.3	76.7	Mark Godleman	60+	21	105	140.0▲	79.4
Tony Cook1	85+	68	85	62.5	76.6	Max Herd	Open	0	80	145.4	79.3
Wayne Pawson1	55+	16	90	90.0	73.4	Jacik Szast	40+	2	100	160.4	78.5
Ian Dixon	Open	0	75	90.8	71.5	Beata Banas	Open	33	75	100.0	76.4
Ash West1	Open	0	120	110.0	66.8	Ian Dixon	Open	0	75	130.8	74.5
Sam Bonar1	Open	0	90	92.5	65.2	Andy Murtagh	55+	17	90	120.8 ^{BR}	71.8
Max Mansell-Rowe	Open	0	90	90.8	64.9	Stephen Brooker	Open	0	85	135.0	71.0
Beata Banas	Open	33	75	60.0●	63.5	Tony Cook1	85+	68	85	80.0	70.9
Mark Godleman	60+	21	105	80.0 ^{BR}	62.8	Olga Holcakova1	Open	33	65	80.0	66.3
Max Ell1	Open	33	55	45.0	61.5	Ash West1	Open	0	120	145.0	63.6
Paul Barette	45+	7	75	72.5	60.9	Max Ell1	Open	33	55	60.0	59.2
Alex Mansell-Rowe	Open	33	65	53.3	60.9	Sam Bonar1	Open	0	90	115.0	58.6
Jamie Fox1	Open	0	85	80.0	58.6	Trevor Egglestone	70+	40	110	90.0▲	57.8
Jeff Luther	65+	30	80	57.8	56.6	Danny Kingsland1	Open	0	65	90.0	55.9
Adrian Pryor1	50+	12	85	70.0	56.6	Brandon H-Hyland	Open	0	85	105.0	55.9
Natalie Voce1	40+	34	90	57.5	54.7	Daniel Andrews	Open	0	80	100.0	54.9

Pullover & Press

Lifter	Age	%	Class	Kilos	Points
Jacik Szast	40+	2	100	75.8	51.3
Daniel Andrews	Open	0	80	67.5	51.3
Olga Holcakova1	Open	33	65	42.5	48.7
Stephen Brooker	Open	0	85	65.0	47.3
Trevor Evans1	75+	52	80	40.3	46.8
Terry Morris1	65+	30	105	55.0	46.4
Brandon H-Hyland	Open	0	85	60.0	44.2
Sonya Coles1	45+	39	95	45.0	42.9
Glenn Branch	Open	0	90	60.0	42.7
Jack Taylor	Open	0	125	70.8	42.3
Maria Bennett	60+	55	95	40.0▲	42.1
Lara Bennett1	16-17	43	70	35.0	41.5
Trevor Egglestone	70+	40	110	42.5 ^{BR}	37.8
Aiden Voce	13&U	33	30	12.5▲	35.2
Khevene Byroo	Open	0	90	30.0	21.4

Continetal to Belt

Lifter	Age	%	Class	Kilos	Points
Jamie Fox1	Open	0	85	100.0	52.9
Jack Taylor	Open	0	125	120.8	52.2
Lara Bennett1	16-17	43	70	60.0	51.4
Terry Morris1	65+	30	105	80.0	48.8
Wayne Pawson1	55+	16	90	80.0	47.2
Khevene Byroo	Open	0	90	90.0	46.5
Jeff Luther	65+	30	80	62.8	44.5
Sonya Coles1	45+	39	95	60.0	41.4
Natalie Voce1	40+	34	90	60.0	41.2
Maria Bennett	60+	55	95	52.5▲●	39.9
Aiden Voce	13&U	33	30	17.5▲	35.6
Trevor Evans1	75+	52	80	40.3	33.8
Max Mansell-Rowe	Open	0	90	0	0
Alex Mansell-Rowe	Open	33	65	0	0
Tom Headford	Open	0	125	0	0

Stiff Leg Deadlift

Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	55+	17	90	223.3▲●	124.0
Steve Andrews	60+	24	70	135.0▲	94.4
Ian Dixon	Open	0	75	170.8 ^{BR}	90.8
Mark Godleman	60+	21	105	170.0▲	90.0
Beata Banas	Open	33	75	100.5●	71.7
Daniel Andrews	Open	0	80	135.0	69.2
Max Ell1	Open	33	55	75.0	69.1
Adrian Pryor1	50+	12	85	120.0	65.5
Paul Barette	45+	7	75	115.0	65.2
Jack Taylor	Open	0	125	160.8 ^{BR}	64.9
Glenn Branch	Open	0	90	135.0	64.8
Jacik Szast	40+	2	100	140.8▲	64.4
Olga Holcakova1	Open	33	65	82.5	63.9
Khevene Byroo	Open	0	90	130.0	62.7
Tony Cook1	85+	68	85	75.0	62.0
Danny Kingsland1	Open	0	65	105.0	60.9
Jamie Fox1	Open	0	85	120.0	59.3
Sam Bonar1	Open	0	90	120.0	57.1
Stephen Brooker	Open	0	85	115.0	56.5
Brandon H-Hyland	Open	0	85	110.0	54.7
Alex Mansell-Rowe	Open	33	65	70.4 ^{BR}	54.3
Jeff Luther	65+	30	80	80.3 ^{BR}	53.1
Aiden Voce	13&U	33	30	27.5 ^{BR}	52.3
Lara Bennett1	16-17	43	70	65.0	52.0
Sonya Coles1	45+	39	95	75.0	48.3
Natalie Voce1	40+	34	90	65.0	41.7
Wayne Pawson1	55+	16	90	75.0	41.3
Maria Bennett	60+	55	95	57.5▲●	40.8
Max Herd	Open	0	80	75.9	38.7
Trevor Egglestone	70+	40	110	60.0 ^{BR}	36.0
Trevor Evans1	75+	52	80	30.3	23.7
Terry Morris1	65+	30	105	0	0
Ash West1	Open	0	120	0	0
Max Mansell-Rowe	Open	0	90	0	0
Tom Headford	Open	0	125	0	0

Cheat Barbell Curl

Lifter	Age	%	Class	Kilos	Points
Andy Murtagh	55+	17	90	80.8	91.8
Steve Andrews	60+	24	70	62.5 ^{BR}	89.4
Alex Mansell-Rowe	Open	33	65	55.8●	88.0
Adrian Pryor1	50+	12	85	75.0	83.8
Ian Dixon	Open	0	75	75.8	82.4
Jacik Szast	40+	2	100	85.4	79.8
Mark Godleman	60+	21	105	70.0 ^{BR}	75.8
Trevor Egglestone	70+	40	110	60.0▲	73.6
Glenn Branch	Open	0	90	75.0	73.6
Paul Barette	45+	7	75	62.5	72.5
Tony Cook1	85+	68	85	42.5	71.9
Max Mansell-Rowe	Open	0	90	70.8	69.9
Wayne Pawson1	55+	16	90	60.0	67.6
Olga Holcakova1	Open	33	65	42.5	67.3
Ash West1	Open	0	120	80.0	67.0
Jeff Luther	65+	30	80	47.8	64.7
Sam Bonar1	Open	0	90	65.0	63.2
Jack Taylor	Open	0	125	75.8	62.6
Beata Banas	Open	33	75	42.5	62.1
Max Ell1	Open	33	55	32.5	61.3
Jamie Fox1	Open	0	85	60.0	60.7
Stephen Brooker	Open	0	85	60.0	60.3
Danny Kingsland1	Open	0	65	50.0	59.3
Lara Bennett1	16-17	43	70	35.0	57.3
Trevor Evans1	75+	52	80	32.8	52.5
Brandon H-Hyland	Open	0	85	50.0	50.8
Daniel Andrews	Open	0	80	47.5	49.8
Terry Morris1	65+	30	105	42.5	49.5
Natalie Voce1	40+	34	90	37.5	49.2
Khevene Byroo	Open	0	90	45.0	44.4
Sonya Coles1	45+	39	95	32.5	42.8
Maria Bennett	60+	55	95	27.5▲	39.9
Aiden Voce	13&U	33	30	0	0
Max Herd	Open	0	80	0	0
Tom Headford	Open	0	125	0	0

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

1	Sunbury1	Andy Murtagh, Ian Dixon, Jacik Szast	3995.1
2	Granby	Steve Andrews, Mark Godleman, Daniel Andrews	3360.1
3	Metamorfit1	Beata Banas, Danny Kingsland, Paul Barette	3119.9
4	Sunbury2	Max Herd, Jeff Luther , Jack Taylor	3118.3
5	Haven Hobgoblins	Tony Cook, Jamie Fox, Wayne Pawson	2841.3
6	Metamorfit2	Sam Bonar, Olga Holcakova, Brandon H-Hyland	2822.0
7	Metamorfit3	Khevane Byroo, Lara Bennett, Trevor Egglestone	2429.7
8	2 Bro	Glenn Branch, Stephen Brooker	2214.4
9	Metamorfit4	Natalie Voce, Harry Fisher, Maria Bennett	2123.5
10	Sunbury3	Dan Harris, Trevor Evans, Scott Lomax	2005.1
11	Keds1	Dean Davies, John Charles Samuel, Carson Williams	1777.1
12	Twyford Celts	Max Ell, Sonya Coles	1577.6
13	Haven Harlots	Ash West, Terry Morris	1471.0
14	Keds2	Frannie Osborne-Keddy, Kingston Williams, Luke Osborne-Keddy	907.7
15	Metamorfit5	Adrian Pryor, Aiden Voce, Steve Sha	582.2
16	Sunbury4	Tom Headford, Alex Mansell-Rowe, Max Mansell-Rowe	76.7

Ranking of Lifters after Legs 1+2+3+4

1	Andy Murtagh	1450.7	25	Natalie Voce	720.2
2	Steve Andrews	1376.8	26	Dan Harris	705.0
3	Ian Dixon	1248.1	27	Harry Fisher	693.4
4	Glenn Branch	1170.3	28	Ash West	683.7
5	Mark Godleman	1139.1	29	Sonya Coles	681.8
6	Jacik Szast	1136.8	30	Dean Davies	643.2
7	Tony Cook	1053.7	31	Terry Morris	563.4
8	Beata Banas	1049.0	32	Trevor Evans	549.3
9	Stephen Brooker	1044.1	33	John Charles Samuel	501.2
10	Max Herd	1003.0	34	Carson Williams	487.1
11	Danny Kingsland	986.3	35	Maria Bennett	472.3
12	Paul Barette	981.2	36	Scott Lomax	388.0
13	Sam Bonar	970.2	37	Frannie Osborne-Keddy	381.1
14	Jeff Luther	939.2	38	Kingston Williams	335.4
15	Jack Taylor	936.8	39	Tom Headford	309.6
16	Olga Holcakova	932.9	40	Adrian Pryor	287.8
17	Max Ell	895.7	41	Aiden Voce	269.1
18	Jamie Fox	882.9	42	Mick Phillips	246.3
19	Wayne Pawson	882.4	43	Luke Osborne-Keddy	220.4
20	Brandon H-Hyland	852.8	44	Alex Mansell-Rowe	203.1
21	Daniel Andrews	844.2	45	Steve Sha	191.7
22	Khevane Byroo	807.0	46	Gareth Edwards	182.6
23	Lara Bennett	763.0	47	Jenny Watson	165.2
24	Trevor Egglestone	752.5	48	Max Mansell-Rowe	134.8

Here's the Leg 4 results with no Kedz team unfortunately.

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

Lifts for Leg 5 are: 2H Barbell Press, 2H Barbell Snatch, 2H Barbell C&J and Power Row to be done by the end of September.

