

IAWA (UK) Bob Smith All Round Postal League 2022 – Leg 5 - compiled by Chris Bass.

Ranking of Teams

| | | | |
|----|------------------|--|-------|
| 1 | Sunbury1 | Max Herd, Andy Murtagh, Anan Gurung | 934.0 |
| 2 | Sunbury2 | Ian Dixon, Jacik Szast, Max Mansell-Rowe | 819.8 |
| 3 | Haven Hobgoblins | Tony Cook, Wayne Pawson, Ash West | 810.5 |
| 4 | Metamorfit1 | Beata Banas, Sam Bonar, Harry Fisher | 786.4 |
| 5 | Granby | Steve Andrews, Mark Godleman, Viv Andrews | 741.4 |
| 6 | Metamorfit2 | Danny Kingsland, Paul Barette, Trevor Egglestone | 702.2 |
| 7 | Sunbury3 | Jeff Luther, Alex Mansell-Rowe, Jack Taylor | 678.7 |
| 8 | Twyford Celts | Gary Ell, Max Ell, Sonya Coles | 651.5 |
| 9 | Metamorfit3 | Olga Holcakova, Lara Bennett, Natalie Voce | 609.6 |
| 10 | 2 Bro | Glenn Branch, Stephen Brooker, | 516.0 |
| 11 | Haven Harlots | Jamie Fox, Terry Morris, Mick Phillips | 468.6 |
| 12 | Metamorfit4 | Maria Bennett | 167.9 |

Ranking of Lifters

| | | | | | |
|----|------------------|-------|----|-------------------|-------|
| 1 | Steve Andrews | 324.6 | 17 | Danny Kingsland | 246.2 |
| 2 | Max Herd | 321.4 | 18 | Jeff Luther | 244.9 |
| 3 | Andy Murtagh | 319.5 | 19 | Stephen Brooker | 244.0 |
| 4 | Anan Gurung | 293.1 | 20 | Jamie Fox | 241.7 |
| 5 | Ian Dixon | 292.0 | 21 | Alex Mansell-Rowe | 231.4 |
| 6 | Tony Cook | 284.6 | 22 | Paul Barette | 229.5 |
| 7 | Jacik Szast | 273.5 | 23 | Trevor Egglestone | 226.5 |
| 8 | Mark Godleman | 272.4 | 24 | Max Ell | 224.2 |
| 9 | Glenn Branch | 272.0 | 25 | Olga Holcakova | 219.5 |
| 10 | Wayne Pawson | 271.5 | 26 | Jack Taylor | 202.3 |
| 11 | Beata Banas | 268.9 | 27 | Lara Bennett | 195.7 |
| 12 | Sam Bonar | 267.3 | 28 | Natalie Voce | 194.5 |
| 13 | Gary Ell | 254.8 | 29 | Sonya Coles | 172.5 |
| 14 | Ash West | 254.4 | 30 | Maria Bennett | 167.9 |
| 15 | Max Mansell-Rowe | 254.3 | 31 | Terry Morris | 163.1 |
| 16 | Harry Fisher | 250.1 | 32 | Viv Andrews | 144.4 |
| | | | 33 | Mick Phillips | 63.8 |

Ranking of Lifters per Lift & Record Breakers.

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

2H Press

2H Snatch

| Lifter | Age | % | Class | Kilos | Points | Lifter | Age | % | Class | Kilos | Points |
|--------------------|------|----|-------|--------------------|--------|------------------|------|----|-------|-------|--------|
| Ian Dixon | Open | 0 | 95 | 100.3 | 88.9 | Anan Gurung1 | Open | 0 | 110 | 95.3 | 90.5 |
| Andy Murtagh1 | 55+ | 17 | 90 | 82.8 | 87.2 | Max Herd | Open | 0 | 80 | 75.3 | 86.0 |
| Steve Andrews | 60+ | 24 | 70 | 63.0▲ | 84.1 | Steve Andrews | 60+ | 24 | 70 | 52.5 | 82.6 |
| Jacik Szast | 40+ | 2 | 100 | 90.3 | 78.4 | Wayne Pawson1 | 55+ | 16 | 90 | 66.0 | 81.4 |
| Max M-Rowe1 | Open | 0 | 90 | 80.3 | 73.2 | Tony Cook1 | 85+ | 68 | 85 | 42.0 | 77.9 |
| Tony Cook1 | 85+ | 68 | 85 | 45.0 | 70.8 | Ash West1 | Open | 0 | 120 | 82.5 | 75.6 |
| Wayne Pawson1 | 55+ | 16 | 90 | 67.0 | 70.1 | Andy Murtagh1 | 55+ | 17 | 90 | 60.3 | 74.8 |
| Glenn Branch1 | Open | 0 | 90 | 77.5 | 70.1 | Glenn Branch1 | Open | 0 | 90 | 70.0 | 74.6 |
| Danny Kingsland1 | Open | 0 | 65 | 62.5 | 69.1 | Sam Bonar1 | Open | 0 | 90 | 70.0 | 74.2 |
| Jack Taylor | Open | 0 | 125 | 90.3 | 69.0 | Ian Dixon | Open | 0 | 95 | 70.3 | 73.4 |
| Max Herd | Open | 0 | 80 | 70.3 | 68.1 | Jamie Fox1 | Open | 0 | 85 | 62.0 | 68.6 |
| Mark Godleman1 | 60+ | 21 | 105 | 65.0 ^{BR} | 65.8 | Gary Ell1 | 50+ | 12 | 90 | 57.5 | 68.2 |
| Sam Bonar1 | Open | 0 | 90 | 70.0 | 63.0 | Stephen Brooker1 | Open | 0 | 85 | 60.0 | 66.7 |
| Ash West1 | Open | 0 | 120 | 80.0 | 62.3 | Mark Godleman1 | 60+ | 21 | 105 | 55.0▲ | 65.5 |
| Jeff Luther | 65+ | 30 | 70 | 45.3 | 62.0 | Max M-Rowe1 | Open | 0 | 90 | 60.3 | 64.7 |
| Jamie Fox1 | Open | 0 | 85 | 65.0 | 61.1 | Beata Banas1 | Open | 33 | 75 | 40.0 | 64.3 |
| Trevor Egglestone1 | 70+ | 40 | 110 | 52.5 | 60.1 | Mick Phillips1 | 50+ | 13 | 100 | 56.0 | 63.8 |
| Stephen Brooker1 | Open | 0 | 85 | 62.5 | 59.0 | Harry Fisher1 | Open | 0 | 105 | 65.0 | 63.4 |
| Beata Banas1 | Open | 33 | 75 | 42.5 | 58.0 | Jacik Szast | 40+ | 2 | 100 | 60.3 | 61.7 |
| Anan Gurung1 | Open | 0 | 110 | 70.3 | 56.7 | Jeff Luther | 65+ | 30 | 70 | 37.3 | 60.1 |
| Harry Fisher1 | Open | 0 | 105 | 67.5 | 55.9 | Alex M-Rowe1 | Open | 33 | 70 | 35.3 | 58.9 |
| Olga Holcakova1 | Open | 33 | 65 | 37.5 | 55.5 | Danny Kingsland1 | Open | 0 | 65 | 45.0 | 58.6 |

2H Press

| Lifter | Age | % | Class | Kilos | Points |
|----------------|-------|----|-------|-------|--------|
| Paul Barette1 | 45+ | 7 | 75 | 50.0 | 54.0 |
| Alex MI-Rowe1 | Open | 33 | 70 | 37.8 | 53.6 |
| Natalie Voce1 | 40+ | 34 | 90 | 42.5 | 51.3 |
| Gary Ell1 | 50+ | 12 | 90 | 50.0 | 50.3 |
| Max Ell1 | Open | 33 | 50 | 27.5 | 49.4 |
| Sonya Coles | 45+ | 39 | 95 | 40.0▲ | 49.2 |
| Lara Bennett1 | 16-17 | 43 | 70 | 30.0 | 45.0 |
| Maria Bennett1 | 60+ | 55 | 100 | 32.5 | 43.1 |
| Terry Morris1 | 65+ | 30 | 110 | 32.5 | 34.7 |
| Viv Andrews1 | 55+ | 52 | 70 | 20.5 | 33.7 |
| Mick Phillips1 | 50+ | 13 | 100 | 0.0 | 0.0 |

2H Snatch

| Lifter | Age | % | Class | Kilos | Points |
|--------------------|-------|----|-------|--------|--------|
| Paul Barette1 | 45+ | 7 | 75 | 45.0 | 57.3 |
| Olga Holcakova1 | Open | 33 | 65 | 32.5 | 56.6 |
| Trevor Egglestone1 | 70+ | 40 | 110 | 40.0 | 54.0 |
| Max Ell1 | Open | 33 | 50 | 25.0 | 52.9 |
| Lara Bennett1 | 16-17 | 43 | 70 | 27.5 | 48.6 |
| Jack Taylor | Open | 0 | 125 | 50.3 | 45.3 |
| Terry Morris1 | 65+ | 30 | 110 | 35.0 | 44.0 |
| Natalie Voce1 | 40+ | 34 | 90 | 30.0 | 42.7 |
| Sonya Coles | 45+ | 39 | 95 | 27.5▲● | 39.8 |
| Maria Bennett1 | 60+ | 55 | 100 | 22.5 | 35.1 |
| Viv Andrews1 | 55+ | 52 | 70 | 18.0 | 34.8 |

2H Clean & Jerk

| Lifter | Age | % | Class | Kilos | Points |
|--------------------|-------|----|-------|-------|--------|
| Anan Gurung1 | Open | 0 | 110 | 120.3 | 87.2 |
| Ian Dixon | Open | 0 | 95 | 105.3 | 83.9 |
| Max Herd | Open | 0 | 80 | 90.3 | 78.7 |
| Andy Murtagh1 | 55+ | 17 | 90 | 80.3 | 76.1 |
| Wayne Pawson1 | 55+ | 16 | 90 | 80.0 | 75.3 |
| Steve Andrews | 60+ | 24 | 70 | 62.5 | 75.0 |
| Beata Banas1 | Open | 33 | 75 | 60.0 | 73.6 |
| Glenn Branch1 | Open | 0 | 90 | 90.0 | 73.2 |
| Jamie Fox1 | Open | 0 | 85 | 85.0 | 71.8 |
| Harry Fisher1 | Open | 0 | 105 | 95.0 | 70.7 |
| Ash West1 | Open | 0 | 120 | 100.0 | 70.0 |
| Tony Cook1 | 85+ | 68 | 85 | 46.0 | 65.1 |
| Sam Bonar1 | Open | 0 | 90 | 80.0 | 64.7 |
| Alex MI-Rowe1 | Open | 33 | 70 | 50.3 | 64.1 |
| Stephen Brooker1 | Open | 0 | 85 | 75.0 | 63.7 |
| Olga Holcakova1 | Open | 33 | 65 | 45.0 | 59.9 |
| Gary Ell1 | 50+ | 12 | 90 | 65.0 | 58.8 |
| Jacik Szast | 40+ | 2 | 100 | 75.3 | 58.8 |
| Jeff Luther | 65+ | 30 | 70 | 47.8 | 58.8 |
| Max M-Rowe1 | Open | 0 | 90 | 70.3 | 57.6 |
| Max Ell1 | Open | 33 | 50 | 35.0 | 56.5 |
| Jack Taylor | Open | 0 | 125 | 80.3 | 55.2 |
| Danny Kingsland1 | Open | 0 | 65 | 55.0 | 54.7 |
| Mark Godleman1 | 60+ | 21 | 105 | 60.0▲ | 54.6 |
| Paul Barette1 | 45+ | 7 | 75 | 55.0 | 53.5 |
| Lara Bennett1 | 16-17 | 43 | 70 | 37.5 | 50.6 |
| Natalie Voce1 | 40+ | 34 | 90 | 45.0 | 48.9 |
| Terry Morris1 | 65+ | 30 | 110 | 50.0 | 47.9 |
| Trevor Egglestone1 | 70+ | 40 | 110 | 42.5 | 43.8 |
| Sonya Coles | 45+ | 39 | 95 | 35.0▲ | 38.7 |
| Maria Bennett1 | 60+ | 55 | 100 | 30.0 | 35.8 |
| Viv Andrews1 | 55+ | 52 | 70 | 18.0 | 26.6 |
| Mick Phillips1 | 50+ | 13 | 100 | 0.0 | 0.0 |

Power Row

| Lifter | Age | % | Class | Kilos | Points |
|--------------------|-------|----|-------|---------------------|--------|
| Max Herd | Open | 0 | 80 | 106.8 | 88.6 |
| Mark Godleman1 | 60+ | 21 | 105 | 100.0 ^{BR} | 86.5 |
| Steve Andrews | 60+ | 24 | 70 | 72.5▲ | 82.8 |
| Andy Murtagh1 | 55+ | 17 | 90 | 90.3 | 81.4 |
| Gary Ell1 | 50+ | 12 | 90 | 90.0 | 77.5 |
| Jacik Szast | 40+ | 2 | 100 | 100.3▲ | 74.5 |
| Beata Banas1 | Open | 33 | 75 | 62.5 | 73.0 |
| Tony Cook1 | 85+ | 68 | 85 | 52.5 | 70.7 |
| Trevor Egglestone1 | 70+ | 40 | 110 | 70.0 | 68.6 |
| Sam Bonar1 | Open | 0 | 90 | 85.0 | 65.4 |
| Max Ell1 | Open | 33 | 50 | 42.5 | 65.3 |
| Paul Barette1 | 45+ | 7 | 75 | 70.0 | 64.7 |
| Jeff Luther | 65+ | 30 | 70 | 54.8 | 64.1 |
| Danny Kingsland1 | Open | 0 | 65 | 67.5 | 63.8 |
| Harry Fisher1 | Open | 0 | 105 | 85.0 | 60.2 |
| Anan Gurung1 | Open | 0 | 110 | 85.3 | 58.8 |
| Max M-Rowe1 | Open | 0 | 90 | 75.3 | 58.7 |
| Alex M-Rowe1 | Open | 33 | 70 | 45.3 | 54.9 |
| Stephen Brooker1 | Open | 0 | 85 | 67.5 | 54.5 |
| Glenn Branch1 | Open | 0 | 90 | 70.0 | 54.2 |
| Maria Bennett1 | 60+ | 55 | 100 | 47.5 | 53.9 |
| Natalie Voce1 | 40+ | 34 | 90 | 50.0 | 51.6 |
| Lara Bennett1 | 16-17 | 43 | 70 | 40.0 | 51.4 |
| Viv Andrews1 | 55+ | 52 | 70 | 35.0 | 49.2 |
| Olga Holcakova1 | Open | 33 | 65 | 37.5 | 47.5 |
| Ash West1 | Open | 0 | 120 | 70.0 | 46.6 |
| Ian Dixon | Open | 0 | 95 | 60.3 | 45.7 |
| Wayne Pawson1 | 55+ | 16 | 90 | 50.0 | 44.8 |
| Sonya Coles | 45+ | 39 | 95 | 42.5 | 44.7 |
| Jamie Fox1 | Open | 0 | 85 | 50.0 | 40.2 |
| Terry Morris1 | 65+ | 30 | 110 | 40.0 | 36.5 |
| Jack Taylor | Open | 0 | 125 | 50.3 | 32.9 |
| Mick Phillips1 | 50+ | 13 | 100 | 0.0 | 0.0 |

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

| | | | |
|----|------------------|--|--------|
| 1 | Sunbury1 | Andy Murtagh, Ian Dixon, Jacik Szast | 3995.1 |
| 2 | Granby | Steve Andrews, Mark Godleman, Daniel Andrews | 3360.1 |
| 3 | Sunbury2 | Max Herd, Jeff Luther , Jack Taylor | 3220.8 |
| 4 | Metamorfit1 | Beata Banas, Sam Bonar, Danny Kingsland, Paul Barette | 3119.9 |
| 5 | Haven Hobgoblins | Tony Cook, Wayne Pawson, Jamie Fox | 2841.3 |
| 6 | Metamorfit2 | Paul Barette, Olga Holcakova, Trevor Egglestone | 2822.0 |
| 7 | Metamorfit3 | Lara Bennett, Harry Fisher, Natalie Voce | 2429.7 |
| 8 | 2 Bro | Glenn Branch, Stephen Brooker | 2214.4 |
| 9 | Sunbury3 | Dan Harris, Trevor Evans, Alex Mansell-Rowe | 2123.5 |
| 10 | Metamorfit4 | Brandon H-Hyland, Khevane Byroo, Maria Bennett | 2005.1 |
| 11 | Twyford Celts | Max Ell, Sonya Coles, Gary Ell | 1777.1 |
| 12 | Haven Harlots | Ash West, Terry Morris, Mick Phillips | 1577.6 |
| 13 | Keds1 | Dean Davies, John Charles Samuel, Carson Williams | 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 | Max Mansell-Rowe, Scott Lomax, Tom Headford, , | 76.7 |

Ranking of Lifters after Legs 1+2+3+4+5

| | | | | | |
|----|-------------------|--------|----|-----------------------|-------|
| 1 | Andy Murtagh | 1770.2 | 27 | Daniel Andrews | 844.2 |
| 2 | Steve Andrews | 1701.4 | 28 | Khevane Byroo | 807.0 |
| 3 | Ian Dixon | 1540.1 | 29 | Terry Morris | 726.4 |
| 4 | Glenn Branch | 1442.3 | 30 | Dan Harris | 705.0 |
| 5 | Max Herd | 1426.8 | 31 | Dean Davies | 643.2 |
| 6 | Mark Godleman | 1411.5 | 32 | Maria Bennett | 640.2 |
| 7 | Jacik Szast | 1410.3 | 33 | Trevor Evans | 549.3 |
| 8 | Tony Cook | 1338.3 | 34 | John Charles Samuel | 501.2 |
| 9 | Beata Banas | 1317.9 | 35 | Carson Williams | 487.1 |
| 10 | Stephen Brooker | 1288.1 | 36 | Alex Mansell-Rowe | 434.5 |
| 11 | Sam Bonar | 1237.6 | 37 | Max Mansell-Rowe | 389.1 |
| 12 | Danny Kingsland | 1232.5 | 38 | Scott Lomax | 388.0 |
| 13 | Paul Barette | 1210.8 | 39 | Frannie Osborne-Keddy | 381.1 |
| 14 | Jeff Luther | 1184.1 | 40 | Kingston Williams | 335.4 |
| 15 | Wayne Pawson | 1153.9 | 41 | Mick Phillips | 310.1 |
| 16 | Olga Holcakova | 1152.3 | 42 | Tom Headford | 309.6 |
| 17 | Jack Taylor | 1139.1 | 43 | Anan Gurung | 293.1 |
| 18 | Jamie Fox | 1124.6 | 44 | Adrian Pryor | 287.8 |
| 19 | Max Ell | 1119.9 | 45 | Aiden Voce | 269.1 |
| 20 | Trevor Egglestone | 979.0 | 46 | Gary Ell | 254.8 |
| 21 | Lara Bennett | 958.7 | 47 | Luke Osborne-Keddy | 220.4 |
| 22 | Harry Fisher | 943.6 | 48 | Steve Sha | 191.7 |
| 23 | Ash West | 938.1 | 49 | Gareth Edwards | 182.6 |
| 24 | Natalie Voce | 914.6 | 50 | Jenny Watson | 165.2 |
| 25 | Sonya Coles | 854.3 | 51 | Viv Andrews | 144.4 |
| 26 | Brandon H-Hyland | 852.8 | | | |

Here's the Leg 5 results, 12 teams & 33 lifters.

To date: top 3 lifters remain as Andy Murtagh, Steve Andrews & Ian Dixon; Top 3 teams also remain as Sunbury1, Granby & Sunbury2.

Lifts for Leg 6 are: 1H Barbell Press, 1H Barbell C&J (opp hand), 1H Barbell D/L and Pullover at Arms Length to be done by the end of November.

Here is the Olympic Totals on the following page.

| Olympic Set | | | Age | CLASS | 2H Press | 2H Snatch | 2H C&J | TOTAL | TOTAL |
|--------------------|---|-------|-------|-------|----------|-----------|---------------------|-------|--------|
| NAME | | | Class | Kilos | KILOS | KILOS | KILOS | KILOS | POINTS |
| Ian Dixon | M | Open | 95 | 100.3 | 70.3 | 105.3 | 275.9 | 246.3 | |
| Steve Andrews | M | 60+ | 70 | 63.0 | 52.5 | 62.5 | 178.0 | 241.8 | |
| Andy Murtagh1 | M | 55+ | 90 | 82.8 | 60.3 | 80.3 | 223.4 | 238.1 | |
| Anan Gurung1 | M | Open | 110 | 70.3 | 95.3 | 120.3 | 285.9 | 234.3 | |
| Max Herd | M | Open | 80 | 70.3 | 75.3 | 90.3 | 235.9 | 232.8 | |
| Wayne Pawson1 | M | 55+ | 90 | 67.0 | 66.0 | 80.0 | 213.0 | 226.7 | |
| Glenn Branch1 | M | Open | 90 | 77.5 | 70.0 | 90.0 | 237.5 | 217.9 | |
| Tony Cook1 | M | 85+ | 85 | 45.0 | 42.0 | 46.0 | 133.0 | 213.8 | |
| Ash West1 | M | Open | 120 | 80.0 | 82.5 | 100.0 | 262.5 | 207.8 | |
| Sam Bonar1 | M | Open | 90 | 70.0 | 70.0 | 80.0 | 220.0 | 201.9 | |
| Jamie Fox1 | M | Open | 85 | 65.0 | 62.0 | 85.0 | 212.0 | 201.5 | |
| Jacik Szast | M | 40+ | 100 | 90.3 | 60.3 | 75.3 | 225.9 | 199.0 | |
| Beata Banas1 | F | Open | 75 | 42.5 | 40.0 | 60.0 | 142.5 | 195.9 | |
| Max Mansell-Rowe1 | M | Open | 90 | 80.3 | 60.3 | 70.3 | 210.9 | 195.5 | |
| Harry Fisher1 | M | Open | 105 | 67.5 | 65.0 | 95.0 | 227.5 | 189.9 | |
| Stephen Brooker1 | M | Open | 85 | 62.5 | 60.0 | 75.0 | 197.5 | 189.5 | |
| Mark Godleman | M | 60+ | 105 | 65.0 | 55.0 | 60.0 | 180.0 ^{BR} | 185.9 | |
| Danny Kingsland1 | M | Open | 65 | 62.5 | 45.0 | 55.0 | 162.5 | 182.3 | |
| Jeff Luther1 | M | 65+ | 70 | 45.3 | 37.3 | 47.8 | 130.4 | 180.8 | |
| Gary Ell1 | M | 50+ | 90 | 50.0 | 57.5 | 65.0 | 172.5 | 177.3 | |
| Alex Mansell-Rowe1 | F | Open | 70 | 37.8 | 35.3 | 50.3 | 123.4 | 176.5 | |
| Olga Holcakova1 | F | Open | 65 | 37.5 | 32.5 | 45.0 | 115.0 | 172.0 | |
| Jack Taylor | M | Open | 125 | 90.3 | 50.3 | 80.3 | 220.9 | 169.5 | |
| Paul Barette1 | M | 45+ | 75 | 50.0 | 45.0 | 55.0 | 150.0 | 164.8 | |
| Max Ell1 | F | Open | 50 | 27.5 | 25.0 | 35.0 | 87.5 | 158.9 | |
| Trevor Egglestone1 | M | 70+ | 110 | 52.5 | 40.0 | 42.5 | 135.0 | 157.9 | |
| Lara Bennett1 | F | 16-17 | 70 | 30.0 | 27.5 | 37.5 | 95.0 | 144.3 | |
| Natalie Voce1 | F | 40+ | 90 | 42.5 | 30.0 | 45.0 | 117.5 | 142.8 | |
| Sonya Coles | F | 45+ | 95 | 40.0 | 27.5 | 35.0 | 102.5 ^{BR} | 127.8 | |
| Terry Morris1 | M | 65+ | 110 | 32.5 | 35.0 | 50.0 | 117.5 | 126.6 | |
| Maria Bennett1 | F | 60+ | 100 | 32.5 | 22.5 | 30.0 | 85.0 | 114.0 | |
| Viv Andrews1 | F | 55+ | 70 | 20.5 | 18.0 | 18.0 | 56.5 | 95.1 | |
| Mick Phillips1 | M | 50+ | 100 | 0.0 | 56.0 | 0.0 | 56.0 | 63.8 | |

Chris