

# IWA (UK) Bob Smith All Round Postal League 2022 – Leg 6 - compiled by Chris Bass.

## Ranking of Teams

1	Sunbury1	Andy Murtagh, Ian Dixon, Jacik Szast
2	Haven Hobgoblins	Matt Wells, Tony Cook, Jamie Fox
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland
4	Granby	Steve Andrews, Mark Godleman, Viv Andrews
5	Twyford Celts	Gary Ell, Max Ell, Sonya Coles
6	Haven Harlots	Ash West, Wayne Pawson, Terry Morris
7	Metamorfit2	Harry Fisher, Brandon H-Hyland, Trevor Egglestone
8	2 Bro	Glenn Branch, Stephen Brooker
9	Metamorfit3	Natalie Voce, Paul Barette
10	Sunbury2	Jeff Luther, Trevor Evans

## Ranking of Lifters

1	Steve Andrews	313.3	14	Danny Kingsland	213.7
2	Andy Murtagh	302.7	15	Ash West	210.5
3	Matt Wells	265.2	16	Wayne Pawson	209.4
4	Glenn Branch	264.0	17	Max Ell	204.2
5	Beata Banas	251.1	18	Jeff Luther	194.4
6	Mark Godleman	250.5	19	Harry Fisher	190.7
7	Stephen Brooker	246.3	20	Brandon H-Hyland	178.0
8	Gary Ell	240.5	21	Trevor Egglestone	159.5
9	Tony Cook	236.4	22	Natalie Voce	150.1
10	Ian Dixon	230.7	23	Paul Barette	148.4
11	Jamie Fox	229.8	24	Sonya Coles	132.6
12	Sam Bonar	222.1	25	Terry Morris	114.5
13	Jacik Szast	219.0	26	Viv Andrews	102.2
			27	Trevor Evans	77.9

## Ranking of Lifters per Lift & Record Breakers.

### 1H Snatch

Lifter	Age	%	Class	Kilos	Points
Glenn Branch1	Open	0	90	55.0R	74.7
Matt Wells1	40+	3	75	45.0R	72.5
Andy Murtagh1	55+	17	90	45.3L	71.9
Steve Andrews1	60+	24	70	35.0R	71.1
Jacik Szast	40+	2	100	50.3L	65.9
Ash West1	Open	0	120	55.0R	65.3
Wayne Pawson1	55+	16	95	40.0R	62.8
Beata Banas1	Open	33	75	30.0L	61.6
Gary Ell1	50+	12	90	40.0L	61.1
Ian Dixon	Open	0	95	45.3L	60.8
Jamie Fox1	Open	0	85	42.5R	59.8
Stephen Brooker1	Open	0	85	40.0R	57.4
Tony Cook1	85+	68	85	23.5R	56.3
Sam Bonar1	Open	0	90	40.0L	54.9
Mark Godleman1	60+	21	105	35.0R <sup>BR</sup>	53.4
Harry Fisher1	Open	0	110	42.5R	52.5
Jeff Luther1	65+	30	70	24.3L	50.5
Danny Kingsland1	Open	0	65	30.0R	50.0
Brandon H-Hyland1	Open	0	85	35.0L	49.4
Paul Barette1	45+	7	80	30.0L	47.7
Max Ell1	Open	33	50	15.0R	41.9
Natalie Voce1	40+	34	90	22.5R	41.2
Terry Morris1	65+	30	110	25.5R	41.2
Trevor Egglestone	70+	40	110	20.0R□	34.6
Sonya Coles	45+	39	95	15.0R□	28.1
Viv Andrews1	55+	52	70	11.0R	27.0
Trevor Evans1	75+	52	80	0.0	0.0

▲ World Junior/Masters, ● World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref

### 1H Clean & Jerk

Lifter	Age	%	Class	Kilos	Points
Matt Wells1	40+	3	75	45.0L	69.6
Steve Andrews1	60+	24	70	35.0L	68.2
Jamie Fox1	Open	0	85	50.0L	67.5
Beata Banas1	Open	33	75	32.5R	64.1
Ash West1	Open	0	120	52.5L	59.8
Glenn Branch1	Open	0	90	45.0L	58.6
Andy Murtagh1	55+	17	90	37.8R	57.6
Tony Cook1	85+	68	85	25.0L	57.4
Stephen Brooker1	Open	0	85	40.0L	55.1
Jeff Luther1	65+	30	70	27.3R	54.5
Sam Bonar1	Open	0	90	40.0R	52.7
Wayne Pawson1	55+	16	95	35.0L	52.7
Jacik Szast	40+	2	100	41.3R	51.9
Ian Dixon	Open	0	95	40.3R	51.874
Danny Kingsland1	Open	0	65	30.0L	48.0
Mark Godleman1	60+	21	105	32.5L□	47.6
Brandon H-Hyland1	Open	0	85	35.0R	47.4
Max Ell1	Open	33	50	17.5L	46.9
Paul Barette1	45+	7	80	30.0R	45.8
Harry Fisher1	Open	0	110	37.5L	44.5
Gary Ell1	50+	12	90	30.0R	44.0
Natalie Voce1	40+	34	90	22.5L	39.5
Terry Morris1	65+	30	110	18.5L	28.7
Sonya Coles	45+	39	95	15.0L□	27.0
Viv Andrews1	55+	52	70	11.0L	25.9
Trevor Egglestone	70+	40	110	15.0LBR	24.9
Trevor Evans1	75+	52	80	0.0	0.0

## 1H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews1	60+	24	70	120.0L	84.3	Andy Murtagh1	55+	17	90	60.3□	112.7
Matt Wells1	40+	3	75	132.5R	73.8	Steve Andrews1	60+	24	70	37.5	89.7
Beata Banas1	Open	33	75	100.0R	71.0	Mark Godleman1	60+	21	105	45.0□	80.9
Mark Godleman1	60+	21	105	130.0R	68.6	Glenn Branch1	Open	0	90	45.0	72.0
Gary Ell1	50+	12	90	120.0L	63.4	Gary Ell1	50+	12	90	40.0	72.0
Tony Cook1	85+	68	85	75.0R	62.1	Stephen Brooker1	Open	0	85	42.5	71.8
Stephen Brooker1	Open	0	85	125.0R	62.0	Ian Dixon	Open	0	95	45.3	71.5
Andy Murtagh1	55+	17	90	110.3R	60.5	Sam Bonar1	Open	0	90	40.0	64.7
Jamie Fox1	Open	0	85	122.0R	59.4	Danny Kingsland1	Open	0	65	32.5	63.8
Glenn Branch1	Open	0	90	125.0R	58.7	Tony Cook1	85+	68	85	21.5	60.6
Max Ell1	Open	33	50	60.0L	57.9	Max Ell1	Open	33	50	17.5	57.5
Ash West1	Open	0	120	135.0R	55.4	Beata Banas1	Open	33	75	22.5	54.4
Paul Barette1	45+	7	80	100.0L	55.0	Trevor Egglestone	70+	40	110	25.5□	52.0
Jacik Szast	40+	2	100	120.3R	54.5	Harry Fisher1	Open	0	110	35.0	50.9
Wayne Pawson1	55+	16	95	100.0R	54.2	Matt Wells1	40+	3	75	26.0	49.3
Danny Kingsland1	Open	0	65	90.0R	51.9	Jacik Szast	40+	2	100	30.3	46.7
Sam Bonar1	Open	0	90	105.0R	49.8	Trevor Evans1	75+	52	80	16.6	43.8
Jeff Luther1	65+	30	70	67.8R	48.7	Jamie Fox1	Open	0	85	26.0	43.1
Trevor Egglestone	70+	40	110	80.0R <sup>BR</sup>	47.9	Jeff Luther1	65+	30	70	16.6	40.6
Ian Dixon	Open	0	95	100.3R	46.5	Wayne Pawson1	55+	16	95	21.5	39.7
Terry Morris1	65+	30	110	80.0R	44.7	Sonya Coles	45+	39	95	17.5□	38.6
Brandon H-Hyland1	Open	0	85	90.0R	43.9	Natalie Voce1	40+	34	90	17.5	37.7
Harry Fisher1	Open	0	110	100.0L	42.7	Brandon H-Hyland1	Open	0	85	22.5	37.4
Sonya Coles	45+	39	95	60.0L□	38.9	Ash West1	Open	0	120	21.5	30.0
Trevor Evans1	75+	52	80	44.0R	34.1	Viv Andrews1	55+	52	70	6.0	17.4
Viv Andrews1	55+	52	70	37.5R	31.9	Paul Barette1	45+	7	80	0.0	0.0
Natalie Voce1	40+	34	90	50.0R	31.6	Terry Morris1	65+	30	110	0.0	0.0

## Pullover at Arm Length

### Ranking of Teams after Legs 1+2+3+4+5+6.

1	Sunbury1	Andy Murtagh, Ian Dixon, Jacik Szast	5681.5
2	Granby	Steve Andrews, Mark Godleman, Daniel Andrews	4767.5
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland	4593.3
4	Haven Hobgoblins	Tony Cook, Wayne Pawson, Jamie Fox	4383.2
5	Sunbury2	Max Herd, Jeff Luther, Jack Taylor	4312.9
6	Metamorfit2	Paul Barette, Olga Holcakova, Trevor Egglestone	4052.3
7	Metamorfit3	Harry Fisher, Natalie Voce, Brandon H-Hyland	3337.9
8	2 Bro	Glenn Branch, Stephen Brooker	3240.7
9	Twyford Celts	Max Ell, Sonya Coles,	2806.3
10	Sunbury3	Dan Harris, Trevor Evans, Alex Mansell-Rowe	2683.8
11	Haven Harlots	Ash West, Terry Morris, Mick Phillips	2474.1
12	Metamorfit4	Lara Bennett, Khevane Byroo, Maria Bennett	2291.4
13	Keds1	Dean Davies, John Charles Samuel, Carson Williams	1777.1
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+6

1	Andy Murtagh	2072.9	27	Daniel Andrews	844.2
2	Steve Andrews	2014.7	28	Terry Morris	840.9
3	Ian Dixon	1770.8	29	Khevane Byroo	807.0
4	Glenn Branch	1706.4	30	Dan Harris	705.0
5	Mark Godleman	1662.0	31	Dean Davies	643.2
6	Jacik Szast	1629.4	32	Maria Bennett	640.2
7	Tony Cook	1574.7	33	Trevor Evans	627.2
8	Beata Banas	1569.0	34	John Charles Samuel	501.2
9	Stephen Brooker	1534.3	35	Gary Ell	495.3
10	Sam Bonar	1459.7	36	Carson Williams	487.1
11	Danny Kingsland	1446.2	37	Alex Mansell-Rowe	434.5
12	Max Herd	1426.8	38	Max Mansell-Rowe	389.1
13	Jeff Luther	1378.5	39	Scott Lomax	388.0
14	Wayne Pawson	1363.3	40	Frannie Osborne-Keddy	381.1
15	Paul Barette	1359.2	41	Kingston Williams	335.4
16	Jamie Fox	1354.4	42	Mick Phillips	310.1
17	Max Ell	1324.1	43	Tom Headford	309.6
18	Olga Holcakova	1152.3	44	Anan Gurung	293.1
19	Ash West	1148.6	45	Adrian Pryor	287.8
20	Jack Taylor	1139.1	46	Aiden Voce	269.1
21	Trevor Egglestone	1138.5	47	Matt Wells	265.2
22	Harry Fisher	1134.2	48	Viv Andrews	246.6
23	Natalie Voce	1064.7	49	Luke Osborne-Keddy	220.4
24	Brandon H-Hyland	1030.8	50	Steve Sha	191.7
25	Sonya Coles	986.9	51	Gareth Edwards	182.6
26	Lara Bennett	958.7	52	Jenny Watson	165.2

Single Arm Total		Age	CLASS	1H Snatch	1H C&J	1H	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	Deadlift	KILOS	POINTS
Steve Andrews1	M	60+	70	35.0	35.0	120.0	190.0	223.6
Matt Wells1	M	40+	75	45.0	45.0	132.5	222.5	215.9
Beata Banas1	F	Open	75	30.0	32.5	100.0	162.5	196.7
Glenn Branch1	M	Open	90	55.0	45.0	125.0	225.0	192.1
Andy Murtagh	M	55+	90	45.3	37.8	110.3	193.4	190.0
Jamie Fox1	M	Open	85	42.5	50.0	122.0	214.5	186.7
Ash West1	M	Open	120	55.0	52.5	135.0	242.5	180.5
Tony Cook1	M	85+	85	23.5	25.0	75.0	123.5	175.8
Stephen Brooker1	M	Open	85	40.0	40.0	125.0	205.0	174.5
Jacik Szast	M	40+	100	50.3	41.3	120.3	211.9	172.3
Wayne Pawson1	M	55+	95	40.0	35.0	100.0	175.0	169.7
Mark Godleman	M	60+	105	35.0	32.5	130.0	197.5 <sup>BR</sup>	169.6
Gary Ell1	M	50+	90	40.0	30.0	120.0	190.0	168.5
Ian Dixon	M	Open	95	45.3	40.3	100.3	185.9	159.2
Sam Bonar1	M	Open	90	40.0	40.0	105.0	185.0	157.5
Jeff Luther1	M	65+	70	24.3	27.3	67.8	119.4	153.8
Danny Kingsland1	M	Open	65	30.0	30.0	90.0	150.0	149.9
Paul Barette1	M	45+	80	30.0	30.0	100.0	160.0	148.4
Max Ell1	F	Open	50	15.0	17.5	60.0	92.5	146.7
Brandon H-Hyland1	M	Open	85	35.0	35.0	90.0	160.0	140.6
Harry Fisher1	M	Open	110	42.5	37.5	100.0	180.0	139.7
Terry Morris1	M	65+	110	25.5	18.5	80.0	124.0	114.5
Natalie Voce1	F	40+	90	22.5	22.5	50.0	95.0	112.4
Trevor Egglestone	M	70+	110	20.0	15.0	80.0	115.0 <sup>BR</sup>	107.5
Sonya Coles	F	45+	95	15.0	15.0	60.0	90.0 <sup>BR</sup>	94.0
Viv Andrews1	F	55+	70	11.0	11.0	37.5	59.5	84.8
Trevor Evans1	M	75+	80	0.0	0.0	44.0	44.0	34.1

Here's the Leg 6 results, 10 teams & 27 lifters.

To date: top 3 lifters Steve Andrews, Andy Murtagh & Matt Wells; Top 3 teams were Sunbury1, Haven Hobgoblins & Metamorfit1.

For the Year: top 3 lifters were Andy Murtagh, Steve Andrews & Ian Dixon; Top 3 teams were Sunbury1, Granby & Metamorfit1. Beata Banas was the top ladies lifter & Max Ell was the top MX lifter.

And finally well done to everyone else & thanks for lifting throughout the year. I hope you all compete next year for without you the postal league would not continue.

Lifts for Leg 1 of 2023 are: 2H Dumbbell Press, 2H Dumbbell C&J, 2H Dumbbell Swing and Crucifix to be done by the end of January.

### Final Rankings of the 2022 All round Scheme.

If you qualify for an award (**12 lifts or more**) and want one then please contact Paul Barette. No claim – No award. Congratulations to all the title and award winners.

	NAME	Lifts	Position – title or award
1	Andy Murtagh	24	Best British Open & 55+, 90k class Top All Rounder
2	Steve Andrews	24	Best British Open & 65+, 70k class All Rounder
3	Ian Dixon	24	Best British Open, 95k class All Rounder
4	Glen Branch	24	Best British Open, 90k class All Rounder
5	Mark Godleman	24	Best British Open & 60+, 105k class All Rounder
6	Jacit Szast	24	Best British Open & 40+, 100k class All Rounder
7	Tony Cook	24	Best British 85+, 85k class All Rounder
8	Beata Banas	24	Best British Ladies Open, 75k class Top All Rounder
9	Stephen Brooker	24	Best British Open, 85k class All Rounder
10	Sam Bonar	24	Runner-up British Open, 95k class All Rounder
11	Danny Kingsland	24	Best British Open, 65k class All Rounder
12	Max Herd	18	British Open, 85k class All Rounder – 18 lifts
13	Jeff Luther	24	Best British 65+, 75k class All Rounder
14	Wayne Pawson	23	Best British 55+, 90k class All Rounder
15	Paul Barette	23	Best British Open, 45+, 75k class All Rounder
16	Jamie Fox	22	Runner-up British Open, 85k class All Rounder
17	Max Ell	24	Best British MX Open, 55k class Top All Rounder
18	Olga Holcakova	20	Best British Ladies Open, 65k class All Rounder
19	Ash West	19	British Open, 120k class All Rounder – 19 lifts
20	Jack Taylor	20	Best British Open, 120k class All Rounder
21	Trevor Egglestone	23	Best British 110k class All Rounder
22	Harry Fisher	20	Best British Open, 110k class All Rounder
23	Natalie Voce	24	Best British Ladies Open, 90k class All Rounder
24	Brandon H-Hyland	20	Best British Open, 80k class All Rounder
25	Sonya Coles	24	Best British Ladies Open & 45+, 95k class All Rounder
26	Lara Bennett	20	Best British Ladies Junior 16years, 65k class All Rounder
27	Daniel Andrews	16	British Open, 80k class All Rounder - 16 lifts
28	Terry Morris	19	British 65+, 110k class All Rounder – 19 lifts
29	Khevane Byroo	16	British Open, 90k class All Rounder - 16 lifts
30	Dan Harris	8	British Open, 95k class All Rounder - 8 lifts
31	Dean Davies	12	British 40+, 125k class All Rounder – 12 lifts
32	Maria Bennett	16	British Ladies 60+, 100k class All Rounder – 16 lifts
33	Trevor Evans	13	British 75+, 80k class All Rounder – 13 lifts
34	John Charles Samuel	12	British Open, 125+k class All Rounder – 12 lifts

Continued:

	NAME	Lifts	Position – title or award
35	Gary Ell	8	British 50+, 90k class All Rounder – 8 lifts
36	Carson Williams	12	British Junior Age 14, 125k class All Rounder – 12 lifts
37	Alex Mansell-Rowe	7	British Ladies Open, 70k class All Rounder – 7 lifts
38	Max Mansell-Rowe	4	British Open, 90k class All Rounder – 4 lifts
39	Scott Lomax	5	British Open, 100k class All Rounder – 5 lifts
40	Frannie Osborne-Keddy	8	British Ladies Junior 9 years, 40k class All Rounder – 8 lifts
41	Kingston Williams	8	British Junior Age 12, 40k class All Rounder – 8 lifts
42	Mick Phillips	5	British 50+, 100k class All Rounder – 5 lifts
43	Tom Headford	5	British Open, 125+k class All Rounder – 5 lifts
44	Anan Gurung	4	British Open, 110k class All Rounder – 4 lifts
45	Adrian Pryor	4	British 50+, 85k class All Rounder – 4 lifts
46	Aiden Voce	7	British Junior Age 7, 85k class All Rounder – 7 lifts
47	Matt Wells	4	British 40+, 75k class All Rounder – 4 lifts
48	Viv Andrews	8	British Ladies 55+, 70k class All Rounder – 8 lifts
49	Luke Osborne-Keddy	8	British Junior Age 13, 90k class All Rounder – 8 lifts
50	Steve Sha	3	British 70+, 85k class All Rounder – 3 lifts
51	Gareth Edwards	4	British Open, 90k class All Rounder – 4 lifts
52	Jenny Watson	3	British Ladies 55+, 60k class All Rounder – 3 lifts

