

IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 2 - compiled by Chris Bass.

Ranking of Teams

1	Metamorfit1	Paul Barette, Beata Banas, Danny Kingsland	800.2
2	Sunbury1	Jacik Szast, Ian Dixon, Jack Taylor	777.6
3	Granby	Steve Andrews, Mark Godleman, Viv Andrews	756.5
4	Twyford Celts	Max Ell, Sonya Coles, Gary Ell	723.2
5	Metamorfit2	Trevor Egglestone, Sam Bonar, Harry Fisher	719.3
6	Metamorfit3	Brandon H-Hyland, Natalie Voce	381.3
7	Sunbury2	Jeff Luther, Trevor Evans	325.8

Ranking of Lifters

1	Steve Andrews	315.9	10	Trevor Egglestone	256.7
2	Mark Godleman	295.1	11	Sam Bonar	237.5
3	Jacik Szast	285.9	12	Jack Taylor	225.6
4	Paul Barette	275.6	13	Harry Fisher	225.1
5	Gary Ell	273.4	14	Jeff Luther	203.4
6	Max Ell	272.4	15	Brandon H-Hyland	198.3
7	Ian Dixon	266.0	16	Natalie Voce	183.0
8	Beata Banas	263.1	17	Sonya Coles	177.4
9	Danny Kingsland	261.5	18	Viv Andrews	145.5
			19	Trevor Evans	122.4

Ranking of Lifters per Lift & Record Breakers.

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

Power Row

Lifter	Age	%	Class	Kilos	Points
Jacik Szast ¹	40+	3	100	126.3	95.2
Mark Godleman ¹	60+	22	105	100.0	87.8
Steve Andrews ¹	60+	25	70	72.5	84.3
Gary Ell ¹	50+	13	90	95.0	83.0
Max Ell ¹	Open	33	50	50.0	78.8
Danny Kingsland ¹	Open	0	65	80.0	75.2
Trevor Egglestone	70+	42	110	75.5▲	75.1
Ian Dixon ¹	Open	0	90	95.3	73.6
Beata Banas ¹	Open	34	75	62.5	72.4
Paul Barette	45+	8	80	77.5	71.3
Jack Taylor ¹	Open	0	125	100.3	65.3
Harry Fisher ¹	Open	0	105	90.0	63.6
Sam Bonar ¹	Open	0	90	80.0	62.1
Jeff Luther ¹	65+	32	70	50.3	60.4
Brandon H-Hyland	Open	0	85	65.0	52.7
Natalie Voce ¹	40+	35	95	50.0	51.4
Sonya Coles	45+	40	95	47.5	50.9
Trevor Evans ¹	75+	54	80	38.5	49.2
Viv Andrews ¹	55+	53	70	32.5	46.2

Pullover & Push

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	25	70	87.5	71.6
Danny Kingsland ¹	Open	0	65	100.0	66.2
Max Ell ¹	Open	33	50	52.5	58.2
Ian Dixon ¹	Open	0	90	100.3	54.5
Paul Barette	45+	8	80	82.5	53.4
Beata Banas	Open	34	75	65.0	53.0
Natalie Voce ¹	40+	35	95	70.0	50.6
Mark Godleman ¹	60+	22	105	80.0	49.4
Sam Bonar ¹	Open	0	90	90.0	49.1
Gary Ell ¹	50+	13	90	75.0	46.1
Trevor Egglestone	70+	42	110	60.0	42.0
Jeff Luther ¹	65+	32	70	47.8	40.4
Jacik Szast ¹	40+	3	100	75.3	39.9
Brandon H-Hyland	Open	0	85	70.0	39.9
Harry Fisher ¹	Open	0	105	77.5	38.5
Sonya Coles	45+	40	95	47.5	35.8
Jack Taylor ¹	Open	0	125	70.3	32.2
Viv Andrews ¹	55+	53	70	22.5	22.5
Trevor Evans ¹	75+	54	80	0.0	0.0

Straddle Deadlift

Lifter	Age	%	Class	Kilos	Points
Paul Barette	45+	8	80	190.0	78.8
Beata Banas	Open	34	75	145.0●	75.8
Mark Godleman ¹	60+	22	105	190.0	75.2
Jacik Szast ¹	40+	3	100	220.3	74.9
Gary Ell ¹	50+	13	90	185.0	72.9
Max Ell ¹	Open	33	50	100.0	71.1
Jack Taylor ¹	Open	0	125	240.3	70.6
Ian Dixon ¹	Open	0	90	200.3	69.8
Steve Andrews	60+	25	70	130.0	68.2
Sam Bonar ¹	Open	0	90	180.0	63.0
Trevor Egglestone	70+	42	110	130.0	58.3

Barbell Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	25	70	63.0 ^{BR}	92.0
Mark Godleman ¹	60+	22	105	75.0	82.7
Trevor Egglestone	70+	42	110	65.0▲	81.2
Jacik Szast ¹	40+	3	100	80.3	76.0
Paul Barette	45+	8	80	62.5	72.2
Gary Ell ¹	50+	13	90	65.0	71.3
Harry Fisher ¹	Open	0	105	77.5	68.8
Ian Dixon ¹	Open	0	90	70.3	68.2
Danny Kingsland ¹	Open	0	65	55.0	65.0
Jeff Luther ¹	65+	32	70	42.8	64.5
Max Ell ¹	Open	33	50	32.5	64.3

Straddle Deadlift

Lifter	Age	%	Class	Kilos	Points
Danny Kingsland ¹	Open	0	65	130.0	55.2
Brandon H-Hyland	Open	0	85	150.0	54.8
Harry Fisher ¹	Open	0	105	170.0	54.2
Sonya Coles	45+	40	95	83.0▲	40.1
Jeff Luther ¹	65+	32	70	70.3	38.1
Natalie Voce ¹	40+	35	95	70.0	32.5
Viv Andrews ¹	55+	53	70	50.0	32.1
Trevor Evans ¹	75+	54	80	42.8	24.7

Barbell Cheat Curl

Lifter	Age	%	Class	Kilos	Points
Sam Bonar ¹	Open	0	90	65.0	63.3
Beata Banas	Open	34	75	42.5	61.9
Jack Taylor ¹	Open	0	125	70.3	57.5
Brandon H-Hyland	Open	0	85	50.0	50.9
Sonya Coles	45+	40	95	37.5▲	50.5
Trevor Evans ¹	75+	54	80	30.3	48.6
Natalie Voce ¹	40+	35	95	37.5	48.4
Viv Andrews ¹	55+	53	70	25.0	44.7

Ranking of Teams after Legs 1+2.

1	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	1620.5
2	Metamorfit1	Danny Kingsland, Sam Bonar, Harry Fisher	1613.0
3	Granby	Steve Andrews, Mark Godleman, Viv Andrews	1552.5
4	Metamorfit2	Beata Banas, Olga Holcakova, Trevor Egglestone	1408.5
5	Twyford Celts	Gary Ell, Max Ell, Sonya Coles	1363.1
6	Metamorfit3	Brandon H-Hyland, Natalie Voce, Lara Bennett	991.0
7	Sunbury2	Trevor Evans, Jeff Luther	369.4
8	Keds1	Shane Roberts	172.2
9	Metamorfit4	Maria Bennett,	157.9

Ranking of Lifters after Legs 1+2

1	Steve Andrews	692.6	13	Brandon H-Hyland	417.9
2	Mark Godleman	572.9	14	Natalie Voce	381.6
3	Jacik Szast	566.6	15	Sonya Coles	349.0
4	Ian Dixon	565.6	16	Viv Andrews	287.0
5	Danny Kingsland	547.8	17	Paul Barette	275.6
6	Gary Ell	536.9	18	Olga Holcakova	226.7
7	Sam Bonar	510.1	19	Jeff Luther	203.4
8	Beata Banas	505.5	20	Lara Bennett	191.5
9	Jack Taylor	488.3	21	Shane Roberts	172.2
10	Harry Fisher	479.0	22	Trevor Evans	166.1
11	Max Ell	477.1	23	Maria Bennett	157.9
12	Trevor Egglestone	477.0			

Here's the Leg 2 results, now with only 19 lifters and 8 teams.

To date: top 3 lifters are Steve Andrews, Mark Godleman & Jacik Szast; Top 3 teams remain Sunbury1, Metamorfit 1 & Granby.

Lifts for Leg 3 are: Lunge Squat (D3), Alt Grip Clean & Press (B10), Hacklift (C10) & Pullover at Arms-Length (E11) to be done by the end of May.

