

# IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 1 - compiled by Chris Bass.

## Ranking of Teams

1	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	842.9
2	Metamorfit1	Danny Kingsland, Sam Bonar, Harry Fisher	812.8
3	Granby	Steve Andrews, Mark Godleman, Vivl Andrews	796.0
4	Metamorfit2	Beata Banas, Olga Holcakova, Trevor Egglestone	689.2
5	Twyford Celts	Gary Ell, Max Ell, Sonya Coles	639.9
6	Metamorfit3	Brandon H-Hyland, Natalie Voce, Lara Bennett	609.8
7	Keds1	Shane Roberts	172.2
8	Metamorfit4	Maria Bennett	157.9
9	Sunbury2	Trevor Evans	43.6

## Ranking of Lifters

1	Steve Andrews	376.7	11	Olga Holcakova	226.7
2	Ian Dixon	299.6	12	Trevor Egglestone	220.2
3	Danny Kingsland	286.3	13	Brandon H-Hyland	219.6
4	Jacik Szast	280.7	14	Max Ell	204.7
5	Mark Godleman	277.8	15	Natalie Voce	198.6
6	Sam Bonar	272.6	16	Lara Bennett	191.5
7	Gary Ell	263.6	17	Shane Roberts	172.2
8	Jack Taylor	262.7	18	Sonya Coles	171.6
9	Harry Fisher	253.9	19	Maria Bennett	157.9
10	Beata Banas	242.3	20	Vivl Andrews	141.5
			21	Trevor Evans	43.6

## Ranking of Lifters per Lift & Record Breakers. Dumbbell Press

## ▲ World Junior/Masters, ● World Open, <sup>BR</sup>British, <sup>1</sup>Single Ref Dumbbell C&J

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	60+	25	70	57.5	90.8	Ian Dixon <sup>1</sup>	Open	0	90	90.0	96.4
Ian Dixon <sup>1</sup>	Open	0	90	80.0	84.6	Steve Andrews <sup>1</sup>	60+	25	70	60.0	95.9
Jacik Szast <sup>1</sup>	40+	3	100	80.0	82.0	Danny Kingsland <sup>1</sup>	Open	0	70	60.0	77.4
Jack Taylor <sup>1</sup>	Open	0	105	80.0	78.4	Sam Bonar <sup>1</sup>	Open	0	90	70.0	75.4
Danny Kingsland <sup>1</sup>	Open	0	70	60.0	76.4	Jack Taylor <sup>1</sup>	Open	0	105	75.0	74.4
Mark Godleman	60+	22	105	60.0 <sup>BR</sup>	71.6	Jacik Szast <sup>1</sup>	40+	3	100	70.0	72.7
Sam Bonar <sup>1</sup>	Open	0	90	65.0	69.2	Mark Godleman	60+	22	105	60.0▲	72.5
Trevor Egglestone <sup>1</sup>	70+	42	105	45.0	62.0	Harry Fisher <sup>1</sup>	Open	0	110	70.0	67.4
Harry Fisher <sup>1</sup>	Open	0	110	65.0	61.8	Beata Banas <sup>1</sup>	Open	34	75	40.0	65.8
Brandon H-Hyland <sup>1</sup>	Open	0	85	55.0	60.1	Olga Holcakova <sup>1</sup>	Open	34	65	35.0	61.3
Gary Ell <sup>1</sup>	50+	13	95	50.0	59.3	Brandon H-Hyland <sup>1</sup>	Open	0	85	55.0	60.9
Beata Banas <sup>1</sup>	Open	34	75	35.0	56.8	Gary Ell <sup>1</sup>	50+	13	95	50.0	60.0
Natalie Voce <sup>1</sup>	40+	35	95	40.0	56.3	Max Ell <sup>1</sup>	Open	33	50	25.0	54.8
Max Ell <sup>1</sup>	Open	33	50	25.0	54.1	Lara Bennett <sup>1</sup>	16-17	38	65	30.0	54.2
Olga Holcakova <sup>1</sup>	Open	34	65	30.0	51.9	Sonya Coles	45+	40	95	35.0	51.8
Maria Bennett <sup>1</sup>	60+	56	100	30.0	46.5	Natalie Voce <sup>1</sup>	40+	35	95	35.0	49.9
Lara Bennett <sup>1</sup>	16-17	38	65	25.0	44.6	Trevor Egglestone <sup>1</sup>	70+	42	105	35.0	48.9
Sonya Coles	45+	40	95	30.0	43.9	Shane Roberts <sup>1</sup>	Open	0	125+	50.0	41.0
Shane Roberts <sup>1</sup>	Open	0	125+	50.0	40.5	Maria Bennett <sup>1</sup>	60+	56	100	25.0	39.3
Vivl Andrews <sup>1</sup>	55+	20	70	18.0	26.7	Vivl Andrews <sup>1</sup>	55+	20	70	19.5	29.3
Trevor Evans <sup>1</sup>	75+	54	80	0.0	0.0	Trevor Evans <sup>1</sup>	75+	54	80	0.0	0.0

## Dumbbell Swing

Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	60+	25	70	50.0	85.6
Jacik Szast <sup>1</sup>	40+	3	100	60.0	66.7
Beata Banas <sup>1</sup>	Open	34	75	37.5	66.1
Mark Godleman	60+	22	105	50.0▲	64.7
Harry Fisher <sup>1</sup>	Open	0	110	60.0	61.9
Sam Bonar <sup>1</sup>	Open	0	90	50.0	57.7
Ian Dixon <sup>1</sup>	Open	0	90	50.0	57.4
Olga Holcakova <sup>1</sup>	Open	34	65	30.0	56.3
Brandon H-Hyland <sup>1</sup>	Open	0	85	45.0	53.4
Jack Taylor <sup>1</sup>	Open	0	105	50.0	53.2
Trevor Egglestone <sup>1</sup>	70+	42	105	35.0	52.4
Lara Bennett <sup>1</sup>	16-17	38	65	25.0	48.4
Danny Kingsland <sup>1</sup>	Open	0	70	35.0	48.3
Gary Ell <sup>1</sup>	50+	13	95	36.0	46.3
Natalie Voce <sup>1</sup>	40+	35	95	30.0	45.8
Shane Roberts <sup>1</sup>	Open	0	125+	50.0	43.9
Max Ell <sup>1</sup>	Open	33	50	18.0	42.2
Sonya Coles	45+	40	95	25.0	39.7
Maria Bennett <sup>1</sup>	60+	56	100	20.0	33.6
Vivl Andrews <sup>1</sup>	55+	20	70	17.0	27.4
Trevor Evans <sup>1</sup>	75+	54	80	0.0	0.0

## Crucifix

Lifter	Age	%	Class	Kilos	Points
Steve Andrews <sup>1</sup>	60+	25	70	40.0	104.4
Gary Ell <sup>1</sup>	50+	13	95	50.0	98.0
Danny Kingsland <sup>1</sup>	Open	0	70	40.0	84.2
Sam Bonar <sup>1</sup>	Open	0	90	40.0	70.3
Mark Godleman	60+	22	105	35.0▲	69.0
Harry Fisher <sup>1</sup>	Open	0	110	40.0	62.9
Ian Dixon <sup>1</sup>	Open	0	90	35.0	61.2
Jacik Szast <sup>1</sup>	40+	3	100	35.0	59.3
Olga Holcakova <sup>1</sup>	Open	34	65	20.0	57.2
Trevor Egglestone <sup>1</sup>	70+	42	105	25.0	57.0
Jack Taylor <sup>1</sup>	Open	0	105	35.0	56.7
Beata Banas <sup>1</sup>	Open	34	75	20.0	53.7
Max Ell <sup>1</sup>	Open	33	50	15.0	53.6
Shane Roberts <sup>1</sup>	Open	0	125+	35.0	46.8
Natalie Voce <sup>1</sup>	40+	35	95	20.0	46.6
Brandon H-Hyland <sup>1</sup>	Open	0	85	25.0	45.2
Lara Bennett <sup>1</sup>	16-17	38	65	15.0	44.3
Trevor Evans <sup>1</sup>	75+	54	80	15.0	43.6
Maria Bennett <sup>1</sup>	60+	56	100	15.0	38.4
Sonya Coles	45+	40	95	15.0	36.3
Vivl Andrews <sup>1</sup>	55+	20	70	11.2	27.5

Spencer Set		Age	CLASS	D/B Press	D/B C&J	D/B Swing	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Steve Andrews <sup>1</sup>	M	60+	70	57.5	60.0	50.0	167.5	272.3
Ian Dixon <sup>1</sup>	M	Open	90	80.0	90.0	50.0	220.0	238.4
Jacik Szast <sup>1</sup>	M	40+	100	80.0	70.0	60.0	210.0	221.4
Mark Godleman	M	60+	105	60.0	60.0	50.0	170 <sup>BR</sup>	208.8
Jack Taylor <sup>1</sup>	M	Open	105	80.0	75.0	50.0	205.0	206.0
Sam Bonar <sup>1</sup>	M	Open	90	65.0	70.0	50.0	185.0	202.3
Danny Kingsland <sup>1</sup>	M	Open	70	60.0	60.0	35.0	155.0	202.1
Harry Fisher <sup>1</sup>	M	Open	110	65.0	70.0	60.0	195.0	191.1
Beata Banas <sup>1</sup>	F	Open	75	35.0	40.0	37.5	112.5	188.7
Brandon H-Hyland <sup>1</sup>	M	Open	85	55.0	55.0	45.0	155.0	174.4
Olga Holcakova <sup>1</sup>	F	Open	65	30.0	35.0	30.0	95.0	169.5
Gary Ell <sup>1</sup>	M	50+	95	50.0	50.0	36.0	136.0	165.6
Trevor Egglestone <sup>1</sup>	M	70+	105	45.0	35.0	35.0	115.0	163.3
Natalie Voce <sup>1</sup>	F	40+	95	40.0	35.0	30.0	105.0	152.1
Max Ell <sup>1</sup>	F	Open	50	25.0	25.0	18.0	68.0	151.1
Lara Bennett <sup>1</sup>	F	16-17	65	25.0	30.0	25.0	80.0	147.3
Sonya Coles	F	45+	95	30.0	35.0	25.0	90.0	135.4
Shane Roberts <sup>1</sup>	M	Open	125+	50.0	50.0	50.0	150.0	125.4
Maria Bennett <sup>1</sup>	F	60+	100	30.0	25.0	20.0	75.0	119.4
Vivl Andrews <sup>1</sup>	M	55+	70	18.0	19.5	17.0	54.5	83.5

Here's Leg 1 results of year 2023 of the All Round League. Sadly there are many lifters missing due to injury. This will hopefully improve during the year

A big well done to the lifters for competing in the first leg of 2023.

Leg 2 lifts are: Power Row (E37), Pullover & Push (B43), Straddle (C12) & Cheat Curl (E6). To be completed by 30<sup>th</sup> March 2023.

Chris Bass.