



## British All Round Championship - 20th May 2023 - Club 3B Essex

Scored using Blindt Coefficient		
0.8304	1.3518	0.4284
<b>Lunge Squat</b>	<b>Alternate Grip Clean &amp; Press</b>	<b>Hack Lift</b>

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Glenn Branch	M	40	1	40+	89.2	90KG	<b>120▲</b>	99.65	<b>67.5</b>	91.25	<b>235▲</b>	100.67	291.57	0.9021	<b>265.66</b>
Danny Kingsland	M	33	0	Open	63.0	65KG	<b>100●</b>	83.04	<b>60</b>	81.11	<b>140</b>	59.98	224.12	1.1224	<b>251.56</b>
Beata Banas	F	39	33	Open	72.1	75KG	<b>85●</b>	70.58	<b>42.5●</b>	57.45	<b>120</b>	51.41	179.44	1.0253	<b>244.69</b>
Steve Andrews	M	63	24	60+	65.8	70KG	<b>65▲</b>	53.98	<b>55▲</b>	74.35	<b>122.5▲</b>	52.48	180.80	1.0891	<b>244.18</b>
Sam Bonar	M	28	0	Open	88.2	90KG	<b>112.5</b>	93.42	<b>72.5</b>	98.01	<b>180</b>	77.11	268.54	0.9079	<b>243.81</b>
Gary Ell	M	52	13	50+	90.1	95KG	<b>95▲</b>	78.89	<b>55▲</b>	74.35	<b>200▲</b>	85.68	238.92	0.8970	<b>242.17</b>
Paul Barette	M	47	8	45+	73.7	75KG	<b>90▲</b>	74.74	<b>45</b>	60.83	<b>160</b>	68.54	204.11	1.0110	<b>222.88</b>
Paul Hallam	M	44	5	40+	97.8	100KG	<b>120▲●</b>	99.65	<b>55▲</b>	74.35	<b>160</b>	68.54	242.54	0.8573	<b>218.34</b>
Aaron Hayhoe	M	37	0	Open	91.1	95KG	<b>112.5●</b>	93.42	<b>67.5</b>	91.25	<b>130</b>	55.69	240.36	0.8915	<b>214.27</b>
Brandon Hazell-Hyland	M	21	0	Open	82.5	85KG	<b>100</b>	83.04	<b>60</b>	81.11	<b>140</b>	59.98	224.12	0.9438	<b>211.52</b>
James Rutter	M	15	15	14-15	79.1	80KG	<b>50▲</b>	41.52	<b>50▲</b>	67.59	<b>130</b>	55.69	164.80	0.9678	<b>183.42</b>
Mollie Redfern-Smith	F	15	48	14-15	58.1	60KG	<b>42.5▲</b>	35.29	<b>25▲</b>	33.80	<b>50<sup>BR</sup></b>	21.42	90.51	1.1903	<b>159.44</b>
Natalie Voce	F	40	34	40+	91.2	95KG	<b>60▲●</b>	49.82	<b>42.5▲●</b>	57.45	<b>60▲</b>	25.70	132.98	0.8909	<b>158.76</b>
Gary Redfern-Smith	M	50	11	50+	109.9	110KG	<b>0</b>	0.00	<b>60<sup>BR</sup></b>	81.11	<b>0</b>	0.00	81.11	0.8063	<b>72.59</b>
Steve Gardner	M	66	28	65+	129.0	125+KG	<b>0</b>	0.00	<b>0</b>	0.00	<b>100▲</b>	42.84	42.84	0.7446	<b>40.83</b>

**Successful 4<sup>th</sup> Attempts:** Lunge Squat – Natalie Voce 62.5kg▲●, Steve Andrews 70kg▲, Glenn Branch 125kg▲, Aaron Hayhoe 120kg●, Paul Hallam 125kg▲●

Alternate Grip Clean & Press – Gary Redfern-Smith 70kg<sup>BR</sup>

Hack Lift – Mollie Redfern-Smith 60kg<sup>BR</sup>, Glenn Branch 250kg▲

▲ = World Junior/Masters record; ● = World Open record; British record = <sup>BR</sup>

**Promoter:** Glenn Branch **MC/Recorder:** Steve Gardner **Scorer:** Paul Barette

**Referees:** Steve Gardner, Gary Ell, Natalie Voce, Steve Andrew, Paul Barette

**Provisional:** Glenn Branch, Suzie Richards, Steve Brooker (Signed Off)

**Loaders & Spotters:** Bionic Branch Barbell Events Team!

**Overall Champion & Best Masters Lifter** – Glenn Branch

**Best Open Lifter** – Danny Kingsland      **Best Female Lifter** – Beata Banas      **Best Junior Lifter** – James Rutter

**Top 3 Champion of Champions** – 1<sup>st</sup> Glenn Branch, 2<sup>nd</sup> Danny Kingsland, 3<sup>rd</sup> Beata Banas

### **Report by Steve Gardner**

What a great day in Billericay today as 16 lifters battled it out for the Health and Strength trophy.

Big congratulations to Glenn Branch and his support team at Bionic Branch Barbell Club for putting on a great Championships, and for the loading and catching team who did a superb job.

We had a real mix of lifters age range, weight class and abilities, and lots of records were broken. Well done to James Rutter and Aaron Hayhoe who lifted great in their first IAWA appearances.

When all the lunge squats, alternate grip presses and hack lifts were completed the Overall Best Lifter rankings were 1st Glenn Branch, 2nd Danny Kingsland and 3rd Beata Banas.

All 16 lifters took British titles in their age and body weight classes!

The I.A.W.A.(UK) Technical Committee were also pleased to confirm the sign off provisional referees Glenn Branch, Suzie Richards and Steve Brooker who have all completed their probation period and proved competency.