

IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 3 - compiled by Chris Bass.

Ranking of Teams

1	Metamorfit1	Danny Kingsland, Sam Bonar, Paul Barette	952.3
2	Club 3B	Glenn Branch, Aaron Hayhoe, Paul Hallam	909.3
3	Granby	Mark Godleman, Steve Andrews, Daniel Andrews	895.6
4	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	890.7
5	Metamorfit2	Beata Banas, Brandon H-Hyland, Harry Fisher1	775.0
6	Twyford Celts	Gary Ell, Max Ell, Sonya Coles	704.4
7	Sunbury2	Andy Murtagh, Jeff Luther, Trevor Evans	484.0
8	Metamorfit3	Natalie Voce	210.6
9	Granby2	Viv Andrews	132.7

Ranking of Lifters

1	Ian Dixon	353.8	12	Paul Hallam	274.1
2	Mark Godleman	346.0	13	Max Ell	269.0
3	Glenn Branch	340.1	14	Brandon H-Hyland	249.3
4	Steve Andrews	336.5	15	Jack Taylor	240.6
5	Gary Ell	335.5	16	Andy Murtagh	236.8
6	Danny Kingsland	326.4	17	Harry Fisher1	224.2
7	Sam Bonar	320.5	18	Daniel Andrews	213.1
8	Paul Barette	305.4	19	Natalie Voce	210.6
9	Beata Banas	301.5	20	Jeff Luther	202.2
10	Jacik Szast	296.2	21	Viv Andrews	132.7
11	Aaron Hayhoe	295.1	22	Sonya Coles	100.0
			23	Trevor Evans	45.0

Ranking of Lifters per Lift & Record Breakers.

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

Lunge Squat

Alt Grip Clean & Press

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Beata Banas	Open	34	75	85.0	97.0	Steve Andrews	60+	25	70	55.0□	101.2
Glenn Branch	40+	1	90	125.0□	94.6	Ian Dixon ¹	Open	0	90	80.3	97.5
Mark Godleman ¹	60+	22	105	110.0	93.7	Jacik Szast ¹	40+	3	100	80.3	95.7
Paul Hallam	40+	5	100	125.0□●	93.4	Danny Kingsland	Open	0	65	60.0	91.0
Danny Kingsland	Open	0	65	100.0●	93.2	Sam Bonar	Open	0	90	72.5	89.0
Ian Dixon ¹	Open	0	90	121.3	90.5	Jack Taylor ¹	Open	0	125	80.3	83.4
Aaron Hayhoe	Open	0	95	120.0□	88.8	Mark Godleman ¹	60+	22	105	60.0	83.2
Jacik Szast ¹	40+	3	100	120.8	88.4	Glenn Branch	40+	1	90	67.5	83.1
Sam Bonar	Open	0	90	112.5	84.8	Aaron Hayhoe	Open	0	95	67.5	81.3
Paul Barette	45+	8	75	90.0□	81.6	Beata Banas	Open	34	75	42.5	78.9
Gary Ell ¹	50+	13	90	95.0	80.6	Gary Ell ¹	50+	13	90	55.5	76.6
Steve Andrews	60+	25	70	70.0□	79.1	Brandon H-Hyland	Open	0	85	60.0	76.5
Brandon H-Hyland	Open	0	85	100.0	78.4	Natalie Voce	40+	35	95	42.5□●	69.1
Jack Taylor ¹	Open	0	125	115.3	73.5	Paul Hallam	40+	5	100	55.0□	66.9
Max Ell ¹	Open	33	55	45.0	65.6	Paul Barette	45+	8	75	45.0	66.4
Daniel Andrews ¹	Open	0	85	80.0	62.7	Harry Fisher ¹	Open	0	110	60.0	66.4
Natalie Voce	40+	35	95	62.5□●	62.4	Daniel Andrews ¹	Open	0	85	50.0	63.8
Harry Fisher ¹	Open	0	110	85.0	57.8	Max Ell ¹	Open	33	55	25.5	60.5
Jeff Luther ¹	65+	32	70	30.3	35.4	Sonya Coles	45+	40	95	35.5	60.0
Viv Andrews ¹	55+	53	70	25.0	34.2	Viv Andrews ¹	55+	53	70	20.0	44.5
Trevor Evans ¹	75+	54	80	0.0	0.0	Trevor Evans ¹	75+	54	80	0.0	0.0
Andy Murtagh ¹	55+	18	95	0.0	0.0	Andy Murtagh ¹	55+	18	95	0.0	0.0
Sonya Coles	45+	40	95	0.0	0.0	Trevor Evans ¹	75+	54	80	0.0	0.0

2H Hacklift

Pullover at Arms Length

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Andy Murtagh ¹	55+	18	95	276.0	123.7	Andy Murtagh ¹	55+	18	95	60.8	113.1
Glenn Branch	40+	1	90	250.0□	97.6	Gary Ell ¹	50+	13	90	50.0	90.8
Gary Ell ¹	50+	13	90	200.0	87.5	Mark Godleman ¹	60+	22	105	47.5	86.6
Ian Dixon ¹	Open	0	90	220.3	84.8	Steve Andrews	60+	25	70	35.0□	84.7
Mark Godleman ¹	60+	22	105	188.0	82.6	Paul Barette	45+	8	75	42.5□	82.5
Max Ell ¹	Open	33	55	105.0	78.9	Ian Dixon ¹	Open	0	90	50.8	81.1
Paul Barette	45+	8	75	160.0	74.8	Sam Bonar	Open	0	90	47.5	76.7
Steve Andrews	60+	25	70	122.5□	71.4	Aaron Hayhoe	Open	0	95	47.5	75.3
Beata Banas	Open	34	75	120.0	70.6	Danny Kingsland	Open	0	65	37.5●	74.8
Sam Bonar	Open	0	90	180.0	70.0	Glenn Branch	40+	1	90	40.0	64.8
Danny Kingsland	Open	0	65	140.0	67.3	Max Ell ¹	Open	33	55	20.5	64.0
Paul Hallam	40+	5	100	160.0	61.7	Jacik Szast ¹	40+	3	100	35.3	55.3
Jacik Szast ¹	40+	3	100	150.3	56.8	Beata Banas	Open	34	75	22.5	55.0
Brandon H-Hyland	Open	0	85	140.0	56.6	Paul Hallam	40+	5	100	32.5	52.0
Jack Taylor ¹	Open	0	125	170.3	56.0	Harry Fisher ¹	Open	0	110	35.0	50.9
Aaron Hayhoe	Open	0	95	130.0	49.6	Natalie Voce	40+	35	95	22.5	48.1
Harry Fisher ¹	Open	0	110	140.0	49.1	Trevor Evans ¹	75+	54	80	17.0	45.0
Daniel Andrews ¹	Open	0	85	110.0	44.5	Jeff Luther ¹	65+	32	70	17.8	44.6
Jeff Luther ¹	65+	32	70	75.3	45.4	Daniel Andrews ¹	Open	0	85	25.0	42.0
Viv Andrews ¹	55+	53	70	47.5	33.5	Sonya Coles	45+	40	95	18.0□	40.0
Natalie Voce	40+	35	95	60.0□	30.9	Brandon H-Hyland	Open	0	85	22.5	37.8
Sonya Coles	45+	40	95	0.0	0.0	Jack Taylor ¹	Open	0	125	20.3	27.7
Trevor Evans ¹	75+	54	80	0.0	0.0	Viv Andrews ¹	55+	53	70	7.0	20.5

Ranking of Teams after Legs 1+2+3.

1	Metamorfit1	Danny Kingsland, Sam Bonar, Beata Banas	2565.3
2	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	2511.2
3	Granby	Steve Andrews, Mark Godleman, Viv Andrews	2448.1
4	Metamorfit2	Harry Fisher, Brandon H-Hyland, Natalie Voce	2183.5
5	Twyford Celts	Gary Ell, Max Ell, Sonya Coles	2067.5
6	Metamorfit3	Paul Barette, Trevor Egglestone, Olga Holcakova,	1201.6
7	Club 3B	Glenn Branch, Aaron Hayhoe, Paul Hallam	909.3
8	Sunbury2	Jeff Luther, Andy Murtagh, Trevor Evans	853.5
9	Keds1	Shane Roberts	172.2
10	Metamorfit4	Lara Bennett, Maria Bennett	157.9
11	Granby2	Daniel Andrews	132.7

Ranking of Lifters after Legs 1+2+3

1	Steve Andrews	1029.1	15	Trevor Egglestone	477.0
2	Ian Dixon	919.5	16	Sonya Coles	449.0
3	Mark Godleman	918.9	17	Viv Andrews	419.7
4	Danny Kingsland	874.2	18	Jeff Luther	405.6
5	Gary Ell	872.4	19	Glenn Branch	340.1
6	Jacik Szast	862.8	20	Aaron Hayhoe	295.1
7	Sam Bonar	830.6	21	Paul Hallam	274.1
8	Beata Banas	807.0	22	Andy Murtagh	236.8
9	Max Ell	746.1	23	Olga Holcakova	226.7
10	Jack Taylor	728.9	24	Daniel Andrews	213.1
11	Harry Fisher	703.3	25	Trevor Evans	211.0
12	Brandon H-Hyland	667.2	26	Lara Bennett	191.5
13	Natalie Voce	592.2	27	Shane Roberts	172.2
14	Paul Barette	581.0	28	Maria Bennett	157.9

Here's the Leg 3 results, now with 23 lifters and 9 teams.

Lifts for Leg 4 are: Squat (A2), Bench Press (A3), Deadlift (A1) & Lateral Raise Lying (G15) to be done by the end of July.