

# IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 4 - compiled by Chris Bass.

## Ranking of Teams

1	Club 3B	Glenn Branch, Aaron Hayhoe, Danny Brumpton	900.5
2	Metamorfit1	Danny Kingsland, Sam Bonar, Beata Banas	856.8
3	Granby	Mark Godleman, Paul Hallam, Steve Andrews	827.9
4	Metamorfit2	Trevor Egglestone, Paul Barette, Matt Grimshaw	680.8
5	Metamorfit3	Brandon H-Hyland, Natalie Voce, Harry Fisher	516.1
6	Twyford Celts	Max Ell, Sonya Coles,	412.1

## Ranking of Lifters

1	Glenn Branch	344.8	9	Trevor Egglestone	245.1
2	Mark Godleman	311.3	10	Paul Hallam	240.8
3	Danny Kingsland	298.8	11	Max Ell	228.2
4	Sam Bonar	287.7	12	Paul Barette	220.8
5	Aaron Hayhoe	281.7	13	Matt Grimshaw	214.9
6	Steve Andrews	275.8	14	Brandon H-Hyland	204.1
7	Danny Brumpton	274.0	15	Sonya Coles	184.0
8	Beata Banas	270.3	16	Natalie Voce	180.9
			17	Harry Fisher	131.1

## Ranking of Lifters per Lift & Record Breakers.

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

### Squat

Lifter	Age	%	Class	Kilos	Points
Glenn Branch	40+	1	90	217.5▲●	94.9
Danny Brumpton	Open	0	125+	240.0	79.9
Mark Godleman <sup>1</sup>	60+	22	105	150.0	73.8
Aaron Hayhoe	Open	0	95	155.0	66.4
Beata Banas	Open	34	75	97.5	64.9
Paul Hallam	40+	5	100	150.0	64.2
Steve Andrews	60+	25	65	97.5▲	64.0
Danny Kingsland	Open	0	65	115.0	62.1
Sam Bonar	Open	0	90	140.0	60.1
Sonya Coles	45+	40	95	97.5▲●	58.4
Brandon H-Hyland <sup>1</sup>	Open	0	85	115.0	52.2
Paul Barette <sup>1</sup>	45+	8	80	100.0	51.5
Max Ell <sup>1</sup>	Open	33	50	52.5	44.8
Natalie Voce <sup>1</sup>	40+	35	95	72.5	41.7
Matt Grimshaw <sup>1</sup>	Open	0	100	100.0	40.8
Trevor Egglestone	70+	42	100	60.0▲	34.6
Harry Fisher <sup>1</sup>	Open	0	110	0.0	0.0

### Bench Press FOF

Lifter	Age	%	Class	Kilos	Points
Glenn Branch	40+	1	90	135.0□	92.6
Danny Kingsland	Open	0	65	100.0	84.9
Mark Godleman <sup>1</sup>	60+	22	105	105.0	81.2
Danny Brumpton	Open	0	125+	155.0	81.1
Aaron Hayhoe	Open	0	95	117.5	79.2
Sam Bonar	Open	0	90	115.0	77.5
Trevor Egglestone	70+	42	100	80.0	72.6
Beata Banas	Open	34	75	67.5 <sup>BR</sup>	70.7
Steve Andrews	60+	25	65	67.5□	69.7
Matt Grimshaw <sup>1</sup>	Open	0	100	100.0	64.2
Max Ell <sup>1</sup>	Open	33	50	47.5	63.8
Harry Fisher <sup>1</sup>	Open	0	110	100.0	61.4
Natalie Voce <sup>1</sup>	40+	35	95	60.0	54.3
Paul Hallam	40+	5	100	80.0	53.8
Paul Barette <sup>1</sup>	45+	8	80	65.0	52.6
Brandon H-Hyland <sup>1</sup>	Open	0	85	70.0	49.9
Sonya Coles	45+	40	95	52.5□	49.4

### Deadlift

Lifter	Age	%	Class	Kilos	Points
Glenn Branch	40+	1	90	280.5□●	98.8
Mark Godleman <sup>1</sup>	60+	22	105	200.0	79.4
Beata Banas	Open	34	75	140.0	75.2
Paul Barette <sup>1</sup>	45+	8	80	170.0	70.7
Aaron Hayhoe	Open	0	95	200.0	69.2
Steve Andrews	60+	25	65	130.0□	68.9
Danny Brumpton	Open	0	125+	255.0	68.5
Danny Kingsland	Open	0	65	155.0	67.5
Paul Hallam	40+	5	100	190.0	65.6
Sam Bonar	Open	0	90	185.0	64.0
Trevor Egglestone	70+	42	100	130.0 <sup>BR</sup>	60.6
Max Ell <sup>1</sup>	Open	33	50	85.0	58.6
Brandon H-Hyland <sup>1</sup>	Open	0	85	140.0	51.3
Sonya Coles	45+	40	95	102.5□	49.5
Natalie Voce <sup>1</sup>	40+	35	95	100.0	46.4
Matt Grimshaw <sup>1</sup>	Open	0	100	140.0	46.1
Harry Fisher <sup>1</sup>	Open	0	110	0.0	0.0

### Lateral Raise Lying

Lifter	Age	%	Class	Kilos	Points
Sam Bonar	Open	0	90	45.0	86.1
Danny Kingsland	Open	0	65	35.0	84.3
Trevor Egglestone	70+	42	100	30.0▲	77.3
Mark Godleman <sup>1</sup>	60+	22	105	35.0	76.8
Steve Andrews	60+	25	65	25.0▲	73.2
Harry Fisher <sup>1</sup>	Open	0	110	40.0	69.7
Aaron Hayhoe	Open	0	95	35.0	66.9
Matt Grimshaw <sup>1</sup>	Open	0	100	35.0	63.8
Max Ell <sup>1</sup>	Open	33	50	16.0	61.0
Beata Banas	Open	34	75	20.0●	59.4
Glenn Branch	40+	1	90	30.0	58.4
Paul Hallam	40+	5	100	30.0	57.3
Brandon H-Hyland <sup>1</sup>	Open	0	85	25.0	50.6
Paul Barette <sup>1</sup>	45+	8	80	20.0	46.0
Danny Brumpton	Open	0	125+	30.0	44.5
Natalie Voce <sup>1</sup>	40+	35	95	15.0	38.5
Sonya Coles	45+	40	95	10.0▲	26.7

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

1	Metamorfit1	Danny Kingsland, Sam Bonar, Beata Banas	3422.2
2	Granby	Steve Andrews, Mark Godleman, Paul Hallam	3276.0
3	Metamorfit2	Brandon H-Hyland, Harry Fisher, Paul Barette	2864.3
4	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	2511.2
5	Twyford Celts	Gary Ell, Max Ell, Sonya Coles	2479.6
6	Club 3B	Glenn Branch, Aaron Hayhoe, Danny Brumpton	1809.8
7	Metamorfit3	Natalie Voce, Trevor Egglestone, Olga Holcakova	1717.7
8	Sunbury2	Andy Murtagh, Trevor Evans	853.5
9	Keds1	Shane Roberts	172.2
10	Metamorfit4	Matt Grimshaw, Lara Bennett, Maria Bennett	157.9
11	Granby2	Daniel Andrews, Viv Andrews	132.7

## Ranking of Lifters after Legs 1+2+3+4

1	Steve Andrews	1304.9	16	Glenn Branch	684.9
2	Mark Godleman	1230.1	17	Sonya Coles	633.0
3	Danny Kingsland	1173.0	18	Aaron Hayhoe	576.8
4	Sam Bonar	1118.3	19	Paul Hallam	514.9
5	Beata Banas	1077.2	20	Viv Andrews	419.7
6	Max Ell	974.2	21	Jeff Luther	405.6
7	Ian Dixon	919.5	22	Danny Brumpton	274.0
8	Gary Ell	872.4	23	Andy Murtagh	236.8
9	Brandon H-Hyland	871.2	24	Olga Holcakova	226.7
10	Jacik Szast	862.8	25	Matt Grimshaw	214.9
11	Harry Fisher	834.4	26	Daniel Andrews	213.1
12	Paul Barette	801.8	27	Trevor Evans	211.0
13	Natalie Voce	773.1	28	Lara Bennett	191.5
14	Jack Taylor	728.9	29	Shane Roberts	172.2
15	Trevor Egglestone	722.0	30	Maria Bennett	157.9

Power Set		Age	CLASS	Squat	Bench Press(FOF)	Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	KILOS	KILOS	KILOS	POINTS
Glenn Branch	M	40+	90	217.5	135.0	280.5	633.0 <sup>BR</sup>	286.4
Mark Godleman <sup>1</sup>	M	60+	105	150.0	105.0	200.0	455.0	234.4
Danny Brumpton	M	Open	125+	240.0	155.0	255.0	650.0	229.5
Aaron Hayhoe	M	Open	95	155.0	117.5	200.0	472.5	214.8
Danny Kingsland	M	Open	65	115.0	100.0	155.0	370.0	214.5
Beata Banas	F	Open	75	97.5	67.5	140.0	305.0	210.9
Steve Andrews	M	60+	65	97.5	67.5	130.0	295.0 <sup>BR</sup>	202.6
Sam Bonar	M	Open	90	140.0	115.0	185.0	440.0	201.6
Paul Hallam	M	40+	100	150.0	80.0	190.0	420.0	183.6
Paul Barette <sup>1</sup>	M	45+	80	100.0	65.0	170.0	335.0	174.8
Trevor Egglestone	M	70+	100	60.0	80.0	130.0	270.0 <sup>BR</sup>	167.8
Max Ell <sup>1</sup>	MX	Open	50	52.5	47.5	85.0	185.0	167.2
Sonya Coles	F	45+	95	97.5	52.5	102.5	252.5 <sup>BR</sup>	157.3
Brandon H-Hyland <sup>1</sup>	M	Open	85	115.0	70.0	140.0	325.0	153.4
Matt Grimshaw <sup>1</sup>	M	Open	100	100.0	100.0	140.0	340.0	151.2
Natalie Voce <sup>1</sup>	F	40+	95	72.5	60.0	100.0	232.5	142.4
Harry Fisher <sup>1</sup>	M	Open	110	0.0	100.0	0.0	100.0	61.4

Here's the Leg 4 results with no Sunbury & Kedz teams unfortunately.

To date: top 3 lifters are Steve Andrews, Mark Godleman & Danny Kingsland; Top 3 teams are now Metamorfit1, Granby1 & Metamorfit 2.

Lifts for Leg 5 are: 1H Barbell Snatch (B24), 1H Barbell C&J – opp hand (B25), 1H Deadlift (C7) and Rectangular Fix (E14) to be done by the end of September.