

# IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 5 - compiled by Chris Bass.

## Ranking of Teams

1	Metamorfit1	Beata Banas, Paul Barette, Danny Kingsland	696.5
2	Granby	Steve Andrews, Paul Hallam, Mark Godleman	678.5
3	Club 3B	Glenn Branch, Stephen Brooker, George Johns	614.9
4	Metamorfit2	Sam Bonar, Matt Grimshaw, Brandon H-Hyland	548.3
5	Metamorfit3	Natalie Voce, Trevor Egglestone, Chris Marsden	424.7
6	Club 3B2	Aaron Hayhoe, Danny Brumpton	362.6
7	Twyford Celts	Max Ell, Sonya Coles	322.8
8	Metamorfit4	Jennifer Ashdown	126.7

## Ranking of Lifters

1	Steve Andrews	244.0	11	Aaron Hayhoe	189.2
2	Beata Banas	243.9	12	Max Ell	182.6
3	Paul Barette	227.4	13	Danny Brumpton	173.4
4	Danny Kingsland	225.2	14	Matt Grimshaw	162.4
5	Sam Bonar	224.3	15	Brandon H-Hyland	161.6
6	Glenn Branch	221.2	16	Natalie Voce	146.5
7	Paul Hallam	220.7	17	Trevor Egglestone	141.8
8	Mark Godleman	213.8	18	Sonya Coles	140.2
9	Stephen Brooker	198.2	19	Chris Marsden	136.4
10	George Johns	195.5	20	Jennifer Ashdown	126.7

## Ranking of Lifters per Lift & Record Breakers.

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

### 1H Snatch

### 1H Clean & Jerk

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Steve Andrews	60+	25	65	35.0R	72.7	Beata Banas <sup>1</sup>	Open	34	70	32.5R	66.3
Glenn Branch	40+	1	95	52.5R	71.7	Danny Kingsland	Open	0	60	37.8L	63.7
Beata Banas <sup>1</sup>	Open	34	70	32.5L	69.1	Sam Bonar <sup>1</sup>	Open	0	90	47.5R	62.5
George Johns	Open	0	95	50.0R	66.2	Paul Barette <sup>1</sup>	45+	8	75	37.5R	58.9
Danny Brumpton	Open	0	125+	60.0R	62.7	Steve Andrews	60+	25	65	27.5L	54.8
Sam Bonar <sup>1</sup>	Open	0	90	45.0L	61.8	Max Ell <sup>1</sup>	Open	33	50	20.0R	53.6
Paul Hallam	40+	5	100	45.0L	60.9	Stephen Brooker	Open	0	90	40.0R	52.9
Aaron Hayhoe	Open	0	100	47.5R	60.9	Glenn Branch	40+	1	95	40.0L	52.4
Stephen Brooker	Open	0	90	42.5L	58.6	Aaron Hayhoe	Open	0	100	42.5L	52.2
Paul Barette <sup>1</sup>	45+	8	75	35.0L	57.3	Mark Godleman <sup>1</sup>	60+	22	105	35.0L	52.0
Danny Kingsland	Open	0	60	32.5R	57.1	Paul Hallam	40+	5	100	40.0R	51.9
Mark Godleman <sup>1</sup>	60+	22	105	35.0R	54.2	George Johns	Open	0	95	40.0L	50.8
Brandon H-Hyland <sup>1</sup>	Open	0	80	35.0R	50.9	Natalie Voce <sup>1</sup>	40+	35	95	25.0R	43.8
Chris Marsden <sup>1</sup>	40+	1	110	40.0R	49.8	Matt Grimshaw <sup>1</sup>	Open	0	100	35.0L	43.2
Matt Grimshaw <sup>1</sup>	Open	0	100	35.0R	45.0	Brandon H-Hyland <sup>1</sup>	Open	0	80	30.0L	41.9
Sonya Coles	45+	40	90	22.5L□	42.8	Danny Brumpton	Open	0	125+	40.0L <sup>BR</sup>	40.1
Max Ell <sup>1</sup>	Open	33	50	15.0L	41.9	Jennifer Ashdown <sup>1</sup>	Open	33	85	20.0R	36.7
Natalie Voce <sup>1</sup>	40+	35	95	22.5L	41.1	Sonya Coles	45+	40	90	20.0R□	36.5
Jennifer Ashdown <sup>1</sup>	Open	33	85	20.0L	38.2	Trevor Egglestone <sup>1</sup>	70+	42	100	20.0R	35.6
Trevor Egglestone <sup>1</sup>	70+	42	100	10.0L	18.5	Chris Marsden <sup>1</sup>	40+	1	110	25.0L	29.8

## 1H Deadlift

Lifter	Age	%	Class	Kilos	Points
Beata Banas <sup>1</sup>	Open	34	70	110.0R	80.8
Steve Andrews	60+	25	65	110.5L□	79.3
Paul Hallam	40+	5	100	160.0L□	74.8
Paul Barette <sup>1</sup>	45+	8	75	130.0R	73.6
Danny Kingsland	Open	0	60	115.0R <sup>BR</sup>	69.9
Mark Godleman <sup>1</sup>	60+	22	105	130.0R	69.6
Sam Bonar <sup>1</sup>	Open	0	90	140.0R	66.4
Glenn Branch	40+	1	95	135.0L	63.7
Stephen Brooker	Open	0	90	125.0R	59.6
Aaron Hayhoe	Open	0	100	120.0R	53.1
Trevor Egglestone <sup>1</sup>	70+	42	100	80.0R	51.3
Max Ell <sup>1</sup>	Open	33	50	52.5L	50.7
George Johns	Open	0	95	110.0R	50.4
Matt Grimshaw <sup>1</sup>	Open	0	100	110.0R	48.9
Danny Brumpton	Open	0	125+	120.0R	43.3
Brandon H-Hyland <sup>1</sup>	Open	0	80	80.0L	40.2
Natalie Voce <sup>1</sup>	40+	35	95	60.0R	37.8
Sonya Coles	45+	40	90	55.0R□	36.1
Chris Marsden <sup>1</sup>	40+	1	110	80.0R	34.4
Jennifer Ashdown <sup>1</sup>	Open	33	85	50.0R	33.0

## Rectangular Fix

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Mark Godleman <sup>1</sup>	60+	22	105	37.5	37.9	Paul Barette <sup>1</sup>	45+	8	75	35.0	37.5
Steve Andrews	60+	25	65	27.5□	37.3	Steve Andrews	60+	25	65	27.5□	37.3
Max Ell <sup>1</sup>	Open	33	50	20.0	36.5	Max Ell <sup>1</sup>	Open	33	50	20.0	36.5
Trevor Egglestone <sup>1</sup>	70+	42	100	30.0	36.3	Trevor Egglestone <sup>1</sup>	70+	42	100	30.0	36.3
Danny Kingsland	Open	0	60	30.0	34.5	Danny Kingsland	Open	0	60	30.0	34.5
Sam Bonar <sup>1</sup>	Open	0	90	37.5	33.6	Sam Bonar <sup>1</sup>	Open	0	90	37.5	33.6
Glenn Branch	40+	1	95	37.5	33.4	Glenn Branch	40+	1	95	37.5	33.4
Paul Hallam	40+	5	100	37.5	33.1	Paul Hallam	40+	5	100	37.5	33.1
Brandon H-Hyland <sup>1</sup>	Open	0	80	30.0	28.5	Brandon H-Hyland <sup>1</sup>	Open	0	80	30.0	28.5
George Johns	Open	0	95	32.5	28.1	George Johns	Open	0	95	32.5	28.1
Beata Banas <sup>1</sup>	Open	34	70	20.0	27.8	Beata Banas <sup>1</sup>	Open	34	70	20.0	27.8
Danny Brumpton	Open	0	125+	40.0	27.3	Danny Brumpton	Open	0	125+	40.0	27.3
Stephen Brooker	Open	0	90	30.0	27.0	Stephen Brooker	Open	0	90	30.0	27.0
Matt Grimshaw <sup>1</sup>	Open	0	100	30.0	25.2	Matt Grimshaw <sup>1</sup>	Open	0	100	30.0	25.2
Sonya Coles	45+	40	90	20.0	24.8	Sonya Coles	45+	40	90	20.0	24.8
Natalie Voce <sup>1</sup>	40+	35	95	20.0	23.8	Natalie Voce <sup>1</sup>	40+	35	95	20.0	23.8
Aaron Hayhoe	Open	0	100	27.5	23.0	Aaron Hayhoe	Open	0	100	27.5	23.0
Chris Marsden <sup>1</sup>	40+	1	110	27.5	22.4	Chris Marsden <sup>1</sup>	40+	1	110	27.5	22.4
Jennifer Ashdown <sup>1</sup>	Open	33	85	15.0	18.7	Jennifer Ashdown <sup>1</sup>	Open	33	85	15.0	18.7

### Ranking of Teams after Legs 1+2+3+4+5.

1	Metamorfit1	Danny Kingsland, Sam Bonar, Beata Banas	4118.7
2	Granby	Steve Andrews, Mark Godleman, Paul Hallam	3954.5
3	Metamorfit2	Brandon H-Hyland, Paul Barette, Natalie Voce	3412.6
4	Twyford Celts	Max Ell, Gary Ell, Sonya Coles	2802.5
5	Sunbury1	Ian Dixon, Jacik Szast, Jack Taylor	2511.2
6	Club 3B	Glenn Branch, Aaron Hayhoe, Danny Brumpton	2424.8
7	Metamorfit3	Trevor Egglestone, Harry Fisher, Matt Grimshaw	2142.4
8	Sunbury2	Jeff Luther, Andy Murtagh, Trevor Evans	853.5
9	Club 3B2	Stephen Brooker, George Johns	362.6
10	Metamorfit4	Olga Holcakova, Lara Bennett, Maria Bennett	284.5
11	Keds1	Shane Roberts	172.2
12	Granby2	Daniel Andrews Viv Andrews	132.7

### Ranking of Lifters after Legs 1+2+3+4+5

1	Steve Andrews	1550.0	18	Paul Hallam	736.6
2	Mark Godleman	1444.9	19	Jack Taylor	728.9
3	Danny Kingsland	1399.3	20	Danny Brumpton	448.4
4	Sam Bonar	1343.6	21	Viv Andrews	419.7
5	Beata Banas	1322.2	22	Jeff Luther	405.6
6	Max Ell	1157.9	23	Matt Grimshaw	378.3
7	Brandon H-Hyland	1033.8	24	Andy Murtagh	236.8
8	Paul Barette	1030.2	25	Olga Holcakova	226.7
9	Natalie Voce	920.6	26	Daniel Andrews	213.1
10	Ian Dixon	919.5	27	Trevor Evans	211.0
11	Glenn Branch	907.1	28	Stephen Brooker	199.2
12	Gary Ell	872.4	29	George Johns	196.5
13	Trevor Egglestone	864.8	30	Lara Bennett	191.5
14	Jacik Szast	862.8	31	Shane Roberts	172.2
15	Harry Fisher	834.4	32	Maria Bennett	157.9
16	Sonya Coles	774.2	33	Chris Marsden	137.4
17	Aaron Hayhoe	767.1	34	Jennifer Ashdown	127.7

Here's the Leg 5 results, 8 teams & 20 lifters.

To date: top 3 lifters remain as Steve Andrews, Mark Godleman & Danny Kingsland; Top 3 teams also remain as Metamorfit1, Granby1 & Metamorfit2.

Lifts for Leg 6 are: 1H Barbell Snatch (B24), Continental C&J (B30), Front Squat (D1) and Hold out in front Raised (E14) to be done by the end of November.

Here is the Single Arm Totals:

Single Arm Set NAME		Age Class	CLASS Kilos	1H Snatch KILOS	1H C&J KILOS	1H Deadlift KILOS	TOTAL KILOS	TOTAL POINTS
Beata Banas <sup>1</sup>	F	Open	70	32.5	32.5	110.0	175.0	216.2
Steve Andrews	M	60+	65	35.0	27.5	110.5	173.0 <sup>BR</sup>	206.7
Danny Kingsland	M	Open	60	32.5	37.8	115.0	185.3 <sup>BR</sup>	190.8
Sam Bonar <sup>1</sup>	M	Open	90	45.0	47.5	140.0	232.5	190.7
Paul Barette <sup>1</sup>	M	45+	75	35.0	37.5	130.0	202.5	189.9
Glenn Branch	M	40+	95	52.5	40.0	135.0	227.5	187.8
Paul Hallam	M	40+	100	45.0	40.0	160.0	245.0	187.6
Mark Godleman <sup>1</sup>	M	60+	105	35.0	35.0	130.0	200.0	175.8
Stephen Brooker	M	Open	90	42.5	40.0	125.0	207.5	171.2
George Johns	M	Open	95	50.0	40.0	110.0	200.0	167.4
Aaron Hayhoe	M	Open	100	47.5	42.5	120.0	210.0	166.2
Max Ell <sup>1</sup>	F	Open	50	15.0	20.0	52.5	87.5	146.2
Danny Brumpton	M	Open	125+	60.0	40.0	120.0	220.0	146.1
Matt Grimshaw <sup>1</sup>	M	Open	100	35.0	35.0	110.0	180.0	137.2
Brandon H-Hyland <sup>1</sup>	M	Open	80	35.0	30.0	80.0	145.0	133.1
Natalie Voce <sup>1</sup>	F	40+	95	22.5	25.0	60.0	107.5	122.7
Sonya Coles	F	45+	90	22.5	20.0	55.0	97.5 <sup>BR</sup>	115.4
Chris Marsden <sup>1</sup>	M	40+	110	40.0	25.0	80.0	145.0	114.0
Jennifer Ashdown <sup>1</sup>	F	Open	85	20.0	20.0	50.0	90.0	107.9
Trevor Egglestone <sup>1</sup>	M	70+	100	10.0	20.0	80.0	110.0	105.4