

IAWA (UK) Bob Smith All Round Postal League 2023 – Leg 6 - compiled by Chris Bass.

Ranking of Teams

| | | | |
|---|---------------|--|-------|
| 1 | Club 3B | Glenn Branch, George Johns, Danny Brumpton | 868.7 |
| 2 | Metamorfit1 | Beata Banas, Sam Bonar, Danny Kingsland | 783.9 |
| 3 | Club 3B2 | Amy Proferes, Aaron Hayhoe, Stephen Brooker | 745.6 |
| 4 | Club 3B3 | Sam Lee, Anthony Chittock, Rachel Stone | 627.3 |
| 5 | Granby | Steve Andrews, Mark Godleman, Viv Andrews | 607.9 |
| 6 | Metamorfit2 | Matt Grimshaw, Trevor Egglestone, Brandon H-Hyland | 597.2 |
| 7 | Twyford Celts | Max Ell, Sonya Coles, | 400.0 |
| 8 | Metamorfit3 | Natalie Voce | 181.4 |
| 9 | Club 3B4 | Suzie Richards | 142.6 |

Ranking of Lifters

| | | | | | |
|----|-----------------|-------|----|-------------------|-------|
| 1 | Glenn Branch | 302.9 | 12 | Sam Lee | 225.6 |
| 2 | George Johns | 283.7 | 13 | Anthony Chittock | 223.3 |
| 3 | Danny Brumpton | 282.0 | 14 | Max Ell | 222.3 |
| 4 | Beata Banas | 267.8 | 15 | Matt Grimshaw | 200.2 |
| 5 | Sam Bonar | 258.9 | 16 | Trevor Egglestone | 198.6 |
| 6 | Steve Andrews | 258.7 | 17 | Brandon H-Hyland | 198.4 |
| 7 | Danny Kingsland | 257.2 | 18 | Natalie Voce | 181.4 |
| 8 | Amy Proferes | 254.6 | 19 | Rachel Stone | 178.4 |
| 9 | Aaron Hayhoe | 254.5 | 20 | Sonya Coles | 177.7 |
| 10 | Mark Godleman | 246.3 | 21 | Suzie Richards | 142.6 |
| 11 | Stephen Brooker | 236.5 | 22 | Viv Andrews | 103.0 |

Ranking of Lifters per Lift & Record Breakers.

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

1H Snatch

| Lifter | Age | % | Class | Kilos | Points |
|-------------------------------|------|----|-------|---------------------|--------|
| Glenn Branch | 40+ | 1 | 95 | 58.0R▲ | 78.2 |
| Steve Andrews | 60+ | 25 | 65 | 35.0R | 72.6 |
| Aaron Hayhoe | Open | 0 | 95 | 52.5R | 70.5 |
| George Johns | Open | 0 | 95 | 50.0R | 67.1 |
| Sam Bonar ¹ | Open | 0 | 90 | 47.5R | 65.2 |
| Beata Banas ¹ | 40+ | 34 | 70 | 30.0R | 65.1 |
| Danny Brumpton | Open | 0 | 125+ | 60.0R | 63.5 |
| Danny Kingsland ¹ | Open | 0 | 60 | 35.0R | 62.1 |
| Amy Proferes | 45+ | 43 | 75 | 27.5R▲ | 60.3 |
| Stephen Brooker | Open | 0 | 90 | 42.5R | 58.8 |
| Anthony Chittock | Open | 0 | 125+ | 50.0R | 54.9 |
| Mark Godleman ¹ | 60+ | 22 | 105 | 35.0R | 53.8 |
| Matt Grimshaw ¹ | Open | 0 | 100 | 40.0R | 51.9 |
| Sam Lee | Open | 0 | 100 | 40.0R | 51.6 |
| Brandon H-Hyland ¹ | Open | 0 | 80 | 35.0R | 51.1 |
| Trevor Egglestone | 70+ | 42 | 100 | 25.0R ^{BR} | 46.1 |
| Natalie Voce ¹ | 40+ | 35 | 90 | 25.0R | 45.8 |
| Rachel Stone | 40+ | 34 | 100 | 26.0R▲● | 45.7 |
| Max Ell ¹ | Open | 33 | 50 | 15.5L | 43.3 |
| Sonya Coles | 45+ | 40 | 90 | 22.5R▲ | 42.8 |
| Viv Andrews ¹ | 55+ | 53 | 70 | 11.0R | 26.8 |
| Suzie Richards | 50+ | 44 | 65 | 0.0 | 0.0 |

Continental Clean & Jerk

| Lifter | Age | % | Class | Kilos | Points |
|-------------------------------|------|----|-------|--------------------|--------|
| George Johns | Open | 0 | 95 | 115.0 | 83.2 |
| Danny Brumpton | Open | 0 | 125+ | 142.5 | 81.2 |
| Glenn Branch | 40+ | 1 | 95 | 105.0 | 76.3 |
| Beata Banas ¹ | 40+ | 34 | 70 | 60.0 | 70.2 |
| Sam Bonar ¹ | Open | 0 | 90 | 90.0 | 66.6 |
| Aaron Hayhoe | Open | 0 | 95 | 90.0 | 65.1 |
| Amy Proferes | 45+ | 43 | 75 | 55.0▲ | 65.0 |
| Stephen Brooker | Open | 0 | 90 | 85.0 | 63.4 |
| Sam Lee | Open | 0 | 100 | 90.0 | 62.5 |
| Danny Kingsland ¹ | Open | 0 | 60 | 65.0 | 62.2 |
| Steve Andrews | 60+ | 25 | 65 | 55.0 | 61.5 |
| Anthony Chittock | Open | 0 | 125+ | 100.0 | 59.2 |
| Mark Godleman ¹ | 60+ | 22 | 105 | 70.0 | 58.0 |
| Trevor Egglestone | 70+ | 42 | 100 | 55.0 ^{BR} | 54.6 |
| Matt Grimshaw ¹ | Open | 0 | 100 | 75.0 | 52.4 |
| Brandon H-Hyland ¹ | Open | 0 | 80 | 65.0 | 51.1 |
| Rachel Stone | 40+ | 34 | 100 | 52.5▲ | 49.7 |
| Max Ell ¹ | Open | 33 | 50 | 33.0 | 49.7 |
| Natalie Voce ¹ | 40+ | 35 | 90 | 42.5 | 41.9 |
| Sonya Coles | 45+ | 40 | 90 | 35.0▲ | 35.9 |
| Viv Andrews ¹ | 55+ | 53 | 70 | 15.5 | 20.4 |
| Suzie Richards | 50+ | 44 | 65 | 0.0 | 0 |

Front Squat

Holdout in front - Raised

| Lifter | Age | % | Class | Kilos | Points | Lifter | Age | % | Class | Kilos | Points |
|-------------------------------|------|----|-------|---------------------|--------|-------------------------------|------|----|-------|--------------------|--------|
| Glenn Branch | 40+ | 1 | 95 | 165.0 ^{BR} | 87.2 | Max Ell ¹ | Open | 33 | 50 | 15.0 | 82.8 |
| Danny Brumpton | Open | 0 | 125+ | 192.5 | 79.8 | Suzie Richards | 50+ | 44 | 65 | 16.0▲● | 77.7 |
| George Johns | Open | 0 | 95 | 140.0 | 73.7 | Steve Andrews | 60+ | 25 | 65 | 17.5▲ | 71.8 |
| Amy Proferes | 45+ | 43 | 75 | 80.0▲ | 68.7 | Danny Kingsland ¹ | Open | 0 | 60 | 20.0 | 70.2 |
| Beata Banas ¹ | 40+ | 34 | 70 | 80.0 | 68.1 | Mark Godleman ¹ | 60+ | 22 | 105 | 22.5 | 68.3 |
| Mark Godleman ¹ | 60+ | 22 | 105 | 110.0 | 66.2 | Sam Bonar ¹ | Open | 0 | 90 | 25.0 | 67.9 |
| Aaron Hayhoe | Open | 0 | 95 | 125.0 | 65.8 | Beata Banas ¹ | 40+ | 34 | 70 | 15.0 | 64.4 |
| Suzie Richards | 50+ | 44 | 65 | 67.5▲ | 64.9 | Glenn Branch | 40+ | 1 | 95 | 23.0▲ | 61.3 |
| Danny Kingsland ¹ | Open | 0 | 60 | 90.0 | 62.6 | Amy Proferes | 45+ | 43 | 75 | 14.0▲● | 60.7 |
| Sam Lee | Open | 0 | 100 | 120.0 | 60.6 | George Johns | Open | 0 | 95 | 22.5 | 59.7 |
| Anthony Chittock | Open | 0 | 125+ | 140.0 | 60.3 | Matt Grimshaw ¹ | Open | 0 | 100 | 22.5 | 57.7 |
| Stephen Brooker | Open | 0 | 90 | 110.0 | 59.6 | Danny Brumpton | Open | 0 | 125+ | 27.5 ^{BR} | 57.5 |
| Sam Bonar ¹ | Open | 0 | 90 | 110.0 | 59.2 | Stephen Brooker | Open | 0 | 90 | 20.0 | 54.7 |
| Steve Andrews | 60+ | 25 | 65 | 65.0 | 52.8 | Trevor Egglestone | 70+ | 42 | 100 | 15.0 | 54.6 |
| Sonya Coles | 45+ | 40 | 90 | 70.0▲ | 52.1 | Natalie Voce ¹ | 40+ | 35 | 90 | 15.0 | 54.3 |
| Max Ell ¹ | Open | 33 | 50 | 42.5 | 46.5 | Aaron Hayhoe | Open | 0 | 95 | 20.0 | 53.1 |
| Brandon H-Hyland ¹ | Open | 0 | 80 | 80.0 | 45.7 | Sam Lee | Open | 0 | 100 | 20.0 | 51.0 |
| Trevor Egglestone | 70+ | 42 | 100 | 60.0▲ | 43.3 | Brandon H-Hyland ¹ | Open | 0 | 80 | 17.5 | 50.5 |
| Natalie Voce ¹ | 40+ | 35 | 90 | 55.0 | 39.5 | Anthony Chittock | Open | 0 | 125+ | 22.5 | 48.9 |
| Matt Grimshaw ¹ | Open | 0 | 100 | 75.0 | 38.1 | Sonya Coles | 45+ | 40 | 90 | 12.5▲● | 47.0 |
| Rachel Stone | 40+ | 34 | 100 | 52.5 | 36.1 | Rachel Stone | 40+ | 34 | 100 | 13.5▲● | 46.9 |
| Viv Andrews ¹ | 55+ | 53 | 70 | 15.5 | 14.8 | Viv Andrews ¹ | 55+ | 53 | 70 | 8.5 | 41.0 |

Ranking of Teams after Legs 1+2+3+4+5+6.

| | | | |
|----|---------------|---|--------|
| 1 | Metamorfit1 | Danny Kingsland, Sam Bonar, Beata Banas | 4902.6 |
| 2 | Granby | Steve Andrews, Mark Godleman, Paul Hallam | 4562.4 |
| 3 | Metamorfit2 | Brandon H-Hyland, Natalie Voce, Trevor Egglestone | 4009.8 |
| 4 | Club 3B | Glenn Branch, Aaron Hayhoe, Danny Brumpton | 3297.2 |
| 5 | Twyford Celts | Max Ell, Sonya Coles, Gary Ell, | 3202.5 |
| 6 | Sunbury1 | Ian Dixon, Jacik Szast, Jack Taylor | 2511.2 |
| 7 | Metamorfit3 | Paul Barette, Harry Fisher, Matt Grimshaw | 2323.8 |
| 8 | Club 3B2 | George Johns, Stephen Brooker, Amy Proferes | 1114.5 |
| 9 | Sunbury2 | Jeff Luther, Andy Murtagh, Trevor Evans | 853.5 |
| 10 | Club 3B3 | Sam Lee, Anthony Chittock, Rachel Stone | 627.3 |
| 11 | Metamorfit4 | Olga Holcakova, Lara Bennett, Maria Bennett, | 284.5 |
| 12 | Keds1 | Shane Roberts | 172.2 |
| 13 | Club 3B4 | Suzie Richards | 142.6 |
| 14 | Granby2 | Viv Andrews, Daniel Andrews | 132.7 |

Ranking of Lifters after Legs 1+2+3+4+5+6

| | | | | | |
|----|-------------------|--------|----|------------------|-------|
| 1 | Steve Andrews | 1807.6 | 16 | Jacik Szast | 862.8 |
| 2 | Mark Godleman | 1690.2 | 17 | Harry Fisher | 834.4 |
| 3 | Danny Kingsland | 1655.4 | 18 | Paul Hallam | 735.6 |
| 4 | Sam Bonar | 1601.6 | 19 | Danny Brumpton | 729.5 |
| 5 | Beata Banas | 1589.0 | 20 | Jack Taylor | 728.9 |
| 6 | Max Ell | 1379.1 | 21 | Matt Grimshaw | 577.5 |
| 7 | Brandon H-Hyland | 1231.2 | 22 | Viv Andrews | 522.7 |
| 8 | Glenn Branch | 1209.0 | 23 | George Johns | 479.2 |
| 9 | Natalie Voce | 1101.1 | 24 | Stephen Brooker | 434.7 |
| 10 | Trevor Egglestone | 1062.4 | 25 | Jeff Luther | 405.6 |
| 11 | Aaron Hayhoe | 1030.6 | 26 | Amy Proferes | 254.6 |
| 12 | Paul Barette | 1029.2 | 27 | Andy Murtagh | 236.8 |
| 13 | Sonya Coles | 950.9 | 28 | Olga Holcakova | 226.7 |
| 14 | Ian Dixon | 919.5 | 29 | Sam Lee | 225.6 |
| 15 | Gary Ell | 872.4 | 30 | Anthony Chittock | 223.3 |

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| | | | | | |
|----|----------------|-------|----|------------------|-------|
| 31 | Daniel Andrews | 213.1 | 36 | Maria Bennett | 157.9 |
| 32 | Trevor Evans | 211.0 | 37 | Suzie Richards | 142.6 |
| 33 | Lara Bennett | 191.5 | 38 | Chris Marsden | 136.4 |
| 34 | Rachel Stone | 178.4 | 39 | Jennifer Ashdown | 126.7 |
| 35 | Shane Roberts | 172.2 | | | |

| Aston Set Total | | | Age | CLASS | 1H Snatch | Cont C&J | Front Squat | TOTAL | TOTAL |
|-------------------------------|---|--|-------|-------|-----------|----------|-------------|---------------------|--------|
| NAME | | | Class | Kilos | KILOS | KILOS | KILOS | KILOS | POINTS |
| Glenn Branch | M | | 40+ | 95 | 58.0 | 105.0 | 165.0 | 328.0 ^{BR} | 241.6 |
| Danny Brumpton | M | | Open | 125+ | 60.0 | 142.5 | 192.5 | 395.0 ^{BR} | 224.5 |
| George Johns | M | | Open | 95 | 50.0 | 115.0 | 140.0 | 305.0 | 224.0 |
| Beata Banas ¹ | F | | 40+ | 70 | 30.0 | 60.0 | 80.0 | 170.0 | 203.4 |
| Aaron Hayhoe | M | | Open | 95 | 52.5 | 90.0 | 125.0 | 267.5 | 201.4 |
| Amy Proferes | F | | 45+ | 75 | 27.5 | 55.0 | 80.0 | 162.5 ^{BR} | 193.9 |
| Sam Bonar ¹ | M | | Open | 90 | 47.5 | 90.0 | 110.0 | 247.5 | 191.0 |
| Danny Kingsland ¹ | M | | Open | 60 | 35.0 | 65.0 | 90.0 | 190.0 | 187.0 |
| Steve Andrews | M | | 60+ | 65 | 35.0 | 55.0 | 65.0 | 155.0 ^{BR} | 186.9 |
| Stephen Brooker | M | | Open | 90 | 42.5 | 85.0 | 110.0 | 237.5 | 181.8 |
| Mark Godleman ¹ | M | | 60+ | 105 | 35.0 | 70.0 | 110.0 | 215.0 | 177.9 |
| Sam Lee | M | | Open | 100 | 40.0 | 90.0 | 120.0 | 250.0 | 174.7 |
| Anthony Chittock | M | | Open | 125+ | 50.0 | 100.0 | 140.0 | 290.0 | 174.4 |
| Brandon H-Hyland ¹ | M | | Open | 80 | 35.0 | 65.0 | 80.0 | 180.0 | 147.9 |
| Trevor Egglestone | M | | 70+ | 100 | 25.0 | 55.0 | 60.0 | 140.0 ^{BR} | 144.0 |
| Matt Grimshaw ¹ | M | | Open | 100 | 40.0 | 75.0 | 75.0 | 190.0 | 142.5 |
| Max Ell ¹ | F | | Open | 50 | 15.5 | 33.0 | 42.5 | 91.0 | 139.5 |
| Rachel Stone | F | | 40+ | 100 | 26.0 | 52.5 | 52.5 | 131.0 ^{BR} | 131.5 |
| Sonya Coles | F | | 45+ | 90 | 22.5 | 35.0 | 70.0 | 127.5 ^{BR} | 130.8 |
| Natalie Voce ¹ | F | | 40+ | 90 | 25.0 | 42.5 | 55.0 | 122.5 | 127.1 |
| Suzie Richards | F | | 50+ | 65 | 0.0 | 0.0 | 67.5 | 67.5 | 64.9 |
| Viv Andrews ¹ | F | | 55+ | 70 | 11.0 | 15.5 | 15.5 | 42.0 | 62.0 |

Here's the Leg 6 results, 9 teams & 22 lifters. Welcome to the new lifters from Clu3B.

To date: top 3 lifters Glen Branch, George Johns & Danny Brumpton; Top 3 teams were Club3B, Metamorfit1 & Club3B2.

For the Year: top 3 lifters were Steve Andrews Mark Godleman & Danny Kingsland; Top 3 teams were Metamorfit1, Granby & Metamorfit2. Beata Banas was the top ladies lifter & Max Ell was the top MX lifter.

And finally well done to everyone else & thanks for lifting throughout the year. I hope you all compete next year for without you the postal league would not continue.

Lifts for Leg 1 of 2024 are: Press (B1), Snatch (A4), C&J (A5) and 1H 2" Vertical Bar (F19) to be done by the end of January.

Final Rankings of the 2023 All round Scheme.

If you qualify for an award (**12 lifts or more**) and want one then please contact Paul Barette. No claim – No award. Congratulations to all the title and award winners.

| | NAME | Lifts | Position – title or award |
|----|-------------------|-------|---|
| 1 | Steve Andrews | 24 | Best British Open & 65+, 70k class Top All Rounder |
| 2 | Mark Godleman | 24 | Best British Open & 60+, 105k class All Rounder |
| 3 | Danny Kingsland | 24 | Best British Open, 65k class All Rounder |
| 4 | Sam Bonar | 24 | Best British Open, 90k class All Rounder |
| 5 | Beata Banas | 24 | Best British Ladies Open & 40+, 75k class Top All Rounder |
| 6 | Max Ell | 24 | Best British MX Open, 55k class Top All Rounder |
| 7 | Brandon H-Hyland | 24 | Best British Open, 85k class All Rounder |
| 8 | Glen Branch | 16 | Best British 40+, 95k class All Rounder |
| 9 | Natalie Voce | 24 | Best British Ladies Open & 40+, 95k class All Rounder |
| 10 | Trevor Egglestone | 20 | Best British 70+ 105k class All Rounder |
| 11 | Aaron Hayhoe | 16 | Best British Open, 95k class All Rounder |
| 12 | Paul Barette | 16 | Best British Open, 45+, 75k class All Rounder |
| 13 | Sonya Coles | 24 | Best British Ladies 45+, 95k class All Rounder |
| 14 | Ian Dixon | 12 | Runner up British Open, 90k class All Rounder |
| 15 | Gary Ell | 12 | Best British 50+, 90k class All Rounder |
| 16 | Jacit Szast | 16 | Best British Open & 40+, 100k class All Rounder |
| 17 | Harry Fisher | 16 | Best British Open, 110k class All Rounder |
| 18 | Paul Hallam | 12 | Runner up British 40+, 100k class All Rounder |
| 19 | Danny Brumpton | 12 | Best British Open, 125+k class All Rounder |
| 20 | Jack Taylor | 12 | Best British Open, 120k class All Rounder |
| 21 | Matt Grimshaw | 12 | Runner up British Open, 100k class All Rounder |
| 22 | Viv Andrews | 16 | Best British Ladies 55+, 75k class All Rounder |
| 23 | George Johns | 8 | British Open, 95k class All Rounder - 8 lifts |
| 24 | Stephen Brooker | 8 | British Open, 90k class All Rounder - 8 lifts |
| 25 | Jeff Luther | 8 | British 65+, 70k class All Rounder - 8 lifts |
| 26 | Amy Proferes | 4 | British Ladies 45+, 75k class All Rounder - 4 lifts |
| 27 | Andy Murtagh | 4 | British 55+, 95k class All Rounder - 4 lifts |
| 28 | Olga Holcakova | 4 | British Ladies Open, 65k class All Rounder - 4 lifts |
| 29 | Sam Lee | 4 | British Open, 100k class All Rounder - 4 lifts |
| 30 | Anthony Chittock | 4 | Runner up British Open, 125+k class All Rounder - 4 lifts |
| 31 | Daniel Andrews | 4 | British Open, 85k class All Rounder - 4 lifts |
| 32 | Trevor Evans | 8 | British 75+, 80k class All Rounder – 8 lifts |
| 33 | Lara Bennett | 4 | British Ladies Junior 18 years, 65k class All Rounder - 4 lifts |
| 34 | Rachel Stone | 4 | British Ladies 40+, 100k class All Rounder – 4 lifts |
| 35 | Shane Roberts | 4 | British 13 & under, 125+k class All Rounder - 4 lifts |
| 36 | Maria Bennett | 4 | British Ladies 60+, 100k class All Rounder – 4 lifts |
| 37 | Suzie Richards | 2 | British Ladies 50+, 65k class All Rounder – 2 lifts |
| 38 | Chris Marsden | 4 | British 40+, 110k class All Rounder - 4 lifts |
| 39 | Jennifer Ashdown | 4 | British Ladies Open 85k class All Rounder – 4 lifts |

Congratulations to Steve Andrews for being the top male lifter, Beata Banas for being the top female lifter & Max Ell for being the top MX lifter.

