



British Power & Single Arm Championships - 01 July 2023

MetamorFIT Eastbourne

Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Scored on Totals						Total	Lynch	Amended
							Squat		Bench Press		Deadlift				
							Lift 1	Amend	Lift 2	Amend	Lift 3	Amend			
Glenn Branch	M	40	1	40+	88.8	90KG	217.5▲●	217.5	135▲	135	270▲	270	633 ^{BR}	0.9044	568.62
George Johns	M	24	0	Open	89.3	90KG	190	190	137.5	137.5	225	225	552.5	0.9015	498.10
Jessica Van Der Knaap	F	22	33	Open	87.6	90KG	117.5	117.5	70	70	190●	190	377.5 ^{BR}	0.9114	457.61
Dan Brumpton	M	32	0	Open	148.7	125+KG	240	240	145	145	255	255	640	0.6966	445.80
Aaron Hayhoe	M	38	0	Open	90.1	95KG	155	155	117.5	117.5	200	200	472.5	0.8970	423.84
Beata Banas	F	39	33	Open	70.5	75KG	97.5	97.5	67.5 ^{BR}	67.5	140	140	305	1.0402	421.97
Danny Kingsland	M	33	0	Open	62.4	65KG	115	115	100 ^{BR}	100	155	155	370	1.1300	418.10
Steve Andrews	M	63	24	60+	64.9	65KG	92.5▲	92.5	67.5▲	67.5	130▲	130	295 ^{BR}	1.0994	395.36
Sam Bonar	M	29	0	Open	90.0	90KG	140	140	115	115	185	185	440	0.8976	394.93
Paul Hallam	M	44	5	40+	98.8	100KG	150	150	80	80	190	190	420	0.8527	376.02
James Rutter	M	15	15	14-15	79.0	80KG	110	110	75▲	75	145	145	330 ^{BR}	0.9685	367.56
Graham Saxton	M	61	22	60+	120.8	125KG	130▲	130	75▲	75	150	150	357.5 ^{BR}	0.7689	332.99
Gary Redfern-Smith	M	50	11	50+	108.3	110KG	140	140	110	110	110	110	360	0.8124	324.64
Sonya Coles	F	46	40	45+	90.2	95KG	93▲●	92.5	50▲	50	102.5▲	102.5	245 ^{BR}	0.8964	307.48
Mollie Redfern-Smith	F	15	48	14-15	58.9	60KG	65 ^{BR}	65	27.5	27.5	70.5 ^{BR}	70	162.5 ^{BR}	1.1782	283.36
Trevor Egglestone	M	72	40	70+	101.0	105KG	40 ^{BR}	40	82.5▲	82.5	110 ^{BR}	110	232.5 ^{BR}	0.8427	274.29
Matt Grimshaw	M	36	0	Open	98.5	100KG	90	90	NA	0	NA	0	90	0.8540	76.86

Successful 4th Attempts: Squat – Steve Andrews 97.5kg▲ Bench Press – Graham Saxton 77.5kg▲ Deadlift – Glenn Branch 280.5kg▲●

Best Masters Lifter & Overall Champion (Winner of the Steve Angell Memorial Shield) – **Glenn Branch** Best Open Male Lifter – **George Johns**

Best Open Female Lifter – **Jessica Van Der Knaap** Best Masters Female Lifter – **Sonya Coles** Best Junior Male – **James Rutter**

Best Junior Female – **Mollie Redfern-Smith**

							Scored on Total					
							Deadlift					
Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Total	Lynch	Amended	
Erin Branch	F	8	66	13 & Under	26.1	30KG	35▲	35	35	2.7507	159.81	
Freya Patrick	F	6	66	13 & Under	60.5	65KG	50▲	50	50	1.1553	95.89	
Brody Branch	M	5	33	13 & Under	21.7	25KG	22.5 ^{BR}	22.5	22.5	2.8655	85.75	

Successful 4th Attempts: Deadlift – Brody Branch 25kg, Erin Branch 37.5kg▲

							Scored on Totals								
							One Hand Snatch		One Hand Clean & Jerk		One Hand Deadlift				
Name	Sex	Age	Age&Sex %	Age Group	Bwt	Weight Class	Lift 1	Amend	Lift 2	Amend	Lift 3	Amend	Total	Lynch	Amended
Beata Banas	F	39	33	Open	70.5	75KG	30L	30	30R	30	105R	105	165 ^{BR}	1.0402	228.28
Paul Hallam	M	44	5	40+	98.8	100KG	45L	45	40R	40	160L▲	160	245 ^{BR}	0.8527	219.34
Steve Andrews	M	63	24	60+	64.9	65KG	35R	35	27.5L	27.5	92.5R	92.5	155	1.0994	211.31
Aaron Hayhoe	M	38	0	Open	90.1	95KG	45R	45	40L	40	127.5R	127.5	212.5	0.8970	190.61
Glenn Branch	M	40	1	40+	88.8	90KG	NA	0	NA	0	135L ^{BR}	135	135	0.9044	123.32
Dan Brumpton	M	32	0	Open	148.7	125+KG	60R	60	NA	0	100R	100	160	0.6966	111.45
George Johns	M	24	0	Open	89.3	90KG	52.5R	52.5	NA	0	NA	0	52.5	0.9015	47.33

Successful 4th Attempts: One Hand Deadlift – Steve Andrews 110.5kg(R)▲

Best Female Open Lifter & Overall Champion (Winner of the George Dick Memorial Shield) – **Beata Banas**

Best Masters Male Lifter – **Paul Hallam** Best Open Male Lifter – **Aaron Hayhoe**

▲ = World Junior/Masters record; ● = World Open record; British Record = ^{BR}

Promoter – Paul Barette **MC/Recorder** – Steve Gardner

Referees – Paul Barette, Suzie Richards, Gary Ell, Graham Saxton, Steve Gardner, Glenn Branch, Steve Andrews

Loaders & Spotters – The Lifters **Drug testing** – Gary Ell

Report by Steve Gardner:

We had a wonderful day today at Eastbourne for the British Powerlifting Championships and the British Single Arm Championships.... Despite losing a few lifters through injury etc we still had 20 lifters on the platform. A big well done to Paul Barette and his support team at Metamorfit Gym for hosting this great event.

We had a great range of ages of lifters from mini-Juniors aged 5,6 and 8 through to Masters 70+, with many new faces taking part for the first time in IAWA (7 I think) Well done to all those who helped make the day work by refereeing and loading. Several Drug Tests were done, and lots of records were broken and set.

Top three lifters in the Overall Champion of Champions rankings were:

3rd Jessica Van Der Knaap

2nd George Johns

1st and Winner of the Steve Angell Memorial Trophy was Glenn Branch !

In the Single Arm event the top Three in the Overall Champion of Champions rankings for the George Dick Memorial Trophy were;

3rd Steve Andrews

2nd Paul Hallam

1st and Winner of the George Dick Memorial Trophy was Beata Banas!

Additional Thanks from Paul Barette:

Steve, thank you for all your help on the day with MCing and Platform Management. To Glenn Branch and his team from Bionic Branch Barbell who supplied the rack and weights for the day. Lastly, to Maria Bennett for keeping everyone topped up with caffeine and looking after refreshments.