

IAWA (UK) Bob Smith All Round Postal League 2024 – Leg 1 - compiled by Chris Bass.

Ranking of Teams

| | | | |
|----|---------------|---|-------|
| 1 | Metamorfit1 | Beata Banas, Sam Bonar, Danny Kingsland | 909.3 |
| 2 | Club 3B | George Johns, Aaron Hayhoe, Glenn Branch | 857.7 |
| 3 | PH Phoenix1 | Josh Davidson, Matt Jones, Paul Hallam | 855.6 |
| 4 | Club 3B2 | Amy Proferes, Suzie Richards, Sam Lee | 764.8 |
| 5 | PH Phoenix2 | Jamie Oates, Gary Redfern-Smith, Steve Moss | 757.3 |
| 6 | Granby | Steve Andrews, Mark Godleman, Viv Andrews | 700.5 |
| 7 | Metamorfit2 | Matt Grimshaw, Brandon H-Hyland, Paul Barette | 680.6 |
| 8 | Twyford Celts | Max Ell, Sonya Coles, Gary Ell | 565.6 |
| 9 | PH Phoenix3 | James Rutter, Mollie Redfern-Smith, Graham Saxton | 561.7 |
| 10 | Club 3B3 | Rachel Stone, Anthony Chittock | 399.4 |
| 11 | Metamorfit3 | Jennifer Ashdown, Anja Pullen | 305.1 |

Ranking of Lifters

| | | | | | |
|----|--------------------|-------|----|----------------------|-------|
| 1 | Beata Banas | 310.8 | 16 | Suzie Richards | 249.1 |
| 2 | Sam Bonar | 308.3 | 17 | Steve Moss | 244.9 |
| 3 | Josh Davidson | 303.9 | 18 | Matt Grimshaw | 243.6 |
| 4 | Danny Kingsland | 290.2 | 19 | Sam Lee | 232.9 |
| 5 | George Johns | 287.5 | 20 | James Rutter | 226.6 |
| 6 | Matt Jones | 286.9 | 21 | Brandon H-Hyland | 223.4 |
| 7 | Aaron Hayhoe | 285.7 | 22 | Rachel Stone | 216.0 |
| 8 | Glenn Branch | 284.5 | 23 | Paul Barette | 213.6 |
| 9 | Amy Proferes | 282.7 | 24 | Sonya Coles | 197.8 |
| 10 | Steve Andrews | 276.0 | 25 | Anthony Chittock | 183.5 |
| 11 | Mark Godleman | 270.1 | 26 | Mollie Redfern-Smith | 170.0 |
| 12 | Paul Hallam | 264.8 | 27 | Jennifer Ashdown | 169.9 |
| 13 | Max Ell | 264.7 | 28 | Graham Saxton | 165.2 |
| 14 | Jamie Oates | 260.8 | 29 | Viv Andrews | 154.5 |
| 15 | Gary Redfern-Smith | 251.7 | 30 | Anja Pullen | 135.1 |
| | | | 31 | Gary Ell | 103.1 |

Ranking of Lifters per Lift & Record Breakers. 2H Press

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|--------------------|--------|
| Steve Andrews ¹ | 60+ | 26 | 65 | 55.0 | 77.6 |
| Matt Jones | Open | 0 | 125+ | 110.0 | 76.9 |
| Danny Kingsland | Open | 0 | 65 | 65.0 | 74.7 |
| Glenn Branch ¹ | 40+ | 2 | 95 | 82.5 | 73.8 |
| Josh Davidson | Open | 0 | 110 | 85.0 | 68.7 |
| Sam Bonar | Open | 0 | 90 | 75.0 | 68.4 |
| George Johns | Open | 0 | 95 | 75.0 | 66.6 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 65.0 | 66.5 |
| Jamie Oates | Open | 0 | 110 | 80.0 | 65.2 |
| Amy Proferes | 45+ | 44 | 75 | 42.5▲ | 61.6 |
| Suzie Richards ¹ | 50+ | 45 | 65 | 37.5 | 61.3 |
| Beata Banas ¹ | 40+ | 35 | 70 | 42.5 | 61.1 |
| Anthony Chittock | Open | 0 | 125+ | 80.0 | 60.0 |
| Aaron Hayhoe | Open | 0 | 95 | 67.5 | 59.7 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 65.0 | 59.1 |
| Sam Lee | Open | 1 | 100 | 67.5 | 58.4 |
| James Rutter | 16-17 | 10 | 90 | 55.0 ^{BR} | 55.9 |
| Matt Grimshaw | Open | 0 | 100 | 65.0 | 55.8 |
| Paul Barette ¹ | 45+ | 9 | 80 | 52.5 | 55.4 |
| Steve Moss | 40+ | 3 | 100 | 62.5 | 54.7 |
| Paul Hallam | 45+ | 6 | 100 | 60.0 | 54.0 |
| Brandon H-Hyland | Open | 0 | 80 | 55.0 | 53.3 |
| Max Ell ¹ | Open | 33 | 50 | 27.5 | 50.8 |
| Sonya Coles | 45+ | 41 | 90 | 37.5▲ | 47.5 |
| Rachel Stone | 40+ | 35 | 100 | 40.5▲ | 47.3 |
| Jennifer Ashdown | Open | 33 | 85 | 27.5 ^{BR} | 35.1 |

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref 2H Snatch

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|--------------------|--------|
| Beata Banas ¹ | 40+ | 35 | 70 | 47.5 | 80.5 |
| Josh Davidson | Open | 0 | 110 | 80.0 | 76.1 |
| George Johns | Open | 0 | 95 | 70.0 | 73.2 |
| Aaron Hayhoe | Open | 0 | 95 | 70.0 | 72.9 |
| Sam Bonar | Open | 0 | 90 | 65.0 | 69.8 |
| Glenn Branch ¹ | 40+ | 2 | 95 | 65.0 | 68.5 |
| Danny Kingsland | Open | 0 | 65 | 50.0 | 67.7 |
| Steve Andrews ¹ | 60+ | 26 | 65 | 40.0 | 66.5 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 55.0 | 66.3 |
| Matt Jones | Open | 0 | 125+ | 80.0 | 65.9 |
| Paul Hallam | 45+ | 6 | 100 | 60.0 | 63.6 |
| Amy Proferes | 45+ | 44 | 75 | 35.5▲ | 60.6 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 55.0 | 58.9 |
| Suzie Richards ¹ | 50+ | 45 | 65 | 30.0 | 57.8 |
| Brandon H-Hyland | Open | 0 | 80 | 50.0 | 57.0 |
| Mollie Redfern-Smith | 16-17 | 43 | 65 | 30.0▲ | 56.7 |
| Max Ell ¹ | Open | 33 | 50 | 26.0 | 56.6 |
| Paul Barette ¹ | 45+ | 9 | 80 | 45.0 | 55.9 |
| Matt Grimshaw | Open | 0 | 100 | 55.0 | 55.6 |
| Steve Moss | 40+ | 3 | 100 | 52.5 | 54.1 |
| James Rutter | 16-17 | 10 | 90 | 45.0 | 53.9 |
| Rachel Stone | 40+ | 35 | 100 | 35.5▲● | 48.8 |
| Sam Lee | Open | 1 | 100 | 47.5 | 48.4 |
| Jamie Oates | Open | 0 | 110 | 50.0 | 48.0 |
| Sonya Coles | 45+ | 41 | 90 | 30.0▲ | 44.8 |
| Jennifer Ashdown | Open | 33 | 85 | 25.0 ^{BR} | 37.6 |

2H Press

| Lifter | Age | % | Class | Kilos | Points |
|--------------------------|-------|----|-------|-------|--------|
| Graham Saxton | 60+ | 23 | 120 | 35.0▲ | 33.8 |
| Viv Andrews ¹ | 55+ | 54 | 75 | 20.0 | 31.7 |
| Anja Pullen ¹ | 40+ | 35 | 90 | 25.0 | 30.3 |
| Gary Ell | 50+ | 14 | 90 | 0.0 | 0.0 |
| Mollie Redfern-Smith | 16-17 | 43 | 65 | 0.0 | 0.0 |

2H Snatch

| Lifter | Age | % | Class | Kilos | Points |
|--------------------------|------|----|-------|-------|--------|
| Viv Andrews ¹ | 55+ | 54 | 75 | 18.0 | 33.7 |
| Anja Pullen ¹ | 40+ | 35 | 90 | 22.5 | 32.1 |
| Graham Saxton | 60+ | 23 | 120 | 25.0▲ | 28.4 |
| Gary Ell | 50+ | 14 | 90 | 0.0 | 0.0 |
| Anthony Chittock | Open | 0 | 125+ | 0.0 | 0.0 |

2H Clean & Jerk

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|--------|--------|
| Josh Davidson | Open | 0 | 110 | 110.0 | 79.9 |
| George Johns | Open | 0 | 95 | 100.0 | 79.9 |
| Beata Banas ¹ | 40+ | 35 | 70 | 60.0 | 77.6 |
| Sam Bonar ¹ | Open | 0 | 90 | 92.5 | 75.9 |
| Matt Jones | Open | 0 | 125+ | 120.0 | 75.5 |
| Aaron Hayhoe | Open | 0 | 95 | 92.5 | 73.6 |
| Paul Hallam | 45+ | 6 | 100 | 85.0 | 68.8 |
| Amy Proferes | 45+ | 44 | 75 | 50.0▲ | 65.1 |
| Glenn Branch ¹ | 40+ | 2 | 95 | 80.0 | 64.3 |
| Steve Andrews ¹ | 60+ | 26 | 65 | 50.0 | 63.4 |
| Danny Kingsland | Open | 0 | 65 | 60.0 | 62.0 |
| Sam Lee | Open | 1 | 100 | 77.5 | 60.2 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 65.0 | 59.8 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 72.5 | 59.3 |
| Suzie Richards ¹ | 50+ | 45 | 65 | 40.0 | 58.8 |
| Jamie Oates | Open | 0 | 110 | 80.0 | 58.7 |
| Brandon H-Hyland | Open | 0 | 80 | 65.0 | 56.6 |
| Max Ell ¹ | Open | 33 | 50 | 34.0 | 56.5 |
| Steve Moss | 40+ | 3 | 100 | 70.0 | 55.1 |
| Matt Grimshaw | Open | 0 | 100 | 70.0 | 54.1 |
| Anthony Chittock | Open | 0 | 125+ | 80.0 | 54.0 |
| Rachel Stone | 40+ | 35 | 100 | 50.0▲● | 52.5 |
| James Rutter | 16-17 | 10 | 90 | 55.0 | 50.3 |
| Mollie Redfern-Smith | 16-17 | 43 | 65 | 30.0▲ | 43.3 |
| Sonya Coles | 45+ | 41 | 90 | 35.0▲ | 39.9 |
| Paul Barette ¹ | 45+ | 9 | 80 | 40.0 | 37.9 |
| Jennifer Ashdown | Open | 33 | 85 | 32.5● | 37.3 |
| Graham Saxton | 60+ | 23 | 120 | 40.0▲ | 34.7 |
| Viv Andrews ¹ | 55+ | 54 | 75 | 20.0 | 28.5 |
| Anja Pullen ¹ | 40+ | 35 | 90 | 20.0 | 21.8 |
| Gary Ell | 50+ | 14 | 90 | 0.0 | 0.0 |

1H 2" Vertical Bar

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|---------------------|--------|
| Gary Ell | 50+ | 14 | 90 | 92.5▲ | 103.1 |
| Max Ell ¹ | Open | 33 | 50 | 50.0 | 100.7 |
| Amy Proferes | 45+ | 44 | 75 | 60.5▲● | 95.5 |
| Sam Bonar | Open | 0 | 90 | 94.8 ^{BR} | 94.2 |
| Beata Banas ¹ | 40+ | 35 | 70 | 58.5 | 91.7 |
| Jamie Oates | Open | 0 | 110 | 100.0 ^{BR} | 88.9 |
| Danny Kingsland | Open | 0 | 65 | 68.4 | 85.7 |
| Steve Moss | 40+ | 3 | 100 | 85.0▲ | 81.0 |
| Aaron Hayhoe | Open | 0 | 95 | 82.5 | 79.5 |
| Josh Davidson | Open | 0 | 110 | 90.0 | 79.2 |
| Paul Hallam | 45+ | 6 | 100 | 80.0▲ | 78.5 |
| Matt Grimshaw | Open | 0 | 100 | 83.5 | 78.1 |
| Glenn Branch ¹ | 40+ | 2 | 95 | 80.0 | 77.9 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 69.5 | 77.5 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 75.0 ^{BR} | 74.3 |
| Suzie Richards ¹ | 50+ | 45 | 65 | 40.0 | 71.3 |
| Mollie Redfern-Smith | 16-17 | 43 | 65 | 40.0▲ | 70.0 |
| Anthony Chittock | Open | 0 | 125+ | 85.0 | 69.5 |
| Matt Jones | Open | 0 | 125+ | 90.0 | 68.6 |
| Steve Andrews ¹ | 60+ | 26 | 65 | 44.5 | 68.4 |
| Graham Saxton | 60+ | 23 | 120 | 65.0 ^{BR} | 68.3 |
| George Johns | Open | 0 | 95 | 70.0 | 67.8 |
| Rachel Stone | 40+ | 35 | 100 | 53.0▲ | 67.4 |
| James Rutter | 16-17 | 10 | 90 | 60.0▲ | 66.5 |
| Sam Lee | Open | 1 | 100 | 70.0 | 65.9 |
| Sonya Coles | 45+ | 41 | 90 | 47.5▲● | 65.6 |
| Paul Barette ¹ | 45+ | 9 | 80 | 56.0 | 64.4 |
| Viv Andrews ¹ | 55+ | 54 | 75 | 35.0 | 60.5 |
| Jennifer Ashdown | Open | 33 | 85 | 43.0 ^{BR} | 59.9 |
| Brandon H-Hyland | Open | 0 | 80 | 53.5 | 56.5 |
| Anja Pullen ¹ | 40+ | 35 | 90 | 38.5 | 50.9 |

Here's Leg 1 results of year 2024 of the All Round League. Sadly there are a few lifters missing due to injury or illness. This will hopefully improve during the year. Also welcome 3 teams from Burton Power House Phoenix.

A big well done to the lifters for competing in the first leg of 2024.

Leg 2 lifts are: Squat (A2), Bench Press (A3), Deadlift (A1) & Lateral Raise Standing (G14). To be completed by 30th March 2024.

Below is the Olympic Set Rankings with the British records gained:

Chris Bass.

| Olympic Set | | | Age | CLASS | D/B Press | D/B C&J | D/B Swing | TOTAL | TOTAL |
|-----------------------------|---|-------|-------|-------|-----------|---------|---------------------|-------|--------|
| NAME | | | Class | Kilos | KILOS | KILOS | KILOS | KILOS | POINTS |
| Josh Davidson | M | Open | 110 | 85.0 | 80.0 | 110.0 | 275.0 | 224.7 | |
| George Johns | M | Open | 95 | 75.0 | 70.0 | 100.0 | 245.0 | 219.7 | |
| Beata Banas ¹ | F | 40+ | 70 | 42.5 | 47.5 | 60.0 | 150.0 | 219.2 | |
| Matt Jones | M | Open | 125+ | 110.0 | 80.0 | 120.0 | 310.0 | 218.3 | |
| Sam Bonar | M | Open | 90 | 75.0 | 65.0 | 92.5 | 232.5 | 214.1 | |
| Steve Andrews ¹ | M | 60+ | 65 | 55.0 | 40.0 | 50.0 | 145.0 | 207.5 | |
| Glenn Branch ¹ | M | 40+ | 95 | 82.5 | 65.0 | 80.0 | 227.5 | 206.5 | |
| Aaron Hayhoe | M | Open | 95 | 67.5 | 70.0 | 92.5 | 230.0 | 206.2 | |
| Danny Kingsland | M | Open | 65 | 65.0 | 50.0 | 60.0 | 175.0 | 204.5 | |
| Mark Godleman ¹ | M | 60+ | 105 | 65.0 | 55.0 | 65.0 | 185.0 | 192.6 | |
| Amy Proferes | F | 45+ | 75 | 42.5 | 35.5 | 50.0 | 128.0 ^{BR} | 187.3 | |
| Paul Hallam | M | 45+ | 100 | 60.0 | 60.0 | 85.0 | 205.0 | 186.4 | |
| Suzie Richards ¹ | F | 50+ | 65 | 37.5 | 30.0 | 40.0 | 107.5 | 177.9 | |
| Gary Redfern-Smith | M | 50+ | 110 | 65.0 | 55.0 | 72.5 | 192.5 | 177.3 | |
| Jamie Oates | M | Open | 110 | 80.0 | 50.0 | 80.0 | 210.0 | 171.9 | |
| Sam Lee | M | Open | 100 | 67.5 | 47.5 | 77.5 | 192.5 | 167.0 | |
| Brandon H-Hyland | M | Open | 80 | 55.0 | 50.0 | 65.0 | 170.0 | 166.9 | |
| Matt Grimshaw | M | Open | 100 | 65.0 | 55.0 | 70.0 | 190.0 | 165.5 | |
| Max Ell ¹ | F | Open | 50 | 27.5 | 26.0 | 34.0 | 87.5 | 164.0 | |
| Steve Moss | M | 40+ | 100 | 62.5 | 52.5 | 70.0 | 185.0 | 163.9 | |
| James Rutter | M | 16-17 | 90 | 55.0 | 45.0 | 55.0 | 155.0 | 160.1 | |
| Paul Barette ¹ | M | 45+ | 80 | 52.5 | 45.0 | 40.0 | 137.5 | 149.2 | |
| Rachel Stone | F | 40+ | 100 | 40.5 | 35.5 | 50.0 | 126.0 ^{BR} | 148.6 | |
| Sonya Coles | F | 45+ | 90 | 37.5 | 30.0 | 35.0 | 102.5 ^{BR} | 132.2 | |
| Anthony Chittock | M | Open | 125+ | 80.0 | 0.0 | 80.0 | 160.0 | 114.0 | |
| Jennifer Ashdown | F | Open | 85 | 27.5 | 25.0 | 32.5 | 85.0 ^{BR} | 110.1 | |
| Mollie Redfern-Smith | F | 16-17 | 65 | 0.0 | 30.0 | 30.0 | 60.0 ^{BR} | 100.0 | |
| Graham Saxton | M | 60+ | 120 | 35.0 | 25.0 | 40.0 | 100.0 ^{BR} | 96.9 | |
| Viv Andrews ¹ | F | 55+ | 75 | 20.0 | 18.0 | 20.0 | 58.0 | 94.0 | |
| Anja Pullen ¹ | F | 40+ | 90 | 25.0 | 22.5 | 20.0 | 67.5 | 84.3 | |