

# IAWA (UK) Bob Smith All Round Postal League 2024 – Leg 2 - compiled by Chris Bass.

## Ranking of Teams

1	Club 3B	Glenn Branch, Suzie Richards, George Johns	952.0
2	PH Phoenix1	Josh Davidson, Chloe Brennan, Matt Jones	918.4
3	Club 3B2	Danny Brumpton, Stephen Brooker, Dave Watts	868.9
4	Granby	Mark Godleman, John Jenkins, Steve Andrews	847.6
5	Club 3B3	Aaron Hayhoe, Millie Clarke, Angela Joiner-Handy	839.7
6	Metamorfit1	Sam Bonar, Danny Kingsland, Beata Banas	800.1
7	PH Phoenix2	Jamie Oates, Paul Hallam, Steve Moss	758.5
8	Club 3B4	Anthony Chittock, Amy Proferes, Tristan Fox	702.1
9	Metamorfit2	Kris Singh, Paul Barette, Natalie Voce	663.7
10	PH Phoenix3	James Rutter, Gary Redfern-Smith, Graham Saxton	609.3
11	Twyford Celts	Gary Ell, Max Ell	573.8
12	Metamorfit3	Matt Grimshaw, Brandon Hazell-Hyland, Jennifer Ashdown	480.0
13	Club 3B5	Rachel Stone, Sam Lee	358.8
14	Fitness at the Street	Stephen Snowling, Hayden Snowling	344.4
15	PH Phoenix4	Mollie Redfern-Smith	178.9
16	Metamorfit4	Anja Pullen	113.9

## Ranking of Lifters

			21	Beata Banas	259.7
1	Glenn Branch	339.6	22	Max Ell	257.3
2	Josh Davidson	332.9	23	Amy Proferes	249.7
3	Suzie Richards	317.5	24	Paul Hallam	247.5
4	Gary Ell	316.4	25	Kris Singh	244.6
5	Chloe Brennan	302.8	26	Steve Moss	238.9
6	George Johns	294.9	27	Stephen Snowling	236.9
7	Danny Brumpton	292.2	28	Paul Barette	231.9
8	Stephen Brooker	291.2	29	James Rutter	211.9
9	Mark Godleman	290.1	30	Gary Redfern-Smith	201.0
10	John Jenkins	288.0	31	Graham Saxton	196.4
11	Dave Watts	285.5	32	Tristan Fox	189.7
12	Matt Jones	282.8	33	Rachel Stone	189.5
13	Aaron Hayhoe	280.5	34	Natalie Voce	187.2
14	Angela Joiner-Handy	279.8	35	Mollie Redfern-Smith	178.9
15	Millie Clarke	279.4	36	Matt Grimshaw	177.3
16	Jamie Oates	272.1	37	Sam Lee	169.3
17	Sam Bonar	270.7	38	Brandon Hazell-Hyland	162.8
18	Danny Kingsland	269.6	39	Jennifer Ashdown	139.8
19	Steve Andrews	269.4	40	Anja Pullen	113.9
20	Anthony Chittock	262.7	41	Hayden Snowling	107.5

## 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
Dave Watts	Open	0	70	190.0●	97.2
Chloe Brennan <sup>1</sup>	Open	33	75	150.0	96.1
Glenn Branch	40+	2	95	210.0	89.7
Millie Clarke	Open	33	95	150.0●	84.7
Gary Ell <sup>1</sup>	50+	14	90	165.0	80.8
Suzie Richards	50+	45	65	102.5	80.1
Josh Davidson	Open	0	110	200.0	77.6
Danny Brumpton	Open	0	125+	230.0	76.7
Stephen Brooker	Open	0	90	170.0	74.9
Matt Jones	Open	0	125+	220.0	74.3
George Johns	Open	0	95	170.0	72.8
Stephen Snowling	40+	4	90	160.0	72.4
John Jenkins	55+	17	80	130.0	70.3
Angela J-Handy	55+	49	55	75.0▲	69.0
Mark Godleman <sup>1</sup>	60+	23	105	140.0	68.5

## Bench Press (FOF)

Lifter	Age	%	Class	Kilos	Points
Danny Kingsland <sup>1</sup>	Open	0	65	105.0	90.3
Suzie Richards	50+	45	65	73.0▲●	89.9
Josh Davidson	Open	0	110	145.0	88.7
George Johns	Open	0	95	127.5	86.1
Glenn Branch	40+	2	95	127.5	85.9
Dave Watts	Open	0	70	105.0●	84.7
Sam Bonar <sup>1</sup>	Open	0	90	120.0	81.5
Mark Godleman <sup>1</sup>	60+	23	105	105.0	80.9
Stephen Snowling	40+	4	90	112.5	80.2
Anthony Chittock	Open	0	125+	145.0	80.0
Stephen Brooker	Open	0	90	115.0	79.9
John Jenkins	55+	17	80	90.0▲	76.7
Aaron Hayhoe	Open	0	95	115.0	76.2
Steve Andrews	60+	26	65	72.5▲	75.8
Danny Brumpton	Open	0	125+	142.5	74.9

## Squat

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Paul Hallam	45+	6	100	155.0	67.3	Matt Jones	Open	0	125+	130.0	69.2
Aaron Hayhoe	Open	0	95	160.0	67.3	Beata Banas <sup>1</sup>	40+	35	70	62.5	66.5
Tristan Fox	Open	0	95	157.5	66.2	Max Eil <sup>1</sup>	Open	33	50	47.5	66.2
Beata Banas <sup>1</sup>	40+	35	70	95.0	64.1	Angela Joiner-Handy	55+	49	55	45.5▲	66.0
Anthony Chittock	Open	0	125+	180.0	63.0	Gary Eil <sup>1</sup>	50+	14	90	85.0	65.6
Jamie Oates	Open	0	110	160.0	62.4	Matt Grimshaw	Open	0	100	100.0	64.2
Kris Singh <sup>1</sup>	Open	0	95	142.5	60.6	Steve Moss	40+	3	100	95.0	62.6
Danny Kingsland <sup>1</sup>	Open	0	65	110.0	60.0	Millie Clarke	Open	33	95	70.0●	62.3
Sam Bonar <sup>1</sup>	Open	0	90	137.5	59.2	Kris Singh <sup>1</sup>	Open	0	95	92.5	62.0
Graham Saxton	60+	23	120	125.0▲	57.0	Gary Redfern-Smith	50+	12	110	90.0	61.6
Steve Andrews	60+	26	65	85.0	56.4	Jamie Oates	Open	0	110	100.0	61.5
Amy Proferes	45+	44	75	80.0	56.2	Amy Proferes	45+	44	75	55.0	60.9
Brandon H-Hyland	Open	0	80	115.0	54.0	Chloe Brennan <sup>1</sup>	Open	33	75	60.0	60.6
Sam Lee	Open	1	100	130.0	53.7	Paul Barette <sup>1</sup>	45+	9	80	75.0	60.0
Gary R-Smith	50+	12	110	120.0	52.1	Tristan Fox	Open	0	95	90.0	59.6
Max Eil <sup>1</sup>	Open	33	50	57.5	50.8	Paul Hallam	45+	6	100	85.0	58.2
Paul Barette <sup>1</sup>	45+	9	80	100.0	50.7	James Rutter	16-17	10	90	75.0▲	57.1
Steve Moss	40+	3	100	120.0	50.2	Natalie Voce <sup>1</sup>	40+	36	95	62.5	56.8
Mollie R-Smith	16-17	43	65	65.0 <sup>BR</sup>	49.6	Sam Lee	Open	1	100	85.0	55.4
Matt Grimshaw	Open	0	100	110.0	44.8	Brandon H-Hyland	Open	0	80	70.0	51.8
James Rutter	16-17	10	90	90.0	43.4	Graham Saxton	60+	23	120	70.0▲	50.4
Natalie Voce <sup>1</sup>	40+	36	95	67.5	38.9	Hayden Snowling	16-17	10	65	52.5	48.9
Rachel Stone	40+	35	100	70.0	38.6	Rachel Stone	40+	35	100	55.0▲●	47.8
Jennifer Ashdown	Open	33	85	55.0	32.9	Mollie Redfern-Smith	16-17	43	65	30.0	36.1
Anja Pullen	Open	33	90	25.0	14.3	Jennifer Ashdown	Open	33	85	37.5	35.4
Hayden Snowling	16-17	10	65	0.0	0.0	Anja Pullen	Open	33	90	37.5	33.7

## Bench Press (FOF)

## Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Dave Watts	Open	0	70	250.0●	103.6	Gary Eil <sup>1</sup>	50+	14	90	36.5	97.6
Glenn Branch	40+	2	95	285.0	98.6	Josh Davidson	Open	0	110	40.0●	84.8
Chloe Brennan <sup>1</sup>	Open	33	75	180.0	93.5	Steve Andrews	60+	26	65	22.5▲	81.6
Angela J-Handy	55+	49	55	120.0▲	89.4	Suzie Richards	50+	45	65	17.5	74.7
Stephen Snowling	40+	4	90	230.0	84.3	Matt Jones	Open	0	125+	40.0●	73.8
Josh Davidson	Open	0	110	260.0	81.7	Max Eil <sup>1</sup>	Open	33	50	15.0	72.4
Millie Clarke	Open	33	95	175.0●	80.0	Stephen Brooker	Open	0	90	30.0	72.2
Jamie Oates	Open	0	110	250.0	79.0	John Jenkins <sup>1</sup>	55+	17	80	24	70.9
Danny Brumpton	Open	0	125+	285.0	76.9	Sam Bonar <sup>1</sup>	Open	0	90	30.0	70.6
Beata Banas <sup>1</sup>	40+	35	70	135.0	73.8	George Johns	Open	0	95	30.0	70.2
Suzie Richards	50+	45	65	115.0	72.8	Mark Godleman <sup>1</sup>	60+	23	105	26.0	69.5
Gary Eil <sup>1</sup>	50+	14	90	182.5	72.4	Jamie Oates	Open	0	110	32.5	69.2
Mark Godleman <sup>1</sup>	60+	23	105	180.0	71.3	Aaron Hayhoe	Open	0	95	30.0	68.9
John Jenkins	55+	17	80	160.0	70.1	Steve Moss	40+	3	100	30.0	68.5
Paul Hallam	45+	6	100	195.0	68.6	Amy Proferes	45+	44	75	17.5▲●	67.2
Aaron Hayhoe	Open	0	95	200.0	68.1	Glenn Branch	40+	2	95	28.0▲	65.4
Max Eil <sup>1</sup>	Open	33	50	95.0	68.0	Danny Brumpton	Open	0	125+	35.0	63.7
George Johns	Open	0	95	190.0	65.9	Danny Kingsland <sup>1</sup>	Open	0	65	20.0	59.6
Paul Barette <sup>1</sup>	45+	9	80	160.0	65.7	Kris Singh <sup>1</sup>	Open	0	95	25.0	58.1
Matt Jones	Open	0	125+	240.0	65.6	Anthony Chittock	Open	0	125+	30.0	57.4
Amy Proferes	45+	44	75	115.0▲	65.4	Paul Barette <sup>1</sup>	45+	9	80	20.0	55.4
Stephen Brooker	Open	0	90	180.0	64.2	Beata Banas <sup>1</sup>	40+	35	70	15.0	55.3
Tristan Fox	Open	0	95	187.5	63.9	Angela Joiner-Handy	55+	49	55	11.0▲●	55.3
Kris Singh <sup>1</sup>	Open	0	95	185.0	63.8	Paul Hallam	45+	6	100	22.5▲	53.4
Anthony Chittock	Open	0	125+	220.0	62.4	James Rutter	16-17	10	90	20.0▲	52.7
Sam Lee	Open	1	100	180.0	60.2	Chloe Brennan <sup>1</sup>	Open	33	75	15.0	52.5
Danny Kingsland <sup>1</sup>	Open	0	65	135.0	59.7	Millie Clarke	Open	33	95	17.0●	52.4
Sam Bonar <sup>1</sup>	Open	0	90	170.0	59.3	Mollie Redfern-Smith	16-17	43	65	12.0▲	50.0
Graham Saxton	60+	23	120	160.0 <sup>BR</sup>	59.1	Natalie Voce <sup>1</sup>	40+	36	95	15.0	47.2
James Rutter	16-17	10	90	150.0	58.6	Rachel Stone	40+	35	100	15.0▲●	45.2
Dave Watts	Open	0	70	250.0●	103.6	Gary Eil <sup>1</sup>	50+	14	90	36.5	97.6

## Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Hayden Snowling	16-17	10	65	122.5	58.6	Gary Redfern-Smith	50+	12	110	17.5▲	41.5
Rachel Stone	40+	35	100	130.0	58.0	Jennifer Ashdown	Open	33	85	10.0●	32.7
Steve Moss	40+	3	100	170.0	57.6	Anja Pullen	Open	33	90	10.0	31.2
Brandon H-Hyland	Open	0	80	150.0	57.0	Graham Saxton	60+	23	120	12.0▲	29.9
Steve Andrews	60+	26	65	103.5▲	55.6	Matt Grimshaw	Open	0	100	10.0	22.2
Matt Grimshaw	Open	0	100	140.0	46.2	Brandon H-Hyland	Open	0	80	0.0	0.0
Gary Redfern-Smith	50+	12	110	130.0	45.7	Tristan Fox	Open	0	95	0.0	0.0
Natalie Voce <sup>1</sup>	40+	36	95	95.0	44.3	Stephen Snowling	40+	4	90	0.0	0.0
Mollie R-Smith	16-17	43	65	70.0	43.3	Hayden Snowling	16-17	10	65	0.0	0.0
Jennifer Ashdown	Open	33	85	80.0	38.8	Sam Lee	Open	1	100	0.0	0.0
Anja Pullen	Open	33	90	75.0	34.7	Dave Watts	Open	0	70	0.0	0.0

## Ranking of Teams after Legs 1+2.

1	Club 3B	George Johns, Glenn Branch, Suzie Richards	1809.7
2	PH Phoenix1	Josh Davidson, Matt Jones, Paul Hallam	1774.1
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland	1709.3
4	Club 3B2	Danny Brumpton, Stephen Brooker, Dave Watts	1633.7
5	Granby	Steve Andrews, Mark Godleman, John Jenkins	1548.1
6	PH Phoenix2	Jamie Oates, Gary Redfern-Smith, Steve Moss	1515.8
7	Metamorfit2	Paul Barette, Natalie Voce, Kris Singh	1344.3
8	Club 3B3	Aaron Hayoe, Millie Clarke, Anjela Joiner-Handy	1239.2
9	PH Phoenix3	James Rutter, Mollie Redfern-Smith, Graham Saxton	1171.0
10	Twyford Celts	Max Ell, Sonya Coles, Gary Ell	1139.4
11	Metamorfit3	Jennifer Ashdown, Matt Grimshaw, Brandon Hazell-Hyland	783.1
12	Club 3B4	Anthony Chittock, Amy Proferes, Tristan Fox	702.1
13	Club 3B5	Rachel Stone, Sam Lee	358.8
14	Fitness at the Street	Stephen Snowling, Hayden Snowling	344.4
15	PH Phoenix4	Chloe Brennan	178.9
16	Metamorfit4	Anja Pullen	113.9

## Ranking of Lifters after Legs 1+2

1	Josh Davidson	636.8	22	Gary Ell	419.6
2	Glenn Branch	624.1	23	Rachel Stone	405.5
3	George Johns	582.4	24	Sam Lee	402.2
4	Sam Bonar	579.0	25	Brandon H-Hyland	386.2
5	Beata Banas	570.6	26	Graham Saxton	361.6
6	Matt Jones	569.7	27	Mollie Redfern-Smith	348.9
7	Suzie Richards	566.6	28	Jennifer Ashdown	309.7
8	Aaron Hayhoe	566.2	29	Chloe Brennan	302.8
9	Mark Godleman	560.2	30	Danny Brumpton	292.2
10	Danny Kingsland	559.8	31	Stephen Brooker	291.2
11	Steve Andrews	545.4	32	John Jenkins	288.0
12	Jamie Oates	532.9	33	Dave Watts	285.5
13	Amy Proferes	532.5	34	Angela J-Handy	279.8
14	Max Ell	522.0	35	Millie Clarke	279.4
15	Paul Hallam	512.3	36	Anja Pullen	247.0
16	Steve Moss	483.8	37	Kris Singh	244.6
17	Gary Redfern-Smith	452.6	38	Stepen Snowling	236.9
18	Anthony Chittock	446.2	39	Sonya Coles	197.8
19	Paul Barette	445.5	40	Tristan Fox	189.7
20	James Rutter	438.4	41	Natalie Voce	187.2
21	Matt Grimshaw	421.0			

Here's the Leg 2 results, now with 41 lifters and 16 teams, fantastic.

To date: top 3 lifters are Josh Davidson, Glenn Branch & George Johns; Top 3 teams are, Club 3B followed by Phoenix1 & then Metamorfit1.

Lifts for Leg 3 are: 1H Snatch (B24), 1H Clean & Jerk opp hand (B25), 1H Deadlift (C7) & Reverse Curl (E32) to be done by the end of May.

Power Set		Age	CLASS	Squat	Bench	Deadlift	TOTAL	TOTAL
NAME		Class	Kilos	KILOS	Press(FOF) KILOS	KILOS	KILOS	POINTS
Dave Watts	M	Open	70	190.0	105.0	250.0	545.0 <sup>BR</sup>	285.5
Glenn Branch	M	40+	95	210.0	127.5	285.0	622.5	274.3
Chloe Brennan <sup>1</sup>	F	Open	75	150.0	60.0	180.0	390.0	250.2
Josh Davidson	M	Open	110	200.0	145.0	260.0	605.0	248.0
Suzie Richards	F	50+	65	102.5	73.0	115.0	290.5	242.8
Stephen Snowling	M	40+	90	160.0	112.5	230.0	502.5	236.9
Danny Brumpton	M	Open	125+	230.0	142.5	285.0	657.5	228.5
Millie Clarke	F	Open	95	150.0	70.0	175.0	395.0 <sup>BR</sup>	227.0
George Johns	M	Open	95	170.0	127.5	190.0	487.5	224.7
Angela Joiner-Handy	F	55+	55	75.0	45.5	120.0	240.5 <sup>BR</sup>	224.5
Mark Godleman <sup>1</sup>	M	60+	105	140.0	105.0	180.0	425.0	220.7
Stephen Brooker	M	Open	90	170.0	115.0	180.0	465.0	219.0
Gary Ell <sup>1</sup>	M	50+	90	165.0	85.0	182.5	432.5	218.8
John Jenkins	M	55+	80	130.0	90.0	160.0	380.0	217.1
Aaron Hayhoe	M	Open	95	160.0	115.0	200.0	475.0	211.6
Danny Kingsland <sup>1</sup>	M	Open	65	110.0	105.0	135.0	350.0	210.0
Matt Jones	M	Open	125+	220.0	130.0	240.0	590.0	209.0
Anthony Chittock	M	Open	125+	180.0	145.0	220.0	545.0	205.3
Beata Banas <sup>1</sup>	F	40+	70	95.0	62.5	135.0	292.5	204.4
Jamie Oates	M	Open	110	160.0	100.0	250.0	510.0	202.8
Sam Bonar <sup>1</sup>	M	Open	90	137.5	120.0	170.0	427.5	200.1
Paul Hallam	M	45+	100	155.0	85.0	195.0	435.0	194.1
Tristan Fox	M	Open	95	157.5	90.0	187.5	435.0	189.7
Steve Andrews	M	60+	65	85.0	72.5	103.5	261.0	187.8
Kris Singh <sup>1</sup>	M	Open	95	142.5	92.5	185.0	420.0	186.4
Max Ell <sup>1</sup>	F	Open	50	57.5	47.5	95.0	200.0	184.9
Amy Proferes	F	45+	75	80.0	55.0	115.0	250.0 <sup>BR</sup>	182.5
Paul Barette <sup>1</sup>	M	45+	80	100.0	75.0	160.0	335.0	176.4
Steve Moss	M	40+	100	120.0	95.0	170.0	385.0	170.4
Sam Lee	M	Open	100	130.0	85.0	180.0	395.0	169.3
Graham Saxton	M	60+	120	125.0	70.0	160.0	355.0 <sup>BR</sup>	166.5
Brandon H-Hyland	M	Open	80	115.0	70.0	150.0	335.0	162.8
Gary Redfern-Smith	M	50+	110	120.0	90.0	130.0	340.0	159.4
James Rutter	M	16-17	90	90.0	75.0	150.0	315.0 <sup>BR</sup>	159.1
Matt Grimshaw	M	Open	100	110.0	100.0	140.0	350.0	155.1
Rachel Stone	F	40+	100	70.0	55.0	130.0	255.0	144.4
Natalie Voce <sup>1</sup>	F	40+	95	67.5	62.5	95.0	225.0	140.0
Mollie Redfern-Smith	F	16-17	65	65.0	30.0	70.0	165.0	128.9
Hayden Snowling	M	16-17	65	0.0	52.5	122.5	175.0	107.5
Jennifer Ashdown	F	Open	85	55.0	37.5	80.0	172.5	107.1
Anja Pullen	F	Open	90	25.0	37.5	75.0	137.5	82.7