

# IWA (UK) Bob Smith All Round Postal League 2024 – Leg 3 - compiled by Chris Bass.

## Ranking of Teams

1	PH Phoenix1	Josh Davidson, Chloe Brennan, Matt Jones	818.8
2	Club 3B	Amy Proferes, Glenn Branch, Aaron Hayhoe	784.9
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland	770.6
4	PH Phoenix2	Paul Hallam, Jamie Oates, Graham Saxton	685.6
5	Club 3B2	George Johns, Suzie Richards, Danny Brumpton	663.2
6	Granby	Steve Andrews, Mark Godleman, Viv Andrews	650.6
7	Metamorfit2	Paul Barette, Matt Grimshaw, Brandon Hazell-Hyland	632.8
8	Club 3B3	Angela Joiner-Handy, Millie Clarke, Anthony Chittock	594.8
9	PH Phoenix3	Gary Redfern-Smith, James Rutter, Steve Moss	540.0
10	Twyford Celts	Gary Ell, Max Ell	466.7
11	Metamorfit3	Natalie Voce, Jennifer Ashdown, Anja Pullen	413.1
12	Club 3B4	Rachel Stone	167.4
13	PH Phoenix4	Mollie Redfern-Smith	157.1

## Ranking of Lifters

1	Steve Andrews	284.5	18	Suzie Richards	219.6
2	Josh Davidson	282.4	19	Danny Brumpton	217.3
3	Beata Banas	277.0	20	Matt Grimshaw	209.5
4	Chloe Brennan	274.2	21	Angela Joiner-Handy	202.9
5	Amy Proferes	273.0	22	Millie Clarke	200.7
6	Matt Jones	262.2	23	Brandon Hazell-Hyland	194.5
7	Glenn Branch	261.5	24	Graham Saxton	192.5
8	Sam Bonar	254.8	25	Anthony Chittock	191.2
9	Aaron Hayhoe	250.4	26	Gary Redfern-Smith	187.2
10	Paul Hallam	248.9	27	James Rutter	180.3
11	Gary Ell	245.3	28	Steve Moss	172.5
12	Jamie Oates	244.3	29	Rachel Stone	167.4
13	Mark Godleman	242.7	30	Natalie Voce	160.7
14	Danny Kingsland	238.8	31	Mollie Redfern-Smith	157.1
15	Paul Barette	228.8	32	Jennifer Ashdown	148.0
16	George Johns	226.4	33	Viv Andrews	123.4
17	Max Ell	221.5	34	Anja Pullen	104.3

## 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
Aaron Hayhoe	Open	0	95	57.5R	77.0	Matt Jones	Open	0	125+	80.0R●	82.0
Josh Davidson	Open	0	100	60.0L	76.9	Beata Banas	40+	35	70	37.5R▲	78.1
Steve Andrews	60+	26	70	36.0R▲	74.5	Josh Davidson	Open	0	100	62.5R	76.9
Glenn Branch <sup>1</sup>	40+	2	95	52.5R	72.2	Chloe Brennan	Open	33	75	35.0R●	68.0
Chloe Brennan	Open	33	75	35.0L●	70.9	Glenn Branch <sup>1</sup>	40+	2	95	50.0L	65.9
Matt Jones	Open	0	125+	65.0L <sup>BR</sup>	69.4	Sam Bonar	Open	0	90	50.0L	65.4
Beata Banas	40+	35	70	30.0L	65.1	Steve Andrews	60+	26	70	32.5L▲	64.5
Sam Bonar	Open	0	90	47.5R	64.7	George Johns	Open	0	95	50.0R	64.4
Danny Kingsland <sup>1</sup>	Open	0	65	37.5R	63.8	Amy Proferes	45+	44	75	30.0R	64.3
Danny Brumpton	Open	0	125+	60.0R	62.8	Suzie Richards <sup>1</sup>	50+	45	65	27.5R	64.0
Paul Hallam	45+	6	100	45.0R	61.6	Danny Kingsland <sup>1</sup>	Open	0	65	37.5L	61.2
Jamie Oates	Open	0	110	50.0L	61.6	Danny Brumpton	Open	0	125+	60.0L	60.3
Amy Proferes	45+	44	75	27.5L	61.4	Jamie Oates	Open	0	110	50.0R	59.1
George Johns	Open	0	95	45.0L	60.4	Paul Barette	45+	9	80	35.0R	54.8
Gary Ell <sup>1</sup>	50+	14	90	37.5L	58.0	Aaron Hayhoe	Open	0	95	42.5L	54.6
Max Ell <sup>1</sup>	Open	33	50	20.0L	55.0	Anthony Chittock	Open	0	125+	50.0L	52.9
Mark Godleman <sup>1</sup>	60+	23	105	35.0R	54.2	Max Ell <sup>1</sup>	Open	33	50	20.0R	52.7
Millie Clarke	Open	33	95	30.0L	53.9	Paul Hallam	45+	6	100	40.0L	52.5
Anthony Chittock	Open	0	125+	45.0R	49.6	Gary Redfern-Smith	50+	12	110	40.0R	52.5
Paul Barette	45+	9	80	30.0L	49.0	Matt Grimshaw <sup>1</sup>	Open	0	100	42.5L	52.5
Suzie Richards <sup>1</sup>	50+	45	65	20.0L	48.5	Mark Godleman <sup>1</sup>	60+	23	105	35.0L	52.0

## 1H Snatch

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Gary Redfern-Smith	50+	12	110	35.0L	47.9	Brandon H-Hyland <sup>1</sup>	Open	0	75	35.0R	50.7
Mollie Redfern-Smith	16-17	43	70	20.0R	47.1	Angela Joiner-Handy	55+	49	55	17.5R	48.9
Steve Moss	40+	3	100	35.0L	46.2	Graham Saxton <sup>1</sup>	60+	23	120	35.0R	48.5
Natalie Voce <sup>1</sup>	40+	36	95	25.0R	45.8	Rachel Stone	40+	35	100	27.5L	46.3
Brandon H-Hyland <sup>1</sup>	Open	0	75	30.0L	45.3	Natalie Voce <sup>1</sup>	40+	36	95	25.0L	43.9
James Rutter	16-17	10	90	30.0L▲	44.7	Jennifer Ashdown <sup>1</sup>	Open	33	85	22.5R	40.2
Rachel Stone	40+	35	100	25.0R	43.9	Mollie Redfern-Smith	16-17	43	70	17.5L	39.5
Angela Joiner-Handy	55+	49	55	15.0L	43.7	Steve Moss	40+	3	100	30.0R	38.0
Jennifer Ashdown <sup>1</sup>	Open	33	85	20.0L	37.3	Gary Ell <sup>1</sup>	50+	14	90	25.0R	37.1
Graham Saxton <sup>1</sup>	60+	23	120	22.5L	32.5	James Rutter	16-17	10	90	25.0R	35.8
Anja Pullen <sup>1</sup>	Open	33	90	15.0R	27.3	Viv Andrews <sup>1</sup>	60+	54	75	13.0L	29.1
Viv Andrews <sup>1</sup>	60+	54	75	11.0R	25.7	Anja Pullen <sup>1</sup>	Open	33	90	10.0L	17.5

## 1H Clean & Jerk

## 1H Deadlift

Lifter	Age	%	Class	Kilos	Points	Lifter	Age	%	Class	Kilos	Points
Amy Proferes	45+	44	75	105.0R▲	81.1	Gary Ell <sup>1</sup>	50+	14	90	50.0	83.3
Steve Andrews	60+	26	70	110.0L	78.7	Steve Andrews	60+	26	70	30.0	66.9
Paul Hallam	45+	6	100	160.0L	75.7	Mark Godleman <sup>1</sup>	60+	23	105	40.0	66.8
Beata Banas	40+	35	70	100.5R <sup>BR</sup>	75.4	Amy Proferes	45+	44	75	27.5	66.2
Chloe Brennan	Open	33	75	100.0R	70.0	Chloe Brennan	Open	33	75	30.0●	65.4
Mark Godleman <sup>1</sup>	60+	23	105	130.0R	69.6	Josh Davidson	Open	0	100	45.0	62.1
Aaron Hayhoe	Open	0	95	147.5R	68.3	Jamie Oates	Open	0	110	45.0	59.7
Paul Barette	45+	9	80	120.0R	67.7	Glenn Branch <sup>1</sup>	40+	2	95	40.0	59.2
Gary Ell <sup>1</sup>	50+	14	90	125.0L	66.8	Max Ell <sup>1</sup>	Open	33	50	20.0	59.2
Josh Davidson	Open	0	100	150.0R	66.5	Paul Hallam	45+	6	100	40.0▲	59.0
Sam Bonar	Open	0	90	140.0R	66.0	Suzie Richards <sup>1</sup>	50+	45	65	22.5	58.8
Graham Saxton <sup>1</sup>	60+	23	120	130.0R	64.9	Sam Bonar	Open	0	90	40.0	58.7
Glenn Branch <sup>1</sup>	40+	2	95	135.0R	64.1	Beata Banas	40+	35	70	25.0	58.5
Jamie Oates	Open	0	110	150.0L <sup>BR</sup>	63.9	Paul Barette	45+	9	80	32.5	57.2
Matt Jones	Open	0	125+	160.0R <sup>BR</sup>	59.1	Matt Grimshaw <sup>1</sup>	Open	0	100	40.0	55.5
Danny Kingsland <sup>1</sup>	Open	0	65	100.0R	58.8	Danny Kingsland <sup>1</sup>	Open	0	65	30.0	55.0
Angela Joiner-Handy	55+	49	55	55.0R	55.4	Angela Joiner-Handy	55+	49	55	17.5	54.9
Max Ell <sup>1</sup>	Open	33	50	57.5R	54.6	Matt Jones	Open	0	125+	45.0	51.8
Matt Grimshaw <sup>1</sup>	Open	0	100	120.0R	53.4	Danny Brumpton	Open	0	125+	45.0	50.8
James Rutter	16-17	10	90	100.0R	51.6	George Johns	Open	0	95	35.0	50.6
George Johns	Open	0	95	110.0R	51.0	Anthony Chittock	Open	0	125+	42.5	50.5
Brandon H-Hyland <sup>1</sup>	Open	0	75	95.0R	49.6	Aaron Hayhoe	Open	0	95	35.0	50.5
Suzie Richards <sup>1</sup>	50+	45	65	57.5R	48.2	Brandon H-Hyland <sup>1</sup>	Open	0	75	30.0	48.8
Millie Clarke	Open	33	95	75.0R	46.6	Millie Clarke	Open	33	95	25.0	48.4
Steve Moss	40+	3	100	100.0R	45.6	James Rutter	16-17	10	90	30.0▲	48.2
Danny Brumpton	Open	0	125+	120.0R	43.4	Graham Saxton <sup>1</sup>	60+	23	120	30.0	46.7
Gary Redfern-Smith	50+	12	110	90.0R	42.6	Gary Redfern-Smith	50+	12	110	30.0 <sup>BR</sup>	44.2
Rachel Stone	40+	35	100	65.0R	39.4	Steve Moss	40+	3	100	30.0	42.7
Anthony Chittock	Open	0	125+	100.0R	38.1	Viv Andrews <sup>1</sup>	60+	54	75	16.0	40.3
Jennifer Ashdown <sup>1</sup>	Open	33	85	55.0R	35.4	Natalie Voce <sup>1</sup>	40+	36	95	20.0	39.4
Mollie Redfern-Smith	16-17	43	70	40.0R▲	32.5	Mollie Redfern-Smith	16-17	43	70	15.0	38.0
Natalie Voce <sup>1</sup>	40+	36	95	50.0R	31.6	Rachel Stone	40+	35	100	20.0▲	37.8
Viv Andrews <sup>1</sup>	60+	54	75	35.0R	28.3	Jennifer Ashdown <sup>1</sup>	Open	33	85	17.5	35.1
Anja Pullen <sup>1</sup>	Open	33	90	40.0R	25.2	Anja Pullen <sup>1</sup>	Open	33	90	17.5	34.3

## Reverse Curl

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

1	Club 3B	Glenn Branch, Aaron Hayoe, George Johns	2594.6
2	PH Phoenix1	Josh Davidson, Matt Jones, Jamie Oates	2592.9
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland	2480.0
4	Club 3B2	Amy Proferes, Suzie Richards, Anthony Chittock	2296.9
5	PH Phoenix2	Paul Hallam, Steve Moss, Gary Redfern-Smith	2201.5
6	Metamorfit2	Paul Barette, Matt Grimshaw, Brandon Hazell-Hyland	1977.1
7	Granby	Steve Andrews, Mark Godleman, John Jenkins	1935.3
8	Club 3B3	Rachel Stone, Danny Brumpton, Anjela Joiner-Handy	1834.0
9	PH Phoenix3	James Rutter, Chloe Brennan, Graham Saxton	1710.9
10	Twyford Celts	Max Ell, Gary Ell, Sonya Coles	1606.1
11	Metamorfit3	Jennifer Ashdown, Anja Pullen, Natalie Voce	1196.1
12	Club 3B4	Millie Clarke, Sam Lee, Stephen Brooker, Dave Watts	869.5
13	Club 3B5	Tristan Fox	358.8
14	Fitness at the Street	Stephen Snowling, Hayden Snowling	344.4
15	PH Phoenix4	Mollie Redfern-Smith	336.0
16	Granby2	Viv Andrews	277.9
17	Metamorfit4	Kris Singh	113.9

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

1	Josh Davidson	919.1	23	Brandon Hazell-Hyland	580.7
2	Glenn Branch	885.6	24	Chloe Brennan	577.0
3	Beata Banas	847.6	25	Rachel Stone	572.8
4	Steve Andrews	844.4	26	Graham Saxton	554.1
5	Sam Bonar	833.7	27	Danny Brumpton	509.5
6	Matt Jones	831.9	28	Mollie Redfern-Smith	506.0
7	Aaron Hayhoe	816.6	29	Angela Joiner-Handy	482.7
8	George Johns	808.7	30	Millie Clarke	480.2
9	Amy Proferes	805.5	31	Jennifer Ashdown	457.8
10	Mark Godleman	802.9	32	Sam Lee	402.2
11	Danny Kingsland	798.6	33	Anja Pullen	351.3
12	Suzie Richards	786.2	34	Natalie Voce	348.0
13	Jamie Oates	777.2	35	Stephen Brooker	291.2
14	Paul Hallam	761.2	36	John Jenkins	288.0
15	Max Ell	743.5	37	Dave Watts	285.5
16	Paul Barette	674.2	38	Viv Andrews	277.9
17	Gary Ell	664.8	39	Kris Singh	244.6
18	Steve Moss	656.3	40	Stepen Snowling	236.9
19	Gary Redfern-Smith	639.8	41	Sonya Coles	197.8
20	Anthony Chittock	637.4	42	Tristan Fox	189.7
21	Matt Grimshaw	630.5	43	Hayden Snowling	107.5
22	James Rutter	618.7			

Here's the Leg 3 results, now with 34 lifters and 13 teams.

To date: Top 3 lifters are Josh Davidson, Glenn Branch & Beata Banas; Top 3 teams are Club3B1, Powerhouse Phoenix1 & Metamorfit1.

Lifts for Leg 4 are: Continental Snatch (B46), Power Row (E37), 2" Straddle (F24) & Pullover at Arms-Length (E11) to be done by the end of July.

See the Single Arm total below:

Chris

Single Arm Set			Age	CLASS	1H Snatch	1H C&J	1H	TOTAL	TOTAL
NAME			Class	Kilos	KILOS	KILOS	Deadlift	KILOS	POINTS
Josh Davidson	M	Open	100	60.0	62.5	150.0	272.5	220.2	
Beata Banas	F	40+	70	30.0	37.5	100.5	168.0	218.6	
Steve Andrews	M	60+	70	36.0	32.5	110.0	178.5 <sup>BR</sup>	217.6	
Matt Jones	M	Open	125+	65.0	80.0	160.0	305.0 <sup>BR</sup>	210.4	
Chloe Brennan	F	Open	75	35.0	35.0	100.0	170.0 <sup>BR</sup>	208.8	
Amy Proferes	F	45+	75	27.5	30.0	105.0	162.5	206.8	
Glenn Branch <sup>1</sup>	M	40+	95	52.5	50.0	135.0	237.5	202.2	
Aaron Hayhoe	M	Open	95	57.5	42.5	147.5	247.5	199.9	
Sam Bonar	M	Open	90	47.5	50.0	140.0	237.5	196.1	
Paul Hallam	M	45+	100	45.0	40.0	160.0	245.0 <sup>BR</sup>	189.9	
Jamie Oates	M	Open	110	50.0	50.0	150.0	250.0	184.6	
Danny Kingsland <sup>1</sup>	M	Open	65	37.5	37.5	100.0	175.0	183.8	
Mark Godleman <sup>1</sup>	M	60+	105	35.0	35.0	130.0	200.0	175.9	
George Johns	M	Open	95	45.0	50.0	110.0	205.0	175.8	
Paul Barette	M	45+	80	30.0	35.0	120.0	185.0 <sup>BR</sup>	171.6	
Danny Brumpton	M	Open	125+	60.0	60.0	120.0	240.0	166.5	
Max Ell <sup>1</sup>	F	Open	50	20.0	20.0	57.5	97.5	162.3	
Gary Ell <sup>1</sup>	M	50+	90	37.5	25.0	125.0	187.5	161.9	
Suzie Richards <sup>1</sup>	F	50+	65	20.0	27.5	57.5	105.0	160.8	
Matt Grimshaw <sup>1</sup>	M	Open	100	37.5	42.5	120.0	200.0	154.1	
Millie Clarke	F	Open	95	30.0	30.0	75.0	135.0	152.3	
Angela Joiner-Handy	F	55+	55	15.0	17.5	55.0	87.5	148.0	
Graham Saxton <sup>1</sup>	M	60+	120	22.5	35.0	130.0	187.5	145.8	
Brandon Hazell-Hyland <sup>1</sup>	M	Open	75	30.0	35.0	95.0	160.0	145.7	
Gary Redfern-Smith	M	50+	110	35.0	40.0	90.0	165.0	142.9	
Anthony Chittock	M	Open	125+	45.0	50.0	100.0	195.0	140.7	
James Rutter	M	16-17	90	30.0	25.0	100.0	155.0 <sup>BR</sup>	132.1	
Steve Moss	M	40+	100	35.0	30.0	100.0	165.0	129.8	
Rachel Stone	F	40+	100	25.0	27.5	65.0	117.5	129.6	
Natalie Voce <sup>1</sup>	F	40+	95	25.0	25.0	50.0	100.0	121.3	
Mollie Redfern-Smith	F	16-17	70	20.0	17.5	40.0	77.5	119.1	
Jennifer Ashdown <sup>1</sup>	F	Open	85	20.0	22.5	55.0	97.5	112.9	
Viv Andrews <sup>1</sup>	F	60+	75	11.0	13.0	35.0	59.0	83.1	
Anja Pullen <sup>1</sup>	F	Open	90	15.0	10.0	40.0	65.0	69.9	