

IAWA (UK) Bob Smith All Round Postal League 2024 – Leg 4 - compiled by Chris Bass.

Ranking of Teams

1	PH Phoenix1	Josh Davidson, Chloe Brennan, Paul Hallam	973.1
2	Club 3B	Michael Perry, Glenn Branch, Suzie Richards	951.0
3	Metamorfit1	Beata Banas, Sam Bonar, Paul Barette	906.2
4	Club 3B2	Aaron Hayhoe, Danny Brumpton, Amy Proferes	807.8
5	Fitness at the Street	James Joyce, Kim Snowling, Stephen Snowling	805.5
6	Metamorfit2	Thomas Meakin, Danny Kingsland, Matt Ashdown	765.8
7	PH Phoenix2	Jamie Oates, Matt Jones, Gary Redfern-Smith	762.2
8	Club 3B3	George Johns, Anthony Chittock, Millie Clarke	718.3
9	Granby	Mark Godleman, Steve Andrews, Viv Andrews	697.7
10	Club 3B4	Sam Lee, Toni Barlow, Rachel Stone	567.4
11	Metamorfit3	Brandon H-Hyland, Natalie Voce,	370.8
12	Twyford Celts	Max Ell, Gary Ell	254.4
13	PH Phoenix3	Graham Saxton	189.3

Ranking of Lifters

1	Michael Perry	361.4	18	Amy Proferes	264.4
2	Josh Davidson	353.9	19	Kim Snowling	262.4
3	Chloe Brennan	333.9	20	Matt Jones	262.1
4	James Joyce	315.3	21	George Johns	261.7
5	Beata Banas	311.7	22	Gary Redfern-Smith	234.6
6	Glenn Branch	311.6	23	Anthony Chittock	229.8
7	Mark Godleman	311.3	24	Stephen Snowling	227.8
8	Sam Bonar	303.9	25	Millie Clarke	226.8
9	Steve Andrews	299.9	26	Matt Ashdown	214.7
10	Paul Barette	290.6	27	Max Ell	212.5
11	Thomas Meakin	285.4	28	Sam Lee	202.7
12	Paul Hallam	285.3	29	Toni Barlow	193.7
13	Suzie Richards	278.0	30	Brandon H-Hyland	192.8
14	Aaron Hayhoe	273.6	31	Graham Saxton	189.3
15	Danny Brumpton	269.9	32	Natalie Voce	178.1
16	Danny Kingsland	265.7	33	Rachel Stone	171.0
17	Jamie Oates	265.4	34	Viv Andrews	86.5
			35	Gary Ell	41.9

Ranking of Lifters per Lift & Record Breakers.

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

Continental Snatch

Lifter	Age	%	Class	Kilos	Points
Chloe Brennan	Open	33	80	70.0●	94.8
Josh Davidson	Open	0	95	90.0	80.5
James Joyce	Open	0	90	82.5	77.6
Beata Banas	40+	35	70	50.0 ^{BR}	72.7
Matt Jones	Open	0	125+	100.0 ^{BR}	72.7
Glenn Branch	40+	2	100	80.0▲	72.3
Sam Bonar	Open	0	90	77.5	70.9
Aaron Hayhoe	Open	0	95	77.5	70.9
Amy Proferes	45+	44	75	45.0▲	68.4
Steve Andrews	65+	26	70	47.5	66.9
George Johns	Open	0	95	70.0	64.0
Thomas Meakin	70+	42	85	45.0	62.0
Danny Brumpton	Open	0	125+	85.0	60.4
Paul Hallam	45+	6	100	65.0	60.2
Gary R-Smith	50+	12	110	65.0 ^{BR}	59.9
Danny Kingsland	Open	0	65	50.0	58.8
Suzie Richards	50+	45	65	35.5▲	58.1
Mark Godleman ¹	60+	23	105	55.0	57.4
Matt Ashdown	Open	0	105	62.5	53.6
Jamie Oates	Open	0	105	62.5	53.5
Kim Snowling	40+	37	70	35.0	52.9
Sam Lee	Open	1	105	60.0	52.3
Paul Barette	45+	9	75	45.0	50.1
Brandon H-Hyland ¹	Open	0	80	50.0	49.2

Power Row

Lifter	Age	%	Class	Kilos	Points
Mark Godleman ¹	60+	23	105	100.0	87.6
Thomas Meakin	70+	42	85	75.0 ^{BR}	86.7
Michael Perry	55+	20	80	85.0▲	85.8
Danny Brumpton	Open	0	125+	140.5 ^{BR}	83.7
Josh Davidson	Open	0	95	110.5	83.0
Gary R-Smith	50+	12	110	105.0▲	81.2
Beata Banas	40+	35	70	62.5▲●	76.3
Paul Barette	45+	9	75	81.5 ^{BR}	76.1
Jamie Oates	Open	0	105	105.0	75.4
Anthony Chittock	Open	0	125+	120.0	75.1
Paul Hallam	45+	6	100	96.5▲	74.9
Danny Kingsland	Open	0	65	75.0	74.0
Sam Bonar	Open	0	90	95.0	72.9
Suzie Richards	50+	45	65	52.5▲●	72.1
Steve Andrews	65+	26	70	60.0	70.9
Matt Jones	Open	0	125+	110.0	67.1
Kim Snowling	40+	37	70	51.0	64.7
Max Ell ¹	Open	33	50	40.0	63.5
James Joyce	Open	0	90	80.0	63.1
Glenn Branch	40+	2	100	82.5	62.6
Chloe Brennan	Open	33	80	55.0 ^{BR}	62.5
Aaron Hayhoe	Open	0	95	80.0	61.4
Matt Ashdown	Open	0	105	85.0	61.1
Amy Proferes	45+	44	75	45.0▲	57.4

Continental Snatch

Lifter	Age	%	Class	Kilos	Points
Max Ell ¹	Open	33	50	26.0	49.2
Toni Barlow	45+	42	95	38.0▲	48.6
Millie Clarke	Open	33	95	40.0	47.9
Rachel Stone	40+	35	95	35.0▲	42.2
Anthony Chittock	Open	0	125+	55.0	41.0
Natalie Voce ¹	40+	36	90	32.5	40.4
Stephen Snowling	40+	4	90	40.0	39.0
Michael Perry	55+	20	80	30.0	36.1
Graham Saxton	60+	23	120	30.0 ^{BR}	29.6
Gary Ell ¹	50+	14	95	10.0	10.3
Viv Andrews ¹	60+	54	75	6.0	9.5

Power Row

Lifter	Age	%	Class	Kilos	Points
Millie Clarke	Open	33	95	55.0	55.3
Natalie Voce ¹	40+	36	90	52.5	54.8
George Johns	Open	0	95	70.0	53.7
Stephen Snowling	40+	4	90	65.0	53.2
Sam Lee	Open	1	105	70.0	51.2
Graham Saxton	60+	23	120	60.0▲	49.6
Toni Barlow	45+	42	95	45.0	48.3
Rachel Stone	40+	35	95	47.5▲	48.1
Brandon H-Hyland ¹	Open	0	80	55.0	45.4
Viv Andrews ¹	60+	54	75	32.5	43.0
Gary Ell ¹	50+	14	95	10.0	8.6

2" Bar Straddle

Lifter	Age	%	Class	Kilos	Points
Michael Perry	55+	20	80	185.0▲	108.4
Glenn Branch	40+	2	100	240.0▲●	105.7
Chloe Brennan	Open	33	80	160.0●	105.6
Josh Davidson	Open	0	95	240.0	104.6
James Joyce	Open	0	90	220.0●	100.8
Beata Banas	40+	35	70	140.0▲●	99.2
Kim Snowling	40+	37	70	125.0	92.1
Jamie Oates	Open	0	105	220.0●	91.7
Mark Godleman ¹	60+	23	105	175.0	89.0
Paul Barette	45+	9	75	160.0□	86.8
Paul Hallam	45+	6	100	190.0	85.7
Amy Proferes	45+	44	75	115.5▲●	85.5
Suzie Richards	50+	45	65	105.0▲	83.7
Steve Andrews	65+	26	70	120.0	82.3
Millie Clarke	Open	33	95	140.0	81.7
Sam Bonar	Open	0	90	180.0	80.2
George Johns	Open	0	95	180.0	80.2
Matt Jones	Open	0	125+	220.0	77.9
Sam Lee	Open	1	105	180.0	76.4
Danny Brumpton	Open	0	125+	220.4 ^{BR}	76.3
Stephen Snowling	40+	4	90	160.0	76.0
Aaron Hayhoe	Open	0	95	165.0	73.5
Danny Kingsland	Open	0	65	125.0	71.6
Thomas Meakin	70+	42	85	105.0▲	70.5
Graham Saxton	60+	23	120	140.0▲	67.2
Max Ell ¹	Open	33	50	72.5	66.8
Brandon H-Hyland ¹	Open	0	80	124.0	59.5
Toni Barlow	45+	42	95	92.5▲	57.7
Gary Redfern-Smith	50+	12	110	110.0 ^{BR}	49.4
Matt Ashdown	Open	0	105	114.0	47.6
Anthony Chittock	Open	0	125+	130.0	47.2
Natalie Voce ¹	40+	36	90	65.0	39.4
Rachel Stone	40+	35	95	55.0▲	32.3
Viv Andrews ¹	60+	54	75	30.0	23.0
Gary Ell ¹	50+	14	95	10.0	5.0

Pullover at Arms Length

Lifter	Age	%	Class	Kilos	Points
Michael Perry	55+	20	80	62.5▲	131.1
Josh Davidson	Open	0	95	55.0	85.8
Steve Andrews	65+	26	70	32.5	79.8
Sam Bonar	Open	0	90	50.0	79.8
Paul Barette	45+	9	75	40.0	77.7
Mark Godleman ¹	60+	23	105	42.5	77.4
James Joyce	Open	0	90	45.0	73.8
Glenn Branch	40+	2	100	45.0	71.0
Chloe Brennan	Open	33	80	30.0 ^{BR}	70.9
Aaron Hayhoe	Open	0	95	42.5	67.8
Anthony Chittock	Open	0	125+	51.0●	66.4
Thomas Meakin	70+	42	85	27.5	66.1
Paul Hallam	45+	6	100	40.0▲	64.6
Suzie Richards	50+	45	65	22.5▲	64.2
George Johns	Open	0	95	40.0	63.8
Beata Banas	40+	35	70	25.0▲●	63.4
Danny Kingsland	Open	0	65	30.0	61.5
Stephen Snowling	40+	4	90	35.0	59.5
Amy Proferes	45+	44	75	20.0▲	53.0
Kim Snowling	40+	37	70	20.0	52.7
Matt Ashdown	Open	0	105	35.0	52.3
Danny Brumpton	Open	0	125+	40.0	49.5
Rachel Stone	40+	35	95	23.0▲●	48.4
Jamie Oates	Open	0	105	30.0	44.8
Matt Jones	Open	0	125+	35.0	44.4
Gary Redfern-Smith	50+	12	110	27.5 ^{BR}	44.2
Natalie Voce ¹	40+	36	90	20.0	43.4
Graham Saxton	60+	23	120	25.0 ^{BR}	43.0
Millie Clarke	Open	33	95	20.0●	41.8
Toni Barlow	45+	42	95	17.5	39.1
Brandon H-Hyland ¹	Open	0	80	22.5	38.6
Max Ell ¹	Open	33	50	10.0	33.0
Sam Lee	Open	1	105	15.0	22.8
Gary Ell ¹	50+	14	95	10.0	18.0
Viv Andrews ¹	60+	54	75	4.0	11.0

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

1	PH Phoenix1	Josh Davidson, Matt Jones, Paul Hallam	3566.1
2	Club 3B	Glenn Branch, Aaron Hayhoe, George Johns	3545.6
3	Metamorfit1	Beata Banas, Sam Bonar, Danny Kingsland	3394.1
4	Club 3B2	Amy Proferes, Suzie Richards, Anthony Chittock	3104.7
5	PH Phoenix2	Jamie Oates, Chloe Brennan, Gary Redfern-Smith	2963.6
6	Granby	Steve Andrews, Mark Godleman, Viv Andrews	2787.5
7	Metamorfit2	Paul Barette, Matt Ashdown, Brandon Hazell-Hyland	2742.9
8	Club 3B3	Danny Brumpton, Rachel Stone, Millie Clarke	2552.3
9	PH Phoenix3	Graham Saxton, Steve Moss, James Rutter	1900.2
10	Twyford Celts	Max Ell, Sonya Coles, Gary Ell	1860.5
11	Metamorfit3	Natalie Voce, Jennifer Ashdown, Anja Pullen	1567.0

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

12	Club 3B4	Sam Lee, Anjela Joiner-Handy, Michael Perry	1500.3
13	Fitness at the Street	Stephen Snowling, Michael Perry, Kim Snowling	1149.9
14	Club 3B5	Stephen Brooker, Dave Watts, Toni Barlow	358.8
15	PH Phoenix4	Mollie Redfern-Smith	336.0
16	Granby2	John Jenkins	123.4
17	Metamorfit4	Thomas Meakin, Kris Singh	113.9

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

1	Josh Davidson	1273.1		25	Millie Clarke	707.0
2	Glenn Branch	1197.2		26	Gary Ell	706.8
3	Beata Banas	1159.3		27	Steve Moss	656.3
4	Sam Bonar	1145.5		28	James Rutter	618.7
5	Steve Andrews	1144.2		29	Sam Lee	604.9
6	Mark Godleman	1114.2		30	Natalie Voce	526.1
7	Matt Jones	1094.1		31	Mollie Redfern-Smith	506.0
8	Aaron Hayhoe	1090.2		32	Angela Joiner-Handy	482.7
9	George Johns	1070.5		33	Stepen Snowling	464.7
10	Amy Proferes	1069.9		34	Jennifer Ashdown	457.8
11	Danny Kingsland	1064.4		35	Michael Perry	424.9
12	Suzie Richards	1064.2		36	Viv Andrews	364.4
13	Paul Hallam	1046.5		37	Anja Pullen	351.3
14	Jamie Oates	1042.6		38	James Joyce	315.3
15	Paul Barette	964.9		39	Stephen Brooker	291.2
16	Max Ell	956.0		40	John Jenkins	288.0
17	Chloe Brennan	910.9		41	Dave Watts	285.5
18	Gary Redfern-Smith	874.3		42	Thomas Meakin	285.4
19	Anthony Chittock	867.1		43	Kim Snowling	262.4
20	Matt Ashdown	845.2		44	Kris Singh	244.6
21	Danny Brumpton	779.4		45	Sonya Coles	197.8
22	Brandon H-Hyland	773.4		46	Toni Barlow	193.7
23	Rachel Stone	743.9		47	Tristan Fox	189.7
24	Graham Saxton	743.4		48	Hayden Snowling	107.5

Here's the Leg 4 results with 35 lifters & 13 teams.

To date: top 3 lifters are still Josh Davidson, Glenn Branch & Beata Banas; Top 3 teams also remain are Powerhouse Phoenix1, Club3B & Metamorfit 1.

Lifts for Leg 5 are: 1H Dumbell Press (G1), Rim Lift (E33), Hacklift (F25) and Crucifix (G18) to be done by the end of September.

Chris