

IWA (UK) Bob Smith All Round Postal League 2024 – Leg 6 - compiled by Chris Bass.

Ranking of Teams

| | | | |
|----|---------------|--|--------|
| 1 | PH Phoenix1 | Chloe Brennan, Matt Jones, Josh Davidson | 1027.2 |
| 2 | Club 3B | Glenn Branch, George Johns, Amy Proferes | 949.0 |
| 3 | Metamorfit1 | Thomas Meakin, Beata Banas, Sam Bonar | 944.6 |
| 4 | Granby | Steve Andrews, Steve Sherwood, Ben Goodman | 937.7 |
| 5 | Club 3B2 | Danny Brumpton, Aaron Hayhoe, Suzie Richards | 842.8 |
| 6 | Metamorfit2 | Paul Barette, Danny Kingsland, Lara Bennett | 818.9 |
| 7 | Club 3B3 | Millie Clarke, Angela Joiner-Handy, Anthony Chittock | 766.9 |
| 8 | PH Phoenix2 | Paul Hallam, Jamie Oates, Kayleigh Lamb | 755.9 |
| 9 | Metamorfit3 | Matt Ashdown, Trevor Egglestone, Brandon H-Hyland | 726.2 |
| 10 | Granby2 | Mark Godleman, Daniel Andrews, Viv Andrews | 662.2 |
| 11 | Club 3B4 | Michael Perry, Rachel Stone, Natasha Schofield | 654.9 |
| 12 | Twyford Celts | Gary Ell, Max Ell, Sonya Coles | 614.9 |
| 13 | Metamorfit4 | Steve Sha, Natalie Voce | 429.8 |
| 14 | PH Phoenix3 | Gary Redfern-Smith, Graham Saxton | 380.8 |
| 15 | Club 3B5 | Toni Barlow, Stephen Brooker | 252.3 |
| 16 | Twyford2 | Kristian Nichols | 129.2 |

Ranking of Lifters

| | | | | | |
|----|-----------------|-------|----|---------------------|-------|
| | | | 22 | Millie Clarke | 256.3 |
| 1 | Chloe Brennan | 397.4 | 23 | Angela Joiner-Handy | 256.1 |
| 2 | Glenn Branch | 359.5 | 24 | Anthony Chittock | 254.5 |
| 3 | Thomas Meakin | 339.1 | 25 | Daniel Andrews | 252.9 |
| 4 | Steve Andrews | 323.0 | 26 | Matt Ashdown | 252.2 |
| 5 | Matt Jones | 318.2 | 27 | Trevor Egglestone | 248.0 |
| 6 | Steve Sherwood | 317.4 | 28 | Gary Ell1 | 242.5 |
| 7 | Josh Davidson | 311.6 | 29 | Michael Perry | 235.7 |
| 8 | Beata Banas | 306.4 | 30 | Brandon H-Hyland | 226.0 |
| 9 | Sam Bonar | 299.1 | 31 | Steve Sha | 220.1 |
| 10 | George Johns | 297.5 | 32 | Natasha Schofield | 219.0 |
| 11 | Ben Goodman | 297.2 | 33 | Kayleigh Lamb | 211.0 |
| 12 | Amy Proferes | 292.0 | 34 | Gary Redfern-Smith | 210.6 |
| 13 | Danny Brumpton | 284.8 | 35 | Natalie Voce | 209.6 |
| 14 | Paul Barette | 281.6 | 36 | Rachel Stone | 200.2 |
| 15 | Aaron Hayhoe | 280.7 | 37 | Max Ell | 197.4 |
| 16 | Suzie Richards | 277.3 | 38 | Toni Barlow | 187.2 |
| 17 | Danny Kingsland | 274.4 | 39 | Sonya Coles | 174.9 |
| 18 | Mark Godleman | 274.1 | 40 | Graham Saxton | 170.2 |
| 19 | Paul Hallam | 273.9 | 41 | Viv Andrews | 135.2 |
| 20 | Jamie Oates | 271.0 | 42 | Kristian Nichols | 129.2 |
| 21 | Lara Bennett | 262.9 | 43 | Stephen Brooker | 65.1 |

Ranking of Lifters per Lift & Record Breakers.

Clean & Push Press

| Lifter | Age | % | Class | Kilos | Points |
|-----------------|------|----|-------|--------|--------|
| Chloe Brennan | Open | 33 | 75 | 77.5● | 91.7 |
| Thomas Meakin | 70+ | 42 | 85 | 75.0▲ | 89.1 |
| Glenn Branch | 40+ | 2 | 95 | 107.5▲ | 85.7 |
| George Johns | Open | 0 | 95 | 95.0 | 75.4 |
| Josh Davidson | Open | 0 | 90 | 92.5 | 74.2 |
| Matt Jones | Open | 0 | 125+ | 117.5 | 74.0 |
| Beata Banas | 40+ | 35 | 70 | 57.5▲● | 73.1 |
| Danny Brumpton | Open | 0 | 125+ | 112.5 | 71.5 |
| Amy Proferes | 50+ | 44 | 75 | 55.3▲ | 71.5 |
| Steve Andrews | 65+ | 26 | 65 | 57.5▲ | 70.8 |
| Jamie Oates | Open | 0 | 105 | 95.0 | 70.1 |
| Aaron Hayhoe | Open | 0 | 95 | 87.5 | 69.2 |
| Sam Bonar | Open | 0 | 90 | 85.0 | 68.8 |
| Stephen Brooker | Open | 0 | 90 | 80.0 | 65.1 |
| Suzie Richards | 50+ | 45 | 65 | 45.8▲ | 65.0 |
| Matt Ashdown | Open | 0 | 100 | 85.0 | 64.1 |

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

Continental Clean to the Belt

| Lifter | Age | % | Class | Kilos | Points |
|----------------------------|------|----|-------|---------|--------|
| Glenn Branch | 40+ | 2 | 95 | 205.0▲● | 103.4 |
| Steve Sherwood | 70+ | 42 | 70 | 115.0 | 97.4 |
| Chloe Brennan | Open | 33 | 75 | 130.0● | 97.3 |
| Josh Davidson | Open | 0 | 90 | 190.0 | 96.3 |
| Steve Andrews | 65+ | 26 | 65 | 120.0▲ | 93.4 |
| Beata Banas | 40+ | 35 | 70 | 115.0▲● | 92.4 |
| Paul Barette | 45+ | 9 | 75 | 145.0 | 90.1 |
| Paul Hallam | 45+ | 6 | 100 | 165.0▲ | 83.7 |
| Matt Jones | Open | 0 | 125+ | 210.0● | 83.6 |
| Amy Proferes | 50+ | 44 | 75 | 100.3▲ | 81.9 |
| Millie Clarke | Open | 33 | 105 | 130.3● | 81.1 |
| Suzie Richards | 50+ | 45 | 65 | 90.3▲ | 81.1 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 140.0 | 80.3 |
| George Johns | Open | 0 | 95 | 160.0 | 80.2 |
| Sam Bonar | Open | 0 | 90 | 155.0 | 79.3 |
| Aaron Hayhoe | Open | 0 | 95 | 155.0 | 77.5 |

Clean & Push Press

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|--------------------|--------|
| Daniel Andrews ¹ | Open | 0 | 65 | 65.0 | 63.5 |
| Ben Goodman | Open | 0 | 75 | 70.0 | 63.2 |
| Anthony Chittock | Open | 0 | 125+ | 95.0 | 62.9 |
| Danny Kingsland | Open | 0 | 60 | 60.0 | 62.2 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 75.0 | 60.9 |
| Angela J-Handy | 55+ | 49 | 55 | 35.3 ^{BR} | 60.5 |
| Millie Clarke | Open | 33 | 105 | 60.3● | 59.4 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 65.0 | 59.0 |
| Paul Barette | 45+ | 9 | 75 | 60.0 | 58.9 |
| Paul Hallam | 45+ | 6 | 100 | 70.0 | 56.2 |
| Lara Bennett | 18-19 | 36 | 60 | 37.5▲ | 55.6 |
| Trevor Egglestone | 70+ | 44 | 100 | 50.0▲ | 54.7 |
| Natasha Schofield | Open | 33 | 85 | 47.8 | 54.1 |
| Michael Perry | 55+ | 20 | 75 | 50.0 | 53.8 |
| Steve Sherwood | 70+ | 42 | 70 | 40.0▲ | 53.6 |
| Rachel Stone | 40+ | 35 | 95 | 50.3▲ | 53.1 |
| Brandon H-Hyland | Open | 0 | 80 | 60.0 | 52.8 |
| Natalie Voce | 40+ | 36 | 90 | 47.5▲● | 51.8 |
| Gary Eil ¹ | 50+ | 14 | 95 | 57.5 | 51.4 |
| Steve Sha | 75+ | 46 | 85 | 40.0 | 49.0 |
| Max Eil ¹ | Open | 33 | 55 | 30.0 | 46.1 |
| Toni Barlow | 45+ | 42 | 100 | 40.3▲ | 44.2 |
| Kayleigh Lamb | Open | 33 | 110 | 45.0● | 43.5 |
| Sonya Coles | 45+ | 41 | 90 | 35.0 | 39.9 |
| Graham Saxton | 60+ | 23 | 115 | 42.5▲ | 36.7 |
| Viv Andrews ¹ | 60+ | 54 | 75 | 22.5 | 31.1 |
| Kristian Nichols | Open | 0 | 85 | 35.0 | 28.9 |

Dumbbell C&J

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|---------------------|--------|
| Chloe Brennan | Open | 33 | 75 | 50.0R● | 108.4 |
| Matt Jones | Open | 0 | 125+ | 80.0R● | 92.2 |
| Glenn Branch | 40+ | 2 | 95 | 59.0R ^{BR} | 86.2 |
| Danny Brumpton | Open | 0 | 125+ | 71.5R | 83.2 |
| Thomas Meakin | 70+ | 42 | 85 | 37.5R▲ | 81.6 |
| Sam Bonar | Open | 0 | 90 | 52.5R | 77.8 |
| Ben Goodman | Open | 0 | 75 | 47.0R● | 77.8 |
| Beata Banas | 40+ | 35 | 70 | 32.5R▲● | 75.7 |
| George Johns | Open | 0 | 95 | 51.5R | 74.8 |
| Lara Bennett | 18-19 | 36 | 60 | 27.5R▲ | 74.7 |
| Josh Davidson | Open | 0 | 90 | 50.0R | 73.4 |
| Steve Andrews | 65+ | 26 | 65 | 32.5L▲● | 73.3 |
| Danny Kingsland | Open | 0 | 60 | 37.5R | 71.2 |
| Anthony Chittock | Open | 0 | 125+ | 56.5R | 68.5 |
| Millie Clarke | Open | 33 | 105 | 37.7R● | 68.0 |
| Amy Proferes | 50+ | 44 | 75 | 28.7R▲ | 67.9 |
| Aaron Hayhoe | Open | 0 | 95 | 46.5R | 67.3 |
| Kayleigh Lamb | Open | 33 | 110 | 37.5R● | 66.4 |
| Paul Hallam | 45+ | 6 | 100 | 45.0L▲ | 66.1 |
| Suzie Richards | 50+ | 45 | 65 | 25.2R▲ | 65.5 |
| Daniel Andrews ¹ | Open | 0 | 65 | 35.0R | 62.6 |
| Steve Sherwood | 70+ | 42 | 70 | 25.0 | 61.3 |
| Natalie Voce | 40+ | 36 | 90 | 30.0R▲ | 59.9 |
| Paul Barette | 45+ | 9 | 75 | 32.5R | 58.5 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 35.0R | 58.2 |
| Brandon H-Hyland | Open | 0 | 80 | 35.0R | 56.4 |
| Matt Ashdown | Open | 0 | 100 | 40.0R | 55.3 |
| Angela J-Handy | 55+ | 49 | 55 | 17.1R▲ | 53.7 |
| Natasha Schofield | Open | 33 | 85 | 25.2● | 52.2 |
| Jamie Oates | Open | 0 | 105 | 37.5R | 50.7 |
| Steve Sha | 75+ | 46 | 85 | 22.5L▲ | 50.5 |
| Rachel Stone | 40+ | 35 | 95 | 25.2R▲ | 48.7 |

Continental Clean to the Belt

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|---------------------|--------|
| Ben Goodman | Open | 0 | 75 | 135.0 | 77.1 |
| Danny Brumpton | Open | 0 | 125+ | 190.0 | 76.3 |
| Angela Joiner-Handy | 55+ | 49 | 55 | 70.3▲ | 76.2 |
| Thomas Meakin | 70+ | 42 | 85 | 100.0 ^{BR} | 75.1 |
| Jamie Oates | Open | 0 | 105 | 160.0 | 74.6 |
| Danny Kingsland | Open | 0 | 60 | 110.0 | 72.1 |
| Michael Perry | 55+ | 20 | 75 | 105.0▲ | 71.4 |
| Trevor Egglestone | 70+ | 44 | 100 | 100.0▲ | 69.1 |
| Gary Eil ¹ | 50+ | 14 | 95 | 120.0 | 67.8 |
| Anthony Chittock | Open | 0 | 125+ | 160.0 | 67.0 |
| Natasha Schofield | Open | 33 | 85 | 90.3● | 64.6 |
| Matt Ashdown | Open | 0 | 100 | 135.0 | 64.4 |
| Daniel Andrews ¹ | Open | 0 | 65 | 100.0 | 61.8 |
| Lara Bennett | 18-19 | 36 | 60 | 65.0▲ | 61.0 |
| Graham Saxton | 60+ | 23 | 115 | 110.0▲ | 60.1 |
| Brandon H-Hyland | Open | 0 | 80 | 105.0 | 58.4 |
| Toni Barlow | 45+ | 42 | 100 | 80.3▲● | 55.7 |
| Max Eil ¹ | Open | 33 | 55 | 55.0 | 53.4 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 100.0 ^{BR} | 51.3 |
| Rachel Stone | 40+ | 35 | 95 | 70.3▲● | 46.9 |
| Steve Sha | 75+ | 46 | 85 | 60.0 | 46.5 |
| Natalie Voce | 40+ | 36 | 90 | 65.5▲● | 45.2 |
| Sonya Coles | 45+ | 41 | 90 | 60.0 | 43.3 |
| Kayleigh Lamb | Open | 33 | 110 | 70.0● | 42.8 |
| Viv Andrews ¹ | 60+ | 54 | 75 | 40.0 | 34.9 |
| Kristian Nichols | Open | 0 | 85 | 65.0 | 33.9 |
| Stephen Brooker | Open | 0 | 90 | 0.0 | 0.0 |

Cheat Curl

| Lifter | Age | % | Class | Kilos | Points |
|-----------------------------|-------|----|-------|--------------------|--------|
| Steve Sherwood | 70+ | 42 | 70 | 65.0▲ | 105.1 |
| Chloe Brennan | Open | 33 | 75 | 70.0● | 100.0 |
| Thomas Meakin | 70+ | 42 | 85 | 65.0 | 93.3 |
| Steve Andrews | 65+ | 26 | 65 | 57.5▲ | 85.5 |
| Glenn Branch | 40+ | 2 | 95 | 87.5 | 84.3 |
| Trevor Egglestone | 70+ | 44 | 100 | 60.0▲ | 79.2 |
| Ben Goodman | Open | 0 | 75 | 72.5 | 79.1 |
| Gary Eil ¹ | 50+ | 14 | 95 | 72.5 | 78.3 |
| Michael Perry | 55+ | 20 | 75 | 60.0 | 78.0 |
| Mark Godleman ¹ | 60+ | 23 | 105 | 70.0 | 76.7 |
| Jamie Oates | Open | 0 | 105 | 85.0 | 75.7 |
| Paul Barette | 45+ | 9 | 75 | 62.5 | 74.1 |
| Steve Sha | 75+ | 46 | 85 | 50.0 | 74.0 |
| Sam Bonar | Open | 0 | 90 | 75.0 | 73.3 |
| Lara Bennett | 18-19 | 36 | 60 | 40.0▲ | 71.6 |
| Amy Proferes | 50+ | 44 | 75 | 45.3▲ | 70.7 |
| Danny Kingsland | Open | 0 | 60 | 55.0 | 68.9 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 70.0 | 68.6 |
| Matt Jones | Open | 0 | 125+ | 90.0 | 68.4 |
| Matt Ashdown | Open | 0 | 100 | 75.0 | 68.3 |
| Paul Hallam | 45+ | 6 | 100 | 70.0 | 67.8 |
| Josh Davidson | Open | 0 | 90 | 70.0 | 67.8 |
| George Johns | Open | 0 | 95 | 70.0 | 67.1 |
| Aaron Hayhoe | Open | 0 | 95 | 70.0 | 66.8 |
| Angela Joiner-Handy | 55+ | 49 | 55 | 31.8▲ | 65.8 |
| Suzie Richards | 50+ | 45 | 65 | 38.3 ^{BR} | 65.7 |
| Beata Banas | 40+ | 35 | 70 | 42.5 | 65.2 |
| Daniel Andrews ¹ | Open | 0 | 65 | 55.0 | 64.9 |
| Brandon H-Hyland | Open | 0 | 80 | 55.0 | 58.4 |
| Kayleigh Lamb | Open | 33 | 110 | 50.0● | 58.4 |
| Anthony Chittock | Open | 0 | 125+ | 70.0 | 56.0 |
| Max Eil ¹ | Open | 33 | 55 | 30.0 | 55.7 |

Dumbbell C&J

| Lifter | Age | % | Class | Kilos | Points |
|--------------------------|------|----|-------|--------|--------|
| Trevor Egglestone | 70+ | 44 | 100 | 22.5R▲ | 45.0 |
| Gary Ell ¹ | 50+ | 14 | 95 | 27.5L | 45.0 |
| Max Ell ¹ | Open | 33 | 55 | 15.0R | 42.2 |
| Toni Barlow | 45+ | 42 | 100 | 20.2R▲ | 40.6 |
| Graham Saxton | 60+ | 23 | 115 | 25.0R▲ | 39.5 |
| Sonya Coles | 45+ | 41 | 90 | 17.5R | 36.6 |
| Michael Perry | 55+ | 20 | 75 | 16.5L | 32.5 |
| Viv Andrews ¹ | 60+ | 54 | 75 | 12.5R | 31.6 |
| Gary Redfern-Smith | 50+ | 12 | 110 | 20.0L▲ | 29.7 |
| Kristian Nichols | Open | 0 | 85 | 17.5L | 26.5 |
| Stephen Brooker | Open | 0 | 90 | 0.0R | 0.0 |

Cheat Curl

| Lifter | Age | % | Class | Kilos | Points | Lifter | Age | % | Class | Kilos | Points |
|--------------------------|------|----|-------|--------------------|--------|------------------|------|----|-------|--------------------|--------|
| Sonya Coles | 45+ | 41 | 90 | 40.0 | 55.1 | Danny Brumpton | Open | 0 | 125+ | 70.0 | 53.7 |
| Natalie Voce | 40+ | 36 | 90 | 40.0▲ | 52.7 | Rachel Stone | 40+ | 35 | 95 | 40.3▲ | 51.4 |
| Natasha Schofield | Open | 33 | 85 | 35.3 ^{BR} | 48.2 | Millie Clarke | Open | 33 | 105 | 40.3 | 47.9 |
| Toni Barlow | 45+ | 42 | 100 | 35.3▲ | 46.8 | Kristian Nichols | Open | 0 | 85 | 40.0 | 39.9 |
| Viv Andrews ¹ | 60+ | 54 | 75 | 22.5 | 37.5 | Graham Saxton | 60+ | 23 | 115 | 32.5 ^{BR} | 33.9 |
| Stephen Brooker | Open | 0 | 90 | 0.0 | 0.0 | | | | | | |

Ranking of Teams after Legs 1+2+3+4+5+6.

| | | | |
|----|-----------------------|---|--------|
| 1 | PH Phoenix1 | Josh Davidson, Matt Jones, Chloe Brennan | 5622.0 |
| 2 | Club 3B | Glenn Branch, George Johns, Amy Proferes | 5537.0 |
| 3 | Metamorfit1 | Sam Bonar, Beata Banas, Danny Kingsland | 5292.8 |
| 4 | Club 3B2 | Suzie Richards, Aaron Hayhoe, Anthony Chittock | 4856.3 |
| 5 | PH Phoenix2 | Jamie Oates, Paul Hallam, Gary Redfern-Smith | 4511.8 |
| 6 | Granby | Steve Andrews, Mark Godleman, Viv Andrews | 4490.7 |
| 7 | Metamorfit2 | Paul Barette, Brandon Hazell-Hyland, Matt Ashdown | 4250.6 |
| 8 | Club 3B3 | Danny Brumpton, Millie Clarke, Rachel Stone | 4155.1 |
| 9 | Twyford Celts | Max Ell, Gary Ell, Sonya Coles | 3171.3 |
| 10 | Club 3B4 | Angela Joiner-Handy Michael Perry, Sam Lee | 2839.3 |
| 11 | PH Phoenix3 | Graham Saxton, Steve Moss, James Rutter | 2684.8 |
| 12 | Metamorfit3 | Natalie Voce, Thomas Meakin, Jennifer Ashdown | 2293.2 |
| 13 | Fitness at the Street | Stephen Snowling, James Joyce, Kim Snowling | 1149.9 |
| 14 | Granby2 | Steve Sherwood, John Jenkins, Daniel Andrews | 785.6 |
| 15 | Club 3B5 | Toni Barlow, Stephen Brooker, Dave Watts | 611.1 |
| 16 | Metamorfit4 | Anja Pullen, Lara Bennett, Trevor Egglestone | 543.6 |
| 17 | PH Phoenix4 | Mollie Redfern-Smith, Kayliegh Lamb | 336.0 |
| 18 | Twyford2 | Kristian Nichols | 284.9 |

Ranking of Lifters after Legs 1+2+3+4+5+6

| | | | | | |
|----|---------------------|--------|----|----------------------|-------|
| 1 | Josh Davidson | 1945.6 | 30 | Sam Lee | 840.6 |
| 2 | Glenn Branch | 1921.9 | 31 | Steve Moss | 656.3 |
| 3 | Sam Bonar | 1799.3 | 32 | Viv Andrews | 652.2 |
| 4 | Steve Andrews | 1796.9 | 33 | Thomas Meakin | 624.5 |
| 5 | Beata Banas | 1756.4 | 34 | James Rutter | 618.7 |
| 6 | Matt Jones | 1691.3 | 35 | Sonya Coles | 528.5 |
| 7 | George Johns | 1675.6 | 36 | Mollie Redfern-Smith | 506.0 |
| 8 | Mark Godleman | 1671.5 | 37 | Stepen Snowling | 464.7 |
| 9 | Amy Proferes | 1670.8 | 38 | Jennifer Ashdown | 457.8 |
| 10 | Suzie Richards | 1668.8 | 39 | Kayliegh Lamb | 420.7 |
| 11 | Chloe Brennan | 1666.3 | 40 | Toni Barlow | 380.9 |
| 12 | Aaron Hayhoe | 1652.2 | 41 | Stephen Brooker | 356.2 |
| 13 | Danny Kingsland | 1647.4 | 42 | Anja Pullen | 351.3 |
| 14 | Jamie Oates | 1623.5 | 43 | Steve Sherwood | 317.4 |
| 15 | Paul Hallam | 1612.9 | 44 | James Joyce | 315.3 |
| 16 | Paul Barette | 1495.1 | 45 | Kristian Nichols | 300.3 |
| 17 | Max Ell | 1434.9 | 46 | Ben Goodman | 297.2 |
| 18 | Anthony Chittock | 1374.1 | 47 | John Jenkins | 288.0 |
| 19 | Danny Brumpton | 1356.4 | 48 | Dave Watts | 285.5 |
| 20 | Gary Redfern-Smith | 1279.1 | 49 | Lara Bennett | 262.9 |
| 21 | Brandon H-Hyland | 1243.9 | 50 | Kim Snowling | 262.4 |
| 22 | Millie Clarke | 1238.9 | 51 | Daniel Andrews | 252.9 |
| 23 | Gary Ell | 1192.6 | 52 | Trevor Egglestone | 248.0 |
| 24 | Rachel Stone | 1139.9 | 53 | Kris Singh | 244.6 |
| 25 | Graham Saxton | 1129.7 | 54 | Steve Sha | 220.1 |
| 26 | Matt Ashdown | 1097.4 | 55 | Natasha Schofield | 219.0 |
| 27 | Angela Joiner-Handy | 1022.4 | 56 | Tristan Fox | 189.7 |
| 28 | Michael Perry | 1010.5 | 57 | Hayden Snowling | 107.5 |
| 29 | Natalie Voce | 931.4 | | | |

Here's the Leg 6 results, 16 teams & 43 lifters.

To date: top 3 lifters Chloe Brennan, Glen Branch & Thomas Meakin; Top 3 teams were Phoenix1, Club3B & Metamorfit1.

For the Year: top 3 lifters were Josh Davidson, Glen Branch & Sam Bonar; Top 3 teams were Phoenix1, Club3B & Metamorfit1.

Beata Banas was the top ladies lifter & Max Ell was the top MX lifter.

And finally well done to everyone else & thanks for lifting throughout the year. I hope you all compete next year for without you the postal league would not continue.

Lifts for Leg 1 of 2024 are: Clean & Press from Knees, 2x2" Vertical Bar, 2"bar Straddle and Cheat Curl to be done by the end of January.

Final Rankings of the 2024 All round Scheme.

If you qualify for an award (**12 lifts or more**) and want one then please contact Paul Barette. No claim – No award. Congratulations to all the title and award winners.

| | NAME | Lifts | Position – title or award |
|----|---------------------|-------|---|
| 1 | Josh Davidson | 24 | Best British Open, 100k class Top All Rounder |
| 2 | Glenn Branch | 24 | Best British Open & 40+, 95k class All Rounder |
| 3 | Sam Bonar | 24 | Best British Open 90k class All Rounder |
| 4 | Steve Andrews | 24 | Best British Open & 65+, 70k class All Rounder |
| 5 | Beata Banas | 24 | Best British Ladies Open & 40+, 70k class Top All Rounder |
| 6 | Matt Jones | 24 | Best British Open, 125+k class All Rounder |
| 7 | George Johns | 24 | Runner up British Open, 95k class All Rounder |
| 8 | Mark Godleman | 24 | Best British 60+ 105k class All Rounder |
| 9 | Amy Proferes | 24 | Best British Ladies 50+, 75k class All Rounder |
| 10 | Suzie Richards | 24 | Best British Ladies Open, 65k class All Rounder |
| 11 | Chloe Brennan | 20 | Best British Ladies Open, 75k class All Rounder |
| 12 | Aaron Hayhoe | 24 | Runner up British Open, 95k class All Rounder |
| 13 | Danny Kingsland | 24 | Best British Open, 65k class All Rounder |
| 14 | Jamie Oates | 24 | Best British Open, 110k class All Rounder |
| 15 | Paul Hallam | 24 | Best British Open & 45+, 100k class All Rounder |
| 16 | Paul Barette | 24 | Best British Open & 45+, 80k class All Rounder |
| 17 | Max Ell | 24 | Best British MX Open, 50k class Top All Rounder |
| 18 | Anthony Chittock | 24 | Runner up British Open, 125+k class All Rounder |
| 19 | Danny Brumpton | 20 | 3 rd up British Open, 125+k class All Rounder |
| 20 | Gary Redfern-Smith | 24 | Best British 50+, 110k class All Rounder |
| 21 | Brandon H-Hyland | 24 | Best British Open, 80k class All Rounder |
| 22 | Millie Clarke | 20 | Best British Ladies Open, 100k class All Rounder |
| 23 | Gary Ell | 24 | Best British 50+, 95k class All Rounder |
| 24 | Rachel Stone | 24 | Best British Ladies 40+, 100k class All Rounder |
| 25 | Graham Saxton | 24 | Best British Open & 60+, 120k class All Rounder |
| 26 | Matt Ashdown | 24 | Runner up British Open, 100k class All Rounder |
| 27 | Angela Joiner-Handy | 20 | Best British Ladies Open & 55+, 55k class All Rounder |
| 28 | Michael Perry | 16 | Best British 55+, 80k class All Rounder |
| 29 | Natalie Voce | 20 | Best British Ladies Open & 40+, 95k class All Rounder |
| 30 | Sam Lee | 16 | Best British 40+, 100k class All Rounder |
| 31 | Steve Moss | 12 | Runner up 40+, 100k class All Rounder |
| 32 | Viv Andrews | 16 | Best British Ladies 60+, 75k class All Rounder |
| 33 | Thomas Meakin | 8 | British 85k class All Rounder - 8 lifts |

| | NAME | Lifts | Position – title or award |
|----|----------------------|-------|---|
| 34 | James Rutter | 12 | Best British Junior 16 years, 90k class All Rounder |
| 35 | Sonya Coles | 12 | Best British Ladies 45+, 90k class All Rounder |
| 36 | Mollie Redfern-Smith | 16 | Best British Ladies Junior 16 years, 65k class All Rounder |
| 37 | Stepen Snowling | 8 | British 40+, 90k class All Rounder – 8 lifts |
| 38 | Jennifer Ashdown | 12 | Best British Ladies Open, 85k class All Rounder |
| 39 | Kayliegh Lamb | 8 | British Ladies Open, 110k class All Rounder – 8 lifts |
| 40 | Toni Barlow | 8 | British Ladies 45+, 95k class All Rounder – 8 lifts |
| 41 | Stephen Brooker | 5 | British Open, 90k class All Rounder - 5 lifts |
| 42 | Anja Pullen | 12 | Runner up Ladies Open, 90k class All Rounder |
| 43 | Steve Sherwood | 4 | British 70+, 70k class All Rounder - 4 lifts |
| 44 | James Joyce | 4 | British Open, 90k class All Rounder - 4 lifts |
| 45 | Kristian Nichols | 8 | British Open, 85k class All Rounder - 8 lifts |
| 46 | Ben Goodman | 4 | British Open, 75k class All Rounder - 4 lifts |
| 47 | John Jenkins | 4 | British 55+, 80k class All Rounder - 4 lifts |
| 48 | Dave Watts | 4 | British Open, 70k class All Rounder - 4 lifts |
| 49 | Lara Bennett | 4 | British Ladies Junior 18 years, 60k class All Rounder - 4 lifts |
| 50 | Kim Snowling | 4 | British Ladies 40+, 70k class All Rounder - 4 lifts |
| 51 | Daniel Andrews | 4 | British Open , 65k class All Rounder - 4 lifts |
| 52 | Trevor Egglestone | 4 | British 70+, 100k class All Rounder - 4 lifts |
| 53 | Kris Singh | 4 | British Open, 95k class All Rounder - 4 lifts |
| 54 | Steve Shah | 4 | British 70+, 85k class All Rounder - 4 lifts |
| 55 | Natasha Schofield | 4 | British Ladies Open, 95k class All Rounder - 4 lifts |
| 56 | Tristan Fox | 4 | British Open, 95k class All Rounder – 4 lifts |
| 57 | Hayden Snowling | 4 | British Junior 16 years, 60k class All Rounder - 4 lifts |

Congratulations to Josh Davidson for being the top male lifter, Beata Banas for being the top female lifter, Max Ell for being the top MX lifter, James Rutter for being top Male Junior lifter & Mollie Redfern-Smith for being top Female Junior lifter.

