

IWA (UK) Bob Smith All Round Postal League 2024 – Leg 5 - compiled by Chris Bass.

Ranking of Teams

1	Club 3B	Glenn Branch, Michael Perry, Suzie Richards	1042.4
2	PH Phoenix1	Josh Davidson, Chloe Brennan, Jamie Oates	1028.7
3	Metamorfit1	Sam Bonar, Danny Kingsland1, Beata Banas	954.2
4	Club 3B2	Amy Proferes, George Johns, Danny Brumpton	908.8
5	Club 3B3	Aaron Hayhoe, Angela Joiner-Handy, Millie Clarke	835.9
6	PH Phoenix2	Paul Hallam, Matt Jones, Graham Saxton	792.3
7	Granby	Steve Andrews, Mark Godleman, Viv Andrews	765.5
8	Twyford Celts	Max Ell, Gary Ell, Kristian Nichols	695.9
9	Metamorfit2	Paul Barette, Brandon H-Hyland, Natalie Voce	688.8
10	Club 3B4	Anthony Chittock, Sam Lee, Rachel Stone	684.0
11	PH Phoenix3	Kayleigh Lamb, Gary Redfern-Smith,	403.8
12	Twyford Celts 2	Sonya Coles	155.7

Ranking of Lifters

1	Glenn Branch	365.1	17	Max Ell	281.5
2	Josh Davidson	360.8	18	Aaron Hayhoe	281.3
3	Chloe Brennan	358.0	19	Angela Joiner-Handy	279.0
4	Sam Bonar	354.8	20	Millie Clarke	275.6
5	Michael Perry	349.9	21	Anthony Chittock	252.5
6	Steve Andrews	329.7	22	Paul Barette	248.6
7	Suzie Richards	327.3	23	Brandon H-Hyland	244.5
8	Jamie Oates	309.8	24	Gary Ell	243.3
9	Amy Proferes	308.9	25	Sam Lee	235.7
10	Danny Kingsland	308.7	26	Graham Saxton	216.1
11	George Johns	307.7	27	Kayleigh Lamb	209.7
12	Paul Hallam	292.5	28	Rachel Stone	195.8
13	Danny Brumpton	292.2	29	Natalie Voce	195.7
14	Beata Banas	290.7	30	Gary Redfern-Smith	194.2
15	Matt Jones	283.6	31	Kristian Nichols	171.1
16	Mark Godleman	283.2	32	Sonya Coles	155.7
			33	Viv Andrews	152.6

Ranking of Lifters per Lift & Record Breakers.

1H Dumbbell Press

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	65+	26	70	30.0L▲	83.7
George Johns	Open	0	95	42.7R	78.0
Danny Brumpton	Open	0	125+	52.7R ^{BR}	76.7
Matt Jones	Open	0	125+	52.5R	75.2
Sam Bonar	Open	0	90	40.0R	74.2
Glenn Branch	40+	2	95	40.2R	74.1
Josh Davidson	Open	0	95	40.0R	72.0
Danny Kingsland ¹	Open	0	65	30.0R	71.2
Suzie Richards ¹	50+	45	65	21.2R	69.7
Chloe Brennan	Open	33	75	25.0R●	68.5
Anthony Chittock	Open	0	125+	45.0R	67.9
Michael Perry	55+	20	80	27.5L	67.1
Mark Godleman ¹	60+	23	105	30.0R	63.2
Natalie Voce ¹	40+	36	95	25.0R	62.6
Max Ell ¹	Open	33	55	17.5R	62.2
Amy Proferes	50+	44	75	20.2L▲●	61.2
Brandon H-Hyland ¹	Open	0	80	30.0R	60.7
Aaron Hayhoe ¹	Open	0	95	32.7R	60.2
Gary Redfern-Smith	50+	12	110	32.0R ^{BR}	59.8
Jamie Oates	Open	0	105	35.0L	59.7
Sam Lee	40+	1	105	33.2R	58.4
Millie Clarke	Open	33	105	25.2R●	57.8
Paul Barette ¹	45+	9	80	25.0R	56.1
Gary Ell ¹	50+	14	90	25.0L	52.7

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

Rim Lift

Lifter	Age	%	Class	Kilos	Points
Michael Perry	55+	20	80	145.0▲●	130.5
Chloe Brennan	Open	33	75	127.5	128.9
Suzie Richards ¹	50+	45	65	105.0	127.4
Amy Proferes	50+	44	75	105.0▲	117.5
Angela Joiner-Handy	55+	49	55	80.0▲●	116.5
Sam Bonar	Open	0	90	165.0●	113.0
Josh Davidson	Open	0	95	160.0●	106.3
Millie Clarke	Open	33	105	125.0●	105.9
George Johns	Open	0	95	155.0	104.6
Beata Banas	40+	35	70	95.0 ^{BR}	102.8
Jamie Oates	Open	0	105	160.0●	100.8
Paul Hallam	45+	6	100	145.0▲	99.7
Glenn Branch	40+	2	95	145.0▲	98.7
Aaron Hayhoe ¹	Open	0	95	145.0	98.6
Steve Andrews	65+	26	70	95.0▲	97.8
Kayleigh Lamb	Open	33	110	117.5●	96.8
Danny Brumpton	Open	0	125+	170.0 ^{BR}	91.4
Anthony Chittock	Open	0	125+	155.0	86.4
Rachel Stone	40+	35	95	90.0▲●	81.5
Graham Saxton	60+	23	120	110.0▲	81.0
Matt Jones	Open	0	125+	150.0	79.3
Max Ell ¹	Open	33	55	57.5	75.5
Brandon H-Hyland ¹	Open	0	80	100.0	74.7
Danny Kingsland ¹	Open	0	65	85.0	74.5

1H Dumbbell Press

Lifter	Age	%	Class	Kilos	Points
Angela Joiner-Handy	55+	49	55	13.2R▲	52.1
Beata Banas	40+	35	70	17.5R ^{BR}	51.3
Paul Hallam	45+	6	100	27.5R	51.2
Rachel Stone	40+	35	95	20.2R▲	49.6
Sonya Coles	45+	41	90	17.5R▲	45.9
Kayleigh Lamb	Open	33	110	20.0R●	44.6
Graham Saxton	60+	23	120	20.0R ^{BR}	39.9
Kristian Nichols	Open	0	85	20.0L	38.2
Viv Andrews ¹	60+	54	75	10.0L	31.8

Rim Lift

Lifter	Age	%	Class	Kilos	Points
Sam Lee	40+	1	105	112.5	73.0
Gary Redfern-Smith	50+	12	110	100.0 ^{BR}	69.0
Mark Godleman ¹	60+	23	105	80.0	62.2
Paul Barette ¹	45+	9	80	70.0	57.9
Sonya Coles	45+	41	90	57.5▲	55.7
Natalie Voce ¹	40+	36	95	60.0	55.5
Gary Ell ¹	50+	14	90	70.0	54.4
Viv Andrews ¹	60+	54	75	42.5	50.0
Kristian Nichols	Open	0	85	70.0	49.3

2" Hacklift

Lifter	Age	%	Class	Kilos	Points
Glenn Branch	40+	2	95	245.0▲●	122.3
Josh Davidson	Open	0	95	236.0	114.9
Jamie Oates	Open	0	105	236.5●	109.2
Michael Perry	55+	20	80	160.0▲	105.6
Sam Bonar	Open	0	90	195.0●	97.9
Chloe Brennan	Open	33	75	130.0●	96.3
Beata Banas	40+	35	70	120.0▲●	95.2
Amy Proferes	50+	44	75	110.0▲	90.3
Mark Godleman ¹	60+	23	105	155.0	88.4
Paul Hallam	45+	6	100	170.0▲	85.7
Paul Barette ¹	45+	9	80	135.0	81.9
Suzie Richards ¹	50+	45	65	87.5	77.8
Max Ell ¹	Open	33	55	80.0	77.0
Sam Lee	40+	1	105	160.0	76.2
Danny Kingsland ¹	Open	0	65	115.0	73.9
Millie Clarke	Open	33	105	117.5●	73.0
Graham Saxton	60+	23	120	135.0▲	72.8
Brandon H-Hyland ¹	Open	0	80	130.0	71.2
Aaron Hayhoe ¹	Open	0	95	140.0	69.8
George Johns	Open	0	95	130.0	64.3
Angela Jonier-Handy	55+	49	55	60.0▲	64.1
Matt Jones	Open	0	125+	160.0	62.0
Gary Ell ¹	50+	14	90	100.0	57.0
Steve Andrews	65+	26	70	75.0▲	56.6
Danny Brumpton	Open	0	125+	140.0	55.2
Viv Andrews ¹	60+	54	75	47.5	40.9
Anthony Chittock	Open	0	125+	100.0	40.9
Kristian Nichols	Open	0	85	75.0	38.8
Kayleigh Lamb	Open	33	110	57.5	34.7
Natalie Voce ¹	40+	36	95	45.0	30.5
Gary Redfern-Smith	50+	12	110	60.0	30.3
Rachel Stone	40+	35	95	35.0▲●	23.2
Sonya Coles	45+	41	90	0.0	0.0

Crucifix

Lifter	Age	%	Class	Kilos	Points
Steve Andrews	65+	26	70	35.0	91.7
Danny Kingsland ¹	Open	0	65	40.0	89.2
Gary Ell ¹	50+	14	90	40.0	79.2
Glenn Branch	40+	2	95	40.4	70.0
Sam Bonar	Open	0	90	40.0	69.7
Mark Godleman ¹	60+	23	105	35.0	69.3
Danny Brumpton	Open	0	125+	50.4●	68.9
Josh Davidson	Open	0	95	40.0	67.6
Matt Jones	Open	0	125+	50.0	67.2
Max Ell ¹	Open	33	55	20.0	66.8
Chloe Brennan ¹	Open	33	75	25.0	64.3
George Johns	Open	0	95	35.4	60.8
Anthony Chittock	Open	0	125+	40.4	57.3
Paul Hallam	45+	6	100	32.0 ^{BR}	56.0
Sonya Coles	45+	41	90	22.0▲●	54.2
Paul Barette ¹	45+	9	80	25.0	52.7
Aaron Hayhoe ¹	Open	0	95	30.4	52.6
Suzie Richards ¹	50+	45	65	17.0	52.5
Natalie Voce ¹	40+	36	95	20.0	47.1
Michael Perry	55+	20	80	20.4	46.7
Angela Jonier-Handy	55+	49	55	12.5▲●	46.3
Kristian Nichols	Open	0	85	25.0	44.8
Rachel Stone	40+	35	95	18.0▲	41.5
Beata Banas	40+	35	70	15.0▲	41.3
Jamie Oates	Open	0	105	25.0	40.1
Amy Proferes	50+	44	75	14.0▲	39.9
Millie Clarke	Open	33	105	18.0	38.8
Brandon H-Hyland ¹	Open	0	80	20.0	38.0
Gary Redfern-Smith	50+	12	110	20.0▲	35.1
Kayleigh Lamb	Open	33	110	16.0●	33.5
Viv Andrews ¹	60+	54	75	10.0	29.9
Sam Lee	40+	1	105	17.0	28.1
Graham Saxton	60+	23	120	12.0	22.5

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

1	PH Phoenix1	Josh Davidson, Matt Jones, Jamie Oates	4594.7
2	Club 3B	Glenn Branch, Suzie Richards, Amy Proferes	4587.9
3	Metamorfit1	Sam Bonar, Beata Banas, Danny Kingsland	4348.3
4	Club 3B2	George Johns, Aaron Hayhoe, Anthony Chittock	4013.5
5	PH Phoenix2	Paul Hallam, Chloe Brennan, Gary Redfern-Smith	3755.9
6	Granby	Steve Andrews, Mark Godleman, Viv Andrews	3553.0
7	Metamorfit2	Paul Barette, Brandon Hazell-Hyland Matt Ashdown,	3431.7
8	Club 3B3	Danny Brumpton, Millie, Clarke, Rachel Stone	3388.2
9	Twyford Celts	Max Ell, Gary Ell, Sonya Coles	2556.4
10	PH Phoenix3	Graham Saxton, Steve Moss, James Rutter	2304.1
11	Club 3B4	Sam Lee, Michael Perry Anjela Joiner-Handy	2184.4
12	Metamorfit3	Natalie Voce, Jennifer Ashdown, Anja Pullen	1567.0

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

13	Fitness at the Street	Stephen Snowling, James Joyce, Kim Snowling	1149.9
14	Club 3B5	Stephen Brooker, Dave Watts, Toni Barlow	358.8
15	PH Phoenix4	Mollie Redfern-Smith, Kayliegh Lamb	336.0
16	Twyford Celts 2	Kristian Nichols	155.7
17	Granby2	John Jenkins	123.4
18	Metamorfit4	Thomas Meakin, Kris Singh	113.9

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

1	Josh Davidson	1633.9	26	Matt Ashdown	845.2
2	Glenn Branch	1562.3	27	Sam Lee	840.6
3	Sam Bonar	1500.3	28	Michael Perry	774.8
4	Steve Andrews	1473.9	29	Angela Joiner-Handy	766.3
5	Beata Banas	1450.0	30	Natalie Voce	721.8
6	Mark Godleman	1397.4	31	Steve Moss	656.3
7	Suzie Richards	1391.5	32	James Rutter	618.7
8	Amy Proferes	1378.8	33	Viv Andrews	517.0
9	George Johns	1378.2	34	Mollie Redfern-Smith	506.0
10	Matt Jones	1373.1	35	Stepen Snowling	464.7
11	Danny Kingsland	1373.1	36	Jennifer Ashdown	457.8
12	Aaron Hayhoe	1371.5	37	Sonya Coles	353.5
13	Jamie Oates	1352.5	38	Anja Pullen	351.3
14	Paul Hallam	1339.0	39	James Joyce	315.3
15	Chloe Brennan	1268.9	40	Stephen Brooker	291.2
16	Max Ell	1237.5	41	John Jenkins	288.0
17	Paul Barette	1213.5	42	Dave Watts	285.5
18	Anthony Chittock	1119.6	43	Thomas Meakin	285.4
19	Danny Brumpton	1071.6	44	Kim Snowling	262.4
20	Gary Redfern-Smith	1068.5	45	Kris Singh	244.6
21	Brandon H-Hyland	1017.9	46	Kayliegh Lamb	209.7
22	Millie Clarke	982.6	47	Toni Barlow	193.7
23	Graham Saxton	959.5	48	Tristan Fox	189.7
24	Gary Ell	950.0	49	Kristian Nichols	171.1
25	Rachel Stone	939.7	50	Hayden Snowling	107.5

Here's the Leg 5 results, 12 teams & 33 lifters.

To date: top 3 are Josh Davidson, Glenn Branch & Sam Bonar (replacing Beata); Top 3 teams remain as Phoenix1, Club3B & Metamorfit1.

Lifts for Leg 6 are: Clean & Push Press (B31), Continental to Belt (B45), 1H Dumbbell C&J (G6) and Cheat Curl (E6) to be done by the end of November.

