



DISTRICT CHAMPIONSHIPS 3 MARCH 2013 PALACE OF ARTS, GLASGOW

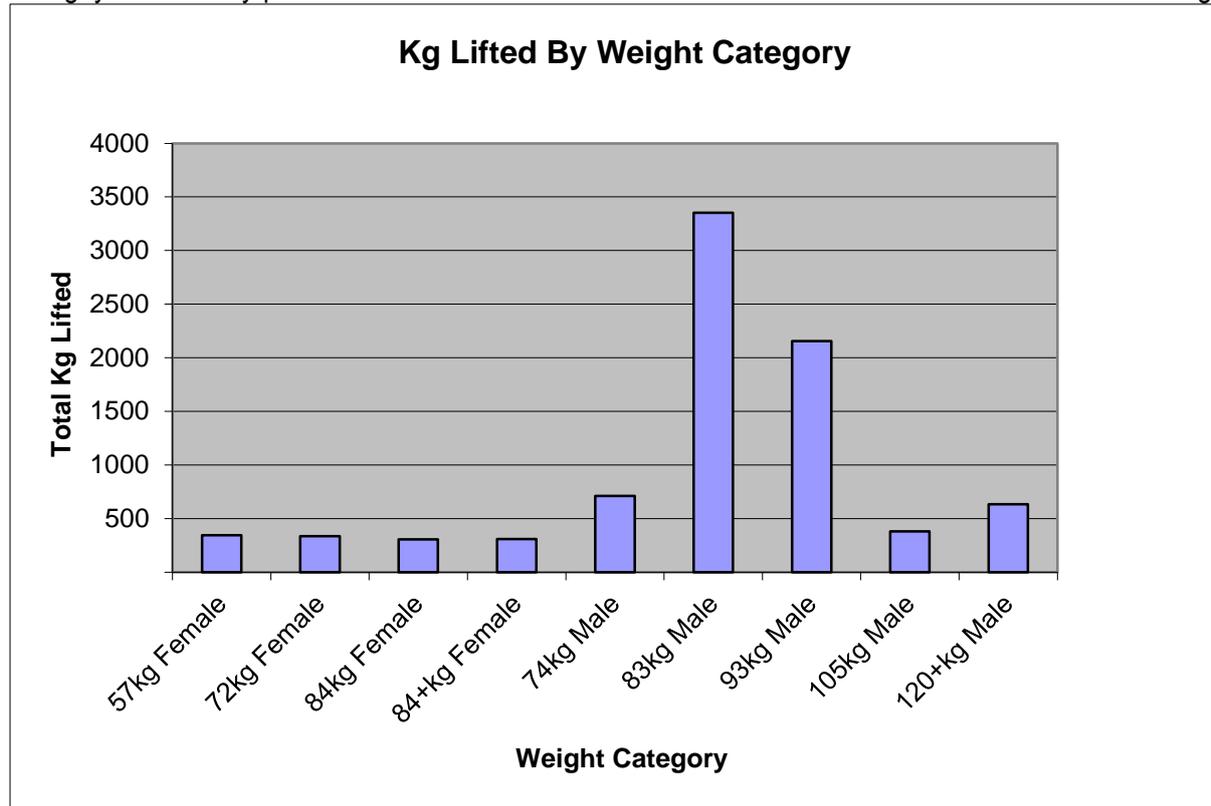
Well done to everyone who lifted at our first competition of the year. 21 lifters took part (16 West Coast and 5 East Coast) and it was amazing to see so many new faces lifting for the first time and putting up an impressive performance as well as some old faces returning after some time out and our usual suspects too! 43% of our lifters on the day were new/first time competitors and they collectively lifted a phenomenal 3592.5 kg.



First to lift were the ladies, four of them competing today: **Louise Murray** and **Geraldine Fitzimmons** two of our more experienced lifters, **Jo Kane** only second time on the platform and our new lady **Apple Doepner**. Louise yet again produced big numbers and managed to set two of the four British records set on the day with her 125 kg squat and 75 kg bench rounding off her lifting with an impressive 145 kg deadlift (2.6 bwt) and achieving **Best Female Lifter**. Jo although only second time on the platform has worked hard to improve her squat from her first competition last November and managed to effortlessly squat 115 kg which was a PB and Open record. She picked up another Open record with her 67.5 kg bench. Deadlift is where Jo is super strong and an impressive 155 kg pull saw her achieve another Open record with a 337.5 kg total. Jo's 165 kg deadlift was not to be on the day however I am confident she will achieve this and more at her next meet. Apple, well what can I say an awesome performance for any lifter but especially great as this was her first time competing. Apple held her nerves to produce 110 kg squat, 55 kg bench and 140 kg deadlift walking away with not only a massive smile on her face but also three Open records, much more from Apple and looking forward to watching her progress during this year. **Geraldine** remained calm throughout her lifts and managed to achieve 8 out of her 9 lifts on the day.



The guys on the day produced some massive lifts with a combined total over the 17 lifters of 7231 kg.



In the 74 kg class we had two lifters **Michael Mulholland** and **Thomas McEachan** (first time lifter): Michael proved that he was on good form achieving 3 Junior records with a 137.5 kg squat which is just shy of twice his body weight. Michael continued to rack up the records with a further two Junior records for his 102.5 kg bench and his deadlift of 162.5 kg provided him with his final Junior record for his total 402.5 kg. Thomas came out onto the platform for the first time and the nerves got the better of him initially but he did well to recover from an early stumble and nailed his second squat. His final deadlift was impressive at 170 kg nearly (2.5 bwt).

The 83 kg class was heavily contested and saw four new lifters, well five if you count **Andy Clegg** who was making a return to the platform after more than a year, in his new weight class he had superb PB's with a final deadlift of 195 kg (2.5 bwt). **Gary McConnachie** pulled a phenomenal deadlift 261 kg (3.2 bwt) to break the British Junior record and helped him achieve a Junior total record of 563.5 kg putting him 58.5 kg ahead of his nearest rival **William Murray**. William had an impressive day narrowly missing his 130 kg bench and pulling what appeared to be an easy 200 kg deadlift. **Kenny Picken, John Gallacher, Courage Osa-Napier and Paul Buchan** all first time lifters had an impressive day out. Kenny had a bit of a shaky start but gathered his nerves to produce some impressive lifting going head to head with Andy Clegg all the way until his final deadlift which was an explosive 230 kg (2.9 bwt). John lifted steady all the way and managed 8 out of his 9 lifts.



Courage had a shaky start with his squats but continued on the day to bench and deadlift and is determined to bounce back strong for April. Paul lifted well and ended his first competition in style with a 205 kg (2.5 bwt) deadlift.

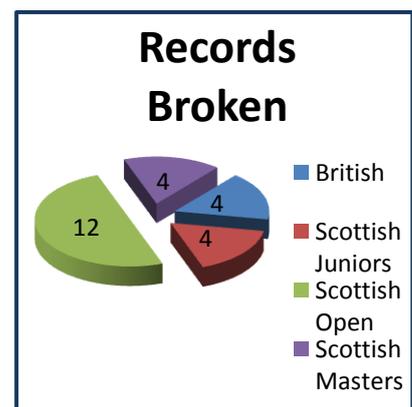
Within our 83 kg gents we also had the pleasure to watch the legend that is **Bill McFadyen** (M4 IPF World Champion) who benched and impressive 135 kg narrowly missing out on his 140 kg.

Moving up the weight categories to the 93 kg class, with a surprise new entry our very own Peter Pan of Powerlifting aka **Mr William Lincoln** who also goes by many other pseudonyms Binky to name but one, he was quoted as saying "after Sundays exertions I was going to retire from lifting.... no noo great comp. I need to lift again the Scottish Open will be my next yin" so if this young man at the ripe age of 62 is prepared to pull himself onto the platform and break records what's stopping the rest of you? Willie was one of only two lifters on the day that went 9/9 at the same time producing 4 Masters records and lifting over twice his body weight in both squat and deadlift (180 kg). It was no real surprise that the only other person on the platform that went 9/9 (improvement on 4 nations Rab) was Binky's prodigy **Robert Love** who produced our final British record of the day with an impressive unequipped squat of 270 kg (nearly 3 bwt) and proving how he managed to place himself 13th at last year's World IPF Championships. Robert continued his great form with two open records for deadlift a massive 280 kg (3 bwt) and his total and won **Best West Coast Lifter**. The remaining two lifters in this category were both East Coast lifters and were **Steven Morrison** and **Aidan Donnelly**. Steven narrowly missed out on that illusive 170 kg squat (next time Steven) but managed to increase his bench to 105 kg an improvement from the Masters last year. Aidan another one of our new lifters excelled himself on his first day, lifting over twice his body weight in both squat (210 kg) and deadlift (212.5 kg) and going on to win **Best East Coast Lifter** with the 3rd heaviest total in the whole competition of 550 kg.

Our final two lifters were both new lifters – **Lukasz Dylenski** in 105 kg and **Darren Leggatt** in 120+kg. Lukasz remained calm and produced some strong numbers on the day and Darren did himself proud with some impressive lifting and a 250 kg (2 bwt) squat which earned him an Open record too, not bad for first day on the platform getting back into squatting after an injury.

To summarise, some fabulous lifting at our first competition of 2013 where 24 records were set by 10 of our lifters, four of which were set by two new lifters Apple Doepner and Darren Leggatt.

Thank you to: Pat, Kayran and Stephanie for running the table; Alex and Campbell for refereeing, Arthur Cowley and Steve Cumming for their great work loading and everyone else who helped out. We wish Stevie McQuade all the best and hope to see him at our next competition which is the Scottish Open - Sunday 21 April back at Palace of Arts. Entry forms are available www.scottishpowerlifting.com



Well done again everyone and look forward to seeing you in April.

Michelle Brand
Chairperson ~ Scottish Powerlifting

For more information contact: Michelle 07806 439 939

SCOTTISH DISTRICT CHAMPIONSHIPS

3rd March 2013

Palace of Arts, Glasgow

NAME	Club				Wt.		Squat		Bench Press		Sub	Deadlift			Total	Pos	Wilks	Score	
57kg																			
Louise Murray	Palace of Arts	S	UE	W	55.30	115.0	125.0	-130.0	70.0	75.0	-77.5	200.0	130.0	140.0	145.0	345.0	1	1.1883	409.95
72kg																			
Jo Kane	Unattached	S	UE	W	67.90	95.0	105.0	115.0	60.0	67.5	-72.5	182.5	155.0	-165.0	-165.0	337.5	1	1.0163	343.01
84kg																			
Apple Doepener	Unattached	S	UE	W	78.00	80.0	100.0	110.0	50.0	55.0	-60.0	165.0	120.0	130.0	140.0	305.0	1	0.9283	283.14
84+kg																			
Geraldine Fitzimmons	Palace of Arts	M1	EQ	W	89.40	120.0	122.0	125.0	45.0	55.0	60.0	185.0	120.0	125.0	-132.5	310.0		0.8665	268.61
74kg																			
Michael Mullholland	Greenock Barbell	U18	UE	W	69.50	120.0	132.5	137.5	95.0	102.5	-105.0	240.0	155.0	162.5	-165.0	402.5	1	0.7535	303.29
Thomas Mceachan	Unattached	S	UE	W	69.80	-80.0	80.0	-100.0	60.0	-75.0	-75.0	140.0	140.0	160.0	170.0	310.0	2	0.7510	232.82
83kg																			
Gary McConnachie	Greenock Barbell	U23	UE	W	80.40	160.0	185.0	-192.5	105.0	-117.5	117.5	302.5	220.0	261.0		563.5	1	0.6806	383.50
William Murray	Venice Gym	S	UE	W	77.70	172.5	180.0	-185.0	120.0	125.0	-130.0	305.0	185.0	195.0	200.0	505.0	2	0.6957	351.32
Kenny Picken	Unattached	S	UE	W	79.10	140.0	-160.0	160.0	90.0	100.0	110.0	270.0	190.0	210.0	230.0	500.0	3	0.6876	343.82
Andy Clegg	Strathclyde Uni	M1	UE	W	77.10	140.0	152.5	160.0	110.0	115.0	-120.0	275.0	175.0	185.0	195.0	470.0	4	0.6993	328.65
John Joe Gallagher	Unattached	S	UE	W	82.10	130.0	140.0	150.0	92.5	97.5	-105.0	247.5	165.0	175.0	185.0	432.5	5	0.6719	290.58
Courage Osa-Nappier	Unattached	S	UE	W	81.10	-130.0	-130.0	-130.0	100.0	112.5	120.0	-10.0	175.0	185.0	-195.0	.0		0.6769	0.00
Bill McFadyen	Unattached	M4	EQ	W	77.20				130.0	135.0	-140.0				.0		0.6987	0.00	
Paul Buchan	Broch Iron Gym	S	UE	E	81.60	160.0	-180.0	-180.0	110.0	117.5	-120.0	277.5	190.0	205.0	-215.0	482.5	1	0.6744	325.38
Gary McCormack	Unattached	U20	UE	E	75.80	120.0	135.0	140.0	80.0	-97.5	-97.5	220.0	160.0	172.5	177.5	397.5	2	0.7074	281.17
93kg																			
Robert Love	Kilmarnock	S	UE	W	92.80	245.0	260.0	270.0	140.0	150.0	155.0	425.0	250.0	267.5	280.0	705.0	1	0.6288	443.33
Willie Lincoln	Kilmarnock	M3	UE	W	84.50	155.0	165.0	180.0	110.0	117.5	120.0	300.0	140.0	160.0	180.0	480.0	2	0.6606	317.07
Aidan Donnelly	Unattached	S	UE	E	93.00	200.0	-210.0	210.0	120.0	127.5	-132.5	337.5	195.0	205.0	212.5	550.0	1	0.6282	345.50
Steven Morrison	Gullane Gym	S	UE	E	83.60	150.0	165.0	-170.0	100.0	105.0	-107.5	270.0	110.0	150.0	-180.0	420.0	2	0.6647	279.16
105kg																			
Lukasz Dylenski	Unattached	U18	UE	E	97.90	130.0	-140.0	150.0	60.0	70.0	-80.0	220.0	130.0	150.0	160.0	380.0	1	0.6139	233.29
120+kg																			
Darren Leggatt	Unattached	S	UE	W	120.30	210.0	230.0	250.0	140.0	150.0	-160.0	400.0	200.0	215.0	232.5	632.5	1	0.5746	405.51

Referees

Campbell Higgins
NationalAlex Mathieson
CAT 1Michelle Brand
Divisional

Loaders

Arthur Cowley Stevie Cummings