

SCOTTISH POWERLIFTING PERTH OPEN 17<sup>th</sup> APRIL 2016 BELLS SPORTS CENTRE

Women	Club	AGE	Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
HANNAH BEAVEN	ORKNEY	S	47.0	44.7	100.0	107.5	-115.0	50.0	52.5	-55.0	160.0	120.0	127.5	132.5	292.5	407.50	1
JANE ARMOUR	GREENOCK BARBELL	S	63.0	62.7	120.0	125.0	-130.0	65.0	-70.0	-70.0	190.0	120.0	130.0	135.0	325.0	350.30	1
ALICE FRANCIS-FREEMAN	UNATTACHED	SJ	63.0	61.5	110.0	120.0	125.0	57.5	-62.5	62.5	187.5	122.5	130.0	135.0	322.5	352.77	2
ALISON MACKENZIE	UNATTACHED	S	63.0	62.5	80.0	90.0	-95.0	60.0	65.0	-67.5	155.0	130.0	145.0	147.5	302.5	326.84	3
SIONA GARDEN	SOS FITNESS	M1	72.0	70.2	-95.0	95.0	-100.0	55.0	60.0	-62.5	155.0	127.5	130.0	135.0	290.0	287.94	1
ANGELA BROWN	GLASGOW FITNESS	S	72.0	66.5	-95.0	97.5	-102.5	47.5	50.0	-52.5	147.5	130.0	135.0	140.0	287.5	296.61	2
CHARLOTTE CARTER	UNATTACHED	S	72.0	69.5	90.0	-95.0	95.0	55.0	-57.5	-57.5	150.0	120.0	125.0	130.0	280.0	279.94	3
CATHERINE GORDON	GLASGOW PLC	M1	72.0	65.1	70.0	77.5	85.0	50.0	55.0	60.0	145.0	105.0	112.5	120.0	265.0	277.70	4
NICOLE McARTHUR	ELITE	S	72.0	69.2	90.0	-92.5	95.0	-42.5	-45.0	47.5	142.5	107.5	112.5	115.0	257.5	258.22	5
WENDY MACFARLANE	RAW ANATOMY	S	84.0	81.6	140.0	145.0	150.0	65.0	70.0	72.5	222.5	140.0	150.0	160.0	382.5	346.23	1
ASHLEIGH MORRISSEY	UNATTACHED	S	84.0	80.0	97.5	102.5	107.5	55.0	57.5	60.0	167.5	110.0	115.0	120.0	287.5	263.07	2
HEATHER WEBSTER	GYM300	S	84.0	73.0	65.0	-70.0	75.0	35.0	-40.0	42.5	117.5	-100.0	110.0	120.0	237.5	229.71	3
RACHEL STEPHENS	UNATTACHED	M1	84.0	79.0	-95.0	-95.0	-95.0	45.0	47.5	-52.5	110.0	110.0	115.0	120.0			
ELIZABETH BROWN	GLASGOW FITNESS	S	84+	97.3	120.0	125.0	-130.0	70.0	75.0	-81.0	200.0	150.0	160.0	165.0	365.0	306.46	1
MICHELLE BRAND	GLASGOW PLC	M1	84+	87.9	115.0	122.5	130.0	72.5	77.5	-80.0	207.5	120.0	130.0	140.0	347.5	303.32	2
CONNIE McCALLEN	UNATTACHED	S	84+	105.1	100.0	107.5	115.0	60.0	62.5	65.0	180.0	142.5	152.5	162.5	342.5	281.38	3
ANNA RENNIE	HAWICK	M1	84+	92.0	-55.0	-55.0	-55.0	-45.0	-45.0	-45.0			110.0	-120.0	-120.0		
Name	Club	AGE	Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
JAMIE MILLER	UNATTACHED	S	66.0	64.8	125.0	140.0	-155.0	97.5	-102.5	-102.5	237.5	180.0	192.5	207.5	445.0	354.78	1
MARK HOURSTON	KILMARNOCK	S	74.0	73.4	180.0	180.0	-190.0	132.5	-141.0	-141.0	312.5	230.0	242.5	250.0	562.5	406.97	1
DEAN ROBERTSON	ELYSIUM TRAINING	S	83.0	81.0	180.0	190.0	-200.0	110.0	120.0	130.0	320.0	200.0	220.0	230.0	550.0	372.58	1
BEN PARKES	UNATTACHED	S	83.0	80.8	182.5	192.5	-200.0	107.5	110.0	-115.0	302.5	215.0	227.5	235.0	537.5	364.67	2
MURRAY WALLACE	UNATTACHED	S	83.0	82.4	-165.0	180.0	190.0	107.5	115.0	-120.0	305.0	200.0	215.0	222.5	527.5	353.63	3
JODI MULLEN	UNATTACHED	S	83.0	83.0	-180.0	190.0	200.0	95.0	100.0	105.0	305.0	210.0	220.0	220.0	525.0	350.44	4
WILLIAM BROWN	UNATTACHED	S	93.0	90.4	170.0	180.0	190.0	120.0	130.0	-135.0	320.0	210.0	220.0	230.0	550.0	350.33	1
GRAHAM MILLIKEN	GLASGOW PLC	S	93.0	92.0	185.0	195.0	-200.0	107.5	-112.5	112.5	307.5	225.0	-237.5	-237.5	532.5	336.25	2
MARK RITCHIE	UNATTACHED	S	93.0	91.0	175.0	190.0	-195.0	100.0	107.5	112.5	302.5	210.0	-227.5	-227.5	512.5	325.36	3
PHIL SALTER	UNATTACHED	S	105.0	101.6	195.0	-205.0	212.5	135.0	142.5	-150.0	355.0	-250.0	-250.0	250.0	605.0	365.92	1
REISS McCORMICK	UNATTACHED	J	105.0	101.0	200.0	210.0	-215.0	125.0	132.5	140.0	350.0	230.0	240.0	252.5	602.5	365.24	2
ROY RITCHIE	UNATTACHED	S	105.0	103.6	187.5	195.0	-205.0	125.0	132.5	137.5	332.5	257.5	270.0	-275.0	602.5	361.76	3
TOM ASHMOLE	GYM300	M1	105.0	99.4	180.0	-200.0	200.0	125.0	135.0	140.0	340.0	180.0	200.0	210.0	550.0	335.54	4
KIERAN McFADYEN	GREENOCK BARBELL	S	105.0	102.0	147.5	157.5	-165.0	110.0	120.0	125.0	282.5	175.0	190.0	-200.0	472.5	285.35	5
SCOTT McFARLANE	GREENOCK BARBELL	J	105.0	98.0	147.5	-157.5	165.0	90.0	-100.0	100.0	265.0	175.0	190.0	-200.0	455.0	279.21	6
ALAN FORSYTH	UNATTACHED	S	120.0	118.4	-175.0	182.5	190.0	-152.5	162.5	-167.5	352.5	232.5	245.0	257.5	610.0	351.82	1
JOHN SOULSBY	UNATTACHED	s	120.0	108.8	180.0	192.5	200.0	100.0	107.5		300.0	200.0	220.0	-232.5	520.0	307.06	2
ANDREW DOUGLAS	BLOCK 9	S	120.0	106.0	-150.0	-160.0	160.0	125.0	135.0	-150.0	295.0	195.0	197.5	230.0	525.0	312.69	G
<b>EQUIPPED</b>																	
ROBERT LOVE	KILMARNOCK	S	93.0	91.8	307.5	-325.0	-325.0	185.0	195.0	-205.0	502.5	275.0	-300.0		777.5	491.48	1
JIM MUTRIE	GLASGOW PLC	M2	93.0	92.6	200.0	210.0	217.5	140.0	145.0	150.0	367.5	190.0	-200.0	200.0	567.5	357.23	2
BRIAN BAKER	GLASGOW PLC	M3	93.0	92.0	142.5	-147.5	147.5	75.0	82.5	87.5	235.0	175.0	190.0	-202.5	425.0	268.37	3
<b>BENCH ONLY</b>																	
MICHAEL DICKSON	UNATTACHED	S	105.0	100.2				175.0	195.0	200.0						121.62	1
LEE CHRISTIE	UNATTACHED	M1	120.0	108.0				140.0	145.0	150.0						88.78	1
<b>Open Record</b>		<b>Junior Record</b>			<b>Masters Record</b>			<b>Best Lifter</b>									

REFEREES

ALEX MATHIESON Cat 1

MANDY MULLHOLLAND Divisional

JOANNA JACK Divisional

ANDY CLEGG National

ALISDAIR DONALDSON National