

SCOTTISH POWERLIFTING EASTERN DISTRICTS 7th FEBRUARY 2016 ARDLER COMPLEX, DUNDEE																		
Women		Club	Age	Wt Cl	BW	Squat		Bench Press			Sub	Deadlift		Total	Wilks	Pos		
AMEE SMILLIE	RESULTS		J	57.0	55.0	110.0	115.0	122.5	65.0	-67.5	-67.5	187.5	130.0	135.0	140.0	327.5	390.82	1
VIKI CRAIG	UNATTACHED		S	63.0	62.3	-102.5	102.5	105.0	55.0	57.5	60.0	165.0	130.0	140.0	-150.0	305.0	330.35	1
ANNELI RITARI STEWART	JOPPA GYM		M1	63.0	58.3	95.0	101.0	106.0	50.0	52.5	-55.0	158.5	122.5	-130.0	281.0	320.37	2	
ALICE FRANCIS-FREEMAN	UNATTACHED		SJ	63.0	60.5	95.0	101.0	-110.0	47.5	52.5	55.0	156.0	110.0	115.0	120.0	276.0	305.74	3
KATIE HETHERINGTON	ABERDEEN UNI		J	63.0	61.6	75.0	82.5	-87.5	45.0	47.5	-50.0	130.0	92.5	102.5	-105.0	232.5	254.01	4
SOPHIE BARRINGER	ROBERT GORDON UNI		S	72.0	70.8	115.0	122.5	127.5	50.0	-55.0	55.0	182.5	155.0	165.0	167.5	350.0	345.50	1
LEE HELSTROM	UNATTACHED		S	72.0	66.7	-100.0	-100.0	100.0	75.0	-70.0	78.0	178.0	115.0	157.5	-162.5	335.5	345.37	2
NICOLA MARCUS	UNATTACHED		M1	72.0	68.8	-80.0	80.0	85.0	50.0	-55.0	55.0	140.0	110.0	125.0	-130.0	265.0	266.83	3
CORIN MARJORIBANKS	ABERDEEN UNI		J	72.0	65.7	55.0	62.5	70.0	40.0	42.5	-45.0	112.5	75.0	85.0	95.0	207.5	215.98	4
CATHY MACASLAN	SGSSA		M3	72.0	66.9	55.0	57.5	60.0	32.5	35.0	36.0	96.0	85.0	92.5	-101.0	188.5	193.63	5
CLAIRE TOCHER	UNATTACHED		S	84.0	76.6	120.0	125.0	130.0	-70.0	72.5	75.0	205.0	145.0	155.0	162.5	367.5	344.85	1
KATIE WILLOW GARVEY	UNATTACHED		J	84.0	80.8	115.0	-135.0	127.5	60.0	65.0	-67.5	192.5	137.5	142.5	150.0	342.5	311.68	2
Men		Club	Age	Wt Cl	BW	Squat		Bench Press			Sub	Deadlift		Total	Wilks	Pos		
OMAR KHAN	ROBERT GORDON UNI		J	66.0	64.6	-160.0	-160.0	181.0	95.0	105.0	112.5	293.5	185.0	200.0	210.0	503.5	402.46	1
STUART DUNCAN	MUSCLE JUNCTION		S	66.0	64.6	160.0	170.0	-182.5	90.0	100.0	110.0	280.0	170.0	190.0	215.0	495.0	395.67	2
MICHAEL MORRIS	UNATTACHED		S	66.0	65.8	140.0	147.5	155.0	100.0	105.0	-110.0	260.0	190.0	200.0	-210.0	460.0	362.09	3
MATTHEW LAIRD	UNATTACHED		J	74.0	73.4	160.0	170.0	180.0	120.0	127.5	-132.5	307.5	175.0	-195.0	-195.0	482.5	349.09	1
PETER BONNER	UNATTACHED		S	74.0	71.0	-130.0	130.0	137.5	100.0	105.0	-110.0	242.5	150.0	155.0	160.0	402.5	298.40	2
JAMES DUGDALE	UNATTACHED		S	83.0	82.0	197.5	207.5	-215.0	112.5	120.0	125.0	332.5	217.5	230.0		562.5	378.20	1
STU JOHNSTON	ROBERT GORDON UNI		S	83.0	82.6	175.0	185.0	190.0	130.0	135.0	140.0	330.0	207.5	217.5	-227.5	547.5	366.51	2
STRUAN URQUHART	UNATTACHED		S	83.0	81.4	180.0	190.0	-200.0	135.0	145.0	155.0	345.0	180.0	-190.0	190.0	535.0	361.33	3
JODI MULLEN	UNATTACHED		S	83.0	82.4	170.0	180.0	190.0	90.0	95.0	-100.0	285.0	200.0	215.0	225.0	510.0	341.90	4
CLIFFORD HALGRYN	ABERDEEN UNI		S	83.0	82.8	150.0	160.0	-165.0	90.0	102.5		262.5	230.0	-245.0	-245.0	492.5	329.21	5
SEBASTIAN WILSON	ROBERT GORDON UNI		J	83.0	79.0	140.0	150.0	155.0	105.0	12.5	117.5	272.5	180.0	190.0	202.5	475.0	326.89	6
STUART VETTRIANO	ABERDEEN UNI		J	83.0	82.0	145.0	155.0	-165.0	95.0	105.0	110.0	265.0	165.0	180.0	190.0	455.0	305.92	7
DIEGO CRUZ GARCIA	ABERDEEN UNI		S	83.0	78.8	-135.0	135.0	147.5	85.0	95.0	-105.0	242.5	170.0	185.0	195.0	437.5	301.58	8
DAVID LITCHFIELD	UNATTACHED		M1	83.0	82.6	-135.0	135.0	-145.0	120.0	-130.0		255.0	177.5			432.5	289.52	9
FRASER McCALLUM	ABERDEEN UNI		S	83.0	79.4	140.0	150.0	160.0	90.0	100.0	-105.0	260.0	155.0	165.0	-175.0	425.0	291.54	10
WILLIAM BORTHWICK	HAWICK WTC		M4	83.0	81.2	90.0	100.0	-105.0	80.0	85.0	-90.0	185.0	140.0	145.0	150.0	335.0	226.59	11
GRAEME LAMONT	UNATTACHED		S	93.0	88.0	180.0	192.5	200.0	127.5	-132.5		327.5	215.0	230.0		557.5	360.09	1
TOM BARRACK	ROBERT GORDON UNI		S	93.0	90.0	195.0	210.0	-215.0	125.0	-132.5		335.0	200.0	220.0		555.0	354.31	2
PAU BUCHAN	BROCH IRON GYM		S	93.0	92.4	180.0	190.0	-195.0	125.0	-132.5		315.0	232.5	-242.5		547.5	345.00	3
ROBERT MASSON	UNATTACHED		S	93.0	83.8	205.0			110.0			315.0	230.0			545.0	361.74	4
GORDON DAWTRY	RDS		S	93.0	90.6	-175.0	175.0	185.0	125.0			310.0	220.0			530.0	337.22	5
GRAHAM MILLIKEN	GLASGOW PLC		S	93.0	92.2	-175.0	175.0	185.0	107.5	112.5		297.5	-225.0	225.0		522.5	326.59	6
DARREN WHYTE	UNATTACHED		S	93.0	91.4	185.0	-200.0	200.0	100.0	-110.0		300.0	215.0	-235.0		515.0	326.24	7
WILLIAM BROWN	UNATTACHED		S	93.0	87.4	165.0	170.0	-175.0	120.0	130.0		300.0	180.0			480.0	311.17	8
GREG STEWART	JOPPA GYM		M1	93.0	85.4	145.0	155.0	160.0	115.0	120.0		280.0	180.0	190.0		470.0	308.60	9
AIDAN MCKENZIE	UNATTACHED		S	93.0	92.2	150.0	-162.5	-162.5	-135.0	-130.0								
JOSHUA BATCHELOR	UNATTACHED		J	105.0	102.0	220.0	230.0		160.0	-170.0		390.0	260.0	280.0		670.0	404.62	1
STEPHEN CUMMING	MASTRICK		J	105.0	99.0	205.0	-235.0		140.0	-160.0		345.0	230.0	255.0		600.0	366.64	2
REISS MCCORMICK	UNATTACHED		J	105.0	102.0	190.0	205.0	215.0	130.0	-140.0		345.0	230.0	245.0		590.0	356.31	3
KIERAN MUNRO	UNATTACHED		J	105.0	103.0	222.5	-230.0	230.0	130.0	-140.0		360.0	225.0	-240.0		585.0	352.00	4
PHIL SALTER	UNATTACHED		S	105.0	101.8	190.0	-202.5	-205.0	115.0	-140.0		305.0	-240.0	265.0		570.0	344.49	5
NEIL CUSHNIE	ABERDEEN UNI		S	105.0	99.4	205.0	-215.0	-215.0	115.0	-127.5		320.0	215.0	222.5		542.5	330.96	6
NIAL DUNCAN	UNATTACHED		S	105.0	96.6	170.0	185.0	-197.5	110.0	-122.5		295.0	192.5	215.0		510.0	314.89	7
JOHN SOULSBY	UNATTACHED		S	105.0	104.0	170.0	180.0	190.0	100.0	107.5		297.5	190.0	200.0		497.5	298.30	8
MARC KEYS	UNATTACHED		S	120.0	114.4	260.0	270.0	280.0	190.0	200.0		480.0	280.0	-290.0		760.0	442.22	1
CONOR WATSON	UNATTACHED		J	120.0	110.0	180.0	190.0	-195.0	130.0	-135.0		320.0	200.0	215.0		535.0	314.84	2
Open Record		Junior Record		Masters Record				Best Lifter										