

SCOTTISH POWERLIFTING NORTHERN DISTRICTS

28 FEBRUARY 2016

THE FORGE INVERNESS

Women	Club	Age	Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.	
BEATA HARATYM	FORGE	UE	S	57.0	55.0	60.0	70.0	75.0	40.0	45.0	-50.0	120.0	100.0	107.5	-112.5	227.5	271.48	1
NICOLA ASHMOLE	GYM300	UE	M1	63.0	60.3	70.0	-75.0	75.0	42.5	45.0	47.5	122.5	100.0	110.0	-120.0	232.5	258.21	1
MARTHA GATES	HIGHLAND BBC	UE	S	72.0	71.1	115.0	-120.0	-120.0	57.5	60.0	-62.5	175.0	160.0	170.0		345.0	339.59	1
CARLY HUSBANDS	UNATTACHED	UE	S	72.0	70.1	80.0	85.0	-90.0	45.0	47.5	50.0	135.0	125.0	130.0	135.0	270.0	268.34	2
SIONA GARDEN	UNATTACHED	UE	M1	72.0	69.1	85.0	90.0	92.5	55.0	60.0	-62.5	152.5	125.0	130.0	132.5	285.0	286.09	G
JOYCE PARK	RESULTS	UE	M2	84.0	75.5	105.0	110.0	112.5	62.5	67.5	70.0	182.5	120.0	125.0	132.5	315.0	298.22	G
SARAH HAMMERTON	HIGHLAND BBC	UE	S	84+	90.0	80.0	87.5	97.5	60.0	65.0	-70.0	162.5	100.0	115.0	-125.0	277.5	239.78	1
Men	Club	Age	Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.	
THOMAS MACKENZIE	UNATTACHED	UE	J	74.0	71.8	132.5	140.0	-142.5	75.0	80.0	-85.0	220.0	190.0	-200.0	-200.0	410.0	301.44	1
ADAM RUTHERFORD	GUEST	UE	S	83.0	82.7	180.0	195.0	210.0	-160.0	167.5	175.0	385.0	220.0	260.0	-282.5	645.0	431.46	G
JEFF MACDONALD	UNATTACHED	UE	J	93.0	89.0	200.0	215.0	230.0	130.0	-140.0	-140.0	360.0	220.0	235.0	-245.0	595.0	382.03	1
CRAIG SMITH	HIGHLAND BBC	UE	S	93.0	89.3	185.0	195.0	205.0	117.5	125.0	130.0	335.0	210.0	220.0	230.0	565.0	362.14	2
DUNCAN MACKAY	STORNOWAY	UE	M1	93.0	93.0	-170.0	170.0	-180.0	100.0	110.0	-115.0	280.0	220.0	230.0	240.0	520.0	326.66	3
SZYMON WARTALOWICZ	FORGE	UE	S	93.0	91.3	160.0	-170.0	-170.0	130.0	140.0	145.0	305.0	200.0	210.0		515.0	326.42	4
TOM CRAWFORD	GUEST	UE	S	93.0	93.0	167.5	182.5	197.5	110.0	117.5	125.0	322.5	200.0	220.0	235.0	557.5	350.22	G
LEWIS MEEKS	UNATTACHED	UE	J	105.0	95.2	180.0	195.0	-210.0	120.0	125.0	-130.0	320.0	-215.0					
DAVID SHAND	HIGHLAND BBC	UE	S	105.0	103.6	210.0	225.0	-230.0	140.0	147.5	152.5	377.5	230.0	242.5	250.0	627.5	376.77	1
DAVID EDES	HIGHLAND BBC	UE	S	120.0	109.5	220.0	235.0	245.0	100.0	105.0		350.0	235.0	250.0	-260.0	600.0	353.59	1
PAUL MacDONALD	STORNOWAY	UE	S	83.0	81.7				140.0	150.0	-162.5							
TAM FRASER	GYM300	UE	M3	93.0	90.7				-120.0	125.0	130.0							
MARTIN FLETT	STORNOWAY	E	M3	120.0	106.7				160.0	170.0	180.0							
Open Record		Junior Record			Masters Record			Best Lifter										

REFEREES

STEVE McQUADE

ALEX MATHIESON

GARY PORTER