

**SCOTTISH POWERLIFTING WESTERN DISTRICTS 23RD JANUARY 2016 RAVENSCRAIG SPORTS COMPLEX**

Name	Club		Age	Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
TRACEY MCGOWAN	UNATTACHED	UE	U18	47.0	43.8	60.0	<b>65.0</b>	<del>-70.0</del>	35.0	<b>37.5</b>	<del>-42.5</del>	102.5	95.0	100.0	<b>110.0</b>	<b>212.5</b>	300.12	1
ALISON MACKENZIE	UNATTACHED	UE	S	63.0	62.4	70.0	<b>80.0</b>	<del>-95.0</del>	55.0	<b>62.5</b>	<del>-65.0</del>	142.5	125.0	<b>135.0</b>	<del>-145.0</del>	277.5	300.20	1
LAURA MUNRO	UNATTACHED	UE	S	63.0	58.0	<del>-75.0</del>	<del>-75.0</del>	<del>-75.0</del>	35.0	40.0	<b>45.0</b>		110.0	117.5	<b>127.5</b>			
LORRAINE PATRICK	UNATTACHED	UE	S	72.0	70.6	85.0	95.0	<b>102.5</b>	60.0	67.5	<b>72.5</b>	175.0	115.0	125.0	<b>137.5</b>	312.5	<b>309.07</b>	1
GERALDINE FITZSIMMONS	UNATTACHED	E	M2	84+	93.2	<del>-90.0</del>	<del>-90.0</del>	<del>-90.0</del>	40.0	<b>50.0</b>	<del>-55.0</del>		120.0	125.0	<b>130.0</b>			
KARYN McINTOSH	BLOCK 9	UE	S	84+	140.4	122.5	<del>-135.0</del>	<b>135.0</b>	55.0	57.5	<b>62.5</b>	197.5	105.0	115.0	<b>125.0</b>	322.5	250.65	1
VIVIEN DUNCAN	GREENOCK BARBELL	UE	S	84+	95.6	<del>-87.5</del>	87.5	<b>92.5</b>	47.5	<del>-52.5</del>	<b>52.5</b>	145.0	115.0	125.0	<b>130.0</b>	275.0	232.25	2
	Club		Age	Wt. Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
CHRISTOPHER WONG	UNATTACHED	UE	S	74.0	73.2	220.0	<b>227.5</b>	<del>-235.0</del>	125.0	<b>132.5</b>	<del>-137.5</del>	360.0	260.0	<del>-282.5</del>	<b>282.5</b>	<b>642.5</b>	<b>465.76</b>	1
SHAUN CLARKIN	UNATTACHED	UE	M3	74.0	71.2	<b>130.0</b>	<del>-135.0</del>	<del>-135.0</del>	85.0	90.0	<b>95.0</b>	225.0	150.0	160.0	<b>167.5</b>	<b>392.5</b>	290.38	Guest
IAN ARMSTRONG	BURNS GYM	UE	S	83.0	82.0	170.0	<b>190.0</b>		<b>125.0</b>	<del>-135.0</del>	<del>-135.0</del>	315.0	200.0	<b>210.0</b>	<del>-227.5</del>	525.0	352.99	1
JIM WANDS	UNATTACHED	UE	M1	83.0	82.0	<del>-125.0</del>	<del>-125.0</del>	<b>125.0</b>	105.0	110.0	<b>112.5</b>	237.5	175.0	185.0	<b>197.5</b>	435.0	292.48	2
JAMIE BALLANTYNE	GREENOCK BARBELL	UE	U23	83.0	81.6	135.0	<b>145.0</b>	<del>-155.0</del>	<b>97.5</b>	<del>-105.0</del>	<del>-105.0</del>	242.5	162.5	172.5	<b>187.5</b>	430.0	289.98	3
SCOTT MULHERON	UNATTACHED	UE	S	93.0	90.2	225.0	<b>235.0</b>	<del>-245.0</del>	125.0	<b>130.0</b>	<del>-140.0</del>	365.0	225.0	<b>235.0</b>	<del>-250.0</del>	600.0	382.61	1
TOM CRAWFORD	UNATTACHED	UE	S	93.0	91.0	155.0	170.0	<b>185.0</b>	107.5	112.5	<b>117.5</b>	302.5	185.0	205.0	<b>220.0</b>	522.5	331.71	2
JOHN MILLER	UNATTACHED	UE	S	93.0	91.6	130.0	145.0	<b>155.0</b>	<b>100.0</b>	<del>-105.0</del>	<del>-105.0</del>	255.0	170.0	200.0	<b>215.0</b>	470.0	297.42	3
JAMIE DYER	UNATTACHED	UE	S	93.0	88.4	180.0	190.0	<b>200.0</b>	117.5	125.0	<b>127.5</b>	327.5	225.0	235.0	<b>245.0</b>	572.5	368.89	Guest
CALLUM CROZIER	UNATTACHED	UE	U20	105.0	102.6	200.0	210.0	<b>220.0</b>	160.0	170.0	<b>180.0</b>	400.0	245.0	255.0	<b>265.0</b>	<b>665.0</b>	400.72	1
STEPHEN O'DONNELL	HAMILTON	UE	M1	105.0	103.0	210.0	<b>220.0</b>	<del>-225.0</del>	<b>135.0</b>	<del>-140.0</del>	<del>-140.0</del>	355.0	265.0	<b>280.0</b>	<del>-287.5</del>	635.0	382.08	2
ROSS TAGGART	GREENOCK BARBELL	UE	U20	105.0	99.8	175.0	<b>185.0</b>	<del>-192.5</del>	125.0	132.5	<b>137.5</b>	322.5	200.0	212.5	<b>220.0</b>	542.5	330.42	3
KIERAN McFADYEN	GREENOCK BARBELL	UE	S	105.0	100.8	140.0	150.0	<b>160.0</b>	105.0	<b>112.5</b>	<del>-120.0</del>	272.5	160.0	175.0	<b>187.5</b>	460.0	279.07	4
SCOTT McFARLANE	GREENOCK BARBELL	UE	U23	105.0	98.6	142.5	152.5	<b>162.5</b>	90.0	<b>100.0</b>	<del>-105.0</del>	262.5	162.5	177.5	<b>187.5</b>	450.0	275.44	5
ALLAN FORSYTH	UNATTACHED	UE	S	120.0	117.4	<del>-150.0</del>	150.0	<b>170.0</b>	140.0	150.0	<b>160.0</b>	330.0	210.0	<b>230.0</b>	<del>-245.0</del>	560.0	323.66	1
<b>Open Record</b>		<b>Junior Record</b>			<b>Masters Record</b>				<b>Best Lifter</b>									

**REFEREES**

STEVE McQUADE  
ALEX MATHIESON

BRIAN BAKER  
APPLE DOEPNER

GARY PORTER  
MANDY MULLHOLLAND