

SCOTTISH POWERLIFTING MASTERS CHAMPIONSHIP RAVENSCRAIG SPORTS COMPLEX 6th Nov 2016

Women	Club	AGE		Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
KATIE COOKE (Bench Only)	UNATTACHED	M1	C	52	51.7				65.0	68.0	-70.0	68.0			68.0	85.15	B	
CATRIONA DUNCAN	GYM300	M1	C	52	50.4	85.0	87.5	-92.5	-52.5	55.0	-57.5	142.5	112.5	117.5	-125.0	260.0	331.99	1
ELIZABETH HILL	UNATTACHED	M1	C	52	51.4	87.5	92.5	95.0	45.0	50.0	-52.5	145.0	100.0	107.5	-112.5	252.5	317.60	2
ANELLI RITARI STEWART	JOPPA	M1	C	57	56.5	-100.0	100.0	-108.0	47.5	50.0	53.0	153.0	122.5	127.5	-132.5	280.5	327.75	1
SAMANTHA DEVLIN	GYM300	M2	C	57	56.0	80.0	85.0	90.0	-45.0	50.0	-55.0	140.0	100.0	-110.0	115.0	255.0	300.03	1
GILLIAN LODGE	ELYSIUM	M1	C	63	61.1	80.0	85.0	87.5	47.5	52.5	-55.0	140.0	110.0	115.0	-120.0	255.0	280.34	1
JACKIE DAY	GLASGOW PLC	M1	C	63	60.9	80.0	85.0	90.0	45.0	47.5	50.0	140.0	-105.0	107.5	110.0	250.0	275.53	2
NICOLA ASHMOLE	GYM300	M1	C	63	58.4	70.0	75.0	80.0	45.0	-47.5	-47.5	125.0	105.0	112.5	115.0	240.0	273.26	3
SIONA GARDEN	SOS FITNESS	M1	C	72	70.2	110.0	115.0	-120.0	60.0	65.0	-67.5	180.0	140.0	145.0	147.5	327.5	325.17	1
JUDITH DAVISON	HIGHLAND BARBELL	M1	C	72	70.7	80.0	90.0	97.5	45.0	47.5	-52.5	145.0	115.0	122.5	127.5	272.5	269.25	2
SANDRA GITSHAM	GYM300	M1	C	72	67.2	72.5	75.0	-82.5	50.0	-55.0	-55.0	125.0	112.5	117.5	-125.0	242.5	248.29	3
NICOLE McARTHUR	ELITE SPORTING PER	M1	C	72	69.4	85.0			45.0			130.0	110.0			240.0	240.19	4
LYNDA BANKS	HIGHLAND BARBELL	M2	C	72	66.4	105.0	110.0	112.5	57.5	60.0	62.5	175.0	135.0	-145.0	-150.0	310.0	320.17	1
ALLISON GIBSON	UNATTACHED	M2	C	72	71.0	90.0	97.5	102.5	45.0	50.0	-52.5	152.5	125.0	135.0	143.0	295.5	291.14	2
CATHY MACASLAN	SGSSA	M3	C	72	69.5	55.0	60.0	62.5	32.5	-35.0	-35.0	95.0	87.5	95.0	-101.0	190.0	189.96	1
NICOLA HARCUS	UNATTACHED	M1	C	84	72.1	80.0	85.0	92.5	50.0	55.0	57.5	150.0	115.0	125.0	130.0	280.0	273.04	1
JENNIFER UNDERWOOD (Guest)	UNATTACHED	S	C	84	73.3	55.0	60.0	65.0	35.0	40.0	-45.0	105.0	80.0	90.0	105.0	210.0	202.57	G
STEPH ELLIOTT	GYM300	M1	C	84+	90.9	105.0	110.0	115.0	42.5	47.5	-50.0	162.5	125.0	130.0	140.5	303.0	260.75	1
Men	Club	AGE		Wt Class	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
PETER LUI	VENICE GYM	M4	E	66	62.00	-130.0	-130.0	-142.5										
WAYNE REID	CORE FITNESS	M1	C	74	73.60	165.0	175.0	-180.0	102.5	105.0	-110.0	280.0	205.0	210.0	-215.0	490.0	353.83	1
SHAUN CLARKIN	UNATTACHED	M3	E	74	73.40	142.5	-150.0	-150.0	100.0	-107.5	-107.5	242.5	170.0	180.0	185.0	427.5	309.30	1
JIM WANDS	UNATTACHED	M1	C	83	81.20	132.5	147.5	150.0	110.0	117.5	120.0	270.0	185.0	200.0	-202.5	470.0	317.91	1
GREG STEWART	JOPPA	M1	C	83	82.60	137.5	145.0	152.5	107.5	112.5	-115.0	265.0	175.0	180.0	-192.5	445.0	297.89	2
PHIL BURGE	ROBERT GORDON	M3	C	83	80.60	110.0	117.5	-125.0	100.0	-105.0	-105.0	217.5	175.0	185.0	190.0	407.5	276.90	1
RYAN DUNN (Guest)	UNATTACHED	S	C	83	81.80	140.0	150.0	-160.0	100.0	110.0	-115.0	260.0	160.0	185.0	200.0	460.0	309.75	G
DUNCAN MACKAY	STORNOWAY	M1	C	93	92.80	-185.0	-185.0	185.0	100.0	110.0	120.0	305.0	240.0	-250.0	250.0	555.0	349.00	1
CHRIS WINSTONE	UNATTACHED	M1	C	93	91.80	185.0	200.0	210.0	110.0	-120.0	-127.5	320.0	-210.0	225.0	-240.0	545.0	344.51	2
JOHN TERRELL	ELIBURN	M1	C	93	90.00	170.0	-175.0	175.0	110.0	115.0	-117.5	290.0	220.0	227.5	230.0	520.0	331.96	3
DAVID LITCHFIELD	UNATTACHED	M1	C	93	91.40	140.0	150.0	160.0	135.0	140.0	150.0	310.0	-180.0	180.0	190.0	500.0	316.74	4
CALVIN BROWN	UNATTACHED	M1	C	93	85.80	145.0	155.0	162.5	90.0	97.5	102.5	265.0	170.0	182.5	190.0	455.0	297.97	5
JAMES MUTRIE	GLASGOW PLC	M2	E	93	92.00	200.0	-210.0	-210.0	140.0	147.5	-152.5	347.5	200.0	210.0	-217.5	557.5	352.04	1
GORDON SCOTT	UNATTACHED	M2	C	93	90.20	140.0	150.0	-155.0	-155.0	155.0	160.0	310.0	190.0	205.0	-212.5	515.0	328.40	1
BRIAN BAKER	GLASGOW PLC	M3	E	93	92.60	-162.5	-162.5	162.5	75.0	82.5	87.5	250.0	182.5	195.0	200.5	450.5	283.58	1
GRAHAM MILIKEN (Guest)	GLASGOW PLC	S	C	93	93.00	185.0	200.0	210.0	110.0	117.5	-120.0	327.5	220.0	230.0	-240.0	557.5	350.22	G
STUART CRICHTON	GREENOCK BARBELL	M1	E	105	105.00	280.0	292.5	-300.0	207.5	-212.5	212.5	505.0	260.0	270.0	280.0	785.0	469.12	1
TOM ASHMOLE	GYM300	M1	C	105	100.00	210.0	-235.0	-235.0	140.0	150.0	-158.0	360.0	200.0	210.0	-215.0	570.0	346.90	1
ARTHUR COWLEY	KILMARNOCK	M2	C	105	102.00	205.0	215.0	225.0	132.5	140.0	142.5	367.5	230.0	245.0	-252.5	612.5	369.90	1
LEE CHRISTIE	IRVINE	M1	E	120	109.00	190.0	200.0	205.0	155.0	160.0	-170.0	365.0	200.0	210.0	-220.0	575.0	339.35	1
ROSS TAGGART (Guest)	GREENOCK BARBELL	u20	C	120	109.40	195.0	205.0	212.5	-130.0	137.5	-140.0	350.0	217.5	227.5	240.0	590.0	347.80	G

Equipped
Classic

British M Record	Open Record	Junior Record	Masters Record	Best Lifter
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REFEREES

STEVE McQUADE	STUART CRICHTON
LOUISE MURRAY	ROWAN HENDRY HORNE
JOANNA JACK	