

SCOTTISH POWERLIFTING SENIORS CHAMPIONSHIP RAVENSCRAIG SPORTS COMPLEX 4 <sup>th</sup> Sep 2016																			
Women		Club	AGE	Wt Class	BW	Squat			Bench Press			Sub	Deadlift		Total	Wilks	Pos.		
	SARAH MACEY	UNATTACHED	UE	S	57	56.4	90.0	-95.0	-95.0	42.5	45.0	-47.5	135.0	130.0	135.0	-140.0	270.0	315.92	G
	JANE ARMOUR	GREENOCK BARBELL	UE	S	63	62.4	125.0	130.0		60.0	-65.0	-65.0	190.0	130.0	137.5	-140.0	327.5	354.29	1
C	ANNELI RITARI-STEWART	JOPPA	UE	M1	63	59.8	100.0	107.5	-110.0	50.0	52.5	-55.0	160.0	122.5	127.5	132.5	292.5	326.95	2
C	SIONA GARDEN	SOS FITNESS	UE	M1	72	70.6	110.0	112.5	115.0	-60.0	-65.0	-65.0		-140.0	140.0	142.5			
C	WENDY MACFARLANE	RAW ANATOMY	UE	S	84	81.8	150.0	160.0	-166.0	70.0	-75.0	75.0	235.0	150.0	155.0	160.0	395.0	357.08	1
G	GERALDINE FITZSIMMONS	GLASGOW EAGLES	UE	M1	84+	88.6	-50.0	-50.0	-50.0	40.0	45.0	50.0		120.0	125.0	130.0			G
Men		Club	AGE	Wt Class	BW	Squat			Bench Press			Sub	Deadlift		Total	Wilks	Pos.		
C	JOHN MAXWELL	HAMILTON	EQ	M2	66	64.6	195.0	-205.0	215.0	135.0	145.0	147.5	362.5	200.0	212.5	-220.0	575.0	459.62	1
G	GRIEG MURRAY	FIVE TOWNS PLC	UE	M1	66	65.4	135.0	145.0	-155.0	115.0	-120.0	-120.0	260.0	195.0	210.0	228.0	488.0	386.08	G
G	SHAUN CLARKIN	UNATTACHED	UE	M3	74	73.4	120.0	135.0		-85.0	-85.0	85.0	220.0	160.0	167.5	175.0	395.0	285.78	G
G	JIM WANDS	UNATTACHED	UE	M1	83	81.6	132.5	137.5	145.0	107.5	115.0	117.5	262.5	185.0	200.0	-205.0	462.5	311.89	G
C	ROBERT LOVE	KILMARNOCK WLC	EQ	S	93	92.4	305.0	-317.5	-317.5	182.5	190.0	197.5	502.5	270.0	285.0	-300.0	787.5	496.23	1
G	GREG STEWART	JOPPA	UE	M1	93	85.8	140.0	150.0	155.0	110.0	-115.0	115.0	270.0	175.0	-190.0	190.0	460.0	301.24	G
G	BRIAN BAKER	GLASGOW PLC	UE	M3	93	93.0	125.0	130.0	135.0	70.0	77.5	-82.5	212.5	175.0	185.0		397.5	249.71	G
C	STUART CRICHTON	GREENOCK BARBELL	EQ	M1	105	105.0	275.0	285.0	295.0	202.5	207.5	210.0	505.0	260.0	270.0	-280.0	775.0	463.10	1
	MARCIN AMBROZIEWICZ	ASYLUM GYM	UE	S	83	76.8				125.0	130.0	-137.5					130.0		
British Jnr Record		Open Record			Junior Record			Masters Record			Best Lifter								
REFEREES																			
SOPHIE BARRINGER		STEVE McQUADE																	
JOANNA JACK		ALI DONALDSON																	
ROWAN HENDRY HORNE																			