

SCOTTISH POWERLIFTING EASTERN DISTRICTS -18/19 FEBRUARY 2017 - RAW ANATOMY, FIFE

Women	Club	AGE	E/C	Wt CI	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
Claire Thomson	Edinburgh Barbell	S	C	57.0	53.6	92.5	100.0	107.5	45.0	52.5	55.0	162.5	105.0	115.0	122.5	285.0	347.03	1
Jaime-lee Bowles	Raw Anatomy	SJ	C	57.0	56.5	80.0	90.0	92.5	35.0	42.5	-47.5	135.0	80.0	90.0	100.0	235.0	274.58	2
Isobelle Grant	Guest	M2	C	57.0	53.7	50.0	55.0	-60.0	-35.0	35.0	-37.5	90.0	90.0	95.0	102.5	192.5	234.06	G
Rowan Hendry-Horne	SGSSA	S	C	63.0	62.4	115.0	120.0	125.0	-75.0	75.0	80.0	205.0	130.0	137.5	142.5	347.5	375.92	1
Emily Martin	Unattached	J	C	63.0	60.5	-100.0	-105.0	105.0	50.0	55.0	-57.5	160.0	120.0	130.0	132.5	292.5	324.02	2
Hayley Kerr	Unattached	S	C	63.0	58.9	90.0	95.0	100.0	47.5	50.0	-52.5	150.0	115.0	120.0	125.0	275.0	311.03	3
Iona Bruce	Unattached	S	C	63.0	62.7	65.0	75.0	80.0	-42.5	42.5	-50.0	122.5	105.0	112.5	120.0	242.5	261.38	4
Kara Swankie	Unattached	J	C	72.0	70.7	120.0	127.5	130.0	50.0	55.0	-60.0	185.0	155.0	162.5	-167.5	347.5	343.36	1
Katy Conlan	Edinburgh Barbell	S	C	72.0	68.7	120.0	125.0	130.0	45.0	52.5	57.5	187.5	130.0	145.0	-152.5	332.5	335.13	2
Shelley Tipling	Raw Anatomy	S	C	72.0	68.6	110.0	-115.0	-115.0	65.0	70.0	-75.0	180.0	110.0	120.0	130.0	310.0	312.78	3
Heather Gardner	Elysium Training Systems	S	C	72.0	69.3	100.0	105.0	110.0	50.0	57.5	60.0	170.0	130.0	-135.0	-135.0	300.0	300.54	4
Ashley Nicholson	Scottish Dynamo Club	S	C	72.0	71.6	95.0	105.0	-115.0	55.0	62.5	-67.5	167.5	117.5	125.0	132.5	300.0	293.90	5
Iona Paterson	Unattached	J	C	72.0	71.0	95.0	100.0	105.0	52.5	57.5	62.5	167.5	110.0	117.5	120.0	287.5	283.26	6
Beth Chinchin	Forge Powerlifting	S	C	72.0	69.1	90.0	95.0	-100.0	50.0	55.0	-60.0	150.0	115.0	122.5	130.0	280.0	281.07	7
Jen Innes	Barry Stephen PT	S	C	72.0	68.9	85.0	92.5	-97.5	50.0	55.0	-57.5	147.5	115.0	122.5	130.0	277.5	279.13	8
Jennifer Underwood	Unattached	S	C	72.0	71.1	60.0	65.0	70.0	40.0	45.0	-50.0	115.0	80.0	97.5	107.5	222.5	219.01	9
Katie Goudie	Edinburgh Barbell	S	C	72.0	65.6	55.0	60.0	65.0	32.5	37.5	42.5	107.5	80.0	87.5	95.0	202.5	211.01	10
Wendy MacFarlane	Raw Anatomy	S	C	84.0	82.6	-160.0	160.0	165.0	75.0	80.0	-82.5	245.0	165.0	170.0	175.0	420.0	377.75	1
Claire Tocher	Barry Stephen PT	S	C	84.0	77.8	135.0	142.5	-150.0	72.5	77.5	82.5	225.0	150.0	160.0	172.5	397.5	369.56	2
Sandra Dailidyte	3PT	S	C	84.0	78.9	120.0	130.0	137.5	60.0	62.5	-65.0	200.0	145.0	160.0	170.0	370.0	341.21	3
Nicola Marcus	Stuart Aitken Fitness	M1	C	84.0	73.1	80.0	95.0	100.0	55.0	57.5	-60.0	157.5	120.0	130.0	135.0	292.5	282.66	4
Irene Hallyburton	Unattached	M1	C	84.0	77.1	-95.0	95.0	-105.0	52.5	55.0	57.5	152.5	110.0	115.0	120.0	272.5	254.71	5
Simone Kupisz	3PT	S	C	84+	86.9	120.0	130.0	140.0	75.0	82.5	92.5	232.5	140.0	152.5	160.0	392.5	344.37	1
Leah Moir	Raw Anatomy	S	C	84+	105.9	100.0	115.0	125.0	85.0	92.5	-100.0	217.5	130.0	140.0	145.0	362.5	297.26	2
Rachael Moir	Raw Anatomy	S	C	84+	94.5	100.0	115.0	125.0	70.0	75.0	80.0	205.0	130.0	140.0	145.0	350.0	296.79	3
Lynsey Christie	Unattached	S	C	84+	93.4	127.5	135.0	-145.0	-57.5	62.5	67.5	202.5	125.0	130.0	140.0	342.5	291.67	4
Kim Smyth	Forge Powerlifting	S	C	84+	113.4	115.0	120.0	130.0	-55.0	57.5	-62.5	187.5	120.0	135.0	150.0	337.5	272.72	5
Karen Walton	Unattached	M1	C	84+	90.7	90.0	-115.0	-115.0	50.0	-60.0	-60.0	140.0						
Men	Club	AGE	E/C	Wt CI	BW	Squat			Bench Press			Sub	Deadlift			Total	Wilks	Pos.
Michael Morris	Unattached	S	C	59	58.8	165.0	-177.5	-177.5	-100.0	100.0	107.5	272.5	180.0	190.0	-200.0	462.5	401.87	1
Stuart Duncan	Turrif Strength Team	S	C	66	65.2	165.0	-175.0	-185.0	100.0	110.0	-120.0	275.0	180.0	200.0	220.0	495.0	392.62	1
John Devlin	Unattached	S	C	66	66	140.0	150.0	155.0	90.0	100.0	105.0	260.0	180.0	190.0	195.0	455.0	357.26	2
Marco Fabiani	Forge Powerlifting	S	C	66	65.4	100.0	110.0	125.0	75.0	82.5	-90.0	207.5	140.0	150.0	160.0	367.5	290.75	3
Benjamin Hemmati	Unattached	SJ	C	66	65	77.5	82.5	87.5	65.0	70.0	75.0	162.5	90.0	100.0	110.0	272.5	216.69	4
Omar Khan	North East Barbell	J	C	74	72.2	180.0	190.0	-200.0	105.0	115.0	117.5	307.5	210.0	230.0	240.0	547.5	400.89	1
Bruce Bain	Barry Stephen PT	S	C	74	71.6	152.5	160.0	165.0	100.0	105.0	110.0	275.0	185.0	195.0	210.0	485.0	357.32	2
Steve Martin	Unattached	S	C	74	67	105.0	115.0	-125.0	80.0	85.0	92.5	207.5	160.0	170.0	180.0	387.5	300.56	3
Dean Robertson	Elysium Training Systems	S	C	83	79.2	205.0	210.0	215.0	135.0	142.5	-145.0	357.5	235.0	245.0	-250.0	602.5	413.96	1
Lawrie Marshall	Unattached	S	C	83	80.8	200.0	210.0	-215.0	125.0	135.0	-142.5	345.0	240.0	255.0	-267.5	600.0	407.08	2
James Dugdale	University of Stirling	S	C	83	82.2	177.5	185.0	197.5	107.5	115.0	-120.0	312.5	215.0	230.0	245.0	557.5	374.29	3
Duncan Keith	Unattached	S	C	83	81.2	190.0	200.0	205.0	105.0	-110.0	110.0	315.0	220.0	235.0	-250.0	550.0	372.02	4

Barry Stephen	Barry Stephen PT	S	C	83	82.2	170.0	177.5	-185.0	110.0	115.0	120.0	297.5	200.0	210.0	220.0	517.5	347.44	5
Euan Forsyth	Unattached	u20	C	83	83	-180.0	-190.0	190.0	117.5	125.0	-130.0	315.0	185.0	200.0	-205.0	515.0	343.76	6
Shaun Healy	Unattached	J	C	83	80.8	-160.0	165.0	180.0	100.0	120.0	-127.5	300.0	170.0	180.0	195.0	495.0	335.84	7
Jason Gray	ATS	J	C	83	80.8	150.0	160.0	167.5	90.0	100.0	105.0	272.5	175.0	185.0	192.5	465.0	315.49	8
Jamie Chinnery	Forge Powerlifting	S	C	83	80.2	-130.0	-130.0	130.0	95.0	-105.0	105.0	235.0	190.0	195.0	200.0	435.0	296.51	9
William Coulter	Universiry Of Stirling	J	C	83	79.8	-145.0	155.0	-162.5	67.5	75.0	80.0	235.0	150.0	170.0	180.0	415.0	283.77	10
William Borthwick	Hawick Weight T Club	M4	C	83	81	-90.0	-90.0	90.0	80.0	85.0	-90.0	175.0	140.0	145.0	150.0	325.0	220.16	11
Calum Annand	Barry Stephen PT	S	C	93	89.4	-212.5	220.0	232.5	142.5	152.5	162.5	395.0	230.0	250.0	-257.5	645.0	413.18	1
Graeme Lamont	Unattached	S	C	93	92.2	200.0	210.0	-245.0	130.0	137.5	142.5	352.5	240.0	255.0	-265.0	607.5	383.21	2
William Brown	ATS	S	C	93	88.2	190.0	200.0	207.5	120.0	130.0	-137.5	337.5	220.0	237.5	242.5	580.0	374.17	3
Martin Porter	Raw Anatomy	S	C	93	90.2	170.0	185.0	-190.0	117.5	125.0	127.5	312.5	240.0	250.0	265.0	577.5	368.26	4
Ben Parkes	Unattached	S	C	93	87.8	192.5	200.0	210.0	110.0	115.0	120.0	330.0	230.0	240.0	-250.0	570.0	368.62	5
Jodi Mullen	Edinburgh Barbell	S	C	93	92.4	195.0	205.0	-215.0	105.0	110.0	-115.0	315.0	225.0	242.5	250.0	565.0	356.03	6
Andrew Heywood	Unattached	S	C	93	91	195.0	202.5	207.5	125.0	130.0	135.0	342.5	200.0	210.0	215.0	557.5	353.93	7
Graham Findlay	Unattached	S	C	93	91.2	185.0	195.0	-205.0	120.0	130.0	132.5	327.5	215.0	225.0	230.0	557.5	353.55	8
Frazer Rennie	Unattached	S	C	93	91.4	-170.0	-180.0	180.0	130.0	-145.0	150.0	330.0	180.0	200.0	220.0	550.0	348.41	9
Paul Buchan	Broch Iron Gym	M1	C	93	92	180.0	195.0	-207.5	120.0	125.0	-127.5	320.0	230.0	-237.5	-237.5	550.0	347.30	10
Jack Ferguson	Universiry Of Stirling	J	C	93	85.3	190.0	197.5	202.5	-105.0	-112.5	112.5	315.0	205.0	217.5	227.5	542.5	356.44	11
Mark Ritchie	3PT	S	C	93	92.2	190.0	200.0	202.5	-110.0	115.0	117.5	320.0	210.0	220.0	222.5	542.5	342.21	12
Nick Anderson	Barry Stephen PT	S	C	93	90.4	180.0	185.0	-187.5	100.0	-107.5	-107.5	285.0	210.0	220.0	230.0	515.0	328.04	13
Ryan Cruickshank	Aberdeen University	J	C	93	87.4	130.0	142.5	150.0	75.0	82.5	85.0	235.0	150.0	165.0	180.0	415.0	269.03	14
James Gerrard	Results Gym	S	C	93	92.2	-185.0	-185.0	-185.0	115.0	120.0	127.5		250.0	-260.0	-265.0			
Jake Brown	Unattached	J	C	93	92.2	-185.0	-192.5	-192.5	147.5	150.0	-157.5		215.0	-220.0	-220.0			
Kyle Love	Unattached	J	C	93	88.8	-190.0	-190.0	-190.0	125.0	-130.0	-130.0		230.0	-240.0	-240.0			
Jonathan Wardell	Unattached	S	C	105	99.4	230.0	245.0	-255.0	130.0	140.0	-145.0	385.0	260.0	280.0	-290.0	665.0	405.69	1
John Smith	Fitness Forge	S	C	105	103.6	225.0	235.0	-250.0	155.0	160.0	167.5	402.5	250.0	255.0	260.0	662.5	397.78	2
Tom Barrack	North East Barbell	S	C	105	98.4	200.0	215.0	220.0	120.0	132.5	137.5	357.5	200.0	220.0	240.0	597.5	366.03	3
Reiss McCormick	North East Barbell	S	C	105	104	210.0	215.0	220.0	90.0	100.0	110.0	330.0	240.0	250.0	-255.0	580.0	347.76	4
Eric Uotila	AUWC	J	C	105	100	170.0	185.0	-200.0	130.0	140.0	-150.0	325.0	220.0	-230.0	-230.0	545.0	331.68	5
Callum Orr	Forge Powerlifting	S	C	105	98.6	150.0	157.5	165.0	110.0	120.0	130.0	295.0	210.0	225.0	240.0	535.0	327.47	6
Marcus Heyer	AUWC	J	C	105	99.6	185.0	195.0	205.0	95.0	-105.0	105.0	310.0	177.5	190.0	205.0	515.0	313.93	7
James Bathgate	Forge Powerlifting	S	C	105	103.8	135.0	145.0	152.5	85.0	-95.0	-95.0	237.5	150.0	160.0	170.0	407.5	244.50	8
Iain Sinclair	Unattached	S	C	120	106.6	180.0	200.0	-210.0	80.0	-105.0	115.0	315.0	200.0	210.0	230.0	545.0	323.98	1
Kierran Leith	Ragnarok Barbell Club	J	C	120+	133.4	280.0	300.0	317.5	140.0	150.0	155.0	472.5	255.0	275.0	-305.0	747.5	420.90	1
Ryan Knight	Hawick Weight T Club	S	C	120+	129	200.0	220.0	-240.0	125.0	135.0	-142.5	355.0	220.0	230.0	235.0	590.0	334.17	2

Open Record

Junior Record

Best Lifter

REFEREES		TABLE TEAM		PLATFORM TEAM	
SOPHIE BARRINGER	JIM MUTRIE	LIZ HILL	SIONA GARDEN	BERNIE McGURK	SAM INGLETON
STEVE McQUADE	BRIAN BAKER	JOHN SOULSBY	VIKKI CRAIG	RAW ANATOMY SQUAD	
GARY PORTER	JOANNA JACK	WILL BROWN	JO SWANKIE	JAKE BROWN	
DAVID HAMMOND	ALEX MATHIESON	DAVID HAMMOND	SAM INGLETON	DAVE MCKINLAY	