

## SCOTTISH POWERLIFTING NORTHERN DISTRICTS 26th FEBRUARY 2017 GYM 300 INVERNESS

Women	Club	AGE	E/C	Wt Cl	BW	Squat			Bench Press			Sub	Deadlift		Total	Wilks	Pos.	
Jennifer Bowker	Edinburgh Barbell	S	C	52	51.4	75.0	<b>85.0</b>	<del>-92.5</del>	40.0	45.0	<b>50.0</b>	135.0	95.0	<b>105.0</b>	<del>-112.5</del>	240.0	301.88	1
Beata Haratym	Forge	S	C	57	55.4	<b>80.0</b>	<del>-90.0</del>	<del>-90.0</del>	42.5	<b>47.5</b>	<del>-50.0</del>	127.5	100.0	107.5	<b>115.0</b>	242.5	287.75	1
Jordan Emily Wemyss	Unattached	J	C	63	61.8	<del>-110.0</del>	<b>110.0</b>	<del>-112.5</del>	<b>60.0</b>	<del>-65.0</del>	<del>-65.0</del>	170.0	115.0	125.0	<b>130.0</b>	300.0	326.94	1
Heather Webster	Gym 300	S	C	63	61.8	<del>-70.0</del>	70.0	<b>75.0</b>	40.0	<b>42.5</b>	<del>-45.0</del>	117.5	110.0	115.0	<b>120.0</b>	237.5	258.83	2
Martha Gates	HBC	S	C	72	70.8	107.5	115.0	<b>120.0</b>	52.5	57.5	<b>62.5</b>	182.5	155.0	<del>-162.5</del>	<b>162.5</b>	345.0	<b>340.56</b>	1
Claire Mackenzie	HBC	S	C	72	68.4	85.0	<b>90.0</b>	<del>-97.5</del>	50.0	<b>55.0</b>	<del>-60.0</del>	145.0	115.0	<b>125.0</b>	<del>-130.0</del>	270.0	272.98	2
Judith Davison	HBC	M1	C	72	70.0	85.0	<b>92.5</b>	<del>-100.0</del>	42.5	47.5	<b>50.0</b>	142.5	115.0	122.5	<b>127.5</b>	270.0	268.61	3
Sandra Gitsham	Gym 300	M1	C	72	67.8	75.0	77.5	<b>80.0</b>	47.5	<b>50.0</b>	<del>-55.0</del>	130.0	115.0	120.0	<b>125.0</b>	255.0	259.43	4
Veronica Rose	Forge	S	C	72	67.0	80.0	<b>90.0</b>	<del>-95.0</del>	35.0	<b>40.0</b>	<del>-47.5</del>	130.0	100.0	110.0	<b>120.0</b>	250.0	256.52	5
Sharon LLOYD	Gym 300	M1	C	72	64.2	<del>-60.0</del>	<b>60.0</b>	<del>-65.0</del>	50.0	<b>55.0</b>	<del>-60.0</del>	115.0	105.0	110.0	<b>115.0</b>	230.0	243.53	Guest
Sarah Hammerton	HBC	S	C	84+	90.8	120.0	127.5	<b>130.0</b>	65.0	70.0	<b>75.0</b>	205.0	120.0	130.0	<b>142.5</b>	347.5	299.18	1
Steph Elliott	Gym 300	M1	C	84+	89.4	105.0	112.5	<b>117.5</b>	45.0	<b>47.5</b>	<del>-50.0</del>	165.0	127.5	<b>135.0</b>	<del>-142.5</del>	300.0	259.95	2
Men	Club	AGE	E/C	Wt Cl	BW	Squat			Bench Press			Sub	Deadlift		Total	Wilks	Pos.	
Enriko Naguit	Unattached	S	C	74	72.4	140.0	147.5	<b>155.0</b>	80.0	<b>85.0</b>	<del>-90.0</del>	240.0	150.0	165.0	<b>175.0</b>	415.0	303.25	1
William Watts	Gym 300	SJ	C	83	75.4	110.0	<b>120.0</b>	<del>-130.0</del>	65.0	70.0	<b>75.0</b>	195.0	180.0	190.0	<b>195.0</b>	390.0	276.88	1
Michael Robert Perera	Gym 300	M2	C	83	79.8	<del>-132.5</del>	<b>132.5</b>	<del>-140.0</del>	<del>-100.0</del>	<del>-100.0</del>	<del>-100.0</del>		160.0	<b>180.0</b>	<del>-185.0</del>			
Craig Smith	HBC	S	C	93	91.0	200.0	210.0	<b>215.0</b>	120.0	130.0	<b>135.0</b>	350.0	225.0	240.0	<b>250.0</b>	600.0	<b>380.91</b>	1
Alister D Mackintosh	Unattached	S	C	93	92.2	200.0	<b>210.0</b>	<del>-220.0</del>	120.0	<b>125.0</b>	<del>-127.5</del>	335.0	225.0	<b>232.5</b>	<del>-237.5</del>	567.5	357.98	2
Martin Boa	Gym 300	S	C	93	90.4	170.0	177.5	<b>182.5</b>	107.5	<del>-110.0</del>	<b>110.0</b>	292.5	235.0	255.0	<b>265.0</b>	557.5	355.11	3
Szymon Wartalowicz	Forge	S	C	93	92.2	170.0	180.0	<b>190.0</b>	140.0	150.0	<b>155.0</b>	345.0	<b>210.0</b>	<del>-220.0</del>	<del>-220.0</del>	555.0	350.09	4
Ed Dougan	Gym 300	M1	C	93	91.8	<del>-175.0</del>	<del>-175.0</del>	<b>175.0</b>	115.0	<b>120.0</b>	<del>-130.0</del>	295.0	190.0	200.0	<b>220.0</b>	515.0	325.55	5
Brodie Simpson	Forge	J	C	93	91.2	<del>-170.0</del>	<del>-170.0</del>	<b>170.0</b>	<b>110.0</b>	<del>-115.0</del>	<del>-115.0</del>	280.0	180.0	<del>-200.0</del>	<b>200.0</b>	480.0	304.40	6
Callum Stewart	Unattached	S	C	93	88.2	125.0	135.0	<b>142.5</b>	105.0	<b>115.0</b>	<del>-120.0</del>	257.5	162.5	177.5	<b>190.0</b>	447.5	288.69	7
Tom Ashmole	Gym 300	M1	C	105	99.4	215.0	<b>235.0</b>	<del>-240.0</del>	<b>145.0</b>	<del>-160.0</del>	<del>-160.0</del>	380.0	200.0	<b>210.0</b>	<del>-215.0</del>	590.0	359.94	1
Martin Flett	Unattached	M3	C	105	98.8				155.0	<b>165.0</b>	<del>-172.5</del>	165.0	155.0	165.0	<b>175.0</b>			
Douglas Booth	Unattached	M1	C	120	119.6	<del>-170.0</del>	170.0	<b>180.0</b>	<del>-125.0</del>	130.0	<b>135.0</b>	315.0	210.0	<b>230.0</b>	<del>-240.0</del>	545.0	313.58	1
Dylan MacPhee	Unattached	J	C	120+	124.6	170.0	185.0	<b>200.0</b>	105.0	110.0	<b>115.0</b>	315.0	180.0	195.0	<b>200.0</b>	515.0	293.66	1

**Masters Record**

**Best Lifter**

### REFEREES

ALEX MATHIESON CAT1

SOPHIE BARRINGER DIV

STEVE McQUADE CAT1

BRIAN BAKER NAT

GARY PORTER NAT

### TABLE TEAM

MARLENE MATHIESON

HANNAH BEAVEN

DAVID HAMMOND NAT

JOHN SOULSBY

### PLATFORM TEAM

GYM 300