

Scottish Bench Championship & Push Pull 27th Aug 2017 Ravenscraig

Women	Club	Age	WT Class	BW	Bench Press			Sub	Deadlift			Total	Wilks	Pos	
Alex Close	unattached	S	63	58.4	67.5	70.0	72.5	72.5	130.0	140.0	145.0	217.5	247.64	1	
Hayley Kerr	Flex fitness	S	63	62.6	52.5	55.0	57.5	57.5	135.0	140.0	142.5	200.0	215.83	2	
Gina Hamilton	unattached	M1	63	62.9	55.0	57.5	60.0	60.0	110.0	115.0	117.5	177.5	190.86	3	
Julia Frazer	AUWC	J	63	60.6	35.0	40.0		40.0	75.0	92.5	-102.5	132.5	146.59	4	
Charlotte Carter	unattached	S	72	71.6	55.0	60.0	65.0	65.0	125.0	130.0	-140.0	195.0	191.04	1	
Allison Gibson	ATS	M2	72	70.6	42.5	47.5	52.5	52.5	125.0	135.0	140.0	192.5	190.39	2	
Iona Bruce	unattached	S	72	65.6	45.0	50.0	52.5	52.5	115.0	127.5	135.0	187.5	195.38	3	
Nikki Charlestone	unattached	S	72	68.2	27.5	30.0	35.0	35.0	65.0	70.0	77.5	112.5	113.98	4	
Natalie Huggins	RA	S	84	82.8	62.5	67.5	-70.0	67.5	150.0	160.0	165.0	232.5	208.85	1	
Tracy Brown	FP	S	84	81.2	57.5	60.0	-66.0	60.0	130.0	137.5	-146.0	197.5	179.25	2	
Jennifer Underwood	EB	S	84	75.5	50.0	-62.6	-66.0	50.0	105.0	115.0	-120.0	165.0	156.21	3	
Doreen Blainey	3	M2	84+	98.8	52.5	57.5	-62.6	57.5	125.0	130.0	135.0	192.5	160.85	1	
Men	Club	Age	WT Class	BW	Bench Press			Sub	Deadlift			Total	Wilks	Pos	
Marco Fabiani	Forge Powerlifting		66	64.3	70.0	77.5	85.0	85.0	150.0	162.5	170.0	255.0	204.63	1	
Hugh McGhee	Unattached	M4	66	60.7	65.0	-70.0	75.0	75.0	-100.0	110.0	-126.0	185.0	156.13	2	
Callum Field	unattached	SJ	74	71.3	105.0	110.0	115.0	115.0	210.0	217.5	222.5	337.5	249.43	1	
Neil Cameron	BURNS GYM	S	74	72.2	70.0	80.0	-86.0	80.0	160.0	-176.0	-176.0	240.0	175.73	2	
Andrew Yewdall	unattached	S	74	72.6	-116.0	-116.0	-116.0		170.0	185.0	-200.0				
Tristan Sykes	unattached	J	83	79.1	117.5	122.5	127.5	127.5	180.0	200.0	220.0	347.5	238.95	1	
Jim Wands	unattached	M1	83	81.7	115.0	120.0	122.5	122.5	190.0	207.5	-227.5	330.0	222.37	2	
Lewis Kelly	unattached	SJ	83	81.7	105.0	115.0	117.5	117.5	175.0	195.0	202.5	320.0	215.64	3	
Lloyd Owen	unattached	SJ	83	80.5	95.0	102.5	105.0	105.0	185.0	195.0	200.0	305.0	207.41	4	
Chris Crawford	unattached	S	83	88.1	95.0	-105.0	105.0	105.0	180.0	190.0	-202.5	295.0	190.43	5	
Sean Chalmers	unattached	S	83	81.5	95.0	100.0	110.0	110.0	160.0	170.0	182.5	292.5	197.40	6	
Mark Duncanson	FORGE POWERLIFTING	S	83	80.0	-90.0	90.0	-100.0	90.0	155.0	162.5	167.5	257.5	175.79	7	
Allan Hunter	unattached	S	93	90.9	140.0	147.5	-166.0	147.5	205.0	212.5	225.0	372.5	236.61	1	
Neil Cushnie	auwc	S	93	92.9	127.5	135.0	-140.0	135.0	210.0	210.0	-220.0	220.0	355.0	223.12	2
Tom Crawford	JOHN WRIGHT SPORTS CENTER	S	105	94.7	130.0	140.0	142.5	142.5	250.0	265.0	267.5	410.0	255.40	1	
Callum Orr	FORGE POWERLIFTING	S	105	99.8	130.0	137.5	142.5	142.5	220.0	230.0	242.5	385.0	234.49	2	
Gordon Scott	Unattached	M2	105	97.6	152.5	155.0	157.5	157.5	200.0	210.0	220.0	377.5	232.05	3	
Fergus Wilson	FORGE POWERLIFTING	S	105	96.6	130.0	-136.0	135.0	135.0	200.0	215.0	-226.0	350.0	216.10	4	
Kieran Fisher	unattached	S	105	100.4	120.0	125.0	-130.0	125.0	215.0	220.0	-226.0	345.0	209.63	5	
Matthew Meser	FORGE POWERLIFTING	J	105	103.5	115.0	122.5	-127.5	122.5	200.0	210.0	220.0	342.5	205.72	6	
ALEKSANDRS Grigorjevs	unattached	S	120	117.9	180.0	190.0	200.0	200.0	280.0	300.0	310.0	510.0	294.45	1	
Alan Timlin	unattached	M1	120	117.1	150.0	-166.0	165.0	165.0	225.0	-246.0	-266.0	390.0	225.55	2	
Kierran Leith	Results Gym	J	120+	140.6	155.0	165.0	-172.6	165.0	275.0	295.0	-306.0	460.0	256.89	1	

Scottish Bench Press Championships

Women	Club	AGE	Class	BW	Bench Press			Sub	Deadlift			Total	Wilks	Pos
Amber Brown	3LIFTS LIVINGSTON	J	57	56.4	50.0	57.5	60.0	60.0				60.0	70.20	1
Shelley Tipling	UNATTACHED	S(EQ)	72	66.4	90.0	95.0	-100.5	95.0				95.0	98.12	1
Rowan Hendry-Horne	SGSSA	S	72	69.6	80.0	82.5	87.5	87.5				87.5	87.39	1
Rachel Steedman	Athlete Training Systems	J	72	68.8	-67.6	67.5	72.5	72.5				72.5	73.00	2
Lorraine Patrick	unattached	S	84	74.7	77.5	80.0	-82.5	80.0				80.0	76.24	1
Men	Club	AGE	Class	BW	Bench Press			Sub	Deadlift			Total	Wilks	Pos
Sean Clarkin	3LIFTS LIVINGSTON	M3	74	72.3	-90.0	-90.0	-90.0							
Alex Thomson	RAW ANATOMY	S	93	91.8	160.0	165.0	-167.5	165.0				165.0	104.30	1
Frazer Rennie	FORGE POWERLIFTING	S	93	91.0	150.0	160.0	-166.0	160.0				160.0	101.58	2
Callum Crozier	UNATTACHED	J	105	103.1	182.5	195.0	-200.5	195.0				195.0	117.29	1
	Open Record		Junior Record		Masters Record				Best lifter					

REFEREES

Joanna Jack

Viki Craig

Stuart Crichton