

SCOTTISH POWERLIFTING WESTERN DISTRICTS 5th MARCH 2017 RAVENS CRAIG SPORTS COMPLEX

Women	Club	AGE	E/C	Wt Class	BW	Squat		Bench Press		Sub	Deadlift			Total	Wilks	Pos.		
Amber Brown	3 Lifts Livingston	J	c	52	51.0	75.0	-80.0	80.0	50.0	52.5	-67.5	132.5	120.0	125.0	257.5	325.84	1	
Lorraine Howie	Unattached	M2	c	52	50.6	75.0	85.0	92.5	42.5	50.0	-55.0	142.5	-115.0	-115.0			-	
Roisin Meehan	Unattached	S	c	57	57.0	85.0	-90.0	-92.5	40.0	45.0	-47.5	130.0	90.0	95.0	105.0	235.0	272.69	1
Steph Dekker	Fortius Scotland	S	c	63	63.0	140.0	145.0	150.0	82.5	87.5	92.5	242.5	165.0	170.0	-180.0	412.5	443.01	1
Laura Munro	Unattached	S	c	63	61.6	65.0	80.0	-92.5	37.5	42.5	-47.5	122.5	132.5	142.5	-147.5	265.0	289.51	2
Lorraine Patrick	Unattached	S	c	72	71.3	105.0	110.0	-112.0	75.0	-77.5	-77.5	185.0	145.0	150.0	152.5	337.5	331.57	1
Nisha Purewal	Fortius Scotland	S	c	72	71.9	110.0	115.0	117.5	52.5	57.5	62.5	180.0	-150.0	155.0	-165.0	335.0	327.26	2
Sarah Watson	Unattached	S	c	72	68.0	-105.0	-105.0	105.0	55.0	60.0	-65.0	165.0	150.0	160.0	167.5	332.5	337.57	3
Karolina Jarosinska	GUWC	S	c	72	69.8	115.0	120.0	125.0	57.5	62.5	-65.0	187.5	125.0	130.0	-135.0	317.5	316.49	4
Christie McCart	Greenock Barbell	SJ	c	72	71.9	97.5	105.0	110.0	47.5	52.5	-55.0	162.5	112.5	125.0	135.0	297.5	290.64	5
Johanna Platt	Everyday Athlete	S	c	72	70.5	97.5	105.0	110.0	52.5	55.0	57.5	167.5	110.0	115.0	120.0	287.5	284.63	6
Yi Tsing Wong	3 Lifts Livingston	J	c	72	66.7	95.0	100.0	110.0	-35.0	37.5	-40.0	147.5	100.0	107.5	110.0	257.5	265.08	7
Connie McCallen	Peak fitness 4 u	S	c	84+	102.6	115.0	125.0	130.0	65.0	67.5	70.0	200.0	150.0	160.0	165.0	365.0	301.72	1
Joanna Jack	Forge Powerlifting	M1	c	84+	105.0	115.0	125.0	132.5	57.5	62.5	-67.5	195.0	142.5	150.0	157.5	352.5	289.66	2
Louise Summers	Unattached	S	c	84+	97.0	70.0	77.5	85.0	45.0	-50.0	50.0	135.0	90.0	105.0	115.0	250.0	210.12	3
Men	Club	AGE	E/C	Wt Class	BW	Squat		Bench Press		Sub	Deadlift			Total	Wilks	Pos.		
John Maxwell	Hamilton	M2	eq	66	65.9	200.0	-210.0	220.0	130.0	142.5	150.0	370.0	200.0	210.0	220.0	590.0	463.84	1
Kieran Mellon	Unattached	J	c	66	65.1	165.0	170.0	182.5	107.5	-115.0	115.0	297.5	180.0	195.0	207.5	505.0	401.06	1
Neil Cameron	Unattached	S	c	74	74.0	140.0	155.0	-170.0	60.0	70.0	80.0	235.0	150.0	165.0	180.0	415.0	298.52	2
Alexander Anderson	Unattached	J	c	74	73.5	-192.5	-192.5	120.0	120.0	-125.0								
Lewis Walker	Unattached	J	c	83	76.6	200.0	210.0	-217.5	120.0	127.5	-132.5	337.5	230.0	242.5	-250.0	580.0	407.35	1
Kevin Duffy	Unattached	S	c	83	83.0	180.0	190.0	200.0	120.0	-125.0	125.0	325.0	220.0	-237.5	545.0	363.79	2	
Ian Armstrong	Burns Gym	S	c	83	81.7	165.0	185.0	-205.0	115.0	-125.0	-125.0	300.0	205.0	225.0	-232.5	525.0	353.78	3
Ewan MacDonald	Glasgow Powerlifting Club	S	c	83	81.7	175.0	-190.0	-200.0	100.0	107.5	-112.5	282.5	200.0	215.0	-225.0	497.5	335.25	4
Matus Gallik	GUWC	J	c	83	80.5	150.0	160.0	170.0	85.0	92.5	-97.5	262.5	195.0	207.5	217.5	480.0	326.42	5
Lewis Kelly	Unattached	SJ	c	83	81.5	-120.0	120.0	135.0	95.0	107.5	110.0	245.0	160.0	170.0	-185.0	415.0	280.07	6
Hayden Kayes	Unattached	SJ	c	83	78.9	90.0	100.0	110.0	65.0	70.0	72.5	182.5	140.0	155.0	-165.0	337.5	232.45	7
Robert Love	Kilmarnock Weightlifting Club	M1	c	93	92.2	220.0	240.0	260.0	142.5	152.5	-162.5	412.5	240.0	260.0	-280.0	672.5	424.21	1
Davinder Kalsi	DC Athletics	S	c	93	92.7	-202.5	202.5	215.0	150.0	162.5	-170.0	377.5	210.0	225.0	235.0	612.5	385.36	2
Tom Crawford	Unattached	S	c	93	93.0	190.0	205.0	220.0	117.5	127.5	137.5	357.5	227.5	247.5	-267.5	605.0	380.06	3
Tiago Belém	Venice Physique Studio	S	c	93	85.3	170.0	180.0	185.0	125.0	135.0	-140.0	320.0	225.0	240.0	245.0	565.0	371.22	4
John Gallacher	OBS	S	c	93	90.5	177.5	-190.0	190.0	115.0	122.5	-127.5	312.5	-215.0	230.0	240.0	552.5	351.73	5
Jonathon Lenzi	Unattached	J	c	93	90.6	-170.0	170.0	180.0	155.0	-165.0	-165.0	335.0	200.0	-222.5	-222.5	535.0	340.40	6
Gordon Scott	Unattached	M2	c	93	90.4	140.0	150.0	160.0	155.0	-162.5	-162.5	315.0	200.0	207.5	-215.0	522.5	332.81	7
Martin Higgins	Kilmarnock Weightlifting Club	S	c	93	89.4	162.5	172.5	180.0	105.0	112.5	-117.5	292.5	190.0	207.5	-215.0	500.0	320.29	8
Jamie Ballantyne	Greenock Barbell	S	c	93	90.5	165.0	175.0	185.0	100.0	110.0	-120.0	295.0	175.0	195.0	205.0	500.0	318.30	9
Colin Brindle	Unattached	M1	c	93	90.4	140.0	150.0	160.0	115.0	120.0	125.0	285.0	170.0	175.0	-180.0	460.0	293.00	10
Kieran McFadyen	Greenock Barbell	S	c	93	92.8	142.5	155.0	-162.5	-105.0	110.0	117.5	272.5	170.0	182.5	-192.5	455.0	281.40	11
Frazer Keil	Unattached	J	c	93	88.5	155.0	-170.0	172.5	90.0	100.0	-105.0	272.5	165.0	180.0	-200.0	452.5	291.40	12
John Brady	Kilmarnock Weightlifting Club	M2	c	93	89.1	130.0	140.0	145.0	92.5	97.5	-102.5	242.5	160.0	172.5	180.0	422.5	271.12	13
Brian Baker	Glasgow Powerlifting Club	M3	eq	93	91.7	-157.5	-157.5	-157.5										
Callum Crozier	Unattached	J	c	105	103.4	230.0	240.0	250.0	170.0	180.0	185.0	435.0	270.0	280.0	288.0	723.0	434.42	1
Tim Meadows	University of Stirling	S	c	105	102.6	192.5	202.5	207.5	115.0	122.5	-127.5	330.0	230.0	245.0	255.0	585.0	352.51	2
Craig Murray	Shotts	S	c	105	104.7	190.0	207.5	-212.5	130.0	-140.0	140.0	347.5	200.0	210.0	220.0	567.5	339.45	3
Robert McMillan	Unattached	J	c	105	98.0	185.0	195.0	205.0	100.0	110.0	115.0	320.0	215.0	230.0	245.0	565.0	346.71	4
Graham Miliken	Glasgow Powerlifting Club	S	c	105	99.3	200.0	212.5	-220.0	110.0	115.0	-120.0	327.5	225.0	235.0	-245.0	562.5	343.30	5
Marcin Olczyk	SFD+35	S	c	105	100.3	190.0	195.0	-200.0	-130.0	-130.0	130.0	325.0	220.0	-235.0	-235.0	545.0	331.29	6
Robert Mcaulay	Unattached	S	c	120	116.3	-190.0	190.0	200.0	155.0	165.0	172.5	372.5	220.0	235.0	250.0	622.5	360.64	1
Arthur Cowley	Unattached	M2	c	120	105.8	-210.0	210.0	-225.0	137.5	145.0	-150.0	355.0	230.0	245.0	252.5	607.5	362.06	2
Open Record	Junior Record			Masters Record		Best Classic Lifter												
REFEREES																		
ANDY CLEGG	LOUISE MURRAY																	
STUART CRICHTON	ROWAN HENDRY-HORNE																	