

Fife Open Raw Anatomy 28th & 29th October 2017

| Women                 | Club                              | Age | WT Class | BW    | Squat  | Bench Press | Sub    | Deadlift | Total  | Wilks  | Pos   |        |        |        |       |        |    |
|-----------------------|-----------------------------------|-----|----------|-------|--------|-------------|--------|----------|--------|--------|-------|--------|--------|--------|-------|--------|----|
| Lorraine Howie        | Dual Fitness                      | M2  | 52       | 51.2  | 82.5   | 87.5        | -96.0  | 50.0     | 52.5   | -66.0  | 140.0 | 105.0  | 115.0  | 120.0  | 260.0 | 328.02 | 1  |
| Liz Hill              | Unattached                        | M1  | 52       | 51.0  | 87.5   | 92.5        | -96.0  | 47.5     | 52.5   | 55.0   | 147.5 | 100.0  | -407.5 | -407.5 | 247.5 | 313.19 | 2  |
| Jaimée-lee Bowles     | Raw anatomy                       | SJ  | 57       | 56.3  | 85.0   | 90.0        | 95.0   | 45.0     | 50.0   | -67.5  | 145.0 | 90.0   | 100.0  | -106.0 | 245.0 | 287.06 | 1  |
| Leanne Henkelis       | Forge Powerlifting                | S   | 57       | 56.0  | 70.0   | 75.0        | -82.5  | 45.0     | 47.5   | -60.0  | 122.5 | 105.0  | 112.5  | 120.0  | 242.5 | 285.33 | 2  |
| Natasha Collinson     | Unattached                        | M2  | 57       | 56.6  | 82.5   | 87.5        | 90.0   | 45.0     | 47.5   | -60.0  | 137.5 | -102.5 | 102.5  | -107.5 | 240.0 | 280.04 | 3  |
| Kimberley Wilson      | Unattached                        | S   | 63       | 61.5  | 95.0   | 102.5       | 110.0  | 52.5     | 57.5   | -82.5  | 167.5 | 100.0  | 110.0  | 112.5  | 280.0 | 306.28 | 1  |
| Iona Bruce            | Unattached                        | S   | 63       | 62.2  | 85.0   | 90.0        | 95.0   | 47.5     | 47.5   | 50.0   | 145.0 | 122.5  | 130.0  | 135.0  | 280.0 | 303.84 | 2  |
| Carol Eady            | Raw Anatomy                       | M1  | 63       | 60.9  | 70.0   | 80.0        | 90.0   | 40.0     | 45.0   | -66.0  | 135.0 | 95.0   | 110.0  | 120.0  | 255.0 | 281.04 | 3  |
| Helen Saunders        | Unattached                        | S   | 63       | 62.2  | 60.0   | 65.0        | 70.0   | 37.5     | 40.0   | -46.0  | 110.0 | 90.0   | 97.5   | 105.0  | 215.0 | 233.15 | 4  |
| Katy Matheson         | Edinburgh Barbell                 | S   | 72       | 71.2  | 115.0  | 125.0       | 135.0  | 50.0     | 57.5   | 62.5   | 197.5 | 140.0  | 150.0  | 160.0  | 357.5 | 351.56 | 1  |
| Nicola Harcus         | Aitken Fitness/Forge Powerlifting | M1  | 72       | 70.1  | 90.0   | 97.5        | 105.0  | 55.0     | 60.0   | -62.5  | 165.0 | 120.0  | 130.0  | -137.5 | 295.0 | 293.19 | 2  |
| Allison Gibson        | ATS                               | M2  | 72       | 69.8  | 87.5   | 95.0        | 100.0  | 45.0     | 47.5   | 50.0   | 150.0 | 122.5  | 130.0  | 140.0  | 290.0 | 289.08 | 3  |
| Ivona Voroneckaja     | Unattached                        | S   | 72       | 67.2  | 90.0   | 95.0        | -100.0 | 50.0     | 55.0   | -60.0  | 150.0 | 117.5  | 122.5  | 125.0  | 275.0 | 281.57 | 4  |
| Veronica Rose         | Forge Gym                         | S   | 72       | 70.8  | 85.0   | -92.5       | 100.0  | 37.5     | -46.0  | -46.0  | 137.5 | 105.0  | 115.0  | 125.0  | 262.5 | 259.12 | 5  |
| Katie Goudie          | Edinburgh Barbell                 | S   | 72       | 66.5  | 80.0   | -86.0       | -86.0  | 52.5     | 55.0   | -67.5  | 135.0 | 105.0  | 112.5  | -120.0 | 247.5 | 255.34 | 6  |
| Rebecca Noble         | Robert Gordon University          | S   | 72       | 68.1  | 60.0   | 70.0        | -76.0  | 35.0     | 40.0   | -42.5  | 110.0 | 77.5   | 90.0   | -100.0 | 200.0 | 202.84 | 7  |
| Wendy Macfarlane      | Raw Anatomy                       | S   | 84       | 83.5  | 140.0  | 150.0       | 160.0  | 75.0     | 80.0   | 85.0   | 245.0 | 160.0  | 170.0  | 182.5  | 427.5 | 382.36 | 1  |
| Natalie Huggins       | Raw Anatomy                       | S   | 84       | 83.5  | 110.0  | 120.0       | 125.0  | 65.0     | 70.0   | -77.5  | 195.0 | 155.0  | 165.0  | -172.5 | 360.0 | 321.99 | 2  |
| Shasha Bowers         | Unattached                        | S   | 84       | 76.8  | 132.5  | 142.5       | 150.0  | 50.0     | 55.0   | 60.0   | 210.0 | 120.0  | 130.0  | 135.0  | 345.0 | 323.23 | 3  |
| Tracy Brown           | Forge Powerlifting                | S   | 84       | 81.4  | 115.0  | 122.5       | 130.0  | 57.5     | 62.5   | -67.5  | 192.5 | 137.5  | -146.0 | 150.0  | 342.5 | 310.43 | 4  |
| Irene Halliburton     | Unattached                        | M1  | 84       | 77.7  | 105.0  | 110.0       | 117.5  | 55.0     | -57.0  | 57.5   | 175.0 | 125.0  | 135.0  | 140.0  | 315.0 | 293.08 | 5  |
| Jaime Holmes          | Unattached                        | S   | 84       | 74.4  | 115.0  | 120.0       | 125.0  | 45.0     | -60.0  | 52.5   | 177.5 | 120.0  | 125.0  | 130.0  | 307.5 | 293.81 | 6  |
| Sandra Ozga           | Unattached                        | S   | 84       | 81.9  | 90.0   | 100.0       | 107.5  | 50.0     | 55.0   | -60.0  | 162.5 | 125.0  | 132.5  | 137.5  | 300.0 | 271.03 | 7  |
| Annette Rankin        | Forge Powerlifting                | M2  | 84       | 79.2  | -72.5  | 72.5        | 80.0   | 50.0     | 52.5   | -56.0  | 132.5 | 125.0  | 132.5  | -142.5 | 265.0 | 243.85 | 8  |
| Caroline Hogg         | Unattached                        | M2  | 84       | 83.5  | -80.0  | -80.0       | 80.0   | -47.5    | 47.5   | -52.5  | 127.5 | 100.0  | 110.0  | 117.5  | 245.0 | 219.13 | 9  |
| Beth Wards            | RGUWC                             | S   | 84       | 76.3  | 60.0   | 70.0        | 75.0   | 35.0     | 40.0   | -42.5  | 115.0 | 90.0   | 100.0  | 102.5  | 217.5 | 204.58 | 10 |
| Leah Moir             | Raw anatomy                       | S   | 84+      | 113.3 | 140.0  | 150.0       | 155.0  | 95.0     | 105.0  | 110.0  | 265.0 | 145.0  | 155.0  | -166.0 | 420.0 | 339.45 | 1  |
| Rachael Moir          | Raw Anatomy                       | S   | 84+      | 94.8  | -130.0 | 137.5       | 147.5  | 85.0     | 90.0   | -96.0  | 237.5 | 155.0  | 160.0  | -166.0 | 397.5 | 336.69 | 2  |
| Lorraine Wade         | Unattached                        | M1  | 84+      | 84.4  | 110.0  | -120.0      | 125.0  | 65.0     | -72.5  | 72.5   | 197.5 | 130.0  | 140.0  | 150.0  | 347.5 | 309.15 | 3  |
| Men                   | Club                              | Age | WT Class | BW    | Squat  | Bench Press | Sub    | Deadlift | Total  | Wilks  | Pos   |        |        |        |       |        |    |
| Michael Morris        | Forge Powerlifting                | S   | 66       | 63.7  | 175.0  | 182.5       | -186.5 | 107.5    | 112.5  | -117.5 | 295.0 | 205.0  | -216.0 | -216.0 | 500.0 | 404.46 | 1  |
| Stuart Duncan         | Turriff Strength Training         | S   | 66       | 64.7  | 165.0  | 175.0       | -187.5 | 100.0    | 110.0  | -120.0 | 285.0 | 180.0  | 200.0  | -222.5 | 485.0 | 387.17 | 2  |
| Milo Nathan           | Unattached                        | S   | 66       | 63.5  | 122.5  | 130.0       | 137.5  | 75.0     | 80.0   | 85.0   | 222.5 | 170.0  | 182.5  | 195.0  | 417.5 | 338.63 | 3  |
| Bruce Cromar          | Unattached                        | SJ  | 66       | 64.1  | 100.0  | 110.0       | 122.5  | -82.5    | -87.5  | 87.5   | 210.0 | 100.0  | 140.0  | 160.0  | 370.0 | 297.70 | 4  |
| Duncan Keith          | unattached                        | S   | 74       | 72.6  | 185.0  |             |        | 105.0    |        |        | 290.0 | 230.0  |        |        | 520.0 | 379.22 | 1  |
| Bernie McGurk         | unattached                        | M1  | 74       | 73.2  | 150.0  | 160.0       | 162.5  | 102.5    | 107.5  |        | 270.0 | 210.0  | 220.0  |        | 490.0 | 355.21 | 2  |
| Andrew Yewdall        | Unattached                        | S   | 74       | 72.9  | 135.0  |             |        | 105.0    |        |        | 240.0 | 170.0  |        |        | 410.0 | 298.10 | 3  |
| Tom Hopson            | Guest                             | J   | 74       | 72.8  | 170.0  | 190.0       | 200.0  | 100.0    | 110.0  | 120.0  | 320.0 | 215.0  | 230.0  | 250.0  | 570.0 | 414.85 | G  |
| Paul Macdonald        | Gym 300                           | S   | 83       | 79.8  | 195.0  | 205.0       | 212.5  | 140.0    | 145.0  | -160.0 | 357.5 | 230.0  | 240.0  | 245.0  | 602.5 | 411.98 | 1  |
| Jeff Macdonald        | Unattached                        | S   | 83       | 82.0  | 215.0  | -227.5      | -227.5 | 130.0    | -140.0 | -140.0 | 345.0 | -226.0 | 230.0  | -240.0 | 575.0 | 386.61 | 2  |
| John Wright           | Unattached                        | u20 | 83       | 77.4  | 190.0  | 200.0       | 205.0  | 120.0    | 125.0  | -130.0 | 330.0 | 215.0  | 230.0  | 235.0  | 565.0 | 394.06 | 3  |
| Ewan MacDonald        | Glasgow Powerlifting Club         | S   | 83       | 83.0  | 170.0  | 180.0       | 190.0  | 105.0    | -112.5 | -112.5 | 295.0 | 210.0  | 222.5  | -230.0 | 517.5 | 345.43 | 4  |
| Drew Christie         | Unattached                        | SJ  | 83       | 78.9  | 155.0  | 162.5       | -167.5 | 112.5    | 120.0  | -122.5 | 282.5 | 150.0  | 170.0  | -186.0 | 452.5 | 311.66 | 5  |
| Kyle Pitcairn         | Unattached                        | S   | 83       | 81.8  | 130.0  | 142.5       | 147.5  | 85.0     | 95.0   | 100.0  | 247.5 | 150.0  | 165.0  | 172.5  | 420.0 | 282.81 | 6  |
| Johnathan Wright      | Unattached                        | S   | 83       | 80.2  | 105.0  | -116.0      | -120.0 | 85.0     | 90.0   | -97.5  | 195.0 | 125.0  | 140.0  | -160.0 | 335.0 | 228.34 | 7  |
| Alex Thomson          | Raw anatomy                       | S   | 93       | 91.7  | 210.0  | 220.0       | 230.0  | 140.0    | 150.0  | 160.0  | 390.0 | 250.0  | 270.0  | -285.0 | 660.0 | 417.13 | 1  |
| Frazer Rennie         | Forge Powerlifting                | S   | 93       | 91.7  | 190.0  | 197.5       | 205.0  | 157.5    | 162.5  | 165.0  | 370.0 | 215.0  | -206.0 | 215.0  | 595.0 | 376.32 | 2  |
| Martin Porter         | Raw Anatomy                       | S   | 93       | 91.1  | 155.0  | 170.0       | 182.5  | 120.0    | 127.5  | -130.0 | 310.0 | 250.0  | 265.0  | -272.5 | 575.0 | 364.84 | 3  |
| Graham Findlay        | Unattached                        | S   | 93       | 91.0  | 185.0  | 195.0       | 205.0  | 125.0    | 135.0  | -140.0 | 340.0 | 215.0  | 225.0  | 232.5  | 572.5 | 363.46 | 4  |
| Gordon Scott          | Unattached                        | M2  | 93       | 91.1  | -160.0 | -160.0      | 160.0  | 152.5    | 157.5  | -162.5 | 317.5 | 210.0  | 220.0  | -226.0 | 537.5 | 341.05 | 5  |
| Andrew Minto          | Unattached                        | S   | 93       | 92.4  | 160.0  | 170.0       | 177.5  | 105.0    | 110.0  | 112.5  | 290.0 | 200.0  | 210.0  | 220.0  | 510.0 | 321.37 | 6  |
| Scott Muir            | Unattached                        | S   | 93       | 93.0  | -160.0 | 170.0       | 175.0  | 95.0     | -106.0 | 110.0  | 285.0 | 190.0  | 205.0  | 215.0  | 500.0 | 314.10 | 7  |
| Daniel Maclaren       | Unattached                        | J   | 93       | 91.7  | 145.0  | 155.0       | 165.0  | 105.0    | 112.5  | 115.0  | 280.0 | 185.0  | 200.0  | 215.0  | 495.0 | 313.07 | 8  |
| Ross Milne            | Unattached                        | SJ  | 93       | 89.0  | 155.0  | 165.0       | -176.0 | -110.0   | 120.0  | -122.5 | 285.0 | 150.0  | 175.0  | 182.5  | 467.5 | 300.17 | 9  |
| Michael Perera        | Gym 300                           | M2  | 93       | 84.8  | 135.0  | 142.5       | -147.5 | 95.0     | 100.0  | 107.5  | 250.0 | 185.0  | -196.0 | 195.0  | 445.0 | 293.35 | 10 |
| Jack Tosh             | Unattached                        | SJ  | 93       | 89.5  | -160.0 | 170.0       | -186.0 | -96.0    | 102.5  | -110.0 | 272.5 | 140.0  | 150.0  | -160.0 | 422.5 | 270.49 | 11 |
| Alan Hunter           | unattached                        | S   | 93       | 91.8  | -170.0 | 170.0       | 175.0  | -147.5   | -147.5 | -160.0 |       | -220.0 | 220.0  | -226.0 |       |        |    |
| Scott McAlpine        | Raw Anatomy                       | S   | 105      | 104.2 | 260.0  | -275.0      | -275.0 | 160.0    | 170.0  | -176.0 | 430.0 | 260.0  | 270.0  | -280.0 | 700.0 | 419.42 | 1  |
| Duncan Mackay         | Stornoway                         | M1  | 105      | 98.4  | 200.0  | 210.0       | 220.0  | 130.0    | -140.0 | -140.0 | 350.0 | 265.0  | 275.0  | -287.5 | 625.0 | 382.88 | 2  |
| Alistair Mackintosh   | Unattached                        | S   | 105      | 96.8  | 205.0  | 210.0       | 222.5  | 127.5    | 132.5  | -136.0 | 355.0 | -230.0 | 230.0  | 237.5  | 592.5 | 365.50 | 3  |
| Callum Orr            | Forge Powerlifting                | S   | 105      | 100.9 | 170.0  | 177.5       | 182.5  | 130.0    | 137.5  | 142.5  | 325.0 | 220.0  | 232.5  | 245.0  | 570.0 | 345.67 | 4  |
| Martin Boa            | Forge Powerlifting                | S   | 105      | 96.7  | 172.5  | 182.5       | 190.0  | 110.0    | 115.0  | -117.5 | 305.0 | 232.5  | 245.0  | 255.0  | 560.0 | 345.61 | 5  |
| Fergus Wilson         | Forge Powerlifting                | S   | 105      | 101.8 | -180.0 | 190.0       | -196.0 | -130.0   | 135.0  | -140.0 | 325.0 | 210.0  | 220.0  | -230.0 | 545.0 | 329.38 | 6  |
| Matthew Messer        | Forge Powerlifting                | J   | 105      | 103.2 | 170.0  | 177.5       | 182.5  | 115.0    | 120.0  | -127.5 | 302.5 | 210.0  | 220.0  | -226.0 | 522.5 | 314.17 | 7  |
| Shaun Beattie         | North East Barbell                | S   | 105      | 98.5  | 150.0  | 160.0       | -176.0 | 100.0    | -107.5 | -107.5 | 260.0 | 180.0  | 200.0  | 205.0  | 465.0 | 284.74 | 8  |
| Aleksandrs Grigorjevs | TF fitness centre                 | S   | 120      | 118.4 | 280.0  | 295.0       | 305.0  | 190.0    | 200.0  | -207.5 | 505.0 | 290.0  | 310.0  | 320.0  | 825.0 | 475.82 | 1  |
| Ettienne John els     | Highland Barbell Club             | S   | 120      | 116.8 | 217.5  | 225.0       | -230.0 | 130.0    | -140.0 | -140.0 | 355.0 | 210.0  | 222.5  | 232.5  | 587.5 | 339.99 | 2  |
| Andrew McGee          | Unattached                        | S   | 120      | 110.1 | 180.0  | 185.0       | 197.5  | -116.0   | 115.0  | -122.5 | 312.5 | 160.0  | 180.0  | 212.5  | 525.0 | 308.87 | 3  |
| Mark Henkelis         | Unattached (Guest)                | M2  | 120      | 119.2 | 0.0    |             |        | 140.0    | 150.0  | -157.5 |       | 200.0  |        |        |       |        | G  |
| Dylan McPhee          | Unattached                        | J   | 120+     | 130.0 | 215.0  | 235.0       | 250.0  | 115.0    | 127.5  | -136.0 | 377.5 | 205.0  | 225.0  | 240.0  | 617.5 | 349.25 | 1  |
| Paul Walker           | Raw Anatomy                       | S   | 120+     | 122.2 | 190.0  | 215.0       | -232.5 | -120.0   | 125.0  | 140.0  | 355.0 | 220.0  | 235.0  | 260.0  | 615.0 | 352.13 | 2  |
| John Brawley          | Highland Barbell Club             | S   | 120+     | 145.0 | 200.0  | -230.0      | -230.0 | 115.0    | 120.0  | 130.0  | 330.0 | 220.0  | 230.0  | 240.0  | 570.0 | 316.89 | 3  |
| Joseph Kirby          | Guest                             | M2  | 120+     | 133.0 | 180.0  | 200.0       | -220.0 | 100.0    | 125.0  | -130.0 | 325.0 | 180.0  | 200.0  | -220.0 | 525.0 | 295.79 | G  |
| Aaron Robertson       | North East Barbell                | S   | 120+     | 125.6 | 205.0  | -216.0      | -216.0 | X        |        |        |       | X      |        |        |       |        |    |

**Open Record**      **Junior Record**      **Masters Record**