

## Northern Districts - Forge Gym Inverness - 28th January 2018

Women	Club	Age	WT Class	BW	Squat			Bench Press			Deadlift			Total	Wilks	Pos
Catriona Duncan	Unattached (Bench Only)	M1	57	52.3				55.0	57.5	<b>60.0</b>				60.0	74.47	
Jordan Wemyss	Strongteam	J	63	62.0	125.0	<b>130.0</b>	<del>-132.5</del>	72.5	<b>75.0</b>	<del>-77.5</del>	130.0	137.5	<b>142.5</b>	<b>347.5</b>	<b>377.77</b>	1
Susanne Erbida	Unattached	M1	63	58.6	75.0	<b>85.0</b>	<del>-90.0</del>	42.5	<b>45.0</b>	<del>-47.5</del>	<b>130.0</b>	<del>-142.5</del>	<b>142.5</b>	272.5	309.42	2
Heather Webster	Gym 300	S	63	61.6	70.0	75.0	<b>80.0</b>	<del>-40.0</del>	<b>40.0</b>	<del>-42.5</del>	110.0	<b>120.0</b>	<del>-125.0</del>	240.0	262.20	3
Judith Davison	Highland Barbell Club	M1	72	70.2	95.0	<b>105.0</b>	<del>-115.0</del>	50.0	55.0	<b>57.5</b>	120.0	<b>130.0</b>	<del>-137.5</del>	292.5	290.39	1
Veronica Rose	Forge Gym	S	72	71.4	85.0	<b>95.0</b>	<del>-105.0</del>	40.0	42.5	<b>45.0</b>	110.0	120.0	<b>130.0</b>	270.0	265.01	2
Kelly Hodgkin	Strongteam	S	72	68.1	90.0	<b>95.0</b>	<del>-97.5</del>	47.5	50.0	<b>52.5</b>	105.0	<b>112.5</b>	<del>-117.5</del>	260.0	263.69	3
Vanassa George - Macdonald	Forge Powerlifting	S	84	80.6	130.0	137.5	<b>145.0</b>	65.0	70.0	<b>75.0</b>	150.0	160.0	<b>170.0</b>	390.0	355.37	1
Rebecca Francis	Strongteam	S	84	77.6	140.0	<del>-150.0</del>	<b>150.0</b>	65.0	67.5	<b>70.0</b>	135.0	<b>145.0</b>	<del>-152.5</del>	365.0	339.85	2
Tracy Brown	Forge Powerlifting	S	84	82.1	125.0	<b>132.5</b>	<del>-140.0</del>	62.5	<b>67.5</b>	<del>-70.0</del>	<b>145.0</b>	<del>-152.5</del>	<del>-152.5</del>	345.0	311.29	3
Rachael Fairclough	Strongteam	J	84	83.9	122.5	<b>127.5</b>	<del>-132.5</del>	<del>-60.0</del>	<b>62.5</b>	<del>-67.5</del>	<b>135.0</b>	<del>-145.0</del>	<del>-145.0</del>	325.0	290.00	4
Lenise Elizabeth Bruce	Unattached (Guest)	M1	84+	120.2	130.0	<b>140.0</b>	<del>-147.5</del>	60.0	67.5	<b>72.5</b>	120.0	135.0	<b>145.0</b>	357.5	285.79	G
Men	Club	Age	WT Class	BW	Squat			Bench Press			Deadlift			Total	Wilks	Pos
Finlay Mercer	Unattached	SJ	66	64.2	<b>150.0</b>	<del>-160.0</del>	<del>-165.0</del>	<b>115.0</b>	<del>-120.0</del>	<del>-120.0</del>	<b>190.0</b>	<del>-195.0</del>	<del>-195.0</del>	<b>455.0</b>	365.59	1
Duncan Collard	Strongteam	S	66	65	<b>120.0</b>	<del>-125.0</del>	<del>-125.0</del>	<del>-87.5</del>	<del>-87.5</del>	<b>87.5</b>	140.0	150.0	<b>160.0</b>	367.5	292.24	2
Thomas MacKenzie	Highland Barbell Club	J	83	74.7	145.0	160.0	<b>170.0</b>	100.0	107.5	<b>110.0</b>	175.0	190.0	<b>205.0</b>	485.0	346.58	1
Christopher Sked	Unattached	S	83	80.2	110.0	115.0	<b>120.0</b>	<del>-120.0</del>	<b>130.0</b>	<del>-137.5</del>	167.5	177.5	<b>182.5</b>	432.5	294.79	2
Robert Hirst	Unattached	S	83	76.5	140.0	<b>147.5</b>	<del>-152.5</del>	80.0	<b>87.5</b>	<del>-90.0</del>	155.0	165.0	<b>170.0</b>	405.0	284.67	3
Kevin Nimmons	Strongteam	S	93	89.4	<b>185.0</b>	<del>-192.5</del>	<del>-192.5</del>	<del>-50.0</del>	<b>50.0</b>	<del>-52.5</del>	<b>190.0</b>	<del>-205.0</del>	<del>-205.0</del>	425.0	272.26	1
Felix Vallejo Ruiz	Unattached (Guest)	J	93	87.8	150.0	<b>172.5</b>	<del>-192.5</del>	<del>-92.5</del>	100.0	<b>102.5</b>	155.0	187.5	<b>205.0</b>	480.0	310.42	G
Craig Smith	Highland Barbell Club	S	105	99	205.0	225.0	<b>230.0</b>	130.0	142.5	<b>150.0</b>	240.0	260.0	<b>270.0</b>	650.0	<b>397.22</b>	1
Alister Duncan Mackintosh	Strongteam	S	105	97.9	215.0	<b>227.5</b>	<del>-232.5</del>	<b>125.0</b>	<del>-132.5</del>	<del>-132.5</del>	230.0	<del>-242.5</del>	<b>242.5</b>	595.0	365.27	2
Ettienne Els	Highland Barbell Club	S	120	117.4	215.0	<del>222.5</del>	<b>230.0</b>	<del>-130.0</del>	<b>130.0</b>	<del>-140.0</del>	220.0	230.0	<b>240.0</b>	600.0	346.80	1
Connor Sinclair	Unattached	J	120+	137.6	<del>-250.0</del>	<del>-260.0</del>	<del>-270.0</del>	135.0	<b>140.0</b>	<del>-145.0</del>	210.0	220.0	<b>230.0</b>			
Graeme Reid	Unattached (Bench only)	S	120+	122.7				160.0	<del>-165.0</del>	<b>165.0</b>				165.0	94.4	
<b>Open Record</b>	<b>Junior Record</b>				<b>Masters Record</b>			<b>Best lifter</b>								