

February 9th 2019

Eastern Districts 2019 - Ladies (Elysium, Edinburgh)

Name	Team	Div	BWT	WT Class	IPF Pts Code	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	IPF Points	Events Entered
Nicole Barbour	Unattached	F-O	46.00	47	Classic	55.0	60.0	-66.0	30.0	-32.5	-32.5	75.0	80.0	82.5	172.5	1	326.04	PL
Arlene Middler	Unattached	F-M1	51.10	52	Classic	85.0	90.0	95.0	57.5	62.5	65.0	110.0	117.5	122.5	282.5	1	537.37	PL
Lisa To	Raw 3.0	F-O	50.80	52	Classic	-66.0	70.0	77.5	35.0	-42.5	-42.5	95.0	102.5	-145.0	215.0	2	400.18	PL
Dayna Smith	Raw 3.0	FR-O	55.90	57	Classic	90.0	100.0	107.5	40.0	47.5	50.0	105.0	120.0	130.0	287.5	1	523.13	PL
Angela Macleod	Flex Fitness	F-M1	54.60	57	Classic	90.0	95.0	100.0	55.0	-57.5	-57.5	120.0	125.0	-130.0	280.0	2	514.58	PL
Valerie Dourley	UN Attached	F-M3	55.30	57	Classic	87.5	90.0	92.5	37.5	40.0	-42.5	87.5	90.0	92.5	225.0	3	404.65	PL
Sandhya Bangar	Gray Mania Fitness	FR-O	56.40	57	Classic	-69.0	-69.0	60.0	40.0	45.0	-47.5	100.0	105.0	-140.0	210.0	4	372.45	PL
Lauren Clark	Elysium	FR-O	62.90	63	Classic	-142.5	112.5	-120.0	62.5	-66.0	65.0	135.0	140.0	142.5	320.0	1	553.13	PL
Katrine Tuft	Unattached	F-J	62.30	63	Classic	-90.0	95.0	100.0	57.5	62.5	65.0	125.0	130.0	135.0	300.0	2	519.66	PL
Alice Greenhill	DSU	FR-O	62.10	63	Classic	75.0	82.5	90.0	50.0	52.5	57.5	115.0	125.0	135.0	282.5	3	488.92	PL
Sheree Donaldson	W10 Strength	FR-O	62.30	63	Classic	95.0	-102.5	-102.5	47.5	-50.0	-60.0	105.0	115.0	125.0	267.5	4	461.26	PL
Amy Craig	Edinburgh Barbell	F-J	59.70	63	Classic	82.5	87.5	92.5	45.0	50.0	-55.0	95.0	102.5	110.0	252.5	5	442.37	PL
Katy Lavery	LIFT	FR-O	60.30	63	Classic	87.5	95.0	97.5	45.0	50.0	-50.0	100.0	110.0	-147.5	252.5	6	440.44	PL
Marcita Copertino	Unattached	FR-O	57.20	63	Classic	70.0	80.0	90.0	45.0	-50.0	-60.0	80.0	95.0	110.0	245.0	7	436.69	PL
Melanie Nocher	Athena/Elysium	FR-O	62.40	63	Classic	70.0	75.0	77.5	52.5	55.0	-67.5	107.5	112.5	-147.5	245.0	8	420.55	PL
Kath Paterson	Elysium	F-M1	61.40	63	Classic	70.0	75.0	80.0	40.0	42.5	-45.0	110.0	-146.0	117.5	240.0	9	414.35	PL
Michelle Bauer	Unattached	F-S	70.90	72	Classic	130.0	137.5	142.5	-65.0	70.0	-72.5	155.0	165.0	-170.0	377.5	1	620.20	PL
Sandra Dailidyte	LIFT	F-S	70.90	72	Classic	130.0	140.0	-145.0	60.0	65.0	-70.0	140.0	150.0	160.0	365.0	2	599.40	PL
Jaime Holmes	Sykes Lifting	F-S	71.00	72	Classic	115.0	125.0	132.5	55.0	60.0	62.5	130.0	140.0	150.0	345.0	3	565.79	PL
Rebecca Gow	Unattached	F-S	71.40	72	Classic	100.0	110.0	115.0	55.0	60.0	-62.5	145.0	155.0	160.0	335.0	4	547.85	PL
Yandra Banks-Brown	Unattached	F-J	68.90	72	Classic	122.5	130.0	-136.0	50.0	55.0	-60.0	130.0	137.5	-142.5	322.5	5	535.24	PL
Laura Best	TJB Personal Training & Fitness	FR-O	70.50	72	Classic	105.0	110.0	120.0	-50.0	-50.0	50.0	140.0	145.0	150.0	320.0	6	525.81	PL
Iona Paterson	Elysium	F-J	69.90	72	Classic	105.0	110.0	115.0	65.0	70.0	-75.0	115.0	125.0		310.0	7	510.96	PL
Michelle Rhind	Raw 3.0	F-S	71.20	72	Classic	100.0	-145.0	-120.0	50.0	55.0	-60.0	145.0	155.0	-160.0	310.0	8	507.02	PL
Allison Gibson	ATS	F-M2	70.80	72	Classic	100.0	107.5	112.5	50.0	-52.5	-55.0	120.0	130.0	137.5	300.0	9	491.57	PL
Kimberley Wilson	Athena/Elysium	F-S	64.50	72	Classic	105.0	110.0	-145.0	60.0	-62.5	65.0	105.0	112.5	-120.0	287.5	10	489.62	PL
Elaine McClenaghan	Contour Personal Training	F-S	70.90	72	Classic	90.0	-100.0	100.0	40.0	45.0	47.5	115.0	130.0	140.0	287.5	11	470.49	PL
Lana Cheyne	Unattached	F-SJ	70.40	72	Classic	105.0	117.5		55.0	62.5	-70.0	65.0	75.0	105.0	285.0	12	467.67	PL
Katrina Bonar	LIFT	F-S	67.80	72	Classic	92.5	100.0	107.5	50.0	52.5	55.0	105.0	115.0	120.0	282.5	13	470.73	PL
Molly Potter	LIFT	F-S	71.00	72	Classic	85.0	87.5	92.5	45.0	50.0	52.5	95.0	105.0	110.0	255.0	14	416.21	PL
Sheryl Smillie	JH Performance	F-M1	67.90	72	Classic	75.0	-80.0	80.0	37.5	42.5	45.0	100.0	110.0	115.0	240.0	15	397.95	PL
Cait Owens	LIFT	F-S	70.80	72	Classic	80.0	85.0	-90.0	45.0	50.0	-62.5	87.5	92.5	-100.0	227.5	16	370.88	PL
Claire Tocher	BSPT	F-S	80.10	84	Classic	140.0	150.0	155.0	90.0	95.0	-100.0	160.0	170.0	-180.0	420.0	1	654.66	PL
Mairi Scobie	LIFT	F-J	82.80	84	Classic	110.0	117.5	-126.0	65.0	70.0	-72.5	160.0	170.0	175.0	362.5	2	557.80	PL
Ellie Swankie	DSU	F-SJ	83.20	84	Classic	120.0	125.0	130.0	55.0	57.5	60.0	140.0	145.0	150.0	340.0	3	522.45	PL
Ashley Nicholson	Elysium	F-S	81.00	84	Classic	115.0	125.0	-132.5	60.0	65.0	-67.5	135.0	142.5	147.5	337.5	4	524.09	PL
Tink Hallyburton	Unattached	F-M1	81.20	84	Classic	125.0	-130.0	130.0	60.0	62.5	-66.0	135.0	140.0	145.0	337.5	5	523.59	PL
Hannah McColl	Elysium	F-SJ	78.90	84	Classic	125.0	135.0	142.5	-40.0	45.0	47.5	125.0	-127.5	135.0	325.0	6	510.00	PL
Lauren Rawstron	Elysium	F-S	79.00	84	Classic	110.0	117.5	-126.0	47.5	50.0	55.0	120.0	130.0	140.0	312.5	7	490.17	PL
Samantha Ella	Unattached	F-S	75.90	84	Classic	110.0	120.0	130.0	45.0	50.0	-66.0	120.0	130.0	-136.0	310.0	8	493.97	PL
Chloe McKail	Unattached	F-J	78.20	84	Classic	95.0	102.5	110.0	45.0	52.5	-57.5	105.0	125.0	132.5	295.0	9	464.56	PL
Emma Gunning	LIFT	F-S	81.20	84	Classic	85.0	95.0	100.0	45.0	50.0	-55.0	110.0	120.0	-130.0	270.0	10	419.42	PL
Caitlin Berry	Gray Mania Fitness	F-J	82.60	84	Classic	90.0	100.0	-140.0	45.0	-47.5		90.0	100.0	110.0	255.0	11	393.94	PL
Helen Ferguson-Ford	MB Fitness	F-S	132.40	84+	Classic	140.0	150.0	165.0	67.5	75.0	80.0	140.0	150.0	165.0	410.0	1	532.57	PL
Ella Gibbs	Unattached	F-J	99.60	84+	Classic	120.0	130.0	140.0	72.5	77.5	-82.5	150.0	162.5	170.0	387.5	2	555.29	PL
Rachael Moir	Raw 3.0	F-S	96.90	84+	Classic	-125.0	125.0	130.0	80.0	85.0	-92.5	145.0	150.0		365.0	3	529.14	PL
Louise French	Unattached	F-J	90.70	84+	Classic	125.0	135.0	-142.5	55.0	62.5	67.5	130.0	145.0	152.5	355.0	4	527.60	PL
Amy Weldon	Elysium	F-S	94.50	84+	Classic	-135.0	135.0	145.0	60.0	65.0	70.0	130.0	140.0	-162.5	355.0	5	519.71	PL
Joanne Parkin	Pure Gym	F-M1	108.70	84+	Classic	105.0	-120.0	120.0	60.0	65.0	-70.0	150.0	160.0	170.0	355.0	6	495.04	PL
Lily Edge	Edinburgh Barbell	F-S	89.50	84+	Classic	-145.0	115.0	122.5	60.0	65.0	70.0	122.5	132.5	135.0	327.5	7	489.88	PL
Karyn McIntosh	Block 9 Gym	F-S	149.00	84+	Classic	85.0	95.0	105.0	67.5	72.5	-80.0	125.0	135.0	145.0	322.5	8	411.75	PL
Caroline Henderson	Unattached	F-S	107.40	84+	Classic	100.0	105.0	110.0	60.0	62.5	65.0	130.0	137.5	142.5	317.5	9	446.67	PL

Referees:

Alex Mathieson	Kara Swankie
Jim Mutrie	Bernie McGurk
Sophie Barringer	

Scottish Juniors Record
Scottish Masters Record
Best Lifter