

February 2nd 2019

## Scottish Western Districts 2019 (Everyday Athlete Glasgow)

Name	Team	Div	BW	WT Class	Category	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	Sub Total	DL-1	DL-2	DL-3	Total	Place	IPF Points	Events Entered
Cheryl Hendry	JC PT Bannatyne's Ayr	F-S	46.20	47	Classic	75.0	<del>77.5</del>	<del>77.5</del>	47.5	50.0	<del>52.5</del>	125.0	100	<del>105</del>	<del>105</del>	225.0	1	441.23	PL
Lucy Connelly	Unattached	F-S	52.00	52	Classic	85.0	<del>92.5</del>	<b>92.5</b>	35.0	40.0	<del>45.0</del>	132.5	90	<b>97.5</b>	<del>102.5</del>	230.0	1	426.25	PL
Lorraine Howie	Dual Fitness	F-M2	52.60	57	Classic	75.0	80.0	<b>90.0</b>	52.5	55.0	<del>57.5</del>	145.0	110	125	<b>135</b>	280.0	1	524.34	PL
Aimee Jewell	Unattached	F-S	54.70	57	Classic	<b>95.0</b>	<del>100.0</del>	<del>102.5</del>	42.5	<del>45.0</del>	<b>45.0</b>	140.0	115	120	<b>125</b>	265.0	2	484.80	PL
Laura Munro	Glasgow Powerlifting Club	F-O	62.20	63	Classic	90.0	<b>97.5</b>	<del>100.0</del>	45.0	47.5	<del>50.0</del>	145.0	137.5	<b>142.5</b>	<del>145</del>	287.5	1	497.56	PL
Emma Forshaw	Unattached	F-O	62.50	63	Classic	105.0	<del>110.0</del>	<b>110.0</b>	57.5	<b>62.5</b>	<del>65.0</del>	172.5	105	<b>110</b>	<del>115</del>	282.5	2	487.52	PL
Ivona Voroneckaja	Sykes Lifting	F-S	62.00	63	Classic	80.0	90.0	<b>95.0</b>	45.0	50.0	<b>52.5</b>	147.5	115	125	<b>130</b>	277.5	3	480.26	PL
Lucy Paterson	Everyday Athlete	F-J	62.60	63	Classic	80.0	85.0	<b>90.0</b>	45.0	47.5	<b>50.0</b>	140.0	120	127.5	<b>135</b>	275.0	4	473.74	PL
Eilidh Greig	W10 Strength	F-S	61.00	63	Classic	95.0	<del>102.5</del>	<b>102.5</b>	47.5	50.0	<del>52.5</del>	152.5	105	<b>115</b>	<del>122.5</del>	267.5	5	465.56	PL
Rachel Cunningham	Unattached	F-S	59.90	63	Classic	<del>85.0</del>	<b>87.5</b>	<del>92.5</del>	47.5	50.0	<del>55.0</del>	137.5	107.5	<b>112.5</b>	<b>120</b>	257.5	6	450.93	PL
Julie McKee	Dual Fitness	F-M1	60.50	63	Classic	<del>70.0</del>	<b>70.0</b>	<b>75.0</b>	47.5	50.0	<del>52.5</del>	125.0	105	110	<b>120</b>	245.0	7	426.08	PL
Johanna Platt	Everyday Athlete	F-S	68.40	72	Classic	110.0	115.0	<b>120.0</b>	60.0	<del>62.5</del>	<del>62.5</del>	180.0	125	<del>132.5</del>	<b>132.5</b>	312.5	1	519.96	PL
Bronwen Adlington	GUWC	F-J	81.90	84	Classic	140.0	<b>150.0</b>	<del>155.0</del>	87.5	<b>95.0</b>	<del>97.5</del>	245.0	135	147.5	<b>155</b>	400.0	1	617.84	PL
Bethany Chinchin	JLG Strength	F-S	82.80	84	Classic	125.0	<b>132.5</b>	<del>140.0</del>	62.5	67.5	<b>70.0</b>	202.5	145	<b>152.5</b>	<del>155</del>	355.0	2	546.34	PL
Kerry McKeown	Unattached	F-M1	83.90	84	Classic	125.0	130.0	<b>132.5</b>	67.5	72.5	<b>75.0</b>	207.5	100	<b>120</b>		327.5	3	501.81	PL
Alyce Macpherson	Unattached	F-S	78.80	84	Classic	95.0	102.5	<b>110.0</b>	52.5	55.0	<b>60.0</b>	170.0	130	140	<b>152.5</b>	322.5	4	506.33	PL
Jaclyn Smith	Glasgow Powerlifting Club	F-S	79.30	84	Classic	112.5	<b>117.5</b>	<del>122.5</del>	52.5	57.5	<b>60.0</b>	177.5	122.5	127.5	<b>132.5</b>	310.0	5	485.54	PL
Carly Wilson	Unattached	F-S	77.60	84	Classic	110.0	<b>115.0</b>	<b>120.0</b>	45.0	50.0	<del>52.5</del>	170.0	120	130	<b>135</b>	305.0	6	481.75	PL
Kyla Oak	Deep Burn Gym	F-S	84.20	84+	Classic	130.0	<b>135.0</b>	<del>142.5</del>	60.0	<del>65.0</del>	<del>65.0</del>	195.0	147.5	155	<b>160</b>	355.0	1	542.76	PL
Andrew Robins	Unattached	M-S	71.50	74	Classic	152.5	165.0	<b>170.0</b>	100.0	107.5	<b>112.5</b>	282.5	197.5	210	<b>215</b>	497.5	1	535.93	PL
Jason Lau	Unattached	M-S	73.70	74	Classic	130.0	137.5	<b>142.5</b>	132.5	<b>140.0</b>	<del>143.0</del>	282.5	170	182.5	<b>192.5</b>	475.0	2	496.22	PL
Gabriel Rosu	Unattached	M-S	71.00	74	Classic	140.0	150.0	<b>155.0</b>	115.0	<del>120.0</del>	<b>120.0</b>	275.0	160	170	<b>180</b>	455.0	3	485.59	PL
Tristan Sykes	Sykes Lifting	M-S	81.60	83	Classic	160.0	170.0	<b>175.0</b>	120.0	127.5	<b>130.0</b>	305.0	215	230	<b>235</b>	540.0	1	534.69	PL
Jim Wands	Unattached	M-M1	82.40	83	Classic	160.0	<b>170.0</b>	<del>180.0</del>	125.0	<b>130.0</b>	<del>132.5</del>	300.0	210	<b>215</b>	<del>220</del>	515.0	2	502.55	PL
Charlie Parker	GUWC	M-J	82.30	83	Classic	165.0	175.0	<b>185.0</b>	102.5	<b>107.5</b>	<del>115.0</del>	292.5	170	182.5	<b>195</b>	487.5	3	471.63	PL
Geffroy Hubert	GUWC	M-J	78.20	83	Classic	130.0	140.0	<b>150.0</b>	90.0	95.0	<b>100.0</b>	250.0	170	182.5	<b>195</b>	445.0	4	439.39	PL
Lewis Irvine	Everyday Athlete	M-J	80.70	83	Classic	<b>150.0</b>	<del>157.5</del>	<del>160.0</del>	80.0	85.0	<b>90.0</b>	240.0	150	160	<b>170</b>	410.0	5	388.89	PL
Robert Love	Kilmarnock Weightlifting Club	M-M1	92.80	93	Classic	225.0	240.0	<b>250.0</b>	135.0	142.5	<b>150.0</b>	400.0	225	240	<b>250</b>	650.0	1	606.61	PL
Drummond McCulloch	GUWC	M-J	93.00	93	Classic	205.0	220.0	<b>227.5</b>	145.0	<b>155.0</b>	<del>160.0</del>	382.5	220	235	<b>242.5</b>	625.0	2	579.23	PL
Lewis Young	The Shed - Castle Douglas	M-J	88.40	93	Classic	210.0	<del>220.0</del>	<b>225.0</b>	120.0	<b>130.0</b>	<del>140.0</del>	355.0	210	<b>225</b>	<del>240</del>	580.0	3	549.62	PL
Gordon Scott	Unattached	M-M3	89.80	93	Classic	150.0	160.0	<b>175.0</b>	130.0	140.0	<b>147.5</b>	322.5	190	205	<b>210</b>	532.5	4	492.44	PL
Steve Fraser	Unattached	M-S	92.50	93	Classic	170.0	<b>180.0</b>	<del>190.0</del>	90.0	100.0	<b>105.0</b>	285.0	180	200	<b>215</b>	500.0	5	448.17	PL
Felix Niedermoser	GUWC	M-J	89.90	93	Classic	145.0	155.0	<b>162.5</b>	112.5	<b>117.5</b>	<del>122.5</del>	280.0	175	187.5	<b>200</b>	480.0	6	435.26	PL
Kieran McFadyen	Greenock Barbell	M-S	92.00	93	Classic	150.0	<b>157.5</b>	<del>162.5</del>	115.0	<del>120.0</del>	<b>120.0</b>	277.5	162.5	170	<b>180</b>	457.5	7	404.41	PL
Duncan McDonald	Unattached	M-S	89.60	93	Classic	145.0	152.5	<b>160.0</b>	105.0	<b>110.0</b>	<del>117.5</del>	270.0	160	172.5	<b>175</b>	445.0	8	398.31	PL
Calum Jamieson	Greenock Barbell	M-S	90.40	93	Classic	132.5	140.0	<b>145.0</b>	87.5	92.5	<b>100.0</b>	245.0	155	167.5	<b>180</b>	425.0	9	374.27	PL
Brian Baker	Glasgow Powerlifting Club	M-M3	90.40	93	Classic	130.0	<b>135.0</b>	<del>140.0</del>	60.0	65.0	<b>70.0</b>	205.0	<b>175</b>			380.0	10	325.73	PL
Richard Sawyer	Glasgow Powerlifting Club	M-S	102.90	105	Classic	215.0	222.5	<b>227.5</b>	145.0	<b>152.5</b>	<del>155.0</del>	380.0	<b>275</b>	<del>290</del>		655.0	1	573.52	PL
Jonathon Lenzi	Hostile Strength & Conditioning	M-S	103.30	105	Classic	190.0	200.0	<b>205.0</b>	162.5	172.5	<b>175.0</b>	380.0	215	230	<b>240</b>	620.0	2	537.09	PL
Alasdair Wilson	Unattached	M-SJ	96.90	105	Classic	200.0	202.5	<b>212.5</b>	112.5	<b>117.5</b>	<del>122.5</del>	330.0	230	242.5	<b>250</b>	580.0	3	517.51	PL
Jack Tosh	GUWC	M-J	98.70	105	Classic	200.0	<b>210.0</b>	<del>217.5</del>	122.5	<del>127.5</del>	<b>127.5</b>	337.5	200	<b>210</b>	<del>222.5</del>	547.5	4	478.09	PL
Iain Allen	Unattached	M-S	102.70	105	Classic	170.0	185.0	<b>192.5</b>	105.0	112.5	<b>120.0</b>	312.5	210	220	<b>227.5</b>	540.0	5	458.61	PL
Colin Horsburgh	Greenock Barbell	M-S	100.20	105	Classic	160.0	175.0	<b>185.0</b>	80.0	<b>87.5</b>	<del>90.0</del>	272.5	170	185	<b>200</b>	472.5	6	397.10	PL
Alasdair Macleod	Physique and Power Gym	M-S	117.90	120	Classic	217.5	230.0	<b>240.0</b>	152.5	162.5	<b>165.0</b>	405.0	240	<b>255</b>	<del>272.5</del>	660.0	1	533.64	PL
Tim Meadows	Unattached	M-S	110.80	120	Classic	205.0	220.0	<b>230.0</b>	122.5	<b>132.5</b>	<del>137.5</del>	362.5	245	<b>265</b>	<del>275</del>	627.5	2	521.96	PL
Keith Buchanan	Unattached	M-S	120.00	120	Classic	170.0	180.0	<b>190.0</b>	135.0	<b>145.0</b>	<del>150.0</del>	335.0	200	<b>215</b>	<del>225</del>	550.0	3	426.19	PL
Ron Kane	Unattached	M-M1	124.60	120+	Classic	170.0	<b>200.0</b>	<del>210.0</del>	135.0	<b>140.0</b>	<del>145.0</del>	340.0	230	<b>240</b>	<del>245</del>	580.0	1	444.22	PL

## Referees:

John Soulsby  
William Brown  
Jim Mutrie

## Scottish Junior Record

## Scottish Masters Record

## Best Lifter