

21st July Scottish Powerlifting Classic Championships 2019 - Ravenscraig Regional Sports

Name	Club	Bodyweight	Weight Class	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	IPF Points	Place
Cheryl Hendry	JC PT	46.00	47	80.0	-85.0	-85.0	50.0	-50.0	100.0	105.0	107.5	237.5	469.901	1	
Lucy Connelly	Unattached	51.80	52	100.0	107.5	-110.0	42.5	-45.0	-45.0	102.5	107.5	-112.5	257.5	482.833	1
Lisa To	Raw 3.0	51.30	52	72.5	75.0	80.0	37.5	-42.5	-42.5	100.0	110.0	120.0	237.5	444.335	2
Dayna Smith	Raw 3.0	56.60	57	110.0	-	-	47.5	55.0	-	125.0	135.0	142.5	307.5	558.175	1
Jordan Wemyss	Strongteam	62.10	63	140.0	147.5	-153.5	85.0	-90.0	-90.0	147.5	157.5	-167.5	390.0	682.460	1
Karolina Jarosinska	Elite Strength Training	62.20	63	135.0	140.0	-142.5	80.0	-82.5	-82.5	140.0	145.0	152.5	372.5	650.440	2
Annie Nelson	MARRvelous Fitness	62.20	63	110.0	120.0	122.5	60.0	65.0	67.5	140.0	160.0	-167.5	350.0	609.972	3
Jordana Freemantle	Unattached	62.70	63	90.0	97.5	102.5	75.0	80.0	-85.0	110.0	120.0	-130.0	302.5	522.624	4
Alice Greenhill	Dundee Strength Unit	62.20	63	90.0	95.0	100.0	55.0	57.5	60.0	122.5	132.5	140.0	300.0	520.042	5
Eilidh Greig	W10 Strength	61.60	63	100.0	105.0	110.0	55.0	-67.5	57.5	-115.0	115.0	125.0	292.5	508.787	6
Laura Munro	Glasgow Powerlifting Club	61.60	63	87.5	-95.0	-95.0	45.0	-50.0	-50.0	130.0	140.0	-145.0	272.5	472.597	7
Rachel Cunningham	Unattached	57.80	63	75.0	80.0	85.0	50.0	-55.0	-55.0	115.0	122.5	-125.0	257.5	458.211	8
Katy Lavery	LIFT Gym	61.00	63	90.0	100.0	-105.0	47.5	50.0	-52.5	100.0	-110.0	-110.0	250.0	433.694	9
Jaime Holmes	LIFT Gym	71.30	72	125.0	132.5	137.5	57.5	62.5	65.0	140.0	150.0	160.0	362.5	593.770	1
Michelle Bauer	Unattached	63.80	72	120.0	127.5	-135.0	65.0	-70.0	-70.0	145.0	160.0	165.0	357.5	615.916	2
Rebecca Gow	ThinkFit Training	71.00	72	110.0	117.5	122.5	-60.0	60.0	-62.5	155.0	162.5	167.5	350.0	574.099	3
Michelle Rhind	Raw 3.0	70.80	72	110.0	120.0	-120.0	57.5	-62.5	-62.5	150.0	160.0	170.0	347.5	570.645	4
Johanna Platt	Everyday Athlete	70.80	72	117.5	125.0	130.0	62.5	65.0	-70.0	130.0	137.5	145.0	340.0	558.159	5
Kim Wilson	Athena/Elysium	65.20	72	105.0	110.0	112.5	62.5	67.5	-70.0	110.0	115.0	120.0	300.0	509.171	6
Elaine McClenaghan	Contour Personal Training	69.70	72	100.0	-107.5	-107.5	50.0	52.5	-55.0	130.0	-140.0	-147.5	282.5	465.388	7
Robin Pflughaupt	Unattached	71.80	72	90.0	95.0	100.0	70.0	72.5	-75.0	110.0	-116.0	-	282.5	459.839	8
Laura Best	TJB Personal Training	71.60	72	125.0	130.0	135.0	-50.0	-50.0	-50.0	150.0	160.0	-165.0	-	-	-
Wendy Macfarlane	Raw 3.0	83.90	84	165.0	175.0	180.0	85.0	90.0	92.5	175.0	185.0	-190.0	457.5	698.982	1
Claire Tocher	BSPT	82.50	84	145.0	155.0	-160.0	100.0	-105.0	-105.0	165.0	175.0	182.5	437.5	673.369	2
Vanassa Macdonald	Forged Powerlifting	80.80	84	160.0	170.0	177.5	77.5	-85.0	-85.0	180.0	-190.0	-192.0	435.0	675.461	3
Robynne Smith	Unattached	82.00	84	125.0	130.0	135.0	87.5	92.5	95.0	172.5	182.5	191.0	421.0	649.766	4
Sara Ward	Edinburgh Barbell	81.30	84	145.0	150.0	-155.0	82.5	85.0	87.5	132.5	140.0	-145.0	377.5	585.020	5
Bethany Chinchin	JLG Strength Coaching	82.60	84	127.5	135.0	-140.0	67.5	72.5	-75.0	140.0	147.5	-155.0	355.0	546.864	6
Alyce Macpherson	Kinetic Training Systems	77.50	84	115.0	120.0	127.5	57.5	62.5	-65.0	150.0	160.0	-165.0	350.0	553.205	7
Sam Ella	ATS	74.90	84	120.0	130.0	137.5	52.5	57.5	-60.0	130.0	140.0	150.0	345.0	553.039	8
Monika Gostic	Forged Powerlifting	73.40	84	110.0	112.5	120.0	-55.0	57.5	62.5	135.0	145.0	150.0	332.5	537.386	9
Lauren Rawstron	Athena/Elysium	82.30	84	117.5	-125.0	-127.5	52.5	55.0	-60.0	130.0	140.0	150.0	322.5	497.856	10
Helen Ferguson-Ford	MB Fitness	132.30	84+	170.0	180.0	185.0	80.0	85.0	90.0	170.0	180.0	187.5	462.5	596.987	1
Leah Moir	Raw 3.0	114.00	84+	145.0	160.0	-165.0	105.0	-112.5	-112.5	150.0	162.5	-165.0	427.5	582.108	2
Amy Weldon	Elysium	95.00	84+	130.0	140.0	147.5	62.5	67.5	-72.5	140.0	150.0	162.5	377.5	550.757	3
Duncan Collard	Strongteam	63.10	66	155.0	-160.0	-160.0	160.0	85.0	92.5	-100.0	180.0	190.0	442.5	517.188	1
Michael Morris	Prodigy Strength Coaching	70.10	74	175.0	185.0	-190.0	115.0	122.5	130.0	220.0	235.0	245.0	560.0	623.114	1
Daniel Balseanu	Unattached	73.90	74	175.0	185.0	190.0	135.0	-140.0	-145.0	220.0	235.0	-240.0	560.0	598.887	2
Andrew Robins	Unattached	73.90	74	165.0	177.5	182.5	105.0	112.5	117.5	205.0	215.0	220.0	520.0	550.091	3
Lewis Walker	Elite Strength Training	79.90	83	225.0	237.5	-247.0	137.5	142.5	-145.0	245.0	260.0	-265.0	640.0	658.845	1
Dean Mcvie	Hostile Strength	81.00	83	225.0	-235.0	-235.0	135.0	140.0	145.0	230.0	240.0	-252.5	620.0	629.597	2
Duncan Keith	DK Strength	82.60	83	180.0	195.0	-205.0	105.0	110.0	115.0	225.0	240.0	245.0	555.0	547.197	3
Ahren White	Edinburgh Barbell	82.10	83	185.0	200.0	-215.0	115.0	122.5	-125.0	220.0	-230.0	230.0	552.5	546.671	4
Calum Annand	BSPT	90.20	93	-215.0	225.0	235.0	150.0	160.0	-165.0	235.0	250.0	262.5	657.5	625.988	1
Alexander Anderson	CalsYerPal Coaching	90.50	93	215.0	227.5	-232.5	155.0	162.5	-165.0	227.5	245.0	-275.0	635.0	600.379	2
Lewis Kaye	LIFT Gym	91.70	93	202.5	207.5	212.5	147.5	152.5	155.0	217.5	232.5	237.5	605.0	563.147	3
Bob Thanda	Central Strength	90.10	93	215.0	225.0	240.0	120.0	-130.0	-130.0	-250.0	-	-	-	-	-
Andrew Forbes	ATS	102.00	105	255.0	-262.5	-262.5	-150.0	157.5	-160.0	255.0	265.0	275.0	687.5	609.405	1
Frazer Rennie	Unattached	104.80	105	215.0	222.5	230.0	165.0	-170.0	-175.0	215.0	227.5	237.5	632.5	544.779	2
Jonathan Shaw	Strathclyde Powerlifting	104.60	105	192.5	202.5	210.0	117.5	122.5	125.0	242.5	255.0	-265.0	590.0	503.111	3
Robert Mercer	ATS	116.10	120	260.0	270.0	275.0	170.0	-180.0	-180.0	240.0	250.0	260.0	705.0	580.858	1
Tim Meadows	Stirling Uni	111.30	120	217.5	232.5	240.0	125.0	-135.0	-135.0	245.0	260.0	275.0	640.0	532.609	2
Etienne Els	Unattached	118.50	120	240.0	250.0	-255.0	145.0	150.0	-155.0	210.0	225.0	-240.0	625.0	499.405	3
Dale Murray	Unattached	122.00	120+	215.0	230.0	240.0	140.0	150.0	152.5	280.0	-302.5	-302.5	672.5	534.809	1

Referees	
Alex Mathieson	Brian Baker
Martin Boa	Jim Mutrie
Laura Munro	Beth Chinchin
Michelle Brand	

Platform Team	
John Soutsby	Bianca Mourik
Aaron Tate	Kris Wallace
Alison Gibson	Josh Greenfield
Nick Anderson	Johanna Platt
Claire Tocher	Joanne Parkin

Table Team	
Ian Macaslan	Catherine Macaslan
Emma Gunning	Irene Hallyburton
Warren Easton	

Key	
Best Lifter	Green
Scottish Open Record	Yellow
Scottish Junior Record	Blue
Scottish Sub Junior Record	Pink