

11th August

## Scottish Powerlifting Equipped Champs, Bench Champs, and Push Pull 2019 - Elysium Edinburgh

## Scottish Equipped Championships

Name	Team	Contest	Bodyweight	Weight Class	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	IPF Points
Catriona Duncan	Warehouse Gym Arbroath	Equipped	53.70	57	115.0	120.0	122.5	67.5	-72.5	-72.5	132.5	137.5	-140.0	327.5	1	496.90
Majd Helmi	Rothsay Leisure Centre	Guest	66.40	74	-150.0	-150.0	-150.0	-87.5	-87.5	87.5	160.0	170.0	180.0	-	-	0.00

## Scottish Bench Press Championships

Name	Team	Contest	Bodyweight	Weight Class				BP-1	BP-2	BP-3				Bench Total	Place	IPF Points
Aleksandra Rozyczko	GUWC	Classic	57.20	63				52.5	-55.0	55.0				55.0	1	481.01
Karolina Jarosinska	Elite Strength Training	Equipped	62.80	63				90.0	95.0	-100.0				95.0	1	554.79
Shelley Passmore	Arena Gym Fife	Classic	63.40	72				-80.0	85.0	-87.5				85.0	1	679.56
Kim Wilson	Elysium/Athena	Classic	65.10	72				65.0	67.5	-70.0				67.5	2	548.02
Sara Ward	Edinburgh Barbell	Classic	80.80	84				-85.0	85.0	-90.0				85.0	1	621.51
Irene Hallyburton	Unattached	Classic	82.60	84				62.5	65.0	67.5				67.5	2	505.01
Leah Moir	Raw 3.0	Classic	115.20	84+		Raw 3.0		105.0	112.5	-				112.5	1	709.41
Bethany Chinchen	JLG Strength Coaching	Classic	91.40	84+				-70.0	75.0	-80.0				75.0	2	535.20
Jason Lau	Unattached	Classic	65.80	66				125.0	135.0	137.5				137.5	1	668.10
Jim Wands	Unattached	Equipped	81.90	83				140.0	-150.0	150.0				150.0	1	503.24
Frazer Rennie	Unattached	Classic	104.80	105				160.0	170.0	-180.0				170.0	1	593.38
Martin Flett	Unattached	Classic	100.00	105				115.0	125.0	132.5				132.5	2	476.48
David Stewart	Unattached	Guest	93.70	105				-155.0	155.0	-160.0				155.0	G	475.60
Alasdair Macleod	Unattached	Classic	119.10	120				155.0	-160.0	160.0				160.0	1	518.73
Krystian Walczyk	Unattached	Guest	106.20	120				-180.0	-180.0	-180.0				0.0	-	-

## Push Pull

Name	Team	Contest	Bodyweight	Weight Class	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Push Pull Total	Place	Wilks Points
Ishbel Stuart	Warehouse Gym Arbroath	Push Pull	55.60	57	47.5	50.0	-52.5	117.5	125.0	130.0	180.0	1	212.98
Melanie Nocher	Elysium/Athena	Push Pull	62.40	63	-57.5	57.5	60.0	125.0	-130.0	130.0	190.0	1	205.54
Rachel Cunningham	Unattached	Push Pull	58.50	63	50.0	52.5	-55.0	115.0	122.5	125.0	177.5	2	201.84
Kirsty McCahill	GUWC	Push Pull	61.90	63	45.0	47.5	-50.0	117.5	125.0	130.0	177.5	3	193.19
Charlotte Patterson	Unattached	Push Pull	66.90	72	45.0	47.5	-50.0	95.0	105.0	110.0	157.5	1	161.78
Madeline Grant	Unattached	Push Pull	78.00	84	50.0	52.5	55.0	107.5	112.5	117.5	172.5	1	160.13
Joanne Paikin	Pure Gym	Push Pull	115.60	84+	72.5	77.5	-82.5	165.0	175.0	182.5	260.0	1	209.33
Geraldine Fitzsimmons	Glasgow Eagles	Push Pull	95.40	84+	55.0	60.0	-62.5	120.0	130.0	137.5	197.5	2	166.93
Nana Ama Osei-Oppong	Unattached	Push Pull	104.00	84+	-65.0	-75.0	-77.5	155.0	175.0	185.0	0.0	-	-
Ehmer Aziz	Cast Iron Strength	Push Pull	89.50	93	105.0	112.5	117.5	230.0	245.0	-255.0	362.5	1	232.08
Aaron Tate	Gray Maria Fitness	Push Pull	90.40	93	127.5	132.5	135.0	210.0	215.0	220.0	355.0	2	226.12
Duncan Caird	Unattached	Push Pull	85.60	93	105.0	-142.5	112.5	180.0	190.0	200.0	312.5	3	204.92
Martin Boa	Unattached	Push Pull	101.80	105	100.0	110.0	-145.0	230.0	242.5	252.5	362.5	1	219.08
Callum Graham	Unattached	Guest	94.80	105	107.5	-145.0	117.5	-	-	-	-	-	-
Robert McAulay	Hostile Strength	Push Pull	114.80	120	170.0	177.5	-187.5	240.0	255.0	-272.5	432.5	1	251.42
Albert Graham	GUWC	Push Pull	118.00	120	125.0	132.5	140.0	210.0	230.0	250.0	390.0	2	225.12
Matteo Zanibellato	Unattached	Push Pull	107.20	120	120.0	125.0	-130.0	210.0	222.5	-230.0	347.5	3	206.19
Kierran Leith	Unattached	Push Pull	139.30	120+	175.0	185.0	-190.0	277.5	302.5	-315.0	487.5	1	272.62

## Referees

Catherine Gordon  
Laura Munro  
Jim Mutrie  
Rachel Steedman  
Katie Cooke

## Platform Team

John Soulsby  
Johanna Platt  
Katy Lavery  
Michael Perera  
Rachel Mawer  
Alasdair Walls  
Jacelyn Smith  
Steven Passmore

## Table Team

Cathy Macalsan  
Ian Macalsan  
Sam Ella  
Jaime Holmes

## Key

Scottish Open Record  
Scottish Masters Record  
Best Lifter