



8th September		The All Scottish (Aeternum Crossfit, Fife)														
Name	Team	Bodyweight	Weight Class	Contest	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	IPF Points
Cheryl Hendry	Bannatyne's Ayr	46.00	47	Classic	80.0	85.0	-87.5	50.0	52.5	-66.0	100.0	112.5	-117.5	250.0	1	497.57
Pamela Irving	Gym 300	49.50	52	Classic	-76.0	75.0	80.0	35.0	40.0	45.0	80.0	87.5	90.0	215.0	1	405.11
Sandhya Bangar	Gray Mania Fitness	57.00	57	Classic	80.0	85.0	-90.0	47.5	50.0	-	115.0	120.0	125.0	260.0	1	465.90
Mhairi Shaw	Bannatyne's Ayr	56.00	57	Classic	-85.0	85.0	92.5	40.0	-45.0	45.0	110.0	-120.0	120.0	257.5	2	464.95
Valerie Dourley	Pure Gym	56.10	57	Classic	-100.0	100.0	-102.5	-40.0	40.0	-45.0	95.0	97.5	-100.0	237.5	3	426.13
Shelley Passmore	Arena Gym Fife	61.00	63	Classic	140.0	145.0	-160.0	80.0	85.0	-90.0	140.0	147.5	-155.0	377.5	1	665.82
Bianca Mourik	Unattached	61.00	63	Classic	112.5	120.0	125.0	55.0	57.5	60.0	130.0	137.5	142.5	327.5	2	574.79
Amy Craig	Edinburgh Barbell	62.50	63	Classic	115.0	122.5	-130.0	57.5	62.5	65.0	125.0	135.0	-146.0	322.5	3	559.25
Melanie Nocher	Athena Army/Elysium	62.50	63	Classic	85.0	-90.0	90.0	57.5	60.0	62.5	125.0	-130.0	130.0	282.5	4	487.52
Chloe Alcorn	Pure Gym	60.00	63	Classic	-80.0	-86.0	85.0	40.0	45.0	-60.0	115.0	122.5	130.0	260.0	5	455.20
Lauren Laing	Elysium	62.10	63	Classic	90.0	-92.5	-92.5	50.0	-56.0	-56.0	105.0	115.0	-120.0	255.0	6	439.41
Kristel Sepp	Athena Army/Elysium	61.30	63	Classic	75.0	-80.0	80.0	45.0	47.5	50.0	112.5	117.5	122.5	252.5	7	437.32
Nina Lepaus	Unattached	69.00	72	Classic	120.0	127.5	132.5	72.5	75.0	77.5	157.5	167.5	175.0	385.0	1	640.52
Annie Nelson	Team MARRvelous	66.30	72	Classic	120.0	130.0	132.5	67.5	70.0	72.5	160.0	167.5	170.0	375.0	2	635.21
Rebecca Patterson	Unattached	71.40	72	Classic	117.5	-126.0	-126.0	57.5	-62.5	62.5	150.0	-170.0	-170.0	330.0	3	539.56
Emma Forshaw	Unattached	67.20	72	Classic	-105.0	105.0	112.5	60.0	65.0	70.0	105.0	110.0	-117.5	292.5	4	489.65
Bethany Winkler	Athena Army/Elysium	69.80	72	Classic	97.5	105.0	110.0	50.0	52.5	-55.0	120.0	127.5	-135.0	290.0	5	477.70
Annette Iafate	Unattached	69.80	72	Classic	90.0	97.5	-105.0	47.5	50.0	52.5	115.0	120.0	130.0	280.0	6	460.92
Cait Owens	Athena Army/Elysium	70.20	72	Classic	100.0	105.0	110.0	47.5	52.5	-56.0	100.0	107.5	115.0	277.5	7	455.67
Michelle Goonewardena	Athena Army/Elysium	71.60	72	Classic	-95.0	100.0	102.5	45.0	47.5	50.0	110.0	115.0	-120.0	267.5	8	435.54
Florence Plicher	Athena Army/Elysium	64.90	72	Classic	70.0	75.0	80.0	37.5	40.0	42.5	90.0	95.0	100.0	222.5	9	374.40
Sara Ward	Edinburgh Barbell	81.50	84	Classic	150.0	155.0	160.0	85.0	87.5	90.0	140.0	145.0	-147.5	395.0	1	611.39
Tracy Brown	Unattached	81.90	84	Classic	125.0	132.5	-137.5	62.5	-70.0	70.0	140.0	150.0	-160.0	352.5	2	544.87
Jaclyn Smith	Glasgow Powerlifting Club	82.10	84	Equipped	125.0	130.0	135.0	75.0	82.5	-87.5	122.5	135.0	-140.0	352.5	1	449.28
Rachael Moir	Raw 3.0	99.00	84+	Classic	130.0	140.0	-	85.0	92.5	97.5	150.0	-162.5	-162.5	387.5	1	556.50
Lorraine Wade	Raw 3.0	85.30	84+	Classic	-125.0	-130.0	130.0	72.5	77.5	80.0	160.0	-166.0	165.0	375.0	2	570.10
Emma Gunning	LIFT Gyms	87.20	84+	Classic	-107.5	-107.5	107.5	52.5	57.5	60.0	117.5	125.0	130.0	297.5	3	449.99
Jason Lau	Unattached	65.90	66	Classic	125.0	-132.5	-136.0	130.0	138.0	-140.0	175.0	185.0	195.0	458.0	1	519.32
Sam Henderson	Unattached	73.60	74	Classic	142.5	147.5	-162.5	102.5	-105.0	-105.0	162.5	167.5	170.0	420.0	1	429.46
Simon Chan	Strathclyde University	83.00	83	Classic	217.5	230.0	240.0	147.5	155.0	160.0	227.5	242.5	255.0	655.0	1	658.80
John Wright	Unattached	79.90	83	Classic	-210.0	215.0	220.0	140.0	-145.0	-145.0	230.0	-240.0	-240.0	590.0	2	600.79
Toby Keech	LIFT Gyms	81.50	83	Classic	170.0	185.0	-190.0	97.5	102.5	-105.0	185.0	195.0	200.0	487.5	3	474.94
Danny Laing	Unattached	80.80	83	Classic	150.0	160.0	165.0	105.0	110.0	115.0	190.0	-200.0	200.0	480.0	4	469.25
Shaun Beattie	Unattached	82.70	83	Classic	160.0	170.0	-175.0	95.0	100.0	-107.5	190.0	200.0	-210.0	470.0	5	450.10
Yannick Longbottom	LIFT Gyms	81.00	83	Classic	-160.0	160.0	-165.0	122.5	-125.0	-125.0	167.5	172.5	180.0	462.5	6	448.26
Kristoffer Wallace	Raw 3.0	81.50	83	Classic	140.0	-150.0	155.0	75.0	80.0	-85.0	175.0	185.0	-195.0	420.0	7	397.51
David Akinola	Results Gym Aberdeen	84.70	93	Classic	220.0	225.0	-227.5	150.0	-160.0	-160.0	240.0	260.0	272.5	647.5	1	641.41
Martin Porter	Gym 64	91.10	93	Classic	170.0	-180.0	185.0	117.5	125.0	127.5	245.0	255.0	265.0	577.5	2	536.04
Ehmer Aziz	Cast Iron Strength	90.30	93	Classic	170.0	180.0	190.0	110.0	115.0	120.0	240.0	247.5	-260.0	557.5	3	517.59
Aaron Tate	Gray Mania Fitness	91.40	93	Classic	180.0	190.0	195.0	130.0	-135.0	-135.0	220.0	227.5	-230.0	552.5	4	508.08
Alexander Campbell	Warehouse Gym Arbroath	89.20	93	Classic	190.0	205.0	-207.5	122.5	127.5	-132.5	200.0	-216.0	-216.0	532.5	5	494.68
David Mooney	DK Strength	91.60	93	Classic	165.0	172.5	180.0	120.0	125.0	-127.5	210.0	220.0	225.0	530.0	6	483.25
Gavin Duncan	G2G Performance	90.70	93	Classic	-145.0	145.0	155.0	115.0	120.0	125.0	190.0	205.0	215.0	495.0	7	448.77
Ross Sutherland	Unattached	91.10	93	Classic	145.0	155.0	165.0	107.5	115.0	-120.0	200.0	215.0	-220.0	495.0	8	447.43
John Proctor	Warehouse Gym Arbroath	92.50	93	Classic	140.0	150.0	160.0	100.0	105.0	110.0	165.0	180.0	190.0	460.0	9	405.58
Kieran McFadyen	Greenock Barbell	91.70	93	Classic	135.0	142.5	150.0	115.0	117.5	120.0	170.0	177.5	185.0	455.0	10	402.65
Calum Jamieson	Greenock Barbell	89.70	93	Classic	140.0	147.5	152.5	95.0	100.0	-105.0	175.0	190.0	200.0	452.5	11	406.12
Kelvin Stephen	Warehouse Gym Arbroath	90.40	93	Classic	130.0	140.0	145.0	-85.0	85.0	90.0	172.5	-180.0	180.0	415.0	12	363.48
Iain Allen	Underground Fitness	102.60	105	Classic	190.0	202.5	207.5	122.5	130.0	-132.5	215.0	232.5	247.5	585.0	1	504.15
Roy Ritchie	Unattached	103.20	105	Classic	182.5	200.0	-210.0	125.0	-132.5	132.5	220.0	247.5	-252.5	580.0	2	497.30
Ashley McIver	Kilmarnock Weightlifting Club	98.90	105	Classic	180.0	190.0	200.0	112.5	117.5	-122.5	200.0	210.0	217.5	535.0	3	464.64
Lewis Glass	Unattached	103.80	105	Classic	190.0	200.0	-210.0	95.0	102.5	107.5	205.0	215.0	220.0	527.5	4	443.04
Colin Horsburgh	Greenock Barbell	102.80	105	Classic	195.0	-205.0	-205.0	90.0	-95.0	-95.0	200.0	207.5	215.0	500.0	5	418.14
Chris Willson	Unattached	116.00	120	Classic	200.0	207.5	210.0	-142.5	142.5	-155.0	240.0	250.0	-265.0	602.5	1	484.42
Alan Rucroft	Unattached	139.00	120+	Classic	170.0	180.0	190.0	120.0	-130.0	-130.0	180.0	200.0	210.0	520.0	1	365.73

Referees		Table Team		Platform Team		Key	
Jim Mutrie	Laura Munro	Ian Macaslan	Catherine Macaslan	Kirsty McCahill	Steven Passmore	Best Lifter:	  Open Record:
Steve Wall	Melissa Wall	Sam Ella	Claire Tocher	Rainbow Leung	Monica Gostik		
Beth Chinchon	Bernie McGurk	Winnie Ho	Emma Gunning	Michael Perera	Bianca Mourik		
Catherine Gordon				William Brown			