

18/01/2020 Scottish Powerlifting Eastern Districts 2020 (Day One - Men's) @ Elysium Edinburgh																	
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	
Kalim Azz	LIFT	57.30	59	Classic	75.0	85.0	90.0	75.0	85.0	90.0	100.0	105.0	110.0	290.0	1	339.41	
Ray Japson	Unattached	64.80	66	Classic	150.0	160.0	170.0	95.0	+400.0	+400.0	160.0	180.0	+200.0	445.0	1	509.18	
Daniel Harrison	Unattached	72.30	74	Classic	+466.0	165.0	172.5	95.0	105.0	+472.5	190.0	200.0	210.0	487.5	1	519.01	
Mehrad Tafreshi	LIFT	71.00	74	Classic	160.0	170.0	+480.0	100.0	102.5	105.0	180.0	190.0	200.0	475.0	2	510.64	
Ciar White	LIFT	71.70	74	Classic	150.0	157.5	165.0	87.5	92.5	95.0	195.0	205.0	212.5	472.5	3	503.67	
Andrew Bennett	Gray Mania Fitness	72.40	74	Classic	130.0	140.0	147.5	110.0	+146.0	120.0	150.0	160.0	170.0	437.5	4	456.64	
Jamie Morwood	Unattached	70.90	74	Classic	120.0	+422.6	127.5	90.0	95.0	+490.0	160.0	+462.6	170.0	392.5	5	407.78	
Alan Keir	Gray Mania Fitness	73.00	74	Classic	130.0	140.0	145.0	75.0	80.0	+66.0	150.0	160.0	170.0	395.0	6	401.46	
Cameron Potter	St. Andrews University	68.10	74	Classic	100.0	107.5	112.5	62.5	67.5	72.5	140.0	150.0	160.0	345.0	7	360.16	
Dean Mcvie	MST Systems	82.30	83	Classic	220.0	230.0	235.0	140.0	147.5	+462.6	240.0	247.5	250.0	632.5	1	636.96	
Dean Robertson	Elysium	79.80	83	Classic	210.0	225.0	230.0	110.0	+420.0	120.0	250.0	260.0	+222.6	610.0	2	624.56	
Craig Watson	Unattached	81.70	83	Classic	195.0	207.5	210.0	125.0	132.5	+497.5	210.0	227.5	+237.6	570.0	3	568.59	
Ahren White	Edinburgh Barbell	82.00	83	Classic	200.0	212.5	+220.0	115.0	120.0	+426.0	230.0	237.5	+242.6	570.0	4	567.14	
Aaron Tate	Gray Mania Fitness	82.20	83	Classic	190.0	+200.0	+200.0	137.5	140.0	142.5	220.0	230.0	235.0	567.5	5	563.32	
Lauchlan McCall	Unattached	79.20	83	Classic	+470.0	175.0	185.0	120.0	132.5	140.0	210.0	225.0	240.0	565.0	6	575.35	
Liam Okane	Elysium	80.30	83	Classic	170.0	180.0	190.0	125.0	+446.0	120.0	125.0	225.0	235.0	245.0	560.0	7	563.96
Duncan Keith	DK Strength	82.20	83	Classic	185.0	200.0	+207.6	105.0	112.5	117.5	225.0	240.0	+262.6	557.5	8	551.91	
Joshua Stein	Unattached	82.40	83	Classic	+460.0	155.0	165.0	110.0	120.0	+426.0	200.0	220.0	+246.0	505.0	9	491.16	
John Reihan	Unattached	82.00	83	Classic	165.0	175.0	182.5	90.0	95.0	100.0	205.0	217.5	+227.6	500.0	10	487.14	
Ihan Omar	Unattached	81.20	83	Classic	147.5	157.5	165.0	90.0	95.0	+400.0	215.0	230.0	+232.6	490.0	11	479.07	
Kristoffer Wallace	Apex Strength & Conditioning	81.90	83	Classic	150.0	160.0	170.0	80.0	90.0	+95.0	180.0	190.0	200.0	460.0	12	441.82	
Steven Hendry	Unattached	79.30	83	Classic	120.0	130.0	+136.0	87.5	+95.0	+95.0	165.0	172.5	+180.0	390.0	13	370.69	
George Gilhooly	Gray Mania Fitness	78.80	83	Classic	100.0	110.0	120.0	75.0	80.0	+86.0	130.0	+140.0	+140.0	330.0	14	302.22	
Reg Cooney	Raw 3.0	82.20	83	Classic	60.0	80.0	+402.6	50.0	60.0	+70.0	115.0	125.0	132.5	272.5	15	226.71	
Raymarc Japson	Forged Powerlifting	81.90	83	Classic	200.0	210.0	+225.0	-	-	-	-	-	-	0.0	-	0.00	
William Smith	Cast Iron Strength	89.40	93	Classic	210.0	222.5	230.0	120.0	127.5	135.0	235.0	242.5	+246.0	607.5	1	575.36	
Felix Vallejo Ruiz	Active Your Body	90.20	93	Classic	225.0	237.5	245.0	107.5	112.5	+416.0	225.0	237.5	250.0	607.5	2	571.98	
Ehmer Azz	Cast Iron Strength	90.90	93	Classic	182.5	192.5	200.0	115.0	120.0	+422.6	245.0	252.5	+260.0	572.5	3	531.44	
Greg Park	Cast Iron Strength	88.60	93	Classic	180.0	192.5	+407.6	130.0	137.5	142.5	210.0	225.0	+236.0	560.0	4	526.96	
Jay McManus	Unattached	85.60	93	Classic	+466.0	+476.0	175.0	112.5	120.0	125.0	225.0	235.0	250.0	550.0	5	528.29	
Yousef Ridha	Engage	90.70	93	Classic	170.0	177.5	182.5	120.0	125.0	+430.0	230.0	242.5	+260.0	550.0	6	507.99	
John Terrell	Elburn	91.70	93	Classic	175.0	182.5	185.0	115.0	117.5	+420.0	220.0	225.0	+230.0	527.5	7	480.22	
Danny Laing	Unattached	87.10	93	Classic	+466.0	175.0	180.0	107.5	+112.6	112.5	200.0	207.5	212.5	505.0	8	472.45	
Benjamin Revillon	Unattached	90.40	93	Classic	155.0	162.5	170.0	125.0	+430.0	+430.0	180.0	190.0	200.0	495.0	9	449.78	
Sabatino Andreucci	Raw 3.0	92.80	93	Classic	150.0	162.5	175.0	100.0	110.0	+416.0	180.0	200.0	+246.0	465.0	10	431.25	
Calum Yule	LIFT	91.40	93	Classic	+236.0	240.0	+260.0	-	-	-	-	-	-	0.0	DSQ (by Referee)	0.00	
Mark Perry	Unattached	92.30	93	Classic	165.0	172.5	185.0	90.0	102.5	112.5	180.0	205.0	+220.0	502.5	Guest	451.48	
Aleksandrs Grigorjevs	Unattached	104.90	105	Classic	240.0	250.0	260.0	165.0	175.0	177.5	270.0	280.0	302.5	740.0	1	651.31	
Lewis Kelly	St. Andrews University	104.70	105	Classic	235.0	245.0	257.5	+466.0	160.0	+466.0	275.0	290.0	+302.6	707.5	2	619.71	
Michal Martin	Unattached	104.70	105	Classic	217.5	230.0	237.5	137.5	145.0	150.0	247.5	262.5	+272.6	650.0	3	562.51	
Lewis Kaye	LIFT	102.20	105	Classic	202.5	212.5	220.0	147.5	157.5	162.5	220.0	232.5	242.5	625.0	4	545.69	
Douglas Cockburn	Unattached	102.70	105	Classic	175.0	182.5	187.5	110.0	117.5	+422.6	195.0	210.0	220.0	525.0	5	443.53	
Fraser Borhwick	Unattached	101.20	105	Classic	175.0	180.0	190.0	+442.6	125.0	+426.0	185.0	190.0	205.0	520.0	6	442.65	
Oliver Main	GTG Performance	103.10	105	Classic	150.0	+460.0	+470.0	100.0	107.5	115.0	190.0	205.0	220.0	485.0	7	402.31	
Stewart Bramwell	Forge Gym	96.80	105	Classic	+460.0	160.0	170.0	90.0	95.0	100.0	180.0	190.0	200.0	470.0	8	403.67	
Euan Lee	Unattached	98.90	105	Classic	130.0	140.0	150.0	92.5	97.5	+402.6	177.5	190.0	202.5	450.0	9	377.44	
Brodie Mack	Unattached	104.00	105	Classic	160.0	165.0	170.0	72.5	77.5	80.0	190.0	195.0	200.0	450.0	10	365.12	
Georgy Borisochov	Unattached	101.40	105	Classic	142.5	152.5	162.5	100.0	+406.0	110.0	155.0	165.0	172.5	445.0	11	366.18	
Kieran Gogerty	Warehouse Gym Arbroath	94.10	105	Classic	140.0	150.0	+462.6	90.0	100.0	+406.0	200.0	210.0	220.0	470.0	Guest	411.41	
Scott McCalpine	Apex Strength & Conditioning	106.80	120	Classic	260.0	280.0	290.0	170.0	180.0	190.0	290.0	310.0	320.0	800.0	1	703.46	
Mark Burke	Bodyzone Jedburgh	114.30	120	Classic	235.0	250.0	260.0	155.0	162.5	167.5	240.0	260.0	275.0	702.5	2	583.74	
Tim Meadows	Stirling University	112.10	120	Classic	215.0	225.0	230.0	122.5	130.0	135.0	250.0	265.0	+280.0	630.0	3	520.75	
William Coulter	Unattached	105.30	120	Classic	230.0	240.0	250.0	120.0	125.0	+490.0	230.0	240.0	250.0	625.0	4	535.76	
Scott Hannigan	Elite Sporting Performance	105.30	120	Classic	200.0	+240.0	+220.0	127.5	132.5	135.0	250.0	262.5	275.0	610.0	5	520.88	
Chris Beetham	Unattached	132.80	120+	Classic	227.5	247.5	260.0	157.5	167.5	177.5	280.0	300.0	312.5	750.0	1	578.62	
Paul Walker	Apex Strength & Conditioning	131.20	120+	Classic	260.0	272.5	280.0	160.0	170.0	180.0	250.0	267.5	277.5	737.5	2	571.31	
Klaus Alp	Unattached	127.20	120+	Classic	+480.0	190.0	200.0	85.0	90.0	+97.5	160.0	175.0	+186.0	465.0	3	335.26	

Referees	
Eugene Currie	Beth Chinchin
Claire Tocher	Rowan Hendry-Horne
Katie Cooke	

Table Team	
Ian Macasian	Catherine Macasian
Jaime Holmes	Sam Ella
John Soutsbys	

Key	
Best Lifter	
Scottish Sub Junior Record	
Scottish Masters Record	

Platform Team	
William Brown	Katy Lavery
Irene Hallyburton	Angela Macleod
Robert Masson	Alice Francis Freeman
Abby Wilson	Nick
Lucie Francis	