




12/01/2020		Scottish Powerlifting Northern Districts 2020 @ Results Gym, Aberdeen														
Name	Club	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
Pamela Irving	Gym 300	49.90	52	Classic	80.0	80.0	87.5	37.5	42.5	45.0	85.0	90.0	100.0	217.5	1	408.77
Kelsey Stewart	Unattached	60.00	63	Classic	97.5	105.0	115.0	60.0	62.5	65.0	130.0	140.0	147.5	325.0	1	574.78
Bianca Mourik	Results Gym	60.90	63	Classic	115.0	122.5	125.0	55.0	60.0	62.5	120.0	127.5	132.5	312.5	2	547.91
Milena Steffen	AUWC	57.90	63	Classic	80.0	87.5	90.0	45.0	50.0	52.5	90.0	90.0	107.5	247.5	3	439.03
Erica Skyrme	Strongteam	62.40	63	Classic	65.0	70.0	70.0	40.0	45.0	50.0	110.0	117.5	122.5	242.5	4	416.07
Sarah Milne	Unattached	61.10	63	Classic	52.5	60.0	65.0	40.0	45.0	52.5	100.0	110.0	117.5	235.0	5	406.11
Alice Greenhill	DSU	62.40	63	Classic	90.0	90.0	95.0	57.5	62.5	62.5	132.5	142.5	162.5	290.0	Guest	501.33
Michelle Bauer	Unattached	71.00	72	Classic	125.0	135.0	142.5	67.5	70.0	75.0	145.0	162.5	175.0	392.5	1	644.74
Romy Grieve	Unattached	72.00	72	Classic	120.0	125.0	127.5	67.5	70.0	70.0	150.0	155.0	167.5	347.5	2	566.50
Susanne Ervida	Unattached	64.50	72	Classic	90.0	97.5	105.0	42.5	45.0	50.0	140.0	145.0	150.0	300.0	3	511.61
Daryll Gilmour	Gym 300	71.90	72	Classic	95.0	102.5	110.0	50.0	55.0	60.0	95.0	102.5	110.0	280.0	4	455.46
Sophie Drummond	AUWC	77.30	84	Classic	75.0	82.5	87.5	35.0	40.0	42.5	90.0	100.0	107.5	237.5	1	375.51
Lenise Bruce	Forge Powerlifting	127.80	84+	Classic	130.0	140.0	150.0	80.0	80.0	85.0	130.0	140.0	165.0	375.0	1	495.06
Finlay Mercer	Strongteam	72.60	74	Classic	220.0	230.0	232.5	150.0	160.0	160.0	250.0	270.0	280.0	650.0	1	717.92
Andrew Nicolson	Mill Fitness	79.20	83	Classic	170.0	190.0	200.0	110.0	125.0	135.0	200.0	210.0	220.0	535.0	1	540.33
Michael Sinclair	Unattached	80.30	83	Classic	165.0	175.0	177.5	130.0	135.0	137.5	200.0	212.5	215.0	527.5	2	526.34
Jamie Sherlock	Unattached	80.50	83	Classic	167.5	177.5	185.0	102.5	110.0	110.0	207.5	217.5	230.0	517.5	3	513.85
Max Zimmer	Unattached	80.90	83	Classic	150.0	167.5	170.0	110.0	112.5	122.5	182.5	200.0	207.5	500.0	4	491.87
Michael Perera	Gym 300	81.80	83	Classic	140.0	150.0	167.5	97.5	105.0	110.0	182.5	192.5	195.0	447.5	5	427.91
Chris Armstrong	The Unit, Banchory	81.90	83	Classic	80.0	80.0	80.0	60.0	65.0	70.0	140.0	150.0	160.0	310.0	6	270.28
James Laidlaw	RGU Weightlifting	92.40	93	Classic	212.5	222.5	230.0	127.5	135.0	140.0	252.5	267.5	280.0	650.0	1	608.30
Robert Brown	Moray Sports Centre	89.80	93	Classic	205.0	220.0	225.0	130.0	135.0	137.5	255.0	265.0	275.0	605.0	2	570.95
Eric Uotila	AUWC	91.40	93	Classic	190.0	200.0	200.0	140.0	147.5	147.5	227.5	242.5	262.5	572.5	3	529.52
Murray Jamieson	Aberdeen Sports Village	88.50	93	Classic	180.0	182.5	195.0	102.5	107.5	112.5	210.0	222.5	230.0	537.5	4	502.79
Shaun Beattie	Unattached	91.70	93	Classic	162.5	175.0	182.5	105.0	112.5	120.0	190.0	205.0	215.0	510.0	5	461.50
Darryn Wright	Unattached	83.30	93	Classic	170.0	200.0	220.0	120.0	135.0	142.5	240.0	275.0	280.0	642.5	Guest	643.03
Alister Mackintosh	Strongteam	103.70	105	Classic	220.0	232.5	300.0	127.5	135.0	135.0	225.0	250.0	270.0	610.0	1	525.81
James Anderson	Unattached	100.00	105	Classic	195.0	205.0	210.0	130.0	135.0	145.0	230.0	240.0	250.0	595.0	2	522.53
Sander Probyn	Results Gym	98.70	105	Classic	160.0	170.0	180.0	95.0	100.0	105.0	200.0	215.0	225.0	505.0	3	434.44
Ross Cairney	Unattached	103.60	105	Classic	205.0	215.0	222.5	130.0	135.0	140.0	220.0	230.0	240.0	597.5	Guest	513.62
Max Orr	Unattached	98.00	105	Classic	175.0	190.0	205.0	120.0	127.5	130.0	180.0	190.0	202.5	505.0	Guest	436.46
David Litchfield	Unattached	103.80	105	Classic B/O				165.0	180.0	185.0				180.0	Guest	631.78
Robbie Mercer	ATS	117.50	120	Classic	260.0	270.0	280.0	165.0	170.0	180.0	240.0	250.0	260.0	710.0	Guest	581.57
Alan Rucroft	Unattached	136.50	120+	Classic	170.0	180.0	190.0	120.0	125.0	130.0	190.0	205.0	215.0	530.0	1	378.24

Referees	
Claire Tocher	Beth Chinchin
Sophie Barringer	Alex Mathieson

Table Team	
Marlene Mathieson	Cathy Macaslan
Ian Macaslan	John Soulsby

Platform Team	
Graeme Reid	Fraser Friseal
Sam Edgar	Kierran Leith
Katy Lavery	William Brown
Darcy McNeil	

Key	
Best Lifter	
Scottish Open Record	
Scottish Junior Record	
Scottish Masters Record	