

02/02/20 Scottish Powerlifting Western Districts 2020 @ Everyday Athlete, Glasgow

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
Lucy Connelly	Unattached	56.90	57	Classic	105.0	-149.0	110.0	-45.0	-45.0	45.0	115.0	122.5	127.5	282.5	1	509.12
Laura Joyce	Unattached	54.90	57	Classic	90.0	-96.0	95.0	45.0	50.0	-56.0	110.0	117.5	-122.5	262.5	2	479.07
Emma Forshaw	Unattached	62.60	63	Classic	110.0	115.0	-147.5	62.5	67.5	-79.0	110.0	115.0	117.5	300.0	1	518.53
Lucy Callaghan	Cast Iron Strength	61.50	63	Classic	-106.0	110.0	-146.0	55.0	-60.0	-60.0	115.0	-126.0	-126.0	280.0	2	486.52
Alice McArthur	CJB Strong	61.80	63	Classic	102.5	110.0	112.5	47.5	-59.0	50.0	110.0	117.5	-125.0	280.0	3	485.46
Kimberley Kane	Unattached	61.50	63	Classic	90.0	97.5	-102.5	55.0	-60.0	60.0	-140.0	-140.0	110.0	267.5	4	463.88
Rachel Cunningham	Unattached	370.00	63	Classic	82.5	87.5	90.0	52.5	55.0	-67.5	110.0	120.0	-122.5	265.0	5	459.68
Beth Davies	Unattached	60.40	63	Classic	82.5	90.0	95.0	50.0	-62.5	52.5	100.0	107.5	112.5	260.0	6	453.87
Lesley McEwan	Glasgow Powerlifting Club	58.30	63	Classic	57.5	62.5	67.5	30.0	32.5	35.0	72.5	80.0	90.0	192.5	7	334.62
Laura Best	Elite Strength Training	70.60	72	Classic	135.0	142.5	150.0	62.5	67.5	70.0	160.0	170.0	180.0	400.0	1	658.89
Lisa Allan	Unattached	71.80	72	Classic	140.0	142.5	152.5	70.0	77.5	80.0	160.0	167.5	-172.5	400.0	2	653.88
Aimee Brown	Unattached	66.90	72	Classic	95.0	110.0	117.5	55.0	-67.5	-67.5	117.5	125.0	135.0	307.5	3	516.39
Annette Iafrafe	Unattached	69.30	72	Classic	100.0	-149.0	110.0	55.0	-67.5	57.5	120.0	130.0	140.0	307.5	4	508.62
Jennifer Wong	GUWC	70.00	72	Classic	117.5	125.0	-132.5	52.5	-67.5	-67.5	117.5	125.0	-139.0	302.5	5	498.09
Kimberley Wilson	Athena	65.10	72	Classic	100.0	107.5	115.0	65.0	-79.0	-79.0	105.0	110.0	115.0	295.0	Guest	500.77
Ashley Weir	Unattached	66.00	72	Classic	110.0	115.0	-147.5	50.0	55.0	-69.0	-139.0	-139.0	-139.0	0.0	-	0.00
Jay De Oliveira	Unattached	78.30	84	Classic	140.0	147.5	150.0	85.0	90.0	95.0	175.0	-186.0	-186.0	420.0	1	661.04
Kyla Oak	Deep Burn Gym	81.60	84	Classic	-142.5	142.5	-152.5	62.5	67.5	-72.5	145.0	157.5	165.0	375.0	2	580.30
Alyce Macpherson	Kinetic Training Systems	78.90	84	Classic	100.0	110.0	120.0	50.0	55.0	60.0	140.0	150.0	160.0	340.0	3	533.51
Victoria Radcliffe	Gym 300	83.80	84	Classic	110.0	120.0	125.0	70.0	75.0	77.5	170.0	180.0	187.5	390.0	Guest	597.47
Bethany Chinchin	JLG Strength Coaching	93.80	84+	Classic	127.5	137.5	145.0	70.0	75.0	-77.5	140.0	147.5	155.0	375.0	1	549.77
Stuart Tait	Scottish Dynamo Club	64.20	66	Classic	155.0	165.0	-170.0	92.5	95.0	100.0	210.0	-217.5	-217.5	475.0	1	553.40
Matthew Walker	DAWN Marinecraft	63.60	66	Classic	125.0	132.5	140.0	82.5	92.5	-97.5	150.0	160.0	170.0	402.5	2	459.71
Kieran Mellon	Weights Room Cambuslang	71.80	74	Classic	207.5	217.5	-222.5	127.5	135.0	140.0	205.0	217.5	227.5	585.0	1	642.99
Kyle Burnett	Sykes Lifting	71.10	74	Classic	130.0	140.0	147.5	95.0	102.5	-149.0	160.0	170.0	180.0	430.0	2	453.78
Stephen Cunningham	Unattached	73.20	74	Classic	130.0	-137.5	137.5	80.0	87.5	-96.0	160.0	167.5	195.0	420.0	3	431.28
Gerard McMahon	Unattached	72.00	74	Classic	125.0	135.0	145.0	100.0	105.0	-107.5	-146.0	145.0	-166.0	395.0	4	405.88
Gabriel Rosu	Unattached	81.60	83	Classic	160.0	170.0	180.0	130.0	135.0	-140.0	180.0	200.0	210.0	525.0	1	517.50
Jim Wands	Unattached	81.90	83	Classic	155.0	165.0	170.0	125.0	-130.0	-130.0	210.0	220.0	-232.5	515.0	2	504.72
Alex Neilan	Sykes Lifting	82.70	83	Classic	140.0	147.5	160.0	110.0	115.0	117.5	180.0	190.0	200.0	477.5	3	458.63
Sam Cullen	Kilmarnock AWC	81.70	83	Classic	155.0	-166.0	-166.0	105.0	-140.0	110.0	165.0	185.0	-196.0	450.0	4	431.15
Jamie Harper	Unattached	78.80	83	Classic	130.0	142.5	150.0	-99.0	100.0	110.0	160.0	175.0	-177.5	435.0	5	425.19
Scott Mulheron	Unattached	92.60	93	Classic	230.0	240.0	250.0	125.0	132.5	142.5	225.0	240.0	250.0	642.5	1	599.47
Tristan Sykes	Unattached	87.60	93	Classic	180.0	200.0	-206.0	140.0	145.0	-160.0	-229.0	-249.0	240.0	585.0	2	558.48
Ewan MacDonald	Glasgow Powerlifting Club	87.90	93	Classic	180.0	192.5	200.0	110.0	117.5	122.5	215.0	230.0	240.0	562.5	3	532.52
Sammy Birnie	Arc Gym	90.30	93	Classic	170.0	182.5	192.5	110.0	122.5	132.5	210.0	-227.5	227.5	552.5	4	512.19
Gordon Scott	Team Train	90.20	93	Classic	160.0	170.0	182.5	135.0	145.0	152.5	200.0	210.0	215.0	550.0	5	509.87
Adam Baines	Unattached	93.00	93	Classic	-165.0	165.0	167.5	110.0	120.0	-139.0	190.0	205.0	215.0	502.5	6	449.20
Calum Jamieson	Unattached	90.60	93	Classic	140.0	150.0	-157.5	95.0	102.5	107.5	180.0	195.0	207.5	465.0	7	416.79
Nathan Dalgleish	Sykes Lifting	84.40	93	Classic	150.0	160.0	170.0	100.0	107.5	115.0	180.0	190.0	200.0	485.0	Guest	460.45
Brian Baker	Glasgow Powerlifting Club	88.90	93	Equipped	120.0	125.0	130.0	60.0	62.5	65.0	157.5	170.0	175.0	370.0	1	323.67
Alexander Hamilton	Kilmarnock AWC	103.20	105	Classic	235.0	247.5	252.5	115.0	117.5	120.0	235.0	247.5	255.0	627.5	1	544.93
Ryan Stewart	Unattached	100.30	105	Classic	220.0	-232.5	-232.5	130.0	142.5	150.0	225.0	235.0	247.5	617.5	2	544.45
Iain Allen	Paisley Barbell Club	104.30	105	Classic	210.0	-229.0	220.0	122.5	130.0	135.0	240.0	252.5	-267.5	607.5	3	521.45
Alexander Forrest	Unattached	103.70	105	Classic	180.0	200.0	210.0	125.0	132.5	-140.0	230.0	245.0	257.5	600.0	4	515.81
Ashley McIver	Kilmarnock AWC	102.20	105	Classic	-187.5	195.0	202.5	115.0	122.5	-126.0	200.0	212.5	220.0	545.0	5	465.07
Ben Reilly	Strathclyde Sport	103.50	105	Classic	145.0	155.0	165.0	105.0	112.5	117.5	185.0	200.0	-206.0	482.5	6	398.81
Derek Forsyth	Kilmarnock AWC	117.60	120	Classic	245.0	-260.0	-260.0	165.0	172.5	-176.0	275.0	285.0	300.0	717.5	1	588.32
William Rodgers	Greenock Barbell	118.70	120	Classic	225.0	240.0	250.0	140.0	150.0	-156.0	260.0	280.0	300.0	700.0	2	568.89
Alasdair Macleod	Unattached	119.10	120	Classic	230.0	245.0	-260.0	150.0	155.0	160.0	260.0	275.0	-295.0	680.0	3	549.17
Ron Kane	Team Anvil	129.60	120+	Classic	205.0	215.0	222.5	140.0	-147.5	-147.5	245.0	257.5	265.0	627.5	1	476.80
Graeme Reid	Horncastle	130.10	120+	BO/Equipped				-182.5	-182.5	182.5				182.5	Guest	452.63

Referees	
Martin Boa	Alistair Donaldson
Jim Mutrie	Laura Munro
Claire Tocher	Catherine Gordon

Table Team	
Sam Ella	Ian Macaslan
Cathy Macaslan	Warren Easton
John Soulsby	

Key	
Best Lifter	Yellow
Scottish Masters Record	Blue

Platform Team		
Johanna Platt	Karolina Jarosinska	Sam Edgar
William Brown	Alice Francis-Freeman	Nick Anderson
Rachel Mawer	Michael Perera	

Photography and Videography	
PennMann	(Pennmann.co.uk)