

21/11/2021

## The Winter Open (Aeternum, Fife)

Male Lifting																	
Name	Div	Club/Gym	Bodyweight	Weight Class	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	GL Points	Events Entered
Bernard McGurk	MR-O	Aeternum Powerlifting	66.00	66	170.0	<del>180.0</del>	<b>180.0</b>	110.0	<b>115.0</b>	<del>117.5</del>	<del>216.0</del>	215.0	<b>225.0</b>	520	1	81.06	PL
Fergus Falconer	MR-O	Unattached	64.40	66	<del>140.0</del>	<b>140.0</b>	<del>160.0</del>	<b>95.0</b>	<del>105.0</del>	157.5	165.0	<b>180.0</b>	415	2	65.54	PL	
Findlay Falconer	MR-O	Unattached	72.10	74	170.0	190.0	<b>202.5</b>	100.0	110.0	<b>117.5</b>	<b>215.0</b>	<del>235.0</del>	<del>235.0</del>	535	1	79.61	PL
Alan Kier	MR-O	ATS	73.20	74	145.0	152.5	<b>160.0</b>	95.0	100.0	<b>110.0</b>	165.0	175.0	<b>185.0</b>	455	2	67.18	PL
Andrew Bennett	MR-O	Gym Based Athlete	73.40	74	145.0	<b>150.0</b>	<del>157.5</del>	<b>115.0</b>	<del>120.0</del>	165.0	<b>175.0</b>	<del>185.0</del>	440	3	64.87	PL	
Ewan Colligan	MR-O	Unattached	80.50	83	195.0	205.0	<b>215.0</b>	<b>132.5</b>	<del>140.0</del>	<del>140.0</del>	215.0	<b>225.0</b>	<del>235.0</del>	572.5	1	80.49	PL
Jim Wands	MR-O	Unattached	82.10	83	150.0	160.0	<b>170.0</b>	<b>122.5</b>	<del>130.0</del>	<del>130.0</del>	200.0	<b>222.5</b>	<del>225.0</del>	515	2	71.68	PL
Jack Stoane	MR-O	Unattached	80.30	83	150.0	<del>152.5</del>	<b>152.5</b>	<del>135.0</del>	<b>135.0</b>	<del>142.5</del>	155.0	<b>160.0</b>	<del>170.0</del>	447.5	3	62.99	PL
Ross Fraser	MR-O	Unattached	79.90	83	132.5	135.0	<b>145.0</b>	95.0	<b>102.5</b>	<del>110.0</del>	165.0	180.0	<b>190.0</b>	437.5	4	61.74	PL
Reg Cooney	MR-O	Gym 64 Glenrothes	80.70	83	85.0	87.5	<b>102.5</b>	60.0	<b>70.0</b>	<del>75.0</del>	120.0	130.0	<b>137.5</b>	310	5	43.53	PL
Michael Crowley	MR-O	Unattached	91.20	93	170.0	180.0	<b>182.5</b>	132.5	<del>142.5</del>	<b>147.5</b>	255.0	272.5	<b>292.5</b>	622.5	1	82.22	PL
Ehmer Aziz	MR-O	Cast Iron Strength	92.40	93	197.5	<b>205.0</b>	<del>210.0</del>	120.0	<b>127.5</b>	<del>135.0</del>	260.0	<b>267.5</b>	<del>272.5</del>	600	2	78.74	PL
Benjamin Revillon	MR-O	Cast Iron Strength	91.60	93	190.0	<b>200.0</b>	<del>205.0</del>	140.0	<del>145.0</del>	<b>145.0</b>	<b>215.0</b>	<del>225.0</del>	<del>230.0</del>	560	3	73.81	PL
Nicholas Grannell	MR-O	Unattached	91.90	93	175.0	<del>185.0</del>	<b>185.0</b>	120.0	125.0	<b>130.0</b>	<b>200.0</b>	<del>205.0</del>	<del>205.0</del>	515	4	67.77	PL
Kelvin Stephen	MR-O	Results Gym Aberdeen	92.70	93	145.0	155.0	<b>160.0</b>	90.0	<del>95.0</del>	<b>95.0</b>	170.0	180.0	<b>185.0</b>	440	5	57.65	PL
Scott Simon	MR-O	Unattached	104.40	105	245.0	<b>260.0</b>	<del>270.0</del>	<b>182.5</b>	<del>187.5</del>	<del>187.5</del>	250.0	265.0	<b>280.0</b>	722.5	1	89.44	PL
Cameron Gray	MR-O	Unattached	103.4	105	200.0	215.0	<b>227.5</b>	145.0	157.5	<b>160.0</b>	<del>225.0</del>	240.0	<b>257.5</b>	645	2	80.21	PL
Stuart Bramwell	MR-O	Cast Iron Strength	103.6	105	<del>190.0</del>	190.0	<b>200.0</b>	105.0	110.0	<b>112.5</b>	230.0	<b>240.0</b>	<del>252.5</del>	552.5	3	68.64	PL
Max Orr	MR-O	Outcast Barbell Sanctuary	104.7	105	180.0	190.0	<b>205.0</b>	<b>125.0</b>	<del>130.0</del>	<del>135.0</del>	190.0	<b>205.0</b>	<del>215.0</del>	535	4	66.14	PL
Marc Keys	MR-O	Cast Iron Strength	119.6	120	280.0	290.0	<del>292.5</del>	205.0	<b>215.0</b>	<del>220.0</del>	285.0	<b>305.0</b>	<del>310.0</del>	810	1	94.3	PL
Robert Scobbie	MR-O	Silverback Gym	110.3	120	227.5	237.5	<b>247.5</b>	130.0	<b>137.5</b>	<del>142.5</del>	230.0	<b>245.0</b>	<del>255.0</del>	630	2	76.04	PL
Christopher Willson	MR-O	Cast Iron Strength	118.2	120	<b>210.0</b>	<del>220.0</del>	<del>220.0</del>	<b>152.5</b>	<del>162.5</del>	<del>162.5</del>	245.0	<b>255.0</b>	<del>260.0</del>	617.5	3	72.26	PL
Dave McKinlay	MR-O	Gym 64 Glenrothes	111.5	120	225.0	<b>235.0</b>	<del>242.5</del>	<del>242.5</del>	<del>245.0</del>	<del>245.0</del>	265.0	275.0	<b>285.0</b>	-	-	-	PL
Lewis McLean	MR-O	Unattached	141.2	120+	280.0	<del>282.5</del>	<b>300.0</b>	180.0	<b>200.0</b>	<del>212.5</del>	280.0	300.0	<b>310.0</b>	810	1	88	PL

Female Lifting																	
Name	Div	Club/Gym	Bodyweight	Weight Class	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	Total	Place	GL Points	Events Entered
Cheryl Hendry	FR-O	West Coast Strength & Conditioning	46.20	47	<b>82.5</b>	<del>90.0</del>	<del>90.0</del>	<b>52.5</b>	<del>55.0</del>	<del>55.0</del>	<b>112.5</b>	<del>122.5</del>	<del>122.5</del>	247.5	1	69.80	PL
Arlene Middler	FR-O	Cast Iron Strength	54.50	57	90.0	95.0	<b>100.0</b>	60.0	62.5	<b>65.0</b>	125.0	135.0	<b>142.5</b>	<b>307.5</b>	1	74.68	PL
Beatrice Urso	FR-O	Results Gym Aberdeen	61.90	63	120.0	<b>127.5</b>	<del>132.5</del>	62.5	67.5	<b>70.0</b>	125.0	<b>130.0</b>	<del>140.0</del>	327.5	1	72.48	PL
Annell Ritari-Stewart	FR-O	Joppa Gym	61.60	63	<b>107.5</b>	<del>115.0</del>	<del>120.0</del>	52.5	<b>55.0</b>	<del>60.0</del>	135.0	<b>145.0</b>	<del>152.5</del>	307.5	2	68.27	PL
Molly Gill	FR-O	GUWC	60.90	63	102.5	107.5	<b>112.5</b>	50.0	52.5	<b>55.0</b>	110.0	115.0	<b>120.0</b>	287.5	3	64.33	PL
Kristel Sepp	FR-O	Elysium	62.60	63	<b>80.0</b>	<del>85.0</del>	<del>85.0</del>	50.0	<b>52.5</b>	<del>55.0</del>	127.5	135.0	<b>140.0</b>	272.5	4	59.86	PL
Tasmin Campbell	FR-O	Cast Iron Strength	68.10	69	145.0	<b>155.0</b>	<del>160.0</del>	100.0	<b>105.0</b>	<del>108.0</del>	185.0	195.0	<b>200.5</b>	<b>460.5</b>	1	96.11	PL
Robyn Gorman	FR-O	MaRRvelous Lifting Club	68.40	69	122.5	125.0	<b>130.0</b>	<del>55.0</del>	<del>55.0</del>	<b>55.0</b>	135.0	142.5	<b>150.0</b>	335	2	69.74	PL
Fiona Mackay	FR-O	Unattached	67.10	69	<b>102.5</b>	<del>112.5</del>	<del>112.5</del>	<b>50.0</b>	<del>55.0</del>	<del>55.0</del>	110.0	117.5	<b>122.5</b>	275	3	57.89	PL
Jade Elliott	FR-O	MaRRvelous Lifting Club	67.40	69	80.0	85.0	<b>90.0</b>	40.0	<b>45.0</b>	<del>47.5</del>	90.0	100.0	<b>110.0</b>	245	4	51.44	PL
Megan Taylor	FR-O	Forge Gym	70.90	76	110.0	115.0	<b>120.0</b>	62.5	67.5	<b>72.5</b>	135.0	150.0	<b>160.0</b>	352.5	1	71.96	PL
Monika Gostic	FR-O	Unattached	75.50	76	100.0	<del>110.0</del>	<b>110.0</b>	52.5	<b>57.5</b>	<del>60.0</del>	127.5	135.0	<b>140.0</b>	307.5	2	60.82	PL
Kirsty McCahill	FR-O	Unattached	70.20	76	87.5	<b>92.5</b>	<del>97.5</del>	50.0	<b>52.5</b>	<del>55.0</del>	107.5	115.0	<b>120.0</b>	265	3	54.38	PL
Emma Blackburn	FR-O	Unattached	71.80	76	<del>80.0</del>	85.0	<b>90.0</b>	<b>32.5</b>	<del>35.0</del>	<del>45.0</del>	100.0	107.5	<b>112.5</b>	235	4	47.65	PL
Sam Ella	FR-O	ATS	82.80	84	125.0	<b>132.5</b>	<del>152.5</del>	57.5	<b>62.5</b>	<del>65.0</del>	125.0	132.5	<b>140.0</b>	335	1	63.63	PL
Jodie McVicar	FR-O	Unattached	80.30	84	110.0	115.0	<b>117.5</b>	60.0	<del>62.5</del>	<b>62.5</b>	130.0	135.0	<b>137.5</b>	317.5	2	61.07	PL
Lauren Williamson	FR-O	Unattached	80.4	84	100.0	110.0	<b>120.0</b>	<b>55.0</b>	<del>60.0</del>	<del>60.0</del>	120.0	130.0	<b>140.0</b>	315	3	60.56	PL
Catriona Bell	FR-O	Unattached	102.9	84+	130.0	140.0	<b>152.5</b>	65.0	70.0	<b>75.0</b>	145.0	155.0	<b>165.0</b>	392.5	1	69.48	PL
Claire Hamilton	FR-O	Elysium	102.4	84+	97.5	<b>105.0</b>	<del>110.0</del>	45.0	<b>50.0</b>	<del>52.5</del>	120.0	130.0	<b>135.0</b>	290	2	51.4	PL
Lauren Megginson	FR-O	Unattached	98.8	84+	70.0	<del>77.5</del>	<b>82.5</b>	45.0	50.0	<b>52.5</b>	100.0	107.5	<b>112.5</b>	247.5	3	44.29	PL
Maureen Gordon	FR-O	Unattached	62.2	63				55.0	62.5	<b>70.0</b>				70	1	58.84	BP
Joanne Parkin	FR-O	MaRRvelous Lifting Club	126.9	84+				95.0	<b>100.0</b>	<del>102.5</del>				100	1	70.77	BP

## Key

Best Lifter  
 SJ Record  
 J Record  
 Masters Record