

### Scottish Open Powerlifting Championship 8th February 2014 Dumfries

Women	Club	Age	E/UE	BWT	Squat			Bench Press			Sub	Deadlift			Total	Pos	Wilks	Result
<b>52kg</b>																		
Elizabeth Hill	Unattached	M1	UE	51.90	67.5	<b>75.0</b>	<b>-82.5</b>	37.5	<b>-40.0</b>	<b>40.0</b>	115.0	<b>-95.0</b>	<b>95.0</b>	<b>-100.0</b>	<b>210.0</b>	1	1.249	262.19
Gail Bremner	Unattached	M2	UE	52.00	<b>-45.0</b>	<b>45.0</b>	<b>-52.5</b>	<b>40.0</b>	<b>-42.5</b>	<b>-42.5</b>	85.0	105.0	112.5	<b>115.0</b>	<b>200.0</b>	2	1.247	249.32
<b>57kg</b>																		
Louise Murray	GU Barbell	S	UE	55.90	120.0	128.0	<b>132.5</b>	<b>77.5</b>	<b>-80.5</b>	<b>-80.5</b>	210.0	<b>140.0</b>	<b>-147.5</b>		<b>350.0</b>	1	1.178	412.41
Amanda Mulholland	Virgin Active	S	UE	55.10	80.0	<b>90.0</b>	<b>-95.0</b>	<b>47.5</b>	<b>-52.5</b>	<b>-52.5</b>	137.5	117.5	<b>122.5</b>	<b>-127.5</b>	<b>260.0</b>	2	1.192	309.82
Molly Gray	AUWC	U20	UE	56.10	80.0	<b>87.5</b>	<b>-95.0</b>	37.5	<b>42.5</b>	<b>-47.5</b>	130.0	110.0	117.5	<b>120.0</b>	<b>250.0</b>	3	1.175	293.75
<b>63kg</b>																		
Lynda Banks	Forge Gym	M1	UE	62.20	60.0	67.5	<b>75.0</b>	35.0	<b>40.0</b>	<b>-45.0</b>	115.0	110.0	120.0	<b>127.5</b>	<b>242.5</b>	1	1.084	262.97
Rowan Hendry-Horne	Strong for Life	S	UE	61.20	75.0	<b>85.0</b>	<b>-90.0</b>	45.0	<b>50.0</b>	<b>-55.0</b>	135.0	80.0	90.0	<b>100.0</b>	<b>235.0</b>	2	1.098	258.03
Heather Jones	Strong for Life	M1	UE	58.90	52.5	<b>60.0</b>	<b>-65.0</b>	30.0	<b>35.0</b>	<b>-40.0</b>	95.0	80.0	90.0	<b>97.5</b>	<b>192.5</b>	3	1.131	217.72
Emily Mowat	AUWC	U20	UE	61.20	<b>-60.0</b>	<b>60.0</b>	<b>-65.0</b>	35.0	<b>37.5</b>	<b>-40.0</b>	97.5	85.0	<b>95.0</b>	<b>-97.5</b>	<b>192.5</b>	4	1.098	211.37
<b>72kg</b>																		
Marcelle Brown	Unattached	S	UE	65.70	85.0	87.5	<b>92.5</b>	57.5	60.0	<b>62.5</b>	155.0	95.0	97.5	<b>102.5</b>	<b>257.5</b>	1	1.041	268.01
Ruth Pottinger	Unattached	S	UE	67.10	72.5	80.0	<b>90.0</b>	42.5	<b>47.5</b>	<b>-52.5</b>	137.5	105.0	110.0	<b>117.5</b>	<b>255.0</b>	2	1.025	261.38
Maria Wolters	Unattached	M1	UE	66.90	<b>-55.0</b>	<b>-55.0</b>	<b>55.0</b>	<b>-45.0</b>	45.0	<b>47.5</b>	102.5	90.0	95.0	<b>100.0</b>	<b>202.5</b>	3	1.027	208.01
Rebecca Scott	AUWC	U20	UE	70.50	<b>-72.5</b>	<b>-72.5</b>	<b>-72.5</b>	35.0	37.5	<b>40.0</b>	<b>-32.5</b>	80.0	<b>-95.0</b>	<b>95.0</b>			.990	
Amie Rutherford	Unattached	S	UE	66.90	<b>-80.0</b>	<b>-82.5</b>	<b>-85.0</b>	45.0	<b>47.5</b>	<b>-50.0</b>	<b>-32.5</b>	110.0	<b>115.0</b>	<b>-122.5</b>			1.027	
<b>84kg</b>																		
Mary Anderson	Unattached	M1	E	74.70	<b>160.0</b>	<b>-170.0</b>	<b>-175.0</b>	95.0	100.0	<b>107.5</b>	267.5	180.0	<b>190.0</b>	<b>-200.0</b>	<b>457.5</b>	1	.953	436.00
Apple Doepner	Unattached	S	UE	76.40	115.0	<b>-125.0</b>	<b>125.0</b>	65.0	<b>70.0</b>	<b>-72.5</b>	195.0	145.0	155.0	<b>160.0</b>	<b>355.0</b>	2	.940	333.66
Gill McNicoll	City Gym Glasg	S	UE	79.70	60.0	<b>-80.0</b>	<b>85.0</b>	37.5	45.0	<b>47.5</b>	132.5	100.0	115.0	<b>122.5</b>	<b>255.0</b>	3	.917	233.81
<b>84+kg</b>																		
Geraldine Fitzimmons	Glasg Eagles	M2	E	91.90	<b>-120.0</b>	<b>-120.0</b>	<b>-120.0</b>	50.0	52.0	<b>55.0</b>	<b>-65.0</b>	120.0	125.0	<b>130.0</b>			.857	

Men	Club	Age	E/UE	BWT	Squat			Bench Press			Sub	Deadlift			Total	Pos	Wilks	Result
William Kirkhouse	Unattached	S	UE	63.50	<b>130.0</b>	<b>-150.0</b>	<b>-160.0</b>	<b>-80.0</b>	<b>-90.0</b>	<b>90.0</b>	220.0	160.0	<b>190.0</b>	<b>-202.5</b>	<b>410.0</b>	1	.8111	332.55
Zak Hardy	AUWC	U23	UE	63.20	110.0	115.0	<b>122.5</b>	80.0	82.5	<b>85.0</b>	207.5	130.0	140.0	<b>145.0</b>	<b>352.5</b>	2	.8144	287.08
Robert Ferguson	Unattached	U18	UE	61.60	<b>125.0</b>	<b>-135.0</b>	<b>-135.0</b>	72.5	<b>77.5</b>	<b>-80.0</b>	202.5	<b>135.0</b>	<b>-145.0</b>	<b>-145.0</b>	<b>337.5</b>	3	.8329	281.10
<b>74kg</b>																		
William Murray	Venice	S	UE	73.30	170.0	<b>175.0</b>		<b>120.0</b>	<b>-125.0</b>	<b>-125.0</b>	295.0	200.0	207.5	<b>212.5</b>	<b>507.5</b>	1	.7242	367.53
Douglas Scott	Livingston	S	E	73.50	160.0	167.5	<b>172.5</b>	115.0	122.5	<b>125.0</b>	297.5	195.0	<b>202.5</b>	<b>-207.5</b>	<b>500.0</b>	2	.7228	361.40
Stuart Duncan	Muscle Junc.	S	UE	66.40	150.0	<b>160.0</b>	<b>-180.0</b>	100.0	<b>110.0</b>	<b>-115.0</b>	270.0	170.0	180.0	<b>200.0</b>	<b>470.0</b>	3	.7813	367.21
Kai BenShabat	Unattached	U18	UE	73.40	<b>150.0</b>	<b>-160.0</b>	<b>-160.0</b>	97.5	102.5	<b>105.0</b>	255.0	170.0	180.0	<b>190.0</b>	<b>445.0</b>	4	.7235	321.96
<b>83kg</b>																		
Stuart Fraser	Unattached	S	UE	82.20	150.0	<b>180.0</b>		100.0	<b>115.0</b>		295.0	200.0	<b>220.0</b>		<b>515.0</b>	1	.6714	345.77
Paul Buchan	Broch Iron	S	UE	81.90	<b>170.0</b>	<b>-180.0</b>	<b>-180.0</b>	110.0	<b>115.0</b>	<b>-120.0</b>	285.0	190.0	<b>207.5</b>	<b>-230.0</b>	<b>492.5</b>	2	.6729	331.40
Omar Khan		U20	UE	78.60	150.0	160.0	<b>165.0</b>	<b>-100.0</b>	<b>-107.5</b>	<b>107.5</b>	272.5	170.0	<b>182.5</b>	<b>-190.0</b>	<b>455.0</b>	3	.6905	314.18
Graeme Wilkins	WC Raw Bbell	M1	UE	81.10	155.0	<b>160.0</b>	<b>-162.5</b>	90.0	<b>95.0</b>	<b>-100.0</b>	255.0	<b>190.0</b>	<b>-200.0</b>	<b>-200.0</b>	<b>445.0</b>	4	.6769	301.22
Fergus Crawley	Unattached	U23	UE	84.00	140.0	<b>150.0</b>	<b>-152.5</b>	105.0	<b>105.0</b>	<b>-110.0</b>	255.0	<b>180.0</b>	<b>-190.0</b>	<b>-190.0</b>	<b>435.0</b>	5	.6628	288.32
Douglas Stewart	City Gym	S	UE	80.30	110.0	<b>135.0</b>	<b>-142.5</b>	80.0	<b>90.0</b>	<b>-102.5</b>	225.0	170.0	190.0	<b>202.5</b>	<b>427.5</b>	6	.6811	291.17
<b>93kg</b>																		
Robert Love	KAWLC	S	UE	91.30	270.0	<b>282.5</b>		152.5	<b>160.0</b>	<b>-162.5</b>	442.5	270.0	<b>282.5</b>	<b>-290.0</b>	<b>725.0</b>	1	.6338	459.51
Kyle Hilton	KAWLC	S	E	91.10	225.0	<b>240.0</b>		125.0	<b>137.5</b>	<b>-145.0</b>	377.5	217.5	227.5	<b>232.5</b>	<b>610.0</b>	2	.6345	387.05
Phil Salter	Unattached	S	UE	92.40	<b>-185.0</b>	<b>-185.0</b>	<b>185.0</b>	132.5	<b>137.5</b>	<b>-142.5</b>	322.5	225.0	242.5	<b>247.5</b>	<b>570.0</b>	3	.6301	359.16
James Mclroy	AUWC	U23	UE	91.00	185.0	<b>200.0</b>	<b>-205.0</b>	110.0	<b>120.0</b>	<b>-125.0</b>	320.0	225.0	232.5	<b>235.0</b>	<b>555.0</b>	4	.6349	352.37
Jonathan Wardell	AUWC	S	UE	89.40	160.0	170.0	<b>182.5</b>	110.0	<b>115.0</b>	<b>-117.5</b>	297.5	235.0	247.5	<b>255.0</b>	<b>552.5</b>	5	.6406	353.93
Shaun McNeish	Unattached	S	UE	80.10	<b>135.0</b>	<b>-142.5</b>	<b>-142.5</b>	<b>97.5</b>	<b>-102.5</b>	<b>-102.5</b>	232.5	180.0	<b>-190.0</b>	<b>190.0</b>	<b>422.5</b>	6	.6822	288.23
Calum Knowles	AUWC	U20	UE	86.20	120.0	132.5	<b>140.0</b>	80.0	85.0	<b>90.0</b>	230.0	155.0	170.0	<b>175.0</b>	<b>405.0</b>	7	.6532	264.55
Brett Hampton	AUWC	U23	UE	90.40	150.0	160.0	<b>165.0</b>	<b>-120.0</b>	<b>-120.0</b>	<b>-120.0</b>	45.0	210.0	225.0	<b>230.0</b>			.6370	
Desmond Woods	AUWC	U23	UE	89.30	150.0	<b>160.0</b>	<b>-162.5</b>	100.0	<b>105.0</b>	<b>-107.5</b>	265.0	<b>-175.0</b>	<b>-175.0</b>	<b>-175.0</b>			.6410	
<b>105kg</b>																		
Brian Currie	Burns Gym	S	UE	97.30	235.0	252.5	<b>262.5</b>	120.0	135.0	<b>145.0</b>	407.5	250.0	<b>270.0</b>	<b>-287.0</b>	<b>677.5</b>	1	.6155	417.00
Arthur Cowley	KAWLC	M2	UE	101.30	215.0	227.5	<b>232.5</b>	<b>140.0</b>	<b>-147.5</b>		372.5	240.0	257.5	<b>265.0</b>	<b>637.5</b>	2	.6055	386.01
<b>120kg</b>																		
William Rodgers	Greenock Bbell	S	UE	116.60	200.0	215.0	<b>225.0</b>	140.0	<b>-150.0</b>	<b>150.0</b>	375.0	250.0	265.0	<b>280.0</b>	<b>655.0</b>	1	.5790	379.25
Keith Ross	Unattached	U23	UE	119.60	190.0	<b>205.0</b>	<b>-222.5</b>	125.0	<b>135.0</b>	<b>-142.5</b>	340.0	250.0	265.0	<b>275.0</b>	<b>615.0</b>	2	.5754	353.87
Lee Christie	Unattached	M1	E	110.80	165.0	167.5	<b>177.5</b>	132.5	<b>137.5</b>	<b>-142.5</b>	315.0	200.0	210.0	<b>220.0</b>	<b>535.0</b>	3	.5872	314.15
<b>120+kg</b>																		
Darren Leggatt	Glasg Strength	S	UE	135.10	262.5	280.0	<b>295.0</b>	152.5	162.5	<b>167.5</b>	462.5	220.0	235.0	<b>242.5</b>	<b>705.0</b>	1	.5619	396.14