

Scottish Powerlifting Masters Championships - 30th November 2013 – Dumfries

	Club	Wt Cl	Age	E/UE	BWT	Squat			Bench Press			Sub	Deadlift			Total	Pos	Wilks	Score
Women																			
Lisa Davidson	Burns Gym	72	M1	EQ	66.10	140.0	150.0	160.0	60.0	65.0	70.0	230.0	135.0	142.5	150.0	380.0	1	1.0362	393.77
Rebecca Carter (Guest)	Unattached	72	S	UE	66.40	65.0	75.0	-80.0	45.0	50.0	55.0	130.0	120.0	132.5	-140.0	262.5		1.0328	271.11
Geraldine Fitzsimmons	Glasgow Eagles	84+	M2	EQ	91.40	-120.0	120.0	135.0	55.0	57.5	62.5	197.5	120.0	132.5	142.5	340.0	1	0.8587	291.95
Men																			
Peter Lui	Unattached	66	M4	EQ	63.00	-135.0	135.0	-142.5	50.0	57.5	-62.5	192.5	140.0	152.5	-160.0	345.0	1	0.8166	281.74
Wayne Reid	Unattached	74	M1	UE	72.30	150.0	155.0	160.0	-105.0	-105.0	-105.0		202.5	-215.0	-215.0	.0		0.7315	0.00
Ewan Massie (Guest)	Unattached	83	U20	UE	79.60	140.0	160.0	170.0	110.0	120.0	-125.0	290.0	210.0	230.0	235.0	525.0		0.6849	359.56
Steve Cumming	Mastrick	93	M2	EQ	92.80	250.0			-190.0	190.0	202.5	452.5	200.0			652.5	1	0.6288	410.31
Darren Bell (Guest)	Burns Gym	93	U23	EQ	87.60	220.0	242.5	255.0	110.0	117.5	127.5	382.5	190.0	207.5	217.5	600.0		0.6475	388.48
Stuart Crichton	Greenock Barbell	105	M1	EQ	104.30	-275.0	290.0	300.0	195.0	202.5	210.0	510.0	265.0	280.0	-290.0	790.0	1	0.5990	473.19
Arthur Cowley	KAWLC	105	M2	UE	99.60	215.0	225.0		137.5	145.0	-147.5	370.0	242.5	255.0	-260.0	625.0	2	0.6096	380.98
Stephen O'Donnell	Hamilton	105	M1	UE	101.00	200.0	210.0		135.0	-140.0	-140.0	345.0	260.0	275.0	-283.0	620.0	3	0.6062	375.85
Ross Ward	Burns Gym	105	M1	EQ	102.70	60.0			-180.0	185.0	-195.0	245.0	60.0			305.0	4	0.6024	183.72
Phil Salter (Guest)	Unattached	105	S	UE	95.00	180.0	192.5	-200.0	135.0	-140.0	-140.0	327.5	220.0	235.0	-237.5	562.5		0.6220	349.89
Martin Flett	Unattached	105	M2	UE	97.50				-150.0	-150.0	150.0	150.0				.0		0.6150	0.00
Damien Cameron (Guest)	KAWLC	120	S	UE	112.80	200.0	-210.0	210.0	-137.5	140.0	-145.0	350.0	200.0	215.0	-220.0	565.0		0.5841	330.04
Mark MacDonald	Unattached	120+	M2	UE	127.30	-230.0	230.0	250.0	110.0	-120.0	120.0	370.0	250.0	270.0	-302.5	640.0	1	0.5678	363.39

Stephen McQuade CAT 1

Campbell Higgins National

Kristine Greig Divisional

William Murray Divisional