

WEIGHTLIFTINGSCOTLAND- POWERLIFTING WEST DISTRICT CHAMPIONSHIPS 8th OCT 2005 GRANGEMOUTH STADIUM

Name	Club	Wt.	Squat			Bench Press			Sub	Deadlift			Total	Pos
75KG														
MARY ANDERSON	MEADOWMILL	72.6	145.0	155.0	165.0	85.0	90.0	92.5	257.5	165.0	180.0	190.0	447.5	1
90KG														
FRANCES SKIFTESVIK	ELIBURN	89.7	140.0	150.0	160.0	60.0	70.0	75.0	235.0	150.0	160.0	170.0	405.0	1
56KG														
ROBBIE SCOTT	MEADOWMILL	55.6	65.0	70.0	75.0	35.0	40.0	-45.0	115.0	80.0	92.5	100.0	215.0	1
75KG														
ALEX McNAMARA	GARAGE ELGIN	73.9	190.0	205.0	215.0	130.0	137.5		352.5	150.0	185.0		537.5	1
MARK PATERSON	EDINBURGH UNI	70.5	160.0	170.0	180.0	100.0	110.0	-115.0	290.0	170.0	185.0	-200.0	475.0	2
90KG														
IAN MURRAY	UNNATTACHED	85.1	-280.0	-280.0		-180.0	-180.0							
110KG														
STUART STABLES	GARAGE ELGIN	103.9	165.0	175.0	180.0	122.5	127.5	130.0	310.0	210.0	220.0	225.0	535.0	1
125KG+														
GORDON REA	SPARTAN	145.3	-270.0	-270.0	270.0	180.0	200.0	-210.0	470.0	210.0	220.0	230.0	700.0	1

BEST LIFTER MALE -GORDON REA

BEST LIFTER FEMALE - MARY ANDERSON

REFEREES

MC PAT HIGGINS

HELEN RICHARDS

TABLE MARLYN MATHIESON

JIM MUTRIE

LOADERS TERRY BAPTISTE MARK PATERSON MIKE BLAIR

ALEX MATHIESON

ALEX CAMPBELL IAN MURRAY ANDY CLEGG

CAMPBELL HIGGINS

EVENT MANAGER DAVID HAMMOND