WEIGHTLIFTINGSCOTLAND POWERLIFTING EAST DISTRICT CHAMPIONSHIP 29tH JULY 2006 GRANGEMOUTH STADIUM

Name	Division	Wt.	S	Squat			Bench			Sub	Deadlift			Total	Pos.
67.5KG															
CHRISTINA McSHERRY	ELIBURN	64.3	S	100.0	-110.0	**110.0**	55.0	-60.0	**60.0**	170.0	120.0	125.0	**130.0**	300.0	1
90KG															
NIKAILA McRITHER	DUNDEE	90.0	J	80.0	90.0	**92.5**	**35.0**	-40.0	-40.0	127.5	80.0	90.0	**100.0**	227.5	1
90KG+															
FRANCES SKIFTESVIK	ELIBURN	92.5	S	155.0	**165.0**	-170.0	85.0	**90.0**	-95.0	255.0	160.0	**170.0**	-180.0	425.0	1
60KG															
ALEX PAJEWSKI	ELIBURN	56.4	S	110.0	120.0	**130.0**	80.0	87.5	**90.0**	220.0	130.0	**140.0**	-150.0	360.0	1
67.5KG															
CALLUM CRUIKSHANK	DUNDEE	67.2	U16	-140.0	**140.0**	-160.0	70.0	**75.0**	-77.5	215.0	140.0	160.0	**165.0**	380.0	1
75KG															
BOB PARFITT	SPARTAN	73.1	M1	200.0	215.0	**225.0**	**130.0**	-140.0	-140.0	355.0	235.0	-245.0	**245.0**	600.0	1
ALEX McNAMARA	THE GARAGE	74.1	S	195.0	210.0	**220.0**	135.0	142.5	**145.0**	365.0	**190.0**	-215.0	-215.0	555.0	2
CHRIS KANE	DUNDEE	72.0	S	85.0	-100.0	**100.0**	55.0	60.0	**65.0**	165.0	**85.0**	-100.0	-100.0	250.0	3
82.5KG															
MIKE HART	EDIN UNIV	78.3	S	190.0	202.5	**212.5**	130.0	137.5	**142.5**	355.0	235.0	247.5	**257.5**	612.5	1
SCOTT BRUCE	ELIBURN	76.0	S	140.0	150.0	**160.0**	130.0	140.0	**145.0**	305.0	160.0	175.0	**185.0**	490.0	2
ALEX CAMPBELL	THE GARAGE	76.6	M2	**170.0**			**130.0**	-135.0	-135.0	300.0	**180.0**	-190.0	-190.0	480.0	3
90KG															
STEVE CUMMING	SPARTAN	89.9	M1	230.0	**250.0**	-270.0	180.0	-190.0	**190.0**	440.0	**220.0**	-235.0		660.0	1
SHAUN THOMAS	SPARTAN	89.2	S	200.0	**215.0**	-225.0	-150.0	**150.0**	-160.0	365.0	200.0	220.0	**235.0**	600.0	2
CHRIS MAXWELL	ELIBURN	84.8	S	180.0	**190.0**	-200.0	120.0	**125.0**	-130.0	315.0	220.0	**230.0**	-240.0	545.0	3
STEVE MORRISON	EDIN UNIV	83.9	S	125.0	135.0	**140.0**	90.0	**95.0**	-97.5	235.0	130.0	145.0	**155.0**	390.0	4
RYAN SWINTON	MASTRICK	87.7	U23	-160.0	-170.0	-175.0	135.0	**140.0**	-145.0	0.0	200.0	220.0	**230.0**		
100KG															
ROSS McSKIMMING	MASTRICK	97.8	S	200.0	**210.0**	-220.0	160.0	**170.0**		380.0	180.0	190.0	**220.0**	600.0	1
110KG															
PHILLIP JENT	EDIN UNIV	108.8	S	250.0	**260.0**	-272.5	-205.0	205.0	**212.5**	472.5	250.0	260.0	**270.0**	742.5	1
STUART STABLES	THE GARAGE	108.7	M1	177.5	190.0	**200.0**	132.5	-140.0	**140.0**	340.0	230.0	**240.0**	-245.0	580.0	2
125KG															
PAUL SWINTON	MASTRICK	117.7	S	240.0	-265.0	**265.0**	-180.0	**180.0**	-192.5	445.0	280.0	**300.0**		745.0	1
KEVIN MEGAW	DUNDEE	123.7	S	**130.0**	-150.0	-150.0	75.0	**82.5**	-90.0	212.5	160.0	**185.0**	-200.0	397.5	2
125KG+															
MICHAEL JENT	EDIN UNIV	126.4	S	275.0	290.0	**300.0**	200.0	210.0	**215.0**	515.0	270.0	285.0	**295.0**	810.0	1

REFEREES ALEX MATHIESON, GARY PORTER, CAMPBELL HIGGINS

MC PAT HIGGINS

TABLE MARLENE MATHIESON

LOADERS JOHN BAIN, MARK THOMPSON, SCOTT TAYLOR

OVERALL BEST LIFTERS **FRANCES SKIFTESVIK**, **MICHAEL JENT**

EVENT MANAGER DAVID HAMMOND