

Scottish Eastern Districts - 1st March 2008 – Grangemouth

Name	Club		Wt.	Squat			Bench Press			Sub	Deadlift			Total	Pos	Result
60KG																
KARINA SHORTEN	EDIN UN	S	57.00	70.00	80.00	90.00	40.00	45.00	50.00	115.00	100.00	115.00	127.50	242.50	1.00	281.40
75KG																
MARY ANDERSON	MSC	M1	74.00	165.00	175.00	180.00	100.00	105.00	110.00	285.00	190.00	205.00	205.00	475.00	1.00	455.38
82.5KG																
NIKAILA MCRITHER	DPA	U23	80.20	90.00	100.00	100.00	60.00	65.00	67.50	167.50	100.00	110.00	115.00	282.50	1.00	258.32
56KG																
DAVID RENTON	MSC	U23	52.90	60.00	70.00	80.00	40.00	45.00	50.00	125.00	100.00	110.00	120.00	245.00	1.00	236.16
GAVIN BORTHWICK	MSC	U16	54.60	45.00	45.00	45.00	27.50	32.50	40.00	77.50	80.00	90.00	95.00	172.50	2.00	161.01
60KG																
KIERAN FRASER	MSC	U16	56.50	92.50	97.50	102.50	50.00	57.50	62.50	155.00	110.00	110.00	132.50	265.00	1.00	239.16
67.5KG																
RUAIRI MCCANN	EDIN UN	U23	66.80	180.00	190.00	190.00	130.00	130.00	135.00	325.00	180.00	190.00	200.00	515.00	1.00	397.07
DAVID VERRALL	DPA	U16	62.10	110.00	120.00	130.00	55.00	60.00	65.00	185.00	120.00	130.00	140.00	325.00	2.00	268.78
ROBBIE SCOTT	MSC	U18	61.00	80.00	90.00	90.00	40.00	47.50	52.50	137.50	95.00	105.00	110.00	247.50	3.00	207.95
75KG																
CHARLIE WARD	DPA	U23	74.00	170.00	185.00	190.00	135.00	140.00	145.00	330.00	180.00	190.00	195.00	525.00	1.00	377.27
MARK PATERSON	EDIN UN	S	73.70	180.00	180.00	180.00	120.00	125.00	132.50	312.50	180.00	195.00	210.00	522.50	2.00	376.93
CALUM CRUICKSHANK	DPA	U23	69.70	180.00	190.00	200.00	95.00	100.00	105.00	300.00	170.00	180.00	190.00	480.00	3.00	360.91
JONATHAN ASPDEN	EDIN UN	S	75.00	130.00	140.00	140.00	95.00	100.00	105.00	240.00	190.00	200.00	210.00	450.00	4.00	320.67
JAMIE GOWANS	DPA	U16	69.60	100.00	110.00	120.00	70.00	80.00	82.50	202.50	140.00	165.00	172.50	375.00	5.00	282.26
ALEX MCNAMARA	ELGIN	M1	71.60	170.00	180.00	195.00	125.00	125.00	125.00	0.00	170.00	180.00	200.00	0.00		0.00
MICHAEL VERRALL	DPA	U16	72.00	80.00	90.00	95.00	65.00	70.00	70.00	165.00				0.00		0.00
82.5KG																
KENNY MCCRANN	MSC	S	77.70	95.00	100.00	110.00	60.00	65.00	70.00	180.00	95.00	105.00	110.00	290.00	1.00	201.75
90KG																
STEVE CUMMING	SPARTAN	M1	90.00	255.00	275.00	285.00	182.50	192.50	197.50	472.50	250.00	270.00	270.00	722.50	1.00	461.24
MARK MARCHANT	ELIBURN	S	89.70	190.00	205.00	215.00	140.00	145.00	147.50	352.50	230.00	240.00	250.00	602.50	2.00	385.30
100KG																
SEAN THOMAS	SPARTAN	S	92.50	210.00	235.00	250.00	155.00	165.00	172.50	407.50	220.00	240.00	250.00	647.50	1.00	407.80
STUART STABLES	ELGIN	M1	97.70	170.00	180.00	190.00	135.00	140.00	140.00	330.00	220.00	230.00	240.00	570.00	2.00	350.21
MARC KEYS	EDIN UN	U23	90.50	165.00	175.00	185.00	140.00	145.00	145.00	315.00	200.00	215.00	225.00	540.00	3.00	343.76
SCOTT MIDDLETON	EDIN UN	U23	94.70	150.00	160.00	160.00	115.00	120.00	120.00	265.00	180.00	200.00	210.00	475.00	4.00	295.88
SEAN MCMILLAN	MSC	U16	92.30	90.00	100.00	100.00	45.00	50.00	57.50	157.50	95.00	110.00	125.00	282.50	5.00	178.12
MATT VERRALL	DPA	M1	94.70				170.00	180.00		0.00				0.00		0.00

ALEX MATHIESON CAT2
 CAMPBELL HIGGINS CAT1
 STEVE MCQUADE CAT2

HELEN RICHARDS NATIONAL
 GARY PORTER NATIONAL
 BRIAN BAKER NATIONAL