

Scotland's Strongest Man Qualifier 2004

It wasn't the nicest day, gales and snow drifts up in the north, but just cold down in Glenrothes. The fifiers were too tight to heat their gym so we all shivered our way through the event. Everyone was ready and raring to go, and as 12 o'clock came round there was still no sign of the judge. Forbes was taking his time with his breakfast. 12.10, and Forbes turns up resplendent in a a black sheepskin, looking very like a "Eastend" car sales man. Sorry no pictures, I forgot to take my camera, if anyone has some digital pictures of the event, I'd be happy to put them up.

The Log Press

After a quick run over the rules we go on with the event. First was the Log Press, this was a 107kg log, that had to be lifted from the ground to above the head as many times as possible in 75 seconds. The event started slowly Bob getting one rep and then Michel failing to get any. This mean that Michael Daly was out of the event but would continue and not receive any point for any of the following events. A real shame for Michael as he did really well in the deadlift and the loading event.

But then Andy stepped up, all 5 foot near nothing of him and he belted out 6 good reps. A very good total. And this remained the best total until Louis took to the platform and managed 7 good fluid repetitions. there might have been another 1 in there but you sensed that he thought he had done enough. Brian Bell, with an injured back managed to gut out 5 respectable reps. But then came the heavy mob, Brian Turner and Paul Porteous both managed 8 reps, and made them look easy.

Honorable mention must also go to Frank Connolly and Stuart Murray who both managed 7 reps each. The final results were as follows.

| Name | Log Press | Place | Points |
|-------------------|----------------------|--------------|---------------|
| Brian Turner | 8 | 1 | 18 |
| Paul Porteous | 8 | 1 | 18 |
| Frank Connolly | 7 | 3 | 15 |
| Louis MacLean | 7 | 3 | 15 |
| Stuart Murray | 7 | 3 | 15 |
| Andy Patrick | 6 | 6 | 14 |
| Brian Bell | 5 | 7 | 11 |
| Ewan Cameron | 5 | 7 | 11 |
| Jamie Barr | 5 | 7 | 11 |
| Colin Bayne | 4 | 10 | 7 |
| David Burns | 4 | 10 | 7 |
| David Eastwood | 4 | 10 | 7 |
| Stuart Wadley | 4 | 10 | 7 |
| Alistair Christie | 3 | 14 | 5 |
| Stephen Murray | 3 | 14 | 5 |
| Raymond Christie | 2 | 16 | 4 |
| Bod Copey | 1 | 17 | 2 |
| Christopher Innes | 1 | 17 | 2 |
| Michael Daly | 0 | 19 | 0 |

The Deadlift

This was just a normal 250kg deadlift but for repetitions. And if you'd been at this competition, you'd have thought just about anybody could deadlift 250kg, as all the athletes got at least 2 repetitions. David Eastwood who had never managed to deadlift 250 before managed 2 today giving himself yet another PB. But some of the other more seasoned competitors made it look easy. In the end Paul Porteous pulled off another win with 10 repetitions. With Brian Turner nipping at his heels with 9 repetitions. Colin Bayne, Louis MacLean and Michael all managed a 8 repetitions.

| Name | Deadlift | Place | Points |
|-------------------|-----------------|--------------|---------------|
| Paul Porteous | 10 | 1 | 19 |
| Brian Turner | 9 | 2 | 18 |
| Colin Bayne | 8 | 3 | 16 |
| Louis MacLean | 8 | 3 | 16 |
| Stuart Murray | 7 | 5 | 15 |
| Christopher Innes | 6 | 6 | 12 |
| Ewan Cameron | 6 | 6 | 12 |
| Stuart Wadley | 6 | 6 | 12 |
| Alistair Christie | 5 | 9 | 8 |
| Brian Bell | 5 | 9 | 8 |
| Frank Connolly | 5 | 9 | 8 |
| Jamie Barr | 5 | 9 | 8 |
| Andy Patrick | 4 | 13 | 5 |
| Bod Copsey | 4 | 13 | 5 |
| Raymond Christie | 4 | 13 | 5 |
| David Burns | 3 | 16 | 4 |
| David Eastwood | 2 | 17 | 2 |
| Stephen Murray | 2 | 17 | 2 |
| Michael Daly | 8 | 19 | 0 |

The Loading Event

And here we come to the last event of the qualifier, so far everything had gone well, no injuries and no complaints. But the next event was to be the one to finalise just who would be going into the finals in 5 weeks time. After 2 events the overall order was as follows.

| Name | Total Points |
|---------------|---------------------|
| Paul Porteous | 37 |
| Brian Turner | 36 |
| Louis MacLean | 31 |
| Stuart Murray | 30 |
| Colin Bayne | 23 |
| Ewan Cameron | 22 |

| | |
|-------------------|----|
| Frank Connolly | 23 |
| Andy Patrick | 19 |
| Brian Bell | 19 |
| Jamie Barr | 19 |
| Stuart Wadley | 19 |
| Christopher Innes | 14 |
| Alistair Christie | 13 |
| David Burns | 11 |
| David Eastwood | 9 |
| Raymond Christie | 9 |
| Bod Copsey | 7 |
| Stephen Murray | 7 |
| Michael Daly | 0 |

The last event was a real killer, 5 120kg kegs, to be carried 10 meters and then lifted onto barrels that were over 5 feet tall. David Eastwood after got the last event off with a very good time of 53 seconds. This was now the time to beat. It looked like a winning time until Jamie Barr came up, with only 4 weeks training under his belt, he set a cracking time of 43 seconds. No one was getting near this time and with only 4 athletes left it looked like Jamie was going to win an event. But Louis spoilt that party when he set the days fastest time at 40 seconds. The results for the final event were as follows.

| Name | Barrel | Time | Points |
|-------------------|---------------|-------------|---------------|
| Louis MacLean | 5 | 0:40:00 | 19 |
| Jamie Barr | 5 | 0:43:00 | 18 |
| Frank Connolly | 5 | 0:45:00 | 17 |
| Paul Porteous | 5 | 0:47:00 | 16 |
| Stuart Murray | 5 | 0:51:00 | 15 |
| David Eastwood | 5 | 0:53:00 | 14 |
| Alistair Christie | 5 | 0:58:00 | 13 |
| Christopher Innes | 5 | 0:59:00 | 12 |
| Ewan Cameron | 5 | 1:08:00 | 11 |
| Stuart Wadley | 5 | 1:15:00 | 10 |
| Stephen Murray | 5 | 1:16:00 | 9 |
| Brian Bell | 4 | 0:46:38 | 8 |
| Andy Patrick | 4 | 0:50:00 | 7 |
| Bod Copsey | 4 | 1:01:30 | 6 |
| Colin Bayne | 4 | 1:05:52 | 5 |
| Raymond Christie | 4 | 1:16:49 | 4 |
| Brian Turner | 1 | 0:08:57 | 3 |
| David Burns | 0 | 0:00:00 | 0 |
| Michael Daly | 5 | 0:53:00 | 0 |

So that was it for another year, the final results were as follows.

| Name | Total Points |
|-------------------|---------------------|
| Paul Porteous | 51 |
| Louis MacLean | 48 |
| Stuart Murray | 43 |
| Frank Connolly | 38 |
| Brian Turner | 37 |
| Jamie Barr | 35 |
| Ewan Cameron | 32 |
| Stuart Wadley | 27 |
| Colin Bayne | 26 |
| Brian Bell | 25 |
| Christopher Innes | 24 |
| Andy Patrick | 24 |
| Alistair Christie | 24 |
| David Eastwood | 21 |
| Stephen Murray | 14 |
| Raymond Christie | 11 |
| Bod Copsey | 11 |
| David Burns | 9 |
| Michael Daly | 0 |

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The Scottish

The competition is scheduled to take place on the 14th of March 2004, in the Rothes Halls in the town of Glenrothes, Fife. The event will be televised this year (BBC) and will be shown the following week in a 50 minute program. So have your one liners ready.

Good luck to everyone.

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