

Scotland's Strongest Man 2003

The Results

The Log Press

A large 110kg log had to be lifted from the floor to overhead as many times as possible. This was a very important event as any athlete who could not complete at least one repetition would be out of the competition. An this was the case for Michael Evans and David McIntyre, although they had both managed to complete a repetition with the log during training they did not succeed with it on the day. The final placing in the event were as follows

NAME	POINTS
Brian Bell	19.0
Paul Porteous	18.0
Brian Turner	16.5
Alex Patterson	16.5
Forbes Cowan	14.5
Gregor Edmunds	14.5
Frank Connolly	13.0
Alastair Christie	11.5
Louis MacLean	11.5
Stuart Wadley	10.0
Lawrence Brown	9.0
Neil Elliot	7.5
David Burns	7.5
Raymond Christie	4.5
Aaron Collins	4.5
Colin Bayne	4.5
Ewan Cameron	4.5
Michael Evans	0.0
David McIntyre	0.0

Van Deadlift

Bar extending from the end of a van will be grasped deadlift style (excluding sumo technique i.e. grip must be outside of positioning of feet). The athlete will commence lifting on referees signal.

Competitors must stand erect with legs straight and back extended in an upright position with shoulders locked back.

The weight can only be returned to the start position on the referees signal. This sequence to be repeated as many times as possible in the space of 60 seconds.

This was another crucial event where athletes had to complete at least one rep to stay in the competition. And everyone managed at least on rep so we were down to 17 competitors for the rest of the competition.

This was a great event for Paul Porteous, who repped away like a robot and easily won this deadlift event.

NAME	POINTS
Paul Porteous	19.0
Brian Turner	18.0
Alastair Christie	17.0
Aaron Collins	16.0
Forbes Cowan	15.0
Raymond Christie	13.5
Frank Connolly	13.5
Stuart Wadley	11.5
Colin Bayne	11.5
Brian Bell	9.5
Neil Elliot	9.5
Gregor Edmunds	7.5
Louis MacLean	7.5
Alex Patterson	5.5
Ewan Cameron	5.5
David Burns	3.5
Lawrence Brown	3.5

The Crucifix Hold

The Crucifix event is a great example of how much pain these athletes can take. The barrels weighed in at 150kg each and they then had a 20kg plate placed on top so making the weight in each hand 170kg. Any time over 20 seconds was very good and anything over 30 is considered a world class performance. Again a very good event for Paul but not far behind was the looming presence of Brian Turner and former Scotland's Strongest Man Forbes Cowan.

NAME	POINTS
Paul Porteous	19
Forbes Cowan	18
Neil Elliot	17
Raymond Christie	16
Brian Turner	15
Alastair Christie	14
Gregor Edmunds	13
Stuart Wadley	12
Frank Connolly	11
Alex Patterson	10
Brian Bell	9
David Burns	8
Ewan Cameron	7
Lawrence Brown	6
Louis MacLean	5
Aaron Collins	4
Colin Bayne	3

So at the break the points were as follows:

NAME	POINTS
Paul Porteous	56.0
Brian Turner	49.5
Forbes Cowan	47.5
Alastair Christie	42.5
Brian Bell	37.5
Frank Connolly	37.5
Gregor Edmunds	35.0
Neil Elliot	34.0
Raymond Christie	34.0
Stuart Wadley	33.5
Alex Patterson	32.0
Aaron Collins	24.5
Louis MacLean	24.0
Colin Bayne	19.0
David Burns	19.0
Lawrence Brown	18.5
Ewan Cameron	17.0

Paul had a good 7 point lead and Gregor last years winner was struggling some 21 points behind. He would have to make some big improvements if he was going to retain his title.

The Medley

This years medley was an invention of the Devil (Jamie Barr as he is better known). 365kg yoke for 10 meters followed by two 150kg bottles which had to be carried 10 meters and then they had to carry three 120kg beer kegs (10m) and place each beer keg fully upright on an individual barrel. There weren't many who finished the course but this was an event that obviously suited Gregor as he succeeded in gaining his first victory of the day. There were some very tired athletes by the end of this event, the only injury was Stuart Wadley tearing most of the skin off his right hand.

NAME	POINTS
Gregor Edmunds	19
Forbes Cowan	18
Raymond Christie	17
Neil Elliot	16
Louis MacLean	15
Alastair Christie	14
Paul Porteous	13
Brian Turner	12
Alex Patterson	11
Brian Bell	10
Frank Connolly	9
Stuart Wadley	8
Aaron Collins	7
Ewan Cameron	6
Lawrence Brown	5

Colin Bayne	4
David Burns	3

Keg Circle

The Keg Circle is an old favorite in Strongman competitions, this year the bar was heavier (100kg) and the barrels had been moved along the pole so that they were closer to the athletes, thus making the weight actual weight heavier again by reducing their leverage advantage. As he did last year Gregor Edmund's won this event and was the only athlete to complete 2 revolutions.

NAME	POINTS
Gregor Edmunds	19
Louis MacLean	18
Brian Turner	17
Frank Connolly	16
Forbes Cowan	15
Raymond Christie	14
Brian Bell	13
Alastair Christie	12
Neil Elliot	11
Paul Porteous	10
Alex Patterson	9
Stuart Wadley	8
Lawrence Brown	7
David Burns	6
Colin Bayne	5
Aaron Collins	4
Ewan Cameron	3

The Stones of Strength

We now came down to the last event, it had been a long day thus far and with the time pressing on past 6 O clock the athletes were keen to finish the day with a great display of strength and skill. This ia always a crowd favorite and was a great ending to the day. The stones ranges from 100kg all the way up the 170kg. The 170kg remained stuck to the floor for today but a number of athletes completing the first five stones with the last one weighing in at 150kg.

NAME	POINTS
Gregor Edmunds	19
Forbes Cowan	18
Raymond Christie	17
Louis MacLean	16
Brian Bell	15
Paul Porteous	14
Alastair Christie	12

Frank Connolly	12
Alastair Christie	11
Brian Turner	10
Neil Elliot	9
Colin Bayne	8
Stuart Wadley	7
Ewan Cameron	6
Aaron Collins	5
David Burns	4
Lawrence Brown	0

So even with winning the last 3 events of the day it was not quite enough for Gregor Edmund's to retain his title, we had a new Scotland's Strongest Man Forbes Cowan. Congratulations to Forbes who once again can call himself the Strongest Man in Scotland.

NAME	OVERALL POINTS
Forbes Cowan	98.50
Paul Porteous	93.00
Gregor Edmunds	92.00
Brian Turner	88.50
Raymond Christie	82.00
Alastair Christie	79.50
Brian Bell	75.50
Frank Connolly	74.50
Louis MacLean	73.00
Neil Elliot	70.00
Alex Patterson	65.00
Stuart Wadley	56.50
Aaron Collins	40.50
Colin Bayne	36.00
David Burns	32.00
Ewan Cameron	32.00
Lawrence Brown	30.50

The organisers would like to thank all the sponsors who gave so generously and a big thank you to all those that helped out on the day.