

British Powerlifting Organisation

2011 SCOTTISH CHAMPIONSHIPS

ANTONINE SPORTS CENTRE, DUNTOCHER, GLASGOW, SCOTLAND - 29TH JANUARY

M/N	NR	ST.	CAT.	BDW.	NAME	Town/City	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.	4. SQ	4. BP	4.DL	Coef.		
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.									
POWERLIFTING																											
m			-75	74.00	Sean Mackie 20	Glasgow	Jun			170.0	170.0			135.0	305.0				240.0	545.0	392.02	1.					0.7193
m			-75	75.00	Daniel Milroy 23	Glasgow	Jun			140.0	140.0			115.0	255.0				190.0	445.0	317.11	2.					0.7126
m			-90	90.00	Gererd McCourt	Dunbarton	Open			195.0	195.0			130.0	325.0				220.0	545.0	347.93	1.					0.6384
m			-100	95.00	Thomas Graham 23	Glasgow	Jun			225.0	225.0			140.0	365.0				230.0	595.0	370.09	1.					0.6220
m	m		-100	95.00	David Carney 48	Glasgow	M45+			220.0	220.0			190.0	410.0				205.0	615.0	382.53	1.					0.6220
m			-110	106.00	Nicholas Foxhall 18	Edinburgh	Teen			230.0	230.0			165.0	395.0				270.0	665.0	402.53	1.					0.5956
m	m		-110	105.00	Duncan Nowicki 19	Banchory	Teen			235.0	235.0			147.5	382.5				262.5	645.0	385.45	2.					0.5976
m			-110	105.00	Alex Somerville 22	Edinburgh	Jun			205.0	205.0			210.0	415.0				255.0	670.0	400.39	1.					0.5976
m			-110	106.00	Mark Hayes 25	Glasgow	Open			270.0	270.0			180.0	450.0				270.0	720.0	428.83	1.					0.5956
m			-110	107.00	Darren McCarroll 44	Glasgow	M40+			285.0	285.0			180.0	465.0				270.0	735.0	436.37	1.					0.5937
m			-110	102.00	Peter Whitehead 44	Fort William	M40+			245.0	245.0			175.0	420.0				290.0	710.0	428.77	2.					0.6039
m	m		-110	108.00	David Bole 42	Glasgow	M40+			190.0	190.0			160.0	350.0				255.0	605.0	358.10	3.					0.5919
BENCH PRESS																											
m			-125	121.00	Alistair Inglis 19	Edinburgh	Jun			350.0	350.0			190.0	540.0				270.0	810.0	464.78	1.					0.5738
m			-125	113.00	Daniel Macura 29	Glasgow	Open			260.0	260.0			180.0	440.0				270.0	710.0	414.57	1.					0.5839
m			-125	116.00	Ryan Francis 30	Edinburgh	Open			205.0	205.0			155.0	360.0				250.0	610.0	353.62	2.					0.5797
m	m		-140	134.00	Andrew Cairney 31	Glasgow	Open			245.0	245.0			230.0	475.0				310.0	785.0	441.72	1.					0.5627
m			140+	147.50	Mark Haldenby 37	Fort William	Open			220.0	220.0			157.5	377.5				225.0	602.5	334.15	1.					0.5546
DEAD LIFT																											
m	m		-140	128.00	Robert Wiejas 34	Livingston	Open							270.0	270.0				270.0	153.14	1.						0.5672
DEAD LIFT																											
m	m		82.5	82.50	Michael Phillips 55	Dundee	M55+												220.0	220.0	147.38	1.					0.6699

HEAD-REFEREE.

NAME: Robert Campbell INT

BRITISH RECORD

Best Overall Powerlifter: Alistair Inglis 464.78 points