

WEIGHTLIFTING SCOTLAND
EASTERN DISTRICTS
CROSSFIT FORTH VALLEY, GRANGEMOUTH
SUNDAY 25TH SEPTEMBER 2016

| PLACE | AGE GROUP | GIVEN NAME | FAMILY NAME | CLUB | BIRTH YEAR DDMMYY | BODYWEIGHT CAT | Bwt kg | SNATCH kg | | | JERK kg | | | BEST RESULT | | | SINCLAIR |
|-------|-----------|--------------------|-----------------|----------------------|----------------------|-------------------|--------|-----------|-----|-----|---------|-----|-----|-------------|------|-------|----------|
| | | | | | | | | 1 | 2 | 3 | 1 | 2 | 3 | SN | JERK | TOTAL | |
| | | FEMALE | | | | | | | | | | | | | | | |
| | | 48 kg CLASS | | | | | | | | | | | | | | | |
| G | F-40 | Amanda | Craig | Gladiators | Mar-73 | 48 | 45.60 | 30 | 35 | 38 | 40 | 43 | 46 | 38 | 46 | 84 | 144.18 |
| | | 53 kg CLASS | | | | | | | | | | | | | | | |
| G | Y | Charley | Craig | Gladiators | Aug-99 | 53 | 52.80 | 50 | -52 | -52 | 68 | -71 | 71 | 50 | 71 | 121 | 183.08 |
| G | F-35 | Hazel | Gray | Team Cavanagh | Nov-80 | 53 | 52.90 | 51 | 53 | -55 | 65 | -67 | -67 | 53 | 65 | 118 | 178.27 |
| G | U-16 | Emily | McKibbin | Gladiators | Mar-00 | 53 | 51.20 | 40 | 43 | 45 | 53 | 55 | 57 | 45 | 57 | 102 | 158.25 |
| | | 58 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-16 | Rowan | Morrogh Bernard | Pitlochry WLC | Sep-00 | 58 | 57.90 | 55 | -58 | 58 | 65 | 69 | -72 | 58 | 69 | 127 | 179.03 |
| 2 | Sen | Marcelle | Brown | Unattached | Nov-86 | 58 | 56.70 | 40 | 50 | -60 | 60 | -65 | 70 | 50 | 70 | 120 | 171.80 |
| 3 | Sen | Mandy | Stott | Unattached | Mar-90 | 58 | 57.10 | 50 | 54 | -56 | 62 | -65 | 66 | 54 | 66 | 120 | 170.90 |
| G | Sen | Ligia | Jardim Gavia | Glasgow City Barbell | Jul-82 | 58 | 57.90 | 42 | 45 | -48 | 53 | -56 | -58 | 45 | 53 | 98 | 138.15 |
| | | 63 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-23 | Evgenia | Sergeychuk | Edinburgh University | Aug-93 | 63 | 62.00 | 68 | 71 | 73 | 85 | 88 | -91 | 73 | 88 | 161 | 216.27 |
| 2 | Jun | Beth | McKeller | Team Cavanagh | Feb-97 | 63 | 62.60 | 60 | -62 | -63 | 72 | ING | ING | 60 | 72 | 132 | 176.17 |
| 3 | Sen | Allson | Gray | Glasgow City Barbell | Aug-91 | 63 | 62.00 | -50 | 50 | 54 | -65 | 67 | -72 | 54 | 67 | 121 | 162.54 |
| 4 | F-35 | Tarra | Glencross | Edinburgh University | Jul-77 | 63 | 62.30 | -50 | 50 | 53 | 65 | -68 | -68 | 53 | 65 | 118 | 157.99 |
| 5 | Sen | Nicki | Grant | Unattached | May-84 | 63 | 63.00 | 45 | 50 | -53 | 57 | 60 | 65 | 50 | 65 | 115 | 152.83 |
| G | Sen | Jane | Armour | Kilmarnock WLC | Mar-85 | 63 | 62.30 | 63 | -65 | -66 | 84 | 87 | -90 | 63 | 87 | 150 | 200.84 |
| G | U-16 | Evie | Bartl | Kilmarnock WLC | Aug-00 | 63 | 62.20 | -53 | -53 | -53 | DNF | DNF | DNF | 0 | 0 | 0 | 0.00 |
| | | 69 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-23 | Zoe | Horseman | Edinburgh University | Dec-93 | 69 | 67.10 | 68 | 71 | 74 | -83 | 83 | 85 | 74 | 85 | 159 | 202.93 |
| 2 | Sen | Victoria | Stirling | Forth Valley | Aug-89 | 69 | 63.10 | -53 | 53 | -55 | 63 | 65 | 68 | 53 | 68 | 121 | 160.63 |
| 3 | Sen | Catriona | Smith | Aberdeen University | May-91 | 69 | 67.90 | 43 | 47 | -50 | 56 | 61 | 65 | 47 | 65 | 112 | 141.91 |
| 4 | F-40 | Ruth | Lynn | Unattached | Jun-72 | 69 | 63.70 | 40 | 42 | 45 | 55 | 57 | 60 | 45 | 60 | 105 | 138.52 |
| 5 | Sen | Paulina | Sliwinska | Unattached | Feb-91 | 69 | 69.00 | -46 | 46 | -50 | -55 | 55 | 58 | 46 | 58 | 104 | 130.51 |
| G | U-23 | Sophie | Smyth | Kilmarnock WLC | Jan-93 | 69 | 69.00 | 70 | -74 | -76 | 80 | 85 | -90 | 70 | 85 | 155 | 194.50 |
| G | Sen | Shona | Denovan | Glasgow City Barbell | Nov-88 | 69 | 67.10 | 42 | 46 | 48 | 70 | 73 | 75 | 48 | 75 | 123 | 156.98 |

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|---|------|---------------------|-----------------|----------------------------|--------|-----|--------|------|------|------|------|------|------|-----|-----|-----|--------|
| G | Sen | Emma | Bruce | Glasgow City Barbell | Jul-92 | 69 | 67.70 | 45 | -48 | 48 | 62 | -66 | -66 | 48 | 62 | 110 | 139.62 |
| G | U-23 | Agato | Koitko | Team Cavanagh | Sep-93 | 69 | 65.50 | 42 | -44 | -45 | 50 | 54 | -58 | 42 | 54 | 96 | 124.39 |
| G | F-45 | Audrey | Keating | Forth Valley Weightlifting | Jan-67 | 69 | 67.30 | 42 | -45 | -46 | 52 | -56 | -56 | 42 | 52 | 94 | 119.75 |
| | | 75 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-14 | Holly | Morragh Bernard | Pitlochry WLC | Feb-02 | 75 | 74.90 | 58 | 61 | 62 | 68 | 71 | -73 | 62 | 71 | 133 | 159.36 |
| | | 75+ kg CLASS | | | | | | | | | | | | | | | |
| 1 | Sen | Rachael | McIlwraith | Team Cavanagh | Sep-92 | 75+ | 86.30 | 53 | -56 | -60 | 65 | 70 | 75 | 53 | 75 | 128 | 143.38 |
| 2 | Sen | Gillian | Fairbairn | Forth Valley Weightlifting | Jul-84 | 75+ | 79.50 | 42 | 44 | -46 | 61 | 65 | -67 | 44 | 65 | 109 | 126.71 |
| | | MALE | | | | | | | | | | | | | | | |
| | | 69 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-23 | Gilbert | North | Edinburgh University | Aug-94 | 69 | 67.38 | 75 | -80 | 80 | 95 | 100 | 105 | 80 | 105 | 185 | 252.73 |
| 2 | Sen | Craig | McLaughlin | Unattached | Jul-92 | 69 | 65.90 | 50 | 55 | -60 | 65 | 70 | -75 | 55 | 70 | 125 | 173.30 |
| 3 | U-14 | Connor | Johnston | Forth Valley Weightlifting | Feb-02 | 69 | 65.90 | 45 | -48 | 48 | 65 | -70 | 70 | 48 | 70 | 118 | 163.60 |
| 4 | U-18 | Haydn | Law | Aberdeen University | Sep-98 | 69 | 67.68 | 35 | 40 | 45 | 45 | 50 | 55 | 45 | 55 | 100 | 136.22 |
| G | U-15 | Alex | Richardson | Gladiators | Apr-01 | 69 | 68.62 | 80 | 85 | 88 | 100 | -105 | -108 | 88 | 100 | 188 | 253.81 |
| G | U-16 | Kieran | Connor | Glasgow City Barbell | Nov-00 | 69 | 64.14 | 63 | 67 | -70 | 80 | 85 | -88 | 67 | 85 | 152 | 214.66 |
| | | 77 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-18 | Alexander | Gunn | Forth Valley Weightlifting | Sep-98 | 77 | 72.74 | 74 | 80 | 85 | 90 | -100 | 105 | 85 | 105 | 190 | 247.35 |
| 2 | Sen | Hamish | Elliot | Aberdeen University | Mar-91 | 77 | 71.52 | 75 | 80 | -83 | 95 | 101 | -105 | 80 | 101 | 181 | 238.07 |
| 3 | M-55 | Colin | Hannah | Forth Valley Weightlifting | Mar-60 | 77 | 76.36 | -70 | 70 | -75 | 90 | -97 | -101 | 70 | 90 | 160 | 202.44 |
| G | Sen | Dimitros | Sergakis | Glasgow City Barbell | May-84 | 77 | 70.70 | 95 | 100 | 105 | 115 | -120 | -120 | 105 | 115 | 220 | 291.44 |
| G | Jun | Connor | Stepney | Glasgow City Barbell | Oct-97 | 77 | 69.66 | 93 | 97 | 100 | 113 | 117 | -120 | 100 | 117 | 217 | 290.16 |
| G | U-16 | Jay | Carmichael | Kilmarnock WLC | Jun-00 | 77 | 72.24 | 82 | 85 | -87 | 92 | -96 | -96 | 85 | 92 | 177 | 231.39 |
| G | Sen | Marcel | Dutu | Team Cavanagh | Feb-92 | 77 | 73.16 | -66 | 66 | -70 | -90 | 90 | 96 | 66 | 96 | 162 | 210.17 |
| G | Y | Rhys | Blair | Gladiators | Jun-99 | 77 | 76.24 | 35 | 40 | 41 | 45 | 50 | -51 | 41 | 50 | 91 | 115.24 |
| | | 85 kg CLASS | | | | | | | | | | | | | | | |
| 1 | Sen | David | Reay | Edinburgh University | May-85 | 85 | 84.30 | -120 | 120 | -125 | -165 | 165 | 171 | 120 | 171 | 291 | 349.19 |
| 2 | Sen | Ahad | Malik | Team Cavanagh | Dec-94 | 85 | 82.28 | -80 | 82 | 85 | 100 | -105 | 105 | 85 | 105 | 190 | 230.83 |
| G | U-16 | Daniel | Richardson | Gladiators | Feb-00 | 85 | 80.22 | -100 | -100 | 102 | 122 | 0 | 0 | 102 | 122 | 224 | 275.80 |
| G | M-50 | Thomas | Saez | Gladiators | Jan-63 | 85 | 84.50 | 40 | -42 | -42 | -45 | 45 | 50 | 40 | 50 | 90 | 107.87 |
| | | 94 kg CLASS | | | | | | | | | | | | | | | |
| 1 | Sen | Radoslaw | Wroblenski | Forth Valley Weightlifting | Mar-88 | 94 | 86.38 | 113 | 116 | 119 | 135 | 145 | _0 | 119 | 145 | 264 | 313.01 |
| 2 | Sen | Frey | Polson | Unattached | Apr-90 | 94 | 87.50 | 60 | -70 | -70 | 90 | 100 | -107 | 60 | 100 | 160 | 188.53 |
| G | U-18 | Thomas | Whelan | Glasgow City Barbell | Feb-98 | 94 | 89.60 | 105 | 110 | 113 | 135 | -140 | -140 | 113 | 135 | 248 | 289.00 |
| G | Sen | David | Stewart | Team Cavanagh | Mar-86 | 94 | 85.60 | 90 | -93 | -93 | -110 | 110 | -116 | 90 | 110 | 200 | 238.18 |
| | U-18 | Jose | Lopez | Forth Valley Weightlifting | Jan-98 | 94 | 87.16 | -113 | -113 | -113 | 0 | 0 | 0 | 0 | 0 | 0 | 0.00 |
| | | 105 kg CLASS | | | | | | | | | | | | | | | |
| 1 | U-23 | Ashley | Wiles | Aberdeen University | Aug-94 | 105 | 103.22 | 120 | 126 | -127 | -147 | 147 | -153 | 126 | 147 | 273 | 300.17 |

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|----------|------------|--------------|-----------------|-----------------------------------|---------------|------------|---------------|------------|-------------|------------|------------|-------------|-------------|------------|------------|------------|---------------|
| 2 | Sen | Sean | McDonald | Team Cavanagh | Nov-88 | 105 | 96.90 | 100 | -105 | 105 | 120 | -125 | 126 | 105 | 126 | 231 | 260.22 |
| 3 | Sen | Neil | Cushnie | Aberdeen University | Sep-81 | 105 | 100.34 | 85 | 90 | 93 | 115 | 123 | 130 | 93 | 130 | 223 | 247.79 |
| 4 | Sen | Craig | Johnston | Forth Valley Weightlifting | Jan-85 | 105 | 104.04 | 90 | 94 | -98 | 115 | 121 | -125 | 94 | 121 | 215 | 235.73 |
| G | Sen | Shane | Hand | Team Cavanagh | Dec-91 | 105 | 102.56 | 60 | 63 | -65 | 75 | 80 | 85 | 63 | 85 | 148 | 163.11 |
| | | | | | | | | | | | | | | | | | |

TECHNICAL OFFICIALS

Stuart McConville

John McNiven Snr.

Gill Morrogh Bernard

Willie Wilson

Ian Burke

Alex Phillips

Rowan Morrogh Bernard

Kirsty Muirhead

Colin Hannah

Fiona Reardon

SPEAKERS

Frank Etherson

Fiona Reardon