

Scottish Open - Grangemouth Stadium, Scotland - Saturday 4th February 2006

E/UE	Cat.	Name	Nat	B Wgt	Age	Squat	Bench	D/Lift	Total	Points	Place
UE	67.5	Gordon Rennie	SCO	63.4	T3	120	82.5	185	387.5	281.25	12
		Chris McCann	SCO	72	Snr	155	120	230	505	346.78	5
		Gordon Lyon	SCO	73.4	Snr	142.5	132.5	205	480	324.48	7
	75	Jonathan Biggin	SCO	71.3	T2	140	115	200	455	314.99	9
		William Graham	SCO	69.5	Jnr	130	80	180	390	275.89	15
		John Paul Hayes	SCO	71.1	T3	130	77.5	180	387.5	268.89	17
	82.5	Stephen Baker	NW	77	Snr	187.5	142.5	255	585	380.89	3
		William Shaw	SCO	77.6	Snr	170	115	245	530	343.07	6
		Liam Armstrong	SCO	79.5	Jnr	170	115	222.5	507.5	322.67	8
	90	Chris Empson	SCO	80.3	Jnr	140	110	190	440	277.73	14
		Rob Hope	SCO	86.6	Snr	240	137.5	280	657.5	394.17	2
	100	Alastair Christie	SCO	95	M4	180	122.5	231*	532.5	302.35	11
		Kevin O'Donnell	SCO	95.3	T3	175	110	205	490	277.78	13
	110	Les Pilling	NW	107.7	M3	250	145	260	655	353.37	4
		Ronnie Simpson	SCO	102	M4	187.5	100	210	497.5	273.38	16
125	Mark Haydock	NW	124.6	Snr	280*	170	307.5	757.5	395.11	1	
	Hamish Davidson	SCO	110.1	M3	210	140	220	570	305.75	10	
E	67.5	Daniel McKean	SCO	61.9	T3	160	100	180	440	346.54	5
		Peter Lui	SCO	64	M6	155	65	172.5	392.5	299.28	8
	75	William Brown	SCO	70.8	Snr	235	145	250	630	438.73	1
	82.5	Eddie Kimmins	SCO	78	Jnr	210	130	215	555	357.86	4
		Alex Campbell	SCO	80.6	M4	195	147.5	185	527.5	332.06	6
	90	Chris Bonner	SCO	78	T3	170	107.5	212.5	490	315.95	7
		Tom Moffat	SCO	87	Snr	245	140	222.5	607.5	363.16	3
	100	Frank Sinclair	SCO	92	M1	240	135	280	655	378.52	2
	110	John Ramsden	SCO	107.6	T3	195	130	215	540	291.38	9

Single Lifts

UE	100	Alastair Christie	SCO	95	M4	170				96.52	1
	75	Gordon Lyon	SCO	73.4	Snr		125			84.50	3
	100	Shane Geraghty	SCO	95.2	Snr		167.5			95.00	2
		Alastair Christie	SCO	95	M4		110			62.45	4
	145	Haydn Rowlands	NM	127.2	M2		195*			101.08	1
	82.5	William Shaw	SCO	77.6	Snr			250		161.82	1
	100	Alastair Christie	SCO	95	M4			220		124.91	2
110	Ronnie Simpson	SCO	102	M4			210		115.39	3	
E	90	Tom Moffat	SCO	87	Snr	230				137.49	1
	100	Frank Sinclair	SCO	92	M1	225*				130.02	2
	100	William Moir	SCO	92.4	M1		170			98.00	1
		Frank Sinclair	SCO	92	M1		125			72.23	2
100	Frank Sinclair	SCO	92	M1			250		144.47	1	

Referees: Les Pilling, Sam Haydock, Haydn Rowlands, Hamish Davidson *Denotes British Record

Report from Hamish Davidson

This years Scottish Open attracted an entry of 29 lifters, 4 from England and 25 from Scotland, down on last years figures, though nevertheless an excellent day with some new faces and some familiar turning in excellent totals and single lifts. Conspicuous in their absence from the platform this year, though present on the day were champions Bernie McKinley, Vicky McCann and fellow BNBFF member David Hannah, unable to participate due to injuries. John Wright though taking a break from competitive lifting for a couple of years

turned up to referee along with Haydn Rowlands, Les Pilling and myself through the 3 x flights. On the scoring table Mrs Sam Haydock took control on the PC and MC assisted by Mrs Rowlands who executed their duties with 100% accuracy, not 1 mistake all day!!

To kick off we had 3 entries in the 67.5kg class with T3 Daniel McKean totalling 440kg equipped, then T3 Gordon Rennie lifting 387.5kg raw. M6 lifter Peter Lui totalled 392.5kg at 68 years young after a sticky start in the squat, only making his opener of 155kg on his 3rd attempt. The only equipped lifter in the 75kg class was William Brown who did - 235, 145 and 250 to total 630kg and his bodyweight gave him best lifter award on the day, a happier day for Willie as he bombed in Italy on the bench. 5 lifter entered unequipped in weight class with Chris McCann beating Gordon Lyon with 505kg to 480kg Jonathan Biggin won the T2 with 455kg whilst John Paul Hayes won the T3 with 387.5 and William Graham the Junior title with 390kg. The next flight consisting of 9 lifters in the 82.5 and 90kg categories saw World Champion WNBFB Bodybuilder look supreme with lifts of 240 squat, 137.5 bench and 280 deadlift - total 657.5kg Tom Moffat totalled 607.5 at 90kg as a senior and young Eddie Kimmins totalled a pb of 555 as junior 82.5 Stephen Baker came up with Mark Haydock to improve to 585kg and take the Scottish title. Home-grown William Shaw lifted 530kg raw with his deadlift improving to an impressive 245kg. Alex Campbell won the M4 class at 82.5 with 527.5 an T3 Chris Bonnar totalled 490kg. The 3rd flight consisted of 9 of the heavier boys with newcomer Shane Geraghty suffering from recent back injury failing all 3 squats, though continuing to enter the single lifts where he impressed with a 167.5kg bench press attempt, thereafter he was able to cope with the deadlift this time, though has reportedly done 20 in training, 18 year old Kevin O'Donnell won his class with 490kg on his first outing. Ronnie Simpson M4, came out on top with 497.5 unequipped and also entered 3 single lift championships. Alistair Christie Snr won the 100kg with 533.5kg including a new British record of 231kg deadlift at M4 and added a further 3 single lift titles to his day's haul. Young John Ramsden competing in T3 class at 110kg showed promise with a 195 squat, 130 bench and 215 deadlift on his first outing. Les Pilling notched up a new 655kg at 110 M3 on his first outing since the Worlds and claims not to have trained since then, could be? Scotland's Frank Sinclair had exactly the same - 655 total equipped in the M1 100kg class. 124.6kg on the day Mark Haydock won the best lifter unequipped award with a 757.5 kgs total including a record squat of 280kg and not far away attempt at 292.5. Another English visitor Haydn Rowlands impressed with a 195kg bench press in the M2 145kg raw. New lifter William Moir also doing the bench and only pressed 170kg at M1/100kg. Vicky McCann, 3rd place in the USA in last years WNDF Championships presented the trophies and awards and anyone interested in this sector should contact Vicky on 0131 339 1787 as there are 5 regional championships leading to the British Finals on Oct 1st. Only one sour note on the day though, there was a complaint from the management on the way debris was left strewn on the floor in the warm-up area, sandwich cartons, tissues, empty bottles and chalk and I was told that this could jeopardize any future powerlifting events taking place at this centre. Since the area is strictly no food or drink in the area surely we can make an effort to make sure all litter is deposited in bins provided. Don't forget that the British Championships are to be held on Sat 15th & Sun 16th and the BDFPA AGM to be held on the Saturday evening. Anyone unable to secure accommodation in the Formula 1 or Travel Inn should email me for further hosteleries available in the area.