

## **Report from Hamish Davidson Scottish Open - 5th February 2005 - Grangemouth, Scotland**

The 6th annual Scottish Open Championships held on Saturday 5th February saw a dramatic increase in entries since the first event in 2000 when the Scottish division of the BDFPA was revived. 40 lifters!! 36 of whom were Scottish, 2 Irish and 2 English.

Les Pilling can surely claim some form of Scottish descent now though as this was his sixth visit to the event and winning 4 national titles on each occasion means he now has amassed a grand total of 24 Scottish National titles. Newcomer Eric Morris from Carlisle set new records in the 90kg at M7 and is close enough to the border anyhow. Success was not measured purely on numbers though, as there were a good many inspiring performances from 11 teenage and junior lifters, 3 ladies and some very experienced regulars and newcomers in the senior and masters sections.

The stadium at Grangemouth was booked at a concessionary rate - "off season" following the success of last years British there. Marcos in Edinburgh was dropped as they have turned the venue into a live music centre and could not confirm a booking, of course these terms were totally unsuitable and I considered the powerlifting championships much more important than live music. The atmosphere at the event was vibrant and intense yet as always friendly and welcoming. A special welcome and thanks goes to John Knox, Gerald Pilling and Eddie Bennett who came up from Yorkshire to help with spotting and loading, Gerald (British, European and World Senior 125kg Champion) presented the trophies giving a word of encouragement to all contestants and the juniors in particular. Take note any prima-donnas who think they're 'above' loading. The presence of the British Natural Bodybuilding Federation members made a big impact on the proceedings with Vicky McCann taking on the role of MC for the day which turned out to be a non-stop marathon from 11am—6pm, her other half Guy Addison was on the platform most of the day spotting and offering vocal support and motivational face slapping to his BBNBF colleagues who were participating. Which included Chris McCann, Liam Armstrong and David Hannah. Hannah produced a 557.5kg total, raw and including a record 247.5kg deadlift.

From the junior and teenage lifters there were several promising figures, though probably one to watch will be 20 year old die Kimmins who squatted 200kg at 82.5kg and totaled 490kg on his first outing. David Fairhurst, who also refereed his 'quota' of flights along with myself, John Wright and Les Pilling put up an impressive 552.5kg total at 75kg/M3. Clive Williams, an M5 lifter broke records in the 100kg with 630kg total. Alistair Christie Snr. Set 4 British records in the M4 100kg category. Bernadette McKinley returned after a clean sweep of Scottish, British, European and World titles in 2004, looking stronger and improving here bench press to 95kg. Geraldine Fitzimmons put on a strong show at 90kg/M1 with 162.5kg squat and 160kg deadlift. Les Pilling totaled 670kg raw for a clean sweep of new British records in his new M3 category while Alan Pearson squatted 250kg, benched 210kg and deadlifted 285kg to total 745kgs to take the senior 125 title and best lifter trophy. I struggled to compete at all and had less than 10 minutes to change from blazer and ties to supersuit and warm up by missing the first round of the squat, however, not to miss out on another 4 national titles completed enough to take the M3 125 with 592.5kg total, coming back after nursing a back injury since October. John Wright, also in blazer and tie most of the day decided not to strip off until the deadlift single lift where he completed a 245kg pb, with his recently acquired divisional referee status, he had the added responsibility of refereeing, conducting weigh-in, kit check, registration, coaching 5 lifters from his 'school' plus drug testing on the day, whilst his wife Liz sat on the coring table with Vicky McCann.

Single lifters included William Shaw who deadlifted 230kg raw at 82.5kg. 100kg M1 Frank Sinclair did 290kg. Deadlift specialist Peter Whitehead, who was suffering from a back injury similar to mine, won the 100kg raw with 235 and failed his first attempt 285kg in the equipped, there after retiring. Gerald, John and Eddie found a bar near to the stadium selling cheap booze and as in the Pied Piper they will need to 'show us where it's at'. Many thanks to all who were on hand to help, making the day run smoothly and quickly.