

WORLD DRUG FREE POWERLIFTING ASSOCIATION  
 SCO Regional Powerlifting Championships 2011  
 Palace of Art, Glasgow - 26/02/2011

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS	
w	1	1	58.5kg	U	Jess JONES	NE	49	M2	58.4	107.5 WR*	75	160 WR	342.5 WR	301.4
w	1	1	70kg	U	Louise HOWELL	NE	25	Snr	64	100	55	135	290	236.292
w	2	1	70kg	U	Jo GASKIN	SCO	40	M1	68.6	85	40	125	250	192.225
w	---	---	90kg	U	Bernie MC KINLEY	SCO	31	Snr	85.8	0	107.5 WR	170	---	---
	1	1	67.5kg	U	James WITHINGTON	NE	28	Snr	66.4	137.5	100	195	432.5	318.623
	---	---	67.5kg	U	Chris YULE	SCO	28	Snr	63.4	110	0	140	---	---
	1	1	75kg	U	Martin MACDONALD	SCO	24	Snr	74.8	155	105	210	470	312.973
	1	1	82.5kg	U	Adrian KENNEDY	SCO	22	Jnr	78.4	180	100	210	490	314.776
	2	1	82.5kg	U	Gary MARTIN	SCO	24	Snr	82.2	157.5	85	220	462.5	287.166
	3	1	82.5kg	U	Elliot FRASER	SCO	51	M3	82.4	165	107.5	180	452.5	280.46
	1	1	100kg	U	Arthur COWLEY	SCO	51	M3	99	222.5	150	247.5	620	345.03
	---	---	100kg	U	Joe COOGAN	SCO		Snr	94.2	0	167.5	0	---	---
	---	---	100kg	U	Richard FORDYCE	SCO	20	Jnr	95.8	0	0	200	---	---
	1	1	110kg	U	Stephen MULLIN	SCO	29	Snr	104.4	232.5	150	260	642.5	350.034
	2	1	110kg	U	Pete GASKIN	SCO	48	M2	109.2	140	155	240	535	287.563
	1	1	125kg	E	Neil ELLIOTT	SCO	39	Snr	123.2	300	250 WR	300	850	444.975

(\*\* drug tested; WR/ER/NR - World/European/National Records: \* Age class Record/† MPF Record)

**Best Lifters:**

**Women, unequipped**

1st Jess JONES: 301.4 Points

2nd Louise HOWELL: 236.292 Points

3rd Jo GASKIN: 192.225 Points

**Men, unequipped**

1st Stephen MULLIN: 350.034 Points

2nd Arthur COWLEY: 345.03 Points

3rd James WITHINGTON: 318.62275 Points

**Men, equipped**

1st Neil ELLIOTT: 444.975 Points

2nd :

3rd :