

# Amy Craig

SUN - Flight C [OpenIPF Profile Link](#)

69 Class - Nom. Total 455kg

Open Lifter

#Raw Full Power Comps - 15

#Total Comps - 15

GB International Caps - 1

Scotland International Caps - 2



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	180	92.5	182.5	455	95.94
Last 5 Comps	180	95	190	462.5	96.94
All Time	180	95	190	462.5	96.94

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	67%	67%	78%	0
Last 5 Comps	87%	73%	80%	80%	1
All Time	87%	80%	78%	81%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	21.3	7.5	25.0	53.8	13.0%
Last 5 Comps	22.0	7.5	25.0	54.5	13.7%
All Time	18.0	7.5	20.5	46.0	13.6%

## Competition Debut

Totalled 252.5kg in 63 class at Scottish Eastern Districts in Feb 2019

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 6

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Dec-25	British Open Classic Championships	69	180	92.5	182.5	455	95.94	7/9
Jul-25	University World Championships	69	177.5	92.5	182.5	452.5	94.36	7/9
Apr-25	BUCS	69	177.5	95	190	462.5	96.94	9/9
Dec-24	Home Nations	69	157.5	82.5	175	415	87.2	5/9
Oct-24	Commonwealth Powerlifting Championships	69	160	90	180	430	89.86	8/9

# Anna Foster

SUN - Flight C [OpenIPF Profile Link](#)

69 Class - Nom. Total 402.5kg

Open Lifter

#Raw Full Power Comps - 7

#Total Comps - 8



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	140	87.5	175	402.5	84.87
Last 5 Comps	140	87.5	175	402.5	84.87
All Time	140	87.5	175	402.5	84.87

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	100%	100%	100%	1
Last 5 Comps	87%	93%	87%	89%	4
All Time	86%	86%	90%	87%	4

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	15.0	7.5	20.0	42.5	11.8%
Last 5 Comps	13.5	7.5	15.5	36.5	11.1%
All Time	12.5	7.9	14.6	35.0	11.0%

## Competition Debut

Totalled 297.5kg in 63 class at SUCS in Jan 2023

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 5

# of British PL National Championship Appearances - 3

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Feb-26	SUCS	69	140	87.5	175	402.5	84.87	9/9
Feb-25	SUCS	69	137.5	82.5	175	395	82.93	9/9
Apr-24	BUCS	69	125	80	75	280	59.09	4/9
Mar-24	British Junior Championships	69	135	80	170	385	80.97	9/9
Sep-23	Scottish Junior Championships	63	122.5	65	150	337.5	74.3	9/9

# Beth Clinkcales

SUN - Flight C [OpenIPF Profile Link](#)

69 Class - Nom. Total 430kg

Open Lifter

#Raw Full Power Comps - 11

#Total Comps - 11

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	165	95	170	430	89.9
Last 5 Comps	165	95	170	430	89.9
All Time	165	95	170	430	89.9

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	100%	100%	100%	1
Last 5 Comps	100%	100%	80%	93%	2
All Time	88%	91%	88%	89%	3

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	17.5	7.5	22.5	47.5	12.4%
Last 5 Comps	16.0	8.0	22.0	46.0	12.1%
All Time	12.3	7.7	19.3	39.3	11.1%

## Competition Debut

Totalled 342.5kg in 63 class at Summer Open in Jul 2021

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 2

# of British PL National Championship Appearances - 4

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Feb-26	Luxembourg Open Invitational	69	165	95	170	430	89.9	9/9
Jul-25	Scottish Classic Championships	69	162.5	95	167.5	425	88.7	8/9
Mar-25	British Junior Championships	69	162.5	95	165	422.5	88.93	8/9
Nov-24	Edinburgh Open	69	157.5	92.5	165	415	86.54	9/9
Apr-23	British Junior Championships	63	152.5	82.5	162.5	397.5	87.6	8/9



# Chloe Neill

**SUN - Flight C** [OpenIPF Profile Link](#)

76 Class - Nom. Total 420kg

Open Lifter

#Raw Full Power Comps - 7

#Total Comps - 9

Scotland International Caps - 2



## Personal Bests \*Raw Comps only

	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>Total</b>	<b>GL</b>
<b>Last 12m</b>	157.5	90	172.5	420	83.77
<b>Last 5 Comps</b>	157.5	90	172.5	420	83.77
<b>All Time</b>	157.5	90	172.5	420	83.77

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>All</b>	<b>9for9s</b>
<b>Last 12m</b>	100%	100%	100%	100%	1
<b>Last 5 Comps</b>	92%	83%	92%	89%	2
<b>All Time</b>	90%	86%	90%	89%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	<b>SQ1-3</b>	<b>BP1-3</b>	<b>DL1-3</b>	<b>kg diff 1-3</b> <b>Attempt</b>	<b>% diff 1-3</b> <b>Attempt</b>
<b>Last 12m</b>	12.5	7.5	15.0	35.0	9.1%
<b>Last 5 Comps</b>	13.1	7.5	15.0	35.6	9.8%
<b>All Time</b>	12.5	7.9	16.1	36.4	11.1%

## Competition Debut

Totalled 280kg in 72 class at SUCS in Apr 2019

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 5

# of British PL National Championship Appearances - 0

## Last 5 Competitions

<b>DATE</b>	<b>Competition</b>	<b>WC</b>	<b>S</b>	<b>B</b>	<b>D</b>	<b>Total</b>	<b>GL</b>	<b>G.Lifts</b>
May-26	Scottish Bench Press Championships	76		102.5		102.5	56.24	3/3
Mar-26	Eastern Open	76	157.5	90	172.5	420	83.77	9/9
Feb-25	European Small Nations	76	140	85	165	390	77.84	6/9
Jul-24	Scottish Classic Championships	76	145	82.5	165	392.5	78.87	9/9
Nov-23	Winter Open	76	135	80	167.5	382.5	77.12	8/9



# Laura Wilson

SUN - Flight C [OpenLPF Profile Link](#)

69 Class - Nom. Total 385kg

Open Lifter

#Raw Full Power Comps - 10

#Total Comps - 10



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	145	80	160	385	81.18
Last 5 Comps	145	80	160	385	81.18
All Time	145	80	160	385	81.18

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	100%	100%	100%	1
Last 5 Comps	87%	87%	93%	89%	2
All Time	87%	83%	93%	88%	3

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	12.5	7.5	17.5	37.5	10.8%
Last 5 Comps	10.5	7.0	16.0	33.5	10.1%
All Time	9.5	7.3	14.0	30.8	9.8%

## Competition Debut

Totalled 277.5kg in 63 class at Eastern Districts in Jan 2020

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 4

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 1

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Mar-26	Eastern Open	69	145	80	160	385	81.18	9/9
Jul-25	Scottish Classic Championships	69	137.5	75	160	372.5	79.47	9/9
Nov-24	British Open Classic Championships	63	130	75	157.5	362.5	80.4	7/9
Jul-24	Scottish Classic Championships	63	130	75	155	360	79.42	8/9
Feb-24	Western Districts	63	127.5	67.5	145	340	75.25	7/9

# Megan Carpenter

SUN - Flight C [OpenIPF Profile Link](#)

76 Class - Nom. Total 407.5kg

Open Lifter

#Raw Full Power Comps - 6

#Total Comps - 6

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	145	72.5	190	407.5	80.49
Last 5 Comps	145	72.5	190	407.5	80.77
All Time	145	72.5	190	407.5	80.77

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	83%	83%	78%	1
Last 5 Comps	73%	87%	93%	84%	2
All Time	78%	78%	94%	83%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	11.3	7.5	25.0	43.8	11.9%
Last 5 Comps	11.0	7.0	21.5	39.5	11.0%
All Time	11.7	6.7	20.4	38.8	10.9%

## Competition Debut

Totalled 355kg in 76 class at Eastern Districts in Feb 2024

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 1

# of British PL National Championship Appearances - 0

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Apr-26	Spring Open	76	145	72.5	190	407.5	80.49	9/9
Feb-26	Luxembourg Open Invitational	76	132.5	70	187.5	390	77.89	5/9
Jul-25	Scottish Classic Championships	76	145	67.5	187.5	400	80.77	7/9
Apr-25	Western Open	76	142.5	67.5	180	390	77.28	8/9
Nov-24	Autumn Open	76	140	62.5	175	377.5	74.9	9/9

# Mia Gavana

SUN - Flight C [OpenIPF Profile Link](#)

69 Class - Nom. Total 367.5kg

Open Lifter

#Raw Full Power Comps - 4

#Total Comps - 7



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	120	92.5	157.5	367.5	77.16
Last 5 Comps	120	92.5	157.5	367.5	77.16
All Time	120	92.5	157.5	367.5	77.16

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	83%	100%	67%	83%	0
Last 5 Comps	83%	92%	75%	83%	0
All Time	83%	92%	75%	83%	0

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	11.3	8.8	17.5	37.5	11.1%
Last 5 Comps	10.6	8.8	16.3	35.6	10.9%
All Time	10.6	8.8	16.3	35.6	10.9%

## Competition Debut

Totalled 335kg in 69 class at Eastern Open in Mar 2025

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 0

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
May-26	Scottish Bench Press Championships	69		92.5		92.5	74.05	3/3
Apr-26	Western Open	69	120	90	157.5	367.5	77.16	7/9
Jan-26	Paisley Barbell Club Competition	69	120	87.5	152.5	360	75.58	8/9
Jul-25	Scottish Classic Championships	69	117.5	85	150	352.5	74.01	7/9
Mar-25	Eastern Open	69	110	80	145	335	70.27	8/9



# Rebecca Patterson

SUN - Flight C [OpenIPF Profile Link](#)

76 Class - Nom. Total 400kg

Masters 1 Lifter

#Raw Full Power Comps - 15

#Total Comps - 15



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	137.5	70	192.5	400	79.06
Last 5 Comps	137.5	70	192.5	400	79.06
All Time	137.5	72.5	192.5	400	79.06

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	100%	89%	96%	2
Last 5 Comps	87%	87%	80%	84%	2
All Time	84%	71%	80%	79%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	14.2	10.0	22.5	46.7	13.6%
Last 5 Comps	12.0	8.5	25.0	45.5	13.1%
All Time	11.7	6.7	19.0	37.3	10.9%

## Competition Debut

Totalled 335kg in 72 class at Scottish Eastern Districts in Feb 2019

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 3

# of Scottish PL National Championship Appearances - 6

# of British PL National Championship Appearances - 2

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Mar-26	Scottish Masters Championships	76	137.5	70	192.5	400	79.06	9/9
Nov-25	Edinburgh Winter Open	76	135	65	180	380	75.25	8/9
Sep-25	Paisley Barbell Club Competition	76	135	60	185	380	75.2	9/9
Jul-23	Scottish Classic Championships	76	130	70	190	390	77.18	5/9
Mar-23	Scottish Masters Championships	76	135	70	187.5	392.5	77.58	7/9

# Skye Gordon

SUN - Flight C [OpenIPF Profile Link](#)

76 Class - Nom. Total 400kg

Open Lifter

#Raw Full Power Comps - 5

#Total Comps - 5



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	162.5	72.5	165	400	80.6
Last 5 Comps	162.5	72.5	165	400	80.6
All Time	162.5	72.5	165	400	80.6

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	67%	100%	89%	0
Last 5 Comps	80%	53%	100%	78%	0
All Time	80%	53%	100%	78%	0

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	15.0	7.5	17.5	40.0	11.0%
Last 5 Comps	11.0	7.0	16.0	34.0	9.8%
All Time	11.0	7.0	16.0	34.0	9.8%

## Competition Debut

Totalled 342.5kg in 76 class at Winter Open in Nov 2023

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 1

# of British PL National Championship Appearances - 1

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Mar-26	Eastern Open	76	162.5	72.5	165	400	80.6	8/9
Apr-25	Spring Open	76	155	70	165	390	78.26	8/9
Nov-24	British Open Classic Championships	76	150	-67.5	157.5	0	0	5/9
Jul-24	Scottish Classic Championships	76	157.5	67.5	155	380	76.73	7/9
Nov-23	Winter Open	76	132.5	60	150	342.5	69.5	7/9

# Tasmin Campbell

**SUN - Flight C** [OpenIPF Profile Link](#)

69 Class - Nom. Total 527.5kg

Masters 1 Lifter

#Raw Full Power Comps - 21

#Total Comps - 22

GB International Caps - 8

Scotland International Caps - 5



## Personal Bests \*Raw Comps only

	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>Total</b>	<b>GL</b>
<b>Last 12m</b>	182.5	120	225	527.5	109.37
<b>Last 5 Comps</b>	182.5	125	232.5	537.5	111.9
<b>All Time</b>	182.5	125	232.5	537.5	111.9

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>All</b>	<b>9for9s</b>
<b>Last 12m</b>	67%	100%	67%	78%	0
<b>Last 5 Comps</b>	87%	100%	67%	84%	1
<b>All Time</b>	83%	86%	76%	81%	3

## Jumps Taken \*Raw Full Power Comps only

Averages of	<b>SQ1-3</b>	<b>BP1-3</b>	<b>DL1-3</b>	<b>kg diff 1-3</b> <b>Attempt</b>	<b>% diff 1-3</b> <b>Attempt</b>
<b>Last 12m</b>	15.0	7.5	20.5	43.0	8.6%
<b>Last 5 Comps</b>	12.5	7.0	18.6	38.1	7.6%
<b>All Time</b>	13.1	7.9	17.8	38.7	9.0%

## Competition Debut

Totalled 385kg in 72 class at Aberdeen Open in Apr 2016

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 2

# of Scottish PL National Championship Appearances - 3

# of British PL National Championship Appearances - 9

## Last 5 Competitions

<b>DATE</b>	<b>Competition</b>	<b>WC</b>	<b>S</b>	<b>B</b>	<b>D</b>	<b>Total</b>	<b>GL</b>	<b>G.Lifts</b>
Nov-25	Home Nations	69	182.5	120	225	527.5	109.37	7/9
Mar-25	European Championships	69	182.5	125	225	532.5	110.79	8/9
Jun-24	IPF World Championships	69	180	125	232.5	537.5	111.9	9/9
Mar-24	European Championships	69	182.5	122.5	222.5	527.5	109.29	8/9
Dec-23	European Championships	69	175	122.5	212.5	510	106.04	6/9

# Tia Gibson

SUN - Flight C [OpenIPF Profile Link](#)

69 Class - Nom. Total 437.5kg

Open Lifter

#Raw Full Power Comps - 5

#Total Comps - 5



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	170	90	177.5	437.5	92.17
Last 5 Comps	170	90	177.5	437.5	92.17
All Time	170	90	177.5	437.5	92.17

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	83%	100%	94%	1
Last 5 Comps	100%	73%	80%	84%	1
All Time	100%	73%	80%	84%	1

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	18.8	8.8	22.5	50.0	13.1%
Last 5 Comps	17.0	7.5	19.5	44.0	11.9%
All Time	17.0	7.5	19.5	44.0	11.9%

## Competition Debut

Totalled 362.5kg in 84 class at Northern Districts in Mar 2024

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 1

# of British PL National Championship Appearances - 1

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Apr-26	Spring Open	69	170	90	177.5	437.5	92.17	9/9
Oct-25	Scottish Junior Championships	76	165	82.5	172.5	420	84.22	8/9
Mar-25	British Junior Championships	76	165	75	167.5	407.5	81.49	7/9
Nov-24	Winter Open	76	160	72.5	170	402.5	80.93	7/9
Mar-24	Northern Districts	84	140	60	162.5	362.5	69.99	7/9

# Aimee Guthrie

SUN - Flight D [OpenIPF Profile Link](#)

76 Class - Nom. Total 482.5kg

Open Lifter

#Raw Full Power Comps - 16

#Total Comps - 16

GB International Caps - 2

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	172.5	120	195	482.5	95.66
Last 5 Comps	172.5	120	195	485.5	96.33
All Time	172.5	120	195	485.5	96.33

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	83%	100%	83%	89%	0
Last 5 Comps	93%	93%	93%	93%	2
All Time	96%	85%	94%	92%	7

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	15.0	8.8	22.5	46.3	10.5%
Last 5 Comps	15.5	8.3	23.5	47.3	10.9%
All Time	15.3	8.9	21.3	45.5	11.6%

## Competition Debut

Totalled 362.5kg in 76 class at Northern Districts in Mar 2022

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 6

# of British PL National Championship Appearances - 6

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Dec-25	British Open Classic Championships	76	172.5	120	187.5	480	95.11	8/9
Aug-25	World Junior Championships	76	167.5	120	195	482.5	95.66	8/9
Jul-25	Scottish Classic Championships	76	172.5	118	195	485.5	96.33	9/9
Mar-25	British Junior Championships	76	172.5	115	187.5	475	94.8	8/9
Oct-24	Commonwealth Powerlifting Championships	76	170	111	185	466	92.79	9/9

# Alice Francis-Freeman

SUN - Flight D [OpenIPF Profile Link](#)

76 Class - Nom. Total 530kg

Open Lifter

#Raw Full Power Comps - 21

#Total Comps - 23

GB International Caps - 5

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	192.5	122.5	215	530	104.89
Last 5 Comps	192.5	122.5	215	530	104.89
All Time	192.5	122.5	215	530	104.89

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	100%	100%	100%	1
Last 5 Comps	100%	87%	93%	93%	3
All Time	90%	86%	89%	88%	5

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	17.5	12.5	15.0	45.0	9.3%
Last 5 Comps	15.5	10.5	17.0	43.0	9.1%
All Time	15.0	9.0	16.2	40.1	10.1%

## Competition Debut

Totalled 276kg in 63 class at Scottish Powerlifting Eastern Districts in Feb 2016

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 8

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Dec-25	British Open Classic Championships	76	192.5	122.5	215	530	104.89	9/9
Apr-25	Spring Open	76	182.5	120	210	512.5	101.3	9/9
Jun-24	ST Summer Showdown	76	177.5	115	215	507.5	100.34	9/9
May-22	British Junior Championships	76	185	115	210	510	101.06	7/9
Dec-21	European Championships	76	182.5	115	210	507.5	101.28	8/9

# Caitlin Dinnen

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 415kg

Open Lifter

#Raw Full Power Comps - 9

#Total Comps - 9

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	152.5	80	182.5	415	78.59
Last 5 Comps	155	85	190	427.5	81
All Time	155	85	190	427.5	81

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	100%	67%	78%	0
Last 5 Comps	87%	100%	80%	89%	2
All Time	89%	96%	85%	90%	3

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	10.0	7.5	22.5	40.0	10.4%
Last 5 Comps	12.5	8.0	18.5	39.0	10.3%
All Time	13.6	7.2	19.7	40.6	11.9%

## Competition Debut

Totalled 302.5kg in 76 class at Western Districts in Nov 2022

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 2

# of Scottish PL National Championship Appearances - 2

# of British PL National Championship Appearances - 2

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Dec-25	British Open Classic Championships	84	152.5	80	182.5	415	78.59	7/9
Jul-25	Scottish Classic Championships	84	152.5	85	190	427.5	81	8/9
Mar-25	Glasgow Taxis Cup	84	155	82.5	182.5	420	80	9/9
Feb-25	European Small Nations	84	152.5	80	162.5	395	74.96	7/9
Jul-24	Scottish Classic Championships	84	152.5	75	177.5	405	76.81	9/9

# Eilidh Nicolson

SUN - Flight D [OpenIPF Profile Link](#)

76 Class - Nom. Total 462.5kg

Open Lifter

#Raw Full Power Comps - 5

#Total Comps - 5

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	182.5	95	185	462.5	91.91
Last 5 Comps	182.5	95	185	462.5	91.91
All Time	182.5	95	185	462.5	91.91

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	67%	67%	67%	0
Last 5 Comps	60%	73%	73%	69%	1
All Time	60%	73%	73%	69%	1

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	15.0	10.0	25.0	50.0	11.5%
Last 5 Comps	13.0	7.5	16.5	37.0	9.4%
All Time	13.0	7.5	16.5	37.0	9.4%

## Competition Debut

Totalled 375kg in 76 class at Northern Districts in Mar 2024

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 2

# of Scottish PL National Championship Appearances - 2

# of British PL National Championship Appearances - 0

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Feb-26	Luxembourg Open Invitational	76	182.5	95	185	462.5	91.91	6/9
Jul-25	Scottish Classic Championships	76	167.5	87.5	185	440	87.81	8/9
Feb-25	Northern Open	76	167.5	85	177.5	430	86.11	9/9
Jul-24	Scottish Classic Championships	76	-147.5	75	165	0	0	3/9
Mar-24	Northern Districts	76	150	65	160	375	77.2	5/9



# Kerry Wood

**SUN - Flight D** [OpenIPF Profile Link](#)

84 Class - Nom. Total 462.5kg

Open Lifter

#Raw Full Power Comps - 9

#Total Comps - 9

GB International Caps - 2



## Personal Bests \*Raw Comps only

	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>Total</b>	<b>GL</b>
<b>Last 12m</b>	170	102.5	190	462.5	87.51
<b>Last 5 Comps</b>	170	102.5	190	462.5	87.51
<b>All Time</b>	170	102.5	190	462.5	87.51

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>All</b>	<b>9for9s</b>
<b>Last 12m</b>	100%	100%	100%	100%	2
<b>Last 5 Comps</b>	87%	93%	87%	89%	2
<b>All Time</b>	89%	89%	93%	90%	5

## Jumps Taken \*Raw Full Power Comps only

Averages of	<b>SQ1-3</b>	<b>BP1-3</b>	<b>DL1-3</b>	<b>kg diff 1-3</b> <b>Attempt</b>	<b>% diff 1-3</b> <b>Attempt</b>
<b>Last 12m</b>	13.8	8.0	20.0	41.8	10.0%
<b>Last 5 Comps</b>	15.0	8.2	20.5	43.7	10.6%
<b>All Time</b>	13.3	7.1	18.9	39.3	10.2%

## Competition Debut

Totalled 337.5kg in 76 class at Scottish Junior Championships in Sep 2022

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 2

# of British PL National Championship Appearances - 3

## Last 5 Competitions

<b>DATE</b>	<b>Competition</b>	<b>WC</b>	<b>S</b>	<b>B</b>	<b>D</b>	<b>Total</b>	<b>GL</b>	<b>G.Lifts</b>
Feb-26	European University Championships	84	170	102.5	190	462.5	87.51	9/9
Jul-25	University World Championships	84	167.5	101	190	458.5	86.75	9/9
Apr-25	BUCS	84	162.5	100	182.5	445	84.52	7/9
Aug-24	Manchester Open	84	170	92.5	177.5	440	83.53	8/9
Mar-24	British Junior Championships	84	162.5	92.5	180	435	82.66	7/9

# Lauren Williamson

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 486.5kg

Open Lifter

#Raw Full Power Comps - 11

#Total Comps - 11

Scotland International Caps - 2



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	180	102.5	195	477.5	90.22
Last 5 Comps	186	103	197.5	486.5	92.05
All Time	186	103	197.5	486.5	92.05

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	100%	100%	89%	0
Last 5 Comps	87%	93%	93%	91%	2
All Time	79%	73%	88%	80%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	17.5	7.5	17.5	42.5	9.7%
Last 5 Comps	17.3	7.6	19.0	43.9	10.2%
All Time	13.8	6.4	18.6	38.8	10.3%

## Competition Debut

Totalled 315kg in 84 class at Winter Open in Nov 2021

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 3

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 2

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Nov-25	Home Nations	84	180	102.5	195	477.5	90.22	8/9
Jul-25	Scottish Classic Championships	84	186	103	197.5	486.5	92.05	9/9
Nov-24	British Open Classic Championships	84	177.5	95	195	467.5	88.62	9/9
Oct-24	Commonwealth Powerlifting Championships	84	180	95	187.5	462.5	87.51	7/9
Jul-24	Scottish Classic Championships	84	183	92.5	192.5	468	88.67	8/9

# Louise MacFeeters

SUN - Flight D [OpenIPF Profile Link](#)

76 Class - Nom. Total 461kg

Open Lifter

#Raw Full Power Comps - 6

#Total Comps - 6



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	206	85	170	461	91.46
Last 5 Comps	206	85	170	461	91.46
All Time	206	85	170	461	91.46

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	100%	67%	78%	0
Last 5 Comps	73%	100%	73%	82%	0
All Time	78%	94%	78%	83%	0

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	17.5	10.0	20.0	47.5	11.2%
Last 5 Comps	15.0	9.0	19.0	43.0	11.2%
All Time	15.4	9.2	19.2	43.8	11.8%

## Competition Debut

Totalled 360kg in 76 class at Scottish Junior Championships in Sep 2023

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 2

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 1

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Oct-25	Scottish Junior Championships	76	206	85	170	461	91.46	7/9
Jul-25	Scottish Classic Championships	76	190	82.5	165	437.5	87.73	8/9
Apr-25	Western Open	76	177.5	77.5	160	415	85.91	7/9
Jul-24	Scottish Classic Championships	76	165	72.5	162.5	400	79.36	8/9
Mar-24	British Junior Championships	76	160	65	155	380	75.15	7/9

# Ralitsa Andreeva

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 420kg

Open Lifter

#Raw Full Power Comps - 5

#Total Comps - 6



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	147.5	95	177.5	420	80.75
Last 5 Comps	147.5	95	177.5	420	80.75
All Time	147.5	95	177.5	420	80.75

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	83%	83%	100%	89%	0
Last 5 Comps	73%	73%	87%	78%	0
All Time	73%	73%	87%	78%	0

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	12.5	10.0	15.0	37.5	10.0%
Last 5 Comps	13.5	9.0	18.5	41.0	11.9%
All Time	13.5	9.0	18.5	41.0	11.9%

## Competition Debut

Totalled 330kg in 76 class at Northern Districts in Mar 2024

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 1

# of British PL National Championship Appearances - 0

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Mar-26	Eastern Open	84	147.5	95	177.5	420	80.75	8/9
Nov-25	Winter Open	76	135	92.5	170	397.5	78.42	8/9
Apr-25	Spring Open	76	127.5	85	160	372.5	73.58	7/9
Nov-24	Winter Open	76	122.5	80	160	362.5	71.78	7/9
Mar-24	Northern Districts	76	125	75	130	330	65.47	5/9



# Romy Grieve

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 487.5kg

Open Lifter

#Raw Full Power Comps - 6

#Total Comps - 7

Scotland International Caps - 1



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	175	100	210	485	95.62
Last 5 Comps	175	102.5	217.5	487.5	96.66
All Time	175	102.5	217.5	487.5	96.66

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	67%	67%	67%	67%	0
Last 5 Comps	87%	60%	93%	80%	0
All Time	83%	56%	89%	76%	0

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	12.5	7.5	15.0	35.0	7.7%
Last 5 Comps	15.5	8.0	16.6	40.1	9.2%
All Time	14.2	7.1	15.1	36.3	8.5%

## Competition Debut

Totalled 347.5kg in 72 class at Northern Districts in Jan 2020

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 2

# of British PL National Championship Appearances - 2

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Dec-25	British Open Classic Championships	76	175	100	210	485	95.62	6/9
Jul-25	Scottish Classic Championships	76	172.5	97.5	217.5	487.5	96.66	8/9
Feb-25	European Small Nations	76	160	90	205	455	90.08	6/9
Nov-24	British Open Classic Championships	76	167.5	92.5	215	475	94	8/9
Oct-23	Highland Open	76	160	87.5	213	460.5	91.07	8/9

# Sarah Rose

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 410kg

Open Lifter

#Raw Full Power Comps - 7

#Total Comps - 9



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	145	90	180	410	78.14
Last 5 Comps	147.5	90	180	410	78.14
All Time	147.5	90	180	410	78.14

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	83%	83%	100%	89%	1
Last 5 Comps	92%	75%	100%	89%	1
All Time	90%	81%	100%	90%	2

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	15.0	6.3	18.8	40.0	10.7%
Last 5 Comps	15.0	5.6	20.0	40.6	11.1%
All Time	15.0	6.4	19.6	41.1	11.9%

## Competition Debut

Totalled 320kg in 76 class at Northern Districts in Feb 2023

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 2

# of Scottish PL National Championship Appearances - 4

# of British PL National Championship Appearances - 1

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
May-26	Scottish Bench Press Championships	84		90		90	67.5	3/3
Feb-26	Northern Open	84	145	85	180	410	78.14	9/9
Dec-25	British Open Classic Championships	84	145	85	177.5	407.5	77.94	7/9
Jul-25	Scottish Classic Championships	84	147.5	85	175	407.5	77.9	8/9
Nov-24	Autumn Open	84	145	80	175	400	76.23	8/9

# Sofia Klemola

SUN - Flight D [OpenIPF Profile Link](#)

84 Class - Nom. Total 415kg

Open Lifter

#Raw Full Power Comps - 7

#Total Comps - 7



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	157.5	80	177.5	415	81.18
Last 5 Comps	157.5	80	177.5	415	81.18
All Time	157.5	80	177.5	415	81.18

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	100%	67%	100%	89%	0
Last 5 Comps	100%	80%	93%	91%	2
All Time	90%	81%	90%	87%	3

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	10.0	7.5	22.5	40.0	10.6%
Last 5 Comps	13.5	7.0	21.5	42.0	11.6%
All Time	13.2	7.1	19.3	39.6	11.2%

## Competition Debut

Totalled 345kg in 76 class at SUCS in Apr 2022

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 1

# of Scottish PL National Championship Appearances - 3

# of British PL National Championship Appearances - 0

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
Feb-26	SUCS	84	157.5	80	177.5	415	81.18	8/9
Jul-25	Scottish Classic Championships	84	155	80	170	405	79.41	7/9
Dec-24	Klassisen voimanoston SM-kilpailut avoin	84	155	75	175	405	78.74	9/9
Oct-24	Kansallinen voimanostokilpailu	84	150	72.5	170	392.5	75.66	9/9
Nov-23	Winter Open	76	147.5	70	167.5	385	76.24	8/9

# Stefanie Ertzinger

SUN - Flight D [OpenLPF Profile Link](#)

84 Class - Nom. Total 405kg

Open Lifter

#Raw Full Power Comps - 4

#Total Comps - 9



## Personal Bests \*Raw Comps only

	SQ	BP	DL	Total	GL
Last 12m	142.5	100	165	405	77.99
Last 5 Comps	142.5	100	165	405	77.99
All Time	142.5	100	165	405	77.99

## Attempt Selection Success% \*Raw Full Power Comps only

Averages of	SQ	BP	DL	All	9for9s
Last 12m	83%	67%	100%	83%	0
Last 5 Comps	92%	67%	100%	86%	1
All Time	92%	67%	100%	86%	1

## Jumps Taken \*Raw Full Power Comps only

Averages of	SQ1-3	BP1-3	DL1-3	kg diff 1-3 Attempt	% diff 1-3 Attempt
Last 12m	17.5	7.5	18.8	43.8	12.0%
Last 5 Comps	16.9	6.9	18.1	41.9	12.3%
All Time	16.9	6.9	18.1	41.9	12.3%

## Competition Debut

Totalled 340kg in 84 class at Spring Open in Apr 2024

## National Championships Appearances

# of times Previously Competed at Scottish Classic - 0

# of Scottish PL National Championship Appearances - 3

# of British PL National Championship Appearances - 2

## Last 5 Competitions

DATE	Competition	WC	S	B	D	Total	GL	G.Lifts
May-26	Scottish Bench Press Championships	84		100		100	75.3	3/3
Apr-26	Western Open	84	142.5	97.5	165	405	77.99	7/9
Aug-25	Summer Open	84	142.5	95	162.5	400	76.98	8/9
Nov-24	Winter Open	84	132.5	85	152.5	370	70.34	9/9
Apr-24	Spring Open	84	120	77.5	142.5	340	65.43	7/9