

**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	McBRIDE M () SCO 206	RUTHERFORD Paul (2014) SCO 138	McBRIDE M () SCO 240	McBRIDE M () SCO 560
75	BROWN Wullie () SCO 240	EMPSON Chris (2016) SCO 160	BROWN Wullie () SCO 272.5	BROWN Wullie () SCO 642.5
82.5	BROWN Wullie (2011) SCO 285	BROWN Wullie (2011) SCO 165	BROWN Wullie (2011) SCO 290	BROWN Wullie (2011) SCO 740
90	BROWN Wullie (2014) SCO 305	BROWN Wullie () SCO 190	STEVENS Nick (2011) SCO 320	BROWN Wullie (2012) SCO 765
100	COWLEY Arthur (2011) SCO 287.5	COWLEY Arthur (2011) SCO 195	SINCLAIR Frank () SCO 280	COWLEY Arthur (2011) SCO 750
110	MULLIN Stephen (2011) SCO 300	SINCLAIR Frank () SCO 160	MULLIN Stephen (2011) SCO 280	MULLIN Stephen (2011) SCO 700
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145	SAUBERLICH Adam () SCO 290	SAUBERLICH Adam (2015) SCO 230	SAUBERLICH Adam () SCO 260	SAUBERLICH Adam () SCO 740
145+	HOLDENBY Mark () SCO 180	HOLDENBY Mark () SCO 125	HOLDENBY Mark () SCO 195	HOLDENBY Mark () SCO 500

**TEENAGE 1 (14-15 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

**TEENAGE 2 (16-17 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 110	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 475
75	EMPSON Chris () SCO 120	BIGGIN Jonathan () SCO 100	BIGGIN Jonathan () SCO 200	BIGGIN Jonathan () SCO 450
82.5	BONNAR Chris () SCO 140	BONNAR Chris () SCO 100	BONNAR Chris () SCO 170	BONNAR Chris () SCO 410
90				
100				
110				
125				
145				
145+				

**TEENAGE 3 (18-19 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 175	McKEAN Daniel () SCO 105	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 470
75	RUTHERFORD Ryan (2016) SCO 202.5	RUTHERFORD Ryan (2016) SCO 122.5	RUTHERFORD Ryan (2016) SCO 202.5	RUTHERFORD Ryan (2016) SCO 525
82.5	BELL Darren () SCO 232.5	BELL Darren (2011) SCO 122.5	BELL Darren (2011) SCO 215	BELL Darren (2011) SCO 562.5
90				
100				
110				
125				
145				
145+				

**JUNIOR (20-23 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	McKEAN Daniel () SCO 175	McKEAN Daniel () SCO 135	McKEAN Daniel () SCO 205	McKEAN Daniel () SCO 515
82.5	BELL Darren (2011) SCO 235	KIMMINS E () SCO 137.5	BELL Darren (2011) SCO 222.5	BELL Darren () SCO 585
90	BELL Darren (2015) SCO 272.5	BELL Darren (2014) SCO 156	STEVENS Nick (2011) SCO 320	STEVENS Nick (2011) SCO 670
100				
110				
125				
145				
145+				

**MASTER 1 (40-44yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2013) SCO 192.5	RUTHERFORD Paul (2014) SCO 138	RUTHERFORD Paul (2011) SCO 200	RUTHERFORD Paul (2011) SCO 517.5
75	MC GURK Bernard (2011) SCO 225	MC GURK Bernard (2011) SCO 142.5	McGURK Bernie () SCO 262.5	MC GURK Bernard (2011) SCO 605
82.5				
90	BROWN Wullie (2014) SCO 305	BROWN Wullie (2016) SCO 190	BROWN Wullie (2015) SCO 280	BROWN Wullie () SCO 765
100	MOFFAT Tom (2015) SCO 250	DONALDSON Alistair (2013) SCO 165	SINCLAIR Frank () SCO 280	MOFFAT Tom (2015) SCO 647.5
110				
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145				
145+				

**MASTER 2 (45-49yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2015) SCO 190	RUTHERFORD Paul (2015) SCO 130	RUTHERFORD Paul (2015) SCO 200	RUTHERFORD Paul (2015) SCO 510
75	McGURK Bernie (2013) SCO 235	McGURK Bernie (2013) SCO 145	McGURK Bernie (2013) SCO 260	McGURK Bernie (2013) SCO 640
82.5				
90		KIRKPATRICK L () SCO 150	KIRKPATRICK L () SCO 215	KIRKPATRICK L () SCO 555
100	SINCLAIR Frank (2011) SCO 240	SINCLAIR Frank (2011) SCO 140	SINCLAIR Frank (2011) SCO 250	SINCLAIR Frank (2011) SCO 630
110		SINCLAIR Frank () SCO 160		
125	DAVIDSON Hamish () SCO 245	DAVIDSON Hamish () SCO 150	DAVIDSON Hamish () SCO 262.5	DAVIDSON Hamish () SCO 652.5
145				
145+				

**MASTER 3 (50-54yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	McGURK Bernie () SCO 235			
82.5	CAMPBELL A () SCO 190			
90				
100	COWLEY Arthur (2011) SCO 287.5	COWLEY Arthur (2011) SCO 195	COWLEY Arthur (2011) SCO 267.5	COWLEY Arthur (2011) SCO 750
110	GASKIN Pete (2016) SCO 170	GASKIN Pete (2016) SCO 145	GASKIN Pete (2016) SCO 250	GASKIN Pete (2016) SCO 557.5
125				
145				
145+				

**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	McBRIDE M () SCO 206	McBRIDE M () SCO 120	McBRIDE M () SCO 240	McBRIDE M () SCO 560
75				
82.5	CAMPBELL A () SCO 200	CAMPBELL A () SCO 147.5	CAMPBELL A () SCO 190	CAMPBELL A () SCO 520
90	CAMPBELL A () SCO 210	CAMPBELL A () SCO 120	CAMPBELL A () SCO 180	CAMPBELL A () SCO 510
100				
110				
125				
145				
145+				

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100	WILLIAMS C () SCO 235	WILLIAMS C () SCO 145	WILLIAMS C () SCO 250	WILLIAMS C () SCO 630
110	SIMPSON Ronnie (2011) SCO 215	SIMPSON Ronnie (2011) SCO 120	SIMPSON Ronnie (2011) SCO 225	SIMPSON Ronnie (2011) SCO 560
125				
145				
145+				

**MASTER 6 (65-69yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	LUI Peter () SCO 165	LUI Peter () SCO 70	LUI Peter () SCO 172.5	LUI Peter () SCO 405
75	JOHNSTONE T () SCO 122.5	JOHNSTONE T () SCO 77.5	JOHNSTONE T () SCO 160	JOHNSTONE T () SCO 360
82.5				BURNS Bill () SCO 390
90				
100				
110				
125				
145				
145+				

**MASTER 7 (70-74yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

