

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75	McNAMARA () SCO	200	EMPSON Chris (2016) SCO	160	BROWN Wullie () SCO	240
82.5			EMPSON Chris (2016) SCO	160	PHILLIPS Michael () SCO	235
90	MOFFAT Tom () SCO	262.5	McEWAN J () SCO	170	MOFFAT Tom (2009) SCO	260
100			BROWN Wullie (2015) SCO	192.5	COWLEY Arthur (2014) SCO	280.5
110	FARQUHARSON Alex () SCO	227.5	FLETT Martin (2013) SCO	190	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	ELLIOTT Neil (2015) SCO	250	DAVIDSON Hamish () SCO	210
145	WRIGHT John () SCO	275	SAUBERLICH Adam (2015) SCO	220		
145+						

TEENAGE 1 (14-15 yrs) EQUIPPED

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

TEENAGE 3 (18-19 yrs) EQUIPPED

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

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			McKEAN Daniel () SCO	130	McKEAN Daniel () SCO	200
82.5						
90						
100			GRAHAM T () SCO	130	GRAHAM T () SCO	210
110						
125						
145						
145+						

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5			WILKINS Graeme (2015) SCO	115		
90						
100			BROWN Wullie (2015) SCO	192.5	MOFFAT Tom (2016) SCO	220
110						
125			ELLIOTT Neil (2015) SCO	250		
145	WRIGHT John () SCO	275				
145+						

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						
110	FARQUHARSON Alex () SCO	227.5	SINCLAIR Frank (2009) SCO	140	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	GASKIN Pete (2011) SCO	162.5		
145						
145+						

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100					COWLEY Arthur (2014) SCO	280.5
110						
125			WRIGHT John (2016) SCO	170	DAVIDSON Hamish () SCO	210
145						
145+						

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			PHILLIPS Michael () SCO 235
90			REILLY G () SCO 245
100			
110		FLETT Martin (2013) SCO 190	
125			
145			
145+			

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			PHILLIPS Michael (2016) SCO 225
90			PHILLIPS Michael (2016) SCO 215
100			
110			
125			
145			
145+			

MASTER 6 (65-69yrs) EQUIPPED

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

MASTER 7 (70-74yrs) EQUIPPED

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

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

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