

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	REID Wayne (2016) SCO	172.5	REID Wayne (2016) SCO	112.5	WALSH S () SCO	225	REID Wayne (2016) SCO	497.5
82.5	WALSH S () SCO	220	WALSH S () SCO	140	STEWART Greg (2015) SCO	187.5	WALSH S () SCO	580
90								
100								
110	AITCHISON Tony (2012) SCO	210	GASKIN Pete (2011) SCO	155	AITCHISON Tony (2012) SCO	250	AITCHISON Tony (2012) SCO	612.5
125	FARQUHARSON Alex () SCO	221					DAVIDSON Hamish () SCO	567.5
145								
145+								

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	McBRIDE M () SCO	155						
75	McCONWAY (2015) SCO	150	McCONWAY (2015) SCO	90	McCONWAY (2015) SCO	195	McCONWAY (2015) SCO	435
82.5	FRASER E () SCO	170					FRASER E () SCO	455
90	FRASER E () SCO	180	FRASER E () SCO	105	FRASER E () SCO	190	FRASER E () SCO	475
100	COWLEY Arthur () SCO	222.5	COWLEY Arthur () SCO	150	COWLEY Arthur () SCO	250	COWLEY Arthur () SCO	620
110	COWLEY Arthur (2013) SCO	220	GASKIN Pete (2013) SCO	155	COWLEY Arthur () SCO	257.5	COWLEY Arthur () SCO	620
125	GASKIN Pete (2012) SCO	145	GASKIN Pete (2012) SCO	157.5	GASKIN Pete (2012) SCO	235	GASKIN Pete (2012) SCO	537.5
145								
145+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	WRIGHT R () SCO	137.5	WRIGHT R () SCO	75	WRIGHT R () SCO	160	WRIGHT R () SCO	367.5
82.5								
90								
100	COWLEY Arthur (2015) SCO	220	COWLEY Arthur (2015) SCO	147.5	COWLEY Arthur (2015) SCO	255	COWLEY Arthur (2015) SCO	622.5
110	COWLEY Arthur (2014) SCO	220	COWLEY Arthur (2014) SCO	150	COWLEY Arthur (2014) SCO	265	COWLEY Arthur (2014) SCO	635
125								
145								
145+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75					JOHNSTONE T () SCO	145		
82.5	SINCLAIR Ashley () SCO	107.5	SINCLAIR Ashley (2012) SCO	137.5			SINCLAIR Ashley () SCO	385
90								
100								
110	SIMPSON Ronnie () SCO	200	SIMPSON Ronnie () SCO	115	SIMPSON Ronnie (2009) SCO	225	SIMPSON Ronnie (2009) SCO	530
125								
145								
145+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	JOHNSTONE T () SCO	115	JOHNSTONE T () SCO	60			JOHNSTONE T () SCO	337.5
82.5								
90								
100								
110								
125								
145								
145+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90	HEARN David (2014) SCO	80	HEARN David (2014) SCO	80	HEARN David (2014) SCO	135	HEARN David (2014) SCO	295
100								
110								
125								
145								
145+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90	HEARN David (2016) SCO	100	HEARN David (2015) SCO	85	HEARN David (2016) SCO	155	HEARN David (2016) SCO	335
100								
110								
125								
145								
145+								

MASTER 9 (80-84yrs) UNEQUIPPED

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

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5	MC AFFER Glynn (2009) SCO	190	MC AFFER Glynn (2009) SCO	157.5	HOURSTON Mark (2014) SCO	235	MC AFFER Glynn (2009) SCO	565
90	ROBERTSON Phil (2012) SCO	245	ROBERTSON Phil (2012) SCO	165	ROBERTSON Phil (2012) SCO	270	ROBERTSON Phil (2012) SCO	680
100	CURRAN Liam (2016) SCO	225	CURRAN Liam (2016) SCO	175	CURRAN Liam (2016) SCO	280	CURRAN Liam (2016) SCO	680
110								
125								
145								
145+								