

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60	BELL Darren () SCO	132.5	AIKMAN David Jnr () SCO 90	AIKMAN David Jnr () SCO	170	
67.5	IDE Callum (2009) SCO	170	MURRAY Greig (2016) SCO	120	MURRAY Greig (2016) SCO	218
75	McDONALD M () SCO	160	AIKMAN David snr () SCO	146	FOWLER Sam (2016) SCO	222.5
82.5	WONG Chris (2013) SCO	215	YULE Michael () SCO	162.5	CROMBIE David () SCO	260
90	HEARN David (2016) SCO	110	YULE Michael () SCO	165	STEVENS Nick (2012) SCO	320
100	MARTIN Chris (2016) SCO	222.5	COOGAN Joe () SCO	170	McGOVERN Thomas (2016) SCO	292.5
110			COOGAN Joe (2015) SCO	180	DONALDSON Alistair () SCO	260
125			ELLIOTT Neil (2015) SCO	200	WRIGHT John () SCO	245
145			MITCHELL Lewis (2015) SCO	180	CAMERON Craig () SCO	250
145+						

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

WGT	Squat	Bench Press	Deadlift			
52						
56						
60	BELL Darren () SCO	132.5	BELL Darren () SCO 70	BELL Darren () SCO	160	
67.5	FERGUSON Robert (2014) SCO	125	BELL Darren () SCO	85	BELL Darren () SCO	190
75						
82.5						
90						
100						
110						
125						
145						
145+						

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

WGT	Squat	Bench Press	Deadlift			
52						
56						
60		AIKMAN David Jnr () SCO	90	AIKMAN David Jnr () SCO	170	
67.5	BELL Darren () SCO	140	FERGUSON Robert (2014) SCO	77.5	FERGUSON Robert (2014) SCO	130
75			HOOMAN Fraser () SCO	95		
82.5			HUTCHISON C () SCO	115		
90						
100			MURRAY Zac (2015) SCO	80	MURRAY Zac (2015) SCO	175
110					WILLIAMSON R () SCO	202.5
125						
145						
145+						

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

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	IDE Callum (2009) SCO	170	IDE Callum (2009) SCO	90	IDE Callum () SCO	195
75					IDE Callum (2009) SCO	195
82.5						
90						
100			CROZIER Callum (2015) SCO	155	CROZIER Callum (2015) SCO	255
110			MacQUEEN Mark () SCO	137.5	MacQUEEN Mark (2014) SCO	255
125			CHARNLEY Chris (2016) SCO	140	CHARNLEY Chris (2016) SCO	205
145						
145+						

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

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5		GORDON Fraser () SCO	92.5			
75	McDONALD M () SCO	160	McKEAN Daniel () SCO	105	McDONALD M () SCO	195
82.5	WONG Chris () SCO	215	NORMANDIN N () SCO	150	NORMANDIN N () SCO	240
90		CUPPLES G () SCO	115	STEVENS Nick (2012) SCO	320	
100		JENKINS Stuart (2015) SCO	150	STEWART Ryan (2016) SCO	225	
110		McAULAY Robert (2015) SCO	165	McAULAY Robert (2015) SCO	232.5	
125						
145		McWILLIAMS Andrew (2016) SCO	160			
145+						

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

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5		MURRAY Greig (2016) SCO	120	MURRAY Greig (2016) SCO	218	
75		AIKMAN David snr (2009) SCO	135			
82.5	WILKINS Graeme (2016) SCO	167.5	WILKINS Graeme (2015) SCO	92.5	CROMBIE David () SCO	260
90		SINCLAIR Ashley () SCO	135			
100						
110				DONALDSON Alistair () SCO	260	
125		ELLIOTT Neil (2015) SCO	200	WRIGHT John () SCO	245	
145						
145+						

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

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75		AIKMAN David snr () SCO	146	BIZZARI Stuart () SCO	190
82.5				HALL Rob (2016) SCO	237.5
90					
100		COOGAN Joe () SCO	170		
110		COOGAN Joe () SCO	172.5	GASKIN Pete () SCO	255
125		GASKIN Pete (2011) SCO	160		
145					
145+					

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

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75					
82.5					
90		FOWLER Derek (2016) SCO	60	FOWLER Derek (2016) SCO	125
100		COWLEY Arthur () SCO	147.5		
110		COOGAN Joe (2015) SCO	180	GASKIN Pete (2015) SCO	230
125		COOGAN Joe (2016) SCO	182.5	GASKIN Pete (2012) SCO	235
145					
145+					

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

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5	WRIGHT R () SCO	140			
75					
82.5		SINCLAIR Ashley (2009) SCO	132.5		
90			PHILLIPS Michael () SCO	225	
100		COWLEY Arthur (2016) SCO	140	COWLEY Arthur (2016) SCO	240
110		FLETT Martin (2013) SCO	160		
125		DICKSON Norman (2016) SCO	130		
145					
145+					

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

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75					
82.5		SINCLAIR Ashley (2012) SCO	141		
90		SINCLAIR Ashley (2012) SCO	140		
100					
110			SIMPSON Ronnie () SCO	222.5	
125					
145					
145+					

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		WADE Michael (2012) SCO	67.5
75			
82.5		SINCLAIR Ashley (2016) SCO	136
90			
100			
110			
125			
145			
145+			

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

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5		WADE Michael (2016) SCO	82.5		
75					
82.5					
90		HEARN David () SCO	80	HEARN David (2015) SCO	140
100					
110					
125					
145					
145+					

**MASTER 8 (75-79yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75						
82.5						
90	HEARN David (2016) SCO	110	HEARN David (2015) SCO	88	HEARN David (2016) SCO	152
100						
110						
125						
145						
145+						

**MASTER 9 (80-84yrs) UNEQUIPPED**

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

**MASTER 10 (85-89yrs) UNEQUIPPED**

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

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5		MURRAY Greig (2016) SCO	120	MURRAY Greig (2016) SCO	218	
75						
82.5		YULE Michael () SCO	162.5	SHAW William (2009) SCO	232.5	
90		YULE Michael () SCO	165			
100	MARTIN Chris (2016) SCO	222.5	MARTIN Chris (2015) SCO	160	MARTIN Chris (2016) SCO	240
110		MARTIN Chris (2016) SCO	160			
125						
145						
145+						