

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total		
44	RUTHERFORD Hayley (2015) SCO	65	RUTHERFORD Hayley (2014) SCO	92.5	RUTHERFORD Hayley (2015) SCO	190
47.5	TOBIAS Lisa (2015) SCO	100	TOBIAS Lisa (2016) SCO	57.5	TOBIAS Lisa (2015) SCO	295
50.5	MORAN Laura (2016) SCO	90	MORAN Laura (2016) SCO	55	MORAN Laura (2016) SCO	277.5
53	MORAN Laura (2014) SCO	87.5	MORAN Laura () SCO	50	MORAN Laura (2014) SCO	255
55.5	MURRAY Louise () SCO	125	MURRAY Louise () SCO	70	MURRAY Louise () SCO	337.5
58.5	DALZIEL Karen (2015) SCO	107.5	DALZIEL Karen (2016) SCO	75	DALZIEL Karen (2015) SCO	335
63	MC CANN Vicky () SCO	125.5	MC CANN Vicky () SCO	75	MC CANN Vicky () SCO	360
70	ANDERSON Mary (2014) SCO	135.5	ANDERSON Mary (2014) SCO	88	ANDERSON Mary (2014) SCO	402.5
80	ANDERSON Mary (2015) SCO	150	ANDERSON Mary (2014) SCO	92.5	ANDERSON Mary (2016) SCO	422.5
90	CUNINGHAME Bernie (2016) SCO	160	CUNINGHAME Bernie (2015) SCO	108	ANDERSON Mary (2010) SCO	435
90+	SMITH Michelle (2012) SCO	140	SAMPSON Leigh (2016) SCO	82.5	SAMPSON Leigh (2016) SCO	380

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

WGT	Squat	Bench Press	Deadlift	Total		
44	RUTHERFORD Hayley (2010) SCO	50	RUTHERFORD Hayley (2010) SCO	27.5	RUTHERFORD Hayley (2010) SCO	152.5
47.5	RUTHERFORD Hayley (2011) SCO	62.5	RUTHERFORD Hayley (2011) SCO	35.5	RUTHERFORD Hayley (2011) SCO	180
50.5						
53						
55.5						
58.5						
63						
70	BROOMHEAD Amy (2011) SCO	80	BROOMHEAD Amy (2011) SCO	47.5	BROOMHEAD Amy (2011) SCO	222.5
80						
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5	RUTHERFORD Hayley (2013) SCO	70	McGOWAN Tracey (2015) SCO	40	McGOWAN Tracey (2015) SCO	220
50.5	RUTHERFORD Hayley (2013) SCO	68	RUTHERFORD Hayley (2013) SCO	37.5	RUTHERFORD Hayley (2013) SCO	195
53						
55.5						
58.5						
63						
70	TAYLOR Bronwyn () SCO	87.5	TAYLOR Bronwyn () SCO	55	TAYLOR Bronwyn () SCO	267.5
80						
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44	RUTHERFORD Hayley (2015) SCO	65	RUTHERFORD Hayley (2014) SCO	35	RUTHERFORD Hayley (2014) SCO	190
47.5	RUTHERFORD Hayley (2015) SCO	80	RUTHERFORD Hayley (2015) SCO	47.5	RUTHERFORD Hayley (2015) SCO	230
50.5						
53						
55.5						
58.5						
63						
70						
80						
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5	RUTHERFORD Hayley (2016) SCO	70	RUTHERFORD Hayley (2016) SCO	35	RUTHERFORD Hayley (2016) SCO	200
50.5	MORAN Laura (2014) SCO	80	MORAN Laura (2014) SCO	50	MORAN Laura (2014) SCO	260
53	MORAN Laura (2014) SCO	87.5	MORAN Laura () SCO	50	MORAN Laura (2014) SCO	255
55.5	SARDO Olivia (2013) SCO	90	SARDO Olivia (2013) SCO	50	SARDO Olivia () SCO	245
58.5						
63						
70						
80	GARVEY Katie (2015) SCO	117.5	PEARSONS Alice (2015) SCO	80	PEARSONS Alice (2015) SCO	337.5
90						
90+						

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

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53	BREMNER Gail () SCO	52.5	BREMNER Gail () SCO	40	BREMNER Gail () SCO	200
55.5	MACDONALD Debbie (2016) SCO	80	MACDONALD Debbie (2016) SCO	50	MACDONALD Debbie (2016) SCO	240
58.5						
63	GASKIN Jo (2012) SCO	101	STEWART Anneli (2015) SCO	52.5	GASKIN Jo (2012) SCO	287.5
70	ALLEN Ruth (2016) SCO	135	ALLEN Ruth (2016) SCO	80	ALLEN Ruth (2016) SCO	380
80	ANDERSON Mary () SCO	157.5	ANDERSON Mary (2009) SCO	95	ANDERSON Mary (2011) SCO	432.5
90	ANDERSON Mary (2010) SCO	147.5	ANDERSON Mary (2010) SCO	90	ANDERSON Mary (2010) SCO	420
90+						

**MASTER 2 (44-49yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total		
44						
47.5						
50.5						
53	BREMNER Gail (2014) SCO	52.5	BREMNER Gail (2014) SCO	40	BREMNER Gail (2014) SCO	200
55.5						
58.5	COIA Gabrielle (2014) SCO	97.5	COIA Gabrielle (2014) SCO	55	COIA Gabrielle (2014) SCO	270
63	COIA Gabrielle (2015) SCO	100	COIA Gabrielle (2015) SCO	62.5	COIA Gabrielle (2015) SCO	282.5
70	ANDERSON Mary (2014) SCO	135.5	ANDERSON Mary (2014) SCO	88	ANDERSON Mary (2014) SCO	402.5
80	ANDERSON Mary (2015) SCO	150	ANDERSON Mary (2014) SCO	92.5	ANDERSON Mary (2016) SCO	422.5
90	ANDERSON Mary (2016) SCO	141	ANDERSON Mary (2016) SCO	90	ANDERSON Mary (2016) SCO	400
90+						

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

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	COIA Gabrielle (2016) SCO	102.5	COIA Gabrielle (2016) SCO	60	COIA Gabrielle (2016) SCO	122.5	COIA Gabrielle (2016) SCO	285
80								
90								
90+								

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

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

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63	MacASLAN Cathy (2015) SCO	50.5	MaCASLAN Cathy (2014) SCO	32.5	MacASLAN Cathy (2015) SCO	86	MacASLAN Cathy (2015) SCO	165
70	MacASLAN Cathy (2016) SCO	57.5	MacASLAN Cathy (2016) SCO	35	MacASLAN Cathy (2016) SCO	100	MacASLAN Cathy (2016) SCO	190
80								
90								
90+								

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

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

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

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

WGT	Squat	Bench Press		Deadlift		Total	
44							
47.5							
50.5							
53							
55.5							
58.5							
63							
70							
80							
90							
90+							

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press		Deadlift		Total	
44							
47.5							
50.5							
53							
55.5							
58.5	DALZIEL Karen (2015) SCO	107.5	DALZIEL Karen (2016) SCO	75	DALZIEL Karen (2015) SCO	155	DALZIEL Karen (2015) SCO
63	DALZIEL Karen (2016) SCO	105	DALZIEL Karen (2016) SCO	67.5	DALZIEL Karen (2016) SCO	152.5	DALZIEL Karen (2016) SCO
70							
80							
90	CUNINGHAME Bernie (2016) SCO	160	CUNINGHAME Bernie (2015) SCO	108	CUNINGHAME Bernie (2016) SCO	175	CUNINGHAME Bernie (2016) SCO
90+							