

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
44			
47.5	TOBIAS Lisa (2015) SCO	95.5 TOBIAS Lisa (2014) SCO	55 TOBIAS Lisa (2015) SCO 150
50.5			MORAN Laura (2015) SCO 132.5
53		COOKE Katie (2016) SCO	67.5 BREMNER Gail () SCO 117.5
55.5	MACDONALD Debbie (2016) SCO	90 COOKE Katie (2016) SCO	67.5 MacDONALD Debbie (2015) SCO 115
58.5		DALZIEL Karen (2016) SCO	70 DALZIEL Karen (2016) SCO 160
63	GASKIN Jo (2013) SCO	95 DALZIEL Karen (2016) SCO	70 GASKIN Jo (2012) SCO 142.5
70	GASKIN Jo (2014) SCO	115.5 ALLEN Ruth (2016) SCO	85 ALLEN Ruth (2016) SCO 165
80	ANDERSON Mary (2009) SCO	150 ANDERSON Mary (2009) SCO	92.5 ANDERSON Mary (2016) SCO 200
90	ANDERSON Mary (2010) SCO	150 McKINLEY Bernadette (2011) SCO	107.5 ANDERSON Mary (2010) SCO 185
90+	SMITH Michelle (2012) SCO	130 SMITH Michelle (2012) SCO	80 SMITH Michelle (2012) SCO 160

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

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

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

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

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			RUTHERFORD Hayley (2014) SCO 95
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			COOGAN Hazel (2016) SCO 100
70			
80		PEARSONS Alice (2015) SCO 80	
90			
90+			

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53		COOKE Katie () SCO 57.5	
55.5	MACDONALD Debbie (2016) SCO 90	MACDONALD Debbie (2016) SCO 50	MacDONALD Debbie (2015) SCO 115
58.5		COOKE Katie () SCO 52.5	WADE Ishbel (2016) SCO 127.5
63	GASKIN Jo (2013) SCO 95	WADE Ishbel () SCO 47.5	GASKIN Jo (2012) SCO 142.5
70	GASKIN Jo (2014) SCO 115.5	ALLEN Ruth (2016) SCO 85	ALLEN Ruth (2016) SCO 165
80	ANDERSON Mary (2009) SCO 150	ANDERSON Mary (2009) SCO 92.5	ANDERSON Mary (2009) SCO 191
90	ANDERSON Mary (2010) SCO 150	ANDERSON Mary (2010) SCO 87.5	ANDERSON Mary (2010) SCO 185
90+		GARDNER Ruth (2016) SCO 65	GARDNER Ruth (2016) SCO 135

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53		COOKE Katie (2016) SCO 67.5	BREMNER Gail () SCO 117.5
55.5		COOKE Katie (2016) SCO 67.5	
58.5		COIA Gabrielle (2014) SCO 55	COIA Gabrielle (2014) SCO 112.5
63			
70			ANDERSON Mary (2014) SCO 150
80	ANDERSON Mary (2015) SCO 150	ANDERSON Mary (2015) SCO 90.5	ANDERSON Mary (2016) SCO 200
90	ANDERSON Mary (2016) SCO 135	ANDERSON Mary (2016) SCO 87.5	
90+			

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

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

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

WGT	Squat	Bench Press	Deadlift		
44					
47.5					
50.5					
53					
55.5					
58.5					
63					
70		DINGLEY Liz (2016) SCO	52.5	DINGLEY Liz (2016) SCO	127.5
80					
90					
90+					

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

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

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

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

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5	MACDONALD Debbie (2016) SC 90	MACDONALD Debbie (2016) SCO 50	MacDONALD Debbie (2015) SCO 115
58.5		DALZIEL Karen (2016) SCO 70	DALZIEL Karen (2016) SCO 160
63		DALZIEL Karen (2016) SCO 70	
70			
80			WILLIAMS Emma (2016) SCO 150
90		McKINLEY Bernadette (2011) SCO 107.5	McKINLEY Bernie () SCO 170
90+			