

**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 (2017) SCO	170	EMPSON Chris (2017) SCO	245
90	MOFFAT Tom () SCO	262.5	McEWAN J () SCO	170	MOFFAT Tom (2009) SCO	260
100			MARTIN Chris (2022) SCO	212.5	COWLEY Arthur (2014) SCO	280.5
110	FARQUHARSON Alex () SCO	227.5	MARTIN Chris (2017) SCO	237.5	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						

**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			MARTIN Chris (2017) SCO	205	MOFFAT Tom (2016) SCO	220
110			MARTIN Chris (2017) SCO	237.5		
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			MARTIN Chris (2022) SCO	212.5		
110	FARQUHARSON Alex () SCO	227.5	SINCLAIR Frank (2009) SCO	140	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	GASKIN Pete () 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					GASKIN Pete (2017) SCO	242.5
125	WRIGHT John (2017) SCO	210	WRIGHT John (2017) SCO	175	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		WRIGHT John (2018) SCO 180	WRIGHT John (2018) SCO 190
145			
145+			

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		KERR Ronnie (2020) SCO 117.5	PHILLIPS Michael (2018) SCO 210
82.5			PHILLIPS Michael (2016) SCO 227.5
90			PHILLIPS Michael (2016) SCO 215
100			
110			COWLEY Arthur (2019) SCO 240
125			
145			
145+			

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

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			PHILLIPS Michael (2021) SCO 180
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	HEARN David (2017) SCO	120	HEARN David (2017) SCO	95	HEARN David (2017) SCO	150
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			MARTIN Chris (2017) SCO	205		

110					
125		MARTIN Chris (2019) SCO	245		
145					
145+					