

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	TAIT Stuart (2017) SCO 220
75	McDONALD M () SCO 160	AIKMAN David snr () SCO 146	EL SHAFEI Hesham (2018) SCO 225
82.5	WONG Chris (2013) SCO 215	YULE Michael () SCO 162.5	FULTON Mark (2018) SCO 267.5
90	JUSKOWIAK Reo (2021) SCO 215	YULE Michael () SCO 165	STEVENS Nick (2012) SCO 320
100	MARTIN Chris (2016) SCO 222.5	YOUNG Jamie (2019) SCO 177.5	McGOVERN Thomas (2016) SCO 292.5
110		COOGAN Joe (2015) SCO 180	NEW Cameron (2021) SCO 272.5
125		ELLIOTT Neil (2015) SCO 200	FORSYTH Derek (2019) SCO 290
145		MITCHELL Lewis (2015) SCO 180	BEETHAM Christopher (2019) SCO 260
145+		HILL Grant (2021) SCO 185	

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		MCCA HILL Gabriel (2022) SCO 67.5	MCCA HILL Gabriel (2022) SCO 140
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		PAYNE Taylor (2019) SCO 105	PAYNE Taylor (2019) SCO 210
100		KAYA James (2019) SCO 137.5	KAYA James (2019) SCO 230
110		KAYA James (2020) SCO 140	WILLIAMSON R () SCO 202.5
125		THAIN Iain (2020) SCO 110	PERRIE Liam (2017) SCO 220
145			
145+			

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	IDE Callum (2009) SCO 170	EL SHAFE Hesham (2017) SCO 110	EL SHAFE Hesham (2017) SCO 210
75			IDE Callum (2009) SCO 195
82.5		DEVINE Joseph (2021) SCO 125	
90		HERON Andrew (2021) SCO 130	
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	BRAMMER Christopher (2021) SCO 205.5
145			

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5	TAIT Stuart (2017) SCO	165	TAIT Stuart (2017) SCO	100	TAIT Stuart (2017) SCO	220
75	McDONALD M () SCO	160	EL SHAFEI Hesham (2018) SCO	115	EL SHAFEI Hesham (2018) SCO	225
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			YOUNG Luke (2021) SCO	151	SIMPSON Dean (2021) SCO	250
110			McAULAY Robert (2015) SCO	165	HAMILTON Alexander (2021) SCO	262.5
125			JENKINS Stuart (2019) SCO	170	CHARNLEY Chris (2017) SCO	215
145			McWILLIAMS Andrew (2016) SCO	160		
145+						

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75						
82.5	WILKINS Graeme (2016) SCO	167.5	WILKINS Graeme (2015) SCO	92.5	CROMBIE David () SCO	260
90	JUSKOWIAK Reo (2021) SCO	215	FULTON Mark (2021) SCO	140	FULTON Mark (2021) SCO	258
100			MARTIN Chris (2017) SCO	162.5		
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			
82.5			
90			
100			
110			
125			
145			
145+			

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75						
82.5						
90	SHEDDEN Jim (2021) SCO	160	FOWLER Derek (2016) SCO	60	SHEDDEN Jim (2021) SCO	217.5
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 () 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		BRADY John (2018) SCO	110
100		COWLEY Arthur (2016) SCO	140
110		FLETT Martin (2013) SCO	160
125		WRIGHT John (2018) SCO	180
145			
145+			

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		KERR Ronnie (2019) SCO	115
82.5		SINCLAIR Ashley (2012) SCO	141
90		SINCLAIR Ashley (2012) SCO	140
100			
110			
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		KERR Ronnie (2021) SCO	112.5
82.5		SINCLAIR Ashley (2018) SCO	142.5
90		SINCLAIR Ashley (2018) SCO	140
100			
110			
125		GRANT Peter (2019) SCO	110
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		SINCLAIR Ashley (2021) SCO	135
90		SINCLAIR Ashley (2021) SCO	140
100			
110			

125					
145					
145+					

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		WADE Michael (2019) SCO 73	
75		WADE Michael (2020) SCO 73.5	
82.5		KEFFERTY Jack (2017) SCO 80	
90	HEARN David (2017) SCO 112.5	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		KEFFERTY Jack (2018) SCO 70	
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+					