

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5	TOBIAS Lisa (2015) SCO	95.5	TOBIAS Lisa (2014) SCO 55
50.5			MORAN Laura (2015) SCO 132.5
53		COOKE Katie (2016) SCO	67.5
55.5		COOKE Katie (2016) SCO	67.5
58.5		DALZIEL Karen (2016) SCO	70
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO 82.5
70	ROBINSON Emma (2018) SCO	127.5	MCINTYRE WILSON Dionne (2020) 92.5
80	ANDERSON Mary (2009) SCO	150	HEBBORN Emma (2019) SCO 102.5
90	ANDERSON Mary (2010) SCO	150	McKINLEY Bernadette (2011) SCO 107.5
90+	SMITH Michelle (2012) SCO	130	SAMSON Leigh (2018) SCO 90

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			RENDALL Dena (2016) SCO 90
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			RUTHERFORD Hayley (2019) SC	45	RUTHERFORD Hayley (2019) SC	107.5
55.5						
58.5			McINTYRE Hannah (2017) SCO	55	McINTYRE Hannah (2017) SCO	170
63			DOCHERTY Rachel (2018) SCO	52.5	DOCHERTY Rachel (2018) SCO	125
70			CLARK Jayne (2019) SCO	62.5	CLARK Jayne (2019) SCO	162.5
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						
58.5			DALY Nancy (2020) SCO	60	WADE Ishbel (2016) SCO	127.5
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
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+			SAMSON Leigh (2018) SCO	90	SAMSON Leigh (2018) SCO	170

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	RITARI-STEWART Anneli (2021)	111			RITARI-STEWART Anneli (2021)	148
70			MCCARTNEY Lynne (2019) SCO	50	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	FITZSIMMONDS Geraldine (2017)	127.5
90+			FITZSIMMONS Geraldine (2018)	62.5	FITZSIMMONS Geraldine (2018)	140

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5			COOKE Katie () SCO	62.5		
58.5			FERGUSON Caroline (2019) SCO	47.5		
63						
70			ANDERSON Mary (2021) SCO	82.5		
80	ANDERSON Mary (2018) SCO	140	ANDERSON Mary (2018) SCO	87.5	ANDERSON Mary (2019) SCO	175
90			FITZSIMMONDS Geraldine (2017)	52.5	FITZSIMMONDS Geraldine (2017)	120

90+			FITZSIMMONS Geraldine (2020)	60	FITZSIMMONS Geraldine (2021)	120
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MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift		
44					
47.5					
50.5					
53					
55.5					
58.5					
63					
70					
80		BALL Ellen (2019) SCO	45	ANDERSON Mary (2018) SCO	170.5
90		BALL Ellen (2021) SCO	42.5	BALL Ellen (2021) SCO	75
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						
58.5			DALZIEL Karen (2016) SCO	70	DALZIEL Karen (2016) SCO	160
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70						

80		WILLIAMS Emma (2016) SCO	80	WILLIAMS Emma (2016) SCO	150
90		McKINLEY Bernadette (2011) SC	107.5	McKINLEY Bernie () SCO	170
90+					