

**OPEN EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	McBRIDE M () SCO 206	RUTHERFORD Paul (2014) SCO 138	McBRIDE M () SCO 240	McBRIDE M () SCO 560
75	BROWN Wullie () SCO 240	EMPSON Chris (2016) SCO 160	BROWN Wullie () SCO 272.5	BROWN Wullie () SCO 642.5
82.5	BROWN Wullie (2011) SCO 285	BROWN Wullie (2011) SCO 165	BROWN Wullie (2011) SCO 290	BROWN Wullie (2011) SCO 740
90	BROWN Wullie (2014) SCO 305	BROWN Wullie () SCO 190	STEVENS Nick (2011) SCO 320	BROWN Wullie (2012) SCO 765
100	COWLEY Arthur (2011) SCO 287.5	COWLEY Arthur (2011) SCO 195	SINCLAIR Frank (2005) SCO 290	COWLEY Arthur (2011) SCO 750
110	MULLIN Stephen (2011) SCO 300	MARTIN Chris (2017) SCO 225	MULLIN Stephen (2011) SCO 280	MARTIN Chris (2017) SCO 727.5
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145	SAUBERLICH Adam () SCO 290	SAUBERLICH Adam (2015) SCO 230	SAUBERLICH Adam () SCO 260	SAUBERLICH Adam () SCO 740
145+	HOLDENBY Mark () SCO 180	HOLDENBY Mark () SCO 125	HOLDENBY Mark () SCO 195	HOLDENBY Mark () SCO 500

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

WGT	Squat	Bench Press	Deadlift	Total
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	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 110	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 475
75	EMPSON Chris () SCO 120	BIGGIN Jonathan () SCO 100	BIGGIN Jonathan () SCO 200	BIGGIN Jonathan () SCO 450
82.5	BONNAR Chris () SCO 140	BONNAR Chris () SCO 100	BONNAR Chris () SCO 170	BONNAR Chris () SCO 410
90				
100				
110				
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 175	McKEAN Daniel () SCO 105	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 470
75	RUTHERFORD Ryan (2017) SCO 215	RUTHERFORD Ryan (2017) SCO 125	RUTHERFORD Ryan (2017) SCO 212.5	RUTHERFORD Ryan (2017) SCO 547.5
82.5	BELL Darren () SCO 232.5	BELL Darren (2011) SCO 122.5	BELL Darren (2011) SCO 215	BELL Darren (2011) SCO 562.5
90				
100				
110				
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	McKEAN Daniel () SCO 175	McKEAN Daniel () SCO 135	McKEAN Daniel () SCO 205	McKEAN Daniel () SCO 515
82.5	BELL Darren (2011) SCO 235	KIMMINS E () SCO 137.5	BELL Darren (2011) SCO 222.5	BELL Darren () SCO 585
90	BELL Darren (2015) SCO 272.5	BELL Darren (2014) SCO 156	STEVENS Nick (2011) SCO 320	STEVENS Nick (2011) SCO 670
100				
110				
125				
145				
145+				

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

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2013) SCO 192.5	RUTHERFORD Paul (2014) SCO 138	RUTHERFORD Paul (2011) SCO 200	RUTHERFORD Paul (2011) SCO 517.5
75	MC GURK Bernard (2011) SCO 225	MC GURK Bernard (2011) SCO 142.5	McGURK Bernie () SCO 262.5	MC GURK Bernard (2011) SCO 605
82.5				
90	BROWN Wullie (2014) SCO 305	BROWN Wullie (2016) SCO 190	BROWN Wullie (2015) SCO 280	BROWN Wullie () SCO 765
100	MOFFAT Tom (2015) SCO 250	DONALDSON Alistair (2013) SCO 165	SINCLAIR Frank (2005) SCO 290	SINCLAIR Frank (2005) SCO 675
110	MARTIN Chris (2017) SCO 272.5	MARTIN Chris (2017) SCO 225	MARTIN Chris (2017) SCO 235	MARTIN Chris (2017) SCO 727.5
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145				
145+				

**MASTER 2 (45-49yrs) EQUIPPED**

WGT	Squat	Bench Press		Deadlift		Total		
52								
56								
60								
67.5	RUTHERFORD Paul (2015) SCO	190	RUTHERFORD Paul (2015) SCO	130	RUTHERFORD Paul (2015) SCO	200	RUTHERFORD Paul (2017) SCO	515
75	McGURK Bernie (2013) SCO	235	McGURK Bernie (2013) SCO	145	McGURK Bernie (2013) SCO	260	McGURK Bernie (2013) SCO	640
82.5								
90	MOFFAT Tom (2017) SCO	245	MOFFAT Tom (2017) SCO	155	MOFFAT Tom (2017) SCO	240	MOFFAT Tom (2017) SCO	630
100	SINCLAIR Frank (2011) SCO	240	SINCLAIR Frank (2011) SCO	140	SINCLAIR Frank (2006) SCO	285	SINCLAIR Frank (2006) SCO	660
110			SINCLAIR Frank () SCO	160				
125	DAVIDSON Hamish () SCO	245	DAVIDSON Hamish () SCO	150	DAVIDSON Hamish () SCO	262.5	DAVIDSON Hamish () SCO	652.5
145								
145+								

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

WGT	Squat	Bench Press		Deadlift		Total		
52								
56								
60								
67.5								
75	McGURK Bernie () SCO	235						
82.5	CAMPBELL A () SCO	190						
90								
100	COWLEY Arthur (2011) SCO	287.5	COWLEY Arthur (2011) SCO	195	COWLEY Arthur (2011) SCO	267.5	COWLEY Arthur (2011) SCO	750
110	GASKIN Pete (2016) SCO	170	GASKIN Pete (2016) SCO	145	GASKIN Pete (2016) SCO	250	GASKIN Pete (2016) SCO	557.5
125	WRIGHT John (2016) SCO	220	WRIGHT John (2017) SCO	172.5	WRIGHT John (2017) SCO	212.5	WRIGHT John (2017) SCO	595
145								
145+								

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

WGT	Squat	Bench Press		Deadlift		Total		
52								
56								
60								
67.5	McBRIDE M () SCO	206	McBRIDE M () SCO	120	McBRIDE M () SCO	240	McBRIDE M () SCO	560
75								
82.5	CAMPBELL A () SCO	200	CAMPBELL A () SCO	147.5	CAMPBELL A () SCO	190	CAMPBELL A () SCO	520
90	CAMPBELL A () SCO	210	CAMPBELL A () SCO	120	CAMPBELL A () SCO	180	CAMPBELL A () SCO	510
100								
110								
125								
145								
145+								

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

WGT	Squat	Bench Press		Deadlift		Total		
52								
56								
60								
67.5								
75								
82.5								
90								
100	WILLIAMS C () SCO	235	WILLIAMS C () SCO	145	WILLIAMS C () SCO	250	WILLIAMS C () SCO	630
110	SIMPSON Ronnie (2011) SCO	215	SIMPSON Ronnie (2011) SCO	120	SIMPSON Ronnie (2011) SCO	225	SIMPSON Ronnie (2011) SCO	560
125								
145								
145+								

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

WGT	Squat	Bench Press		Deadlift		Total		
52								
56								
60								
67.5	LUI Peter () SCO	165	LUI Peter () SCO	70	LUI Peter () SCO	172.5	LUI Peter () SCO	405
75	JOHNSTONE T () SCO	122.5	JOHNSTONE T () SCO	77.5	JOHNSTONE T () SCO	160	JOHNSTONE T () SCO	360
82.5							BURNS Bill () SCO	390
90								
100								
110								
125								
145								
145+								

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

WGT	Squat	Bench Press		Deadlift		Total	
52							
56							
60							
67.5							
75							
82.5							
90							
100							
110							
125							
145							
145+							

