

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	MURRAY Greig (2016) SCO	218
75	McDONALD M () SCO	160	AIKMAN David snr () SCO	146	FOWLER Sam (2016) SCO	222.5
82.5	WONG Chris (2013) SCO	215	YULE Michael () SCO	162.5	CROMBIE David () SCO	260
90	HEARN David (2017) SCO	112.5	YULE Michael () SCO	165	STEVENS Nick (2012) SCO	320
100	MARTIN Chris (2016) SCO	222.5	CONNOR Jamie (2017) SCO	175	McGOVERN Thomas (2016) SCO	292.5
110			COOGAN Joe (2015) SCO	180	DONALDSON Alistair () SCO	260
125			ELLIOTT Neil (2015) SCO	200	FORSYTH Derek (2017) SCO	260
145			MITCHELL Lewis (2015) SCO	180	CAMERON Craig () SCO	250
145+						

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						
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						
100			MURRAY Zac (2015) SCO	80	MURRAY Zac (2015) SCO	175
110					WILLIAMSON R () SCO	202.5
125			PERRIE Liam (2017) SCO	100	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						
90						
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	CHARNLEY Chris (2016) SCO	205
145						
145+						

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		GORDON Fraser () SCO 92.5	
75	McDONALD M () SCO 160	McKEAN Daniel () SCO 105	McDONALD M () SCO 195
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		JENKINS Stuart (2015) SCO 150	STEWART Ryan (2016) SCO 225
110		McAULAY Robert (2015) SCO 165	McAULAY Robert (2015) SCO 232.5
125		CHARNLEY Chris (2017) SCO 150	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		MURRAY Greig (2016) SCO 120	MURRAY Greig (2016) SCO 218
75		AIKMAN David snr (2009) SCO 135	
82.5	WILKINS Graeme (2016) SCO 167.5	WILKINS Graeme (2015) SCO 92.5	CROMBIE David () SCO 260
90		SINCLAIR Ashley () SCO 135	
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		AIKMAN David snr () SCO 146	BIZZARI Stuart () SCO 190
82.5			HALL Rob (2016) SCO 237.5
90			
100		COOGAN Joe () SCO 170	
110		COOGAN Joe () SCO 172.5	GASKIN Pete () SCO 255
125		GASKIN Pete (2011) SCO 160	FORSYTH Derek (2017) SCO 260
145			
145+			

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90		FOWLER Derek (2016) SCO 60	FOWLER Derek (2016) SCO 125
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 (2012) 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			PHILLIPS Michael () SCO	225	
100		COWLEY Arthur (2016) SCO	140	COWLEY Arthur (2016) SCO	240
110		FLETT Martin (2013) SCO	160		
125		DICKSON Norman (2016) SCO	130		
145					
145+					

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift		
52					
56					
60					
67.5					
75					
82.5		SINCLAIR Ashley (2012) SCO	141	PHILLIPS Michael (2017) SCO	200
90		SINCLAIR Ashley (2012) SCO	140		
100					
110				SIMPSON Ronnie () SCO	222.5
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			
82.5		SINCLAIR Ashley (2017) SCO	140
90		SINCLAIR Ashley (2016) SCO	136
100			
110			
125			
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					
90		HEARN David () SCO	80	HEARN David (2015) SCO	140
100					
110					
125					
145					
145+					

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift			
52						
56						
60						
67.5						
75						
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			
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+						