

**OPEN EQUIPPED**

| WGT  | Squat                          | Bench Press                | Deadlift | Total                           |
|------|--------------------------------|----------------------------|----------|---------------------------------|
| 44   |                                |                            |          |                                 |
| 47.5 | SWEENEY Arlene (2016) SCO 110  | SWEENEY Arlene (2016) SCO  | 47.5     | SWEENEY Arlene (2016) SCO 112.5 |
| 50.5 |                                |                            |          |                                 |
| 53   |                                |                            |          |                                 |
| 55.5 |                                |                            |          |                                 |
| 58.5 | COYLE Suzanne (2011) SCO 87.5  | COYLE Suzanne (2011) SCO   | 42.5     | COYLE Suzanne (2011) SCO 130    |
| 63   |                                |                            |          |                                 |
| 70   | ANDERSON Mary (2014) SCO 160   | ANDERSON Mary (2014) SCO   | 87.5     | ANDERSON Mary (2014) SCO 200    |
| 80   | ANDERSON Mary (2011) SCO 200.5 | ANDERSON Mary (2009) SCO   | 116      | ANDERSON Mary (2011) SCO 220    |
| 90   | McKINLEY Bernie () SCO 200     | McKINLEY Bernie (2011) SCO | 125      | ANDERSON Mary (2010) SCO 212.5  |
| 90+  |                                |                            |          |                                 |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

**TEENAGE 2 (16-17) yrs EQUIPPED**

| WGT  | Squat                         | Bench Press              | Deadlift | Total                         |
|------|-------------------------------|--------------------------|----------|-------------------------------|
| 44   |                               |                          |          |                               |
| 47.5 | RUTHERFORD Hayley () SCO 52.5 | RUTHERFORD Hayley () SCO | 30       | RUTHERFORD Hayley () SCO 72.5 |
| 50.5 |                               |                          |          |                               |
| 53   |                               |                          |          |                               |
| 55.5 |                               |                          |          |                               |
| 58.5 |                               |                          |          |                               |
| 63   |                               |                          |          |                               |
| 70   |                               |                          |          |                               |
| 80   |                               |                          |          |                               |
| 90   |                               |                          |          |                               |
| 90+  |                               |                          |          |                               |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat                          | Bench Press              | Deadlift | Total                          |
|------|--------------------------------|--------------------------|----------|--------------------------------|
| 44   |                                |                          |          |                                |
| 47.5 |                                |                          |          |                                |
| 50.5 |                                |                          |          |                                |
| 53   |                                |                          |          |                                |
| 55.5 |                                |                          |          |                                |
| 58.5 |                                |                          |          |                                |
| 63   |                                |                          |          |                                |
| 70   | ANDERSON Mary () SCO 160       | ANDERSON Mary () SCO     | 87.5     | ANDERSON Mary () SCO 200       |
| 80   | ANDERSON Mary (2011) SCO 200.5 | ANDERSON Mary (2009) SCO | 116      | ANDERSON Mary (2011) SCO 220   |
| 90   | ANDERSON Mary (2010) SCO 190   | ANDERSON Mary (2010) SCO | 117.5    | ANDERSON Mary (2010) SCO 212.5 |
| 90+  |                                |                          |          |                                |

**MASTER 2 (44-49yrs) EQUIPPED**

| WGT  | Squat                        | Bench Press                   | Deadlift                       | Total                          |
|------|------------------------------|-------------------------------|--------------------------------|--------------------------------|
| 44   |                              |                               |                                |                                |
| 47.5 |                              |                               |                                |                                |
| 50.5 |                              |                               |                                |                                |
| 53   |                              |                               |                                |                                |
| 55.5 |                              |                               |                                |                                |
| 58.5 |                              |                               |                                |                                |
| 63   |                              |                               |                                |                                |
| 70   | ANDERSON Mary (2014) SCO 160 | ANDERSON Mary (2014) SCO 87.5 | ANDERSON Mary (2014) SCO 200   | ANDERSON Mary (2014) SCO 447.5 |
| 80   | ANDERSON Mary (2015) SCO 195 | ANDERSON Mary (2014) SCO 115  | ANDERSON Mary (2015) SCO 210   | ANDERSON Mary (2015) SCO 510   |
| 90   | ANDERSON Mary (2016) SCO 180 | ANDERSON Mary (2016) SCO 115  | ANDERSON Mary (2016) SCO 200.5 | ANDERSON Mary (2016) SCO 495   |
| 90+  |                              |                               |                                |                                |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

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

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

**MASTER 8 (75-79yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

**MASTER 9 (80-84yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

**MASTER 10 (85-89yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift | Total |
|------|-------|-------------|----------|-------|
| 44   |       |             |          |       |
| 47.5 |       |             |          |       |
| 50.5 |       |             |          |       |
| 53   |       |             |          |       |
| 55.5 |       |             |          |       |
| 58.5 |       |             |          |       |
| 63   |       |             |          |       |
| 70   |       |             |          |       |
| 80   |       |             |          |       |
| 90   |       |             |          |       |
| 90+  |       |             |          |       |

**M/P/F EQUIPPED**

| WGT  | Squat                     | Bench Press | Deadlift                   | Total |                                |       |                           |     |
|------|---------------------------|-------------|----------------------------|-------|--------------------------------|-------|---------------------------|-----|
| 44   |                           |             |                            |       |                                |       |                           |     |
| 47.5 | SWEENEY Arlene (2016) SCO | 110         | SWEENEY Arlene (2016) SCO  | 47.5  | SWEENEY Arlene (2016) SCO      | 112.5 | SWEENEY Arlene (2016) SCO | 270 |
| 50.5 |                           |             |                            |       |                                |       |                           |     |
| 53   |                           |             |                            |       |                                |       |                           |     |
| 55.5 |                           |             |                            |       |                                |       |                           |     |
| 58.5 |                           |             |                            |       |                                |       |                           |     |
| 63   |                           |             |                            |       |                                |       |                           |     |
| 70   |                           |             |                            |       |                                |       |                           |     |
| 80   |                           |             |                            |       |                                |       |                           |     |
| 90   | McKINLEY Bernie () SCO    | 200         | McKINLEY Bernie (2011) SCO | 125   | McKINLEY Bernadette (2010) SCO | 185   | McKINLEY Bernie () SCO    | 515 |
| 90+  |                           |             |                            |       |                                |       |                           |     |