

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	COIA Gabrielle (2016) SCO	102.5	COIA Gabrielle (2016) SCO	60	COIA Gaby (2017) SCO	125	COIA Gabrielle (2016) SCO	285
80								
90								
90+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5	MacDONALD Fiona (2017) SCO	62.5	MacDONALD Fiona (2017) SCO	45	MacDONALD Fiona (2017) SCO	105	MacDONALD Fiona (2017) SCO	212.5
53	MacDONALD Fiona (2017) SCO	70	MacDONALD Fiona (2017) SCO	47.5	MacDONALD Fiona (2017) SCO	110	MacDONALD Fiona (2017) SCO	225
55.5								
58.5								
63								
70								
80								
90								
90+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63	MacASLAN Cathy (2015) SCO	50.5	MacASLAN Cathy (2014) SCO	32.5	MacASLAN Cathy (2015) SCO	86	MacASLAN Cathy (2015) SCO	165
70	MacASLAN Cathy (2016) SCO	60	MacASLAN Cathy (2016) SCO	35	MacASLAN Cathy (2016) SCO	100	MacASLAN Cathy (2016) SCO	190
80								
90								
90+								

MASTER 6 (65-69yrs) UNEQUIPPED

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) UNEQUIPPED

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) UNEQUIPPED

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) UNEQUIPPED

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) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat	Bench Press		Deadlift		Total		
44								
47.5								
50.5								
53								
55.5								
58.5	DALZIEL Karen (2015) SCO	107.5	DALZIEL Karen (2016) SCO	75	DALZIEL Karen (2015) SCO	155	DALZIEL Karen (2015) SCO	335
63	DALZIEL Karen (2017) SCO	110	DALZIEL Karen (2017) SCO	72.5	DALZIEL Karen (2016) SCO	152.5	DALZIEL Karen (2017) SCO	335
70								
80								
90	CUNINGHAME Bernie (2016) SCO	160	CUNINGHAME Bernie (2017) SCO	110	CUNINGHAME Bernie (2017) SCO	185	CUNINGHAME Bernie (2017) SCO	450
90+								