

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
44			
47.5	TOBIAS Lisa (2015) SCO	95.5 TOBIAS Lisa (2014) SCO	55 TOBIAS Lisa (2015) SCO 150
50.5			MORAN Laura (2015) SCO 132.5
53		COOKE Katie (2016) SCO	67.5 BREMNER Gail () SCO 117.5
55.5		COOKE Katie (2016) SCO	67.5 JACKSON Claire (2016) SCO 90
58.5		DALZIEL Karen (2016) SCO	70 McINTYRE Hannah (2017) SCO 170
63	GASKIN Jo (2013) SCO	95 DALZIEL Karen (2016) SCO	70 GASKIN Jo (2012) SCO 142.5
70	GASKIN Jo (2014) SCO	115.5 ALLEN Ruth (2016) SCO	85 ALLEN Ruth (2016) SCO 165
80	ANDERSON Mary (2009) SCO	150 HEBBORN Emma (2017) SCO	93 ANDERSON Mary (2016) SCO 200
90	ANDERSON Mary (2010) SCO	150 McKINLEY Bernadette (2011) SCO	107.5 ANDERSON Mary (2010) SCO 185
90+	SMITH Michelle (2012) SCO	130 SMITH Michelle (2012) SCO	80 SMITH Michelle (2012) SCO 160

**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			
55.5			
58.5		McINTYRE Hannah (2017) SCO 55	McINTYRE Hannah (2017) SCO 170
63			COOGAN Hazel (2016) SCO 100
70			
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		COOKE Katie () SCO 52.5	WADE Ishbel (2016) SCO 127.5
63	GASKIN Jo (2013) SCO 95	WADE Ishbel () SCO 47.5	GASKIN Jo (2012) SCO 142.5
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+		GARDNER Ruth (2016) SCO 65	GARDNER Ruth (2016) SCO 135

**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			
70			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	
90+			

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90		FITZSIMMONDS Geraldine (2017) SCO 52.5	FITZSIMMONDS Geraldine (2017) SCO 120
90+			

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

WGT	Squat	Bench Press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
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 (2016) SCO	70		
70					
80				WILLIAMS Emma (2016) SCO	150
90		McKINLEY Bernadette (2011) SCO	107.5	McKINLEY Bernie () SCO	170
90+					