

OPEN EQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
52								
56								
60								
67.5	RUTHERFORD Paul (2018) SCO	207.5	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	EMPSON Chris (2018) SCO	180	BROWN Wullie (2011) SCO	290	BROWN Wullie (2011) SCO	740
90	BROWN Wullie (2014) SCO	305	BROWN Wullie (2016) 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	CURRAN Liam (2018) SCO	310	MARTIN Chris (2017) SCO	225	CURRAN Liam (2018) SCO	310	CURRAN Liam (2018) SCO	825
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	RUTHERFORD Ryan (2018) SCO	230	McKEAN Daniel () SCO	135	RUTHERFORD Ryan (2018) SCO	230	RUTHERFORD Ryan (2018) SCO	590
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	STEWART Ryan (2017) SCO	255	STEWART Ryan (2017) SCO	150	STEWART Ryan (2017) SCO	230	STEWART Ryan (2017) SCO	635
110								
125								
145								
145+								

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	RUTHERFORD Paul (2014) SCO	200	RUTHERFORD Paul (2014) SCO	138	RUTHERFORD Paul (2014) SCO	207.5	RUTHERFORD Paul (2014) SCO	545
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 (2018) SCO	207.5	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	WRIGHT John (2018) SCO	240	WRIGHT John (2018) SCO	170	GASKIN Pete (2016) SCO	250	WRIGHT John (2018) SCO	615
125	WRIGHT John (2018) SCO	240	WRIGHT John (2017) SCO	172.5	WRIGHT John (2017) SCO	220	WRIGHT John (2018) SCO	615
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	WRIGHT John (2018) SCO	225	WRIGHT John (2018) SCO	165	WRIGHT John (2018) SCO	197.5	WRIGHT John (2018) SCO	587.5
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+				

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				

67.5								
75	McGURK Bernie (2013) SCO	235	McGURK Bernie (2013) SCO	145	McGURK Bernie (2013) SCO	260	McGURK Bernie (2013) SCO	640
82.5								
90								
100	DONALDSON Alistair (2013) SCO	230	DONALDSON Alistair (2013) SCO	165	DONALDSON Alistair (2013) SCO	240	DONALDSON Alistair (2013) SCO	635
110	CURRAN Liam (2018) SCO	310	MARTIN Chris (2017) SCO	225	CURRAN Liam (2018) SCO	310	CURRAN Liam (2018) SCO	825
125								
145								
145+								