

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	TAIT Stuart (2017) SCO 220
75	McDONALD M () SCO	160	AIKMAN David snr () SCO 146	EL SHAFEI Hesham (2018) SCO 225
82.5	WONG Chris (2013) SCO	215	YULE Michael () SCO 162.5	FULTON Mark (2018) SCO 267.5
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 (2018) SCO 275
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			REID Kieran (2018) SCO 57.5	REID Kieran (2018) SCO 150
100			MURRAY Zac (2015) SCO 80	MURRAY Zac (2015) SCO 175
110			REID Liam (2018) SCO 90	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	TAIT Stuart (2017) SCO 165	TAIT Stuart (2017) SCO 100	TAIT Stuart (2017) SCO 220
75	McDONALD M () SCO 160	EL SHAFEI Hesham (2018) SCO 115	EL SHAFEI Hesham (2018) SCO 225
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 (2018) SCO 230
110		McAULAY Robert (2015) SCO 165	McAULAY Robert (2015) SCO 232.5
125		JENKINS Stuart (2019) SCO 170	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		WINTERBORN Simon (2018) SCO 120	WINTERBORN Simon (2018) SCO 220
100		COOGAN Joe () SCO 170	DONALDSON Alistair (2018) SCO 205
110		COOGAN Joe () SCO 172.5	GASKIN Pete () SCO 255
125		FORSYTH Derek (2018) SCO 157.5	FORSYTH Derek (2018) SCO 275
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 () 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		BRADY John (2018) SCO	110
100		COWLEY Arthur (2016) SCO	140
110		FLETT Martin (2013) SCO	160
125		WRIGHT John (2018) SCO	180
145			
145+			

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		KERR Ronnie (2019) SCO	112.5
82.5		SINCLAIR Ashley (2012) SCO	141
90		SINCLAIR Ashley (2012) SCO	140
100			
110			SIMPSON Ronnie () SCO
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 (2018) SCO	142.5
90		SINCLAIR Ashley (2018) SCO	140
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
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		KEFFERTY Jack (2018) SCO 70	
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+						