

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44	RUTHERFORD Hayley (2015) SC 65	RUTHERFORD Hayley (2014) SC 35	RUTHERFORD Hayley (2014) SC 92.5	RUTHERFORD Hayley (2015) SC 190
47.5	MONAGHAN Amanda (2018) SC 102.5	TOBIAS Lisa (2016) SCO 57.5	TOBIAS Lisa (2015) SCO 147	TOBIAS Lisa (2015) SCO 295
50.5	MORAN Laura (2016) SCO 90	MORAN Laura (2016) SCO 55	MORAN Laura (2016) SCO 132.5	MORAN Laura (2016) SCO 277.5
53	AL-HADDAD Susan (2018) SCO 90	MacDONALD Fiona (2018) SCO 55	MacDONALD Fiona (2018) SCO 130	MacDONALD Fiona (2018) SCO 270
55.5	MURRAY Louise () SCO 125	MURRAY Louise () SCO 70	MURRAY Louise () SCO 142.5	MURRAY Louise () SCO 337.5
58.5	DALZIEL Karen (2015) SCO 107.5	DALZIEL Karen (2016) SCO 75	DALZIEL Karen (2015) SCO 155	DALZIEL Karen (2015) SCO 335
63	MITCHELL Cheryl (2018) SCO 126	WILSON Dionne (2018) SCO 80.5	MC CANN Vicky () SCO 162.5	MC CANN Vicky () SCO 360
70	ANDERSON Mary (2014) SCO 135.5	ANDERSON Mary (2014) SCO 88	ANDERSON Mary (2014) SCO 180	ANDERSON Mary (2014) SCO 402.5
80	ANDERSON Mary (2016) SCO 185	ANDERSON Mary (2016) SCO 110	ANDERSON Mary (2016) SCO 200	ANDERSON Mary (2016) SCO 495
90	CUNINGHAME Bernie (2016) SC 160	CUNINGHAME Bernie (2017) SC 110	ANDERSON Mary (2010) SCO 192.5	CUNINGHAME Bernie (2017) SC 450
90+	SMITH Michelle (2012) SCO 140	SAMSON Leigh (2018) SCO 95	SAMSON Leigh (2018) SCO 170	SAMSON Leigh (2018) SCO 405

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44	RUTHERFORD Hayley (2010) SC 50	RUTHERFORD Hayley (2010) SC 27.5	RUTHERFORD Hayley (2010) SC 77.5	RUTHERFORD Hayley (2010) SC 152.5
47.5	REID Teighan (2018) SCO 63	REID Teighan (2018) SCO 40	RUTHERFORD Hayley (2011) SC 82.5	RUTHERFORD Hayley (2011) SC 180
50.5				
53				
55.5				
58.5	BROWN Ellie (2018) SCO 80	BROWN Ellie (2018) SCO 35	BROWN Ellie (2018) SCO 100	BROWN Ellie (2018) SCO 215
63				
70	BROOMHEAD Amy (2011) SCO 80	BROOMHEAD Amy (2011) SCO 47.5	BROOMHEAD Amy (2011) SCO 95	BROOMHEAD Amy (2011) SCO 222.5
80				
90				
90+				

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	RUTHERFORD Hayley (2013) SC 70	McGOWAN Tracey (2015) SCO 40	McGOWAN Tracey (2015) SCO 110	McGOWAN Tracey (2015) SCO 220
50.5	RUTHERFORD Hayley (2013) SC 68	RUTHERFORD Hayley (2013) SC 37.5	RUTHERFORD Hayley (2013) SC 90	RUTHERFORD Hayley (2013) SC 195
53				
55.5				
58.5	MCCANN Bridget (2018) SCO 92.5	MCCANN Bridget (2018) SCO 52.5	MCCANN Bridget (2018) SCO 105	MCCANN Bridget (2018) SCO 250
63				
70	TAYLOR Bronwyn () SCO 87.5	TAYLOR Bronwyn () SCO 55	TAYLOR Bronwyn () SCO 125	TAYLOR Bronwyn () SCO 267.5
80				
90				
90+				

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44	RUTHERFORD Hayley (2015) SC 65	RUTHERFORD Hayley (2014) SC 35	RUTHERFORD Hayley (2014) SC 92.5	RUTHERFORD Hayley (2015) SC 190
47.5	RUTHERFORD Hayley (2015) SC 80	RUTHERFORD Hayley (2015) SC 47.5	RUTHERFORD Hayley (2015) SC 105	RUTHERFORD Hayley (2015) SC 230
50.5				
53				
55.5				
58.5				
63	MUIR Jennifer (2018) SCO 105	MUIR Jennifer (2018) SCO 65	MUIR Jennifer (2018) SCO 140	MUIR Jennifer (2018) SCO 310
70				
80				
90				
90+				

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5	MONAGHAN Amanda (2018) SC 102.5	MONAGHAN Amanda (2018) SC 53	MONAGHAN Amanda (2018) SC 127.5	MONAGHAN Amanda (2018) SC 280
50.5	MORAN Laura (2014) SCO 80	MORAN Laura (2014) SCO 50	MORAN Laura (2014) SCO 130	MORAN Laura (2014) SCO 260
53	AL-HADDAD Susan (2018) SCO 90	MORAN Laura () SCO 50	AL-HADDAD Susan (2018) SCO 130	AL-HADDAD Susan (2018) SCO 265
55.5	SARDO Olivia (2013) SCO 90	SARDO Olivia (2013) SCO 50	AL-HADDAD Susan (2018) SCO 127.5	AL-HADDAD Susan (2018) SCO 265
58.5	McINTYRE Hannah (2017) SCO 95	McINTYRE Hannah (2017) SCO 60	McINTYRE Hannah (2017) SCO 140	McINTYRE Hannah (2017) SCO 295
63				
70				
80	GARVEY Katie (2015) SCO 117.5	PEARSONS Alice (2015) SCO 80	PEARSONS Alice (2015) SCO 150	PEARSONS Alice (2015) SCO 337.5
90	SCOBIE Mairi (2018) SCO 117.5	SCOBIE Mairi (2018) SCO 62.5	SCOBIE Mairi (2018) SCO 157.5	SCOBIE Mairi (2018) SCO 337.5
90+				

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	BREMNER Gail () SCO	52.5	BREMNER Gail () SCO	40	BREMNER Gail () SCO	117.5	BREMNER Gail () SCO	200
55.5								
58.5								
63	GASKIN Jo (2012) SCO	101	STEWART Anneli (2015) SCO	52.5	GASKIN Jo (2012) SCO	140	GASKIN Jo (2012) SCO	287.5
70	ALLEN Ruth (2016) SCO	135	ALLEN Ruth (2016) SCO	80	ALLEN Ruth (2016) SCO	170	ALLEN Ruth (2016) SCO	380
80	ANDERSON Mary () SCO	157.5	ANDERSON Mary (2009) SCO	95	ANDERSON Mary (2011) SCO	196	ANDERSON Mary (2009) SCO	432.5
90	ANDERSON Mary (2010) SCO	147.5	ANDERSON Mary (2010) SCO	90	ANDERSON Mary (2010) SCO	192.5	ANDERSON Mary (2010) SCO	420
90+	SAMSON Leigh (2018) SCO	140	SAMSON Leigh (2018) SCO	95	SAMPSON Leigh (2017) SCO	160	SAMSON Leigh (2018) SCO	385

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	BREMNER Gail (2014) SCO	52.5	BREMNER Gail (2014) SCO	40	BREMNER Gail (2014) SCO	117.5	BREMNER Gail (2014) SCO	200
55.5	MACLEOD Angela (2018) SCO	92.5	MACLEOD Angela (2018) SCO	57.5	MACLEOD Angela (2018) SCO	130	MACLEOD Angela (2018) SCO	275
58.5	COIA Gabrielle (2014) SCO	97.5	COIA Gabrielle (2014) SCO	55	COIA Gabrielle (2014) SCO	117.5	COIA Gabrielle (2014) SCO	270
63	COIA Gabrielle (2015) SCO	100	COIA Gabrielle (2015) SCO	62.5	COIA Gabrielle (2015) SCO	120	COIA Gabrielle (2015) SCO	282.5
70	ANDERSON Mary (2014) SCO	135.5	ANDERSON Mary (2014) SCO	88	ANDERSON Mary (2014) SCO	180	ANDERSON Mary (2014) SCO	402.5
80	ANDERSON Mary (2016) SCO	185	ANDERSON Mary (2016) SCO	110	ANDERSON Mary (2016) SCO	200	ANDERSON Mary (2016) SCO	495
90	ANDERSON Mary (2016) SCO	141	ANDERSON Mary (2016) SCO	90	ANDERSON Mary (2016) SCO	170	ANDERSON Mary (2016) SCO	400
90+			SAMSON Leigh (2018) SCO	95	FITZSIMMONS Geraldine (2018)	140		

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	COIA Gaby (2018) SCO	107.5	COIA Gaby (2018) SCO	63.5	COIA Gaby (2018) SCO	127.5	COIA Gaby (2018) SCO	292.5
80	ANDERSON Mary (2017) SCO	130	ANDERSON Mary (2017) SCO	90	ANDERSON Mary (2018) SCO	165	ANDERSON Mary (2018) SCO	380
90	SWANKIE Joanna (2018) SCO	115	SWANKIE Joanna (2018) SCO	50	SWANKIE Joanna (2018) SCO	120	SWANKIE Joanna (2018) SCO	285
90+					SAMSON Leigh (2018) SCO	170		

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 (2018) SCO	85	MacDONALD Fiona (2018) SCO	55	MacDONALD Fiona (2018) SCO	130	MacDONALD Fiona (2018) SCO	270
55.5	MacDONALD Fiona (2018) SCO	85	MacDONALD Fiona (2018) SCO	57.5	MacDONALD Fiona (2018) SCO	130	MacDONALD Fiona (2018) SCO	270
58.5					MacDONALD Fiona (2018) SCO	130		
63								
70			COIA Gaby (2018) SCO	63.5				
80								
90								
90+							SAMSON Leigh (2018) SCO	405

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	McASLAN Cathy (2016) SCO	60	MacASLAN Cathy (2016) SCO	35	COIA Gaby (2018) SCO	127.5	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	MACASLAN Cathy (2018) SCO	51	MACASLAN Cathy (2018) SCO	37.5	MACASLAN Cathy (2018) SCO	90	MACASLAN Cathy (2018) SCO	177.5
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	MACLEOD Angela (2018) SCO	92.5	MACLEOD Angela (2018) SCO	57.5	MACLEOD Angela (2018) SCO	130	MACLEOD Angela (2018) SCO	275
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 (2018) SCO	115	DALZIEL Karen (2017) SCO	72.5	DALZIEL Karen (2018) SCO	160	DALZIEL Karen (2018) SCO	345
70	MARTIN Adele (2018) SCO	80	MARTIN Adele (2018) SCO	52.5	MARTIN Adele (2018) SCO	117.5	MARTIN Adele (2018) SCO	250
80								
90	CUNINGHAME Bernie (2016) SC	160	CUNINGHAME Bernie (2017) SC	110	CUNINGHAME Bernie (2017) SC	185	CUNINGHAME Bernie (2017) SC	450
90+								