

**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 (2018) SCO	72.5	DALZIEL Karen (2018) SCO	155
70	ROBINSON Emma (2018) SCO	127.5	ALLEN Ruth (2016) SCO	85	ALLEN Ruth (2016) SCO	165
80	ANDERSON Mary (2009) SCO	150	HEBBORN Emma (2019) SCO	102.5	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	SAMSON Leigh (2018) SCO	90	SAMSON Leigh (2018) SCO	170

**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			DOCHERTY Rachel (2018) SCO	52.5	DOCHERTY Rachel (2018) SCO	125
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+			SAMSON Leigh (2018) SCO	90	SAMSON Leigh (2018) SCO	170

**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	FITZSIMMONDS Geraldine (2016) SCO	127.5
90+			FITZSIMMONS Geraldine (2018)	62.5	FITZSIMMONS Geraldine (2018)	140

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

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53						
55.5			COOKE Katie () SCO	62.5		
58.5			FERGUSON Caroline (2019) SCO	47.5		
63						
70			MACLENNAN Lynn (2019) SCO	52.5		
80	ANDERSON Mary (2018) SCO	140	ANDERSON Mary (2018) SCO	87.5	ANDERSON Mary (2019) SCO	175
90			FITZSIMMONDS Geraldine (2018)	52.5	FITZSIMMONDS Geraldine (2018)	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		BALL Ellen (2019) SCO	45 ANDERSON Mary (2018) SCO 170.5
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	80	WILLIAMS Emma (2016) SCO	150
90		McKINLEY Bernadette (2011) SC	107.5	McKINLEY Bernie () SCO	170
90+					