

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5	SWEENEY Arlene (2016) SCO	110	SWEENEY Arlene (2016) SCO	47.5	SWEENEY Arlene (2016) SCO	112.5	SWEENEY Arlene (2016) SCO	270
50.5								
53	JOHNSTONE Nicola (2019) SCO	87.5	JOHNSTONE Nicola (2019) SCO	36	JOHNSTONE Nicola (2019) SCO	115	JOHNSTONE Nicola (2019) SCO	237.5
55.5								
58.5	COYLE Suzanne (2011) SCO	87.5	COYLE Suzanne (2011) SCO	42.5	COYLE Suzanne (2011) SCO	130	COYLE Suzanne (2011) SCO	260
63								
70	ANDERSON Mary (2014) SCO	160	ANDERSON Mary (2021) SCO	97.5	ANDERSON Mary (2014) SCO	200	ANDERSON Mary (2014) SCO	447.5
80	ANDERSON Mary (2011) SCO	200.5	ANDERSON Mary (2009) SCO	116	ANDERSON Mary (2009) SCO	220	ANDERSON Mary (2011) SCO	527.5
90	McKINLEY Bernie () SCO	200	McKINLEY Bernie (2011) SCO	125	ANDERSON Mary (2010) SCO	212.5	ANDERSON Mary (2010) SCO	515
90+								

TEENAGE 1 (14-15) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

TEENAGE 2 (16-17) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5	RUTHERFORD Hayley () SCO	52.5	RUTHERFORD Hayley () SCO	30	RUTHERFORD Hayley () SCO	72.5	RUTHERFORD Hayley () SCO	155
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								

TEENAGE 3 (18-19) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

JUNIOR (20-23) yrs EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	JOHNSTONE Nicola (2019) SCO	87.5	JOHNSTONE Nicola (2019) SCO	36	JOHNSTONE Nicola (2019) SCO	115	JOHNSTONE Nicola (2019) SCO	237.5
55.5								
58.5								
63								
70								
80								
90								

90							
90+							

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 7 (70-74yrs) EQUIPPED

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) EQUIPPED

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) EQUIPPED

	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				
80				
90				
90+				

MASTER 10 (85-89yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				
63				
70				

