

**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	RUTHERFORD Ryan (2019) SCC 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 (2019) SCO 186	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	MARTIN Chris (2022) SCO 215	SINCLAIR Frank (2005) SCO 290	COWLEY Arthur (2011) SCO 750
110	CURRAN Liam (2018) SCO 310	MARTIN Chris (2023) SCO 245	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) SCC 190	RUTHERFORD Ryan (2015) SCC 110	RUTHERFORD Ryan (2015) SCC 190	RUTHERFORD Ryan (2015) SCC 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) SCC 175	McKEAN Daniel () SCO 105	RUTHERFORD Ryan (2015) SCC 190	RUTHERFORD Ryan (2015) SCC 470
75	RUTHERFORD Ryan (2017) SCC 215	RUTHERFORD Ryan (2017) SCC 125	RUTHERFORD Ryan (2017) SCC 212.5	RUTHERFORD Ryan (2017) SCC 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	GRAY Nathan (2021) SCO 172.5	GRAY Nathan (2021) SCO 115	GRAY Nathan (2021) SCO 205	GRAY Nathan (2021) SCO 492.5
100				
110				
125				
145				
145+				

**JUNIOR (20-23 yrs) EQUIPPED**

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	RUTHERFORD Ryan (2019) SCC 240	RUTHERFORD Ryan (2019) SCC 140	RUTHERFORD Ryan (2019) SCC 232.5	RUTHERFORD Ryan (2019) SCC 607.5
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) SC	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	BROWN Wullie (2019) SCO	290	BROWN Wullie (2019) SCO	180	BROWN Wullie (2019) SCO	260	BROWN Wullie (2019) SCO	730
100	MARTIN Chris (2022) SCO	260	MARTIN Chris (2022) SCO	215	SINCLAIR Frank (2006) SCO	285	SINCLAIR Frank (2006) SCO	660
110	MARTIN Chris (2023) SCO	210	MARTIN Chris (2023) SCO	245	MARTIN Chris (2023) SCO	240	MARTIN Chris (2023) SCO	695
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	RUTHERFORD Paul (2023) SCO	190	RUTHERFORD Paul (2022) SCO	132.5	RUTHERFORD Paul (2022) SCO	190	RUTHERFORD Paul (2022) SCO	502.5
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 (2019) SCO	200	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			KERR Ronnie (2019) SCO	110	KERR Ronnie (2019) SCO	160	KERR Ronnie (2019) SCO	387.5
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) SC	230	DONALDSON Alistair (2013) SC	165	DONALDSON Alistair (2013) SC	240	DONALDSON Alistair (2013) SC	635
110	CURRAN Liam (2018) SCO	310	MARTIN Chris (2017) SCO	225	CURRAN Liam (2018) SCO	310	CURRAN Liam (2018) SCO	825

