

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	AIKMAN David Jnr () SCO	125	AIKMAN David Jnr () SCO	85	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	AIKMAN David Jnr (2010) SCO	140	LAU Jason (2022) SCO	120	LAU Jason (2022) SCO	187.5	LAU Jason (2022) SCO	430
67.5	RUTHERFORD Paul () SCO	160	LAU Jason (2023) SCO	137.5	LAU Jason (2023) SCO	220	LAU Jason (2023) SCO	507.5
75	PATERSON Muir (2019) SCO	220	PATERSON Muir (2019) SCO	145	DOCHERTY Colin (2023) SCO	263	PATERSON Muir (2019) SCO	625
82.5	WONG Chris (2015) SCO	227.5	MC AFFER Glynn (2009) SCO	157.5	WONG Chris (2015) SCO	280	WONG Chris (2015) SCO	642.5
90	ROBERTSON Phil (2012) SCO	245	ROBERTSON Phil () SCO	170	ROBERTSON Phil (2012) SCO	270	ROBERTSON Phil (2012) SCO	680
100	McGOVERN Thomas (2015) SCO	252.5	JIANG Shuai (2022) SCO	178	McGOVERN Thomas (2015) SCO	300	McGOVERN Thomas (2015) SCO	692.5
110	FORBES Andrew (2023) SCO	267.5	GERITY Simon () SCO	185	CURRAN Liam (2017) SCO	302.5	FORBES Andrew (2023) SCO	722.2
125	FORSYTH Derek (2022) SCO	265	MURNEY Shaun (2021) SCO	200	FORSYTH Derek (2021) SCO	302.5	FORSYTH Derek (2021) SCO	750
145	BEETHAM Christopher (2021) SCO	270	BEETHAM Christopher (2021) SCO	190	BEETHAM Christopher (2021) SCO	315	BEETHAM Christopher (2021) SCO	760
145+	McGONIGLE Charlie (2017) SCO	240	HILL Grant (2022) SCO	177.5	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	RUTHERFORD Ryan () SCO	77.5	RUTHERFORD Ryan (2011) SCO	40	RUTHERFORD Ryan (2011) SCO	95	RUTHERFORD Ryan () SCO	217.5
60			BELL Darren () SCO	75	BELL Darren () SCO	170	BELL Darren () SCO	365
67.5	BELL Darren () SCO	145	MASTERSTON Kian (2023) SCO	87.5	BELL Darren () SCO	192.5	BELL Darren () SCO	415
75	ALI Liam (2022) SCO	155	ALI Liam (2022) SCO	107.5	ALI Liam (2022) SCO	200	ALI Liam (2022) SCO	462.5
82.5	GONZAGA Joseph (2023) SCO	190	GONZAGA Joseph (2023) SCO	108	GONZAGA Joseph (2023) SCO	172.5	GONZAGA Joseph (2023) SCO	467.5
90	MUIR Andrew (2022) SCO	127.5	MUIR Andrew (2022) SCO	95	MUIR Andrew (2022) SCO	172.5	MUIR Andrew (2022) SCO	395
100	BONNAR Chris () SCO	130	BONNAR Chris () SCO	75	BONNAR Chris () SCO	165	BONNAR Chris () SCO	370
110	MCCAHLIL Gabriel (2022) SCO	120	MCCAHLIL Gabriel (2022) SCO	85	MCCAHLIL Gabriel (2022) SCO	167.5	MCCAHLIL Gabriel (2022) SCO	372.5
125					BRUNTON S () SCO	210	BRUNTON S () SCO	500
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	AIKMAN David Jnr () SCO	125	AIKMAN David Jnr () SCO	85	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	AIKMAN David Jnr (2010) SCO	140	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr () SCO	175	AIKMAN David Jnr (2010) SCO	410
67.5	BELL Darren () SCO	155	AIKMAN David Jnr (2010) SCO	100	BELL Darren () SCO	201	BELL Darren () SCO	447.5
75	MCLAUGHLIN Milo (2023) SCO	175	ALI Liam (2023) SCO	120	YOUNG Luca (2022) SCO	215.5	MCLAUGHLIN Milo (2023) SCO	492.5
82.5	HARPER Jamie (2021) SCO	180	HARPER Jamie (2021) SCO	122.5	BRENNAN Sam (2014) SCO	210	HARPER Jamie (2021) SCO	507.5
90	MORRISON Mckenzie (2022) SCO	195	MORRISON Mckenzie (2022) SCO	145	MORRISON Mckenzie (2022) SCO	225	MORRISON Mckenzie (2022) SCO	550
100	MCFADYEN Ross (2018) SCO	200	MCFADYEN Ross (2018) SCO	120	MCFADYEN Ross (2018) SCO	250	MCFADYEN Ross (2018) SCO	570
110	KAYA James (2019) SCO	215	MURRAY Zac (2015) SCO	80	MURRAY Zac (2015) SCO	190	MURRAY Zac (2015) SCO	425
125	McDONALD J () SCO	180	McDONALD J () SCO	120	PERRIE Liam (2017) SCO	225	PERRIE Liam (2017) SCO	477.5
145	EVANS Morgan (2017) SCO	200	EVANS Morgan (2017) SCO	90	EVANS Morgan (2017) SCO	207.5	EVANS Morgan (2017) SCO	497.5
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	RUTHERFORD Ryan (2015) SCO	145	EL SHAFEI Hesham (2017) SCO	110	EL SHAFEI Hesham (2017) SCO	215.5	EL SHAFEI Hesham (2017) SCO	460
75	YOUNG Luca (2023) SCO	175	IDE Callum () SCO	125	EL SHAFEI Hesham (2017) SCO	217.5	YOUNG Luca (2023) SCO	505
82.5	WEIR Neal (2016) SCO	200	WEIR Neal (2016) SCO	120	WEIR Neal (2016) SCO	220	WEIR Neal (2016) SCO	540
90	HARPER Jamie (2021) SCO	185	HERON Andrew (2021) SCO	135	STEWART Ryan (2014) SCO	220	STEWART Ryan (2014) SCO	510
100	MCFADYEN Ross (2019) SCO	210	HARLAND Josh (2019) SCO	142.5	MCFADYEN Ross (2019) SCO	260	MCFADYEN Ross (2019) SCO	605
110	MacQUEEN Mark (2014) SCO	240	MacQUEEN Mark (2014) SCO	145	MacQUEEN Mark (2014) SCO	280	MacQUEEN Mark (2014) SCO	665
125	MURRAY Zac (2018) SCO	200	THAIN Iain (2021) SCO	120	MURRAY Zac (2018) SCO	220	MURRAY Zac (2018) SCO	527.5
145	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	130	McGONIGLE Charlie (2017) SCO	272.5	McGONIGLE Charlie (2017) SCO	642.5
145+	McGONIGLE Charlie (2018) SCO	200	McGONIGLE Charlie (2017) SCO	115	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	SPENCER Callum (2018) SCO	145	SPENCER Callum (2019) SCO	105	SPENCER Callum (2018) SCO	190	SPENCER Callum (2018) SCO	435
75	FERGURSON Michael (2013) SCO	198.5	NOTMAN D () SCO	130	JAMIESON G () SCO	245	FERGURSON Michael () SCO	565
82.5	MITCHELL Bradley (2019) SCO	200	TAK Sameem (2015) SCO	152.5	MACFARLANE Ross (2023) SCO	240	TAK Sameem (2015) SCO	577.5
90	PENROSE Antoin (2018) SCO	230	PENROSE Antoin (2018) SCO	150	MCMANUS Jay (2021) SCO	265	PENROSE Antoin (2018) SCO	612.5
100	MACFARLANE Ross (2023) SCO	217.5	CONNARTY Tam () SCO	150	CONNARTY Tam () SCO	275	CONNARTY Tam () SCO	630
110	HAMILTON Alexander (2021) SCO	256	HARLAND Josh (2022) SCO	175	HARLAND Josh (2021) SCO	273	HARRIER Damien (2014) SCO	637.5
125	HARLAND Josh (2023) SCO	240	HARLAND Josh (2023) SCO	180	HARLAND Josh (2023) SCO	290	HARLAND Josh (2023) SCO	710
145	MURRAY Zac (2022) SCO	240	MCCONVILLE Michael (2017) SCO	155	MURRAY Zac (2022) SCO	260	MURRAY Zac (2022) SCO	620
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				

56								
60								
67.5	RUTHERFORD Paul () SCO	160	RUTHERFORD Paul () SCO	112.5	RUTHERFORD Paul () SCO	192.5	RUTHERFORD Paul (2010) SCO	460.5
75	HANNAH David () SCO	195	HANNAH David () SCO	125	CROMBIE David () SCO	260	HANNAH David () SCO	540
82.5	CROMBIE David (2014) SCO	205	CROMBIE David (2014) SCO	155	CROMBIE David (2014) SCO	272.5	CROMBIE David (2014) SCO	625
90	DICK Gary (2022) SCO	218	FULTON Mark (2021) SCO	140	FULTON Mark (2021) SCO	265	FULTON Mark (2021) SCO	615
100	DOIG Kevin (2023) SCO	190	DOIG Kevin (2023) SCO	130	DOIG Kevin (2023) SCO	262.5	DOIG Kevin (2023) SCO	582.5
110	FORSYTH Derek (2016) SCO	225	FORSYTH Derek (2016) SCO	125	FORSYTH Derek (2016) SCO	250	FORSYTH Derek (2016) SCO	600
125	MURNEY Shaun (2022) SCO	230	MURNEY Shaun (2021) SCO	200	MURNEY Shaun (2022) SCO	280	MURNEY Shaun (2022) SCO	700
145	KANE Ron (2021) SCO	230	KANE Ron (2021) SCO	155	KANE Ron (2021) SCO	272.5	KANE Ron (2021) SCO	657.5
145+								

MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	REID Wayne (2016) SCO	172.5	WINTERBORN Simon (2019) SCO	115	WALSH S () SCO	225	REID Wayne (2016) SCO	497.5
82.5	WALSH S () SCO	220	WALSH S () SCO	140	WINTERBORN Simon (2018) SCO	200	WALSH S () SCO	580
90	WINTERBORN Simon (2018) SCO	175	WINTERBORN Simon (2018) SCO	122.5	WINTERBORN Simon (2018) SCO	220	WINTERBORN Simon (2018) SCO	517.5
100	SHEERAN Barry (2023) SCO	180	SHEERAN Barry (2023) SCO	127.5	SHEERAN Barry (2023) SCO	247.5	SHEERAN Barry (2023) SCO	555
110	FORSYTH Derek (2018) SCO	242.5	GASKIN Pete (2011) SCO	155	FORSYTH Derek (2018) SCO	280	FORSYTH Derek (2018) SCO	677.5
125	FORSYTH Derek (2021) SCO	261	FORSYTH Derek (2021) SCO	182.5	FORSYTH Derek (2021) SCO	302.5	FORSYTH Derek (2021) SCO	745
145								
145+								

MASTER 3 (50-54yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	McBRIDE M () SCO	155	WINTERBORN Simon (2022) SCO	97.5	WINTERBORN Simon (2022) SCO	170	WINTERBORN Simon (2022) SCO	392.5
75	REID Wayne (2022) SCO	170	WINTERBORN Simon (2019) SCO	115	REID Wayne (2022) SCO	212.5	REID Wayne (2022) SCO	487.5
82.5	FRASER E () SCO	170	WINTERBORN Simon (2019) SCO	115	WINTERBORN Simon (2019) SCO	200	WINTERBORN Simon (2019) SCO	475
90	FRASER E () SCO	180	FRASER E () SCO	105	SHEDDEN Jim (2021) SCO	220	SHEDDEN Jim (2021) SCO	477.5
100	COWLEY Arthur () SCO	222.5	COWLEY Arthur () SCO	150	COWLEY Arthur () SCO	250	COWLEY Arthur () SCO	620
110	COWLEY Arthur (2013) SCO	220	GASKIN Pete () SCO	155	COWLEY Arthur () SCO	257.5	COWLEY Arthur () SCO	620
125	FORSYTH Derek (2022) SCO	265	FORSYTH Derek (2023) SCO	185	FORSYTH Derek (2023) SCO	300	FORSYTH Derek (2023) SCO	750
145								
145+								

MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	DEMPSTER Gary (2019) SCO	160	DEMPSTER Gary (2019) SCO	90	DEMPSTER Gary (2019) SCO	260	DEMPSTER Gary (2019) SCO	412.5
82.5								
90	BRADY John (2018) SCO	160	BRADY John (2018) SCO	117.5	BRADY John (2018) SCO	200	BRADY John (2018) SCO	475
100	COWLEY Arthur (2015) SCO	220	COWLEY Arthur (2015) SCO	147.5	COWLEY Arthur (2015) SCO	255	COWLEY Arthur (2015) SCO	622.5
110	COWLEY Arthur (2017) SCO	225	COWLEY Arthur (2014) SCO	150	COWLEY Arthur (2014) SCO	265	COWLEY Arthur (2014) SCO	635
125								
145								
145+								

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	DEMPSTER Gary (2021) SCO	160	KERR Ronnie (2019) SCO	110	DEMPSTER Gary (2023) SCO	175	DEMPSTER Gary (2021) SCO	412.5
82.5	SINCLAIR Ashley () SCO	107.5	SINCLAIR Ashley (2012) SCO	137.5			SINCLAIR Ashley () SCO	385
90								
100	COWLEY Arthur (2021) SCO	195	COWLEY Arthur (2021) SCO	125	COWLEY Arthur (2021) SCO	225	COWLEY Arthur (2021) SCO	545
110	COWLEY Arthur (2019) SCO	207.5	DA ROCHA-AFODU Ped (2023)	145	DA ROCHA-AFODU Ped (2023)	250.5	COWLEY Arthur (2022) SCO	555
125								
145								
145+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75	KERR Ronnie (2023) SCO	133	KERR Ronnie (2023) SCO	111	KERR Ronnie (2022) SCO	175	KERR Ronnie (2022) SCO	410

82.5								
90								
100								
110								
125								
145								
145+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75					
82.5					
90	HEARN David (2014) SCO	80 HEARN David (2014) SCO	80 HEARN David (2014) SCO	135 HEARN David (2014) SCO	295
100					
110					
125					
145					
145+					

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75					
82.5					
90	HEARN David (2017) SCO	110 HEARN David (2018) SCO	85.5 HEARN David (2016) SCO	155 HEARN David (2016) SCO	345
100					
110					
125					
145					
145+					

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5	BARCLAY Sandy (2023) SCO	45 BARCLAY Sandy (2023) SCO	42.5 BARCLAY Sandy (2023) SCO	95 BARCLAY Sandy (2023) SCO	182.5
75					
82.5					
90		HEARN David (2019) SCO	86		
100					
110					
125					
145					
145+					

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90				
100				
110				
125				
145				
145+				

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total	
52					
56					
60					
67.5					
75					
82.5	MC AFFER Glynn (2009) SCO	190 MC AFFER Glynn (2009) SCO	157.5 CALVERT Jack (2018) SCO	255 MC AFFER Glynn (2009) SCO	565
90	ROBERTSON Phil (2012) SCO	245 ROBERTSON Phil (2012) SCO	165 ROBERTSON Phil (2012) SCO	270 ROBERTSON Phil (2012) SCO	680
100	CURRAN Liam (2016) SCO	225 CURRAN Liam (2016) SCO	175 CURRAN Liam (2016) SCO	280 CURRAN Liam (2016) SCO	680
110	CURRAN Liam (2017) SCO	245 CURRAN Liam (2017) SCO	175 CURRAN Liam (2017) SCO	302.5 CURRAN Liam (2017) SCO	720

125								
145								
145+								