

**OPEN UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60	BELL Darren () SCO 132.5	MUNRO Max (2022) SCO 92.5	AIKMAN David Jnr () SCO 170
67.5	IDE Callum (2009) SCO 170	LAU Jason (2023) SCO 135	DOCHERTY Colin (2023) SCO 230
75	McDONALD M () SCO 160	AIKMAN David snr () SCO 146	EL SHAFEI Hesham (2018) SCO 225
82.5	WONG Chris (2013) SCO 215	YULE Michael () SCO 162.5	FULTON Mark (2018) SCO 267.5
90	JUSKOWIAK Reo (2021) SCO 215	YULE Michael () SCO 165	STEVENS Nick (2012) SCO 320
100	MARTIN Chris (2016) SCO 222.5	YOUNG Jamie (2019) SCO 177.5	McGOVERN Thomas (2016) SCO 292.5
110		HARLAND Josh (2022) SCO 170.5	NEW Cameron (2021) SCO 272.5
125		MURNEY Shaun (2022) SCO 201	FORSYTH Derek (2019) SCO 290
145		MITCHELL Lewis (2015) SCO 180	BEETHAM Christopher (2019) SCO 260
145+		HILL Grant (2021) SCO 185	HILL Grant (2023) SCO 225

**TEENAGE 1 (14-15 yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60	BELL Darren () SCO 132.5	MUNRO Max (2022) SCO 87.5	BELL Darren () SCO 160
67.5	FERGUSON Robert (2014) SCO 125	BELL Darren () SCO 85	BELL Darren () SCO 190
75		ALSAFFAR Tammar (2022) SCO 85	
82.5		MUIR Andrew (2022) SCO 85	MUIR Andrew (2022) SCO 147.5
90			
100		MCCA HILL Gabriel (2022) SCO 82.5	MCCA HILL Gabriel (2022) SCO 155
110			
125			
145			
145+			

**TEENAGE 2 (16-17 yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60		MUNRO Max (2022) SCO 92.5	AIKMAN David Jnr () SCO 170
67.5	BELL Darren () SCO 140	MUNRO Max (2023) SCO 105	FERGUSON Robert (2014) SCO 130
75		YOUNG Luca (2022) SCO 107.5	
82.5		HUTCHISON C () SCO 115	
90		PAYNE Taylor (2019) SCO 105	PAYNE Taylor (2019) SCO 210
100		KAYA James (2019) SCO 137.5	KAYA James (2019) SCO 230
110		NEWSON Sam (2023) SCO 142.5	WILLIAMSON R () SCO 202.5
125		THAIN Iain (2020) SCO 110	PERRIE Liam (2017) SCO 220
145			
145+			

**TEENAGE 3 (18-19 yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	IDE Callum (2009) SCO 170	EL SHAFE Hesham (2017) SCO 110	EL SHAFE Hesham (2017) SCO 210
75		SIMPSON Christopher (2022) SCO 80	MCWILLIAM Jack (2022) SCO 215
82.5		DEVINE Joseph (2021) SCO 125	
90		DEVINE Joseph (2022) SCO 135	
100		CROZIER Callum (2015) SCO 155	CROZIER Callum (2015) SCO 255
110		MacQUEEN Mark () SCO 137.5	MacQUEEN Mark (2014) SCO 255
125		CHARNLEY Chris (2016) SCO 140	BRAMMER Christopher (2021) SCO 205.5
145			

### JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5	TAIT Stuart (2017) SCO	165	TAIT Stuart (2017) SCO	100	TAIT Stuart (2017) SCO	220
75	McDONALD M () SCO	160	EL SHAFEI Hesham (2018) SCO	115	EL SHAFEI Hesham (2018) SCO	225
82.5	WONG Chris () SCO	215	NORMANDIN N () SCO	150	NORMANDIN N () SCO	240
90			CUPPLES G () SCO	115	STEVENS Nick (2012) SCO	320
100			YOUNG Luke (2021) SCO	151	SIMPSON Dean (2021) SCO	250
110			HARLAND Josh (2022) SCO	170.5	HAMILTON Alexander (2021) SC	262.5
125			JENKINS Stuart (2019) SCO	170	CHARNLEY Chris (2017) SCO	215
145			McWILLIAMS Andrew (2016) SC	160		
145+						

### MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			MURRAY Greig (2016) SCO	120	MURRAY Greig (2016) SCO	218
75			AIKMAN David snr (2009) SCO	135		
82.5	WILKINS Graeme (2016) SCO	167.5	WILKINS Graeme (2015) SCO	92.5	CROMBIE David () SCO	260
90	JUSKOWIAK Reo (2021) SCO	215	FULTON Mark (2021) SCO	140	FULTON Mark (2021) SCO	258
100			MARTIN Chris (2017) SCO	162.5	SHEENAN Barry (2023) SCO	240
110			PROCTOR John (2022) SCO	140	DONALDSON Alistair () SCO	260
125			MURNEY Shaun (2022) SCO	201	MURNEY Shaun (2022) SCO	270
145			HOWE Chris (2022) SCO	110	HOWE Chrys (2023) SCO	215
145+						

### MASTER 2 (45-49yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			AIKMAN David snr () SCO	146	BIZZARI Stuart () SCO	190
82.5					HALL Rob (2016) SCO	237.5
90			WINTERBORN Simon (2018) SC	120	WINTERBORN Simon (2018) SC	220
100			COOGAN Joe () SCO	170	MARTIN Chris (2022) SCO	232.5
110			COOGAN Joe () SCO	172.5	GASKIN Pete () SCO	255
125			FORSYTH Derek (2019) SCO	172.5	FORSYTH Derek (2019) SCO	290
145						
145+						

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90	SHEDDEN Jim (2022) SCO	167.5	FOWLER Derek (2016) SCO	60	SHEDDEN Jim (2022) SCO	220
100			ASHMOLE Tom (2022) SCO	155	SHEDDEN Jim (2023) SCO	227.5
110			COOGAN Joe (2015) SCO	180	GASKIN Pete (2015) SCO	230
125			COOGAN Joe (2016) SCO	182.5	GASKIN Pete () SCO	235

145						
145+						

#### MASTER 4 (55-59yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5	WRIGHT R () SCO	140	
75			
82.5		SINCLAIR Ashley (2009) SCO	132.5
90		BRADY John (2018) SCO	110
100		COWLEY Arthur (2016) SCO	140
110		FLETT Martin (2013) SCO	160
125		WRIGHT John (2018) SCO	180
145			
145+			

#### MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		KERR Ronnie (2019) SCO	115
82.5		SINCLAIR Ashley (2012) SCO	141
90		SINCLAIR Ashley (2012) SCO	140
100			
110		COWLEY Arthur (2022) SCO	127.5
125			
145			
145+			

#### MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		WADE Michael (2012) SCO	67.5
75		KERR Ronnie (2021) SCO	112.5
82.5		SINCLAIR Ashley (2018) SCO	142.5
90		SINCLAIR Ashley (2018) SCO	140
100			
110			
125		GRANT Peter (2019) SCO	110
145			
145+			

#### MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		WADE Michael (2016) SCO	82.5
75			
82.5		SINCLAIR Ashley (2021) SCO	135
90		SINCLAIR Ashley (2022) SCO	143.5
100		MACASLAN Iain (2023) SCO	68
110			

125					
145					
145+					

**MASTER 8 (75-79yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		WADE Michael (2019) SCO 73	
75		WADE Michael (2020) SCO 73.5	
82.5		KEFFERTY Jack (2017) SCO 80	
90	HEARN David (2017) SCO 112.5	HEARN David (2015) SCO 88	HEARN David (2016) SCO 152
100			
110			
125			
145			
145+			

**MASTER 9 (80-84yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75		KEFFERTY Jack (2018) SCO 70	
82.5			
90			
100			
110			
125			
145			
145+			

**MASTER 10 (85-89yrs) UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			BYNG George (2023) SCO 92.5
82.5			
90			
100			
110			
125			
145			
145+			

**M/P/F UNEQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5		MURRAY Greig (2016) SCO 120	MURRAY Greig (2016) SCO 218
75			
82.5		YULE Michael () SCO 162.5	SHAW William (2009) SCO 232.5
90		YULE Michael () SCO 165	
100	MARTIN Chris (2016) SCO 222.5	MARTIN Chris (2015) SCO 160	MARTIN Chris (2016) SCO 240

110		MARTIN Chris (2016) SCO	160		
125					
145					
145+					