

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	O'DONNELL Eva (2023) SCO	52.5	O'DONNELL Eva (2023) SCO	30	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	GAULD Kirsty (2022) SCO	107.5
58.5			DALZIEL Karen (2016) SCO	70	McINTYRE Hannah (2017) SCO	170
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70	ROBINSON Emma (2018) SCO	127.5	HEBBORN Emma (2023) SCO	93	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	BURBANK Dora (2023) SCO	102.5	ROSS Mairi (2022) SCO	205

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			MACLEAN Morven (2023) SCO	57.5		
90						
90+						

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5	O'DONNELL Eva (2023) SCO	52.5	O'DONNELL Eva (2023) SCO	30	O'DONNELL Eva (2023) SCO	60
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			RUTHERFORD Hayley (2019) SCO	45	RUTHERFORD Hayley (2019) SCO	107.5
55.5			GAULD Kirsty (2022) SCO	47.5	GAULD Kirsty (2022) SCO	107.5
58.5			McINTYRE Hannah (2017) SCO	55	McINTYRE Hannah (2017) SCO	170
63			WILSON Chloe (2022) SCO	65	DOCHERTY Rachel (2018) SCO	125
70			SKINNER Emma (2023) SCO	63	CLARK Jayne (2019) SCO	162.5
80			PEARSONS Alice (2015) SCO	80		
90						
90+					MARTIN Kaitlyn (2023) SCO	105

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
44						
47.5						
50.5						
53			COOKE Katie () SCO	57.5	IRVING Pamela (2022) SCO	107.5
55.5						
58.5			DALY Nancy (2020) SCO	60	WADE Ishbel (2016) SCO	127.5
63	DALZIEL Karen (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
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	RITARI-STEWART Anneli (2021)	111			RITARI-STEWART Anneli (2021)	148
70			STRITON Fiona (2022) SCO	67.5	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 (2017)	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			ANDERSON Mary (2021) SCO	82.5	ANDERSON Mary (2022) SCO	155
80	ANDERSON Mary (2018) SCO	140	ANDERSON Mary (2018) SCO	87.5	ANDERSON Mary (2019) SCO	175
90			HERRINGTON Lisa (2023) SCO	70	HERRINGTON Lisa (2023) SCO	175

90+			FITZSIMMONS Geraldine (2020)	60	FITZSIMMONS Geraldine (2022)	122.5
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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		BALL Ellen (2021) SCO	42.5	BALL Ellen (2021) SCO	75
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+		GRAHAM Heather (2022) SCO	45	GRAHAM Heather (2022) SCO	125

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		MACASLAN Cathy (2023) SCO	42.5		

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 (2021) SCO	122.5	DALZIEL Karen (2021) SCO	82.5	DALZIEL Karen (2021) SCO	167.5
70						

80		WILLIAMS Emma (2016) SCO	80	WILLIAMS Emma (2016) SCO	150
90		McKINLEY Bernadette (2011) SC	107.5	McKINLEY Bernie () SCO	170
90+					