

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			COOGAN Joe (2015) SCO 180 NEW Cameron (2021) SCO 272.5
125	HAMILTON Alexander (2024) SCO	267.5	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) S	205.5
145						
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	FRISEAL Fraser (2024) SCO	192.5	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	PHILLIPS Michael () SCO	225
90			BRADY John (2018) SCO	110	BRADY John (2018) SCO	192.5
100			COWLEY Arthur (2016) SCO	140	COWLEY Arthur (2016) SCO	240
110			FLETT Martin (2013) SCO	160		
125			WRIGHT John (2018) SCO	180	WRIGHT John (2018) SCO	190
145						
145+						

MASTER 5 (60-64yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			KERR Ronnie (2019) SCO	115	PHILLIPS Michael (2018) SCO	200
82.5			SINCLAIR Ashley (2012) SCO	141	PHILLIPS Michael (2017) SCO	200
90			SINCLAIR Ashley (2012) SCO	140		
100						
110			COWLEY Arthur (2022) SCO	127.5	COWLEY Arthur (2019) SCO	250
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	KERR Ronnie (2022) SCO	170
82.5			SINCLAIR Ashley (2018) SCO	142.5	PHILLIPS Michael (2022) SCO	191
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	HOSIE Alan (2024) SCO	150
75						
82.5			SINCLAIR Ashley (2021) SCO	135		
90			SINCLAIR Ashley (2022) SCO	143.5	HEARN David (2015) SCO	140
100			MACASLAN Iain (2023) SCO	68	MACASLAN Iain (2023) SCO	120
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+			