

OPEN UNEQUIPPED

| WGT | Squat | Bench Press | Deadlift | Total | | | | |
|------|------------------------------|-------------|------------------------------|-------|------------------------------|-------|------------------------------|-------|
| 44 | LANGRIDGE Beth (2022) SCO | 85 | LANGRIDGE Beth (2022) SCO | 47.5 | LANGRIDGE Beth (2022) SCO | 117.5 | LANGRIDGE Beth (2022) SCO | 245 |
| 47.5 | MONAGHAN Amanda (2019) SC | 105 | TOBIAS Lisa (2016) SCO | 57.5 | TOBIAS Lisa (2015) SCO | 147 | TOBIAS Lisa (2015) SCO | 295 |
| 50.5 | MONAGHAN Amanda (2019) SC | 107.5 | MONAGHAN Amanda (2019) SC | 58 | MORAN Laura (2016) SCO | 132.5 | MONAGHAN Amanda (2019) SC | 290 |
| 53 | IRVING Pamela (2022) SCO | 97.5 | IRVING Pamela (2022) SCO | 57.5 | MacDONALD Fiona (2018) SCO | 130 | MACLEOD Angela (2019) SCO | 275 |
| 55.5 | MURRAY Louise () SCO | 125 | MURRAY Louise () SCO | 70 | MURRAY Louise () SCO | 142.5 | MURRAY Louise () SCO | 337.5 |
| 58.5 | PADRON Diana (2021) SCO | 112.5 | DALZIEL Karen (2016) SCO | 75 | DALZIEL Karen (2015) SCO | 155 | DALZIEL Karen (2015) SCO | 335 |
| 63 | MITCHELL Cheryl (2019) SCO | 127.5 | DALZIEL Karen (2023) SCO | 83 | DALZIEL Karen (2023) SCO | 171 | DALZIEL Karen (2023) SCO | 377.5 |
| 70 | ANDERSON Mary (2014) SCO | 135.5 | ANDERSON Mary (2014) SCO | 88 | ANDERSON Mary (2014) SCO | 180 | ANDERSON Mary (2014) SCO | 402.5 |
| 80 | ANDERSON Mary (2016) SCO | 185 | ANDERSON Mary (2016) SCO | 110 | ANDERSON Mary (2016) SCO | 200 | ANDERSON Mary (2016) SCO | 495 |
| 90 | CUNINGHAME Bernie (2016) SC | 160 | CUNINGHAME Bernie (2017) SC | 110 | ANDERSON Mary (2010) SCO | 192.5 | CUNINGHAME Bernie (2017) SC | 450 |
| 90+ | ROSS MAIRI (2021) SCO | 180 | MOUG Sheila (2023) SCO | 100 | ROSS MAIRI (2021) SCO | 202.5 | ROSS MAIRI (2021) SCO | 455 |
| 110 | MACKINTOSH Pauline (2024) SC | 95 | MACKINTOSH Pauline (2024) SC | 50 | MACKINTOSH Pauline (2024) SC | 125 | MACKINTOSH Pauline (2024) SC | 260 |
| 110+ | | | | | | | | |

TEENAGE 1 (14-15) yrs UNEQUIPPED

| WGT | | | | | | | | |
|------|--------------------------|------|--------------------------|------|--------------------------|------|--------------------------|-------|
| 44 | RUTHERFORD Hayley () SCO | 50 | RUTHERFORD Hayley () SCO | 27.5 | RUTHERFORD Hayley () SCO | 77.5 | RUTHERFORD Hayley () SCO | 152.5 |
| 47.5 | RUTHERFORD Hayley () SCO | 62.5 | RUTHERFORD Hayley () SCO | 35.5 | RUTHERFORD Hayley () SCO | 82.5 | RUTHERFORD Hayley () SCO | 180 |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | BROWN Ellie (2018) SCO | 80 | BROWN Ellie (2018) SCO | 35 | BROWN Ellie (2018) SCO | 100 | BROWN Ellie (2018) SCO | 215 |
| 63 | | | | | | | | |
| 70 | BROOMHEAD Amy (2011) SCO | 80 | BROOMHEAD Amy (2011) SCO | 47.5 | BROOMHEAD Amy (2011) SCO | 95 | BROOMHEAD Amy (2011) SCO | 222.5 |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

TEENAGE 2 (16-17) yrs UNEQUIPPED

| WGT | | | | | | | | |
|------|---------------------------|-------|---------------------------|------|---------------------------|------|---------------------------|-------|
| 44 | | | | | | | | |
| 47.5 | RUTHERFORD Hayley () SCO | 70 | RUTHERFORD Hayley () SCO | 37.5 | RUTHERFORD Hayley () SCO | 92.5 | RUTHERFORD Hayley () SCO | 200 |
| 50.5 | RUTHERFORD Hayley () SCO | 68 | RUTHERFORD Hayley () SCO | 35 | RUTHERFORD Hayley () SCO | 87.5 | RUTHERFORD Hayley () SCO | 190 |
| 53 | O'DONNELL Eva (2023) SCO | 60 | O'DONNELL Eva (2023) SCO | 30 | O'DONNELL Eva (2023) SCO | 70 | O'DONNELL Eva (2023) SCO | 155 |
| 55.5 | MCCANN Bridget (2019) SCO | 112.5 | MCCANN Bridget (2019) SCO | 53 | MCCANN Bridget (2019) SCO | 115 | MCCANN Bridget (2019) SCO | 280 |
| 58.5 | MCCANN Bridget (2019) SCO | 100 | MCCANN Bridget (2019) SCO | 55 | | | MCCANN Bridget (2019) SCO | 255 |
| 63 | | | | | | | | |
| 70 | GONZAGA Mia (2023) SCO | 100 | TAYLOR Bronwyn () SCO | 55 | TAYLOR Bronwyn () SCO | 125 | TAYLOR Bronwyn () SCO | 267.5 |
| 80 | CAMPBELL Emma (2023) SCO | 130 | CAMPBELL Emma (2023) SCO | 65 | CAMPBELL Emma (2023) SCO | 145 | CAMPBELL Emma (2023) SCO | 340 |
| 90 | | | | | | | | |
| 90+ | FORSYTH Molly (2022) SCO | 155 | FORSYTH Molly (2022) SCO | 55 | FORSYTH Molly (2022) SCO | 165 | FORSYTH Molly (2022) SCO | 375 |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

TEENAGE 3 (18-19) yrs UNEQUIPPED

| WGT | | | | | | | | |
|------|-----------------------------|-------|-----------------------------|------|-----------------------------|-------|-----------------------------|-------|
| 44 | RUTHERFORD Hayley (2015) SC | 65 | RUTHERFORD Hayley (2015) SC | 35 | RUTHERFORD Hayley (2015) SC | 90 | RUTHERFORD Hayley (2015) SC | 190 |
| 47.5 | RUTHERFORD Hayley (2015) SC | 80 | RUTHERFORD Hayley (2015) SC | 47.5 | RUTHERFORD Hayley () SCO | 100 | RUTHERFORD Hayley () SCO | 205 |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | MUIR Jennifer (2018) SCO | 105 | MUIR Jennifer (2018) SCO | 65 | MUIR Jennifer (2018) SCO | 140 | MUIR Jennifer (2018) SCO | 310 |
| 70 | MUIR Jennifer (2019) SCO | 122.5 | MUIR Jennifer (2019) SCO | 67.5 | MUIR Jennifer (2019) SCO | 157.5 | MUIR Jennifer (2019) SCO | 347.5 |
| 80 | CAMPBELL Emma (2023) SCO | 140 | CAMPBELL Emma (2023) SCO | 72.5 | CAMPBELL Emma (2023) SCO | 155 | CAMPBELL Emma (2023) SCO | 367.5 |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

JUNIOR (20-23) yrs UNEQUIPPED

| WGT | | | | | | | | |
|------|-----------------------------|-------|-----------------------------|------|-----------------------------|-------|-----------------------------|-----|
| 44 | | | | | | | | |
| 47.5 | MONAGHAN Amanda (2018) SC | 102.5 | MONAGHAN Amanda (2018) SC | 53 | MONAGHAN Amanda (2018) SC | 127.5 | MONAGHAN Amanda (2018) SC | 280 |
| 50.5 | RUTHERFORD Hayley (2016) SC | 80 | RUTHERFORD Hayley (2016) SC | 37.5 | RUTHERFORD Hayley (2016) SC | 102.5 | RUTHERFORD Hayley (2016) SC | 220 |

| | | | | | | | | |
|------|----------------------------|-------|----------------------------|------|-------------------------|-------|-------------------------|-------|
| 53 | MORAN Laura () SCO | 80 | MORAN Laura () SCO | 50 | MORAN Laura () SCO | 120 | MORAN Laura () SCO | 250 |
| 55.5 | SARDO Olivia () SCO | 90 | SARDO Olivia () SCO | 45 | SARDO Olivia () SCO | 110 | SARDO Olivia () SCO | 235 |
| 58.5 | PADRON Diana (2021) SCO | 107.5 | SHAND Charli (2019) SCO | 42.5 | SHAND Charli (2019) SCO | 122.5 | SHAND Charli (2019) SCO | 247.5 |
| 63 | | | | | | | | |
| 70 | CLARK Jayne (2019) SCO | 125 | CLARK Jayne (2019) SCO | 62.5 | CLARK Jayne (2019) SCO | 170 | CLARK Jayne (2019) SCO | 350 |
| 80 | SWANKIE Kara (2019) SCO | 150 | SWANKIE Kara (2019) SCO | 80 | SWANKIE Kara (2019) SCO | 200 | SWANKIE Kara (2019) SCO | 430 |
| 90 | ROBERSTON Ellie (2022) SCO | 135 | ROBERSTON Ellie (2022) SCO | 65 | SCOBIE Mairi (2018) SCO | 157.5 | SCOBIE Mairi (2018) SCO | 337.5 |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 1 (40-44yrs) UNEQUIPPED

| | | | | | | | | |
|------------|--------------------------|-------|--------------------------|------|--------------------------|-------|--------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | IRVING Pamela (2022) SCO | 97.5 | IRVING Pamela (2022) SCO | 57.5 | BREMNER Gail () SCO | 117.5 | IRVING Pamela (2022) SCO | 267.5 |
| 55.5 | IRVING Pamela (2023) SCO | 100 | IRVING Pamela (2023) SCO | 60.5 | DALY Nancy (2019) SCO | 120 | DALY Nancy (2019) SCO | 270 |
| 58.5 | DALY Nancy (2021) SCO | 87.5 | DALY Nancy (2021) SCO | 60 | DALY Nancy (2021) SCO | 122.5 | DALY Nancy (2021) SCO | 267.5 |
| 63 | DALZIEL Karen (2023) SCO | 125 | DALZIEL Karen (2023) SCO | 83 | DALZIEL Karen (2023) SCO | 171 | DALZIEL Karen (2023) SCO | 377.5 |
| 70 | GASKIN Jo () SCO | 120 | GASKIN Jo () SCO | 65 | GASKIN Jo () SCO | 155.5 | GASKIN Jo () SCO | 337.5 |
| 80 | ANDERSON Mary () SCO | 157.5 | ANDERSON Mary () SCO | 95 | ANDERSON Mary () SCO | 196 | ANDERSON Mary () SCO | 432.5 |
| 90 | ANDERSON Mary () SCO | 147.5 | ANDERSON Mary () SCO | 90 | ANDERSON Mary (2010) SCO | 192.5 | ANDERSON Mary (2010) SCO | 415 |
| 90+ | MOUG Sheila (2022) SCO | 175 | MOUG Sheila (2023) SCO | 100 | MOUG Sheila (2023) SCO | 172.5 | MOUG Sheila (2023) SCO | 442.5 |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 2 (44-49yrs) UNEQUIPPED

| | | | | | | | | |
|------------|------------------------------|-------|---------------------------|----|------------------------------|-------|------------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | COIA Gabrielle (2015) SCO | 90 | COIA Gabrielle (2015) SCO | 55 | COIA Gabrielle (2015) SCO | 110 | COIA Gabrielle (2015) SCO | 255 |
| 63 | RITARI-STEWART Anneli (2021) | 106 | COIA Gabrielle (2015) SCO | 60 | RITARI-STEWART Anneli (2021) | 135 | RITARI-STEWART Anneli (2021) | 295 |
| 70 | HARPER Jacquie (2019) SCO | 77.5 | HARPER Jacquie (2019) SCO | 40 | HARPER Jacquie (2019) SCO | 125 | HARPER Jacquie (2019) SCO | 242.5 |
| 80 | ANDERSON Mary (2016) SCO | 142.5 | ANDERSON Mary (2016) SCO | 88 | ANDERSON Mary (2016) SCO | 185.5 | ANDERSON Mary (2016) SCO | 415 |
| 90 | ANDERSON Mary (2016) SCO | 141 | ANDERSON Mary (2016) SCO | 90 | ANDERSON Mary (2016) SCO | 170 | ANDERSON Mary (2016) SCO | 400 |
| 90+ | MCBRIDE Amanda (2023) SCO | 125 | MCBRIDE Amanda (2023) SCO | 75 | MCBRIDE Amanda (2023) SCO | 165 | MCBRIDE Amanda (2023) SCO | 362.5 |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 3 (50-54yrs) UNEQUIPPED

| | | | | | | | | |
|------------|-------------------------------|-------|-------------------------------|----|-------------------------------|-------|-------------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | COIA Gabrielle (2019) SCO | 102.5 | COIA Gabrielle (2019) SCO | 65 | GLASSFORD Laura (2022) SCO | 132.5 | COIA Gabrielle (2019) SCO | 292.5 |
| 80 | ANDERSON Mary (2019) SCO | 130 | ANDERSON Mary (2019) SCO | 85 | HERRINGTON Lisa (2022) SCO | 170 | ANDERSON Mary (2019) SCO | 382.5 |
| 90 | ANDERSON Mary (2019) SCO | 130 | ANDERSON Mary (2019) SCO | 85 | ANDERSON Mary (2019) SCO | 165 | ANDERSON Mary (2019) SCO | 380 |
| 90+ | | | | | | | | |
| 110 | MACKINTOSH Pauline (2024) SCO | 95 | MACKINTOSH Pauline (2024) SCO | 50 | MACKINTOSH Pauline (2024) SCO | 125 | MACKINTOSH Pauline (2024) SCO | 260 |
| 110+ | | | | | | | | |

MASTER 4 (55-59yrs) UNEQUIPPED

| | | | | | | | | |
|------------|----------------------------|------|----------------------------|------|----------------------------|-------|----------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | MacDONALD Fiona (2017) SCO | 62.5 | MacDONALD Fiona (2017) SCO | 45 | MacDONALD Fiona (2017) SCO | 105 | MacDONALD Fiona (2017) SCO | 212.5 |
| 53 | MacDONALD Fiona (2018) SCO | 85 | MacDONALD Fiona (2018) SCO | 55 | MacDONALD Fiona (2018) SCO | 130 | MacDONALD Fiona (2018) SCO | 270 |
| 55.5 | MacDONALD Fiona (2019) SCO | 87.5 | MacDONALD Fiona (2019) SCO | 57.5 | MacDONALD Fiona (2019) SCO | 132.5 | MacDONALD Fiona (2019) SCO | 277.5 |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |

| | | | | | | | | |
|------|--|--|--|--|--|--|--|--|
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 5 (60-64yrs) UNEQUIPPED

| | | | | | | | | |
|------------|---------------------------|------|---------------------------|----|---------------------------|----|---------------------------|-----|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | MaCASLAN Cathy (2015) SCO | 50.5 | MaCASLAN Cathy (2015) SCO | 30 | MaCASLAN Cathy (2015) SCO | 86 | MaCASLAN Cathy (2015) SCO | 165 |
| 70 | McASLAN Cathy (2016) SCO | 60 | McASLAN Cathy (2016) SCO | 35 | McASLAN Cathy (2016) SCO | 95 | McASLAN Cathy (2016) SCO | 190 |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 6 (65-69yrs) UNEQUIPPED

| | | | | | | | | |
|------------|---------------------------|------|---------------------------|------|---------------------------|-----|---------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | MACASLAN Cathy (2018) SCO | 51 | MacASLAN Cathy (2019) SCO | 38 | MacASLAN Cathy (2019) SCO | 101 | MacASLAN Cathy (2019) SCO | 187.5 |
| 80 | MacASLAN Cathy (2022) SCO | 60.5 | MacASLAN Cathy (2022) SCO | 42.5 | MacASLAN Cathy (2021) SCO | 110 | MacASLAN Cathy (2021) SCO | 210 |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 7 (70-74yrs) UNEQUIPPED

| | | | | | | | | |
|------------|---------------------------|----|---------------------------|----|---------------------------|------|---------------------------|-------|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | MACASLAN Cathy (2023) SCO | 61 | MACASLAN Cathy (2023) SCO | 40 | MACASLAN Cathy (2023) SCO | 97.5 | MACASLAN Cathy (2023) SCO | 197.5 |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 8 (75-79yrs) UNEQUIPPED

| | | | | | | | | |
|------------|--|--|--|--|--|--|--|--|
| WGT | | | | | | | | |
| 44 | | | | | | | | |
| 47.5 | | | | | | | | |
| 50.5 | | | | | | | | |
| 53 | | | | | | | | |
| 55.5 | | | | | | | | |
| 58.5 | | | | | | | | |
| 63 | | | | | | | | |
| 70 | | | | | | | | |
| 80 | | | | | | | | |
| 90 | | | | | | | | |
| 90+ | | | | | | | | |
| 110 | | | | | | | | |
| 110+ | | | | | | | | |

MASTER 9 (80-84yrs) UNEQUIPPED

| WGT | | | | | | | |
|------|--|--|--|--|--|--|--|
| 44 | | | | | | | |
| 47.5 | | | | | | | |
| 50.5 | | | | | | | |
| 53 | | | | | | | |
| 55.5 | | | | | | | |
| 58.5 | | | | | | | |
| 63 | | | | | | | |
| 70 | | | | | | | |
| 80 | | | | | | | |
| 90 | | | | | | | |
| 90+ | | | | | | | |
| 110 | | | | | | | |
| 110+ | | | | | | | |

MASTER 10 (85-89yrs) UNEQUIPPED

| WGT | | | | | | | |
|------|--|--|--|--|--|--|--|
| 44 | | | | | | | |
| 47.5 | | | | | | | |
| 50.5 | | | | | | | |
| 53 | | | | | | | |
| 55.5 | | | | | | | |
| 58.5 | | | | | | | |
| 63 | | | | | | | |
| 70 | | | | | | | |
| 80 | | | | | | | |
| 90 | | | | | | | |
| 90+ | | | | | | | |
| 110 | | | | | | | |
| 110+ | | | | | | | |

M/P/F UNEQUIPPED

| WGT | | | | | | | |
|------|-----------------------------|-------|-----------------------------|------|-----------------------------|-------|---------------------------------|
| 44 | | | | | | | |
| 47.5 | | | | | | | |
| 50.5 | | | | | | | |
| 53 | | | | | | | |
| 55.5 | MACLEOD Angela (2018) SCO | 92.5 | MACLEOD Angela (2018) SCO | 57.5 | MACLEOD Angela (2018) SCO | 130 | MACLEOD Angela (2018) SCO 275 |
| 58.5 | DALZIEL Karen (2015) SCO | 107.5 | DALZIEL Karen (2016) SCO | 75 | DALZIEL Karen (2015) SCO | 155 | DALZIEL Karen (2015) SCO 335 |
| 63 | DALZIEL Karen (2023) SCO | 125 | DALZIEL Karen (2023) SCO | 83 | DALZIEL Karen (2023) SCO | 171 | DALZIEL Karen (2023) SCO 377.5 |
| 70 | MARTIN Adele (2018) SCO | 80 | MARTIN Adele (2018) SCO | 52.5 | MARTIN Adele (2018) SCO | 117.5 | MARTIN Adele (2018) SCO 250 |
| 80 | | | | | | | |
| 90 | CUNINGHAME Bernie (2016) SC | 160 | CUNINGHAME Bernie (2017) SC | 110 | CUNINGHAME Bernie (2017) SC | 185 | CUNINGHAME Bernie (2017) SC 450 |
| 90+ | MCBRIDE Amanda (2022) SCO | 115 | MCBRIDE Amanda (2022) SCO | 70 | MCBRIDE Amanda (2022) SCO | 140 | MCBRIDE Amanda (2022) SCO 325 |
| 110 | | | | | | | |
| 110+ | | | | | | | |