

**OPEN EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5			RUTHERFORD Paul (2022) SCO	110		
75	McNAMARA () SCO	200	EMPSON Chris (2016) SCO	160	BROWN Wullie () SCO	240
82.5			EMPSON Chris (2023) SCO	180	EMPSON Chris (2017) SCO	245
90	MOFFAT Tom () SCO	263	McEWAN J () SCO	170	MOFFAT Tom (2009) SCO	260
100			MARTIN Chris (2022) SCO	213	COWLEY Arthur (2014) SCO	281
110	FARQUHARSON Alex () SCO	228	MARTIN Chris (2024) SCO	243	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	ELLIOTT Neil (2015) SCO	250	DAVIDSON Hamish () SCO	210
145	WRIGHT John () SCO	275	SAUBERLICH Adam (2015) SCO	220		
145+						

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

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

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

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

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100						

110					
125					
145					
145+					

**JUNIOR (20-23 yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			McKEAN Daniel () SCO	130	McKEAN Daniel () SCO	200
82.5						
90						
100			GRAHAM T () SCO	130	GRAHAM T () SCO	210
110						
125						
145						
145+						

**MASTER 1 (40-44yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5			WILKINS Graeme (2015) SCO	115		
90						
100			MARTIN Chris (2017) SCO	205	MOFFAT Tom (2016) SCO	220
110			MARTIN Chris (2017) SCO	238		
125			ELLIOTT Neil (2015) SCO	250		
145	WRIGHT John () SCO	275	REID Graeme (2022) SCO	213		
145+						

**MASTER 2 (45-49yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						
100			MARTIN Chris (2022) SCO	213		
110	FARQUHARSON Alex () SCO	228	MARTIN Chris (2024) SCO	243	SINCLAIR Frank (2009) SCO	270
125	FARQUHARSON Alex () SCO	240	GASKIN Pete () SCO	163		
145						
145+						

**MASTER 3 (50-54yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift
52					
56					

60					
67.5			RUTHERFORD Paul (2022) SCO	110	
75					
82.5					
90					
100					COWLEY Arthur (2014) SCO 281
110					GASKIN Pete (2017) SCO 243
125	WRIGHT John (2017) SCO	210	WRIGHT John (2017) SCO	175	DAVIDSON Hamish () SCO 210
145					
145+					

**MASTER 4 (55-59yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5					PHILLIPS Michael () SCO	235
90					REILLY G () SCO	245
100						
110			FLETT Martin (2013) SCO	190		
125			WRIGHT John (2018) SCO	180	WRIGHT John (2018) SCO	190
145						
145+						

**MASTER 5 (60-64yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			KERR Ronnie (2020) SCO	118	PHILLIPS Michael (2018) SCO	210
82.5					PHILLIPS Michael (2016) SCO	228
90					PHILLIPS Michael (2016) SCO	215
100						
110					COWLEY Arthur (2019) SCO	240
125						
145						
145+						

**MASTER 6 (65-69yrs) EQUIPPED**

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75			KERR Ronnie (2023) SCO	123		
82.5					PHILLIPS Michael (2021) SCO	180
90						
100						
110						
125						
145						
145+						

**MASTER 7 (70-74yrs) EQUIPPED**

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

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90	HEARN David (2017) SCO	120	HEARN David (2017) SCO	95	HEARN David (2017) SCO	150
100						
110						
125						
145						
145+						

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

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

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

WGT	Squat		Bench Press		Deadlift	
52						
56						
60						
67.5						
75						
82.5						
90						

100					
110					
125					
145					
145+					

**M/P/F EQUIPPED**

WGT	Squat	Bench Press	Deadlift
52			
56			
60			
67.5			
75			
82.5			
90			
100		MARTIN Chris (2017) SCO	205
110			
125		MARTIN Chris (2019) SCO	245
145			
145+			