

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 (2024) SCO | 310 |
| 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 | | | MCCAHERN Gabriel (2022) SCO | 82.5 | MCCAHERN 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 | | | | | | |
| 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) SCO | 262.5 |
| 125 | | | JENKINS Stuart (2019) SCO | 170 | CHARNLEY Chris (2017) SCO | 215 |
| 145 | | | McWILLIAMS Andrew (2016) SCO | 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 | SHEERAN 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) SCO | 120 | WINTERBORN Simon (2018) SCO | 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 | WING Matt (2024) SCO | 120 | 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 | | | ASHMOLE Tom (2024) SCO | 160 | COWLEY Arthur (2016) SCO | 240 |
| 110 | | | BUCKTON Stephen (2024) SCO | 162.5 | | |
| 125 | | | DICKSON Norman (2016) SCO | 130 | COOGAN Joe (2019) SCO | 167.5 |
| 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 | | | | | BYNG George (2024) SCO | 112.5 |
| 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+ | | | | | | |
| | | | | | | |