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) SCO	105	TOBIAS Lisa (2016) SCO	57.5	TOBIAS Lisa (2015) SCO	147	TOBIAS Lisa (2015) SCO	295
50.5	MONAGHAN Amanda (2019) SCO	107.5	MONAGHAN Amanda (2019) SCO	58	MORAN Laura (2016) SCO	132.5	MONAGHAN Amanda (2019) SCO	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 () SCO	157.5	ANDERSON Mary (2009) SCO	95	SWANKIE Kara (2019) SCO	200	SWANKIE Kara (2019) SCO	435
90	CUNINGHAME Bernie (2016) SCO	160	CUNINGHAME Bernie (2017) SCO	110	ANDERSON Mary (2010) SCO	192.5	CUNINGHAME Bernie (2017) SCO	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) SCO	95	MACKINTOSH Pauline (2024) SCO	50	MACKINTOSH Pauline (2024) SCO	125	MACKINTOSH Pauline (2024) SCO	260
110+								

TEENAGE 1 (14-15) yrs UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44	RUTHERFORD Hayley (2010) SCO	50	RUTHERFORD Hayley (2010) SCO	27.5	RUTHERFORD Hayley (2010) SCO	77.5	RUTHERFORD Hayley (2010) SCO	152.5
47.5	REID Teighan (2018) SCO	63	REID Teighan (2018) SCO	40	RUTHERFORD Hayley (2011) SCO	82.5	REID Teighan (2018) SCO	180.5
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	Squat		Bench Press		Deadlift		Total	
44								
47.5	RUTHERFORD Hayley (2013) SCO	70	McGOWAN Tracey (2015) SCO	40	McGOWAN Tracey (2015) SCO	110	McGOWAN Tracey (2015) SCO	220
50.5	RUTHERFORD Hayley (2013) SCO	68	RUTHERFORD Hayley (2013) SCO	37.5	RUTHERFORD Hayley (2013) SCO	90	RUTHERFORD Hayley (2013) SCO	195
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 (2018) SCO	105	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	Squat		Bench Press		Deadlift		Total	
44	RUTHERFORD Hayley (2015) SCO	65	RUTHERFORD Hayley (2014) SCO	35	RUTHERFORD Hayley (2014) SCO	92.5	RUTHERFORD Hayley (2015) SCO	190
47.5	RUTHERFORD Hayley (2015) SCO	80	RUTHERFORD Hayley (2015) SCO	47.5	RUTHERFORD Hayley (2015) SCO	105	RUTHERFORD Hayley (2015) SCO	230
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 (2024) SCO	142.5	CAMPBELL Emma (2023) SCO	72.5	CAMPBELL Emma (2024) SCO	160	CAMPBELL Emma (2024) SCO	375
90								
90+								
110								
110+								

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5	MONAGHAN Amanda (2018) SCO	102.5	MONAGHAN Amanda (2018) SCO	53	MONAGHAN Amanda (2018) SCO	127.5	MONAGHAN Amanda (2018) SCO	280
50.5	MORAN Laura (2014) SCO	80	MORAN Laura (2014) SCO	50	MORAN Laura (2014) SCO	130	MORAN Laura (2014) SCO	260
53	AL-HADDAD Susan (2018) SCO	90	MORAN Laura () SCO	50	AL-HADDAD Susan (2018) SCO	130	AL-HADDAD Susan (2018) SCO	265
55.5	AL-HADDAD Susan (2019) SCO	95	SARDO Olivia (2013) SCO	50	AL-HADDAD Susan (2019) SCO	138	AL-HADDAD Susan (2019) SCO	277.5
58.5	PADRON Diana (2021) SCO	107.5	McINTYRE Hannah (2017) SCO	60	McINTYRE Hannah (2017) SCO	140	McINTYRE Hannah (2017) SCO	295
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	85	SWANKIE Kara (2019) SCO	200	SWANKIE Kara (2019) SCO	435
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	MARTIN Kaitlyn (2024) SCO	87.5	MARTIN Kaitlyn (2024) SCO	37.5	MARTIN Kaitlyn (2024) SCO	105	MARTIN Kaitlyn (2024) SCO	230
110+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
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	ALLEN Ruth (2016) SCO	135	ALLEN Ruth (2016) SCO	80	ALLEN Ruth (2016) SCO	170	ALLEN Ruth (2016) SCO	380
80	ANDERSON Mary () SCO	157.5	ANDERSON Mary (2009) SCO	95	ANDERSON Mary (2011) SCO	196	ANDERSON Mary (2009) SCO	432.5
90	ANDERSON Mary (2010) SCO	147.5	ANDERSON Mary (2010) SCO	90	ANDERSON Mary (2010) SCO	192.5	ANDERSON Mary (2010) SCO	420
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	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53	MACLEOD Angela (2019) SCO	95	DALY Nancy (2023) SCO	57.5	MACLEOD Angela (2019) SCO	130	MACLEOD Angela (2019) SCO	275
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	COIA Gabrielle (2014) SCO	97.5	COIA Gabrielle (2014) SCO	55	COIA Gabrielle (2014) SCO	117.5	COIA Gabrielle (2014) SCO	270
63	RITARI-STEWART Anneli (2021) SCO	106	COIA Gabrielle (2015) SCO	62.5	RITARI-STEWART Anneli (2021) SCO	135	RITARI-STEWART Anneli (2021) SCO	295
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 (2015) SCO	150	ANDERSON Mary (2014) SCO	92.5	ANDERSON Mary (2016) SCO	185.5	ANDERSON Mary (2015) SCO	422.5
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	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70	COIA Gaby (2018) SCO	107.5	STIRTON Fiona (2023) SCO	70	GLASSFORD Laura (2022) SCO	132.5	COIA Gaby (2018) SCO	292.5
80	ANDERSON Mary (2017) SCO	130	ANDERSON Mary (2017) SCO	90	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	Squat		Bench Press		Deadlift		Total	
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 (2018) 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	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								

63	MacASLAN Cathy (2015) SCO	50.5	MaCASLAN Cathy (2014) SCO	32.5	MacASLAN Cathy (2015) SCO	86	MacASLAN Cathy (2015) SCO	165
70	McASLAN Cathy (2016) SCO	60	MacASLAN Cathy (2016) SCO	35	MacASLAN Cathy (2016) SCO	100	MacASLAN Cathy (2016) SCO	190
80								
90								
90+								
110								
110+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
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	Squat		Bench Press		Deadlift		Total	
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	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								
110								
110+								

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								
50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								
110								
110+								

MASTER 10 (85-89yrs) UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
44								
47.5								

50.5								
53								
55.5								
58.5								
63								
70								
80								
90								
90+								
110								
110+								

M/P/F UNEQUIPPED

WGT	Squat		Bench Press		Deadlift		Total	
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) SCO	160	CUNINGHAME Bernie (2017) SCO	110	CUNINGHAME Bernie (2017) SCO	185	CUNINGHAME Bernie (2017) SCO	450
90+	MCBRIDE Amanda (2022) SCO	115	MCBRIDE Amanda (2022) SCO	70	MCBRIDE Amanda (2022) SCO	140	MCBRIDE Amanda (2022) SCO	325
110								
110+								