

OPEN EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2018) SCO 207.5	RUTHERFORD Paul (2014) SCO 138	McBRIDE M () SCO 240	McBRIDE M () SCO 560
75	RUTHERFORD Ryan (2019) SCO 240	EMPSON Chris (2016) SCO 160	BROWN Wullie () SCO 272.5	BROWN Wullie () SCO 642.5
82.5	BROWN Wullie (2011) SCO 285	EMPSON Chris (2019) SCO 186	BROWN Wullie (2011) SCO 290	BROWN Wullie (2011) SCO 740
90	BROWN Wullie (2014) SCO 305	BROWN Wullie (2016) SCO 190	STEVENS Nick (2011) SCO 320	BROWN Wullie (2012) SCO 765
100	COWLEY Arthur (2011) SCO 287.5	COWLEY Arthur (2011) SCO 195	SINCLAIR Frank (2005) SCO 290	COWLEY Arthur (2011) SCO 750
110	CURRAN Liam (2018) SCO 310	MARTIN Chris (2017) SCO 225	CURRAN Liam (2018) SCO 310	CURRAN Liam (2018) SCO 825
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145	SAUBERLICH Adam () SCO 290	SAUBERLICH Adam (2015) SCO 230	SAUBERLICH Adam () SCO 260	SAUBERLICH Adam () SCO 740
145+	HOLDENBY Mark () SCO 180	HOLDENBY Mark () SCO 125	HOLDENBY Mark () SCO 195	HOLDENBY Mark () SCO 500

TEENAGE 1 (14-15 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
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	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 110	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 475
75	EMPSON Chris () SCO 120	BIGGIN Jonathan () SCO 100	BIGGIN Jonathan () SCO 200	BIGGIN Jonathan () SCO 450
82.5	BONNAR Chris () SCO 140	BONNAR Chris () SCO 100	BONNAR Chris () SCO 170	BONNAR Chris () SCO 410
90				
100				
110				
125				
145				
145+				

TEENAGE 3 (18-19 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Ryan (2015) SCO 175	McKEAN Daniel () SCO 105	RUTHERFORD Ryan (2015) SCO 190	RUTHERFORD Ryan (2015) SCO 470
75	RUTHERFORD Ryan (2017) SCO 215	RUTHERFORD Ryan (2017) SCO 125	RUTHERFORD Ryan (2017) SCO 212.5	RUTHERFORD Ryan (2017) SCO 547.5
82.5	BELL Darren () SCO 232.5	BELL Darren (2011) SCO 122.5	BELL Darren (2011) SCO 215	BELL Darren (2011) SCO 562.5
90	GRAY Nathan (2021) SCO 172.5	GRAY Nathan (2021) SCO 115	GRAY Nathan (2021) SCO 205	GRAY Nathan (2021) SCO 492.5
100				
110				
125				
145				
145+				

JUNIOR (20-23 yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	RUTHERFORD Ryan (2019) SCO 240	RUTHERFORD Ryan (2019) SCO 140	RUTHERFORD Ryan (2019) SCO 232.5	RUTHERFORD Ryan (2019) SCO 607.5
82.5	BELL Darren (2011) SCO 235	KIMMINS E () SCO 137.5	BELL Darren (2011) SCO 222.5	BELL Darren () SCO 585
90	BELL Darren (2015) SCO 272.5	BELL Darren (2014) SCO 156	STEVENS Nick (2011) SCO 320	STEVENS Nick (2011) SCO 670
100	STEWART Ryan (2017) SCO 255	STEWART Ryan (2017) SCO 150	STEWART Ryan (2017) SCO 230	STEWART Ryan (2017) SCO 635
110				
125				
145				
145+				

MASTER 1 (40-44yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2014) SCO 200	RUTHERFORD Paul (2014) SCO 138	RUTHERFORD Paul (2014) SCO 207.5	RUTHERFORD Paul (2014) SCO 545
75	MC GURK Bernard (2011) SCO 225	MC GURK Bernard (2011) SCO 142.5	McGURK Bernie () SCO 262.5	MC GURK Bernard (2011) SCO 605
82.5				
90	BROWN Wullie (2014) SCO 305	BROWN Wullie (2016) SCO 190	BROWN Wullie (2015) SCO 280	BROWN Wullie () SCO 765
100	MOFFAT Tom (2015) SCO 250	DONALDSON Alistair (2013) SC 165	SINCLAIR Frank (2005) SCO 290	SINCLAIR Frank (2005) SCO 675
110	MARTIN Chris (2017) SCO 272.5	MARTIN Chris (2017) SCO 225	MARTIN Chris (2017) SCO 235	MARTIN Chris (2017) SCO 727.5
125	ELLIOTT Neil (2013) SCO 320	ELLIOTT Neil (2014) SCO 265	ELLIOTT Neil (2012) SCO 310	ELLIOTT Neil (2013) SCO 870
145				
145+				

MASTER 2 (45-49yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2018) SCO 207.5	RUTHERFORD Paul (2015) SCO 130	RUTHERFORD Paul (2015) SCO 200	RUTHERFORD Paul (2017) SCO 515
75	McGURK Bernie (2013) SCO 235	McGURK Bernie (2013) SCO 145	McGURK Bernie (2013) SCO 260	McGURK Bernie (2013) SCO 640
82.5				
90	BROWN Wullie (2019) SCO 290	BROWN Wullie (2019) SCO 180	BROWN Wullie (2019) SCO 260	BROWN Wullie (2019) SCO 730
100	SINCLAIR Frank (2011) SCO 240	SINCLAIR Frank (2011) SCO 140	SINCLAIR Frank (2006) SCO 285	SINCLAIR Frank (2006) SCO 660
110		SINCLAIR Frank () SCO 160		
125	DAVIDSON Hamish () SCO 245	DAVIDSON Hamish () SCO 150	DAVIDSON Hamish () SCO 262.5	DAVIDSON Hamish () SCO 652.5
145				
145+				

MASTER 3 (50-54yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	RUTHERFORD Paul (2021) SCO 125	RUTHERFORD Paul (2021) SCO 112	RUTHERFORD Paul (2021) SCO 162.5	RUTHERFORD Paul (2021) SCO 400
75	McGURK Bernie () SCO 235			
82.5	CAMPBELL A () SCO 190			
90				
100	COWLEY Arthur (2011) SCO 287.5	COWLEY Arthur (2011) SCO 195	COWLEY Arthur (2011) SCO 267.5	COWLEY Arthur (2011) SCO 750
110	WRIGHT John (2018) SCO 240	WRIGHT John (2018) SCO 170	GASKIN Pete (2016) SCO 250	WRIGHT John (2018) SCO 615
125	WRIGHT John (2018) SCO 240	WRIGHT John (2017) SCO 172.5	WRIGHT John (2017) SCO 220	WRIGHT John (2018) SCO 615
145				
145+				

MASTER 4 (55-59yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5	McBRIDE M () SCO 206	McBRIDE M () SCO 120	McBRIDE M () SCO 240	McBRIDE M () SCO 560
75				
82.5	CAMPBELL A () SCO 200	CAMPBELL A () SCO 147.5	CAMPBELL A () SCO 190	CAMPBELL A () SCO 520
90	CAMPBELL A () SCO 210	CAMPBELL A () SCO 120	CAMPBELL A () SCO 180	CAMPBELL A () SCO 510
100				
110				
125	WRIGHT John (2018) SCO 225	WRIGHT John (2018) SCO 165	WRIGHT John (2019) SCO 200	WRIGHT John (2018) SCO 587.5
145				
145+				

MASTER 5 (60-64yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75	KERR Ronnie (2019) SCO 117.5	KERR Ronnie (2019) SCO 110	KERR Ronnie (2019) SCO 160	KERR Ronnie (2019) SCO 387.5
82.5				
90				
100	WILLIAMS C () SCO 235	WILLIAMS C () SCO 145	WILLIAMS C () SCO 250	WILLIAMS C () SCO 630
110	SIMPSON Ronnie (2011) SCO 215	SIMPSON Ronnie (2011) SCO 120	SIMPSON Ronnie (2011) SCO 225	SIMPSON Ronnie (2011) SCO 560
125				
145				
145+				

MASTER 6 (65-69yrs) EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
-----	-------	-------------	----------	-------

52								
56								
60								
67.5	LUI Peter () SCO	165	LUI Peter () SCO	70	LUI Peter () SCO	172.5	LUI Peter () SCO	405
75	JOHNSTONE T () SCO	122.5	JOHNSTONE T () SCO	77.5	JOHNSTONE T () SCO	160	JOHNSTONE T () SCO	360
82.5							BURNS Bill () SCO	390
90								
100								
110								
125								
145								
145+								

MASTER 7 (70-74yrs) EQUIPPED

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

MASTER 8 (75-79yrs) EQUIPPED

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

MASTER 9 (80-84yrs) EQUIPPED

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

MASTER 10 (85-89yrs) EQUIPPED

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

M/P/F EQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				

60								
67.5								
75	McGURK Bernie (2013) SCO	235	McGURK Bernie (2013) SCO	145	McGURK Bernie (2013) SCO	260	McGURK Bernie (2013) SCO	640
82.5								
90								
100	DONALDSON Alistair (2013) SC	230	DONALDSON Alistair (2013) SC	165	DONALDSON Alistair (2013) SC	240	DONALDSON Alistair (2013) SC	635
110	CURRAN Liam (2018) SCO	310	MARTIN Chris (2017) SCO	225	CURRAN Liam (2018) SCO	310	CURRAN Liam (2018) SCO	825
125								
145								
145+								