

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	AIKMAN David Jnr () SCO	125	AIKMAN David Jnr () SCO	85	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	AIKMAN David Jnr (2010) SCO	140	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr () SCO	175	AIKMAN David Jnr (2010) SCO	410
67.5	RUTHERFORD Paul () SCO	160	FEATHERSTONE Andrew (2015)	113	EL SHAFEI Hesham (2017) SCO	215.5	RUTHERFORD Paul (2010) SCO	460.5
75	PATERSON Muir (2019) SCO	220	PATERSON Muir (2019) SCO	145	WOODS Callum (2019) SCO	262.5	PATERSON Muir (2019) SCO	625
82.5	WONG Chris (2015) SCO	227.5	MC AFFER Glynn (2009) SCO	157.5	WONG Chris (2015) SCO	280	WONG Chris (2015) SCO	642.5
90	ROBERTSON Phil (2012) SCO	245	ROBERTSON Phil () SCO	170	ROBERTSON Phil (2012) SCO	270	ROBERTSON Phil (2012) SCO	680
100	McGOVERN Thomas (2015) SCO	252.5	CONNOR Jamie (2016) SCO	177.5	McGOVERN Thomas (2015) SCO	300	McGOVERN Thomas (2015) SCO	692.5
110	HAMILTON Alexander (2022) SCO	257.5	GERITY Simon () SCO	185	CURRAN Liam (2017) SCO	302.5	CURRAN Liam (2017) SCO	720
125	FORSYTH Derek (2021) SCO	261	MURNEY Shaun (2021) SCO	200	FORSYTH Derek (2021) SCO	302.5	FORSYTH Derek (2021) SCO	745
145	BEETHAM Christopher (2021) SCO	270	BEETHAM Christopher (2021) SCO	190	BEETHAM Christopher (2021) SCO	315	BEETHAM Christopher (2021) SCO	760
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

TEENAGE 1 (14-15 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	RUTHERFORD Ryan () SCO	77.5	RUTHERFORD Ryan (2011) SCO	40	RUTHERFORD Ryan (2011) SCO	95	RUTHERFORD Ryan () SCO	217.5
60			BELL Darren () SCO	75	BELL Darren () SCO	170	BELL Darren () SCO	365
67.5	BELL Darren () SCO	145	BELL Darren () SCO	86	BELL Darren () SCO	192.5	BELL Darren () SCO	415
75	MCWILLIAMS Lewis (2022) SCO	125	MCWILLIAMS Lewis (2022) SCO	80	MCWILLIAMS Lewis (2022) SCO	160	MCWILLIAMS Lewis (2022) SCO	365
82.5	MUIR Andrew (2022) SCO	107.5	MUIR Andrew (2022) SCO	77.5	MUIR Andrew (2022) SCO	132.5	MUIR Andrew (2022) SCO	317.5
90								
100	BONNAR Chris () SCO	130	BONNAR Chris () SCO	75	BONNAR Chris () SCO	165	BONNAR Chris () SCO	370
110	FENDER T () SCO	95	FENDER T () SCO	70	FENDER G () SCO	160	FENDER G () SCO	325
125					BRUNTON S () SCO	210	BRUNTON S () SCO	500
145								
145+								

TEENAGE 2 (16-17 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56	AIKMAN David Jnr () SCO	125	AIKMAN David Jnr () SCO	85	AIKMAN JNR David (2009) SCO	163	AIKMAN JNR David (2009) SCO	347.5
60	AIKMAN David Jnr (2010) SCO	140	AIKMAN David Jnr (2010) SCO	98	AIKMAN David Jnr () SCO	175	AIKMAN David Jnr (2010) SCO	410
67.5	BELL Darren () SCO	155	AIKMAN David Jnr (2010) SCO	100	BELL Darren () SCO	201	BELL Darren () SCO	447.5
75	BELL Darren () SCO	157.5	BIGGIN Jonathan () SCO	115	BIGGIN Jonathan () SCO	215	BIGGIN Jonathan () SCO	480
82.5	HARPER Jamie (2021) SCO	180	HARPER Jamie (2021) SCO	122.5	BRENNAN Sam (2014) SCO	210	HARPER Jamie (2021) SCO	507.5
90	LOPEZ Jose (2014) SCO	185	MORRISON Mckenzie (2022) SCO	135	LOPEZ Jose (2014) SCO	215	MORRISON Mckenzie (2022) SCO	527.5
100	MCFADYEN Ross (2018) SCO	200	MCFADYEN Ross (2018) SCO	120	MCFADYEN Ross (2018) SCO	250	MCFADYEN Ross (2018) SCO	570
110	KAYA James (2019) SCO	215	MURRAY Zac (2015) SCO	80	MURRAY Zac (2015) SCO	190	MURRAY Zac (2015) SCO	425
125	McDONALD J () SCO	180	McDONALD J () SCO	120	PERRIE Liam (2017) SCO	225	PERRIE Liam (2017) SCO	477.5
145	EVANS Morgan (2017) SCO	200	EVANS Morgan (2017) SCO	90	EVANS Morgan (2017) SCO	207.5	EVANS Morgan (2017) SCO	497.5
145+	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	125	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

TEENAGE 3 (18-19 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	RUTHERFORD Ryan (2015) SCO	145	EL SHAFEI Hesham (2017) SCO	110	EL SHAFEI Hesham (2017) SCO	215.5	EL SHAFEI Hesham (2017) SCO	460
75	IDE Callum () SCO	170	IDE Callum () SCO	125	EL SHAFEI Hesham (2017) SCO	217.5	IDE Callum () SCO	495
82.5	WEIR Neal (2016) SCO	200	WEIR Neal (2016) SCO	120	WEIR Neal (2016) SCO	220	WEIR Neal (2016) SCO	540
90	HARPER Jamie (2021) SCO	185	HERON Andrew (2021) SCO	135	STEWART Ryan (2014) SCO	220	STEWART Ryan (2014) SCO	510
100	MCFADYEN Ross (2019) SCO	210	HARLAND Josh (2019) SCO	142.5	MCFADYEN Ross (2019) SCO	260	MCFADYEN Ross (2019) SCO	605
110	MacQUEEN Mark (2014) SCO	240	MacQUEEN Mark (2014) SCO	145	MacQUEEN Mark (2014) SCO	280	MacQUEEN Mark (2014) SCO	665
125	MURRAY Zac (2018) SCO	200	THAIN Iain (2021) SCO	120	MURRAY Zac (2018) SCO	220	MURRAY Zac (2018) SCO	527.5
145	McGONIGLE Charlie (2017) SCO	240	McGONIGLE Charlie (2017) SCO	130	McGONIGLE Charlie (2017) SCO	272.5	McGONIGLE Charlie (2017) SCO	642.5
145+	McGONIGLE Charlie (2018) SCO	200	McGONIGLE Charlie (2017) SCO	115	McGONIGLE Charlie (2017) SCO	265	McGONIGLE Charlie (2017) SCO	605

JUNIOR (20-23 yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5	SPENCER Callum (2018) SCO	145	SPENCER Callum (2019) SCO	105	SPENCER Callum (2018) SCO	190	SPENCER Callum (2018) SCO	435
75	FERGURSON Michael (2013) SCO	198.5	NOTMAN D () SCO	130	JAMIESON G () SCO	245	FERGURSON Michael () SCO	565
82.5	MITCHELL Bradley (2019) SCO	200	TAK Sameem (2015) SCO	152.5	TAK Sameem (2015) SCO	235	TAK Sameem (2015) SCO	577.5
90	PENROSE Antoin (2018) SCO	230	PENROSE Antoin (2018) SCO	150	MCMANUS Jay (2021) SCO	265	PENROSE Antoin (2018) SCO	612.5
100	STEWART Ryan (2018) SCO	215	CONNARTY Tam () SCO	150	CONNARTY Tam () SCO	275	CONNARTY Tam () SCO	630
110	HAMILTON Alexander (2021) SCO	256	HARLAND Josh (2021) SCO	160	HARLAND Josh (2021) SCO	273	HARRIER Damien (2014) SCO	637.5
125	McWILLIAMS Andrew (2015) SCO	232.5	McWILLIAMS Andrew (2015) SCO	155	ROSS K () SCO	270	McWILLIAMS Andrew (2015) SCO	647.5
145	MURRAY Zac (2022) SCO	220	MCCONVILLE Michael (2017) SCO	155	MURRAY ZAC (2019) SCO	230	MCCONVILLE Michael (2017) SCO	545
145+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				

90								
100								
110								
125								
145								
145+								

MASTER 7 (70-74yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90	HEARN David (2014) SCO	80	HEARN David (2014) SCO	80	HEARN David (2014) SCO	135	HEARN David (2014) SCO	295
100								
110								
125								
145								
145+								

MASTER 8 (75-79yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5								
90	HEARN David (2017) SCO	110	HEARN David (2018) SCO	85.5	HEARN David (2016) SCO	155	HEARN David (2016) SCO	345
100								
110								
125								
145								
145+								

MASTER 9 (80-84yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
52				
56				
60				
67.5				
75				
82.5				
90		HEARN David (2019) SCO	86	
100				
110				
125				
145				
145+				

MASTER 10 (85-89yrs) UNEQUIPPED

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

M/P/F UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
52								
56								
60								
67.5								
75								
82.5	MC AFFER Glynn (2009) SCO	190	MC AFFER Glynn (2009) SCO	157.5	CALVERT Jack (2018) SCO	255	MC AFFER Glynn (2009) SCO	565
90	ROBERTSON Phil (2012) SCO	245	ROBERTSON Phil (2012) SCO	165	ROBERTSON Phil (2012) SCO	270	ROBERTSON Phil (2012) SCO	680
100	CURRAN Liam (2016) SCO	225	CURRAN Liam (2016) SCO	175	CURRAN Liam (2016) SCO	280	CURRAN Liam (2016) SCO	680
110	CURRAN Liam (2017) SCO	245	CURRAN Liam (2017) SCO	175	CURRAN Liam (2017) SCO	302.5	CURRAN Liam (2017) SCO	720
125								
145								

