

OPEN UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44	LANGRIDGE Beth (2022) SCO	82.5	LANGRIDGE Beth (2022) SCO	47.5	LANGRIDGE Beth (2022) SCO	110	LANGRIDGE Beth (2022) SCO	240
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	MACLEOD Angela (2019) SCO	95	MacDONALD Fiona (2018) SCO	55	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 (2021) SCO	81	WILSON Dionne (2019) SCO	165	DALZIEL Karen (2021) SCO	362.5
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 (2016) SCO	185	ANDERSON Mary (2016) SCO	110	ANDERSON Mary (2016) SCO	200	ANDERSON Mary (2016) SCO	495
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	SAMSON Leigh (2018) SCO	95	ROSS MAIRI (2021) SCO	202.5	ROSS MAIRI (2021) SCO	455

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+								

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								
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	TAYLOR Bronwyn () SCO	87.5	TAYLOR Bronwyn () SCO	55	TAYLOR Bronwyn () SCO	125	TAYLOR Bronwyn () SCO	267.5
80	CAMPBELL Emma (2022) SCO	107.5	CAMPBELL Emma (2022) SCO	45	CAMPBELL Emma (2022) SCO	115	CAMPBELL Emma (2022) SCO	267.5
90								
90+								

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								
90								
90+								

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	SCOBIE Mairi (2018) SCO	117.5	SCOBIE Mairi (2018) SCO	62.5	SCOBIE Mairi (2018) SCO	157.5	SCOBIE Mairi (2018) SCO	337.5
90+								

MASTER 1 (40-44yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				

47.5								
50.5								
53	BREMNER Gail () SCO	52.5	BREMNER Gail () SCO	40	BREMNER Gail () SCO	117.5	BREMNER Gail () SCO	200
55.5	DALY Nancy (2019) SCO	90	DALY Nancy (2019) SCO	60	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 (2019) SCO	120	DALZIEL Karen (2021) SCO	81	DALZIEL Karen (2021) SCO	165	DALZIEL Karen (2021) SCO	362.5
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 (2021) SCO	150	SAMSON Leigh (2018) SCO	95	SAMPSON Leigh (2017) SCO	160	MOUG Sheila (2021) SCO	387.5

MASTER 2 (44-49yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total				
44								
47.5								
50.5								
53	MACLEOD Angela (2019) SCO	95	MACLEOD Angela (2019) SCO	50	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)	106	COIA Gabrielle (2015) SCO	62.5	RITARI-STEWART Anneli (2021)	135	RITARI-STEWART Anneli (2021)	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 (2016) SCO	185	ANDERSON Mary (2016) SCO	110	ANDERSON Mary (2016) SCO	200	ANDERSON Mary (2016) SCO	495
90	ANDERSON Mary (2016) SCO	141	ANDERSON Mary (2016) SCO	90	ANDERSON Mary (2016) SCO	170	ANDERSON Mary (2016) SCO	400
90+			SAMSON Leigh (2018) SCO	95				

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	COIA Gabrielle (2019) SCO	65	GLASSFORD Laura (2021) SCO	130	COIA Gaby (2018) SCO	292.5
80	ANDERSON Mary (2017) SCO	130	ANDERSON Mary (2017) SCO	90	ANDERSON Mary (2019) SCO	167.5	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+					SAMSON Leigh (2018) SCO	170		

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					MacDONALD Fiona (2018) SCO	130		
63								
70			COIA Gaby (2018) SCO	63.5				
80								
90								
90+							SAMSON Leigh (2018) SCO	405

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	COIA Gaby (2018) SCO	127.5	MacASLAN Cathy (2016) SCO	190
80								
90								
90+								

MASTER 6 (65-69yrs) UNEQUIPPED

WGT	Squat	Bench Press	Deadlift	Total
44				
47.5				
50.5				
53				
55.5				
58.5				

