

MEN FULL POWER - RAW

BW	Age	Squat				Bench				Deadlift				Full Power Total			
56kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 5																
	Masters 6																
Masters 7																	
Masters 8																	
Masters 9																	
60kg	Open	65kg	Budgie Mullan	26.6.21	Scottish Champs	57.5kg	Budgie Mullan	26.6.21	Scottish Champs	120kg	Budgie Mullan	26.6.21	Scottish Champs	242.5kg	Budgie Mullan	26.6.21	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
Masters 6																	
Masters 7	65kg	Budgie Mullan	26.6.21	Scottish Champs	57.5kg	Budgie Mullan	26.6.21	Scottish Champs	120kg	Budgie Mullan	26.6.21	Scottish Champs	242.5kg	Budgie Mullan	26.6.21	Scottish Champ	
Masters 8																	
Masters 9																	
67.5kg	Open	182.5kg	Thomas Smith	16.4.22	Sottish Champs	122.5kg	Ritchie Simpson	16.4.22	Scottish Champs	235kg	Thomas Smith	16.4.22	Scottish Champs	532.5	Thomas Smith	16.4.22	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3	220kg	Justin Sutherland	15.5.24	Euros 24	127.5kg	Justin Sutherland	15.5.24	Euros 24	225kg	Justin Sutherland	10.10.24	Worlds 24	567.5	Justin Sutherland	15.5.24	Scottish Champs
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5	100kg	Douglas Wallace	13.4.24	Scottish Champs	70kg	Douglas Wallace	13.4.24	Scottish Champs	205kg	Dougie Wallace	13.4.24	Scottish Champs	375kg	Douglas Wallace	13.4.24	Scottish Champs
Masters 6																	
Masters 7																	
Masters 8																	
Masters 9																	
75kg	Open	250kg	Andrew Smith	6.6.16	Euros, Finland	143kg	Graham Dowers	16.4.22	Scottish Champs	262kg	Andrew Smith	6.6.16	Euros, Finland	662kg	Andrew Smith	6.6.16	Euros, Finland
	Teen 1																
	Teen 2	135kg	Tyler Smith	26.6.21	Scottish Champs	77.5kg	Tyler Smith	26.6.21	Scottish Champs	175kg	Tyler Smith	26.6.21	Scottish Champs	387.5kg	Tyler Smith	26.6.21	Scottish Champs
	Teen 3	227.5kg	Justin Sutherland	13.4.24	Scottish Champs	135kg	Ritchie Simpson	15.4.23	Scottish Champs	233.5kg	Justin Sutherland	13.4.24	Scottish Champs	591kg	Justin Sutherland	13.4.24	Scottish Champs
	Junior	180kg	Andrew Smith	2.6.14	Euros, Czech	117.5kg	Andrew Smith	2.6.14	Euros, Czech	226kg	Andrew Smith	16.3.14	Midlands Qualifier	511kg	Andrew Smith	16.3.14	Midland Qualifier
	Masters 1																
	Masters 2																
	Masters 3	187.5kg	Rory May	16.4.22	Scottish Champs	121kg	Rory May	16.4.22	Scottish Champs	195kg	Rory May	17.10.22	Worlds, Slovakia	498.5kg	Rory May	16.4.22	Scottish Champs
	Masters 4	201kg	Graham Dowers	16.4.22	Scottish Champs	143kg	Graham Dowers	16.4.22	Scottish Champs	212.5kg	Graham Dowers	16.4.22	Scottish Champs	556.5kg	Graham Dowers	16.4.22	Scottish Champs
	Masters 5	181kg	Graham Dowers	14.4.24	Scottish Champs	132.5kg	Graham Dowers	13.4.24	Scottish Champs	190kg	Graham Dowers	13.4.24	Scottish Champs	482.5kg	Graham Dowers	13.4.24	Scottish Champs
Masters 6																	
Masters 7																	
Masters 8																	
Masters 9	60kg	Budgie Mullan	13.4.24	Scottish Champs	35kg	Budgie Mullan	13.4.24	Scottish Champs	105kg	Budgie Mullan	13.4.24	Scottish Champs	200kg	Budgie Mullan	13.4.24	Scottish Champs	
82.5kg	Open	272.6kg	Dean McVie	13.4.24	Scottish Champs	170kg	Dean McVie	5.6.23	Euro's, Scotland	310kg	Dean McVie	13.4.24	Scottish Champ	747.5kg	Dean McVie	13.4.24	Scottish Champs
	Para	142.5kg	Chris Woodward-Clark	1.12.24	UKIPL/Britishh 24	137.5kg	Chris Woodward-Clark	1.12.24	UKIPL/ GPC Brit 24	215kg	Chris Woodward-Clark	4.5.25	Western Qualifier	485kg	Chris Woodward-Clark	1.12.24	UKIPL/GPC Brit 24
	Teen 1																
	Teen 2	122.5kg	Michael McKnight	15.4.24	Scottish Champs	72.5kg	Michael McKNight	15.4.23	Scottish	155kg	Michael McKnight	15.4.23	Scottish Champ	350kg	Michael McKnight	15.4.23	Scottish Champs
	Teen 3																
	Junior	135kg	Sean Fleming	5.6.23	Euros, Scotland	95kg	Sean Fleming	5.6.23	Euro's, Scotland	200kg	Sean Fleming	5.6.23	Euro's, Scotland	430kg	Sean Fleming	5.6.23	Euro, Scotland
	Masters 1																
	Masters 2	145kg	Peter Bryce	20.4.19	Scottish Champs	95kg	Peter Bryce	20.4.19	Scottish Champs	170kg	Peter Bryce	20.4.19	Scottish Champs	410kg	Peter Bryce	20.4.19	Scottish Champs
	Masters 3																
	Masters 4																
Masters 5																	
Masters 6																	
Masters 7																	
Masters 8																	
Masters 9																	
90kg	Open	320kg	Ryan Alexander	29.10.16	British, Manchester	190kg	Liam Calder	29.10.16	British, Manchester	322.5kg	Darren Wright	9.4.16	Scottish Qualifier	785kg	Scott Pollock	9.11.18	British, Glasgow
	Para	140kg	Chris Woodward-Clark	13.4.24	Scottish Champs	135kg	Chris Woodward-Clark	5.6.23	Euro's Scotland	217.5kg	Chris Woodward-Clark	13.4.24	Scottish Champ	492.5kg	Chris Woodward-Clark	13.4.24	Scottish Champs
	Teen 1																
	Teen 2	210kg	Murray Thomson	16.4.22	Scottish Champs	122.5kg	Murray Thomson	16.4.22	Scottish Champs	215kg	Murray Thomson	15.4.22	Scottish Champs	547.5kg	Murray Thomson	15.4.22	Scottish Champs
	Teen 3																
	Junior	240kg	Jack Haxton	5.6.23	Euro's, Scotland	155kg	Jack Haxton	5.6.23	Euro's, Scotland	302.5kg	Jack Haxton	5.6.23	Euro's, Scotland	697.5kg	Jack Haxton	5.6.23	Euro, Scotland

MENS SINGLE LIFTS - RAW

Weight	Age Cat	Squat				Bench				Deadlift			
56kg	Open									60kg	Logan Stewart	21.8.22	Deadlift Challenge
	Teen 1									60kg	Logan Stewart	21.8.22	Deadlift Challenge
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
60kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
67.5kg	Open	175kg	Tommy McArthur	26.11.22	Sultan's of Squat	120kg	Tommy McArthur	26.11.22	Battle of Bench	230kg	Tommy McArthur	21.8.22	Deadlift Challenge
	Teen 1									150kg	Tyler Smith	3.11.19	Andy Bolton
	Teen 2									205kg	Justin Sutherland	12.11.23	Deadlift Challenge
	Teen 3					105kg	Justin Sutherland	12.11.23	Battle of Bench				
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4					125kg	Graham Dowers	15.4.23	Scottish Champs	210kg	Graham Dowers	15.4.23	Scottish Champs
	Masters 5									190kg	Douglas Wallace	12.11.23	Deadlift Challenge
75kg	Open	180kg	Myles Dawson	26.11.22	Sultan's of Squat	192.5kg	Robert Truscott	20.4.17	Scottish Champs	200kg	Tyler Smith	12.11.23	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3	155kg	Tyler Smith	26.11.22	Sultan's of Squat					192.5kg	Tyler Smith	21.8.22	Deadlift Challenge
	Junior	170kg	Tyler Smith	12.11.23	Sultan's of Squat					205kg	Tyler Smith	13.4.24	Scottish Champs
	Masters 1												
	Masters 2					192.5kg	Robert Truscott	20.4.19	Scottish Champs				
	Masters 3									192.5kg	Rory May	21.8.22	Deadlift Challenge
	Masters 4												
	Masters 5												
82.5kg	Open	225kg	Liam Tait	26.11.22	Sultan's of Squat	172.5kg	Adrian Kopania	20.4.19	Scottish Champs	300kg	Dean McVie	4.5.25	Western Qualifier
	Para									202.5kg	Chris Woodward-Clark	15.9.24	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3												
	Junior									215kg	Tyler Smith	15.9.24	Deadlift Challenge
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4					95kg	Robert Sielicki	13.4.24	Scottish Champs				
90kg	Open	230kg	Stuart Donaghy	26.11.22	Sultan's of Squat	170kg	Andrew Smith	7.3.20	Tattooed & Strong	305kg	Dean McVie	14.5.25	Euro's, Czech
	Teen 1												
	Teen 2												
	Teen 3					75kg	Michael McKnight	26.11.22	Battle of Bench				
	Junior									290kg	Jack Haxton	21.8.22	Deadlift Challenge
	Masters 1	230kg	Stuart Donaghy	26.11.22	Sultan's of Squat	182.5kg	Gavin Thomas	16.3.25	Northern Qualifier	300kg	Scott Pollock	15.9.24	Deadlift Challenge
	Masters 2	195kg	James Ingram	26.11.22	Sultan's of Squat	130kg	James Ingram	20.4.19	Scottish Champs	245kg	James Ingram	20.4.19	Scottish Champs
	Masters 3					130kg	James Ingram	13.4.24	Scottish Champs	240kg	Mark Gibson	15.9.24	Deadlift Challenge
	Masters 4												
	Masters 5												
100kg	Open	230kg	Liam Tait	12.11.23	Sultan's of Squat	207.5kg	Mark Griffin	15.9.24	Battle of Bench	320kg	Robbie Stewart	15.9.24	Deadlift Challenge
	Teen 1					110kg	Michael Griffin	15.9.24	Battle of Bench				
	Teen 2												
	Teen 3												
	Junior												
	Masters 1	240kg	Martyn Keenan	14.5.25	Euro's, Czech	190kg	Martyn Keenan	12.11.23	Battle of Bench	272.5kg	Martyn Keenan	15.9.24	Deadlift Challenge
	Masters 2					185kg	Neil Stewart	15.4.23	Scottish Champs				
	Masters 3												
	Masters 4					180kg	Piotr Strzala	13.4.24	Scottish Champs				
	Masters 5												
110kg	Open	255kg	Richard Page	26.11.22	Sultan's of Squat	205kg	Mike Spink	26.11.22	Battle of Bench	325kg	Connor McKechnie	15.9.24	Deadlift Challenge
	Para									140kg	Robert Caldwell	14.5.25	Euro's, Czech
	Teen 1												
	Teen 2												
	Teen 3												
	Junior					125kg	Ross Kincaid	2.7.16	Norther Qualifier	320kg	Connor McKechnie	21.8.22	Deadlift Challenge
	Masters 1	250kg	Mark Collins	15.9.24	Sultan's of Squat	185kg	Eben Van Wyk	26.11.22	Battle of Bench	227.5kg	William Kelly	12.11.23	Deadlift Challenge
	Masters 2									190kg	Jason Eaddie	3.11.19	Andy Bolton
	Masters 3					175kg	David Carney	9.4.16	Scottish Champs	245kg	Robert Caldwell	3.11.19	Andy Bolton
	Masters 4	220kg	Robert Caldwell	26.11.22	Sultan's of Squat	160kg	Robert Caldwell	27.11.22	Battle of Bench	241kg	Darren McCarroll	21.8.22	Deadlift Challenge
125kg	Open	282.5kg	Connor McKechnie	26.11.22	Sultan's of Squat	210kg	John Sutherland	5.6.23	Euro's, Scotland	231kg	Cameron New	15.9.24	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1	230kg	John Nelson	12.11.23	Sultan's of Squat	200kg	Davy Cummins	12.11.23	Battle of Bench	272.5kg	William Barneston	3.11.19	Andy Bolton
	Masters 2					185kg	Neil Stewart	13.4.24	Scottish Champs	230kg	Alastair Reid	11.11.17	British
	Masters 3									210kg	Louis Khun	21.8.22	Deadlift Challenge
	Masters 4	262.5kg	Andrew Flavell	15.9.24	Sultan's of Squat	147.5kg	Andrew Flavell	15.9.24	Battle of Bench	272.5kg	Andrew Flavell	12.11.23	Deadlift Challenge
	Masters 5												
140kg	Open	290kg	Andrew Cairney	9.9.23	Worlds, Hungary	220kg	Jamie Gorrian	12.11.23	Battle of Bench	340kg	Liam Goldie	14.5.25	Euro's, Czech
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1	290kg	Andrew Cairney	9.9.23	Worlds, Hungary					312.5kg	Andrew Cairney	9.9.23	Worlds, Hungary
	Masters 2	310kg	Andrew Cairney	14.5.25	Euro's, Czech	220kg	Jamie Gorrian	12.11.23	Battle of Bench	270kg	Dean Caldwell	7.3.20	Tattooed & Strong
	Masters 3					165kg	Alastair Reid	12.11.23	Battle of Bench	260kg	Alastair Reid	3.11.19	Andy Bolton
	Masters 4					162.5kg	Alastair Reid	13.4.24	Scottish Champs				
	Masters 5												
140kg+	Open	370kg	Kyle Gibson	26.11.22	Sultan's of Squat	245kg	Nick Whitecross	26.11.22	Battle of Bench	317.5kg	Andrew McWilliam	3.11.19	Andy Bolton
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					245kg	Bryan Smith	26.11.22	Battle of Bench				
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												

WOMENS FULL POWER - RAW																	
Weight	Age Cat	Squat				Bench				Deadlift				Full Power Total			
44kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
48kg	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1	92.5kg	Cheryl Hendry	4.5.25	Western Qualifier	47.5kg	Cheryl Hendry	13.4.24	Scottish Champs	110kg	Cheryl Hendry	13.4.24	Scottish Champs	247.5kg	Cheryl Hendry	13.4.24	Scottish Champs
52kg	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
	Open	92.5kg	Rebecca Ritchie	22.4.18	Scottish Champs	52.5kg	Rebecca Ritchie	22.4.18	Scottish Champs	130kg	Rebecca Ritchie	22.4.18	Scottish Champs	275kg	Rebecca Ritchie	22.4.18	Scottish Champs
	56kg	Teen 1															
Teen 2																	
Teen 3																	
Junior																	
Masters 1																	
Masters 2																	
Masters 3																	
Masters 4																	
Masters 5																	
Masters 6																	
60kg	Masters 7																
	Masters 8																
	Masters 9																
	Open	152.5kg	Tanya Cowie	16.4.22	Scottish Champs	65kg	Samantha Wilson	11.11.17	British	163	Tanya Cowie	16.4.22	Scottish Champs	380.5kg	Tanya Cowie	16.4.22	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
67.5kg	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
	Open	155kg	Aimee Caldwell	5.6.23	Euro's, Scotland	92.5kg	Rachael Purves	16.4.22	Scottish Champs	180kg	Aimee Caldwell	5.6.23	Euro's, Scotland	422.5kg	Aimee Caldwell	5.6.23	Euro's, Scotland
	Teen 1	57.5kg	Evangeline Van Wyk	15.4.23	Scottish Champs	35kg	Evangeline Van Wyk	15.4.23	Scottish Champs	75kg	Evangeline Van Wyk	15.4.23	Scottish Champs	167.5kg	Evangeline Van Wyk	15.4.23	Scottish Champs
	Teen 2																
Teen 3																	
Junior																	
75kg	Masters 1	115kg	Carol McLean	23.4.17	Scottish Champs	52.5kg	Carol McLean	23.4.17	Scottish Champs	157.5kg	Carol McLean	23.4.17	Scottish Champs	318.5kg	Carol McLean	23.4.17	Scottish Champs
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
	Open	177.5kg	Aimee Brown	5.6.23	Euro's, Scotland	102.5kg	Diane Gaughan	13.4.24	Scottish Champs	185kg	Diane Gaughan	13.4.24	Scottish Champs	455kg	Diane Gaughan	13.4.24	Scottish Champs
82.5kg	Teen 1																
	Teen 2																
	Teen 3	120kg	Grace Wallace	14.11.15	British, Manchester	57.5kg	Khya McGurk	13.4.24	Scottish Champs	145kg	Grace Wallace	14.11.15	British, Manchester	317.5kg	Grace Wallace	14.11.15	British, Manchester
	Junior																
	Masters 1	162.5kg	Lisa Allan	16.8.21	Welsh	90kg	Lisa Allan	16.8.21	Welsh	175kg	Lisa Allan	16.8.21	Welsh	427.5kg	Lisa Allan	16.8.21	Welsh
	Masters 2	145kg	Joanne Caldwell	11.11.17	British	100kg	Joanne Caldwell	11.11.17	British	173kg	Joanne Caldwell	11.11.17	British	415kg	Joanne Caldwell	11.11.17	British
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
90kg	Masters 7																
	Masters 8																
	Masters 9																
	Open	192.5kg	Aimee Brown	4.5.25	Western Qualifier	100kg	Nicola Ann Bennett	4.5.25	Western Qualifier	220kg	Nicola Ann Bennett	4.5.25	Western Qualifier	477.5kg	Aimee Brown	4.5.25	Western Qualifier
	Teen 1																
	Teen 2																
	Teen 3	120kg	Grace Wallace	9.4.16	Scottish Qualifier	55kg	Grace Wallace	9.4.16	Scottish Qualifier	152.5kg	Grace Wallace	9.4.16	Scottish Qualifier	327.5kg	Grace Wallace	9.4.16	Scottish Qualifier
	Junior	125kg	Lucy Irvine	16.4.22	Scottish Champs	70kg	Lucy Irvine	16.4.22	Scottish Champs	145kg	Lucy Irvine	16.4.22	Scottish Champs	340kg	Lucy Irvine	16.4.22	Scottish Champs
	Masters 1	142.5kg	Carol McLean	22.4.18	Scottish Champs	67.5kg	Elizabeth Elliott	26.6.21	Scottish Champs	165kg	Elizabeth Elliott	26.6.21	Scottish Champs	347.5kg	Carol McLean	22.4.18	Scottish Champs
	Masters 2																
100kg	Masters 3																

WOMENS SINGLE LIFTS - RAW													
Weight	Age Cat	Squat				Bench				Deadlift			
44kg	Open									107.5kg	Michelle Ryder	23.4.17	Scottish Champs
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1									107.5kg	Michelle Ryder	23.4.17	Scottish Champs
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
48kg	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1	82.5kg	Cheryl Hendry	15.9.24	Sultans of Squat	50kg	Cheryl Hendry	15.9.24	Battle of the Bench	105kg	Cheryl Hendry	15.9.24	Deadlift Challenge
52kg	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
	Open					57.5kg	Rebecca Melrose	16.3.25	Northern Qualifier				
	56kg	Teen 1											
Teen 2													
Teen 3													
Junior													
Masters 1													
Masters 2													
Masters 3													
Masters 4													
Masters 5													
Masters 6													
60kg	Masters 7												
	Masters 8												
	Masters 9												
	Open					60kg	Rachael Law	15.9.24	Battle of the Bench	150kg	Toni Craig	4.5.25	Western Qualifier
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1									125kg	Jean Dunlop	4.5.25	Western Qualifier
	Masters 2					60kg	Libby Gallagher	4.5.25	Western Qualifier				
67.5kg	Masters 3					60kg	Maureen Cooper	12.11.23	Battle of the Bench	150kg	Maureen Cooper	4.5.25	Western Qualifier
	Masters 4												
	Masters 5									125kg	Mhairi Shaw	15.9.24	Deadlift Challenge
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
	Open	160kg	Rachael Purves	26.11.22	Sultans of Squat	100kg	Rachael Purves	26.11.22	Battle of the Bench	177.5kg	Dionne McIntyre Wilson	3.11.19	Andy Bolton
	Teen 1					32.5kg	Evangeline Van Wyk	26.11.22	Battle of the Bench				
	75kg	Teen 2											
Teen 3													
Junior													
Masters 1													
Masters 2						67.5kg	Jo Foster	23.4.17	Scottish Champs	155kg	Jo Foster	23.4.17	Scottish Champs
Masters 3													
Masters 4													
Masters 5													
Masters 6													
Masters 7													
82.5kg	Masters 8												
	Masters 9												
	Open	140kg	Gemma Brown	15.9.24	Sultans of Squat	80kg	Elaine Gren	20.4.19	Scottish Champs	190kg	Samantha Cunningham	21.8.22	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					72.5kg	Elizabeth Elliott	7.3.20	Tattooed & Strong	167.5kg	Elizabeth Elliott	7.3.20	Tattooed & Strong
	Masters 2												
	90kg	Masters 3											
Masters 4													
Masters 5													
Masters 6													
Masters 7													
Masters 8													
Masters 9													
Open		230kg	Gemma Young	26.11.22	Sultans of Squat	67.5kg	Katie McKnight	26.11.22	Battle of the Bench	213kg	Samantha Cunningham	12.11.23	Deadlift Challenge
Teen 1													
100kg		Teen 2											
	Teen 3												
	Junior					67.5kg	Katie McKnight	26.11.22	Battle of the Bench				
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
110kg	Masters 8												
	Masters 9												
	Open	180kg	Carolynne Robertson	26.11.22	Sultans of Squat	140kg	Alyson Smith	13.4.24	Scottish Champs	177.5kg	Anastasia Papas	15.4.23	Scottish Champs
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	110kg+	Masters 3											
Masters 4													
Masters 5													
Masters 6													
Masters 7													
Masters 8													
Masters 9													
Open						142kg	Alyson Smith	15.9.24	Battle of the Bench	205kg	Mhairi Ross	1.8.21	Scottish Champs
110kg+	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4					96kg	Amanda Pickard	15.9.24	Battle of the Bench	191kg	Amanda Pickard	13.4.24	Scottish Champs
110kg+	Masters 5												
	Masters 6												
	Masters 7												