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Numbers Sheet Name	Numbers Table Name	Excel Worksheet Name
Men-FP Raw		
	Table 1	Men-FP Raw
Men-FP Raw		
	Table 1	Men-FP Raw
Men-SL Raw		
	Table 1	Men-SL Raw
Women-FP Raw		
	Table 1	Women-FP Raw
Women-SL Raw		
	Table 1	Women-SL Raw
EQ-Men FP		
	Table 1	EQ-Men FP
EQ-Men SL		
	Table 1	EQ-Men SL
EQ-Women FP		
	Table 1	EQ-Women FP
EQ-Women SL		
	Table 1	EQ-Women SL

BW	Age	Squat				Bench				Deadlift				Full Power Total			
56kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	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 Champsp
	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	143.5kg	Steven MacDonald	7.6.26	Western Qualifier	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	150kg	Chris Hunter	7.6.26	Western Qualifier	105kg	Chris Hunter	7.6.26	Western Qualifier	200kg	Chris Hunter	7.6.26	Western Qualifier	455kg	Chris Hunter	7.6.26	Western Qualifier
	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	147.5kg	Lucas Brown	7.6.26	Western Qualifier	80kg	Lucas Brown	7.6.26	Western Qualifier	176kg	Lucas Brown	7.6.26	Western Qualifier	403.5kg	Lucas Brown	7.6.26	Western Qualifier
	Junior	160kg	Alfie Goonan	7.6.26	Western Qualifier	107.5kg	Alfie Goonan	7.6.26	Western Qualifier	200kg	Sean Fleming	5.6.23	Euro's, Scotland	455kg	Alfie Goonan	7.6.26	Western Qualifier
	Masters 1	210KG	Andrew Donaghy	30.8.26	Central Q	140KG	Andrew Donaghy	30.8.26	Central Q	235KG	Andrew Donaghy	30.8.26	Central Q	585KG	Stuart Whyte	30.8.26	Central Q
	Masters 2	170KG	David Peters	30.8.26	CENTRAL Q	102.5KG	David Peters	30.8.26	Central Q	230kg	David Peters	30.8.26	Central Q	502.5KG	David Peters	30.8.26	Central Q
	Masters 3																
	Masters 4	200kg	Rory May	7.6.26	Western Qualifier	100kg	Rory May	7.6.25	Western Qualifier	200kg	Rory May	7.6.26	Western Qualifier	500kg	Rory May	7.6.26	Western Qualifier
	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	141kg	Chris Woodward-Clark	12.10.25	Night of Champs	135.5kg	Chris Woodward-Clark	12.10.25	Night of Champs	218kg	Chris Woodward-Clark	12.10.25	12.10.25	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
	Masters 1	235kg	Mark Collins	13.4.24	Scottish Champs	162.5kg	Andrejs Stelmahs	19.3.25	Northern Q 25	240kg	Andrejs Stelmahs	16.3.25	Northern Q 25	632.5kg	Andrejs Stelmahs	16.3.25	Northern Q 25
	Masters 2	235kg	Andrejs Stellas	7.6.26	Western Qualifier	167.5kg	Andrejs Stelmahs	7.6.25	Western Qualifier	245kg	Andrejs Stelmahs	7.6.26	Western Qualifier	647.5kg	Andrejs Stelmahs	7.6.26	Western Qualifier
	Masters 3																
	Masters 4																

	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
100kg	Open	280kg	Nicholas Foxall	15.6.15	Euro's, Eastbourne	205kg	Lewis Cheetham	20.4.19	Scottish Champs	320kg	Adam Ross	5.9.21	Cornish Qualifier	790kg	Adam Ross	5.9.21	Cornish Qualifier
	Teen 1																
	Teen 2																
	Teen 3	202.5kg	Jack Haxton	16.8.19	British, Britstol	130kg	Jack Haxton	16.8.19	British, Bristol	252.5kg	Jack Haxton	16.8.19	British, Bristol	585kg	Jack Haxton	16.8.19	British, Bristol
	Junior	300kg	Jamies Sneddon	13.4.24	Scottish Champs	205kg	Lewis Cheetham	20.4.19	Scottish Champs	302.5kg	Jamie Sneddon	13.4.24	Scottish Champs	790kg	Jamie Sneddon	13.4.24	Scottish Champs
	Masters 1	242.5kg	Martyn Keenan	12.10.25	Night of Champs	162.5kg	Neil Gren	26.6.21	Scottish Champs	272.5kg	Martyn Keenan	12.10.25	Night of Champs	667.5kg	Neil Gren	26.6.21	Scottish Champs
	Masters 2	200kg	Stuart whyte	30.8.26	Central Q	120kg	Stuart Whyte	30.8.26	Central Q	2220.5kg	Stuart Whyte	30.8.26	Central Q	540.5kg	Stuart Whyte	30.8.26	Central Q
	Masters 3	180kg	Stuart Nisbet	16.3.25	Northern Q 25	105kg	Stuart Nisbet	16.3.25	Northern Q 25	230kg	Stuart Nisbet	16.3.25	Northern Q 25	515kg	Stuart Nisbet	16.3.25	Northern Q 25
	Masters 4																
	Masters 5	160kg	Gordon Ingram	22.3.26	Northern Q 26	125kg	Gordon Ingram	22.3.26	Northern Q 26	220kg	Gordon Ingram	22.3.26	Northern Q 26	505kg	Gordon Ingram	22.3.26	Northern Q 26
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
110kg	Open	325kg	Scott McAlpine	27.11.21	British, Rhyl	202.5kg	Mike Spink	29.10.16	British Finals	340kg	Nicholas Foxall	14.11.15	British, Manchester	880kg	Scott McAlpine	27.11.21	British, Rhyl
	Teen 1																
	Teen 2																
	Teen 3																
	Junior	315kg	Nicholas Foxall	14.11.15	British, Manchester	200kg	Nicholas Foxall	9.4.16	Scottish Champs	340kg	Nicholas Foxall	14.11.15	British, Rhyl	835kg	Nicholas Foxall	14.11.15	British, Rhyl
	Masters 1	285kg	Evan Van Wyk	17.10.22	Worlds, Slovakia	185kg	Austin Hickey	26.6.21	Scottish Champs	330kg	Evan Van Wyk	29.6.22	Euro's, Czech R	790kg	Evan Van Wyk	29.6.22	Euro's, Czech
	Masters 2																
	Masters 3	245kg	Robert Caldwell	20.10.19	Worlds, Slovakia	171kg	Robert Caldwell	12.8.17	Eastbourne Q	225kg	Andrew Flavell	22.4.18	Scottish Champ	665kg	Robert Caldwell	20.10.19	Worlds, Slovakia
	Masters 4	257.5kg	Andrew Flavell	29.6.22	Euro's, Czech	170kg	Robert Caldwell	5.3.22	Masters Pro	260kg	Andrew Flavell	5.3.22	Masters Pro	665kg	Andrew Flavell	5.3.22	Masters Pro
	Masters 5	205kg	Alan Turner	11.11.17	British	140kg	Alan Turner	11.11.17	British	240kg	Alan Turner	11.11.17	British	585kg	Alan Turner	11.11.17	British
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
125kg	Open	375kg	Janis Skujins	16.4.22	Scottish Champs	220kg	Nick Whitecross	9.4.16	Scottish Qualifier	345KG	Connor McKechnie	21.7.24	4 NATIONS	900kg	Janis Skujins	16.4.22	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior	265kg	Connor McKechnie	30.6.22	Euro's, Czech	175kg	Connor McKechnie	30.6.22	Euros, Czech	310kg	Dale Murray	26.6.21	Scottish Champ	750kg	Connor McKechnie	30.6.22	Euro's, Czech
	Masters 1	340kg	Andrew Cairney	20.10.19	Worlds, Slovakia	192.5kg	Colin Baxter	12.10.25	Night of Champs	310kg	Andrew Cairney	20.10.19	Worlds, Slovakia	830kg	Andrew Cairney	20.10.19	Worlds, Slovakia
	Masters 2	220kg	Alastair Reid	22.4.18	Scottish Champs	160kg	Alastair Reid	22.4.18	Scottish Champs	240kg	Alastair Reid	22.4.18	Scottish Champs	620kg	Alastair Reid	22.4.18	Scottish Champs
	Masters 3	215kg	Alastair Reid	20.4.19	Scottish Champs	165kg	Alastair Reid	20.10.19	Worlds, Slovakia	257.5kg	Alastair Reid	20.10.19	Worlds, Slovakia	632.5kg	Alastair Reid	20.4.19	Scottish Champs

	Masters 4	268.5kg	Andrew Flavell	5.6.23	Euro's, Scotland	160kg	Robert Caldwell	17.10.22	Worlds, Slovakia	270kg	Andrew Flavell	5.6.23	Euro's, Scotland	693.5kg	Andrew Flavell	5.6.23	Euros, Scotland
	Masters 5	225kg	Alan Turner	16.9.18	Worlds, Hungary	150kg	Alan Turner	26.5.18	Euro's, France	252.5kg	Alan Turner	16.9.18	Worlds, Hungary	620kg	Alan Turner	26.5.18	Euros, France
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
140kg	Open	370kg	Andrew Cairney	12.12.20	Letchworth Q	252.5kg	Nick Whitecross	26.6.21	Scottish Champs 21	340kg	Mark McQueen	22.4.18	Scottish Champ	907.5kg	Mark McQueen	22.4.18	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior	365kg	Mark McQueen	22.4.18	Scottish Champs	202.5kg	Mark McQueen	22.4.18	Scottish Champs	340kg	Mark McQueen	22.4.18	Scottish Champs	907.5kg	Mark McQueen	22.4.18	Scottish Champs
	Masters 1	370kg	Andrew Cairney	12.12.20	Letchworth Q	200kg	Andrew Cairney	10.10.21	Letchworth Q	330kg	Andrew Cairney	12.12.20	Letchworth Q	890kg	Andrew Cairney	12.12.20	Letchworth Q
	Masters 2	260kg	Jamie Gorrian	5.6.23	Euro's, Scotland	166kg	Adam Säuberlich	12.10.25	Night of Champs	302.5kg	Adam Säuberlich	12.10.25	Night of Champs	697.5kg	Adam Säuberlich	12.10.25	Night of Champs
	Masters 3	230kg	Alastair Reid	26.6.21	Scottish Champs	175kg	Alastair Reid	26.6.21	Scottish Champs	262.5kg	Alastair Reid	27.11.21	British, Rhyl	665kg	Alastair Reid	26.6.21	Scottish Champs
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
140kg +	Open	430kg	Kyle Gibson	11.11.23	British, Wrexham	252.5kg	Nick Whitecross	26.6.21	Scottish Champs	360kg	Tom Stoltman	10.12.17	Savage Pro	940kg	Kyle Gibson	11.11.23	British, Wrexham
	Teen 1																
	Teen 2																
	Teen 3																
	Junior	325kg	Tom Stoltman	10.12.17	Savage Pro	220kg	Tom Stoltman	10.12.17	Savage Pro	360kg	Tom Stoltman	10.12.17	Savage Pro	905kg	Tom Stoltman	10.12.17	Savage Pro
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																

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												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
60kg	Open												
	Teen 1									180kg	Devin Dunlop	7.6.26	Western Qualifier
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5					110kg	Robert Sielicki	12.10.25	Night of Champs				
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
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												
	Teen 2									150kg	Tyler Smith	3.11.19	Andy Bolton

	Teen 3					105kg	Justin Sutherland	12.11.23	Battle of Bench	205kg	Justin Sutherland	12.11.23	Deadlift Challenge
	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
	Masters 6									185kg	Douglas Wallace	12.10.25	Night of Champs
	Masters 7												
	Masters 8												
	Masters 9												
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												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
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				
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
90kg	Open	230kg	Stuart Donaghy	26.11.22	Sultan's of Squat	170kg	Andrew Smith	7.3.20	Tattooed & Strong	307.5kg	Dean McVie	12.10.25	Night of Champs
	Teen 1									200kg	John Keane	7.6.26	Western Qualifier
	Teen 2												
	Teen 3					75kg	Michael McKnight	26.11.22	Battle of Bench	152.5kg	Jack Stradee	22.3.26	Northern Q 26
	Junior					100kg	Tyler Smith	30.11.25	Battle of Bench	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									255kg	Mark Gibson	7.6.26	Western Qualifier
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
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
	Para					87.5kg	James Mushet	7.6.26	Western Qualifier	220kg	Chris Woodward-Clark	30.8.26	Central Q
	Teen 1												
	Teen 2					110kg	Michael Griffin	15.9.24	Battle of Bench				
	Teen 3					130kg	Michael Griffin	12.10.25	Night of Champs				
	Junior												
	Masters 1	250kg	Martyn Keenan	30.8.26	Central Q	222kg	Mark Griffin	7.6.26	Western Qualifier	301kg	Martyn Keenan	30.8.26	Central Q
	Masters 2					185kg	Neil Stewart	15.4.23	Scottish Champs				
	Masters 3												
	Masters 4					180kg	Piotr Strzala	13.4.24	Scottish Champs				

	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
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
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
125kg	Open	282.5kg	Connor McKechnie	26.11.22	Sultan's of Squat	210kg	John Sutherland	5.6.23	Euro's, Scotland	280kg	Sam Taha	30.11.25	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	282.5kg	Gavin Black	7.6.26	Western Qualifier
	Masters 3									250kg	Tony Shields	7.6.26	Western Qualifier
	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												
	Masters 6												
	Masters 7												

	Masters 8												
	Masters 9												
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												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
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												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

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	110kg	Rebecca Melrose	7.6.26	Western Qualifier	65kg	Rebecca Melrose	7.6.26	Western Qualifier	140kg	Rebecca Melrose	7.6.25	Western Qualifier	315kg	Rebecca Melrose	7.6.26	Western Qualifier
	Teen 1																
56kg	Teen 2																
	Teen 3																
	Junior																
	Masters 1	100kg	Cheryl Hendry	12.10.25	Night of Champs	52.5kg	Cheryl Hendry	12.10.25	Night of Champ	115kg	Cheryl Hendry	12.10.25	Night of Champs	267.5kg	Cheryl Hendry	12.10.25	Night of Champs
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
56kg	Masters 8																
	Masters 9																
	Open	145kg	Rachael Purves	5.6.23	Euro's , Scotland	95kg	Rachael Purves	5.6.23	Euro's, Scotland	162.5kg	Rachael Purves	5.6.23	Euro's, Scotland	402.5kg	Rachael Purves	5.6.23	Euro's, Scotland
	Teen 1																
	Teen 2																

	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
60kg	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																
	Masters 3																
	Masters 4																
	Masters 5																
67.5kg	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																
	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																
75kg	Open	177.5kg	Aimee Brown	5.6.23	Euro's, Scotland	107.5kg	Diane Gaughan	12.10.25	Night of Champ	185.5kg	Diane Gaughan	12.10.25	Night of Champs	465.5kg	Diane Gaughan	12.10.25	Night of Champs
	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																
	Masters 7																
	Masters 8																
	Masters 9																
82.5kg	Open	200kg	Aimee Brown	12.10.25	Night of Champs	100.5kg	Aimee Brown	12.10.25	Night of Champ	220kg	Nicola Ann Bennett	4.5.25	Western Qualifier	500kg	Aimee Brown	12.10.25	Night of Champs
	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	143kg	Gemma Brown	12.10.25	Night of Champs	67.5kg	Elizabeth Elliott	26.6.21	Scottish Champs	165.5kg	Gemma Brown	12.10.25	Night of Champs	367.5kg	Gemma Brown	12.10.25	Night of Champs
	Masters 2																
	Masters 3																
	Masters 4	90kg	Susan Wilson	15.4.23	Scottish Champs	50kg	Susan Wilson	15.4.23	Scottish Champs	125kg	Susan Wilson	15.4.23	Scottish Champs	265kg	Susan Wilson	15.4.23	Scottish Champs
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
90kg	Open	235kg	Gemma Young	5.6.23	Euro's, Scotland	105kg	Gemma Young	5.6.23	Euro's, Scotland	222.5kg	Gemma Young	15.4.23	Scottish Champs	560kg	Gemma Young	5.6.23	Euro's, Scotland
	Teen 1																
	Teen 2																
	Teen 3	115kg	Amy MacKenzie	22.4.18	Scottish Champs	65kg	Amy MacKenzie	22.4.18	Scottish Champs	105kg	Amy MacKenzie	22.4.18	Scottish Champs	285kg	Amy MacKenzie	22.4.18	Scottish Champs
	Junior	110kg	Kate McKnight	15.4.23	Scottish Champs	70kg	Katie McKnight	15.4.23	Scottish Champs	115kg	Katie McKnight	15.4.23	Scottish Champs	295kg	Katie McKnight	15.4.23	Scottish Champs
	Masters 1																
	Masters 2																
	Masters 3	60kg	Susan Wilson	16.4.22	Scottish Champs	50kg	Susan Wilson	16.4.22	Scottish Champs	120kg	Susan Wilson	16.4.22	Scottish Champs	230kg	Susan Wilson	16.4.22	Scottish Champs
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
100kg	Open	190kg	Samantha Cunningham	12.10.25	Night of Champs	90kg	Samantha Cunningham	12.10.25	Night of Champ	220kg	Samantha Cunningham	12.10.25	Night of Champs	500kg	Samantha Cunningham	12.10.25	Night of Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																

	Masters 9																
110kg	Open	180kg	Carolynne Robertson	16.4.22	Scottish Champs	112.5kg	Alyson Smith	20.10.19	Worlds, Slovakia	192.5kg	Carolynne Robertson	26.6.21	Scottish Champs	450kg	Carolynne Robertson	16.4.22	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3	140kg	Amy MacKenzie	11.11.17	British	72.5kg	Amy MacKenzie	12.8.17	Eastbourne Q	130kg	Amy MacKenzie	11.11.17	British	342.5kg	Amy MacKenzie	11.11.17	British
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
110kg+	Open	185kg	Carolynne Robertson	5.6.23	Euro's, Scotland	95kg	Carolynne Robertson	5.6.23	Euro's, Scotland	200kg	Carolynne Robertson	5.6.23	Euro's, Scotland	480kg	Carolynne Robertson	5.6.23	Euro's, Scotland
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																

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												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
48kg	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
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
52kg	Open					57.5kg	Rebecca Melrose	16.3.25	Northern Qualifier	130KG	Toni Craig	30.11.25	SINGLE LIFTS
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												

	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
56kg	Open					105kg	Laura Ferguson	7.6.26	Western Qualifier	140kg	Toni Craig	12.10.25	Night Of Champs
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
Masters 9													
60kg	Open					100kg	Laura Ferguson	12.10.25	Night of Champs	150kg	Toni Craig	4.5.25	Western Qualifier
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					65KG	Lynn Ewart	30.8.26	Central Q	146kg	Jean Dunlop	12.10.25	Night Of Champs
	Masters 2					60kg	Libby Gallagher	4.5.25	Western Qualifier				
	Masters 3					60kg	Maureen Cooper	12.11.23	Battle of the Bench	163kg	Maureen Cooper	12.10.25	Night Of Champs
	Masters 4												
	Masters 5									125kg	Mhairi Shaw	15.9.24	Deadlift Challenge
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

67.5kg	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				
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					70kg	Lynn Ewart	7.6.26	Western Qualifier				
	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												
	Masters 8												
	Masters 9												
75kg	Open	187.5kg	Aimee Brown	15.9.24	Sultans of Squat	105.5kg	Diane Gaughan	15.9.24	Battle of the Bench	190kg	Diane Gaughan	15.9.24	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3									102.5kg	Katie McKnight	3.11.19	Andy Bolton
	Junior												
	Masters 1									177.5kg	Wendy Stewart	21.8.22	Deadlift Challenge
	Masters 2					100kg	Joanne Caldwell	20.10.19	Worlds, Slovakia	172.5kg	Joanne Caldwell	9.11.18	British, Glasgow
	Masters 3					100kg	Joanne Caldwell	15.9.24	Battle of the Bench	130kg	Gaby Cora	3.11.19	Andy Bolton
	Masters 4									146kg	Deborah Olesen	15.9.24	Deadlift Challenge
	Masters 5					65kg	Deborah Olesen	7.6.26	Western Qualifier	150kg	Deborah Olesen	7.6.25	Western Qualifier
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
82.5kg	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												
	Masters 3												

	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
90kg	Open	230kg	Gemma Young	26.11.22	Sultans of Squat	77Kg	Fay Carrison-Fitchet	30.8.26	Central Q	213kg	Samantha Cunningham	12.11.23	Deadlift Challenge
	Teen 1												
	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												
	Masters 8												
	Masters 9												
100kg	Open									215kg	Samantha Cunningham	15.4.24	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
110kg	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												
	Masters 3												
	Masters 4					100kg	Amanda Pickard	7.6.26	Western Qualifier				
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
110kg+	Open	167.5KG	Kirsty Lyon	30.8.26	Central Q	142kg	Alyson Smith	15.9.24	Battle of the Bench	205kg	Mhairi Ross	1.8.21	Scottish Champs
	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
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

BW	Age	Squat				Bench				Deadlift				Full Power Total			
56kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
60kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
67.5kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																

	Masters 6																	
	Masters 7																	
	Masters 8																	
	Masters 9																	
75kg	Open																	
	Teen 1																	
	Teen 2																	
	Teen 3																	
	Junior																	
	Masters 1																	
	Masters 2																	
	Masters 3																	
	Masters 4																	
	Masters 5																	
	Masters 6																	
	Masters 7																	
	Masters 8																	
	Masters 9																	
82.5kg	Open																	
	Para																	
	Teen 1																	
	Teen 2																	
	Teen 3																	
	Junior																	
	Masters 1																	
	Masters 2																	
	Masters 3																	
	Masters 4																	
	Masters 5																	
	Masters 6																	
	Masters 7																	
	Masters 8																	
	Masters 9																	
90kg	Open																	
	Para																	
	Teen 1																	
	Teen 2																	
	Teen 3																	
	Junior																	
	Masters 1																	

	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
100kg	Open	310kg	Dean Caldwell	9.4.16	Scottish Qualifier	210kg	Derek Alexander	22.4.18	Scottish Champs	292.5kg	Derek Alexander	9.11.18	British, Glasgow	802.5kg	Derek Alexander	9.11.18	British Glasgow
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1	300kg	Derek Alexander	22.4.18	Scottish Champs	210kg	Derek Alexander	22.4.18	Scottish Champs	292.kg	Derek Alexander	9.11.18	British, Glasgow	802.5kg	Derek Alexander	9.11.18	British, Glasgow
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
110kg	Open	370kg	Martin Tait	22.4.18	Scottish Champs	227.5kg	Martin Tait	22.4.18	Scottish Champs	302.5kg	Martin Tait	22.4.18	Scottish Champs	900kg	Martin Tait	22.4.18	Scottish Champs
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1	310kg	Dean Caldwell	29.10.16	British, Manchester	200kg	Derek Alexander	23.4.17	Scottish Champs	290kg	Dean Caldwell	14.11.15	British, Manchester	780kg	Dean Caldwell	29.10.16	British, Manchester
	Masters 2																
	Masters 3	305kg	Darren McCarroll	9.4.16	Scottish Qualifier	150kg	Darren McCarroll	9.4.16	Scottish Qualifier	260kg	Darren McCarroll	9.4.16	Scottish Qualifier	715kg	Darren McCarroll	9.4.16	Scottish Qualifier
	Masters 4																
	Masters 5																
	Masters 6	180kg	Ronal Simpson	22.4.18	Scottish Champs	125kg	Ronald Simpson	11.11.17	British	190kg	Ronald Simpson	11.11.17	British	482.5kg	Ronald Simpson	11.11.17	British
	Masters 7																
	Masters 8																
	Masters 9																
125kg	Open	395kg	Andrew Cairney	14.11.15	British, Manchester	275kg	Andrew Cairney	11.11.17	British	341kg	Andrew Cairney	29.10.16	British, Manchester	1000kg	Andrew Cairney	11.11.17	British
	Teen 1																
	Teen 2																
	Teen 3																

	Junior																
	Masters 1	350kg	John Pollock	22.4.18	Scottish Champs	205kg	John Pollock	22.4.18	Scottish Champs	335kg	John Pollock	22.4.18	Scottish Champs	890kg	John Pollock	22.4.18	Scottish Champs
	Masters 2	310kg	Neil Elliott	11.11.17	British	262.5kg	Neil Elliott	22.4.18	Scottish Champs	320kg	John Pollock	13.4.24	Scottish Champs	860kg	Neil Elliott	20.4.19	Scottish Champs
	Masters 3	315kg	Darren McCarroll	22.4.18	Scottish Champs	150kg	Darren McCarroll	22.4.18	Scottish Champs	250kg	Darren McCarroll	22.4.18	Scottish Champs	715kg	Darren McCarroll	22.4.18	Scottish Champs
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
140kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
140kg+	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																

Weight	Age Cat	Squat				Bench				Deadlift			
56kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
60kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

67.5kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
75kg	Open									190kg	Alexander Pollock	21.8.22	Deadlift Challenge
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
82.5kg	Open					132.5kg	Andrew Smith	7.12.14	Charity Push Pull	232.5kg	Andrew Smith	7.12.14	Chairty Push Pull

245kg	Para												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
90kg	Open	245kg	Mark Dawson	22.3.26	Northern Q 26	235kg	Mark Dawson	22.3.25	Northern Q 26	290kg	Russell Bain	9.4.16	Scottish Qualifier
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3					150kg	James Ingram	30.8.26	Central Q				
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
100kg	Open					180kg	Neil Stewart	5.6.23	Euro's, Scotland	262.5kg	Jim Gerrard	3.11.19	Andy Bolton

100kg	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					165kg	Martyn Keenan	14.5.25	Euro's, Czech				
	Masters 2					180kg	Neil Stewart	5.6.23	Euro's, Scotland				
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
110kg	Open									325kg	Evan Van Wyk	3.11.19	Andy Bolton
	Para												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior					150kg	Luke Nash	30.8.26	Central Q				
	Masters 1												
	Masters 2					200kg	Neil Stewart	12.11.23	Battle of the Bench				
	Masters 3												
	Masters 4					140kg	Robert Caldwell	14.5.25	Euro's, Czech	240kg	Frank Sinclair	26.6.21	Scottish Champs
	Masters 5									245kg	Frank Sinclair	16.4.22	Scottish Champs
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
125kg	Open	350kg	Steven Murray	15.9.24	Sultans of squat	230kg	John Sutherland	12.10.25	Night of Champs	321kg	Andrew Cairney	12.10.19	Worlds, Slovakia

120kg	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					220kg	Joe McEwan	16.4.22	Scottish Champs	321kg	Andrew Cairney	12.10.19	Worlds, Slovakia
	Masters 2									320kg	John Pollock	13.4.24	Scottish Champs
	Masters 3					180kg	Neil Elliott	9.4.22	Tattooed & Strong	260kg	Neil Elliott	9.4.22	Tattooed & Strong
	Masters 4					195kg	Alastair Reid	15.6.25	Southern Qualifier				
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
140kg	Open	280kg	Andrew Cairney	9.9.23	Worlds, Hungary	265kg	James Godber	20.4.19	Scottish Champs	340kg	Liam Goldie	14.5.25	Euro's, Czech
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1	280kg	Andrew Cairney	9.9.23	Worlds, Hungary					327.5kg	Andrew Cairney	5.6.23	Euro's, Scotland
	Masters 2					200kg	Andrew Cairney	14.5.25	Euro's, Czech	320kg	Andrew Cairney	14.5.25	Euro's, Czech
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
140kg+	Open					260kg	David Clarke - sb	22.3.26	Northern Q 26	320kg	Andy Black	3.11.19	Andy Bolton
	Teen 1												

	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

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	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
52kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																

	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
56kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
60kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
67.5kg	Open	85kg	Gillian McLuckie	26.6.21	Scottish Champs	52.5kg	Gillian McLuckie	26.6.21	Scottish	100kg	Gillian McLuckie	26.6.21	Scottish Champs	237.5kg	Gillian McLuckie	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																
	Masters 8																
	Masters 9																
75kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
82.5kg	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																

	Masters 7																		
	Masters 8																		
	Masters 9																		
90kg	Open																		
	Teen 1																		
	Teen 2																		
	Teen 3																		
	Junior																		
	Masters 1																		
	Masters 2																		
	Masters 3																		
	Masters 4																		
	Masters 5																		
	Masters 6																		
	Masters 7																		
	Masters 8																		
	Masters 9																		
100kg	Open																		
	Teen 1																		
	Teen 2																		
	Teen 3																		
	Junior																		
	Masters 1																		
	Masters 2																		
	Masters 3																		
	Masters 4																		
	Masters 5																		
	Masters 6																		
	Masters 7																		
	Masters 8																		
	Masters 9																		
110kg	Open					155kg	Alyson Smith	12.10.25	Night of champs										
	Teen 1																		
	Teen 2																		
	Teen 3																		
	Junior																		
	Masters 1																		

	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																
110kg +	Open																
	Teen 1																
	Teen 2																
	Teen 3																
	Junior																
	Masters 1																
	Masters 2																
	Masters 3																
	Masters 4																
	Masters 5																
	Masters 6																
	Masters 7																
	Masters 8																
	Masters 9																

Weight	Age Cat	Squat				Bench				Deadlift			
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												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												

52kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
56kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
60kg	Open												

60kg	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
67.5kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
75kg	Open												
	Teen 1												
	Teen 2												

	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4					100kg	Joanne Caldwell	14.5.25	Euro's, Czech				
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
82.5kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
90kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												

	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
100kg	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
110kg	Open	175kg	Samantha Cunningham	14.5.25	Euro's, Czech	105kg	Samantha Cunningham	14.5.25	Euro's, Czech	190kg	Samantha Cunningham	14.5.25	Euro's, Czech
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1					175KG	Alyson Smith	30.8.26	Central Q				
	Masters 2												

	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												
110kg+	Open												
	Teen 1												
	Teen 2												
	Teen 3												
	Junior												
	Masters 1												
	Masters 2												
	Masters 3												
	Masters 4												
	Masters 5												
	Masters 6												
	Masters 7												
	Masters 8												
	Masters 9												