

**SCOTTISH MENS POWERLIFTING RECORDS**

|      |          | OPEN         |       |            | Under 23     |       |            | Junior (Under 20) |       |           | Under 18     |       |           |
|------|----------|--------------|-------|------------|--------------|-------|------------|-------------------|-------|-----------|--------------|-------|-----------|
| 52   | SQUAT    | J.Maxwell    | 190   |            | J.Maxwell    | 190   | 22.11.86   | J.Maxwell         | 185   | 8.7.84    | Dale Bell    | 85    | 21.9.2008 |
|      | BENCH    | J.Maxwell    | 112.5 | 26.6.2004  | J.Maxwell    | 92.5  | 29.10.83   | J.Maxwell         | 92.5  | 29.10.83  | Dale Bell    | 45    | 21.9.2008 |
|      | DEADLIFT | J.Maxwell    | 227.5 | 26.6.2004  | J.Maxwell    | 220   | 22.11.86   | J.Maxwell         | 210   |           | Dale Bell    | 105   | 21.9.2008 |
|      | TOTAL    | J.Maxwell    | 522.5 | 26.6.2004  | J.Maxwell    | 485   |            | J.Maxwell         | 475   | 8.7.84    | Dale Bell    | 235   | 21.9.2008 |
| 56   | SQUAT    | A.Fleming    | 207.5 | 28.10.2000 | A.Fleming    | 180   |            | P.Holland         | 167.5 | 2.6.85    | D.Bell       | 100   | 4.3.2006  |
|      | BENCH    | J.Maxwell    | 135   | 6.7.2005   | P.Rutherford | 102.5 |            | P.Rutherford      | 102.5 |           | D.Bell       | 62.5  | 28.1.2006 |
|      | DEADLIFT | J.Maxwell    | 227.5 | 5.10.2004  | J.Maxwell    | 207.5 | 3.9.83     | J.Maxwell         | 207.5 | 3.9.83    | D.Bell       | 145   | 4.3.2006  |
|      | TOTAL    | J.Maxwell    | 545   | 9.9.2005   | A.Fleming    | 460   |            | J.Maxwell         | 457.5 | 3.9.83    | D.Bell       | 307.5 | 4.3.2006  |
| 60   | SQUAT    | F.Caldwell   | 227.5 | 7.3.81     | S.Darroch    | 205   | 31.1.81    | R.Kerr            | 177.5 | 18.8.73   | K.Fraser     | 145   | 21.9.2008 |
|      | BENCH    | J.Maxwell    | 130   | 18.6.2005  | W.McDevitt   | 125   | 26.5.84    | P.Rutherford      | 105   | 28.1.90   | J.Barnford   | 90    | 27.4.2008 |
|      | DEADLIFT | R.Kerr       | 232.5 | 30.4.88    | B.McDevitt   | 212.5 | 28.1.84    | J.Fraser          | 193.5 | 26.11.71  | D.Bell       | 172.5 | 27.1.2007 |
|      | TOTAL    | F.Caldwell   | 567.5 | 7.3.81     | B.McDevitt   | 535   | 26.5.84    | P.Rutherford      | 442.5 |           | K.Fraser     | 377.5 | 21.9.2008 |
| 67.5 | SQUAT    | D.McWilliams | 247.5 | 23.10.82   | W.McDevitt   | 230   | 4.11.84    | D.McAlpine        | 205   | 9.11.85   | C.Cruikshank | 192.5 | 6.12.2007 |
|      | BENCH    | L.Burns      | 153   | 28.9.91    | W.McDevitt   | 145   | 4.11.84    | R.Conley          | 138   | 8.8.64    | C.Cruikshank | 100   | 6.12.2007 |
|      | DEADLIFT | R.Connell    | 252.5 | 23.10.82   | W.McDevitt   | 237.5 | 4.11.84    | M.Clark           | 230   | 18.8.73   | D.Bell       | 197.5 | 1.3.2008  |
|      | TOTAL    | L.Burns      | 615   | 2.11.91    | W.McDevitt   | 612.5 | 4.11.84    | D.McAlpine        | 530   | 9.11.85   | C.Cruikshank | 472.5 | 6.12.2007 |
| 75   | SQUAT    | R.Conely     | 282.5 | 25.11.72   | A.McClure    | 235   | 24.1.87    | K.McCall          | 230   | 3.6.90    | J.Biggin     | 155   | 28.1.2006 |
|      | BENCH    | R.Conely     | 181   | 25.11.72   |              | 157.5 |            |                   | 153   |           | J.Biggin     | 115   | 4.3.2006  |
|      | DEADLIFT |              | 312.5 |            | S.Lowe       | 260   | 11.3.89    | A.Fleming         | 250   | 11.3.84   | J.Biggin     | 215   | 4.3.2006  |
|      | TOTAL    | M.Duffy      | 735   | 21.3.87    | S.Kilpatrick | 627.5 | 24.11.96   | A.McClure         | 572.5 | 2.6.85    | J.Biggin     | 485   | 4.3.2006  |
| 82.5 | SQUAT    | M.Duffy      | 337.5 | 9.2.85     | A.McClure    | 272.5 | 30.4.88    |                   | 282.5 |           | J.Biggin     | 230   | 6.9.2007  |
|      | BENCH    | M.Duffy      | 210   | 21.2.81    | J.Biggin     | 177.5 | 1.11.2008  | J.Biggin          | 177.5 | 1.11.2008 | J.Biggin     | 150   | 6.9.2007  |
|      | DEADLIFT |              | 315   |            | S.Bell       | 282.5 | 19.4.86    | P.Breslin         | 272.5 | 17.4.82   | J.Biggin     | 240   | 6.9.2007  |
|      | TOTAL    | M.Duffy      | 835   | 9.2.85     | J.Burns      | 722.5 | 4.11.84    | A.Rogerson        | 652.5 | 26.4.80   | J.Biggin     | 620   | 6.9.2007  |
| 90   | SQUAT    | D.Caldwell   | 347.5 | 6.4.85     | N.Francis    | 302.5 | 18.4.81    | C.McGlynn         | 272.5 | 9.11.83   | P.Booth      | 105   | 21.9.2008 |
|      | BENCH    | D.Caldwell   | 215   | 19.4.86    | M.Hart       | 180   | 25.10.2004 | W.Stewart         | 157.5 | 4.10.81   | P.Booth      | 75    | 21.9.2008 |
|      | DEADLIFT | D.Miller     | 320   | 25.10.81   | B.MacDonald  | 305   | 1.05.99    | B.MacDonald       | 282.5 | 28.2.98   | P.Booth      | 142.5 | 21.9.2008 |
|      | TOTAL    | D.Caldwell   | 870   | 6.4.85     | M.Hart       | 745   | 25.10.2004 | K.Thom            | 680   | 26.9.82   | P.Booth      | 322.5 | 21.9.2008 |
| 100  | SQUAT    | R.Nobile     | 352.5 | 8.7.84     | M.Kennedy    | 310   | 14.2.93    |                   | 280   |           | S.McMillan   | 125   | 1.3.2009  |
|      | BENCH    | R.Nobile     | 222.5 | 24.4.82    | W.Stewart    | 187.5 | 4.11.84    | W.Stewart         | 185   | 26.9.82   | S.McMillan   | 82.5  | 1.3.2009  |
|      | DEADLIFT |              | 350   |            |              | 320   |            | A.Ramsey          | 300   | 3.9.83    | S.McMillan   | 152.5 | 1.3.2009  |
|      | TOTAL    | R.Nobile     | 900   | 22.5.85    | W.Stewart    | 772.5 | 4.11.84    | W.Stewart         | 745   | 26.9.82   | S.McMillan   | 360   | 1.3.2009  |
| 110  | SQUAT    | R.Nobile     | 372.5 | 29.9.84    | D.Sharp      | 350   | 27.4.91    | M.Kennedy         | 285   | 3.11.90   |              |       |           |
|      | BENCH    | J.Jack       | 235   | 7.3.2005   | D.Sharp      | 220   | 11.3.90    | M.Kennedy         | 170   | 3.11.90   |              |       |           |
|      | DEADLIFT | D.Miller     | 350   | 9.2.85     |              | 342.5 |            | A.Ramsey          | 295   | 18.6.83   |              |       |           |
|      | TOTAL    | R.Nobile     | 920   | 29.9.84    | D.Sharp      | 865   | 2.2.91     | M.Kennedy         | 745   | 3.11.90   |              |       |           |
| 125  | SQUAT    |              | 345   |            |              | 345   |            | B.Turner          | 320   | 1.11.92   | A.Inglis     | 320   | 31.10.10  |
|      | BENCH    | B.Bell       | 242.5 | 19.11.89   | B.Bell       | 242.5 | 19.11.89   | B.Turner          | 185   | ?.?.92    | A.Inglis     | 185   | 31.10.10  |
|      | DEADLIFT |              | 352.5 |            | B.Bell       | 340   | 19.11.89   | B.Turner          | 310   | 1.11.92   | A.Inglis     | 290   | 31.10.10  |
|      | TOTAL    | B.Bell       | 927.5 | 19.11.89   | B.Bell       | 927.5 | 19.11.89   | B.Turner          | 800   | 1.11.92   | A.Inglis     | 790   | 31.10.10  |
| 125+ | SQUAT    |              | 350   |            |              | 350   |            | B.Turner          | 340   | 17.10.92  |              |       |           |
|      | BENCH    | B.Bell       | 260   | 28.9.91    |              | 250   |            | B.Turner          | 195   | 17.10.92  |              |       |           |
|      | DEADLIFT |              | 350   |            | B.Bell       | 350   | 28.10.90   | B.Turner          | 315   | 17.10.92  |              |       |           |
|      | TOTAL    |              | 950   |            | B.Bell       | 950   | 28.10.90   | B.Turner          | 850   | 17.10.92  |              |       |           |

Note: Men's Under 18 records started 1.1.2006

Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)

**SCOTTISH MENS POWERLIFTING RECORDS**

|      |          | MASTER 1 (40+) |       |                   | MASTER 2 (50+) |       |            | MASTER 3 (60+) |       |           | MASTER 4 (70+) |       |           |
|------|----------|----------------|-------|-------------------|----------------|-------|------------|----------------|-------|-----------|----------------|-------|-----------|
| 52   | SQUAT    | J.Maxwell      | 190   | 26.6.2004         |                |       |            |                |       |           |                |       |           |
|      | BENCH    | J.Maxwell      | 112.5 | 26.6.2004         |                |       |            |                |       |           |                |       |           |
|      | DEADLIFT | J.Maxwell      | 227.5 | 26.6.2004         |                |       |            |                |       |           |                |       |           |
|      | TOTAL    | J.Maxwell      | 522.5 | 26.6.2004         |                |       |            |                |       |           |                |       |           |
| 56   | SQUAT    | J.Maxwell      | 205   | 6.11.06           |                | 170   |            | A.Lovie        | 135   | 2.12.2000 |                |       |           |
|      | BENCH    | J.Maxwell      | 135   | 6.7.2005          | A.Lovie        | 105   | 28.11.99   | A.Lovie        | 105   | 28.11.99  |                |       |           |
|      | DEADLIFT | J.Maxwell      | 227.5 | 5.10.2004         |                | 205   |            | A.Lovie        | 160   | 2.12.2000 |                |       |           |
|      | TOTAL    | J.Maxwell      | 545   | 9.9.2005          | J.McNiven      | 450   | 11.8.89?   | A.Lovie        | 395   | 2.12.2000 |                |       |           |
| 60   | SQUAT    | J.Maxwell      | 215   | 4.3.06            | H.McGhee       | 180   | 2.5.98     | A.Lovie        | 130   | 26.2.2000 |                |       |           |
|      | BENCH    | J.Maxwell      | 130   | 18.6.2005         | H.McGhee       | 110   | 4.12.99    | A.Lovie        | 100   | 26.2.2000 |                |       |           |
|      | DEADLIFT | J.Maxwell      | 220   | 24.9.2005         | J.McNiven      | 205   | 6.12.91    | A.Lovie        | 150   | 26.2.2000 |                |       |           |
|      | TOTAL    | J.Maxwell      | 550   | 24.9.2005         | H.McGhee       | 485   | 2.5.98     | A.Lovie        | 380   | 26.2.2000 |                |       |           |
| 67.5 | SQUAT    | R.Kerr         | 230   | 7.11.98           | M.McBride      | 210   | 4.12.2005  | D.Howden       | 185   | 13.03.99  | P.Lui          | 130   | 6.12.2009 |
|      | BENCH    | R.Kerr         | 137.5 | 13.07.99          | D.Howden       | 130   | 24.04.99   | D.Howden       | 130   | 24.04.99  | P.Lui          | 65    | 6.12.2008 |
|      | DEADLIFT | R.Kerr         | 252.5 | 25.4.98           | M.McBride      | 250   | 4.12.2005  | D.Howden       | 240   | 13.03.99  | P.Lui          | 155   | 6.12.2009 |
|      | TOTAL    | R.Kerr         | 610   | 6.12.97           | M.McBride      | 575   | 4.12.2005  | D.Howden       | 552.5 | 13.03.99  | P.Lui          | 345   | 6.12.2009 |
| 75   | SQUAT    |                | 255   |                   | B.Limerick     | 240   | 27.4.91    | J.Watson       | 203   | 26.4.2003 |                |       |           |
|      | BENCH    |                | 157.5 | initially after 3 | B.Limerick     | 150   | 23.4.89    | D.Howden       | 130   | 2.12.2000 |                |       |           |
|      | DEADLIFT | B.Limerick     | 310   | 14.4.84           | B.Limerick     | 302.5 | 27.4.91    | D.Howden       | 230   | 2.12.2000 |                |       |           |
|      | TOTAL    | B.Limerick     | 700   | 14.4.84           | B.Limerick     | 687.5 | 27.4.91    | D.Howden       | 550   | 2.12.2000 |                |       |           |
| 82.5 | SQUAT    | W.Lincoln      | 265   | 23.4.2000         | W.Lincoln      | 262.5 | 18.10.2000 | W.Lincoln      | 252.5 | 22.6.2010 |                |       |           |
|      | BENCH    | W.Lincoln      | 185.5 | 17.6.2000         | W.Lincoln      | 180   | 28.4.2001  | W.Lincoln      | 170   | 22.6.2010 |                |       |           |
|      | DEADLIFT |                | 290   |                   | B.Limerick     | 285   | 6.12.91    | B.McFadyen     | 242.5 | 25.4.98   |                |       |           |
|      | TOTAL    | W.Lincoln      | 702.5 | 23.4.2000         | W.Lincoln      | 687.5 | 18.10.2000 | W.Lincoln      | 665   | 22.6.2010 |                |       |           |
| 90   | SQUAT    | S.Cumming      | 280   | 17.6.2007         | A.Cowley       | 255   | 6.12.2009  | C.Crawford     | 240   | 22.4.2000 |                |       |           |
|      | BENCH    | S.Cumming      | 197.5 | 1.3.2008          | W.Lincoln      | 185   | 1.11.2003  | C.Crawford     | 125   | 22.4.2000 |                |       |           |
|      | DEADLIFT | W.Limerick     | 302.5 | 17.2.85           | W.Lincoln      | 255   | 1.12.2001  | C.Crawford     | 245   | 22.4.2000 |                |       |           |
|      | TOTAL    | E.Don          | 732.5 | 28.4.90           | W.Lincoln      | 690   | 1.12.2001  | C.Crawford     | 610   | 22.4.2000 |                |       |           |
| 100  | SQUAT    | J.Barr         | 290   | 16.2.86           | A.Cowley       | 277.5 | 1.10.10    | C.Williams     | 240   | 29.2.2004 | C.McEwan       | 120   | 10.12.94  |
|      | BENCH    | S.Cumming      | 215   | 4.12.2005         | A.Cowley       | 185   | 1.10.10    | C.Williams     | 165   | 29.2.2004 | C.McEwan       | 132.5 | 6.12.91   |
|      | DEADLIFT | W.Limerick     | 317.5 | 21.2.87           | W.Limerick     | 285   | 1.12.90    | C.Williams     | 260   | 29.2.2004 | C.McEwan       | 190   | 12.12.92  |
|      | TOTAL    | S.Crichton     | 750   | 12.9.10           | A.Cowley       | 730   | 1.10.10    | C.Williams     | 665   | 29.2.2004 | C.McEwan       | 425   | 12.12.92  |
| 110  | SQUAT    | S.Cumming      | 310   | 22.5.2004         | C.Williams     | 255   | 26.2.2000  | C.McEwan       | 100   | 1.12.90   | C.McEwan       | 100   | 1.12.90   |
|      | BENCH    | S.Cumming      | 205   | 20.11.2004        | F.Brown        | 165   | 10.12.94   | C.McEwan       | 127.5 | 1.12.90   | C.McEwan       | 127.5 | 1.12.90   |
|      | DEADLIFT | J.Barr         | 325   | 19.4.86           | C.Williams     | 267.5 | 26.2.2000  | C.McEwan       | 155   | 1.12.90   | C.McEwan       | 155   | 1.12.90   |
|      | TOTAL    |                | 807.5 |                   | C.Williams     | 672.5 | 26.2.2000  | C.McEwan       | 375   | 1.12.90   | C.McEwan       | 375   | 1.12.90   |
| 125  | SQUAT    |                | 312.5 |                   | H.Davidson     | 230   | 3.5.2003   |                |       |           |                |       |           |
|      | BENCH    | H.Davidson     | 177.5 | 5.3.2000          | H.Davidson     | 150   | 3.5.2003   |                |       |           |                |       |           |
|      | DEADLIFT |                | 332.5 |                   | H.Davidson     | 237.5 | 26.1.2008  |                |       |           |                |       |           |
|      | TOTAL    |                | 815   |                   | H.Davidson     | 610   | 3.5.2003   |                |       |           |                |       |           |
| 125+ | SQUAT    | S.Murray       | 315   | 6.12.2009         |                |       |            |                |       |           |                |       |           |
|      | BENCH    | S.Murray       | 205   | 6.12.2009         |                |       |            |                |       |           |                |       |           |
|      | DEADLIFT | S.Murray       | 300   | 6.12.2009         |                |       |            |                |       |           |                |       |           |
|      | TOTAL    | S.Murray       | 820   | 6.12.2009         |                |       |            |                |       |           |                |       |           |

Note: Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)

Historical SP Records Frozen at 31122010 - Womens - Open and Juniors

**SCOTTISH WOMENS POWERLIFTING RECORDS**

|             |                 | OPEN         |       |            | Under 23     |       |            | Junior (Under 20) |       |           | Under 18   |       |           |
|-------------|-----------------|--------------|-------|------------|--------------|-------|------------|-------------------|-------|-----------|------------|-------|-----------|
| <b>44</b>   | <b>SQUAT</b>    | L.Kempsell   | 85    | 27.02.99   | L.Kempsell   | 85    | 27.02.99   |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | L.Kempsell   | 37.5  | 1.05.99    | L.Kempsell   | 37.5  | 1.05.99    |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | L.Kempsell   | 112.5 | 1.05.99    | L.Kempsell   | 112.5 | 1.05.99    |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | L.Kempsell   | 235   | 1.05.99    | L.Kempsell   | 235   | 1.05.99    |                   |       |           |            |       |           |
| <b>48</b>   | <b>SQUAT</b>    | Y.McGill     | 110   | 8.5.93     | C.Agnew      | 92.5  | 31.8.97    |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | C.Agnew      | 52.5  | 27.02.99   | C.Agnew      | 52.5  | 27.02.99   |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | Y.McGill     | 140   | 8.5.93     | C.Agnew      | 116   | 7.11.98    |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | Y.McGill     | 300   | 8.5.93     | C.Agnew      | 252.5 | 31.8.97    |                   |       |           |            |       |           |
| <b>52</b>   | <b>SQUAT</b>    | Y.McGill     | 130   | 31.10.93   | L.Brown      | 102.5 | 16.6.96    | C.Martin          | 30    | 10.3.2007 | C.Martin   | 30    | 10.3.2007 |
|             | <b>BENCH</b>    | Y.McGill     | 62.5  | 22.2.98    | S.Rennie     | 50    | 7.5.95     | C.Martin          | 17.5  | 10.3.2007 | C.Martin   | 17.5  | 10.3.2007 |
|             | <b>DEADLIFT</b> | Y.McGill     | 150   | 31.10.93   | P.Bayliss    | 105   | 31.8.91    | C.Martin          | 55    | 10.3.2007 | C.Martin   | 55    | 10.3.2007 |
|             | <b>TOTAL</b>    | Y.McGill     | 335   | 31.10.93   | L.Brown      | 255   | 16.6.96    | C.Martin          | 102.5 | 10.3.2007 | C.Martin   | 102.5 | 10.3.2007 |
| <b>56</b>   | <b>SQUAT</b>    | Y.McGill     | 150   | 4.12.94    | K.Jardine    | 137.5 | 7.5.95     |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | W.Webster    | 85    | 7.3.92     | K.Jardine    | 75    | 7.5.95     |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | Y.McGill     | 160   | 7.9.96     | K.Jardine    | 145   | 7.5.95     |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | Y.McGill     | 365   | 7.9.96     | K.Jardine    | 357.5 | 7.5.95     |                   |       |           |            |       |           |
| <b>60</b>   | <b>SQUAT</b>    | K.Jardine    | 150   | 22.2.98    | K.Jardine    | 145   | 7.9.96     |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | K.Jardine    | 87.5  | 2.5.98     | K.Jardine    | 80    | 4.5.96     |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | L.Doige      | 160   | 4.12.94    | L.Doige      | 155   | 16.10.94   |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | K.Jardine    | 382.5 | 22.2.98    | K.Jardine    | 375   | 7.9.96     |                   |       |           |            |       |           |
| <b>67.5</b> | <b>SQUAT</b>    | L.Halliwel   | 155   | 1.3.98     | C.McSherry   | 130   | 24.8.2002  |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | L.Halliwel   | 90    | 1.3.98     | K.Smith      | 60    | 13.3.93    |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | L.Halliwel   | 167.5 | 1.3.98     | S.Carruthers | 152.5 | 7.9.2002   |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | L.Halliwel   | 412.5 | 1.3.98     | C.McSherry   | 327.5 | 3.5.2003   |                   |       |           |            |       |           |
| <b>75</b>   | <b>SQUAT</b>    | M.Anderson   | 180   | 1.3.2008   | S.Carruthers | 110   | 15.6.2002  |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | M.Anderson   | 105   | 27.10.2007 | E.Wood       | 62.5  | 1.11.97    |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | M.Anderson   | 200   | 26.1.2008  | S.Carruthers | 150   | 15.6.2002  |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | M.Anderson   | 475   | 1.3.2008   | S.Carruthers | 310   | 15.6.2002  |                   |       |           |            |       |           |
| <b>82.5</b> | <b>SQUAT</b>    | M.Anderson   | 202.5 | 6.12.2008  | N.McRither   | 122.5 | 27.4.2008  | N.McRither        | 122.5 | 27.4.2008 |            |       |           |
|             | <b>BENCH</b>    | M.Anderson   | 117.5 | 1.03.2009  | N.McRither   | 70    | 27.4.2008  | N.McRither        | 70    | 27.4.2008 |            |       |           |
|             | <b>DEADLIFT</b> | M.Anderson   | 220   | 1.03.2009  | N.McRither   | 130   | 27.4.2008  | N.McRither        | 130   | 27.4.2008 |            |       |           |
|             | <b>TOTAL</b>    | M.Anderson   | 527.5 | 6.12.2008  | N.McRither   | 322.5 | 27.4.2008  | N.McRither        | 322.5 | 27.4.2008 |            |       |           |
| <b>90</b>   | <b>SQUAT</b>    | G.Fitzsimons | 180   | 1.511.2008 | N.McRither   | 102.5 | 10.3.2007  | N.McRither        | 102.5 | 10.3.2007 | N.McRither | 92.5  | 29.7.06   |
|             | <b>BENCH</b>    | F.Skiftesvik | 95    | 12.11.2005 | C.Davidson   | 60    | 15.6.2002  | N.McRither        | 50    | 29.4.2007 | N.McRither | 35    | 29.7.06   |
|             | <b>DEADLIFT</b> | F.Skiftesvik | 180   | 6.11.2004  | C.Davidson   | 150   | 15.6.2002  | N.McRither        | 120   | 29.4.2007 | N.McRither | 100   | 29.7.06   |
|             | <b>TOTAL</b>    | F.Skiftesvik | 447.5 | 12.11.2005 | C.Davidson   | 310   | 15.6.2002  | N.McRither        | 262.5 | 10.3.2007 | N.McRither | 227.5 | 29.7.06   |
| <b>90+</b>  | <b>SQUAT</b>    | G.Fitzsimons | 180   | 21.3.2009  | R.Buckner    | 162.5 | 26.10.2002 |                   |       |           |            |       |           |
|             | <b>BENCH</b>    | F.Skiftesvik | 95    | 18.3.2006  | R.Buckner    | 72.5  | 7.9.2002   |                   |       |           |            |       |           |
|             | <b>DEADLIFT</b> | R.Buckner    | 180   | 26.10.2002 | R.Buckner    | 180   | 26.10.2002 |                   |       |           |            |       |           |
|             | <b>TOTAL</b>    | F.Skiftesvik | 440   | 5.11.2005  | R.Buckner    | 412.5 | 26.10.2002 |                   |       |           |            |       |           |

Note: Women's Under 20 and Under 18 records started 1.1.2006

Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)

Historical SP Records Frozen at 31122010 - Womens - Masters

**SCOTTISH WOMENS POWERLIFTING RECORDS**

|      |          | MASTER 1 (40+) |       |             | MASTER 2 (50+) |       |           | MASTER 3 (60+) |     |           |
|------|----------|----------------|-------|-------------|----------------|-------|-----------|----------------|-----|-----------|
| 48   | SQUAT    |                |       |             |                |       |           |                |     |           |
|      | BENCH    |                |       |             |                |       |           |                |     |           |
|      | DEADLIFT |                |       |             |                |       |           |                |     |           |
|      | TOTAL    |                |       |             |                |       |           |                |     |           |
| 52   | SQUAT    | A.Martin       | 85    | 7.12.2002   |                |       |           |                |     |           |
|      | BENCH    | A.Martin       | 55    | 7.12.2002   |                |       |           |                |     |           |
|      | DEADLIFT | A.Martin       | 105   | 7.12.2002   |                |       |           |                |     |           |
|      | TOTAL    | A.Martin       | 245   | 7.12.2002   |                |       |           |                |     |           |
| 56   | SQUAT    |                |       |             |                |       |           |                |     |           |
|      | BENCH    |                |       |             |                |       |           |                |     |           |
|      | DEADLIFT |                |       |             |                |       |           |                |     |           |
|      | TOTAL    |                |       |             |                |       |           |                |     |           |
| 60   | SQUAT    | S.Bradley      | 105   | 4.5.2002    |                |       |           |                |     |           |
|      | BENCH    | S.Bradley      | 50    | 27.4.2002   |                |       |           |                |     |           |
|      | DEADLIFT | S.Bradley      | 112.5 | 4.5.2002    |                |       |           |                |     |           |
|      | TOTAL    | S.Bradley      | 267.5 | 4.5.2002    |                |       |           |                |     |           |
| 67.5 | SQUAT    | S.Bradley      | 122.5 | 26.4.2003   | H.Richards     | 117.5 | 16.4.2005 |                |     |           |
|      | BENCH    | H.Richards     | 67.5  | 6.12.2003   | H.Richards     | 67.5  | 6.12.2003 |                |     |           |
|      | DEADLIFT | H.Richards     | 147.5 | 3.4.2004    | H.Richards     | 147.5 | 3.4.2004  |                |     |           |
|      | TOTAL    | H.Richards     | 327.5 | 16.4.2005   | H.Richards     | 327.5 | 16.4.2005 |                |     |           |
| 75   | SQUAT    | M.Anderson     | 180   | 1.3.2008    | H.Richards     | 127.5 | 4.3.2001  | H.Richards     | 100 | 1.03.2009 |
|      | BENCH    | M.Anderson     | 105   | 1.3.2008    | H.Richards     | 72.5  | 10.3.2007 | H.Richards     | 55  | 1.03.2009 |
|      | DEADLIFT | M.Anderson     | 200   | 26.1.2008   | H.Richards     | 150   | 5.12.2004 | H.Richards     | 130 | 1.03.2009 |
|      | TOTAL    | M.Anderson     | 475   | 1.3.2008    | H.Richards     | 327.5 | 1.12.2001 | H.Richards     | 285 | 1.03.2009 |
| 82.5 | SQUAT    | M.Anderson     | 202.5 | 6.12.2008   |                |       |           |                |     |           |
|      | BENCH    | M.Anderson     | 117.5 | 1.03.2009   |                |       |           |                |     |           |
|      | DEADLIFT | M.Anderson     | 220   | 1.03.2009   |                |       |           |                |     |           |
|      | TOTAL    | M.Anderson     | 527.5 | 6.12.2008   |                |       |           |                |     |           |
| 90   | SQUAT    | G.Fitzsimons   | 180   | 1.5.11.2008 |                |       |           |                |     |           |
|      | BENCH    | C.Cameron      | 80    | 8.10.2004   |                |       |           |                |     |           |
|      | DEADLIFT | G.Fitzsimons   | 175   | 2.12.2006   |                |       |           |                |     |           |
|      | TOTAL    | G.Fitzsimons   | 420   | 1.11.2008   |                |       |           |                |     |           |
| 90+  | SQUAT    | G.Fitzsimons   | 180   | 21.3.2009   |                |       |           |                |     |           |
|      | BENCH    | C.Cameron      | 85    | 5.10.2002   |                |       |           |                |     |           |
|      | DEADLIFT | G.Fitzsimons   | 175   | 21.3.2009   |                |       |           |                |     |           |
|      | TOTAL    | G.Fitzsimons   | 427.5 | 21.3.2009   |                |       |           |                |     |           |

Note: Women's 50+ records started 1.1.2001, Women's 60+ records started 1.1.2006

Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)

Historical SP Records Frozen at 31122010 - Mens Unequipped - Open & Junior

**SCOTTISH MENS UNEQUIPPED POWERLIFTING RECORDS**

|      |          | OPEN         |       |            | Under 23    |       |           | Junior (Under 20) |       |           | Under 18    |       |           |
|------|----------|--------------|-------|------------|-------------|-------|-----------|-------------------|-------|-----------|-------------|-------|-----------|
| 52   | SQUAT    |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | BENCH    |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | DEADLIFT |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | TOTAL    |              |       |            |             |       |           |                   |       |           |             |       |           |
| 56   | SQUAT    | K.Fraser     | 107.5 | 15.6.2008  | K.Fraser    | 107.5 | 15.6.2008 | K.Fraser          | 107.5 | 15.6.2008 | K.Fraser    | 107.5 | 15.6.2008 |
|      | BENCH    | C.Joyce      | 80    | 19.7.2009  | K.Fraser    | 62.5  | 15.6.2008 | K.Fraser          | 62.5  | 15.6.2008 | K.Fraser    | 62.5  | 15.6.2008 |
|      | DEADLIFT | C.Joyce      | 180   | 19.7.2009  | K.Fraser    | 150   | 15.6.2008 | K.Fraser          | 150   | 15.6.2008 | K.Fraser    | 150   | 15.6.2008 |
|      | TOTAL    | C.Joyce      | 330   | 19.7.2009  | K.Fraser    | 320   | 15.6.2008 | K.Fraser          | 320   | 15.6.2008 | K.Fraser    | 320   | 15.6.2008 |
| 60   | SQUAT    | D.Aikman     | 121   | 19.7.2009  | D.Aikman    | 121   | 19.7.2009 | D.Aikman          | 121   | 19.7.2009 | D.Aikman    | 121   | 19.7.2009 |
|      | BENCH    | J.Barnford   | 90    | 15.6.2008  | J.Barnford  | 90    | 15.6.2008 | J.Barnford        | 90    | 15.6.2008 | J.Barnford  | 90    | 15.6.2008 |
|      | DEADLIFT | D.Aikman     | 170   | 19.7.2009  | D.Aikman    | 170   | 19.7.2009 | D.Aikman          | 170   | 19.7.2009 | D.Aikman    | 170   | 19.7.2009 |
|      | TOTAL    | D.Aikman     | 371   | 19.7.2009  | D.Aikman    | 371   | 19.7.2009 | D.Aikman          | 371   | 19.7.2009 | D.Aikman    | 371   | 19.7.2009 |
| 67.5 | SQUAT    | P.Rutherford | 156   | 15.6.2008  | D.Bell      | 151   | 15.6.2008 | D.Bell            | 151   | 15.6.2008 | D.Bell      | 151   | 15.6.2008 |
|      | BENCH    | D.Nye        | 122.5 | 15.6.2008  | D.Nye       | 122.5 | 15.6.2008 | D.Zafar           | 95    | 19.7.2009 | D.Zafar     | 95    | 19.7.2009 |
|      | DEADLIFT | M.McBride    | 230   | 29.4.06    | D.Nye       | 200   | 16.8.2008 | D.Bell            | 196   | 28.4.2007 | D.Bell      | 196   | 28.4.2007 |
|      | TOTAL    | M.McBride    | 490   | 29.4.06    | D.Nye       | 465   | 16.8.2008 | D.Bell            | 428.5 | 15.6.2008 | D.Bell      | 428.5 | 15.6.2008 |
| 75   | SQUAT    | M.Fleming    | 197.5 | 10.6.2007  | S.Murray    | 155   | 10.6.2007 | J.Biggin          | 150   | 29.4.2006 | J.Biggin    | 150   | 29.4.2006 |
|      | BENCH    | M.Fleming    | 147.5 | 10.6.2007  | A.Dudgeon   | 120   | 19.7.2009 | J.Biggin          | 115   | 29.4.2006 | J.Biggin    | 115   | 29.4.2006 |
|      | DEADLIFT | M.Fleming    | 240   | 10.6.2007  | S.Mackie    | 225   | 25.7.2010 | J.Biggin          | 215   | 29.4.2006 | J.Biggin    | 215   | 29.4.2006 |
|      | TOTAL    | M.Fleming    | 585   | 10.6.2007  | J.Biggin    | 480   | 29.4.2006 | J.Biggin          | 480   | 29.4.2006 | J.Biggin    | 480   | 29.4.2006 |
| 82.5 | SQUAT    | B.Riddell    | 207.5 | 25.7.2010  | J.Biggin    | 185   | 10.6.2007 | J.Biggin          | 185   | 10.6.2007 | J.Biggin    | 185   | 10.6.2007 |
|      | BENCH    | A.Steel      | 150   | 19.7.2009  | J.Biggin    | 130   | 10.6.2007 | J.Biggin          | 130   | 10.6.2007 | J.Biggin    | 130   | 10.6.2007 |
|      | DEADLIFT | A.Steel      | 250   | 25.7.2010  | J.Biggin    | 230   | 10.6.2007 | J.Biggin          | 230   | 10.6.2007 | J.Biggin    | 230   | 10.6.2007 |
|      | TOTAL    | A.Steel      | 595   | 25.7.2010  | J.Biggin    | 545   | 10.6.2007 | J.Biggin          | 545   | 10.6.2007 | J.Biggin    | 545   | 10.6.2007 |
| 90   | SQUAT    | R.Love       | 252.5 | 25.7.2010  |             |       |           |                   |       |           |             |       |           |
|      | BENCH    | M.Keys       | 166   | 19.7.2009  |             |       |           |                   |       |           |             |       |           |
|      | DEADLIFT | R.Love       | 257.5 | 25.7.2010  |             |       |           |                   |       |           |             |       |           |
|      | TOTAL    | R.Love       | 655   | 25.7.2010  |             |       |           |                   |       |           |             |       |           |
| 100  | SQUAT    | B.Currie     | 230   | 19.7.2009  |             |       |           |                   |       |           |             |       |           |
|      | BENCH    | M.Keys       | 170   | 11.10.2009 |             |       |           |                   |       |           |             |       |           |
|      | DEADLIFT | R.Harkins    | 286   | 19.7.2009  |             |       |           |                   |       |           |             |       |           |
|      | TOTAL    | M.Keys       | 662.5 | 25.7.2010  |             |       |           |                   |       |           |             |       |           |
| 110  | SQUAT    | J.Bain       | 240   | 10.6.2007  |             |       |           |                   |       |           |             |       |           |
|      | BENCH    | J.Bain       | 200   | 10.6.2007  |             |       |           |                   |       |           |             |       |           |
|      | DEADLIFT | B.MacDonald  | 280   | 4.7.2004   |             |       |           |                   |       |           |             |       |           |
|      | TOTAL    | J.Bain       | 705   | 10.6.2007  |             |       |           |                   |       |           |             |       |           |
| 125  | SQUAT    | P.Swinton    | 270   | 10.6.2007  | J.Gallagher | 190   | 25.7.2010 | J.Gallagher       | 190   | 25.7.2010 | J.Gallagher | 190   | 25.7.2010 |
|      | BENCH    | P.Swinton    | 195   | 10.6.2007  | J.Gallagher | 110   | 25.7.2010 | J.Gallagher       | 110   | 25.7.2010 | J.Gallagher | 110   | 25.7.2010 |
|      | DEADLIFT | P.Swinton    | 310   | 10.6.2007  | J.Gallagher | 210   | 25.7.2010 | J.Gallagher       | 210   | 25.7.2010 | J.Gallagher | 210   | 25.7.2010 |
|      | TOTAL    | P.Swinton    | 775   | 10.6.2007  | J.Gallagher | 510   | 25.7.2010 | J.Gallagher       | 510   | 25.7.2010 | J.Gallagher | 510   | 25.7.2010 |
| 125+ | SQUAT    |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | BENCH    |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | DEADLIFT |              |       |            |             |       |           |                   |       |           |             |       |           |
|      | TOTAL    |              |       |            |             |       |           |                   |       |           |             |       |           |

Note: Unequipped Records can only be set at bona fide Unassisted Championships; NOT by simply lifting unassisted at 'normal' competitions. Unequipped records started 1.7.2004. Men's Under 18 records started 1.1.2006

**SCOTTISH MENS UNEQUIPPED POWERLIFTING RECORDS**

|      |          | MASTER 1 (40+) |       |           | MASTER 2 (50+) |       |           | MASTER 3 (60+) |  |  | MASTER 4 (70+) |  |  |
|------|----------|----------------|-------|-----------|----------------|-------|-----------|----------------|--|--|----------------|--|--|
| 56   | SQUAT    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |                |  |  |
| 60   | SQUAT    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |                |  |  |
| 67.5 | SQUAT    | M.McBride      | 155   | 29.4.06   | M.McBride      | 155   | 29.4.06   |                |  |  |                |  |  |
|      | BENCH    | R.Fraser       | 107.5 | 29.4.06   | R.Fraser       | 107.5 | 29.4.06   |                |  |  |                |  |  |
|      | DEADLIFT | M.McBride      | 230   | 29.4.06   | M.McBride      | 230   | 29.4.06   |                |  |  |                |  |  |
|      | TOTAL    | M.McBride      | 490   | 29.4.06   | M.McBride      | 490   | 29.4.06   |                |  |  |                |  |  |
| 75   | SQUAT    | A.Clegg        | 160   | 25.7.2010 |                |       |           |                |  |  |                |  |  |
|      | BENCH    | R.Bell         | 125   | 15.6.2008 |                |       |           |                |  |  |                |  |  |
|      | DEADLIFT | B.McGurk       | 192.5 | 25.7.2010 |                |       |           |                |  |  |                |  |  |
|      | TOTAL    | B.McGurk       | 465   | 25.7.2010 |                |       |           |                |  |  |                |  |  |
| 82.5 | SQUAT    | A.Campbell     | 160   | 29.4.06   | A.Campbell     | 160   | 29.4.06   |                |  |  |                |  |  |
|      | BENCH    | A.Campbell     | 110   | 29.4.06   | A.Campbell     | 110   | 29.4.06   |                |  |  |                |  |  |
|      | DEADLIFT | A.Campbell     | 185   | 29.4.06   | A.Campbell     | 185   | 29.4.06   |                |  |  |                |  |  |
|      | TOTAL    | A.Campbell     | 455   | 29.4.06   | A.Campbell     | 455   | 29.4.06   |                |  |  |                |  |  |
| 90   | SQUAT    | A.Campbell     | 170   | 4.7.2004  | A.Campbell     | 170   | 4.7.2004  |                |  |  |                |  |  |
|      | BENCH    | L.Kirkpatrick  | 125   | 25.7.2010 | A.Campbell     | 105   | 4.7.2004  |                |  |  |                |  |  |
|      | DEADLIFT | L.Kirkpatrick  | 200   | 25.7.2010 | A.Campbell     | 190   | 4.7.2004  |                |  |  |                |  |  |
|      | TOTAL    | L.Kirkpatrick  | 480   | 25.7.2010 | A.Campbell     | 465   | 4.7.2004  |                |  |  |                |  |  |
| 100  | SQUAT    | A.Cowley       | 220   | 25.7.2010 | A.Cowley       | 220   | 25.7.2010 |                |  |  |                |  |  |
|      | BENCH    | A.Cowley       | 145   | 25.7.2010 | A.Cowley       | 145   | 25.7.2010 |                |  |  |                |  |  |
|      | DEADLIFT | A.Cowley       | 252.5 | 25.7.2010 | A.Cowley       | 252.5 | 25.7.2010 |                |  |  |                |  |  |
|      | TOTAL    | A.Cowley       | 617.5 | 25.7.2010 | A.Cowley       | 617.5 | 25.7.2010 |                |  |  |                |  |  |
| 110  | SQUAT    | T.Baptiste     | 205   | 29.4.06   |                |       |           |                |  |  |                |  |  |
|      | BENCH    | S.Stables      | 132.5 | 29.4.06   |                |       |           |                |  |  |                |  |  |
|      | DEADLIFT | S.Stables      | 240   | 29.4.06   |                |       |           |                |  |  |                |  |  |
|      | TOTAL    | S.Stables      | 562.5 | 29.4.06   |                |       |           |                |  |  |                |  |  |
| 125  | SQUAT    | H.Davidson     | 170   | 4.7.2004  | H.Davidson     | 170   | 4.7.2004  |                |  |  |                |  |  |
|      | BENCH    | H.Davidson     | 135   | 4.7.2004  | H.Davidson     | 135   | 4.7.2004  |                |  |  |                |  |  |
|      | DEADLIFT | H.Davidson     | 230   | 4.7.2004  | H.Davidson     | 230   | 4.7.2004  |                |  |  |                |  |  |
|      | TOTAL    | H.Davidson     | 535   | 4.7.2004  | H.Davidson     | 535   | 4.7.2004  |                |  |  |                |  |  |
| 125+ | SQUAT    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |                |  |  |

Note: Unequipped Records can only be set at bona fide Unassisted Championships; NOT by simply lifting unassisted at 'normal' competitions. Unequipped records started 1.7.2004.

**SCOTTISH WOMENS UNEQUIPPED POWERLIFTING RECORDS**

|      |          | OPEN          |       |           | Under 23     |       |           | Junior (Under 20) |  |  | Under 18 |  |  |
|------|----------|---------------|-------|-----------|--------------|-------|-----------|-------------------|--|--|----------|--|--|
| 44   | SQUAT    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | BENCH    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    |               |       |           |              |       |           |                   |  |  |          |  |  |
| 48   | SQUAT    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | BENCH    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    |               |       |           |              |       |           |                   |  |  |          |  |  |
| 52   | SQUAT    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | BENCH    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    |               |       |           |              |       |           |                   |  |  |          |  |  |
| 56   | SQUAT    | L.Murray      | 87.5  | 25.7.2010 | L.Murray     | 87.5  | 25.7.2010 |                   |  |  |          |  |  |
|      | BENCH    | L.Murray      | 52.5  | 25.7.2010 | L.Murray     | 52.5  | 25.7.2010 |                   |  |  |          |  |  |
|      | DEADLIFT | L.Murray      | 95    | 25.7.2010 | L.Murray     | 95    | 25.7.2010 |                   |  |  |          |  |  |
|      | TOTAL    | L.Murray      | 235   | 25.7.2010 | L.Murray     | 235   | 25.7.2010 |                   |  |  |          |  |  |
| 60   | SQUAT    | K.Shorten     | 75    | 10.6.2007 | T.Christine  | 42.5  | 10.6.2007 |                   |  |  |          |  |  |
|      | BENCH    | K.Shorten     | 45    | 10.6.2007 | T.Christine  | 25    | 10.6.2007 |                   |  |  |          |  |  |
|      | DEADLIFT | K.Shorten     | 122.5 | 10.6.2007 | T.Christine  | 70    | 10.6.2007 |                   |  |  |          |  |  |
|      | TOTAL    | K.Shorten     | 242.5 | 10.6.2007 | T.Christine  | 137.5 | 10.6.2007 |                   |  |  |          |  |  |
| 67.5 | SQUAT    | H.Richards    | 87.5  | 29.4.06   | J.Adriaansse | 70    | 4.7.2004  |                   |  |  |          |  |  |
|      | BENCH    | H.Richards    | 52.5  | 29.4.06   | J.Adriaansse | 42.5  | 4.7.2004  |                   |  |  |          |  |  |
|      | DEADLIFT | H.Richards    | 132.5 | 29.4.06   | J.Adriaansse | 80    | 4.7.2004  |                   |  |  |          |  |  |
|      | TOTAL    | H.Richards    | 272.5 | 29.4.06   | J.Adriaansse | 192.5 | 4.7.2004  |                   |  |  |          |  |  |
| 75   | SQUAT    | M.Anderson    | 140   | 15.6.2008 |              |       |           |                   |  |  |          |  |  |
|      | BENCH    | M.Anderson    | 90    | 15.6.2008 |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT | M.Anderson    | 185   | 15.6.2008 |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    | M.Anderson    | 415   | 15.6.2008 |              |       |           |                   |  |  |          |  |  |
| 82.5 | SQUAT    | M.Anderson    | 150   | 25.7.2010 |              |       |           |                   |  |  |          |  |  |
|      | BENCH    | M.Anderson    | 92.5  | 25.7.2010 |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT | M.Anderson    | 185   | 25.7.2010 |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    | M.Anderson    | 427.5 | 25.7.2010 |              |       |           |                   |  |  |          |  |  |
| 90   | SQUAT    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | BENCH    |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT |               |       |           |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    |               |       |           |              |       |           |                   |  |  |          |  |  |
| 90+  | SQUAT    | G.Fitzsimmons | 140   | 10.6.2007 |              |       |           |                   |  |  |          |  |  |
|      | BENCH    | G.Fitzsimmons | 65    | 10.6.2007 |              |       |           |                   |  |  |          |  |  |
|      | DEADLIFT | G.Fitzsimmons | 160   | 10.6.2007 |              |       |           |                   |  |  |          |  |  |
|      | TOTAL    | G.Fitzsimmons | 365   | 10.6.2007 |              |       |           |                   |  |  |          |  |  |

Note: Unequipped Records can only be set at bona fide Unassisted Championships; NOT by simply lifting unassisted at 'normal' competitions.  
 Unequipped records started 1.7.2004. Women's Under 20 and Under 18 records started 1.1.2006  
 Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)

**SCOTTISH WOMENS UNEQUIPPED POWERLIFTING RECORDS**

|      |          | MASTER 1 (40+) |       |           | MASTER 2 (50+) |       |           | MASTER 3 (60+) |  |  |
|------|----------|----------------|-------|-----------|----------------|-------|-----------|----------------|--|--|
| 48   | SQUAT    |                |       |           |                |       |           |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |
| 52   | SQUAT    |                |       |           |                |       |           |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |
| 56   | SQUAT    |                |       |           |                |       |           |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |
| 60   | SQUAT    |                |       |           |                |       |           |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |
| 67.5 | SQUAT    | H.Richards     | 87.5  | 29.4.06   | H.Richards     | 87.5  | 29.4.06   |                |  |  |
|      | BENCH    | H.Richards     | 52.5  | 29.4.06   | H.Richards     | 52.5  | 29.4.06   |                |  |  |
|      | DEADLIFT | H.Richards     | 132.5 | 29.4.06   | H.Richards     | 132.5 | 29.4.06   |                |  |  |
|      | TOTAL    | H.Richards     | 272.5 | 29.4.06   | H.Richards     | 272.5 | 29.4.06   |                |  |  |
| 75   | SQUAT    | M.Anderson     | 140   | 15.6.2008 |                |       |           |                |  |  |
|      | BENCH    | M.Anderson     | 90    | 15.6.2008 |                |       |           |                |  |  |
|      | DEADLIFT | M.Anderson     | 185   | 15.6.2008 |                |       |           |                |  |  |
|      | TOTAL    | M.Anderson     | 415   | 15.6.2008 |                |       |           |                |  |  |
| 82.5 | SQUAT    | M.Anderson     | 150   | 25.7.2010 |                |       |           |                |  |  |
|      | BENCH    | M.Anderson     | 92.5  | 25.7.2010 |                |       |           |                |  |  |
|      | DEADLIFT | M.Anderson     | 185   | 25.7.2010 |                |       |           |                |  |  |
|      | TOTAL    | M.Anderson     | 427.5 | 25.7.2010 |                |       |           |                |  |  |
| 90   | SQUAT    |                |       |           |                |       |           |                |  |  |
|      | BENCH    |                |       |           |                |       |           |                |  |  |
|      | DEADLIFT |                |       |           |                |       |           |                |  |  |
|      | TOTAL    |                |       |           |                |       |           |                |  |  |
| 90+  | SQUAT    | G.Fitzsimmons  | 140   | 10.6.2007 | G.Fitzsimmons  | 110   | 25.7.2010 |                |  |  |
|      | BENCH    | G.Fitzsimmons  | 65    | 10.6.2007 | G.Fitzsimmons  | 65    | 25.7.2010 |                |  |  |
|      | DEADLIFT | G.Fitzsimmons  | 160   | 10.6.2007 | G.Fitzsimmons  | 140   | 25.7.2010 |                |  |  |
|      | TOTAL    | G.Fitzsimmons  | 365   | 10.6.2007 | G.Fitzsimmons  | 315   | 25.7.2010 |                |  |  |

Note: Unequipped Records can only be set at bona fide Unassisted Championships; NOT by simply lifting unassisted at 'normal' competitions  
 Unequipped records started 1.7.2004. Women's 60+ records started 1.1.2006  
 Men's 52kg class and Women's 44kg class records frozen for Open and Masters age categories (from Jan 2007)