



Top 20 Men 2016 Ranked on Wilks

Classic Powerlifting

	Name	Division	Weight Class	Age class	Competition	Wilks
1	CHRISTOPHER WONG	SCO	74	Senior	Mens British Classic	477.0421
2	Mark MacQueen	SCO	120	U23	Classic World Championships	472.1765
3	MARC KEYS	SCO	120	Senior	Scottish Classsic	452.5449
4	ADAM RUTHERFORD	SCO	93	Senior	Aberdeen Open	435.6941
5	SCOTT MULHERON	SCO	93	Senior	Mens British Classic	425.7812
6	William Rodgers	SCO	120	Senior	Scottish Classsic	420.1854
7	FRANCESCO PELIZZA	SCO	120+	Senior	Scottish Classsic	419.5308
8	CALLUM CROZIER	SCO	105	U23	Scottish Classsic	413.5111
9	MARK HOURSTON	SCO	74	Senior	Scottish Classsic	407.9839
10	MICHAEL MORRIS	SCO	66	Senior	Fife Open	407.7965
11	JOSHUA BATCHELOR	SCO	105	U23	Scottish Eastern Districts	404.6212
12	LEWIS WALKER	SCO	74	U23	British Classic Juniors	403.7281
13	OMAR KHAN	SCO	66	U23	British Classic Juniors	402.5299
14	JEFF MACDONALD	SCO	93	U23	Aberdeen Open	399.4979
15	KEEN THAMMATHATAREE	SCO	74	U23	Scottish Classsic	398.7086
16	DEAN ROBERTSON	SCO	83	Senior	Fife Open	396.1885
17	STUART DUNCAN	SCO	66	Senior	Scottish Eastern Districts	395.6691
18	PAUL MacDONALD	SCO	83	Senior	Aberdeen Open	392.6080
19	DANIEL MACURA	SCO	93	Senior	Scottish Classsic	391.7223
20	STEPHEN CUMMING	SCO	105	U23	Aberdeen Open	390.2829

Equipped Powerlifting

Updated: 30/01/2017

	Name	Division	Weight Class	Age class	Competition	Wilks
1	ROBERT LOVE	SCO	93	Senior	Scottish Seniors	496.2038
2	Stuart Crichton	SCO	105	M1	Scottish Masters	469.1160
3	Bernie McGurk	SCO	74	M1	Western European Championships	462.1850
4	JOHN MAXWELL	SCO	66	M2	Scottish Seniors	459.5975
5	William Murray	SCO	74	Senior	British Equipped	457.1683
6	Calum Keenan	SCO	93	Senior	British Equipped	414.7472
7	FRANCESCO PELIZZ	SCO	120	Senior	Home Nations	409.0822
8	JAMES MUTRIE	SCO	93	M2	Perth Open	357.2310
9	LEE CHRISTIE	SCO	120	M1	Scottish Masters	339.3650
10	SHAUN CLARKIN	SCO	74	M3	Scottish Masters	309.2963
11	BRIAN BAKER	SCO	93	M3	Scottish Masters	283.5897
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Classic Bench Press

	Name	Division	Weight Class	Age class	Competition	Wilks
1	MICHAEL DICKSON	SCO	105	Senior	Perth Open	121.6209
2	PAUL MacDONALD	SCO	83	Senior	Scottish Northern Districts	101.0790
3	LEE CHRISTIE	SCO	120	M1	Perth Open	88.7857
4	Martin Flett	SCO	105	M3	British Bench Press	83.7419
5	TAM FRASER	SCO	93	M3	Scottish Northern Districts	82.6675
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Equipped Bench Press

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Martin Flett	SCO	120	M3	Scottish Northern Districts	106.9687
2	William McFadyen	SCO	74	M4	Greater London Bench Press Champ	78.9544
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59kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	BRUCE FARMER	SCO	58.2	U23	Scottish Juniors	372.5
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Equipped Powerlifting

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Classic Bench Press

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Equipped Bench Press

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66kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	MICHAEL MORRIS	SCO	64.8	Senior	Fife Open	511.5
2	OMAR KHAN	SCO	65.2	U23	British Classic Juniors	507.5
3	STUART DUNCAN	SCO	64.6	Senior	Scottish Eastern Districts	495
4	KIERAN MELLON	SCO	65	U23	Scottish Juniors	467.5
5	JAMIE MILLER	SCO	64.8	Senior	Perth Open	445
6	YING GUE	SCO	64.2	Senior	Scottish Universities & Colleges Char	425
7	MILO NATHAN	SCO	61.6	U23	Scottish Juniors	362.5
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Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	JOHN MAXWELL	SCO	64.6	M2	Scottish Seniors	575
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Classic Bench Press

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Equipped Bench Press

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74kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	CHRISTOPHER WONG	SCO	72.35	Senior	Mens British Classic	652.5
2	MARK HOURSTON	SCO	73.6	Senior	Scottish Classsic	565
3	LEWIS WALKER	SCO	72.4	U23	British Classic Juniors	552.5
4	KEEN THAMMATHATAREE	SCO	73.2	U23	Scottish Classsic	550
5	Wayne Reid	SCO	72.7	M1	British Masters	500
6	MATHEW LAIRD	SCO	73.4	U23	Scottish Eastern Districts	482.5
7	MIKE SMITH	SCO	70.8	Senior	Scottish Universities & Colleges Charr	455
8	ANDREW WALLACE	SCO	72.8	U23	Scottish Juniors	455
9	THOMAS MACKENZIE	SCO	73.8	U23	Scottish Juniors	452.5
10	FRASER MATHIESON	SCO	71.4	U23	Scottish Universities & Colleges Charr	440
11	SEAN SINCLAIR	SCO	73	U23	Scottish Juniors	437.5
12	PETER BONNER	SCO	72.3	Senior	SW Classic	422.5
13	SHAUN CLARKIN	SCO	70.8	M3	British Masters	400
14	CONNOR MACKIE	SCO	71.6	U23	Scottish Universities & Colleges Charr	390
15	SHEA O'DONNELL	SCO	74	U18	Fife Open	250
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Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Bernie McGurk	SCO	73.19	M1	Western European Championships	637.5
2	William Murray	SCo	72.3	Senior	British Equipped	625
3	SHAUN CLARKIN	SCO	73.4	M3	Scottish Masters	427.5
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Classic Bench Press

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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	William McFadyen	SCO	71.9	M4	Greater London Bench Press Champ	107.5
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83kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	82.7	Senior	Scottish Northern Districts	645
2	DEAN ROBERTSON	SCO	81.6	Senior	Fife Open	587.5
3	PAUL MacDONALD	SCO	81.1	Senior	Aberdeen Open	580
4	JAMES DUGDALE	SCO	82	Senior	Scottish Eastern Districts	562.5
5	ALEXANDER ANDERSON	SCO	81	U23	Fife Open	552.5
6	STUART JOHNSTON	SCO	82.6	Senior	Scottish Eastern Districts	547.5
7	BEN PARKES	SCO	80.8	Senior	Perth Open	537.5
8	STRUAN URQUHART	SCO	81.4	Senior	Scottish Eastern Districts	535
9	EDDIE CHAN	SCO	80.4	U23	Scottish Juniors	532.5
10	MATT LAIRD	SCO	82.2	U23	Scottish Juniors	532.5
11	MURRAY WALLACE	SCO	82.4	Senior	Perth Open	527.5
12	IAN ARMSTRONG	SCO	82	Senior	Scottish Western Districts	525
13	JODI MULLEN	SCO	83	Senior	Perth Open	525
14	STUART BURNETT	SCO	80.6	U23	Scottish Juniors	515
15	Duncan Keith	SCO	80.9	Senior	Cumbria Championships	515
16	GORDON SCOTT	SCO	80.9	Senior	Aberdeen Open	510
17	IAIN HUNTER	SCO	81.6	Senior	Scottish Universities & Colleges Charr	510
18	TRISTAN SYKES	SCO	78.8	U23	Fife Open	495
19	SEB WILSON	SCO	79.2	U23	Aberdeen Open	495
20	CLIFFORD HALGRYN	SCO	82.8	Senior	Scottish Eastern Districts	492.5

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	PAUL MacDONALD	SCO	81.7	Senior	Scottish Northern Districts	150
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Equipped Bench Press

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93kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	87.5	Senior	Aberdeen Open	672.5
2	SCOTT MULHERON	SCO	88.2	Senior	Mens British Classic	660
3	JEFF MACDONALD	SCO	88.4	U23	Aberdeen Open	620
4	GRAEME LAMONT	SCO	91.5	Senior	Scottish Classic	610
5	SAMEEM TAK	SCO	91.6	Senior	Scottish Universities & Colleges Charr	605.5
6	DANIEL MACURA	SCO	87.6	Senior	Scottish Classic	605
7	Chris Barr	SCO	91.7	Senior	Manchester & Merseyside	600
8	SAM GAHAGAN	SCO	91.2	U23	Scottish Juniors	592.5
9	WILLIAM BROWN	SCO	90.6	Senior	Fife Open	575
10	WILLIAM BROADHURST	SCO	93	U23	Scottish Juniors	575
11	JAMIE DYER	SCO	88.4	Senior	Scottish Western Districts	572.5
12	REISS McCORMICK	SCO	92.8	U23	Scottish Juniors	572.5
13	TOM BARRACK	SCO	90.5	Senior	Aberdeen Open	570
14	CRAIG SMITH	SCO	89.3	Senior	Scottish Northern Districts	565
15	TOM CRAWFORD	SCO	93	Senior	Scottish Northern Districts	557.5
16	GRAHAM MILLIKEN	SCO	93	M1	Scottish Masters	557.5
17	MARTIN PORTER	SCO	89.6	Senior	Fife Open	555
18	GRAHAM FINDLAY	SCO	90.8	Senior	Fife Open	555
19	CHRIS WINSTONE	SCO	91.8	M1	Fife Open	555
20	DUNCAN MACKAY	SCO	92.8	M1	Scottish Masters	555

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	ROBERT LOVE	SCO	92.4	Senior	Scottish Seniors	787.5
2	Calum Keenan	SCO	92.2	Senior	British Equipped	657.5
3	JAMES MUTRIE	SCO	92.6	M2	Perth Open	567.5
4	BRIAN BAKER	SCO	92.6	M3	Scottish Masters	450.5
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	TAM FRASER	SCO	90.7	M3	Scottish Northern Districts	130
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Equipped Bench Press

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105kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	CALLUM CROZIER	SCO	100.2	U23	Scottish Classic	680
2	JOSHUA BATCHELOR	SCO	102	U23	Scottish Eastern Districts	670
3	JOHN SMITH	SCO	102.4	Senior	Fife Open	645
4	STEPHEN CUMMING	SCO	99.5	U23	Aberdeen Open	640
5	JONNY WARDELL	SCO	99.6	Senior	Scottish Universities & Colleges Char	640
6	STEPHEN O'DONNELL	Sco	103	M1	Scottish Western Districts	635
7	DAVID SHAND	SCO	103.6	Senior	Scottish Northern Districts	627.5
8	JASON ARNOLD	SCO	100.4	Senior	Fife Open	617.5
9	PETE TOLMIE	SCO	104.6	U23	Scottish Universities & Colleges Char	617.5
10	ARTHUR COWLEY	SCO	102	M2	Scottish Masters	612.5
11	PHIL SALTER	SCO	101.6	Senior	Perth Open	605
12	ALESSANDRO DEL BRENNI	SCO	101.8	Senior	Scottish Classic	605
13	REISS McCORMICK	SCO	101	U23	Perth Open	602.5
14	ROY RITCHIE	SCO	103.6	Senior	Perth Open	602.5
15	TOM CRAWFORD	SCO	94.9	Senior	Aberdeen Open	590
16	KIERAN MUNRO	SCO	103	U23	Scottish Eastern Districts	585
17	NEIL CUSHNIE	SCO	102.2	Senior	Aberdeen Open	575
18	TIM MEADOWS	SCO	103.6	Senior	Fife Open	572.5
19	TOM ASHMOLE	SCO	100	M1	Scottish Masters	570
20	SEAN DONNELLY	SCO	101.2	U23	Scottish Universities & Colleges Char	570

Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Stuart Crichton	SCO	105	M1	Scottish Masters	785
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	MICHAEL DICKSON	SCO	100.2	Senior	Perth Open	200
2	Martin Flett	Sco	104.7	M3	British Bench Press	140
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Martin Flett	Sco	103.9	M3	British Bench Press	170
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120kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	Mark MacQueen	SCO	119.2	U23	Classic World Championships	820
2	MARC KEYS	SCO	117.1	Senior	Scottish Classic	782.5
3	William Rodgers	SCO	119.4	Senior	Scottish Classic	730
4	ALAN FORSYTH	SCO	118.4	Senior	Perth Open	610
5	DAVID EDES	SCO	109.5	Senior	Scottish Northern Districts	600
6	ROSS TAGGART	SCO	109.4	U23	Scottish Masters	590
7	GRANT SINCLAIR	SCO	115.2	Senior	Aberdeen Open	580
8	SEAN McLAREN	SCO	117.8	U18	Scottish Juniors	576
9	ANDREW COWLING	SCO	120	U23	Fife Open	575
10	CHRIS CHARNLEY	SCO	113	U23	Scottish Universities & Colleges Charr	562.5
11	CONOR WATSON	SCO	110	U23	Scottish Eastern Districts	535
12	ANDREW DOUGLAS	SCO	106	Senior	Perth Open	525
13	JOHN SOULSBY	SCO	108.8	Senior	Perth Open	520
14	PATRICK MACKINNON	SCO	109.2	U23	Scottish Universities & Colleges Charr	497.5
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Equipped Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZ	SCO	117.2	Senior	Home Nations	707.5
2	LEE CHRISTIE	SCO	109	M1	Scottish Masters	575
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Classic Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	LEE CHRISTIE	SCO	108	M1	Perth Open	150
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Equipped Bench Press

	Name	Division	Body weight	Age class	Competition	Total
1	Martin Flett	SCO	106.7	M3	Scottish Northern Districts	180
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120+kg Class

Top 20 Ranked on Total

Classic Powerlifting

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	120.2	Senior	Scottish Classic	730
2	William Rodgers	SCO	125.1	Senior	Home Nations	700
3	LEWIS THOMSON	SCO	127.9	Senior	Aberdeen Open	625
4	ERNIE de RIJK	SCO	159.6	U23	Scottish Universities & Colleges Char	485
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Equipped Powerlifting

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Classic Bench Press

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Equipped Bench Press

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