



## Top 20 Men 2016 Ranked on Wilks

### Classic Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Mark MacQueen	SCO	120	U23	Classic World Championships	182.8244
2	CHRISTOPHER WONG	SCO	74	Senior	Mens British Classic	171.8083
3	MARC KEYS	SCO	120	Senior	Home Nations	167.3975
4	SCOTT MULHERON	SCO	93	Senior	Mens British Classic	166.1192
5	FRANCESCO PELIZZA	SCO	120+	Senior	Scottish Classic	155.1689
6	JEFF MACDONALD	SCO	93	U23	Aberdeen Open	151.4226
7	William Rodgers	SCO	120	Senior	Scottish Classic	149.6551
8	LEWIS WALKER	SCO	74	U23	Scottish Universities & College	148.2729
9	KEEN THAMMATHAREE	SCO	74	U23	Scottish Classic	146.7973
10	JONNY WARDELL	SCO	105	Senior	Scottish Universities & College	146.2967
11	SAM GAHAGAN	SCO	93	U23	Scottish Juniors	145.8584
12	ADAM RUTHERFORD	SCO	93	Senior	Aberdeen Open	145.7713
13	MICHAEL MORRIS	SCO	66	Senior	Fife Open	144.7020
14	OMAR KHAN	SCO	66	U23	Scottish Eastern Districts	144.6790
15	DAVID EDES	SCO	120	Senior	Scottish Northern Districts	144.3837
16	JOHN SMITH	SCO	105	Senior	Fife Open	140.2022
17	CALLUM CROZIER	SCO	105	U23	Scottish Classic	139.8641
18	JAMES DUGDALE	SCO	83	Senior	Scottish Eastern Districts	139.5152
19	GRAEME LAMONT	SCO	93	Senior	Scottish Classic	139.2910
20	SAMEEM TAK	SCO	93	Senior	Scottish Universities & College	139.2164

### Classic Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	MARC KEYS	SCO	120	Senior	Home Nations	121.2189
2	ADAM RUTHERFORD	SCO	93	Senior	Aberdeen Open	118.2367
3	SAMEEM TAK	SCO	93	Senior	Scottish Universities & College	114.2207
4	CALLUM CROZIER	SCO	105	U23	Scottish Western Districts	108.4643
5	FRANCESCO PELIZZA	SCO	120+	Senior	Scottish Classic	107.7562
6	Mark MacQueen	SCO	120	U23	British Classic Juniors	106.4854
7	STRUAN URQUHART	SCO	83	Senior	Scottish Eastern Districts	104.6833
8	JONATHON LENZI	SCO	93	U23	Fife Open	104.2154
9	GORDON SCOTT	SCO	93	M1	Scottish Masters	102.0281
10	PAUL MacDONALD	SCO	83	Senior	Aberdeen Open	101.5365
11	CHRISTOPHER WONG	SCO	74	Senior	Mens British Classic	100.5261
12	JOSHUA BATCHELOR	SCO	105	U23	Scottish Juniors	99.3535
13	JOHN SMITH	SCO	105	Senior	Fife Open	97.9908
14	MARK HOURSTON	SCO	74	Senior	Scottish Classic	97.4829
15	DEAN ROBERTSON	SCO	83	Senior	Fife Open	96.0968
16	MATT LAIRD	SCO	83	U23	Scottish Juniors	95.6708
17	DAVID LITCHFIELD	SCO	93	M1	Scottish Masters	95.0223
18	ALEXANDER ANDERSON	SCO	83	U23	Fife Open	94.8396
19	ALAN FORSYTH	SCO	120	Senior	Perth Open	93.7229
20	STUART JOHNSTON	SCO	83	Senior	Scottish Eastern Districts	93.7190

### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Weight Class	Age class	Competition	Wilks
1	CHRISTOPHER WONG	SCO	74	Senior	Scottish Western Districts	204.7912
2	Mark MacQueen	SCO	120	U23	Classic World Championships	185.7036
3	William Rodgers	SCO	120	Senior	Scottish Classic	184.1909
4	MARK HOURSTON	SCO	74	Senior	Perth Open	180.8760
5	OMAR KHAN	SCO	66	U23	British Classic Juniors	178.4615
6	ADAM RUTHERFORD	SCO	83	Senior	Scottish Northern Districts	173.9238
7	MARC KEYS	SCO	120	Senior	Scottish Classic	173.4996
8	SCOTT MULHERON	SCO	93	Senior	Mens British Classic	172.5704
9	STUART DUNCAN	SCO	66	Senior	Scottish Eastern Districts	171.8563
10	JOSHUA BATCHELOR	SCO	105	U23	Scottish Juniors	171.6106
11	MICHAEL MORRIS	SCO	66	Senior	Fife Open	171.4101
12	STEPHEN O'DONNELL	SCO	105	M1	Scottish Western Districts	168.4784
13	JONNY WARDELL	SCO	105	Senior	Scottish Universities & College	167.6316
14	LEWIS WALKER	SCO	74	U23	Scottish Juniors	167.3946
15	JAMIE MILLER	SCO	66	Senior	Perth Open	165.4307
16	DANIEL MACURA	SCO	93	Senior	Scottish Classic	165.1061
17	CALLUM CROZIER	SCO	105	U23	Scottish Classic	164.1882
18	ROY RITCHIE	SCO	105	Senior	Perth Open	162.1154
19	DEAN ROBERTSON	SCO	83	Senior	Fife Open	161.8472
20	STEPHEN CUMMING	SCO	105	U23	Aberdeen Open	161.6015

### Equipped Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	ROBERT LOVE	SCO	93	Senior	Perth Open	194.3792
2	Stuart Crichton	SCO	105	M1	Scottish Seniors	176.2783
3	Bernie McGurk	SCO	74	M1	Western European Champions	173.9991
4	William Murray	SCO	74	Senior	British Equipped	171.8953
5	JOHN MAXWELL	SCO	66	M2	Scottish Seniors	171.8563
6	FRANCESCO PELIZZA	SCO	120	Senior	Home Nations	145.9975
7	Calum Keenan	SCO	93	Senior	British Equipped	145.0827
8	JAMES MUTRIE	SCO	93	M2	Perth Open	136.9123
9	LEE CHRISTIE	SCO	120	M1	Scottish Masters	120.9839
10	SHAUN CLARKIN	SCO	74	M3	Scottish Masters	103.0993
11	BRIAN BAKER	SCO	93	M3	Scottish Masters	102.2908
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### Equipped Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Stuart Crichton	SCO	105	M1	Home Nations	127.0653
2	ROBERT LOVE	SCO	93	Senior	Scottish Seniors	124.4517
3	William Murray	SCO	74	Senior	British Equipped	124.3498
4	JOHN MAXWELL	SCO	66	M2	Scottish Seniors	117.9014
5	FRANCESCO PELIZZA	SCO	120	Senior	Home Nations	104.0775
6	LEE CHRISTIE	SCO	120	M1	Scottish Masters	94.4264
7	JAMES MUTRIE	SCO	93	M2	Perth Open	94.4223
8	Bernie McGurk	SCO	74	M1	Western European Champions	92.4370
9	Calum Keenan	SCO	93	Senior	British Equipped	91.4652
10	SHAUN CLARKIN	SCO	74	M3	Scottish Masters	72.3504
11	BRIAN BAKER	SCO	93	M3	Perth Open	55.2526
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### Equipped Deadlift

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Bernie McGurk	SCO	74	M1	Western European Champions	195.7490
2	ROBERT LOVE	SCO	93	Senior	Scottish Seniors	179.5886
3	Calum Keenan	SCO	93	Senior	British Equipped	178.1993
4	JOHN MAXWELL	SCO	66	M2	Scottish Seniors	169.8579
5	Stuart Crichton	SCO	105	M1	Scottish Masters	167.3150
6	William Murray	SCO	74	Senior	British Equipped	160.9232
7	FRANCESCO PELIZZA	SCO	120	Senior	Home Nations	159.0072
8	SHAUN CLARKIN	SCO	74	M3	Scottish Masters	133.8483
9	JAMES MUTRIE	SCO	93	M2	Scottish Masters	132.6062
10	BRIAN BAKER	SCO	93	M3	Scottish Masters	126.2111
11	LEE CHRISTIE	SCO	120	M1	Scottish Masters	123.9347
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# 59kg Class

Top 20 Ranked on Total

## Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	BRUCE FARMER	SCO	58.2	U23	Scottish Juniors	120
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## Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	BRUCE FARMER	SCO	58.2	U23	Scottish Juniors	82.5
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## Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	BRUCE FARMER	SCO	58.2	U23	Scottish Juniors	170
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## Equipped Squat

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## Equipped Bench Press (3 lift)

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## Equipped Deadlift

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# 66kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	MICHAEL MORRIS	SCO	64.8	Senior	Fife Open	181.5
2	OMAR KHAN	SCO	64.6	U23	Scottish Eastern Districts	181
3	STUART DUNCAN	SCO	64.6	Senior	Scottish Eastern Districts	170
4	KIERAN MELLON	SCO	65	U23	Scottish Juniors	165
5	YING GUE	SCO	64.2	Senior	Scottish Universities & College	155
6	JAMIE MILLER	SCO	64.8	Senior	Perth Open	140
7	MILO NATHAN	SCO	61.6	U23	Scottish Juniors	125
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### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	MICHAEL MORRIS	SCO	64.8	Senior	Fife Open	115
2	OMAR KHAN	SCO	64.6	U23	Scottish Eastern Districts	112.5
3	STUART DUNCAN	SCO	64.6	Senior	Scottish Eastern Districts	110
4	KIERAN MELLON	SCO	65	U23	Scottish Juniors	110
5	JAMIE MILLER	SCO	64.8	Senior	Perth Open	97.5
6	YING GUE	SCO	64.2	Senior	Scottish Universities & College	85
7	MILO NATHAN	SCO	61.6	U23	Scottish Juniors	77.5
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### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	OMAR KHAN	SCO	65.2	U23	British Classic Juniors	225
2	STUART DUNCAN	SCO	64.6	Senior	Scottish Eastern Districts	215
3	MICHAEL MORRIS	SCO	64.8	Senior	Fife Open	215
4	JAMIE MILLER	SCO	64.8	Senior	Perth Open	207.5
5	KIERAN MELLON	SCO	65	U23	Scottish Juniors	192.5
6	YING GUE	SCO	64.2	Senior	Scottish Universities & College	185
7	MILO NATHAN	SCO	61.6	U23	Scottish Juniors	160
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### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	JOHN MAXWELL	SCO	64.6	M2	Scottish Seniors	215
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	JOHN MAXWELL	SCO	64.6	M2	Scottish Seniors	147.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	JOHN MAXWELL	SCO	64.6	M2	Scottish Seniors	212.5
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# 74kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	CHRISTOPHER WONG	SCO	72.35	Senior	Mens British Classic	235
2	LEWIS WALKER	SCO	72.2	U23	Scottish Universities & College	202.5
3	KEEN THAMMATHATAREE	SCO	73.2	U23	Scottish Classsic	202.5
4	MARK HOURSTON	SCO	73.6	Senior	Scottish Classsic	190
5	MATHEW LAIRD	SCO	73.4	U23	Scottish Eastern Districts	180
6	Wayne Reid	SCO	72.7	M1	British Masters	177.5
7	ANDREW WALLACE	SCO	72.8	U23	Scottish Juniors	172.5
8	MIKE SMITH	SCO	70.8	Senior	Scottish Universities & College	165
9	FRASER MATHIESON	SCO	71.4	U23	Scottish Universities & College	150
10	CONNOR MACKIE	SCO	71.6	U23	Scottish Universities & College	145
11	SEAN SINCLAIR	SCO	73	U23	Scottish Juniors	145
12	THOMAS MACKENZIE	SCO	73.8	U23	Scottish Juniors	145
13	PETER BONNER	SCO	72.3	Senior	SW Classic	142.5
14	SHAUN CLARKIN	SCO	73.4	M3	Scottish Seniors	135
15	SHEA O'DONNELL	SCO	74	U18	Fife Open	80
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### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	CHRISTOPHER WONG	SCO	72.35	Senior	Mens British Classic	137.5
2	MARK HOURSTON	SCO	73.6	Senior	Scottish Classsic	135
3	LEWIS WALKER	SCO	72.4	U23	British Classic Juniors	127.5
4	MATHEW LAIRD	SCO	73.4	U23	Scottish Eastern Districts	127.5
5	KEEN THAMMATHATAREE	SCO	73.2	U23	Scottish Classsic	125
6	ANDREW WALLACE	SCO	72.8	U23	Scottish Juniors	117.5
7	FRASER MATHIESON	SCO	71.4	U23	Scottish Universities & College	110
8	PETER BONNER	SCO	72.3	Senior	SW Classic	107.5
9	Wayne Reid	SCO	72.7	M1	British Masters	107.5
10	THOMAS MACKENZIE	SCO	73.8	U23	Scottish Juniors	102.5
11	MIKE SMITH	SCO	70.8	Senior	Scottish Universities & College	95
12	SHAUN CLARKIN	SCO	71.2	M3	Scottish Western Districts	95
13	SEAN SINCLAIR	SCO	73	U23	Scottish Juniors	85
14	CONNOR MACKIE	SCO	71.6	U23	Scottish Universities & College	80
15	SHEA O'DONNELL	SCO	74	U18	Fife Open	50
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### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	CHRISTOPHER WONG	SCO	73.2	Senior	Scottish Western Districts	282.5
2	MARK HOURSTON	SCO	73.4	Senior	Perth Open	250
3	LEWIS WALKER	SCO	72.8	U23	Scottish Juniors	230
4	KEEN THAMMATHATAREE	SCO	73.2	U23	Scottish Classsic	222.5
5	Wayne Reid	SCO	72.7	M1	British Masters	215
6	SEAN SINCLAIR	SCO	73	U23	Scottish Juniors	207.5
7	THOMAS MACKENZIE	SCO	73.8	U23	Scottish Juniors	205
8	MIKE SMITH	SCO	70.8	Senior	Scottish Universities & College	195
9	FRASER MATHIESON	SCO	71.4	U23	Scottish Universities & College	180
10	MATHEW LAIRD	SCO	73.4	U23	Scottish Eastern Districts	175
11	SHAUN CLARKIN	SCO	73.4	M3	Scottish Seniors	175
12	PETER BONNER	SCO	72.3	Senior	SW Classic	172.5
13	CONNOR MACKIE	SCO	71.6	U23	Scottish Universities & College	165
14	ANDREW WALLACE	SCO	72.8	U23	Scottish Juniors	165
15	SHEA O'DONNELL	SCO	74	U18	Fife Open	120
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### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Bernie McGurk	SCO	73.19	M1	Western European Champions	240
2	William Murray	SCO	72.3	Senior	British Equipped	235
3	SHAUN CLARKIN	SCO	73.4	M3	Scottish Masters	142.5
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	William Murray	SCO	72.3	Senior	British Equipped	170
2	Bernie McGurk	SCO	73.19	M1	Western European Champions	127.5
3	SHAUN CLARKIN	SCO	73.4	M3	Scottish Masters	100
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Bernie McGurk	SCO	73.19	M1	Western European Champions	270
2	William Murray	SCO	72.3	Senior	British Equipped	220
3	SHAUN CLARKIN	SCO	73.4	M3	Scottish Masters	185
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# 83kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	82.7	Senior	Scottish Northern Districts	210
2	JAMES DUGDALE	SCO	82	Senior	Scottish Eastern Districts	207.5
3	DEAN ROBERTSON	SCO	81.6	Senior	Fife Open	205
4	ALEXANDER ANDERSON	SCO	81	U23	Fife Open	200
5	PAUL MacDONALD	SCO	81.1	Senior	Aberdeen Open	200
6	JODI MULLEN	SCO	83	Senior	Perth Open	200
7	EDDIE CHAN	SCO	80.4	U23	Scottish Juniors	197.5
8	MATT LAIRD	SCO	82.2	U23	Scottish Juniors	195
9	BEN PARKES	SCO	80.8	Senior	Perth Open	192.5
10	STUART JOHNSTON	SCO	82.8	Senior	Scottish Universities & College	192.5
11	Duncan Keith	SCO	80.9	Senior	Cumbria Championships	190
12	STRUAN URQUHART	SCO	81.4	Senior	Scottish Eastern Districts	190
13	IAN ARMSTRONG	SCO	82	Senior	Scottish Western Districts	190
14	MURRAY WALLACE	SCO	82.4	Senior	Perth Open	190
15	STUART VETTRIANO	SCO	82	U23	Scottish Juniors	182.5
16	GORDON SCOTT	SCO	80.9	Senior	Aberdeen Open	177.5
17	IAIN HUNTER	SCO	81.6	Senior	Scottish Universities & College	175
18	SEB WILSON	SCO	79.2	U23	Aberdeen Open	170
19	EAUN FORSYTH	SCO	83	U23	Fife Open	170
20	STUART BURNETT	SCO	80.6	U23	Scottish Juniors	167.5

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	82.7	Senior	Scottish Northern Districts	175
2	STRUAN URQUHART	SCO	81.4	Senior	Scottish Eastern Districts	155
3	PAUL MacDONALD	SCO	81.1	Senior	Aberdeen Open	150
4	DEAN ROBERTSON	SCO	81.6	Senior	Fife Open	142.5
5	MATT LAIRD	SCO	82.2	U23	Scottish Juniors	142.5
6	ALEXANDER ANDERSON	SCO	81	U23	Fife Open	140
7	STUART JOHNSTON	SCO	82.6	Senior	Scottish Eastern Districts	140
8	IAIN HUNTER	SCO	81.6	Senior	Scottish Universities & College	130
9	GORDON SCOTT	SCO	80.9	Senior	Aberdeen Open	127.5
10	IAN ARMSTRONG	SCO	82	Senior	Scottish Western Districts	125
11	JAMES DUGDALE	SCO	82	Senior	Scottish Eastern Districts	125
12	STUART VETTRIANO	SCO	82	U23	Scottish Juniors	122.5
13	EAUN FORSYTH	SCO	83	U23	Fife Open	122.5
14	TRISTAN SYKES	SCO	78.8	U23	Fife Open	120
15	SEB WILSON	SCO	79.2	U23	Aberdeen Open	120
16	STUART BURNETT	SCO	80.6	U23	Scottish Juniors	120
17	Jim Wands	SCO	81.2	M1	Scottish Masters	120
18	DAVID LITCHFIELD	SCO	82.6	M1	Scottish Eastern Districts	120
19	SEBASTIAN WILSON	SCO	79	U23	Scottish Eastern Districts	117.5
20	GREG STEWART	SCO	82.7	M1	Aberdeen Open	117.5

### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	82.7	Senior	Scottish Northern Districts	260
2	DEAN ROBERTSON	SCO	81.6	Senior	Fife Open	240
3	BEN PARKES	SCO	80.8	Senior	Perth Open	235
4	PAUL MacDONALD	SCO	81.1	Senior	Aberdeen Open	230
5	JAMES DUGDALE	SCO	82	Senior	Scottish Eastern Districts	230
6	MURRAY WALLACE	SCO	82.3	Senior	Scottish Classic	230
7	CLIFFORD HALGRYN	SCO	82.8	Senior	Scottish Eastern Districts	230
8	STUART BURNETT	SCO	80.6	U23	Scottish Juniors	227.5
9	JODI MULLEN	SCO	82.9	Senior	Scottish Classic	227.5
10	EDDIE CHAN	SCO	80.2	U23	Scottish Universities & College	222.5
11	STUART JOHNSTON	SCO	82.4	Senior	Scottish Classic	222.5
12	Duncan Keith	SCO	80.9	Senior	Cumbria Championships	220
13	GEORGE DICKSON	SCO	82	U23	Scottish Universities & College	220
14	TRISTAN SYKES	SCO	78.8	U23	Fife Open	215
15	ALEXANDER ANDERSON	SCO	81	U23	Fife Open	212.5
16	MAURO ROSMANINHO	SCO	80	U23	Scottish Juniors	210
17	GRANT DRUMMOND	SCO	81.6	U23	Scottish Universities & College	210
18	PATRICK McINNES	SCO	81.8	U23	Scottish Universities & College	210
19	IAN ARMSTRONG	SCO	82	Senior	Scottish Western Districts	210
20	SEB WILSON	SCO	79.2	U23	Aberdeen Open	205

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
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# 93kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	SCOTT MULHERON	SCO	88.2	Senior	Mens British Classic	257.5
2	JEFF MACDONALD	SCO	88.4	U23	Aberdeen Open	235
3	SAM GAHAGAN	SCO	91.2	U23	Scottish Juniors	230
4	ADAM RUTHERFORD	SCO	87.5	Senior	Aberdeen Open	225
5	GRAEME LAMONT	SCO	91.5	Senior	Scottish Classic	220
6	SAMEEM TAK	SCO	91.6	Senior	Scottish Universities & College	220
7	DANIEL MACURA	SCO	87.6	Senior	Scottish Classic	210
8	TOM BARRACK	SCO	90	Senior	Scottish Eastern Districts	210
9	CHRIS WINSTONE	SCO	91.8	M1	Scottish Masters	210
10	WILLIAM BROADHURST	SCO	93	U23	Scottish Juniors	210
11	GRAHAM MILLIKEN	SCO	93	M1	Scottish Masters	210
12	Chris Barr	SCO	91.7	Senior	Manchester & Merseyside	207.5
13	ROBERT MASSON	SCO	83.8	Senior	Scottish Eastern Districts	205
14	CRAIG SMITH	SCO	89.3	Senior	Scottish Northern Districts	205
15	WILLIAM BROWN	SCO	90.6	Senior	Fife Open	205
16	JAMIE DYER	SCO	88.4	Senior	Scottish Western Districts	200
17	DARREN WHYTE	SCO	91.4	Senior	Scottish Eastern Districts	200
18	REISS McCORMICK	SCO	92.8	U23	Scottish Juniors	200
19	TOM CRAWFORD	SCO	93	Senior	Scottish Northern Districts	197.5
20	GRAHAM FINDLAY	SCO	90.8	Senior	Fife Open	195

### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	ADAM RUTHERFORD	SCO	87.5	Senior	Aberdeen Open	182.5
2	SAMEEM TAK	SCO	91.6	Senior	Scottish Universities & College	180.5
3	JONATHON LENZI	SCO	89.2	U23	Fife Open	162.5
4	GORDON SCOTT	SCO	90.2	M1	Scottish Masters	160
5	DAVID LITCHFIELD	SCO	91.4	M1	Scottish Masters	150
6	SZYMON WARTALOWICZ	SCO	91.3	Senior	Scottish Northern Districts	145
7	ROBBIE COLVIN	SCO	86.9	U23	Scottish Juniors	142.5
8	SAM GAHAGAN	SCO	91.2	U23	Scottish Juniors	142.5
9	DANIEL MACURA	SCO	87.6	Senior	Scottish Classic	140
10	JEFF MACDONALD	SCO	88.4	U23	Aberdeen Open	140
11	GRAEME LAMONT	SCO	91.5	Senior	Scottish Classic	140
12	Chris Barr	SCO	91.7	Senior	Manchester & Merseyside	140
13	SCOTT MULHERON	SCO	89.4	Senior	Scottish Classic	137.5
14	TOM BARRACK	SCO	90.5	Senior	Aberdeen Open	132.5
15	REISS McCORMICK	SCO	92.8	U23	Scottish Juniors	132.5
16	WILLIAM BROWN	SCO	87.4	Senior	Scottish Eastern Districts	130
17	CRAIG SMITH	SCO	89.3	Senior	Scottish Northern Districts	130
18	GRAHAM FINDLAY	SCO	90.8	Senior	Fife Open	130
19	JAMIE DYER	SCO	88.4	Senior	Scottish Western Districts	127.5
20	GORDON DAWTRY	SCO	90.6	Senior	Scottish Eastern Districts	125

### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	SCOTT MULHERON	SCO	88.2	Senior	Mens British Classic	267.5
2	ADAM RUTHERFORD	SCO	87.5	Senior	Aberdeen Open	265
3	DANIEL MACURA	SCO	87.6	Senior	Scottish Classic	255
4	Chris Barr	SCO	91.7	Senior	Manchester & Merseyside	252.5
5	MARTIN PORTER	SCO	89.6	Senior	Fife Open	250
6	GRAEME LAMONT	SCO	91.5	Senior	Scottish Classic	250
7	DUNCAN MACKAY	SCO	92.8	M1	Scottish Masters	250
8	JAMIE DYER	SCO	88.4	Senior	Scottish Western Districts	245
9	JEFF MACDONALD	SCO	88.4	U23	Aberdeen Open	245
10	WILLIAM BROWN	SCO	90.6	Senior	Fife Open	240
11	REISS McCORMICK	SCO	92.8	U23	Scottish Juniors	240
12	WILLIAM BROADHURST	SCO	93	U23	Scottish Juniors	240
13	CHRIS WINSTONE	SCO	91.8	M1	Fife Open	235
14	TOM CRAWFORD	SCO	93	Senior	Scottish Northern Districts	235
15	PAU BUCHAN	SCO	92.4	Senior	Scottish Eastern Districts	232.5
16	ROBERT MASSON	SCO	83.8	Senior	Scottish Eastern Districts	230
17	CRAIG SMITH	SCO	89.3	Senior	Scottish Northern Districts	230
18	JOHN TERRELL	SCO	90	M1	Scottish Masters	230
19	GRAHAM FINDLAY	SCO	90.8	Senior	Fife Open	230
20	GRAHAM MILLIKEN	SCO	93	M1	Scottish Masters	230

### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	ROBERT LOVE	SCO	91.8	Senior	Perth Open	307.5
2	Calum Keenan	SCO	92.2	Senior	British Equipped	230
3	JAMES MUTRIE	SCO	92.6	M2	Perth Open	217.5
4	BRIAN BAKER	SCO	92.6	M3	Scottish Masters	162.5
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	ROBERT LOVE	SCO	92.4	Senior	Scottish Seniors	197.5
2	JAMES MUTRIE	SCO	92.6	M2	Perth Open	150
3	Calum Keenan	SCO	92.2	Senior	British Equipped	145
4	BRIAN BAKER	SCO	92	M3	Perth Open	87.5
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	ROBERT LOVE	SCO	92.4	Senior	Scottish Seniors	285
2	Calum Keenan	SCO	92.2	Senior	British Equipped	282.5
3	JAMES MUTRIE	SCO	92	M2	Scottish Masters	210
4	BRIAN BAKER	SCO	92.6	M3	Scottish Masters	200.5
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# 105kg Class

Top 20 Ranked on Total

## Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	JONNY WARDELL	SCO	99.6	Senior	Scottish Universities & College	240
2	JOHN SMITH	SCO	102.4	Senior	Fife Open	232.5
3	CALLUM CROZIER	SCO	100.2	U23	Scottish Classic	230
4	JOSHUA BATCHELOR	SCO	102	U23	Scottish Eastern Districts	230
5	KIERAN MUNRO	SCO	103	U23	Scottish Eastern Districts	230
6	PETE TOLMIE	SCO	104.6	U23	Scottish Universities & College	227.5
7	STEPHEN CUMMING	SCO	99.5	U23	Aberdeen Open	225
8	JASON ARNOLD	SCO	100.4	Senior	Fife Open	225
9	ARTHUR COWLEY	SCO	102	M2	Scottish Masters	225
10	DAVID SHAND	SCO	103.6	Senior	Scottish Northern Districts	225
11	STEPHEN O'DONNELL	SCO	103	M1	Scottish Western Districts	220
12	REISS McCORMICK	SCO	102	U23	Scottish Eastern Districts	215
13	PHIL SALTER	SCO	101.6	Senior	Perth Open	212.5
14	TOM ASHMOLE	SCO	100	M1	Scottish Masters	210
15	TOM CRAWFORD	SCO	94.9	Senior	Aberdeen Open	207.5
16	NEIL CUSHNIE	SCO	99.4	Senior	Scottish Eastern Districts	205
17	SEAN DONNELLY	SCO	101.2	U23	Scottish Universities & College	205
18	ALESSANDRO DEL BRENNA	SCO	101.8	Senior	Scottish Classic	205
19	ROSS TAGGART	SCO	104.4	U23	Scottish Juniors	205
20	DARREN WHYTE	SCO	95.9	Senior	Aberdeen Open	202.5

## Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	CALLUM CROZIER	SCO	102.6	U23	Scottish Western Districts	180
2	JOSHUA BATCHELOR	SCO	102.8	U23	Scottish Juniors	165
3	JOHN SMITH	SCO	102.4	Senior	Fife Open	162.5
4	DAVID SHAND	SCO	103.6	Senior	Scottish Northern Districts	152.5
5	ALESSANDRO DEL BRENNA	SCO	99.4	Senior	Scottish Universities & College	150
6	STEPHEN CUMMING	SCO	99.5	U23	Aberdeen Open	150
7	TOM ASHMOLE	SCO	100	M1	Scottish Masters	150
8	JASON ARNOLD	SCO	100.4	Senior	Fife Open	142.5
9	PHIL SALTER	SCO	101.6	Senior	Perth Open	142.5
10	ARTHUR COWLEY	SCO	102	M2	Scottish Masters	142.5
11	ANDREW DOUGLAS	SCO	103.8	Senior	Fife Open	142.5
12	REISS McCORMICK	SCO	101	U23	Perth Open	140
13	NEIL CUSHNIE	SCO	102.2	Senior	Aberdeen Open	140
14	ROSS TAGGART	SCO	99.8	U23	Scottish Western Districts	137.5
15	ROY RITCHIE	SCO	103.6	Senior	Perth Open	137.5
16	STEPHEN O'DONNELL	SCO	103	M1	Scottish Western Districts	135
17	TOM CRAWFORD	SCO	94.9	Senior	Aberdeen Open	132.5
18	SEAN DONNELLY	SCO	101.2	U23	Scottish Universities & College	130
19	KIERAN MUNRO	SCO	103	U23	Scottish Eastern Districts	130
20	PETE TOLMIE	SCO	104.6	U23	Scottish Universities & College	130

## Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	JOSHUA BATCHELOR	SCO	102.8	U23	Scottish Juniors	285
2	STEPHEN O'DONNELL	SCO	103	M1	Scottish Western Districts	280
3	JONNY WARDELL	SCO	99.6	Senior	Scottish Universities & College	275
4	CALLUM CROZIER	SCO	100.2	U23	Scottish Classic	270
5	ROY RITCHIE	SCO	103.6	Senior	Perth Open	270
6	STEPHEN CUMMING	SCO	99.5	U23	Aberdeen Open	265
7	PHIL SALTER	SCO	101.8	Senior	Scottish Eastern Districts	265
8	PETE TOLMIE	SCO	104.6	U23	Scottish Universities & College	260
9	TOM CRAWFORD	SCO	93.2	Senior	Scottish Classic	255
10	ALESSANDRO DEL BRENNA	SCO	101.8	Senior	Scottish Classic	255
11	REISS McCORMICK	SCO	101	U23	Perth Open	252.5
12	TIM MEADOWS	SCO	103.6	Senior	Fife Open	252.5
13	JASON ARNOLD	SCO	100.4	Senior	Fife Open	250
14	JOHN SMITH	SCO	102.4	Senior	Fife Open	250
15	DAVID SHAND	SCO	103.6	Senior	Scottish Northern Districts	250
16	ARTHUR COWLEY	SCO	102	M2	Scottish Masters	245
17	SEAN DONNELLY	SCO	101.2	U23	Scottish Universities & College	235
18	DARREN WHYTE	SCO	95.9	Senior	Aberdeen Open	232.5
19	ROSS TAGGART	SCO	104.4	U23	Scottish Juniors	232.5
20	NEIL CUSHNIE	SCO	102.2	Senior	Aberdeen Open	230

## Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Stuart Crichton	SCO	105	M1	Scottish Seniors	295
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## Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Stuart Crichton	SCO	105	M1	Scottish Masters	212.5
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## Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Stuart Crichton	SCO	105	M1	Scottish Masters	280
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# 120kg Class

## Top 20 Ranked on Total

### Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Mark MacQueen	SCO	119.2	U23	Classic World Championships	317.5
2	MARC KEYS	SCO	118	Senior	Home Nations	290
3	William Rodgers	SCO	119.4	Senior	Scottish Classsic	260
4	DAVID EDES	SCO	109.5	Senior	Scottish Northern Districts	245
5	SEAN McLAREN	SCO	117.8	U18	Scottish Juniors	220
6	ROSS TAGGART	SCO	109.4	U23	Scottish Masters	212.5
7	GRANT SINCLAIR	SCO	115.2	Senior	Aberdeen Open	210
8	CHRIS CHARNLEY	SCO	113	U23	Scottish Universities & College	205
9	ANDREW COWLING	SCO	120	U23	Fife Open	205
10	JOHN SOULSBY	SCO	108.8	Senior	Perth Open	200
11	CONOR WATSON	SCO	110	U23	Scottish Eastern Districts	190
12	ALAN FORSYTH	SCO	118.4	Senior	Perth Open	190
13	PATRICK MACKINNON	SCO	109.2	U23	Scottish Universities & College	175
14	ANDREW DOUGLAS	SCO	106	Senior	Perth Open	160
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### Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	MARC KEYS	SCO	118	Senior	Home Nations	210
2	Mark MacQueen	SCO	119.4	U23	British Classic Juniors	185
3	ALAN FORSYTH	SCO	118.4	Senior	Perth Open	162.5
4	William Rodgers	SCO	119.4	Senior	Scottish Classsic	150
5	CHRIS CHARNLEY	SCO	113	U23	Scottish Universities & College	145
6	ROSS TAGGART	SCO	99.8	U23	Scottish Western Districts	137.5
7	ANDREW DOUGLAS	SCO	106	Senior	Perth Open	135
8	CONOR WATSON	SCO	110	U23	Scottish Eastern Districts	130
9	ANDREW COWLING	SCO	120	U23	Fife Open	125
10	SEAN McLAREN	SCO	117.8	U18	Scottish Juniors	116
11	GRANT SINCLAIR	SCO	115.2	Senior	Aberdeen Open	110
12	PATRICK MACKINNON	SCO	109.2	U23	Scottish Universities & College	107.5
13	DAVID EDES	SCO	109.5	Senior	Scottish Northern Districts	105
14	JOHN SOULSBY	SCO	108.8	Senior	Perth Open	100
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### Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	Mark MacQueen	SCO	119.2	U23	Classic World Championships	322.5
2	William Rodgers	SCO	119.4	Senior	Scottish Classsic	320
3	MARC KEYS	SCO	117.1	Senior	Scottish Classsic	300
4	GRANT SINCLAIR	SCO	115.2	Senior	Aberdeen Open	260
5	ALAN FORSYTH	SCO	118.4	Senior	Perth Open	257.5
6	DAVID EDES	SCO	109.5	Senior	Scottish Northern Districts	250
7	ANDREW COWLING	SCO	120	U23	Fife Open	245
8	ROSS TAGGART	SCO	109.4	U23	Scottish Masters	240
9	SEAN McLAREN	SCO	117.8	U18	Scottish Juniors	240
10	ANDREW DOUGLAS	SCO	106	Senior	Perth Open	230
11	JOHN SOULSBY	SCO	108.8	Senior	Perth Open	220
12	PATRICK MACKINNON	SCO	109.2	U23	Scottish Universities & College	215
13	CONOR WATSON	SCO	110	U23	Scottish Eastern Districts	215
14	CHRIS CHARNLEY	SCO	113	U23	Scottish Universities & College	212.5
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### Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	117.2	Senior	Home Nations	252.5
2	LEE CHRISTIE	SCO	109	M1	Scottish Masters	205
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### Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	120.75	Senior	Mens British Classic	180
2	LEE CHRISTIE	SCO	109	M1	Scottish Masters	160
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### Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	120.75	Senior	Mens British Classic	275
2	LEE CHRISTIE	SCO	109	M1	Scottish Masters	210
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# 120+kg Class

Top 20 Ranked on Total

## Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	120.2	Senior	Scottish Classic	270
2	William Rodgers	SCO	125.1	Senior	Home Nations	245
3	LEWIS THOMSON	SCO	127.9	Senior	Aberdeen Open	220
4	ERNIE de RIJK	SCO	159.6	U23	Scottish Universities & College	175
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## Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	FRANCESCO PELIZZA	SCO	120.2	Senior	Scottish Classic	187.5
2	LEWIS THOMSON	SCO	127.9	Senior	Aberdeen Open	152.5
3	William Rodgers	SCO	125.1	Senior	Home Nations	145
4	ERNIE de RIJK	SCO	159.6	U23	Scottish Universities & College	110
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## Classic Deadlift

Updated: 30/01/2017

	Name	Division	Body weight	Age class	Competition	Total
1	William Rodgers	SCO	125.1	Senior	Home Nations	310
2	FRANCESCO PELIZZA	SCO	120.75	Senior	Mens British Classic	275
3	LEWIS THOMSON	SCO	127.9	Senior	Aberdeen Open	252.5
4	ERNIE de RIJK	SCO	159.6	U23	Scottish Universities & College	200
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## Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
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## Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
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## Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
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