

Top 20 Female 2017 Ranked on Wilks

Classic Squat

	Name	Weight Class	Age class	Competition	Wilks
1	Steph Dekker	63	S	Western Districts	161.09
2	Hannah Beaven	47	S	British Ladies Classic Champs	157.90
3	Louise Murray	57	S	Scottish Classic Champs	157.09
4	Wendy Macfarlane	84	S	Scottish Classic Champs	152.80
5	Ruth Pottinger	72	S	Perth Open	141.30
6	Rowan Hendry-Horne	63	S	Scottish Classic Champs	140.46
7	Simone Kupisz	84+	S	Scottish Classic Champs	140.45
8	Sophie Barringer	72	S	Scottish Classic Champs	140.39
9	Claire Tocher	84	S	Scottish Classic Champs	140.21
10	Alice Hogg	57	J	Scottish Seniors Champs	139.63
11	Maggie Richmond	72	J	Scottish Uni and College Champs	138.22
12	Molly Harkins	63	J	Scottish Uni and College Champs	136.06
13	Alice Francis-Freeman	63	SJ	British Equipped	134.84
14	Tasmin Campbell	72	S	British Ladies Classic Champs	138.47
15	Claire Thomson	57	S	Scottish Classic Champs	134.25
16	Kara Swankie	72	J	Scottish Classic Champs	132.38
17	Molly Tweedle	72	J	World University Cup	131.49
18	Alex Close	63	S	British Ladies Classic Champs	131.20
19	Katy Conlan	72	S	Eastern Districts	131.03
20	Molly Gray	63	J	Scottish Uni and College Champs	130.76

Classic Bench Press (3 lift)

	Name	Weight Class	Age class	Competition	Wilks
1	Louise Murray	57	S	Scottish Classic Champs	111.12
2	Steph Dekker	63	S	Western Districts	99.34
3	Tasmin Campbell	72	S	British Ladies Classic Champs	93.96
4	Simone Kupisz	84+	S	Scottish Classic Champs	87.78
5	Rowan Hendry-Horne	63	S	Eastern Districts	86.54
6	Leah Moir	84+	S	Scottish Seniors Champs	81.79
7	Alex Close	63	S	British Ladies Classic Champs	79.86
8	Shelley Tipling	72	S	Scottish Classic Champs	79.35
9	Alice Hogg	57	J	Scottish Seniors Champs	78.54
10	Claire Tocher	84	S	Scottish Classic Champs	77.11
11	Molly Gray	63	J	Scottish Uni and College Champs	76.75
12	Lorraine Patrick	72	S	Scottish Classic Champs	76.50
13	Catriona Duncan	52	M1	Scottish Classic Champs	76.50
14	Wendy Macfarlane	84	S	Scottish Classic Champs	76.40
15	Alice Francis-Freeman	72	SJ	Scottish Classic Champs	76.14
16	Hannah Beaven	47	S	Scottish Classic Champs	75.92
17	Jordan Wemyss	63	U20	Scottish Classic Champs	73.93
18	Molly Harkins	63	J	Scottish Uni and College Champs	73.47
19	Eve Fordyce	84	J	World University Cup	70.73
20	Molly Tweedle	72	J	Scottish Uni and College Champs	70.13

Classic Deadlift

Updated: 12/08/2017

	Name	Weight Class	Age class	Competition	Wilks
1	Hannah Beaven	47	S	Scottish Classic Champs	200.16
2	Tasmin Campbell	72	S	British Ladies Classic Champs	182.97
3	Steph Dekker	63	S	Western Districts	182.6
4	Sophie Barringer	72	S	Scottish Classic Champs	175.49
5	Molly Gray	63	J	Scottish Uni and College Champs	170.56
6	Sarah Watson	72	S	Western Districts	170.06
7	Sandra Dailidyte	84	S	Scottish Classic Champs	169.80
8	Maggie Richmond	72	J	Scottish Uni and College Champs	169.52
9	Louise Murray	57	S	Scottish Classic Champs	168.72
10	Nina Lepaus	72	J	Scottish Uni and College Champs	168.65
11	Eve Fordyce	84	J	World University Cup	168.29
12	Claire Tocher	84	S	Scottish Classic Champs	168.25
13	Sarah Watson	72	S	Perth Open	167.52
14	Kara Swankie	72	J	Scottish Classic Champs	166.70
15	Eve Fordyce	72	J	Scottish Uni and College Champs	166.48
16	Alex Close	63	S	British Ladies Classic Champs	165.43
17	Wendy Macfarlane	84	S	Scottish Classic Champs	161.79
18	Jennifer Newton	63	J	Scottish Uni and College Champs	160.55
19	Martha Gates	72	S	Northern Districts	160.41
20	Alice Hogg	57	J	Scottish Seniors Champs	159.99

Equipped Squat

	Name	Weight Class	Age class	Competition	Wilks
1	Alice Francis-Freeman	63	SJ	European Equipped Champs	152.29
2	Shelley Tipling	72	S	Scottish Seniors Champs	151.71
3	Michelle Brand	84	M1	European Masters Champs	142.98
4	Shasha Bowers	72	S	British Equipped Champs	140.26
5	Michelle Brand	84+	M1	British Equipped Champs	135.67
6	Melissa Wall	72	M2	European Masters Champs	95.21
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Equipped Bench Press (3 lift)

	Name	Weight Class	Age class	Competition	Wilks
1	Shelley Tipling	72	S	Scottish Seniors Champs	99.48
2	Michelle Brand	84	M1	European Masters Champs	96.06
3	Michelle Brand	84+	M1	British Equipped Champs	91.19
4	Alice Francis-Freeman	63	SJ	European Equipped Champs	84.30
5	Melissa Wall	72	M2	European Masters Champs	62.64
6	Shasha Bowers	72	S	British Equipped Champs	56.60
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Equipped Deadlift

	Name	Weight Class	Age class	Competition	Wilks
1	Alice Francis-Freeman	63	SJ	European Equipped Champs	160.45
2	Melissa Wall	72	M2	European Masters Champs	137.80
3	Shelley Tipling	72	S	Scottish Seniors Champs	136.79
4	Shasha Bowers	72	S	British Equipped Champs	132.88
5	Michelle Brand	84	M1	European Masters Champs	129.57
6	Michelle Brand	84+	M1	British Equipped Champs	129.00
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47kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Hannah Beaven	45.65	S	British Ladies Classic Champs	115
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Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Hannah Beaven	45.3	S	Scottish Classic Champs	55
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Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Hannah Beaven	45.65	S	British Ladies Classic Champs	145.5
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Equipped Squat

	Name	Body Weight	Age class	Competition	Total
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Equipped Bench Press (3 lift)

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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
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52kg Class Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Catriona Duncan	50.5	M1	Scottish Classic Champs	102.5
2	Bianca Mourik	50.3	J	Scottish Uni and College Champs	97.5
3	Jen Bowker	50.6	S	Scottish Classic Champs	97.5
4	Elizabeth Hill	51.4	M1	British Masters	90
5	Amber Brown	51.0	J	Western Districts	80
6	Yasmin Al-Obaidi	50.3	J	Scottish Uni and College Champs	55
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Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Catriona Duncan	50.5	M1	Scottish Classic Champs	60
2	Jen Bowker	50.6	S	Scottish Classic Champs	52.5
3	Amber Brown	51.0	J	Western Districts	52.5
4	Elizabeth Hill	51.4	M1	British Masters	47.5
5	Bianca Mourik	50.3	J	Scottish Uni and College Champs	45
6	Yasmin Al-Obaidi	50.3	J	Scottish Uni and College Champs	40
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Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Catriona Duncan	50.5	M1	Scottish Classic Champs	125
2	Amber Brown	51.0	J	Western Districts	125
3	Jen Bowker	50.6	S	Scottish Classic Champs	122.5
4	Bianca Mourik	50.3	J	Scottish Uni and College Champs	120
5	Elizabeth Hill	51.4	M1	British Masters	100
6	Yasmin Al-Obaidi	50.3	J	Scottish Uni and College Champs	90
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Equipped Squat

	Name	Body Weight	Age class	Competition	Total
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Equipped Bench Press (3 lift)

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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
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57kg Class Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Louise Murray	56.8	S	Scottish Classic Champs	135.0
2	Alice Hogg	56.8	J	Scottish Seniors Champs	120.0
3	Claire Thomson	55	S	Scottish Classic Champs	112.5
4	Anneli Ritari-Stewart	56.3	M1	British Masters	107.5
5	Roisin Meehan	56.8	S	Scottish Classic Champs	97.5
6	Jaimee-Lee Bowles	56.5	SJ	Eastern Districts	92.5
7	Nicola Ashmole	54.9	M1	Perth Open	85.0
8	Beata Haratym	55.4	S	Northern Districts	80.0
9	Briana Freed-Smith	56.5	J	Scottish Uni and College Champs	70.0
10	Isabelle Grant	53.7	M2	Eastern Districts	55.0
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Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Louise Murray	56.8	S	Scottish Classic Champs	95.5
2	Alice Hogg	56.8	J	Scottish Seniors Champs	67.5
3	Claire Thomson	55	S	Scottish Classic Champs	60
4	Anneli Ritari-Stewart	56.3	M1	British Masters	52.5
5	Jaimee-Lee Bowles	56.8	SJ	Perth Open	52.5
6	Nicola Ashmole	54.9	M1	Perth Open	47.5
7	Beata Haratym	55.4	S	Northern Districts	47.5
8	Roisin Meehan	56.8	S	Scottish Classic Champs	47.5
9	Briana Freed-Smith	56.5	J	Scottish Uni and College Champs	42.5
10	Isabelle Grant	53.7	M2	Eastern Districts	35.0
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Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Louise Murray	56.8	S	Scottish Classic Champs	145
2	Alice Hogg	56.8	J	Scottish Seniors Champs	137.5
3	Anneli Ritari-Stewart	56.3	M1	British Masters	132.5
4	Claire Thomson	55	S	Scottish Classic Champs	130
5	Nicola Ashmole	54.9	M1	Perth Open	120.0
6	Beata Haratym	55.4	S	Northern Districts	115.0
7	Jaimee-Lee Bowles	56.8	SJ	Perth Open	115.0
8	Roisin Meehan	56.8	S	Scottish Classic Champs	112.5
9	Briana Freed-Smith	56.5	J	Scottish Uni and College Champs	105.0
10	Isabelle Grant	53.7	M2	Eastern Districts	102.5
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Equipped Squat

	Name	Body Weight	Age class	Competition	Total
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Equipped Bench Press (3 lift)

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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
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63kg Class Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Steph Dekker	63.0	S	Western Districts	150
2	Rowan Hendry-Horne	62.5	S	Scottish Classic Champs	130
3	Molly Harkins	61.9	J	Scottish Uni and College Champs	125
4	Alice Francis-Freeman	61	SJ	British Equipped	122.5
5	Alex Close	58.25	S	British Ladies Classic Champs	115
6	Molly Gray	58.5	J	Scottish Uni and College Champs	115
7	Lynda Banks	62.8	M2	British Masters	115
8	Jordan Wemyss	61.4	U20	Scottish Classic Champs	110
9	Emily Martin	60.5	J	Eastern Districts	105
10	Ida Petersson	61.2	J	Scottish Uni and College Champs	105
11	Jennifer Newton	61.9	J	Scottish Uni and College Champs	105
12	Hayley Kerr	58.9	S	Eastern Districts	100
13	Isha Maini	59.0	J	Scottish Uni and College Champs	100
14	Jackie Day	61.3	M1	British Masters	100
15	Amy Frame	61.7	J	Scottish Uni and College Champs	100
16	Samantha Devlin	57.9	M2	British Masters	95
17	Melissa Lawson	60.1	J	Scottish Uni and College Champs	92
18	Megan Watson	60.4	S	Perth Open	90
19	Laura Munro	61.6	S	Western Districts	80
20	Iona Bruce	62.7	S	Eastern Districts	80

Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Steph Dekker	63.0	S	Western Districts	92.5
2	Rowan Hendry-Horne	62.4	S	Eastern Districts	80
3	Alex Close	58.25	S	British Ladies Classic Champs	70
4	Molly Gray	58.5	J	Scottish Uni and College Champs	67.5
5	Jordan Wemyss	61.4	U20	Scottish Classic Champs	67.5
6	Molly Harkins	61.9	J	Scottish Uni and College Champs	67.5
7	Alice Francis-Freeman	61	SJ	British Equipped	65
8	Jennifer Newton	59.95	J	World University Cup	60
9	Lynda Banks	62.3	M2	World Classic Champs	60
10	Ida Petersson	61.2	J	Scottish Uni and College Champs	57.5
11	Samantha Devlin	57.9	M2	British Masters	55
12	Isha Maini	59.0	J	Scottish Uni and College Champs	55
13	Emily Martin	60.5	J	Eastern Districts	55
14	Hayley Kerr	59.4	S	Perth Open	52.5
15	Melissa Lawson	60.1	J	Scottish Uni and College Champs	50
16	Megan Watson	60.4	S	Perth Open	50.0
17	Christina Gkritzali	59.1	J	Scottish Uni and College Champs	47.5
18	Jackie Day	61.3	M1	British Masters	47.5
19	Amy Frame	61.7	J	Scottish Uni and College Champs	45
20	Laura Munro	61.6	S	Western Districts	42.5

Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Steph Dekker	63.0	S	Western Districts	170
2	Molly Gray	58.5	J	Scottish Uni and College Champs	150
3	Jennifer Newton	61.9	J	Scottish Uni and College Champs	147.5
4	Lynda Banks	62.3	M2	World Classic Champs	147.5
5	Alex Close	58.25	S	British Ladies Classic Champs	145
6	Molly Harkins	61.9	J	Scottish Uni and College Champs	145
7	Ida Petersson	61.2	J	Scottish Uni and College Champs	142.5
8	Laura Munro	61.6	S	Western Districts	142.5
9	Rowan Hendry-Horne	62.4	S	Eastern Districts	142.5
10	Hayley Kerr	59.4	S	Perth Open	137.5
11	Alice Francis-Freeman	61	SJ	British Equipped	137.5
12	Emily Martin	60.5	J	Eastern Districts	132.5
13	Jordan Wemyss	61.4	U20	Scottish Classic Champs	132.5
14	Amy Frame	61.7	J	Scottish Uni and College Champs	130
15	Heather Webster	61.4	S	Perth Open	125
16	Isha Maini	59.0	J	Scottish Uni and College Champs	120
17	Iona Bruce	62.7	S	Eastern Districts	120
18	Jackie Day	61.3	M1	British Masters	117.5
19	Samantha Devlin	57.9	M2	British Masters	110
20	Megan Watson	60.4	S	Perth Open	110

Equipped Squat

	Name	Body Weight	Age class	Competition	Total
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Equipped Bench Press (3 lift)

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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
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72kg Class Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Ruth Pottinger	70.7	S	Perth Open	143
2	Sophie Barringer	69.2	S	Scottish Classic Champs	140
3	Tasmin Campbell	70.6	S	British Ladies Classic Champs	140
4	Kara Swankie	71.5	J	Scottish Classic Champs	135
5	Maggie Richmond	65.5	J	Scottish Uni and College Champs	132.5
6	Alice Francis-Freeman	68	SJ	Scottish Classic Champs	132.5
7	Molly Tweedle	70.25	J	World University Cup	132.5
8	Katy Conlan	68.7	S	Eastern Districts	130
9	Siona Garden	69.7	M1	British Masters	125
10	Karolina Jarosinska	69.8	S	Western Districts	125
11	Shelley Tipling	70.3	S	Scottish Classic Champs	125
12	Sarah Watson	68.0	S	Perth Open	120
13	Martha Gates	70.8	S	Northern Districts	120
14	Eve Fordyce	68.6	J	Scottish Uni and College Champs	117.5
15	Nina Lepaus	68.8	J	Scottish Uni and College Champs	117.5
16	Christie McCart	71.7	SJ	Scottish Classic Champs	117.5
17	Nisha Purewal	71.9	S	Western Districts	117.5
18	Lauren Clark	63.3	J	Perth Open	115
19	Johanna Platt	70.4	S	Scottish Classic Champs	115
20	Rachel Steedman	70.1	J	Scottish Uni and College Champs	112.5

Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Tasmin Campbell	70.6	S	British Ladies Classic Champs	95
2	Shelley Tipling	70.3	S	Scottish Classic Champs	80
3	Lorraine Patrick	70.8	S	Scottish Classic Champs	77.5
4	Alice Francis-Freeman	68	SJ	Scottish Classic Champs	75
4	Lorraine Patrick	71.3	S	Western Districts	75
6	Molly Tweedle	69.3	J	Scottish Uni and College Champs	70
7	Rachel Steedman	70.1	J	Scottish Uni and College Champs	70
8	Kara Swankie	71.5	J	Scottish Classic Champs	70
9	Eve Fordyce	68.6	J	Scottish Uni and College Champs	67.5
10	Ruth Pottinger	70.7	S	Perth Open	67.5
11	Karolina Jarosinska	68.7	S	Scottish Uni and College Champs	65
12	Nina Lepaus	68.8	J	Scottish Uni and College Champs	65
13	Siona Garden	69.7	M1	British Masters	65
14	Lauren Clark	63.3	J	Perth Open	62.5
15	Catherine Gordon	66.6	M1	Perth Open	62.5
16	Sophie Barringer	69.2	S	Scottish Classic Champs	62.5
17	Martha Gates	70.8	S	Northern Districts	62.5
18	Iona Paterson	71.0	J	Eastern Districts	62.5
19	Ashley Nicholson	71.6	S	Eastern Districts	62.5
20	Nisha Purewal	71.9	S	Western Districts	62.5

Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Tasmin Campbell	70.6	S	British Ladies Classic Champs	185
2	Sophie Barringer	69.2	S	Scottish Classic Champs	175
3	Kara Swankie	71.5	J	Scottish Classic Champs	170
4	Sarah Watson	68.0	S	Western Districts	167.5
5	Nina Lepaus	68.8	J	Scottish Uni and College Champs	167.5
6	Eve Fordyce	68.6	J	Scottish Uni and College Champs	165
7	Maggie Richmond	65.5	J	Scottish Uni and College Champs	162.5
8	Martha Gates	70.8	S	Northern Districts	162.5
9	Lorraine Patrick	70.8	S	Scottish Classic Champs	155
10	Nisha Purewal	71.9	S	Western Districts	155
11	Siona Garden	69.7	M1	British Masters	150
12	Ruth Pottinger	70.7	S	Perth Open	150.0
13	Alice Francis-Freeman	68	SJ	Scottish Classic Champs	147.5
14	Alison Gibson	70.4	M2	Scottish Classic Champs	147.5
15	Katy Conlan	68.7	S	Eastern Districts	145
16	Catherine Gordon	66.6	M1	Perth Open	142.5
17	Karolina Jarosinska	68.7	S	Scottish Uni and College Champs	140
18	Rachel Steedman	70.1	J	Scottish Uni and College Champs	140
19	Christie McCart	71.7	SJ	Scottish Classic Champs	140
20	Lauren Clark	63.3	J	Perth Open	137.5

Equipped Squat

	Name	Body Weight	Age class	Competition	Total
1	Shelley Tipling	70.0	S	Scottish Seniors Champs	152.5
2	Shasha Bowers	71.1	S	British Equipped Champs	142.5
3	Melissa Wall	69.26	M2	European Masters Champs	95
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Equipped Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Shelley Tipling	70.0	S	Scottish Seniors Champs	100.0
2	Melissa Wall	69.26	M2	European Masters Champs	62.5
3	Shasha Bowers	71.1	S	British Equipped Champs	57.5
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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
1	Melissa Wall	69.26	M2	European Masters Champs	137.5
2	Shelley Tipling	70.0	S	Scottish Seniors Champs	137.5
3	Shasha Bowers	71.1	S	British Equipped Champs	135.0
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84kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Wendy Macfarlane	82.7	S	Scottish Classic Champs	170
2	Claire Tocher	77.1	S	Scottish Classic Champs	150
3	Sandra Dailidyte	77.7	S	Scottish Classic Champs	140
4	Eve Fordyce	72.05	J	World University Cup	117.50
5	Annina Jansson	72.05	J	World University Cup	115
6	Elena Bowles	77.3	S	Perth Open	115
7	Tracy Brown	80.4	S	Perth Open	112.5
8	Irene Hallyburton	78.1	M1	Perth Open	110
9	Annina Jansson	72.9	J	Scottish Uni and College Champs	105
10	Nicola Harcus	73.1	M1	Eastern Districts	100
11	Beth Chinchen	76.1	S	Scottish Classic Champs	100
12	Leah Mears	72.5	J	Scottish Uni and College Champs	95
13	Fionnuala Lyons	75.7	J	Scottish Uni and College Champs	85
14	Monica Lowrie	77.2	J	Scottish Uni and College Champs	70
15	Jennifer Curtin	79.5	S	Scottish Uni and College Champs	65
16	Beth Wards	79.9	J	Scottish Uni and College Champs	65
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Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Wendy Macfarlane	82.7	S	Scottish Classic Champs	85
2	Claire Tocher	77.1	S	Scottish Classic Champs	82.5
3	Eve Fordyce	72.05	J	World University Cup	72.5
4	Elena Bowles	77.3	S	Perth Open	70.0
5	Sandra Dailidyte	77.7	S	Scottish Classic Champs	65
6	Annina Jansson	72.05	J	World University Cup	62.5
7	Beth Chinchen	76.1	S	Scottish Classic Champs	60
8	Tracy Brown	80.4	S	Perth Open	60.0
9	Annina Jansson	72.9	J	Scottish Uni and College Champs	57.5
10	Nicola Harcus	73.1	M1	Eastern Districts	57.5
11	Irene Hallyburton	77.1	M1	Eastern Districts	57.5
12	Fionnuala Lyons	75.7	J	Scottish Uni and College Champs	47.5
13	Jennifer Curtin	79.5	S	Scottish Uni and College Champs	42.5
14	Monica Lowrie	77.2	J	Scottish Uni and College Champs	40
15	Beth Wards	79.9	J	Scottish Uni and College Champs	40
16	Leah Mears	72.5	J	Scottish Uni and College Champs	37.5
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Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Claire Tocher	77.1	S	Scottish Classic Champs	180
2	Wendy Macfarlane	82.7	S	Scottish Classic Champs	180
3	Eve Fordyce	72.05	J	World University Cup	172.5
4	Sandra Dailidyte	78.9	S	Eastern Districts	170
5	Elena Bowles	77.3	S	Perth Open	150.0
6	Annina Jansson	72.05	J	World University Cup	135
7	Nicola Harcus	73.1	M1	Eastern Districts	135
8	Beth Chinchen	76.1	S	Scottish Classic Champs	135
9	Tracy Brown	80.4	S	Perth Open	135.0
10	Annina Jansson	72.9	J	Scottish Uni and College Champs	130
11	Irene Hallyburton	78.1	M1	Perth Open	130.0
12	Jennifer Curtin	79.5	S	Scottish Uni and College Champs	130
13	Leah Mears	72.5	J	Scottish Uni and College Champs	120
14	Fionnuala Lyons	75.7	J	Scottish Uni and College Champs	110
15	Monica Lowrie	77.2	J	Scottish Uni and College Champs	100
16	Beth Wards	79.9	J	Scottish Uni and College Champs	90
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Equipped Squat

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	83.7	M1	European Masters Champs	160
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Equipped Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	83.7	M1	European Masters Champs	107.5
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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	83.7	M1	European Masters Champs	145
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84+kg Class Top 20 Ranked on Total

Classic Squat

	Name	Body Weight	Age class	Competition	Total
1	Simone Kupisz	86.8	S	Scottish Classic Champs	160
2	Leah Moir	108	S	Scottish Classic Champs	150
3	Rachel Moir	98.25	S	British Ladies Classic Champs	145.0
4	Sarah Hammerton	90.7	S	Scottish Classic Champs	137.5
5	Lynsey Christie	93.4	S	Eastern Districts	135
6	Joanna Jack	103.9	M1	Scottish Classic Champs	135
7	Connie Mccallen	102.6	S	Western Districts	130
8	Kim Smyth	113.4	S	Eastern Districts	130
9	Steph Elliott	89.4	M1	Northern Districts	117.5
10	Louise Summers	97.0	S	Western Districts	85
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Classic Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Leah Moir	109.5	S	Scottish Senior Champs	100.5
2	Simone Kupisz	86.8	S	Scottish Classic Champs	100
3	Rachael Moir	96.5	S	Scottish Senior Champs	82.5
4	Sarah Hammerton	90.7	S	Scottish Classic Champs	77.5
5	Connie Mccallen	102.6	S	Western Districts	70
6	Lynsey Christie	93.4	S	Eastern Districts	67.5
7	Joanna Jack	103.9	M1	Scottish Classic Champs	62.5
8	Kim Smyth	113.4	S	Eastern Districts	57.5
9	Louise Summers	97.0	S	Western Districts	50
10	Steph Elliott	89.4	M1	Northern Districts	47.5
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Classic Deadlift

Updated: 12/08/2017

	Name	Body Weight	Age class	Competition	Total
1	Connie Mccallen	102.6	S	Western Districts	165
2	Simone Kupisz	86.8	S	Scottish Classic Champs	162.5
3	Rachel Moir	98.25	S	British Ladies Classic Champs	160
4	Joanna Jack	103.9	M1	Scottish Classic Champs	160
5	Leah Moir	108	S	Scottish Classic Champs	160
6	Kim Smyth	113.4	S	Eastern Districts	150
7	Sarah Hammerton	90.8	S	Northern Districts	142.5
8	Lynsey Christie	93.4	S	Eastern Districts	140
9	Steph Elliott	89.4	M1	Northern Districts	135
10	Louise Summers	97.0	S	Western Districts	115
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Equipped Squat

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	84.4	M1	British Equipped Champs	152.5
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Equipped Bench Press (3 lift)

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	84.4	M1	British Equipped Champs	102.5
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Equipped Deadlift

	Name	Body Weight	Age class	Competition	Total
1	Michelle Brand	84.4	M1	British Equipped Champs	145
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