



Top 20 Women 2016 Ranked on Wilks

Classic Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Louise Murray	SCO	57	Senior	European Classic	160.2153
2	Alice Hogg	SCO	57	U23	Classic World Championships	150.6078
3	HANNAH BEAVEN	SCO	47	Senior	Perth Open	149.7636
4	WENDY MACFARLANE	SCO	84	Senior	Scottish Classic	148.2316
5	ROWAN HENDRY HORNE	SCO	63	Senior	Scottish Classic	146.9402
6	AIMEE SMILLIE	SCO	57	U23	Scottish Eastern Districts	146.1841
7	JANE ARMOUR	SCO	63	Senior	Scottish Classic	143.8642
8	ALICE FRANCIS -FREEMAN	SCO	63	U18	Perth Open	136.7328
9	TASMIN CAMPBELL	SCO	72	Senior	Scottish Classic	136.2092
10	KATIE WILLOW GARVEY	SCO	84	U23	Scottish Classic	136.0462
11	ELISKA PEJSKOVA	SCO	63	Senior	Aberdeen Open	134.8412
12	JANE ARMOUR	SCO	63	Senior	Perth Open	134.7313
13	RUTH POTTINGER	SCO	72	Senior	Scottish Classic	133.1055
14	MOLLY GRAY	SCO	57	U23	Scottish Universities & College	129.9728
15	SOPHIE BARRINGER	SCO	72	Senior	Scottish Classic	129.7140
16	ANNELI RITARI STEWART	SCO	57	M1	Aberdeen Open	125.7812
17	KARA SWANKIE	SCO	72	U23	Scottish Juniors	125.1435
18	CLAIRE TOCHER	SCO	84	Senior	Scottish Classic	124.3347
19	Anneli Ritari-Stewart	SCO	63	M1	British Masters	122.0709
20	EILIDH JOHNSON	SCO	52	U23	Scottish Universities & College	119.4946

Classic Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Louise Murray	SCO	57	Senior	European Classic	101.9552
2	TASMIN CAMPBELL	SCO	72	Senior	Aberdeen Open	82.8995
3	ROWAN HENDRY HORNE	SCO	63	Senior	Scottish Classic	81.6335
4	LEE HELSTROM	SCO	72	Senior	Scottish Eastern Districts	80.2957
5	AIMEE SMILLIE	SCO	57	U23	Scottish Eastern Districts	77.5670
6	Alice Hogg	SCO	57	U23	European Classic	76.8021
7	MOLLY GRAY	SCO	57	U23	University World Cup	76.7481
8	HANNAH BEAVEN	SCO	47	Senior	Perth Open	73.1404
9	LORRAINE PATRICK	SCO	72	Senior	Scottish Western Districts	71.7052
10	JOYCE PARK	SCO	84	M2	Aberdeen Open	70.6021
11	JANE ARMOUR	SCO	63	Senior	Scottish Classic	70.5749
12	CLAIRE TOCHER	SCO	84	Senior	Scottish Eastern Districts	70.3781
13	ALISON MACKENZIE	SCO	63	Senior	Perth Open	70.2305
14	JANE ARMOUR	SCO	63	Senior	Perth Open	70.0603
15	EVE FORDYCE	SCO	72	U23	University World Cup	69.0168
16	ALICE FRANCIS -FREEMAN	SCO	63	U18	Perth Open	68.3664
17	Michelle Brand	SCO	84+	M1	Perth Open	67.6470
18	Lynda Banks	SCO	63	M2	Classic World Championships	67.6447
19	Alison Home	SCO	63	U18	European Classic	67.1101
20	MOLLY HARKINS	SCO	57	U23	Scottish Juniors	66.7227

Classic Deadlift

Updated: 29/08/2016

	Name	Division	Weight Class	Age class	Competition	Wilks
1	HANNAH BEAVEN	SCO	47	Senior	Perth Open	184.5924
2	TASMIN CAMPBELL	SCO	72	Senior	Scottish Classic	181.6123
3	Alice Hogg	SCO	57	U23	Scottish Universities & College	177.7847
4	MOLLY GRAY	SCO	57	U23	Scottish Universities & College	177.2356
5	JULIA McGOVERN	SCO	63	Senior	Scottish Classic	175.1507
6	SOPHIE BARRINGER	SCO	72	Senior	Scottish Classic	169.6260
7	NINA LEPAUS	SCO	63	0	University World Cup	169.4853
8	EVE FORDYCE	SCO	72	U23	University World Cup	168.7076
9	MARTHA GATES	SCO	72	Senior	Scottish Northern Districts	167.3325
10	AIMEE SMILLIE	SCO	57	U23	Scottish Eastern Districts	167.0675
11	Louise Murray	SCO	57	Senior	European Classic	166.0414
12	KARA SWANKIE	SCO	72	U23	Scottish Juniors	164.4042
13	SIMONE CARMO	SCO	72	Senior	Scottish Universities & College	163.1214
14	Lynda Banks	SCO	63	M2	Classic World Championships	162.3473
15	LEE HELSTROM	SCO	72	Senior	Scottish Eastern Districts	162.1356
16	CLAIRE TOCHER	SCO	84	Senior	Scottish Classic	159.5237
17	Alison Home	SCO	63	U18	European Classic	159.3865
18	ALISON MACKENZIE	SCO	63	Senior	Perth Open	159.3693
19	RUTH POTTINGER	SCO	72	Senior	Scottish Classic	157.6250
20	TRACEY McGOWAN	SCO	47	U18	Scottish Western Districts	155.3582

Equipped Squat

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Michelle Brand	SCO	84+	M1	British Equipped	149.7548
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Equipped Bench Press (3 lift)

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Michelle Brand	SCO	84	M1	European Masters	94.1034
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Equipped Deadlift

	Name	Division	Weight Class	Age class	Competition	Wilks
1	Michelle Brand	SCO	84	M1	European Masters	136.6740
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43kg Class

Top 20 Ranked on Total

Classic Squat

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Classic Bench Press (3 lift)

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Classic Deadlift

Updated: 29/08/2016

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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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47kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	107.5
2	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	65
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	52.5
2	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	37.5
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	HANNAH BEAVEN	SCO	44.7	Senior	Perth Open	132.5
2	TRACEY McGOWAN	SCo	43.8	U18	Scottish Western Districts	110
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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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52kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	EILIDH JOHNSON	SCO	51.4	U23	Scottish Universities & College	95
2	Elizabeth Hill	SCO	51.5	M1	British Masters	93
3	BEATA HARATYM	SCO	51.2	Senior	Aberdeen Open	70
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Elizabeth Hill	SCO	51.5	M1	British Masters	50
2	BEATA HARATYM	SCO	51.2	Senior	Aberdeen Open	42.5
3	EILIDH JOHNSON	SCO	51.4	U23	Scottish Universities & College	40
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	BEATA HARATYM	SCO	51.2	Senior	Aberdeen Open	110
2	Elizabeth Hill	SCO	51.5	M1	British Masters	110
3	EILIDH JOHNSON	SCO	51.4	U23	Scottish Universities & College	92.5
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Equipped Squat

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Equipped Bench Press (3 lift)

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Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
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57kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Murray	SCO	56.7	Senior	European Classic	137.5
2	Alice Hogg	SCO	55.72	U23	Classic World Championships	127.5
3	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	122.5
4	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	110
5	ANNELI RITARI STEWART	SCO	56.4	M1	Aberdeen Open	107.5
6	MOLLY HARKINS	SCO	57	U23	Scottish Juniors	102.5
7	EILIDH JOHNSON	SCO	51.4	U23	Scottish Universities & College	95
8	IDA PETERSSON	SCO	56.1	U23	Scottish Juniors	95
9	IDA PETERSSON	SCO	55.9	U23	Scottish Universities & College	90
10	Catriona Duncan	SCO	54.8	M1	British Masters	80
11	BEATA HARATYM	SCO	55	Senior	Scottish Northern Districts	75
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Louise Murray	SCO	56.7	Senior	European Classic	87.5
2	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	65
3	Alice Hogg	SCO	55.7	U23	European Classic	65
4	MOLLY GRAY	SCO	55.75	U23	University World Cup	65
5	MOLLY HARKINS	SCO	57	U23	Scottish Juniors	57.5
6	Catriona Duncan	SCO	54.8	M1	British Masters	52.5
7	ANNELI RITARI STEWART	SCO	56.4	M1	Aberdeen Open	52.5
8	IDA PETERSSON	SCO	55.9	U23	Scottish Universities & College	50
9	IDA PETERSSON	SCO	56.1	U23	Scottish Juniors	50
10	EILIDH JOHNSON	SCO	56.1	U23	Scottish Juniors	47.5
11	BEATA HARATYM	SCO	55	Senior	Scottish Northern Districts	45
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	Alice Hogg	SCO	56.9	U23	Scottish Universities & College	153
2	MOLLY GRAY	SCO	55.7	U23	Scottish Universities & College	150
3	Louise Murray	SCO	56.7	Senior	European Classic	142.5
4	AIMEE SMILLIE	SCO	55	U23	Scottish Eastern Districts	140
5	MOLLY HARKINS	SCO	57	U23	Scottish Juniors	127.5
6	ANNELI RITARI STEWART	SCO	56.4	M1	Aberdeen Open	125
7	IDA PETERSSON	SCO	55.9	U23	Scottish Universities & College	122.5
8	IDA PETERSSON	SCO	56.1	U23	Scottish Juniors	120
9	Catriona Duncan	SCO	54.8	M1	British Masters	107.5
10	BEATA HARATYM	SCO	55	Senior	Scottish Northern Districts	107.5
11	EILIDH JOHNSON	SCO	56.1	U23	Scottish Juniors	100
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Equipped Squat

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

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Equipped Deadlift

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63kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	ROWAN HENDRY HORNE	SCO	61.9	Senior	Scottish Classic	135
2	JANE ARMOUR	SCO	62.1	Senior	Scottish Classic	132.5
3	ALICE FRANCIS -FREEMAN	SCO	61.5	U18	Perth Open	125
4	JANE ARMOUR	SCO	62.7	Senior	Perth Open	125
5	ELISKA PEJSKOVA	SCO	61	Senior	Aberdeen Open	122.5
6	Anneli Ritari-Stewart	SCO	58.6	M1	British Masters	107.5
7	VIKI CRAIG	SCO	62.3	Senior	Scottish Eastern Districts	105
8	Lynda Banks	SCO	62.36	M2	Classic World Championships	105
9	NINA LEPAUS	SCO	61.53	0	University World Cup	102.5
10	Alison Horne	SCO	62.7	U18	Classic World Championships	102.5
11	JENNIFER NEWTON	SCO	61.38	U23	University World Cup	100
12	MOLLY TWEEDLE	SCO	62.5	U23	Scottish Universities & College	100
13	ALISON MACKENZIE	SCO	62.5	Senior	Perth Open	90
14	JULIA McGOVERN	SCO	62.7	Senior	Scottish Classic	90
15	KATIE HETHERINGTON	SCO	61.2	U23	Scottish Universities & College	85
16	EILIDH MANSON	SCO	61.5	U23	Scottish Universities & College	80
17	NICOLA ASHMOLE	SCO	60.3	M1	Scottish Northern Districts	75
18	AIMEE THOMSON	SCO	60.2	U23	Scottish Universities & College	72.5
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	ROWAN HENDRY HORNE	SCO	61.9	Senior	Scottish Classic	75
2	JANE ARMOUR	SCO	62.1	Senior	Scottish Classic	65
3	ALISON MACKENZIE	SCO	62.5	Senior	Perth Open	65
4	JANE ARMOUR	SCO	62.7	Senior	Perth Open	65
5	ALICE FRANCIS -FREEMAN	SCO	61.5	U18	Perth Open	62.5
6	Lynda Banks	SCO	62.36	M2	Classic World Championships	62.5
7	Alison Horne	SCO	59.75	U18	European Classic	60
8	VIKI CRAIG	SCO	62.3	Senior	Scottish Eastern Districts	60
9	MOLLY TWEEDLE	SCO	62.5	U23	Scottish Universities & College	57.5
10	JULIA McGOVERN	SCO	62.7	Senior	Scottish Classic	57.5
11	JENNIFER NEWTON	SCO	61.38	U23	University World Cup	55
12	NINA LEPAUS	SCO	63	U23	Scottish Universities & College	55
13	Anneli Ritari-Stewart	SCO	58.3	M1	Scottish Eastern Districts	52.5
14	ELISKA PEJSKOVA	SCO	61	Senior	Aberdeen Open	52.5
15	NICOLA ASHMOLE	SCO	60.3	M1	Scottish Northern Districts	47.5
16	KATIE HETHERINGTON	SCO	61.6	U23	Scottish Eastern Districts	47.5
17	EILIDH MANSON	SCO	61.5	U23	Scottish Universities & College	45
18	AIMEE THOMSON	SCO	60.2	U23	Scottish Universities & College	37.5
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	JULIA McGOVERN	SCO	62.7	Senior	Scottish Classic	162.5
2	NINA LEPAUS	SCO	63	U23	Scottish Universities & College	155
3	Lynda Banks	SCO	62.36	M2	Classic World Championships	150
4	ALISON MACKENZIE	SCO	62.5	Senior	Perth Open	147.5
5	Alison Horne	SCO	61.8	U18	Scottish Juniors	145
6	JANE ARMOUR	SCO	62.1	Senior	Scottish Classic	142.5
7	ROWAN HENDRY HORNE	SCO	61.9	Senior	Scottish Classic	140
8	VIKI CRAIG	SCO	62.3	Senior	Scottish Eastern Districts	140
9	JENNIFER NEWTON	SCO	61.38	U23	University World Cup	135
10	ALICE FRANCIS -FREEMAN	SCO	61.5	U18	Perth Open	135
11	JANE ARMOUR	SCO	62.7	Senior	Perth Open	135
12	Anneli Ritari-Stewart	SCO	58.6	M1	British Masters	130
13	ELISKA PEJSKOVA	SCO	61	Senior	Aberdeen Open	117.5
14	EILIDH MANSON	SCO	61.5	U23	Scottish Universities & College	115
15	MOLLY TWEEDLE	SCO	62.5	U23	Scottish Universities & College	115
16	KATIE HETHERINGTON	SCO	61.2	U23	Scottish Universities & College	112.5
17	NICOLA ASHMOLE	SCO	60.3	M1	Scottish Northern Districts	110
18	AIMEE THOMSON	SCO	60.2	U23	Scottish Universities & College	107.5
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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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72kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	TASMIN CAMPBELL	SCO	68.6	Senior	Scottish Classic	135
2	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classic	133
3	SOPHIE BARRINGER	SCO	69.7	Senior	Scottish Classic	130
4	KARA SWANKIE	SCO	71.4	U23	Scottish Juniors	127.5
5	MAGGIE RICHMOND	SCO	70.4	U23	Scottish Universities & College	115
6	MARTHA GATES	SCO	71.1	Senior	Scottish Northern Districts	115
7	LORRAINE PATRICK	SCO	70.9	Senior	Scottish Classic	112.5
8	STEFANIE HENDRY	SCO	68.3	U23	Scottish Universities & College	110
9	SIONA GARDEN	SCO	69.9	M1	Scottish Classic	107.5
10	MOLLY TWEEDLE	SCO	65.11	U23	University World Cup	105
11	EVE FORDYCE	SCO	67.33	U23	University World Cup	105
12	RACHEL KLINE	SCO	69.1	U23	Scottish Classic	105
13	Sarah Watson	SCO	64.8	Senior	Manchester & Merseyside	102.5
14	LEE HELSTROM	SCO	66.7	Senior	Scottish Eastern Districts	100
15	ANGELA BROWN	SCO	66.5	Senior	Perth Open	97.5
16	NICOLE McARTHUR	SCO	69.2	Senior	Perth Open	95
17	CHARLOTTE CARTER	SCO	69.5	Senior	Perth Open	95
18	CATHERINE GORDON	SCO	65.9	M1	Scottish Classic	90
19	SIMONE CARMO	SCO	68.4	Senior	Scottish Classic	90
20	NICOLA HARCUS	SCO	68.8	M1	Scottish Eastern Districts	85

Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	TASMIN CAMPBELL	SCO	69	Senior	Aberdeen Open	82.5
2	LEE HELSTROM	SCO	66.7	Senior	Scottish Eastern Districts	78
3	LORRAINE PATRICK	SCO	70.6	Senior	Scottish Western Districts	72.5
4	EVE FORDYCE	SCO	67.9	U23	Scottish Universities & College	67.5
5	SIMONE CARMO	SCO	68.4	Senior	Scottish Classic	65
6	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classic	65
7	SIONA GARDEN	SCO	69.9	M1	Scottish Classic	65
8	CATHERINE GORDON	SCO	65.1	M1	Perth Open	60
9	MOLLY TWEEDLE	SCO	65.11	U23	University World Cup	60
10	CHARLOTTE CARTER	SCO	70.6	Senior	Scottish Classic	60
11	MARTHA GATES	SCO	71.1	Senior	Scottish Northern Districts	60
12	KARA SWANKIE	SCO	71.4	U23	Scottish Juniors	60
13	SOPHIE BARRINGER	SCO	69.7	Senior	Scottish Classic	57.5
14	STEFANIE HENDRY	SCO	68.3	U23	Scottish Universities & College	55
15	NICOLA HARCUS	SCO	68.8	M1	Scottish Eastern Districts	55
16	RACHEL KLINE	SCO	69.1	U23	Scottish Classic	55
17	MAGGIE RICHMOND	SCO	70.4	U23	Scottish Universities & College	55
18	Melissa Wall	SCO	70.1	M2	Classic World Championships	52.5
19	Sarah Watson	SCO	64.8	Senior	Manchester & Merseyside	50
20	ANGELA BROWN	SCO	66.5	Senior	Perth Open	50

Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	TASMIN CAMPBELL	SCO	68.6	Senior	Scottish Classic	180
2	SOPHIE BARRINGER	SCO	69.7	Senior	Scottish Classic	170
3	MARTHA GATES	SCO	71.1	Senior	Scottish Northern Districts	170
4	KARA SWANKIE	SCO	71.4	U23	Scottish Juniors	167.5
5	EVE FORDYCE	SCO	67.33	U23	University World Cup	165
6	SIMONE CARMO	SCO	69.1	Senior	Scottish Universities & College	162.5
7	LEE HELSTROM	SCO	66.7	Senior	Scottish Eastern Districts	157.5
8	RUTH POTTINGER	SCO	69.4	Senior	Scottish Classic	157.5
9	MAGGIE RICHMOND	SCO	70.4	U23	Scottish Universities & College	150
10	Sarah Watson	SCO	64.8	Senior	Manchester & Merseyside	147.5
11	LORRAINE PATRICK	SCO	70.9	Senior	Scottish Classic	147.5
12	STEFANIE HENDRY	SCO	68.3	U23	Scottish Universities & College	145
13	RACHEL KLINE	SCO	69.6	U23	Scottish Juniors	142.5
14	ANGELA BROWN	SCO	66.5	Senior	Perth Open	140
15	SIONA GARDEN	SCO	69.9	M1	Scottish Classic	140
16	CHARLOTTE CARTER	SCO	70.6	Senior	Scottish Classic	140
17	Melissa Wall	SCO	70.1	M2	Classic World Championships	137.5
18	CARLY HUSBANDS	SCO	70.1	Senior	Scottish Northern Districts	135
19	CATHERINE GORDON	SCO	65.9	M1	Scottish Classic	132.5
20	NICOLA HARCUS	SCO	68.8	M1	Scottish Eastern Districts	125

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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84kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	WENDY MACFARLANE	SCO	80.9	Senior	Scottish Classic	163
2	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	150
3	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Classic	132.5
4	KATIE WILLOW GARVEY	SCO	80.8	U23	Scottish Eastern Districts	127.5
5	JOYCE PARK	SCO	76.2	M2	Aberdeen Open	115
6	ASHLEIGH MORRISSEY	SCO	80	Senior	Perth Open	107.5
7	CLAIRE LINDSAY	SCO	73.8	Senior	Aberdeen Open	87.5
8	MARI PATTISON	SCO	79.4	Senior	Scottish Universities & College	87.5
9	HEATHER WEBSTER	SCO	73	Senior	Perth Open	75
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	JOYCE PARK	SCO	76.2	M2	Aberdeen Open	75
2	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Eastern Districts	75
3	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	72.5
4	WENDY MACFARLANE	SCO	81.6	Senior	Perth Open	72.5
5	KATIE WILLOW GARVEY	SCO	80.8	U23	Scottish Eastern Districts	65
6	ASHLEIGH MORRISSEY	SCO	80	Senior	Perth Open	60
7	MARI PATTISON	SCO	79.4	Senior	Scottish Universities & College	47.5
8	CLAIRE LINDSAY	SCO	73.8	Senior	Aberdeen Open	45
9	HEATHER WEBSTER	SCO	73	Senior	Perth Open	42.5
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	CLAIRE TOCHER	SCO	76.6	Senior	Scottish Classic	170
2	KATIE WILLOW GARVEY	SCO	81.3	U23	Scottish Classic	165
3	WENDY MACFARLANE	SCO	81.6	Senior	Perth Open	160
4	KATIE WILLOW GARVEY	SCO	80.8	U23	Scottish Eastern Districts	150
5	JOYCE PARK	SCO	76.2	M2	Aberdeen Open	140
6	MARI PATTISON	SCO	79.4	Senior	Scottish Universities & College	122.5
7	HEATHER WEBSTER	SCO	73	Senior	Perth Open	120
8	ASHLEIGH MORRISSEY	SCO	80	Senior	Perth Open	120
9	CLAIRE LINDSAY	SCO	73.8	Senior	Aberdeen Open	115
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Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	83.17	M1	European Masters	162.5
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Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	83.17	M1	European Masters	105
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Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	83.17	M1	European Masters	152.5
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84+kg Class

Top 20 Ranked on Total

Classic Squat

	Name	Division	Body weight	Age class	Competition	Total
1	KARYN McINTOSH	SCO	146.2	Senior	Scottish Classic	147.5
2	Michelle Brand	SCO	87.9	M1	Perth Open	130
3	ELIZABETH BROWN	SCO	100.3	Senior	Scottish Classic	127.5
4	CONNIE McCALLEN	SCO	105.1	Senior	Perth Open	115
5	Steph Elliott	SCO	95.9	M1	British Masters	107.5
6	SARAH HAMMERTON	SCO	90	Senior	Scottish Northern Districts	97.5
7	VIVIEN DUNCAN	SCo	95.6	Senior	Scottish Western Districts	92.5
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Classic Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	87.9	M1	Perth Open	77.5
2	ELIZABETH BROWN	SCO	97.3	Senior	Perth Open	75
3	KARYN McINTOSH	SCO	146.2	Senior	Scottish Classic	72.5
4	SARAH HAMMERTON	SCO	90	Senior	Scottish Northern Districts	65
5	CONNIE McCALLEN	SCO	105.1	Senior	Perth Open	65
6	VIVIEN DUNCAN	SCo	95.6	Senior	Scottish Western Districts	52.5
7	Steph Elliott	SCO	95.9	M1	British Masters	50
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Classic Deadlift

Updated: 29/08/2016

	Name	Division	Body weight	Age class	Competition	Total
1	ELIZABETH BROWN	SCO	100.3	Senior	Scottish Classic	170
2	CONNIE McCALLEN	SCO	105.1	Senior	Perth Open	162.5
3	KARYN McINTOSH	SCO	146.2	Senior	Scottish Classic	150
4	Michelle Brand	SCO	87.9	M1	Perth Open	140
5	VIVIEN DUNCAN	SCo	95.6	Senior	Scottish Western Districts	130
6	SARAH HAMMERTON	SCO	90	Senior	Scottish Northern Districts	115
7	Steph Elliott	SCO	95.9	M1	British Masters	115
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Equipped Squat

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	89	M1	British Equipped	172.5
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Equipped Bench Press (3 lift)

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	89	M1	British Equipped	107.5
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Equipped Deadlift

	Name	Division	Body weight	Age class	Competition	Total
1	Michelle Brand	SCO	89	M1	British Equipped	155
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