



SCOTTISH MENS U20 ARCHIVED POWERLIFTING RECORDS 2019

Mens Overall U20 Records Archived 20.04.19				
Under 20				
53	SQUAT	Standard	117.5	
	BENCH	Standard	75	
	DEADLIFT	Standard	122.5	
	TOTAL	Standard	312.5	
	BENCH (All contest)	Standard	75	
Under 20				
59	SQUAT	Standard	132.5	
	BENCH	Standard	85	
	DEADLIFT	B.Farmer	170	27.8.16
	TOTAL	B.Farmer	372.5	27.8.16
	BENCH (All contest)	Standard	85	
Under 20				
66	SQUAT	F.Mercer	200	21.10.18
	BENCH	F.Mercer	133	21.10.18
	DEADLIFT	F.Mercer	245.5	21.10.18
	TOTAL	F.Mercer	578.5	21.10.18
	BENCH (All contest)	F.Mercer	133	21.10.18
Under 20				
74	SQUAT	J.Thomson	185	14.07.19
	BENCH	R.Marchant	137.5	18.3.12
	DEADLIFT	C.Field	245	26.11.17
	TOTAL	C.Field	527.5	26.11.17
	BENCH (All contest)	R.Marchant	137.5	18.3.12
Under 20				
83	SQUAT	L.Owen	220	13.10.18
	BENCH	E.Stace	145	27.11.17
	DEADLIFT	C.Field	252.5	1.4.18
	TOTAL	E.Stace	605	27.11.17
	BENCH (All contest)	E.Stace	145	27.11.17
Under 20				
93	SQUAT	J.Gallagher	240	3.11.12
	BENCH	J.Brown	162.5	27.11.17
	DEADLIFT	L.Kelly	270.5	13.10.18
	TOTAL	J.Brown	645	27.11.17
	BENCH (All contest)	J.Brown	162.5	27.11.17
Under 20				
105	SQUAT	J.Gallagher	250	3.12.11
	BENCH	C.Crozier	180	23.1.16
	DEADLIFT	L.Kelly	300	14.07.19
	TOTAL	L.Kelly	692.5	14.07.19
	BENCH (All contest)	C.Crozier	180	23.1.16
Under 20				
120	SQUAT	Standard	230	
	BENCH	Standard	150	
	DEADLIFT	M.Grierson	245	14.07.19
	TOTAL	Standard	605	
	BENCH (All contest)	Standard	150	
Under 20				
120+	SQUAT	Standard	232.5	
	BENCH	Standard	152.5	
	DEADLIFT	Standard	237.5	
	TOTAL	Standard	615	
	BENCH (All contest)	Standard	152.5	

Mens Unequipped U20 Records Archived 20.04.19				
Under 20				
53	SQUAT	Standard	102.5	
	BENCH	Standard	65	
	DEADLIFT	Standard	112.5	
	TOTAL	Standard	275	
	BENCH (All contest)	Standard	65	
Under 20				
59	SQUAT	B.Farmer	120	27.8.16
	BENCH	B.Farmer	82.5	27.8.16
	DEADLIFT	B.Farmer	170	27.8.16
	TOTAL	B.Farmer	372.5	27.8.16
	BENCH (All contest)	B.Farmer	82.5	27.8.16
Under 20				
66	SQUAT	F.Mercer	200	21.10.18
	BENCH	F.Mercer	133	21.10.18
	DEADLIFT	F.Mercer	245.5	21.10.18
	TOTAL	F.Mercer	578.5	21.10.18
	BENCH (All contest)	F.Mercer	133	21.10.18
Under 20				
74	SQUAT	J.Thomson	185	14.07.19
	BENCH	R.Marchant	137.5	18.3.12
	DEADLIFT	C.Field	245	26.11.17
	TOTAL	C.Field	527.5	26.11.17
	BENCH (All contest)	R.Marchant	137.5	18.3.12
Under 20				
83	SQUAT	L.Owen	220	13.10.18
	BENCH	E.Stace	145	27.11.17
	DEADLIFT	C.Field	252.5	1.4.18
	TOTAL	E.Stace	605	27.11.17
	BENCH (All contest)	E.Stace	145	27.11.17
Under 20				
93	SQUAT	C.Yule	242.5	14.04.19
	BENCH	J.Brown	162.5	27.11.17
	DEADLIFT	L.Kelly	270.5	13.10.18
	TOTAL	J.Brown	645	27.11.17
	BENCH (All contest)	J.Brown	162.5	27.11.17
Under 20				
105	SQUAT	C.Crozier	230	5.6.16
	BENCH	C.Crozier	180	23.1.16
	DEADLIFT	L.Kelly	300	14.07.19
	TOTAL	L.Kelly	692.5	14.07.19
	BENCH (All contest)	C.Crozier	180	23.1.16
Under 20				
120	SQUAT	S.McLaren	220	27.8.16
	BENCH	C.Charnley	145	3.4.16
	DEADLIFT	M.Grierson	245	14.07.19
	TOTAL	S.McLaren	576	27.8.16
	BENCH (All contest)	C.Charnley	145	3.4.16
Under 20				
120+	SQUAT	Standard	202.5	
	BENCH	Standard	132.5	
	DEADLIFT	Standard	217.5	
	TOTAL	Standard	540	
	BENCH (All contest)	Standard	132.5	



SCOTTISH WOMENS U20 ARCHIVED POWERLIFTING RECORDS 2019

Womens Overall U20 Records Archived 20.04.19				
Under 20				
43	SQUAT			
	BENCH			
	DEADLIFT			
	TOTAL			
	BENCH (All contest)			
Under 20				
47	SQUAT	T.McGowan	65	23.1.16
	BENCH	T.McGowan	37.5	23.1.16
	DEADLIFT	T.McGowan	110	23.1.16
	TOTAL	T.McGowan	212.5	23.1.16
	BENCH (All contest)	T.McGowan	37.5	23.1.16
Under 20				
52	SQUAT	A.Gillan	85	21.3.15
	BENCH	A.Gillan	50	20.9.14
	DEADLIFT	A.Gillan	112.5	21.3.15
	TOTAL	A.Gillan	237.5	20.9.14
	BENCH (All contest)	A.Gillan	50	20.9.14
Under 20				
57	SQUAT	J.Bowles	105	1.07.18
	BENCH	M.Harkins	57.5	27.8.16
	DEADLIFT	M.Gray	132.5	8.6.14
	TOTAL	M.Harkins	287.5	27.8.16
	BENCH (All contest)	M.Harkins	57.5	27.8.16
Under 20				
63	SQUAT	J.Francis-Freema	140	8.5.17
	BENCH	J.Francis-Freema	77.5	8.5.17
	DEADLIFT	E.Fordyce	150	31.10.15
	TOTAL	J.Francis-Freema	365	8.5.17
	BENCH (All contest)	J.Francis-Freema	77.5	8.5.17
Under 20				
72	SQUAT	J.Francis-Freema	167.5	15.06.19
	BENCH	J.Francis-Freema	110	15.06.19
	DEADLIFT	J.Francis-Freema	167.5	26.11.17
	TOTAL	J.Francis-Freema	455	15.06.19
	BENCH (All contest)	J.Francis-Freema	110	15.06.19
Under 20				
84	SQUAT	C.McCart	140	12.6.18
	BENCH	C.Napier	70	24.9.17
	DEADLIFT	S.Edgar	180	14.07.19
	TOTAL	S.Edgar	392.5	14.07.19
	BENCH (All contest)	C.Napier	70	24.9.17
Under 20				
84+	SQUAT	N.Morris	100	31.3.18
	BENCH	N.Morris	40	31.3.18
	DEADLIFT	N.Morris	120	31.3.18
	TOTAL	N.Morris	260	31.3.18
	BENCH (All contest)	N.Morris	40	31.3.18

Womens Unequipped U20 Records Archived 20.04.19				
Under 20				
43	SQUAT			
	BENCH			
	DEADLIFT			
	TOTAL			
	BENCH (All contest)			
Under 20				
47	SQUAT	T.McGowan	65	23.1.16
	BENCH	T.McGowan	37.5	23.1.16
	DEADLIFT	T.McGowan	110	23.1.16
	TOTAL	T.McGowan	212.5	23.1.16
	BENCH (All contest)	T.McGowan	37.5	23.1.16
Under 20				
52	SQUAT	A.Gillan	85	21.3.15
	BENCH	A.Gillan	50	20.9.14
	DEADLIFT	A.Gillan	112.5	21.3.15
	TOTAL	A.Gillan	237.5	20.9.14
	BENCH (All contest)	A.Gillan	50	20.9.14
Under 20				
57	SQUAT	R.Mawer	117.5	21.10.18
	BENCH	R.Mawer	68	21.10.18
	DEADLIFT	R.Mawer	140	21.10.18
	TOTAL	R.Mawer	325.5	21.10.18
	BENCH (All contest)	R.Mawer	68	21.10.18
Under 20				
63	SQUAT	J.Wemyss	130	28.1.18
	BENCH	J.Wemyss	75	26.11.17
	DEADLIFT	E.Fordyce	150	31.10.15
	TOTAL	J.Wemyss	347.5	28.1.18
	BENCH (All contest)	J.Wemyss	75	26.11.17
Under 20				
72	SQUAT	A.Francis-Freeman	167.5	15.06.19
	BENCH	A.Francis-Freeman	110	15.06.19
	DEADLIFT	A.Francis-Freeman	167.5	26.11.17
	TOTAL	A.Francis-Freeman	455	15.06.19
	BENCH (All contest)	A.Francis-Freeman	110	15.06.19
Under 20				
84	SQUAT	C.McCart	140	12.6.18
	BENCH	C.Napier	70	24.9.17
	DEADLIFT	S.Edgar	180	14.07.19
	TOTAL	S.Edgar	392.5	14.07.19
	BENCH (All contest)	C.Napier	70	24.9.17
Under 20				
84+	SQUAT	N.Morris	100	31.3.18
	BENCH	N.Morris	40	31.3.18
	DEADLIFT	N.Morris	120	31.3.18
	TOTAL	N.Morris	260	31.3.18
	BENCH (All contest)	N.Morris	40	31.3.18