

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Bench Press Championships 2004
Castlecomer, Kilkenny - 18/09/2004

Bench		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
w	1	1	58.5kg	U Della MILBOURNE	Coan	32	Open	56.9	57.5		51.7098
w	2	2	58.5kg	U Orla SMITH	Navan	37	Open	57.2	45		40.293
w	1	1	70kg	U Eimear GLENNON	Galway	29	Open	69.9	45		34.146
	1	1	67.5kg	U Dean KEARNEY	Hercules	20	Jnr	66.6	110		80.817
	2	1	67.5kg	U Raymond LYNCH	Limerick	19	T3	62	100		78.64
	3	2	67.5kg	U Wayne CULLY**	Meath	20	Jnr	61.5	97.5		77.2883
	4	1	67.5kg	U Roy SCOTT	Navan	42	M1	67.3	97.5		70.9605
	1	1	75kg	U Noel Snr DUNNE	Coan	44	M1	74.8	145		96.5555
	2	1	75kg	U Donal KELLY	Coan	22	Jnr	73.8	70		47.11
	1	1	82.5kg	U Ben THOMPSON		27	Open	76.9	140		91.238
	2	1	82.5kg	U Colin TYNDALE	Carlow	19	T3	81.8	110		68.53
	3	2	82.5kg	U Liam DUNNE	Coan	19	T3	81	100		62.73
	4	1	82.5kg	U Noel Jnr DUNNE	Coan	17	T2	82.5	100		61.93
	5	2	82.5kg	U James KAVANAGH	ACE	39	Open	75.7	92.5		61.0223
	6	1/1	82.5kg	U Thomas COYLE	Monaghan	40	M1/MPF	80.4	85		53.6095
	1	1	90kg	U Tony LEITCH	Bearcave	38	Open	88.9	150		88.455
	2	2	90kg	U Eddy O'BRIEN	ACE	38	Open	88.3	145		85.869
	3	1	90kg	U Sergie VYSOTSKY		20	Jnr	85.4	132.5		80.1625
	4	3	90kg	U Paul HOUSTON**	Bearcave	30	Open	88.3	132.5		78.4665
	5	1	90kg	U James SCOTT	Navan	15	T1	86.9	70		41.874
	1	1	100kg	U Tom POWER	Coan	59	M4	99.9	115		63.7445
	2	1	100kg	U David TUNSTEAD			Open	95	102.5		58.1995
	3	1	100kg	U Gary O'BRIEN	ACE	23	Jnr	93.7	87.5		50.05
	1	1	110kg	U James ROSSITER	Coan	28	Open	109.8	97.5		52.3283
	1	1	125kg	U Brendan LAWLOR**	Carlow	20	Jnr	119.4	137.5		72.5313
	2	1	125kg	U Eddie BYRNE	Coan	25	Open	124.5	120		62.604
	1	1	90kg	E Dan MILBOURNE	Coan	32	Open	90	170		99.501
	2	2	90kg	E Paul HOUSTON**	Bearcave	30	Open	88.3	150		88.83
	---		90kg	E Tony LEITCH	Bearcave	38	Open	88.9	---		---
	1	1	100kg	E Cathal TIERNAN	Galway	25	Open	92.4	160		92.24
	2	1	100kg	E Peter LEITCH	Bearcave	40	M1	97.2	145		81.3885
	1	1	110kg	E Gerry HOSTY	Clare	39	Open	106	120		65.052
	1	1	+145kg	E Dave FITZHENRY	Carlow	36	Open	152.5	270		132.408

All international records are unofficial and cannot be claimed

(** drug tested; WR/ER/NR - World/European/National Records: * Age class Record/† MPF Record)

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W.Cl. U/E Competitor Name
Best Lifters:
Women, unequipped, BENCH PRESS

1st Della MILBOURNE: 51.70975 Points
2nd Orla SMITH: 40.293 Points
3rd Eimear GLENNON: 34.146 Points

Men, unequipped, BENCH PRESS

1st Noel Snr DUNNE: 96.5555 Points
2nd Ben THOMPSON: 91.238 Points
3rd Tony LEITCH: 88.455 Points

Men, equipped, BENCH PRESS

1st Dave FITZHENRY: 132.408 Points
2nd Dan MILBOURNE: 99.501 Points
3rd Cathal TIERNAN: 92.24 Points

age cat B.W. Result 4th Lift POINTS

Officials:

Organiser(s): Joe Kelly
Coan Powerlifting Club

Scorekeeper(s): Joe Kelly

Referees: Roy Scott
Dave Fitzhenry
Stephen Moloney
Joe Kelly
Eddy O'Brien

Drug Tester(s) Stephen Moloney