

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Powerlifting Championships 2004
Gorey, Wexford - 06/03/2004

| | W.Cl. | U/E | Competitor Name | | age | cat | B.W. | Squat | Bench | Deadl. | TOTAL | POINTS |
|-----|-------|--------|---------------------|-----------|-----|------|-------|--------|-------|--------|--------|---------|
| w 1 | 1 | 63kg | U Orla SMITH | Navan | 36 | Open | 58.9 | 50 | 40 | 90 | 180 | 157.284 |
| | 1 | 60kg | U Wayne CULLY | Meath | 20 | Jnr | 59 | 90 | 85 | 145 | 320 | 264.672 |
| | 1 | 67.5kg | U Brian WALSH | Cork | | Open | 66.7 | 130 | 70 | 180 | 380 | 278.806 |
| | 2 | 67.5kg | U Jimmy KHAN | Carlow | 16 | T2 | 61.7 | 115 | 90 | 140 | 345 | 272.619 |
| | 3 | 67.5kg | U Russell DAWSON | Portlaois | 18 | T3 | 66.6 | 107.5 | 62.5 | 152.5 | 322.5 | 236.941 |
| | 4 | 67.5kg | U Billy FARRELL | Coan | 15 | T1 | 63.7 | 95 | 85 | 130 | 310 | 237.429 |
| | 1 | 75kg | U Noel Snr DUNNE | Coan | 44 | M1 | 74.6 | 175 | 140 | 210 | 525 | 350.333 |
| | 2 | 75kg | U Roy SCOTT | Navan | 41 | M1 | 68 | 150 | 95 | 165 | 410 | 295.651 |
| | 3 | 75kg | U James KAVANAGH | ACE | 38 | Open | 73.6 | 140 | 85 | 182.5 | 407.5 | 274.859 |
| | 4 | 75kg | U Paul MALONE | Coan | 19 | T3 | 69.9 | 95 | 80 | 150 | 325 | 228.8 |
| | 1 | 82.5kg | U John WRIGHT | Wicklow | 21 | Jnr | 80.9 | 170 | 130 | 200 | 500 | 313.95 |
| | 2 | 82.5kg | U Billy HINEY | Galway | 21 | Jnr | 76.3 | 125 | 115 | 190 | 430 | 281.951 |
| | 3 | 82.5kg | U Liam DUNNE | Coan | 19 | T3 | 76.5 | 135 | 95 | 182.5 | 412.5 | 269.899 |
| | 4 | 82.5kg | U Noel Jnr DUNNE | Coan | 17 | T2 | 80.9 | 130 | 100 | 182.5 | 412.5 | 259.009 |
| | 5 | 82.5kg | U Steven TREACY | Offaly | 17 | T2 | 81.9 | 125 | 90 | 170 | 385 | 239.624 |
| | 6 | 82.5kg | U James SCOTT | Navan | 15 | T1 | 80 | 100 | 60 | 140 | 300 | 189.87 |
| | --- | 82.5kg | U Barry MULCAHY | Cork | 37 | Open | 81.6 | 0 | 130 | 0 | --- | --- |
| | 1 | 90kg | U Mark LANE | England | 43 | M1 | 90 | 215 WR | 135 | 265 | 615 | 359.96 |
| | 2 | 90kg | U Eddy O'BRIEN | Wexford | 38 | Open | 89 | 202.5 | 140 | 240 | 582.5 | 343.267 |
| | 3 | 90kg | U Fergus BATES** | Wexford | 29 | Open | 89.9 | 185 | 125 | 232.5 | 542.5 | 317.742 |
| | 4 | 90kg | U Shay RYAN | Wexford | 23 | Jnr | 89.5 | 190 | 122.5 | 220 | 532.5 | 312.737 |
| | 5 | 90kg | U Patrick BROGAN | Omagh | 48 | M2 | 88.9 | 175 | 127.5 | 207.5 | 510 | 300.747 |
| | 6 | 90kg | U Martin KEENEY | Dublin | 34 | Open | 90 | 150 | 145 | 180 | 475 | 278.018 |
| | 1 | 100kg | U Karl SEXTON | Wexford | 36 | Open | 93.8 | 190 | 135 | 250 | 575 | 328.728 |
| | 2 | 100kg | U Mark FITZGERALD | Hercules | 41 | M1 | 100 | 190 | 165 | 220 | 575 | 318.55 |
| | 3 | 100kg | U Joe KELLY | Coan | 35 | Open | 98.1 | 172.5 | 132.5 | 210 | 515 | 287.834 |
| | 1 | 110kg | U Loughlin GANNON** | Wexford | 21 | Jnr | 100.7 | 185 | 147.5 | 237.5 | 570 | 314.868 |
| | 2 | 110kg | U Ian FLEMING | Wexford | | Open | 108 | 185 | 130 | 240 | 555 | 299.201 |
| | 1 | 125kg | U Dave GRIFFIN | Carlow | 23 | Jnr | 113.4 | 200 | 165 | 222.5 | 587.5 | 313.02 |
| | 2 | 125kg | U Eddie BYRNE | Coan | 24 | Open | 123.6 | 182.5 | 117.5 | 265 | 565 | 295.495 |
| | 1 | +145kg | U Dave FITZHENRY | Carlow | 35 | Open | 147.6 | 285 | 225 | 305 WR | 815 WR | 403.67 |
| | 1 | 75kg | E Mark MANDARANO | Portlaois | 37 | Open | 75 | 192.5 | 152.5 | 202.5 | 547.5 | 363.814 |
| | 1 | 90kg | E Ken HEANEY | Galway | 29 | Open | 89.5 | 240 | 175 | 267.5 | 682.5 | 400.832 |
| | 2 | 90kg | E Garreth DUNNE** | Hercules | 18 | T3 | 90 | 175 | 115 | 190 | 480 | 280.944 |
| | 1 | 100kg | E David SMITH | Hercules | 43 | M1 | 99.8 | 280 | 195 | 250 | 725 | 402.013 |

All International Records are unofficial and cannot be claimed

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

| | | | | |
|-------------------------------------|-----------------------|----------------|------------------|---------------|
| Best Lifters: | Organiser(s): | Eddy O'Brien | Referees: | Barry Crowley |
| Women, unequipped | | Ann O'Brien | | Marie Crowley |
| 1st Orla SMITH: 157.284 Points | | | | Anita Mahony |
| | | | | Mark Lane |
| Men, unequipped | Most Improved: | James Kavanagh | | Eddy O'Brien |
| 1st Dave FITZHENRY: 403.6695 Points | Best Team: | Wexford | | Joe Kelly |
| 2nd Mark LANE: 359.9595 Points | | | | Roy Scott |
| 3rd Noel Snr DUNNE: 350.3325 Points | | | | |

Men, equipped

1st David SMITH: 402.0125 Points
2nd Ken HEANEY: 400.83225 Points
3rd Mark MANDARANO: 363.81375 Points