

IRISH DRUG FREE POWERLIFTING ASSOCIATION  
Irish Single Lift Championships 2004  
Hercules, Dublin - 29/05/2004

**Squat**

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
w	1	63kg	U	Orla SMITH	Navan	37	Open	59.3	50		43.44
	1	56kg	U	Brian FORBES	Wicklow	46	M2	55.8	132.5	WR*	116.362
	1	67.5kg	U	Dean KEARNEY	Hercules	19	T3	66.3	125	WR*	92.2125
	1	75kg	U	James KAVANAGH	ACE	38	Open	73.8	140		94.22
	2	75kg	U	Paul MALONE	Coan	19	T3	69.3	105		74.466
	1	82.5kg	U	Noel Snr DUNNE	Coan	44	M1	76.2	175	WR*	114.853
	2	82.5kg	U	Liam DUNNE	Coan	19	T3	76.3	140		91.798
	3	82.5kg	U	Noel Jnr DUNNE	Coan	17	T2	80.7	130	WR*	81.77
	---	82.5kg	U	Steven TREACY	Offaly	17	T2	81.3	---		---
	1	90kg	U	Eddy O'BRIEN	ACE	38	Open	89.6	205		120.315
	2	90kg	U	Kevin D'ARCY	Galway	19	T3	85	180	WR*	109.242
	3	90kg	U	James SCOTT	Navan	15	T1	84.9	110	WR*	66.814
	1	100kg	U	Peter LEITCH	Bearcav	40	M1	95	190		107.882
	2	100kg	U	Joe KELLY	Coan	35	Open	99.3	175		97.265
	3	100kg	U	Gary O'BRIEN	Hercules	22	Jnr	93.1	125	WR*	71.75
	1	+145kg	U	Dave FITZHENRY	Carlow	36	Open	152	290	WR*	142.361
	1	67.5kg	E	Roy SCOTT	Navan	42	M1	67.5	175	WR*	127.015
	1	75kg	E	Carl FINNEGAN	Hercules	17	T2	73.4	115		77.74
	1	82.5kg	E	Thomas MCDONAGH**	Galway	17	T2	80.2	145		91.611
	1	90kg	E	Stephen PRIOR**	Hercules	27	Open	89.6	265		155.529
	2	90kg	E	Garreth DUNNE	Hercules	19	T3	90	200	WR*	117.06
	3	90kg	E	Philip DOYLE	Hercules	22	Jnr	87.9	185	NR*	109.872
	1	110kg	E	John GILLIS	Hercules	31	Open	107	280	NR	151.34

**Bench**

w	1	63kg	U	Orla SMITH	Navan	37	Open	59.3	42.5		36.924
w	1	70kg	E	Petra STUMPFOVA	Tralee	25	Open	68.8	90	WR	69.066
	1	56kg	U	Brian FORBES	Wicklow	46	M2	55.8	95	ER*	83.429
	1	67.5kg	U	Dean KEARNEY	Hercules	19	T3	66.3	102.5	NR*	75.6143
	1	75kg	U	Billy HINEY	Galway	22	Jnr	73.4	117.5		79.43
	2	75kg	U	Paul MALONE	Coan	19	T3	69.3	85		60.282
	3	75kg	U	James KAVANAGH	ACE	38	Open	73.8	85		57.205
	1	82.5kg	U	Maurice ROCHE	Tralee	29	Open	80.1	175	NR	110.67
	2	82.5kg	U	Noel Snr DUNNE	Coan	44	M1	76.2	145		95.1635
	3	82.5kg	U	Mark LANE	England	43	M1	81.5	135		84.321
	4	82.5kg	U	Liam DUNNE	Coan	19	T3	76.3	100		65.57
	5	82.5kg	U	Noel Jnr DUNNE	Coan	17	T2	80.7	100	NR*	62.9
	6	82.5kg	U	Steven TREACY	Offaly	17	T2	81.3	90		56.313

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
1	1	90kg	U	Tony LEITCH	Bearcav	37	Open	87.6	150		89.28
2	2	90kg	U	Martin KEENEY	Hercules	34	Open	89.7	142.5		83.5763
3	1	90kg	U	Philip DOYLE	Hercules	22	Jnr	87.9	125		74.2375
4	1	90kg	U	Murty KELLY	Coan	56	M4	85.6	122.5		74.0023
5	1	90kg	U	Kevin D'ARCY	Galway	19	T3	85	120 NR*		72.828
6	3	90kg	U	John SHANNON	Tralee	30	Open	86.9	110		65.802
1	1	100kg	U	Joe KELLY	Coan	35	Open	99.3	135		75.033
1	1	110kg	U	John GILLIS	Hercules	31	Open	107	170		91.885
1	1	125kg	U	Dave GRIFFIN	Carlow	23	Jnr	115.5	167.5		88.9258
2	1	125kg	U	Kieran MOORE	Hercules		Open	120.2	150		79.02
		---	+	Dave FITZHENRY	Carlow	36	Open	152	---		---
1	1	67.5kg	E	Roy SCOTT	Navan	42	M1	67.5	100		72.58
1	1	75kg	E	Tony PIERCE	Macroor	45	M2	73.2	105		71.127
2	1	75kg	E	Carl FINNEGAN	Hercules	17	T2	73.4	60 NR*		40.56
1	1	82.5kg	E	Thomas MCDONAGH**	Galway	17	T2	80.2	95 NR*		60.021
1	1	90kg	E	Tony LEITCH	Bearcav	37	Open	87.6	162.5		96.72
2	1	90kg	E	Garreth DUNNE	Hercules	19	T3	90	130		76.089
1	1	100kg	E	Mark FITZGERALD**	Hercules	41	M1	97.8	172.5		96.5483
2	1	100kg	E	Dan MILBOURNE**	Coan	32	Open	93.7	155		88.66
<b>Deadlift</b>											
w	1	1	63kg	U	Orla SMITH	Navan	37	Open	59.3	95 NR	82.536
w	1	1	70kg	E	Petra STUMPFOVA	Tralee	25	Open	68.8	120 NR	92.088
1	1	56kg	U	Brian FORBES	Wicklow	46	M2	55.8	175 WR		153.685
1	1	67.5kg	U	Dean KEARNEY	Hercules	19	T3	66.3	170 WR*		125.409
2	1	67.5kg	U	Shane GRENNAN	Clara	17	T2	64.8	160 WR*		120.56
3	2	67.5kg	U	Edward THOMAS	Clara	17	T2	63.2	130		100.321
1	1	75kg	U	Billy HINEY	Galway	22	Jnr	73.4	200 NR*		135.2
2	1	75kg	U	Carl FINNEGAN	Hercules	17	T2	73.4	155 NR*		104.78
3	1	75kg	U	Paul MALONE	Coan	19	T3	69.3	152.5 NR*		108.153
1	1	82.5kg	U	Mark LANE	England	43	M1	81.5	280 WR*		174.888
2	2	82.5kg	U	Noel Snr DUNNE	Coan	44	M1	76.2	200		131.26
3	1	82.5kg	U	Noel Jnr DUNNE	Coan	17	T2	80.7	187.5 WR*		117.938
4	1	82.5kg	U	Liam DUNNE	Coan	19	T3	76.3	185 NR*		121.305
5	2	82.5kg	U	Steven TREACY	Offaly	17	T2	81.3	185		115.755
1	1	90kg	U	Kevin D'ARCY	Galway	19	T3	85	180 WR*		109.242
2	1	90kg	U	James SCOTT	Navan	15	T1	84.9	145 WR*		88.073
1	1	100kg	U	Joe KELLY	Coan	35	Open	99.3	212.5		118.108

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	<b>W.Cl.</b>	<b>U/E</b>	<b>Competitor Name</b>	<b>age</b>	<b>cat</b>	<b>B.W.</b>	<b>Result</b>	<b>4th Lift</b>	<b>POINTS</b>
2	1	100kg	U Gary O'BRIEN	Hercules:22	Jnr	93.1	160		91.84
1	1	110kg	U Alan PRIOR	Hercules:28	Open	101.2	285		157.121
2	2	110kg	U John GILLIS	Hercules:31	Open	107	282.5		152.691
1	1	82.5kg	E Thomas MCDONAGH**	Galway 17	T2	80.2	190	WR*	120.042
1	1	90kg	E Philip DOYLE	Hercules:22	Jnr	87.9	210	NR*	124.719
2	1	90kg	E Garreth DUNNE	Hercules:19	T3	90	200	WR*	117.06

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

**Best Lifters:**

**Women, unequipped, SQUAT**

1st Orla SMITH: 43.44 Points

**Women, unequipped, BENCH PRESS**

1st Orla SMITH: 36.924 Points

**Women, unequipped, DEADLIFT**

1st Orla SMITH: 82.536 Points

**Men, unequipped, SQUAT**

1st Dave FITZHENRY: 142.361 Points

2nd Eddy O'BRIEN: 120.3145 Points

3rd Brian FORBES: 116.3615 Points

**Women, equipped, BENCH PRESS**

1st Petra STUMPFVOVA: 69.066 Points

**Women, equipped, DEADLIFT**

1st Petra STUMPFVOVA: 92.088 Points

**Men, unequipped, BENCH PRESS**

1st Maurice ROCHE: 110.67 Points

2nd Noel Snr DUNNE: 95.1635 Points

3rd John GILLIS: 91.885 Points

**Men, unequipped, DEADLIFT**

1st Mark LANE: 174.888 Points

2nd Alan PRIOR: 157.1205 Points

3rd Brian FORBES: 153.685 Points

**Men, equipped, SQUAT**

1st Stephen PRIOR: 155.5285 Points

2nd John GILLIS: 151.34 Points

3rd Roy SCOTT: 127.015 Points

**Men, equipped, BENCH PRESS**

1st Tony LEITCH: 96.72 Points

2nd Mark FITZGERALD: 96.54825 Points

3rd Dan MILBOURNE: 88.66 Points

**Men, equipped, DEADLIFT**

1st Philip DOYLE: 124.719 Points

2nd Thomas MCDONAGH: 120.042 Points

3rd Garreth DUNNE: 117.06 Points

**Organiser(s)** Mark Fitzgerald

**Referees:**

Anita Mahony  
Mark Lane  
Roy Scott  
Barry Crowley  
Eddy O'Brien  
Stephen Moloney  
Dave Fitzhenry