

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Single Lift Championships 2005
Galway - 10/09/2005

Bench		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
w 1	1	58.5kg	U	Della MILBOURNE	Coan	33	Snr	56.8	52.5		47.2815
	1	75kg	U	Noel Snr DUNNE	Coan	45	M2	73	135 NR*		91.6515
	2	75kg	U	David MARTIN	Rathcor	29	Snr	74.7	110		73.326
	3	75kg	U	Ian GAVIGAN	Rathcor	28	Snr	68.5	100		71.64
	1	82.5kg	U	Maurice ROCHE	Tralee	30	Snr	78.2	170		109.412
	2	82.5kg	U	Owen CAFFREY**	Tralee	20	Jnr	80	170 ER*		107.593
	3	82.5kg	U	Kosmar LEMPU	Navan	25	Snr	78.3	145		93.235
	4	82.5kg	U	Martin CORCORAN	Galway	17	T2	80.4	100	102.5 NR*	63.07
	5	1/1 82.5kg	U	Thomas COYLE	Monagh	41	M1/MPF	77.4	85		55.131
	1	100kg	U	Maciej WIECKOWSKI	Tralee	26	Snr	96.6	140		78.82
	2	100kg	U	Joe KELLY	Coan	37	Snr	97.8	132.5		74.1603
	3	100kg	U	TJ MEEHAN	Clara	16	T2	96.8	107.5 ER*		60.458
	1	110kg	U	James O'BRIEN	Tralee	29	Snr	101.8	120		66
	1	145kg	U	Eddie BYRNE	Coan	26	Snr	126.5	120		62.304
	1	+145kg	U	Dave FITZHENRY	Carlow	37	Snr	156.2	240 ER		116.832
	1	82.5kg	E	Maurice ROCHE	Tralee	30	Snr	78.2	175 NR		112.63
	1	90kg	E	Ken HEANEY	Galway	31	Snr	88.9	167.5		98.7748
	2	90kg	E	David FOSTER	Galway	18	T3	84.3	135 NR*		82.377
	1	100kg	E	Maciej WIECKOWSKI	Tralee	26	Snr	96.6	150		84.45
	1	+145kg	E	Dave FITZHENRY	Carlow	37	Snr	156.2	280 WR		136.304

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:

Women, unequipped, BENCH PRESS

1st Della MILBOURNE: 47.2815 Points

2nd :

3rd :

Organiser(s): Anita Mahony

Speaker/scorekeeper: Anita Mahony

Della Milbourne

Men, unequipped, BENCH PRESS

1st Dave FITZHENRY: 116.832 Points

2nd Maurice ROCHE: 109.412 Points

3rd Owen CAFFREY: 107.593 Points

Referees: Anita Mahony

Joe Kelly

Men, equipped, BENCH PRESS

1st Dave FITZHENRY: 136.304 Points

2nd Maurice ROCHE: 112.63 Points

3rd Ken HEANEY: 98.77475 Points

Best Teen/Jnr

Owen CAFFREY