

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Powerlifting Championships 2005
Clara, Co Offaly - 16/04/2005

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS
w	1	1	55.5kg	U Della MILBOURNE	Coan	33	Snr	55.2	75	57.5	115	247.5	228.245
w	1	1	58.5kg	U Orla SMITH	Navan	38	Snr	56.8	75	50	105	230	207.138
	1	1	60kg	U David MULLEN	Clara	16	T2	58.6	95	60	140	295	245.735
	1	1	67.5kg	U Roy SCOTT	Navan	43	M1	67.4	145	90	167.5	402.5	292.537
	2	1	67.5kg	U Kevin FREDERICKS	Clara	16	T2	65.2	95	75	180	350	262.22
	3	1	67.5kg	U Edward THOMAS	Clara	18	T3	66.8	100	65	132.5	297.5	217.978
	1	1	75kg	U Noel Snr DUNNE	Coan	45	M2	73.4	175	135	190	500	338
	2	1	75kg	U James KAVANAGH	ACE	39	Snr	74.6	165	90	205	460	306.958
	3	2	75kg	U Ian GAVIGAN	Mullinga	28	Snr	71.2	140	90	190	420	291.102
	4	1	75kg	U Billy FARRELL	Coan	16	T2	69.8	127.5	100	185	412.5	290.73
										105	190		
	5	1	75kg	U Shane GRENNAN	Clara	18	T3	68.5	90	70	170	330	236.412
	6	2	75kg	U Kevin MORAN	Clara	16	T2	72.8	50	50	125	225	153.113
	1	1	82.5kg	U Mark LANE	England	44	M1	82.4	200	140	277.5 WR*	617.5 WR*	382.727
										145			
	2	1	82.5kg	U Kosmar LEMPU**	Navan	25	Snr	79.4	210	155	235	600	381.84
	3	2	82.5kg	U Deasun O'DUILL	ACE	25	Snr	81.4	160	112.5	212.5	485	303.174
	4	1	82.5kg	U Colin TYNDALE	Carlow	19	T3	82.5	140	115	190	445	275.589
	5	2/1	82.5kg	U Thomas COYLE	Monagh	40	M1/MPF	81.2	142.5	90	210	442.5	277.094
	6	3	82.5kg	U Stephen REDMOND	ACE	38	Snr	79.6	135	82.5	152.5	370	235.024
	7	1	82.5kg	U Martin CORCORAN	Galway	17	T2	80.6	100	90	160	350	220.325
	8	2	82.5kg	U James SCOTT	Navan	16	T2	82.4	115	75	160	350	216.93
	9	3	82.5kg	U Matthew KIRWAN	Clara	16	T2	82	60	60	150	270	167.913
	1	1	90kg	U Eddy O'BRIEN	ACE	39	Snr	89	210	150	250	610	359.473
	2	1	90kg	U Patrick BROGAN	Omagh	50	M3	89	182.5	135	205	522.5	307.909
	3	1	90kg	U David FOSTER	Galway	18	T3	87.2	160	110	180	450	268.605
	4	2	90kg	U Kieran DOLAN	Clara	28	Snr	87	160	110	175	445	266.021
	5	1	90kg	U Gary O'BRIEN	ACE	23	Jnr	89.4	145	95	205	445	261.527
	1	1	100kg	U Karl SEXTON	ACE	37	Snr	99.6	200	155	265	620	344.1
	2	1	100kg	U James FENNELLY	Coan	21	Jnr	99.8	180	145	272.5	597.5	331.314
	3	2	100kg	U Joe KELLY	Coan	36	Snr	97.6	180	140	227.5	547.5	306.71
	4	1	100kg	U William FARRELL	Coan	49	M2	97.7	165	102.5	205	472.5	264.553
	5	2	100kg	U Frankie O'HARA	Coan	22	Jnr	99.8	115	100	212.5	427.5	237.049
	6	1	100kg	U TJ MEEHAN	Clara	16	T2	94.6	145	95	170	410	233.331
	1	1	110kg	U Garry WATTERS	Fermanagh	30	Snr	100.4	190	160	235	585	323.564
	1	1	125kg	U Dave GRIFFIN	Carlow	24	Snr	117.2	220	180	220	620	328.29
	2	1	125kg	U Brendan LAWLOR**	Carlow	20	Jnr	121.4	200	155	250	605	317.988
	1	1	145kg	U Eddie BYRNE	Coan	25	Snr	128.2	200	127.5	272.5	600	310.32

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	W.Cl.	U/E	Competitor Name	age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS
1	1	52kg	E Gerard KELLY	Beechm	34 Snr	52	130	95 100	185	410	390.115
1	1	82.5kg	E John RYAN**	Coan	31 Snr	76.95	190	120	240	550	358.27
2	1	82.5kg	E Joseph MCALEESE	Beechm	20 Jnr	79.6	170	100	170	440	279.488
1	1	100kg	E David SMITH	Hercule	44 M1	100	310	210 WR*	270	790	437.66
1	1	110kg	E John SHANAHAN**	Clara	30 Snr	107.2	260	160	260	680	367.336
2	1	110kg	E George MAGENNIS	Beechm	55 M4	106	180	130	200	510	276.471
1	1	125kg	E William JOHNSTON	Beechm	58 M4	111.2	207.5	110	170	487.5	260.861

World/European 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

1st Della MILBOURNE: 228.2445 Points

2nd Orla SMITH: 207.138 Points

3rd :

Men, unequipped

1st Mark LANE: 382.7265 Points

2nd Kosmar LEMPU: 381.84 Points

3rd Eddy O'BRIEN: 359.473 Points

Best Junior

1st James FENNELLY: 331.31375 Points

2nd Brendon LAWLOR: 317.988 Points

3rd Billy FARRELL: 290.73 Points

Men, equipped

1st David SMITH: 437.66 Points

2nd Gerard KELLY: 389.254 Points

3rd John SHANAHAN: 367.336 Points

Most Improved

Billy FARRELL