

IRISH DRUG FREE POWERLIFTING ASSOCIATION  
Irish Single Lift Championships 2005  
Hercules, Dublin - 04/06/2005

<b>Squat</b>		<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>
w	1	1	55.5kg	U Della MILBOURNE	Coan	33	Snr	55.24	82.5	WR	76.0353
w	1	1	58.5kg	U Orla SMITH	Navan	38	Snr	56.97	77.5	WR	69.6252
w	1	1	63kg	U Sarah FORDE	ACE	16	T2	60.66	60	WR*	51.1488
	1	1	60kg	U Trevor POWER	Coan	18	T3	56.2	80		69.712
	1	1	75kg	U Noel Snr DUNNE	Coan	45	M2	74	165		110.814
	2	1	75kg	U Ian GAVIGAN	Rathcori	28	Snr	70.1	147.5		103.575
	1	1	82.5kg	U Kosmar LEMPU	Navan	25	Snr	78.7	215	WR	137.708
	2	2	82.5kg	U John RYAN	Coan	31	Snr	76.38	200		131.028
	3	1/1	82.5kg	U Thomas COYLE	Monagh	40	M1/MPF	76.3	130		85.241
	4	1	82.5kg	U Martin CORCORAN	Galway	17	T2	80.7	100		62.9
	1	1	90kg	U Kieran DOLAN	Clara	28	Snr	87.3	150		89.475
	2	1	90kg	U Gary O'BRIEN	ACE	23	Jnr	89.2	140		82.39
	3	1	90kg	U James SCOTT	Navan	16	T2	84.4	120	130	WR* 73.176
	---		90kg	U Deasun O'DUILL	ACE	25	Snr	85.66	---		---
	1	1	100kg	U Joe KELLY	Coan	36	Snr	96	175		98.84
	2	1	100kg	U TJ MEEHAN	Clara	16	T2	96.4	165	170	WR* 92.994
	3	2	100kg	U David DOYLE	ACE	27	Snr	94	160		91.36
	1	1	110kg	U James FENNELLY**	Coan	21	Jnr	100.2	170		94.112
	---		75kg	E James KAVANAGH	ACE	39	Snr	74.4	---		---
	1	1	90kg	E Eddy O'BRIEN	ACE	39	Snr	89.44	260		152.76
	1	1	100kg	E Garreth DUNNE	Hercules	20	Jnr	98.7	225		125.393
	1	1	125kg	E John GILLIS**	Hercules	32	Snr	111	270		144.531
<b>Bench</b>											
w	1	1	55.5kg	U Della MILBOURNE	Coan	33	Snr	55.24	52.5		48.3861
w	1	1	58.5kg	U Orla SMITH	Navan	38	Snr	56.97	45		40.4276
w	1	1	63kg	U Sarah FORDE	ACE	16	T2	60.66	35		29.8368
w	1	1	70kg	U Petra STUMPFOVA	Patricks	26	Snr	67.4	85	WR	66.266
	1	1	60kg	U Trevor POWER	Coan	18	T3	56.2	65		56.641
	1	1	75kg	U Ian GAVIGAN	Rathcori	28	Snr	70.1	97.5		68.4645
	---		75kg	U Noel Snr DUNNE	Coan	45	M2	74	---		---
	1	1	82.5kg	U Kosmar LEMPU	Navan	25	Snr	78.7	150		96.075
	2	2	82.5kg	U John RYAN	Coan	31	Snr	76.38	130		85.1682
	3	3	82.5kg	U David MARTIN	Rathcori	29	Snr	78.04	107.5		69.2902

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4	1	82.5kg	U	Martin CORCORAN	Galway	17	T2	80.7	95		59.755
5	1	82.5kg	U	Noel Jnr DUNNE	Coan	18	T3	81.6	90		56.169
	---	82.5kg	U	Thomas COYLE	Monagh	40	M1	76.3	---		---
1	1	90kg	U	Murty KELLY	Coan	57	M4	88.2	125		74.075
2	1	90kg	U	Sylvester SALLEY		19	T3	83.5	120		73.704
3	1	90kg	U	Gary O'BRIEN	ACE	23	Jnr	89.2	90		52.965
4	1	90kg	U	James SCOTT	Navan	16	T2	84.4	70		42.686
1	1	100kg	U	David SMITH**	Hercules	44	M1	99.14	190		105.674
2	2	100kg	U	Mark FITZGERALD	Hercules	42	M1	93.7	167.5		95.81
3	1	100kg	U	Garry WATTERS**	Fermanagh	30	Snr	97.2	160		89.808
	---	100kg	U	Joe KELLY	Coan	36	Snr	96	---		---
1	1	110kg	U	James FENNELLY**	Coan	21	Jnr	100.2	140		77.504
2	1	110kg	U	James ROSSITER	Coan	28	Snr	106.4	102.5		55.4935
1	1	+145kg	U	Dave FITZHENRY	Carlow	37	Snr	152.5	217.5 ER		106.662
1	1	75kg	E	Tony PIERCE	Macroor	46	M2	72.7	107.5		73.229
1	1	82.5kg	E	Mark MANDARANO	Clara	39	Snr	77.6	157.5		101.95
1	1	90kg	E	John WRIGHT	Wicklow	22	Jnr	85.1	162.5 WR*		98.54
1	1	100kg	E	David SMITH**	Hercules	44	M1	99.14	206 WR*	207.5 WR*	114.017
2	1	100kg	E	Garreth DUNNE	Hercules	20	Jnr	98.7	162.5		90.5613
<b>Deadlift</b>											
w	1	1	55.5kg	U	Della MILBOURNE	Coan	33	Snr	55.24	112.5	103.685
w	1	1	58.5kg	U	Orla SMITH	Navan	38	Snr	56.97	110	98.8229
w	1	1	63kg	U	Sarah FORDE	ACE	16	T2	60.66	85 WR*	72.4608
w	1	1	70kg	E	Petra STUMPFOVA	Patricks	26	Snr	67.4	140 ER	109.144
1	1	52kg	U	Brendan DIGNAM	Clara	15	T1	50.8	105		102.69
2	Guest	52kg	U	Christopher KAVANAGH	ACE	13	13	49.9	70		69.93
1	1	60kg	U	David MULLEN	Clara	16	T2	58.6	142.5 WR*		118.703
2	1	60kg	U	Trevor POWER	Coan	18	T3	56.2	120 ER*		104.568
1	1	75kg	U	Ian GAVIGAN	Rathcor	28	Snr	70.1	200		140.44
2	1	75kg	U	Noel Snr DUNNE	Coan	45	M2	74	190		127.604
3	1	75kg	U	Roy SCOTT	Navan	43	M1	69	167.5		119.243
1	1	82.5kg	U	John RYAN	Coan	31	Snr	76.38	225		147.407
2	2	82.5kg	U	Stephen ROBSON	Rathcor	30	Snr	79.7	205		130.114
3	3	82.5kg	U	David MARTIN	Rathcor	29	Snr	78.04	200		128.912
4	1	82.5kg	U	Thomas COYLE	Monagh	40	M1	76.3	190		124.583

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5	1	82.5kg	U Martin CORCORAN	Galway	17	T2	80.7	170		106.93
6	2	82.5kg	U Matthew KIRWAN	Clara	16	T2	80.8	160		100.544
1	1	90kg	U Sylvester SALLEY		19	T3	83.5	235 <b>WR*</b>		144.337
2	1	90kg	U John WRIGHT	Wicklow	22	Jnr	85.1	220 <b>NR*</b>		133.408
3	1	90kg	U Deasun O'DUILL	ACE	25	Snr	85.66	200		120.76
4	2	90kg	U Gary O'BRIEN	ACE	23	Jnr	89.2	195		114.758
5	1	90kg	U James SCOTT	Navan	16	T2	84.4	160		97.568
1	1	100kg	U Karl SEXTON	Wexford	37	Snr	99.4	250		138.875
2	2	100kg	U David DOYLE	ACE	27	Snr	94	210		119.91
3	1	100kg	U TJ MEEHAN	Clara	16	T2	96.4	201 <b>WR*</b>		112.72
1	1	110kg	U James FENNELLY**	Coan	21	Jnr	100.2	290	300 <b>WR*</b>	160.544
1	1	125kg	U John GILLIS**	Hercules	32	Snr	111	290		155.237
1	1	75kg	E James KAVANAGH	ACE	39	Snr	74.4	195		130.397
1	1	100kg	E Garreth DUNNE	Hercules	20	Jnr	98.7	225 <b>WR*</b>		125.393

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

**Best Lifters:**

**Women, unequipped, SQUAT**

1st Della MILBOURNE: 76.0353 Points  
2nd Orla SMITH: 69.625225 Points  
3rd Sarah FORDE: 51.1488 Points

**Women, unequipped, BENCH PRESS**

1st Petra STUMPFOVA: 66.266 Points  
2nd Della MILBOURNE: 48.3861 Points  
3rd Orla SMITH: 40.42755 Points

**Women, unequipped, DEADLIFT**

1st Della MILBOURNE: 103.6845 Points  
2nd Orla SMITH: 98.8229 Points  
3rd Sarah FORDE: 72.4608 Points

**Men, unequipped, SQUAT**

1st Kosmar LEMPU: 137.7075 Points  
2nd John RYAN: 131.028 Points  
3rd Noel Snr DUNNE: 110.814 Points

**Men, unequipped, BENCH PRESS**

1st Dave FITZHENRY: 106.662 Points  
2nd David SMITH: 105.6742 Points  
3rd Kosmar LEMPU: 96.075 Points

**Women, equipped, DEADLIFT**

1st Petra STUMPFOVA: 109.144 Points  
2nd :  
3rd :

**Men, equipped, SQUAT**

1st Eddy O'BRIEN: 152.7604 Points  
2nd John GILLIS: 144.531 Points  
3rd Garreth DUNNE: 125.3925 Points

**Men, equipped, BENCH PRESS**

1st David SMITH: 114.0169 Points  
2nd Mark MANDARANO: 101.94975 Points  
3rd John WRIGHT: 98.54 Points

**Men, unequipped, DEADLIFT**

1st James FENNELLY: 160.544 Points  
2nd John GILLIS: 155.237 Points  
3rd John RYAN: 147.4065 Points

**Referees:** Thomas Coyle  
Eddy O'Brien  
Roy Scott  
Anita Mahony  
Joe Kelly  
Dave Fitzhenry  
Stephen Moloney  
Murty Kelly

**Best Team:** Hercules

**Men, equipped, DEADLIFT**

1st James KAVANAGH: 130.3965 Points  
2nd Garreth DUNNE: 125.3925 Points  
3rd :