

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Single Lift Championships 2006
Hercules, Dublin - 01/07/2006

Squat

		W.Cl.	U/E	Competitor Name	Club	age	cat	B.W.	Result	4th Lift	POINTS
w	1	1	58.5kg	E	Orla SMITH	Navan	39	Open	58.4	112.5 NR	99
	1	1	67.5kg	U	Martin FLEMING	Killarney	27	Open	66.5	155 NR	114.034
	2	2	67.5kg	U	David LEITCH	Bearcav	32	Open	65.5	125	93.25
	3	1	67.5kg	U	John QUINN	Bearcav	20	Jnr	60.2	100 NR	81.01
	1	1	82.5kg	U	John RYAN	Coan	32	Open	80.3	225 WR	142.02
	1	1	90kg	U	Paul HOUSTON	Bearcav	32	Open	84.6	190	115.672
	2	2	90kg	U	Andrew SCULLY	ACE	35	Open	89.6	182.5	107.109
	3	3	90kg	U	Leo MCCABE	Cahir	31	Open	89.7	175	102.638
	4	1	90kg	U	James HANLEY	Hercules	19	T3	89.9	175	102.498
	5	4	90kg	U	Mark LEITCH	Bearcav	29	Open	83.5	150	92.13
	1	1	100kg	U	Peter LEITCH	Bearcav	42	M1	97.9	217.5 NR	121.67
	2	1	100kg	U	Karl SEXTON	Wexford	38	Open	97.5	200 NR	112.1
	3	2	100kg	U	Mark FITZGERALD	Hercules	43	M1	98.5	200	111.56
	4	1	100kg	U	James QUINN	Limerick	22	Jnr	92.3	140 NR	80.752
	1	1	110kg	U	James FENNELLY	Coan	22	Jnr	107.4	230 WR	124.177
	2	1	110kg	U	Billy MEEHAN	Clara	40	M1	108.6	220 WR	118.404
	1	1	75kg	E	Tony PIERCE	Macroon	47	M2	71.6	165 NR	113.817
	1	1	82.5kg	E	Mark MANDARANO	Clara	40	M1	80.9	207.5 NR	130.289
	1	1	90kg	E	Eddy O BRIEN	ACE	40	M1	89.8	240	140.664
	1	1	110kg	E	John GILLIS	Hercules	33	Open	108	270	145.557
	2	1	110kg	E	TJ MEEHAN	Clara	17	T2	108.2	240 WR	129.312

Bench

w	1	1	58.5kg	E	Orla SMITH	Navan	39	Open	58.4	60 NR	52.8
	1	1	67.5kg	U	Martin FLEMING	Killarney	27	Open	66.5	110	80.927
	2	1	67.5kg	U	John QUINN	Bearcav	20	Jnr	60.2	60	48.606
	1	1	82.5kg	U	John RYAN	Coan	32	Open	80.3	135	85.212
	2	2	82.5kg	U	Keith WILSON	Bearcave		Open	76.4	85	55.675
	3	3	82.5kg	U	Ryan LEITCH	Bearcav	27	Open	76.5	85	55.6155
	1	1	90kg	U	Tony LEITCH	Bearcav	40	M1	88.1	147.5 NR	87.4675
	2	1	90kg	U	Leo MCCABE	Cahir	31	Open	89.7	132.5	77.7113
	3	2	90kg	U	Paul HOUSTON	Bearcav	32	Open	84.6	130	79.144
	4	3	90kg	U	Andrew SCULLY	ACE	35	Open	89.6	130	76.297
	5	4	90kg	U	Dessie DOYLE	ACE	26	Open	85	117.5	71.3108
	6	1	90kg	U	James HANLEY	Hercules	19	T3	89.9	115	67.3555
	7	5	90kg	U	Mark LEITCH	Bearcav	29	Open	83.5	100	61.42
	1	1	100kg	U	Mark FITZGERALD	Hercules	43	M1	98.5	170	94.826
	2	1	100kg	U	Anthony GREANEY	Killarney	32	Open	99.1	135	75.1005
	3	2	100kg	U	Peter LEITCH	Bearcav	42	M1	97.9	125	69.925
	4	1	100kg	U	James QUINN	Limerick	22	Jnr	92.3	122.5 NR	70.658
	1	1	110kg	U	James FENNELLY	Coan	22	Jnr	107.4	145	78.2855
	2	1	110kg	U	Billy MEEHAN	Clara	40	M1	108.6	117.5 NR	63.2385
	1	1	67.5kg	E	Gerard SMITH	Hercules	19	T3	67.5	105 NR	76.209
	1	1	75kg	E	Tony PIERCE	Macroon	47	M2	71.6	110 NR	75.878

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1	1	82.5kg	E	Mark MANDARANO	Clara	40	M1	80.9	183	WR	114.592
1	1	90kg	E	Eddy O BRIEN	ACE	40	M1	89.8	165	NR	96.7065
	---	90kg	E	Tony LEITCH	Bearcav	40	M1	88.1	---	---	---
1	1/1	100kg	E	David SMITH	Hercules	45	Open/M2	99.4	217.5	WR	120.821
2	1	100kg	E	Mark FITZGERALD	Hercules	43	M1	98.5	170		94.826
1	1	110kg	E	John GILLIS	Hercules	33	Open	108	150		80.865
2	1	110kg	E	TJ MEEHAN	Clara	17	T2	108.2	115	WR	61.962

Deadlift

w	1	1	58.5kg	E	Orla SMITH	Navan	39	Open	58.4	110	NR	96.8
	1	1	67.5kg	U	Martin FLEMING	Killarney	27	Open	66.5	185	NR	136.105
	2	1	67.5kg	U	John QUINN	Bearcav	20	Jnr	60.2	165	NR	133.667
	1	1	82.5kg	U	John RYAN	Coan	32	Open	80.3	252.5		159.378
	2	1	82.5kg	U	Thomas COYLE	Monagh	41	M1	80.2	220		138.996
	1	1	90kg	U	Brendan BROWNE	Tipperar	30	Open	87.9	242.5		144.021
	2	2	90kg	U	Dessie DOYLE	ACE	26	Open	85	225		136.553
	3	3	90kg	U	Leo MCCABE	Cahir	31	Open	89.7	215		126.098
	4	4	90kg	U	Andrew SCULLY	ACE	35	Open	89.6	210		123.249
	5	5	90kg	U	David DOYLE	ACE	28	Open	90	210		122.913
	6	6	90kg	U	Paul HOUSTON	Bearcav	32	Open	84.6	200		121.76
	7	1	90kg	U	James HANLEY	Hercules	19	T3	89.9	192.5		112.747
	8	7	90kg	U	Mark LEITCH	Bearcav	29	Open	83.5	185		113.627
	9	8	90kg	U	Stuart LAVERY	Bearcav		Open	88.6	140		82.74
	1	1	100kg	U	Karl SEXTON	Wexford	38	Open	97.5	260		145.73
	2	1	100kg	U	David SMITH	Hercules	45	M2	99.4	260	NR	144.43
	3	2	100kg	U	Anthony GREANEY	Killarney	32	Open	99.1	245		136.294
	4	1	100kg	U	Peter LEITCH	Bearcav	42	M1	97.9	217.5	NR	121.67
	5	2	100kg	U	Mark FITZGERALD	Hercules	43	M1	98.5	200		111.56
	6	1	100kg	U	James QUINN	Limerick	22	Jnr	92.3	167.5	NR	96.614
	1	1	110kg	U	James FENNELLY	Coan	22	Jnr	107.4	310	WR	167.369
	2	1	110kg	U	Billy MEEHAN	Clara	40	M1	108.6	240	NR	129.168
	1	1	125kg	U	Thomas FLAHERTY	Limerick	26	Open	123.2	277.5		145.271
	1	1	67.5kg	E	Gerard SMITH	Hercules	19	T3	67.5	185	WR	134.273
	1	1	90kg	E	Eddy O BRIEN	ACE	40	M1	89.8	200	NR	117.22
	1	1	110kg	E	John GILLIS	Hercules	33	Open	108	260		140.166

Best Lifters:

Women, equipped, SQUAT

1st Orla SMITH: 99 Points

2nd :

3rd :

Women, equipped, BENCH PRESS Women, equipped, DEADLIFT

1st Orla SMITH: 52.8 Points

2nd :

3rd :

1st Orla SMITH: 96.8 Points

2nd :

3rd :

Men, unequipped, SQUAT

1st John RYAN: 142.02 Points

2nd James FENNELLY: 124.177 Points

3rd Peter LEITCH: 121.6695 Points

Men, unequipped, BENCH PRESS Men, unequipped, DEADLIFT

1st Mark FITZGERALD: 94.826 Points

2nd Tony LEITCH: 87.4675 Points

3rd John RYAN: 85.212 Points

1st James FENNELLY: 167.369 Points

2nd John RYAN: 159.378 Points

3rd Karl SEXTON: 145.73 Points

Men, equipped, SQUAT

1st John GILLIS: 145.557 Points

2nd Eddy O BRIEN: 140.664 Points

3rd Mark MANDARANO: 130.28925 Points

Men, equipped, BENCH PRESS

1st David SMITH: 120.82125 Points

2nd Mark MANDARANO: 114.59175 Points

3rd Eddy O BRIEN: 96.7065 Points

Men, equipped, DEADLIFT

1st John GILLIS: 140.166 Points

2nd Gerard SMITH: 134.273 Points

3rd Eddy O BRIEN: 117.22 Points