

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Single Lift Championships 2007
Carlow - 03/02/2007

Squat

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
1	1	56kg	U	Craig O HARA	ACE	19	T3	55.2	80	WR	71.104
1	1	60kg	U	Christopher KAVANAGH	ACE	15	T1	57.3	70	NR	59.724
1	1	67.5kg	U	Scott MC CONNELL		31	Open	63.9	130		99.268
2	1	67.5kg	U	Mikey MCCANN	Powerstatio	16	T2	66.1	60		44.388
1	1	75kg	U	James KAVANAGH	ACE	41	M1	75	140		93.03
1	1	90kg	U	Deasun O DUILL	ACE	27	Open	84.1	180		110.016
2	2	90kg	U	Stephen ROBSON	Rathcore	32	Open	84.5	150		91.395
3	1	90kg	U	Martin CORCORAN	Galway	19	T3	87.5	145		86.362
	---	90kg	U	Leo MCCABE	Duneske	32	Open	89.6	---		---
1	1	100kg	U	Anthony GREANEY	Killarney	33	Open	97.9	205	NR	215 NR 114.677
2	1	100kg	U	Peter LEITCH	Bearcave	43	M1	98.8	195		108.615
3	2	100kg	U	David DOYLE	ACE	29	Open	92.1	170		98.175
1	1	110kg	U	Billy MEEHAN	Clara	40	M1	108.9	215		115.627
2	1	110kg	U	TJ MEEHAN	Clara	18	T3	101.4	185	WR	101.898
1	1	125kg	U	Leon MULLALY	Limerick	21	Jnr	121	190	WR	99.94
1	1	145kg	U	Anton ROONEY	Clara	27	Open	143.1	245	NR	122.5
1	1	+145kg	U	Eoin O DONNELL	Duneske	20	Jnr	146.8	180	WR	89.298
1	1	75kg	E	Tony PIERCE	Macrooom	47	M2	72.6	162.5		110.825
2	1	75kg	E	Peter MCCARTHY	Wexford	33	Open	72.7	160		108.992
1	1	82.5kg	E	Mark MANDARANO	Clara	40	M1	81.7	212.5	NR	132.494
1	1	90kg	E	Ivan KENNEDY	Stadbally	33	Open	82.8	160		98.832
2	2	90kg	E	Christopher MOORE	Patrickswell		Open	87.6	112.5		66.96
Disqu.		90kg	E	Liam BEVILLE	Patrickswell	41	M1	87.5	190		Disqu.
1	1	100kg	E	Eddy O BRIEN	ACE	41	M1	94.8	245	NR	139.283
1	1	110kg	E	Billy MEEHAN	Clara	40	M1	108.9	212.5	NR	114.283

Bench

1	1	60kg	U	Christopher KAVANAGH	ACE	15	T1	57.3	45		38.394
2	2	60kg	U	Evan KIRWAN	Clara	15	T1	57.3	42.5		36.261
1	1	67.5kg	U	Scott MC CONNELL		31	Open	63.9	140	NR	106.904
2	1	67.5kg	U	Daniel JEFFERIES	Clara	15	T1	61.7	52.5		42.1733
3	1	67.5kg	U	Mikey MCCANN	Powerstatio	16	T2	66.1	45	NR	33.291
1	1	75kg	U	Thomaz GRONOSTAJOKI	Duneske	21	Jnr	72.1	140	NR	96.026
2	1	75kg	U	Paul MCEVOY		16	T2	70.5	110		76.879
3	1	75kg	U	James KAVANAGH	ACE	41	M1	75	90		59.805
4	1	75kg	U	Josh FITZHENRY	Carlow	15	T1	71.4	45		31.113
5	1	75kg	U	Zach FITZHENRY	Carlow	12	Guest	70.7	30		20.916
1	1	82.5kg	U	David MARTIN	Rathcore	30	Open	77.4	122.5		79.4535
2	2	82.5kg	U	Kieran KELLY	Coan	24	Open	81.9	75		46.68
	---	82.5kg	U	Ultan MCEVOY	Kilkenny	27	Open	82.3	---		---
1	1	90kg	U	Tony LEITCH	Bearcave	40	M1	88.6	152.5	NR	90.1275
2	1	90kg	U	Tom HURLEY	Duneske	34	Open	89.5	147.5		86.6268
3	2	90kg	U	Leo MCCABE	Duneske	32	Open	89.6	125		73.3625

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4	1	90kg	U	Murty KELLY	Coan	58	M4	85.2	117.5		71.1933
5	3	90kg	U	Stephen ROBSON	Rathcore	32	Open	84.5	112.5		68.5463
6	1	90kg	U	Martin CORCORAN	Galway	19	T3	87.5	107.5		64.027
7	2	90kg	U	Stephen REDMOND	ACE	40	M1	84.7	100		60.83
8	4	90kg	U	Donal KELLY	Coan	24	Open	85.5	90		54.405
9	1	90kg	U	Adam DELANEY	Clara	16	T2	86.3	60		36.054
	---	90kg	U	Kieran DOLAN	Clara	30	Open	85	---		---
1	1	100kg	U	Karl SEXTON	Wexford	38	Open	98.6	152.5		85.0188
2	2	100kg	U	Joe KELLY	Coan	38	Open	97.9	132.5		74.1205
1	1	110kg	U	John SHANAHAN	Clara	32	Open	108.5	157.5		84.798
2	1	110kg	U	TJ MEEHAN	Clara	18	T3	101.4	120 ER		66.096
1	1	125kg	U	Nathan MEEHAN	Clara	14	T1	113.8	60 WR	65 WR	31.95
1	1	75kg	E	Tony PIERCE	Macroom	47	M2	72.6	105		71.61
2	1	75kg	E	Peter MCCARTHY	Wexford	33	Open	72.7	85		57.902
1	1	82.5kg	E	Mark MANDARANO	Clara	40	M1	81.7	175		109.113
1	1	90kg	E	Tony LEITCH	Bearcave	40	M1	88.6	165		97.515
2	1	90kg	E	Ivan KENNEDY	Stadbally	33	Open	82.8	120		74.124
3	2	90kg	E	Christopher MOORE	Patrickswell		Open	87.6	72.5		43.152
1	1	100kg	E	Eddy O BRIEN	ACE	41	M1	94.8	180		102.33
2	2	100kg	E	Peter LEITCH	Bearcave	43	M1	98.8	152.5		84.9425
Deadlift											
w	---	70kg	U	Petra STUMPFOVA	Patrickswell	28	Open	64.5	---		---
w	1	70kg	E	Petra STUMPFOVA	Patrickswell	28	Open	64.5	120		97.14
1	1	56kg	U	Craig O HARA	ACE	19	T3	55.2	105 WR		93.324
1	1	60kg	U	Barry CROWLEY		32	Open	56.9	140		120.358
2	1	60kg	U	Evan KIRWAN	Clara	15	T1	57.3	125 NR		106.65
3	2	60kg	U	Christopher KAVANAGH	ACE	15	T1	57.3	115		98.118
1	1	67.5kg	U	Scott MC CONNELL		31	Open	63.9	195 NR	200 NR	148.902
2	1	67.5kg	U	Daniel JEFFERIES	Clara	15	T1	61.7	140 NR		112.462
3	1	67.5kg	U	Aaron HEMPLESTAL	Carlow	16	T2	66.6	130		95.511
4	2	67.5kg	U	Mikey MCCANN	Powerstatio	16	T2	66.1	100		73.98
1	1	75kg	U	Dave COSTELLO	Bray	20	Jnr	72.2	202.5 NR		138.733
2	1	75kg	U	Josh FITZHENRY	Carlow	15	T1	71.4	95 NR		65.683
3	1	75kg	U	Zach FITZHENRY	Carlow	12	Guest	70.7	65		45.318
1	1/1	82.5kg	U	Thomas COYLE	Monaghan	42	M1/MPF	82	220.5 WR		136.818
2	1	82.5kg	U	David MARTIN	Rathcore	30	Open	77.4	210		136.206
3	1	82.5kg	U	Matthew KIRWAN	Clara	17	T2	80.8	200 WR		125.68
1	1	90kg	U	Deasun O DUILL	ACE	27	Open	84.1	225		137.52
2	2	90kg	U	Stephen ROBSON	Rathcore	32	Open	84.5	210		127.953
3	3	90kg	U	Leo MCCABE	Duneske	32	Open	89.6	200		117.38
4	1	90kg	U	Martin CORCORAN	Galway	19	T3	87.5	190		113.164
5	1	90kg	U	Adam DELANEY	Clara	16	T2	86.3	150		90.135
1	1	100kg	U	Anthony GREANEY	Killarney	33	Open	97.9	275		153.835
2	2	100kg	U	David DOYLE	ACE	29	Open	92.1	235		135.713
3	1	100kg	U	Peter LEITCH	Bearcave	43	M1	98.8	215		119.755
	---	100kg	U	Karl SEXTON	Wexford	38	Open	98.6	---		---

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1	1	110kg	U	John SHANAHAN	Clara	32	Open	108.5	270		145.368
2	1	110kg	U	Billy MEEHAN	Clara	40	M1	108.9	225		121.005
3	1	110kg	U	Pierre CHALL		17	T2	108.6	210	WR	113.022
4	1	110kg	U	TJ MEEHAN	Clara	18	T3	101.4	200	NR	110.16
1	1	125kg	U	Paudie PHELAN	Patrickswell		Open	117	270		142.992
2	1	125kg	U	Padraic O CEARRA		51	M3	110.6	260	NR	139.308
3	1	125kg	U	Leon MULLALY	Limerick	21	Jnr	121	215	WR	113.09
4	1	125kg	U	Nathan MEEHAN	Clara	14	T1	113.8	135	WR	71.8875
1	1	145kg	U	Anton ROONEY	Clara	27	Open	143.1	270.5	NR	135
1	1	+145kg	U	Eoin O DONNELL	Duneske	20	Jnr	146.8	200	WR	99.22
1	1	75kg	E	Peter MCCARTHY	Wexford	33	Open	72.7	180		122.616
2	1	75kg	E	James KAVANAGH	ACE	41	M1	75	160	NR	106.32
1	1	90kg	E	Ivan KENNEDY	Stadbally	33	Open	82.8	230		142.071
2	2	90kg	E	Christopher MOORE	Patrickswell		Open	87.6	137.5		81.84
Disqu.		90kg	E	Liam BEVILLE	Patrickswell	41	M1	87.5	260	NR	Disqu.
1	1	110kg	E	Billy MEEHAN	Clara	40	M1	108.9	220	NR	118.316

Best Lifters:

Men, unequipped, SQUAT

1st Anton ROONEY: 122.5 Points
2nd Billy MEEHAN: 115.627 Points
3rd Anthony GREANEY: 114.677 Points

Men, unequipped, BENCH PRESS

1st Scott MC CONNELL: 106.904 Points
2nd Thomaz GRONOSTAJOKI: 96.026 Points
3rd Tony LEITCH: 90.1275 Points

Women, equipped, DEADLIFT

1st Petra STUMPFVOVA: 97.14 Points
2nd :
3rd :

Men, equipped, SQUAT

1st Eddy O BRIEN: 139.2825 Points
2nd Mark MANDARANO: 132.49375 Points
3rd Billy MEEHAN: 114.2825 Points

Men, equipped, BENCH PRESS

1st Mark MANDARANO: 109.1125 Points
2nd Eddy O BRIEN: 102.33 Points
3rd Tony LEITCH: 97.515 Points

Men, unequipped, DEADLIFT

1st Anthony GREANEY: 153.835 Points
2nd Scott MC CONNELL: 148.902 Points
3rd John SHANAHAN: 145.368 Points

Men, equipped, DEADLIFT

1st Ivan KENNEDY: 142.071 Points
2nd Peter MCCARTHY: 122.616 Points
3rd Billy MEEHAN: 118.316 Points