

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Single Lift Championships 2008
Cahir - 05/04/2008

Squat

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
w	1	1	53kg	U Pauline MURRAY^**	ACE	40	M1	53	70 WR*		66.752
w	1	1	58.5kg	U Orla SMITH	Cavan	41	M1	58.2	77 WR*		66.1875
w	1	1	70kg	U Suzanne KAVANAGH^	ACE	25	Snr	66.9	85		66.6995
	1	1	60kg	U Shane MCQUILLAN^	Monagh	18	T3	59.7	110 WR*		89.87
	1	1	67.5kg	U Martin FLEMING	Killarney	29	Snr	67	160 NR		116.912
	2	2/1	67.5kg	U Scott MCCONNELL	Belfast	32	Snr/MPF	66	140 WR†		103.712
	3	1	67.5kg	U Stephen MCKEE^	Centaur	18	T3	61.1	120		95.748
	1	1	75kg	U David MARTIN	Rathcorr	32	Snr	74.2	172.5 NR	175 NR	115.592
	2	1	75kg	U Tony PIERCE	Macroor	49	M2	72.9	168 WR*		113.85
	3	2	75kg	U Ciaran BEATTIE^	Centaur	30	Snr	73.6	162.5		109.606
	4	3	75kg	U Ian GAVIGAN	Rathcorr	31	Snr	72.7	160		108.992
	5	1	75kg	U Jonathan MCCULLAGH^	Centaur	18	T3	72.3	120 NR*		82.116
	1	1	82.5kg	U John RYAN	Coan	34	Snr	81.5	220		137.412
	2	2	82.5kg	U James KENNEDY^	Bangor	28	Snr	81	180		112.914
	3	3	82.5kg	U Mark MCCONNELL	Belfast	36	Snr	82.5	170		105.281
	1	1	90kg	U John JORDAN^	Galway	22	Jnr	86.7	180 NR*		107.838
	2	1	90kg	U Maurice ROCHE**	Tralee	33	Snr	83.9	175		107.135
	3	2	90kg	U Stephen ROBSON	Rathcorr	33	Snr	83.8	145		88.8415
	4	2	90kg	U Michael HANNON^	Rathcorr	21	Jnr	85.5	130		78.585
	1	1	110kg	U James O'CONNELL	Killarney	28	Snr	108.1	270 NR		145.503
	2	1	110kg	U Billy MEEHAN	Clara	41	M1	106.8	230.5 WR*		124.384
	1	1	125kg	U Paul (Ben) LOUGHREY	Centaur	20	Jnr	113	215 WR*		114.638
	2	1	125kg	U Jonathon CATHCART	Lakelane	18	T3	112.1	150 NR*		80.115
	1	1	75kg	E Peter MCCARTHY	Wexford	34	Snr	74.1	165		110.682
	1	1	82.5kg	E Deasun O'DUILL	ACE	28	Snr	81.3	232.5 NR		145.475
	1	1	100kg	E David DOYLE	ACE	30	Snr	97.2	270 NR		151.551
	2	2	100kg	E Anthony GREANEY	Killarney	34	Snr	99	250		139.125
	3	1	100kg	E David FOSTER	Galway	21	Jnr	97.3	240 NR*	245 NR*	134.64
	4	1	100kg	E Sean CANNIFFE^	Bandon	60	M5	97	180 WR*		101.142
	1	1	110kg	E Michael GIBSON^	Down	20	Jnr	108.5	190 WR*		102.296
Bench											
w	1	1	53kg	U Pauline MURRAY^**	ACE	40	M1	53	50 NR		47.68
w	1	1	58.5kg	U Orla SMITH	Cavan	41	M1	58.2	47.5 WR*		41.9188
	1	1	56kg	U Tony BUNTING^	Centaur	16	T2	55.5	70 NR*	75 NR*	61.845
	1	1	60kg	U Shane MCQUILLAN^	Monagh	18	T3	59.7	105 ER*		85.785

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2	1	60kg	U	Justin GAVIGAN	Rathcor	27	Snr	59.2	92.5		76.2385
3	2	60kg	U	Ron RYAN PALISOC	Rathcor	26	Snr	59.6	72.5		59.3413
1	1/1	67.5kg	U	Scott MCCONNELL	Belfast	32	Snr/MPF	66	145		107.416
2	2	67.5kg	U	Martin FLEMING	Killarney	29	Snr	67	110		80.377
3	1	67.5kg	U	Stephen MCKEE^	Centaur	18	T3	61.1	85		67.8215
4	1	67.5kg	U	Wayne CULLY	Meath	23	Jnr	60.9	80		64.048
1	1	75kg	U	David MARTIN	Rathcor	32	Snr	74.2	127.5		85.4378
2	2	75kg	U	Ciaran BEATTIE^	Centaur	30	Snr	73.6	115		77.5675
3	3	75kg	U	Ian GAVIGAN	Rathcor	31	Snr	72.7	100		68.12
4	1	75kg	U	Jonathan MCCULLAGH^	Centaur	18	T3	72.3	85		58.1655
1	1	82.5kg	U	Mark MCCONNELL	Belfast	36	Snr	82.5	170		105.281
2	2	82.5kg	U	Dan BURNS^	Centaur	27	Snr	81.1	137.5		86.185
3	3	82.5kg	U	John RYAN	Coan	34	Snr	81.5	130		81.198
4	1	82.5kg	U	PAT CURRAN^**	Waterfoi	18	T3	78.2	110.5 NR*		70.796
5	4	82.5kg	U	James KENNEDY^	Bangor	28	Snr	81	105		65.8665
1	1	90kg	U	Maurice ROCHE**	Tralee	33	Snr	83.9	160 NR		97.952
2	1	90kg	U	Sylvester SALLEY**		22	Jnr	90	130		76.089
3	2	90kg	U	Stephen ROBSON	Rathcor	33	Snr	83.8	115		70.4605
4	1	90kg	U	Ivan POWER	Kilkenny	18	T3	87.6	107.5		63.984
5	3	90kg	U	Ivan LYNCH^	ACE	29	Snr	89.7	100		58.65
6	2	90kg	U	Michael HANNON^	Rathcor	21	Jnr	85.5	75		45.3375
1	1	100kg	U	Ryan MATTHEWS^**	Centaur	20	Jnr	97.3	170.5 WR*		95.37
2	1	100kg	U	Eugene O'REILLY	Navan	37	Snr	95.7	155		87.6835
3	2	100kg	U	Derek DALY	Limerick	29	Snr	98.5	145		80.881
	---	100kg	U	Anthony GREANEY	Killarney	34	Snr	99	---		---
1	1	110kg	U	James O'CONNELL	Killarney	28	Snr	108.1	200		107.78
2	2	110kg	U	Maciej WIECKOWSKI	Tralee	29	Snr	102.6	140		76.762
1	1	125kg	U	Paul (Ben) LOUGHREY	Centaur	20	Jnr	113	145		77.314
2	1	125kg	U	Thomas FAHERTY	Limerick	28	Snr	121.3	140		73.598
3	1	125kg	U	Jonathon CATHCART	Lakelan	18	T3	112.1	132 NR*	135 NR*	69.433
	---	125kg	U	Joseph DOWNEY^**	Centaur	21	Jnr	111.4	---		---
1	1	75kg	E	Pol MAC GIOLLA	Centaur	27	Snr	72.8	135		91.8675
2	2	75kg	E	Peter MCCARTHY	Wexford	34	Snr	74.1	97.5		65.403
1	1	90kg	E	Eddy O'BRIEN	ACE	42	M1	90	182.5 NR*		106.817
1	1	100kg	E	Derek DALY	Limerick	29	Snr	98.5	182.5		101.799
2	1	100kg	E	David FOSTER	Galway	21	Jnr	97.3	180 NR*		100.98
1	1	110kg	E	Michael GIBSON^	Down	20	Jnr	108.5	165 NR*		88.836
2	1	110kg	E	Maciej WIECKOWSKI	Tralee	29	Snr	102.6	160		87.728

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1	1	125kg	E	TJ MEEHAN	Clara	19	T3	111.3	145 NR*		77.575
Deadlift											
w	1	53kg	U	Pauline MURRAY^***	ACE	40	M1	53	100 NR		95.36
w	1	58.5kg	U	Orla SMITH	Cavan	41	M1	58.2	110 WR*		97.075
w	1	70kg	U	Suzanne KAVANAGH^	ACE	25	Snr	66.9	120		94.164
w	1	80kg	U	Roisin HANNON^	Rathcorr	15	T1	72.5	112.5 ER*	115 WR*	83.1825
1	1	56kg	U	Craig O'HARA	ACE	20	Jnr	54.2	120 NR*		108.876
1	1	60kg	U	Justin GAVIGAN	Rathcorr	27	Snr	59.2	185 WR		152.477
2	2	60kg	U	Ron RYAN PALISOC	Rathcorr	26	Snr	59.6	150		122.775
1	1/1	67.5kg	U	Scott MCCONNELL	Belfast	32	Snr/MPF	66	210 WR†		155.568
2	2	67.5kg	U	Martin FLEMING	Killarney	29	Snr	67	190		138.833
3	1	67.5kg	U	Stephen MCKEE^	Centaur	18	T3	61.1	180 NR*		143.622
4	1	67.5kg	U	Christopher KAVANAGH	ACE	16	T2	60.9	120		96.072
1	1	75kg	U	Ian GAVIGAN	Rathcorr	31	Snr	72.7	220 NR		149.864
2	2	75kg	U	David MARTIN	Rathcorr	32	Snr	74.2	220		147.422
3	1	75kg	U	Jonathan MCCULLAGH^	Centaur	18	T3	72.3	175 NR*	180 NR*	119.753
4	1	75kg	U	James KAVANAGH	ACE	42	M1	73.4	170		114.92
5	1	75kg	U	Thomas HALPIN^	ACE	16	T2	73.7	150		101.055
1	1	82.5kg	U	John RYAN	Coan	34	Snr	81.5	255		159.273
2	2	82.5kg	U	Mark MCCONNELL	Belfast	36	Snr	82.5	230		142.439
3	3	82.5kg	U	James KENNEDY^	Bangor	28	Snr	81	215		134.87
4	1	82.5kg	U	PAT CURRAN^***	Waterfoi	18	T3	78.2	180		115.848
1	1	90kg	U	Sylvester SALLEY**		22	Jnr	90	272.5 NR		159.494
2	1	90kg	U	Brendan BROWNE	Dunescr	31	Snr	90	242.5		141.935
3	2	90kg	U	John JORDAN^	Galway	22	Jnr	86.7	215		128.807
4	2	90kg	U	Ivan LYNCH^	ACE	29	Snr	89.7	215		126.098
5	1	90kg	U	Ivan POWER	Kilkenny	18	T3	87.6	200		119.04
6	1	90kg	U	Eddy O'BRIEN	ACE	42	M1	90	195		114.134
7	3	90kg	U	Michael HANNON^	Rathcorr	21	Jnr	85.5	185		111.833
1	1	100kg	U	David DOYLE	ACE	30	Snr	97.2	255		143.132
2	2	100kg	U	Eugene O'REILLY	Navan	37	Snr	95.7	235		132.94
3	1	100kg	U	Donal O'SHEA	Bandon	40	M1	95	200		113.56
1	1	110kg	U	James O'CONNELL	Killarney	28	Snr	108.1	300		161.67
2	1	110kg	U	Karl SEXTON	Wexford	40	M1	102.4	265 NR*		145.406
3	2	110kg	U	Billy MEEHAN	Clara	41	M1	106.8	250		135.2
1	1	125kg	U	Paul (Ben) LOUGHREY	Centaur	20	Jnr	113	280 WR*		149.296
2	2	125kg	U	Joseph DOWNEY^***	Centaur	21	Jnr	111.4	240		128.376

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3	1	125kg	U Jonathon CATHCART	Lakelane	18 T3	112.1	210 NR*		112.161
1	1	+145kg	U Eoin O'DONNELL	Dunescree	21 Jnr	153.2	230 WR		112.631
		75kg	E Peter MCCARTHY	Wexford	34 Snr	74.1	---		---
1	1	100kg	E Anthony GREANEY	Killarney	34 Snr	99	265		147.473
2	1	100kg	E David FOSTER	Galway	21 Jnr	97.3	240 WR*		134.64
3	1	100kg	E Sean CANNIFFE^	Bandon	60 M5	97	190 NR*		106.761
1	1	110kg	E Michael GIBSON^	Down	20 Jnr	108.5	200 WR*		107.68
1	1	125kg	E Paul (Ben) LOUGHREY	Centaur	20 Jnr	113	220 WR*		117.304

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

(^ indicates new member and any World/European Records are unofficial)

Best Lifters:

Women, unequipped, SQUAT

1st Pauline MURRAY: 66.752 Points
2nd Suzanne KAVANAGH: 66.6995 Points
3rd Orla SMITH: 66.1875 Points

Women, unequipped, BENCH PRESS

1st Pauline MURRAY: 47.68 Points
2nd Orla SMITH: 41.91875 Points
3rd :

Women, unequipped, DEADLIFT

1st Orla SMITH: 97.075 Points
2nd Pauline MURRAY: 95.36 Points
3rd Suzanne KAVANAGH: 94.164 Points

Men, unequipped, SQUAT

1st James O'CONNELL: 145.503 Points
2nd John RYAN: 137.412 Points
3rd Billy MEEHAN: 124.384 Points

Men, unequipped, BENCH PRESS

1st James O'CONNELL: 107.78 Points
2nd Scott MCCONNELL: 107.416 Points
3rd Mark MCCONNELL: 105.281 Points

Men, unequipped, DEADLIFT

1st James O'CONNELL: 161.67 Points
2nd Sylvester SALLEY: 159.49425 Points
3rd John RYAN: 159.273 Points

Men, equipped, SQUAT

1st David DOYLE: 151.551 Points
2nd Deasun O'DUILL: 145.47525 Points
3rd Anthony GREANEY: 139.125 Points

Men, equipped, BENCH PRESS

1st Eddy O'BRIEN: 106.81725 Points
2nd Derek DALY: 101.7985 Points
3rd David FOSTER: 100.98 Points

Men, equipped, DEADLIFT

1st Anthony GREANEY: 147.4725 Points
2nd David FOSTER: 134.64 Points
3rd Paul (Ben) LOUGHREY: 117.304 Points

Best Team

1st Centaur
2nd Killarney
3rd Rathcore