

IRISH DRUG FREE POWERLIFTING ASSOCIATION  
Irish Powerlifting Championships 2009  
Belfast - 18/04/2009

		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Squat	Bench	Deadl.	TOTAL	POINTS
w	1	1	63kg	U Andrea PEAKE	Lisburn	20	Jnr	60.5	70 NR*	42.5 NR*	120.5 ER*	232.5 NR*	198.648
w	2	1	63kg	U Orla SMITH	Cavan	42	M1	59.8	60 NR*	55 NR*	112.5 NR*	227.5 NR*	196.287
w	1	1	70kg	U Suzanne KAVANAGH	ACE	26	Snr	68.6	70	40	115	225	173.003
w	2	1	70kg	U Roisin HANNON	Rathcor	17	T2	70	60 WR*	32.5 NR*	110 WR*	202.5 WR*	153.515
w	1	1	90kg	U Jennifer GOUAILHARDO	Galway	23	Jnr	86.8	95 WR*	62.5 WR*	137.5 WR*	295 WR*	191.19
											140 WR*		
	1	1	56kg	U Brian FORBES	Wicklow	51	M3	55.4	127.5	90	150	367.5	325.348
	1	1	60kg	U Justin GAVIGAN	Rathcor	28	Snr	59.7	122.5	100	200 NR	422.5	345.183
	1	1	67.5kg	U Shane MCQUILLAN	Monagh	19	T3	64	132.5 NR*	105 NR*	175 NR*	412.5 NR*	314.531
	2	1	67.5kg	U Mark MCKEAGNEY	Omagh	17	T2	67.2	127.5 NR*	72.5	177.5	377.5	275.084
	3	2	67.5kg	U Christopher KAVANAGH	ACE	17	T2	65.3	110	62.5	142.5	315	235.652
	4	1	67.5kg	U Trevor HARVEY	Bangor	65	M6	67.1	90 NR*	65 NR*	150 NR*	305 NR*	222.559
	5	1	67.5kg	U David PERCIVAL	ACE	47	M2	67.2	65 NR*	70 NR*	152.5 NR*	287.5 NR*	209.501
	6	3	67.5kg	U Samuel POOTS	Lisburn	16	T2	66.8	87.5	60	130	277.5	203.324
	1	1	75kg	U David MARTIN	Rathcor	33	Snr	75	177.5	130	215	522.5	347.201
	2	1	75kg	U Tommy DOLAN	Monagh	22	Jnr	73.5	150	120	195	465	313.968
	3	2	75kg	U Ian GAVIGAN	Rathcor	32	Snr	73	160	100	200	460	312.294
	4	2	75kg	U James SCOTT	Navan	20	Jnr	73.7	140	85	170	395	266.112
	5	1	75kg	U Craig MARKS	Lisburn	16	T2	68.3	105	65	145	315	226.265
	6	2	75kg	U Craig MC AFEE	Lisburn	16	T2	71.3	90	65	140	295	204.229
	1	1	82.5kg	U Stephen ROBSON	Rathcor	34	Snr	81.2	160	120	190	470	294.314
	2	1	82.5kg	U Scott MCCLENAGHAN	Beechm	17	T2	79	151 NR*	95	220 NR*	465 NR*	297.042
								155 NR*					
	3	1	82.5kg	U Raymond BUTLER	Meath	23	Jnr	76.3	145	100	210	455	298.344
	4	1	82.5kg	U Mel MC TEGGART	Enniskill	19	T3	82.1	167.5 NR*	87.5	180	435	270.309
								170 NR*					
	5	2	82.5kg	U Gavin MC GARRY	Centaur	25	Snr	81.8	125	120	180	425	264.775
	1	1	90kg	U Warren YELVERTON	Killarney	36	Snr	88.2	202.5	145	262.5	610	361.486
	2	2	90kg	U Andrew SCULLY	ACE	38	Snr	89.6	190	145	230	565	331.599
	3	3	90kg	U Gerry MCKENNA	NI	34	Snr	83.6	180	150	220	550	337.535
	4	4	90kg	U Ivan LYNCH	ACE	30	Snr	89.6	190	110	230	530	311.057
	5	1	90kg	U Simon CAMPBELL	St Gabri	19	T3	89.8	180 NR*	115 NR*	230 NR*	525 NR*	307.703
								190 NR*					
	6	1	90kg	U Scott MATTHEWS	centaur	20	Jnr	87	165	105	225 NR*	495	295.911
										230 NR*			
	7	5	90kg	U Finbarr O'RIORDAN	Hercules	31	Snr	87.9	170	110	210	490	291.011
	8	1	90kg	U Peter LEITCH	Bearcav	45	M2	89.9	180 NR*	122.5	180	482.5	282.6
	9	2	90kg	U Michael HANNON	Rathcor	21	Jnr	88.1	135	77.5	182.5	395	234.235
	10	1	90kg	U Michael DOWNEY	St Gabri	16	T2	87.4	140	70	180	390	232.44

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11	6	90kg	U Ger GORMAN	Rathcor	27	Snr	82.9	90	70	160	320	197.504
1	1	100kg	U Eugene O'REILLY	Navan	38	Snr	100	185	160	255	600	332.4
2	2	100kg	U Shaun MCLAUGHLIN	Omagh	25	Snr	97.8	185	130	235	550	307.835
3	1	100kg	U Laurence MCCONNELL	St. Gabr	63	M5	99.8	190	146 WR*	200	535	296.658
								150 WR*				
4	1	100kg	U Paul O HARE	Dundalk	19	T3	93.3	172.5	97.5	230 WR*	500	286.7
	---	100kg	U David DOYLE	ACE	31	Snr	99.4	0	125	250	---	---
1	1	110kg	U Kevin CARRAGHER	Blancha	28	Snr	107	215	130	240	585	316.193
2	1	110kg	U Ben LOUGHREY	Centaur	21	Jnr	106.4	210	130	232.5	572.5	309.952
3	2	110kg	U Shane O'NEILL	Killarney	21	Jnr	108.6	200	127.5	240	567.5	305.429
1	1/1	125kg	U Brian COOMBES	Shankil	33	Snr/MPF	117.3	200 NR†	161 NR†	252.5 NR†	612.5 NR†	324.258
2	1	125kg	U Joe DOWNEY	St Gabri	22	Jnr	118.6	185	150	230	565	298.49
3	1	125kg	U Jonathon CATHCART	Lakelan	19	T3	120.3	170 NR*	145 WR*	220 NR*	535 NR*	281.785
							171 NR*					
4	2	125kg	U Robert NEWMAN	Larne	25	Snr	120.4	170	145	220	535	281.731
1	1	75kg	E Jonathan HERON	Lisburn	19	T3	72.1	160 NR*	110 NR*	180 NR*	450 NR*	308.655
1	1	82.5kg	E Roy SCOTT	Navan	47	M2	77.2	170 NR*	105 NR*	165 NR*	440 NR*	285.912
	---	82.5kg	E Luke POOTS	Lisburn	19	T3	80.9	0	0	0	---	---

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

### Best Lifters:

#### Women, unequipped

1st Andrea PEAKE: 198.648 Points

2nd Orla SMITH: 196.287 Points

3rd Jennifer GOUAILHARDOU: 191.1895 Points

#### Men, unequipped

1st Warren YELVERTON: 361.486 Points

2nd David MARTIN: 347.20125 Points

3rd Justin GAVIGAN: 345.1825 Points

#### Men, equipped

1st Jonathan HERON: 308.655 Points

2nd Roy SCOTT: 285.912 Points

3rd :