

IRISH DRUG FREE POWERLIFTING ASSOCIATION
Irish Single Lift Championships 2009
Rathcairn, Co Meath - 14/02/2009

Squat		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS	
w	1	1	55.5kg	U	Pauline MURRAY	ACE	41	M1	55.2	75 WR*	69.165	
w	1	1	63kg	U	Andrea PEAKE^	Lisburn	20	Jnr	59.7	67.5 WR*	58.32	
w	2	1	63kg	U	Orla SMITH	Cavan	41	M1	60.9	60 WR*	50.982	
w	1	1	70kg	U	Suzanne KAVANAGH	ACE	26	Snr	67.1	70	54.789	
	1	1	67.5kg	U	Shane MCQUILLAN	Monagh	19	T3	60.7	120	96.396	
	2	1	67.5kg	U	Craig MARKS	Lisburn	16	T2	67.4	105 NR*	76.314	
	3	2	67.5kg	U	Jonathan MURRAY	Wicklow	17	T2	63.6	102.5 NR*	78.6278	
	4	3	67.5kg	U	Christopher KAVANAGH	ACE	17	T2	64.3	100 NR*	75.91	
	1	1	75kg	U	David MARTIN	Rathcor	32	Snr	75	172.5	114.626	
	2	1	75kg	U	Tommy DOLAN^		22	Jnr	74.9	147.5 NR*	150 NR*	98.117
	3	1	75kg	U	George CAMPBELL	Bangor	62	M5	74.3	141 WR*	93.716	
	4	1	75kg	U	Thomas HALPIN	ACE	17	T2	74	110 NR*	73.876	
	1	1	82.5kg	U	Stephen ROBSON	Rathcor	34	Snr	82.3	155	96.1465	
	2	1	82.5kg	U	Raymond BUTLER^	Meath	23	Jnr	79.3	130 NR*	82.81	
	3	2	82.5kg	U	James SCOTT	Navan	20	Jnr	77.7	120 NR*	77.604	
	1	1	90kg	U	Ivan LYNCH	ACE	30	Snr	88.9	190	112.043	
	2	1	90kg	U	Simon CAMPBELL^	Lisburn	19	T3	89.5	170	99.841	
	3	2	90kg	U	Shane NUGENT	Louth	19	T3	85.2	160	96.944	
	4	1	90kg	U	Michael DOWNEY^	NI	16	T2	86.2	115	69.1495	
	---		90kg	U	Paul O HARE^		19	T3	89.2	---	---	
	1	1	100kg	U	David DOYLE	ACE	31	Snr	99.4	240.5 NR	133.32	
	2	2	100kg	U	Eugene O'REILLY	Navan	38	Snr	99.2	185	102.86	
	3	3	100kg	U	John TWADDLE^	Longfor	27	Snr	97.8	165	92.3505	
	4	1	100kg	U	Cathal TWADDLE^	Longfor	20	Jnr	94.3	150 NR*	85.515	
	1	1	110kg	U	Kevin CARRAGHER^		28	Snr	105.6	200	108.54	
	2	1	110kg	U	John MC MENAMON	Monagh	44	M1	102	120	65.94	
	1	1	125kg	U	Brian COOMBES^**	Lisburn	33	Snr	117	230	121.808	
	---		125kg	U	Eoin GRAHAM^		20	Jnr	120.9	---	---	
	1	1	67.5kg	E	Ryan O NEILL	Louth	18	T3	67.4	132.5 NR*	145 NR*	96.301
	1	1	75kg	E	Tony PIERCE	Macroor	49	M2	74.5	180 NR	120.24	
	2	1	75kg	E	Jonathan HERON	Lisburn	19	T3	72.9	170 WR*	115.549	
	1	1	90kg	E	Stevie COLLINS^***	Dublin	18	T3	88.9	215 WR*	225 WR*	126.786
	2	2	90kg	E	Luke POOTS	Lisburn	19	T3	82.7	170	105.111	
	1	1	100kg	E	David DOYLE	ACE	31	Snr	99.4	280 NR	155.54	
	2	1	100kg	E	Ronnie MARKS	Lisburn	52	M3	98.2	190	106.134	

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		W.Cl.	U/E	Competitor Name		age	cat	B.W.	Result	4th Lift	POINTS
---		100kg	E	Anthony GREANEY	Killarney	35	Snr	98.3	---		---
1	1	110kg	E	Mark BRANIFF	Lisburn	36	Snr	109.1	280		150.528
2	1	110kg	E	David FOSTER**	Galway	22	Jnr	100.3	260 WR*		143.858
1	1	125kg	E	Billy MEEHAN**	Clara	42	M1	111.1	260 NR*		139.152
2	1	125kg	E	Brian COOMBES^**	Lisburn	33	Snr	117	260		137.696
Bench											
w	1	1	55.5kg	U	Pauline MURRAY	ACE	41	M1	55.2	55	50.721
w	1	1	63kg	U	Orla SMITH	Cavan	41	M1	60.9	55 NR	46.7335
w	2	1	63kg	U	Andrea PEAKE^	Lisburn	20	Jnr	59.7	40 NR*	34.56
w	1	1	70kg	U	Suzanne KAVANAGH	ACE	26	Snr	67.1	35	27.3945
w	1	1	90kg	U	Jennifer GOUAILHARDOU^	Galway	23	Jnr	86.3	60 WR*	39.054
1	1	60kg	U	Tony BUNTING	Centaur	17	T2	56.5	90		77.967
2	1	60kg	U	Stephen MCKEE	Centaur	18	T3	58	80		67.376
1	1	67.5kg	U	Wayne CULLY	Meath	24	Snr	63.8	105		80.2935
2	1	67.5kg	U	Shane MCQUILLAN	Monagh	19	T3	60.7	90		72.297
3	1	67.5kg	U	Jonathan MURRAY	Wicklow	17	T2	63.6	62.5		47.9438
4	2	67.5kg	U	Craig MARKS	Lisburn	16	T2	67.4	60		43.608
5	3	67.5kg	U	Christopher KAVANAGH	ACE	17	T2	64.3	55		41.7505
1	1	75kg	U	Saigid MIRZAJEV^***	Louth	23	Jnr	74.2	145.5 NR	147.5 NR	97.1645
2	1	75kg	U	David MARTIN	Rathcorr	32	Snr	75	125		83.0625
3	2	75kg	U	Aaron BROWN	Lisburn	21	Jnr	74.3	120		80.328
4	3	75kg	U	Tommy DOLAN^		22	Jnr	74.9	115		76.498
5	4	75kg	U	Martin ENRIGHT^	Cork	20	Jnr	74	110		73.876
6	1	75kg	U	Vitalij ALKEXSANDROV	Carrickn	15	T1	73.8	97.5		65.6175
7	1	75kg	U	George CAMPBELL	Bangor	62	M5	74.3	95		63.593
8	1	75kg	U	Lee BODGER^		17	T2	72.3	60		41.058
1	1	82.5kg	U	Stephen ROBSON	Rathcorr	34	Snr	82.3	117.5		72.8853
2	1	82.5kg	U	Stephen WHITE	Centaur	22	Jnr	81.5	112.5		70.2675
3	2	82.5kg	U	Cezary STARK^		28	Snr	78.5	107.5		68.9935
4	1	82.5kg	U	Fionn BOARD^		18	T3	75.8	100		65.9
5	2	82.5kg	U	James SCOTT	Navan	20	Jnr	77.7	80		51.736
6	3	82.5kg	U	Alan CASEY^		21	Jnr	77	60		39.066
---		82.5kg	U	Raymond BUTLER^	Meath	23	Jnr	79.3	---		---
---		82.5kg	U	Gavin MC GARRY^	Centaur		Snr	82	---		---
1	1	90kg	U	Stevie COLLINS^***	Dublin	18	T3	88.9	147.5 NR*		86.9808
2	1	90kg	U	Derek DALY	Limerick	30	Snr	88.6	142.5		84.2175
3	1	90kg	U	Murty KELLY	Coan	60	M5	87.9	120 NR*		71.268

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4	2	90kg	U	Simon CAMPBELL^	Lisburn	19	T3	89.5	117.5		69.0078	
5	3	90kg	U	Shane NUGENT	Louth	19	T3	85.2	102.5		62.1048	
6	4	90kg	U	Paul O HARE^		19	T3	89.2	95		55.9075	
	---	90kg	U	Ivan LYNCH	ACE	30	Snr	88.9	---		---	
1	1	100kg	U	Eugene O'REILLY	Navan	38	Snr	99.2	165		91.74	
2	1	100kg	U	Mark FITZGERALD^	Hercules	46	M2	98	160 NR*		89.456	
3	2	100kg	U	Andrew SCULLY	ACE	38	Snr	96.3	155		87.4045	
4	1	100kg	U	Brian MARTIN	NI	52	M3	96.2	132.5		74.7565	
5	1	100kg	U	Ivan POWER	Kilkenny	19	T3	98.7	132.5 NR*		73.8423	
6	3	100kg	U	John TWADDLE^	Longford	27	Snr	97.8	125		69.9625	
1	1	110kg	U	Kevin CARRAGHER^		28	Snr	105.6	125		67.8375	
2	1	110kg	U	Robert DOWNEY^	NI	57	M4	101	115		63.4455	
3	1	110kg	U	John MC MENAMON	Monagh	44	M1	102	100		54.95	
1	1	125kg	U	Adam ZAMBROWSKI^**	Louth	32	Snr	112.5	207.5 NR	212.5 NR	110.743	
2	2	125kg	U	Brian COOMBES^**	Lisburn	33	Snr	117	160		84.736	
3	1	125kg	U	Jonathon CATHCART	Lakeland	19	T3	119.8	140 NR*		73.808	
4	1	125kg	U	Eoin GRAHAM^		20	Jnr	120.9	127.5		67.0778	
1	1	67.5kg	E	Ryan O NEILL	Louth	18	T3	67.4	100		72.68	
1	1	75kg	E	Saigid MIRZAJEV^**	Louth	23	Jnr	74.2	167.5 ER*	173 WR*	112.242	
2	1	75kg	E	Pol MAC GIOLLARUA	Centaur	28	Snr	72.4	135		92.2725	
3	2	75kg	E	Mark REA^	Lisburn	24	Snr	75	122.5		81.4013	
4	1	75kg	E	Jonathan HERON	Lisburn	19	T3	72.9	110 NR*		74.767	
1	1	82.5kg	E	Roy SCOTT	Navan	46	M2	76.1	100 NR*		65.7	
	---	90kg	E	Luke POOTS	Lisburn	19	T3	82.7	---		---	
1	1	100kg	E	Eddy O'BRIEN	ACE	43	M1	99	210 NR*		116.865	
2	1	100kg	E	Ronnie MARKS	Lisburn	52	M3	98.2	175 NR*		97.755	
1	1	110kg	E	David FOSTER**	Galway	22	Jnr	100.3	180		99.594	
	---	110kg	E	Mark BRANIFF	Lisburn	36	Snr	109.1	---		---	
1	1	125kg	E	Michael GIBSON	Lisburn	21	Jnr	111.6	190 NR*		101.593	
2	2	125kg	E	Joe DOWNEY**	Centaur	22	Jnr	120.5	180 NR*		94.77	
3	1	125kg	E	Brian COOMBES^**	Lisburn	33	Snr	117	160		84.736	
Deadlift												
w	1	1	55.5kg	U	Pauline MURRAY	ACE	41	M1	55.2	112.5	103.748	
w	1	1	63kg	U	Andrea PEAKE^	Lisburn	20	Jnr	59.7	132.5 NR	114.48	
w	2	1	63kg	U	Orla SMITH	Cavan	41	M1	60.9	115 WR*	117.5 WR*	97.7155
w	1	1	70kg	U	Suzanne KAVANAGH	ACE	26	Snr	67.1	110	86.097	

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w	1	1	90kg	U Jennifer GOUAILHARDOU^	Galway	23	Jnr	86.3	127.5	WR*	82.9898	
	1	1	60kg	U Stephen MCKEE	Centaur	18	T3	58	150	WR*	126.33	
	1	1	67.5kg	U David PERCIVAL		47	M2	67.5	150	NR*	108.87	
	2	1	67.5kg	U Jonathan MURRAY	Wicklow	17	T2	63.6	145		111.23	
	3	2	67.5kg	U Christopher KAVANAGH	ACE	17	T2	64.3	135		102.479	
	4	3	67.5kg	U Craig MARKS	Lisburn	16	T2	67.4	135		98.118	
	1	1	75kg	U David MARTIN	Rathcorr	32	Snr	75	222.5	NR	147.851	
	2	1	75kg	U Jonathan MCCULLAGH	Centaur	19	T3	70.6	200	NR*	139.6	
	3	1	75kg	U Tommy DOLAN^		22	Jnr	74.9	190		126.388	
	4	1	75kg	U Thomas HALPIN	ACE	17	T2	74	170		114.172	
	5	1	75kg	U George CAMPBELL	Bangor	62	M5	74.3	170		113.798	
	6	2	75kg	U Lee BODGER^		17	T2	72.3	142.5		97.5128	
	1	1	82.5kg	U Stephen ROBSON	Rathcorr	34	Snr	82.3	195		120.959	
	2	1	82.5kg	U Raymond BUTLER^	Meath	23	Jnr	79.3	190	NR*	121.03	
	3	2	82.5kg	U James SCOTT	Navan	20	Jnr	77.7	150		97.005	
	4	3	82.5kg	U Alan CASEY^		21	Jnr	77	140		91.154	
	1	1	90kg	U Derek DALY	Limerick	30	Snr	88.6	242.5		143.318	
	2	1	90kg	U Stevie COLLINS^**	Dublin	18	T3	88.9	240	WR*	250 WR*	141.528
	3	2	90kg	U Simon CAMPBELL^	Lisburn	19	T3	89.5	238	WR*	139.484	
	4	3	90kg	U Paul O HARE^		19	T3	89.2	212.5		125.056	
	5	2	90kg	U Ivan LYNCH	ACE	30	Snr	88.9	200		117.94	
	6	1	90kg	U Bob CALDWELL^	Dublin	41	M1	85.1	180		109.152	
	7	1	90kg	U Michael DOWNEY^	NI	16	T2	86.2	165		99.2145	
	1	1	100kg	U Eugene O'REILLY	Navan	38	Snr	99.2	250		139	
	2	1	100kg	U Ivan POWER	Kilkenny	19	T3	98.7	227.5	NR*	230.5 WR*	126.786
	3	2	100kg	U John TWADDLE^	Longfor	27	Snr	97.8	215		120.336	
	1	1	110kg	U Padraic O'CEARRA	Hercule	53	M3	109.8	200	NR*	107.34	
	2	1	110kg	U John MC MENAMON	Monagh	44	M1	102	140		76.93	
	---		110kg	U Kevin CARRAGHER^		28	Snr	105.6	---		---	
	1	1	125kg	U Billy MEEHAN**	Clara	42	M1	111.1	270	NR*	144.504	
	2	1	125kg	U Eoin GRAHAM^		20	Jnr	120.9	255		134.156	
	3	1	125kg	U Brian COOMBES^**	Lisburn	33	Snr	117	235		124.456	
	1	1	67.5kg	E Ryan O NEILL	Louth	18	T3	67.4	162.5		118.105	
	1	1	75kg	E Jonathan HERON	Lisburn	19	T3	72.9	180	WR*	122.346	
	1	1	90kg	E Mark LANE	England	48	M2	86.2	240	NR*	144.312	
	2	1	90kg	E Shane NUGENT	Louth	19	T3	85.2	216	WR*	220 WR*	130.269
	3	2	90kg	E Luke POOTS	Lisburn	19	T3	82.7	205	WR*	126.752	

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1	1	100kg	E Anthony GREANEY	Killarney	35 Snr	98.3	270		150.741
2	1	100kg	E Ronnie MARKS	Lisburn	52 M3	98.2	210		117.306
1	1	110kg	E David FOSTER**	Galway	22 Jnr	100.3	252.5 WR*		139.708
	---	110kg	E Mark BRANIFF	Lisburn	36 Snr	109.1	---		---
1	1	125kg	E Brian COOMBES^**	Lisburn	33 Snr	117	270 NR		142.992
2	1	125kg	E Joe DOWNEY**	Centaur	22 Jnr	120.5	225 WR*		118.463

(** 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: 69.165 Points
2nd Andrea PEAKE: 58.32 Points
3rd Suzanne KAVANAGH: 54.789 Points

Women, unequipped, BENCH PRESS

1st Pauline MURRAY: 50.721 Points
2nd Orla SMITH: 46.7335 Points
3rd Jennifer GOUAILHARDOU: 39.054 Points

Women, unequipped, DEADLIFT

1st Andrea PEAKE: 114.48 Points
2nd Pauline MURRAY: 103.7475 Points
3rd Orla SMITH: 97.7155 Points

Men, unequipped, SQUAT

1st David DOYLE: 133.32 Points
2nd Brian COOMBES: 121.808 Points
3rd David MARTIN: 114.62625 Points

Men, unequipped, BENCH PRESS

1st Adam ZAMBROWSKI: 110.74275 Points
2nd Saigid MIRZAJEV: 97.1645 Points
3rd Eugene O'REILLY: 91.74 Points

Men, unequipped, DEADLIFT

1st David MARTIN: 147.85125 Points
2nd Billy MEEHAN: 144.504 Points
3rd Derek DALY: 143.3175 Points

Men, equipped, SQUAT

1st David DOYLE: 155.54 Points
2nd Mark BRANIFF: 150.528 Points
3rd David FOSTER: 143.858 Points

Men, equipped, BENCH PRESS

1st Eddy O'BRIEN: 116.865 Points
2nd Saigid MIRZAJEV: 112.24175 Points
3rd Michael GIBSON: 101.593 Points

Men, equipped, DEADLIFT

1st Anthony GREANEY: 150.741 Points
2nd Mark LANE: 144.312 Points
3rd Brian COOMBES: 142.992 Points