AIPO- POWERLIFTING RECORDS MEN

CLASS (kg)	Category	Division	SQUAT Name	SQUAT Squat	SQUAT Date	BENCHPRESS Name	BENCHPRESS Bench	BENCHPRESS Date	DEADLIFT Name	DEADLIFT DeadlIft	DEADLIFT Date	TOTALS Name	TOTALS Totals	TOTALS Date
56	T13-15	RAW	Rialy Hogan	65	26/05/2023	Rialy Hogan	40	26/05/2023	Rialy Hogan	115	26/05/2023	Rialy Hogan	220	26/05/2023
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	RAW CL	Barry Smith	265	28/08/2022	Barry Smith	105	28/08/2022	Barry Smith	197.5	28/08/2022	Barry Smith	467.5	28/08/2022
	OPEN	S/P	Barry Smith	230	10/07/2021	Barry Smith	135	10/07/2021	Barry Smith	200	10/07/2021	Barry Smith	575	10/07/2021
	OPEN	M/P	Barry Smith	230	23/03/2022	Barry Smith	137.5	23/03/2022	Barry Smith	210	23/03/2022	Barry Smith	577.5	23/03/2022
	M0-44	RAW												
	M0-44	RAW CL												
	M0-44	S/P												
	M0-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
60	T13-15	RAW	Tommy Colfer	130	27/08/2024	Tommy Colfer	70	27/08/2024	Tommy Colfer	160	27/08/2024	Tommy Colfer	360	27/08/2024
	T13-15	RAW CL	Scott Holland	80	23/03/2022	Scott Holland	45	23/03/2022	Scott Holland	100	23/03/2022	Scott Holland	225	23/03/2022
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Rialy Hogan	77.5	03/03/2024	Rialy Hogan	50	03/03/2024	Rialy Hogan	120	03/03/2024	Rialy Hogan	247.5	03/03/2024
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Conor Leahy	97.5	04/03/2017	Conor Leahy	67.5	03/11/2017	Conor Leahy	160	04/03/2017	Conor Leahy	317.5	03/11/2017
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Conor Leahy	97.5	04/03/2017	Conor Leahy	67.5	03/11/2017	Conor Leahy	160	04/03/2017	Conor Leahy	317.5	03/11/2017
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Stephen Cahill	140	04/10/2020	Stephen Cahill	100	04/10/2020	Stephen Cahill	190	04/10/2020	Stephen Cahill	430	04/10/2020
	OPEN	IPL-R-SLEVES	Stephen Cahill	140	17/08/2019	Stephen Cahill	82.5	17/08/2019	Stephen Cahill	172.5	17/08/2019	Stephen Cahill	395	17/08/2019
	OPEN	RAW CL	Barry Smith	187.5	04/10/2020	Barry Smith	112.5	04/10/2020	Barry Smith	200	04/10/2020	Barry Smith	492.5	04/10/2020
	OPEN	S/P	Barry Smith	225	21/09/2019	Barry Smith	145	02/10/2021	Barry Smith	230	02/10/2021	Barry Smith	600	02/10/2021
	OPEN	M/P												
	M0-44	RAW												
	M0-44	RAW CL												
	M0-44	S/P	Michael Gallagher	200	25/03/2018	Michael Gallagher	120	26/08/2024	Michael Gallagher	185	13/06/2019	Michael Gallagher	497.5	13/06/2019
	M0-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Garreth Walsh	130	11/07/2021	Garreth Walsh	95	11/07/2021	Garreth Walsh	160	11/07/2021	Garreth Walsh	130	11/07/2021
	M45-49	S/P	Michael Gallagher	175	02/03/2024	Michael Gallagher	95	02/03/2024	Michael Gallagher	150	02/03/2024	Michael Gallagher	420	02/03/2024
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
67.5	T13-15	RAW	Scott Holland	130	25/11/2023	Scott Holland	75	25/11/2023	Scott Holland	140	25/11/2023	Scott Holland	342.5	25/11/2023
	T13-15	RAW CL	Scott Holland	155	29/08/2024	Scott Holland	82.5	29/08/2024	Scott Holland	160	29/08/2024	Scott Holland	397.5	29/08/2024
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Finbarr Flynn	147.5	25/11/2023	Finbarr Flynn	82.5	25/11/2023	Cian Caplis	170	04/12/2022	Finbarr Flynn	500	25/11/2023
	T16-17	RAW CL	Finbar Flynn	140	28/08/2021	Finbar Flynn	75	28/08/2023	Finbar Flynn	162.5	28/08/2023	Finbar Flynn	377.5	28/08/2023
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Jack Carolan	112.5	04/03/2023	Jack Carolan	75	04/03/2023	Jack Carolan	112.5	04/03/2023	Jack Carolan	112.5	04/03/2023
	T18-19	IPL-R-SLEVES	Earl Brough	150	17/08/2019	Earl Brough	95	17/08/2019	Earl Brough	180	17/08/2019	Earl Brough	425	17/08/2019
	T18-19	RAW CL	Jack O'Connnor	130	27/05/2023	Jack O'Connnor	70	27/05/2023	Jack O'Connnor	185	27/05/2023	Jack O'Connnor	385	27/05/2023
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	IPL-R-SLEVES	Earl Brough	150	17/08/2019	Earl Brough	95	17/08/2019	Earl Brough	180	17/08/2019	Earl Brough	425	17/08/2019
	JUNIOR	RAW CL	Tristan Mc Donagh	187.5	23/03/2019	Tristan Mc Donagh	112.5	23/03/2019	Tristan Mc Donagh	202.5	23/03/2019	Tristan Mc Donagh	112.5	23/03/2019
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	IPL-R-SLEVES	Earl Brough	150	17/08/2019	Earl Brough	95	17/08/2019	Earl Brough	180	17/08/2019	Earl Brough	425	17/08/2019
	OPEN	RAW CL	Tristan Mc Donagh	187.5	23/03/2019	Connor O'Sullivan	120	29/08/2024	Connor O'Sullivan	222.5	29/08/2024	Tristan Mc Donagh	512.5	23/03/2019
	OPEN	S/P												
	OPEN	M/P												
	M0-44	RAW												
	M0-44	RAW CL												
	M0-44	S/P												
	M0-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P	Michael Gallagher	185	04/03/2023	Michael Gallagher	110	04/03/2023	Michael Gallagher	160	04/03/2023	Michael Gallagher	455	04/03/2023
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
75	T13-15	RAW												
	T13-15	RAW CL	Alex Lewis	162.5	02/03/2024	Alex Lewis	97.5	02/03/2024	Alex Lewis	187.5	02/03/2024	Alex Lewis	447.5	02/03/2024
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Aleksis Sneider	150	09/06/2024	Aleksis Sneider	100	09/06/2024	Earl Brough	187.5	04/10/2020	Aleksis Sneider	425	09/06/2024
	T16-17	IPL-R-SLEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jordan Holland	485	25/10/2019
	T16-17	RAW CL	Alex Lewis	221	29/08/2024	Sean Duggan	110	23/11/2019	Alex Lewis	215	29/08/2024	Alex Lewis	536	29/08/2024
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Faolan Fitzgerald	140	27/08/2024	Faolan Fitzgerald	90	27/08/2024	Faolan Fitzgerald	165	27/08/2024	Faolan Fitzgerald	395	27/08/2024
	T18-19	RAW CL	Patrick O'Shea	140	04/12/2022	Patrick O'Shea	120	04/12/2022	Patrick O'Shea	167.5	04/12/2022	Patrick O'Shea	427.5	04/12/2022
	T18-19	S/P												
	T18-19	M P												
	JUNIOR	IPL-R-SLEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jordan Holland	485	25/10/2019
	JUNIOR	RAW	Kyle Mullan	202.5	23/03/2019	Kyle Mullan	137.5	23/03/2019	Kyle Mullan	260	23/03/2019	Kyle Mullan	600	23/03/2019
	JUNIOR	RAW CL	Tristan Mc Donagh	220	04/10/2020	Tristan Mc Donagh	132.5	11/07/2021	Tristan Mc Donagh	227.5	11/07/2021	Tristan Mc Donagh	565	11/07/2021
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Kyle Mullan	202.5	23/03/2019	Kyle Mullan	137.5	23/03/2019	Kyle Mullan	260	23/03/2019	Kyle Mullan	600	23/03/2019
	OPEN	IPL-R-SLEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jordan Holland	485	25/10/2019
	OPEN	RAW CL	Tristan Mc Donagh	220	04/10/2020	Tristan Mc Donagh	132.5	11/07/2021	Ian Howley	227.5	23/03/2019	Dave Fitzpatrick	567.5	02/08/2018
	OPEN	S/P												
	OPEN	M/P	Brian Leahy	170	25/05/2023	Brian Leahy	70	25/05/2023	Brian Leahy	222.5	25/05/2023	Brian Leahy	462.5	25/05/2023
	M0-44	RAW	Richard Grace	145	17/11/2018	Richard Grace	110	17/11/2018	Richard Grace	200	17/11/2018	Richard Grace	455	17/11/2018
	M0-44	RAW CL	Mark O'Donoghue	140	23/11/2019	Mark O'Donoghue	85	23/11/2019	Mark O'Donoghue	180	23/11/2019	Mark O'Donoghue	405	23/11/2019
	M0-44	S/P												
	M0-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Mark O'Donoghue	160	04/12/2022	Mark O'Donoghue	95	23/03/2022	Mark O'Donoghue	212.5	04/12/2022	Mark O'Donoghue	467.5	04/12/2022
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Stephen Coleman	175	27/08/2024	Sean Cregan	100	23/11/2019	Stephen Colemam	250	27/08/2024	Stephen Coleman	520	27/08/2024
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL	Sean Cregan	182.5	27/08/2027	Sean Cregan	95	27/08/2024	Sean Cregan	195	27/08/2024	Sean Cregan	472.5	27/08/2024
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
82.5	T13-15	RAW												
	T13-15	RAW CL	Patrick Mc Sweeney	157.5	25/11/2023	Patrick Mc Sweeney	115	25/11/2023	Patrick Mc Sweeney	182.5	25/11/2023	Patrick Mc Sweeney	455	25/11/2023
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Leo Conroy	172.5	11/06/2019	Leo Conroy	115	23/03/2019	Leo Conroy	235	11/06/2019	Leo Conroy	520	11/06/2019
	T18-19	IPL-R-SLEVES	Adam Murry	125	17/08/2019									
	T18-19	RAW CL	Conor Nolan	220	17/11/2018	Conor Nolan	150	17/11/2018	Conor Nolan	250	17/11/2018	Conor Nolan	620	17/11/2018
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Sean O Flaherty	140	18/11/2017	Leo Conroy	115	23/03/2019	Leo Conroy	235	11/06/2019	Leo Conroy	520	11/06/2018
	JUNIOR	IPL-R-SLEVES	Conor Nolan	202.5	17/08/2019	Conor Nolan	145	17/08/2019	Elijan Faleti	255	17/08/2019	Conor Nolan	600	17/08/2019
	JUNIOR	RAW CL	Ian Holland	250	29/08/2024	Cornelius Bacaan	147.5	29/08/2024	Cornelius Bacaan	252.5	02/03/2024	Cornelius Bacaan	637.5	02/03/2024
	JUNIOR	S/P	Alex Mc Carthy	250	26/08/2024	Alex Mc Carthy	155	26/08/2024	Luke O'Brien	215	02/08/2018	Alex Mc Carthy	595	26/08/2024
	JUNIOR	M/P	Luke O'Brien	225	25/03/2018	Luke O'Brien	135	25/03/2018	Luke O'Brien	220	25/03/2018	Luke O'Brien	580	25/03/2018
	OPEN	RAW	Tommy Mc Cormack	190	25/03/2018	Niall O'Keeffe	145	04/10/2020	Tommy Mc Cormac	245	25/03/2019	Tommy Mc Cormack	575	25/03/2018
	OPEN	IPL-R-SLEVES	Conor Nolan	220	17/11/2018	Conor Nolan	155	17/08/2019	Elijan Faleti	255	17/08/2019	Conor Nolan	600	17/08/2019
	OPEN	RAW CL	Dave Fitzpatrick	240	28/08/2022	Dave Fitzpatrick	140	17/08/2019	Dave Fitzpatrick	257.5	28/08/2022	Dave Fitzpatrick	637.5	28/08/2022
	OPEN	S/P	Luke O'Brien	230	02/08/2018	Sean Cregan	145	17/09/2017	Luke O'Brien	215	02/08/2018	Luke O'Brien	587.5	02/08/2018
	OPEN	M/P	Henry O'Grady	250	03/10/2020	Henry O'Grady	140	03/10/2020	Henry O'Grady	245	03/10/2020	Henry O'Grady	635	03/10/2020
	M0-44	RAW	Niall O'Keeffe	180	16/11/2021	Niall O'Keeffe	160	10/07/2021	Niall O'Keeffe	215	16/11/2021	Niall O'Keeffe	550	16/11/2021
	M0-44	IPL-R-SLEVES	Paul Madden	170	17/08/2019	Paul Madden	130	17/08/2019	Paul Madden	252.5	17/08/2019	Paul Madden	552.5	17/08/2019
	M0-44	RAW CL	Finbarr O'Riordan	200	02/08/2018	Finbarr O'Riordan	117.5	02/08/2018	Alex Leuth	232.5	02/03/2024	Finbarr O'Riordan	547.5	02/08/2018

	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	David Carroll	150	11/08/2019	David Carroll	102.5	11/08/2019	David Carroll	190	11/08/2019	David Carroll	442.5	11/08/2019
	M45-49	RAW CL	Paul Smith	200	27/08/2024	Paul Smith	110	27/08/2024	Mark O'Donoghue	217.5	02/03/2024	Paul Smith	517.5	27/08/2024
	M45-49	S/P												
	M45-49	M/P	Henry O'Grady	250	03/10/2020	Henry O'Grady	140	03/10/2020	Henry O'Grady	245	03/10/2020	Henry O'Grady	635	03/10/2020
	M50-54	RAW	David Carroll	145	16/11/2021	David Carroll	97.5	16/11/2021	David Carroll	170	16/11/2021	David Carroll	412.5	16/11/2021
	M50-54	RAW CL	Sean Cregan	230	23/06/2018	Sean Cregan	112.5	17/11/2018	Sean Cregan	227.5	17/11/2018	Sean Cregan	542.5	23/06/2018
	M50-54	S/P	Sean Cregan	225	17/09/2017	Sean Cregan	145	17/09/2017	Sean Cregan	190	17/09/2017	Sean Cregan	560	17/09/2017
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
90	T13-15	RAW												
	T13-15	RAW CL	Patrick Mc Sweeney	190	29/08/2024	Patrick Mc Sweeney	140	29/08/2024	Patrick Mc Sweeney	206	29/08/2024	Patrick Mc Sweeney	536	29/08/2024
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Dylan Christan	190	04/10/2020	Darragh O'Keeffe	120	04/10/2020	Darragh O'Keeffe	255	04/10/2020	Dylan Christan	557.5	04/10/2020
	T16-17	RAW CL	Oisin Smith	182.5	28/08/2022	Oisin Smith	105	28/08/2022	Oisin Smith	210	28/09/2022	Oisin Smith	497.5	06/09/2022
	T16-17	S/P												
	T16-17	M P												
	T18-19	RAW												
	T18-19	IPL-R-SLEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
	T18-19	RAW CL	Conor Collins	217.5	04/10/2020	Rhys Manning	127.5	17/08/2019	Rhys Manning	250	17/08/2019	Rhys Manning	592.5	17/08/2019
	T18-19	S/P												
	T18-19	M/P	Darragh O'Keffee	255	10/07/2021	Darragh O'Keffee	162.5	10/07/2021	Darragh O'Keffee	265	10/07/2021	Darragh O'Keffee	682.5	10/07/2021
	JUNIOR	RAW	David Fitzgerald	222.5	23/03/2022	David Fitzgerald	152.5	23/03/2022	Darragh O'Keeffe	255	04/10/2020	David Fitzgerald	630	06/09/2022
	JUNIOR	IPL-R-SLEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
	JUNIOR	RAW CL	Jay Holland	245	04/03/2023	Rhys Manning	140	12/06/2019	Kieran Bennett	260	18/11/2017	Rhys Manning	605	12/06/2019
	JUNIOR	S/P	Luke O'Brien	255	13-Jun	Luke O'Brien	155	13/06/2019	Luke O'Brien	230	13/06/2019	Luke O'Brien	640	13/06/2019
	JUNIOR	M/P	Luke O'Brien	260	03/10/2020	Darragh O'Keffee	162.5	10/07/2021	Darragh O'Keffee	265	10/07/2021	Darragh O'Keffee	682.5	10/07/2021
	OPEN	RAW	Gavin Brown	192.5	17/11/2018	Brendan O Rourke	147.5	23/03/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/2019
	OPEN	IPL-R-SLEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
	OPEN	RAW CL	Mark Cosgrove	260	23/03/2022	Saigids Miarajevs	180	25/03/2018	Kevin Mc Dermot	262.5	11/07/2021	Saigids Miarajevs	685	25/03/2018
	OPEN	S/P	Gavin Brown	270	13/06/2019	Gavin Brown	160	23/03/2019	Gavin Brown	235	13/06/2019	Gavin Brown	660	23/06/2019
	OPEN	M/P	Nick Sazenski	290	03/03/2024	Nick Sazenski	175	03/03/2024	Nick Sazenski	285	03/03/2024	Nick Sazenski	750	03/03/2024
	M40-44	RAW	Brendan O Rourke	190	23/03/2019	Brendan O Rourke	147.5	23/03/2019	Brendan O Rourke	240	23/03/2019	Brendan O Rourke	582.5	23/03/2019
	M40-44	RAW CL	Fabrizio Marini	225	02/08/2018	Brendan O Rourke	135	03/10/2020	Brendan O Rourke	237.5	03/10/2020	Fabrizio Marini	590	02/08/2018
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Darren Mc Creary	190	23/03/2022	David Carroll	102.5	23/11/2019	Darren Mc Creary	205	23/03/2022	Darren Mc Creary	480	23/03/2022
	M45-49	RAW CL	Eevin Holland	200	02/03/2024	Brendan O Rourke	140.5	27/08/2024	Brendan O Rourke	225	27/08/2024	Brendan O Rourke	565.5	27/08/2024
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	David Carroll	140	02/10/2021	David Carroll	100	02/10/2021	David Carroll	160	02/10/2021	David Carroll	400	02/10/2021
	M50-54	RAW CL	David Carroll	165	27/05/2023	David Carroll	107.5	27/05/2023	David Carroll	190	27/05/2023	David Carroll	462.5	17/11/2018
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW	Alberto Van Burgh	145	27/08/2024	Alberto Van Burgh	87.5	27/08/2024	Alberto Van Burgh	192.5	27/08/2024	Alberto Van Burgh	425	27/08/2024
	M55-59	RAW CL	Ron St Leger	187.5	04/03/2017	Ron St Leger	90	04/03/2017	Ron St Leger	150	04/03/2017	Ron St Leger	427.5	04/03/2017
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
100	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Luke Thompson	150	23/03/2022	Patrick Daly	92.5	27/08/2024	Luke Thompson	200	23/03/2022	Luke Thompson	425	23/03/2022
	T16-17	RAW CL	Oisin Smith	190	04/03/2023	Oisin Smith	107.5	04/03/2023	Oisin Smith	217.5	04/03/2023	Oisin Smith	515	04/03/2023
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Marty Giles	162.5	17/11/2018	Marty Giles	95	17/11/2018	Marty Giles	220	17/11/2018	Marty Giles	477.5	17/11/2018
	T18-19	IPL-R-SLEVES	Aaron Ryan	180	25/10/2019	Aaron Ryan	110	25/10/2019	Aaron Ryan	240	25/10/2019	Aaron Ryan	530	25/10/2019
	T18-19	RAW CL	Josh Ellis	255	04/03/2017	Darragh O Keeffe	145	23/03/2022	Darragh O Keeffe	285	23/03/2022	Josh Ellis	670	04/03/2017
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Tommy Breathnach	225	18/11/2017	David Paul Fitzgerald	147.5	04/10/2020	Andrew Cox	285	11/07/2021	Andrew Cox	642.5	11/07/2021
	JUNIOR	IPL-R-SLEVES	Aaron Ryan	180	25/10/2019	Aaron Ryan	110	25/10/2019	Aaron Ryan	240	25/10/2019	Aaron Ryan	530	25/10/2019
	JUNIOR	RAW CL	Ciaran O' Connor	235	23/06/2018	Ciaran O' Connor	132.5	25/03/2015	Ciaran O' Connor	285	23/06/2018	Ciaran O' Connor	650	23/06/2018
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Tommy Breathnach	225	18/11/2017	David Paul Fitzgerald	147.5	04/10/2020	Tommy Breathnach	250	18/11/2017	Tommy Breathnach	612.5	18/11/2017
	OPEN	IPL-R-SLEVES	Dylan Christan Hughes	170	17/08/2019	Dylan Christan Hugps	105	17/11/2018	Dylan Christan Hugps	230	17/11/2018	Dylan Christan Hugps	505	17/11/2018
	OPEN	RAW CL	Marc Galligan	285	07/04/2018	Austin Hickey	186	07/04/2018	Shane Nugent	300	25/11/2023	Marc Gilligan	735	07/04/2018
	OPEN	S/P	Nick Sazenski	317.5	13/06/2019	Nick Sazenski	200	13/06/2019	Nick Sazenski	290	13/06/2019	Nick Sazenski	807.5	13/06/2019
	OPEN	M/P	Nick Sazenski	355	04/09/2021	Nick Sazenski	200	10/07/2021	Nick Sazenski	300	10/07/2021	Nick Sazenski	855	04/09/2021
	M40-44	RAW	Martin O'Mahony	210	23/03/2022	Martin O'Mahony	137.5	16/11/2021	Martin O'Mahony	280	16/11/2021	Martin O'Mahony	620	16/11/2021
	M40-44	RAW CL	Conor Kelly	245	12/06/2019	Tony Stringer	155	06/03/2023	Conor Kelly	255	23/03/2019	Conor Kelly	695	12/06/2019
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Brendan O Rourke	210	11/07/2021	Brendan O Rourke	147.5	11/07/2021	Brendan O Rourke	250	11/07/2021	Brendan O Rourke	607.5	11/07/2021
	M45-49	RAW CL	Brendan O Rourke	212.5	16/11/2021	Brendan O Rourke	145	16/11/2021	Brendan O Rourke	250	16/11/2021	Brendan O Rourke	607.5	16/11/2021
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Anthony O'Halloran	187.5	04/03/2017	Anthony O'Halloran	127.5	04/03/2017	Anthony O'Halloran	232.5	04/03/2017	Anthony O'Halloran	557.5	04/03/2017
	M50-54	RAW CL	Anthony O'Halloran	220	17/11/2019	Anthony O'Halloran	140	25/03/2018	Anthony O'Halloran	245	23/11/2019	Anthony O'Halloran	600	25/033/2019
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P	Mark O Doherty	75	23/03/2022	Mark O Doherty	150	23/03/2022	Mark O Doherty	75	23/03/2022	Mark O Doherty	300	23/03/2022
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110	T13-15	RAW	John Mc Hugh	155	02/10/2021	John Mc Hugh	62.5	02/10/2021	John Mc Hugh	190	02/10/2021	John Mc Hugh	407.5	02/10/2021
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	John Mc Hugh	160	23/03/2022	Ben Hogan	95	27/08/2024	John Mc Hugh	205	23/03/2022	John Mc Hugh	432.5	23/03/2022
	T16-17	RAW CL	Oisin Smith	195	27/05/2023	Oisin Smith	110	27/05/2023	Oisin Smith	222.5	27/05/2023	Oisin Smith	527.5	27/05/2023
	T16-17	S/P												
	T16-17	M P												
	T18-19	RAW	Darragh Murphy	200	04/10/2020	Darragh Murphy	150	04/10/2020	Darragh Murphy	230	04/10/2020	Darragh Murphy	580	04/10/2020
	T18-19	IPL-R-SLEVES	Mareuszz Pesika	170	17/08/2019	Mareuszz Pesika	100	17/08/2019	Mareuszz Pesika	215	17/08/2019	Mareuszz Pesika	485	17/08/2019
	T18-19	RAW CL	Connnor O'Sullivan	222.5	04/10/2020	Connnor O'Sullivan	150	04/10/2020	Connnor O'Sullivan	227.5	04/10/2020	Connnor O'Sullivan	600	04/10/2020
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Caoilin Traynor	260	04/03/2023	Caoilin Traynor	160	04/03/2023	Caoilin Traynor	280	04/03/2023	Caoilin Traynor	700	04/03/2023
	JUNIOR	IPL-R-SLEVES	Mareuszz Pesika	170	17/08/2019	Mareuszz Pesika	100	17/08/2019	Mareuszz Pesika	215	17/08/2019	Mareuszz Pesika	485	17/08/2019
	JUNIOR	RAW CL	Josh Ellis	285	25/03/2018	Josh Ellis	162.5	25/03/2018	Josh Ellis	280	25/03/2018	Josh Ellis	727.5	25/03/2018
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Tommy Breathnach	235	25/01/23018	Tommy Breathnach	165	22/03/2019	Tommy Breathnach	270	25/03/2019	Tommy Breathnach	655	25/03/20158
	OPEN	IPL-R-SLEVES	Ben Turner	222.5	25/10/2019	Ben Turner	160	25/10/2019	Ben Turner	292.5	25/10/2019	Ben Turner	675	25/10/2019
	OPEN	RAW CL	Ollie White	290	12/05/2024	Ollie White	175	12/05/2024	Gerard Buckley	290	02/08/2018	Ollie White	745	12/05/2024
	OPEN	S/P												
	OPEN	M/P	Nick Sazenski	350	21/09/2019	Nick Sazenski	200	21/09/2019	Nick Sazenski	275	21/09/2019	Nick Sazenski	825	21/09/2019
	M40-44	RAW												
	M40-44	RAW CL	Kieran Hrgarty	267.5	28/08/2023	Kieran Hrgarty	172.5	28/08/2023	Kieran Hrgarty	265	28/08/2023	Kieran Hrgarty	705	28/08/2023
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL	John Mc Daid	175	25/03/2018	John Mc Daid	140	25/03/2018	John Mc Daid	165	25/03/2018	John Mc Daid	480	25/03/2018
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL	John Mc Daid	205	12/06/2019	John Mc Daid	142.5	12/06/2019	John Mc Daid	185	12/06/2019	John Mc Daid	532.5	12/06/2019
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
125	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Jude Spencer	150	04/03/2023	Ben Hogan	95	03/03/2024	Jude Spencer	190	04/03/2023	Jude Spencer	432.5	04/03/2023
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P	Oisin Smith	250	26/08/2023	Oisin Smith	147.5	26/08/2023	Oisin Smith	227.5	26/08/2023	Oisin Smith	625	26/08/2023
	T18-19	RAW												
	T18-19	RAW CL	Lee Mc Cafferty	255	16/11/2021	Lee Mc Cafferty	152.5	16/11/2021	Lee Mc Cafferty	230	02/10/2021	Lee Mc Cafferty	627.5	16/11/2021
	T18-19	S/P	Oisin Smith	275	26/08/2024	Oisin Smith	170	26/08/2024	Oisin Smith	240	03/03/2024	Oisin Smith	670	26/08/2024
	T18-19	M/P												
	JUNIOR	RAW	Leon O'Brien Keogh	170	26/05/2023	Leon O'Brien Keogh	120	26/05/2023	Leon O'Brien Keogh	180	26/05/2023	Leon O'Brien Keogh	470	26/05/2023
	JUNIOR	RAW CL	Lee Mc Cafferty	259	16/11/2021	Lee Mc Cafferty	152.5	16/11/2021	Ciaran O'Donoghue	245	04/03/2017	Lee Mc Cafferty	627.5	16/11/2021
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Shane Clavin	230	26/05/2023	Gavin Brown	152.5	25/05/2023	Gavin Brown	245	25/05/2023	Gavin Brown	612.5	04/03/2023
	OPEN	RAW CL	Eoin O'Neill	252.5	04/10/2020	Gavin Brown	162.5	28/08/2023	Chris Davidson	280	17/08/2019	Eoin O'Neill	675	04/10/2020
	OPEN	S/P												
	OPEN	M/P	Jamie Hogan	275	10/07/2021	Jamie Hogan	200	10/07/2021	Jamie Hogan	225	10/07/2021	Jamie Hogan	700	10/07/2021
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	James Keogh	185	02/10/2021	James Keogh	120	02/10/2021				James Keogh	305	2/10.2021
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Alan Mahoney	200	02/03/2024	Alan Mahoney	140	02/03/2024	Alan Mahoney	240	02/03/2024	Alan Mahoney	580	02/03/2024
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												

	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
140	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Thomas Kearns-Hoarn	200	23/03/2022	Thomas Kearns-Hoarn	110	23/03/2022	Thomas Kearns-Hoarn	212.5	23/03/2022	Thomas Kearns-Hoarn	522.5	23/03/2022
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Jamie Hogan	200	04/10/2020	Jamie Hogan	140	04/10/2020	Jamie Hogan	230	04/10/2020	Jamie Hogan	570	04/10/2020
	OPEN	RAW CL	Niall Finneran	260	04/10/2020	Niall Finneran	175	11/07/2021	Niall Finneran	302.5	11/07/2021	Niall Finneran	732.5	11/07/2021
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
140+	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	James Mc Namara	190	23/03/2019	Jamie Hogan	112.5	11/06/2019	James Mc Namara	215	23/03/2019	James Mc Namara	520	11/06/2019
	OPEN	RAW CL	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	172.5	17/08/2019	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	750	12/06/2019
	OPEN	S/P												
	OPEN	M/P	James Mc Namara	340	03/10/2020	James Mc Namara	180	03/10/2020	James Mc Namara	245	03/10/2020	James Mc Namara	765	03/10/2020
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Darren Fleming	190	03/03/2024	Darren Fleming	125	03/03/2024	Darren Fleming	237.5	03/03/2024	Darren Fleming	552.5	03/03/2024
	M50-54	RAW CL	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	170	23/03/2019	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	750	12/06/2019
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												

AIPO- POWERLIFTING RECORDS WOMEN

CLASS (kg)	Category	Division	SQUAT			BENCHPRESS			DEADLIFT			TOTALS		
			Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
48	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Alannah Ford	55	23/11/ 2019	Alannah Ford	32.5	23/11/2019	Alannah Ford	110	23/11/2019	Alannah Ford	197.5	23/11/2019
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Meghan O Neill	90	10/07/2021	Meghan O Neill	40	10/07/2021	Meghan O Neill	127.5	23/03/2022	Meghan O Neill	250	10/07/2021
	OPEN	PL-R-SLEEVES	Elain Corbett	100	24/10/2015	Elain Corbett	52.5	26/10/2014	Elain Corbett	135	26/10/2014	Elain Corbett	287.5	24/10/2014
	OPEN	RAW CL	Elain Corbett	107.5	16/11/2021	Elain Corbett	52.5	10/07/2021	Elain Corbett	132.5	04/10/2020	Elain Corbett	290	10/07/2021
	OPEN	S/P	Megan Haverty	110	10/07/2021	Megan Haverty	65	10/07/2021	Megan Haverty	110	26/08/2024	Megan Haverty	280	26/08/2024
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
52	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	PL-R-SLEEVES	Racheal Kane	127.5	17/08/2019	Racheal Kane	65	17/08/2019	Racheal Kane	150	17/08/2019	Racheal Kane	342.5	17/08/2019
	JUNIOR	RAW CL	Aoife Monaghan	130	22/07/2017	Aoife Monaghan	57.5	22/07/2017	Aoife Monaghan	137.5	22/07/2017	Aoife Monaghan	315	22/07/2017
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Wioleta Lorek	118.5	02/08/2018	Wioleta Lorek	62.5	02/08/2018	Wioleta Lorek	140	02/08/2018	Wioleta Lorek	320	02/08/2018
	OPEN	PL-R-SLEEVES	Racheal Kane	127.5	17/08/2019	Sarah Whelan	70	17/08/2019	Sarah Whelan	150	17/08/2019	Racheal Kane	342.5	17/08/2019
	OPEN	RAW CL	Wioleta Lorek	130.5	07/08/2018	Aoife Monaghan	57.5	22/07/2017	Aoife Monaghan	137.5	22/07/2017	Aoife Monaghan	315	22/07/2017
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Kim Duggan	75	10/07/20212	Kim Duggan	47.5	10/07/2021	Kim Duggan	120	10/07/2021	Kim Duggan	242.5	10/07/20212
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
56	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL	Abbie Bolger	67.5	28/08/2024	Abbie Bolger	37.5	28/08/2024	Abbie Bolger	85	28/08/2024	Abbie Bolger	190	28/08/2024
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Ceara O'Toole	95	04/03/2017	Ceara O'Toole	50	04/03/2017	Ceara O'Toole	125	04/03/2017	Ceara O'Toole	270	04/03/2017
	JUNIOR	RAW CL	Megan Weir	125	06/09/2022	Megan Weir	55	06/09/2022	Megan Weir	140	06/09/2022	Megan Weir	320	06/09/2022
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Maria Mc Shane	100	06/09/2022	Kim Duggan	57.5	23/03/2019	Maria Mc Shane	170	23/03/2022	Maria Mc Shane	312.5	23/03/2022
	OPEN	RAW CL	Aoife Monaghan	130	26/03/2022	Aoife Monaghan	65	26/03/2022	Aoife Monaghan	127.5	26/03/2022	Aoife Monaghan	322.5	26/03/2022
	OPEN	S/P												
	OPEN	M/P	Aisling O'Neill	95	25/05/2023	Aisling O'Neill	50	25/05/2023	Aisling O'Neill	115	25/05/2023	Aisling O'Neill	260	25/05/2023
	M40-44	RAW												
	M40-44	RAW CL	Lisa Duggan	90	10/07/2021	Lisa Duggan	52.5	23/11/2019	Lisa Duggan	132.5	23/11/2019	Lisa Duggan	272.5	23/11/2019
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Kim Duggan	95.5	11/06/2019	Kim Duggan	57.5	23/03/2019	Kim Duggan	135	11/06/2019	Kim Duggan	288	21/06/2019
	M45-49	RAW CL	Kim Duggan	100	23/11/2019	Kim Duggan	57.5	23/11/2019	Kim Duggan	132.5	23/11/2019	Kim Duggan	290	23/11/2019
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Kim Duggan	95	16/11/2021	Kim Duggan	57.5	16/11/2021	Kim Duggan	142.5	16/11/2021	Kim Duggan	290	16/11/2021
	M50-54	RAW CL	Kim Duggan	102.5	26/05/2023	Kim Duggan	60.5	26/05/2023	Kim Duggan	142.5	23/03/2022	Kim Duggan	303	26/05/2023
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												

	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
60	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Abbie Bolger	40	02/03/2024	Abbie Bolger	35	02/03/2024	Abbie Bolger	75	02/03/2024	Abbie Bolger	150	02/03/2024
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Leah Cheung	127.5	12/06/2019	Lota Leinberga	57.5	22/07/2017	Leah Cheung	135	12/06/2019	Lota Leinberga	315	12/06/2019
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Amy White	117.5	17/11/2018	Amy White	60	11/06/2019	Amy White	125	11/06/23019	AmyWhite	300	11/06/2019
	JUNIOR	RAW CL	Lota Leinberga	115	22/07/2017	Lota Leinberga	57.5	22/07/2017	Chloe Andrews	140	10/07/2021	Lota Leinberga	290	22/07/2017
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Vanessa O'Keefee	120	17/11/2018	Vanessa O'Keefee	70	17/11/2018	Vanessa O'Keefee	155	18/11/2017	Vanessa O'Keefee	345	17/11/2018
	OPEN	PL-R-SLEVES	Sandra Evans	102.5	24/10/2019	Sandra Evans	57.5	24/10/2019	Sandra Evans	132.5	24/10/2019	Sandra Evans	292.5	24/10/2019
	OPEN	RAW CL	Natasha Malcznay	147.5	18/11/2017	Natasha Malcznay	72.5	24/03/2018	Michella Guthrie	155	24/03/2017	Natasha Malcznay	372.5	24/03/2018
	OPEN	S/P	Lilly O Malley	160	23/03/2019	Lilly O Malley	65	13/06/2019	Lilly O Malley	160	13/06/2019	Lilly O Malley	377.5	23/03/2019
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL	Karen Mc Kernan	127.5	03/11/2017	Karen Mc Kernan	62.5	03/11/2017	SandraHammersley	140	04/03/2017	Karen Mc Kernan	320	03/11/2017
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Pippin Douglas	80	02/10/2021	Pippin Douglas	47.5	02/10/2021	Pippin Douglas	95	02/10/2021	Pippin Douglas	222.5	02/10/2021
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
67.5	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Rachaal Kane	100	23/03/2019	Rachaal Kane	52.5	23/03/2019	Rachaal Kane	125	23/03/2019	Rachaal Kane	277.5	23/03/2019
	T18-19	RAW CL	Briana Lawless	87.5	23/11/2019	Briana Lawless	37.5	23/11/2019	Briana Lawless	95	23/11/2019	Briana Lawless	220	23/11/2019
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Alexia Renaud Lo Pinto	117.5	26/08/2024	Alexia Renaud Lo Pinto	100	26/08/2024	Uara Klauke	140	23/03/2019	Alexia Renaud Lo Pinto	355	26/08/2024
	JUNIOR	RAW CL	Lauryn Hussey Smith	130	28/08/2024	Lauryn Hussey Smith	60	28/08/2024	Lauryn Hussey Smith	160	28/08/2024	Lauryn Hussey Smith	350	28/08/2024
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Vanessa O Keefe	127.5	22/07/2017	Alexia Renaud Lo Pinto	100	26/08/2024	Niamh Savage	180	22/07/2017	Niamh Savage	365	22/07/2017
	OPEN	PL-R-SLEVES	Sarah Whelan	130	24/10/2019	Sarah Whelan	70	24/10/2019	Sarah Whelan	160	24/10/2019	Sarah Whelan	360	24/10/2019
	OPEN	RAW CL	Vanessa O'Keefee	160	23/11/2019	Sylwia Majzyrak	85	14/07/2018	Assumpta Feeney	170	04/03/2017	Assumpta Feeney	400	04/03/2017
	OPEN	S/P	Lilly O Malley	165	21/09/2019	Edyta Piechowicz	90	06/09/2022	Edyta Piechowicz	180	25/10/2019	Edyta Piechowicz	422.5	25/10/2019
	OPEN	M/P	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	85	04/09/2021	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	415	04/09/2021
	M40-44	RAW												
	M40-44	RAW CL	Assumpta Feeney	150	22/07/2017	Sylwia Majzyrak	85	14/07/2018	Assumpta Feeney	162.5	22/07/2017	Assumpta Feeney	392.5	22/07/2017
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Pippin Douglas	102.5	26/05/2022	Pippin Douglas	60	28/08/2022	Pippin Douglas	105	28/08/2022	Pippin Douglas	265	28/08/2022
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Mariana Donkova	102.5	25/11/2023	Noeleen Gregory	62.5	04/03/2017	Mags Fahy	122.5	04/12/2022	Noeleen Gregory	270	04/03/2017
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
75	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Damnan Jackson	115	28/08/2023	Damnan Jackson	65	28/08/2023	Damnan Jackson	180	28/08/2023	Damnan Jackson	360	28/08/2023
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Amy Sherin	115	22/07/2017	Amy Sherin	55	18/11/2017	Amy Sherin	125	18/11/2017	Amy Sherin	290	22/07/2017
	JUNIOR	PL-R-SLEVES	Rachaal Kane	137.5	24/10/2019	Rachaal Kane	65	24/10/2019	Rachaal Kane	155	24/10/2019	Rachaal Kane	360	24/10/2019
	JUNIOR	RAW CL	Grainne Considine	132.5	22/07/2017	Grainne Considine	75	24/03/2018	Grainne Considine	172.5	24/03/2018	Grainne Considine	377.5	24/03/2018
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Paulina Coleman	130	14/07/2018	Paulina Coleman	75	14/07/2018	Paulina Coleman	185	14/07/2018	Paulina Coleman	390	14/07/2018
	OPEN	PL-R-SLEVES	Rachaal Kane	137.5	24/10/2019	Rachaal Kane	65	24/10/2019	Jolleen Bradley	162.5	24/10/2019	Rachaal Kane	360	24/10/2019
	OPEN	RAW CL	Aisling Judge	165	10/07/2021	Grainne Considine	77.5	23/06/2018	Aisling Judge	185	10/07/2021	Aisling Judge	425	10/07/2021
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW	Paulina Coleman	130	14/07/2018	Paulina Coleman	75	14/07/2018	Paulina Coleman	185	14/07/2018	Paulina Coleman	390	14/07/2018
	M40-44	RAW CL	Jennifer Boyne	127.5	04/10/2020	Poipin Dearg	57.5	24/03/2018	Jennifer Boyne	167.5	04/10/2020	Jennifer Boyne	352.5	04/10/2020
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Anna Marie O Donoghue	127.5	26/08/2021	Anna Marie O Donoghue	62.5	02/03/2024	Tara Mc Manus	147.5	26/08/2024	Anna Marie O Donoghue	327.5	02/03/2024
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Carmel Ramsey	117.5	22/03/2018	Carmel Ramsey	52.5	22/03/2019	Carmel Ramsey	135	22/03/2019	Carmel Ramsey	305	22/03/2018
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
82.5	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Damnan Jackson	140.5	26/08/2024	Damnan Jackson	70	26/08/2024	Damnan Jackson	200	02/03/2023	Damnan Jackson	410.5	02/03/2024
	JUNIOR	RAW CL	Naomi Smith	140	03/11/2017	Katie Hennessy	65	02/03/2024	Katie Hennessy	135	26/05/2023	Naomi Smith	332.5	03/11/2017
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Laura O'Shea	105	18/11/2017	Laura O'Shea	65	22/07/2017	Laura O'Shea	157.5	22/07/2017	Laura O'Shea	325	22/07/2017
	OPEN	RAW CL	Aisling Juudge	170	04/09/2021	Aishling Judge	77.5	28/08/2022	Ashling Judge	200	28/08/2022	Aisling Judge	442.5	28/08/2022
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW	Diane Duignan	117.5	06/09/2022	Diane Duignan	47.5	23/03/2022	Diane Duignan	127.5	06/09/2022	Diane Duignan	292.5	06/09/2022
	M40-44	RAW CL	Mioara Mara Vointeanu	105	23/03/2022	Mioara Mara Vointeanu	60	23/03/2022	Mioara Mara Vointeanu	142.5	23/03/2022	Mioara Mara Vointeanu	307.5	23/03/2022
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Helen Stokes	110	12/05/2024	Marion Kearns	60	04/10/2020	Marion Kearns	145	04/10/2020	Marion Kearns	305	04/10/2020
	M45-49	RAW CL	Saundra Ryan	122.5	23/11/2019	Mioara Mara Vointeanu	70	26/05/2023	Mioara Mara Vointeanu	147.5	26/05/2023	Mioara Mara Vointeanu	332.5	26/05/2023
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
90	T13-15	RAW	Sophie Mac Cobb	160	31/10/2023	Sophie Mac Cobb	80	31/10/2023	Sophie Mac Cobb	140	31/10/2023	Sophie Mac Cobb	380	31/10/2023
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW	Lucy Holland	90	02/03/2024	Lucy Holland	35	02/03/2024	Lucy Holland	92.5	02/03/2024	Lucy Holland	217.5	02/03/2024
	T16-17	RAW CL	Lucy Holland	110	28/08/2024	Lucy Holland	45	28/08/2024	Lucy Holland	107.5	28/08/2024	Lucy Holland	257.5	28/08/2024
	T16-17	S/P												
	T16-17	M/P												

	T18-19	RAW	Elizabeth Lupu	105	04/03/2017	Elizabeth Lupu	72.5	04/03/2017	Yvonne Boyle	140	23/03/2019	Yvonne Boyle	287.5	23/03/209
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Olivia Lane	160	22/07/2017	Olivia Lane	90	22/07/2017	Olivia Lane	190	22/07/2017	Olivia Lane	440	
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Louise Kershaw	140	17/11/2018	Elizabeth Lupu	72.5	04/03/2017	Louise Kershaw	150	23/08/2018	Louise Kershaw	352.5	17/11/2018
	OPEN	RAW CL	Olivia Lane	160	22/07/2017	Olivia Lane	90	22/07/2017	Olivia Lane	190	22/07/2017	Olivia Lane	440	22/07/2017
	OPEN	S/P	Paulina Coleman	220	10/07/2021	Paulina Coleman	110	10/07/2021	Paulina Coleman	210	10/07/2021	Paulina Coleman	520	10/07/2021
	OPEN	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
	M40-44	RAW												
	M40-44	RAW CL	Sandra Ryan	140	12/06/2019	Sandra Ryan	55	22/03/2019	Sandra Ryan	132..5	12/06/2019	Sandra Ryan	321	12/06/2019
	M40-44	S/P	Paulina Coleman	200	23/03/2022	Paulina Coleman	122.5	23/03/2022	Paulina Coleman	205	23/03/2022	Paulina Coleman	532.5	23/03/2022
	M40-44	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
100	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Fayth Ifegbare	85	02/03/2024	Fayth Ifegbare	57.5	02/03/2024	Fayth Ifegbare	115	02/03/2024	Fayth Ifegbare	257.5	02/03/2024
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Sarah Skehan	145	23/11/2019	Nicola Crawley	75	11/06/2019	Sarah Skehan	165	23/11/2019	Nicola Crawley	380	11/06/2019
	OPEN	IPL-R-SLEVES	Nicola Crawley	160	24/10/2019	Nicola Crawley	77.5	24/10/2019	Nicola Crawley	165	17/08/2019	Nicola Crawley	400	24/10/2019
	OPEN	RAW CL	Louise Kershaw	160	06/11/2019	Isabella Mc Cabe	62.5	25/11/2023	Isabella Mc Cabe	155	25/11/2023	Louise Kershaw	377.5	06/11/2019
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW	Nicola Crawley	142.5	11/06/2019	Dona Spencer	82.5	04/03/2023	Dona Spencer	175	04/03/2023	Nicola Crawley	380	11/06/2019
	M40-44	IPL-R-SLEVES	Nicola Crawley	160	24/10/2019	Nicola Crawley	77.5	24/10/2019	Nicola Crawley	165	17/08/2019	Nicola Crawley	400	24/10/2019
	M40-44	RAW CL	Linda Murphy	120	23/03/2019	Jacinta Smith	75	11/06/2019	Arlette Bomehou	130	10/07/2021	Linda Murphy	315	23/07/2019
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Jennifer Geary	140	02/03/2024	Donna Spanger	85	02/03/2024	Donna Spanger	177.5	02/03/2024	Donna Spanger	387.5	02/03/2024
	M45-49	RAW CL	Nicole Craig	135	02/10/2021	Nicole Craig	72.5	02/10/2021	Nicole Craig	182.5	02/10/2021	Nicole Craig	255	02/10/2021
	M45-49	S/P	Paulina Coleman	180	06/09/2021	Paulina Coleman	120	06/09/2021	Paulina Coleman	200	06/09/2021	Paulina Coleman	480	06/09/2021
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Hazel Walsh	65	26/05/2023	Hazel Walsh	42.5	04/03/2023	Hazel Walsh	110	26/05/2023	Hazel Walsh	217.5	26/05/2023
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Isabella Mc Cabe	130	26/08/2024	Isabella Mc Cabe	80	26/08/2024	Isabella Mc Cabe	175	26/08/2024	Isabella Mc Cabe	405	26/08/2024
	OPEN	IPL-R-SLEVES												
	OPEN	RAW CL	Ayshea Ullah	215	04/03/2017	Ayshea Ullah	82.5	04/03/2017	Ayshea Ullah	212.5	04/03/2017	Ayshea Ullah	510	04/03/2017
	OPEN	S/P	Sarah Skehan	245	02/03/2024	Sarah Skehan	105	26/08/2024	Sarah Skehan	180	02/03/2024	Sarah Skehan	525	28/08/2024
	OPEN	M/P												
	M40-44	RAW	Jennifer Geary	117.5	04/12/2022	Jennifer Geary	65	04/12/2022	Jennifer Geary	117.5	04/12/2022	Jennifer Geary	300	04/12/2022
	M40-44	IPL-R-SLEVES												
	M40-44	RAW CL	Amy Larkin	130	26/08/2024	Amy Larkin	67.5	02/03/2024	Amy Larkin	110	02/03/2024	Amy Larkin	302.5	26/08/2024
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110+	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Gemma Waters	95	26/05/2023	Gemma Waters	47.5	26/05/2023	Gemma Waters	130	26/08/2024	Gemma Waters	267.5	26/05/2023
	OPEN	IPL-R-SLEVES												
	OPEN	RAW CL	Sarah Skehan	165	04/03/2023	Amy Larkin	75	04/03/2023	Sarah Skehan	170	04/03/2023	Sarah Skehan	405	04/03/2023
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW	Aisleen Clarke	115	26/05/2023	Aisleen Clarke	70	04/03/2023	Aisleen Clarke	147.5	26/05/2023	Aisleen Clarke	332.5	26/05/2023
	M40-44	IPL-R-SLEVES												
	M40-44	RAW CL	Amy Larkin	100	25/112023	Amy Larkin	67.5	25/11/2023	Amy Larkin	110	25/112023	Amy Larkin	277.5	25/112023
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Aisleen Clarke	127.5	26/08/2024	Aisleen Clarke	70	02/03/2024	Aisleen Clarke	150	02/03/2024	Aisleen Clarke	342.5	26/08/2024
	M45-49	RAW CL	Jancinta Smaith	155	04/03/2023	Jacinta Smith	75	04/03/2023	Jacinta Smith	165	03/04/2023	Jancinta Smaith	395	04/03/2023
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Jancinta Smaith	185	02/03/2024	Jacinta Smith	75	02/03/2024	Jacinta Smith	170	02/03/2024	Jancinta Smaith	430	02/03/2024
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												