

IPO- IRISH BENCHPRESS RECORDS MEN

CLASS (kg)	Category	RAW			SINGLE-PLY			MULTI-PLY		
		Name	Bench	Date	Name	Bench	Date	Name	Bench	Date
56	T13-15									
	T16-17									
	T18-19	Shane Barret	67.5	23/02/2014						
	Junior	Shane Barret	67.5	23/02/2014	Aspeck Dzhaparov	115	31/03/2012			
	Open	Aspeck Dzhaparov	95	13/02/2016	Aspeck Dzhaparov	115	31/03/2012			
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M65-69									
60	T13-15									
	T16-17									
	T18-19	Brian O'Farrell	80	23/02/2014	Jonathan Curtain	105	04/04/2010	Adam Priestly	82.5	05/04/2014
	Junior	Aspeck Dzhaparov	112.5	14/11/2014	Ruairi MC Cann	120	04/04/2010	Adam Priestly	82.5	05/04/2014
	Open	Aspeck Dzhaparov	112.5	14/11/2014	Ruairi MC Cann	120	04/04/2010	Adam Priestly	90	01/10/2014
	M40-44									
	M45-49				Sean Cregan	95	03/06/2011			
	M50-54									
	M55-59									
	M60-64									
	M65-69									
67.5	T13-15									
	T16-17									
	T18-19	Brandon Power	92.5	31/03/2012	Barry Keehan	95	01/09/2007			
	Junior	Aspeck Dzhaparov	130	05/04/2014	Ruairi MC Cann	167.5	03/11/2010	Adam Priestly	105	04/04/2015
	Open	Rainar Altmae	167.5	27/03/2016	Rainer Altmae	190	13/02/2016	Ruairi Mc Cann	210	27/03/2016
	M40-44				G MC Namara	160	01/09/2007			

	M45-49				Sean Cregan	90	05/03/2011			
	M50-54									
	M55-59									
	M60-64									
	M65-69									
75	T13-15				Alex Lewis	120	28/09/2024			
	T16-17	Nikita Petrous	82.5	28/02/2015						
	T18-19	Padraic Creaven	125	03/09/2016	Killan Prenderville	90	04/04/2016			
	Junior	Padraic Creaven	125	03/09/2016	S MIRZAJEVAS	180	03/05/2009	Adam Priestly	132.5	26/03/2016
	Open	Rboert Vegso	172.5	13/02/2016	Olegs Saruks	240	31/07/2016	Rainier Altmae	235	15/04/2017
	Open	Thomas MC Cague	132.5	03/09/2016						
	M40-44									
	M45-49	Sean Cregan	100	26/04/2014	Sean Cregan	125	27/04/2013	Sean Cregan	125	23/02/2014
	M50-54	Sean Cregan	125	25/03/2016	Tommy Warby	145	24/11/2016			
	M55-59									
	M60-64									
	M65-69	BILL HEALY	135	04/04/2015						
	82.5	T13-15	Jason Brodie Lynch	60	26/06/2016					
T16-17		Jason Brodie Lynch	60	26/06/2016						
T18-19		Shane Corbett	122.5	25/07/2015	Kieran Bennett	115	28/02/2015			
Junior		Robert Vegso	185	27/03/2016	O Cafferty	195	01/09/2007			
Open		Robert Vegso	187.5	17/09/2017	Graham Quirke	220	17/09/2017	Graham Quirke	220	17/09/2017
M40-44		Jude Bedford	140	17/10/2015	Jude Bedford	175	17/10/2015			
M45-49		Sean Cregan	117.5	28/02/2015	Bernard Morgan	165	09/04/2006	Sean Cregan	130	14/11/2013
M50-54		Mark Fitzgerald	140	14/11/2013	Sean Cregan	145	17/09/2014	Sean Cregan	150	17/10/2015
M55-59		Ron St Leger	107.5	25/03/2016						
M60-64		Bill Healy	140	14/11/2013	TOMMY DILLON	150	12/11/2005			
M65-69		TOMMY DILLON	95	03/03/2013	TOMMY DILLON	135	27/09/2009			
M70-74		TOMMY DILLON	95	14/09/2014	Billy Kid	100	06/04/2013			
M75-79		TOMMY DILLON	80	22/08/2018						
90	T13-15									
	T16-17	Jason Brodie Lynch	75	06/06/2016						
	T18-19	Mark Cleary	130	03/03/2013	Dave foster	150	26/09/2006			

T18-19 Junior Open M40-44 M45-49 M50-54 M55-59 M60-64				Aron Hayes	120	14/09/2014				
	Killian Carolan	192.5	01/10/2016	Aron Hayes	120	14/09/2014	Sean Hough	220	16/02/2020	
	Peter Wojtalk	235	03/03/2013	Tony O'Rourke	310	04/15/2022	Ben Loughrey	352.5	05/04/2014	
	Frances Kirby	212.5	21/02/2017	Tony O'Rourke	272.5	28/09/2024	Paudie Phelan	200	24/02/2019	
	Piotr Wojtalik	170	04/12/2022	P MC Namara	170	19/11/2005	Paudie Phelan	265	16/02/2020	
	Richard Horan	155	05/02/2022							
	Richard Horan	172.5	28/05/2023							
140	T13-15									
	T16-17									
	T18-19	Aaron Hayes	120	26/03/2016						
	Junior	Aaron Hayes	165	05/03/2017						
	Open	Peter Wojtalk	230	15/09/2012	Dave O'Sullivan	300	05/03/2011	Bob Keily	272.5	10/02/2018
	M40-44	Thomas Drzewieki	220	14/09/2014	Oskars Zvarts	292.5	16/06/2019			
	M45-49	Paudie Phelan	155	28/05/2023						
	M50-54	John O Connor	150	24/03/2024						
	M55-59									
M60-64										
140+	T13-15									
	T16-17									
	T18-19	Aaron Hayes	150	01/10/2016						
	Junior	Aaron Hayes	172.5	17/11/2018			Aaron Hayes	215	17/09/2017	
	Open	Brian Steel	245	28/02/2015	Leslie Steel	270	14/09/2014	Aaron Hayes	215	17/09/2017
	M40-44				Oskars Zvarts	270	16/02/2020			
	M45-49									
	M50-54									
	M55-59									
M60-64										

IPO- IRISH DEADLIFT RECORDS MEN

CLASS (kg)	Category	RAW			SINGLE-PLY			MULTI-PLY		
		Name	Deadlift	Date	Name	Deadlift	Date	Name	Deadlift	Date
56	T13-15	Evan Bedford Grant	65	18/10/2015						
	T16-17	Evan Bedford Grant	65	18/10/2015						
	T18-19	Evan Bedford Grant	65	18/10/2015						
	Junior	Evan Bedford Grant	65	18/10/2015	Aspek Dzharparov	175	31/03/2012			
	Open	Evan Bedford Grant	65	18/10/2015	J Gavigan	180	24/11/2006			
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
M65-69										
60	T13-15									
	T16-17									
	T18-19	Wayne Healy	167.5	15/10/2015	Adam Priestly	150	31/12/2012	Adam Priestley	212.5	05/04/2014
	Junior	Aspek Dzharparov	182.5	14/11/2013	Ruairi Mc Cann	210	04/04/2010	Adam Priestley	212.5	05/04/2014
	Open	Aspek Dzharparov	182.5	14/11/2013	Ruairi Mc Cann	210	04/04/2010	Adam Priestley	212.5	05/04/2014
	M40-44									
	M45-49				Sean Cregan	190	03/06/2011			
	M50-54									
	M55-59									
	M60-64									
M65-69										
67.5	T13-15									
	T16-17									
	T18-19	Brandon Power	185	31/03/2012	B Mc Cormack	162.5	04/04/2010			
	Junior	Aspek Dzharparov	190	05/04/2015	Ruairi Mc Cann	237.5	03/11/2010	Adam Priestley	215	04/04/2015
	Open	Ruairi Mc Cann	240	27/03/2016	Ruairi Mc Cann	245	03/06/2011	Ruairi Mc Cann	255	27/03/2016
	M40-44									
	M45-49				Sean Cregan	180	05/03/2011			
	M50-54	Liam Beville	175	02/08/2018						

	M55-59								
	M60-64								
	M65-69								
75	T13-15								
	T16-17	Kieran Benitt	260	04/04/2015					
	T18-19	Kieran Benitt	260	04/04/2015	Killan Prenderville	190	04/04/2015		
	Junior	Kieran Benitt	260	04/04/2015	Ger Smith	270	03/05/2010	Adam Priestley	220 16/10/2015
	Open	Sean Donnellan	260	14/09/2014	Ger Smith	270	03/05/2010	Rainer Altmae	275 15/04/2017
	M40-44								
	M45-49	Sean Cregan	225	14/09/2014	Sean Cregan	215	18/06/2013	Sean Cregan	220 31/03/2012
	M50-54	Sean Cregan	240	25/03/2016	Tommy Warby	230	09/04/2006		
	M55-59								
	M60-64								
	M65-69	Bill Healy	240	25/03/2016					
82.5	T13-15	Jason Brodie Lynch	130	04/04/2015					
	T16-17	Jason Brodie Lynch	130	04/04/2015					
	T18-19	Scott Dean	250	25/03/2016	Dave Deegan	220	04/04/2010		
	Junior	Stephen Casey	290	04/04/2015	Darren Quinn	235	03/11/2010		
	Open	Stephen Casey	290	04/04/2015	Shane Brodie	285	12/11/2005	Sean Cregan	230 14/11/2016
	M40-44								
	M45-49	Wayne Cox	250	15/10/2015	Wayne Cox	275	21/02/2017	Sean Cregan	230 14/11/2016
	M50-54	Sean Cregan	235	17/10/2015	Sean Cregan	190	17/09/2017		
	M55-59	Ron St Leger	190	25/03/2016					
	M60-64	Bill Healy	240	05/04/2015	Tommy Dillon	235	24/11/2006		
	M65-69	William Kidd	180	26/06/2014	Tommy Dillon	222.5	27/09/2009		
	M70-74				William Kidd	190	06/04/2013		
	M75-79								
90	T13-15	Jason Brodie Lynch	155	26/03/2016					
	T16-17	Jason Brodie Lynch	155	26/03/2016					
	T18-19	Killian Prenderville	290	07/04/2018	Shane Nugent	236	27/09/2009		
	Junior	Killian Prenderville	290	07/04/2018	Ian Bedford	265	04/11/2010		
	Open	Anthony O Rourke	315	27/03/2016	Bernard Delany	311	25/11/2006	Shane Brodie	300 31/03/2012

	M40-44	Shane Brodie	270	27/03/2016	Ger Tierney	295	24/11/2006	Shane Brodie	285	15/04/2017
	M45-49	Wayne Cox	275	21/02/2017	JJ Dune	270	05/03/2011			
	M50-54	JJ Dunne	267.5	06/04/2014	Liam Beville	285	05/02/2022			
	M55-59	Bosco Reid	155	03/09/2016	Bosco Reid	145	21/02/2017			
	M60-64									
	M65-69				Martin Dillon	220	26/07/2008			
	M70-74				Clem Foley	220	26/07/2008			
100	T13-15									
	T16-17									
	T18-19	Josh Ellis	257.5	01/10/2016	Rory Collins	230	06/05/2007			
	Junior	Killian Carolan	280	26/03/2016	Paul Fitzgerald	302.5	12/11/2009	Barry Hefferenan	275	05/03/2011
	Open	Sean Hoey	325	01/10/2015	Sean Hoey	335	21/09/2015	Sean Hoey	325	26/07/2015
	M40-44	Sean Hoey	325	01/10/2015	Sean Hoey	335	21/09/2015	Shane Brodie	290	03/09/2016
	M45-49	Aidas Steponavicius	265	27/06/2016	David Smith	280	15/11/2008			
	M50-54	Sean Hoey	290	28/08/2023	Gerard Mc Afee	325	03/09/2016			
	M55-59	Sean Bullman	170	04/04/2015	Gerard Mc Afee	325	05/04/2014	Gerard Mc Afee	314	04/04/2015
	M60-64									
110	T13-15	Oisin Smith	135	23/11/2019						
	T16-17									
	T18-19				C MC Alinden	190	05/03/2011			
	Junior	Killian Carolan	300	21/02/2017	Dave Foster	250	03/05/2009	Barry Hefferenan	285	31/03/2012
	Open	Shane O Neill	330	01/10/2014	Nerijus Cekas	355	04/04/2015	Paul Kiely	290	31/03/2012
	M40-44	Eric Jesipovius	305	27/03/2016	Richard Penkert	245	11/03/2012			
	M45-49	Alan Mahony	260	16/10/2015	Pat Mc Namara	280	09/04/2006			
	M50-54	Des Ryan	230	16/10/2015	David Smith	270	06/04/2013			
	M55-59									
	M60-64	GERRY MC NAMARA	250	15/09/2013				GERRT MC NAMARA	270	25/07/2015
125	T13-15									
	T16-17									
	T18-19	Aron Hayes	220	14/09/2014						
	Junior	Killian Carolan	290	01/10/2016	Sean Hough	282.5	24/02/2019	Sean Hough	270	16/06/2019
	Open	Nerijus Cekas	340	27/03/2016	Nerijus Cekas	350	04/11/2010	Ben Loughrey	360	05/04/2014
	M40-44	James Hickey	335	07/04/2018	Richard Penkert	240	05/03/2011	Paudie Phelan	265	16/06/2019

	Junior								
	Open	Roisin Bourke	47.5	17/10/2015					
	M40-44								
	M45-49								
	M50-54								
	M55-59								
	M60-64								
	M65-69								
52	T13-15								
	T16-17								
	T18-19								
	Junior	Anna Hourahane	70	27/03/2016					
	Open	Hazel Hu	70	27/03/2016					
	M40-44	Monica Magee	40	25/03/2016					
	M45-49	Monica Magee	45	05/03/2017					
	M50-54								
	M55-59								
	M60-64								
	M65-69								
56	T13-15								
	T16-17								
	T18-19								
	Junior	Kate Ring	40	14/09/2014					
	Open	Lisa Farrelly	70	07/11/2016	A McNamara	95	05/03/2011		
	M40-44								
	M45-49	Kim Duggan	55	01/10/2016					
	M50-54								
	M55-59								
	M60-64								
	M65-69								
60	T13-15								
	T16-17	Mary Taylor	55	13/02/2016					
	T18-19	Mary Taylor	55	13/02/2016					

	Open								
	M40-44								
	M45-49								
	M50-54								
	M55-59								
	M60-64								
M70-74									
110+	T13-15								
	T16-17								
	T18-19								
	Junior								
	Open								
	M40-44								
	M45-49								
	M50-54								
	M55-59								
	M60-64								
	M70-74								

IPO- IRISH DEADLIFT RECORDS WOMEN										
CLASS (kg)	Category	RAW			SINGLE-PLY			MULTI-PLY		
		Name	Deadlift	Date	Name	Deadlift	Date	Name	Deadlift	Date
48	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Roisin Burke	120	17/10/2015						
	M40-44									
	M45-49									
	M50-54									
M55-59										

