

	T16-17	Oisin Smith	95	05/02/2022					
	T18-19	David Fitzgearlds	135	16/02/2020					
	Junior	David Fitzgearlds	135	16/02/2020					
	Open	Niall O Keeffe	157.5	05/02/2022	Ian Brennan	127.5	16/02/2020		
	Para	Thomas MC Cague	132.5	16/02/2020					
	M40-44	Brendan O Rourke	150	24/02/2019					
	M45-49	Grant Grieve	100	04/03/2017					
	M50-54	Richard Smith	95	17/11/2018					
	M55-59	John Mc Daid	140	30/08/2024	Bosco Reid	100	16/02/2020		
	M60-64	Bosco Reid	90	04/03/2023					
	M65-69								
	M70-74								
	M85-89	Gerry Cronnelly	67.5	06/09/2022					
100	T13-15								
	T16-17	Matthew Batista	75	28/08/2023					
	T18-19	Darragh O Keeffe	147.5	05/02/2022					
	Junior	Josh Ellis	140	04/03/2017					
	Para	Thomas MC Cague	135	06/09/2022					
	Open	Marius Lapenas	225	06/09/2022	Nick Sazenski	190	22/09/2018		
	M40-44	Marius Lapenas	225	06/09/2022	Michael Coleman	170	16/02/2020		
	M45-49	Brendan O Rourke	150	06/09/2022	Michael Coleman	175	04/03/2023	Michael Coleman	160 05/02/2022
	M50-54	Anthony O Halloran	140	25/03/2018					
	M55-59				Mark Doherty	150	06/09/2022		
	M60-64	Bosco Reid	85	06/09/2022					
	M80-84	Gerry Cronnelly	77.5	24/02/2019					
	M85-89	Gerry Cronnelly	70	05/02/2022					
110	T13-15	Ben Hogan	75	04/12/2022					
	T16-17								
	T18-19	Conor O Sullivan	137.5	16/02/2020					
	Junior	Conor O Sullivan	137.5	16/02/2020					
	Open	Shane O'Connell	195	16/02/2020	Micheal Coleman	200	22/09/2019		
	M40-44				Micheal Coleman	200	22/09/2019		
	M45-49	Peter Kelly	122.5	24/03/2024					

	M50-54	Anthony Mc Cormack	110	30/11/2024						
	M55-59									
	M60-64	Philip Murtagh	65	16/02/2020						
	M60-64									
	M80-84	Gerry Cronnelly	75	13/06/2019						
125	T13-15									
	T16-17									
	T18-19									
	Junior	Ciaran O'Donoghue	142.5	04/03/2017						
	Open	James O'Connell	232.5	16/02/2020	Barry O'Sullivan	202.5	10/02/2018			
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
140	T13-15									
	T16-17									
	T18-19									
	Junior	Thomas Kearns Horan	105	05/02/2022						
	Open	James O'Connell	230	17/08/2019			Barry O Sullivan	235	05/02/2022	
	M40-44	Jame O'Connell	230	17/08/2019						
	M45-49									
	M50-54									
	M55-59									
	M60-64									
140+	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Davoren Leung	202.5	17/08/2019	Andre Du Plessis	215	24/02/2019	Jamie Hogan	187.5	27/08/2024
	M40-44									
	M45-49									
M50-54	Andre Du Plessis	170	10/02/2018	Andre Du Plessis	215	24/02/2019				

67.5	T13-15								
	T16-17	Calum Healy	177.5	05/02/2022					
	T18-19	Jake Coleman	185	30/08/2024					
	Junior								
	Open	Ian Howley	212.5	04/03/2017					
	M40-44								
	M45-49								
	M50-54								
	M55-59								
	M60-64								
M65-69									
75	Youth	Adam Kealy	70	30/11/2024					
	T13-15	Alex Lewis	180	24/03/2024					
	T16-17	Adam Loughnane	210	04/03/2017					
	T18-19								
	Junior	Kyle Mullen	245	17/11/2018					
	Open	Kyle Mullen	245	17/11/2018	Liam Beville	227.5	24/02/2019		
	M40-44	Richard Grace	110	17/11/2018					
	M45-49								
	M50-54	Sean Cregan	215	24/10/2019	Liam Beville	227.5	24/02/2019		
	M55-59								
M60-64									
M65-69									
82.5	T13-15	Aaron Ryan	195	02/08/2018	Jason BrodieLynch	175	21/02/2017		
	T16-17								
	T18-19	Conor Nolan	250	17/11/2018	Jason BrodieLynch	175	21/02/2017		
	Junior	Adam Loughnane	252.5	24/02/2019	Luke O'Brien	215	02/08/2018		
	Open	Adam Loughnane	252.5	24/02/2019	Luke O'Brien	215	02/08/2018		
	M40-44	Niall O Keeffe	212.5	16/02/2020					
	M45-49	David Carroll	180	23/06/2018					
	M50-54	Sean Cregan	227.5	17/11/2018	Sean Cregan	190	04/03/2017		
	M55-59	Sean Cregan	210	16/02/2020					

	M60-64								
	M65-69								
90	T13-15								
	T16-17	Oisin Smith	202.5	05/02/2022					
	T18-19	Rhys Manning	237.5	21/02/2017					
	Junior	Ciaran O Connor	240	04/03/2017					
	Open	Kieran Mc Nukly	255	16/02/2020	Kenneth Taffe	300	16/02/2020		
	M40-44	Daniel O Neill	255	28/05/2023	Kenneth Taffe	292.5	13/06/2019		
	M45-49	Darren Mc Creary	212.5	05/02/2022	Kenneth Taffe	300	16/02/2020		
	M50-54	Mark Lacey	210	10/02/2018					
	M55-59	Bosco Reid	170	10/02/2018	Bosco Reid	182.5	16/02/2020		
	M60-64	Bosco Reid	162.5	28/05/2023	Bosco Reid	162.5	05/02/2022		
	M65-69								
	M85-89	Gerry Cronnelly	120	06/09/2022					
100	T13-15	John Mc Hugh	170	16/02/2020					
	T16-17	Matthew Batista	230	28/08/2023					
	T18-19	Darragh O Keeffe	285	05/02/2022					
	Junior	Darragh O Keeffe	285	05/02/2022					
	Open	Darragh O Keeffe	285	05/02/2022	Austin Hickey	280	21/02/2017		
	M40-44	Martin O Mahony	282.5	05/02/2022					
	M45-49	Brendan O'Rourke	245	18/11/2021					
	M50-54	Anthony O Halloran	242.5	25/06/2018					
	M55-59								
	M60-64								
	M80-84	Gerry Cronnelly	77.5	24/02/2019					
M85-89	Gerry Cronnelly	117.5	05/02/2022						
110	T13-15	Oisin Smith	150	16/02/2020					
	T16-17	John Mc Hugh	215	05/02/2022					
	T18-19	John Mc Hugh	200	24/03/2024					
	Junior	Cillian O Connell	240	25/10/2009					
	Open	David O Keeffe	280	24/02/2019					
	M40-44	Aidan Murphy	200	30/08/2024					

	M45-49								
	M50-54	Anthony Mc Cormack	170	30/11/2024					
	M55-59								
	M60-64	Philip Murtagh	180	16/02/2020					
125	T13-15	Ben Hogan	140	05/02/2022					
	T16-17								
	T18-19								
	Junior								
	Open	James Hickey	355	27/10/2019	James Hickey	360	21/02/2017		
	M40-44	James Hickey	355	27/10/2019	James Hickey	360	21/02/2017		
	M45-49								
	M50-54								
	M55-59								
	M60-64								
140	T13-15								
	T16-17								
	T18-19								
	Junior	Ciaran O'Donoghue	245	04/03/2017					
	Open	James Hickey	365	16/02/2020	James Hickey	320	24/02/2019		
	M40-44	James Hickey	365	16/02/2020	James Hickey	320	24/02/2019		
	M45-49								
	M50-54								
	M55-59								
	M60-64								
140+	T13-15								
	T16-17								
	T18-19								
	Junior								
	Open	Andrea Du Plessis	275	24/06/2018	Andre Du Plessis	290	24/02/2019		
	M40-44								
	M45-49								
	M50-54	Andrea Du Plessis	275	24/06/2018	Andre Du Plessis	290	24/02/2019		
	M55-59				Andre Du Plessis	280	16/02/2020		

M60-64

AIPO- IRISH BENCHPRESS RECORDS WOMEN

CLASS (kg)	Category	RAW			SINGLE-PLY			MULTI-PLY		
		Name	Bench	Date	Name	Bench	Date	Name	Bench	Date
48	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Karen Guthrie	47.5	04/03/2017						
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M65-69									
52	T13-15									
	T16-17									
	T18-19									
	Junior	Aofie Monahgan	57.5	22/07/2017						
	Open	Wioleta Lorerk	62.5	02/08/20158						
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M65-69									
56	T13-15									
	T16-17									
	T18-19									
	Junior	Ceara O'Toole	50	04/03/20147						

	Open	Kate Ring	55	10/02/2018					
	M40-44								
	M45-49	Kim Duggan	55	17/11/2018					
	M50-54								
	M55-59								
	M60-64								
	M65-69								
60	T13-15								
	T16-17								
	T18-19	Lota Leinberga	57.5	22/07/2017					
	Junior	Lota Leinberga	57.5	22/07/2017					
	Open	Venessa O'Keefe	70	17/11/2018	Villy O'Malley	60	24/02/2019	Ellen Tobin Hogan	70 05/02/2022
	M40-44	Karen Mc Kernan	62.5	03/11/2017					
	M45-49								
	M50-54								
	M55-59								
	M60-64								
	M65-69								
67.5	T13-15								
	T16-17								
	T18-19								
	Junior	Vera Klauke	57.5	17/11/2018					
	Open	Sylwia Majszyk	87.5	10/02/2018	Edyta Piechowicz	80	03/06/2022	Ellen Tobin	75 16/02/2020
	M40-44	Sylwia Majszyk	87.5	10/02/2018					
	M45-49	Noeleen Gregory	62.5	21/02/2017					
	M50-54	Maria Maher	70	10/02/2018					
	M55-59								
	M60-64								
	M65-69								
75	T13-15								
	T16-17								
	T18-19	Amy Sherin	52.5	22/07/2017					
	Junior	Grainne Considine	72.5	22/07/2014					

	Open	Sylwia Majszyk	92.5	13/06/2019					
	M40-44	Sylwia Majszyk	92.5	13/06/2019					
	M45-49	Carmel Ramsey	50	21/02/2017					
	M50-54	Maria Maher	70	17/09/2017					
	M55-59								
	M60-64								
	M65-69								
82.5	T13-15								
	T16-17								
	T18-19								
	Junior	Naomi Smith	62.5	03/11/2017					
	Open	Paulina Coleman	82.5	16/02/2020	Paulina Coleman	100	16/02/2020		
	M40-44	Paulina Coleman	82.5	16/02/2020	Paulina Coleman	100	16/02/2020		
	M45-49								
	M50-54								
	M55-59								
	M60-64								
	M65-69								
90	T13-15								
	T16-17								
	T18-19	Elizabeth Lupu	72.5	04/03/2017					
	Junior	Olivia Lane	90	22/07/2017					
	Open	Olivia Lane	90	22/07/2017					
	M40-44	Paulina Coleman	80	05/02/2022	Paulina Coleman	115	03/06/2022		
	M45-49	Geraldine Bogetoft Power	80	03/11/2024					
	M50-54								
	M55-59								
	M60-64	Mary Fusco	52.5	05/02/2022					
	M65-69								
100	T13-15								
	T16-17								
	T18-19								
	Junior	Katie Collins	45	04/03/2017					

	Open	Ayshea Ullah	82.5	04/03/2017	Paulina Coleman	120	05/02/2022			
	M40-44	Paulina Coleman	85	05/02/2022						
	M45-49	Sarah Grieve	81	13/06/2019	Paulina Coleman	130	06/09/2022			
	M50-54									
	M55-59									
	M60-64									
110	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Laura O Shea	65	05/02/2022	Sarah Skehan	95	16/02/2020			
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M70-74									
110+	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Laura O'Shea	75	06/09/2022						
	M40-44	Aideen Clarke	62.5	05/02/2022						
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M70-74									

AIPO- IRISH DEADLIFT RECORDS WOMEN

CLASS (kg)	Category	RAW			SINGLE-PLY			MULTI-PLY		
		Name	Deadlift	Date	Name	Deadlift	Date	Name	Deadlift	Date
48	Youth	Caroline Phelan	60	30/11/2024						
	T13-15									
	T16-17									
	T18-19									
	Junior									
	Open	Karen Guthrie	125	14/07/2018						
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
M65-69										
52	T13-15									
	T16-17									
	T18-19	Alannah Ford	105	13/06/2019						
	Junior	Aoife Monaghan	137.5	22/07/2017						
	Open	Wioleta Lorek	140	02/08/2018						
	M40-44									
	M45-49									
	M50-54									
	M55-59									
	M60-64									
	M65-69									
56	T13-15									
	T16-17	Abbie Bolger	95	25/11/2023						
	T18-19									
	Junior	Ceara O'Toole	125	04/03/2017						
	Open	Maria Mc Shane	165	05/02/2022	Maria Mc Shane	150	16/02/2020			
	M40-44	Valerie O'Donnell	115	28/05/2023						
	M45-49	Kim Duggan	125	17/11/2018						

	M50-54								
	M55-59								
	M60-64								
	M65-69								
60	T13-15								
	T16-17								
	T18-19	Lota Leinberga	117.5	22/07/2017					
	Junior	Amy White	120	17/11/2018					
	Open	Maria Mc Shane	173	28/05/2023	Villy O Mally	135	23/02/2019		
	M40-44	Sandra Hammersley	140	21/02/2017					
	M45-49								
	M50-54								
	M55-59								
	M60-64								
M65-69									
67.5	T13-15								
	T16-17								
	T18-19								
	Junior	Vera Klauke	132.5	17/11/2018					
	Open	Niamh Savage	180	22/07/2017	Edyta Piechowicz	160	24/10/2019		
	M40-44	Assumpta Feeney	162.5	22/07/2017					
	M45-49	Sarah Thomson	137.5	05/02/2022	Rehana Maniar	180	28/05/2023		
	M50-54	Margaret Fahy	135	05/02/2022					
	M55-59	Angline Collins Diver	100	24/10/2019					
	M60-64								
M65-69									
75	T13-15								
	T16-17								
	T18-19	Amy Sherin	122.5	22/07/2017					
	Junior	Grainne Considine	170	22/07/2017					
	Open	Paulina Coleman	185	14/07/2018					
	M40-44	Paulina Coleman	185	14/07/2018					
	M45-49	Deborah Mangan	180	30/08/2024					

	M50-54								
	M55-59	Carmel Ramsey	125	24/03/2024					
	M60-64								
	M65-69								
82.5	T13-15								
	T16-17								
	T18-19								
	Junior	Naomi Smith	130	03/11/2017					
	Open	Aisling Judge	190	24/03/2024	Paulina Coleman	200	16/02/2020		
	M40-44	Mioara Mara Vizinteanu	140	05/02/2022	Paulina Coleman	200	16/02/2020		
	M45-49								
	M50-54								
	M55-59								
	M60-64	Mary Fusco	105	05/02/2022					
	M65-69								
90	T13-15								
	T16-17								
	T18-19	Yvonne Boyle	130	24/02/2019					
	Junior	Olivia Lane	190	22/07/2017					
	Open	Olivia Lane	190	22/07/2017					
	M40-44	Emma Griffith	120	24/03/2024	Paulina Coleman	200	04/06/2022		
	M45-49								
	M50-54								
	M55-59								
	M60-64								
	M65-69								
100	T13-15								
	T16-17								
	T18-19								
	Junior	Katie Collins	155	04/03/2017					
	Open	Ayshea Ullah	212.5	04/03/2017					
	M40-44	Katherine Fitzgerald	125	16/02/2020				Paulina Coleman	210 05/02/2022
	M45-49	Jacinta Smith	160	16/02/2020	Paulina Coleman	205	06/09/2022		

