

## IPO- IRISH BENCHPRESS RECORDS MEN

| CLASS KG | AGE    | CATEGORY   | Name                | Bench | Date       |
|----------|--------|------------|---------------------|-------|------------|
| 56       | T18-19 | RAW        | Shane Barret        | 67.5  | 23/02/2014 |
| 56       | Junior | SINGLE-PLY | Aspeck Dzhaparov    | 115   | 31/03/2012 |
| 56       | Open   | RAW        | Aspeck Dzhaparov    | 95    | 13/02/2016 |
| 56       | Open   | SINGLE-PLY | Aspeck Dzhaparov    | 115   | 31/03/2012 |
| 60       | T18-19 | RAW        | Brian O'Farrell     | 80    | 23/02/2014 |
| 60       | T18-19 | SINGLE-PLY | Jonathan Curtain    | 105   | 04/04/2010 |
| 60       | T18-19 | MULTIPLY   | Adam Priestly       | 82.5  | 05/04/2014 |
| 60       | Junior | RAW        | Aspeck Dzhaparov    | 112.5 | 14/11/2014 |
| 60       | Junior | SINGLE-PLY | Ruairi MC Cann      | 120   | 04/04/2010 |
| 60       | Junior | MULTIPLY   | Adam Priestly       | 82.5  | 05/04/2014 |
| 60       | Open   | RAW        | Aspeck Dzhaparov    | 112.5 | 14/11/2014 |
| 60       | Open   | SINGLE-PLY | Ruairi MC Cann      | 120   | 04/04/2010 |
| 60       | Open   | MULTIPLY   | Adam Priestly       | 90    | 01/10/2014 |
| 60       | M45-49 | SINGLE-PLY | Sean Cregan         | 95    | 03/06/2011 |
| 67.5     | T18-19 | RAW        | Brandon Power       | 92.5  | 31/03/2012 |
| 67.5     | T18-19 | RAW        | Barry Keehan        | 95    | 01/09/2007 |
| 67.5     | Junior | RAW        | Aspeck Dzhaparov    | 130   | 05/04/2014 |
| 67.5     | Junior | SINGLE-PLY | Ruairi MC Cann      | 167.5 | 03/11/2010 |
| 67.5     | Junior | MULTIPLY   | Adam Priestly       | 105   | 04/04/2015 |
| 67.5     | Open   | RAW        | Rainar Altmae       | 167.5 | 27/03/2016 |
| 67.5     | Open   | SINGLE-PLY | Rainer Altmae       | 190   | 13/02/2016 |
| 67.5     | Open   | MULTIPLY   | Ruairi Mc Cann      | 210   | 27/03/2016 |
| 67.5     | M40-44 | SINGLE-PLY | G MC Namara         | 160   | 01/09/2007 |
| 67.5     | M45-49 | SINGLE-PLY | Sean Cregan         | 90    | 05/03/2011 |
| 75       | T13-15 | SINGLE-PLY | Alex Lewis          | 120   | 28/09/2024 |
| 75       | T16-17 | RAW        | Nikita Petrous      | 82.5  | 28/02/2015 |
| 75       | T18-19 | RAW        | Padraic Creaven     | 125   | 03/09/2016 |
| 75       | T18-19 | SINGLE-PLY | Killan Prenderville | 90    | 04/04/2016 |
| 75       | Junior | RAW        | Padraic Creaven     | 125   | 03/09/2016 |

|      |        |            |                    |       |            |
|------|--------|------------|--------------------|-------|------------|
| 75   | Junior | SINGLE-PLY | S MIRZAJEVAS       | 180   | 03/05/2009 |
| 75   | Junior | MULTIPLY   | Adam Priestly      | 132.5 | 26/03/2016 |
| 75   | Open   | RAW        | Rboert Vegso       | 172.5 | 13/02/2016 |
| 75   | Open   | PARA       | Thomas MC Cague    | 132.5 | 03/09/2016 |
| 75   | Open   | SINGLE-PLY | Olegs Saruks       | 240   | 31/07/2016 |
| 75   | Open   | MULTIPLY   | Rainier Altmae     | 235   | 15/04/2017 |
| 75   | M45-49 | RAW        | Sean Cregan        | 100   | 26/04/2014 |
| 75   | M45-49 | SINGLE-PLY | Sean Cregan        | 125   | 27/04/2013 |
| 75   | M45-49 | MULTIPLY   | Sean Cregan        | 125   | 23/02/2014 |
| 75   | M50-54 | RAW        | Sean Cregan        | 125   | 25/03/2016 |
| 75   | M50-54 | SINGLE-PLY | Tommy Warby        | 145   | 24/11/2016 |
| 75   | M65-69 | RAW        | BILL HEALY         | 135   | 04/04/2015 |
| 75   | M80-84 | RAW        | Tommy Dillion      | 75    | 13/04/2025 |
| 82.5 | T13-15 | RAW        | Jason Brodie Lynch | 60    | 26/06/2016 |
| 82.5 | T16-17 | RAW        | Patrick Mc Sweeney | 150   | 09/08/2025 |
| 82.5 | T18-19 | RAW        | Kieran Bennett     | 115   | 28/02/2015 |
| 82.5 | Junior | RAW        | Robert Vegso       | 185   | 27/03/2016 |
| 82.5 | Junior | SINGLE-PLY | O Cafferty         | 195   | 01/09/2007 |
| 82.5 | Open   | RAW        | Robert Vegso       | 187.5 | 17/09/2017 |
| 82.5 | Open   | SINGLE-PLY | Graham Quirke      | 220   | 17/09/2017 |
| 82.5 | M45-49 | RAW        | Sean Cregan        | 117.5 | 28/02/2015 |
| 82.5 | M45-49 | SINGLE-PLY | Bernard Morgan     | 165   | 09/04/2006 |
| 82.5 | M45-49 | MULTIPLY   | Sean Cregan        | 130   | 14/11/2013 |
| 82.5 | M50-54 | RAW        | Mark Fitzgerald    | 140   | 14/11/2013 |
| 82.5 | M50-54 | SINGLE-PLY | Sean Cregan        | 145   | 17/09/2014 |
| 82.5 | M50-54 | MULTIPLY   | Sean Cregan        | 150   | 17/10/2015 |
| 82.5 | M55-59 | RAW        | Ron St Leger       | 107.5 | 25/03/2016 |
| 82.5 | M60-64 | RAW        | Bill Healy         | 140   | 14/11/2013 |
| 82.5 | M60-64 | SINGLE-PLY | TOMMY DILLON       | 150   | 12/11/2005 |
| 82.5 | M65-69 | RAW        | TOMMY DILLON       | 95    | 03/03/2013 |
| 82.5 | M65-69 | SINGLE-PLY | TOMMY DILLON       | 135   | 27/09/2009 |
| 82.5 | M70-74 | RAW        | TOMMY DILLON       | 95    | 14/09/2014 |
| 82.5 | M70-74 | SINGLE-PLY | Billy Kid          | 100   | 06/04/2013 |

|      |        |            |                    |       |            |
|------|--------|------------|--------------------|-------|------------|
| 82.5 | M75-79 | RAW        | TOMMY DILLON       | 80    | 22/08/2018 |
| 90   | T16-17 | RAW        | Jason Brodie Lynch | 75    | 06/06/2016 |
| 90   | T18-19 | RAW        | Mark Cleary        | 130   | 03/03/2013 |
| 90   | T18-19 | SINGLE-PLY | Dave foster        | 150   | 26/09/2006 |
| 90   | Junior | RAW        | Mark Higgins       | 177.5 | 05/04/2015 |
| 90   | Junior | SINGLE-PLY | James Hanely       | 155   | 06/05/2007 |
| 90   | Open   | RAW        | Tommy Dolan        | 212.5 | 16/06/2019 |
| 90   | Open   | PARA       | Thomas MC Cague    | 137.5 | 11/07/2021 |
| 90   | Open   | SINGLE-PLY | Bernard Delaney    | 262.5 | 12/11/2009 |
| 90   | Open   | MULTIPLY   | Shane Brodie       | 250   | 27/03/2016 |
| 90   | M40-44 | RAW        | Damo Casey         | 190   | 27/03/2016 |
| 90   | M40-44 | SINGLE-PLY | Shane Brodie       | 212.5 | 28/06/2014 |
| 90   | M40-44 | MULTIPLY   | Shane Brodie       | 250   | 27/03/2016 |
| 90   | M45-49 | RAW        | Shay Kirwin        | 150   | 04/11/2017 |
| 90   | M45-49 | SINGLE-PLY | Shane Brodie       | 171   | 10/11/2015 |
| 90   | M45-49 | MULTIPLY   | Shane Brodie       | 150   | 17/11/2018 |
| 90   | M50-54 | RAW        | JJ Dunne           | 142.5 | 15/10/2015 |
| 90   | M50-54 | SINGLE-PLY | JJ Dune            | 157.5 | 10/11/2018 |
| 90   | M55-59 | RAW        | Andrzej Gron       | 148   | 21/02/2017 |
| 90   | M55-59 | SINGLE-PLY | Martin Dillon      | 110   | 26/07/2008 |
| 90   | M60-64 | RAW        | Patrick Gormley    | 130   | 25/07/2015 |
| 90   | M60-64 | SINGLE-PLY | Tommy Dillon       | 142.5 | 01/09/2007 |
| 90   | M70-74 | RAW        | Terry Flood        | 120   | 25/07/2015 |
| 90   | M70-74 | SINGLE-PLY | Clem Foley         | 130   | 09/04/2006 |
| 100  | T18-19 | RAW        | Artur Gadek        | 160   | 06/04/2006 |
| 100  | T18-19 | SINGLE-PLY | Dave foster        | 150   | 26/11/2006 |
| 100  | Junior | RAW        | Jesse Moran        | 185   | 13/02/2016 |
| 100  | Junior | SINGLE-PLY | Owen Cafferty      | 205   | 26/11/2006 |
| 100  | Open   | RAW        | Bernard Delaney    | 232   | 23/02/2014 |
| 100  | Open   | SINGLE-PLY | Bernard Delaney    | 270   | 12/12/2009 |
| 100  | Open   | MULTIPLY   | Maksims Selickis   | 300   | 16/11/2013 |
| 100  | M40-44 | RAW        | Bernard Delaney    | 232.5 | 23/02/2014 |
| 100  | M40-44 | SINGLE-PLY | David Smith        | 232.5 | 12/11/2009 |

|     |        |            |                  |       |            |
|-----|--------|------------|------------------|-------|------------|
| 100 | M40-44 | MULTIPLY   | Shane Brodie     | 245   | 03/09/2016 |
| 100 | M45-49 | RAW        | Damien Casey     | 180   | 10/11/2021 |
| 100 | M45-49 | SINGLE-PLY | David Smith      | 232.5 | 12/11/2009 |
| 100 | M45-49 | MULTIPLY   | Shane Brodie     | 192.5 | 16/02/2020 |
| 100 | M50-54 | RAW        | Andrew Scully    | 160   | 05/02/2022 |
| 100 | M55-59 | RAW        | Sean Bullman     | 90    | 04/04/2015 |
| 100 | M55-59 | SINGLE-PLY | Gerry Mc Afee    | 100   | 05/04/2014 |
| 100 | M55-59 | MULTIPLY   | Gerry Mc Afee    | 120   | 04/04/2015 |
| 110 | T18-19 | SINGLE-PLY | R Martin         | 130   | 19/10/2008 |
| 110 | Junior | RAW        | Killian Carolan  | 201   | 10/02/2018 |
| 110 | Junior | SINGLE-PLY | J Quirke         | 227.5 | 26/11/2006 |
| 110 | Junior | MULTIPLY   | Sean Hough       | 200   | 16/06/2019 |
| 110 | Open   | RAW        | David O Sullivan | 220   | 27/03/2016 |
| 110 | Open   | SINGLE-PLY | Maksims Selickis | 300   | 18/10/2015 |
| 110 | Open   | MULTIPLY   | Maksims Selickis | 307.5 | 28/02/2015 |
| 110 | M40-44 | RAW        | Pawel Stachurski | 202.5 | 24/02/2019 |
| 110 | M40-44 | RAW        | Micheal Coleman  | 192.5 | 16/06/2019 |
| 110 | M45-49 | RAW        | Shay Kirwin      | 155   | 01/10/2016 |
| 110 | M45-49 | SINGLE-PLY | Pat Mc Namara    | 165   | 09/04/2006 |
| 110 | M50-54 | RAW        | Des Ryan         | 110   | 04/04/2015 |
| 110 | M50-54 | SINGLE-PLY | David Smith      | 220   | 06/04/2013 |
| 110 | M60-64 | RAW        | Gerry Mc Namara  | 152.5 | 15/09/2013 |
| 110 | M65-69 | RAW        | Gerry Mc Namara  | 137.5 | 17/10/2015 |
| 125 | Junior | RAW        | Killian Carolan  | 192.5 | 01/10/2016 |
| 125 | Junior | SINGLE-PLY | Aron Hayes       | 120   | 14/09/2014 |
| 125 | Junior | MULTIPLY   | Sean Hough       | 220   | 16/02/2020 |
| 125 | Open   | RAW        | Peter Wojtalk    | 235   | 03/03/2013 |
| 125 | Open   | SINGLE-PLY | Tony O'Rourke    | 310   | 04/15/2022 |
| 125 | Open   | MULTIPLY   | Ben Loughrey     | 352.5 | 05/04/2014 |
| 125 | M40-44 | RAW        | Frances Kirby    | 212.5 | 21/02/2017 |
| 125 | M40-44 | SINGLE-PLY | Tony O'Rourke    | 272.5 | 28/09/2024 |
| 125 | M40-44 | MULTIPLY   | Paudie Phelan    | 200   | 24/02/2019 |
| 125 | M45-49 | RAW        | Piotr Wojtalik   | 170   | 04/12/2022 |

|      |        |            |                  |       |            |
|------|--------|------------|------------------|-------|------------|
| 125  | M45-49 | SINGLE-PLY | P MC Namara      | 170   | 19/11/2005 |
| 125  | M45-49 | MULTIPLY   | Paudie Phelan    | 265   | 16/02/2020 |
| 125  | M50-54 | RAW        | Richard Horan    | 155   | 05/02/2022 |
| 125  | M50-54 | SINGLE-PLY | Paudie Phelan    | 170   | 21/09/2025 |
| 125  | M55-59 | RAW        | Richard Horan    | 172.5 | 28/05/2023 |
| 140  | T18-19 | RAW        | Aaron Hayes      | 120   | 26/03/2016 |
| 140  | Junior | RAW        | Aaron Hayes      | 165   | 05/03/2017 |
| 140  | Open   | RAW        | Peter Wojtalk    | 230   | 15/09/2012 |
| 140  | Open   | SINGLE-PLY | Dave O'Sullivan  | 300   | 05/03/2011 |
| 140  | Open   | MULTIPLY   | Bob Keily        | 272.5 | 10/02/2018 |
| 140  | M40-44 | RAW        | Thomas Drzewieki | 220   | 14/09/2014 |
| 140  | M40-44 | SINGLE-PLY | Oskars Zvarts    | 292.5 | 16/06/2019 |
| 140  | M40-44 | MULTIPLY   | Bob Keily        | 250   | 23/03/2025 |
| 140  | M45-49 | RAW        | Paudie Phelan    | 155   | 28/05/2023 |
| 140  | M50-54 | RAW        | John O Connor    | 150   | 24/03/2024 |
| 140  | M50-54 | SINGLE-PLY | Paudie Phelan    | 185   | 13/04/2025 |
| 140+ | T18-19 | RAW        | Aaron Hayes      | 150   | 01/10/2016 |
| 140+ | Junior | RAW        | Aaron Hayes      | 172.5 | 17/11/2018 |
| 140+ | Junior | MULTIPLY   | Aaron Hayes      | 215   | 17/09/2017 |
| 140+ | Open   | RAW        | Brian Steel      | 245   | 28/02/2015 |
| 140+ | Open   | SINGLE-PLY | Leslie Steel     | 270   | 14/09/2014 |
| 140+ | Open   | MULTIPLY   | Aaron Hayes      | 215   | 17/09/2017 |
| 140+ | M40-44 | SINGLE-PLY | Oskars Zvarts    | 270   | 16/02/2020 |
| 140+ | M50-54 | RAW        | John O Connor    | 190   | 23/03/2025 |

### IPO- IRISH DEADLIFT RECORDS MEN

| CLASS KG | AGE    | CATEGORY   | Name               | Deadlift | Date       |
|----------|--------|------------|--------------------|----------|------------|
| 56       | T13-15 | RAW        | Evan Bedford Grant | 65       | 18/10/2015 |
| 56       | Junior | SINGLE-PLY | Aspek Dzhaparov    | 175      | 31/03/2012 |
| 56       | Open   | SINGLE-PLY | J Gavigan          | 180      | 24/11/2006 |

|      |        |            |                     |       |            |
|------|--------|------------|---------------------|-------|------------|
| 60   | T18-19 | RAW        | Wayne Healy         | 167.5 | 15/10/2015 |
| 60   | T18-19 | SINGLE-PLY | Adam Priestly       | 150   | 31/12/2012 |
| 60   | T18-19 | MULTIPLY   | Adam Priestley      | 212.5 | 05/04/2014 |
| 60   | Junior | RAW        | Aspek Dzhaparov     | 182.5 | 14/11/2013 |
| 60   | Junior | SINGLE-PLY | Ruairi Mc Cann      | 210   | 04/04/2010 |
| 60   | Open   | RAW        | Aspek Dzhaparov     | 182.5 | 14/11/2013 |
| 60   | M45-49 | SINGLE-PLY | Sean Cregan         | 190   | 03/06/2011 |
| 67.5 | T18-19 | RAW        | Brandon Power       | 185   | 31/03/2012 |
| 67.5 | T18-19 | SINGLE-PLY | B Mc Cormack        | 162.5 | 04/04/2010 |
| 67.5 | Junior | RAW        | Aspek Dzhaparov     | 190   | 05/04/2015 |
| 67.5 | Junior | SINGLE-PLY | Ruairi Mc Cann      | 237.5 | 03/11/2010 |
| 67.5 | Junior | MULTIPLY   | Adam Priestley      | 215   | 04/04/2015 |
| 67.5 | Open   | RAW        | Ruairi Mc Cann      | 240   | 27/03/2016 |
| 67.5 | Open   | SINGLE-PLY | Ruairi Mc Cann      | 245   | 03/06/2011 |
| 67.5 | Open   | MULTIPLY   | Ruairi Mc Cann      | 255   | 27/03/2016 |
| 67.5 | M45-49 | SINGLE-PLY | Sean Cregan         | 180   | 05/03/2011 |
| 67.5 | M50-54 | RAW        | Liam Beville        | 175   | 02/08/2018 |
| 75   | T16-17 | RAW        | Kieran Benitt       | 260   | 04/04/2015 |
| 75   | T18-19 | RAW        | Kieran Benitt       | 260   | 04/04/2015 |
| 75   | T18-19 | SINGLE-PLY | Killan Prenderville | 190   | 04/04/2015 |
| 75   | Junior | RAW        | Kieran Benitt       | 260   | 04/04/2015 |
| 75   | Junior | SINGLE-PLY | Ger Smith           | 270   | 03/05/2010 |
| 75   | Junior | MULTIPLY   | Adam Priestley      | 220   | 16/10/2015 |
| 75   | Open   | RAW        | Sean Donnellan      | 260   | 14/09/2014 |
| 75   | Open   | MULTIPLY   | Rainer Altmae       | 275   | 15/04/2017 |
| 75   | M45-49 | RAW        | Sean Cregan         | 225   | 14/09/2014 |
| 75   | M45-49 | SINGLE-PLY | Sean Cregan         | 215   | 18/06/2013 |
| 75   | M45-49 | MULTIPLY   | Sean Cregan         | 220   | 31/03/2012 |
| 75   | M50-54 | RAW        | Sean Cregan         | 240   | 25/03/2016 |
| 75   | M50-54 | SINGLE-PLY | Tommy Warby         | 230   | 09/04/2006 |
| 75   | M65-69 | RAW        | Bill Healy          | 240   | 25/03/2016 |
| 82.5 | T13-15 | RAW        | Jason Brodie Lynch  | 130   | 04/04/2015 |
| 82.5 | T18-19 | RAW        | Scott Dean          | 250   | 25/03/2016 |

|      |        |            |                      |       |            |
|------|--------|------------|----------------------|-------|------------|
| 82.5 | T18-19 | SINGLE-PLY | Dave Deegan          | 220   | 04/04/2010 |
| 82.5 | Junior | RAW        | Stephen Casey        | 290   | 04/04/2015 |
| 82.5 | Junior | SINGLE-PLY | Darren Quinn         | 235   | 03/11/2010 |
| 82.5 | Open   | RAW        | Niall Reddan         | 277.5 | 04/12/2022 |
| 82.5 | Open   | SINGLE-PLY | Shane Brodie         | 285   | 12/11/2005 |
| 82.5 | Open   | MULTIPLY   | Sean Cregan          | 230   | 14/11/2016 |
| 82.5 | M45-49 | RAW        | Wayne Cox            | 250   | 15/10/2015 |
| 82.5 | M45-49 | SINGLE-PLY | Wayne Cox            | 275   | 21/02/2017 |
| 82.5 | M45-49 | MULTIPLY   | Sean Cregan          | 230   | 14/11/2016 |
| 82.5 | M50-54 | RAW        | Sean Cregan          | 235   | 17/10/2015 |
| 82.5 | M50-54 | SINGLE-PLY | Sean Cregan          | 190   | 17/09/2017 |
| 82.5 | M55-59 | RAW        | Ron St Leger         | 190   | 25/03/2016 |
| 82.5 | M60-64 | RAW        | Bill Healy           | 240   | 05/04/2015 |
| 82.5 | M60-64 | SINGLE-PLY | Tommy Dillon         | 235   | 24/11/2006 |
| 82.5 | M65-69 | RAW        | William Kidd         | 180   | 26/06/2014 |
| 82.5 | M65-69 | SINGLE-PLY | Tommy Dillon         | 222.5 | 27/09/2009 |
| 82.5 | M70-74 | SINGLE-PLY | William Kidd         | 190   | 06/04/2013 |
| 90   | T13-15 | RAW        | Jason Brodie Lynch   | 155   | 26/03/2016 |
| 90   | T16-17 | RAW        | Jason Brodie Lynch   | 155   | 26/03/2016 |
| 90   | T18-19 | RAW        | Killian Prenderville | 290   | 07/04/2018 |
| 90   | T18-19 | SINGLE-PLY | Shane Nugent         | 236   | 27/09/2009 |
| 90   | Junior | SINGLE-PLY | Ian Bedford          | 265   | 04/11/2010 |
| 90   | Open   | RAW        | Anthony O Rourke     | 315   | 27/03/2016 |
| 90   | Open   | SINGLE-PLY | Bernard Delany       | 311   | 25/11/2006 |
| 90   | Open   | MULTIPLY   | Shane Brodie         | 300   | 31/03/2012 |
| 90   | M40-44 | RAW        | Shane Brodie         | 270   | 27/03/2016 |
| 90   | M40-44 | SINGLE-PLY | Ger Tierney          | 295   | 24/11/2006 |
| 90   | M40-44 | MULTIPLY   | Shane Brodie         | 285   | 15/04/2017 |
| 90   | M45-49 | RAW        | Wayne Cox            | 275   | 21/02/2017 |
| 90   | M45-49 | SINGLE-PLY | JJ Dune              | 270   | 05/03/2011 |
| 90   | M50-54 | RAW        | JJ Dunne             | 267.5 | 06/04/2014 |
| 90   | M55-59 | RAW        | Bosco Reid           | 155   | 03/09/2016 |
| 90   | M55-59 | RAW        | Bosco Reid           | 145   | 03/09/2016 |

|     |        |            |                  |       |            |
|-----|--------|------------|------------------|-------|------------|
| 90  | M55-59 | MULTIPLY   | Liam Beville     | 285   | 05/02/2022 |
| 90  | M65-69 | SINGLE-PLY | Martin Dillon    | 220   | 26/07/2008 |
| 90  | M70-74 | SINGLE-PLY | Clem Foley       | 220   | 26/07/2008 |
| 100 | T18-19 | RAW        | Josh Ellis       | 257.5 | 01/10/2016 |
| 100 | T18-19 | SINGLE-PLY | Rory Collins     | 230   | 06/05/2007 |
| 100 | Junior | RAW        | Killian Carolan  | 280   | 26/03/2016 |
| 100 | Junior | SINGLE-PLY | Paul Fitzgerald  | 302.5 | 12/11/2009 |
| 100 | Junior | MULTIPLY   | Barry Hefferenan | 275   | 05/03/2011 |
| 100 | Open   | RAW        | Sean Hoey        | 325   | 01/10/2015 |
| 100 | Open   | SINGLE-PLY | Sean Hoey        | 335   | 21/09/2015 |
| 100 | Open   | MULTIPLY   | Sean Hoey        | 325   | 26/07/2015 |
| 100 | M40-44 | RAW        | Sean Hoey        | 325   | 01/10/2015 |
| 100 | M40-44 | SINGLE-PLY | Sean Hoey        | 335   | 21/09/2015 |
| 100 | M40-44 | MULTIPLY   | Shane Brodie     | 290   | 03/09/2016 |
| 100 | M45-49 | RAW        | Martin O Mahony  | 270   | 23/03/2025 |
| 100 | M45-49 | SINGLE-PLY | David Smith      | 280   | 15/11/2008 |
| 100 | M50-54 | RAW        | Sean Hoey        | 290   | 28/08/2023 |
| 100 | M50-54 | SINGLE-PLY | Gerard Mc Afee   | 325   | 03/09/2016 |
| 100 | M55-59 | RAW        | Sean Bullman     | 170   | 04/04/2015 |
| 100 | M55-59 | SINGLE-PLY | Gerard Mc Afee   | 325   | 05/04/2014 |
| 100 | M55-59 | MULTIPLY   | Gerard Mc Afee   | 314   | 04/04/2015 |
| 110 | T13-15 | RAW        | Oisin Smith      | 135   | 23/11/2019 |
| 110 | T18-19 | SINGLE-PLY | C MC Alinden     | 190   | 05/03/2011 |
| 110 | Junior | RAW        | Killian Carolan  | 300   | 21/02/2017 |
| 110 | Junior | SINGLE-PLY | Dave Foster      | 250   | 03/05/2009 |
| 110 | Junior | MULTIPLY   | Barry Hefferenan | 285   | 31/03/2012 |
| 110 | Open   | RAW        | Shane O Neill    | 330   | 01/10/2014 |
| 110 | Open   | SINGLE-PLY | Nerijus Cekas    | 355   | 04/04/2015 |
| 110 | Open   | MULTIPLY   | Paul Kiely       | 290   | 31/03/2012 |
| 110 | M40-44 | RAW        | Eric Jesipoviius | 305   | 27/03/2016 |
| 110 | M40-44 | SINGLE-PLY | Richard Penkert  | 245   | 11/03/2012 |
| 110 | M45-49 | RAW        | Alan Mahony      | 260   | 16/10/2015 |
| 110 | M45-49 | SINGLE-PLY | Pat Mc Namara    | 280   | 09/04/2006 |

|      |        |            |                 |       |            |
|------|--------|------------|-----------------|-------|------------|
| 110  | M50-54 | RAW        | Des Ryan        | 230   | 16/10/2015 |
| 110  | M50-54 | SINGLE-PLY | David Smith     | 270   | 06/04/2013 |
| 110  | M60-64 | RAW        | GERRY MC NAMARA | 250   | 15/09/2013 |
| 110  | M60-64 | SINGLE-PLY | GERRY MC NAMARA | 270   | 25/07/2015 |
| 125  | T18-19 | RAW        | Aron Hayes      | 220   | 14/09/2014 |
| 125  | Junior | RAW        | Killian Carolan | 290   | 01/10/2016 |
| 125  | Junior | SINGLE-PLY | Sean Hough      | 282.5 | 24/02/2019 |
| 125  | Junior | MULTIPLY   | Sean Hough      | 270   | 16/06/2019 |
| 125  | Open   | RAW        | Nerijus Cekas   | 340   | 27/03/2016 |
| 125  | Open   | SINGLE-PLY | Nerijus Cekas   | 350   | 04/11/2010 |
| 125  | Open   | MULTIPLY   | Ben Loughrey    | 360   | 05/04/2014 |
| 125  | M40-44 | RAW        | James Hickey    | 335   | 07/04/2018 |
| 125  | M40-44 | SINGLE-PLY | Richard Penkert | 240   | 05/03/2011 |
| 125  | M40-44 | MULTIPLY   | Paudie Phelan   | 265   | 16/06/2019 |
| 125  | M45-49 | RAW        | Barry Sheehan   | 262.5 | 09/08/2025 |
| 125  | M50-54 | RAW        | Richard Horan   | 260   | 05/02/2022 |
| 125  | M50-54 | SINGLE-PLY | Pat Mc Namara   | 275   | 25/11/2006 |
| 125  | M50-54 | MULTIPLY   | Paudie Phelan   | 250   | 21/09/2025 |
| 125  | M55-59 | RAW        | Richard Horan   | 275   | 25/05/2023 |
| 140  | T18-19 | RAW        | Aaron Hayes     | 250   | 26/03/2016 |
| 140  | Junior | RAW        | Aaron Hayes     | 272.5 | 05/03/2017 |
| 140  | Open   | RAW        | Vitek Wolnowski | 365   | 07/04/2018 |
| 140  | Open   | SINGLE-PLY | James Hickey    | 330   | 15/04/2017 |
| 140  | Open   | MULTIPLY   | Bob Kiely       | 265   | 26/07/2015 |
| 140  | M45-49 | RAW        | Paudie Phelan   | 250   | 28/05/2023 |
| 140  | M45-49 | SINGLE-PLY | Paudie Phelan   | 250   | 30/11/2024 |
| 140  | M50-54 | RAW        | John O Connor   | 182.5 | 03/11/2024 |
| 140+ | T18-19 | RAW        | Aaron Hayes     | 285   | 01/10/2015 |
| 140+ | Junior | RAW        | Patrick Parsons | 310   | 17/11/2018 |
| 140+ | Open   | RAW        | Eamonn Harford  | 365   | 04/11/2017 |
| 140+ | Open   | SINGLE-PLY | Leslie Steele   | 275   | 01/10/2016 |
| 140+ | Open   | MULTIPLY   | Leslie Steele   | 280   | 04/04/2015 |

## IPO- IRISH BENCHPRESS RECORDS WOMEN

| CLASS KG | AGE    | CATEGORY   | Name             | Deadlift | Date       |
|----------|--------|------------|------------------|----------|------------|
| 48       | Open   | RAW        | Roisin Bourke    | 47.5     | 17/10/2015 |
| 52       | Junior | RAW        | Anna Hourahane   | 70       | 27/03/2016 |
| 52       | Open   | RAW        | Hazel Hu         | 70       | 27/03/2016 |
| 52       | M40-44 | RAW        | Monica Magee     | 40       | 25/03/2016 |
| 52       | M45-49 | RAW        | Monica Magee     | 45       | 05/03/2017 |
| 56       | Junior | RAW        | Kate Ring        | 40       | 14/09/2014 |
| 56       | Open   | RAW        | Lisa Farrelly    | 70       | 07/11/2016 |
| 56       | Open   | SINGLE-PLY | A McNamara       | 95       | 05/03/2011 |
| 56       | M45-49 | RAW        | Kim Duggan       | 55       | 01/10/2016 |
| 60       | T16-17 | RAW        | Mary Taylor      | 55       | 13/02/2016 |
| 60       | T18-19 | RAW        | Mary Taylor      | 55       | 13/02/2016 |
| 60       | Junior | RAW        | Mary Taylor      | 55       | 13/02/2016 |
| 60       | Open   | RAW        | Lina O Sullivan  | 90       | 15/10/2017 |
| 60       | Open   | SINGLE-PLY | A Mc Namara      | 80       | 04/04/2010 |
| 60       | Open   | MULTIPLY   | Marie Bourke     | 82.5     | 24/02/2019 |
| 60       | M40-44 | RAW        | Siobhan Hynes    | 80       | 17/11/2017 |
| 67.5     | T16-17 | RAW        | Carrie Phelan    | 30       | 17/10/2015 |
| 67.5     | T18-19 | RAW        | Carrie Phelan    | 30       | 17/10/2015 |
| 67.5     | Junior | RAW        | Alexia Renault   | 102.5    | 28/09/2024 |
| 67.5     | Open   | RAW        | Alexia Renault   | 102.5    | 28/09/2024 |
| 67.5     | Open   | SINGLE-PLY | Angie Mc Namara  | 98       | 05/03/2011 |
| 67.5     | M40-44 | RAW        | Nicola Hart      | 80       | 28/05/2023 |
| 67.5     | M45-49 | RAW        | Noeleen Gregory  | 62.5     | 15/10/2015 |
| 67.5     | M50-54 | RAW        | Noeleen Gregory  | 65       | 25/03/2016 |
| 75       | Junior | RAW        | Deanna Hughes    | 110      | 21/02/2017 |
| 75       | Open   | RAW        | Jennifer O'Neill | 115      | 05/04/2015 |
| 75       | Open   | SINGLE-PLY | Joanne Connolly  | 130      | 15/09/2018 |
| 75       | Open   | MULTIPLY   | Jennifer O'Neill | 145      | 15/09/2013 |

|      |        |            |                    |       |            |
|------|--------|------------|--------------------|-------|------------|
| 75   | M40-44 | RAW        | Angie Mc Namara    | 107.5 | 01/10/2016 |
| 75   | M40-44 | SINGLE-PLY | Tara O'Shaughnessy | 112.5 | 15/09/2016 |
| 75   | M40-44 | MULTIPLY   | Tara O Shaughnessy | 120   |            |
| 75   | M45-49 | RAW        | Carmel Ramsey      | 52.5  | 03/09/2016 |
| 82.5 | Junior | RAW        | Deanna Hughes      | 115   | 15/04/2017 |
| 82.5 | Junior | SINGLE-PLY | Jenny Foster       | 55    | 19/10/2008 |
| 82.5 | Open   | RAW        | Deanna Hughes      | 122.5 | 24/02/2019 |
| 82.5 | Open   | SINGLE-PLY | Joanne Connolly    | 130   | 17/09/2017 |
| 82.5 | Open   | MULTIPLY   | Joanne Connolly    | 182.5 | 03/10/2020 |
| 82.5 | M40-44 | RAW        | Angie Mc Namara    | 105   | 31/07/2016 |
| 82.5 | M40-44 | SINGLE-PLY | Tara O'Shaughnessy | 110   | 17/10/2015 |
| 82.5 | M40-44 | MULTIPLY   | Angie Mc Namara    | 140   | 07/06/2016 |
| 82.5 | M45-49 | RAW        | Patricia Page      | 50    | 04/04/2015 |
| 90   | Junior | RAW        | Laura Grimes       | 60    | 03/09/2016 |
| 90   | Open   | RAW        | Laura Vogelsang    | 97.5  | 17/11/2018 |
| 90   | Open   | SINGLE-PLY | Paula Daly         | 100   | 05/03/2017 |
| 90   | Open   | MULTIPLY   | Joanne Connolly    | 170   | 11/06/2019 |
| 90   | M40-44 | RAW        | Patricia Page      | 52.5  | 03/09/2016 |
| 90   | M45-49 | RAW        | Patricia Page      | 52.5  | 03/09/2016 |
| 100  | Open   | RAW        | Miranda Connolly   | 87.5  | 25/07/2015 |
| 100  | M40-44 | RAW        | Sarah Grieve       | 65    | 25/03/2016 |

### IPO- IRISH DEADLIFT RECORDS WOMEN

| CLASS KG | AGE    | CATEGORY | Name           | Deadlift | Date       |
|----------|--------|----------|----------------|----------|------------|
| 48       | Open   | RAW      | Roisin Burke   | 120      | 17/10/2015 |
| 52       | Junior | RAW      | Anna Hourahane | 140      | 27/03/2016 |
| 52       | Open   | RAW      | Hazel Hu       | 145      | 27/03/2016 |
| 52       | M40-44 | RAW      | Monica Magee   | 105      | 25/03/2016 |
| 52       | M45-49 | RAW      | Monica Magee   | 112.5    | 05/03/2017 |
| 56       | Junior | RAW      | Kate Ring      | 97.5     | 14/09/2014 |

|      |        |            |                     |       |            |
|------|--------|------------|---------------------|-------|------------|
| 56   | Open   | RAW        | Lisa Farrelly       | 150   | 07/11/2016 |
| 56   | Open   | SINGLE-PLY | Angela MC Namara    | 150   | 27/09/2009 |
| 56   | Open   | MULTIPLY   | Marie Bourke        | 157.5 | 16/02/2020 |
| 56   | M45-49 | RAW        | Kim Duggan          | 110   | 01/10/2016 |
| 60   | Junior | RAW        | Sharon Nagle        | 132.5 | 25/03/2016 |
| 60   | Junior | SINGLE-PLY | Sophia Pauzin       | 110   | 27/06/2015 |
| 60   | Open   | RAW        | Lina O Sullivan     | 182.5 | 04/11/2017 |
| 60   | Open   | SINGLE-PLY | Danielle MC Kinney  | 162.5 | 21/02/2017 |
| 60   | Open   | MULTIPLY   | Marie Bourke        | 152.5 | 24/02/2019 |
| 60   | M40-44 | RAW        | Martina MC Gettigan | 142.5 | 01/10/2016 |
| 60   | M40-44 | SINGLE-PLY | Janice Cregan       | 95    | 02/06/2011 |
| 67.5 | T16-17 | RAW        | Carrie Phelan       | 80    | 17/10/2015 |
| 67.5 | T18-19 | RAW        | CARRIE PHELAN       | 80    | 17/10/2015 |
| 67.5 | Junior | RAW        | SHARON NAGLE        | 130   | 17/10/2015 |
| 67.5 | Open   | RAW        | Emma Rogan          | 172.5 | 10/02/2018 |
| 67.5 | Open   | SINGLE-PLY | Angie MC Namara     | 200   | 05/03/2011 |
| 67.5 | Open   | MULTIPLY   | Jennifer O'Neill    | 230   | 31/03/2012 |
| 67.5 | M40-44 | RAW        | Nicola Hart         | 165   | 28/05/2023 |
| 67.5 | M45-49 | RAW        | Tara Gibson         | 140   | 15/10/2015 |
| 67.5 | M50-54 | RAW        | Noeleen Gregory     | 110   | 25/03/2016 |
| 75   | T18-19 | SINGLE-PLY | W MC Namara         | 75    | 27/09/2009 |
| 75   | Junior | RAW        | Deanna Hughes       | 190   | 21/02/2017 |
| 75   | Open   | RAW        | Jennifer O'Neill    | 205   | 05/04/2014 |
| 75   | Open   | SINGLE-PLY | Tara O Shaughnessy  | 200   | 15/09/2016 |
| 75   | Open   | MULTIPLY   | Tara O Shaughnessy  | 200   | 15/04/2017 |
| 75   | M40-44 | RAW        | Angie Mc Namara     | 205   | 01/10/2016 |
| 75   | M45-49 | RAW        | Carmel Ramsey       | 117.5 | 03/09/2016 |
| 82.5 | Junior | RAW        | Deanna Hughes       | 205   | 15/04/2017 |
| 82.5 | Open   | RAW        | Angie Mc Namara     | 210   | 31/07/2016 |
| 82.5 | Open   | SINGLE-PLY | Tara O Shaughnessy  | 205   | 01/10/2016 |
| 82.5 | Open   | MULTIPLY   | Angie Mc Namara     | 200   | 07/06/2006 |
| 82.5 | M40-44 | RAW        | Angie Mc Namara     | 210   | 31/10/2016 |
| 82.5 | M40-44 | SINGLE-PLY | Tara O Shaughnessy  | 205   | 01/10/2016 |

|             |               |                   |                 |       |            |
|-------------|---------------|-------------------|-----------------|-------|------------|
| <b>82.5</b> | <b>M40-44</b> | <b>MULTIPLY</b>   | Angie Mc Namara | 200   | 07/06/2016 |
| <b>82.5</b> | <b>M45-49</b> | <b>RAW</b>        | Patricia Page   | 140   | 17/10/2015 |
| <b>90</b>   | <b>Junior</b> | <b>RAW</b>        | Laura Grimes    | 122.5 | 03/09/2016 |
| <b>90</b>   | <b>Open</b>   | <b>RAW</b>        | Laura Vogelsang | 185   | 17/11/2018 |
| <b>90</b>   | <b>Open</b>   | <b>SINGLE-PLY</b> | Joanne Connolly | 202.5 | 16/06/2019 |
| <b>90</b>   | <b>M40-44</b> | <b>RAW</b>        | Sandra Ryan     | 142.5 | 05/03/2017 |
| <b>90</b>   | <b>M45-49</b> | <b>RAW</b>        | Patricia Page   | 147.5 | 25/07/2015 |
| <b>100</b>  | <b>Junior</b> | <b>RAW</b>        | Gemma Moore     | 195   | 03/09/2016 |
| <b>100</b>  | <b>Open</b>   | <b>RAW</b>        | Sarah Skehan    | 145   | 16/06/2019 |
| <b>100</b>  | <b>M40-44</b> | <b>RAW</b>        | Sarah Grieve    | 147.5 | 25/03/2016 |