

WRPF IRELAND - MALE, NONE TESTED DIVISION, BENCHPRESS RECORDS

WC KG	AGE	DIVISION	Name	Bench
56				
60				
67.5	Open	RAW	Tyrone Price	125
75				
82.5	Open	RAW	Niall Reddan	165
82.5	M40-49	RAW	Patrick Mc Namara	152.5
90				
100				
110				
110	M40-49	RAW	Tommy Collins	185
125	Open	SINGLE-PLY	Tony O'Rourke	292.5
125	M50-59	SINGLE-PLY	Padraig Phelan	170
140				
140	M40-49		Paudie Phelan	140
140+				

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WC KG	AGE	DIVISION	Name	Bench
56				
60				
67.5	J 17-19	RAW	Jake Murphy	110
75	J 17-19	RAW	Patrick O'Shea	125
75	Open	RAW	Jamie Mc Garry	122.5
82.5	J 17-19	MULTIPLY	Abdul Wares Safi	150
82.5	Open	RAW	Stephen Walsh	137.5
82.5	M50-59	RAW	Alberto Van Burgh	70

90	Open	SINGLE-PLY	Ronan Martin	190
90	M40-49	RAW	Paul Smith	122.5
100	Open	RAW	Marius Lapenas	222.5
100	M40-49	RAW	Marius Lapenas	222.5
110				
125	Open	RAW	Shane O Connell	202.5
125	M40-49	RAW	Barry Sheehan	155
140				
140+	Open	RAW	Jamie Hogan	130
140+	Sub M	RAW	Jamie Hogan	130
140+	M50-59	RAW	Darren Fleming	117.5

WRPF IRELAND - FEMALE, TESTED DIVISION, BENCHPRESS RECORDS

WC KG	AGE	DIVISION	Name	Bench
48				
52				
56				
60				
67.5	J 17-19	RAW	Cara Ramsay	40
67.5	Open	RAW	Poipin Douglas	55
67.5	M40-49	RAW	Poipin Douglas	55
75	Junior	RAW	Alexia Renaut Lo Pinto	100
75	Junior	UNLIMITED	Alexia Renaut Lo Pinto	160
75	Open	RAW	Paulina Pawlak	55
75	M40-49	RAW	Poipin Douglas	55
82.5	Junior	RAW	Dannan Jackson	72.5
82.5	Open	RAW	Helen Stokes	50
82.5	M40-49	RAW	Helen Stokes	50
90				

100	Open	RAW	Rachel Curley	50
110	Open	RAW	Laura O'Shea	70
125	Open	RAW	Laura O'Shea	70
125+				

WRPF IRELAND - FEMALE, UNTESTED DIVISION, BENCHPRESS RECORDS

WC KG	AGE	DIVISION	Name	Bench
48				
52				
56				
60				
67.5	Open	RAW	Nicola Harte	82.5
67.5	M40-49	RAW	Nicola Harte	82.5
75				
82.5				
90				
90				
100				
110				
125+				