

DAY - 6

AWPC - BENCHPRESS

Sharon Graham	F	Raw	M65-69	60	Benchpress	Great Britain	AWPC
Geraldine Bøgetoft Power	F	Raw	M45-49	67.5	Benchpress	Ireland	AWPC
Nina M ukhortova	F	Raw	M60-64	67.5	Benchpress	Russia	AWPC
Caroline Phelan	F	Raw	T13-15	75	Benchpress	Ireland	AWPC
Nat Johnson	F	Raw	Open / M40-44	75	Benchpress	Great Britain	AWPC
Sarah Copse	F	Raw	Open	82.5	Benchpress	Ireland	AWPC
Sal Lack	F	Raw	M45-49	82.5	Benchpress	Great Britain	AWPC
Martine J Barons	F	Raw	M65-64	82.5	Benchpress	Great Britain	AWPC
Ashika Chembila Valappil	F	Raw	Open	100	Benchpress	Great Britain	AWPC
Jacqueline Bentley	F	Raw	M75-79	100	Benchpress	Great Britain	AWPC
Zack Brodie	M	Raw	T13-15	60	Benchpress	Ireland	AWPC
Jake Coleman	M	Raw	J20-23	67.5	Benchpress	Ireland	AWPC
Perevalov Sergei	M	Raw	M45-49	67.5	Benchpress	Russia	AWPC
Olusegun Ayeko	M	Raw	Open	75	Benchpress	Great Britain	AWPC
Tommy Dillon	M	Raw	M80-84	75	Benchpress	Ireland	AWPC
Stephen Rigley	M	Raw	M45-49	82.5	Benchpress	Ireland	AWPC
Mark Payne	M	Raw	M60-64	82.5	Benchpress	Great Britain	AWPC
Nigel Savage	M	Raw	M65-69	82.5	Benchpress	Great Britain	AWPC
Daniel O'Neill	M	Raw	M45-49	90	Benchpress	Ireland	AWPC
James Brodie	M	Raw	M45-49	90	Benchpress	Great Britain	AWPC
Bosco Reid	M	Raw	M65-69	90	Benchpress	Ireland	AWPC
Rian Finan-Bannon	M	Raw	T16-17	100	Benchpress	Ireland	AWPC
Steven Forshaw	M	Raw	Open	100	Benchpress	Great Britain	AWPC
Marius Lapenas	M	Raw	Open / M45-49	100	Benchpress	Ireland	AWPC
Krisztian Gyanti	M	Raw	Open / M45-49	100	Benchpress	Great Britain	AWPC
Justin Carroll	M	Raw	M45-49	100	Benchpress	Ireland	AWPC
Brendan O rourke	M	Raw	M50-54	100	Benchpress	Ireland	AWPC
Jack Leaney	M	Raw	J20-23	110	Benchpress	Great Britain	AWPC
Peter Kelly	M	Raw	M45-49	110	Benchpress	Ireland	AWPC
Quinten Mccauley	M	Raw	M55-59	110	Benchpress	Ireland	AWPC
Piotr Strzala	M	Raw	M55-59	110	Benchpress	Great Britain	AWPC
Nick Simpson	M	Raw	M55-59	110	Benchpress	Great Britain	AWPC
Ricky Ransome	M	Raw	M65-69	110	Benchpress	Great Britain	AWPC
Michael Fedarb	M	Raw	Open / M55-59	125	Benchpress	Great Britain	AWPC
Jodie Davies	F	Unlimited	Open	56	Benchpress	Great Britain	AWPC
James Martin	M	Unlimited	Open	82.5	Benchpress	Great Britain	AWPC
Steven Forshaw	M	Multiply	Open	100	Benchpress	Great Britain	AWPC
Michael Coleman	M	Single-ply	M50-54	100	Benchpress	Ireland	AWPC
Michael Coleman	M	Unlimited	M50-54	100	Benchpress	Ireland	AWPC
Valdimir Li	M	Single-ply	M70-74	100	Benchpress	Russia	AWPC
Christopher Reddan	M	Unlimited	Open	110	Benchpress	Ireland	AWPC
Steven Forshaw	M	Unlimited	Open	100	Benchpress	Great Britain	AWPC
Peter Kelly	M	Unlimited	M45-49	110	Benchpress	Ireland	AWPC

Julie Green	F	Single Ply	M55-59	110	Benchpress	Great Britain	AWPC
Zaur Jafarov	M	Unlimited	Open	125	Benchpress	Azerbaijan	AWPC
Neal Campbell	M	Single Ply	Open	140	Benchpress	Great Britain	AWPC
Jamie Hogan	M	Unlimited	Open	140+	Benchpress	Ireland	AWPC

WPC - BENCHPRESS

Nerina Olander	F	Raw	J20-23	48	Benchpress	Finland	WPC
Alessandra Bonamonte	F	Raw	M50-54	56	Benchpress	Italy	WPC
Sofia Roiatti	F	Raw	M40-44	60	Benchpress	Italy	WPC
Julia Chowaniak	F	Raw	T18-19	67.5	Benchpress	Poland	WPC
Natasha Gee	F	Raw	M45-49	75	Benchpress	Great Britain	WPC
Valerie Clayton	F	Raw	M50-54	75	Benchpress	Great Britain	WPC
Sinacheva Svetlana	F	Raw	M60-64	82.5	Benchpress	Russia	WPC
Nicole Caruso	F	Raw	T18-19	90	Benchpress	Italy	WPC
Simone Cafiso	M	Raw	T16-17	56	Benchpress	Italy	WPC
Francesco Prati	M	Raw	Open	60	Benchpress	Italy	WPC
Anshvardhan Shetty	M	Raw	T18-19	67.5	Benchpress	Great Britain	WPC
Alessandro Natale	M	Raw	Open	67.5	Benchpress	Italy	WPC
Axel De Pasquale	M	Raw	Open	67.5	Benchpress	France	WPC
Milosz Pieniazek	M	Raw	T13-15	75	Benchpress	Poland	WPC
Damian Zyzniewski	M	Raw	M40-44	75	Benchpress	Poland	WPC
Tahvo Jauhoja	M	Raw	M60-64	75	Benchpress	Finland	WPC
Leo Malarsten	M	Raw	M65-69	75	Benchpress	Finland	WPC
Merlin Gauchet	M	Raw	J20-23	82.5	Benchpress	France	WPC
Steve Walsh	M	Raw	Open	82.5	Benchpress	Ireland	WPC
Marcin Garbas	M	Raw	Open	82.5	Benchpress	Poland	WPC
Patrice Jumelle	M	Raw	M45-49	82.5	Benchpress	Great Britain	WPC
Ali Hasanzade	M	Raw	Open	90	Benchpress	Great Britain	WPC
Michael Evans	M	Raw	Open	90	Benchpress	Great Britain	WPC
Ernesto Strimas	M	Raw	M45-49	90	Benchpress	Ireland	WPC
Alexander Benik	M	Raw	M50-54	90	Benchpress	Germany	WPC
Topi Frifeldt	M	Raw	M40-44	100	Benchpress	Finland	WPC
Maciej Jaworski	M	Raw	M45-49	100	Benchpress	Ireland	WPC
Rudiger Schror	M	Raw	M80-84	100	Benchpress	Germany	WPC
Wojciech Rozycki	M	Raw	Open	110	Benchpress	Poland	WPC
Michael Lloyd	M	Raw	M40-44	110	Benchpress	Great Britain	WPC
Samir Mechat	M	Raw	M40-44	110	Benchpress	France	WPC
Andrea Ursi	M	Raw	M40-44	100	Benchpress	Italy	WPC
Matthew Dunne	M	Raw	M40-44	110	Benchpress	Great Britain	WPC
Tomasz Sobocinski	M	Raw	M45-49	110	Benchpress	Poland	WPC
Sean Hough	M	Raw	Open	125	Benchpress	Ireland	WPC
Jacek Bortkun	M	Raw	Open / M50-54	125	Benchpress	Poland	WPC
Krzysztof Chowaniak	M	Raw	M50-54	125	Benchpress	Poland	WPC
Peter Diethalm	M	Raw	M50-54	125	Benchpress	Switzerland	WPC
Mark Townend	M	Raw	M50-54	125	Benchpress	Great Britain	WPC
Sami Anttila	M	Raw	M60-64	125	Benchpress	Finland	WPC
Daniel Wiggan	M	Raw	Open	140	Benchpress	Great Britain	WPC
Artur Kiczuk	M	Raw	Open / M45-49	140	Benchpress	Poland	WPC

Henk Frijters	M	Raw	M40-44	140+	Benchpress	Ireland	WPC
Sigfus Porgeir Fossdal	M	Raw	Open / M40-44	140+	Benchpress	Iceland	WPC
Tahvo Jauhoja	M	Single-ply	M60-64	75	Benchpress	Finland	WPC
Iliia Kokorev	M	Single-ply	Open / M50-54	82.5	Benchpress	Russia	WPC
Fabrice Lapicciarella	M	Unlimited	M50-54	82.5	Benchpress	Russia	WPC
Emma Ylitalo-James	F	Multi-ply	Open & M55-59	90	Benchpress	Great Britain	WPC
Agostino Vaccaro	M	Multi-ply	Open	90	Benchpress	Italy	WPC
Sebastien Boizou	M	Multi-ply	M50-54	90	Benchpress	France	WPC
Luke Iitchfield	M	Unlimited	M40-44	100	Benchpress	Great Britain	WPC
Paul Kiely	M	Multi-ply	Open	110	Benchpress	Ireland	WPC
Steven Gordon	M	Multi-ply	Open	110	Benchpress	Great Britain	WPC
Eric Platel	M	Unlimited	Open / M50-54	110	Benchpress	France	WPC
Garry Barros Gamero	M	Unlimited	Open	125	Benchpress	France	WPC
David Lindstrom	M	Single-ply	M45-49	125	Benchpress	Sweden	WPC
Padraig Phelan	M	Multi-ply	M50-54	140	Benchpress	Ireland	WPC
Bob Kiely	M	Multi-ply	M40-44	140+	Benchpress	Ireland	WPC
John Pollard	M	Unlimited	M55-59	140+	Benchpress	Great Britain	WPC

AWPC - DEADLIFT

Harriet Lack	F	Raw	T13-15	52	Deadlift	Great Britain	AWPC
Catherine McConville	F	Raw	Open	60	Deadlift	Ireland	AWPC
Valerie O'Donnell	F	Raw	M45-49	60	Deadlift	Ireland	AWPC
Deborah Thomson	F	Raw	M50-54	60	Deadlift	Great Britain	AWPC
Sharon Graham	F	Raw	M65-69	60	Deadlift	Great Britain	AWPC
Caroline Phelan	F	Raw	T13-15	75	Deadlift	Ireland	AWPC
Samantha Vickers	F	Raw	Open / M40-44	75	Deadlift	Great Britain	AWPC
Rashidah Virgo	F	Raw	Open	82.5	Deadlift	Great Britain	AWPC
Roisin Maher	F	Raw	Open	82.5	Deadlift	Ireland	AWPC
Sarah Copse	F	Raw	Open	82.5	Deadlift	Ireland	AWPC
Martine J Barons	F	Raw	M65-64	82.5	Deadlift	Great Britain	AWPC
Ashika Chembila Valappil	F	Raw	Open	100	Deadlift	Great Britain	AWPC
Jacqueline Bentley	F	Raw	M75-79	100	Deadlift	Great Britain	AWPC
Julie Green	F	Single Ply	M55-59	110	Deadlift	Great Britain	AWPC
Judith Cherry	F	Raw	M65-69	110+	Deadlift	Great Britain	AWPC
Zack Brodie	M	Raw	T13-15	60	Deadlift	Ireland	AWPC
Jackson Passmore	M	Raw	T18-19	67.5	Deadlift	Great Britain	AWPC
Jake Coleman	M	Single-ply	J20-23	67.5	Deadlift	Ireland	AWPC
Elimir Tarverdiyev	M	Raw	Open	67.5	Deadlift	Azerbaijan	AWPC
Olusegun Ayeko	M	Raw	Open	75	Deadlift	Great Britain	AWPC
Conner Edwards	M	Raw	Open	75	Deadlift	Great Britain	AWPC
jamie skelcher	M	Raw	M45-49	75	Deadlift	Great Britain	AWPC
Gregory Kleyn	M	Raw	M70-74	75	Deadlift	Spain	AWPC
Andrew Cronnelly	M	Raw	J20-23	82.5	Deadlift	Ireland	AWPC
Ronnie Wyatt	M	Raw	J20-23	82.5	Deadlift	Great Britain	AWPC
Mark Payne	M	Raw	M60-64	82.5	Deadlift	Great Britain	AWPC
Orkhan Farzaliyev	M	Raw	Open	90	Deadlift	Azerbaijan	AWPC

Jon Tippell	M	Raw	M40-44	90	Deadlift	Great Britain	AWPC
Daniel O'Neill	M	Raw	M45-49	90	Deadlift	Ireland	AWPC
James Brodie	M	RAW	M45-49	90	Deadlift	Great Britain	AWPC
Bosco Reid	M	Raw	M65-69	90	Deadlift	Ireland	AWPC
Steven Forshaw	M	Raw	Open	100	Deadlift	Great Britain	AWPC
Brendan O rourke	M	Raw	M50-54	100	Deadlift	Ireland	AWPC
Peter Oram	M	RAW	M70-74	100	Deadlift	Great Britain	AWPC
John Mark Cahill	M	Raw	Open	110	Deadlift	Ireland	AWPC
Jack robbins	M	Raw	Open	110	Deadlift	Great Britain	AWPC
Peter Kelly	M	Raw	M45-49	110	Deadlift	Ireland	AWPC
Michael Fedarb	M	Raw	Open / M55-59	125	Dealift	Great Britain	AWPC
Richard Green	M	Raw	M55-59	125	Deadlift	Great Britain	AWPC
Richard Green	M	Single Ply	M55-59	125	Deadlift	Great Britain	AWPC

WPC - DEADLIFT

Nerina Olander	F	Raw	J20-23	48	Deadlift	Finland	WPC
Alessandra Bonamonte	F	Raw	M50-54	56	Deadlift	Italy	WPC
Mira Taylor	F	Raw	Open / M40-44	60	Deadlift	Great Britain	WPC
Sofia Roiatti	F	Raw	M40-44	60	Deadlift	Italy	WPC
Joanna Jaroszewicz	F	Raw	Open	67.5	Deadlift	Poland	WPC
Nicole Caruso	F	Raw	T18-19	90	Deadlift	Italy	WPC
Francesco Prati	M	Raw	Open	60	Deadlift	Italy	WPC
Alessandro Natale	M	Raw	Open	67.5	Deadlift	Italy	WPC
Jean Noel Portier	M	Raw	M50-54	67.5	Deadlift	France	WPC
Milosz Pieniazek	M	Raw	T13-15	75	Deadlift	Poland	WPC
Finn Christo	M	Raw	M45-49	75	Deadlift	Great Britain	WPC
Tanor Faye	M	Raw	M45-49	75	Deadlift	France	WPC
Leo Malarsten	M	Raw	M65-69	75	Deadlift	Finland	WPC
Florent Koedemoesoe	M	Raw	J20-23	82.5	Deadlift	France	WPC
Steve Walsh	M	Raw	Open	82.5	Deadlift	Ireland	WPC
Patrice Jumelle	M	Raw	M45-49	82.5	Deadlift	Great Britain	WPC
Mael Le Paven	M	Raw	Open / M45-49	82.5	Deadlift	France	WPC
Mael Le Paven	M	MultiPLY	Open / M45-49	82.5	Deadlift	France	WPC
Viktors Sorokins	M	Raw	Open	90	Deadlift	Ireland	WPC
Sebastien Boizou	M	MultiPLY	M50-54	90	Deadlift	France	WPC
Asseri Kyytsonen	M	Raw	Open	100	Deadlift	Finland	WPC
Rhys Williamson	M	Raw	Open	100	Deadlift	Great Britain	WPC
Asseri Kyytsonen	M	Raw	M40-44	100	Deadlift	Finland	WPC
Hans Hellsten	M	Raw	M60-64	100	Deadlift	Sweden	WPC
Samir Mechat	M	Raw	M40-44	110	Deadlift	France	WPC
Sean Hough	M	Raw	Open	125	Deadlift	Ireland	WPC
Jake Sherratt	M	Raw	Open	125	Deadlift	Great Britain	WPC
Padraig Phelan	M	Multi-ply	M50-54	140	Deadlift	Ireland	WPC

