

AIPO - IRISH BENCHPRESS RECORDS MEN

W/C KG'S	AGE	CATEGORY	Name	Bench	Date
56	T13-15	RAW	Evan Bedford Grant	40	16/02/2020
56	T18-19	RAW	Conor Leahy	67.5	02/08/2018
60	T13-15	RAW	Scott Holland	45	05/02/2022
60	T18-19	RAW	Colte Smullen	80	16/02/2020
60	Open	SINGLE-PLY	Barry Smith	130	02/08/2018
60	M40-44	SINGLE-PLY	Micheal Gallaher	105	02/08/2018
67.5	T13-15	RAW	Oisin Kelly	70	21/02/2026
67.5	T16-17	RAW	Calum Healy	105	06/09/2022
67.5	T18-19	RAW	Jake Coleman	90	23/03/2025
67.5	Open	RAW	Ian Howley	107.5	04/03/2017
67.5	M55-59	RAW	Maurice Dee	102.5	16/02/2020
75	T13-15	RAW	Ben O Rourke	60	30/08/2024
75	T16-17	RAW	Aaron Ryan	95	10/02/2018
75	T18-19	RAW	Adam Loughnane	100	04/03/2017
75	Junior	RAW	Kyle Mullen	130	17/11/2018
75	Open	RAW	Eesa Alshuaib	162.5	24/02/2019
75	M40-44	RAW	Edward Dee	125	16/02/2020
75	M45-49	RAW	Edward Dee	120	06/09/2022
75	M50-54	RAW	Sean Cregan	105	04/03/2017
75	M80-84	RAW	Tommy Dillon	75	13/04/2025
82.5	T13-15	RAW	Patrick Mc Sweeney	127.5	24/03/2024
82.5	T16-17	RAW	Aaron Ryan	110	02/08/2018
82.5	T16-17	SINGLE-PLY	Jason BrodieLynch	92.5	21/02/2017
82.5	T18-19	RAW	Melvin Conteh	165	24/02/2019
82.5	T18-19	MULTIPLY	Abdul Wares Safi	150	25/10/2025
82.5	Junior	RAW	Melvin Conteh	165	24/02/2019
82.5	Junior	SINGLE-PLY	Luke O'Brien	142.25	02/08/2018
82.5	Open	RAW	Melvin Conteh	165	24/02/2019
82.5	Open	SINGLE-PLY	Stephen Rigley	160	16/02/2020

82.5	Para	RAW	Thomas MC Cague	145	10/02/2018
82.5	M40-44	RAW	Niall O Keeffe	160	16/02/2020
82.5	M40-45	SINGLE-PLY	Stephen Rigley	160	16/02/2020
82.5	M45-49	RAW	Stephen Rigley	140	03/11/2024
82.5	M50-54	RAW	Sean Cregan	112.5	17/11/2018
82.5	M50-55	SINGLE-PLY	Sean Cregan	150	24/06/2018
82.5	M55-59	RAW	Alan Dobbins	135	16/02/2020
82.5	M75-79	RAW	Tommy Dillon	80	22/09/2018
82.5	M80-84	RAW	Tommy Dillon	80	30/11/2024
90	T16-17	RAW	Oisin Smith	95	05/02/2022
90	T18-19	RAW	David Fitzgearlds	135	16/02/2020
90	Junior	RAW	David Fitzgearlds	135	16/02/2020
90	Open	RAW	Niall O Keeffe	157.5	05/02/2022
90	Open	SINGLE-PLY	Ronan Martin	190	25/10/2025
90	Para	RAW	Thomas MC Cague	132.5	16/02/2020
90	M40-44	RAW	Brendan O Rourke	150	24/02/2019
90	M45-49	RAW	Daniel O Neill	135	06/06/2026
90	M50-54	RAW	Richard Smith	95	17/11/2018
90	M55-59	RAW	John Mc Daid	140	30/08/2024
90	M55-60	SINGLE-PLY	Bosco Reid	100	16/02/2020
90	M60-64	RAW	Bosco Reid	90	04/03/2023
90	M65-69	RAW	Bosco Reid	85	21/02/2026
90	M85-89	RAW	Gerry Cronnelly	67.5	06/09/2022
100	T16-17	RAW	Rian Finan	122.5	06/06/2026
100	T18-19	RAW	Darragh O Keeffe	147.5	05/02/2022
100	Junior	RAW	Josh Ellis	140	04/03/2017
100	Para	RAW	Thomas MC Cague	135	06/09/2022
100	Open	RAW	Marius Lapenas	225	06/09/2022
100	Open	SINGLE-PLY	Nick Szanski	190	22/09/2018
100	M40-44	RAW	Marius Lapenas	225	06/09/2022
100	M40-45	SINGLE-PLY	Michael Coleman	170	16/02/2020
100	M45-49	RAW	Marius Lapenas	222.5	06/06/2026
100	M45-49	SINGLE-PLY	Michael Coleman	175	04/03/2023

100	M45-51	MULTIPLY	Michael Coleman	160	05/02/2022
100	M50-54	RAW	Brendan O Rourke	147.5	06/06/2026
100	M50-54	SINGLE-PLY	Michael Coleman	145	06/06/2026
100	M50-54	UNLIMITED	Michael Coleman	170	06/06/2026
100	M55-59	SINGLE-PLY	Mark Doherty	150	06/09/2022
100	M60-64	RAW	Bosco Reid	85	06/09/2022
100	M80-84	RAW	Gerry Cronnelly	77.5	24/02/2019
100	M85-89	RAW	Gerry Cronnelly	70	05/02/2022
110	T13-15	RAW	Ben Hogan	75	04/12/2022
110	T18-19	RAW	Conor O Sullivan	137.5	16/02/2020
110	Junior	RAW	Conor O Sullivan	137.5	16/02/2020
110	Open	RAW	Shane O'Connell	195	16/02/2020
110	Open	SINGLE-PLY	Micheal Coleman	200	22/09/2019
110	Open	UNLIMITED	Christy Reddan	222.5	06/06/2026
110	M40-44	SINGLE-PLY	Micheal Coleman	200	23/09/2019
110	M40-44	RAW	Eddie O Connell	172.5	19/04/2026
110	M45-49	RAW	Peter Kelly	135	21/02/2026
110	M50-54	RAW	Anthony Mc Cormack	110	30/11/2024
110	M60-64	RAW	Philip Murtagh	65	16/02/2020
110	M80-84	RAW	Gerry Cronnelly	75	13/06/2019
125	Junior	RAW	Ciaran O'Donoghue	142.5	04/03/2017
125	Open	RAW	James O'Connell	232.5	16/02/2020
125	Open	SINGLE-PLY	Barry O'Sullivan	202.5	10/02/2018
140	Junior	RAW	Thomas Kearns Horan	105	05/02/2022
140	Junior	UNLIMITED	Oisin Smith	250	06/06/2026
140	Open	RAW	James O'Connell	230	17/08/2019
140	Open	MULTIPLY	Barry O Sullivan	235	05/02/2022
140	M40-44	RAW	Jame O'Connell	230	17/08/2019
140+	Open	RAW	Davoren Leung	202.5	17/08/2019
140+	Open	SINGLE-PLY	Andre Du Plessis	215	24/02/2019
140+	Open	MULTIPLY	Jamie Hogan	187.5	27/08/2024
140+	Open	UNLIMITED	Jamie Hogan	212.5	21/02/2026
140+	M50-54	RAW	Andre Du Plessis	170	10/02/2018

140+	M50-55	SINGLE-PLY	Andre Du Plessis	215	24/02/2019
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AIPO- IRISH DEADLIFT RECORDS MEN					
W/C KG'S	AGE	CATEGORY	Name	Bench	Date
56	Youth	RAW	Alex Brodie	62.5	30/11/2024
56	Y10-12	RAW	Evan Bedford Grant	110	16/02/2020
56	T13-15	RAW	Riley Hogan	120	28/05/2023
56	T18-19	RAW	Conor Leahy	135	02/08/2018
56	Junior	RAW	Conor Leahy	135	02/08/2018
56	Open	RAW	Conor Leahy	135	02/08/2018
60	T13-15	RAW	Jake Coleman	105	16/02/2020
60	T16-17	RAW	Jason Donnelly	125	05/02/2022
60	T18-19	RAW	Conor Leahy	160	03/11/2017
60	Junior	RAW	Conor Leahy	160	03/11/2017
60	Open	RAW	Conor Leahy	160	30/11/2017
60	Open	SINGLE-PLY	Barry Smith	221.5	17/08/2019
60	M40-44	SINGLE-PLY	Micheal Gallher	170	02/08/2018
67.5	T16-17	RAW	Calum Healy	177.5	05/02/2022
67.5	T18-19	RAW	Jake Coleman	200	21/02/2026
67.5	Open	RAW	Ian Howley	212.5	04/03/2017
75	Youth	RAW	Adam Kealy	70	30/11/2024
75	T13-15	RAW	Alex Lewis	180	24/03/2024
75	T16-17	RAW	Adam Loughnane	210	04/03/2017
75	T18-19	RAW	Travis Mc Cauley	175	19/04/2026
75	Junior	RAW	Kyle Mullen	245	17/11/2018
75	Junior	SINGLE-PLY	Jake Coleman	212.5	06/06/2026
75	Open	RAW	Kyle Mullen	245	17/11/2018
75	M40-44	RAW	Richard Grace	110	17/11/2018
75	M50-54	RAW	Sean Cregan	215	24/10/2019
75	M50-55	SINGLE-PLY	Liam Beville	227.5	24/02/2019
82.5	T13-15	RAW	Aaron Ryan	195	02/08/2018

82.5	T13-15	SINGLE-PLY	Jason BrodieLynch	175	21/02/2017
82.5	T18-19	RAW	Conor Nolan	250	17/11/2018
82.5	T18-19	SINGLE-PLY	Jason BrodieLynch	175	21/02/2017
82.5	T18-19	MULTI-PLY	Abdul Wares Safi	150	26/10/2025
82.5	Junior	RAW	Adam Loughnane	252.5	24/02/2019
82.5	Junior	SINGLE-PLY	Luke O'Brien	215	02/08/2018
82.5	Open	RAW	Adam Loughnane	252.5	24/02/2019
82.5	M40-44	RAW	Niall O Keeffe	212.5	16/02/2020
82.5	M45-49	RAW	David Carroll	180	23/06/2018
82.5	M50-54	RAW	Sean Cregan	227.5	17/11/2018
82.5	M50-54	SINGLE-PLY	Sean Cregan	190	04/03/2017
82.5	M55-59	RAW	Sean Cregan	210	16/02/2020
90	T16-17	RAW	Oisin Smith	202.5	05/02/2022
90	T18-19	RAW	Rhys Manning	237.5	21/02/2017
90	Junior	RAW	Ciaran O Connor	240	04/03/2017
90	Open	RAW	Kieran Mc Nukly	255	16/02/2020
90	Open	SINGLE-PLY	Kenneth Taffe	300	16/02/2020
90	M40-44	RAW	Daniel O Neill	255	28/05/2023
90	M40-44	SINGLE-PLY	Kenneth Taffe	292.5	13/06/2019
90	M45-49	RAW	Daniel O Neill	242.5	06/06/2026
90	M45-49	SINGLE-PLY	Kenneth Taffe	300	16/02/2020
90	M50-54	RAW	Mark Lacey	210	10/02/2018
90	M55-59	RAW	Bosco Reid	170	10/02/2018
90	M55-59	SINGLE-PLY	Bosco Reid	182.5	16/02/2020
90	M60-64	RAW	Bosco Reid	162.5	28/05/2023
90	M65-69	RAW	Bosco Reid	147.5	21/02/2026
90	M60-64	SINGLE-PLY	Bosco Reid	162.5	05/02/2022
90	M85-89	RAW	Gerry Cronnelly	120	06/09/2022
100	T13-15	RAW	John Mc Hugh	170	16/02/2020
100	T16-17	RAW	Matthew Batista	230	28/08/2023
100	T18-19	RAW	Darragh O Keeffe	285	05/02/2022
100	Junior	RAW	Darragh O Keeffe	285	05/02/2022
100	Open	RAW	Darragh O Keeffe	285	05/02/2022

100	Open	SINGLE-PLY	Austin Hickey	280	21/02/2017
100	M40-44	RAW	Martin O Mahony	282.5	05/02/2022
100	M45-49	RAW	Brendan O'Rourke	245	18/11/2021
100	M50-54	RAW	Anthony O Halloran	242.5	25/06/2018
100	M80-84	RAW	Gerry Cronnelly	77.5	24/02/2019
100	M85-89	RAW	Gerry Cronnelly	117.5	05/02/2022
110	T13-15	RAW	Oisin Smith	150	16/02/2020
110	T16-17	RAW	John Mc Hugh	215	05/02/2022
110	T18-19	RAW	John Mc Hugh	200	24/03/2024
110	Junior	RAW	Cillian O Connell	240	25/10/2009
110	Open	RAW	David O Keefe	280	24/02/2019
110	Open	MULTI-PLY	Christy Reddan	252.5	21/09/2025
110	M40-44	RAW	Aidan Murphy	200	30/08/2024
110	M45-49	RAW	Peter Kelly	170	21/02/2026
110	M50-54	RAW	Anthony Mc Cormack	170	30/11/2024
110	M60-64	RAW	Philip Murtagh	180	16/02/2020
125	T13-15	RAW	Ben Hogan	140	05/02/2022
125	Open	RAW	James Hickey	355	27/10/2019
125	Open	SINGLE-PLY	James Hickey	360	21/02/2017
125	M40-44	RAW	James Hickey	355	27/10/2019
125	M40-44	SINGLE-PLY	James Hickey	360	21/02/2017
125	M55-59	RAW	Alan O Mahony	250	21/09/2026
125	Junior	RAW	Ciaran O'Donoghue	245	04/03/2017
125	Open	RAW	James Hickey	365	16/02/2020
125	M40-44	RAW	James Hickey	365	16/02/2020
125	M40-44	SINGLE-PLY	James Hickey	320	24/02/2019
140	Open	RAW	Shane O'Connell	332.5	19/04/2026
140	M40-44	RAW	Glen Thornton	240	21/02/2026
140+	Open	RAW	Andrea Du Plessis	275	24/06/2018
140+	Open	SINGLE-PLY	Andre Du Plessis	290	24/02/2019
140+	M50-54	RAW	Andrea Du Plessis	275	24/06/2018
140+	M50-54	SINGLE-PLY	Andre Du Plessis	290	24/02/2019
140+	M55-59	SINGLE-PLY	Andre Du Plessis	280	16/02/2020

AIPO- IRISH BENCHPRESS RECORDS WOMEN

W/C KG'S	AGE	CATEGORY	Name	Bench	Date
48	Open	RAW	Karen Guthrie	47.5	04/03/2017
52	Junior	RAW	Aofie Monaghan	57.5	22/07/2017
52	Open	RAW	Wioleta Lorerk	62.5	02/08/20158
56	Junior	RAW	Ceara O'Toole	50	04/03/20147
56	Open	RAW	Kate Ring	55	10/02/2018
56	M45-49	RAW	Kim Duggan	55	17/11/2018
60	T18-19	RAW	Lota Leinberga	57.5	22/07/2017
60	Junior	RAW	Lota Leinberga	57.5	22/07/2017
60	Open	RAW	Venessa O'Keefee	70	17/11/2018
60	Open	SINGLE-PLY	Villy O'Malley	60	24/02/2019
60	Open	MULTIPLY	Ellen Tobin Hogan	70	05/02/2022
60	M40-44	RAW	Karen Mc Kernan	62.5	03/11/2017
67.5	T18-19	RAW	Cara Ramsay	40	25/10/2025
67.5	Junior	RAW	Alexia Renaut Lo Pinto	100	28/03/2026
67.5	Open	RAW	Sylwia Majszyk	87.5	10/02/2018
67.5	Open	SINGLE-PLY	Edyta Piechowicz	80	03/06/2022
67.5	Open	MULTIPLY	Ellen Tobin	75	16/02/2020
67.5	M40-44	RAW	Sylwia Majszyk	87.5	10/02/2018
67.5	M45-49	RAW	Noeleen Gregory	62.5	21/02/2017
67.5	M50-54	RAW	Maria Maher	70	10/02/2018
67.5	M50-54	UNLIMITED	Poppin Douglas	67.5	26/04/2026
75	T13-15	RAW	Caroline Phelan	30	06/06/2026
75	T18-19	RAW	Amy Sherin	52.5	22/07/2017
75	Junior	RAW	Alexia Renaut Lo Pinto	107.5	20/09/2025
75	Junior	UNLIMITED	Alexia Renaut Lo Pinto	160	25/10/2025
75	Open	RAW	Alexia Renaut Lo Pinto	107.5	20/09/2025
75	M40-44	RAW	Sylwia Majszyk	92.5	13/06/2019
75	M45-49	RAW	Poppin Douglas	55	28/09/2025

75	M50-54	RAW	Maria Maher	70	17/09/2017
82.5	Junior	RAW	Dannan Jackson	72.5	25/10/2025
82.5	Open	RAW	Paulina Coleman	82.5	16/02/2020
82.5	Open	SINGLE-PLY	Paulina Coleman	100	16/02/2020
82.5	M40-44	RAW	Paulina Coleman	82.5	16/02/2020
82.5	M40-44	SINGLE-PLY	Paulina Coleman	100	16/02/2020
90	T18-19	RAW	Elizabeth Lupu	72.5	04/03/2017
90	Junior	RAW	Olivia Lane	90	22/07/2017
90	Open	RAW	Olivia Lane	90	22/07/2017
90	M40-44	RAW	Paulina Coleman	80	05/02/2022
90	M40-44	SINGLE-PLY	Paulina Coleman	115	03/06/2022
90	M45-49	RAW	Geraldine Bogetoft Power	80	03/11/2024
90	M60-64	RAW	Mary Fusco	52.5	05/02/2022
100	Junior	RAW	Katie Collins	45	04/03/2017
100	Open	RAW	Ayshea Ullah	82.5	04/03/2017
100	Open	SINGLE-PLY	Paulina Coleman	120	05/02/2022
100	M40-44	RAW	Paulina Coleman	85	05/02/2022
100	M45-49	RAW	Sarah Grieve	81	13/06/2019
100	M45-49	SINGLE-PLY	Paulina Coleman	130	06/09/2022
110	Open	RAW	Laura O Shea	65	05/02/2022
110	Open	SINGLE-PLY	Sarah Skehan	95	16/02/2020
110+	Open	RAW	Laura O'Shea	75	06/09/2022
110+	M40-44	RAW	Aideen Clarke	62.5	05/02/2022
110+	M45-49	RAW	Aideen Clarke	75	22/02/2026

AIPO- IRISH DEADLIFT RECORDS WOMEN

W/C KG'S	AGE	CATEGORY	Name	Bench	Date
48	Youth	RAW	Caroline Phelan	60	30/11/2024
48	Open	RAW	Karen Guthrie	125	14/07/2018
52	T18-19	RAW	Alannah Ford	105	13/06/2019

52	Junior	RAW	Aoife Monaghan	137.5	22/07/2017
52	Open	RAW	Wioleta Lorek	140	02/08/2018
56	T16-17	RAW	Abbie Bolger	95	25/11/2023
56	Junior	RAW	Ceara O'Toole	125	04/03/2017
56	Open	RAW	Maria Mc Shane	165	05/02/2022
56	Open	SINGLE-PLY	Maria Mc Shane	150	16/02/2020
56	M40-44	RAW	Valerie O'Donnell	115	28/05/2023
56	M45-49	RAW	Kim Duggan	125	17/11/2018
60	T18-19	RAW	Lota Leinberga	117.5	22/07/2017
60	Junior	RAW	Amy White	120	17/11/2018
60	Open	RAW	Maria Mc Shane	173	28/05/2023
60	Open	SINGLE-PLY	Villy O Mally	135	23/02/2019
60	M40-44	RAW	Sandra Hammersley	140	21/02/2017
60	M45-49	RAW	Valerie O'Donnell	127.5	06/06/2026
67.5	Junior	RAW	Vera Klauke	132.5	17/11/2018
67.5	Open	RAW	Niamh Savage	180	22/07/2017
67.5	Open	SINGLE-PLY	Edyta Piechowicz	160	24/10/2019
67.5	M40-44	RAW	Assumpta Feeney	162.5	22/07/2017
67.5	M45-49	RAW	Sarah Thomson	137.5	05/02/2022
67.5	M45-50	SINGLE-PLY	Rehana Maniar	180	28/05/2023
67.5	M50-54	RAW	Margaret Fahy	135	05/02/2022
67.5	M55-59	RAW	Angline Collins Diver	100	24/10/2019
75	T13-15	RAW	Caroline Phelan	85	06/06/2026
75	T18-19	RAW	Amy Sherin	122.5	22/07/2017
75	Junior	RAW	Grainne Considine	170	22/07/2017
75	Open	RAW	Paulina Coleman	185	14/07/2018
75	M40-44	RAW	Paulina Coleman	185	14/07/2018
75	M45-49	RAW	Deborah Mangan	180	30/08/2024
75	M55-59	RAW	Carmel Ramsey	125	24/03/2024
82.5	Junior	RAW	Danna Jackson	205	28/03/2026
82.5	Open	RAW	Danna Jackson	205	28/03/2026
82.5	Open	SINGLE-PLY	Paulina Coleman	200	16/02/2020
82.5	M40-44	RAW	Mioara Mara Vizinteanu	140	05/02/2022

82.5	M40-45	SINGLE-PLY	Paulina Coleman	200	16/02/2020
82.5	M60-64	RAW	Mary Fusco	105	05/02/2022
90	T18-19	RAW	Yvonne Boyle	130	24/02/2019
90	Junior	RAW	Olivia Lane	190	22/07/2017
90	Open	RAW	Olivia Lane	190	22/07/2017
90	M40-44	RAW	Emma Griffith	120	24/03/2024
90	M40-45	SINGLE-PLY	Paulina Coleman	200	04/06/2022
100	T16-17	RAW	Olivia Cunningham	100	22/02/2026
100	Junior	RAW	Katie Collins	155	04/03/2017
100	Open	RAW	Ayshea Ullah	212.5	04/03/2017
100	M40-44	RAW	Katherine Fitzgerald	125	16/02/2020
100	M40-44	MULTIPLY	Paulina Coleman	210	05/02/2022
100	M45-49	RAW	Jacinta Smith	160	16/02/2020
100	M45-49	SINGLE-PLY	Paulina Coleman	205	06/09/2022
110	Open	RAW	Laura O Shea	152.5	05/02/2022
110+	Open	RAW	Laura O'Shea	155	06/09/2022
110+	M40-44	RAW	Aideen Clarke	140	05/02/2022