AIPO- POWERLIFTING RECORDS MEN

CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
56	T13-15	RAW	Riley Hogan	65	26/05/2023	Riley Hogan	40	26/05/2023	Riley Hogan	115	26/05/2023	Riley Hogan	220	26/05/2023
56	T16-17	RAW	Aaron Maguire	82.5	21/02/2026	Aaron Maguire	50	21/02/2026	Aaron Maguire	115	21/02/2026	Aaron Maguire	247.5	21/02/2026
56	OPEN	RAW CL	Barry Smith	165	28/08/2022	Barry Smith	105	28/08/2022	Barry Smith	197.5	28/08/2022	Barry Smith	467.5	28/08/2022
56	OPEN	S/P	Barry Smith	220	10/07/2021	Barry Smith	135	10/07/2021	Barry Smith	200	10/07/2021	Barry Smith	575	10/07/2021
56	OPEN	M/P	Barry Smith	230	23/03/2022	Barry Smith	137.5	23/03/2022	Barry Smith	210	23/03/2022	Barry Smith	577.5	23/03/2022
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
60	T13-15	RAW	Tommy Colfer	120	30/11/2024	Tommy Colfer	80	30/11/2024	Tommy Colfer	185	30/11/2024	Tommy Colfer	385	30/11/2024
60	T13-15	SLEEVES	Zack Brodie	85	19/04/2026	Zack Brodie	52.5	19/04/2026	Zack Brodie	100	19/04/2026	Zack Brodie	237.5	19/04/2026
60	T13-15	RAW CL	Zack Brodie	125	11/10/2026	Zack Brodie	65	11/10/2026	Zack Brodie	140	11/10/2026	Zack Brodie	330	11/10/2026
60	T16-17	RAW	Riley Hogan	77.5	03/03/2024	Riley Hogan	50	03/03/2024	Riley Hogan	120	03/03/2024	Riley Hogan	247.5	03/03/2024
60	T18-19	RAW	Conor Leahy	97.5	04/03/2017	Conor Leahy	67.5	03/11/2017	Conor Leahy	160	04/03/2017	Conor Leahy	317.5	03/11/2017
60	JUNIOR	RAW	Conor Leahy	97.5	04/03/2017	Conor Leahy	67.5	03/11/2017	Conor Leahy	160	04/03/2017	Conor Leahy	317.5	03/11/2017
60	OPEN	RAW	Stephen Cahill	140	04/10/2020	Stephen Cahill	100	04/10/2020	Stephen Cahill	190	04/10/2020	Stephen Cahill	430	04/10/2020
60	OPEN	SLEEVES	Stephen Cahill	140	17/08/2019	Stephen Cahill	82.5	17/08/2019	Stephen Cahill	172.5	17/08/2019	Stephen Cahill	395	17/08/20129
60	OPEN	RAW CL	Barry Smith	187.5	04/10/2020	Barry Smith	113	13/04/2025	Barry Smith	200	04/10/2020	Barry Smith	492.5	04/10/2020
60	OPEN	S/P	Barry Smith	225	21/09/2019	Barry Smith	145	02/10/2021	Barry Smith	230	02/10/2021	Barry Smith	600	02/10/2021
60	OPEN	M/P	Barry Smith	245	11/10/2026	Barry Smith	135	11/10/2026	Barry Smith	195	11/10/2026	Barry Smith	575	11/10/2026
60	M40-44	S/P	Michael Gallagher	200	25/03/2018	Michael Gallagher	120	26/08/2024	Michael Gallagher	185	13/06/2019	Michael Gallagher	497.5	13/06/2019
60	M45-49	RAW CL	Garreth Walsh	130	11/07/2021	Garreth Walsh	95	11/07/2021	Garreth Walsh	160	11/07/2021	Garreth Walsh	130	11/07/2021
60	M45-49	S/P	Michael Gallagher	175	02/03/2024	Michael Gallagher	95	02/03/2024	Michael Gallagher	150	02/03/2024	Michael Gallagher	420	02/03/2024
60	M50-54	S/P	Michael Gallagher	200	01/06/2026	Michael Gallagher	120	01/06/2026	Michael Gallagher	180	01/06/2026	Michael Gallagher	500	01/06/2026
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
67.5	T13-15	RAW	Scott Holland	130	25/11/2023	Scott Holland	75	25/11/2023	Scott Holland	140	25/11/2023	Scott Holland	342.5	25/11/2023
67.5	T13-15	RAW CL	Scott Holland	155	29/08/2024	Scott Holland	82.5	29/08/2024	Scott Holland	160	29/08/2024	Scott Holland	397.5	29/08/2024
67.5	T16-17	RAW	Tommy Colfer	150	21/02/2026	Tommy Colfer	87.5	21/02/2026	Tommy Colfer	210	21/02/2026	Tommy Colfer	447.5	21/02/2026
67.5	T16-17	RAW CL	Finbar Flynn	140	28/08/2023	Cian Hodgins	87.5	23/03/2025	Cian Hodgins	165	23/03/2025	Cian Hodgins	390	23/03/2025
67.5	T18-19	RAW	Jake Coleman	150	21/02/2026	Jake Coleman	90	21/02/2026	Jake Coleman	200	21/02/2026	Jake Coleman	450	21/02/2026
67.5	T18-19	SLEEVES	Karl Brough	150	17/08/2019	Karl Brough	95	17/08/2019	Karl Brough	180	17/08/2019	Karl Brough	425	17/08/2019
67.5	T18-19	RAW CL	Jake Coleman	140	13/04/2025	Jake Coleman	90	13/04/2025	Jake Coleman	190	13/04/2025	Jake Coleman	420	13/04/2025
67.5	JUNIOR	SLEEVES	Karl Brough	150	17/08/2019	Karl Brough	95	17/08/2019	Karl Brough	180	17/08/2019	Karl Brough	425	17/08/2019
67.5	JUNIOR	RAW CL	Tristan Mc Donagh	187.5	23/03/2019	Tristan Mc Donagh	112.5	23/03/2019	Tristan Mc Donagh	202.5	23/03/2019	Tristan Mc Donagh	502.5	23/03/2019
67.5	OPEN	SLEEVES	Karl Brough	150	17/08/2019	Karl Brough	95	17/08/2019	Karl Brough	180	17/08/2019	Karl Brough	425	17/08/2019
67.5	OPEN	RAW CL	Tristan Mc Donagh	187.5	23/03/2019	Conor O'Sullivan	120	29/08/2024	Connor O'Sullivan	225	23/03/2025	Tristan Mc Donagh	512.5	23/03/2019
67.5	M45-49	S/P	Michael Gallagher	185	04/03/2023	Michael Gallagher	110	04/03/2023	Michael Gallagher	160	04/03/2023	Michael Gallagher	455	04/03/2023
67.5	M50-54	S/P	Michael Gallagher	175	21/02/2025	Michael Gallagher	100	21/02/2025	Michael Gallagher	165	21/02/2025	Michael Gallagher	400	21/02/2025
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
75	T13-15	RAW CL	Alex Lewis	162.5	02/03/2024	Alex Lewis	97.5	02/03/2024	Alex Lewis	187.5	02/03/2024	Alex Lewis	447.5	02/03/2024
75	T16-17	RAW	Alekss Sneider	150	09/06/2024	Alekss Sneider	100	09/06/2024	Karl Brough	187.5	04/10/2020	Alekss Sneider	425	09/06/2024
75	T16-17	SLEEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jardon Holland	485	25/10/2019
75	T16-17	RAW CL	Alex Lewis	221	29/08/2024	Sean Duggan	110	23/11/2019	Alex Lewis	215	29/08/2024	Alex Lewis	536	29/08/2024
75	T18-19	RAW	Faolan Fitzgerald	140	27/08/2024	Faolan Fitzgerald	90	27/08/2024	Faolan Fitzgerald	165	27/08/2024	Faolan Fitzgerald	395	27/08/2024
75	T18-19	SLEEVES	Faolan Fitzgerald	150	03/11/2024	Faolan Fitzgerald	90	03/11/2024	Faolan Fitzgerald	100	03/11/2024	Faolan Fitzgerald	340	03/11/2024
75	T18-19	RAW CL	Patrick O'Shea	140	04/12/2022	Patrick O'Shea	120	04/12/2022	Patrick O'Shea	167.5	04/12/2022	Patrick O'Shea	427.5	04/12/2022
75	JUNIOR	SLEEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jardon Holland	485	25/10/2019
75	JUNIOR	RAW	Kyle Mullan	202.5	23/03/2019	Kyle Mullan	137.5	23/03/2019	Kyle Mullan	260	23/03/2019	Kyle Mullan	600	23/03/2019
75	JUNIOR	RAW CL	Tristan Mc Donagh	220	04/10/2020	Tristan Mc Donagh	132.5	11/07/2021	Tristan Mc Donagh	227.5	11/07/2021	Tristan Mc Donagh	565	11/07/2021
75	OPEN	RAW	Rushane Walker	220	04/06/2026	Kyle Mullan	137.5	23/03/2019	Rushane Walker	265	21/02/2026	Rushane Walker	610	21/02/2026
75	OPEN	SLEEVES	Jordan Holland	195	25/10/2019	Jordan Holland	100	25/10/2019	Jordan Holland	190	25/10/2019	Jardon Holland	485	25/10/2019
75	OPEN	RAW CL	Tristan Mc Donagh	220	04/10/2020	Tristan Mc Donagh	132.5	11/07/2021	Stephen Walsh	235	30/11/2024	Dave Fitzpatrick	567.5	02/08/2018
75	OPEN	S/P	Sean Cregan	190	09/06/2025	Sean Cregan	127.5	09/06/2025	Sean Cregan	196	09/06/2025	Sean Cregan	512.5	09/06/2025
75	OPEN	M/P	Brian Leahy	170	25/05/2023	Brian Leahy	70	25/05/2023	Brian Leahy	222.5	25/05/2023	Brian Leahy	462.5	25/05/2023
75	M40-44	RAW	Richard Grace	145	17/11/2018	Richard Grace	110	17/11/2018	Richard Grace	200	17/11/2018	Richard Grace	455	17/11/2018
75	M40-44	RAW CL	Mark O'Donoghue	140	23/11/2019	Mark O'Donoghue	85	23/11/2019	Mark O'Donoghue	180	23/11/2019	Mark O'Donoghue	405	23/11/2019
75	M45-49	RAW CL	Mark O'Donoghue	160	04/12/2022	Alan Lynch	100	19/04/2026	Mark O'Donoghue	212.5	04/12/2022	Mark O'Donoghue	467.5	04/12/2022
75	M50-54	RAW	Stephen Coleman	175	27/08/2024	Sean Cregan	100	23/11/2019	Stephen Colemam	250	27/08/2024	Stephen Coleman	520	27/08/2024
75	M55-59	RAW	Barry Mulcahy	152.5	004/06/2026	Barry Mulcahy	120	21/02/2026	Barry Mulcahy	212.5	04/06/2026	Barry Mulcahy	485	04/06/2026
75	M55-59	RAW CL	Sean Cregan	182.5	27/08/2024	Sean Cregan	95	27/08/2024	Sean Cregan	195	27/08/2024	Sean Cregan	472.5	27/08/2024
75	M55-59	S/P	Sean Cregan	190	09/06/2025	Sean Cregan	127.5	09/06/2025	Sean Cregan	196	09/06/2025	Sean Cregan	512.5	09/06/2025
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
82.5	T13-15	RAW CL	Patrick Mc Sweeney	210	23/03/2025	Patrick Mc Sweeney	142.5	23/03/2025	Patrick Mc Sweeney	215	23/03/2025	Patrick Mc Sweeney	567.5	25/11/2023
82.5	T16-17	RAW	Aboul Wares Safi	165	23/03/2025	Aboul Wares Safi	117.5	23/03/2025	Aboul Wares Safi	240	23/03/2025	Aboul Wares Safi	522.5	23/03/2025
82.5	T18-19	RAW	Leo Conroy	172.5	11//06/2019	Leo Conroy	115	23/03/2019	Leo Conroy	235	11/06/2019	Leo Conroy	520	11/06/2019
82.5	T18-19	RAW CL	Conor Nolan	220	17/11/2018	Conor Nolan	150	17/11/2018	Conor Nolan	250	17/11/2018	Conor Nolan	620	17/11/2018
82.5	JUNIOR	RAW	Sean O Flaherty	140	18/11/2017	Leo Conroy	115	23/03/2019	Leo Conroy	235	11/06/2019	Leo Conroy	520	11/06/2019
82.5	JUNIOR	SLEEVES	Conor Nolan	202.5	17/08/2019	Conor Nolan	145	17/08/2019	Elijan Faleti	255	17/08/2019	Conor Nolan	600	17/08/2019
82.5	JUNIOR	RAW CL	Jay Holland	250	29/08/2024	Cornelius Bacean	147.5	29/08/2024	Corneliu Bacean	252.5	02/03/2024	Corneliu Bacean	637.5	02/03/2024
82.5	JUNIOR	S/P	Alex Mc Carthy	250	26/08/2024	Alex Mc Carthy	155	26/08/2024	Luke O'Brien	215	02/08/2018	Alex Mc Carthy	595	26/08/2024
82.5	JUNIOR	M/P	Luke O'Brien	225	25/03/2018	Luke O'Brien	135	25/03/2018	Luke O'Brien	220	25/03/2018	Luke O'Brien	580	25/03/2018
82.5	OPEN	RAW	Tommy Mc Cormack	190	25/03/2018	Niall O'Keeffe	145	04/10/2020	Tommy Mc Cormac	245	25/03/2019	Tommy Mc Cormack	575	25/03/2018
82.5	OPEN	SLEEVES	Conor Nolan	220	17/11/2018	Conor Nolan	155	17/08/2019	Elijan Faleti	255	17/08/2019	Conor Nolan	600	17/08/2019
82.5	OPEN	RAW CL	Jay Holland	260	21/02/2026	Jay Holland	142.5	21/02/2026	Jay Holland	250	05/06/2026	Jay Holland	650	21/02/2026
82.5	OPEN	S/P	Luke O'Brien	230	02/08/2018	Sean Cregan	145	17/09/2017	Luke O'Brien	215	02/08/2018	Luke O'Brien	587.5	02/08/2018
82.5	OPEN	M/P	Henry O'Grady	250	03/10/2020	Henry O'Grady	140	03/10/2020	Henry O'Grady	245	03/10/2020	Henry O'Grady	635	03/10/2020
82.5	M40-44	RAW	Niall O'Keeffe	180	16/11/2021	Niall O'Keeffe	160	10/07/2021	Niall O'Keeffe	215	16/11/2021	Niall O'Keeffe	550	16/11/2021
82.5	M40-44	SLEEVES	Paul Madden	170	17/08/2019	Paul Madden	130	17/08/2019	Paul Madden	252.5	17/08/2019	Paul Madden	552.5	17/08/2019
82.5	M40-44	RAW CL	Finbarr O'Riordan	200	02/08/2018	Finbarr O'Riordan	117.5	02/08/2018	Max Lauth	232.5	02/03/2024	Finbarr O'Riordan	547.5	02/08/2018
82.5	M45-49	RAW	David Carroll	150	11/06/2019	Barry Mulcahy	122.5	11/09/2026	Barry Mulcahy	207.5	11/09/2026	Barry Mulcahy	477.5	11/09/2026
82.5	M45-49	RAW CL	Paul Smith	210	23/03/2025	Paul Smith	110	27/08/2024	Mark O'Donoghue	217.5	02/03/2024	Paul Smith	520	23/03/2025
82.5	M45-49	M/P	Henry O'Grady	250	03/10/2020	Henry O'Grady	140	03/10/2020	Henry O'Grady	245	03/10/2020	Henry O'Grady	635	03/10/2020
82.5	M50-54	RAW	David Carroll	145	16/11/2021	David Carroll	97.5	16/11/2021	David Carroll	170	16/11/2021	David Carroll	412.5	16/11/2021
82.5	M50-54	RAW CL	Sean Cregan	210	23/06/2018	Sean Cregan	112.5	17/11/2018	Sean Cregan	227.5	17/11/2018	Sean Cregan	542.5	23/06/2018
82.5	M50-54	S/P	Sean Cregan	225	17/09/2017	Sean Cregan	145	17/09/2017	Sean Cregan	190	17/09/2017	Sean Cregan	560	17/09/2017
82.5	M55-59	S/P	Sean Cregan	190	30/11/2024	Sean Cregan	120	30/11/2024	Sean Cregan	200	30/11/2024	Sean Cregan	510	30/11/2024
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
90	T13-15	SLEEVES	Lauerence Mc Grath	140	11/10/2026	Lauerence Mc Grath	67.5	11/10/2026	Lauerence Mc Grath	170	11/10/2026	Lauerence Mc Grath	377.5	11/10/2026
90	T13-15	RAW CL	Patrick Mc Sweeney	190	29/08/2024	Patrick Mc Sweeney	140	29/08/2024	Patrick Mc Sweeney	206	29/08/2024	Patrick Mc Sweeney	536	29/08/2024
90	T16-17	RAW	Dylan Christan	190	04/10/2020	Darragh O'Keeffe	120	04/10/2020	Darragh O'Keeffe	255	04/10/2020	Dylan Christan	557.5	04/10/2020
90	T16-17	RAW CL	Oisin Smith	182.5	28/08/2022	Oisin Smith	105	28/08/2022	Oisin Smith	210	06/09/2022	Oisin Smith	497.5	06/09/2022
90	T18-19	SLEEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
90	T18-19	RAW CL	Conor Collins	217.5	04/10/2020	Rhys Manning	127.5	17/08/2019	Rhys Manning	250	17/08/2019	Rhys Manning	592.5	17/08/2019
90	T18-19	M/P	Darragh O'Keffee	255	10/07/2021	Darragh O'Keffee	162.5	10/07/2021	Darragh O'Keffee	265	10/07/2021	Darragh O'Keffee	682.5	10/07/2021
90	JUNIOR	RAW	David Fitzgerald	222.5	23/03/2022	David Fitzgerald	152.5	23/03/2022	Darragh O'Keeffe	255	04/10/2020	David Fitzgerald	610	06/09/2022
DISABILTY	JUNIOR	SLEEVES	Harry Greaney	140	21/09/2025	Harry Greaney	52.5	21/09/2025	Harry Greaney	150	21/09/2025	Harry Greaney	342.5	21/09/2025

90	JUNIOR	SLEEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
90	JUNIOR	RAW CL	Jay Holland	245	04/03/2023	Rhys Manning	140	12/06/2019	Keiran Bennett	260	18/11/2017	Rhys Manning	605	12/06/2019
90	JUNIOR	S/P	Luke O'Brien	255	13-Jun	Luke O'Brien	155	13/06/2019	Luke O'Brien	230	13/06/2019	Luke O'Brien	640	13/06/2019
90	JUNIOR	M/P	Luke O'Brien	260	03/10/2020	Darragh O'Keffee	162.5	10/07/2021	Darragh O'Keffee	265	10/07/2021	Darragh O'Keffee	682.5	10/07/2021
90	OPEN	RAW	Gavin Brown	192.5	17/11/2018	Brendan O Rourke	147.5	23/03/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/2019
90	OPEN	SLEEVES	Andrea Cox	205	17/08/2019	Andrea Cox	140	17/08/2019	Andrea Cox	255	17/08/2019	Andrea Cox	600	17/08/209
90	OPEN	RAW CL	Jay Holland	265	10/09/2026	Saigids Miarajevs	180	25/03/2018	Kevin Mc Dermot	262.5	11/07/2021	Saigids Miarajevs	685	25/03/2018
90	OPEN	S/P	Gavin Brown	270	13/06/2019	Gavin Brown	160	23/03/2019	Gavin Brown	235	13/06/2019	Gavin Brown	660	23/06/2019
90	OPEN	M/P	Nick Sazenski	290	03/03/2024	Nick Sazenski	175	03/03/2024	Nick Sazenski	285	03/03/2024	Nick Sazenski	750	03/03/2024
90	M40-44	RAW	Brendan O Rourke	190	23/03/2019	Brendan O Rourke	147.5	23/03/2019	Max Lauth	242.5	23/03/2025	Brendan O Rourke	582.5	23/03/2019
90	M40-44	RAW CL	Fabrizio Marini	225	02/08/2018	Brendan O Rourke	135	03/10/2020	Brendan O Rourke	237.5	03/10/2020	Fabrizio Marini	590	02/08/2018
90	M40-44	SINGLE-PLY	Kevin Mc Grath	232.5	21/02/2026	Kevin Mc Grath	125	21/02/2026	Kevin Mc Grath	215	21/02/2026	Kevin Mc Grath	572.5	21/02/2026
90	M45-49	RAW	Darren Mc Creary	190	23/03/2022	David Carroll	102.5	23/11/2019	Darren Mc Creary	205	23/03/2022	Darren Mc Creary	480	23/03/2022
90	M45-49	SLEEVES	Brendan O Sullivan	165	06/07/2025	Brendan O Sullivan	115	06/07/2025	Brendan O Sullivan	227.5	06/07/2025	Brendan O Sullivan	507.5	06/07/2025
90	M45-49	RAW CL	Paul Smith	222.5	21/02/2026	Brendan O Rourke	140.5	24/08/2024	Brendan O Rourke	225	24/08/2024	Brendan O Rourke	565.5	24/08/2024
90	M50-54	RAW	David Carroll	140	02/10/2021	David Carroll	100	02/10/2021	David Carroll	160	02/10/2021	David Carroll	400	02/10/2021
90	M50-54	RAW CL	David Carroll	165	27/05/2023	David Carroll	107.5	27/05/2023	David Carroll	190	27/05/2023	David Carroll	462.5	17/11/2018
90	M55-59	RAW	Alberto Van Burgh	155	02/06/2026	Alberto Van Burgh	92.5	02/06/2026	Alberto Van Burgh	195	30/11/2024	Alberto Van Burgh	432.5	21/02/2026
90	M55-59	SLEEVES	Alberto Van Burgh	145	13/04/2025	Alberto Van Burgh	82.5	13/04/2025	Alberto Van Burgh	185	13/04/2025	Alberto Van Burgh	412.5	13/04/2023
90	M55-59	RAW CL	Ron St Leger	187.5	04/03/2017	Ron St Leger	90	04/03/2017	Ron St Leger	150	04/03/2017	Ron St Leger	427.5	04/03/2017
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
100	T16-17	RAW	Luke Thompson	150	23/03/2022	Patrick Daly	92.5	27/08/2024	Luke Thompson	200	23/03/2022	Luke Thompson	425	23/03/2022
100	T16-17	RAW CL	Oisin Smith	190	04/03/2023	Oisin Smith	107.5	04/03/2023	Oisin Smith	217.5	04/03/2023	Oisin Smith	515	04/03/2023
100	T18-19	RAW	Marty Giles	162.5	17/11/2018	Marty Giles	95	17/11/2018	Marty Giles	220	17/11/2018	Marty Giles	477.5	17/11/2018
100	T18-19	SLEVES	Aaron Ryan	180	25/10/2019	Aaron Ryan	110	25/10/2019	Aaron Ryan	240	25/10/2019	Aaron Ryan	530	25/10/2019
100	T18-19	RAW CL	Josh Ellis	255	04/03/2017	Darragh O Keeffe	145	23/03/2022	Darragh O Keeffe	285	23/03/2022	Josh Ellis	670	04/03/2017
100	JUNIOR	RAW	Tommy Breathnach	225	18/11/2017	David Paul Fitzgerald	147.5	04/10/2020	Andrew Cox	285	11/07/2021	Andrew Cox	642.5	11/07/20221
100	JUNIOR	SLEEVES	Darren Sims	180	21/09/2025	Darren Sims	105	21/09/2025	Darren Sims	185	21/09/2025	Darren Sims	470	21/09/2025
100	JUNIOR	RAW CL	Ciaran O' Connor	235	23/06/2018	Ciaran O' Connor	132.5	25/03/2015	Ciaran O' Connor	285	23/06/2018	Ciaran O' Connor	650	23/06/2018
100	JUNIOR	SINGLE-PLY	Darren Sims	270	11/10/2026	Darren Sims	145	11/10/2026	Darren Sims	205	19/04/2026	Darren Sims	595	11/10/2026
100	OPEN	RAW	Tommy Breathnach	225	18/11/2017	David Paul Fitzgerald	147.5	04/10/2020	Emmet Ohanlon	255	21/02/2026	Tommy Breathnach	612.5	18/11/2017
100	OPEN	SLEEVES	Dylan Christan Hughes	170	17/08/2019	Dylan Christan Huges	105	17/11/2018	Dylan Christan Huges	230	17/11/2018	Dylan Christan Huges	505	17/11/2018
100	OPEN	RAW CL	Marc Galligan	285	07/04/2018	Austin Hickey	186	07/04/2018	Shane Nugent	300	25/11/2023	Marc Gilligan	735	07/04/2018
100	OPEN	S/P	Nick Sazenski	317.5	13/06/2019	Nick Sazenski	200	13/06/2019	Nick Sazenski	290	13/06/2019	Nick Sazenski	807.5	13/06/2019
100	OPEN	M/P	Nick Sazenski	355	04/09/2021	Nick Sazenski	200	10/07/2021	Nick Sazenski	300	10/07/2021	Nick Sazenski	855	04/09/2021
100	M40-44	RAW	Martin O'Mahony	210	23/03/2022	Martin O'Mahony	137.5	16/11/2021	Martin O'Mahony	280	16/11/2021	Martin O'Mahony	620	16/11/2021
100	M40-44	RAW CL	Conor Kelly	245	12/06/2019	Tony Stringer	155	04/03/2023	Conor Kelly	255	23/03/2019	Conor Kelly	605	12/06/2019
100	M45-49	RAW	Brendan O Rourke	210	11/07/2021	Brendan O Rourke	147.5	11/07/2021	Brendan O Rourke	250	11/07/2021	Brendan O Rourke	607.5	11/07/2021
100	M45-49	SLEEVES	Oliver Coffey	200	03/11/2024	Oliver Coffey	122.5	03/11/2024	Oliver Coffey	215	03/11/2024	Oliver Coffey	537.5	03/11/2024
100	M45-49	RAW CL	Brendan O Rourke	212.5	16/11/2021	Brendan O Rourke	145	16/11/2021	Brendan O Rourke	250	16/11/2021	Brendan O Rourke	607.5	16/11/2021
100	M50-54	RAW	Anthony O'Halloran	197.5	04/03/2017	Anthony O'Halloran	127.5	04/03/2017	Anthony O'Halloran	232.5	04/03/2017	Anthony O'Halloran	557.5	04/03/2017
100	M50-54	RAW CL	Anthony O'Halloran	220	17/11/2018	Anthony O'Halloran	140	25/03/2018	Anthony O'Halloran	245	23/11/2019	Anthony O'Halloran	600	25/033/2018
100	M55-59	S/P	Mark O Doherty	75	23/03/2022	Mark O Doherty	150	23/03/2022	Mark O Doherty	75	23/03/2022	Mark O Doherty	300	23/03/2022
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
110	T13-15	RAW	John Mc Hugh	155	02/10/2021	John Mc Hugh	62.5	02/10/2021	John Mc Hugh	190	02/10/2021	John Mc Hugh	407.5	02/10/2021
110	T16-17	RAW	Noah Rogers	182.5	02/06/2026	Noah Rogers	127.5	02/06/2026	Noah Rogers	275	02/06/2026	Noah Rogers	585	02/06/2026
110	T16-17	CL RAW	Oisin Smith	195	27/05/2023	Oisin Smith	110	27/05/2023	Oisin Smith	222.5	27/05/2023	Oisin Smith	527.5	27/05/2023
110	T18-19	RAW	Darragh Murphy	200	04/10/2020	Darragh Murphy	150	04/10/2020	Jack Hynds	240	21/02/2026	Jack Hynds	585	21/02/2026
110	T18-19	SLEEVES	Mareusz Pestka	170	17/08/2019	Mareusz Pestka	100	17/08/2019	Mareusz Pestka	215	17/08/2019	Mareusz Pestka	485	17/08/2019
110	T18-19	CL RAW	Connor O'Sullivan	222.5	04/10/2020	Connor O'Sullivan	150	04/10/2020	Connor O'Sullivan	227.5	04/10/2020	Connor O'Sullivan	600	04/10/2020
110	JUNIOR	RAW	Caoilin Traynor	260	04/03/2023	Caoilin Traynor	160	04/03/2023	Caoilin Traynor	280	04/03/2023	Caoilin Traynor	700	04/03/2023
110	JUNIOR	SLEEVES	Mareusz Pestka	170	17/08/2019	Mareusz Pestka	100	17/08/2019	Mareusz Pestka	215	17/08/2019	Mareusz Pestka	485	17/08/2019
110	JUNIOR	CL RAW	Josh Ellis	285	25/03/2018	Jack Hynds	165	04/06/2026	Josh Ellis	280	25/03/2018	Josh Ellis	727.5	25/03/2018
110	OPEN	RAW	Tommy Breathnach	235	25/03/23018	Tommy Breathnach	165	22/03/2019	Tommy Breathnach	270	25/03/2019	Tommy Breathnach	655	25/03/20158
110	OPEN	SLEEVES	Ben Turner	222.5	25/10/2019	Ben Turner	160	25/10/2019	Ben Turner	292.5	25/10/2019	Ben Turner	675	25/10/2019
110	OPEN	CL RAW	Ollie White	290	12/05/2024	Ollie White	175	12/05/2024	Gerard Buckley	290	02/08/2018	Ollie White	745	12/05/2024
110	OPEN	M/P	Nick Sazenski	350	21/09/2019	Nick Sazenski	200	21/09/2019	Nick Sazenski	275	21/09/2019	Nick Sazenski	825	21/09/2019
110	M40-44	CL RAW	William Courtney	270	04/06/2026	William Courtney	175	10/09/2026	William Courtney	280	04/06/2026	William Courtney	717.5	10/09/2026
110	M45-49	CL RAW	Simon Luke	210	21/02/2026	Simon Luke	135	04/06/20026	Simon Luke	250	04/06/20026	Simon Luke	580	04/06/2026
110	M55-59	CL RAW	John Mc Daid	175	25/03/2018	John Mc Daid	140	25/03/2018	John Mc Daid	165	25/03/2018	John Mc Daid	480	25/03/2018
110	M60-64	CL RAW	John Mc Daid	205	12/06/2019	John Mc Daid	142.5	12/06/2019	John Mc Daid	185	12/06/2019	John Mc Daid	532.5	12/06/2019
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
125	T16-17	RAW	Jude Spencer	150	04/03/2023	Ben Hogan	95	03/03/2024	Jude Spencer	190	04/03/2023	Jude Spencer	432.5	04/03/2023
125	T16-17	M/P	Oisin Smith	250	26/08/2023	Oisin Smith	147.5	26/08/2023	Oisin Smith	227.5	26/08/2023	Oisin Smith	625	26/08/2023
125	T18-19	CL RAW	Lee Mc Cafferty	255	16/11/2021	Lee Mc Cafferty	152.5	16/11/2021	Lee Mc Cafferty	230	02/10/2021	Lee Mc Cafferty	627.5	16/11/2021
125	T18-19	S/P	Oisin Smith	275	26/08/2024	Oisin Smith	170	26/08/2024	Oisin Smith	240	03/03/2024	Oisin Smith	670	26/08/2024
125	JUNIOR	RAW	Leon O'Brien Keogh	170	26/05/2023	Leon O'Brien Keogh	120	26/05/2023	Jude Spencer	225	21/02/2026	Jude Spencer	495	21/02/2026
125	JUNIOR	Sleeves	Evan Tyndall	230	21/09/2025	Evan Tyndall	140	21/09/2025	Evan Tyndall	272.5	21/09/2025	Evan Tyndall	642.5	21/09/2025
125	JUNIOR	CL RAW	Lee Mc Cafferty	260	21/02/2026	Lee Mc Cafferty	157.5	21/02/2026	Joshua Delaney	262.5	30/11/2024	Lee Mc Cafferty	667.5	21/02/2026
125	OPEN	RAW	Jamie Flynn	255	21/02/2026	Jamie Flynn	165	21/02/2026	Jamie Flynn	255	21/02/2026	Jamie Flynn	675	21/02/2026
125	OPEN	SLEEVES	Jamie Flynn	255	13/04/2025	Jamie Flynn	165	13/04/2025	Jamie Flynn	255	13/04/2025	Jamie Flynn	675	13/04/2025
125	OPEN	CL RAW	Jamie Flynn	270	04/06/2026	Jamie Flynn	170	10/09/2026	Chris Davidson	280	17/08/2019	Jamie Flynn	700	04/06/2026
125	OPEN	M/P	Jamie Hogan	275	10/07/2021	Jamie Hogan	200	10/07/2021	Jamie Hogan	225	10/07/2021	Jamie Hogan	700	10/07/2021
125	M50-54	RAW Sleves	Darren Fleming	195	13/04/2025	Darren Fleming	130	21/09/2025	Darren Fleming	240	21/09/2025	Darren Fleming	565	21/09/2025
125	M50-54	RAW CL	Alan Mahoney	200	02/03/2024	Alan Mahoney	140	02/03/2024	Alan Mahoney	240	02/03/2024	Alan Mahoney	580	02/03/2024
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
140	JUNIOR	RAW	Thomas Kearns-Horan	200	23/03/2022	Thomas Kearns-Horan	110	23/03/2022	Thomas Kearns-Horan	212.5	23/03/2022	Thomas Kearns-Horan	522.5	23/03/2022
140	OPEN	RAW	Tomislav Handanovic	210	11/10/2026	Tomislav Handanovic	145	11/10/2026	Tomislav Handanovic	232.5	11/10/2026	Tomislav Handanovic	587.5	11/10/2026
140	OPEN	RAW CL	Niall Finneran	260	04/10/2020	Niall Finneran	175	11/07/2021	Niall Finneran	302.5	11/07/2021	Niall Finneran	732.5	11/07/2021
140	JUNIOR	SINGLE-PLY	Oisin Smith	275	21/02/2026	Oisin Smith	177.5	21/02/2026	Oisin Smith	240	21/02/2026	Oisin Smith	685	21/02/2026
140	M40-44	SLEEVES	Mark Brophy	235	11/10/2026	Mark Brophy	147.5	11/10/2026	Mark Brophy	230	11/10/2026	Mark Brophy	612.5	11/10/2026
140	M50-54	RAW	Darren Fleming	185	30/11/2024	Darren Fleming	117.5	30/11/2024	Darren Fleming	230	30/11/2024	Darren Fleming	532.5	30/11/2024
140	M50-54	SINGLE-PLY	Darren Fleming	270	21/02/2026	Darren Fleming	155	21/02/2026	Darren Fleming	2425	21/02/2026	Darren Fleming	667.5	21/02/2026
140	M55-59	SINGLE-PLY	Darren Fleming	275	01/06/2026	Darren Fleming	157.5	01/06/2026	Darren Fleming	245	01/06/2026	Darren Fleming	677.5	01/06/2026
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
140+	OPEN	RAW	James Mc Namara	190	23/03/2019	Jamie Hogan	112.5	11/06/2019	James Mc Namara	215	23/03/2019	James Mc Namara	520	11/06/2019
140+	OPEN	RAW CL	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	172.5	17/08/2019	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	750	12/06/2019
140+	OPEN	S/P	Jamie Hogan	195	09/06/2025	Jamie Hogan	180	09/06/2025	Jamie Hogan	205	09/06/2025	Jamie Hogan	580	09/06/2025
140+	M40-44	RAW	James Mc Namara	160	21/02/2026	Jamie Hogan	100	21/02/2026	James Mc Namara	185	21/02/2026	James Mc Namara	445	21/02/2026
140+	M50-54	RAW	Darren Fleming	190	03/03/2024	Darren Fleming	125	03/03/2024	Darren Fleming	237.5	03/03/2024	Darren Fleming	552.5	03/03/2024
140+	M50-54	RAW CL	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	170	23/03/2019	Andre Du Plessis	300	12/06/2019	Andre Du Plessis	750	12/06/2019

AIPO- POWERLIFTING RECORDS WOMEN

CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
48	T13-15	RAW												
48	JUNIOR	RAW	Alannah Ford	55	23/11/.2019	Alannah Ford	32.5	23/11/.2019	Alannah Ford	110	23/11/.2019	Alannah Ford	197.5	23/11/.2019
48	OPEN	RAW	Meghan O Neill	90	10/07/2021	Meghan O Neill	40	10/07/2021	Meghan O Neill	127.5	23/03/2022	Meghan O Neill	250	10/07/2021
48	OPEN	SLEEVES	Elain Corbertt	100	24/10/2019	Elain Corbertt	52.5	24/10/2019	Elain Corbertt	135	24/10/2019	Elain Corbertt	287.5	24/10/2019
48	OPEN	RAW CL	Elain Corbertt	107.5	16/11/2021	Elain Corbertt	52.5	10/07/2021	Elain Corbertt	132.5	04/10/2020	Elain Corbertt	290	10/07/2021
48	OPEN	S/P	Megan Haverty	110	10/07/2021	Megan Haverty	65	10/07/2021	Megan Haverty	110	26/08/2024	Megan Haverty	280	26/08/2024
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
52	JUNIOR	SLEEVES	Racheal Kane	127.5	17/08/2019`	Racheal Kane	65	17/08/2019	Racheal Kane	150	17/08/2019	Racheal Kane	342.5	17/08/2019
52	JUNIOR	RAW CL	Aoife Monaghan	120	22/07/2017	Aoife Monaghan	57.5	22/07/2017	Aoife Monaghan	137.5	22/07/2017	Aoife Monaghan	315	22/07/2017
52	OPEN	RAW	Wioleta Lorek	118.5	02/08/2018	Wioleta Lorek	62.5	02/08/2018	Wioleta Lorek	140	02/08/2018	Wioleta Lorek	320	02/08/2018
52	OPEN	SLEEVES	Racheal Kane	127.5	17/08/2019	Sarah Whelan	70	17/08/2019	Sarah Whelan	150	17/08/2019	Racheal Kane	342.5	17/08/2019
52	OPEN	RAW CL	Wioleta Lorek	130.5	07/04/2018	Aoife Monaghan	57.5	22/07/2017	Aoife Monaghan	137.5	22/07/2017	Aoife Monaghan	315	22/07/2017
52	M45-49	RAW CL	Kim Duggan	75	10/07/20212	Kim Duggan	47.5	10/07/20212	Kim Duggan	120	10/07/20212	Kim Duggan	242.5	10/07/20212
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
56	T16-17	RAW	Lillimai Coade	75	23/03/2025	Lillimai Coade	42.5	23/03/2025	Lillimai Coade	95	23/03/2025	Lillimai Coade	212.5	23/03/2025
56	T16-17	RAW CL	Abbie Bolger	67.5	28/08/2024	Abbie Bolger	37.5	28/08/2024	Abbie Bolger	85	28/08/2024	Abbie Bolger	190	28/08/2024
56	T18-19	RAW	Cara Ramsey	70	29/06/2025	Cara Ramsey	40	29/06/2025	Cara Ramsey	75	29/06/2025	Cara Ramsey	185	29/06/2025
56	JUNIOR	RAW	Ceara O'Toole	95	04/03/2017	Ceara O'Toole	50	04/03/2017	Ceara O'Toole	125	04/03/2017	Ceara O'Toole	270	04/03/2017
56	JUNIOR	RAW CL	Megan Weir	125	06/09/2022	Megan Weir	55	06/09/2022	Megan Weir	140	06/09/2022	Megan Weir	320	06/09/2022
56	OPEN	RAW	Maria Mc Shane	100	06/09/2022	Kim Duggan	57.5	23/03/2019	Maria Mc Shane	170	23/03/2022	Maria Mc Shane	312.5	23/03/2022
56	OPEN	RAW CL	Aoife Monaghan	130	26/03/2022	Aoife Monaghan	65	26/03/2022	Aoife Monaghan	127.5	26/03/2022	Aoife Monaghan	322.5	26/03/2022
56	OPEN	M/P	Aisling O'Neill	95	25/05/2023	Aisling O'Neill	50	25/05/2023	Aisling O'Neill	115	25/05/2023	Aisling O'Neill	260	25/05/2023
56	M40-44	RAW CL	Belinda Hawthorne	115	11/10/2026	Belinda Hawthorne	55	11/10/2026	Lisa Duggan	132.5	23/11/2019	Belinda Hawthorne	290	11/10/2026
56	M45-49	RAW	Kim Duggan	95.5	11/06/2019	Kim Duggan	57.5	23/03/2019	Kim Duggan	135	11/06/2019	Kim Duggan	288	21/06/2019
56	M45-49	RAW CL	Kim Duggan	100	23/11/2019	Kim Duggan	57.5	23/11/2019	Kim Duggan	132.5	23/11/2019	Kim Duggan	290	23/11/2019
56	M50-54	RAW	Zoe McCurdy	110	22/02/2026	Zoe McCurdy	60	22/02/2026	Zoe McCurdy	137.5	02/04/2026	Zoe McCurdy	307.5	22/02/2026
56	M50-54	RAW CL	Kim Duggan	102.5	26/05/2023	Kim Duggan	60.5	26/05/2023	Kim Duggan	142.5	23/03/2022	Kim Duggan	303	26/05/2023
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
60	T16-17	RAW	Cara Ramsey	82.5	02/04/2026	Cara Ramsey	42.5	02/04/2026	Cara Ramsey	95	23/03/2025	Cara Ramsey	212.5	02/06/2026
60	T16-17	SLEEVES	Cara Ramsey	72.5	26/04/2026	Cara Ramsey	45	26/04/2026	Cara Ramsey	87.5	26/04/2026	Cara Ramsey	2025	26/04/2026
60	T16-17	RAW CL	Abbie Bolger	80	23/03/2025	Abbie Bolger	37.5	23/03/2025	Abbie Bolger	82.5	23/03/2025	Abbie Bolger	200	23/03/2025
60	T18-19	RAW	Cara Ramsey	80	22/02/2026	Cara Ramsey	45	22/02/2026	Cara Ramsey	92.5	22/02/2026	Cara Ramsey	217.5	22/02/2026
60	T18-19	RAW CL	Leah Cheung	127.5	12/06/2019	Lota Leinberga	57.5	22/07/2017	Leah Cheung	135	12/06/2019	Lota Leinberga	315	12/06/2019
60	JUNIOR	RAW	Amy White	117.5	17/11/2018	Amy White	60	11/06/2019	Amy White	125	11/06/23019	AmyWhite	300	11/06/2019
60	JUNIOR	RAW CL	Lota Leinberga	115	22/07/2017	Lota Leinberga	57.5	22/07/2017	Chloe Andrews	140	10/07/2021	Lota Leinberga	290	22/07/2017
60	OPEN	RAW	Hazel Roberts	127.5	23/03/2025	Venessa O'Keefee	70	17/11/2018	Venessa O;Keefee	155	18/11/2017	Venessa O'keefee	345	17/11/2018
60	OPEN	IPL-R-SLEVES	Sandra Evans	102.5	24/10/2019	Sandra Evans	57.5	24/10/2019	Sandra Evans	132.5	24.10/2019	Sandra Evans	292.5	24/10/2019
60	OPEN	RAW CL	Natasha Maloney	147.5	18/11/2017	Natasha Moloney	72.5	24/03/2018	Michelle Guthrie	155	04/03/2017	Natasha Maloney	372.5	24/03/2018
60	OPEN	S/P	Villy O Malley	160	23/03/2019	Villy O Malley	65	13/06/2019	Villy O Malley	160	13/06/2019	Villy O Malley	377.5	23/03/2019
60	M40-44	RAW CL	Karen Mc Kernan	127.5	03/11/2017	Karen Mc Kernan	62.5	03/11/2017	SandraHammersley	140	04/03/2017	Karen Mc Kernan	320	03/11/2017
60	M45-49	RAW	Popin Douglas	80	02/10/2021	Popin Douglas	47.5	02/10/2021	Yvonne Chaney	127.5	22/02/2026	Yvonne Chaney	250	22/02/2024
60	M50-54	RAW	Zoe McCurdy	115	14/09/2026	Zoe McCurdy	57.5	14/09/2026	Zoe McCurdy	142.5	14/09/2026	Zoe McCurdy	315	14/09/2026
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
67.5	T18-19	RAW	Racheal Kane	100	23/03/2019	Racheal Kane	52.5	23/03/2019	Racheal Kane	125	23/03/2019	Racheal Kane	277.5	23/03/2019
67.5	T18-19	RAW CL	Briana Lawless	87.5	23/11/2019	Briana Lawless	37.5	23/11/2019	Briana Lawless	95	23/11/2019	Briana Lawless	220	23/11/2019
67.5	JUNIOR	RAW	Alexia Renaut Lo Pinto	117.5	26/08/2024	Alexia Renaut Lo Pinto	90	26/08/2024	Vera Klauke	140	23/03/2019	Alexia Renaut Lo Pinto	355	26/08/2024
67.5	JUNIOR	SLEEVES	Alexia Renaut Lo Pinto	90	26/04/2026	Alexia Renaut Lo Pinto	90	26/04/2026	Alexia Renaut Lo Pinto	100	26/04/2026	Alexia Renaut Lo Pinto	280	26/04/2026
67.5	JUNIOR	RAW CL	Alexia Renaut Lo Pinto	145	23/03/2025	Alexia Renaut Lo Pinto	110	23/03/2025	Lauryn Hussey Smith	160	28/08/2024	Alexia Renaut Lo Pinto	415	23/03/2025
67.5	OPEN	RAW	Vanessa O Keefe	127.5	22/07/2017	Alexia Renaut Lo Pinto	100	26/08/2024	Niamh Savage	180	22/07/2017	Niamh Savage	365	22/07/2017
67.5	OPEN	SLEEVES	Sarah Whelan	130	24/10/2019	Sarah Whelan	70	24/10/2019	Sarah Whelan	160	24/10/2019	Sarah Whelan	360	24/10/2019
67.5	OPEN	RAW CL	Venessa O'Keefee	160	23/11/2019	Sylwia Majszyk	85	14/07/2018	Assumpta Feeney	170	04/03/2017	Assumpta Feeney	400	04/03/2017
67.5	OPEN	S/P	Villy O Malley	165	21/09/2019	Edyta Piechowicz	90	06/09/2022	Edyta Piechowicz	180	25/10/2019	Edyta Piechowicz	422.5	25/10/2019
67.5	OPEN	M/P	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	85	04/09/2021	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	415	04/09/2021
67.5	M40-44	RAW CL	Assumpta Feeney	150	22/07/2017	Sylwia Majszyk	85	14/07/2018	Assumpta Feeney	162.5	22/07/2017	Assumpta Feeney	392.5	22/07/2017
67.5	M45-49	RAW CL	Popin Douglas	102.5	26/05/2023	Popin Douglas	60	28/08/2022	Popin Douglas	105	28/08/2022	Popin Douglas	265	28/08/2022
67.5	M50-54	RAW CL	Mariana Donkova	102.5	25/11/2023	Noeleen Gregory	62.5	04/03/2017	Mags Fahy	122.5	04/12/2022	Noeleen Gregory	270	04/03/2017
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
75	T13-15	CL RAW	Caroline Phelan	75	11/10/2026	Caroline Phelan	32.5	11/10/2026	Caroline Phelan	87.5	11/10/2026	Caroline Phelan	195	11/10/2026
75	T18-19	SLEEVES	Debra O Connor	80	28/09/2025	Debra O Connor	40	28/09/2025	Debra O Connor	100	28/09/2025	Debra O Connor	220	28/09/2025
75	T18-19	RAW CL	Dannan Jackson	115	28/08/2023	Dannan Jackson	65	28/08/2023	Dannan Jackson	180	28/08/2023	Dannan Jackson	360	28/08/2023
75	JUNIOR	RAW	Alexia Renaut Lo Pinto	130	29/06/2025	Alexia Renaut Lo Pinto	107.5	29/06/2025	Alexia Renaut Lo Pinto	152.5	29/06/2025	Alexia Renaut Lo Pinto	390	29/06/2025
75	JUNIOR	SLEEVES	Racheal Kane	137.5	24/10/2019	Racheal Kane	65	24/10/2019	Racheal Kane	155	24/10/2019	Racheal Kane	360	24/10/2019
75	JUNIOR	RAW CL	Alexia Renaut Lo Pinto	140	10/05/2025	Alexia Renaut Lo Pinto	107.5	10/05/2025	Grainne Considine	172.5	24/03/2018	Alexia Renaut Lo Pinto	397.5	10/05/2025
75	OPEN	RAW	Paulina Coleman	130	14/07/2018	Laura Lo-Pinto Renault	82.5	22/02/2026	Paulina Coleman	185	14/07/2018	Paulina Coleman	390	14/07/2018
75	OPEN	SLEVES	Racheal Kane	137.5	24/10/2019	Laura Lo-Pinto Renault	80	26/04/2026	Joleen Bradley	162.5	24/10/2019	Racheal Kane	360	24/10/2019
75	OPEN	RAW CL	Aisling Judge	165	10/07/2021	Grainne Considine	77.5	23/06/2018	Aisling Judge	185	10/07/2021	Aisling Judge	425	10/07/2021
75	OPEN	S/P	Helen Stokes	132.5	23/03/2025	Helen Stokes	62.5	06/07/2025	Helen Stokes	122.5	23/03/2025	Helen Stokes	310	23/03/2025
75	M40-44	RAW	Paulina Coleman	130	14/07/2018	Paulina Coleman	75	14/07/2018	Paulina Coleman	185	14/07/2018	Paulina Coleman	390	14/07/2018
75	M40-44	SLEEVES	Debbie Power	85	06/07/2025	Debbie Power	50	06/07/2025	Debbie Power	130	06/07/2025	Debbie Power	265	06/07/2025
75	M40-44	RAW CL	Jennifer Boyne	127.5	04/10/2020	Poipin Dearg	57.5	24/03/2018	Jennifer Boyne	167.5	04/10/2020	Jennifer Boyne	352.5	04/10/2020
75	M45-49	RAW	Jane McElroy	107.5	14/09/2026	Jane McElroy	67.5	02/06/2026	Jane McElroy	132.5	14/09/2026	Jane McElroy	302.5	02/06/2026
75	M45-49	RAW CL	Anna Marie O Donoghue	127.5	26/08/2023	Anna Marie O Donoghue	62.5	02/03/2024	Tara Mc Manus	147.5	26/08/2024	Anna Marie O Donoghue	327.5	02/03/2024
75	M45-49	SLEEVES	Jane McElory	102.5	19/04/2026	Jane McElory	67.5	11/10/2026	Jane McElory	130	26/04/2026	Jane McElory	297.5	26/04/2026
75	M45-49	S/P	Helen Stokes	150	19/04/2026	Helen Stokes	77.5	19/04/2026	Helen Stokes	132.5	19/04/2026	Helen Stokes	360	19/04/2026
75	M50-54	RAW	Yvonne Cassidy	95	22/02/2026	Sarah O Connor	47.5	22/02/2026	Sarah O Connor	120	22/02/2026	Yvonne Cassidy	257.5	02/06/2026
75	M50-54	SLEEVES	Helen Stokes	95	11/10/2026	Yvonne Cassidy	47.5	26/04/2026	Yvonne Cassidy	110	26/04/2026	Yvonne Cassidy	247.5	26/04/2026
75	M50-54	RAW CL	Carmel Ramsey	117.5	22/03/2019	Carmel Ramsey	52.5	22/03/2019	Carmel Ramsey	135	22/03/2019	Carmel Ramsey	305	22/03/2019
75	M50-54	S/P	Helen Stokes	142.5	28/09/2025	Helen Stokes	70	22/02/2026	Helen Stokes	130	22/02/2026	Helen Stokes	342.5	22/02/2026
75	M55-59	SLEEVES	Carmel Ramsey	95	29/06/2025	Carmel Ramsey	52.5	03/11/2024	Carmel Ramsey	132.5	29/06/2025	Carmel Ramsey	277.5	29/06?2025
75	M55-59	RAW CL	Carmel Ramsey	118	10/09/2026	Carmel Ramsey	52.5	26/04/2026	Carmel Ramsey	145	10/09/2026	Carmel Ramsey	312.5	10/09/2026
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
82.5	JUNIOR	RAW	Dannan Jackson	140.5	26/08/2024	Dannan Jackson	70	26/08/2024	Dannan Jackson	200	02/03/2023	Dannan Jackson	410.5	02/03/2024
82.5	JUNIOR	RAW CL	Dannan Jackson	165	23/03/2025	Dannan Jackson	75	10/05/2025	Dannan Jackson	207.5	10/09/2026	Dannan Jackson	445	10/09/2026
82.5	OPEN	RAW	Laura O'Shea	105	18/11/2017	Laura O'Shea	65	22/07/2017	Laura O'Shea	157.5	22/07/2017	Laura O'Shea	325	22/07/2017
82.5	OPEN	RAW CL	Aisling Juudge	170	04/09/2021	Geraldine Heasman	90	11/06/2025	Ashling Judge	200	28/08/2022	Aisling Judge	442.5	28/08/2022
82.5	M40-44	RAW	Diane Duignan	117.5	06/09/2022	Diane Duignan	47.5	23/03/2022	Diane Duignan	127.5	06/09/2022	Diane Duignan	292.5	06/09/2022
82.5	M40-44	RAW CL	Geraldine Heasman	155	10/09/2026	Geraldine Heasman	90	11/06/2025	Geraldine Heasman	175	23/03/2025	Geraldine Heasman	102.5	10/09/2026
82.5	M45-49	RAW	Helen Stokes	112.5	30/11/2024	Marion Kearns	60	04/10/2020	Marion Kearns	145	04/10/2020	Marion Kearns	305	04/10/2020
82.5	M45-49	RAW CL	Jennifer Geary	125	22/02/2026	Mioara Mara Vizinteanu	70	26/05/2023	Mioara Mara Vizinteanu	147.5	26/05/2023	Mioara Mara Vizinteanu	332.5	26/05/2023
CLASS KG	AGE	CATEGORY	Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
90	T13-15	RAW	Sophie Mac Cobb	160	31/10/2023	Sophie Mac Cobb	80	31/10/2023	Sophie Mac Cobb	140	31/10/2023	Sophie Mac Cobb	380	31/10/2023
90	T16-17	RAW	Sophie Mac Cobb	135	22/02/2026	Sophie Mac Cobb	85	22/02/2026	Sophie Mac Cobb	135	22/02/2026	Sophie Mac Cobb	355	22/02/2026

90	T16-17	RAW CL	Lucy Holland	110	28/08/2024	Lucy Holland	45	28/08/2024	Lucy Holland	107.5	28/08/2024	Lucy Holland	257.5	28/08/2024
90	T18-19	RAW	Elizabeth Lupu	105	04/03/2017	Elizabeth Lupu	72.5	04/03/2017	Yvonne Boyle	140	23/03/2019	Yvonne Boyle	287.5	23/03/209
90	JUNIOR	RAW CL	Olivia Lane	160	22/07/2017	Olivia Lane	90	22/07/2017	Olivia Lane	190	22/07/2017	Olivia Lane	440	22/07/2017
90	OPEN	RAW	Louise Kershaw	140	17/11/2018	Elizabeth Lupu	72.5	04/03/2017	Louise Kershaw	150	23/06/2018	Louise Kershaw	352.5	17/11/2018
90	OPEN	RAW CL	Olivia Lane	160	22/07/2017	Olivia Lane	90	22/07/2017	Olivia Lane	190	22/07/2017	Olivia Lane	440	22/07/2017
90	OPEN	S/P	Paulina Coleman	220	10/07/2021	Paulina Coleman	110	10/07/2021	Paulina Coleman	210	10/07/2021	Paulina Coleman	520	10/07/2021
90	OPEN	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
90	M40-44	SLEEVES	Geraldine Heasman	120	26/04/2026	Geraldine Heasman	87.5	26/04/2026	Geraldine Heasman	155	26/04/2026	Geraldine Heasman	362.5	26/04/2026
90	M40-44	RAW CL	Sandra Ryan	140	12/06/2019	Amy Larkin	57.5	10/09/2026	Sandra Ryan	132.5	12/06/2019	Sandra Ryan	321	12/06/2019
90	M40-44	S/P	Paulina Coleman	200	23/03/2022	Paulina Coleman	122.5	23/03/2022	Paulina Coleman	205	23/03/2022	Paulina Coleman	532.5	23/03/2022
90	M40-44	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
90	M45-49	RAW	Donna Spencer	130	23/03/2025	Donna Spencer	72.5	23/03/2025	Donna Spencer	167.5	23/03/2025	Donna Spencer	370	23/03/2025
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
100	JUNIOR	RAW	Feyth Efegbare	85	02/03/2024	Feyth Efegbare	57.5	02/03/2024	Feyth Efegbare	115	02/03/2024	Feyth Efegbare	257.5	02/03/2024
100	OPEN	RAW	Sarah Skehan	145	23/11/2019	Nicola Crawley	75	11/06/2019	Sarah Skehan	165	23/11/2019	Nicola Crawley	380	11/06/2019
100	OPEN	IPL-R-SLEVES	Nicola Crawley	160	24/10/2019	Nicola Crawley	77.5	24/10/2019	Nicola Crawley	165	17/08/2019	Nicola Crawley	400	24/10/2019
100	OPEN	RAW CL	Louise Kershaw	160	06/11/2019	Olivia Donnelly	70	13/04/2025	Olivia Donnelly	170	25/11/2023	Olivia Donnelly	380	25/11/2023
100	M40-44	RAW	Nicola Crawley	142.5	11/06/2019	Dona Spencer	82.5	04/03/2023	Dona Spencer	175	04/03/2023	Nicola Crawley	380	11/06/2019
100	M40-44	IPL-R-SLEVES	Nicola Crawley	160	24/10/2019	Nicola Crawley	77.5	24/10/2019	Nicola Crawley	165	17/08/2019	Nicola Crawley	400	24/10/2019
100	M40-44	RAW CL	Amy Larkin	122.5	22/02/2026	Jacinta Smith	75	11/06/2019	Arlette Bomahou	130	10/07/2021	Linda Murphy	315	23/03/2019
100	M45-49	RAW	Jennifer Geary	140	02/03/2024	Donna Spencer	85	02/03/2024	Donna Spencer	177.5	02/03/2024	Donna Spencer	387.5	02/03/2024
100	M45-49	RAW CL	Nicole Craig	135	02/10/2021	Nicole Craig	72.5	02/10/2021	Nicole Craig	182.5	02/10/2021	Nicole Craig	255	02/10/2021
100	M45-49	S/P	Paulina Coleman	180	06/09/2022	Paulina Coleman	120	06/09/2022	Paulina Coleman	200	06/09/2022	Paulina Coleman	480	06/09/2022
100	M50-54	RAW	Olivia Donnelly	130	29/06/2025	Olivia Donnelly	65	29/06/2025	Olivia Donnelly	160	29/06/2025	Olivia Donnelly	360	29/06/2025
100	M50-54	RAW CL	Olivia Donnelly	140	13/04/2025	Olivia Donnelly	72.5	22/02/2026	Olivia Donnelly	172.5	22/02/2026	Olivia Donnelly	380	25/11/2023
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
110	JUNIOR	RAW CL	Hazel Walsh	65	26/05/2023	Hazel Walsh	42.5	04/03/2023	Hazel Walsh	110	26/05/2023	Hazel Walsh	217.5	26/05/2023
110	OPEN	RAW	Isabelle Mc Cabe	150	26/08/2024	Isabelle Mc Cabe	80	26/08/2024	Isabelle Mc Cabe	175	26/08/2024	Isabelle Mc Cabe	405	26/08/2024
110	OPEN	RAW CL	Ayshea Ullah	215	04/03/2017	Ayshea Ullah	82.5	04/03/2017	Ayshea Ullah	212.5	04/03/2017	Ayshea Ullah	510	04/03/2017
110	OPEN	S/P	Sarah Skehan	245	02/03/2024	Sarah Skehan	105	26/08/2024	Sarah Skehan	180	02/03/2024	Sarah Skehan	525	28/08/2023
110	M40-44	RAW	Jennifer Geary	117.5	04/12/2022	Jennifer Geary	65	04/12/2022	Jennifer Geary	117.5	04/12/2022	Jennifer Geary	300	04/12/2022
110	M40-44	RAW CL	Amy Larkin	130	26/08/2024	Amy Larkin	67.5	02/03/2024	Amy Larkin	110	02/03/2024	Amy Larkin	302.5	26/08/2024
CLASS KG	**AGE**	**CATEGORY**	**Name**	**Squat**	**Date**	**Name**	**Bench**	**Date**	**Name**	**Deadlift**	**Date**	**Name**	**Totals**	**Date**
110+	OPEN	RAW	Gemma Waters	95	26/05/2023	Gemma Waters	47.5	26/05/2023	Gemma Waters	130	26/08/2024	Gemma Waters	267.5	26/05/2023
110+	OPEN	RAW CL	Sarah Skehan	165	04/03/2023	Amy Larkin	75	04/03/2023	Sarah Skehan	170	04/03/2023	Sarah Skehan	405	04/03/2023
110+	M40-44	RAW	Aideen Clarke	115	26/05/2023	Aideen Clarke	70	04/03/2023	Aideen Clarke	147.5	26/05/2023	Aideen Clarke	332.5	26/05/2023
110+	M40-44	RAW CL	Amy Larkin	100	25/112023	Amy Larkin	67.5	25/11/2023	Amy Larkin	110	25/112023	Amy Larkin	277.5	25/112023
110+	M45-49	RAW	Aideen Clarke	127.5	26/08/2024	Aideen Clarke	70	02/03/2024	Aideen Clarke	150	02/03/2024	Aideen Clarke	342.5	26/08/2024
110+	M45-49	RAW CL	Jancinta Smaith	155	04/03/2023	Jacinta Smith	75	04/03/2023	Jacinta Smith	165	03/04/2023	Jancinta Smaith	395	04/03/2023
110+	M50-54	RAW CL	Jancinta Smaith	185	02/03/2024	Jacinta Smith	75	02/03/2024	Jacinta Smith	170	02/03/2024	Jancinta Smaith	430	02/03/2024