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**	Stephen Rigley	137.5	11/10/2026
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 Sazenski	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	150	12/09/2026
100	**M50-54**	**UNLIMITED**	Michael Coleman	220	11/09/2026
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	180	11/10/2026
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

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 Gallagher	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 Brodie Lynch	175	21/02/2017
82.5	**T18-19**	**RAW**	Conor Nolan	250	17/11/2018
82.5	**T18-19**	**SINGLE-PLY**	Jason Brodie Lynch	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**	Alberto Van Burgh	185	11/10/2026
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 Keeffe	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**	Andre 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

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W/C KG'S	AGE	CATEGORY	Name	Bench	Date
48	**Open**	**RAW**	Karen Guthrie	47.5	04/03/2017
52	**Junior**	**RAW**	Aofie Monahgan	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**	Geraldine Bogetoft Power	65	12/09/2026
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
82.5	**M50-55**	**RAW**	Anna Hunter	55	11/10/2026
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

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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	**M50-55**	**RAW**	Anna Hunter	130	11/10/2026
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