IPO- IRISH BENCHPRESS RECORDS MEN

CLASS KG	AGE	CATEGORY	Name	Bench	Date
56	**T18-19**	**RAW**	Shane Barret	67.5	23/02/2014
56	**Junior**	**SINGLE-PLY**	Aspeck Dzhaparov	115	31/03/2012
56	**Open**	**RAW**	Aspeck Dzhaparov	95	13/02/2016
56	**Open**	**SINGLE-PLY**	Aspeck Dzhaparov	115	31/03/2012
60	**T18-19**	**RAW**	Brian O'Farrell	80	23/02/2014
60	**T18-19**	**SINGLE-PLY**	Jonathan Curtain	105	04/04/2010
60	**T18-19**	**MULTIPLY**	Adam Priestly	82.5	05/04/2014
60	**Junior**	**RAW**	Aspeck Dzhaparov	112.5	14/11/2014
60	**Junior**	**SINGLE-PLY**	Ruairi MC Cann	120	04/04/2010
60	**Junior**	**MULTIPLY**	Adam Priestly	82.5	05/04/2014
60	**Open**	**RAW**	Aspeck Dzhaparov	112.5	14/11/2014
60	**Open**	**SINGLE-PLY**	Ruairi MC Cann	120	04/04/2010
60	**Open**	**MULTIPLY**	Adam Priestly	90	01/10/2014
60	**M45-49**	**SINGLE-PLY**	Sean Cregan	95	03/06/2011
67.5	**T18-19**	**RAW**	Brandon Power	92.5	31/03/2012
67.5	**T18-19**	**RAW**	Barry Keehan	95	01/09/2007
67.5	**Junior**	**RAW**	Aspeck Dzhaparov	130	05/04/2014
67.5	**Junior**	**SINGLE-PLY**	Ruairi MC Cann	167.5	03/11/2010
67.5	**Junior**	**MULTIPLY**	Adam Priestly	105	04/04/2015
67.5	**Open**	**RAW**	Rainer Altmae	167.5	27/03/2016
67.5	**Open**	**SINGLE-PLY**	Rainer Altmae	190	13/02/2016
67.5	**Open**	**MULTIPLY**	Ruairi Mc Cann	210	27/03/2016
67.5	**M40-44**	**SINGLE-PLY**	G MC Namara	160	01/09/2007
67.5	**M45-49**	**SINGLE-PLY**	Sean Cregan	90	05/03/2011
75	**T13-15**	**SINGLE-PLY**	Alex Lewis	120	28/09/2024
75	**T13-15**	**RAW**	Oisin Kelly	75	22/08/2026
75	**T16-17**	**RAW**	Nikita Petrous	82.5	28/02/2015
75	**T18-19**	**RAW**	Padraic Creaven	125	03/09/2016
75	**T18-19**	**SINGLE-PLY**	Killan Prenderville	90	04/04/2016

75	Junior	RAW	Padraic Creaven	125	03/09/2016
75	Junior	SINGLE-PLY	S MIRZAJEVAS	180	03/05/2009
75	Junior	MULTIPLY	Adam Priestly	132.5	26/03/2016
75	Open	RAW	Rboert Vegso	172.5	13/02/2016
75	Open	PARA	Thomas MC Cague	132.5	03/09/2016
75	Open	SINGLE-PLY	Olegs Saruks	240	31/07/2016
75	Open	MULTIPLY	Rainier Altmae	235	15/04/2017
75	M45-49	RAW	Sean Cregan	100	26/04/2014
75	M45-49	SINGLE-PLY	Sean Cregan	125	27/04/2013
75	M45-49	MULTIPLY	Sean Cregan	125	23/02/2014
75	M50-54	RAW	Sean Cregan	125	25/03/2016
75	M50-54	SINGLE-PLY	Tommy Warby	145	24/11/2016
75	M65-69	RAW	BILL HEALY	135	04/04/2015
75	M80-84	RAW	Tommy Dillion	75	13/04/2025
82.5	T13-15	RAW	Jason Brodie Lynch	60	26/06/2016
82.5	T16-17	RAW	Patrick Mc Sweeney	150	09/08/2025
82.5	T18-19	RAW	Kieran Bennett	115	28/02/2015
82.5	Junior	RAW	Robert Vegso	185	27/03/2016
82.5	Junior	SINGLE-PLY	O Cafferty	195	01/09/2007
82.5	Open	RAW	Robert Vegso	187.5	17/09/2017
82.5	Open	SINGLE-PLY	Graham Quirke	220	17/09/2017
82.5	M45-49	RAW	Sean Cregan	117.5	28/02/2015
82.5	M45-49	SINGLE-PLY	Bernard Morgan	165	09/04/2006
82.5	M45-49	MULTIPLY	Sean Cregan	130	14/11/2013
82.5	M50-54	RAW	Mark Fitzgerald	140	14/11/2013
82.5	M50-54	SINGLE-PLY	Sean Cregan	145	17/09/2014
82.5	M50-54	MULTIPLY	Sean Cregan	150	17/10/2015
82.5	M55-59	RAW	Ron St Leger	107.5	25/03/2016
82.5	M60-64	RAW	Bill Healy	140	14/11/2013
82.5	M60-64	SINGLE-PLY	Tommy Dillon	150	12/11/2005
82.5	M65-69	RAW	Tommy Dillon	95	03/03/2013
82.5	M65-69	SINGLE-PLY	Tommy Dillon	135	27/09/2009
82.5	M70-74	RAW	Tommy Dillon	95	14/09/2014

82.5	M70-74	SINGLE-PLY	Billy Kid	100	06/04/2013
82.5	M75-79	RAW	Tommy Dillon	80	22/08/2018
90	T16-17	RAW	Jason Brodie Lynch	75	06/06/2016
90	T18-19	RAW	Mark Cleary	130	03/03/2013
90	T18-19	SINGLE-PLY	Dave foster	150	26/09/2006
90	Junior	RAW	Mark Higgins	177.5	05/04/2015
90	Junior	SINGLE-PLY	James Hanley	155	06/05/2007
90	Open	RAW	Tommy Dolan	212.5	16/06/2019
90	Open	PARA	Thomas MC Cague	137.5	11/07/2021
90	Open	SINGLE-PLY	Bernard Delaney	262.5	12/11/2009
90	Open	MULTIPLY	Shane Brodie	250	27/03/2016
90	M40-44	RAW	Damo Casey	190	27/03/2016
90	M40-44	SINGLE-PLY	Shane Brodie	212.5	28/06/2014
90	M40-44	MULTIPLY	Shane Brodie	250	27/03/2016
90	M45-49	RAW	Shay Kirwin	150	04/11/2017
90	M45-49	SINGLE-PLY	Shane Brodie	171	10/11/2015
90	M45-49	MULTIPLY	Shane Brodie	150	17/11/2018
90	M50-54	RAW	JJ Dunne	142.5	15/10/2015
90	M50-54	SINGLE-PLY	JJ Dunne	157.5	10/11/2018
90	M55-59	RAW	Andrzej Gron	148	21/02/2017
90	M55-59	SINGLE-PLY	Martin Dillon	110	26/07/2008
90	M60-64	RAW	Patrick Gormley	130	25/07/2015
90	M60-64	SINGLE-PLY	Tommy Dillon	142.5	01/09/2007
90	M70-74	RAW	Terry Flood	120	25/07/2015
90	M70-74	SINGLE-PLY	Clem Foley	130	09/04/2006
100	T18-19	RAW	Artur Gadek	160	06/04/2006
100	T18-19	SINGLE-PLY	Dave foster	150	26/11/2006
100	Junior	RAW	Jesse Moran	185	13/02/2016
100	Junior	SINGLE-PLY	Owen Cafferty	205	26/11/2006
100	Open	RAW	Bernard Delaney	232	23/02/2014
100	Open	SINGLE-PLY	Bernard Delaney	270	12/12/2009
100	Open	MULTIPLY	Maksims Selickis	300	16/11/2013
100	M40-44	RAW	Bernard Delaney	232.5	23/02/2014

100	M40-44	SINGLE-PLY	David Smith	232.5	12/11/2009
100	M40-44	MULTIPLY	Shane Brodie	245	03/09/2016
100	M45-49	RAW	Damien Casey	180	10/11/2021
100	M45-49	SINGLE-PLY	David Smith	232.5	12/11/2009
100	M45-49	MULTIPLY	Shane Brodie	192.5	16/02/2020
100	M50-54	RAW	Andrew Scully	160	05/02/2022
100	M55-59	RAW	Sean Bullman	90	04/04/2015
100	M55-59	SINGLE-PLY	Gerry Mc Afee	100	05/04/2014
100	M55-59	MULTIPLY	Gerry Mc Afee	120	04/04/2015
110	T18-19	SINGLE-PLY	R Martin	130	19/10/2008
110	Junior	RAW	Killian Carolan	201	10/02/2018
110	Junior	SINGLE-PLY	J Quirke	227.5	26/11/2006
110	Junior	MULTIPLY	Sean Hough	200	16/06/2019
110	Open	RAW	David O Sullivan	220	27/03/2016
110	Open	SINGLE-PLY	Maksims Selickis	3OO	18/10/2015
110	Open	MULTIPLY	Maksims Selickis	307.5	28/02/2015
110	M40-44	RAW	Pawel Stachurski	202.5	24/02/2019
110	M40-44	RAW	Micheal Coleman	192.5	16/06/2019
110	M45-49	RAW	Tomasz Sobocinski	167.5	21/03/2026
110	M45-49	SINGLE-PLY	Pat Mc Namara	165	09/04/2006
110	M50-54	RAW	Des Ryan	110	04/04/2015
110	M50-54	SINGLE-PLY	David Smith	220	06/04/2013
110	M55-59	RAW	Quinten Mccauley	145	06/06/2026
110	M60-64	RAW	Gerry Mc Namara	152.5	15/09/2013
110	M65-69	RAW	Gerry Mc Namara	137.5	17/10/2015
125	Junior	RAW	Killian Carolan	192.5	01/10/2016
125	Junior	SINGLE-PLY	Aron Hayes	120	14/09/2014
125	Junior	MULTIPLY	Sean Hough	220	16/02/2020
125	Open	RAW	Peter Wojtalk	235	03/03/2013
125	Open	SINGLE-PLY	Tony O'Rourke	310	04/15/2022
125	Open	MULTIPLY	Ben Loughrey	352.5	05/04/2014
125	M40-44	RAW	Frances Kirby	212.5	21/02/2017
125	M40-44	SINGLE-PLY	Tony O'Rourke	272.5	28/09/2024

125	M40-44	MULTIPLY	Paudie Phelan	200	24/02/2019
125	M45-49	RAW	Piotr Wojtalik	170	04/12/2022
125	M45-49	SINGLE-PLY	P MC Namara	170	19/11/2005
125	M50-54	RAW	Richard Horan	155	05/02/2022
125	M50-54	SINGLE-PLY	Paudie Phelan	170	21/09/2025
125	M55-59	RAW	Richard Horan	172.5	28/05/2023
140	T18-19	RAW	Aaron Hayes	120	26/03/2016
140	Junior	RAW	Aaron Hayes	165	05/03/2017
140	Open	RAW	Peter Wojtalk	230	15/09/2012
140	Open	SINGLE-PLY	Dave O'Sullivan	300	05/03/2011
140	Open	MULTIPLY	Bob Keily	272.5	10/02/2018
140	M40-44	RAW	Thomas Drzewieki	220	14/09/2014
140	M40-44	SINGLE-PLY	Oskars Zvarts	292.5	16/06/2019
140	M40-44	MULTIPLY	Bob Kiely	250	23/03/2025
140	M45-49	RAW	Paudie Phelan	155	28/05/2023
140	M50-54	RAW	John O Connor	150	24/03/2024
140	M50-54	SINGLE-PLY	Paudie Phelan	185	13/04/2025
140	M50-54	MULTIPLY	Paudie Phelan	180	06/06/2026
140+	T18-19	RAW	Aaron Hayes	150	01/10/2016
140+	Junior	RAW	Aaron Hayes	172.5	17/11/2018
140+	Junior	MULTIPLY	Aaron Hayes	215	17/09/2017
140+	Open	RAW	Brian Steel	245	28/02/2015
140+	Open	SINGLE-PLY	Leslie Steel	270	14/09/2014
140+	Open	MULTIPLY	Aaron Hayes	215	17/09/2017
140+	M40-44	RAW	Henk Frijters	202.5	19/04/2026
140+	M40-44	SINGLE-PLY	Oskars Zvarts	270	16/02/2020
140+	M50-54	RAW	John O Connor	190	23/03/2025

IPO- IRISH DEADLIFT RECORDS MEN

CLASS KG	AGE	CATEGORY	Name	Deadlift	Date

56	T13-15	RAW	Evan Bedford Grant	65	18/10/2015
56	Junior	SINGLE-PLY	Aspek Dzhaparov	175	31/03/2012
56	Open	SINGLE-PLY	J Gavigan	180	24/11/2006
60	T18-19	RAW	Wayne Healy	167.5	15/10/2015
60	T18-19	SINGLE-PLY	Adam Priestly	150	31/12/2012
60	T18-19	MULTIPLY	Adam Priestly	212.5	05/04/2014
60	Junior	RAW	Aspek Dzhaparov	182.5	14/11/2013
60	Junior	SINGLE-PLY	Ruairi Mc Cann	210	04/04/2010
60	Open	RAW	Aspek Dzhaparov	182.5	14/11/2013
60	M45-49	SINGLE-PLY	Sean Cregan	190	03/06/2011
67.5	T18-19	RAW	Brandon Power	185	31/03/2012
67.5	T18-19	SINGLE-PLY	B Mc Cormack	162.5	04/04/2010
67.5	Junior	RAW	Aspek Dzhaparov	190	05/04/2015
67.5	Junior	SINGLE-PLY	Ruairi Mc Cann	237.5	03/11/2010
67.5	Junior	MULTIPLY	Adam Priestley	215	04/04/2015
67.5	Open	RAW	Ruairi Mc Cann	240	27/03/2016
67.5	Open	SINGLE-PLY	Ruairi Mc Cann	245	03/06/2011
67.5	Open	MULTIPLY	Ruairi Mc Cann	255	27/03/2016
67.5	M45-49	SINGLE-PLY	Sean Cregan	180	05/03/2011
67.5	M50-54	RAW	Liam Beville	175	02/08/2018
75	T16-17	RAW	Kieran Bennett	260	04/04/2015
75	T18-19	RAW	Kieran Bennett	260	04/04/2015
75	T18-19	SINGLE-PLY	Killan Prenderville	190	04/04/2015
75	Junior	RAW	Kieran Bennett	260	04/04/2015
75	Junior	SINGLE-PLY	Ger Smith	270	03/05/2010
75	Junior	MULTIPLY	Adam Priestley	220	16/10/2015
75	Open	RAW	Sean Donnellen	260	14/09/2014
75	Open	MULTIPLY	Rainer Altmae	275	15/04/2017
75	M45-49	RAW	Sean Cregan	225	14/09/2014
75	M45-49	SINGLE-PLY	Sean Cregan	215	18/06/2013
75	M45-49	MULTIPLY	Sean Cregan	220	31/03/2012
75	M50-54	RAW	Sean Cregan	240	25/03/2016
75	M50-54	SINGLE-PLY	Tommy Warby	230	09/04/2006

75	M65-69	RAW	Bill Healy	240	25/03/2016
82.5	T13-15	RAW	Jason Brodie Lynch	130	04/04/2015
82.5	T18-19	RAW	Scott Dean	250	25/03/2016
82.5	T18-19	SINGLE-PLY	Dave Deegan	220	04/04/2010
82.5	Junior	RAW	Stephen Casey	290	04/04/2015
82.5	Junior	SINGLE-PLY	Darren Quinn	235	03/11/2010
82.5	Open	RAW	Niall Reddan	277.5	04/12/2022
82.5	Open	SINGLE-PLY	Shane Brodie	285	12/11/2005
82.5	Open	MULTIPLY	Sean Cregan	230	14/11/2016
82.5	M45-49	RAW	Wayne Cox	250	15/10/2015
82.5	M45-49	SINGLE-PLY	Wayne Cox	275	21/02/2017
82.5	M45-49	MULTIPLY	Sean Cregan	230	14/11/2016
82.5	M50-54	RAW	Sean Cregan	235	17/10/2015
82.5	M50-54	SINGLE-PLY	Sean Cregan	190	17/09/2017
82.5	M55-59	RAW	Ron St Leger	190	25/03/2016
82.5	M60-64	RAW	Bill Healy	240	05/04/2015
82.5	M60-64	SINGLE-PLY	Tommy Dillon	235	24/11/2006
82.5	M65-69	RAW	William Kidd	180	26/06/2014
82.5	M65-69	SINGLE-PLY	Tommy Dillon	222.5	27/09/2009
82.5	M70-74	SINGLE-PLY	William Kidd	190	06/04/2013
90	T13-15	RAW	Jason Brodie Lynch	155	26/03/2016
90	T16-17	RAW	Jason Brodie Lynch	155	26/03/2016
90	T18-19	RAW	Killian Prenderville	290	07/04/2018
90	T18-19	SINGLE-PLY	Shane Nugent	236	27/09/2009
90	Junior	SINGLE-PLY	Ian Bedford	265	04/11/2010
90	Open	RAW	Anthony O Rourke	315	27/03/2016
90	Open	SINGLE-PLY	Bernard Delany	311	25/11/2006
90	Open	MULTIPLY	Shane Brodie	300	31/03/2012
90	M40-44	RAW	Shane Brodie	270	27/03/2016
90	M40-44	SINGLE-PLY	Ger Tierney	295	24/11/2006
90	M40-44	MULTIPLY	Shane Brodie	285	15/04/2017
90	M45-49	RAW	Wayne Cox	275	21/02/2017
90	M45-49	SINGLE-PLY	JJ Dunne	270	05/03/2011

90	M50-54	RAW	JJ Dunne	267.5	06/04/2014
90	M55-59	RAW	Bosco Reid	155	03/09/2016
90	M55-59	RAW	Bosco Reid	145	03/09/2016
90	M55-59	MULTIPLY	Liam Beville	285	05/02/2022
90	M65-69	SINGLE-PLY	Martin Dillon	220	26/07/2008
90	M70-74	SINGLE-PLY	Clem Foley	220	26/07/2008
100	T18-19	RAW	Josh Ellis	257.5	01/10/2016
100	T18-19	SINGLE-PLY	Rory Collins	230	06/05/2007
100	Junior	RAW	Killian Carolan	280	26/03/2016
100	Junior	SINGLE-PLY	Paul Fitzgerald	302.5	12/11/2009
100	Junior	MULTIPLY	Barry Hefferenan	275	05/03/2011
100	Open	RAW	Sean Hoey	325	01/10/2015
100	Open	SINGLE-PLY	Sean Hoey	335	21/09/2015
100	Open	MULTIPLY	Sean Hoey	325	26/07/2015
100	M40-44	RAW	Sean Hoey	325	01/10/2015
100	M40-44	SINGLE-PLY	Sean Hoey	335	21/09/2015
100	M40-44	MULTIPLY	Shane Brodie	290	03/09/2016
100	M45-49	RAW	Martin O Mahony	270	23/03/2025
100	M45-49	SINGLE-PLY	David Smith	280	15/11/2008
100	M50-54	RAW	Sean Hoey	290	28/08/2023
100	M50-54	SINGLE-PLY	Gerard Mc Afee	325	03/09/2016
100	M55-59	RAW	Sean Bullman	170	04/04/2015
100	M55-59	SINGLE-PLY	Gerard Mc Afee	325	05/04/2014
100	M55-59	MULTIPLY	Gerard Mc Afee	314	04/04/2015
110	T13-15	RAW	Oisin Smith	135	23/11/2019
110	T18-19	SINGLE-PLY	C MC Alinden	190	05/03/2011
110	Junior	RAW	Killian Carolan	300	21/02/2017
110	Junior	SINGLE-PLY	Dave Foster	250	03/05/2009
110	Junior	MULTIPLY	Barry Hefferenan	285	31/03/2012
110	Open	RAW	Shane O Neill	330	01/10/2014
110	Open	SINGLE-PLY	Nerijus Cekas	355	04/04/2015
110	Open	MULTIPLY	Paul Kiely	290	31/03/2012
110	M40-44	RAW	Eric Jesipoviius	305	27/03/2016

110	M40-44	SINGLE-PLY	Richard Penkert	245	11/03/2012
110	M45-49	RAW	Alan Mahony	260	16/10/2015
110	M45-49	SINGLE-PLY	Pat Mc Namara	280	09/04/2006
110	M50-54	RAW	Des Ryan	230	16/10/2015
110	M50-54	SINGLE-PLY	David Smith	270	06/04/2013
110	M60-64	RAW	Gerry mMc Namara	250	15/09/2013
110	M60-64	SINGLE-PLY	Gerry mMc Namara	270	25/07/2015
125	T18-19	RAW	Aaron Hayes	220	14/09/2014
125	Junior	RAW	Killian Carolan	290	01/10/2016
125	Junior	SINGLE-PLY	Sean Hough	282.5	24/02/2019
125	Junior	MULTIPLY	Sean Hough	270	16/06/2019
125	Open	RAW	Nerijus Cekas	340	27/03/2016
125	Open	SINGLE-PLY	Nerijus Cekas	350	04/11/2010
125	Open	MULTIPLY	Ben Loughrey	360	05/04/2014
125	M40-44	RAW	James Hickey	335	07/04/2018
125	M40-44	SINGLE-PLY	Richard Penkert	240	05/03/2011
125	M40-44	MULTIPLY	Paudie Phelan	265	16/11/2019
125	M45-49	RAW	Barry Sheehan	262.5	09/08/2025
125	M50-54	RAW	Richard Horan	260	05/02/2022
125	M50-54	SINGLE-PLY	Pat Mc Namara	275	25/11/2006
125	M50-54	MULTIPLY	Paudie Phelan	250	21/09/2025
125	M55-59	RAW	Richard Horan	275	25/05/2023
140	T18-19	RAW	Aaron Hayes	250	26/03/2016
140	Junior	RAW	Aaron Hayes	272.5	05/03/2017
140	Open	RAW	Vitek Wolnowski	365	07/04/2018
140	Open	SINGLE-PLY	James Hickey	330	15/04/2017
140	Open	MULTIPLY	Bob Kiely	265	26/07/2015
140	M45-49	RAW	Paudie Phelan	250	28/05/2023
140	M45-49	SINGLE-PLY	Paudie Phelan	250	30/11/2024
140	M50-54	RAW	John O Connor	182.5	03/11/2024
140	M50-54	MULTIPLY	Paudie Phelan	270	06/06/2026
140+	T18-19	RAW	Aaron Hayes	285	01/10/2015
140+	Junior	RAW	Patrick Parsons	310	17/11/2018

140+	**Open**	**RAW**	Eamonn Harford	365	04/11/2017
140+	**Open**	**SINGLE-PLY**	Leslie Steele	275	01/10/2016
140+	**Open**	**MULTIPLY**	Leslie Steele	280	04/04/2015

IPO- IRISH BENCHPRESS RECORDS WOMEN

CLASS KG	AGE	CATEGORY	Name	Deadlift	Date
48	**Open**	**RAW**	Roisin Bourke	47.5	17/10/2015
52	**Junior**	**RAW**	Anna Hourahane	70	27/03/2016
52	**Open**	**RAW**	Hazel Hu	70	27/03/2016
52	**M40-44**	**RAW**	Monica Magee	40	25/03/2016
52	**M45-49**	**RAW**	Monica Magee	45	05/03/2017
56	**Junior**	**RAW**	Kate Ring	40	14/09/2014
56	**Open**	**RAW**	Lisa Farrelly	70	07/11/2016
56	**Open**	**SINGLE-PLY**	A McNamara	95	05/03/2011
56	**M45-49**	**RAW**	Kim Duggan	55	01/10/2016
60	**T16-17**	**RAW**	Mary Taylor	55	13/02/2016
60	**T18-19**	**RAW**	Mary Taylor	55	13/02/2016
60	**Junior**	**RAW**	Mary Taylor	55	13/02/2016
60	**Open**	**RAW**	Lina O Sullivan	90	15/10/2017
60	**Open**	**SINGLE-PLY**	A Mc Namara	80	04/04/2010
60	**Open**	**MULTIPLY**	Marie Bourke	82.5	24/02/2019
60	**M40-44**	**RAW**	Siobhan Hynes	80	17/11/2017
67.5	**T16-17**	**RAW**	Carrie Phelan	30	17/10/2015
67.5	**T18-19**	**RAW**	Carrie Phelan	30	17/10/2015
67.5	**Junior**	**RAW**	Alexia Renault	102.5	28/09/2024
67.5	**Open**	**RAW**	Alexia Renault	102.5	28/09/2024
67.5	**Open**	**SINGLE-PLY**	Angie Mc Namara	98	05/03/2011
67.5	**M40-44**	**RAW**	Nicola Hart	80	28/05/2023
67.5	**M45-49**	**RAW**	Noeleen Gregory	62.5	15/10/2015
67.5	**M50-54**	**RAW**	Noeleen Gregory	65	25/03/2016

75	Junior	RAW	Deanna Hughes	110	21/02/2017
75	Open	RAW	Jennifer O Neill	115	05/04/2015
75	Open	SINGLE-PLY	Joanne Connolly	130	15/09/2018
75	Open	MULTIPLY	Jennifer O'Neill	145	15/09/2013
75	M40-44	RAW	Angie Mc Namara	107.5	01/10/2016
75	M40-44	SINGLE-PLY	Tara O'Shaughnessy	112.5	15/09/2016
75	M40-44	MULTIPLY	Tara O Shaughnessy	120	
75	M45-49	RAW	Carmel Ramsey	52.5	03/09/2016
82.5	Junior	RAW	Deanna Hughes	115	15/04/2017
82.5	Junior	SINGLE-PLY	Jenny Foster	55	19/10/2008
82.5	Open	RAW	Deanna Hughes	122.5	24/02/2019
82.5	Open	SINGLE-PLY	Joanne Connolly	130	17/09/2017
82.5	Open	MULTIPLY	Joanne Connolly	182.5	03/10/2020
82.5	M40-44	RAW	Angie Mc Namara	105	31/07/2016
82.5	M40-44	SINGLE-PLY	Tara O'Shaugnessy	110	17/10/2015
82.5	M40-44	MULTIPLY	Angie Mc Namara	140	07/06/2016
82.5	M45-49	RAW	Patricia Page	50	04/04/2015
90	Junior	RAW	Laura Grimes	60	03/09/2016
90	Open	RAW	Laura Vogelsang	97.5	17/11/2018
90	Open	SINGLE-PLY	Paula Daly	100	05/03/2017
90	Open	MULTIPLY	Joanne Connolly	170	11/06/2019
90	M40-44	RAW	Patricia Page	52.5	03/09/2016
90	M45-49	RAW	Patricia Page	52.5	03/09/2016
90	M50-54	RAW	Jennifer Joy Milliron	85	26/04/2026
100	Open	RAW	Miranda Connolly	87.5	25/07/2015
100	M40-44	RAW	Sarah Grieve	65	25/03/2016

IPO- IRISH DEADLIFT RECORDS WOMEN

CLASS KG	AGE	CATEGORY	Name	Deadlift	Date
48	Open	RAW	Roisin Burke	120	17/10/2015

52	**Junior**	**RAW**	Anna Hourahane	140	27/03/2016
52	**Open**	**RAW**	Hazel Hu	145	27/03/2016
52	**M40-44**	**RAW**	Monica Magee	105	25/03/2016
52	**M45-49**	**RAW**	Monica Magee	112.5	05/03/2017
56	**Junior**	**RAW**	Kate Ring	97.5	14/09/2014
56	**Open**	**RAW**	Lisa Farrelly	150	07/11/2016
56	**Open**	**SINGLE-PLY**	Angela MC Namara	150	27/09/2009
56	**Open**	**MULTIPLY**	Marie Bourke	157.5	16/02/2020
56	**M45-49**	**RAW**	Kim Duggan	110	01/10/2016
60	**Junior**	**RAW**	Sharon Nagle	132.5	25/03/2016
60	**Junior**	**SINGLE-PLY**	Sophia Pauzin	110	27/06/2015
60	**Open**	**RAW**	Lina O Sullivan	182.5	04/11/2017
60	**Open**	**SINGLE-PLY**	Danielle MC Kinney	162.5	21/02/2017
60	**Open**	**MULTIPLY**	Marie Bourke	152.5	24/02/2019
60	**M40-44**	**RAW**	Martina MC Gettigan	142.5	01/10/2016
60	**M40-44**	**SINGLE-PLY**	Janice Cregan	95	02/06/2011
67.5	**T16-17**	**RAW**	Carrie Phelan	80	17/10/2015
67.5	**T18-19**	**RAW**	Carrie Phelan	80	17/10/2015
67.5	**Junior**	**RAW**	Sharon Nagle	130	17/10/2015
67.5	**Open**	**RAW**	Emma Rogan	172.5	10/02/2018
67.5	**Open**	**SINGLE-PLY**	Angie MC Namara	200	05/03/2011
67.5	**Open**	**MULTIPLY**	Jennifer O'Neill	230	31/03/2012
67.5	**M40-44**	**RAW**	Nicola Hart	165	28/05/2023
67.5	**M45-49**	**RAW**	Tara Gibson	140	15/10/2015
67.5	**M50-54**	**RAW**	Noeleen Gregory	110	25/03/2016
75	**T18-19**	**SINGLE-PLY**	W MC Namara	75	27/09/2009
75	**Junior**	**RAW**	Deanna Hughes	190	21/02/2017
75	**Open**	**RAW**	Jennifer O Neill	205	05/04/2014
75	**Open**	**SINGLE-PLY**	Tara O Shaughnessy	200	15/09/2016
75	**Open**	**MULTIPLY**	Tara O Shaughnessy	200	15/04/2017
75	**M40-44**	**RAW**	Angie Mc Namara	205	01/10/2016
75	**M45-49**	**RAW**	Carmel Ramsey	117.5	03/09/2016
82.5	**Junior**	**RAW**	Deanna Hughes	205	15/04/2017

82.5	**Open**	**RAW**	Angie Mc Namara	210	31/07/2016
82.5	**Open**	**SINGLE-PLY**	Tara O Shaughnessy	205	01/10/2016
82.5	**Open**	**MULTIPLY**	Angie Mc Namara	200	07/06/2006
82.5	**M40-44**	**RAW**	Angie Mc Namara	210	31/10/2016
82.5	**M40-44**	**SINGLE-PLY**	Tara O Shaughnessy	205	01/10/2016
82.5	**M40-44**	**MULTIPLY**	Angie Mc Namara	200	07/06/2016
82.5	**M45-49**	**RAW**	Patricia Page	140	17/10/2015
90	**Junior**	**RAW**	Laura Grimes	122.5	03/09/2016
90	**Open**	**RAW**	Laura Vogelsang	185	17/11/2018
90	**Open**	**SINGLE-PLY**	Joanne Connolly	202.5	16/06/2019
90	**M40-44**	**RAW**	Sandra Ryan	142.5	05/03/2017
90	**M45-49**	**RAW**	Patricia Page	147.5	25/07/2015
90	**M50-54**	**RAW**	Jennifer Joy Milliron	170	26/04/2026
100	**Junior**	**RAW**	Gemma Moore	195	03/09/2016
100	**Open**	**RAW**	Sarah Skehan	145	16/06/2019
100	**M40-44**	**RAW**	Sarah Grieve	147.5	25/03/2016