WRPF IRELAND - MALE, NONE TESTED DIVISION, POWERLIFTING RECORDS

WC KG	AGE	Division	Name	Squat	Name	Bench	Name	Deadlift
56								
60								
67.5	Open							
75	Open	Sleeves	Patrick Mc Namara	160	Patrick Mc Namara	125	Patrick Mc Namara	200
75	M40-49	Sleeves	Denis Wall	170	Patrick Mc Namara	125	Denis Wall	207.5
75	Open	Wraps	Olegs Saruks	260	Olegs Saruks	180	Olegs Saruks	260
75	M40-49	Wraps	Olegs Saruks	260	Olegs Saruks	180	Olegs Saruks	260
82.5	Open	Wraps	Derek Abbott	277.5	Derek Abbott	170	Derek Abbott	275
82.5	M40-49	Wraps	Niall O Keeffe	225	Niall O Keeffe	170	Niall O Keeffe	245
90	Junior	Wraps	Darragh O'Keeffe	260	Darragh O'Keeffe	170	Darragh O'Keeffe	310
90	Open	Wraps	Shane Brodie	290	Darragh O'Keeffe	170	Darragh O'Keeffe	310
90	M40-49	Wraps	Shane Brodie	290	Damien Blackmore	165	Shane Brodie	265
90	M50-59	Sleeves	Shane Brodie	250	Shane Brodie	90	Shane Brodie	250
90	M50-59	Wraps	Seamus Kirwan	232.5	Seamus Kirwan	140	Seamus Kirwan	240
100	Open	Sleeves	Shane Brodie	240	Sean Hough	140	Ryan O'Donoghue	255
100	Open	Wraps	Shane Brodie	272.5	Marcelo Junior	170	Marcelo Junior	305
100	M40-49	Wraps	Sean Hoey	290	Martin O'Mahony	140	Sean Hoey	300
100	M50-59	Sleeves	Shane Brodie	240	Shane Brodie	85	Shane Brodie	240
110	T18-19	Wraps	John O'Neill	165	John O'Neill	102.5	John O'Neill	170
110	Open	Wraps	AJ Cronin	290	AJ Cronin	187.5	AJ Cronin	305
110	Open	M PLY	Paul Kiely	385	Paul Kiely	280	Paul Kiely	260
110	M50-59	Wraps	Richie Hoarn	290	Richie Hoarn	170	Richie Hoarn	260
125	Open	Wraps	Gavin Ryder	320	Gavin Ryder	190	Gavin Ryder	290
125	Open	M PLY	Sean Hough	385	Sean Hough	245	Sean Hough	317.5
125	M40-49	Wraps	Virginijus Zvinklys	317.5	Virginijus Zvinklys	190	Virginijus Zvinklys	282.5
125	M50-59	Sleeves	Frank Mc Givney	302.5	Frank Mc Givney	100	Frank Mc Givney	240
125	M50-59	Wraps	Richie Hoarn	270	Richie Hoarn	157.5	Richie Hoarn	255
140	Open	Wraps	Sean Byrne	317.5	Sean Byrne	205	Sean Byrne	310
140	M40-49	Wraps	Paudie Phelan	225	Paudie Phelan	155	Paudie Phelan	235

140+								

WRPF IRELAND - MALE TESTED DIVISION, POWERLIFTING RECORDS

WC KG	AGE	Division	Name	Squat	Name	Bench	Name	Deadlift
56								
60	T13-15	Sleeves	Zack Brodie	85	Zack Brodie	52.5	Zack Brodie	100
60	T13-15	Wraps	Zack Brodie	125	Zack Brodie	65	Zack Brodie	140
60	T16-17	Sleeves	Evan Cassidy	85	Evan Cassidy	55	Evan Cassidy	115
60	T18-19	Sleeves	Cian Brady	110	Cian Brady	85	Cian Brady	130
60	Open	MP	Barry Smith	245	Barry Smith	135	Barry Smith	195
67.5	T16-17	Sleeves	Killian Lawlor	125	Killian Lawlor	80	Jack O'Connor	175
67.5	T18-19	Wraps	Cian Hodgins	157.5	Cian Hodgins	100	Cian Hodgins	175
75	T16-17	Sleeves	Daniel O'Neill	87.5	Daniel O'Neill	70	Daniel O'Neill	140
75	T18-19	Wraps	William Prevost	182.5	William Prevost	127.5	William Prevost	220
75	Junior	Sleeves	Kevin Botezatu	200	Kevin Botezatu	120	Kevin Botezatu	180
75	M40-49	Wraps	Alan Lynch	150	Alan Lynch	100	Alan Lynch	175
82.5	T16-17	Wraps	Tadgh O'Connor	125	Tadgh O'Connor	60	Tadgh O'Connor	150
82.5	Junior	Sleeves	Adam Carrol	190	Adam Carrol	117.5	Adam Carrol	200
82.5	Open	Sleeves	Callum Reid	180	Callum Reid	130	Callum Reid	225
82.5	M40-49	Sleeves	Niall O'Keeffe	200	Niall O'Keeffe	145	Niall O'Keeffe	225
90	Junior	Disablity	Harry Greany	140	Harry Greany	52.5	Harry Greany	150
90	T13-15	Sleeves	Laurence McGrath	140	Laurence McGrath	67.5	Laurence McGrath	170
90	T18-19	Wraps	Oisin Smith	182.5	Oisin Smith	105	Oisin Smith	205
90	Open	Wraps	Mark Cosgrove	260	Mark Cosgrove	170	Mark Cosgrove	250
90	Sub M	Sleeves	Kevin McGrath	185	Kevin McGrath	110	Kevin McGrath	207.5
90	M40-49	Sleeves	Kevin McGrath	217.5	Kevin McGrath	115	Kevin McGrath	215
90	M40-49	Wraps	Kevin McGrath	222.5	Kevin McGrath	117.5	Kevin McGrath	220
100	T18-19	Sleeves	Matthew Monaghan	122.5	Matthew Monaghan	90	Matthew Monaghan	162.5
100	T18-19	Wraps	Darragh O'Keeffe	240	Darragh O'Keffee	150	Darragh O'Keffee	290

100	**Junior**	**Sleeves**	Darren Sims	180	Darren Sims	105	Darren Sims	185
100	**Junior**	**SP**	Darren Sims	270	Darren Sims	145	Darren Sims	205
100	**Open**	**Sleeves**	Christy Reddan	182.5	Christy Reddan	130	Christy Reddan	210
100	**Open**	**MP**	Andrew Bell	270	Andrew Bell	190	Andrew Bell	240
110	**Open**	**Sleeves**	Christy Reddan	240	Jamie Flynn	155	Jamie Flynn	245
110	**Open**	**Wraps**	Shane Nugent	250	Shane Nugent	162.5	Shane Nugent	285
110	**M40-49**	**Wraps**	Kieran Hegarty	255	Kieran Hegarty	160	Kieran Hegarty	260
125	**T18-19**	**Sleeves**	Jude Spencer	140	Jude Spencer	82.5	Jude Spencer	170
125	**Junior**	**Sleeves**	Evan Tyndall	230	Evan Tyndall	140	Evan Tyndall	272.5
125	**Open**	**Sleeves**	Gavin Brown	232.5	Gavin Brown	150	Gavin Brown	260
125	**M50-59**	**Sleeves**	Darren Fleming	195	Darren Fleming	130	Darren Fleming	240
140	**Junior**	**Wraps**	Thomas Kearns Horan	250	Thomas Kearns Horan	120	Thomas Kearns Horan	230
140	**Open**	**Sleeves**	Tomislav Handanovic	210	Tomislav Handanovic	145	Tomislav Handanovic	232.5
140	**M40-49**	**Sleeves**	Mark Brophy	235	Mark Brophy	235	Mark Brophy	235

WRPF IRELAND - FEMALE TESTED DIVISION, POWERLIFTING RECORDS

WC KG	AGE	Division	Name	Squat	Name	Bench	Name	Deadlift
48								
52	**Open**	**Sleeves**	Sara Rose	70	Sara Rose	35	Sara Rose	95
56	**Open**	**Sleeves**	Joanne Cussen	75	Joanne Cussen	35	Joanne Cussen	82.5
56	**Open**	**M PLY**	Aisling O'Neill	105	Aisling O'Neill	55	Aisling O'Neill	110
56	**M40-49**	**RAW**	Belinda Hawthorne	115	Belinda Hawthorne	55	Belinda Hawthorne	120
60	**T18-19**	**Sleeves**	Cara Ramsey	72.5	Cara Ramsey	45	Cara Ramsey	87.5
60	**Junior**	**Wraps**	Chloe Andrews	112.5	Chloe Andrews	55	Chloe Andrews	137.5
60	**Open**	**Sleeves**	Natalia White	100	Natalia White	55	Natalia White	97.5
60	**Open**	**Wraps**	Ellen Savage	95	Ellen Savage	45	Ellen Savage	107.5
67.5	**Junior**	**Sleeves**	Alexia Renault Lo-Pinto	90	Alexia Renault Lo-Pinto	90	Alexia Renault Lo-Pinto	100
67.5	**Open**	**Sleeves**	Alanna Nelson	92.5	Alanna Nelson	57.5	Alanna Nelson	132.5
67.5	**Open**	**Wraps**	Michelle Cosgrove	92.5	Michelle Cosgrove	57.5	Michelle Cosgrove	110
67.5	**M40-49**	**Wraps**	Poipin Douglas	105	Poipin Douglas	60	Poipin Douglas	105
67.5	**M50-59**	**Sleeves**	Mariana Dankova	60	Mariana Dankova	32.5	Mariana Dankova	100

67.5	M50-59	Wraps	Mariana Dankova	92.5	Mariana Dankova	45	Mariana Dankova	115
75	T13-15	Wraps	Caroline Phelan	75	Caroline Phelan	32.5	Caroline Phelan	87.5
75	T16-17	Sleeves	Debra O'Connor	80	Debra O'Connor	40	Debra O'Connor	100
75	Open	Sleeves	Laura Renault Lo-Pinto	95	Laura Renault Lo-Pinto	80	Laura Renault Lo-Pinto	140
75	Open	S PLY	Helen Stoked	150	Helen Stoked	77.5	Helen Stoked	132.5
75	M40-49	Sleeves	Jane Mc Elroy	102.5	Jane Mc Elroy	67.5	Jane Mc Elroy	130
75	M50-59	Sleeves	Carmel Ramsay	102.5	Carmel Ramsay	52.5	Carmel Ramsay	140
75	M50-59	S PLY	Helen Stoked	150	Helen Stoked	77.5	Helen Stoked	132.5
82.5	Junior	Wraps	Dannan Jackson	125	Dannan Jackson	65	Dannan Jackson	175
82.5	M40-49	Wraps	Tara Mc Manus	117.5	Tara Mc Manus	60	Tara Mc Manus	125
82.5	M40-49	Sleeves	Helen Stoked	95	Helen Stoked	50	Helen Stoked	115
82.5	M40-49	Wraps	Mioara Mara Vizinteanu	112.5	Mioara Mara Vizinteanu	60	Mioara Mara Vizinteanu	145
90	Open	Wraps	Rebecca Labo	135	Rebecca Labo	65	Rebecca Labo	150
90	M40-49	Sleeves	Geraldine Heasman	120	Geraldine Heasman	87.5	Geraldine Heasman	155
90	M40-49	Wraps	Shona Pepper	105	Shona Pepper	42.5	Shona Pepper	112.5
100	Open	Wraps	Rachel Curley	95	Rachel Curley	52.5	Rachel Curley	132.5
110	Open	Wraps	Sarah Skehan	160	Sarah Skehan	70	Sarah Skehan	160
110	Sub M	Wraps	Sarah Skehan	160	Sarah Skehan	70	Sarah Skehan	160
125	Junior	Sleeves	Hazel Walsh	50	Hazel Walsh	37.5	Hazel Walsh	90
125+	M40-49	Wraps	Jacinta Smith	145	Jacinta Smith	75	Jacinta Smith	162.5

WRPF IRELAND - FEMALE, NONE TESTED DIVISION, POWERLIFTING RECORDS

WC KG	AGE	Division	Name	Squat	Name	Bench	Name	Deadlift
48								
52								
56								
60								
67.5	Open	Sleeves	Nicola Harte	130	Nicola Harte	82.5	Nicola Harte	162.5
67.5	M40-49	Sleeves	Nicola Harte	130	Nicola Harte	82.5	Nicola Harte	162.5

67.5	**M40-49**	**Wraps**	Debbie Duggan	107.5	Debbie Duggan	55	Debbie Duggan	145
75	**Open**	**Sleeves**	Nicola Harte	127.5	Nicola Harte	95	Nicola Harte	172.5
75	**M40-49**	**Sleeves**	Nicola Harte	127.5	Nicola Harte	95	Nicola Harte	172.5
82.5								
90								
100								
110								
125								
125+								

Name	Total
Patrick Mc Namara	485
Patrick Mc Namara	485
Olegs Saruks	700
Olegs Saruks	700
Derek Abbott	720
Niall O Keeffe	640
Darragh O'Keeffe	735
Darragh O'Keeffe	735
Damien Blackmore	677.5
Shane Brodie	580
Seamus Kirwan	612.5
Ryan O'Donoghue	585
Marcelo Junior	735
Sean Hoey	720
Shane Brodie	565
John O'Neill	437.5
AJ Cronin	782.5
Paul Kiely	920
Richie Hoarn	720
Gavin Ryder	800
Sean Hough	942.5
Virginijus Zvinklys	790
Frank Mc Givney	642.5
Richie Hoarn	682.5
Sean Byrne	832.5
Paudie Phelan	615

Name	Total
Zack Brodie	237.5
Zack Brodie	330
Evan Cassidy	255
Cian Brady	325
Barry Smith	575
Killian Lawlor	365
Cian Hodgins	432.5
Daniel O'Neill	297.5
William Prevost	530
Kevin Botezatu	500
Alan Lynch	425
Tadgh O'Connor	335
Adam Carrol	507.5
Callum Reid	525
Niall O'Keeffe	570
Harry Greany	342.5
Laurence McGrath	377.5
Oisin Smith	492.5
Mark Cosgrove	680
Kevin McGrath	502.5
Kevin McGrath	545
Kevin McGrath	557.5
Matthew Monaghan	375
Darragh O'Keffee	680

Darren Sims	470
Darren Sims	595
Christy Reddan	522.5
Andrew Bell	700
Christy Reddan	627.5
Shane Nugent	697.5
Kieran Hegarty	675
Jude Spencer	392.5
Evan Tyndall	642.5
Gavin Brown	642.5
Darren Fleming	565
Thomas Kearns Horan	600
Tomislav Handanovic	587.5
Mark Brophy	235

Name	Total
Sara Rose	200
Joanne Cussen	192.5
Aisling O'Neill	270
Belinda Hawthorne	290
Cara Ramsey	205
Chloe Andrews	305
Natalia White	252.5
Ellen Savage	247.5
Alexia Renault Lo-Pinto	280
Alanna Nelson	282.5
Michelle Cosgrove	260
Poipin Douglas	270
Mariana Dankova	192.5

Mariana Dankova	252.5
Caroline Phelan	195
Debra O'Connor	220
Laura Renault Lo-Pinto	315
Helen Stoked	360
Jane Mc Elroy	297.5
Carmel Ramsay	295
Helen Stoked	360
Dannan Jackson	365
Tara Mc Manus	302.5
Helen Stoked	260
Mioara Mara Vizinteanu	317.5
Rebecca Labo	350
Geraldine Heasman	362.5
Shona Pepper	260
Rachel Curley	280
Sarah Skehan	390
Sarah Skehan	390
Hazel Walsh	177.5
Jacinta Smith	372.5

Name	Total
Nicola Harte	375
Nicola Harte	375

Debbie Duggan	307.5
Nicola Harte	395
Nicola Harte	395