



IDFPA National Powerlifting Championships Feb 17, 2019

Women's Competiton

Name	Bodyweight	SQUAT			BENCH			DEADLIFT			Category	WP CLASS	Total	Co eff	Points
		Lift 1	Lift 2	Lift 3	Lift 1	Lift 2	Lift 3	Lift 1	Lift 2	Lift 3					
SANDI BURKE (42)	58.05	115.0	117.5	-121.0	57.5	60.5	62.5	167.5	173.5	176.0	60.0	Sub 58s	356.0	1.1440	407.27
SHEENA DOYLE (32)	55.2	105.0	-110.0	-110.0	60.5	-62.5	-62.5	115.0	120.0	127.5	56.0	Sub 58s	293.0	1.1900	348.68
EMILY MANNING (23)	55.15	-90.0	95.0	-100.0	58.0	-62.5	-67.5	120.0	127.5	135.0	56.0	Sub 58s	288.0	1.1909	342.97
LINDA BYRNE (44)	75.45	-120.0	120.0	127.5	62.5	65.0	-67.5	135.0	140.0	145.0	82.5	Sub 84s	337.5	0.9472	319.68
LAURA BUCKLEY (25)	63.7	90.0	95.0	100.0	55.0	60.0	-62.5	130.0	140.0	-147.5	67.5	Sub 64s	300.0	1.0651	319.54
ANNA REDDIN (25)	65.8	-82.5	-87.5	92.5	52.5	55.0	57.5	145.0	152.5	-157.5	67.5	Sub 72s	302.5	1.0398	314.53
MARIA EFIMENKO	67.85	112.5	117.5	-120.0	55.0	-60.0	-60.0	125.0	130.0	132.5	75.0	Sub 72s	305.0	1.0169	310.17
SARAH COYNE (22)	59.55	95.0	100.0	-102.5	47.5	50.0	53.0	110.0	117.5	122.5	60.0	Sub 64s	275.5	1.1215	308.97
DOREEN KANE (41)	64.1	90.0	95.0	100.0	50.0	55.0	57.5	117.5	122.5	-127.5	67.5	Sub 72s	280.0	1.0601	296.84
AMY BYRNE (18)	59.65	100.0	107.5	110.0	30.0	0.0	0.0	110.0	117.5	120.0	60.0	Sub 64s	260.0	1.1200	291.21
RACHEL O CONNOR (26)	117.5	120.0	125.0	135.0	57.5	62.5	65.0	145.0	155.0	160.0	90.1	100+	360.0	0.8029	289.03
LOUISE MCKEVITT (36)	56.35	70.0	75.0	-80.0	37.5	40.0	-42.5	125.0	-130.0	130.0	60.0	Sub 58s	245.0	1.1710	286.88
RACHEL O'MAHONY (22)	62.1	80.0	-92.5	92.5	50.0	55.0	-57.5	100.0	110.0	115.0	67.5	Sub 64s	262.5	1.0859	285.04
RÓISÍN BYRNE (18)	49.05	-57.5	62.5	67.5	41.0	42.5	45.0	92.5	97.5	100.5	52.0	Sub 53s	213.0	1.3034	277.63
SANDRA MASTERSON (38)	94.35	100.0	105.0	-110.0	70.0	75.0	-80.0	130.0	140.0	145.0	90.1	Sub 100s	325.0	0.8486	275.79
NICOLA HORAN (25)	67.95	-92.5	92.5	97.5	42.5	-47.5	-47.5	100.0	110.0	122.5	75.0	Sub 72s	262.5	1.0159	266.67
EMILY KEANE (20)	65.55	85.0	95.0	-102.5	42.5	-45.0	0.0	105.0	112.5	-120.0	67.5	Sub 72s	250.0	1.0427	260.67
NIINA JARVENKARI (45)	78.05	95.0	100.0	-105.0	57.5	60.0	62.5	100.0	105.0	-110.0	82.5	Sub 84s	267.5	0.9281	248.26
CAROLINE PIGOTT (33)	91.1	-90.0	90.0	-92.5	-52.5	52.5	55.0	115.0	120.0	-125.0	90.1	Sub 100s	265.0	0.8599	227.88
AMANDA BURKE (30)	99.15	90.0	-95.0	-95.0	50.0	52.5	-55.0	120.0	-125.0	125.0	90.1	Sub 100s	267.5	0.8348	223.32
BRID O SULLIVAN (62)	81.15	72.5	-82.5	-82.5	42.5	-45.0	-45.0	120.0	127.5	-130.0	82.5	Sub 84s	242.5	0.9080	220.19
LAURA DOWDALL (20)	59.4	60.0	70.0	-72.5	35.0	-42.5	0.0	80.0	-90.0	90.0	60.0	Sub 64s	195.0	1.1237	219.12
REBECCA DRAPER (20)	72.9	57.5	67.5	-77.5	50.0	55.0	-62.5	80.0	90.0	100.0	75.0	Sub 84s	222.5	0.9682	215.42
LEONIE MORAN (26)	80.2	-55.0	-55.0	55.0	30.0	-35.0	35.0	97.5	105.0	110.0	82.5	Sub 84s	200.0	0.9138	182.77
LAURA O'DRISCOLL (19)	71.85	-65.0	67.5	-80.0	30.0	32.5	-37.5	77.5	80.0	-90.0	75.0	Sub 72s	180.0	0.9775	175.95
CLODAGH HIGGINS (45)	81.85	-25.0	25.0	35.0	60.0	-65.5	65.5	65.0	70.0	82.5	82.5	Sub 84s	183.0	0.9038	165.40
RUTH SINCLAIR (19)	58.85	40.0	50.0	-52.5	27.5	-35.0	-35.0	45.0	50.0	57.5	60.0	Sub 64s	135.0	1.1319	152.80
AISLING O'NEILL (20)	63.65	40.0	-50.0	-52.5	35.0	37.5	-40.0	65.0	-75.0	-75.0	67.5	Sub 64s	142.5	1.0658	151.87
AVIVA WALSH (34)	64.45	110.0	-117.5	-120.0	-72.5	-72.5	-72.5	0.0	0.0	0.0	67.5	Sub 72s	37.5	1.0558	39.59



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ROBERT POWELL (25)	85.6	180.0	190.0	-202.5	127.5	135.0	-140.0	215.0	225.0	-230.0	90.0	Sub 94s	550.0	0.6557	360.65
EDWARD MC GARRY (24)	81.05	150.0	160.0	-170.0	130.0	-140.0	140.0	200.0	220.0	-230.0	82.5	Sub 85s	520.0	0.6772	352.12
BARRY DONOHUE (33)	87.9	160.0	170.0	-175.0	112.5	117.5	-120.0	235.0	-245.0	-245.0	90.0	Sub 94s	522.5	0.6463	337.68
ANDY KENNA (37)	99	160.0	170.0	180.0	-140.0	140.0	-145.0	210.0	222.5	230.0	100.0	Sub 105s	550.0	0.6111	336.08
ALEX SMALE (34)	74.2	-140.0	-145.0	150.0	110.0	115.0	-120.0	195.0	-215.0	-215.0	75.0	Sub 77s	460.0	0.7179	330.25
DANIEL KEENAN (25)	96.3	165.0	-172.5	180.0	110.0	120.0	-130.0	195.0	210.0	215.0	100.0	Sub 105s	515.0	0.6183	318.40
RYAN BRODERICK (19)	91.6	155.0	170.0	175.0	85.0	100.0	110.0	185.0	200.0	210.0	100.0	Sub 94s	495.0	0.6328	313.23
PAUL KENNEALLY (42)	108.7	165.0	175.0	185.0	100.0	105.0	110.0	215.0	225.0	235.0	110.0	Sub 120s	530.0	0.5907	313.05
MARTIN MCGRATH (36)	73.9	145.0	152.5	-155.0	90.0	95.0	-97.5	165.0	175.0	180.0	75.0	Sub 77s	427.5	0.7200	307.80
TRISTAN JACOBS (35)	74.25	130.0	140.0	-150.0	-90.0	90.0	100.0	170.0	180.0	-200.0	75.0	Sub 77s	420.0	0.7176	301.39
DARREN COAKLEY (20)	95.8	160.0	172.5	182.5	105.0	110.0	-120.0	177.5	192.5	-205.0	100.0	Sub 105s	485.0	0.6197	300.55
KEVIN MCGRATH (36)	88.5	155.0	165.0	175.0	90.0	100.0	-107.5	180.0	-190.0	190.0	90.0	Sub 94s	465.0	0.6440	299.44
DAVID MCHALE	107.7	150.0	160.0	165.0	112.5	117.5	122.5	205.0	215.0	-225.0	110.0	Sub 120s	502.5	0.5924	297.69
AIDAN MCDONAGH (18)	90.65	135.0	147.5	150.0	100.0	107.5	115.0	175.0	185.0	200.0	100.0	Sub 94s	465.0	0.6361	295.77
JAMES TROY (20)	80.6	-145.0	145.0	152.5	-105.0	105.0	110.0	160.0	170.0	-177.5	82.5	Sub 85s	432.5	0.6795	293.88
DAVID WALSH (33)	80.1	-140.0	140.0	160.0	90.0	-102.5	-102.5	160.0	170.0	180.0	82.5	Sub 85s	430.0	0.6822	293.33
JAMES FITZGERALD (58)	71.5	125.0	132.5	137.5	92.5	97.5	102.5	145.0	152.5	157.5	75.0	Sub 77s	397.5	0.7375	293.15
WILLIAM O'DONOHUE (19)	65.35	90.0	100.0	110.0	80.0	90.0	-100.0	145.0	155.0	170.0	67.5	Sub 69s	370.0	0.7916	292.91
VISHVNATH DOBHAL (41)	71	-135.0	145.0	155.0	90.0	95.0	100.0	125.0	135.0	140.0	75.0	Sub 77s	395.0	0.7414	292.84
MICHAEL LUCEY (23)	108.7	140.0	150.0	160.0	97.5	100.0	-105.0	205.0	225.0	-240.0	110.0	Sub 120s	485.0	0.5907	286.47
DONAHUE O'MAHONEY (20)	81.25	125.0	135.0	-145.0	100.0	105.0	-110.0	150.0	162.5	170.0	82.5	Sub 85s	410.0	0.6761	277.21
LAURENCE NEE	81.75	125.0	130.0	-135.0	82.5	-85.0	-85.0	197.5	-202.5	-202.5	82.5	Sub 85s	410.0	0.6736	276.18
CHRISTOPHER THOMAS (19)	73.8	110.0	117.5	122.5	95.0	97.5	102.5	140.0	150.0	157.5	75.0	Sub 77s	382.5	0.7207	275.66
PHILIP EWING (18)	66.4	100.0	110.0	-120.0	-70.0	75.0	77.5	-150.0	155.0	165.0	67.5	Sub 69s	352.5	0.7813	275.41
EOGHAN POOLE (20)	80	105.0	115.0	125.0	85.0	90.0	-95.0	160.0	172.5	180.0	82.5	Sub 85s	395.0	0.6827	269.66
HARSHAL SHORI (18)	70.3	-100.0	107.5	115.0	75.0	85.0	-95.0	135.0	145.0	157.5	75.0	Sub 77s	357.5	0.7469	267.03
DONNCHADH CALLAGHAN (19)	85.4	125.0	135.0	-142.5	80.0	87.5	-95.0	165.0	177.5	-187.5	90.0	Sub 94s	400.0	0.6566	262.63
SEAN MACKAY (19)	97.6	110.0	120.0	130.0	90.0	97.5	-102.5	150.0	165.0	195.0	100.0	Sub 105s	422.5	0.6147	259.71
FRANK MURPHY (41)	130.6	150.0	-160.0	-160.0	90.0	95.0	-102.5	200.0	207.5	-212.5	140.0	120+	452.5	0.5651	255.71
ADRIAN NOONE (28)	85.75	107.5	117.5	-125.0	70.0	-77.5	77.5	165.0	172.5	182.5	90.0	Sub 94s	377.5	0.6551	247.29
ROSS O'CONNOR (22)	117.15	90.0	100.0	105.0	110.0	-117.5	117.5	180.0	-195.0	200.0	125.0	Sub 120s	422.5	0.5782	244.31
EOIN BUCKLEY (15)	99.15	117.5	125.0	130.5	57.5	62.5	65.5	135.0	142.5	-150.0	100.0	Sub 105s	338.5	0.6107	206.71
EOGHAN MCENERY (29)	93.8	140.0	162.5	170.0	-130.0	140.0	-142.5	-210.0	-210.0	-210.0	100.0	Sub 94s	100.0	0.6257	62.57
BERNARD BYRNE (31)	64.2	120.0	-130.0	130.0	-85.0	-85.0	-85.0	0.0	0.0	0.0	67.5	Sub 69s	45.0	0.8035	36.16