

# IDFPA National Full Power Championships 10&11th Aug 2019

			SQUAT				BENCH				DEADLIFT										
Name	Bodyweight	Age	Lift 1	Lift 2	Lift 3	Lift 4	Lift 1	Lift 2	Lift 3	Lift 4	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLASS	WP Age	Total	Co eff	Points
Sheena Doyle (32)	55.6	32	100.0	105.0	-110.0		65.0	67.5	-70.0		125.0	127.5	-130.0		56.0	Senior	Sub 58s	Open	300.0	1.1833	355.00
Leonor Rodriguez (35)	54.9	35	-80.0	80.0	87.5		-55.0	55.0	57.5		120.0	130.0	140.0	-150.0	56.0	Sub Masters	Sub 58s	Open	285.0	1.1951	340.61
Louise Mckevitt (36)	54.9	36	70.0	75.0	82.5		42.5	45.0	47.5	-48.0	127.5	137.5	145.0		56.0	Sub Masters	Sub 58s	Open	275.0	1.1951	328.66
Laura Scully (32)	54.85	32	75.0	80.0	-85.0		47.5	52.5	-57.5		117.5	122.5	-125.0		56.0	Senior	Sub 58s	Open	255.0	1.1960	304.98
Sandi Burke (43)	57.55	43	107.5	-112.5	-112.5		60.0	62.5	-66.0		155.0	160.0	-165.0		60.0	M1	Sub 58s	M 40-44	330.0	1.1518	380.09
Sarah Coyne (22)	57.95	22	97.5	102.5	-105.5		52.5	55.0	-58.5		117.5	125.0	-130.0		60.0	Junior	Sub 58s	Junior	282.5	1.1456	323.62
Shari Murphy (39)	58.65	39	60.0	-65.0	65.0		-45.0	45.0	-47.5		82.5	90.0	100.0		60.0	Sub Masters	Sub 64s	Open	210.0	1.1349	238.32
Alanna Nelson (20)	57.4	20	50.0	-55.0	55.0		25.0	30.0	32.5		75.0	80.0	85.0		60.0	Junior	Sub 58s	Junior	172.5	1.1541	199.09
Doreen Kane (42)	57.8	42	-95.0	-95.0	-95.0		50.0	52.5	55.0		115.0	120.0	122.5		60.0	M1	Sub 58s	M 40-44	82.5	1.1479	94.70
Maria Efimenko (32)	66.45	32	-110.0	-115.0	115.0		57.5	-62.5	-62.5		130.0	135.0	-140.0		67.5	Senior	Sub 72s	Open	307.5	1.0323	317.44
Rachel O'Mahony (23)	63.5	23	95.0	102.5	105.5		50.0	55.0	-57.5		130.0	137.5	145.0	-150.5	67.5	Junior	Sub 64s	Open	305.5	1.0677	326.17
Catherine Evans (43)	66.9	43	-100.0	105.0	110.5	-112.5	60.0	62.5	-65.0		125.0	130.5	-131.0		67.5	M1	Sub 72s	M 40-44	303.5	1.0273	311.79
*Ciara Murtagh (36)	66.05	36	-67.5	70.0	-72.5		42.5	45.0	-50.0		107.5	110.0	-112.5		67.5	Sub Masters	Sub 72s	Open	225.0	1.0369	233.30
Amy Masterson (25)	61.1	25	-65.0	-65.0	65.0		45.0	-47.5	-47.5		105.0	-112.5	-115.0		67.5	Senior	Sub 64s	Open	215.0	1.0994	236.38
Eileen Gorry (45)	72.7	45	110.0	115.0	120.0		75.0	82.5	83.0	84.0	140.0	145.0	-150.0		75.0	M2	Sub 84s	M 45-49	348.0	0.9699	337.53
Pamela O Boyle (41)	72.05	41	100.0	107.5	-112.5		50.0	-55.0	-55.0		137.5	145.0	-150.0		75.0	M1	Sub 72s	M 40-44	302.5	0.9757	295.15
Anita Lenehan (46)	74.35	46	112.5	-117.5	117.5		47.5	50.0	52.5		122.5	130.0	-137.5		75.0	M2	Sub 84s	M 45-49	300.0	0.9560	286.79
Indre Agajeva (32)	70.75	32	92.5	100.0	-105.0		52.5	55.0	-57.5		105.0	112.5	122.5		75.0	Senior	Sub 72s	Open	277.5	0.9877	274.09
Saoirse Mchugh (29)	70.35	29	75.0	80.0	-85.0		47.5	-52.5	-52.5		110.0	112.5	120.0		75.0	Senior	Sub 72s	Open	247.5	0.9915	245.41
Niina Jarvenkari (45)	76.25	45	90.0	95.0	-100.0		55.0	-57.5	57.5		95.0	100.0	107.5		82.5	M2	Sub 84s	M 45-49	260.0	0.9411	244.68
Leoine Moran (26)	81.2	26	70.0	77.5	85.0		40.0	-45.0	-45.0		107.5	117.5	125.0		82.5	Senior	Sub 84s	Open	250.0	0.9077	226.92
Amanda Burke (30)	88.9	30	95.0	100.0	110.0		-52.5	-52.5	52.5		125.0	130.0	-135.0		90.0	Senior	Sub 100s	Open	292.5	0.8687	254.09
Caroline Pigott (34)	82.65	34	90.0	-95.0	-95.0		55.0	-57.5	-57.5		120.0	125.0	130.0		90.0	Senior	Sub 84s	Open	275.0	0.8992	247.29
Rachel O Connor (26)	109.7	26	125.0	135.0	140.0		65.0	-67.5	67.5		140.0	-150.0	-155.0		90.1	Senior	100+	Open	347.5	0.8137	282.76
Yvonne Osan (50)	95.05	50	80.0	-90.0	-90.0		45.0	50.0	-52.5		127.5	130.0	135.0		90.1	M3	Sub 100s	M 50-54	265.0	0.8464	224.29

# IDFPA National Full Power Championships 10&11th Aug 2019

		SQUAT				BENCH				DEADLIFT											
Name	Bodyweight	Age	Lift 1	Lift 2	Lift 3	Lift 4	Lift 1	Lift 2	Lift 3	Lift 4	Lift 1	Lift 2	Lift 3	Lift 4	Category	Age Class	WP CLASS	WP Age	Total	Co eff	Points
Bernard Byrne (32)	66.65	32	110.0	125.0	132.5		75.0	-85.0			205.0	215.0	-225.0		67.5	Senior	Sub 69s	Open	422.5	0.7789	329.10
Dean Kane (28)	66.85	28	110.0	120.0	130.0		92.5	97.5	100.0		170.0	177.5	182.5		67.5	Senior	Sub 69s	Open	412.5	0.7770	320.53
Michael O Donnell (18)	64.1	18	105.0	115.0	-125.0		55.0	60.0	-65.0		145.0	155.0	160.0		67.5	T4	Sub 69s	Junior	335.0	0.8046	269.54
Thomas McNally (21)	65	21	80.0	-95.0	-95.0		45.0	50.0	-52.5		105.0	112.5	122.5		67.5	Junior	Sub 69s	Junior	252.5	0.7952	200.79
Darren Byrne (28)	66.8	28	130.0	135.0	-137.5		-70.0	-75.0	-75.0		170.0	180.0	-185.0		67.5	Senior	Sub 69s	Open	245.0	0.7775	190.49
Vishvnath Dobhal (42)	73.15	42	160.0	170.0	-172.5		-100.0	102.5	107.5		140.0	145.0	150.0		75.0	M1	Sub 77s	M 40-44	427.5	0.7253	310.05
Martin McGrath (36)	74.45	36	135.0	142.5	145.0		92.5	97.5	-100.0		160.0	167.5	-172.5		75.0	Sub Masters	Sub 77s	Open	410.0	0.7162	293.65
Jimmy Fitzgerald (58)	72.5	59	125.0	132.5	137.5		92.5	100.0	102.5		150.0	157.5	162.5		75.0	M4	Sub 77s	M 55-59	402.5	0.7300	293.82
Callum Mccarthy (21)	73.35	21	115.0	125.0	-132.5		90.0				170.0	177.5	182.5		75.0	Junior	Sub 77s	Junior	397.5	0.7238	287.73
Peter Stanev (15)	74.9	15	120.0	132.5	142.5	150.0	80.0	-90.0	90.0	-95.0	-150.0	155.0	-172.5		75.0	T2	Sub 77s	Youth	387.5	0.7132	276.37
Colm Mc Eaneaney (40)	74.65	40	110.0	-120.0	-120.0		70.0	75.0	-80.0		185.0	-195.0	-195.0		75.0	M1	Sub 77s	M 40-44	370.0	0.7149	264.51
Colm Bermingham (19)	73.15	19	100.0	115.0	130.0		40.0	60.0	-75.0		130.0	145.0	160.0		75.0	T4	Sub 77s	Junior	350.0	0.7253	253.85
Conor Moore (14)	73.6	14	60.0	70.0	85.0		90.0	90.5	-92.5		60.0	90.0	100.0		75.0	T2	Sub 77s	Youth	275.5	0.7221	198.93
Mark Hayes (23)	78.8	23	155.0	167.5	175.0		100.0	107.5	112.5		-190.0	207.5	212.5		82.5	Junior	Sub 85s	Open	500.0	0.6893	344.65
Tristan Jacobs (35)	78.55	35	150.0	157.5	162.5		105.0	112.5	117.5	-120.0	205.0	212.5	-217.5		82.5	Sub Masters	Sub 85s	Open	492.5	0.6907	340.18
David Walsh (34)	79.2	34	-155.0	155.0	167.5		-102.5	105.0	-112.5		195.0	202.5	-210.0		82.5	Senior	Sub 85s	Open	475.0	0.6871	326.36
Eoghan Poole (20)	81.1	20	120.0	130.0	135.0		92.5	97.5	-100.0		180.0	190.0	200.0		82.5	Junior	Sub 85s	Junior	432.5	0.6769	292.76
Dylan Browne (18)	81.3	18	-90.0	100.0	-110.0		85.0	95.0	105.0		185.0	195.0	202.5		82.5	T4	Sub 85s	Junior	407.5	0.6759	275.42
Robert Powell (25)	84.35	25	192.5	200.0	-207.5		130.0	137.5	140.0		220.0	230.0	-237.5		90.0	Senior	Sub 85s	Open	570.0	0.6612	376.90
Max Lauth (37)	87.55	37	175.0	182.5	190.0		122.5	127.5	-130.0		240.0	250.0	-262.5		90.0	Sub Masters	Sub 94s	Open	567.5	0.6477	367.55
Barry Donohue (33)	88.1	33	150.0	160.0	170.0		110.0	115.0	-120.0		210.0	220.0	230.0		90.0	Senior	Sub 94s	Open	515.0	0.6455	332.43
Adrian Noone (28)	87.25	28	115.0	122.5	-127.5		80.0	87.5	-90.0		185.0	192.5	200.0		90.0	Senior	Sub 94s	Open	410.0	0.6489	266.03
Roy Scott (57)	88.6	57	125.0	135.0	140.0		97.5	102.5	-107.5		155.0	167.5	-175.0		90.0	M4	Sub 94s	M 55-59	410.0	0.6436	263.87
Paul Kenneally (43)	96	43	160.0	170.0	177.5		95.0	100.0	105.0		210.0	217.5	-225.0		100.0	M1	Sub 105s	M 40-44	500.0	0.6191	309.56
John Mcmenamin (55)	106	55	-180.0	180.0	195.0		120.0	130.0	-140.0		200.0	215.0	-227.5		110.0	M4	Sub 120s	M 55-59	540.0	0.5956	321.61
David Conlan (36)	108.1	36	140.0	-152.5	160.0		-110.0	-110.0	110.0		195.0	210.0	-220.0		110.0	Sub Masters	Sub 120s	Open	480.0	0.5917	284.02
David Mcelligott (37)	112.25	37	170.0	180.0	190.0		115.0	122.5	-127.5		210.0	215.0	225.0		125.0	Sub Masters	Sub 120s	Open	537.5	0.5849	314.41
William Geraghty (45)	115.4	45	110.0	120.0	130.0		110.0	120.0	125.0		180.0	190.0	-200.0		125.0	M2	Sub 120s	M 45-49	445.0	0.5805	258.32
Nathan Neville (19)	121.9	19	-200.0	-200.0	-200.0		-120.0	-125.0	125.0		170.0	185.0	200.0		125.0	T4	120+	Junior	125.0	0.5729	71.61
Eoghan Reilly (18)	126.6	18	150.0	-162.5	162.5		-90.0	-100.0	-100.0		160.0	175.0	-185.0		140.0	T4	120+	Junior	247.5	0.5684	140.67