



Ireland Bench Records

Ed Kutin

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7/4/2023

Weight Class: 52 / 114 Female				
Division	Bench Press	Name	Resides	Date
Open	52.5 kgs / 115.7 lbs	Sharon O'Sullivan	Ireland	7/2017
18-19	45.0 kgs / 99.2 lbs	Roisin Byrne	Ireland	2/2019
20-24	50.0 kgs / 110.2 lbs	Julie Feeney	Ireland	7/2017
35-39	45.0 kgs / 99.2 lbs	Laura Swandel	Ireland	2/2017
45-49	35.0 kgs / 77.1 lbs	Mary Grant	Ireland	2/2018
50-54	32.5 kgs / 71.6 lbs	Bernie O'Mahony	Ireland	5/2018

Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	72.0 kgs / 158.7 lbs	Hazel Hu	Ireland	2/2018
18-19	45.0 kgs / 99.2 lbs	Tola Adebisi	Ireland	8/2018
20-24	58.0 kgs / 127.8 lbs	Emily Manning	Ireland	2/2019
35-39	57.5 kgs / 126.7 lbs	Leonor Rodriguez	Ireland	8/2019
50-54	32.5 kgs / 71.6 lbs	Bernie O'Mahony	Ireland	4/2019

Weight Class: 60 / 132 Female				
Division	Bench Press	Name	Resides	Date
Open	65.0 kgs / 143.2 lbs	Emily Manning	Ireland	6/2019
18-19	30.0 kgs / 66.1 lbs	Amy Byrne	Ireland	2/2019
20-24	65.0 kgs / 143.2 lbs	Emily Manning	Ireland	6/2019
35-39	53.5 kgs / 117.9 lbs	Rachel Sheridan	Ireland	6/2019
40-44	63.0 kgs / 138.8 lbs	Sandi Burke	Ireland	10/2019
45-49	47.5 kgs / 104.7 lbs	Stephanie Heeran	Ireland	8/2018

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	77.5 kgs / 170.8 lbs	Assumpta Feeney	Ireland	10/2016
18-19	42.5 kgs / 93.6 lbs	Amy Byrne	Ireland	8/2018
20-24	56.0 kgs / 123.4 lbs	Rachel O'Mahony	Ireland	10/2019
35-39	45.0 kgs / 99.2 lbs	Eileen O'Connor	Ireland	2/2017
40-44	77.5 kgs / 170.8 lbs	Assumpta Feeney	Ireland	10/2016
45-49	42.5 kgs / 93.6 lbs	Mags O'Driscoll	Ireland	4/2019

Weight Class: 75 / 165 Female				
Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Eileen Gorry	Ireland	10/2019
18-19	37.5 kgs / 82.6 lbs	Laura O'Driscoll	Ireland	2/2018

20-24	60.0 kgs / 132.2 lbs	Rebecca Draper	Ireland	4/2019
35-39	45.0 kgs / 99.2 lbs	Ber Kiely	Ireland	2/2018
40-44	82.5 kgs / 181.8 lbs	Eileen Gorry	Ireland	10/2018
45-49	85.0 kgs / 187.3 lbs	Eileen Gorry	Ireland	10/2019
50-54	67.5 kgs / 148.8 lbs	Maria Maher	Ireland	7/2017
60-64	40.0 kgs / 88.1 lbs	Brid O'Sullivan	Ireland	7/2017

Weight Class: 82.5 / 181 Female

Division	Bench Press	Name	Resides	Date
Open	68.0 kgs / 149.9 lbs	Linda Byrne	Ireland	2/2018
40-44	68.0 kgs / 149.9 lbs	Linda Byrne	Ireland	2/2018
45-49	65.5 kgs / 144.4 lbs	Clodagh Higgins	Ireland	2/2019
60-64	45.0 kgs / 99.2 lbs	Brid O'Sullivan	Ireland	10/2018

Weight Class: 90 / 198 Female

Division	Bench Press	Name	Resides	Date
Open	62.5 kgs / 137.7 lbs	Niina Jarvenkari	Ireland	5/2018
14-15	52.5 kgs / 115.7 lbs	Shauna Murphy	Ireland	8/2018
18-19	35.0 kgs / 77.1 lbs	Karina Lavery	Ireland	4/2019
40-44	62.5 kgs / 137.7 lbs	Niina Jarvenkari	Ireland	5/2018

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Resides	Date
Open	82.5 kgs / 181.8 lbs	Sandra Masterson	Ireland	6/2019
20-24	55.0 kgs / 121.2 lbs	Danielle O'Shea	Ireland	2/2017
35-39	82.5 kgs / 181.8 lbs	Sandra Masterson	Ireland	6/2019
40-44	60.0 kgs / 132.2 lbs	Debbie Steele	Ireland	5/2018
45-49	50.0 kgs / 110.2 lbs	Yvonne Osan	Ireland	2/2018
50-54	50.0 kgs / 110.2 lbs	Yvonne Osan	Ireland	8/2019

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Resides	Date
Open	105.0 kgs / 231.4 lbs	Flor O'Sullivan	Ireland	5/2018
16-17	85.0 kgs / 187.3 lbs	Luke Cunningham	Ireland	4/2019
18-19	97.5 kgs / 214.9 lbs	William O'Donohue	Ireland	4/2019
20-24	105.0 kgs / 231.4 lbs	Flor O'Sullivan	Ireland	5/2018
55-59	97.5 kgs / 214.9 lbs	James Fitzgerald	Ireland	5/2018

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Resides	Date
Open	140.0 kgs / 308.6 lbs	Marko Nugent	Ireland	2/2017
14-15	90.5 kgs / 199.5 lbs	Conor Moore	Ireland	8/2019
18-19	110.0 kgs / 242.5 lbs	Jordan Gaffney	Ireland	2/2017
20-24	120.0 kgs / 264.5 lbs	Mark Devine	Ireland	6/2019
35-39	122.5 kgs / 270.0 lbs	Alex Smale	Ireland	6/2019
40-44	120.0 kgs / 264.5 lbs	Edward Dee	Ireland	2/2018
55-59	102.5 kgs / 225.9 lbs	James Fitzgerald	Ireland	2/2019

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Resides	Date
Open	140.0 kgs / 308.6 lbs	Mark Mansfield	Ireland	5/2018
16-17	111.0 kgs / 244.7 lbs	Tom Fitzsimons	Ireland	4/2019
18-19	135.0 kgs / 297.6 lbs	Conor Nolan	Ireland	5/2018
20-24	140.0 kgs / 308.6 lbs	Mark Mansfield	Ireland	5/2018
35-39	117.5 kgs / 259.0 lbs	Tristan Jacobs	Ireland	8/2019
45-49	117.5 kgs / 259.0 lbs	Paul Madden	Ireland	5/2018
50-54	125.0 kgs / 275.5 lbs	Alan Dobbins	Ireland	7/2017

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Maurice Roche	Ireland	2/2017
18-19	117.5 kgs / 259.0 lbs	Aidan McDonohue	Ireland	4/2019
20-24	150.0 kgs / 330.6 lbs	David Gagnon	Ireland	7/2017
35-39	130.0 kgs / 286.5 lbs	Andy Kenna	Ireland	2/2017
40-44	160.0 kgs / 352.7 lbs	Maurice Roche	Ireland	2/2017
50-54	137.5 kgs / 303.1 lbs	Andy Murtagh	Ireland	7/2017
55-59	102.5 kgs / 225.9 lbs	Roy Scott	Ireland	8/2019
60-64	110.0 kgs / 242.5 lbs	John Conlon	Ireland	8/2018

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Resides	Date
Open	165.0 kgs / 363.7 lbs	Christopher Harrison	Ireland	7/2017
14-15	65.5 kgs / 144.4 lbs	Eoin Buckley	Ireland	2/2019
18-19	115.0 kgs / 253.5 lbs	Aidan Mcdonagh	Ireland	2/2019
20-24	152.5 kgs / 336.2 lbs	Christopher Harrison	Ireland	2/2017
35-39	147.5 kgs / 325.1 lbs	Andy Kenna	Ireland	11/2019
40-44	132.5 kgs / 292.1 lbs	Gerard Murphy	Ireland	2/2018
50-54	145.0 kgs / 319.6 lbs	Andy Murtagh	Ireland	10/2018

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Resides	Date
Open	155.0 kgs / 341.7 lbs	Donal O'Brien	Ireland	2/2017
14-15	70.5 kgs / 155.4 lbs	Eoin Buckley	Ireland	4/2019
16-17	70.0 kgs / 154.3 lbs	Eoin Buckley	Ireland	6/2019
18-19	125.0 kgs / 275.5 lbs	Ryan Sheehan	Ireland	8/2018
20-24	105.0 kgs / 231.4 lbs	Ross O'Connor	Ireland	7/2017
35-39	110.0 kgs / 242.5 lbs	David Conlan	Ireland	8/2019
40-44	110.0 kgs / 242.5 lbs	Paul Kenneally	Ireland	2/2019
50-54	120.0 kgs / 264.5 lbs	David MacHale	Ireland	5/2018
55-59	140.0 kgs / 308.6 lbs	John McMenamin	Ireland	6/2019
65-69	60.0 kgs / 132.2 lbs	John Rice	Ireland	7/2017

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Resides	Date
Open	150.0 kgs / 330.6 lbs	Robert Kelly	Ireland	4/2019
16-17	70.0 kgs / 154.3 lbs	Kurt Minihane	Ireland	4/2019
18-19	122.5 kgs / 270.0 lbs	Cillian O'Connell	Ireland	2/2017
20-24	130.0 kgs / 286.5 lbs	Ross O'Connor	Ireland	6/2019
35-39	150.0 kgs / 330.6 lbs	Robert Kelly	Ireland	4/2019

45-49	125.0 kgs / 275.5 lbs	William Geraghty	Ireland	8/2019
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Weight Class: 140 / 308 Male

Division	Bench Press	Name	Resides	Date
Open	150.0 kgs / 330.6 lbs	James McCarthy	Ireland	2/2017
16-17	130.0 kgs / 286.5 lbs	Jack Sheehy	Ireland	5/2018
18-19	150.0 kgs / 330.6 lbs	James McCarthy	Ireland	2/2017
35-39	122.5 kgs / 270.0 lbs	Paul Grealish	Ireland	2/2017
40-44	100.0 kgs / 220.4 lbs	Frank Murphy	Ireland	8/2018

Unknown Class: SHW Male

Division	Bench Press	Name	Resides	Date
Open	185.0 kgs / 407.8 lbs	Peter Ryan	Ireland	7/2017
18-19	150.0 kgs / 330.6 lbs	James McCarthy	Ireland	7/2017
35-39	130.0 kgs / 286.5 lbs	Paul Grealish	Ireland	7/2017
45-49	185.0 kgs / 407.8 lbs	Peter Ryan	Ireland	7/2017