



IRISH POWERLIFTING FEDERATION NATIONAL CHAMPIONSHIP 2016 – RESULTS

Grp A	Name	Div	Bwt (kg)	WtCls (kg)	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	(1) PL Total	(2) Wilks Pts
A	Claire McConnell	F-SEN-C	56.2	57	70	75	-80	75	42.5	45	-47.5	45	-90	-90	0	0	0	0.00
A	Erica Gaffney	F-SEN-C	47.4	52	75	82.5	-85	82.5	-50	52.5	55	55	95	100	102.5	102.5	240	320.81
A	Bernice Flynn	F-SEN-C	69.2	72	80	85	90	90	57.5	60	62.5	62.5	115	-120	-120	115	267.5	268.25
A	Amy Donoghue	F-U23-C	56.6	57	90	95	100	100	45	47.5	-50	47.5	120	125	130	130	277.5	323.79
A	Keira Hillary	F-SEN-C	53.4	57	92.5	95	-100	95	50	52.5	-55	52.5	127.5	132.5	135	135	282.5	344.99
A	Anna Hourihane	F-U23-C	50.4	52	100	105	107.5	107.5	62.5	65	67.5	67.5	130	-135	135	135	310	395.84
A	Hazel Hu	F-SEN-C	49.8	52	115	117.5	120	120	62.5	65	67.5	67.5	135	140	145	145	332.5	428.43
A	Dermot O'Rourke	M-U18-C	58.2	59	120	130	135	135	77.5	80	82.5	82.5	150	155	160	160	377.5	331.18
A	Louise Kenna	F-SEN-C	71.6	72	135	140	142.5	142.5	67.5	70	72.5	72.5	155	160	-165	160	375	367.39
A	Noel Whelan	M-SEN-C	58.2	59	165	170	175	175	102.5	107.5	110	110	175	185	-190	185	470	412.33
A	Aisling McManus	F-SEN-C	0	#N/A	0	0	0	0	0	0	0	0	0	0	0	0	0	0.00
A	Aibhlin Clabby	F-U18-C	0	#N/A	0	0	0	0	0	0	0	0	0	0	0	0	0	0.00
B	Abigail Cronin	F-U23-C	61	63	90	95	100	100	55	57.5	60	60	115	122.5	0	122.5	282.5	310.95
B	Aisling Stapleton	F-SEN-C	61.2	63	95	105	112.5	112.5	55	57.5	-60	57.5	117.5	125	-130	125	295	323.91

B	Linh Nguyen	F-SEN-C	60	63	125	130	132.5	132.5	57.5	60	-62.5	60	125	132.5	137.5	137.5	330	367.92
B	Vita Chainauskaite	F-SEN-C	62.6	63	-75	-80	80	80	50	55	57.5	57.5	125	130	-135	130	267.5	288.69
B	Lina O'Sullivan	F-SEN-C	60.2	63	105	110	115	115	-57.5	-57.5	57.5	57.5	127.5	132.5	137.5	137.5	310	344.72
B	Rebecca Bennett	F-U23-C	60.8	63	100	105	110	110	45	47.5	50	50	130	135	-140	135	295	325.53
B	Gabrielle Ervine	F-SEN-C	61.2	63	117.5	127.5	132.5	132.5	75	-80	-80	75	140	152.5	165	165	372.5	409.01
B	Amy Nolan	F-SEN-C	61.8	63	95	100	102.5	102.5	60	-62.5	-62.5	60	140	145	150	150	312.5	340.56
B	Louise Millar	F-SEN-C	62.6	63	130	137.5	142.5	142.5	67.5	72.5	-77.5	72.5	140	150	157.5	157.5	372.5	402.00
B	Bronagh McPeake	F-SEN-C	63	63	130	140	-150	140	57.5	62.5	67.5	67.5	150	165	170	170	377.5	405.44
B	Lauren Elder	F-SEN-C	61.2	63	-95	-100	100	100	47.5	50	-52.5	50	150	155	-157.5	155	305	334.89
B	Claire Kelly	F-u23-Guest	64.4	72	97.5	-105	-105	97.5	0	0	0	0	0	0	0	0	0	0.00
B	Sinead Heffernan	F-SEN-C	0	#N/A	0	0	0	0	0	0	0	0	0			0	0	0.00
C	Elaine Stone	F-SEN-C	75.8	84	85	90	95	95	60	65	-70	65	115	122.5	125	125	285	269.15
C	Kathleen Scully	F-SEN-C	79.6	84	105	110	115	115	52.5	55	-57.5	55	125	130	-135	130	300	275.28
C	Teanna Watts	F-SEN-C	79.4	84	-105	110	115	115	55	57.5	-60	57.5	140	145	150	150	322.5	296.35
C	Jack Caldwell	M-U18-C	64.6	66	132.5	-135	-140	132.5	-87.5	90	-95	90	140	155	160	160	382.5	305.73
C	Lauren Rooney	F-SEN-C	100.2	84+	130	140	147.5	147.5	65	70	75	75	147.5	157.5	167.5	167.5	390	324.52
C	Leslie Hoare	F-SEN-C	79.6	84	-110	115	120	120	70	72.5	-75	72.5	150	155	165	165	357.5	328.04
C	Shannon Pollock	F-SEN-C	75.6	84	137.5	142.5	147.5	147.5	-65	67.5	-72.5	67.5	160	167.5	172.5	172.5	387.5	366.54
C	James Madden	M-SEN-C	63.4	66	140	147.5	155	155	97.5	102.5	105	105	165	175	180	180	440	357.37
C	Daniel McAuley	M-U23-C	71.2	74	157.5	167.5	-172.5	167.5	105	115	117.5	117.5	185	200	205	205	490	362.50
C	Paul McLaren	M-M1-C	65.6	66	140	150	-155	150	-85	-85	-85	0	-195	0		0	0	0.00
C	Deividas Barisas	M-SEN-C	64.6	66	170	175	180	180	105	107.5	110	110	200	210	217.5	217.5	507.5	405.64
C	Louis Warren	M-SEN-C	69.6	74	160	165	-172.5	165	110	112.5	115	115	-200	210	215	215	495	372.59
C	Lorcan Everard	M-U23-C	74	74	195	205	215.5	215.5	110	117.5	120	120	220	-235	0	220	555.5	399.57

[illegible]