

RECORDS

		SQUAT					BENCH				DEADLIFT			
	M/F	DIV	Total	Athlete	Weight	Date	Total	Athlete	Weight	Date	Total	Athlete	Weight	Date
44	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	-	-	-	-	-	-	-	-	-	-	-	-
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
48	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	-	-	-	-	-	-	-	-	-	-	-	-
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
52	F	U23	97.5	Sarah Ferguson	50.7	22/06/2024	42.5	Sarah Ferguson	50.7	22/06/2024	95	Sarah Ferguson	50.7	22/06/2024
	F	OPEN	137.5	Lauren Crawford	51.4	14/12/2024	72.5	Lauren Crawford	51.4	14/12/2024	127.5	Lauren Crawford	51.4	14/12/2024
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
56	F	U23	105	Siofra Harkin	54.5	14/12/2024	50	Siofra Harkin	54.5	14/12/2024	130	Siofra Harkin	54.5	14/12/2024
	F	OPEN	135	Lauren Crawford	52.8	22/06/2024	72.5	Lauren Crawford	52.8	22/06/2024	127.5	Lauren Crawford	52.8	22/06/2024
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
60	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	137.5	Lauren Crawford	58	22/03/2025	80	Lauren Crawford	58	22/03/2025	135	Lauren Crawford	58	22/03/2025
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
67.5	F	U23	107.5	Emmy Torrens	65.1	14/12/2024	60	Emmy Torrens	65.1	14/12/2024	135	Emmy Torrens	64.1	22/06/2024
	F	OPEN	112.5	Emma Campbell	67.2	22/06/2024	55	Kathryn Douglas	66	22/06/2024	160	Kathryn Douglas	66	22/06/2024
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
75	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	120	Arnelle Gillis	75	22/03/2025	70	Kate Brady	72.4	14/12/2024	145	Arnelle Gillis	75	22/03/2025
	F	MASTER	115	Catherine McBride	73.4	25/10/2025	62.5	Catherine McBride	73.4	25/10/2025	132.5	Catherine McBride	73.4	25/10/2025
82.5	F	U23	87.5	Anna Gemmell	75.8	25/10/2025	40	Anna Gemmell	75.5	21/06/2025	95	Anna Gemmell	75.5	21/06/2025
	F	OPEN	122.5	Brooke Rodgers	78.7	22/06/2024	50	Brooke Rodgers	78.7	22/06/2024	122.5	Brooke Rodgers	78.7	22/06/2024
	F	MASTER	122.5	Karen-Ellen Browne	80	21/06/2025	65	Karen-Ellen Browne	80	21/06/2025	145	Karen-Ellen Browne	80	21/06/2025
90	F	U23	145	Aisling Roche	85.7	25/10/2025	72.5	Aisling Roche	85.7	25/10/2025	140	Aisling Roche	85.7	25/10/2025
	F	OPEN	202.5	Leah Curlett	89.7	14/12/2024	82.5	Leah Curlett	87.9	22/06/2024	170	Leah Curlett	89.7	14/12/2024
	F	MASTER	102.5	Alyson Williams	85.6	22/06/2024	57.5	Alyson Williams	85.6	22/06/2024	130	Alyson Williams	85.6	22/06/2024
100	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	122.5	Caitlin Reilly	93	25/10/2025	70	Caitlin Reilly	93	25/10/2025	132.5	Caitlin Reilly	93	25/10/2025
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-
100+	F	U23	-	-	-	-	-	-	-	-	-	-	-	-
	F	OPEN	205	Rachel Moan	127.6	22/06/2024	95	Rachel Moan	127.6	22/06/2024	180	Rachel Moan	127.6	22/06/2024
	F	MASTER	-	-	-	-	-	-	-	-	-	-	-	-

		GUEST - SQUAT					GUEST - BENCH				GUEST - DEADLIFT			
	M/F	DIV	Total	Athlete	Weight	Date	Total	Athlete	Weight	Date	Total	Athlete	Weight	Date
90	F	OPEN	202.5	Laura Vogelsang	84.9	12/06/2025	100	Laura Vogelsang	84.9	12/06/2025	192.5	Laura Vogelsang	84.9	12/06/2025