

# Tommy breaks world powerlifting record

By JESSICA QUINN

THE Southill Powerlifters have stormed their way to another victory, finishing the powerlifting season in style.

And in the process national, European and world records tumbled.

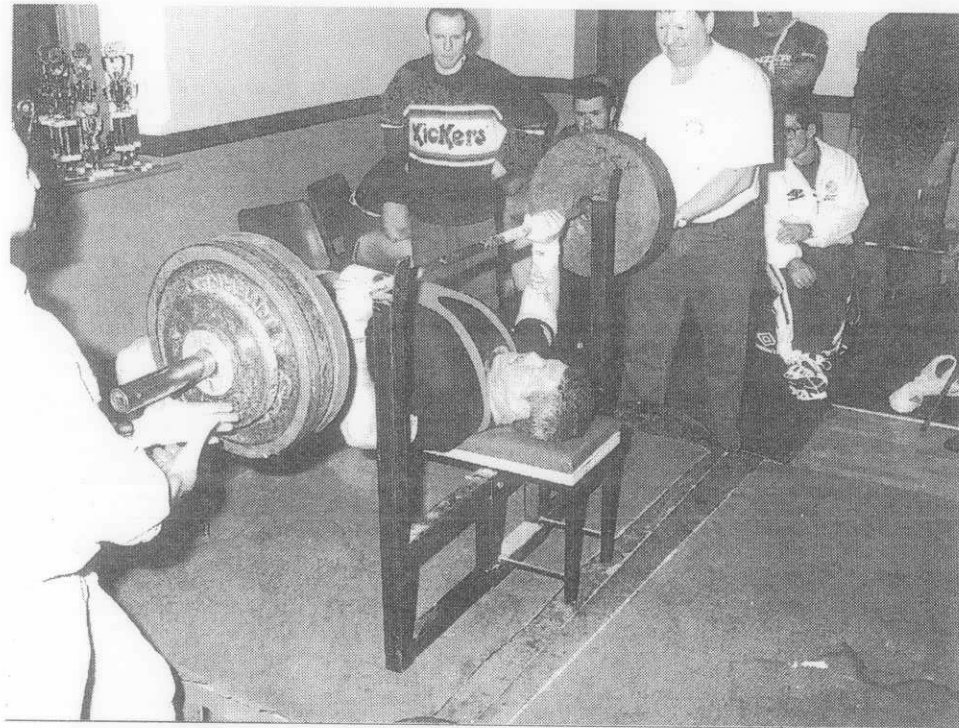
The Garda Social Club was the venue for the Irish bench press, the final event of the season. The Southill club had five lifters competing, with all five breaking Irish records to win.

The team decided not to enter the team event, having won it for the past five years in a row. They moved over and a delighted Galway City Gym took the team title.

Lifting for Southill, teenager Denis Lawlor was the winner of the 56 kilo class, setting a new Irish record. At 75 kilos, Kieran Sheedy easily won the senior title with a personal best of 165 kilos.

And in the master section for the over 40s, the 100 kilo title went to Mike McNamara with an amazing 201 kilo Irish record.

Keeping it in the family, his brother Ger lifting in



Ger McNamara sets a new Irish record of 190 kilo in the 110 class

the 110 kilo over 50 title set an Irish record of 190 kilos.

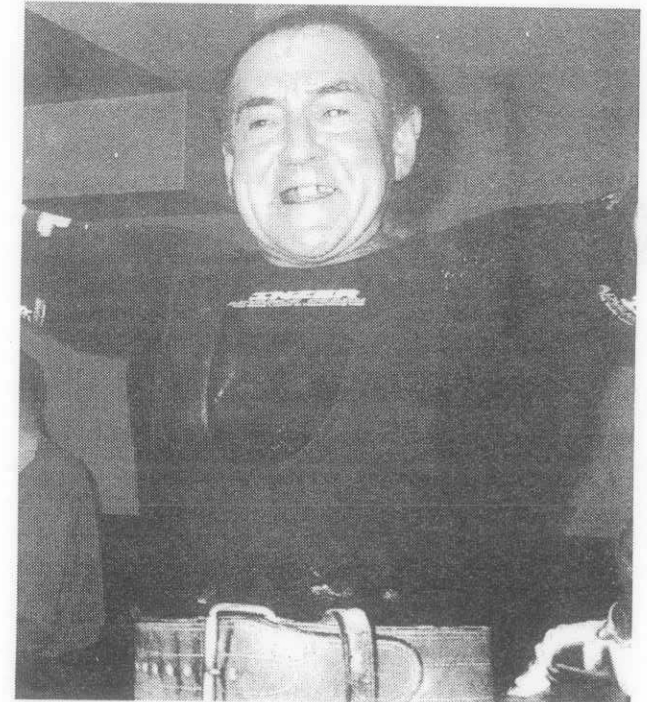
And not to be left out, club coach Tommy Dillon showed what he was made of in the 75 kilo over 50 competition. He had a per-

fect day's lifting, setting a European bench record with 153. He then set a world record of 157.5 on his next lift, and finally he broke that to set a new world record of 162.5.

The J J Kennelly spon-

sored best lifters trophy went to master lifters Tommy Dillon and Mike McNamara.

Tommy Dillon has been re-elected as president of the club following the clubs AGM. He ran unop-



Triumphant Tommy Dillon, coach of Southill, after breaking the world record held by a Russian lifter in the 75 kilo over 50 class

posed for the position.

Speaking after the competition at the Garda Social club he said: "It was great to see powerlifting expanding with over 30 lifters lifting for the

various titles."

He also congratulated the new Fedamore club, which produced three junior winners, John Condon, Ivan Ryan and Paul O'Mahony.