

National Club Championship

30-31 January 2016

L.I.T. Thurles

Class	Pl.	Name	Club	Area	Bwt.	Snatch	Jerk	Total	Sinclair	Cat.
Women										
48 kg.	1	Kelly Lee	Galway	Galway	47.20	46	61	107	178.02	Snr.
53 kg.	1	Sari Redican	Capital	Dublin	52.50	46	58	104	158.08	W2
	2	Bernadeth Doverman	CrossFit Red Iron	Midleton	49.00	27	37	64	103.05	Snr.
58 kg.	1	Hilary Riordan	Guerilla	Clonakilty	57.60	59	78	137	193.86	Snr.
	2	Eithne Harte	Guerilla	Clonakilty	53.50	59	75	134	200.62	Snr.
	3	Michelle Curtin	Galway	Galway	55.90	54	78	132	191.01	Snr.
	4	Leah McCarthy	Prodigy	Dublin	57.20	52	64	116	164.99	Snr.
	5	Michelle Massey	CrossFit Ireland	Dublin	56.60	38	54	92	131.89	Snr.
	6	Fiona Cleary	Refugees	Dublin	57.40	35	47	82	116.33	Snr.
63 kg.	1	Aoife MacNeill	Prodigy	Dublin	61.20	66	84	150	203.29	Snr.
	2	Katey Byrd	Prodigy	Dublin	62.40	64	80	144	192.59	Snr.
	3	Kortney Karnock	Capital	Dublin	62.50	57	77	134	179.03	W1
	4	Rebecca Beradelli	Prodigy	Dublin	60.20	61	71	132	180.95	Snr.
	5	Sinead O'Donnell	Elevate	Clonmel	61.00	60	70	130	176.58	Snr.
	6	Marcela Moraru	D.C.U.	Dublin	61.50	40	55	95	128.32	Snr.
	7	Siobhán O'Farrell	CrossFit Ireland	Dublin	60.70	36	48	84	114.49	Snr.
69 kg.	1	Sarah Swan	Refugees	Dublin	66.90	70	87	157	200.74	Snr.
	2	Claire McGlynn	Prodigy	Dublin	64.50	64	92	156	204.13	Snr.
	3	Dami Alamu-Kelleher	Guerilla	Clonakilty	67.80	70	85	155	196.57	U18
	4	Alice O'Connor	CrossFit Ireland	Dublin	66.20	49	62	111	142.86	Snr.
	5	Isla Hoe	Capital	Dublin	65.30	48	57	105	136.31	Snr.
	6	Ava Downing	CrossFit Ireland	Dublin	63.40	37	61	98	129.69	Snr.
	7	Caoimhe Burns	CrossFit Ireland	Dublin	68.70	43	46	89	111.97	Snr.
75 kg.	1	Abby Rekas	Galway	Galway	73.00	66	81	147	178.60	Snr.
	2	Aoife McDermott	Refugees	Dublin	72.30	40	50	90	109.94	W6
	3	Leah Pittam	Prodigy	Dublin	73.20	38	48	86	104.33	Snr.
	--	Ciara Lennon	Refugees	Dublin	70.10	40	0	40	49.73	Snr.
+75 kg.	1	Emma Dowling	Prodigy	Dublin	75.30	70	81	151	180.42	Snr.
	2	Kelly McNicholis	Galway	Galway	90.10	60	80	140	154.11	Snr.
	3	Claire McLarnon	Asylum	Newtownards	89.20	63	75	138	152.51	W1
	4	Leanne Hinch	D.C.U.	Dublin	81.20	41	53	94	108.18	Snr.
	5	Sarah Stevenson	Asylum	Newtownards	87.80	37	50	87	96.76	Snr.
	6	Annette Drake	CrossFit Red Iron	Midleton	79.00	38	47	85	99.12	Snr.
Team	1	Prodigy	Dublin	600						
	2	Guerilla	Clonakilty	591						
	3	Galway	Galway	547						
	4	Capital	Dublin	473						
	5	Refugees	Dublin	427						
	6	CrossFit Ireland	Dublin	389						
	7	CrossFit Red Iron	Midleton	331						
	8	Asylum	Newtownards	249						
	9	D.C.U.	Dublin	236						
	10	Elevate	Clonmel	176						
Men										
62 kg.	1	Aaron Collins	Elevate	Clonmel	60.70	65	96	161	236.43	Snr.
	2	Jamie Croke	Capital	Dublin	61.70	61	79	140	203.18	U16
69 kg.	1	Stewart Gilbert	Inil.	Dublin	68.70	110	143	253	341.30	U23
	2	Colm Whelan	Galway	Galway	65.20	78	99	177	247.17	Snr.
	3	Owen McDonnell	Galway	Galway	66.30	67	87	154	212.65	Jnr.
	4	Chris Condon	L.I.T.	Thurles	67.60	60	87	147	200.39	Snr.
77 kg.	1	James Small	Asylum	Newtownards	74.60	105	130	235	301.37	Snr.
	2	Declan Fitzpatrick	Prodigy	Dublin	75.80	100	130	230	292.24	Snr.
	3	Neil Dougan	Asylum	Newtownards	76.20	88	115	203	257.16	Snr.
	4	Keith Russell	Asylum	Newtownards	75.90	75	110	185	234.89	Snr.
	5	Sebastian Swan	Refugees	Dublin	69.90	64	83	147	196.13	U16
	6	James Fleming	Hercules	Dublin	74.00	54	55	109	140.45	M5
85 kg.	1	Cathal Byrd	Capital	Dublin	84.00	125	160	285	342.61	Snr.
	2	Sean Ronyane	Prodigy	Dublin	81.60	110	140	250	305.04	Snr.

	3	Lewis Knox	Asylum	Newtownards	82.90	106	134	240	290.45	U23
	4	Colm O'Reilly	CrossFit Ireland	Dublin	84.10	111	127	238	285.93	Snr.
	5	Andrew Hickey	Prodigy	Dublin	84.30	100	135	235	281.99	Snr.
	6	Sam Stewart	CrossFit Ireland	Dublin	82.60	105	124	229	277.66	Jnr.
	7	Sam Deasy	Hercules	Dublin	84.20	101	125	226	271.36	Snr.
	8	Erin Grace	Refugees	Dublin	84.10	95	115	210	252.30	Snr.
	9	Victor Law	Prodigy	Dublin	81.80	94	115	209	254.69	Jnr.
	10	Gareth Small	Galway	Galway	80.90	85	112	197	241.47	U23
	11	Paul Grennan	Capital	Dublin	81.60	82	100	182	222.07	Snr.
	12	Gavin Butler	Galway	Galway	77.80	80	95	175	219.11	U23
	13	Mikey Shinnick	CrossFit Red Iron	Midleton	82.10	65	88	153	186.09	Snr.
	14	Liam Stewart	Hercules	Dublin	78.90	57	70	127	157.78	M8
	15	Jimmy Jennings	Hercules	Dublin	84.40	35	48	83	99.54	M7
94 kg.	1	Luke Kelly	Prodigy	Dublin	91.90	115	157	272	313.37	U23
	2	Adam Swan	Prodigy	Dublin	90.90	121	155	276	319.53	Snr.
	3	Mark Cleary	Galway	Galway	91.90	115	148	263	303.00	Snr.
	4	Liam McKnight	Galway	Galway	93.80	115	148	263	300.31	Snr.
	5	Joyce Kiernan	Galway	Galway	86.60	115	140	255	301.97	U23
	6	James Swan	Refugees	Dublin	87.90	115	140	255	299.82	Snr.
	7	Peter Tierney	Prodigy	Dublin	89.70	115	135	250	291.18	Snr.
	8	Noel Fitzgibbon	L.I.T.	Thurles	90.60	105	136	241	279.43	Snr.
	9	David Mulqueen	Refugees	Dublin	92.40	95	127	222	255.15	Snr.
	10	Derek Davis	CrossFit Ireland	Dublin	89.40	88	125	213	248.47	Snr.
	11	Frank Nugent	D.C.U.	Dublin	92.30	97	115	212	243.78	Snr.
	12	Mark Evans	Prodigy	Dublin	87.20	85	110	195	230.15	Snr.
105 kg.	1	Kevin D'Arcy	Galway	Galway	94.20	134	167	301	343.08	Snr.
	2	Simon Keartland	Capital	Dublin	104.60	125	145	270	295.47	Snr.
	3	Daniel Hazley	Prodigy	Dublin	97.90	115	145	260	291.69	U23
	4	Robin O'Sullivan	Prodigy	Dublin	96.90	105	135	240	270.36	Snr.
	5	Stephen Hyland	Prodigy	Dublin	100.30	95	145	111	123.36	Snr.
	6	James O'Regan	CrossFit Red Iron	Midleton	99.30	73	92	165	184.08	Snr.
	7	Mark Galvin	CrossFit Red Iron	Midleton	98.90	77	86	163	182.13	Snr.
	8	Ben Kelly	Hercules	Dublin	97.00	71	85	156	175.66	M6
Team	1	Galway	Galway		1248					
	2	Prodigy	Dublin		1208					
	3	Asylum	Newtownards		1083					
	4	Capital	Dublin		1063					
	5	Refugees	Dublin		1036					
	6	CrossFit Ireland	Dublin		812					
	7	Hercules	Dublin		745					
	8	Elevate	Clonmel		559					
	9	CrossFit Red Iron	Midleton		552					
	10	L.I.T.	Thurles		479					
	11	D.C.U.	Dublin		243					