

Munster Open

13-14 February 2016

Waterford Warriors

Class	Pl.	Name	Club	Area	Bwt.	Snatch	Jerk	Total	Sinclair	Cat.
Women										
48 kg.	1	Aoife O'Hara	Waterford	Waterford	47.50	36	47	83	137.32	Snr.
53 kg.	1	Karla Kelly	Refugees	Dublin	52.90	47	66	113	170.71	Snr.
	2	Carolyn O'Leary	Waterford	Waterford	48.90	43	63	106	170.97	Snr.
	3	Jade Kirwan	Phoenix	Clonmel	51.50	45	57	102	157.49	Snr.
	4	Chloe Harris	CrossFit	Tipperary	50.70	40	55	95	148.60	Snr.
	5	Laura McGrath	Waterford	Waterford	52.20	35	60	95	145.07	Snr.
	6	Mags Beckett	Cork	Cork	49.50	34	40	74	118.11	Snr.
	7	Stephanie Enright	Cork	Cork	52.40	34	40	74	112.65	Snr.
58 kg.	1	Yvonne Halpin	Phoenix	Clonmel	57.00	37	56	93	132.62	Snr.
63 kg.	1	Shelly O'Keeffe	Cork	Cork	59.10	50	59	109	151.39	Snr.
	2	Liane Vaughan	Miltown Malbay	Clare	61.20	40	58	98	132.82	Snr.
	3	Anne Sloane	Refugees	Dublin	61.40	33	44	77	104.12	W2
69 kg.	1	Jes Thompson	Waterford	Waterford	65.50	50	66	116	150.30	Snr.
	2	Grace O'Regan	Cork	Cork	67.20	54	61	115	146.64	Snr.
	3	Alice Wyse-Jackson	Cork	Cork	66.50	46	65	111	142.46	W4
	4	Ava Downing	CrossFit Ireland	Dublin	63.40	42	56	98	129.69	Snr.
75 kg.	1	Karen Kavanagh	Cork	Cork	71.00	55	80	135	166.60	Snr.
	2	Siobhan Power	Waterford	Waterford	71.60	44	70	114	140.02	Snr.
	3	Aoife O'Keeffe	Waterford	Waterford	74.60	45	67	112	134.49	Snr.
	4	Kerrie Beckett	Waterford	Waterford	71.40	30	45	75	92.26	Snr.
+75 kg.	1	Hannah McCormack	Resistance	Limerick	79.60	54	73	127	147.55	Snr.
	2	Annette Drake	CrossFit Red Iron	Midleton	75.70	39	53	92	109.62	Snr.
Men										
56 kg.	1	Dylan Nolan	Waterford	Waterford	42.10	27	31	58	116.43	Snr.
62 kg.	1	Brian O'Sullivan	Waterford	Waterford	61.60	43	61	104	151.11	Snr.
69 kg.	1	Dylan Traynor	P.T.I. Ireland	Dublin	68.80	75	92	167	225.08	U23
	2	Mike Stanton	Cork	Cork	68.90	66	91	157	211.40	Snr.
	3	Tommy Kilfeather	C.S.P.	Dublin	67.20	66	88	154	210.75	M2
	4	Alan McCarthy	Waterford	Waterford	67.60	51	70	121	164.95	Snr.
	5	Billy Caball	Cork	Cork	68.50	39	53	92	124.34	M8
77 kg.	1	Graeme Mac Róibín	Cork	Cork	76.30	78	93	171	216.46	Snr.
	2	Laurence Nee	Galway	Galway	75.10	70	90	160	204.39	Snr.
	3	Diarmuid Sheehan	Cork	Cork	75.70	66	90	156	198.37	Snr.
	4	Adam Burke	Derry	Derry	73.90	62	83	145	186.99	Snr.
85 kg.	1	Cathal Byrd	Capital	Dublin	84.50	125	160	285	341.59	Snr.
	2	Dean Kelleher	Waterford	Waterford	79.60	95	125	220	272.01	Snr.
	3	Aengus Grant	Cork	Cork	81.30	85	100	185	226.17	Snr.
	4	Eamon Cullen	Waterford	Waterford	82.50	80	103	183	222.02	Snr.
	5	Dave Cronin	Cork	Cork	83.60	74	100	174	209.68	Snr.
	6	Andrew Hoey	Cork	Cork	77.40	75	90	165	207.18	Snr.
	7	Barry Sheehan	Cork	Cork	85.00	68	95	163	194.79	M4
	8	Colin Power	Waterford	Waterford	79.20	65	75	140	173.57	Snr.
	9	Damien Nolan	Waterford	Waterford	82.90	50	81	131	158.54	Snr.
	10	Robert Murphy	Waterford	Waterford	77.50	47	67	114	143.04	Snr.
94 kg.	1	Gary Walsh	Waterford	Waterford	92.30	105	125	230	264.47	Snr.
	2	Barry Kane	Dublin	Dublin	92.30	102	127	229	263.32	Snr.
	3	Danny May	Waterford	Waterford	87.10	90	125	215	253.89	Snr.
	4	Andrew Knox-Shiels	Waterford	Waterford	86.40	90	113	203	240.66	Snr.
	5	Tony Sullivan	Waterford	Waterford	93.80	80	120	200	228.38	Snr.
105 kg.	1	Dean Roche	Waterford	Waterford	97.70	100	138	238	267.22	Snr.
	2	Adam O'Mahony	Miltown Malbay	Clare	100.40	100	127	227	252.18	Snr.
	3	James O'Regan	Cork	Cork	96.30	76	97	173	195.38	Snr.
	4	Mark Galvin	CrossFit Red Iron	Midleton	99.10	76	91	167	186.46	Snr.

European Senior Championship

8 April 2016

Forde, Norway

Women

48 kg.	17	Alexandria Craig	Dublin	Ireland	46.72	58	70	128	214.92	Snr.
53 kg.	21	Tham Nguyen	Dublin	Ireland	50.13	60	72	132	208.44	Snr.
	22	Eithne Harte	Cork	Ireland	52.54	54	73	127	192.92	Snr.
63 kg.	22	Aoife MacNeill	Dublin	Ireland	61.92	71	90	161	216.46	Snr.
69 kg.	15	Claire McGlynn	Dublin	Ireland	63.95	63	95	158	207.91	Snr.
	16	Sarah Swan	Dublin	Ireland	66.69	72	83	155	198.57	Snr.
Men										
85 kg.	22	Cathal Byrd	Dublin	Ireland	84.56	123	159	282	337.87	Snr.
	24	Lewis Knox	Down	Ireland	82.51	104	142	246	298.44	Snr.
94 kg.	24	Luke Kelly	Tipperary	Ireland	88.47	125	162	287	336.42	Snr.
	25	Adam Swan	Dublin	Ireland	92.27	125	162	287	330.06	Snr.
105 kg.	28	Simon Keartland	Dublin	Ireland	104.65	131	153	284	310.74	Snr.
	29	Marc Cleary	Galway	Ireland	95.02	115	146	261	296.40	Snr.

13-14 February 2016

Munster Senior Championship

Waterford Warriors

Women

48 kg.	1	Aoife O'Hara	Waterford	Waterford	47.50	36	47	83	137.32	Snr.
53 kg.	1	Carolyn O'Leary	Waterford	Waterford	48.90	43	63	106	170.97	Snr.
	2	Jade Kirwan	Phoenix	Clonmel	51.50	45	57	102	157.49	Snr.
	3	Chloe Harris	CrossFit	Tipperary	50.70	40	55	95	148.60	Snr.
	4	Laura McGrath	Waterford	Waterford	52.20	35	60	95	145.07	Snr.
	5	Mags Beckett	Cork	Cork	49.50	34	40	74	118.11	Snr.
	6	Stephanie Enright	Cork	Cork	52.40	34	40	74	112.65	Snr.
58 kg.	1	Yvonne Halpin	Phoenix	Clonmel	57.00	37	56	93	132.62	Snr.
63 kg.	1	Shelly O'Keeffe	Cork	Cork	59.10	50	59	109	151.39	Snr.
	2	Liane Vaughan	Miltown Malbay	Clare	61.20	40	58	98	132.82	Snr.
69 kg.	1	Jes Thompson	Waterford	Waterford	65.50	50	66	116	150.30	Snr.
	2	Grace O'Regan	Cork	Cork	67.20	54	61	115	146.64	Snr.
	3	Alice Wyse-Jackson	Cork	Cork	66.50	46	65	111	142.46	W4
75 kg.	1	Karen Kavanagh	Cork	Cork	71.00	55	80	135	166.60	Snr.
	2	Siobhan Power	Waterford	Waterford	71.60	44	70	114	140.02	Snr.
	3	Aoife O'Keeffe	Waterford	Waterford	74.60	45	67	112	134.49	Snr.
	4	Kerrie Beckett	Waterford	Waterford	71.40	30	45	75	92.26	Snr.
+75 kg.	1	Hannah McCormack	Resistance	Limerick	79.60	54	73	127	147.55	Snr.
	2	Annette Drake	CrossFit Red Iron	Midleton	75.70	39	53	92	109.62	Snr.

Men

56 kg.	1	Dylan Nolan	Waterford	Waterford	42.10	27	31	58	116.43	Snr.
62 kg.	1	Brian O'Sullivan	Waterford	Waterford	61.60	43	61	104	151.11	Snr.
69 kg.	1	Mike Stanton	Cork	Cork	68.90	66	91	157	211.40	Snr.
	2	Alan McCarthy	Waterford	Waterford	67.60	51	70	121	164.95	Snr.
	3	Billy Caball	Cork	Cork	68.50	39	53	92	124.34	M8
77 kg.	1	Graeme Mac Róibín	Cork	Cork	76.30	78	93	171	216.46	Snr.
	2	Diarmuid Sheehan	Cork	Cork	75.70	66	90	156	198.37	Snr.
85 kg.	1	Cathal Byrd	Ballyvolane	Cork	84.50	125	160	285	341.59	Snr.
	2	Dean Kelleher	Waterford	Waterford	79.60	95	125	220	272.01	Snr.
	3	Aengus Grant	Cork	Cork	81.30	85	100	185	226.17	Snr.
	4	Eamon Cullen	Waterford	Waterford	82.50	80	103	183	222.02	Snr.
	5	Dave Cronin	Cork	Cork	83.60	74	100	174	209.68	Snr.
	6	Andrew Hoey	Cork	Cork	77.40	75	90	165	207.18	Snr.
	7	Barry Sheehan	Cork	Cork	85.00	68	95	163	194.79	M4
	8	Colin Power	Waterford	Waterford	79.20	65	75	140	173.57	Snr.
	9	Damien Nolan	Waterford	Waterford	82.90	50	81	131	158.54	Snr.
	10	Robert Murphy	Waterford	Waterford	77.50	47	67	114	143.04	Snr.
94 kg.	1	Gary Walsh	Waterford	Waterford	92.30	105	125	230	264.47	Snr.
	3	Danny May	Waterford	Waterford	87.10	90	125	215	253.89	Snr.
	4	Andrew Knox-Shiels	Waterford	Waterford	86.40	90	113	203	240.66	Snr.
	5	Tony Sullivan	Waterford	Waterford	93.80	80	120	200	228.38	Snr.
105 kg.	1	Dean Roche	Waterford	Waterford	97.70	100	138	238	267.22	Snr.
	2	Adam O'Mahony	Miltown Malbay	Clare	100.40	100	127	227	252.18	Snr.
	3	James O'Regan	Cork	Cork	96.30	76	97	173	195.38	Snr.
	4	Mark Galvin	CrossFit Red Iron	Midleton	99.10	76	91	167	186.46	Snr.