

### Irish Underage Championship

2-3 April 2016

#### Under Seventeen

Waterford Warriors

##### Women

48 kg.	1	Sorcha Broe-Brady	Capital	Dublin	40.07	17	26	43	83.65	U17
Men										
50 kg.	1	Dylan Nolan	Warriors	Waterford	41.60	25	30	55	111.72	U17
56 kg.	1	Jake Quinn	Mullingar	Westmeath	52.90	28	38	66	107.83	U17
62 kg.	1	Jamie Croke	Capital	Dublin	60.10	64	77	141	208.57	U16
69 kg.	1	Steven Boyce	Mullingar	Westmeath	63.20	58	75	133	189.76	U17
	2	Eric Bates	Mullingar	Westmeath	66.40	50	71	121	166.91	U17
+94 kg.	1	Stefan Dunne	Hercules	Dublin	101.60	40	51	91	100.64	U17

##### Junior

##### Women

63 kg.	1	Saoirse Houlihan	CrossFit	Waterford	61.20	47	57	104	140.95	Jnr.
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##### Men

69 kg.	1	Jack Henry	Galway	Galway	69.00	80	93	173	232.73	Jnr.
	2	Owen McDonnell	Galway	Galway	68.40	78	94	172	232.69	Jnr.
	3	Sean McElroy	Capital	Dublin	68.90	60	80	140	188.51	Jnr.
77 kg.	1	Ben Bradley	CrossFit Ireland	Dublin	76.00	64	88	152	192.84	Jnr.
85 kg.	1	Sam Stewart	CrossFit	Dublin	84.00	102	130	232	278.89	Jnr.
	2	Oisín Garry	Galway	Galway	80.00	76	90	166	204.69	Jnr.

### Irish Master's Championship

2-3 April 2016

#### Women

Waterford Warriors

58 kg.	1	Michelle Massey	CrossFit Ireland	Dublin	55.40	39	54	93	135.50	W1
	2	Mairead Kelly	Mullingar	Westmeath	56.80	37	48	85	121.53	W1
63 kg.	1	Kortney Karnock	Capital	Dublin	63.00	58	78	136	180.73	W1
+75 kg.	1	Claire McLarnon	Asylum	Down	92.00	63	83	146	159.45	W1
	2	Una Houlihan	CrossFit	Waterford	75.30	42	61	103	123.07	W1
	3	Sarah Stevenson	Asylum	Down	88.20	37	50	87	96.58	W1
53 kg.	1	Sari Redican	Capital	Dublin	51.50	48	57	105	162.12	W2
69 kg.	1	Mary Bowe	CrossFit	Waterford	68.20	37	54	91	114.99	W2
+75 kg.	1	Annette Drake	Red Iron CrossFit	Midleton	76.40	43	56	99	117.40	W2
Men										
69 kg.	1	Dylan Traynor	P.T.I. Ireland	Dublin	69.00	70	96	166	223.31	M1
85 kg.	1	Barry McDermot	Mallow	Cork	84.20	95	132	227	272.56	M1
	2	Redjan Bitri	Cork	Cork	83.90	103	119	222	267.03	M1
	3	Stephen Weinmann	P.T.I. Ireland	Dublin	83.30	90	114	204	246.28	M1
	4	Geoff Lillis	CrossFit Ireland	Dublin	82.40	56	75	131	159.03	M1
94 kg.	1	Derek Davis	CrossFit Ireland	Dublin	88.00	82	115	197	231.50	M1
69 kg.	1	Tommy Kilfeather	C.S.P.	Dublin	68.00	69	94	163	221.35	M2
+105 kg.	1	Simon Hancock	P.J. Ireland	Dublin	119.00	69	95	164	172.48	M2
94 kg.	1	Brendan Cooke	Beechmount	Belfast	90.30	80	111	191	221.79	M3
105 kg.	1	Kieron Stout	Limerick	Limerick	110.00	92	123	215	231.34	M3
85 kg.	1	Michael McKenna	Beechmount	Belfast	85.00	76	96	172	205.55	M4
	--	Barry Sheehan	Cork	Cork	85.00	69	0	69	82.46	M4
77 kg.	1	James Fleming	Hercules	Dublin	74.30	52	55	107	137.55	M5
85 kg.	1	Jimmy Jennings	Hercules	Dublin	83.80	35	48	83	99.90	M7
69 kg.	1	Billy Caball	Cork	Cork	69.00	40	54	94	126.45	M8
85 kg.	1	Liam Stewart	Hercules	Dublin	80.40	58	70	128	157.41	M8