

Leinster Open

14 May 2016

CrossFit Ireland, Sandyford

Women

48 kg.	1	Carolyn O'Leary	Waterford	Waterford	46.80	51	65	116	194.47	Snr.
53 kg.	1	Karla Kelly	Performance Therapy	Dublin	52.20	50	66	116	177.14	Snr.
	2	Sari Redican	Capital	Dublin	52.60	49	60	109	165.42	W2
	3	Jade Kirwan	Elevate	Clonmel	52.40	49	58	107	162.89	Snr.
	4	Lorraine Bracken	Gorey	Wexford	52.30	38	53	91	138.75	Snr.
58 kg.	1	Sarah Coffey	Performance Therapy	Dublin	54.90	39	55	94	137.92	Snr.
	2	Shannon Price	Refugees	Dublin	56.30	35	56	91	130.98	Snr.
	3	Marcella Dwyer	Phoenix	Clonmel	57.50	32	50	82	116.18	Snr.
	4	Ellen Power	Refugees	Dublin	56.90	30	41	71	101.38	Snr.
	--	Michelle Massey	CrossFit Ireland	Dublin	54.30	0	55	55	81.39	Snr.
63 kg.	1	Rebecca Beradelli	Prodigy	Dublin	62.60	60	75	135	180.17	Snr.
	2	Lara McManus	F.S.M.	Dublin	61.80	56	77	133	179.05	Snr.
	3	Nigera Zylyftari	Monkstown	Dublin	60.90	57	68	125	169.98	Snr.
	4	Marcela Moraru	D.C.U.	Dublin	62.60	48	65	113	150.81	U23
	5	Michelle Hone	Performance Therapy	Dublin	62.00	49	62	111	149.10	Snr.
	6	Kelly Fox	Performance Therapy	Dublin	62.00	47	58	105	141.04	Snr.
	7	Yvonne Halpin	Phoenix	Clonmel	59.60	41	56	97	133.92	Snr.
	8	Heather Dowling-Wade	Performance Therapy	Dublin	62.20	41	54	95	127.33	Snr.
	9	Emma Davis	Prodigy	Dublin	62.50	30	38	68	90.85	Snr.
69 kg.	1	Sarah Swan	Refugees	Dublin	66.90	70	90	160	204.58	Snr.
	2	Aoife McDermott	Refugees	Dublin	67.80	35	56	91	115.40	W6
75 kg.	1	Kamila Kierzkowska	Clonmel	Tipperary	74.00	66	90	156	188.14	Snr.
	2	Aimee Patchell	Prodigy	Dublin	69.70	40	65	105	130.98	Snr.
	3	Ciara Curran	Galway	Galway	71.90	42	56	98	120.08	Snr.
	4	Ursula Macken	Prodigy	Dublin	69.70	38	58	96	119.75	Snr.
+75 kg.	1	Katie Murphy	Dublin	Dublin	81.00	70	90	160	184.35	Snr.
	2	Martina Leikova	Phoenix	Clonmel	75.40	45	53	98	117.01	Snr.
	3	Eibhlin Laffan-Downes	Prodigy	Dublin	85.40	30	38	68	76.51	Snr.

Men

56 kg.	1	Jake Quinn	Mullingar	Westmeath	53.00	30	42	72	117.45	U17
69 kg.	1	Dean Boyce	Mullingar	Westmeath	67.50	80	100	180	245.62	Snr.
	2	Dylan Traynor	Performance Therapy	Dublin	68.80	70	96	166	223.73	M1
	3	Giovanni Antipala	Hercules	Dublin	64.20	70	85	155	218.75	Snr.
	4	Conor O'Reilly	Prodigy	Dublin	66.10	58	85	143	197.86	Snr.
	5	Steven Boyce	Mullingar	Westmeath	63.90	60	80	140	198.22	U17
	6	Eric Bates	Mullingar	Westmeath	67.60	52	75	127	173.13	U17
77 kg.	1	Adam McGary	Performance Therapy	Dublin	74.50	90	125	215	275.94	Snr.
	2	Seamus Agnew	Three White Lights	Belfast	76.50	80	110	190	240.15	Snr.
	3	Sebastian Swan	Refugees	Dublin	71.70	71	88	159	208.81	U16
	4	Darren Dowdall	Refugees	Dublin	72.90	68	90	158	205.42	Snr.
	5	Neal Dempsey	Hercules	Dublin	73.20	57	74	131	169.90	Snr.
	6	Ryan Harmon	Prodigy	Dublin	70.04	50	78	128	170.57	U18
	7	Richard Slevin	L.I.T.	Thurles	72.00	51	72	123	161.12	Snr.
	--	Stephen Weinmann	Performance Therapy	Dublin	76.50	92	0	92	116.28	M1
85 kg.	1	James Swan	Refugees	Dublin	85.00	117	137	254	303.54	Snr.
	2	Peter Tierney	Prodigy	Dublin	84.50	116	130	246	294.84	Snr.
	3	Sam Deasy	Hercules	Dublin	85.00	106	130	236	282.03	Snr.
	4	Andrew Hickey	Prodigy	Dublin	84.50	100	134	234	280.46	Snr.
	5	Alexandru Vlad	Dublin	Dublin	83.60	101	130	231	278.36	Snr.
	6	Victor Law	Prodigy	Dublin	82.70	100	122	222	269.00	Jnr.
	7	Aaron Nolan	Waterford	Waterford	81.50	95	122	217	264.95	Snr.
	8	Darren Siggins	Wexford	Wexford	82.70	90	122	212	256.88	Snr.
	9	Eoin O'Flaherty	Capital	Dublin	84.70	95	112	207	247.81	M2
	10	Mark Evans	Prodigy	Dublin	84.00	85	113	198	238.02	Snr.
	11	Glen Tai	D.I.T.	Dublin	84.70	85	105	190	227.46	U23
	12	Colm Rigney	Mullingar	Westmeath	82.50	75	110	185	224.45	Snr.
	13	Paul Grennan	Capital	Dublin	83.40	81	104	185	223.20	Snr.
	14	Andy Byrne	Performance Therapy	Dublin	84.40	77	103	180	215.87	Snr.
	15	John Stack	Capital	Dublin	83.30	76	100	176	212.47	M2
	16	Ciaran Lyons	Dublin	Dublin	79.80	70	96	166	204.97	Snr.

	17	Liam Stewart	Hercules	Dublin	79.40	57	65	122	151.05	M8
	--	Gordon Wade	Performance Therapy	Dublin	83.00	100	0	100	120.95	Snr.
	--	Sean Redmond	Dublin	Dublin	81.50	84	0	84	102.56	Snr.
94 kg.	1	Noel Fitzgibbon	L.I.T.	Thurles	91.30	112	135	247	285.39	Snr.
	2	Cian Corrigan	Dublin	Dublin	87.20	100	114	214	252.57	Snr.
	3	Tommy Mooney	D.C.U.	Dublin	89.80	93	118	211	245.63	Snr.
	4	Karl Gammell	Mullingar	Westmeath	91.00	84	105	189	218.70	Snr.
	5	Ben Kelly	Hercules	Dublin	93.20	70	80	150	171.76	M7
	6	John O'Connor	Prodigy	Dublin	89.80	64	85	149	173.46	U17
	7	Thomas Brady	Capital	Dublin	91.10	49	70	119	137.63	Snr.
	--	Dylan Jacob-Murtagh	Hercules	Dublin	90.50	0	113	113	131.08	Snr.
105 kg.	1	James O'Connor	CrossFit Ireland	Dublin	100.10	111	162	273	303.62	Snr.
	2	Robin O'Sullivan	Prodigy	Dublin	102.20	106	142	248	273.68	Snr.
	3	Barry Kane	Refugees	Dublin	94.80	110	130	240	272.82	Snr.
	4	Stephen Hyland	Refugees	Dublin	102.10	100	131	231	255.01	Snr.
	5	Andrew Knox-Shiels	Refugees	Dublin	95.20	105	115	220	249.64	U23
	6	Alan Douglas	Prodigy	Dublin	101.30	63	80	143	158.32	U17
	7	Stefan Dunne	Hercules	Dublin	99.50	46	57	103	114.82	U17
+105 kg.	1	Brandan Wall	Phoenix	Clonmel	109.20	71	85	156	168.25	Snr.
	2	Simon Hancock	Performance Therapy	Dublin	115.20	70	0	70	74.28	U17

World Junior Championship

23 June – 2 July 2016

Tbilisi, Georgia

				Women						
53 kg.	17	Tham Nguyen	Dublin	Ireland	51.54	66	82	148	228.37	Jnr.
				Men						
69 kg.	--	Stewart Gilbert	Dublin	Ireland	68.66	114	0	114	153.85	Jnr.

European Master's Championship

4 June 2016

Nakchivan, Azerbaijan

69 kg.	2	Mary Bowe	Waterford	Ireland	68.15	37	54	91	115.04	W2
75 kg.	1	Lucy Moore-Fox	Dublin	Ireland	74.20	38	50	88	105.97	W5

British Senior Championship

11-12 June 2016

Coventry

85 kg.	1	Cathal Byrd	Dublin	Ireland	84.40	123	161	284	340.59	Snr.
	2	Lewis Ridett	Brunel	London	84.40	128	155	283	339.39	Snr.
	3	Alex Blair	Momentum	London	83.80	123	153	276	332.19	Snr.

Courtesy: B.W.L.A.

British Master's Championship

14-15 March 2016

Lilleshall

62	1	Albert McLaughlin	Belfast	N. Ireland	61.50	67	82	149	216.74	M5
	2	Paul Lymas	Central	England	61.90	63	73	136	196.92	M5

Courtesy: B.W.L.A.

Hercules Club Championship

18 June 2016

Hercules, Dublin

				Women						
69 kg.	--	Miriam Ryan	Hercules	Dublin	69.00	48	0	48	60.23	Snr.
				Men						
77 kg.	1	Wayne Healy	Hercules	Dublin	72.90	112	140	252	327.63	M2
	--	Neil Dempsey	Hercules	Dublin	73.60	57	0	57	73.68	Snr.
	--	James Fleming	Hercules	Dublin	72.80	51	0	51	66.36	M5
85 kg.	1	Sam Deasy	Hercules	Dublin	84.50	109	130	239	286.45	Snr.
94 kg.	1	Simon Scardantoned	Hercules	Dublin	91.14	90	120	210	242.83	Snr.
	2	Ben Kelly	Hercules	Dublin	93.45	70	85	155	177.28	M7
Referees:		Liam Stewart	Patsy Conboy	John McDaid						