



# WEIGHTLIFTING IRELAND

## The Munster Open Championships | Results

Event Details:

Munster Open Championships

Date: April 7<sup>th</sup> & 8<sup>th</sup>, 2018

Venue: Phoenix Strength & Conditioning

Div	Wt	Name	Year of	Club	Body	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair
	Class		Birth		Wt	1	2	3	Sn	1	2	3	C&J			
Sr	-53kg	Karla Kelly	1986	Performance Therapy IRL	52.20	49	51	53	<b>53</b>	67	70	73	<b>73</b>	<b>126</b>	1 <sup>st</sup>	187.3348
Sr	-53kg	Laura McGrath	1986	Warriors Weightlifting	52.80	47	49	-53	<b>49</b>	66	68	70	<b>70</b>	<b>119</b>	2 <sup>nd</sup>	175.46
Sr	-53kg	Carolyn O'Leary	1984	Unattached	51.10	-49	49	51	<b>51</b>	58	60	61	<b>61</b>	<b>112</b>	3 <sup>rd</sup>	169.1722
M	-53kg	Mary Duggan	1982	Phoenix S&C	48.50	39	40	41	<b>41</b>	49	52	-54	<b>52</b>	<b>93</b>	1 <sup>st</sup>	146.2138
Sr	-58kg	Haley Greene	1990	Unattached	57.50	52	55	57	<b>57</b>	70	75	-80	<b>75</b>	<b>132</b>	1 <sup>st</sup>	183.378
Sr	-58kg	Yvonne Halpin	1985	Phoenix S&C	57.20	38	40	43	<b>43</b>	58	61	-64	<b>61</b>	<b>104</b>	2 <sup>nd</sup>	144.99
M	-58kg	Sarah Coffey	1982	Performance Therapy IRL	56.90	43	45	47	<b>47</b>	60	63	-66	<b>63</b>	<b>110</b>	1 <sup>st</sup>	153.8968
M	-58kg	Angela Roche	1980	Unattached	56.80	39	41	43	<b>43</b>	58	60	61	<b>61</b>	<b>104</b>	2 <sup>nd</sup>	145.6757





M	-58kg	Stephany Heeran	1970	Phoenix S&C	56.60	-46	46	-47	<b>46</b>	58	59	60	<b>60</b>	<b>106</b>	1 <sup>st</sup>	148.83
Sr	-63kg	Michelle Curtin	1984	Unattached	61.40	57	60	63	<b>63</b>	77	81	83	<b>83</b>	<b>146</b>	1 <sup>st</sup>	194.4008
Sr	-63kg	Sinead O'Donnell	1989	Elevate Barbell Club	62.00	58	62	64	<b>64</b>	73	77	80	<b>80</b>	<b>144</b>	2 <sup>nd</sup>	190.5835
Sr	-63kg	Lisa Donnegan	1987	Unattached	62.20	48	51	-53	<b>51</b>	-63	63	-65	<b>63</b>	<b>114</b>	3 <sup>rd</sup>	150.58
Sr	-63kg	Faye Moran	1990	Performance Therapy IRL	60.70	40	43	-45	<b>43</b>	58	61	64	<b>64</b>	<b>107</b>	4 <sup>th</sup>	143.5017
Sr	-63kg	Rachel Leo	1986	Elevate Barbell Club	60.90	35	38	40	<b>40</b>	55	58	61	<b>61</b>	<b>101</b>	5 <sup>th</sup>	135.174
Sr	-63kg	Elaine Grogan	1996	Warriors Weightlifting	62.60	30	32	35	<b>35</b>	42	45	48	<b>48</b>	<b>83</b>	6 <sup>th</sup>	109.2021
M	-63kg	Ruth Irwin	1978	Performance Therapy IRL	61.30	52	55	57	<b>57</b>	73	76	79	<b>79</b>	<b>136</b>	1 <sup>st</sup>	181.2702
M	-63kg	Marcella Dwyer	1977	Phoenix S&C	60.00	40	42	43	<b>43</b>	59	-61	61	<b>61</b>	<b>104</b>	2 <sup>nd</sup>	140.511
Sr	-69kg	Karen Kavanagh	1994	Elevate Barbell Club	68.20	-68	70	72	<b>72</b>	88	91	-92	<b>91</b>	<b>163</b>	1 <sup>st</sup>	204.0267
Sr	-69kg	Sarah Swan	1993	Raheney Weightlifting Club	69.00	64	67	-70	<b>67</b>	84	87	90	<b>90</b>	<b>157</b>	2 <sup>nd</sup>	195.2628
Sr	-69kg	Claire Normoyle	1994	Unattached	64.20	40	-43	-43	<b>40</b>	50	55	58	<b>58</b>	<b>98</b>	3 <sup>rd</sup>	126.99
Sr	-69kg	Sinead Hogan	1989	Warriors Weightlifting	66.20	40	43	-47	<b>43</b>	50	54	-57	<b>54</b>	<b>97</b>	4 <sup>th</sup>	123.47
Sr	-69kg	Heather Wade	1985	Performance Therapy IRL	67.40	39	42	-45	<b>42</b>	48	51	-54	<b>51</b>	<b>93</b>	5 <sup>th</sup>	117.1752
Sr	-69kg	Kelly Fox	1990	Performance Therapy IRL	66.80	-50	-50	-50	--	63	65	67	<b>67</b>	--	--	--





M	-69kg	Laura Roche	1980	Unattached	68.80	38	41	43	<b>43</b>	56	59	61	<b>61</b>	<b>104</b>	1 <sup>st</sup>	129.55
M	-69kg	Martina Galgey	1969	Unattached	69.00	48	50	-53	<b>50</b>	66	69	71	<b>71</b>	<b>121</b>	1 <sup>st</sup>	150.49
M	-69kg	Maria Murphy	1977	Raheney Weightlifting Club	67.60	45	48	51	<b>51</b>	60	63	-65	<b>63</b>	<b>114</b>	1 <sup>st</sup>	143.396
Sr	-75kg	Alison Hayes	1992	Guerilla Fitness	73.80	60	65	-70	<b>65</b>	80	85	89	<b>89</b>	<b>154</b>	1 <sup>st</sup>	184.925
Sr	-75kg	Imogen Guinness	1997	Raheney Weightlifting Club	74.00	40	43	46	<b>46</b>	50	53	56	<b>56</b>	<b>102</b>	2 <sup>nd</sup>	122.3178
M	-75kg	Lucinda Moore	1957	Capital Strength	74.30	28	30	31	<b>31</b>	38	40	42	<b>42</b>	<b>73</b>	1 <sup>st</sup>	87.3657
Sr	90kg+	Alice Harding	1992	Cork Weightlifting Club	93.50	46	50	53	<b>53</b>	62	64	67	<b>67</b>	<b>120</b>	1 <sup>st</sup>	130.5108

