



WEIGHTLIFTING IRELAND

The Cork Open | Results

Event Details:

The Cork Open

Date: October 6th & 7th, 2018

Venue: Cork Weightlifting Club

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			
Y	45	Mya Cashman	2003	Phoenix Strength & Conditioning	44.60	23	24	26	26	28	32	34	34	60	1st	100.9871
Sr	49	Cathy-Ann Myers	1990	Unattached	49.00	-51	51	-55	51	65	-69	70	70	121	1st	188.7169
Sr	49	Carolyn O'Leary	1984	Unattached	48.70	-50	51	-54	51	65	-68	-68	65	116	2nd	181.7873
M	49	Mary Duggan	1982	Phoenix Strength & Conditioning	48.00	38	-40	-42	38	50	-53	-53	50	88	3rd	139.4877
M	55	Eithne Harte	1982	Cork WLC	54.70	55	58	61	61	75	78	81	81	142	1st	204.142
Sr	55	Laura McGrath	1986	Warriors WLC	53.00	46	49	-52	49	66	-69	69	69	118	2nd	173.5046
Sr	55	Kira Murphy	1989	Warriors Weightlifting	52.80	45	50	-55	50	65	68	-71	68	118	3rd	173.9813
M	55	Anglea Roche	1980	Unattached	54.80	45	-48	-48	45	58	60	-62	60	105		150.7566





Sr	55	Amelia Rodriguez	1990	Unattached	49.20	39	-41	43	43	48	50	52	52	95		147.6984
Y	55	Sinead Owens	2001	Phoenix Strength &Conditioning	51.60	33	36	40	40	49	52	54	54	94		140.9563
Sr	55	Yvonne Halpin	1985	Phoenix Strength &Conditioning	54.40	39	41	-44	41	-55	-55	-55	--			0
M	59	Lisa Kierans	1980	CFI Weightlifting Club	55.40	50	52	-54	52	65	68	-71	68	120	1st	170.9887
M	59	Catherine Murphy	1977	Unattached	57.30	46	48	50	50	66	68	-70	68	118	2nd	164.312
Sr	59	Liane Vaughan	1986	CFI Weightlifting Club	58.90	47	49	51	51	63	66	-68	66	117	3rd	159.9765
M	59	Stephanie Heeran	1970	Phoenix Strength &Conditioning	58.30	-47	-47	47	47	-58	58	-61	58	105		144.5363
M	59	Marcella Dwyer	1977	Phoenix S&C	57.40	42	-44	44	44	57	60	-62	60	104		144.6481
Sr	64	Sinead O' Donnell	1989	Elevate Barbell Club	61.50	55	60	-63	60	70	75	-80	75	135	1st	179.5718
Sr	64	Nigera Zylyftari	1992	Unattached	63.00	-55	55	60	60	70	75	-80	75	135	2nd	176.9304
Sr	64	Blathnaid Patton	1990	Unattached	62.80	53	55	-57	55	70	-75	78	78	133	3rd	174.6464
Sr	64	Vilma O'Malley	1990	Unattached	61.10	45	47	50	50	62	64	67	67	117		156.2653
Sr	64	Lisa Zychowski	1989	Cork WLC	61.60	-48	49	52	52	-60	62	-65	62	114		151.4851
Sr	64	Fiona O'Callaghan	1992	Guerrilla Fitness	61.60	45	49	53	53	55	60	-65	60	113		150.1563
Y	64	Rachel Tierney	2001	Unattached	62.60	45	47	-50	47	57	60	62	62	109		143.41
Sr	64	Sarah Bradfield	1989	Unattached	63.30	-57	-57	-57	--	P	P	P	--			0





Sr	71	Katie Murphy	1990	Phat Barbell	69.60	62	66	70	70	82	-87	88	88	158	1st	195.5867
Sr	71	Karen Kavanagh	1990	Elevate Barbell Club	71.00	60	65	-70	65	80	85	90	90	155	2nd	189.8502
Sr	71	Jo O' Sullivan	1990	Unattached	66.20	-55	55	60	60	71	75	80	80	140	3rd	178.1984
Y	71	Elle Power	2002	Phoenix Strength &Conditioning	65.40	40	42	44	44	55	-58	60	60	104		133.3081
M	71	Trisha Forbes	1973	Unattached	71.00	28	30	-32	30	38	42	-44	42	72		88.1885
M	71	Amanda Wilson	1970	Unattached	67.00	27	29	-30	29	31	33	-35	33	62		78.3789
Jr	71	Kellie Ryan	2000	Phoenix Strength &Conditioning	70.90	-22	22	24	24	32	35	-37	35	59		72.3192
Sr	76	Kamila Kierzkowska	1990	Performance Therapy Ireland	75.40	67	70	73	73	88	91	94	94	167	1st	198.4315
Sr	76	Caroline Birch	1990	Unattached	72.70	45	48	51	51	62	65	70	70	121	2nd	146.4025
Sr	76	Shauna Keane	1990	Unattached	75.60	36	38	40	40	48	51	53	53	93	3rd	110.3623
Sr	81	Freya Hammer	1995	UCC	79.00	64	67	70	70	85	89	92	92	162	1st	188.329
Sr	87	Claire Cameron	1990	Unattached	86.40	30	32	-33	32	41	43	45	45	77	1st	86.193

