



WEIGHTLIFTING IRELAND

Munster Open Championships | Results

Event Details:
Munster Open Championships

Date: April 13th & 14th - 2019
Venue: Cork Weightlifting Club

Div	Wt	Name	Club	Body	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair
	Class			Wt	1	2	3	Sn	1	2	3	C&J			
M	49	Mary Duggan	Phoenix Weightlifting Club	48.90	40	42	-43	42	50	-52	52	52	94	1 st	146.8399
Y	49	Mya Cashman	Phoenix Weightlifting Club	46.80	25	27	29	29	35	37	39	39	68	1 st	109.9925
Jr	49	Sophie Brazil	UCC Olympic Weightlifting Club	48.30	20	23	-24	23	25	-28	28	28	51	1 st	80.4427
Sr	55	Kira Murphy	Unattached	53.00	50	53	-55	53	66	69	71	71	124	1 st	182.3269
Sr	55	Karla Kelly	Performance Therapy Ireland	53.30	46	48	-50	48	64	66	68	68	116	2 nd	169.8697
Sr	55	Rhiannon Lalor	Performance Therapy Ireland	55.00	31	36	-39	36	42	45	-48	45	81	3 rd	116.0016
M	55	Lisa Kierans	CFI Weightlifting Club	54.80	-50	51	-53	51	68	71	-74	71	122	1 st	175.1648





M	55	Karma Farrell	Unattached	55.00	39	41	43	43	57	-60	60	60	103	1 st	147.5082
Y	55	Sinead Owens	Phoenix Weightlifting Club	51.40	37	39	41	41	52	55	56	56	97	1 st	145.8757
Sr	59	Faye-Mercedes Moran	Performance Therapy Ireland	58.60	45	-48	50	50	64	67	70	70	120	1 st	164.6276
Sr	59	Liane Vaughan	CFI Weightlifting Club	59.00	-50	51	53	53	65	67	-70	67	120	2 nd	163.8971
Sr	59	Selena Fahey	Unattached	58.60	33	35	-38	35	50	53	56	56	91	3 rd	124.8426
Sr	59	Maxine Mckenna	Performance Therapy Ireland	57.10	-28	31	33	33	50	53	-55	53	86	4 th	120.0347
Sr	59	Amy Colton	Performance Therapy Ireland	59.00	28	31	33	33	-42	43	45	45	78	5 th	106.5331
Y	59	Ella Morrissey	Unattached	58.50	30	32	34	34	43	45	47	47	81	1 st	111.2483
M	59	Phil Brown	CFI Weightlifting Club	58.10	26	28	30	30	30	33	-36	33	63	1 st	86.9189
M	59	Claire Carthy	Resurrection 8 Weightlifting Club	57.00	20	22	25	25	27	30	32	32	57	1 st	79.652
Sr	64	Jo O'Sullivan	Unattached	63.90	57	60	64	64	75	80	-83	80	144	1 st	187.1213
Sr	64	Aimee Pollard	Unattached	64.00	50	53	55	55	68	72	74	74	129	2 nd	167.4732
Sr	64	Roisin Foley	Killarney Barbell Club	63.70	50	53	-55	53	62	65	67	67	120	3 rd	156.2271
Sr	64	Lisa Zychowski	Cork Weightlifting Club	62.30	45	48	51	51	57	60	64	64	115	4 th	151.7502
Sr	64	Laura Gibson	Performance Therapy Ireland	63.20	40	43	45	45	52	55	58	58	103	5 th	134.7324
Sr	64	Mary Grace Jarina	CFI Weightlifting Club	63.50	37	-40	-42	37	53	56	-60	56	93	6 th	121.3047





Y	64	Ellie Pyke	Unattached	62.70	48	50	53	53	65	67	-70	67	120	1 st	157.7288
M	64	Stephanie Heeran	Phoenix Weightlifting Club	60.80	46	-48	-48	46	58	59	-60	59	105	1 st	140.6731
M	64	Gabrielle Byrne	CFI Weightlifting Club	63.90	33	36	39	39	45	-48	48	48	87	1 st	113.0524
Sr	71	Joyce Reilly	CFI Weightlifting Club	68.20	51	-55	-55	51	64	-68	68	68	119	1 st	148.952
Sr	71	Katie Molloy	CFI Weightlifting Club	68.00	51	55	-58	55	-60	60	-65	60	115	2 nd	144.1795
Sr	71	Kelly Fox	Performance Therapy Ireland	67.50	45	48	50	50	56	59	62	62	112	3 rd	140.997
Sr	71	Rachel Reidy	CFI Weightlifting Club	68.20	42	44	46	46	56	59	-62	59	105	4 th	131.4282
Sr	71	Edel Barkey	Performance Therapy Ireland	68.40	25	27	30	30	36	38	40	40	70	5 th	87.4774
Sr	71	Emma Meehan	Unattached	70.30	22	25	-27	25	35	38	40	40	65	6 th	80.0328
Y	71	Elle Power	Phoenix Weightlifting Club	66.00	45	47	48	48	60	62	63	63	111	1 st	141.5315
M	76	Kira Gall Henriksen	Ak Viking	74.40	41	43	-45	43	53	56	60	60	103	1 st	123.1875
M	76	Lucinda Moore-Fox	Capital Strength Weightlifting Club	74.00	29	31	-32	31	40	43	-45	43	74	1 st	88.7403
Y	76	Sarah O'Keeffe	Unattached	73.90	32	-34	35	35	40	42	45	45	80	1 st	96.0001





Sr	76	Ellen Clancy	UCC Olympic Weightlifting Club	71.90	25	30	-31	30	27	29	32	32	62	1 st	75.4432
Jr	81	Isobel Kenny	UCC Weightlifting Club	79.90	22	25	28	28	32	37	-40	37	65	1 st	75.1808
Jr	81	Aoife Carlin	UCC Olympic Weightlifting Club	80.70	23	-28	-28	23	27	29	31	31	54	2 nd	62.1837
M	81	Tracey Kavanagh	Red Iron Weightlifting Club	78.50	25	28	31	31	38	40	-43	40	71	1 st	82.778
Sr	87	Kamila Kierzkowska	Performance Therapy Ireland	83.90	65	68	70	70	89	91	94	94	164	1 st	185.7586
Sr	87+	Holly Hayes	UCC Olympic Weightlifting Club	97.50	25	-30	-30	25	27	29	32	32	57	1 st	61.1574

