



WEIGHTLIFTING IRELAND

National Club Championships | Results

Event Details:
National Club Championships

Date: June 30th - 2019
Venue: WIT - Waterford

| 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 | 55 | Lisa Kierans | CFI Weightlifting Club | 54.00 | 52 | 55 | 58 | 58 | 70 | 74 | -76 | 74 | 132 | 1 st | 191.5 |
| Sr | 55 | Karla Kelly | Performance Therapy Ireland | 54.30 | 47 | 49 | 51 | 51 | 67 | 70 | 73 | 73 | 124 | 2 nd | 179.1901 |
| Sr | 55 | Laura McGrath | Elevate Weightlifting Club | 54.10 | -48 | 48 | 50 | 50 | 67 | 71 | -74 | 71 | 121 | 3 rd | 175.31 |
| M | 55 | Gillian Campbell | CrossFit Bua Weightlifting Club | 49.60 | 34 | 36 | 38 | 38 | 48 | 50 | -52 | 50 | 88 | 4 th | 135.9625 |
| M | 55 | Eithne Harte | Cork Weightlifting Club | 54.50 | 59 | 62 | 64 | 64 | -78 | -78 | -78 | - | | | |
| | | | | | | | | | | | | | | | |
| Sr | 59 | Sinead O' Donnell | Elevate Weightlifting Club | 58.10 | 58 | 61 | -64 | 61 | 70 | 73 | -76 | 73 | 134 | 1 st | 184.88 |
| Jr | 59 | Amy Flynn | CrossFit Bua Weightlifting Club | 55.80 | 43 | 47 | -50 | 47 | 52 | 56 | 58 | 58 | 105 | 2 nd | 148.8724 |
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| Sr | 64 | Lara McManus | Prodigy Barbell Weightlifting Club | 62.80 | 66 | 70 | 73 | 73 | 91 | 96 | 100 | 100 | 173 | 1 st | 227.17 |
| M | 64 | Ruth Irwin | Performance Therapy Ireland | 61.70 | 54 | 57 | 61 | 61 | 74 | 78 | 82 | 82 | 143 | 2 nd | 189.83 |
| Sr | 64 | Liane Vaughan | CFI Weightlifting Club | 62.20 | 52 | 54 | -56 | 54 | 65 | 68 | -71 | 68 | 122 | 3 rd | 163.5237 |
| Sr | 64 | Isla Hoe | Capital Strength Weightlifting Club | 66.60 | 51 | 53 | 55 | 55 | 60 | 63 | 65 | 65 | 120 | 4 th | 152.217 |
| Sr | 64 | Faye-Mercedes Moran | Performance Therapy Ireland | 60.00 | 45 | 48 | 51 | 51 | 65 | 68 | -71 | 68 | 119 | 5 th | 160.777 |
| Sr | 64 | Lisa Zychowski | Cork Weightlifting Club | 63.20 | 45 | 48 | 51 | 51 | 58 | 62 | -67 | 62 | 113 | 6 th | 147.8133 |
| Sr | 64 | Mary Grace Jarina | CFI Weightlifting Club | 63.70 | 40 | 43 | -45 | 43 | -55 | 55 | -58 | 55 | 98 | 7 th | 127.5854 |
| | | | | | | | | | | | | | | | |
| Sr | 71 | Beáta Jung | CFI Weightlifting Club | 67.10 | 88 | 92 | 95 | 95 | 102 | 106 | -108 | 106 | 201 | 1 st | 253.8857 |
| Sr | 71 | Karen Kavanagh | Elevate Weightlifting Club | 69.80 | -69 | 69 | 72 | 72 | -85 | 87 | 91 | 91 | 163 | 2 nd | 201.4649 |
| Sr | 71 | Aoife MacNeill | Capital Strength Weightlifting Club | 65.70 | -69 | 69 | 71 | 71 | 90 | -92 | -93 | 90 | 161 | 3 rd | 205.8244 |
| Sr | 71 | Joyce Reilly | CFI Weightlifting Club | 68.80 | 54 | -57 | 57 | 57 | 70 | -73 | 73 | 73 | 130 | 4 th | 161.9389 |
| Jr | 71 | Emma Kelly | CrossFit Bua Weightlifting Club | 67.00 | 50 | 53 | 55 | 55 | 67 | 70 | 72 | 72 | 127 | 5 th | 160.5504 |
| Jr | 71 | Ceire Wynne Judge | CrossFit Bua Weightlifting Club | 68.90 | 45 | 48 | 51 | 51 | 65 | -68 | -70 | 65 | 116 | 6 th | 144.3848 |
| M | 71 | Sharon McGee | CrossFit Bua Weightlifting Club | 69.70 | 45 | 47 | -50 | 47 | 57 | 60 | 63 | 63 | 110 | 7 th | 136.0627 |
| Sr | 71 | Aoife Mcloughlin | Prodigy Barbell Weightlifting Club | 64.90 | 35 | 39 | 42 | 42 | 50 | 54 | 58 | 58 | 100 | 8 th | 128.7566 |
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| Sr | 76 | Mickella Gill | Capital Strength Weightlifting Club | 74.10 | -70 | 70 | -73 | 70 | -87 | -87 | 87 | 87 | 157 | 1 st | 188.1472 |
| Jr | 76 | Emma Dungan | Prodigy Barbell Weightlifting Club | 73.20 | -54 | 54 | 58 | 58 | 68 | 72 | 75 | 75 | 133 | 2 nd | 160.3636 |
| | | | | | | | | | | | | | | | |
| Sr | 81 | Samantha Ryan | Prodigy Barbell Weightlifting Club | 79.60 | 54 | 56 | 58 | 58 | 65 | -70 | -70 | 65 | 123 | 1 st | 142.5043 |
| | | | | | | | | | | | | | | | |
| Sr | 87 | Kamila Kierzkowska | Performance Therapy Ireland | 84.30 | 71 | -74 | 75 | 75 | 94 | 97 | 100 | 100 | 175 | 1 st | 197.8317 |
| Sr | 87 | Freya Hammer | Capital Strength Weightlifting Club | 81.70 | 69 | -72 | -72 | 69 | 87 | 91 | 93 | 93 | 162 | 2 nd | 185.5566 |
| | | | | | | | | | | | | | | | |
| M | 87+ | Caitriona Mills | CrossFit Bua Weightlifting Club | 92.30 | 51 | 54 | 56 | 56 | 67 | 70 | -72 | 70 | 126 | 1 st | 137.6439 |
| Sr | 87+ | Holly Hayes | Cork Weightlifting Club | 102.20 | 28 | 32 | 35 | 35 | 38 | 41 | 45 | 45 | 80 | 2 nd | 84.657 |
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