



WEIGHTLIFTING IRELAND

Connacht Open/West of Ireland Open Championships | Results

Event Details:

Connacht Open/West of Ireland Open
Championships – 2019

Date: November 9th - 2019

Venue: CrossFit Ennis

| Div | Wt | Name | Club | Body | Snatch | | | Best | Clean & Jerk | | | Best | Total | Place | Sinclair |
|-----|-------|-----------------|------------------------------|-------|--------|-----|-----|------|--------------|-----|-----|------|-------|-----------------|----------|
| | Class | | | Wt | 1 | 2 | 3 | Sn | 1 | 2 | 3 | C&J | | | |
| Sr | 49 | Labhaoise Comer | Unattached | 46.10 | 26 | 28 | -30 | 28 | 40 | 42 | -43 | 42 | 70 | 1 st | 114.6254 |
| Sr | 55 | Sinead MacMahon | Killarney Weightlifting Club | 51.70 | 20 | 22 | 25 | 25 | 30 | 33 | -35 | 33 | 58 | 1 st | 86.8482 |
| Sr | 59 | Hannah Crymble | Unattached | 58.30 | 68 | -71 | 72 | 72 | 80 | 83 | 86 | 86 | 158 | 1 st | 217.4926 |
| Sr | 59 | Shannon Drain | Unattached | 59.00 | 53 | 56 | -60 | 56 | 68 | 71 | 73 | 73 | 129 | 2 nd | 176.1894 |
| Sr | 64 | Jo O' Sullivan | Unattached | 63.80 | 55 | 60 | -64 | 60 | 75 | 78 | 81 | 81 | 141 | 1 st | 183.3945 |
| Sr | 64 | Lisa Donnegan | Unattached | 63.50 | -50 | -52 | 52 | 52 | -66 | -66 | 66 | 66 | 118 | 2 nd | 153.9135 |
| M | 64 | Michelle Pyke | Unattached | 63.10 | 35 | 37 | 40 | 40 | 55 | 57 | -59 | 57 | 97 | 1 st | 127.0056 |





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|----|-----|-------------------|------------------------------|--------|-----|-----|-----|-----------|-----|-----|------|-----------|------------|-----------------|----------|
| Jr | 71 | Emma Duggan | Prodigy Weightlifting Club | 68.90 | 57 | 61 | 65 | 65 | 77 | -81 | -82 | 77 | 142 | 1 st | 176.7469 |
| Sr | 71 | Eimear Griffey | Unattached | 68.70 | 46 | 48 | 51 | 51 | 70 | 72 | -75 | 72 | 123 | 1 st | 153.3412 |
| Sr | 71 | Katharina Kruger | Unattached | 71.00 | 48 | 52 | -56 | 52 | 65 | 70 | -75 | 70 | 122 | 2 nd | 149.4305 |
| Sr | 71 | Ciara Hackett | Cork Weightlifting Club | 64.70 | -47 | 50 | 53 | 53 | 60 | -64 | 65 | 65 | 118 | 3 rd | 152.2086 |
| Sr | 71 | Aoife McLoughlin | Prodigy Weightlifting Club | 69.00 | 45 | 48 | -50 | 48 | 57 | 60 | 63 | 63 | 111 | 4 th | 138.052 |
| Sr | 71 | Kitty Golden | Unattached | 68.80 | 35 | 40 | 44 | 44 | 50 | 55 | -60 | 55 | 99 | 5 th | 123.3227 |
| Sr | 71 | Stephanie McMahon | Unattached | 70.00 | 28 | -30 | 30 | 30 | 32 | 34 | 36 | 36 | 66 | 6 th | 81.4497 |
| Sr | 76 | Shauna Breen | Killarney Weightlifting Club | 75.40 | 38 | 41 | -45 | 41 | 50 | 53 | -57 | 53 | 94 | 1 st | 111.692 |
| Sr | 76 | Lisa Collins | Unattached | 75.20 | 28 | 30 | -32 | 30 | 40 | -42 | 43 | 43 | 73 | 2 nd | 86.8514 |
| M | 81 | Shauna Keane | Unattached | 79.10 | 37 | -40 | 40 | 40 | 48 | 52 | -54 | 52 | 92 | 1 st | 106.8911 |
| Sr | 81 | Tara Brady | Prodigy Weightlifting Club | 80.30 | 30 | 33 | -38 | 33 | 43 | 47 | 50 | 50 | 83 | 1 st | 95.7878 |
| Jr | 87 | Rebecca Gilbert | Unattached | 85.80 | 66 | 69 | 72 | 72 | -82 | 82 | 85 | 85 | 157 | 1 st | 176.2277 |
| Sr | 87+ | Holly Hayes | Cork Weightlifting Club | 98.60 | 33 | 36 | -40 | 36 | 42 | 46 | 50 | 50 | 86 | 1 st | 91.9567 |
| M | 87+ | Claire McLarnon | Unattached | 105.90 | 74 | 78 | -82 | 78 | 95 | 99 | -103 | 99 | 177 | 1 st | 185.544 |

