



# WEIGHTLIFTING IRELAND

## Connacht Open/West of Ireland Open Championships | Results

Event Details:

Connacht Open/West of Ireland Open Championships – 2019

Date: November 9<sup>th</sup> - 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			
Jr	67	Alex Knowles	Unattached	66.10	42	45	48	<b>48</b>	50	55	60	<b>60</b>	<b>108</b>	1 <sup>st</sup>	147.4573
Jr	73	Jake Quin	Unattached	71.30	52	-56	56	<b>56</b>	75	80	-85	<b>80</b>	<b>136</b>	1 <sup>st</sup>	177.2634
Sr	73	Rinnell Mendoza	Cork Weightlifting Club	72.00	65	68	72	<b>72</b>	80	84	-90	<b>84</b>	<b>156</b>	1 <sup>st</sup>	202.1724
Sr	73	Conor McHale	Unattached	72.10	-50	50	-53	<b>50</b>	<b>60</b>	-65	-65	<b>60</b>	<b>110</b>	2 <sup>nd</sup>	142.4425
Jr	81	Oran McInerney	Unattached	79.50	-90	95	100	<b>100</b>	115	120	126	<b>126</b>	<b>226</b>	1 <sup>st</sup>	277.3667





Sr	81	Andrew Murphy	Unattached	80.90	95	100	102	<b>102</b>	120	125	-130	<b>125</b>	<b>227</b>	1 <sup>st</sup>	276.1173
Sr	81	Colm Rigney	Unattached	80.20	90	-94	94	<b>94</b>	115	-122	122	<b>122</b>	<b>216</b>	2 <sup>nd</sup>	263.9011
Sr	81	Diamurd O' Crowley	Unattached	80.10	83	86	89	<b>89</b>	106	-111	112	<b>112</b>	<b>201</b>	3 <sup>rd</sup>	245.7316
Sr	81	Leandro Rowies	Prodigy Weightlifting Club	80.60	68	72	76	<b>76</b>	90	95	-100	<b>95</b>	<b>171</b>	4 <sup>th</sup>	208.3924
M	81	David Lynch	Killarney Weightlifting Club	80.90	50	55	62	<b>62</b>	77	80	85	<b>85</b>	<b>147</b>	1 <sup>st</sup>	178.8072
M	81	Tommy Evans	Killarney Weightlifting Club	79.30	50	54	-60	<b>54</b>	70	74	-78	<b>74</b>	<b>128</b>	2 <sup>nd</sup>	157.2978
M	89	Paul Dunne	Unattached	82.30	50	52	53	<b>53</b>	65	67	70	<b>70</b>	<b>123</b>	1 <sup>st</sup>	148.3356
Y	89	Oisin Conway	Unattached	87.00	35	37	40	<b>40</b>	40	45	50	<b>50</b>	<b>90</b>	1 <sup>st</sup>	105.7037
Sr	89	Ryan Harmon	Prodigy Weightlifting Club	88.00	87	91	-93	<b>91</b>	120	-125	125	<b>125</b>	<b>216</b>	1 <sup>st</sup>	252.3742
Sr	89	Rob Hession	Unattached	84.80	87	92	-95	<b>92</b>	115	118	120	<b>120</b>	<b>212</b>	2 <sup>nd</sup>	251.9852
Sr	89	Colin Dunne	Unattached	86.70	-87	-90	-90	--	-115	115	118	<b>118</b>	<b>0</b>	--	0
Sr	96	Cormac Mac Groy	Prodigy Weightlifting Club	94.90	95	-100	100	<b>100</b>	122	127	132	<b>132</b>	<b>232</b>	1 <sup>st</sup>	262.4857
Sr	96	Stuart Maxwell	LIT Weightlifting Club	91.90	85	90	-95	<b>90</b>	120	-127	-130	<b>120</b>	<b>210</b>	2 <sup>nd</sup>	240.7608
Sr	96	Cillian Myles	Unattached	94.50	85	-90	-90	<b>85</b>	110	116	120	<b>120</b>	<b>205</b>	3 <sup>rd</sup>	232.3329
Sr	96	DJ Glanton	WIT Weightlifting Club	94.50	63	66	71	<b>71</b>	85	93	97	<b>97</b>	<b>168</b>	4 <sup>th</sup>	190.3997





Sr	102	Gary Naughton	Killarney Weightlifting Club	99.20	70	75	80	<b>80</b>	85	90	100	<b>100</b>	<b>180</b>	1 <sup>st</sup>	200.1889
M	102	Alex Kaja	Unattached	101.90	75	80	P	<b>80</b>	85	-90	90	<b>90</b>	<b>170</b>	1 <sup>st</sup>	187.2289
M	109	Eoin McCarthy	Unattached	103.40	65	70	-73	<b>70</b>	90	-95	95	<b>95</b>	<b>165</b>	1 <sup>st</sup>	180.7942

