



# WEIGHTLIFTING IRELAND

## National Senior Championships | Results

Event Details:

National Senior Championships

Date: February 1<sup>st</sup> - 2020

Venue: Waterford Institute of Technology

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	61	Lorcan Daly	Unattached	60.30	65	-75	-75	65	85	95	-100	95	160	1 <sup>st</sup>	232.2718
Sr	73	Adam Mc Garry	Unattached	73.00	92	96	100	100	127	-132	134	134	234	1 <sup>st</sup>	300.8528
Jr	73	Dean Kearney	Unattached	72.40	93	97	100	100	120	-126	128	128	228	2 <sup>nd</sup>	294.5346
Jr	73	Eoin Kealy	Capital Strength Weightlifting Club	73.00	94	97	-100	97	117	-121	124	124	221	3 <sup>rd</sup>	284.1388
Sr	73	Owen Mc Donnell	NUIG Galway Weightlifting Club	72.30	75	-79	82	82	105	110	-115	110	192	4 <sup>th</sup>	248.2276
Sr	81	Seán Brown	CFI Weightlifting Club	79.90	-135	138	-142	138	162	-165	165	165	303	1 <sup>st</sup>	370.9067
Sr	81	Cathal Byrd	Capital Strength Weightlifting Club	80.60	110	-113	-115	110	140	145	-150	145	255	2 <sup>nd</sup>	310.7606
Sr	81	Danny May	Unattached	80.40	100	-104	-104	100	127	131	135	135	235	3 <sup>rd</sup>	286.7497
Sr	81	Aaron Anderson	NUIG Galway Weightlifting Club	77.90	83	87	91	91	109	115	118	118	209	4 <sup>th</sup>	259.2494
Sr	81	Colm Rigney	Unattached	78.10	88	92	-96	92	-115	115	-120	115	207	5 <sup>th</sup>	256.42
Sr	81	Diarmuid Sheehan	Cork Weightlifting Club	79.80	-85	-87	-87	--	110	115	-122	115	--	--	0





Sr	89	Kevin D'Arcy	Unattached	88.80	110	-116	116	<b>116</b>	137	147	P	<b>147</b>	<b>263</b>	1 <sup>st</sup>	306.0459
Sr	89	Ian Darragh	DCU Weightlifting Club	84.70	113	-117	117	<b>117</b>	140	145	-150	<b>145</b>	<b>262</b>	2 <sup>nd</sup>	311.5905
Sr	89	Alexios Karakatsanis	Capital Strength Weightlifting Club	86.80	107	111	115	<b>115</b>	126	130	134	<b>134</b>	<b>249</b>	3 <sup>rd</sup>	292.7561
M	89	Marcin Skwark	Unattached	88.20	93	97	100	<b>100</b>	121	126	130	<b>130</b>	<b>230</b>	4 <sup>th</sup>	268.4574
Jr	89	Shane Roche	Cork Weightlifting Club	87.70	92	97	101	<b>101</b>	115	120	126	<b>126</b>	<b>227</b>	5 <sup>th</sup>	265.6363
Sr	89	Charlie Sherwood	Unattached	85.70	96	99	102	<b>102</b>	123	-127	-128	<b>123</b>	<b>225</b>	6 <sup>th</sup>	266.1088
Sr	89	Daniel Barry	Cork Weightlifting Club	86.40	-97	-99	99	<b>99</b>	125	-133	-133	<b>125</b>	<b>224</b>	7 <sup>th</sup>	263.9248
M	89	Eoin O'Flaherty	Capital Strength Weightlifting Club	88.00	95	-99	100	<b>100</b>	115	120	-124	<b>120</b>	<b>220</b>	8 <sup>th</sup>	257.0478
Sr	89	Ciaran Lyons	D12 Weightlifting Club	87.40	85	90	-94	<b>90</b>	120	-127	127	<b>127</b>	<b>217</b>	9 <sup>th</sup>	254.3299
Sr	89	Carl Donnelly	Unattached	86.20	93	-97	-101	<b>93</b>	123	-128	-128	<b>123</b>	<b>216</b>	10 <sup>th</sup>	254.7725
Sr	89	Sean Tianihad	Unattached	87.40	90	94	-97	<b>94</b>	-114	118	-121	<b>118</b>	<b>212</b>	11 <sup>th</sup>	248.4697
Sr	89	David Marquis	Capital Strength Weightlifting Club	87.70	90	93	95	<b>95</b>	105	110	-115	<b>110</b>	<b>205</b>	12 <sup>th</sup>	239.8918
Sr	89	Ryan Harmon	Prodigy Barbell Weightlifting Club	84.10	80	-85	-87	<b>80</b>	107	112	-117	<b>112</b>	<b>192</b>	13 <sup>th</sup>	229.1186
Sr	89	Mark Rowan	CFI Weightlifting Club	87.30	-103	-103	-103	--	P	P	P	--	--	--	0
Sr	96	Luke Kelly	Elevate Weightlifting Club	93.10	128	133	-138	<b>133</b>	165	-170	170	<b>170</b>	<b>303</b>	1 <sup>st</sup>	345.5033
Sr	96	Adam Swan	Prodigy Barbell Weightlifting Club	96.00	120	-128	-131	<b>120</b>	155	-172	P	<b>155</b>	<b>275</b>	2 <sup>nd</sup>	309.7129
Sr	96	Timmy Mescall	Capital Strength Weightlifting Club	93.00	103	107	-111	<b>107</b>	126	130	134	<b>134</b>	<b>241</b>	3 <sup>rd</sup>	274.9287
Sr	96	Seán Browne	Elevate Weightlifting Club	95.30	98	103	-107	<b>103</b>	-124	-124	124	<b>124</b>	<b>227</b>	4 <sup>th</sup>	256.3968
Sr	96	Joe Kelly	Unattached	92.00	96	100	102	<b>102</b>	118	124	-127	<b>124</b>	<b>226</b>	5 <sup>th</sup>	258.9855
Sr	96	Cormac Mac Grory	Prodigy Barbell Weightlifting Club	94.60	93	97	102	<b>102</b>	120	-132	P	<b>120</b>	<b>222</b>	6 <sup>th</sup>	251.4921





Sr	102	Simon Keartland	Prodigy Barbell Weightlifting Club	101.90	127	133	-138	<b>133</b>	-160	160	-167	<b>160</b>	<b>293</b>	1 <sup>st</sup>	322.6945
Sr	102	Barry Kane	Unattached	100.40	-125	125	-130	<b>125</b>	150	-160	-160	<b>150</b>	<b>275</b>	2 <sup>nd</sup>	304.4912
Sr	109	Sean Rigsby	Capital Strength Weightlifting Club	108.30	125	130	134	<b>134</b>	-170	170	176	<b>176</b>	<b>310</b>	1 <sup>st</sup>	334.52
Sr	109	Colm Mc Cabe	Unattached	108.70	-105	105	110	<b>110</b>	140	-145	-148	<b>140</b>	<b>250</b>	2 <sup>nd</sup>	269.4593

