



# WEIGHTLIFTING IRELAND

## National Masters Championships | Results

Event Details:

National Masters Championships

Date: February 29<sup>th</sup>, 2020

Venue: D12 Weightlifting Club

Age Bracket	Wt	Name	Club	Body	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair
	Class			Wt	1	2	3	Sn	1	2	3	C&J			
W35 (35-39)	55	Eithne Harte	Cork Weightlifting Club	54.3	59	-62	62	<b>62</b>	-79	80	-82	<b>80</b>	<b>142</b>	1 <sup>st</sup>	205.2016
W40 (40-44)	55	Lisa Kierans	CFI Weightlifting Club	54.2	53	-56	-56	<b>53</b>	71	73	75	<b>75</b>	<b>128</b>	1 <sup>st</sup>	185.2122
W40 (40-44)	59	Angela Roche	Unattached	57.1	47	-49	49	<b>49</b>	62	64	-65	<b>64</b>	<b>113</b>	1 <sup>st</sup>	157.72
W50 (50-54)	59	Karen McAvoy	Unattached	58	40	43	-45	<b>43</b>	52	56	-58	<b>56</b>	<b>99</b>	1 <sup>st</sup>	136.7427
W60 (60-64)	59	Phil Brown	CFI Weightlifting Club	58.4	26	29	31	<b>31</b>	34	36	-38	<b>36</b>	<b>67</b>	1 <sup>st</sup>	92.1238





W35 (35-39)	64	Michelle Curtin	Unattached	63.5	56	60	-64	<b>60</b>	70	75	-80	<b>75</b>	<b>135</b>	1 <sup>st</sup>	176.0875
W35 (35-39)	64	Vilma O'Malley	Shannon Barbell Weightlifting Club	62.9	45	47	50	<b>50</b>	60	63	65	<b>65</b>	<b>115</b>	2 <sup>nd</sup>	150.864
W45 (45-49)	64	Kate Meenan	Unattached	62.3	40	43	45	<b>45</b>	52	55	58	<b>58</b>	<b>103</b>	1 <sup>st</sup>	135.9154
W50 (50-54)	64	Stephanie Heeran	Phoenix Weightlifting	60.9	47	49	-51	<b>49</b>	61	-63	-63	<b>61</b>	<b>110</b>	1 <sup>st</sup>	147.2192
W55 (55-59)	64	Gabrielle Byrne	CFI Weightlifting Club	62.8	-35	35	38	<b>38</b>	-47	48	51	<b>51</b>	<b>89</b>	1 <sup>st</sup>	116.8687
W40 (40-44)	71	Sharon Mc Gee	CrossFit Bua Weightlifting Club	69.1	50	52	54	<b>54</b>	63	65	68	<b>68</b>	<b>122</b>	1 <sup>st</sup>	151.6133
W40 (40-44)	71	Kathy Boylan	Capital Strength Weightlifting Club	71	41	43	-45	<b>43</b>	P	P	P	--	--	--	0
W45 (45-49)	71	Naomi Ross	Unattached	66.8	30	32	34	<b>34</b>	38	42	-45	<b>42</b>	<b>76</b>	1 <sup>st</sup>	96.2401
W50 (50-54)	71	Eimear O'Neill	Unattached	70.3	36	39	-42	<b>39</b>	54	56	58	<b>58</b>	<b>97</b>	1 <sup>st</sup>	119.4336
W60 (60-64)	71	Lucinda Moore-Fox	Capital Strength Weightlifting Club	70.1	28	30	-31	<b>30</b>	41	43	44	<b>44</b>	<b>74</b>	1 <sup>st</sup>	91.2528





W40 (40-44)	76	Karolina Zaviscek	Cork Weightlifting Club	74.4	38	41	44	<b>44</b>	55	-57	57	<b>57</b>	<b>101</b>	1 <sup>st</sup>	120.7956
W50 (50-54)	76	Donna Mc Donough	PHAT Weightlifting Club	74.1	35	40	-45	<b>40</b>	50	55	-60	<b>55</b>	<b>95</b>	1 <sup>st</sup>	113.847
W35 (35-39)	81	Cliona O'Toole	CFI Weightlifting Club	79.9	40	43	46	<b>46</b>	52	56	60	<b>60</b>	<b>106</b>	1 <sup>st</sup>	122.6026
W40 (40-44)	81	Shauna B Keane	Unattached	79.3	40	42	43	<b>43</b>	52	54	-57	<b>54</b>	<b>97</b>	1 <sup>st</sup>	112.5721
W45 (45-49)	87	Suzy Mc Elwaine	Unattached	84.5	34	36	-38	<b>36</b>	44	46	48	<b>48</b>	<b>84</b>	1 <sup>st</sup>	94.8675
W35 (35-39)	87+	Caitriona Mills	CrossFit Bua Weightlifting Club	98.2	53	56	58	<b>58</b>	68	71	74	<b>74</b>	<b>132</b>	1 <sup>st</sup>	141.3169
W40 (40-44)	87+	Claire Mc Larnon	Unattached	103.9	-75	-75	76	<b>76</b>	98	102	106	<b>106</b>	<b>182</b>	1 <sup>st</sup>	191.7327

