



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 | | | |
| Sr | 71 | Beáta Jung | CFI Weightlifting Club | 67.10 | 88 | 92 | 95 | 95 | 102 | 106 | -108 | 106 | 201 | | 253.8857 |
| M | 55 | Lisa Kierans | CFI Weightlifting Club | 54.00 | 52 | 55 | 58 | 58 | 70 | 74 | -76 | 74 | 132 | | 191.5 |
| Sr | 64 | Liane Vaughan | CFI Weightlifting Club | 62.20 | 52 | 54 | -56 | 54 | 65 | 68 | -71 | 68 | 122 | | 163.5237 |
| Sr | 71 | Joyce Reilly | CFI Weightlifting Club | 68.80 | 54 | -57 | 57 | 57 | 70 | -73 | 73 | 73 | 130 | | |
| Sr | 64 | Mary Grace Jarina | CFI Weightlifting Club | 63.70 | 40 | 43 | -45 | 43 | -55 | 55 | -58 | 55 | 98 | | |
| Sr | 89 | Seán Brown | CFI Weightlifting Club | 81.50 | -135 | 135 | -140 | 135 | 160 | -165 | -165 | 160 | 295 | | 357.4985 |
| Sr | 89 | Mark Rowan | CFI Weightlifting Club | 86.40 | 95 | -98 | 98 | 98 | 115 | 118 | 121 | 121 | 219 | | 258.0336 |
| Sr | 89 | Alex Gibney | CFI Weightlifting Club | 81.80 | 82 | -85 | 86 | 86 | 107 | 110 | -113 | 110 | 196 | | 237.0886 |
| Sr | 109+ | Ian Carey | CFI Weightlifting Club | 111.50 | -70 | 70 | -74 | 70 | 90 | -95 | -98 | 90 | 160 | | |
| M | 89 | Oscar Bartulis | CFI Weightlifting Club | 85.70 | -82 | 82 | 86 | 86 | -110 | -110 | -116 | -- | | | |
| Women's - 608.9094 (1 st) | | | | Men's - 852.6207 (3 rd) | | | | Team Overall - 1461.53 (1 st) | | | | | | | |





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| Sr | 64 | Lara McManus | Prodigy Barbell Weightlifting Club | 62.80 | 66 | 70 | 73 | 73 | 91 | 96 | 100 | 100 | 173 | | 227.17 |
| Jr | 76 | Emma Dungan | Prodigy Barbell Weightlifting Club | 73.20 | -54 | 54 | 58 | 58 | 68 | 72 | 75 | 75 | 133 | | 160.3636 |
| Sr | 81 | Samantha Ryan | Prodigy Barbell Weightlifting Club | 79.60 | 54 | 56 | 58 | 58 | 65 | -70 | -70 | 65 | 123 | | 142.5043 |
| Sr | 71 | Aoife Mcloughlin | Prodigy Barbell Weightlifting Club | 64.90 | 35 | 39 | 42 | 42 | 50 | 54 | 58 | 58 | 100 | | |
| Sr | 102 | Adam Swan | Prodigy Barbell Weightlifting Club | 96.10 | 122 | -127 | 130 | 130 | 155 | -167 | -167 | 155 | 285 | | 320.8437 |
| Sr | 102 | Simon Keartland | Prodigy Barbell Weightlifting Club | 101.20 | 120 | 125 | 130 | 130 | 150 | 158 | -165 | 158 | 288 | | 317.97 |
| Sr | 73 | Conor O Reilly | Prodigy Barbell Weightlifting Club | 72.00 | 95 | 100 | -105 | 100 | 125 | -130 | -131 | 125 | 225 | | 291.5949 |
| Sr | 89 | Ryan Harmon | Prodigy Barbell Weightlifting Club | 84.00 | 85 | 90 | -93 | 90 | 110 | 118 | -126 | 118 | 208 | | |
| Sr | 96 | Cormac Mac Groy | Prodigy Barbell Weightlifting Club | 91.30 | 80 | -85 | -86 | 80 | 100 | 108 | 112 | 112 | 192 | | |
| Sr | 102 | John O'Connor | Prodigy Barbell Weightlifting Club | 98.90 | -85 | 85 | -93 | 85 | P | P | P | -- | | | |
| Women's - 530.0379 (5 th) | | | | Men's - 930.4086 (1 st) | | | | | Team Overall - 1460.447 (2 nd) | | | | | | |
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| Sr | 71 | Aoife MacNeill | Capital Strength Weightlifting Club | 65.70 | -69 | 69 | 71 | 71 | 90 | -92 | -93 | 90 | 161 | | 205.8244 | |
| Sr | 76 | Mickella Gill | Capital Strength Weightlifting Club | 74.10 | -70 | 70 | -73 | 70 | -87 | -87 | 87 | 87 | 157 | | 188.1472 | |
| Sr | 87 | Freya Hammer | Capital Strength Weightlifting Club | 81.70 | 69 | -72 | -72 | 69 | 87 | 91 | 93 | 93 | 162 | | 185.5566 | |
| Sr | 64 | Isla Hoe | Capital Strength Weightlifting Club | 66.60 | 51 | 53 | 55 | 55 | 60 | 63 | 65 | 65 | 120 | | | |
| Sr | 89 | Cathal Byrd | Capital Strength Weightlifting Club | 81.40 | 115 | 120 | 122 | 122 | 145 | 150 | 153 | 153 | 275 | | 333.4665 | |
| Sr | 96 | David Marquis | Capital Strength Weightlifting Club | 88.60 | 97 | 102 | 107 | 107 | 120 | 125 | -128 | 125 | 232 | | 270.2435 | |
| Sr | 73 | Anthony Monahan | Capital Strength Weightlifting Club | 68.00 | 82 | 86 | 90 | 90 | 103 | 107 | 111 | 111 | 201 | | 269.5895 | |
| Sr | 73 | Seán McElroy | Capital Strength Weightlifting Club | 72.80 | 87 | 90 | 93 | 93 | 107 | -111 | -114 | 107 | 200 | | | |
| | | Women's - 579.5282 (2 nd) | | Men's - 873.2995 (2 nd) | | | | | Team Overall - 1452.8277 (3 rd) | | | | | | | |
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| Jr | 71 | Emma Kelly | CrossFit Bua Weightlifting Club | 67.00 | 50 | 53 | 55 | 55 | 67 | 70 | 72 | 72 | 127 | | 160.5504 |
| Jr | 59 | Amy Flynn | CrossFit Bua Weightlifting Club | 55.80 | 43 | 47 | -50 | 47 | 52 | 56 | 58 | 58 | 105 | | 148.8724 |
| Jr | 71 | Ceire Wynne Judge | CrossFit Bua Weightlifting Club | 68.90 | 45 | 48 | 51 | 51 | 65 | -68 | -70 | 65 | 116 | | 144.3848 |
| M | 87+ | Caitriona Mills | CrossFit Bua Weightlifting Club | 92.30 | 51 | 54 | 56 | 56 | 67 | 70 | -72 | 70 | 126 | | |
| M | 71 | Sharon McGee | CrossFit Bua Weightlifting Club | 69.70 | 45 | 47 | -50 | 47 | 57 | 60 | 63 | 63 | 110 | | |
| M | 55 | Gillian Campbell | CrossFit Bua Weightlifting Club | 49.60 | 34 | 36 | 38 | 38 | 48 | 50 | -52 | 50 | 88 | | |
| Jr | 81 | Jack Walsh | CrossFit Bua Weightlifting Club | 80.20 | 82 | 85 | 88 | 88 | 105 | 108 | 111 | 111 | 199 | | 243.1311 |
| Sr | 89 | David Kenny | CrossFit Bua Weightlifting Club | 84.10 | 80 | 85 | -90 | 85 | 100 | 105 | 110 | 110 | 195 | | 232.6986 |
| Sr | 89 | Stephen Darling | CrossFit Bua Weightlifting Club | 84.70 | 70 | 75 | 80 | 80 | 80 | 82 | 85 | 85 | 165 | | 196.2306 |
| Women's - 453.8076 (6 th) | | | | Men's - 672.0603 (5 th) | | | | Team Overall - 1125.868 (4 th) | | | | | | | |
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| Sr | 64 | Lisa Zychowski | Cork Weightlifting Club | 63.20 | 45 | 48 | 51 | 51 | 58 | 62 | -67 | 62 | 113 | | 147.8133 |
| Sr | 87+ | Holly Hayes | Cork Weightlifting Club | 102.20 | 28 | 32 | 35 | 35 | 38 | 41 | 45 | 45 | 80 | | 84.657 |
| M | 55 | Eithne Harte | Cork Weightlifting Club | 54.50 | 59 | 62 | 64 | 64 | -78 | -78 | -78 | - | | | |
| Sr | 89 | Daniel Barry | Cork Weightlifting Club | 85.30 | 80 | 85 | -90 | 85 | 116 | 121 | -126 | 121 | 206 | | 244.1734 |
| Jr | 96 | Yakub Boybay | Cork Weightlifting Club | 93.60 | 80 | 85 | 90 | 90 | 110 | -115 | 116 | 116 | 206 | | 234.3784 |
| Sr | 81 | Roland Korom | Cork Weightlifting Club | 78.40 | 72 | 77 | -82 | 77 | 90 | 95 | -100 | 95 | 172 | | 212.6335 |
| Sr | 81 | Rinnell Mendoza | Cork Weightlifting Club | 78.60 | 63 | 67 | 72 | 72 | 78 | 83 | 87 | 87 | 159 | | |
| Jr | 67 | Harry O'Byrne | Cork Weightlifting Club | 64.80 | 50 | -54 | -54 | 50 | 65 | 70 | -75 | 70 | 120 | | |
| | | Women's - 232.4703 (7 th) | | Men's - 691.1853 (4 th) | | | | | Team Overall - 923.6556 (5 th) | | | | | | |
| Sr | 87 | Kamila Kierzkowska | Performance Therapy Ireland | 84.30 | 71 | -74 | 75 | 75 | 94 | 97 | 100 | 100 | 175 | | 197.8317 |
| M | 64 | Ruth Irwin | Performance Therapy Ireland | 61.70 | 54 | 57 | 61 | 61 | 74 | 78 | 82 | 82 | 143 | | 189.83 |
| Sr | 55 | Karla Kelly | Performance Therapy Ireland | 54.30 | 47 | 49 | 51 | 51 | 67 | 70 | 73 | 73 | 124 | | 179.1901 |
| Sr | 64 | Faye-Mercedes Moran | Performance Therapy Ireland | 60.00 | 45 | 48 | 51 | 51 | 65 | 68 | -71 | 68 | 119 | | |
| | | Women's - 566.8518 (3 rd) | | N/A | | | | | N/A | | | | | | |
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| Sr | 55 | Laura McGrath | Elevate Weightlifting Club | 54.10 | -48 | 48 | 50 | 50 | 67 | 71 | -74 | 71 | 121 | | 175.31 |
| Sr | 59 | Sinead O' Donnell | Elevate Weightlifting Club | 58.10 | 58 | 61 | -64 | 61 | 70 | 73 | -76 | 73 | 134 | | 184.88 |
| Sr | 71 | Karen Kavanagh | Elevate Weightlifting Club | 69.80 | -69 | 69 | 72 | 72 | -85 | 87 | 91 | 91 | 163 | | 201.4649 |
| | | Women's - 561.6549 (4 th) | | N/A | | | | | N/A | | | | | | |
| Sr | 61 | Garry Hurley | TU Dublin Weightlifting Club | 58.50 | 50 | 53 | -55 | 53 | 60 | 65 | -70 | 65 | 118 | | 175.0139 |
| Jr | 81 | Osikhena Lawani | TU Dublin Weightlifting Club | 79.20 | 68 | 71 | 75 | 75 | 78 | 81 | 85 | 85 | 160 | | 196.7511 |
| Sr | 89 | Martin Earle | TU Dublin Weightlifting Club | 86.50 | 55 | 60 | 65 | 65 | 82 | 90 | 95 | 95 | 160 | | 188.4169 |
| | | N/A | | Men's - 560.1819 (6 th) | | | | | N/A | | | | | | |
| Sr | 67 | Robert Galligan | LIT Weightlifting Club | 64.30 | 42 | -44 | 44 | 44 | 55 | 58 | 62 | 62 | 106 | 2 | 147.3343 |
| Jr | 81 | Cian Gavillet | LIT Weightlifting Club | 80.70 | 70 | -72 | 72 | 72 | 90 | 95 | 100 | 100 | 172 | 3 | 209.4791 |
| | | N/A | | Men's - 356.8134 (7 th) | | | | | N/A | | | | | | |
| Sr | 109 | Dylan Smith | Bohemian Weightlifting Club | 103.80 | 68 | 73 | 78 | 78 | 110 | -115 | 118 | 118 | 196 | 1 | 214.4763 |
| | | N/A | | Men's -214.4763 (8 th) | | | | | N/A | | | | | | |

