



# WEIGHTLIFTING IRELAND

## Connacht Open – 2023 | Results

Dates: April 8<sup>th</sup> - 2023  
Venue: CrossFit Limitless

Div	Wt	Name	Club	Body	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair
	Class			Wt	1	2	3	Sn	1	2	3	C&J			
M	55	Eithne Harte	Howling Heart Weightlifting Club	55	54	57	60	<b>60</b>	74	80	-84	<b>80</b>	<b>140</b>	1 <sup>st</sup>	200.4965
Sr	55	Gladys Kate Pascual	Fianna Weightlifting Club	52.5	51	54	57	<b>57</b>	68	-71	71	<b>71</b>	<b>128</b>	2 <sup>nd</sup>	189.5109
Sr	59	Ailbhe Mulvihill	Cork Weightlifting Club	58.4	65	68	71	<b>71</b>	81	84	88	<b>88</b>	<b>159</b>	1 <sup>st</sup>	218.6222
M	59	Michelle Curtin	Mullingar Weightlifting Club	58.4	56	60	62	<b>62</b>	66	70	-73	<b>70</b>	<b>132</b>	2 <sup>nd</sup>	181.4976
Sr	59	Isla Hoe	Capital Strength Weightlifting Club	58.6	54	-57	57	<b>57</b>	63	67	70	<b>70</b>	<b>127</b>	3 <sup>rd</sup>	174.2308
Jr	59	Sorcha Carrick	UCC Olympic Weightlifting Club	58.6	28	-30	-30	<b>28</b>	41	43	-45	<b>43</b>	<b>71</b>	4 <sup>th</sup>	97.4046
Sr	59	Arlene Mc Anarney	TFA Weightlifting Club	57.9	23	25	27	<b>27</b>	37	40	-42	<b>40</b>	<b>67</b>	5 <sup>th</sup>	92.6491
M	64	Orla O' Brien	Cork Weightlifting Club	63.2	39	41	-42	<b>41</b>	48	-50	50	<b>50</b>	<b>91</b>	1 <sup>st</sup>	119.0355
M	64	Gabrielle Byrne	Fianna Weightlifting Club	61.3	33	36	-38	<b>36</b>	45	48	50	<b>50</b>	<b>86</b>	2 <sup>nd</sup>	114.6267





Sr	71	Caroline Birch	Unattached	70	-93	-95	98	<b>98</b>	-110	115	-116	<b>115</b>	<b>213</b>	1 <sup>st</sup>	262.8605
Sr	71	Nadine Hayes	Howling Heart Weightlifting Club	70.3	62	65	-68	<b>65</b>	80	-84	-85	<b>80</b>	<b>145</b>	2 <sup>nd</sup>	178.5347
M	71	Jasmin Eichhorn	Cork Weightlifting Club	69.1	47	48	50	<b>50</b>	58	60	63	<b>63</b>	<b>113</b>	3 <sup>rd</sup>	140.4287
Jr	71	Aoibhne Morrison	Cork Weightlifting Club	67.9	30	33	36	<b>36</b>	40	44	-47	<b>44</b>	<b>80</b>	4 <sup>th</sup>	100.3808
M	71	Lucinda Moore-Fox	Capital Strength Weightlifting Club	68.6	29	31	32	<b>32</b>	40	42	-44	<b>42</b>	<b>74</b>	5 <sup>th</sup>	92.3278
M	76	Ide Healy	Cork Weightlifting Club	72.4	70	-73	75	<b>75</b>	87	90	93	<b>93</b>	<b>168</b>	1 <sup>st</sup>	203.6993
Y	76	Lauren Finn	Capital Strength Weightlifting Club	75	64	66	69	<b>69</b>	79	82	85	<b>85</b>	<b>154</b>	2 <sup>nd</sup>	183.4586
M	76	Amy Conroy	Unattached	72.9	45	48	50	<b>50</b>	65	68	70	<b>70</b>	<b>120</b>	3 <sup>rd</sup>	144.9899
Sr	76	Mary Wittmer	ATU Galway Weightlifting Club	74.9	40	45	50	<b>50</b>	52	56	60	<b>60</b>	<b>110</b>	4 <sup>th</sup>	131.1273
M	76	Jennifer Horgan	Unattached	74	37	40	42	<b>42</b>	55	-60	60	<b>60</b>	<b>102</b>	5 <sup>th</sup>	122.3178
M	76	Miriam Stewart	Unattached	74.9	38	-41	41	<b>41</b>	-55	55	58	<b>58</b>	<b>99</b>	6 <sup>th</sup>	118.0146
Jr	76	Lily Harnett	UCC Olympic Weightlifting Club	75.1	20	23	26	<b>26</b>	30	33	36	<b>36</b>	<b>62</b>	7 <sup>th</sup>	73.812
Sr	81	Cody Behan	Fianna Weightlifting Club	80.1	37	40	43	<b>43</b>	50	54	-56	<b>54</b>	<b>97</b>	1 <sup>st</sup>	112.0684
Y	81	Katelyn O' Donovan	Howling Heart Weightlifting Club	79.3	35	38	41	<b>41</b>	48	50	52	<b>52</b>	<b>93</b>	2 <sup>nd</sup>	107.9299
Sr	87	Aoife Mc Polin	Cork Weightlifting Club	82.6	57	61	64	<b>64</b>	80	84	87	<b>87</b>	<b>151</b>	1 <sup>st</sup>	172.1515

