



WEIGHTLIFTING IRELAND

Connacht Open – 2023 | Results

Dates: April 8th - 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			
Y	49	Luca Christofides	LifeFit Weightlifting Club	43.1	17	19	21	21	23	25	27	27	48	1 st	91.3849
Y	67	Rian Mc Cullough	LifeFit Weightlifting Club	66.9	-55	56	60	60	67	70	73	73	133	1 st	180.2115
Sr	73	Trevor Zou	UCC Olympic Weightlifting Club	70.6	50	54	58	58	60	65	-71	65	123	1 st	161.2575
Sr	81	Gavin Brown	TFA Weightlifting Club	79.9	95	98	101	101	125	128	-130	128	229	1 st	280.3222
Sr	81	Owen Mc Donnell	Capital Strength Weightlifting Club	78.3	-94	94	98	98	124	128	-130	128	226	2 nd	279.5784
Jr	81	Tadhg Joyce	Unattached	76.7	94	98	102	102	110	-116	120	120	222	3 rd	277.6741
Jr	81	Jack Kearney	Capital Strength Weightlifting Club	80	83	87	90	90	113	117	120	120	210	4 th	256.899
Sr	81	Padraic Martin	Unattached	80	84	88	91	91	106	111	115	115	206	5 th	252.0057
Y	81	Bobby Quinn	CFB Weightlifting Club	78.5	82	87	90	90	100	105	-110	105	195	6 th	240.9055
Sr	81	Niall Higgins	Unattached	79.2	75	-82	-84	75	95	103	-110	103	178	7 th	218.8856





Sr	81	Rafal Gradowski	Unattached	78.5	-55	55	65	65	75	80	-86	80	145	8 th	179.1348
Sr	81	Mel O' Callaghan	Unattached	76.9	52	56	60	60	80	-85	-88	80	140	9 th	174.8638
M	81	David Byrne	TFA Weightlifting Club	79.7	57	60	-63	60	78	-81	-82	78	138	10 th	169.1459
M	81	Conor Mc Hale	Unattached	77.3	50	54	-57	54	60	-65	-65	60	114	11 th	141.9928
Sr	89	Timmy Mescall	Mullingar Weightlifting Club	88.1	106	111	-115	111	-125	127	-135	127	238	1 st	277.9368
M	89	Eoin O' Flaherty	Capital Strength Weightlifting Club	89	95	99	-103	99	119	123	126	126	225	2 nd	261.5648
M	89	Carl Donnelly	Unattached	87.8	89	92	95	95	-120	121	-123	121	216	3 rd	252.6337
Sr	89	Bartosz Kupc	Unattached	87.1	95	-100	-100	95	115	-119	119	119	214	4 th	251.2077
Sr	89	Daragh Buckley	UCC Olympic Weightlifting Club	84.6	78	83	88	88	107	112	117	117	205	5 th	243.9389
Sr	89	Niall Wyer	The Lab Weightlifting	87	81	84	86	86	112	-115	116	116	202	6 th	237.2461
Jr	89	Ilir Surdulli	University of Galway WL Club	84.4	80	84	88	88	104	109	-112	109	197	7 th	234.6844
M	89	Frank Murphy	Cork Weightlifting Club	82.5	74	80	-85	80	90	95	103	103	183	8 th	220.4301
Y	89	Callum Quinn	Mullingar Weightlifting Club	88.7	-85	85	-88	85	-97	-102	-111	--	--	--	--
Sr	96	Diarmaid O' Crowley	Unattached	93.7	75	-79	-80	75	95	98	101	101	176	1 st	200.1579
M	96	Jonathan O' Donovan	Howling Heart Weightlifting Club	91.1	70	73	-76	73	92	96	100	100	173	2 nd	199.0801
M	96	Vaidotas Miliu	Unattached	93.6	-67	67	-72	67	85	92	-97	92	159	3 rd	180.9037
M	96	Paul Dunne	LifeFit Weightlifting Club	95.9	58	61	-63	61	78	81	-85	81	142	4 th	159.9902





Sr	102	David Marquis	Capital Strength Weightlifting Club	98.1	110	115	120	120	131	135	138	138	258	1 st	288.1439
Jr	102	Yan Leydon	University of Galway WL Club	101.4	-105	105	110	110	129	135	-140	135	245	2 nd	270.3037
M	109	Ivan Buchanan	Howling Heart Weightlifting Club	107.7	70	73	76	76	90	93	95	95	171	1 st	184.8491
Jr	109+	Cian Nowlan Rooney	The Lab Weightlifting	133.7	102	-106	106	106	145	153	-160	153	259	1 st	265.3379
Sr	109+	Evan Kelly	University of Galway WL Club	149.5	110	114	-118	114	126	131	135	135	249	2 nd	251.1006

