



# WEIGHTLIFTING IRELAND

## Ulster Open Championships - 2023 | Results

Dates: November 4<sup>th</sup> & 5<sup>th</sup> - 2023  
Venue: Boundary CrossFit Belfast

Div	Wt	Name	Club	Body	Snatch			Best	Clean & Jerk			Best	Total	Place	Sinclair
	Class			Wt	1	2	3	Sn	1	2	3	C&J			
U13	49	Lily Pedlow	Asylum Weightlifting Club	48.85	28	30	33	<b>33</b>	39	42	-45	<b>42</b>	<b>75</b>	1 <sup>st</sup>	117.549
Y	40	Ellie Barnes	Asylum Weightlifting Club	39.4	22	24	25	<b>25</b>	25	27	29	<b>29</b>	<b>54</b>	1 <sup>st</sup>	101.764
Y	Y45	Darcey Newell	Asylum Weightlifting Club	44.8	30	33	-35	<b>33</b>	-42	42	-45	<b>42</b>	<b>75</b>	1 <sup>st</sup>	126.122
Y	64	Tara McLarnon	Scrabo Strength WL Club	63.8	33	36	-38	<b>36</b>	37	41	45	<b>45</b>	<b>81</b>	1 <sup>st</sup>	105.52
Sr	49	Gladys Kate Pascual	Fianna Weightlifting Club	48.6	53	56	58	<b>58</b>	68	-71	71	<b>71</b>	<b>129</b>	1 <sup>st</sup>	203.001





Sr	59	Rebecca Robinson	Fianna Weightlifting Club	58.9	-61	-61	61	61	84	-87	87	87	148	1 <sup>st</sup>	202.735
M	59	Karla Kelly	Fianna Weightlifting Club	56.9	50	53	55	55	68	-71	71	71	126	2 <sup>nd</sup>	176.627
Sr	59	Nuria Priego Sierra	Asylum Weightlifting Club	56.9	30	32	34	34	44	47	-50	47	81	3 <sup>rd</sup>	113.546
M	59	Phil Brown	Fianna Weightlifting Club	58.7	33	35	-36	35	40	42	44	44	79	4 <sup>th</sup>	108.459
Sr	64	Hannah Crymble	Fianna Weightlifting Club	61	80	83	-86	83	99	-103	-103	99	182	1 <sup>st</sup>	243.748
Sr	64	Rachel Monaghan	Scrabo Strength WL Club	62.4	68	-71	-72	68	-88	88	-92	88	156	2 <sup>nd</sup>	205.989
Sr	64	Shannon Drain	Unattached	62.1	62	65	-69	65	78	80	-82	80	145	3 <sup>rd</sup>	192.035
M	64	Christine McCann	Fianna Weightlifting Club	60	35	37	39	39	53	56	58	58	97	4 <sup>th</sup>	131.286
M	71	Sharon McGee	Fianna Weightlifting Club	70.1	51	54	-57	54	68	-71	71	71	125	1 <sup>st</sup>	154.343
Sr	71	Molly Morgan	Scrabo Strength WL Club	69.9	50	53	-56	53	62	65	-68	65	118	2 <sup>nd</sup>	145.924
Sr	71	Rebecca Mitchell	Asylum Weightlifting Club	70.9	44	47	50	50	53	57	60	60	110	3 <sup>rd</sup>	135.003
M	71	Karen Taggart	Scrabo Strength WL Club	64.05	35	38	41	41	58	61	64	64	105	4 <sup>th</sup>	136.465
Sr	71	Claire Ryder	Scrabo Strength WL Club	69.2	46	-48	-48	46	-54	54	56	56	102	5 <sup>th</sup>	126.828
Sr	71	Sarah McCormack	Unattached	65.4	37	41	44	44	50	53	56	56	100	6 <sup>th</sup>	128.373
M	71	Lisa Donnegan	Fianna Weightlifting Club	69	39	42	44	44	50	53	55	55	99	7 <sup>th</sup>	123.293





M	76	Michaela McKay	Scrabo Strength WL Club	72.4	50	54	57	<b>57</b>	60	65	70	<b>70</b>	<b>127</b>	1 <sup>st</sup>	154.172
M	76	Caroline Murphy	The Lab Weightlifting Club	73	-46	-46	47	<b>47</b>	63	67	-71	<b>67</b>	<b>114</b>	2 <sup>nd</sup>	137.807
Sr	76	Leah Flanagan	Unattached	75.9	30	32	34	<b>34</b>	-42	43	-46	<b>43</b>	<b>77</b>	3 <sup>rd</sup>	91.3
Sr	81	Maria Galdysheva	Unattached	77.5	40	43	46	<b>46</b>	63	66	69	<b>69</b>	<b>115</b>	1 <sup>st</sup>	135.011
M	81	Sabine Bonus	The Lab Weightlifting Club	76.9	29	31	33	<b>33</b>	38	41	43	<b>43</b>	<b>76</b>	2 <sup>nd</sup>	89.552
Sr	81	Dearbhla Ormonde	Fianna Weightlifting Club	76.3	61	64	67	<b>67</b>	-83	-83	-84	-	-	-	-
Sr	87	Rachel Hersee	D12 Weightlifting Club	85.2	30	33	35	<b>35</b>	48	51	54	<b>54</b>	<b>89</b>	1 <sup>st</sup>	100.26

