



Connacht Open Championships - 2024 | Results  
 Dates: May 11th - 2024  
 Venue: CrossFit ClareGalway



SPÓRT ÉIREANN  
 SPORT IRELAND

| Div/Lot No.         | Last Name | First Name  | Cat. | B.W. | Team                                    | Born       | Snatch |     |     |      | Clean&Jerk |     |     |      | Total |      |          |
|---------------------|-----------|-------------|------|------|---|------------|--------|-----|-----|------|------------|-----|-----|------|-------|------|----------|
|                     |           |             |      |      |   |            | 1      | 2   | 3   | Best | 1          | 2   | 3   | Best | Total | Rank | Sinclair |
| <b>F 49</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 32                  | Pascual   | Gladys Kate | F 49 | 48.3 | Fianna Weightlifting Club               | 04/10/1992 | 53     | -55 | -55 | 53   | 68         | -71 | -71 | 68   | 121   | 1st  | 191.344  |
| <b>F 55</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 25                  | Guiheen   | Fiona       | F 55 | 53   | LifeFit Weightlifting Club              | 03/07/1970 | 15     | 16  | 17  | 17   | 20         | -22 | 22  | 22   | 39    | 1st  | 57.472   |
| <b>F 59</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 10                  | Walsh     | Laura       | F 59 | 58.2 | Fianna Weightlifting Club               | 16/01/1997 | 48     | 51  | 53  | 53   | 59         | -62 | -62 | 59   | 112   | 1st  | 154.637  |
| 24                  | Poovelil  | Caroline    | F 59 | 58.9 | Elevate Weightlifting Club              | 24/07/1996 | 47     | -49 | -49 | 47   | 59         | 62  | 64  | 64   | 111   | 2nd  | 152.051  |
| 16                  | Brown     | Phil        | F 59 | 58.5 | Fianna Weightlifting Club               | 17/10/1959 | 32     | 34  | -35 | 34   | 37         | 40  | -42 | 40   | 74    | 3rd  | 101.823  |
| <b>F 64</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 6                   | Cooper    | Ciara       | F 64 | 63.3 | Unattached                              | 09/09/1995 | 63     | 67  | 71  | 71   | 90         | 94  | -98 | 94   | 165   | 1st  | 215.973  |
| 31                  | Murray    | Niamh       | F 64 | 63.4 | Fianna Weightlifting Club               | 25/6/1992  | 68     | 71  | -73 | 71   | -88        | 88  | -91 | 88   | 159   | 2nd  | 207.92   |
| 11                  | Reilly    | Cassi       | F 64 | 61.7 | Fianna Weightlifting Club               | 22/05/1995 | -59    | 59  | 61  | 61   | 73         | -76 | 76  | 76   | 137   | 3rd  | 182.171  |
| 3                   | McCormack | Sarah       | F 64 | 63.4 | 365 Weightlifting Club                  | 30/06/1992 | 40     | 42  | 44  | 44   | 51         | -54 | -54 | 51   | 95    | 4th  | 124.229  |
| <b>F 71</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 43                  | Reilly    | Joyce       | F 71 | 71   | Fianna Weightlifting Club               | 04/11/1994 | 63     | 66  | -68 | 66   | 77         | 80  | 82  | 82   | 148   | 1st  | 181.505  |
| 57                  | Eichhorn  | Jasmin      | F 71 | 67.6 | Cork Weightlifting Club                 | 01/01/1985 | 52     | -55 | 55  | 55   | 63         | 66  | 68  | 68   | 123   | 2nd  | 154.933  |
| 45                  | McMahon   | Mairead     | F 71 | 69.3 | Kingdom Weightlifting Club              | 05/12/1974 | 45     | 49  | 52  | 52   | 58         | -60 | -60 | 58   | 110   | 3rd  | 136.667  |
| 13                  | Ryder     | Claire      | F 71 | 65.5 | Scrabo Strength Weightlifting Club      | 04/06/1991 | 48     | 51  | -54 | 51   | 59         | -63 | -63 | 59   | 110   | 4th  | 141.085  |
| 19                  | Gaffey    | Robyn       | F 71 | 69.9 | University of Galway Weightlifting Club | 20/08/2002 | 35     | 38  | 41  | 41   | 45         | 47  | -50 | 47   | 88    | 5th  | 108.824  |
| 21                  | Pfeffer   | Lisa        | F 71 | 66.2 | University of Galway Weightlifting Club | 06/02/2000 | 34     | 37  | -40 | 37   | 45         | 48  | 50  | 50   | 87    | 6th  | 110.9    |
| <b>F 76</b>         |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |
| 15                  | McGee     | Sharon      | F 76 | 71.8 | Fianna Weightlifting Club               | 02/01/1980 | 52     | 55  | 57  | 57   | 65         | 68  | 71  | 71   | 128   | 1st  | 156.057  |
| 30                  | Lee       | Tania       | F 76 | 74.5 | Fianna Weightlifting Club               | 01/04/1990 | 46     | 48  | 50  | 50   | 56         | 59  | 61  | 61   | 111   | 2nd  | 132.817  |
| 63                  | Inglis    | Sharon      | F 76 | 74.6 | Unattached                              | 08/04/1979 | 32     | 35  | 37  | 37   | 48         | 50  | 52  | 52   | 89    | 3rd  | 106.422  |
| 33                  | Flanagan  | Leah        | F 76 | 74.4 | 365 Weightlifting Club                  | 04/06/2000 | 33     | 35  | 37  | 37   | 45         | 47  | 49  | 49   | 86    | 4th  | 102.972  |
| <b>YTH F &gt;81</b> |           |             |      |      |   |            |        |     |     |      |            |     |     |      |       |      |          |

|                 |                   |                 |           |      |   |            |     |    |     |           |     |     |     |           |            |     |                |
|-----------------|-------------------|-----------------|-----------|------|---|------------|-----|----|-----|-----------|-----|-----|-----|-----------|------------|-----|----------------|
| 23              | <b>Elders</b>     | <b>Michaela</b> | YTH F >81 | 81.3 | LifeFit Weightlifting Club              | 4/2/2007   | 22  | 24 | 26  | <b>26</b> | 28  | 30  | 32  | <b>32</b> | <b>58</b>  | 1st | <b>66.635</b>  |
| <b>F 81</b>     |                   |                 |           |      |   |            |     |    |     |           |     |     |     |           |            |     |                |
| 47              | <b>Gladysheva</b> | <b>Maria</b>    | F 81      | 77.8 | 365 Weightlifting Club                  | 25/03/1993 | -51 | 52 | -55 | <b>52</b> | -70 | -70 | 70  | <b>70</b> | <b>122</b> | 1st | <b>142.971</b> |
| 51              | <b>Stewart</b>    | <b>Miriam</b>   | F 81      | 79.3 | Unattached                              | 16/06/1976 | 42  | 45 | 47  | <b>47</b> | 58  | 60  | 62  | <b>62</b> | <b>109</b> | 2nd | <b>126.621</b> |
| 5               | <b>Casey</b>      | <b>Courtney</b> | F 81      | 76.8 | The Lab Weightlifting                   | 12/06/1997 | 43  | 46 | -49 | <b>46</b> | 57  | 61  | -64 | <b>61</b> | <b>107</b> | 3rd | <b>126.157</b> |
| 59              | <b>Walsh</b>      | <b>Aisling</b>  | F 81      | 78.8 | LifeFit Weightlifting Club              | 17/12/1982 | 20  | 22 | 24  | <b>24</b> | 26  | 28  | 30  | <b>30</b> | <b>54</b>  | 4th | <b>62.91</b>   |
| <b>F 87</b>     |                   |                 |           |      |   |            |     |    |     |           |     |     |     |           |            |     |                |
| 17              | <b>Behan</b>      | <b>Cody</b>     | F 87      | 85.1 | Fianna Weightlifting Club               | 04/01/1997 | -46 | 46 | 49  | <b>49</b> | 60  | 63  | 65  | <b>65</b> | <b>114</b> | 1st | <b>128.484</b> |
| <b>F &gt;87</b> |                   |                 |           |      |   |            |     |    |     |           |     |     |     |           |            |     |                |
| 58              | <b>Rekas</b>      | <b>Abigail</b>  | F >87     | 94.2 | University of Galway Weightlifting Club | 02/06/1984 | -65 | 65 | -68 | <b>65</b> | 77  | 80  | -82 | <b>80</b> | <b>145</b> | 1st | <b>157.399</b> |
| 14              | <b>Hayes</b>      | <b>Victoria</b> | F >87     | 97.4 | Fianna Weightlifting Club               | 10/08/1995 | 52  | 55 | -57 | <b>55</b> | -65 | 65  | 68  | <b>68</b> | <b>123</b> | 2nd | <b>132.082</b> |
| 52              | <b>Keegan</b>     | <b>Sharon</b>   | F >87     | 95.4 | 365 Weightlifting Club                  | 26/07/1982 | 38  | 40 | 42  | <b>42</b> | -63 | 63  | -65 | <b>63</b> | <b>105</b> | 3rd | <b>113.502</b> |