



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
YTH M 73																	
60	McCullough	Rian	M 73	70.4	LifeFit Weightlifting Club	25/10/2007	72	74	76	76	88	90	-93	90	166	1st	228.888
M 81																	
44	Joyce	Tadhg	M 81	81	Unattached	13/07/2004	115	119	122	122	135	140	145	145	267	1st	338.862
37	Knox	James	M 81	79	Scрабо Strength Weightlifting Club	01/01/1992	114	119	-124	119	140	145	148	148	267	2nd	343.596
48	Martin	Padraic	M 81	80.8	Unattached	29/01/1988	88	91	95	95	115	120	125	125	220	3rd	279.591
56	Ritchie	Derek	M 81	80.6	365 Weightlifting Club	09/09/1986	90	93	-96	93	-122	-122	122	122	215	4th	273.609
54	Rigney	Colm	M 81	81	Unattached	9/4/1990	85	88	91	91	110	115	-120	115	206	5th	261.444
7	O'Grady	Scott	M 81	80	Shannon Barbell Weightlifting Club	13/07/2001	80	85	-88	85	102	106	-112	106	191	6th	244.072
61	Griffin	David	M 81	80	Fianna Weightlifting Club	14/09/1993	74	77	80	80	98	102	106	106	186	7th	237.683
41	Joyce	Daithí	M 81	80.1	University of Galway Weightlifting Club	18/07/1993	68	72	-75	72	90	-94	94	94	166	8th	211.978
29	Cullinane	Shane	M 81	76.2	Unattached	31/12/2001	55	58	61	61	78	82	86	86	147	9th	193.131
M 89																	
38	Downey	Tadhg	M 89	88.2	Cork Weightlifting Club	06/03/1995	-103	108	113	113	135	140	-144	140	253	1st	307.178
49	Kupc	Bartosz	M 89	88.2	Absolute Strength Weightlifting Club	11/03/1990	97	101	-105	101	117	120	-125	120	221	2nd	268.325
62	McGuinness	Liam	M 89	85.8	Scрабо Strength Weightlifting Club	10/02/1999	90	95	-100	95	118	120	125	125	220	3rd	270.838
4	Donnelly	Carl	M 89	87.5	Fianna Weightlifting Club	16/06/1987	92	95	-98	95	-119	-	-	-	-	-	-
M 96																	
36	O'Flaherty	Eoin	M 96	90.7	Capital Strength Weightlifting Club	02/05/1980	99	-102	105	105	126	131	-135	131	236	1st	282.681
8	Kelly	Daniel	M 96	94.3	University of Galway Weightlifting Club	15/08/1995	90	95	100	100	120	126	-	126	226	2nd	265.859
28	Dalton	Pierce	M 96	94.2	The Lab Weightlifting	22/09/1997	83	86	90	90	118	122	125	125	215	3rd	253.041
55	Dempsey	Ciaran	M 96	93.1	Fianna Weightlifting Club	15/08/1987	86	-89	-89	86	117	121	125	125	211	4th	249.666
35	Jennings	Henry	M 96	94	Cork Weightlifting Club	22/6/1995	-88	88	91	91	-110	110	-113	110	201	5th	236.791
22	Vines	Evan	M 96	94.6	Fianna Weightlifting Club	28/08/2001	80	84	87	87	-107	107	-110	107	194	6th	227.889
53	Menendez	Conor	M 96	89.1	University of Galway Weightlifting Club	15/05/2002	75	79	-83	79	95	100	105	105	184	7th	222.292
34	McDonagh	Daryl	M 96	94.5	UC Weightlifting Club	25/07/1995	60	-63	63	63	-87	87	-91	87	150	8th	176.287

M 102																	
2	Crooks	Morgan	M 102	96.95	The Lab Weightlifting	16/03/2006	95	-100	-101	95	127	133	138	138	233	1st	270.75
20	Daykin	Caomhan	M 102	100.8	Unattached	21/12/1997	95	-100	-102	95	128	133	-138	133	228	2nd	260.622
42	Ryan	David	M 102	98.1	Unattached	25/01/1978	90	98	-101	98	-125	125	-	125	223	3rd	257.818
39	Conroy	Finn	M 102	98	University of Galway Weightlifting Club	07/05/2003	88	93	98	98	105	110	115	115	213	4th	246.364
26	MaGuire	Cormac	M 102	101.4	University of Galway Weightlifting Club	07/10/2002	85	90	-95	90	115	120	-125	120	210	5th	239.466
1	Drain	Dermot	M 102	98	St. Gabriel's Weightlifting Club	11/12/1967	80	-83	-83	80	100	105	-108	105	185	6th	213.978
9	Milius	Vaidotas	M 102	98.4	Unattached	09/03/1965	-75	75	78	78	95	-103	-	95	173	7th	199.751
27	McGrane	Eoin	M 102	98.7	UC Weightlifting Club	31/12/1994	63	66	69	69	82	86	90	90	159	8th	183.35
M >109																	
40	Nowlan Rooney	Cian	M >109	140.4	The Lab Weightlifting	05/02/2003	-122	126	-130	126	-170	170	175	175	301	1st	310.916
12	O'Mara	Darragh	M >109	114.5	365 Weightlifting Club	05/12/2000	112	116	119	119	140	144	147	147	266	2nd	290.064
46	Kelly	Evan	M >109	135.2	University of Galway Weightlifting Club	21/11/2000	-102	102	107	107	126	-132	-133	126	233	3rd	242.624