

Cork Open

20 October 2012

Ballyphehane Community Centre

Class	Pl.	Name	Club	Area	Bwt.	Snatch			Best	Jerk			Best	Total	Sinclair	Cat.
						1	2	3	Snatch	1	2	3	Jerk			
					Ladies											
58 kg.	1.	Sophie Kavanagh	Crossfit	Waterford	56.40	40	42	44	44	52	56	60	60	104	139.44	U23
63 kg.	1.	Sinead Ryan	E.C.B.	Dublin	62.70	50	53	55	55	67	71	74	74	129	160.86	Snr.
	2.	Emma Alderdice	GoLift	Belfast	60.00	50	54	57	54	60	64	67	67	121	155.30	Jnr.
	3.	Amy Laffan	E.C.B.	Dublin	62.66	40	42	42	42	60	65	70	70	112	139.71	Snr.
	4.	Anna Hawryiak	Crossfit	Waterford	61.66	30	35	37	37	47	50	52	50	87	109.66	Snr.
69 kg.	1.	Martina Galgey	Crossfit	Waterford	64.22	30	35	40	40	50	52	55	55	95	116.70	W2
	2.	Lucy Moore-Fox	E.C.B.	Dublin	64.30	32	34	35	34	40	44	46	44	78	95.74	W5
77 kg.	1.	Holly Deegan	Crossfit	Waterford	71.64	40	47	47	40	60	65	70	65	105	121.26	Snr.
	2.	Trisha Forbes	St. Peter's	Jersey	73.62	30	33	35	35	40	45	47	47	82	93.41	W4
					Men											
62 kg.	1.	Chris. O'Mahony	M. Malbay	Clare	57.76	25	28	32	32	35	38	42	42	74	111.99	U16
69 kg.	1.	Ross Stewart	GoLift	Belfast	68.90	60	65	65	65	85	90	95	95	160	214.33	Snr.
	2.	Philip Kennedy	E.C.B.	Dublin	68.06	60	60	62	62	74	77	83	77	139	187.66	Snr.
	3.	Dominic Talty	M. Malbay	Clare	62.02	35	40	45	45	45	50	55	55	100	143.70	U16
	4.	Billy Caball	Ballinlough	Cork	67.50	36	38	40	40	46	46	50	50	90	122.15	M8
77 kg.	1.	Kyle Castles	Hercules	Dublin	76.14	90	95	100	95	120	120	120	120	215	271.33	Snr.
	2.	David Meek	GoLift	Belfast	75.38	92	94	100	94	105	111	113	105	199	252.57	Snr.
	3.	Barry O'Reilly	U.L.	Limerick	71.60	80	84	86	86	90	95	100	100	186	243.31	Jnr.
	4.	Eamonn Deegan	E.C.B.	Dublin	76.42	77	81	82	77	100	100	105	100	177	222.91	Snr.
	5.	Jake Baxter	GoLift	Belfast	71.72	72	76	80	76	90	95	95	90	166	216.93	Jnr.
	6.	Eoin Brickley	E.C.B.	Dublin	75.02	50	54	58	58	76	81	85	85	143	181.99	Snr.
	7.	Sean Myers	Crossfit W.D.	Dublin	72.46	55	55	57	57	75	77	82	77	134	174.04	Snr.
	8.	Danny Rouine	M. Malbay	Clare	74.84	45	48	50	50	55	60	65	65	115	146.56	Jnr.
	9.	Brendan Dennehy	Mallow	Cork	74.10	45	50	52	52	55	60	62	62	114	146.12	M7
	10.	Conor Healy	M. Malbay	Clare	69.58	40	45	50	50	50	55	60	60	110	146.45	U16
	11.	Dáithi Curtin	M. Malbay	Clare	74.00	30	34	38	38	42	42	45	45	83	106.47	U16
85 kg.	1.	Cathal Byrd	U.L.	Limerick	83.10	116	120	123	123	155	160	160	155	278	334.84	Snr.
	2.	Peter Stewart	GoLift	Newtownabbey	78.36	104	108	111	108	130	136	140	136	244	303.06	Snr.
	3.	Andy Murphy	U.L.	Tipperary	78.58	95	100	103	100	120	125	130	130	230	285.24	Snr.
	4.	Eoin Murphy	U.L.	Limerick	84.96	96	96	100	100	118	120	124	124	224	266.85	Jnr.
	5.	Cillian McNamara	E.C.B.	Dublin	83.64	97	101	101	101	115	120	120	115	216	259.32	Snr.
	6.	Neil Alderdice	GoLift	Belfast	82.56	81	86	89	86	117	121	124	121	207	250.15	Snr.
	7.	Redjan Bitri	Kanturk	Cork	78.20	85	90	95	95	100	108	110	110	205	254.91	Snr.
	8.	Micheal Devane	U.L.	Limerick	78.78	75	80	85	85	90	97	105	105	190	235.31	Snr.
	9.	Brian Haran	M. Malbay	Clare	79.80	75	80	85	85	95	102	110	102	187	230.00	U17
	10.	Liam Dougherty	C.I.T.	Cork	84.36	75	80	85	80	95	100	105	105	185	221.16	Snr.
	11.	Ben L'Estrange	Crossfit W.D.	Dublin	79.48	60	65	70	70	80	80	80	80	150	184.89	Snr.
	12.	Adam O'Mahony	M. Malbay	Clare	83.92	55	58	58	58	75	78	82	82	140	167.80	U16
	13.	Micheál Dennehy	Mallow	Cork	82.20	55	58	61	61	70	75	80	75	136	164.71	M2
	14.	Padrigh Maloney	M. Malbay	Clare	81.20	45	50	55	55	55	60	65	65	120	146.25	Jnr.
94 kg.	1.	Clarence Kennedy	Tralee	Kerry	88.14	140	147	152	152	182	187	192	187	339	396.85	Jnr.

Cork Open (continued)

	2.	Barry Kinsella	Hercules	Dublin	93.80	110	115	120	115	136	142	146	142	257	292.69	Snr.
	3.	Eamonn Flanagan	U.L.	Limerick	88.60	98	102	104	104	135	140	140	140	244	284.95	Snr.
	4.	Stephen Crooks	GoLift	Belfast	89.56	100	105	105	100	125	130	132	132	232	269.61	U23
	5.	Garrett Crooks	GoLift	Belfast	88.92	85	90	90	90	115	118	120	118	208	242.51	Snr.
	6.	John Kavanagh	Crossfit W.D.	Dublin	85.30	55	60	65	60	75	80	80	80	140	166.46	Snr.
	7.	Brean. Dennehy	Mallow	Cork	88.40	55	60	65	65	70	75	80	75	140	163.67	M1
	8.	Martin Crowley	M. Malbay	Clare	90.08	40	45	50	50	50	60	70	70	120	139.09	Snr.
	9.	Ed Flood	Hercules	Dublin	85.30	90	90	90	0	100	103	103	100	100	118.90	Snr.
105 kg.	1.	Padraig Lillis	U.L.	Limerick	96.90	105	108	110	110	130	135	140	140	250	280.95	Snr.
	2.	Josh McCullough	GoLift	Belfast	94.80	100	105	108	105	125	130	136	130	235	266.45	Jnr.
	3.	Laur. McConnell	St. Gabriel's	Belfast	98.98	93	98	101	101	123	128	131	131	232	258.56	M7
	4.	Ger Lernihan	M. Malbay	Clare	100.90	68	75	80	80	90	100	110	100	180	199.15	U17
	5.	Tim O'Herlihy	Bishopstown	Cork	103.58	62	67	67	62	88	93	93	88	150	164.39	M1
+105 kg.	1.	Gabr. McNamara	M. Malbay	Clare	115.40	92	96	102	96	120	125	130	125	221	234.06	Jnr.
	2.	Bryan Byrne	Hercules	Dublin	112.56	90	95	95	90	115	120	125	120	210	224.01	Snr.
	3.	Sean McNamara	M. Malbay	Clare	106.90	75	80	85	85	110	115	120	115	200	216.83	U23
	4.	Liam Hennelly	E.C.B.	Dublin	105.80	61	66	70	70	92	96	100	96	166	180.60	Snr.
	5.	Garvan Allen	E.C.B.	Dublin	109.54	64	64	68	68	95	100	100	95	163	175.33	Snr.
	6.	Jim Ferguson	Coatbridge	Scotland	111.52	55	59	59	55	75	80	83	83	138	147.62	M8

Referees:	John McDaid	Dublin	Harry Leech	Wexford	Denis Carroll	Cork
	Ed Flood	Dublin	Jimmy Jennings	Dublin	Patsy Conboy	Dublin
	Pat Tiedt	Kinsale	John McDaid	Dublin	Gerry Moran	England
	Dee Lynch	Dublin	Jim Ferguson	Scotland	Norbert Fagan	Dublin
Officials:	Joe Sheppard	Belfast	Denis Carroll	Cork	Peadar Kelleher	Tarelton
	Paudie Roche	Tipperary	Barry Philpott	Cork	Ed Flood	Dublin
	Ronnie Whiteway	Belfast	Colin Buckley	Cork	James Fleming	Dublin
	Barry Sheehan	Passage West	Tim O'Herlihy	Cork	Patsy Conboy	Dublin