

COMPETITION NAME: Autumn Championships 2016

VENUE: WHITE WOLF

DATE: 10/09/2016

GROUP 1: YOUTH DEVELOPMENT

NAME	Bwt Cat	Club	Div	BWT	Age (1st Jan 2016)		Snatch			Snatch total	Clean & Jerk			C&J Total	Points Total	Weight Points	Total	Position
							1	2	3		1	2	3					
Aaron Agnew	35	GoLift WLC	DEV	28.2	8	weight lifted	12	14	16	16	15	17	20	20		36	102	1
						tech points	3	4	4	11	7	7	8	22	66			
Reid McSharry	35	GoLift WLC	DEV	32.5	8	weight lifted	14	16	18	16	16	18	21	21		37	95	2
						tech points	3	4	0	7	7	8	7	22	58			
Rosie Jennings	40	Three White Lights	DEV	37.8	9	weight lifted	12	14	16	14	15	17	18	18		32	74	1
						tech points	3	4	0	7	7	0	7	14	42			
Stewart Reid	56	GoLift WLC	DEV	55.9	9	weight lifted	26	28	32	32	34	37	40	37		69	125	1
						tech points	4	4	4	12	8	8	0	16	56			
Sheldy Fleming	53	GoLift WLC	DEV	49.3	10	weight lifted	17	18	20	20	17	20	21	21		41	109	1
						tech points	4	4	4	12	7	8	7	22	68			
Adam Braniff	45	GoLift WLC	DEV	42.7	11	weight lifted	15	16	16	16	17	20	22	22		38	98	1
						tech points	4	0	4	8	7	8	7	22	60			
Logan McSharry	45	GoLift WLC	DEV	42.5	11	weight lifted	12	12	13	13	14	16	16	16		29	77	2
						tech points	0	4	4	8	8	0	8	16	48			
James Donnan	45	St Gabes	DEV	43	12	weight lifted	20	20	22	20	27	28	30	30		50	102	1
						tech points	0	4	0	4	8	7	7	22	52			

	PRINT NAME	SIGNATURE
Referee 1	Stephen McComb	
Referee 2	Jim Kelly	

<b>Referee 3</b>	<b>Brian Stewart</b>	
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max points for snatch: 4

max points for clean: 4

max points for jerk: 4

The points are doubled to give more focus on correct technique and not necessarily the one who lifts the most.

\*\*\*BWT categories for Development comp\*\*\*

Males (Under 11): 35, 40, 45, 50, 56, 62, 69, 69+

Females (Under 11): 30, 35, 40, 44, 48, 53, 53+

Males (Under 13): 40, 45, 50, 56, 62, 69, 77, 77+

Females (Under 13): 35, 40, 44, 48, 53, 58, 58+

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GROUP 2: FEMALES

LOT NO	NAME	CLUB	CAT	CLASS	BWT	SNATCH			BEST SNATCH	CLEAN & JERK			BEST C&J	TOTAL	SINCLAIR POINTS	POSITION
						1	2	3		1	2	3				
1	Megan Keown	Unattached	U17	69	68.10	45	45	50	45	57	60	63	63	108	136.60	1
8	Georgia Gross	Three White Lights	U17	75	69.80	28	30	32	32	42	45	48	48	80	99.71	1
5	Connla McElvanna	St Gabriel's	U17	75+	105.90	38	41	45	41	45	48	50	50	91	95.07	1
13	Chloe Fleming	GoLift	U17	53	49.90	25	28	31	28	35	38	41	41	69	109.38	1
14	Sarah Clydesdale	Three White Lights	U23	75+	81.80	38	40	42	42	48	48	51	51	93	106.66	2
2	Jill Costley	GoLift	U23	75	71.30	58	58	61	58	68	72	72	72	130	160.05	1
4	Maggie Poon	QUB	U23	58	56.80	37	41	41	41	50	55	60	60	101	144.41	1
12	Ashleigh Black	Unattached	U23	75+	84.80	35	40	45	45	50	55	60	55	100	112.86	1
9	Darcy McClean	Unattached	Senior	58	56.60	37.5	39	42	42	47	50	55	55	97	139.05	1
3	Natalie Lowry	CrossFit Varangian	Senior	63	61.20	55	55	55	55	75	78	78	75	130	176.18	1
10	Naomi Henry	Three White Lights	Senior	75	74.10	35	38	41	38	45	48	51	51	89	107.26	1
11	Gabrielle Stewart	Unattached	Senior	63	59.50	40	45	48	48	52	57	57	52	100	138.22	2
7	Lisa Dagens	Ascendence WL	Senior	58	56.80	28	30	32	32	40	42	43	43	75	107.23	2
6	Triona Quigley	Three White Lights	Senior	48	47.40	52	55	57	57	67	70	71	67	124	205.53	1

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Referee 1	David Knowles	

Referee 2	Brendan Cooke	
Referee 3	Stephen McComb	

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GROUP 3: MALE 1

LOT NO	NAME	CLUB	CAT	CLASS	BWT	SNATCH			BEST SNATC	CLEAN & JERK			BEST C&J	TOTAL	SINCLAIR POINTS	POSITION
						1	2	3		1	2	3				
6	David Kearney	St Gabriel's	U17	56	52.10	32	34	36	36	38	42	45	45	81	134.02	1
5	Michael Morrissey	GoLift	U17	69	64.10	55	59	59	55	80	inj	inj	80	135	190.73	1
2	Argaudas Guogis	Craigavon High Sch	U17	85	79.40	35	40	45	45	50	55	60	60	105	130.00	1
11	Scotty Carse	GoLift	U23	85	84.10	69	73	77	77	93	98	103	103	180	216.25	1
1	Jason Kho	QUB	U23	69	68.50	60	65	70	70	85	90	95	95	165	223.01	1
10	David McVeigh	White Wolf	Senior	94	91.20	58	63	67	63	80	85	90	90	153	176.87	3
4	David Maxwell	White Wolf	Senior	105+	116.20	50	53	56	56	73	78	83	83	139	147.13	2
3	Stirling Hall	N/A	Senior	69	66.50	63	67	70	67	85	90	92	90	157	216.35	2
8	Albert McLaughlin	St Gabriel's	Senior	69	63.10	65	68	68	65	80	83	83	80	145	207.11	4
7	Han Jun Tan	QUB	Senior	69	68.60	60	65	70	65	90	90	95	90	155	190.73	3
9	Michael Anforth	CrossFit Strabane	Senior	69	62.80	62	66	66	66	90	95	100	95	161	230.74	1

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Referee 2	Jim Kelly	
Referee 3	Brian Stewart	

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GROUP 4: MALE 2

LOT NO	NAME	CLUB	CAT	CLASS	BWT	SNATCH			BEST SNATC	CLEAN & JERK			BEST C&J	TOTAL
						1	2	3		1	2	3		
3	Niall Trainor	Three White Lights	U23	77	71.00	70	74	77	74	95	100	104	104	178
9	Cameron Montgomery	GoLift	U20	105+	115.10	85	93	100	93	115	120	125	125	218
11	Daniel O'Hare	GoLift	U20	105+	119.40	100	105	108	105	135	135	140	135	240
1	Micky McKenna	Beechmount HC	Senior	85	83.70	73	73	80	80	95	103	103	95	175
8	Tiarnan Carlin	CrossFit Strabane	Senior	77	76.70	80	85	90	85	90	90	100	100	185
4	Brendan Cooke	Beechmount HC	Senior	94	90.50	75	75	80	75	105	110	112	105	180
2	Michel Klein	QUB	Senior	105+	108.80	80	85	90	90	110	115	120	115	205
10	Johnathon Lyons	GoLift	Senior	85	82.10	88	92	96	92	110	117	121	121	213
7	Paul Reynolds	QUB	Senior	105	97.10	100	102	104	104	112	117	118	112	216
5	David Knowles	White Wolf	Senior	85	83.40	103	110	116	116	122	130	130	122	238
6	Giuseppe Aschettino	GoLift	Senior	94	93.70	105	110	110	105	140	140	145	145	250

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Referee 1	Brian Stewart	
Referee 2	Jim Kelly	
Referee 3	Andrew Lavery	

SINCLAIR POINTS	POSITION
235.19	1
231.38	2
252.18	1
210.75	3
233.49	1
208.80	2
221.36	1
259.07	2
243.12	1
287.15	1
285.60	1

	NAME	CLUB	CAT	CLASS	BWT	SNATCH			BEST SNATCH	CLEAN & JERK			BEST C&J	TOTAL	SINCLAIR POINTS	POSITION
						1	2	3		1	2	3				
6	David Kearney	St Gabriel's	U17	56	52.1	32	34	36	36	38	42	45	45	81	134.0	1
5	Michael Morrissey	GoLift	U17	69	64.1	55	59	59	55	80	inj	inj	80	135	190.7	1
2	Argaudas Guogis	Craigavon High Sch	U17	85	79.4	35	40	45	45	50	55	60	60	105	130.0	1
11	Daniel O'Hare	GoLift	U20	105+	119.4	100	105	108	105	135	135	140	135	240	252.2	1
9	Cameron Montgomery	GoLift	U20	105+	115.1	85	93	100	93	115	120	125	125	218	231.4	2
1	Jason Kho	QUB	U23	69	68.5	60	65	70	70	85	90	95	95	165	223.0	1
3	Niall Trainor	Three White Lights	U23	77	71	70	74	77	74	95	100	104	104	178	235.2	1
11	Scotty Carse	GoLift	U23	85	84.1	69	73	77	77	93	98	103	103	180	216.3	1
9	Michael Anforth	CrossFit Strabane	Senior	69	62.8	62	66	66	66	90	95	100	95	161	230.7	1
3	Stirling Hall	N/A	Senior	69	66.5	63	67	70	67	85	90	92	90	157	216.4	2
7	Han Jun Tan	QUB	Senior	69	68.6	60	65	70	65	90	90	95	90	155	190.7	3
8	Albert McLaughlin	St Gabriel's	Senior	69	63.1	65	68	68	65	80	83	83	80	145	207.1	4
8	Tiarnan Carlin	CrossFit Strabane	Senior	77	76.7	80	85	90	85	90	90	100	100	185	233.5	1
5	David Knowles	White Wolf	Senior	85	83.4	103	110	116	116	122	130	130	122	238	287.1	1
10	Johnathon Lyons	GoLift	Senior	85	82.1	88	92	96	92	110	117	121	121	213	259.1	2
1	Micky McKenna	Beechmount HC	Senior	85	83.7	73	73	80	80	95	103	103	95	175	210.8	3
6	Giuseppe Aschettino	GoLift	Senior	94	93.7	105	110	110	105	140	140	145	145	250	285.6	1
4	Brendan Cooke	Beechmount HC	Senior	94	90.5	75	75	80	75	105	110	112	105	180	208.8	2
10	David McVeigh	White Wolf	Senior	94	91.2	58	63	67	63	80	85	90	90	153	176.9	3
7	Paul Reynolds	QUB	Senior	105	97.1	100	102	104	104	112	117	118	112	216	243.1	1
2	Michel Klein	QUB	Senior	105+	108.8	80	85	90	90	110	115	120	115	205	221.4	1
4	David Maxwell	White Wolf	Senior	105+	116.2	50	53	56	56	73	78	83	83	139	147.1	2