

Competition: **Club Championships 2016**

Date: **30-31st January 2016**

Venue: **L.I.T. Thurles**



Pos	Mens Sinclair	Mens Team	Womens Sinclair	Mens Team
1	1248.3609	GWC	600.0155852	Prodigy
2	1208.503589	Prodigy	591.0522297	Geurilla Fitness
3	1083.870062	Asylum	547.6409131	GWC
4	1063.324099	Capital Strength	473.4182124	Capital Strength
5	1036.205074	RWC	427.0097704	RWC
6	812.0602226	CrossFit Ireland	389.2364714	CrossFit Ireland
7	745.2506046	Hercules	331.8516338	CrossFit Red Iron
8	559.8909455	Elevate	249.2679506	Asylum
9	552.3033022	CrossFit Red Iron	236.4982638	DCU
10	479.8192002	LIT Thurles	176.5816088	Elevate
11	243.7757544	DCU		

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M/F	Surname	Forename	Club	BWT	CLASS	Sn1	Sn2	Sn3	Best	CJ1	CJ2	CJ3	Best	Total	Sinclair	Place
M	D'Arcy	Kevin	GWC	94.20	m105	126	131	134	134	152	158	167	167	301	343.08	1
M	Keartland	Simon	Capital Strength	104.60	m105	115	120	125	125	135	140	145	145	270	295.47	2
M	Hazley	Daniel	Prodigy	97.90	m105	110	115	-120	115	145	-150	-150	145	260	291.69	3
M	O'Sullivan	Robin	Prodigy	96.90	m105	-105	105	-110	105	135	-140	-140	135	240	270.36	4
M	Hyland	Stephen	RWC	100.30	m105	-85	90	95	95	100	107	111	111	206	228.93	5
M	O'Regan	James	CrossFit Red Iron	99.30	m105	63	68	73	73	92	-95	-95	92	165	184.08	6
M	Galvin	Mark	CrossFit Red Iron	98.90	m105	65	72	77	77	83	-86	86	86	163	182.13	7
M	Kelly	Ben	Hercules	97.00	m105	63	67	71	71	75	80	85	85	156	175.66	8
M	Collins	Aaron	Elevate	60.70	m62	50	57	65	65	80	85	96	96	161	236.43	1
M	Croke	Jamie	Capital Strength	61.70	m62	57	59	61	61	74	77	79	79	140	203.18	2
M	Gilbert	Stewart	Intl.	68.70	m69	-108	110	-114	110	136	-140	143	143	253	341.30	3
M	Whelan	Colm	GWC	65.20	m69	75	78	-80	78	-98	99	-103	99	177	247.17	4
M	McDonnell	Owen	GWC	66.30	m69	65	67	-70	67	85	87	-90	87	154	212.65	5
M	Cordon	Chris	LIT Thurles	67.60	m69	52	56	60	60	77	82	87	87	147	200.39	6
M	Small	James	Asylum	74.60	m77	95	100	105	105	120	125	130	130	235	301.37	1
M	Fitzpatrick	Declan	Prodigy	75.80	m77	100	-105	-105	100	130	-140	-140	130	230	292.24	2
M	Dougan	Neil	Asylum	76.20	m77	85	88	-89	88	115	-116	-116	115	203	257.16	3
M	Russell	Keith	Asylum	75.90	m77	-75	-75	75	75	-105	105	110	110	185	234.89	4
M	Swan	Sebastian	RWC	69.90	m77	60	64	-68	64	75	80	83	83	147	196.13	5
M	Fleming	James	Hercules	74.00	m77	50	52	54	54	50	55	-60	55	109	140.45	6
M	Byrd	Cathal	Capital Strength	84.00	m85	120	125	-128	125	155	160	-164	160	285	342.61	1
M	Ronayne	Sean	Prodigy	81.60	m85	105	-110	110	110	135	140	-145	140	250	305.04	2
M	Knox	Lewis	Asylum	82.90	m85	100	106	-110	106	134	-140	-140	134	240	290.45	3
M	O'Reilly	Colm	CrossFit Ireland	84.10	m85	-100	105	111	111	120	127	-131	127	238	285.93	4
M	Hickey	Andrew	Prodigy	84.30	m85	100	-105	-105	100	130	135	-140	135	235	281.99	5
M	Stewart	Sam	CrossFit Ireland	82.60	m85	95	100	105	105	-118	124	-130	124	229	277.66	6
M	Deasy	Sam	Hercules	84.20	m85	95	98	101	101	115	120	125	125	226	271.36	7
M	Grace	Erin	RWC	84.10	m85	90	95	-100	95	-115	115	-120	115	210	252.30	8
M	Law	Victor	Prodigy	81.80	m85	90	94	-97	94	110	115	-120	115	209	254.69	9
M	Small	Gareth	GWC	80.90	m85	80	-85	85	85	100	-110	112	112	197	241.47	10
M	Grennan	Paul	Capital Strength	81.60	m85	80	-82	82	82	100	-103	-103	100	182	208.98	11
M	Butler	Gavin	GWC	77.80	m85	-80	-80	80	80	-95	95	-105	95	175	219.11	12
M	Shinnick	Mikey	CrossFit Red Iron	82.10	m85	65	-72	-72	65	-85	85	88	88	153	186.09	13
M	Stewart	Liam	Hercules	78.90	m85	57	-61	-61	57	65	70	-71	70	127	148.18	14
M	Jennings	Jimmy	Hercules	84.40	m85	35	-38	-38	35	45	48	-52	48	83	93.86	15
M	Kelly	Luke	Elevate	89.20	m94	-116	116	122	122	145	155	-162	155	277	306.12	1
M	Swan	Adam	Prodigy	90.90	m94	118	121	-125	121	-150	155	-162	155	276	302.80	2
M	Cleaary	Mark	GWC	91.90	m94	110	115	-119	115	145	148	-151	148	263	287.35	3
M	McKnight	Liam	GWC	93.80	m94	-110	110	115	115	-145	148	-153	148	263	285.22	4
M	Joyce	Kieran	GWC	86.60	m94	105	110	115	115	140	-145	-145	140	255	285.22	5
M	Swan	James	RWC	87.90	m94	115	-120	-120	115	135	-140	140	140	255	283.47	6
M	Tierney	Peter	Prodigy	89.70	m94	110	115	-120	115	130	135	-140	135	250	275.68	7
M	Fitzgibbon	Noel	LIT Thurles	90.60	m94	105	-110	-115	105	125	131	136	136	241	264.73	8
M	Mulqueen	David	RWC	92.40	m94	90	-95	95	95	122	127	-132	127	222	242.07	9
M	Davis	Derek	CrossFit Ireland	89.40	m94	83	88	-93	88	115	120	125	125	213	235.19	10
M	Nugent	Frank	DCU	92.30	m94	94	97	-100	97	112	115	-118	115	212	231.26	11
M	Evans	Mark	Prodigy	87.20	m94	77	80	85	85	105	110	-115	110	195	217.48	12

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f	Lee	Kelly	GWC	47.20	f48	-46	46	-48	46	58	61	-63	61	107	178.02	1
f	Redican	Sari	Capital Strength	52.50	f53	44	46	-48	46	56	58	-60	58	104	158.08	1
f	Doverman	Bernadeth	CrossFit Red Iron	49.00	f53	25	-27	27	27	37	-41	-41	37	64	103.05	2
f	Riordan	Hillary	Geurilla Fitness	57.60	f58	59	-63	-65	59	-74	78	-81	78	137	193.86	1
f	Harte	Eithne	Geurilla Fitness	53.50	f58	54	57	59	59	73	75	-78	75	134	200.62	2
f	Curtin	Michelle	GWC	55.90	f58	54	-58	-58	54	74	-78	78	78	132	191.01	3
f	McCarthy	Leah	Prodigy	57.20	f58	50	52	-54	52	-64	64	-67	64	116	164.99	4
f	Massey	Micelle	CrossFit Ireland	56.60	f58	36	38	-41	38	48	51	54	54	92	131.89	5
f	Cleary	Fiona	RWC	57.40	f58	30	33	35	35	44	-47	47	47	82	116.33	6
f	MacNeill	Aoife	Prodigy	61.20	f63	66	-69	-69	66	84	-88	-88	84	150	203.29	1
f	Byrd	Katey	Prodigy	62.40	f63	64	-66	-66	64	-80	80	-84	80	144	192.59	2
f	Karnok	Kortney	Capital Strength	62.50	f63	52	54	57	57	72	75	77	77	134	179.03	3
f	Beradelli	Rebecca	Prodigy	60.20	f63	58	61	-64	61	68	71	-77	71	132	180.95	4
f	O'Donnell	Sinead	Elevate	61.00	f63	50	55	60	60	65	70	-73	70	130	176.58	5
f	Moraru	Marcela	DCU	61.50	f63	37	40	-43	40	47	51	55	55	95	128.32	6
f	O'Farrell	Siobhan	CrossFit Ireland	60.70	f63	36	-39	-39	36	48	-51	-54	48	84	114.49	7
f	Swan	Sarah	RWC	66.90	f69	67	70	-72	70	84	87	-90	87	157	200.74	1
f	McGlynn	Claire	Prodigy	64.50	f69	-64	64	-66	64	84	88	92	92	156	204.13	2
f	Alamu Kelleher	Dami	Geurilla Fitness	67.80	f69	65	68	70	70	77	82	85	85	155	196.57	3
f	O'Connor	Alice	CrossFit Ireland	66.20	f69	43	46	49	49	53	59	62	62	111	142.86	4
f	Hoe	Isla	Capital Strength	65.30	f69	44	46	48	48	55	57	-59	57	105	136.31	5
f	Downing	Ava	CrossFit Red Iron	63.40	f69	34	37	-41	37	53	57	61	61	98	129.69	6
f	Burns	Caoimhe	CrossFit Ireland	68.70	f69	37	40	43	43	42	46	-49	46	89	111.97	7
f	Rekas	Abby	GWC	73.00	f75	63	-66	66	66	74	78	81	81	147	178.60	1
f	McDermot	Aoife	RWC	72.30	f75	38	40	-42	40	50	-53	-53	50	90	109.94	2
f	Pittam	Leah	Prodigy	73.20	f75	35	-38	38	38	42	45	48	48	86	104.33	3
f	Lennon	Ciara	RWC	70.10	f75	40	-43	-43	40	0	0	0	0	40	49.73	4
f	Dowling	Emma	Prodigy	75.30	f>75	67	-70	70	70	78	81	-84	81	151	180.42	1
f	McNicholis	Kelly	GWC	90.10	f>75	51	56	60	60	70	75	80	80	140	154.11	2
f	McLarnon	Claire	Asylum	89.20	f>75	55	59	63	63	-75	75	-80	75	138	152.51	3
f	Hinch	Leanne	DCU	81.20	f>75	37	41	-45	41	47	50	53	53	94	108.18	4
f	Stevenson	Sarah	Asylum	87.80	f>75	35	37	-41	37	44	47	50	50	87	96.76	5
f	Drake	Annette	CrossFit Red Iron	79.00	f>75	35	38	-42	38	45	46	47	47	85	99.12	6