

IRISH WEIGHTLIFTING

The Official Newsletter of Weightlifting in Ireland

Upcoming Dates:

**U.L. Open/Munster
Championships**

22nd January

U.L., Limerick

**National Senior
Championships**

30th April

U.U.J., Jordanstown

RECORDS FALL FOR IRISH LIFTERS IN 2011

A total of 54 Irish records were broken in 2010 and they were spread across the age groups, ranging from under seventeen to master M7 grade. Sean Cregan of Ballincollig, County Cork set the scene when he set up three M3 masters records while placing second in the Munster senior championship early in the year at Limerick. In the 62 kg class he snatched 45kg and jerked 60kg for a record total of 105kg.

Alex Craig of Dublin was next up when she set a new snatch record of 44kg in the 58 kg class at the Dublin Open at Coolmine. In the same competition Amy Norris of Crystal Palace continued the record breaking with three senior records. She snatched 65kg, jerked 68kg for a total of 133kg in the 69kg class.

Even though Amy won this class her jerk record was short lived. She was pushed hard by Laura Nolan of the Hercules club in Dublin who finished up with a further record breaking jerk of 72kg. In the 75 kg. class, Amy Davis, an Irish international rugby player, won out with two senior records - an 80kg jerk and a 133kg total.

In the men's section Matthew McCoy of Randalstown in Northern Ireland set new under seventeen records in the 94kg+ class. He snatched 94kg on his way to a 214kg total. In the next session James Small of Bangor posted a 113kg jerk for a new under eighteen record in the 77 kg. class.

Laurence McConnell travelled to Lilleshall in England to defend his British Masters title. He won the Best Lifter award with another two Irish records of 100kg snatch and 225kg total. These were also new British records.

Even though he competed in the 105kg+ class in the Irish Seniors at Dublin, Matthew McCoy was once again back in the frame with 94kg+ under seventeen records. He improved on his efforts at the Dublin Open with a snatch

of 94kg, a jerk of 131kg for a 227kg total.

In the same championship Irish International Cathal Byrd set a new clean and jerk senior record of 146kg in the 77kg. class.

The Irish record breaking moved to the international scene next. At the Eleiko Grand Prix in Ohrdruf, Germany, Laura Nolan moved down to the 63 kg class and set senior records of 70kg jerk and 122kg total.

Meanwhile, Laurence McConnell was winning the European Masters in Linz, Austria and set a new masters snatch world record of 101kg in the 105 kg class. Laurence won the Best Lifter award and had huge support from the British lifters and supporters.

The next domestic competition was the Ulster Open at the University of Ulster and first up was Matthew McCoy with more under seventeen records in the 94kg+ class. The highlight from Matthew was a massive 132kg clean and jerk to seal a record breaking 230kg total.

Irish weightlifting did not have to wait very long for its next set of records to be broken. James Small lifted in the very next session and set under eighteen records of 96kg snatch and 209kg total in the 77 kg class.

In the senior section Cathal Byrd increased his Irish clean and jerk record by 1 kg. to 147kg at 77 kg. and also did a new 259 record total.

Newcomer Jermain Nadezine brought his previous experience to Ireland with him and set up senior records of 148kg jerk and 265kg total in the 85 kg class.

Laura Nolan returned to her record breaking ways when she set more senior records in the Leinster Open at Sandymount, County Dublin. In the 63kg class she further improved her snatch record to 54kg and added a kilo to bring the national clean and jerk record to 71kg.

Amy Norris set senior records in the clean and jerk of 75kg jerk and a 137kg total in the same competition in 69 kg class.

Oleg Jukovich is another newcomer to Ireland. He had no difficulty in breaking long standing records in the 105 kg+ class. He snatched 115kg and jerked 145kg for a total of 260.

Clarence Kennedy of Tralee, County Kerry was unheard of until he showed up at the Cork Open and astonished everybody with an outstanding performance. In the 77 kg. class he broke all the under seventeen records in his first outing. He snatched 105kg and jerked 130 and left no one in any doubt that with a little more competition experience, he is likely to improve massively improve on these standards.

In November Cathal Byrd was selected for a combined Scotland/Ireland team to compete against California in Kilmarnock and made a 150kg jerk in the 85 kg. class for a new record. Byrd has now set national records in three weight-classes—69kg, 77kg and 85kg.

A day later in Kilwinning, Scotland, Barry Sheehan of Passage West, County Cork set up two M3 Masters records with a 93kg jerk and a 161kg total while winning the U.K. Open Masters championship.

The Northern Ireland Open in Jordanstown was the last competition of the season and Gillian Roddie set new Irish senior records of 58kg snatch and 134kg total in the 75kg class.

In the same competition Helen Smyth of Craigavon, County Armagh, Northern Ireland and Crossfit Ireland set new Irish masters W1 records totalling 92kg to close out a phenomenal record breaking year for Irish lifters.

Billy Caball



Irish Weightlifter Cathal Byrd

Byrd secures new sponsorship deals

UL Weightlifting Club's Cathal Byrd has recently secured sponsorship from two very reputable companies. Optimum Nutrition supplement company and Fitz4Sport performance clothing are two of the most popular sports brands in the USA and the UK respectively, and Cathal has been chosen as one of their ambassadors as both companies attempt to launch themselves in Ireland. With Optimum Nutrition, Cathal is part of a sponsored athlete group that includes Leinster and Irish rugby star Rob Kearney. Fitz4Sport support Cathal along with some of Ireland's top athletes from the sports of mixed martial arts, football, hurling and rugby. With the support of both companies in the form of nutritional supplements and performance sports clothing, Byrd is confident that he can continue to progress on the competition platform in 2011 both on a national and international stage. Byrd competed in his first World Weightlifting Championships in 2010 and broke a number of Irish national records in the 77kg and 85kg class throughout the year.

2011 Ladies' Squad Training Session

On January 15th and 16th, 2011 the IAWLA held a Ladies' Squad Session at East Coast Barbell, Bray. As well as current Irish female weightlifters the event also saw new weightlifting recruits from a variety of backgrounds including CrossFit and Irish Rugby. Run over two days, the Squad Session saw the athletes working closely with National and Club coaches and a number of invited speakers gave presentations.

The IAWLA continues to strive to increase the number of female athletes in the sport and squad sessions such as this will become more frequent and will help to raise the profile of what is quickly becoming a strong component of weightlifting in Ireland. For more information on the squad session or information on Ladies' Weightlifting please contact:

ladies@weightlifitngireland.com



Gillian Roddie competes at the 2010 Irish National Championships

Gillian Roddie

UNIVERSITY OF LIMERICK OPEN

The 2011 University of Limerick Open Championships and Munster Weightlifting Championships will be held on the 22nd of January 2011 in the Physical Education and Sport Science Department Building of the University of Limerick. Weigh-in will take place from 11am to 12pm with competition starting at 1pm. The top three senior male and female athletes based on sinclair formula will be awarded trophies in the UL Open. In the Munster confined Championships the winner of each weight category will receive a medal. As in previous years, the competition will be run based on entry total, not by weight category.



2010 NATIONAL WEIGHTLIFTING RESULTS

National Club Championship Ballyphehane, Cork

Team	Points	Lifter	BW	Snatch	Jerk	Total	Points
1. Bangor	853.7	Neil Dougan	70.7	106	130	236	311.11
		James Small	70.9	98	119	217	285.57
		Aaron Small	93.1	100	125	225	257.06
2. Hercules	839.0	Wayne Healy	64.9	104	129	233	324.53
		Barry Kinsella	95.6	108	137	245	276.83
		Cillian McNamara	84.5	94	105	199	237.70
3. Newtownabbey	662.3	Matthew McCoy	121.4	95	125	220	229.92
		Patrick McGlurg	71.8	80	90	170	222.01
		Trevor Boyle	84.4	76	100	176	210.35
4. University of Limerick	556.8	Cathal Byrd	76.9	105	136	241	302.45
		Eamonn Flanagan	86.2	90	125	215	254.34
		Andy Murphy	76.2	100	0	0	0.00
5. Dublin	551.5	Edward Flood	89.2	75	95	170	197.92
		Shane McQuillan	63.4	58	80	138	195.29
		Stephen Travers	54.5	44	56	100	158.27

Northern Ireland Open

University of Ulster, Jordanstown

Lifter	Club	BW	Snatch	Jerk	Total
Ladies - 63kg					
1. Helen Smyth	Crossfit	58.8	42	50	92
2. Laura Loughlin	Queens	62.0	38	52	90
Ladies - 69kg					
1. Gillian Roddie	East Coast Barbell	74.8	58	76	134
Mens - 56kg					
1. Stephen Travers	D.C.U.	53.6	42	54	96
Mens - 69kg					
1. Billy Caball	Cork	68.6	45	60	105
Mens - 77kg					
1. Cathal Byrd	Limerick	76.9	110	148	258
2. Neil Dougan	Bangor	71.9	100	130	230
3. James Small	Bangor	71.3	99	120	219
4. Patrick McGlurg	Bangor	70.0	77	95	172
5. James Fleming	Hercules	74.8	60	80	140
Mens - 85kg					
1. Colin Bell	Newtownabbey	82.7	80	100	180
2. Jonni Smyth	Crossfit	80.3	75	100	175
3. Stephen Kinsella	East Coast	84.9	65	92	157
4. Ryan Stewart	St. Gabriel's	82.2	64	90	154
Mens - 94kg					
1. Aaron Small	Bangor	91.8	100	130	230
2. David Glendower	Haverford West	92.4	75	95	170
3. Kyle Fyffe	Crossfit	89.5	72	92	164
4. Stephen Brennan	D.C.U.	93.8	55	60	115
Mens - 105kg					
1. Barry Kinsella	East Coast Barbell	96.0	113	145	258
Mens Youths—77kg+					
1. Jamie Grogan	St. Gabriel's	106.7	45	48	93



2010 NATIONAL WEIGHTLIFTING RESULTS

Cork Open

Ballyphehane, Cork

Lifter	Club	BW	Snatch	Jerk	Total
Ladies - 53kg					
1.Alex Craig	Dublin	52.6	46	60	106
Ladies - 63kg					
1.Dee Lynch	Dublin	60	45	58	103
Ladies - 75kg					
1.Gillian Roddie	Dublin	74.4	50	73	123
Ladies - 75kg+					
1.Trisha Forbes	Jersey	77.7	36	51	87
Mens - 56kg					
1.Stephen Travers	Dublin	54.5	44	56	100
Mens - 69kg					
1.Wayne Healy	Mullingar	64.9	104	129	233
2.Shane McQuillan	Carrickmacross	63.4	58	80	138
3.Sinclair Kingston	Tralee	63.56	60	70	130
4.Billy Caball	Cork	68.3	45	59	104
Mens - 77kg					
1.Cathal Byrd	Limerick	76.9	105	136	241
2.Neil Dougan	Bangor	70.7	106	130	236
3.Clarence Kennedy	Tralee	75.1	105	130	235
4.James Small	Bangor	70.9	98	119	217
5.Andy Murphy	Tipperary	76.2	100	0	100
Mens - 85kg					
1.Cillian McNamara	Milltown Malbay	84.5	94	105	199
2.Trevor Boyle	Newtownabbey	84.4	76	100	176
3.Barry Sheehan	Passage West	81.2	68	88	156
Mens - 94kg					
1.Aaron Small	Bangor	93.1	100	125	225
2.Eamonn Flanagan	Limerick	86.2	90	125	215
3.Edward Flood	Dublin	89.2	75	95	170
Mens - 105kg					
1.Barry Kinsella	Bray	95.6	108	137	245
2.Dave Hall	Crystal Palace	97.2	85	120	205
Mens - 105kg+					
1.Matthew McCoy	Randalstown	121.4	95	125	220

Interprovincial Championship

Ballyphehane, Cork

	Team	Points	Lifter	BW	Snatch	Jerk	Total
Ladies	1. Leinster	421.5	Alex Craig	52.6	46	60	106
			Gillian Roddie	74.4	50	73	123
			Dee Lynch	60	45	58	103
Mens	1. Ulster	1083.7	Neil Dougan	70.7	106	130	236
			James Small	70.9	98	119	217
			Aaron Small	93.1	100	125	225
			Matthew McCoy	121.4	95	125	220
			Cathal Byrd	76.9	105	136	241
	2. Munster	1045.8	Clarence Kennedy	75.1	105	130	235
			Eamonn Flanagan	86.2	90	125	215
			Barry Sheehan	81.2	68	88	156
	3. Leinster	1037.0	Wayne Healy	64.9	104	129	233
			Barry Kinsella	95.6	108	137	245
			Cillian McNamara	84.5	94	105	199
			Edward Flood	89.2	75	95	170



2010 IRISH RANKING LISTS

LADIES' RANKING LIST

Lifter	Area		BW	Snatch	Jerk	Total	Sinclair
1. Amy Norris	Crystal Palace	Snr.	67.86	62	75	137	162.9
2. Laura Nolan	Dublin	Snr.	63.30	54	72	126	156.2
3. Amy-Louise Davis	Dublin	Snr.	70.30	53	80	133	155.1
4. Gillian Roddle	Blackrock	Snr.	74.80	58	76	134	151.5
5. Alex Craig	Dublin	Snr.	52.60	46	60	106	149.9
6. Sinead Ryan	Dublin	Snr.	62.60	48	65	113	141.1
7. Shannon Heuston	Dublin	Snr.	69.30	48	72	120	141.1
8. Sinead Reddan	Limerick	Snr.	60.20	49	57	106	135.8
9. Dee Lynch	Dublin	Snr.	60.00	45	58	103	132.2
10. Helen Smyth	Craigavon	W1	58.80	42	50	92	119.7

MEN'S RANKING LIST

Lifter	Area		BW	Snatch	Jerk	Total	Sinclair
1. Wayne Healy	Mullingar	Snr.	61.77	104	125	229	330.0
2. Cathal Byrd	Limerick	Snr.	76.60	112	147	259	325.8
3. Jermaine Nadezdin	Dublin	Snr.	84.40	117	148	265	316.7
4. Neil Dougan	Bangor	Snr.	70.70	106	130	236	311.1
5. Olegs Yukovich	Dublin	Snr.	103.02	122	158	280	307.5
6. Kevin D'Arcy	Galway	Snr.	86.10	115	140	255	301.8
7. Barry Kinsella	Dublin	Snr.	93.00	118	145	263	300.6
8. Clarence Kennedy	Tralee	U18	75.10	105	130	235	298.9
9. James Small	Bangor	U18	71.30	99	120	219	287.2
10. Sean O'Sullivan	Patrick's Well	Snr.	98.06	111	140	251	280.8
11. Sami Dowling	Dublin	Snr.	82.34	100	128	228	275.9
12. Eamonn Flanagan	Limerick	Snr.	86.80	97	135	232	273.6
13. Andy Murphy	Tipperary	Snr.	77.00	95	120	215	269.6
14. Aaron Small	Bangor	U23	91.80	100	130	230	264.4
15. Liam Whiteway	Belfast	Snr.	97.40	100	125	225	252.3
16. Laurence McConnell	Belfast	M7	99.80	100	125	225	249.9
17. Matthew McCoy	Randalstown	U17	118.80	98	132	230	241.7
18. Cillian McNamara	Lisdoonvarna	U23	84.50	94	105	199	237.7
19. Colm O'Reilly	Dublin	Snr.	75.96	80	108	188	237.6
20. Paudie Roche	Tipperary	Snr.	61.90	67	92	159	228.8



2011 IRISH WEIGHTLIFTING CALENDAR

January 22	Munster Open, Limerick
February 19	Irish Masters/Juniors/Youths/Dublin Open, Coolmine, Dublin
April 07-17	European Seniors, Kazan, Russia
March TBC	Irish University Championships, DCU
April 30	Irish Seniors, University of Ulster, Jordanstown, Belfast
May 28-4 June	European Masters, Bad Rappenau, Heinsheim, Germany
June 11	Ulster Open, UU, Jordanstown
June 23-26	8 th International Eleiko Womens Grand Prix, Styria, Austria
July 9	Leinster Open, Dublin
August 12-22	26 th Summer Universiade, Shenzhen, China
August 21-28	European Youths, Cechanow, Poland
September 11-17	European Masters Games, Lignano, Italy
October 15	Cork Open/Interprovincial/Club, Cork
Oct. 29 - Nov. 5	World Masters, Limassol, Cyprus
November 12	Northern Ireland Open, UU, Jordanstown
November 12 -20	World Senior Championships, Pierre de Coubertin Stadium, Paris
December 3	London Open, Crystal Palace, U.K.