



**EGSA Long Cycle & Snatch Sprint Competition
Kilkenny, 26th March 2011**

**LONG CYCLE RESULTS
Medal Winners- Men**

2x 12kg Kettlebell

**Absolute
Reps x Kettlebell Weight**

- 1. Dinny Collins (111 reps)**
- 2. John Agnew (109 reps)**
- 3. Joe Byrne (107 reps)**

**Co-Efficient
Reps x Kettlebell Weight /bodyweight**

- 1. Dinny Collins (111 reps)**
- 2. Michael McParland (106 reps)**
- 3. Joe Byrne (107 reps)**

2x 16kg Kettlebell

**Absolute
Reps x Kettlebell Weight**

- 1. Dermot O'Neill (105 reps)**
- 2. Gan Power (102 reps)**
- 3. Edgars Kalntis (93 reps)**

**Co-Efficient
Reps x Kettlebell Weight /bodyweight**

- 1. Dermot O'Neill (105 reps)**
- 2. Gan Power (102 reps)**
- 3. Edgars Kalntis (93 reps)**

2x 20kg Kettlebell

**Absolute
Reps x Kettlebell Weight**

- 1. George Murphy (79 reps)**
- 2. Stephen Bourke (73 reps)**
- 3. Niclas Gonzalez (72 reps)**

**Co-Efficient
Reps x Kettlebell Weight /bodyweight**

- 1. Tommy Keeley (71 reps)**
- 2. George Murphy (79 reps)**
- 3. James Fogarty (60 reps)**

2x 24kg Kettlebell

**Absolute
Reps x Kettlebell Weight**

- 1. Mick Kelly (81 reps)**
- 2. Oleksandr Movchan & Tomislav Varga (70 reps)**
- 3. Mark Stroud & Dave Hedges (63 reps)**

**Co-Efficient
Reps x Kettlebell Weight /bodyweight**

- 1. Tomislav Varga (70 reps)**
- 2. Mick Kelly (81 reps)**
- 3. Oleksandr Movchan (70 reps)**

2 x 28kg Kettlebell

**Absolute
Reps x Kettlebell Weight**

- 1. Eddie Sheehan (76 reps)**
- 2. Mark Stapleton (56 reps)**
- 3. Nenad Goricki (45 reps)**

**Co-Efficient
Reps x Kettlebell Weight /bodyweight**

- 1. Mark Stapleton (56 reps)**
- 2. Eddie Sheehan (76 reps)**
- 3. Nenad Goricki (45 reps)**

**Over all Absolute Winner – Eddie Sheehan
Over all Coefficient Winner – Mark Stapleton**

All Results

Country	Surname	First Name	KB Weight KG	Long Cycle Total Reps
Ireland	Agnew	John	12	109
Ireland	Byrne	Joe	12	107
Ireland	Collins	Dinny	12	111
Ireland	McParland	Michael	12	106
Ireland	Baker	Colin	16	68
England	Bellamy	Andrew	16	45
Ireland	Cusack	Michael	16	70
Portugal	Fonseca	Eduardo	16	91
Ireland	Harley	Roger	16	69
Ireland	Hickey	James	16	86
Latvia/Ireland	Kalnitis	Edgars	16	93
Ireland	Kelly	Paul	16	89
Ireland	Kennedy	Mark	16	92
Ireland	O'Hara	Adam	16	72
Ireland	O'Neill	Dermot	16	105
Ireland	Power	Gan	16	102
Ireland	Roche	Philip	16	81
Australia/England	Shewell	John	16	72
Ireland	Steel	Alan	16	58
Ireland	Fleming	Charles	16	91
Ireland	Carrol	Patrick	20	48
Ireland	Sheedy	Cormac	20	57
Ireland	Bourke	Stephen	20	73
Ireland	Fogarty	James	20	60
Sweden	Gonzalez	Niclas	20	72
Ireland	Keeley	Tommy	20	71
Ireland	Kelly	Micheal	20	70
Ireland	Murphy	George	20	79
Ireland	Nagle	James	20	37
Ireland	O'Brien	Jason	20	67
Ireland	Hedges	Dave	24	63
Sweden	Johansson	Thomas	24	51
Ireland	Kelly	Mick	24	81
Ireland	Movchan	Oleksandr	24	70
Spain	Sheehan	David	24	60
England	Stroud	Mark	24	63
Croatia	Varga	Tomislav	24	70
Croatia	Goricki	Nenad	28	45
Ireland	Sheehan	Eddie	28	76
Ireland	Stapleton	Mark	28	56