



**EGSA Long Cycle & Snatch Sprint Competition  
Kilkenny, 26<sup>th</sup> March 2011**

**LONG CYCLE RESULTS  
Medal Winners- Women**

**8kg Kettlebell**

**Absolute  
Reps x Kettlebell Weight**

1. Anne Dwan (165 reps)
2. Tanya Buckley (163 reps)
3. Lisa Quirke (136 reps)

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

1. Anne Dwan (165 reps)
2. Tanya Buckley (163 reps)
3. Lisa Quirke (136 reps)

**12kg Kettlebell**

**Absolute  
Reps x Kettlebell Weight**

1. Sonja Pykkonen (160 reps)
2. Christina Hayes & Aisling Nic an Tuile (141 reps)
3. Aine Mhic an Tuile (136 reps)

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

1. Sonja Pykkonen (160 reps)
2. Silvia Elia (126 reps)
3. Doroteia Gomes (113 reps)

**16kg Kettlebell**

**Absolute  
Reps x Kettlebell Weight**

1. Kira Savchenko (74 reps)

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

1. Kira Savchenko (74 reps)

**20kg Kettlebell**

**Absolute  
Reps x Kettlebell Weight**

1. Claire Maidment (122 reps)
2. Sandra Goodison (118 reps)
3. Catherine Roche (104 reps)

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

1. Sandra Goodison (118 reps)
2. Claire Maidment (122 reps)
3. Catherine Roche (104 reps)

**24kg Kettlebell**

**Absolute  
Reps x Kettlebell Weight**

1. Katarina Helcmanovska (121 reps)
2. Ivana Goricki (108 reps)

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

1. Katarina Helcmanovska (121 reps)
2. Ivana Goricki (108 reps)

**Over all Absolute Winner - Katarina Helcmanovska (121 reps with 24 kg kettlebell)  
Over all Coefficient Winner - Katarina Helcmanovska (121 reps with 24 kg kettlebell)**

## All Results

Country	Surname	First Name	KB Weight KG	Long Cycle Total Reps
Ireland	Buckley	Tanya	8	163
Ireland	Dwan	Anne	8	165
Ireland	Magee	Margaret	8	114
Ireland	Quirke	Lisa	8	136
Ireland	Brown	Lisa	12	117
Ireland	Dever	Tia	12	70
England	Elia	Silvia	12	126
Portugal	Gomes	Doroteia	12	113
Ireland	Hayes	Christina	12	141
Ireland	MacManus	Rachel	12	119
Ireland	Malone	Martina	12	110
Ireland	Mhic an Tuile	Aine	12	136
Ireland	Purcell	Ann	12	115
Finland	Pyykkonen	Sonja	12	160
Ireland	Thornton	Orla	12	115
Ireland	Nic an Tuile	Aishling	12	141
Ukraine	Savchenko	Kira	16	74
Ireland	Goodison	Sandra	20	118
Australia/Ireland	Maidment	Claire	20	122
England	Rago	Judith	20	40
Ireland	Roche	Catherine	20	104
Ukraine	Semenova	Olena	20	53
Croatia	Goricki	Ivana	24	108
England /Slovakia	Helcmanovska	Katarina	24	121