

Open Club #2

Results Summary

24 Mar 2018

CrossFit SFS



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Session 1

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total
F59												
Olivia D'souza	---	1998	57.10	42	44	46	55	58	60	46	60	106 3
F71												
Carmen Lau	CFCBR	1991	64.90	25	27	29	30	34	38	29	38	67 5
Michelle Weeding	CFCBR	1978	70.76	25	27	30	27	32	-35	30	32	62 6
Mary Pekin	SWC	1954	69.20	23	25	27	29	31	-34	27	31	58 7
F76												
Kylie Thompson	SWC	1984	74.48	75	80	85	90	95	100	85	95	180 1
F81												
Kerryn Dawson	SWC	1985	79.40	55	57	-60	65	67	-71	57	67	124 2
F87												
Vickie Mackay	CFCBR	1970	86.40	30	-33	33	35	40	44	33	44	77 4

Referees Cian Gray ACT (STATE) Sean Teasdale ACT (STATE) Phillipa Wontoon

Jury

Tech Controller

MC

Timekeeper

Marshall

Doctor

*State records cannot be claimed in this session. *National records cannot be claimed in this session.

Session 2

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	
M73													
Andrew Phillips	Nomad	1964	69.00	50	53	53	60	61	63	53	63	116	5
M81													
Sean Teasdale	H&T	1989	78.01	100	106	144	120	127	132	106	127	233	2
M89													
Mark Muir	H&T	1979	83.30	87	90	92	116	120	123	90	123	213	4
M96													
James Naylor-Pratt	Nomad	1999	93.10	90	95	100	120	125	130	95	130	225	3
M109													
John Reynolds	Nomad	1944	104.95	44	46	47	58	61	63	47	63	110	6
Grant Haines	SWC	1987	108.60	122	126	128	142	146	146	128	142	270	1

Referees Cian Gray ACT (STATE) Phillipa Wontoon Kerry Dawson ACT (STATE)

Jury

Tech Controller

MC

Timekeeper

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Doctor

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Sinclair Ranking

Men		
Rank	Name	Score
1	Grant Haines	291.10
2	Sean Teasdale	288.80
3	James Naylor-Pratt	256.56
4	Mark Muir	255.36
5	Andrew Phillips	154.19
6	John Reynolds	119.92

Women		
Rank	Name	Score
1	Kylie Thompson	215.16
2	Olivia D'souza	147.95
3	Kerryn Dawson	143.83
4	Carmen Lau	86.27
5	Vickie Mackay	86.19
6	Michelle Weeding	76.08
7	Mary Pekin	72.02

Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Mark Muir	289.83
2	John Reynolds	253.87
3	Andrew Phillips	213.56

Women		
Rank	Name	SMF Score
1	Mary Pekin	119.77
2	Vickie Mackay	108.86
3	Michelle Weeding	87.41
4	Kylie Thompson	0.00

Records Broken - NONE

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Grant Haines	ACT	SNATCH	127kg	128kg	1kg
Kerryn Dawson	ACT	SNATCH	56kg	57kg	1kg
Mark Muir	ACT	SNATCH	82kg	90kg	8kg
Mark Muir	ACT	CJ	118kg	123kg	5kg
Mark Muir	ACT	TOTAL	200kg	213kg	13kg
Mary Pekin	ACT	SNATCH	26kg	27kg	1kg
Olivia D'souza	ACT	SNATCH	45kg	46kg	1kg
Olivia D'souza	ACT	TOTAL	105kg	106kg	1kg
Sean Teasdale	ACT	SNATCH	105kg	106kg	1kg
Sean Teasdale	ACT	CJ	124kg	127kg	3kg
Sean Teasdale	ACT	TOTAL	228kg	233kg	5kg