

# Open Club #3

## Results Summary

22 Sep 2018

CrossFit Canberra



AUSTRALIAN WEIGHTLIFTING FEDERATION INC.

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## Session 1

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total
<b>F64</b>												
Laya Dunn	CFCBR	1990	63.72	50	58	61	65	71	-75	61	71	132
Dani Simeoni	2600	1975	62.52	45	47	-49	<del>55</del>	57	61	47	61	108
<b>F71</b>												
Sally Ormiston	SWC	1988	64.84	42	-45	-46	50	55	-60	42	55	97
Prue Teasdale	H&T	1990	68.26	35	38	41	43	46	50	41	50	91
Carmen Lau	CFCBR	1991	68.12	27	30	32	35	40	43	32	43	75
Mary Pekin	SWC	1954	69.86	22	23	24	27	30	-34	24	30	54
<b>F76</b>												
Emily Bissaker	---	1990	75.00	40	44	-47	55	59	63	44	63	107
Michelle Weeding	CFCBR	1978	73.46	27	30	32	35	39	41	32	41	73

**Referees** Kerry Dawson ACT (STATE) Grant Haines ACT (STATE) Clare Carey ACT (NONE)

### Jury

### Tech Controller

**MC** Gerard Viccars ACT (NONE) **Timekeeper** Annie Viccars ACT (NONE)

**Marshall** Penelope Hatfield ACT (STATE) **Doctor**

\*State records can 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	MST	SEN	JUN	YTH
<b>M73</b>																
Troy Roughley	2600	1977	70.30	70	75	78	90	-95	95	78	95	173	6	6	6	6
<b>M89</b>																
Mark Muir	H&T	1979	88.20	89	-93	-93	124	130	134	89	134	223	3	3	3	3
<b>M96</b>																
Matthew Reynolds	Nomad	1997	93.60	115	120	125	150	156	156	120	156	276	1	1	1	1
Michal Dunski	CFCBR	1988	91.10	90	100	105	120	130	140	105	130	235	2	2	2	2
<b>M102</b>																
Andrew Brown	SWC	1978	101.20	81	-85	-90	93	97	101	81	101	182	5	5	5	5
<b>M109</b>																
John Reynolds	Nomad	1944	105.10	45	-47	-47	58	-64	61	45	61	106	9	9	9	9

**Referees** Laya Dunn ACT (STATE) Prue Teasdale ACT (NAT) Mary Pekin ACT (NONE)

**Jury** ,Marshall(S):

**Tech Controller**

**MC** Gerard Viccars ACT (NONE)

**Timekeeper**

**Marshall**

**Doctor**

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## Sinclair Ranking

Men		
Rank	Name	Score
1	Matthew Reynolds	314.02
2	Michal Dunski	270.43
3	Mark Muir	260.29
4	Troy Roughley	227.39
5	Andrew Brown	200.94
6	John Reynolds	115.50

Women		
Rank	Name	Score
1	Laya Dunn	171.82
2	Dani Simeoni	142.21
3	Emily Bissaker	127.47
4	Sally Ormiston	124.96
5	Prue Teasdale	113.85
6	Carmen Lau	93.94
7	Michelle Weeding	87.86
8	Mary Pekin	66.71

### Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Mark Muir	295.42
2	Troy Roughley	264.22
3	John Reynolds	244.52
4	Andrew Brown	230.88

Women		
Rank	Name	SMF Score
1	Dani Simeoni	169.08
2	Mary Pekin	110.94
3	Michelle Weeding	100.95

## Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Andrew Brown	M102	Senior	ACT	SNATCH	81kg
Andrew Brown	M102	Mast 40-44	ACT	SNATCH	81kg
Andrew Brown	M102	Senior	ACT	CJ	101kg
Andrew Brown	M102	Mast 40-44	ACT	CJ	101kg
Andrew Brown	M102	Senior	ACT	TOTAL	182kg
Andrew Brown	M102	Mast 40-44	ACT	TOTAL	182kg
Dani Simeoni	F64	Mast 40-44	ACT	SNATCH	47kg
Dani Simeoni	F64	Mast 40-44	ACT	CJ	61kg
Dani Simeoni	F64	Mast 40-44	ACT	TOTAL	108kg
Emily Bissaker	F76	Senior	ACT	SNATCH	44kg
Emily Bissaker	F76	Senior	ACT	CJ	63kg
Emily Bissaker	F76	Senior	ACT	TOTAL	107kg
John Reynolds	M109	Mast 70-74	ACT	SNATCH	45kg
John Reynolds	M109	Mast 70-74	ACT	CJ	61kg
John Reynolds	M109	Mast 70-74	ACT	TOTAL	106kg
Mark Muir	M89	Senior	ACT	SNATCH	89kg
Mark Muir	M89	Mast 35-39	ACT	SNATCH	89kg
Mark Muir	M89	Senior	ACT	CJ	134kg
Mark Muir	M89	Mast 35-39	ACT	CJ	134kg
Mark Muir	M89	Senior	ACT	TOTAL	223kg
Mark Muir	M89	Mast 35-39	ACT	TOTAL	223kg
Mary Pekin	F71	Mast 60-64	ACT	SNATCH	24kg
Mary Pekin	F71	Mast 60-64	ACT	CJ	30kg
Mary Pekin	F71	Mast 60-64	ACT	TOTAL	54kg
Matthew Reynolds	M96	Senior	ACT	SNATCH	120kg
Matthew Reynolds	M96	U23	ACT	SNATCH	120kg
Matthew Reynolds	M96	Senior	ACT	CJ	156kg
Matthew Reynolds	M96	U23	ACT	CJ	156kg
Matthew Reynolds	M96	Senior	ACT	TOTAL	276kg
Matthew Reynolds	M96	U23	ACT	TOTAL	276kg
Michal Dunski	M96	Senior	ACT	SNATCH	105kg
Michelle Weeding	F76	Senior	ACT	SNATCH	32kg
Michelle Weeding	F76	Mast 40-44	ACT	SNATCH	32kg
Michelle Weeding	F76	Senior	ACT	CJ	41kg
Michelle Weeding	F76	Mast 40-44	ACT	CJ	41kg
Michelle Weeding	F76	Senior	ACT	TOTAL	73kg
Michelle Weeding	F76	Mast 40-44	ACT	TOTAL	73kg
Troy Roughley	M73	Senior	ACT	SNATCH	78kg
Troy Roughley	M73	Mast 40-44	ACT	SNATCH	78kg

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Troy Roughley	M73	Senior	ACT	CJ	95kg
Troy Roughley	M73	Mast 40-44	ACT	CJ	95kg
Troy Roughley	M73	Senior	ACT	TOTAL	173kg
Troy Roughley	M73	Mast 40-44	ACT	TOTAL	173kg

## Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Andrew Brown	ACT	CJ	100kg	101kg	1kg
Carmen Lau	ACT	SNATCH	29kg	32kg	3kg
Carmen Lau	ACT	CJ	38kg	43kg	5kg
Carmen Lau	ACT	TOTAL	67kg	75kg	8kg
Dani Simeoni	ACT	CJ	60kg	61kg	1kg
Dani Simeoni	ACT	TOTAL	105kg	108kg	3kg
Laya Dunn	ACT	SNATCH	58kg	61kg	3kg
Laya Dunn	ACT	CJ	70kg	71kg	1kg
Laya Dunn	ACT	TOTAL	128kg	132kg	4kg
Mark Muir	ACT	CJ	127kg	134kg	7kg
Mark Muir	ACT	TOTAL	221kg	223kg	2kg
Matthew Reynolds	ACT	CJ	148kg	156kg	8kg
Matthew Reynolds	ACT	TOTAL	269kg	276kg	7kg
Michelle Weeding	ACT	SNATCH	30kg	32kg	2kg
Michelle Weeding	ACT	CJ	38kg	41kg	3kg
Michelle Weeding	ACT	TOTAL	67kg	73kg	6kg
Sally Ormiston	ACT	CJ	52kg	55kg	3kg
Sally Ormiston	ACT	TOTAL	95kg	97kg	2kg
Troy Roughley	ACT	SNATCH	70kg	78kg	8kg
Troy Roughley	ACT	CJ	88kg	95kg	7kg
Troy Roughley	ACT	TOTAL	158kg	173kg	15kg