

Club Championships

Results Summary

24 Nov 2018

CrossFit SFS



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Session 1

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total
F55												
Jia Lee	SWC	1985	54.32	40	42	44	43	46	49	44	49	93
Christine Human	SWC	1959	53.30	24	27	28	34	36	38	28	38	66
F64												
Kenyah Lawler	Nomad	1998	63.72	74	-77	79	94	97	100	79	100	179
Dani Simeoni	2600	1975	59.88	45	-47	-47	57	-59	-62	45	57	102
F71												
Clare Carey	SWC	1987	70.62	55	58	61	75	78	81	61	81	142
Sally Ormiston	SWC	1988	64.60	44	-47	-47	53	57	-60	44	57	101
Prue Teasdale	H&T	1990	68.50	38	41	44	48	51	55	44	55	99
Penelope Hatfield	SWC	1974	69.04	25	0	0	40	0	0	25	40	65
F87												
Grace Hayes	SWC	1973	85.64	28	30	32	37	40	43	32	43	75

Referees Sean Teasdale ACT (STATE) Kerryn Dawson ACT (STATE) Grant Haines ACT (STATE)

Jury

Tech Controller

MC Jed Viccars **Timekeeper** Gerard Longley ACT (NAT)

Marshall Flinders Doyle 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
M73												
Troy Roughley	2600	1977	70.90	70	75	80	90	95	400	75	95	170
John Preston	Nomad	1938	68.20	26	30	31	35	40	41	31	41	72
M81												
Sean Teasdale	H&T	1989	77.80	95	103	108	115	123	429	103	123	226
James Pillidge	SWC	1994	77.40	70	76	81	85	93	100	76	100	176
Damien Hickman	Nomad	1972	77.10	60	66	73	80	90	96	66	90	156
M89												
Mark Muir	H&T	1979	87.20	90	93	93	126	134	432	93	126	219
M96												
James Naylor-Pratt	Nomad	1999	93.60	97	97	97	130	136	139	97	139	236
Andrew Brown	SWC	1978	95.00	85	90	95	95	100	440	90	100	190
M102												
Tom Farrell	Nomad	1991	100.00	95	100	100	110	120	128	100	128	228
Emran Shah	Nomad	1985	100.60	80	85	90	115	118	420	85	118	203
Tim Corby	H&T	1981	97.70	85	90	90	110	445	445	90	110	200
Flinders Doyle	SWC	1984	99.40	83	86	86	107	107	107	86	107	193
M109												
John Reynolds	Nomad	1944	104.30	44	46	46	58	62	64	44	64	108
Adam Kuffner	SWC	1983	108.80	70	75	75	100	400	400	70	0	0

Referees Prue Teasdale ACT (NAT) Kerryn Dawson ACT (STATE) Jia Lee ACT (STATE)

Jury

Tech Controller

MC Jerard Viccars **Timekeeper** Sally Ormiston ACT (STATE)

Marshall Kylie Lindbeck ACT (STATE) **Doctor**

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

Sinclair Ranking

Men		
Rank	Name	Score
1	Sean Teasdale	280.53
2	James Naylor-Pratt	268.51
3	Mark Muir	256.94
4	Tom Farrell	252.82
5	Emran Shah	224.61
6	Tim Corby	223.72
7	Troy Roughley	222.32
8	James Pillidge	219.07
9	Andrew Brown	214.88
10	Flinders Doyle	214.49
11	Damien Hickman	194.58
12	John Reynolds	117.99
13	John Preston	96.39
14	Adam Kuffner	0.00

Women		
Rank	Name	Score
1	Kenyah Lawler	233.00
2	Clare Carey	174.42
3	Dani Simeoni	137.99
4	Jia Lee	134.36
5	Sally Ormiston	130.40
6	Prue Teasdale	123.62
7	Christine Human	96.65
8	Grace Hayes	84.25
9	Penelope Hatfield	80.82

Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Mark Muir	291.63
2	Troy Roughley	258.33
3	John Preston	250.34
4	John Reynolds	249.78
5	Tim Corby	248.10
6	Andrew Brown	246.89
7	Damien Hickman	239.91
8	Flinders Doyle	0.00
9	Adam Kuffner	0.00

Women		
Rank	Name	SMF Score
1	Dani Simeoni	164.06
2	Christine Human	146.33
3	Grace Hayes	102.61
4	Penelope Hatfield	97.22

Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Adam Kuffner	M109	Mast 35-39	ACT	SNATCH	70kg
Andrew Brown	M96	Mast 40-44	ACT	SNATCH	90kg
Andrew Brown	M96	Mast 40-44	ACT	CJ	100kg
Andrew Brown	M96	Mast 40-44	ACT	TOTAL	190kg
Christine Human	F55	Senior	ACT	SNATCH	28kg
Christine Human	F55	Mast 55-59	ACT	SNATCH	28kg
Christine Human	F55	Senior	ACT	CJ	38kg
Christine Human	F55	Mast 55-59	ACT	CJ	38kg
Christine Human	F55	Senior	ACT	TOTAL	66kg
Christine Human	F55	Mast 55-59	ACT	TOTAL	66kg
Damien Hickman	M81	Senior	ACT	SNATCH	66kg
Damien Hickman	M81	Mast 45-49	ACT	SNATCH	66kg
Damien Hickman	M81	Senior	ACT	CJ	90kg
Damien Hickman	M81	Mast 45-49	ACT	CJ	90kg
Damien Hickman	M81	Senior	ACT	TOTAL	156kg
Damien Hickman	M81	Mast 45-49	ACT	TOTAL	156kg
Emran Shah	M102	Senior	ACT	SNATCH	85kg
Emran Shah	M102	Senior	ACT	CJ	118kg
Emran Shah	M102	Senior	ACT	TOTAL	203kg
Flinders Doyle	M102	Senior	ACT	SNATCH	86kg
Flinders Doyle	M102	Senior	ACT	CJ	107kg
Flinders Doyle	M102	Senior	ACT	TOTAL	193kg
Grace Hayes	F87	Senior	ACT	SNATCH	32kg
Grace Hayes	F87	Mast 45-49	ACT	SNATCH	32kg
Grace Hayes	F87	Senior	ACT	CJ	43kg
Grace Hayes	F87	Mast 45-49	ACT	CJ	43kg
Grace Hayes	F87	Senior	ACT	TOTAL	75kg
Grace Hayes	F87	Mast 45-49	ACT	TOTAL	75kg
James Naylor-Pratt	M96	Junior	ACT	CJ	139kg
James Naylor-Pratt	M96	Junior	ACT	TOTAL	236kg
James Pillidge	M81	Senior	ACT	SNATCH	76kg
James Pillidge	M81	Senior	ACT	CJ	100kg
James Pillidge	M81	Senior	ACT	TOTAL	176kg
Jia Lee	F55	Senior	ACT	SNATCH	44kg
Jia Lee	F55	Senior	ACT	CJ	49kg
Jia Lee	F55	Senior	ACT	TOTAL	93kg
John Preston	M73	Mast 80+	ACT	SNATCH	31kg
John Preston	M73	Mast 80+	ACT	CJ	41kg
John Preston	M73	Mast 80+	ACT	TOTAL	72kg

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John Reynolds	M109	Mast 70-74	ACT	CJ	64kg
John Reynolds	M109	Mast 70-74	ACT	TOTAL	108kg
Kenyah Lawler	F64	Junior	ACT	SNATCH	79kg
Kenyah Lawler	F64	Senior	ACT	SNATCH	79kg
Kenyah Lawler	F64	U23	ACT	SNATCH	79kg
Kenyah Lawler	F64	Junior	ACT	CJ	100kg
Kenyah Lawler	F64	Senior	ACT	CJ	100kg
Kenyah Lawler	F64	U23	ACT	CJ	100kg
Kenyah Lawler	F64	Junior	ACT	TOTAL	179kg
Kenyah Lawler	F64	Senior	ACT	TOTAL	179kg
Kenyah Lawler	F64	U23	ACT	TOTAL	179kg
Mark Muir	M89	Senior	ACT	SNATCH	93kg
Mark Muir	M89	Mast 35-39	ACT	SNATCH	93kg
Penelope Hatfield	F71	Mast 40-44	ACT	SNATCH	25kg
Penelope Hatfield	F71	Mast 40-44	ACT	CJ	40kg
Penelope Hatfield	F71	Mast 40-44	ACT	TOTAL	65kg
Tim Corby	M102	Mast 35-39	ACT	SNATCH	90kg
Tim Corby	M102	Senior	ACT	SNATCH	90kg
Tim Corby	M102	Mast 35-39	ACT	CJ	110kg
Tim Corby	M102	Senior	ACT	CJ	110kg
Tim Corby	M102	Mast 35-39	ACT	TOTAL	200kg
Tim Corby	M102	Senior	ACT	TOTAL	200kg
Tom Farrell	M102	Senior	ACT	SNATCH	100kg
Tom Farrell	M102	Senior	ACT	CJ	128kg
Tom Farrell	M102	Senior	ACT	TOTAL	228kg

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Andrew Brown	ACT	SNATCH	87kg	90kg	3kg
Andrew Brown	ACT	TOTAL	186kg	190kg	4kg
Christine Human	ACT	SNATCH	24kg	28kg	4kg
Christine Human	ACT	CJ	35kg	38kg	3kg
Christine Human	ACT	TOTAL	59kg	66kg	7kg
Emran Shah	ACT	SNATCH	81kg	85kg	4kg
Emran Shah	ACT	CJ	110kg	118kg	8kg
Emran Shah	ACT	TOTAL	191kg	203kg	12kg
Flinders Doyle	ACT	SNATCH	84kg	86kg	2kg
Flinders Doyle	ACT	TOTAL	192kg	193kg	1kg
James Naylor-Pratt	ACT	CJ	135kg	139kg	4kg
Kenyah Lawler	ACT	SNATCH	78kg	79kg	1kg
Kenyah Lawler	ACT	CJ	97kg	100kg	3kg
Kenyah Lawler	ACT	TOTAL	175kg	179kg	4kg
Sally Ormiston	ACT	SNATCH	43kg	44kg	1kg
Sally Ormiston	ACT	CJ	55kg	57kg	2kg
Sally Ormiston	ACT	TOTAL	97kg	101kg	4kg