

Open Club Comp #1

Results Summary

19 Jan 2019

Crossfit Canberra



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Session 1

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total
F49												
Caitlin Fitzgerald	CFCBR	2005	48.24	25	30	32	30	40	-47	32	40	72
F55												
Parichart	UBWL	1992	52.24	43	45	47	50	52	54	47	54	101
F59												
Lilliane Ho	UBWL	1990	57.92	33	35	37	35	37	40	37	40	77
F64												
Dani Simeoni	2600	1975	61.74	43	46	48	57	59	61	48	61	109
F71												
Renaé Docherty	2600	1985	66.96	65	67	69	80	83	86	69	86	155
Myfanwy Galloway	Nomad	1990	64.52	60	66	-70	80	-85	87	66	87	153
F81												
Daniela Cihalova	TFW	1987	77.70	33	37	-41	42	46	-51	37	46	83

Referees Kylie Thompson ACT (STATE) Mary Pekin ACT (STATE) Penelope Hatfield ACT (STATE)

Jury

Tech Controller

MC Sean Teasdale ACT (STATE) **Timekeeper** Sean Teasdale ACT (STATE)

Marshall

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	Sinclair
M73													
Troy Roughley	2600	1977	70.90	70	75	80	90	95	100	80	100	180	6
John Preston	Nomad	1938	67.05	26	28	30	35	40	40	26	35	61	12
M81													
James Pillidge	SWC	1994	74.80	80	85	90	98	102	102	90	98	188	5
M89													
Mark Muir	H&T	1979	88.10	91	94	96	128	132	135	94	132	226	3
Braden Hon	Nomad	1983	86.10	50	55	60	75	85	90	60	85	145	8
M102													
Nicolas Warren	Nomad	1985	98.10	95	100	105	120	125	130	105	130	235	1
Tom Farrell	Nomad	1991	100.00	100	107	112	120	120	120	107	120	227	2
Emran Shah	Nomad	1985	99.30	80	85	90	115	120	120	80	115	195	4
Matthew Ryan	2600	1975	101.20	45	55	65	65	80	95	65	80	145	7
M109													
John Reynolds	Nomad	1944	104.60	44	46	46	58	58	61	44	58	102	11
M109+													
Michael Larkings	H&T	1983	113.00	55	60	60	70	75	80	55	80	135	9
Adam Kuffner	SWC	1983	110.00	50	52	54	60	62	64	54	64	118	10

Referees Kerry Dawson ACT (STATE) Gerard Longley ACT (STATE) Mary Pekin ACT (STATE)

Jury

Tech Controller

MC Sean Teasdale ACT (STATE) **Timekeeper** Sean Teasdale ACT (STATE)

Marshall **Doctor**

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Sinclair Ranking

Men		
Rank	Name	Score
1	Mark Muir	263.92
2	Nicolas Warren	262.46
3	Tom Farrell	251.71
4	James Pillidge	238.41
5	Troy Roughley	235.39
6	Emran Shah	216.79
7	Braden Hon	171.12
8	Matthew Ryan	160.09
9	Michael Larkings	143.82
10	Adam Kuffner	126.72
11	John Reynolds	111.32
12	John Preston	82.54

Women		
Rank	Name	Score
1	Myfanwy Galloway	197.68
2	Renaë Docherty	196.01
3	Parichart Chantarasenanon	150.08
4	Dani Simeoni	144.64
5	Caitlin Fitzgerald	113.68
6	Lilliane Ho	106.45
7	Daniela Cihalova	97.23

Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Mark Muir	299.55
2	Troy Roughley	273.53
3	John Reynolds	235.67
4	John Preston	214.35
5	Matthew Ryan	190.35
6	Braden Hon	185.32
7	Michael Larkings	155.76
8	Adam Kuffner	137.24

Women		
Rank	Name	SMF Score
1	Dani Simeoni	171.97

Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Adam Kuffner	M109+	Senior	ACT	SNATCH	54kg
Adam Kuffner	M109+	Mast 35-39	ACT	SNATCH	54kg
Adam Kuffner	M109+	Senior	ACT	CJ	64kg
Adam Kuffner	M109+	Mast 35-39	ACT	CJ	64kg
Adam Kuffner	M109+	Senior	ACT	TOTAL	118kg
Adam Kuffner	M109+	Mast 35-39	ACT	TOTAL	118kg
Caitlin Fitzgerald	F49	Under 15	ACT	SNATCH	32kg
Caitlin Fitzgerald	F49	Youth	ACT	SNATCH	32kg
Caitlin Fitzgerald	F49	Junior	ACT	SNATCH	32kg
Caitlin Fitzgerald	F49	Senior	ACT	SNATCH	32kg
Caitlin Fitzgerald	F49	U23	ACT	SNATCH	32kg
Caitlin Fitzgerald	F49	Under 15	ACT	CJ	40kg
Caitlin Fitzgerald	F49	Youth	ACT	CJ	40kg
Caitlin Fitzgerald	F49	Junior	ACT	CJ	40kg
Caitlin Fitzgerald	F49	Senior	ACT	CJ	40kg
Caitlin Fitzgerald	F49	U23	ACT	CJ	40kg
Caitlin Fitzgerald	F49	Under 15	ACT	TOTAL	72kg
Caitlin Fitzgerald	F49	Youth	ACT	TOTAL	72kg
Caitlin Fitzgerald	F49	Junior	ACT	TOTAL	72kg
Caitlin Fitzgerald	F49	Senior	ACT	TOTAL	72kg
Caitlin Fitzgerald	F49	U23	ACT	TOTAL	72kg
Dani Simeoni	F64	Mast 40-44	ACT	SNATCH	48kg
Dani Simeoni	F64	Mast 40-44	ACT	TOTAL	109kg
Daniela Cihalova	F81	Senior	ACT	SNATCH	37kg
Daniela Cihalova	F81	Senior	ACT	CJ	46kg
Daniela Cihalova	F81	Senior	ACT	TOTAL	83kg
John Reynolds	M109	Mast 75-79	ACT	SNATCH	44kg
John Reynolds	M109	Mast 75-79	ACT	CJ	58kg
John Reynolds	M109	Mast 75-79	ACT	TOTAL	102kg
Mark Muir	M89	Mast 40-44	ACT	SNATCH	94kg
Mark Muir	M89	Senior	ACT	SNATCH	94kg
Mark Muir	M89	Mast 40-44	ACT	CJ	132kg
Mark Muir	M89	Mast 40-44	ACT	TOTAL	226kg
Mark Muir	M89	Senior	ACT	TOTAL	226kg
Michael Larkings	M109+	Senior	ACT	SNATCH	55kg
Michael Larkings	M109+	Mast 35-39	ACT	SNATCH	55kg
Michael Larkings	M109+	Senior	ACT	CJ	80kg
Michael Larkings	M109+	Mast 35-39	ACT	CJ	80kg
Michael Larkings	M109+	Senior	ACT	TOTAL	135kg

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Michael Larkings	M109+	Mast 35-39	ACT	TOTAL	135kg
Myfanwy Galloway	F71	Senior	ACT	CJ	87kg
Nicolas Warren	M102	Senior	ACT	SNATCH	105kg
Nicolas Warren	M102	Senior	ACT	CJ	130kg
Nicolas Warren	M102	Senior	ACT	TOTAL	235kg
Parichart Chantarasenanon	F55	Senior	ACT	SNATCH	47kg
Parichart Chantarasenanon	F55	Senior	ACT	CJ	54kg
Parichart Chantarasenanon	F55	Senior	ACT	TOTAL	101kg
Renae Docherty	F71	Senior	ACT	SNATCH	69kg
Renae Docherty	F71	Senior	ACT	TOTAL	155kg
Tom Farrell	M102	Senior	ACT	SNATCH	107kg
Troy Roughley	M73	Senior	ACT	SNATCH	80kg
Troy Roughley	M73	Mast 40-44	ACT	SNATCH	80kg
Troy Roughley	M73	Senior	ACT	CJ	100kg
Troy Roughley	M73	Mast 40-44	ACT	CJ	100kg
Troy Roughley	M73	Senior	ACT	TOTAL	180kg
Troy Roughley	M73	Mast 40-44	ACT	TOTAL	180kg

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Dani Simeoni	ACT	TOTAL	108kg	109kg	1kg
James Pillidge	ACT	SNATCH	76kg	90kg	14kg
James Pillidge	ACT	TOTAL	176kg	188kg	12kg
Mark Muir	ACT	TOTAL	223kg	226kg	3kg
Myfanwy Galloway	ACT	TOTAL	152kg	153kg	1kg
Tom Farrell	ACT	SNATCH	100kg	107kg	7kg
Troy Roughley	ACT	SNATCH	78kg	80kg	2kg
Troy Roughley	ACT	CJ	95kg	100kg	5kg
Troy Roughley	ACT	TOTAL	173kg	180kg	7kg