

NTWA Australia Day Competition

Results Summary

27 Jan 2019

CrossFit Abode



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Ladies

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	
F45													
Emily Tjung	---	1996	44.58	35	38	41	46	48	50	41	50	91	6
Alannah Orr	CDU	2007	44.02	17	19	21	19	21	24	21	24	45	15
F55													
Kayla Cross	CFA	1990	54.88	30	35	40	41	44	47	35	47	82	9
Jessica Roberts	CFP	1984	50.28	25	27	29	35	38	41	29	41	70	11
F59													
Elise Lichos	---	1980	57.46	32	35	37	45	48	60	37	0	0	0
F64													
Jessica Cussen	CFP	1993	63.85	55	60	65	70	74	77	60	74	134	3
Kate Rashleigh	CFA	1983	61.90	48	51	54	65	68	71	54	71	125	2
Mickayla Perkins	TBC	2003	62.45	62	62	52	65	68	72	52	72	124	5
Mandy Hannon	CFA	1968	63.80	48	48	52	65	70	73	48	70	118	1
Ruby Kwong	CFD	1990	62.75	45	50	55	60	65	65	50	60	110	7
F71													
Catherine Robinson	CFA	1987	65.20	55	58	62	64	68	72	62	72	134	4
Tia Langridge	CFA	2005	69.95	33	36	40	47	51	53	40	51	91	12
Caroline Villaflor	CDU	1978	68.70	28	30	33	37	40	43	30	43	73	13
F81													
Tara Keenan-Russell	CFP	1974	80.55	30	33	35	45	50	52	35	52	87	8
Kaitlyn Straube	CDU	2004	77.30	24	27	29	34	37	40	29	40	69	14
F87													
Tooba Awais	CFA	1983	84.70	33	36	40	50	54	57	40	54	94	10

Referees Jack Rau NT (CLUB) Robyn Hall NT (INT II) Amanda Miller NT (INT II)

Jury

Tech Controller

MC

Kelly Rau NT (INT II)

Timekeeper

Nyree Slatter NT (CLUB)

Marshall

Doctor

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

Men

Lifter	Club	YOB	Bwt	Snatch attempts			CJ attempts			Sn	CJ	Total	SMF
M55													
Ryan Straube	CDU	2006	47.92	22	25	28	34	-38	40	28	40	68	13
M73													
Dafydd Williams	CFD	1986	72.60	35	40	45	50	60	65	45	65	110	9
Ian Orr	CDU	2005	68.85	38	41	46	52	56	-64	46	56	102	12
M81													
Jake Christian	CDU	1997	75.30	38	41	46	52	57	62	46	62	108	11
Keiryn Orr	CDU	2006	75.55	26	29	32	35	36	42	32	42	74	14
M89													
Cobi Head	CFA	1984	83.50	95	105	110	120	130	137	105	130	235	1
Tom Jones	---	1985	87.65	100	105	110	120	125	130	105	125	230	3
Mitchel Saintsbury	CFA	1993	82.25	80	85	94	107	113	114	85	114	199	4
Kieran Yourell	CFD	1992	82.65	75	78	78	100	105	105	75	100	175	7
M96													
Daniel Baster	CFA	1984	93.75	90	96	96	120	126	126	96	126	222	2
Tim Steele	SCWC	1968	94.10	35	40	45	45	50	55	45	55	100	10
M102													
Daniel Robinson	---	1985	99.80	60	70	0	100	110	112	70	112	182	8
Nathan Shaw	CFA	1987	99.50	85	90	100	120	125	125	85	0	0	
M109													
Matthew Dinon	CFA	1995	103.75	90	95	95	110	120	130	95	120	215	6
Benny Southwell	CFA	1994	102.60	90	95	100	120	125	125	90	125	215	5

Referees Jack Rau NT (CLUB) Robyn Hall NT (INT II) Liviu Schera

Jury

Tech Controller

MC Kelly Rau NT (INT II) **Timekeeper** Nyree Slatter NT (CLUB)

Marshall **Doctor**

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Sinclair Ranking

Men		
Rank	Name	Score
1	Cobi Head	281.40
2	Tom Jones	269.22
3	Daniel Baster	252.42
4	Mitchel Saintsbury	240.06
5	Benny Southwell	236.22
6	Matthew Dinon	235.31
7	Kieran Yourell	210.61
8	Daniel Robinson	201.96
9	Dafydd Williams	141.87
10	Jake Christian	136.45
11	Ian Orr	135.77
12	Ryan Straube	117.90
13	Tim Steele	113.53
14	Keiryn Orr	93.32
15	Nathan Shaw	0.00

Women		
Rank	Name	Score
1	Jessica Cussen	174.21
2	Catherine Robinson	172.07
3	Kate Rashleigh	165.60
4	Mickayla Perkins	163.38
5	Mandy Hannon	153.48
6	Emily Tjung	153.22
7	Ruby Kwong	144.51
8	Kayla Cross	117.61
9	Tia Langridge	112.34
10	Jessica Roberts	107.03
11	Tooba Awais	106.06
12	Tara Keenan-Russell	100.27
13	Caroline Villaflor	91.01
14	Kaitlyn Straube	81.02
15	Alannah Orr	76.58
16	Elise Lichos	0.00

Masters SMF Ranking

Men		
Rank	Name	SMF Score
1	Cobi Head	301.66
2	Daniel Baster	270.59
3	Tim Steele	147.25

Women		
Rank	Name	SMF Score
1	Mandy Hannon	199.06
2	Kate Rashleigh	179.35
3	Tara Keenan-Russell	120.62
4	Tooba Awais	114.86
5	Jessica Roberts	114.74
6	Caroline Villaflor	104.57
7	Elise Lichos	0.00

Records Broken

Lifter	Bwt Cat	Age Group	Record Level	Record Type	New Record
Alannah Orr	F45	Under 15	NT	SNATCH	21kg
Alannah Orr	F45	Youth	NT	SNATCH	21kg
Alannah Orr	F45	Junior	NT	SNATCH	21kg
Alannah Orr	F45	Under 15	NT	CJ	24kg
Alannah Orr	F45	Youth	NT	CJ	24kg
Alannah Orr	F45	Junior	NT	CJ	24kg
Alannah Orr	F45	Under 15	NT	TOTAL	45kg
Alannah Orr	F45	Youth	NT	TOTAL	45kg
Alannah Orr	F45	Junior	NT	TOTAL	45kg
Caroline Villaflor	F71	Mast 40-44	NT	SNATCH	30kg
Caroline Villaflor	F71	Mast 40-44	NT	CJ	43kg
Caroline Villaflor	F71	Mast 40-44	NT	TOTAL	73kg
Catherine Robinson	F71	Senior	NT	SNATCH	62kg
Catherine Robinson	F71	Senior	NT	TOTAL	134kg
Elise Lichos	F59	Senior	NT	SNATCH	37kg
Elise Lichos	F59	Mast 35-39	NT	SNATCH	37kg
Emily Tjung	F45	Senior	NT	SNATCH	41kg
Emily Tjung	F45	U23	NT	SNATCH	41kg
Emily Tjung	F45	Senior	NT	CJ	50kg
Emily Tjung	F45	U23	NT	CJ	50kg
Emily Tjung	F45	Senior	NT	TOTAL	91kg
Emily Tjung	F45	U23	NT	TOTAL	91kg
Jessica Roberts	F55	Senior	NT	SNATCH	29kg
Jessica Roberts	F55	Mast 35-39	NT	SNATCH	29kg
Jessica Roberts	F55	Senior	NT	CJ	41kg
Jessica Roberts	F55	Mast 35-39	NT	CJ	41kg
Jessica Roberts	F55	Senior	NT	TOTAL	70kg
Jessica Roberts	F55	Mast 35-39	NT	TOTAL	70kg
Kaitlyn Straube	F81	Under 15	NT	SNATCH	29kg
Kaitlyn Straube	F81	Youth	NT	SNATCH	29kg
Kaitlyn Straube	F81	Junior	NT	SNATCH	29kg
Kaitlyn Straube	F81	U23	NT	SNATCH	29kg
Kaitlyn Straube	F81	Under 15	NT	CJ	40kg
Kaitlyn Straube	F81	Youth	NT	CJ	40kg
Kaitlyn Straube	F81	Junior	NT	CJ	40kg
Kaitlyn Straube	F81	U23	NT	CJ	40kg
Kaitlyn Straube	F81	Under 15	NT	TOTAL	69kg
Kaitlyn Straube	F81	Youth	NT	TOTAL	69kg
Kaitlyn Straube	F81	Junior	NT	TOTAL	69kg

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Kaitlyn Straube	F81	U23	NT	TOTAL	69kg
Kate Rashleigh	F64	Mast 35-39	NT	SNATCH	54kg
Kate Rashleigh	F64	Mast 35-39	NT	CJ	71kg
Kate Rashleigh	F64	Mast 35-39	NT	TOTAL	125kg
Kayla Cross	F55	Senior	NT	SNATCH	35kg
Kayla Cross	F55	Senior	NT	CJ	47kg
Kayla Cross	F55	Senior	NT	TOTAL	82kg
Mandy Hannon	F64	Mast 50-54	NT	SNATCH	48kg
Mandy Hannon	F64	Mast 50-54	NT	CJ	70kg
Mandy Hannon	F64	Mast 50-54	NT	TOTAL	118kg
Mickayla Perkins	F64	Youth	NT	SNATCH	52kg
Mickayla Perkins	F64	Junior	NT	SNATCH	52kg
Mickayla Perkins	F64	U23	NT	SNATCH	52kg
Mickayla Perkins	F64	Youth	NT	CJ	72kg
Mickayla Perkins	F64	Junior	NT	CJ	72kg
Mickayla Perkins	F64	U23	NT	CJ	72kg
Mickayla Perkins	F64	Youth	NT	TOTAL	124kg
Mickayla Perkins	F64	Junior	NT	TOTAL	124kg
Mickayla Perkins	F64	U23	NT	TOTAL	124kg
Tara Keenan-Russell	F81	Mast 45-49	NT	SNATCH	35kg
Tara Keenan-Russell	F81	Mast 45-49	NT	CJ	52kg
Tara Keenan-Russell	F81	Mast 45-49	NT	TOTAL	87kg
Tia Langridge	F71	Under 15	NT	SNATCH	40kg
Tia Langridge	F71	Youth	NT	SNATCH	40kg
Tia Langridge	F71	Junior	NT	SNATCH	40kg
Tia Langridge	F71	U23	NT	SNATCH	40kg
Tia Langridge	F71	Under 15	NT	CJ	51kg
Tia Langridge	F71	Youth	NT	CJ	51kg
Tia Langridge	F71	Junior	NT	CJ	51kg
Tia Langridge	F71	U23	NT	CJ	51kg
Tia Langridge	F71	Under 15	NT	TOTAL	91kg
Tia Langridge	F71	Youth	NT	TOTAL	91kg
Tia Langridge	F71	Junior	NT	TOTAL	91kg
Tia Langridge	F71	U23	NT	TOTAL	91kg

Personal Bests

Lifter	State	Lift	Previous PB	New PB	Increase
Alannah Orr	NT	SNATCH	12kg	21kg	9kg
Alannah Orr	NT	CJ	14kg	24kg	10kg
Alannah Orr	NT	TOTAL	26kg	45kg	19kg
Catherine Robinson	NT	SNATCH	61kg	62kg	1kg
Catherine Robinson	NT	CJ	70kg	72kg	2kg
Catherine Robinson	NT	TOTAL	128kg	134kg	6kg
Cobi Head	NT	SNATCH	103kg	105kg	2kg
Cobi Head	NT	TOTAL	233kg	235kg	2kg
Daniel Robinson	NT	CJ	105kg	112kg	7kg
Elise Lichos	NT	SNATCH	32kg	37kg	5kg
Emily Tjung	NT	SNATCH	40kg	41kg	1kg
Emily Tjung	NT	CJ	45kg	50kg	5kg
Emily Tjung	NT	TOTAL	85kg	91kg	6kg
Ian Orr	NT	SNATCH	32kg	46kg	14kg
Ian Orr	NT	CJ	43kg	56kg	13kg
Ian Orr	NT	TOTAL	75kg	102kg	27kg
Kaitlyn Straube	NT	SNATCH	24kg	29kg	5kg
Kaitlyn Straube	NT	CJ	30kg	40kg	10kg
Kaitlyn Straube	NT	TOTAL	54kg	69kg	15kg
Kate Rashleigh	NT	SNATCH	50kg	54kg	4kg
Kate Rashleigh	NT	CJ	68kg	71kg	3kg
Kate Rashleigh	NT	TOTAL	118kg	125kg	7kg
Keiryn Orr	NT	SNATCH	26kg	32kg	6kg
Keiryn Orr	NT	CJ	30kg	42kg	12kg
Keiryn Orr	NT	TOTAL	56kg	74kg	18kg
Mickayla Perkins	NT	SNATCH	50kg	52kg	2kg
Mickayla Perkins	NT	CJ	70kg	72kg	2kg
Mickayla Perkins	NT	TOTAL	120kg	124kg	4kg
Ryan Straube	NT	SNATCH	25kg	28kg	3kg
Ryan Straube	NT	CJ	28kg	40kg	12kg
Ryan Straube	NT	TOTAL	53kg	68kg	15kg