

# WWA State Masters & J/S Open

## Results Summary

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Ironbody Crossfit



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### Session 1

| Lifter          | Club      | YOB  | Bwt   | Snatch attempts |               |               | CJ attempts   |               |               | Sn | CJ | Total |    |
|-----------------|-----------|------|-------|-----------------|---------------|---------------|---------------|---------------|---------------|----|----|-------|----|
| <b>F59</b>      |           |      |       |                 |               |               |               |               |               |    |    |       |    |
| Rebecca Payne   | Grizzly's | 1991 | 57.75 | <del>53</del>   | 53            | <del>54</del> | 70            | 75            | <del>78</del> | 53 | 75 | 128   | 2  |
| Beverley Murphy | Olympifit | 1949 | 58.05 | 22              | <del>25</del> | <del>30</del> | 27            | 32            | <del>37</del> | 22 | 32 | 54    | 10 |
| <b>F64</b>      |           |      |       |                 |               |               |               |               |               |    |    |       |    |
| Jessica Lai     | REVBBC    | 1989 | 62.20 | 75              | 78            | <del>84</del> | 85            | <del>90</del> | <del>90</del> | 78 | 85 | 163   | 1  |
| Laura Mccrossan | Olympifit | 1979 | 61.30 | 27              | 30            | <del>32</del> | 32            | 37            | <del>42</del> | 30 | 37 | 67    | 9  |
| <b>F71</b>      |           |      |       |                 |               |               |               |               |               |    |    |       |    |
| Storm Falconer  | TWC       | 1969 | 69.50 | 46              | 50            | 53            | 60            | <del>65</del> | <del>65</del> | 53 | 60 | 113   | 5  |
| <b>F76</b>      |           |      |       |                 |               |               |               |               |               |    |    |       |    |
| Grace Morrison  | O4K       | 1954 | 71.85 | 39              | 41            | 43            | 55            | 58            | <del>62</del> | 43 | 58 | 101   | 7  |
| Kathy Rice      | TWC       | 1969 | 73.45 | 32              | 36            | 42            | 48            | 52            | 57            | 42 | 57 | 99    | 8  |
| <b>F75+</b>     |           |      |       |                 |               |               |               |               |               |    |    |       |    |
| Cheryl Falconer | O4K       | 1964 | 78.40 | 25              | 27            | <del>30</del> | 30            | 35            | <del>40</del> | 27 | 35 | 62    | 12 |
| Lisa Halpin     | Grizzly's | 1984 | 82.40 | 45              | 50            | <del>55</del> | <del>65</del> | <del>65</del> | 65            | 50 | 65 | 115   | 6  |
| Christy Craven  | TWC       | 1977 | 86.60 | 25              | <del>27</del> | 27            | 35            | 37            | 40            | 27 | 40 | 67    | 11 |
| Courtney Page   | Grizzly's | 1996 | 97.80 | 55              | 60            | 65            | 78            | <del>82</del> | 82            | 65 | 82 | 147   | 3  |
| Ebony Walters   | TWC       | 1989 | 88.25 | 45              | 48            | 52            | 72            | <del>76</del> | 77            | 52 | 77 | 129   | 4  |

**Referees** James Christensen WA (NAT) Naruhiro Hori WA (NAT) Clinton Mckay

**Jury**

**Tech Controller** Bob Pavone WA (NAT)

**MC**

**Timekeeper**

**Marshall**

**Doctor**

\*State records can be claimed in this session. \*National records can be claimed in this session.

## Session 2

| Lifter             | Club      | YOB  | Bwt    | Snatch attempts |                |     | CJ attempts    |                |                | Sn  | CJ  | Total |    |
|--------------------|-----------|------|--------|-----------------|----------------|-----|----------------|----------------|----------------|-----|-----|-------|----|
| <b>M67</b>         |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Jason Ager         | WCW       | 1993 | 61.85  | 80              | 85             | -94 | 105            | 110            | 445            | 85  | 110 | 195   | 2  |
| <b>M81</b>         |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Karl Moyse         | ---       | 1980 | 78.50  | <del>82</del>   | 82             | -90 | <del>102</del> | <del>102</del> | 102            | 82  | 102 | 184   | 7  |
| Philip Mcdowell    | Olympifit | 1984 | 73.70  | 75              | 80             | -85 | <del>95</del>  | 95             | <del>400</del> | 80  | 95  | 175   | 9  |
| James Naylor-Pratt | Nomad     | 1999 | 76.35  | 70              | 75             | -80 | 90             | -96            | 98             | 75  | 98  | 173   | 10 |
| Matthew Galiano    | TWC       | 1973 | 74.75  | 65              | 70             | -73 | <del>87</del>  | 87             | 90             | 70  | 90  | 160   | 13 |
| <b>M89</b>         |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Naruhito Hori      | mTOR      | 1975 | 82.80  | 91              | 94             | 97  | <del>140</del> | 110            | 116            | 97  | 116 | 213   | 5  |
| Jordan Stares      | Grizzly's | 1993 | 84.95  | 85              | -90            | -94 | 111            | 115            | 121            | 85  | 121 | 206   | 6  |
| Adrian Frankling   | TWC       | 1974 | 87.30  | <del>80</del>   | 80             | -85 | 95             | 98             | 101            | 80  | 101 | 181   | 12 |
| Paul Falconer      | Olympifit | 1959 | 81.40  | 45              | -48            | -48 | 50             | 55             | -59            | 45  | 55  | 100   | 18 |
| <b>M96</b>         |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Blake Shadbolt     | ---       | 1998 | 90.90  | <del>105</del>  | 105            | 105 | 125            | 133            | <del>438</del> | 105 | 133 | 238   | 3  |
| Matthew Watkinson  | TWC       | 1995 | 92.80  | 105             | <del>108</del> | 108 | 125            | 130            | <del>435</del> | 108 | 130 | 238   | 4  |
| Brendan Kennedy    | Grizzly's | 1968 | 89.40  | <del>84</del>   | 84             | -88 | 110            | <del>120</del> | <del>420</del> | 84  | 110 | 194   | 8  |
| Kelvin Hall        | Origins   | 1992 | 92.55  | 83              | -88            | -88 | <del>103</del> | <del>405</del> | 105            | 83  | 105 | 188   | 11 |
| Anthony Pidone     | TWC       | 1979 | 92.75  | 55              | -58            | 58  | 70             | -75            | 75             | 58  | 75  | 133   | 17 |
| <b>M102</b>        |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Clinton Mckay      | ---       | 1974 | 97.40  | 70              | 75             | 80  | 90             | 95             | 100            | 80  | 100 | 180   | 14 |
| <b>M109</b>        |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| Patrick Crowley    | Grizzly's | 1983 | 104.95 | 105             | 110            | 115 | 145            | 150            | 155            | 115 | 155 | 270   |    |
| Joseph Totten      | TWC       | 1978 | 103.90 | 65              | 70             | -75 | 75             | 80             | 85             | 70  | 85  | 155   | 16 |
| <b>M109+</b>       |           |      |        |                 |                |     |                |                |                |     |     |       |    |
| James Christensen  | Grizzly's | 1990 | 112.30 | 75              | 78             | -84 | 90             | <del>400</del> | <del>400</del> | 78  | 90  | 168   | 15 |

**Referees** Amanda Foley WA (NAT) Grace Morrison WA (NAT) Jessica Lai WA (STATE)

**Jury**

**Tech Controller** Bob Pavone WA (NAT)

**MC**

**Timekeeper**

**Marshall**

**Doctor**

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## Sinclair Ranking

| Men  |                    |        |
|------|--------------------|--------|
| Rank | Name               | Score  |
| 1    | Patrick Crowley    | 295.12 |
| 2    | Jason Ager         | 282.51 |
| 3    | Blake Shadbolt     | 275.54 |
| 4    | Matthew Watkinson  | 273.03 |
| 5    | Naruhiko Hori      | 256.11 |
| 6    | Jordan Stares      | 246.25 |
| 7    | Karl Moyse         | 227.32 |
| 8    | Philip Mcdowell    | 226.04 |
| 9    | Brendan Kennedy    | 225.08 |
| 10   | James Naylor-Pratt | 218.91 |
| 11   | Kelvin Hall        | 215.92 |
| 12   | Adrian Frankling   | 212.25 |
| 13   | Matthew Galiano    | 202.98 |
| 14   | Clinton Mckay      | 201.58 |
| 15   | James Christensen  | 179.61 |
| 16   | Joseph Totten      | 169.56 |
| 17   | Anthony Pidone     | 151.89 |
| 18   | Paul Falconer      | 121.26 |

| Women |                 |        |
|-------|-----------------|--------|
| Rank  | Name            | Score  |
| 1     | Jessica Lai     | 218.48 |
| 2     | Rebecca Payne   | 180.78 |
| 3     | Courtney Page   | 157.18 |
| 4     | Ebony Walters   | 143.17 |
| 5     | Storm Falconer  | 139.99 |
| 6     | Lisa Halpin     | 131.45 |
| 7     | Grace Morrison  | 122.94 |
| 8     | Kathy Rice      | 119.16 |
| 9     | Laura Mccrossan | 89.30  |
| 10    | Christy Craven  | 74.93  |
| 11    | Beverley Murphy | 74.54  |
| 12    | Cheryl Falconer | 72.33  |

### Masters SMF Ranking

| Men  |                  |           |
|------|------------------|-----------|
| Rank | Name             | SMF Score |
| 1    | Naruhiko Hori    | 304.51    |
| 2    | Brendan Kennedy  | 291.93    |
| 3    | Adrian Frankling | 255.33    |
| 4    | Karl Moyse       | 255.05    |
| 5    | Matthew Galiano  | 247.22    |
| 6    | Clinton Mckay    | 242.50    |
| 7    | Joseph Totten    | 194.82    |
| 8    | Paul Falconer    | 183.59    |
| 9    | Anthony Pidone   | 172.40    |
| 10   | Patrick Crowley  | 0.00      |
| 11   | Philip Mcdowell  | 0.00      |
| 12   | Patrick Crowley  | 0.00      |

| Women |                 |           |
|-------|-----------------|-----------|
| Rank  | Name            | SMF Score |
| 1     | Grace Morrison  | 204.45    |
| 2     | Storm Falconer  | 179.05    |
| 3     | Kathy Rice      | 152.41    |
| 4     | Beverley Murphy | 139.17    |
| 5     | Laura Mccrossan | 101.36    |
| 6     | Cheryl Falconer | 100.17    |
| 7     | Christy Craven  | 87.07     |
| 8     | Lisa Halpin     | 0.00      |

## Records Broken

| Lifter          | Bwt Cat | Age Group  | Record Level | Record Type | New Record |
|-----------------|---------|------------|--------------|-------------|------------|
| Beverley Murphy | F63     | Mast 65-69 | WA           | SNATCH      | 22kg       |
| Beverley Murphy | F63     | Mast 65-69 | WA           | CJ          | 32kg       |
| Beverley Murphy | F63     | Mast 65-69 | WA           | TOTAL       | 54kg       |
| Blake Shadbolt  | M94     | Youth      | AWF          | CJ          | 133kg      |
| Cheryl Falconer | F75+    | Mast 50-54 | WA           | SNATCH      | 27kg       |
| Naruhiko Hori   | M85     | Mast 40-44 | WA           | SNATCH      | 97kg       |
| Naruhiko Hori   | M85     | Mast 40-44 | WA           | TOTAL       | 213kg      |
| Storm Falconer  | F75     | Mast 45-49 | WA           | SNATCH      | 53kg       |

## Personal Bests

| Lifter          | State | Lift   | Previous PB | New PB | Increase |
|-----------------|-------|--------|-------------|--------|----------|
| Anthony Pidone  | WA    | SNATCH | 51kg        | 58kg   | 7kg      |
| Anthony Pidone  | WA    | CJ     | 47kg        | 75kg   | 28kg     |
| Anthony Pidone  | WA    | TOTAL  | 98kg        | 133kg  | 35kg     |
| Cheryl Falconer | WA    | SNATCH | 25kg        | 27kg   | 2kg      |
| Ebony Walters   | WA    | CJ     | 76kg        | 77kg   | 1kg      |
| Jason Ager      | WA    | SNATCH | 82kg        | 85kg   | 3kg      |
| Jason Ager      | WA    | CJ     | 105kg       | 110kg  | 5kg      |
| Jason Ager      | WA    | TOTAL  | 187kg       | 195kg  | 8kg      |
| Jessica Lai     | WA    | SNATCH | 77kg        | 78kg   | 1kg      |
| Naruhiko Hori   | WA    | SNATCH | 96kg        | 97kg   | 1kg      |
| Patrick Crowley | WA    | SNATCH | 110kg       | 115kg  | 5kg      |
| Patrick Crowley | WA    | TOTAL  | 257kg       | 270kg  | 13kg     |
| Storm Falconer  | WA    | SNATCH | 52kg        | 53kg   | 1kg      |