



FEMALE TEAMS HEAT LIST



Lane	Team Name	Team Member 1	Team Member 2	Gender	Age Group
Female Teams Heat 1					
1	BENCH PLEASE	Kylie Lamerton	Tash Hancock	FF	30-39
2	CROSSFITBOSS	Emma Ferris	Kellie Callebaut	FF	30-39
3	GET LOW	Brodi Moffat	Jenni McIlroy	FF	30-39
4	MT BULL SHARKS	Becky Gray	Kylie Cebalo	FF	30-39
5	SHOWBAGS	Liz Sallustio	Teresa Fowler	FF	30-39
6	#8848	Robyn Johnstone	Robyn Corser	FF	40-49
7	ACHES AND GAINZ	Geraldine Wells	Kathie McGow	FF	40-49
8	GAMES BOUND 2046	Clare Green	Vanessa Robinson	FF	40-49
9	IRON MAIDENS	Janita Tatana	Trudie Malone	FF	40-49
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Female Teams Heat 2					
1	MADAMS OF MAYHEM	Liz Fitzgibbon	Dedrie Hemingway	FF	40-49
2	RAW EDGE BUNS	Kerry Llewellyn	Michelle Jones	FF	40-49
3	STAUNCH MINTIES	Gia Walker	Selena Taura	FF	40-49
4	THE GOLDEN GIRLS	Jodie Ffewkes	Tanya Gilbert	FF	40-49
5	WISE CAPTAINS	Lee Lee Ong	Nina Blair	FF	40-49
6	D & D	Denise Lawrence	Donna Emerson	FF	50-59
7	GYM AND TONIC	Desley Tyler	Melissa Smith	FF	50-59
8	JUST MOVERS	Bridgette Robinson	Caroline Abbey	FF	50-59
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MIXED TEAMS HEAT LIST



Lane	Team Name	Team Member 1	Team Member 2	Gender	Age Group
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Mixed Heat 1

1	#KIDFREEWEEKEND	Mel Borchers	Paul Borchers	FM	30-39
2	ANGER MANAGEMENT	Kirby Sefo	Johnny Wairau	FM	30-39
3	BABE AND BEE	Carol Edelson	Michael Edelson	FM	30-39
4	BEAUTY AND THE GEEK	Cassandra Poole	Aaron Bylos	FM	30-39
5	CF BROOKVALE CUT SNAKES	Lisa Rojahn	Dirk Venter	FM	30-39
6	HARD DAYS	Jacki Day	Michael Day	FM	30-39
7	MILLER AND FOO	Erinn Dawes	Justin Miller	FM	30-39
8	RUTH	Krystal Baker	Ryan Baker	FM	30-39
9	SIMS AND MAL	Simone Howard	Mal Howard	FM	30-39
10	SIMSY AND HAYLES	Hayley Blackburn	Cain Sims	FM	30-39

Mixed Heat 2

1	TEAM ZHENG	Emma Zheng	Nicholas Cook	FM	30-39
2	THE A TEAM	Amanda Elks	Ady Millican	FM	30-39
3	TOBINATORS	Fiona Tobin	Gary Tobin	FM	30-39
4	WANNA BE'S	Fallyn Flavell	Chikano Mataiti	FM	30-39
5	WILL WOD FOR BEER	Kelli Woodley	Christopher Biesent	FM	30-39
6	WIRTH IT	Victoria Wirth	Craig Wirth	FM	30-39
7	BODY DYNAMICS	Patsy Tierney	Jason Ah-Wong	FM	40-49
8	COOEE OLD GUNS	Kirsten Murphy	Shaun Lawrence	FM	40-49
9	CROSSFIT BROOKVALE STRIKE	Alana Rojahn	Danny Barbalace	FM	40-49
10	CROSSFIT WOLLONGONG	Vicki Belsito	Justin Bird	FM	40-49

Mixed Heat 3

1	DO NOT RESUSCITATE	Kaylene Reardon	Warwick Foster	FM	40-49
2	INMATE FOSSILS	Katja Jensen	James Mildren	FM	40-49
3	INMATE FOSSILS 2	Deborah Mildren	Stewart Jensen	FM	40-49
4	IT'S TAKEN A LONG TIME TO L	Jana Truban	Steve Kennedy	FM	40-49
5	NORTH HEAD NINJAS	Nicole Salisbury	Matthew McEwan	FM	40-49
6	SNATCH AND JERK	Rachel Simula	Benjamin Osborne	FM	40-49
7	TT	Natasha Warner	Tim Curtis	FM	40-49
8	WFC	Jodie Wallace	Andrew Welsh	FM	40-49
9	WOD ABOUT US	Nicole DuCasse	Simon Abbott	FM	40-49
10	SIBLING RIVALRY	Cherise Walmsley	Dion Walmsley	FM	50-59



MALE TEAMS HEAT LIST



Lane	Team Name	Team Member 1	Team Member 2	Gender	Age Group
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Male Teams Heat 1

1	CLANG N BANG	Justin Willmore	Andre Mounsey	MM	30-39
2	NO SHIRT AND TALL	Mischa Imhof	Chris Bell	MM	30-39
3	SHAKANE	Kane Emeny	Shane Burn	MM	30-39
4	TEAM SILA	Quinton Wilkinson	Kane Cotton	MM	30-39
5	ACTIVATED NUTS	David Burroughs	Ross Jardine	MM	40-49
6	CFB01	Bill Chuc	Martin Rogan	MM	40-49
7	CROSSFIT KING	Grant Burton	Rod Massy	MM	40-49
8	GEO OLD BOYS	Nick Read	Robert Wylie	MM	40-49
9	HAS BEENS	Billy Hill	Lawrence Norton	MM	40-49
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Male Teams Heat 2 (Plus one MF Pair)

1	LETS TALK ABOUT SETS	Richard Moss	Michael Blair	MM	40-49
2	RISE 4165	Marc Taivairanga	Jason Davison	MM	40-49
3	SWITCHBACK	Damien Lapham	Darren McLachlan	MM	40-49
4	TEAM BULLITT	Brad Sheppard	Geoffrey Stinson	MM	40-49
5	WOOGIESTAV	Adam Evans	Gary Stavrakis	MM	40-49
6	CROSSFIT SPEED BLUE	Ron Henderson	Nick Byway	MM	50-59
7	STAUNCH-DUO	Natalia Brown	John Brown	MF	30-39
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