

# Fitness Challenge – Final Results 2022

Female		Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	RX	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
35-39	RX	1	10:57	1	1:20	1	288	1	3:36	1	262	1	9:21	1	80	1	6:16	1	CAP+21	9	1	
Vanessa Cook																						
35-39	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	9:13	1	0:51	1	310	1	CAP+8	1	336	1	9:32	1	50	1	6:13	1	CAP+7	9	1	
Kate Eustace																						
40-44	RX	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	9:44	1	0:49	1	324	1	3:40	1	270	1	8:55	1	60	1	5:45	1	10:16	9	1	
Mirka Vrablova																						
40-44	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	9:38	2	1:08	1	308	1	CAP+8	1	316	1	9:22	1	55	1	7:03	1	CAP+8	10	1	
		2	CAP+30	1	0:40	2	276	2	CAP+11	2	292	2	CAP+3	2	45	2	CAP+4	2	CAP+11	17	2	
Katy Pastoors																						
Melissa Hanson																						
45-49	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	10:28	1	1:08	1	309	1	4:54	1	216	1	9:57	1	55	1	6:54	1	10:33	9	1	
		2	CAP+86	2	1:55	2	230	2	CAP+17	1	216	2	CAP+37	2	50	2	CAP+14	2	CAP+38	17	2	
Kira Mintrum																						
Louise Tambling																						
50-54	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	11:06	2	1:15	2	306	2	2:55	1	477	2	CAP+8	1	55	2	7:31	2	CAP+3	15	2	
		2	11:16	1	0:49	1	327	1	2:49	2	430	1	CAP+1	2	50	1	6:42	1	11:07	12	1	
Peti Kiwha																						
Carolyn Swindell																						
55-59	RX	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	10:06	1	0:53	1	301	1	CAP+14	1	137	1	CAP+4	1	40	1	6:40	1	CAP+56	9	1	
Lynette Brigden																						
55-59	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	CAP+64	1	1:19	1	272	1	5:41	1	368	1	CAP+6	1	30	1	CAP+15	1	11:20	9	1	
Laura Dalrymple																						
60+	RX	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		1	CAP+30	1	1:17	1	268	1	3:57	1	173	1	CAP+23	1	45	1	CAP+9	1	CAP+46	9	1	
Hilary Dance-Wilson																						
60+	Scaled	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Overall Score	Overall Ranking	
		2	CAP+55	2	1:24	2	228	2	3:55	1	324	1	CAP+32	1	50	1	Cap+8	1	11:41	13	1	
		1	CAP+10	1	1:00	1	252	1	3:37	2	124	2	CAP+35	2	30	2	Cap+18	2	CAP+14	14	2	
Debbie Mcgrath																						
Julie Uren																						

Male																				Overall Score	Overall Ranking
30-34	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9			
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Brad Bowen		1	10:32	1	0:44	1	288	1	2:42	1	238	1	9:38	1	105kg	1	6:37	1	CAP+25	9	1
35-39	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Sean Baxter		4	9:49	3	0:36	4	206	1	2:42	4	203	4	CAP+16	2	110kg	4	CAP+18	2	8:15	28	4
Michael Robinson		3	9:32	4	0:37	3	240	4	3:51	2	256	2	9:57	3	105kg	3	7:57	3	10:34	27	3
Aaron Shearer		1	8:56	2	0:34	1	312	1	2:42	1	276	1	8:58	1	120kg	1	5:45	1	4:21	10	1
Yury Talyukin		2	9:10	1	0:33	2	300	3	2:50	3	212	3	10:00	4	100kg	2	6:19	4	CAP+36	24	2
40-44	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Jordan Williams		1	8:44	2	0:41	1	307	1	2:22	1	165	1	8:52	2	110kg	1	6:38	1	CAP+13	11	1
Jp Falvey		2	Cap + 75	1	0:34	2	260	2	4:45	2	98	2	CAP+21	1	115kg	2	CAP+18	2	CAP+22	16	2
45-49	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Michael Batten		1	9:47	2	0:38	1	310	1	2:55	1	265	5	CAP+4	1	115kg	1	6:19	2	CAP+16	15	1
Steven Bell		6	10:44	5	0:49	4	256	5	4:34	2	195	3	9:26	5	80kg	5	CAP+18	5	CAP+65***	40	5
David Owens		4	10:35	2	0:38	2	309	4	3:53	5	88	4	9:29	2	100kg	4	7:19	3	CAP+17	30	4
Kent Strout		5	10:37	5	0:49	6	0	6	0:00	6	0	6	0:00	6	0	6	0	6	0	52	6
Johan Van der Walt		3	10:02	4	0:44	3	293	2	3:41	4	132	1	9:12	3	90kg	2	6:54	1	10:03	23	2
Darwin Andrews		2	9:56	1	0:33	4	256	3	3:45	3	165	2	9:18	4	85kg	3	7:17	4	CAP+37	26	3
45-49	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Cameron Angel		1	9:15	1	0:49	1	296	1	4:35	1	162	1	9:23	1	95kg	1	5:28	1	11:49	9	1
50-54	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Orran Linning		2	9:32	1	0:27	2	336	1	2:44	1	267	2	9:35	2	85kg	1	6:49	2	CAP+6	14	1
Paul Sutherland		1	8:33	2	0:52	1	372	2	2:48	2	213	1	8:34	3	80kg	2	7:21	1	11:28	15	2
Gavin Lam		3	11:06	3	0:57	3	266	3	CAP+7	3	194	3	CAP+10	1	90 kg	3	0	3	0	25	3
55-59	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Jamie Seymour		3	10:31	2	0:35	1	343	3	3:45	4	205	3	9:56	1	85kg	3	6:28	2	CAP+25	22	3
Jason Davison		2	9:12	1	0:31	2	341	4	3:54	3	220	2	9:06	2	80kg	4	6:44	1	CAP+18	21	2
Mark Lovegrove		1	8:57	3	0:36	3	339	1	2:45	1	280	1	8:50	3	75kg	1	6:20	4	10:25***	18	1
Paul Morffew		4	11:58	4	0:42	4	259	2	3:41	2	250	4	CAP+33	3	75kg	2	6:26	3	CAP+28	28	4
55-59	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Owen Stewart		1	9:44	1	0:41	1	324	1	CAP+6	1	216	1	9:44	1	70kg	1	6:06	1	10:55	9	1
60+	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
		Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Michael Epstein		1	10:28	1	0:33	1	262	1	0	1	0	1	0	1	0	1	0	1	0	9	1

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Pairs Women																				Overall Score	Overall Ranking
30+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9				
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
Salt-N-Pepa	1	11:06	1	0:31	1	6:44	2	3:30	1	493	2	108	1	155	1	6:47	2	5:00	12	1	
Superladies	2	11:27	2	0:35	3	6:56	1	3:29	2	486	1	111	3	140	3	7:10	1	4:29	18	2	
TG Sistaz	3	Cap + 54	3	0:37	2	6:49	3	4:43	3	439	3	91	2	150	2	6:53	3	6:43	24	3	
30+ Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
Team ASAP	2	11:48	2	0:52	2	6:55	2	3:53	1	674	2	84	2	110	1	6:44	1	5:37	15	2	
Masters Mates	1	11:47	1	0:41	1	6:05	1	3:50	2	636	1	98	1	130	2	6:55	2	9:01	12	1	
40+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
CFC Team A	1	CAP+48	1	0:39	2	8:35	2	CAP+9	2	374	2	77	2	55	2	0	2	0	16	2	
CF Boss - The Fast & The Furious	2	CAP+60	2	0:52	1	7:47	1	5:40	1	440	1	95	1	135	1	7:07	1	8:14	11	1	
40+ Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
Terminators	1	CAP+53	1	0:43	1	7:26	1	5:59	1	622	1	89	1	95	1	7:58	1	5:50	9	1	
50+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
Body Dynamics Beasts	1	CAP+40	1	0:42	1	6:36	2	CAP+3	1	441	1	100	1	115	1	6:55	1	CAP+22	10	1	
Batshit Crazy	2	CAP+49	2	0:51	2	7:21	1	5:41	2	312	2	77	2	95	2	7:27	2	CAP+30	17	2	
50+ Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking	
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score			
Nadvic	1	CAP+65	1	0:44	1	7:32	1	5:54	1	402	1	70	1	100	1	7:14	1	8:01	9	1	

Pairs Mixed																				
30+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Beauty and The Greek 3	3	CAP+63	3	0:56	3	6:59	3	4:51	3	471	3	92	3	160	3	7:18	3	8:18	27	3
CrossFit Tempered	1	11:20	2	0:31	1	5:38	1	2:21	1	618	2	122	1	220	1	6:34	1	4:00	11	1
NEIGHBOURHOOD	2	11:23	1	0:30	2	5:58	2	2:51	2	563	1	126	2	200	2	6:51	2	5:23	16	2
30+ Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
TEAM MIZTOPHER	1	CAP+60	3	1:26	1	6:05	1	2:51	1	720	2	97	1	170	1	6:26	1	6:13	12	1
TEAM UNREST	1	CAP+60	1	1:05	2	6:22	2	5:54	2	670	1	112	1	170	2	6:39	2	7:25	14	2
TnT	1	CAP+60	2	1:07	3	6:35	3	CAP+1	3	403	3	93	2	135	3	7:25	3	9:00	23	3
40+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
CrossFit Huey	1	CAP+45	2	0:48	1	7:20	1	4:38	1	667	1	102	1	180	1	7:10	1	4:45	10	1
The A's	2	CAP+60	1	0:45	2	7:49	2	4:49	2	601	2	85	2	160	2	7:15	2	5:35	17	2
50+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
2 Shades of Gray	2	11:26	3	1:07	3	6:24	2	2:58	3	460	3	100	2	160	3	6:39	3	CAP+30	24	3
Meerkats on a Barbell	1	11:00	1	1:01	1	5:52	2	2:58	2	469	1	109	2	160	1	6:14	2	9:24	13	1
Sibling Rivalry	3	11:35	2	1:05	2	5:53	1	2:45	1	503	2	102	1	185	1	6:14	1	6:08	14	2
50+ Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
Hamma & Tongs	4	CAP+78	4	1:38	3	7:32	1	2:54	1	673	3	75	3	120	1	6:45	1	6:36	21	2
PK	1	CAP+50	1	1:06	1	6:49	4	0	4	0	4	0	4	0	4	0	4	0	27	4
T35G	3	CAP+71	3	1:17	2	7:16	2	3:53	2	638	2	77	1	155	2	6:47	2	7:05	19	1
T35G Too	2	CAP+62	2	1:13	4	8:54	3	4:45	3	628	1	82	2	125	3	7:30	3	8:25	23	3
60+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
CF4165	1	Cap + 72	1	3:20	1	8:02	1	4:43	1	258	1	67	1	120	1	8:34	1	CAP+42	9	1
Pairs Men																				
40+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
CFC Team B	2	CAP+10	2	0:35	1	7:06	2	4:38	1	451	2	92	1	215	1	7:19	1	7:52	13	1
CFC Team C	1	11:40	1	0:28	2	7:12	1	4:20	2	439	1	103	2	175	2	7:37	2	11:02	14	2
50+ RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Event 7		Event 8		Event 9		Overall Score	Overall Ranking
	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score	Ranking	Score		
CXXI	1	CAP+60	1	0:45	1	7:39	1	4:48	1	298	1	67	1	145	1	7:43	1	CAP+35	9	1