



## 2022 Fitness Challenge – Beach + Park 10<sup>th</sup>-11<sup>th</sup> Nov

### Female

35-39	RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Vanessa Cook		1	10:57	1	1:20	1	288	1	3:36	1	262	1	9:21	6	1
35-39	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Kate Eustace		1	9:13	1	0:51	1	310	1	CAP+8	1	336	1	9:32	6	1
40-44	RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Mirka Vrablova		1	9:44	1	0:49	1	324	1	3:40	1	270	1	8:55	6	1
40-44	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Katy Pastoors		1	9:38	2	1:08	1	308	1	CAP+8	1	316	1	9:22	7	1
Melissa Hanson		2	CAP+30	1	0:40	2	276	2	CAP+11	2	292	2	CAP+3	11	2
45-49	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Kira Mintrum		1	10:28	1	1:08	1	309	1	4:54	1	216	1	9:57	6	1
Louise Tambling		2	CAP+86	2	1:55	2	230	2	CAP+17	1	216		CAP+37	9	2

50-54	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Peti Kiwha		1	11:06	2	1:15	2	306	2	2:55	1	477	2	CAP+8	10	2
Carolyn Swindell		2	11:16	1	0:49	1	327	1	2:49	2	430	1	CAP+1	8	1
55-59	RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Lynette Brigden		1	10:06	1	0:53	1	301	1	CAP+14	1	137	1	CAP+4	6	1
55-59	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Laura Dalrymple		1	CAP+64	1	1:19	1	272	1	5:41	1	368	1	CAP+6	6	1
60+	RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Julie Uren		1	CAP+10	1	1:00	2	252	1	3:37	2	124	2	CAP+35	9	1
Hilary Dance-Wilson		2	CAP+30	2	1:17	1	268	2	3:57	1	173	1	CAP+23	9	1
60+	Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Debbie Mcgrath		1	CAP+55	1	1:24	1	228	1	3:55	1	324	1	CAP+32	6	1

## Male

30-34	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	6	1
35-39	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	3	CAP+16	19	4
Michael Robinson		3	9:32	4	0:37	3	240	4	3:51	2	256	2	9:57	18	3
Aaron Shearer		1	8:56	2	0:34	1	312	1	2:42	1	276	1	8:58	7	1
Yury Talyukin		2	9:10	1	0:33	2	300	3	2:50	3	212	4	CAP+45	15	2
40-44	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	7	1
Jp Falvey		2	Cap + 75	1	0:34	2	260	2	4:45	2	98	2	CAP+21	11	2
45-49	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	11	1
Steven Bell		6	10:44	5	0:49	4	256	5	4:34	2	195	3	9:26	25	5
David Owens		4	10:35	2	0:38	2	309	4	3:53	5	88	4	9:29	21	4
Kent Strout		5	10:37	5	0:49	7	0	7	0:00	6	0	6	0:00	36	6
Johan Van der Walt		3	10:02	4	0:44	3	293	2	3:41	4	132	1	9:12	17	3
Darwin Andrews		2	9:56	1	0:33	4	256	3	3:45	3	165	2	9:18	15	2
45-49	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	6	1

50-54	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	9	1
Paul Sutherland		1	8:33	2	0:52	1	372	2	2:48	2	213	1	8:34	9	1
Gavin Lam		3	11:06	3	0:57	3	266	3	CAP+7	3	194	3	CAP+10	18	3
55-59	RX	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	16	3
Jason Davison		2	9:12	1	0:31	2	341	4	3:54	3	220	2	9:06	14	2
Mark Lovegrove		1	8:57	3	0:36	3	339	1	2:45	1	280	1	8:50	10	1
Paul Morffew		4	11:58	4	0:42	4	259	2	3:41	2	250	4	CAP+33	20	4
55-59	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	6	1
60+	Scaled	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Overall Score	Overall Ranking
		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	6	1

**Pairs Women**

<b>30+ RX</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>
	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>		
Masters Mates	3	11:47	4	0:41	1	6:05	3	3:50	4	636	3	98	18	3
Salt-N-Pepa	1	11:06	1	0:31	2	6:44	2	3:30	1	813	2	108	9	1
Superladies	2	11:27	2	0:35	4	6:56	1	3:29	2	806	1	111	12	2
TG Sistaz	4	Cap + 54	3	0:37	3	6:49	4	4:43	3	679	4	91	21	4
<b>30+ Scaled</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>
	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>		
Team ASAP	1	11:48	1	0:52	1	6:55	1	4:53	1	674	1	84	6	1
<b>40+ RX</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>
	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>		
CFC Team A	1	CAP+48	1	0:39	2	8:35	2	CAP+9	2	614	2	77	10	2
CF Boss - The Fast & The Furious	2	CAP+60	2	0:52	1	7:47	1	5:40	1	680	1	95	8	1
<b>40+ Scaled</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>
	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>		
Terminators	1	CAP+53	1	0:43	1	7:26	1	5:59	1	622	1	89	6	1
<b>50+ RX</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>
	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>	<b>Ranking</b>	<b>Score</b>		
Body Dynamics														
Beasts	1	CAP+40	1	0:42	1	6:36	2	CAP+3	2	681	1	100	8	1
Batshit Crazy	2	CAP+49	2	0:51	2	7:21	1	5:41	1	488	2	77	10	2
<b>50+</b>	<b>Event 1</b>		<b>Event 2</b>		<b>Event 3</b>		<b>Event 4</b>		<b>Event 5</b>		<b>Event 6</b>		<b>Overall Score</b>	<b>Overall Ranking</b>

Scaled	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	6	1

### Pairs Mixed

30+ RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
Beauty and The Greek 3.0 CrossFit	3	CAP+63	3	0:56	3	6:59	3	4:51	2	711	3	92	17	3
Tempered	1	11:20	2	0:31	1	5:38	1	2:21	1	1010	2	122	8	1
NEIGHBOURHOOD	2	11:23	1	0:30	2	5:58	2	2:51	3	563	1	126	11	2
30+ Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
TEAM MIZTOPHER	1	CAP+60	3	1:26	1	6:05	1	2:51	1	720	2	97	9	1
TEAM UNREST	1	CAP+60	1	1:05	2	6:22	2	5:54	2	670	1	112	9	2
TnT	1	<b>CAP+60</b>	2	1:07	3	6:35	3	CAP+1	3	403	3	93	15	3
40+ Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
CrossFit Huey	1	CAP+45	2	0:48	1	7:20	1	4:38	1	667	1	102	7	1
The A`s	2	<b>CAP+60</b>	1	0:45	2	7:49	2	4:49	2	641	2	85	11	2
50+ RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
2 Shades of Gray	2	11:26	3	1:07	3	6:24	2	2:58	2	706	3	100	15	3
Meerkats on a Barbell	1	11:00	1	1:01	1	5:52	2	2:58	1	709	1	109	7	1
Sibling Rivalry	3	CAP+60	2	1:05	2	5:53	1	2:45	3	503	2	102	13	2
50+	Event 1	Score	Event 2	Score	Event 3	Score	Event 4	Score	Event 5	Score	Event 6	Score	Overall Score	Overall Ranking

Scaled	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	16	4
PK	1	CAP+50	1	1:06	1	6:49	4	0	4	0	4	0	15	2
T35G	3	CAP+71	3	1:17	2	7:16	2	3:53	2	638	2	77	14	1
T35G Too	2	CAP+62	2	1:13	4	8:54	3	4:45	3	628	1	82	15	2
60+ Scaled	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
CF4165	1	Cap + 72	1	3:20	1	8:02	1	4:43	1	258	1	67	6	1

### Pairs Men

40+ RX	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
CFC Team B	2	CAP+10	2	0:35	1	7:06	2	4:38	2	591	2	92	11	2
CFC Team C	1	11:40	1	0:28	2	7:12	1	4:20	1	679	1	103	7	1
50+	Event 1 Ranking	Score	Event 2 Ranking	Score	Event 3 Ranking	Score	Event 4 Ranking	Score	Event 5 Ranking	Score	Event 6 Ranking	Score	Overall Score	Overall Ranking
CXXI	1	CAP+60	1	0:45	1	7:39	1	4:48	1	458	1	67	6	1