



PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 4-13 NOVEMBER 2022

IT'S LIVE!
in Queensland

2022 Fitness Challenge – Beach 10th Nov 2022

Athlete	Lane	Division	Sex	Age	Time
Cameron Angel	1	Scaled	M	45-49	9:15
Kira Mintrum	2	Scaled	F	45-49	10:28
Louise Tambling	3	Scaled	F	45-49	Cap + 86
Katy Pastoors	4	Scaled	F	40-44	9:38
Melissa Hanson	5	Scaled	F	40-44	Cap + 30
Kate Eustace	6	Scaled	F	35-39	9:13
Peti Kiwha	7	Scaled	F	50-54	11:06
Shane Pearson	8	Scaled	M	50-54	0
Johanny Reyes	1	Scaled	M	50-54	0
Carolyn Swindell	2	Scaled	F	50-54	11:16
Laura Dalrymple	3	Scaled	F	55-59	Cap + 64
Owen Stewart	4	scaled	M	55-59	9:44
Michael Epstein	5	Scaled	M	60+	10:28
Debbie Mcgrath	6	Scaled	F	60+	Cap + 55
Hilary Dance-Wilson	7	RX	F	60+	Cap + 30
Shane Humphries	8	RX	M	60+	0
Pam Rayner	1	RX	F	60+	0
Julie Uren	2	RX	F	60+	Cap + 10
Jason Davison	3	RX	M	55-59	9:12
Mark Lovegrove	4	RX	M	55-59	8:57
Paul Morffew	5	RX	M	55-59	11:58
Lynette Brigden	6	RX	F	55-59	10:06
Jamie Seymour	7	RX	M	55-59	10:31
Orran Linning	8	RX	M	50-54	9:32
Paul Sutherland	1	RX	M	50-54	8:33
Gavin Lam	2	RX	M	50-59	11:06
Michael Batten	3	RX	M	45-49	9:47
Steven Bell	4	RX	M	45-49	10:44
Brendon Matthews	5	RX	M	45-49	0
David Owens	6	RX	M	45-49	10:35
Kevin Stade	7	RX	M	45-49	0
Kent Strout	8	RX	M	45-49	10:37
Johan Van der Walt	1	RX	M	45-49	10:-02
Darwin Andrews	2	RX	M	45-49	9:56
Jess Parry	3	RX	F	40-44	0
Miroslava (Mirka)Vrablova	4	RX	F	40-44	9:44
Jordan Williams	5	RX	M	40-44	8:44
Jp Falvey	6	RX	M	40-44	Cap + 75

PLAY IT, LIVE IT, LOVE IT!

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Vanessa Cook	7	RX	F	35-39	10:57
Troy Methorst	8	RX	M	35-39	0
Sean Baxter	1	RX	M	35-39	9:49
Michael Robinson	2	RX	M	35-39	9:32
Aaron Shearer	3	RX	M	35-39	8:56
William Steele	4	RX	M	35-39	0
Yury Talyukin	5	RX	M	35-39	9:10
Zack Williams	6	RX	M	35-39	0
Shane Mildenhall	7	RX	M	30-34	0
Brad Bowen		Rx	M	30-34	10:32
Paul Uhe	8	RX	M	30-34	0
Team/Pair	Lane	Division	sex	Age	Time
Masters Mates	1	Pairs	Women	30+	11:47
POP'n	2	Pairs	Women	30+	0
Salt-N-Pepa	3	Pairs	Women	30+	11:06
Superladies	4	Pairs	Women	30+	11:27
Team ASAP					
Scaled	5	Pairs	Women	30+	11:48
TG Sistaz					
Scaled	6	Pairs	Women	30+	Cap + 54
CFC Team A	7	Pairs	Women	40+	CAP+48
CrossFit Boss - The Fast & The Furious Terminators	1	Pairs	Women	40+	CAP+60
Scaled	2	Pairs	Women	40+	CAP+53
Batshit Crazy	3	Pairs/RX	Women	50+	CAP+49
Body Dynamics Beasts	4	Pairs	Women	50+	CAP+40
Nadvic	5	Pairs/scaled	Women	50+	CAP+65
T35G Too					
Scaled	6	Mixed Pairs	Wemen/Men	50+	CAP+62
CF4165	7	Mixed Pairs	Wemen/Men	60+	Cap + 72
CFC Team B	1	Pairs	Mens	40+	CAP+10
CFC Team C	2	Pairs	Mens	40+	11:40
Megathrusters	3	Pairs	Mens	40+	0
CXXI	4	Pairs	Mens	50+	CAP+60
The Northern Grinds	5	Pairs	Mens	50+	0
CrossFit Huey	6	Mixed Pairs	Women/Men	40+	CAP+45
The A`s	7	Mixed Pairs	Women/Men	40+	CAP+60
Beauty and The Greek 3.0	1	Mixed Pairs	Women/Men	30+	CAP+63
CrossFit Tempered	2	Mixed Pairs	Women/Men	30+	11:20
NEIGHBOURHOOD	3	Mixed Pairs	Women/Men	30+	11:23
Questers	4	Mixed Pairs	Women/Men	30+	0
TEAM MIZTOPHER					
Scaled	5	Mixed Pairs	Women/Men	30+	CAP+60
TEAM UNREST					
Scaled	6	Mixed Pairs	Women/Men	30+	CAP+60
TnT					
Scaled	7	Mixed Pairs	Women/Men	30+	CAP+60
2 Shades of Gray	1	Mixed Pairs	Women/Men	50+	11:26

Hamma & Tongs Scaled	2	Mixed Pairs	Women/Men	50+	CAP+78	
Meerkats on a Barbell PK	3	Mixed Pairs	Women/Men	50+	11:00	
Scaled	4	Mixed Pairs	Women/Men	50+	CAP+50	
Sibling Rivalry T35G	5	Mixed Pairs	Women/Men	50+	CAP+60	
Scaled	6	Mixed Pairs	Women/Men	50+	CAP+71	
Athlete					Lane	Time
Cameron Angel	1	Scaled	M	45-49	0:49	
Kira Mintrum	2	Scaled	F	45-49	1:08	
Louise Tambling	3	Scaled	F	45-49	1:55	
Kate Eustace	4	Scaled	F	35-39	0:51	
Katy Pastoors	5	Scaled	F	40-44	1:08	
Melissa Hanson	6	Scaled	F	40-44	0:40	
Peti Kiwha	7	Scaled	F	50-54	1:15	
Shane Pearson	8	Scaled	M	50-54	0	
Johanny Reyes	9	Scaled	M	50-54	0	
carolyn Swindell	10	Scaled	F	50-54	0:49	
Laura Dalrymple	11	Scaled	F	55-59	1:19	
Owen Stewart	12	Scaled	M	55-59	0:41	
Michael Epstein	13	Scaled	M	60+	0:33	
Debbie McGrath	14	Scaled	F	60+	1:24	
Hilary Dance-Wilson	15	RX	F	60+	1:17	
Shane Humphries	16	RX	M	60+	0	
Pam Rayner	17	RX	F	60+	0	
Julie Uren	18	RX	F	60+	1:00	
Jason Davison	19	RX	M	55-59	0:31	
Mark Lovegrove	20	RX	M	55-59	0:36	
Paul Morffew	21	RX	M	55-59	0:42	
Lynette Brigden	22	RX	F	55-59	0:53	
Jamie Seymour	23	RX	M	55-59	0:35	
Orran Linning	24	RX	M	50-54	0:27	
Paul Sutherland	1	RX	M	50-54	0:52	
Gavin Lam	2	RX	M	50-54	0:57	
Michael Batten	3	RX	M	50-54	0:38	
Steven Bell	4	RX	M	45-49	0:49	
Brendon Matthews	5	RX	M	45-49	0	
David Owens	6	RX	M	45-49	0:38	
Kevin Stade	7	RX	M	45-49	0	
Kent Strout	8	RX	M	45-49	0:49	
Johan Van der Walt	9	RX	M	45-49	0:44	
Darwin Andrews	10	RX	M	45-49	0:33	
Jess Parry	11	RX	F	40-44	0	
Miroslava (Mirka)Vrablova	12	RX	F	40-44	0:49	
Jordan Williams	13	RX	M	40-44	0:41	
Jp Falvey	14	RX	M	40-44	0:34	
Vanessa Cook	15	RX	F	35-39	1:20	

Troy Methorst	16	RX	M	35-39	0
Sean Baxter	17	RX	M	35-39	0:36
Michael Robinson	18	RX	M	35-39	0:37
Aaron Shearer	19	RX	M	35-39	0:34
William Steele	20	RX	M	35-39	0
Yury Talyukin	21	RX	M	35-39	0:33
Zack Williams	22	RX	M	35-39	0
Shane Mildenhall	23	RX	M	30-34	0
Paul Uhe	24	RX	M	30-34	0
Brad Bowen	25	RX	M	30-34	0:44
Team/Pair	Lane	Division	sex	Age	Time
Masters Mates	1	Pairs	Women	30+	0:41
POP'n	2	Pairs	Women	30+	0
Salt-N-Pepa	3	Pairs	Women	30+	0:31
Superladies	4	Pairs	Women	30+	0:35
Team ASAP	5	Pairs	Women	30+	0:52
TG Sistaz	6	Pairs	Women	30+	0:37
CrossFit Boss - The Fast & The Furious	7	Pairs	Women	40+	0:52
Terminators	8	Pairs	Women	40+	0:43
CFC Team A	9	Pairs	Women	40+	0:39
Batshit Crazy	10	Pairs	Women	50+	0:51
Body Dynamics Beasts	11	Pairs	Women	50+	0:42
Nadvic	12	Pairs	Women	50+	0:44
CFC Team B	13	Pairs	Mens	40+	0:35
CFC Team C	14	Pairs	Mens	40+	0
Megathrusters	15	Pairs	Mens	40+	0:28
					0
CXXI	1	Pairs	Mens	50+	0:45
The Northern Grinds	2	Pairs	Mens	50+	0
TEAM UNREST	3	Mixed Pairs	Women/Men	30+	1:05
Beauty and The Greek 3.0	4	Mixed Pairs	Women/Men	30+	0:56
CrossFit Tempered	5	Mixed Pairs	Women/Men	30+	0:31
NEIGHBOURHOOD	6	Mixed Pairs	Women/Men	30+	0:30
Questers	7	Mixed Pairs	Women/Men	30+	0
TEAM MIZTOPHER	8	Mixed Pairs	Women/Men	30+	1:26
TnT	9	Mixed Pairs	Women/Men	30+	1:07
CrossFit Huey	10	Mixed Pairs	Women/Men	40+	0:48
The A`s	11	Mixed Pairs	Women/Men	40+	0:45
2 Shades of Gray	12	Mixed Pairs	Women/Men	50+	1:07
Hamma & Tongs	13	Mixed Pairs	Women/Men	50+	1:38
Meerkats on a Barbell	14	Mixed Pairs	Women/Men	50+	1:01
PK	15	Mixed Pairs	Women/Men	50+	1:06
Sibling Rivalry	16	Mixed Pairs	Women/Men	50+	1:05
T35G	17	Mixed Pairs	Women/Men	50+	1:17
T35G Too	18	Mixed Pairs	Women/Men	50+	1:13
CF4165	19	Mixed Pairs	Women/Men	50+	3:20
Athlete	Lane	Division	Sex	Age	Reps
Cameron Angel	1	Scaled	M	45-49	296
Kira Mintrum	2	Scaled	F	45-49	309

Louise Tambling	3	Scaled	F	45-49	230	
Katy Pastoors	4	Scaled	F	40-44	308	
Melissa Hanson	5	Scaled	F	40-44	276	
Kate Eustace	6	Scaled	F	35-39	310	
Peti Kiwha	7	Scaled	F	50-54	306	
Shane Pearson	8	Scaled	M	50-54	0	
Johanny Reyes	1	Scaled	M	50-54	0	
Carolyn Swindell	2	Scaled	F	50-54	327	
Laura Dalrymple	3	Scaled	F	55-59	272	
Owen Stewart	4	scaled	M	55-59	324	
Michael Epstein	5	Scaled	M	60+	262	
Debbie Mcgrath	6	Scaled	F	60+	228	
Hilary Dance-Wilson	7	RX	F	60+	268	
Shane Humphries	8	RX	M	60+	0	
Pam Rayner	1	RX	F	60+	0	
Julie Uren	2	RX	F	60+	252	
Jason Davison	3	RX	M	55-59	341	
Mark Lovegrove	4	RX	M	55-59	339	
Paul Morffew	5	RX	M	55-59	259	
Lynette Brigden	6	RX	F	55-59	301	
Jamie Seymour	7	RX	M	55-59	343	
Orran Linning	8	RX	M	50-54	336	
Paul Sutherland	1	RX	M	50-54	372	
Gavin Lam	2	RX	M	50-59	266	
Michael Batten	3	RX	M	45-49	310	
Steven Bell	4	RX	M	45-49	256	
Brendon Matthews	5	RX	M	45-49	0	
David Owens	6	RX	M	45-49	309	
Kevin Stade	7	RX	M	45-49	0	
Kent Strout	8	RX	M	45-49	0	
Johan Van der Walt	1	RX	M	45-49	293	
Darwin Andrews	2	RX	M	45-49	256	
Jess Parry	3	RX	F	40-44	0	
Miroslava (Mirka)Vrablova	4	RX	F	40-44	324	
Jordan Williams	5	RX	M	40-44	307	
Jp Falvey	6	RX	M	40-44	260	
Vanessa Cook	7	RX	F	35-39	288	
Troy Methorst	8	RX	M	35-39	0	
Sean Baxter	1	RX	M	35-39	206	
Michael Robinson	2	RX	M	35-39	240	
Aaron Shearer	3	RX	M	35-39	312	
William Steele	4	RX	M	35-39	0	
Yury Talyukin	5	RX	M	35-39	300	
Zack Williams	6	RX	M	35-39	0	
Shane Mildenhall	7	RX	M	30-34	0	
Paul Uhe	8	RX	M	30-34	0	
Brad Bowen	9	RX	M	30-34	288	
Team/Pair	Lane	Division	sex	Age	Time	
Masters Mates	Scaled	1	Pairs	Women	30+	6:05

POP'n		2	Pairs	Women	30+	0
Salt-N-Pepa		3	Pairs	Women	30+	6:44
Superladies		4	Pairs	Women	30+	6:56
Team ASAP	Scaled	5	Pairs	Women	30+	6:55
TG Sistaz						
Scaled		6	Pairs	Women	30+	6:49
CFC Team A		7	Pairs	Women	40+	8:35
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CrossFit Boss - The Fast & The Furious		1	Pairs	Women	40+	7:47
Terminators	Scaled	1	Pairs	Women	40+	7:26
Batshit Crazy		2	Pairs	Women	50+	7:21
Body Dynamics Beasts		3	Pairs	Women	50+	6:36
Nadvic	Scaled	5	Pairs	Women	50+	7:32
T35G Too	Scaled	5	Mixed Pairs	Wemen/Men	50+	8:54
CF4165		6	Mixed Pairs	Wemen/Men	60+	8:02
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CFC Team B		1	Pairs	Mens	40+	7:06
CFC Team C		2	Pairs	Mens	40+	7:12
Megathrusters		3	Pairs	Mens	40+	0
CXXI		4	Pairs	Mens	50+	7:39
The Northern Grinds		5	Pairs	Mens	50+	0
CrossFit Huey		6	Mixed Pairs	Women/Men	40+	7:20
The A`s		7	Mixed Pairs	Women/Men	40+	7:49
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Beauty and The Greek 3.0		1	Mixed Pairs	Women/Men	30+	6:57
CrossFit Tempered		2	Mixed Pairs	Women/Men	30+	5:38
NEIGHBOURHOOD		3	Mixed Pairs	Women/Men	30+	5:58
Questers		4	Mixed Pairs	Women/Men	30+	0
TEAM MIZTOPHER	Scaled	5	Mixed Pairs	Women/Men	30+	6:05
TEAM UNREST	Scaled	6	Mixed Pairs	Women/Men	30+	6:22
TnT	Scaled	7	Mixed Pairs	Women/Men	30+	6:35
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2 Shades of Gray		1	Mixed Pairs	Women/Men	50+	6:24
Hamma & Tongs	Scaled	2	Mixed Pairs	Women/Men	50+	7:32
Meerkats on a Barbell		3	Mixed Pairs	Women/Men	50+	5:52
PK						
Scaled		4	Mixed Pairs	Women/Men	50+	6:49
Sibling Rivalry		5	Mixed Pairs	Women/Men	50+	5:53
T35G						
Scaled		6	Mixed Pairs	Women/Men	50+	7:16