

RESULTS



Female 30-34

Rank	Name	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1	Anna Kertesz CROSSFIT HIAPU 19 Points	1307	1:45 (2:03)	1:57 (8:28)	20:02	165	1:07.0 (2:14)	1194	140	1110
2	Cherith Robertson CROSSFIT UNDERGROUND 21 Points	3238	3:38 (2:50)	3:37 (2:48)	10:01	345	2:09+48 (8:38)	2160	239	298
3	Vanessa Cook 19 Points	2282	2:17 (2:54)	2:47 (10:21)	30:03.00	252.5	3:09+50 (8:04)	3151	336	390

Female 35-39

Rank	Name	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1	Quanita Taurua CROSSFIT HERBIOUS COAST 19 Points	1313	2:42 (2:18)	2:53 (8:48)	30:03.00	260	1:51.0 (2:25)	1192	638	1111
2	Asuka Buroe CROSSFIT KAWAIA 19 Points	4288	1:44 (2:03)	1:57 (8:18)	20:02	165	3:09+21 (3:31)	2187	7T ₁₇	2109
3	Victoria Jarvis KAYAK CROSSFIT 19 Points	3293	4:15 (3:28)	3:51 (9:25)	70:07.00	455	2:09+15 (3:22)	3160	2T ₁₃	495
4	Tracy Wood BODY DYNAMICS TRAINING 19 Points	8260	3:38 (2:42)	6:37 (7:38)	80:08.00	550	7:09+41 (5:44)	5145	2T ₁₃	5T ₁₀
5	Rebecca Walker 19 Points	5T ₁₀	9:18 (5:08)	4:48 (10:28)	50:05.00	6T _{12.5}	6:09+34 (5:04)	4151	1030	5T ₁₀
6	Kristy Lane 19 Points	5T ₁₀	5:10 (3:52)	9:25 (12:00)	40:04.00	840	10:09+50 (8:57)	895	542	5T ₁₀
7*	Heather Breen 19 Points	12-	11T-	5:50 (8:47)	10:01	357.5	4:09+28 (5:08)	111T-	11T-	3104
8	Allison Suter CROSSFIT 84 19 Points	7262	6:10 (3:54)	8:37 (12:00)	90:09.00	1035	5:09+31 (8:20)	7100	2T ₁₃	881
9	Catrina O'Driscoll 19 Points	9241	10:38 (5:00)	7:26 (10:04)	60:06.00	1132.5	9:09+50 (4:38)	6142	7T ₁₇	10T ₁₀
10	Kristie MILLTOP CROSSFIT 19 Points	10218	8:10 (4:55)	10:17 (12:00)	110:11.00	6T _{12.5}	11:09+68 (-)	10 ₁₇	149	10T ₁₀
11	Tracey Hume HAMMER AND TONG 19 Points	11190	7:30 (4:48)	11:14 (12:00)	100:10.00	937.5	8:09+45 (5:15)	9:19	936	976
12*	Renee Hoffman CROSSFIT HIAPU 19 Points	2312	11T-	12-	12-	12-	12-	111T-	111T-	12-

RESULTS



Female 40-44	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Sonia Kimmey CROSSFIT WOD 41 Points	1278	1:30 (3:18)	3:34* (9:23)	40:04:00	1T _{47.6}	4:30P+0 (4:47)	3T ₁₆	151	292
2 Morven Reid CROSSFIT WOD 41 Points	3272	6:11 (4:09)	1:242 (10:38)	10:01	5T _{42.5}	2:30P+38 (4:07)	2163	3T ₁₆	1109
3 Fritsa Hanning CROSSFIT WOD 41 Points	2274	4:42 (3:13)	5:40* (10:59)	30:03:00	3T ₄₅	1:30P+31 (4:58)	1167	741	3T ₁₀
4 Vera Lysenko-Te Hau CROSSFIT WOD 41 Points	4267	5:11 (3:29)	2:341 (9:28)	20:02	3T ₄₅	3:30P+44 (4:07)	5145	1032	3T ₁₀
5 Donna White CROSSFIT WOD 41 Points	5263	2:35 (3:06)	9:34* (12:03)	50:05:00	1T _{47.6}	8:30P+50 (7:07)	3T ₁₆	3T ₁₆	584
6 Kirsti Schwartz CROSSFIT WOD 41 Points	6T ₅₀	3:33 (3:10)	4:44* (10:26)	70:07:00	740	9:30P+50 (8:00)	6T ₁₀	3T ₁₆	7T ₁₃
7T Jodee Hudson CROSSFIT WOD 41 Points	9229	8:30 (4:00)	6:00* (12:03)	60:06:00	8T _{37.5}	5:30P+50 (5:41)	6T ₁₀	840	966
7T Therese Stevenson CROSSFIT WOD 41 Points	6T ₅₀	7:30 (3:33)	10:00* (12:00)	100:10:00	5T _{42.5}	10:30P+71 (-)	995	247	680
9 Leeann Dennis CROSSFIT TOOWOOMBA 41 Points	8231	9:30 (4:48)	8:30* (12:03)	90:09:00	8T _{37.5}	6:30P+50 (5:04)	898	937	7T ₁₃
10 Ally McLean CROSSFIT AFTERMATH 41 Points	12180	12:45 (5:00)	11:10* (12:00)	80:08:00	1027.5	7:30P+50 (5:28)	10:30*	643	1061
11* Vanessa Stewart CROSSFIT CROSSFIT 41 Points	10207	11:30 (4:00)	7:20* (12:03)	11T-	11T-	11T-	11T-	11T-	11T-
12* Kerry Lewebyn RAW EDGE CROSSFIT 41 Points	11199	10:30 (5:00)	12:10* (12:00)	11T-	11T-	11T-	11T-	11T-	11T-
13T* Rec Ransell CROSSFIT WARRALMOOR 41 Points	13T-	13T-	13T-	11T-	11T-	11T-	11T-	11T-	11T-
13T* Lisa Herzina CROSSFIT CROSSFIT 41 Points	13T-	13T-	13T-	11T-	11T-	11T-	11T-	11T-	11T-
13T* Melanie Rollison BODY CHARGES TRAINING 41 Points	13T-	13T-	13T-	11T-	11T-	11T-	11T-	11T-	11T-

Female 45-49	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Colleen Souler 41 Points	1300	4:10 (3:28)	3:34* (9:27)	10:01	637.5	2:30P+20 (3:49)	1171	147	2T ₁₀
2 Katie Mills CROSSFIT TOOWOOMBA 41 Points	2293	3:32 (3:04)	2:17* (8:45)	20:02	3T ₄₅	6:30P+50 (4:32)	2170	442	192
3 Yvonne Wall 41 Points	4264	2:37 (3:09)	4:34* (10:43)	40:04:00	250	4:30P+45 (4:23)	3150	343	489
4 Patsy Tiernev 41 Points	3281	6:30 (3:33)	1:244 (10:37)	80:08:00	540	1:30P+4 (4:00)	5130	8T ₁₃	2T ₁₀
5 Robyn Morgan 41 Points	8231	1:37 (2:47)	8:30* (12:00)	30:03:00	152.5	3:30P+28 (5:28)	4142	639	769
6 Samantha Annakin CROSSFIT WARRALMOOR 41 Points	7240	5:32 (3:38)	6:10* (12:00)	90:09:00	3T ₄₅	8:30P+50 (6:44)	897	541	586
7 Michelle Lawton CROSSFIT TOOWOOMBA 41 Points	5T ₅₇	7:28 (5:00)	10:20* (12:00)	60:06:00	735	5:30P+46 (4:35)	6118	735	674
8T Carolyn Swindell 41 Points	10204	9:11 (5:00)	9:30* (12:00)	50:05:00	925	9:30P+58 (-)	975	245	868
8T Toni Steinhardt CROSSFIT TOOWOOMBA 41 Points	9225	8:30 (5:00)	7:10* (12:00)	70:07:00	830	7:30P+50 (5:49)	7109	8T ₁₃	963
10* Allison Cox CHIMMER AND TONG 41 Points	5T ₅₇	10T-	5:40* (11:20)	10T-	10T-	10T-	10T-	10T-	10T-
11* Car Melissa Watson 41 Points	11-	10T-	11-	10T-	10T-	10T-	10T-	10T-	10T-

RESULTS



Female 50-54

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Eino Boris RAW STRENGTH AND CONDITIONING 21 Points	1T ₃₀₀	1T ₄₀ (1:56)	1:38 (8:47)	20:02	345	5:16.0 (4:45)	2206	5T ₁₈	1116
2 Selena Taurua CROSSFIT STUBBEN 24 Points	3299	1T ₄₀ (1:56)	2:48 (8:50)	60:06:00	247.5	2:49.0 (5:37)	3194	243	3109
3 Jeanne Wrightson 418 Points	1T ₃₀₀	5:11 (2:36)	6:02 (11:19)	40:04:00	6T ₃₅	6:57.0 (4:16)	1214	7T ₁₇	2115
4 Jodie Flewkes CROSSFIT SURFSDO 24 Points	5295	8:35 (3:03)	4:34 (8:19)	10:01	930	1:53.0 (3:27)	5T ₁₁₃	144	786
5 Nina Blair CROSSFIT RAW WOD 24 Points	4298	4:45 (2:15)	5:02 (10:40)	70:07:00	4T _{42.5}	3:58.0 (5:13)	5T ₁₁₃	7T ₁₇	4102
6 Cassandra Murphy 24 Points	7283	9:34 (3:50)	3:47 (10:02)	30:03:00	6T ₃₅	4:51.0 (4:10)	4190	342	593
7 Donna Wilson CROSSFIT MARCELLAN 21 Points	8264	7:35 (3:03)	8:36 (12:03)	80:08:00	4T _{42.5}	7:24.0 (5:10)	7155	441	883
8 Mona Navarro CROSSFIT 25 Points	6285	10:33 (3:40)	7:40 (11:28)	50:05:00	1025	8:04 (4:51)	8:00	5T ₁₈	687
9 Rachael King CROSSFIT GED 25 Points	10211	3:45 (2:08)	10:34 (12:00)	100:10:00	150	10:04 (4:30) (8:43)	10:37	9T ₁₈	1062
10 Suzanne Forte BODY DYNAMICS 25 Points	9240	6:33 (2:50)	9:40 (12:03)	90:09:00	6T ₃₅	9:24 (4:40) (8:40)	9:00	9T ₁₈	974
11* Suzanne Haydon CROSSFIT ZHU 25 Points	11-	11-	11-	11-	11-	11-	11-	11-	11-

Female 55-59

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Michelle Bruce 24 Points	1298	1:40 (2:27)	1:43 (8:41)	10:01	1T _{37.5}	2:46.0 (3:58)	1194	148	2115
2 Georgina Jarden 25 Points	3268	2:32 (2:43)	2:57 (8:40)	30:03:00	1T _{37.5}	1:24.0 (4:23)	3170	243	388
3 Hilary Dance-Wilson LIVE ELITE CROSSFIT 22 Points	2293	3:35 (5:00)	3:47 (10:00)	20:02	335	3:48.0 (5:00)	2185	334	1118
4 Julie Uram CROSSFIT GED 25 Points	4226	4:15 (5:00)	4:42 (12:00)	40:04:00	415	4:04 (4:52) (-)	4110	433	462
5* Ruth Skinner-Smith CROSSFIT TOONOOMBA 25 Points	5-	5-	5-	5-	5-	5-	5-	5-	5

Female 60+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Diana Flynn FUNCTIONAL STRENGTH CROSSFIT 21 Points	1T ₃₈₈	2:29 (2:43)	2:47 (11:40)	10:01	140	1:28.0 (4:38)	1193	1T ₁₀	1109
2 Christine Smyth CROSSFIT DESIRE 25 Points	1T ₃₈₈	1:41 (2:42)	1:50 (9:28)	30:03:00	232.5	2:14.0 (5:34)	2179	1T ₁₀	288
3 Valerie Silver 26 Points	3141	3:19 (5:00)	3:30 (12:00)	20:02	315	3:04 (4:21) (9:21)	3:40	324	3:07

Male 30-34

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1T Lachlan McLeod CROSSFIT BIA MMA 25 Points	2303	2:45 (2:28)	4:34 (8:40)	30:03:00	2100	4:18.0 (3:15)	3193	4T ₁₈	2121
1T Adam Cross 25 Points	3300	4:42 (2:12)	1:31 (5:41)	10:01	9T ₇₅	2:58.0 (5:00)	1197	4T ₁₈	1134
3 antony smoothy 24 Points	1320	5:42 (2:48)	3:30 (7:17)	50:05:00	9T ₇₅	3:01.0 (2:41)	4185	7T ₁₅	3119
4 Reeds McHugh CROSSFIT TANBAI SANES 24 Points	5282	9:39 (2:45)	2:55 (5:40)	20:02	785	1:52.0 (2:56)	2196	1247	4115
5 Ben Sloane CROSSFIT HAMMER & TONG 25 Points	6T ₂₇₈	3:43 (2:29)	8:30 (7:00)	40:04:00	4T ₃₀	6:34.0 (3:31)	6T ₃₀	361	6107
6 Aaron Holding RAVEUSE CROSSFIT 25 Points	11245	1:45 (2:17)	6:34 (7:38)	60:06:00	1105	8:04 (4:12) (3:21)	6T ₃₀	171	992
7 Quinton Wilkinson CROSSFIT BILA 25 Points	6T ₂₇₈	7:41 (3:08)	5:34 (7:18)	80:08:00	877.5	7:04 (4:10) (3:18)	5166	7T ₁₅	5113
8 Mitchell Rule THE PEOPLES GYM CROSSFIT 25 Points	9261	6:41 (2:42)	9:30 (8:57)	100:10:00	395	5:44.0 (3:11)	9150	10T ₁₂	7100
9 Matt Spriggs 25 Points	4284	11:31 (4:12)	7:30 (8:41)	70:07:00	1167.5	9:04 (4:12) (4:20)	8158	656	899
10 Adam Kain CROSSFIT GED 27 Points	10256	8:39 (2:41)	11:34 (8:52)	110:11:00	4T ₃₀	10:04 (4:29) (4:33)	11140	262	1085
11 Noah Marsh CROSSFIT TANBAI SANES 25 Points	8267	12:30 (4:30)	12:10 (12:00)	90:09:00	1265	11:04 (4:45) (4:52)	10145	954	1184
12 Daniel Peut CROSSFIT BARK 25 Points	12215	10:30 (2:50)	10:37 (9:56)	120:12:00	687.5	12:04 (4:43) (4:42)	12133	10T ₁₂	1279
13T* Kaide Olsen 27 Points	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-
13T* Matt Moore RAW EDGE CROSSFIT 27 Points	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-
13T* Michael Murphy NORTHSHORE CROSSFIT 27 Points	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-	13T-

RESULTS



Male 35-39

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Scott Hutchison 818 CROSSFIT	4291	2:49 (2:00)	1:207 (7:08)	30:03:00	2107.5	1:14.0 (2:46)	4177	167	2118
2 Garth Hill CROSSFIT HERBIBUS COAST	2305	4:45 (2:39)	2:207 (7:18)	20:02	595	2:110.0 (3:40)	1202	360	1125
3 Will Edgar CLARENCE VALLEY CROSSFIT	3301	1:31 (1:57)	4:270 (8:16)	80:08:00	1125	3:237.0 (3:21)	3198	266	4114
4 Zack Williams CROSSFIT BALDINE	1311	3:16 (1:44)	3:355 (8:22)	10:01	3105	6:04P+8 (2:42)	2201	849	3117
5 Vince Williams CROSSFIT NEWBEND	8237	5:12 (2:38)	6:258 (7:19)	40:04:00	497.5	4:438.0 (3:57)	7T ₁₅₀	653	5102
6 Luke Betzel CROSSFIT BUNMACH	5268	7:36 (3:23)	9:251 (7:58)	50:05:00	6T ₈₀	9:04P+30 (4:35)	5T ₁₅₃	4T ₁₅₃	794
7 Mathew Scheibel CROSSFIT HAMMER AND TONG	7239	6:39 (2:53)	8:352 (9:51)	70:07:00	6T ₈₃	8:04P+25 (3:58)	5T ₁₅₃	752	886
8T Rodney Hill THE PEOPLE'S GYM CROSSFIT	6265	9:11 (4:15)	5:360 (9:18)	60:06:00	870	5:338.0 (4:20)	9140	942	981
8T Jeff Rosenlund 818 CROSSFIT	9216	8:11 (4:10)	7:257 (8:20)	90:09:00	962.5	7:04P+11 (3:50)	7T ₁₅₀	4T ₁₅₃	6101
10T* James Walker 818 CROSSFIT	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-
10T* Alex Power 818 CROSSFIT	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-
10T* Cameron Muir LION KINGDOM CROSSFIT	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-	10T-

Male 40-44

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Brendan Mathews 818 CROSSFIT	1320	5:13 (3:03)	2:355 (7:30)	20:02	691.25	2:244.0 (3:14)	1198	557	3T ₁₂₀
2 John Tauras CROSSFIT HERBIBUS COAST	2311	2:49 (2:28)	3:375 (7:05)	60:06:00	7T ₁₀₀	7:112.0 (3:45)	2197	361	1T ₁₂₁
3 Trent Colmer 818 CROSSFIT	5289	3:14 (2:17)	8:355 (7:48)	80:08:00	495	4:118.0 (-)	8162	7T ₁₅₃	1T ₁₂₁
4 Dan Lorusso 818 CROSSFIT	6285	9:39 (3:03)	1:011 (7:02)	70:07:00	1082.5	6:336.0 (3:40)	4185	7T ₁₅₃	3T ₁₂₀
5 Rowan Baxter 818 CROSSFIT	9T ₁₇₂	4:14 (2:34)	4:371 (7:27)	110:11:00	397.5	1:512.0 (3:27)	6173	12T ₁₄₀	6113
6 Brent Wardley 818 CROSSFIT	4293	1:47 (2:15)	6:355 (7:08)	100:10:00	7T ₁₀₀	8:116.0 (3:38)	15105	174	5117
7 Simon Colley CROSSFIT BALDINE	3305	10:37 (3:00)	7:355 (7:21)	10:01	1180	12:04P+15 (3:27)	3189	1053	8103
8 Bill Settu 818 CROSSFIT	8275	6:39 (2:47)	12:259 (7:54)	90:09:00	1T ₁₀₀	11:136.0 (3:36)	7163	262	10T ₁₀₀
9 Gavin Powell 818 CROSSFIT	11265	12:29 (2:26)	11:350 (7:52)	40:04:00	1275	3:153.0 (3:40)	5176	656	7112
10 Shane Benson 818 CROSSFIT	9T ₁₇₂	7:39 (2:48)	10:351 (7:55)	120:12:00	1T ₁₀₀	9:101.0 (3:47)	11157	954	9102
11 Troy Hastings 818 CROSSFIT	15243	8:39 (2:50)	5:307 (7:23)	160:16:00	592.5	5:338.0 (3:18)	13148	1542	10T ₁₀₀
12 Kent Strout CROSSFIT TOOWOOMBA	7278	14:35 (3:25)	13:357 (8:34)	30:03:00	1372.5	13:04P+33 (4:15)	9161	1152	1391
13 Scott McIntyre 818 CROSSFIT	12258	15:30 (3:17)	14:354 (8:08)	50:05:00	1567.5	15:04P+44 (4:52)	12153	459	1295
14 Fabian De Galland CROSSFIT VICTORIA	13251	11:37 (3:04)	9:353 (8:58)	150:15:00	7T ₁₀₀	10:116.0 (3:41)	14144	1443	1575
15 Andrew Fraser 818 CROSSFIT	14250	13:39 (3:11)	16:347 (8:30)	130:13:00	1470	14:04P+40 (4:04)	10160	12T ₁₄₀	1484
16* Raymond Hope CROSSFIT 818 BRYNMAW	16225	16:39 (3:46)	15:353 (11:07)	140:14:00	16T-	16T-	16T-	16T-	16T-
17T* Kelton Herrino 818 CROSSFIT	17T-	17T-	17T-	17T-	16T-	16T-	16T-	16T-	16T-
17T* Damien Downes CROSSFIT NEWBEND	17T-	17T-	17T-	17T-	16T-	16T-	16T-	16T-	16T-

RESULTS



Male 45-49

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Nick Le Roux CROSSFIT EDGE CROSSFIT 25 Points	3280	6:34 (2:02)	1:26 (7:36)	40:04:00	1T ₅₀	5:04P-33 (3:13)	3158	356	3102
2 Ken Clinch 25 Points	4277	1:43 (2:29)	5:20 (9:17)	70:07:00	1T ₅₀	10:04P-39 (4:20)	1170	160	4T ₅₀
3 Euan Camobell 25 Points	1295	5:57 (2:59)	10:23 (12:00)	30:03:00	770	2:00.0 (-)	2168	455	1122
4 Peter Gow CROSSFIT CROSSFIT 27 Points	2284	2:42 (2:31)	2:26 (7:22)	90:09:00	4T ₇₅	1:37.2 (3:47)	4T ₅₀	1148	2106
5 Greg Henwood CROSSFIT FIRE 27 Points	5268	4:35 (2:49)	8:40 (10:44)	50:05:00	4T ₇₅	6:04P-35 (3:15)	6T ₁₄₄	257	795
6 Mary Connel 25 Points	8236	3:42 (2:33)	4:50 (7:42)	80:08:00	1T ₅₀	9:04P-35 (5:36)	6T ₁₄₄	554	4T ₅₀
7 Hanma Stewart CROSSFIT MEDICAL LABS 24 Points	6258	11:30 (4:44)	3:55 (9:37)	20:02	1060	4:04P-25 (3:47)	6T ₁₄₄	653	697
8 Darren McLachlan 25 Points	10221	8:11 (3:36)	7:45 (10:56)	10:01	672.5	7:04P-35 (3:54)	4T ₅₀	9T ₅₀	8T ₅₀
9 Ross Jardine CROSSFIT SLA 25 Points	7254	7:33 (3:25)	6:40 (9:31)	60:06:00	867.5	8:04P-35 (4:58)	9140	7T ₅₁	8T ₅₀
10 Gavin Lam LIVE ELITE CROSSFIT 25 Points	13181	12:30 (4:40)	9:40 (11:40)	130:13:00	11T ₅₀	3:04.2 (4:38)	12100	13T ₅₇	1080
11 Deryn Harrison LIXI Points	11219	13T ₅₇ (5:03)	11:20 (12:00)	110:11:00	962.5	12:04P-47 (5:35)	10114	1245	1270
12 Dale Davey CROSSFIT CROSSFIT 105 Points	9223	13T ₅₇ (5:03)	13:57 (12:00)	100:10:00	11T ₅₀	11:04P-42 (4:22)	11113	13T ₅₇	1175
13 Shane Pearson CROSSFIT CROSSFIT 105 Points	12208	9:30 (4:14)	12:50 (12:00)	120:12:00	1440	13:04P-48 (5:57)	13:57	7T ₅₁	1369
14 Brendon Prior LIXI Points	14174	10:30 (4:30)	14:50 (12:00)	140:14:00	11T ₅₀	14:04P-50 (9:40)	14:57	9T ₅₀	1445
15T* Bradley Hill CROSSFIT CROSSFIT 135 Points	15T	15T	15T	15T	15T	15T	15T	15T	15T
15T* Matt Cahoon CROSSFIT CROSSFIT 135 Points	15T	15T	15T	15T	15T	15T	15T	15T	15T
15T* Paul Ross CROSSFIT CROSSFIT 135 Points	15T	15T	15T	15T	15T	15T	15T	15T	15T

Male 50-54

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Paul Sutherland CROSSFIT #186 25 Points	1322	2:47 (3:58)	3:33 (9:57)	10:01	4T ₅₀	1:47.0 (-)	2238	3T ₅₀	2108
2 Jason Davison 25 Points	2313	3:48 (2:00)	1:24 (7:51)	3T ₅₀	4T ₅₀	3:13.0 (-)	1240	735	1113
3 Steve Brady CROSSFIT CHATELWOOD 27 Points	6272	1:49 (2:07)	7:26 (8:16)	20:02	170	2:08.0 (-)	3219	261	3103
4 Brad Frankum CROSSFIT MARELLAN 27 Points	5274	6:42 (2:13)	2:54 (9:15)	50:04:00	660	5:28.0 (-)	4T ₅₀	545	496
5 Goran Linning 25 Points	3285	4:44 (2:16)	4:50 (9:55)	70:07:00	267	6:38.0 (-)	4T ₅₀	639	783
6 Aidy Milican 25 Points	7263	7:38 (2:58)	6:41 (10:56)	3T ₅₀	755	4:21.0 (-)	8:50	834	690
7* Rihari Hurrial CROSSFIT TALMATA 27 Points	4279	5:42 (2:10)	5:42 (10:41)	90:09:00	365	8:15.0 (-)	9	9	592
8 Peter Cooke 25 Points	8250	8:32 (3:44)	8:58 (12:00)	80:08:00	845	9:39.0 (-)	6160	172	970
9* Sean Baldwin 27L CROSSFIT MUSEE 27 Points	9	9	9	60:06:00	937.5	7:57.0 (-)	7152	3T ₅₀	874

Male 55-59

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Brett Winter CROSSFIT TOOWOOMBA 27 Points	1301	3:39 (2:10)	1:26 (9:57)	10:01	430	1:14.0 (-)	1225	259	386
2 Shane Humphries CROSSFIT SLA 21 Points	2271	2:42 (2:47)	2:41 (11:15)	30:03:00	350	2:18.0 (-)	2178	455	195
3 Chris Kassulke CROSSFIT TOOWOOMBA 25 Points	3265	4:38 (2:49)	3:40 (11:21)	20:02	255	3:31.0 (-)	3160	356	287
4 Brett Whyte CROSSFIT TRENCHLE 27 Points	4230	1:42 (1:48)	4:20 (12:00)	40:04:00	160	4:40.0 (-)	490	168	481
5T* Scott Maria CROSSFIT DECK 25 Points	5T	5T	5T	5T	5T	5T	5T	5T	5T
5T* Peter Weiss CROSSFIT URBAN ENERGY 25 Points	5T	5T	5T	5T	5T	5T	5T	5T	5T

Male 60+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Garry Jones CROSSFIT TALMATA 12 Points	1286	1:43 (2:28)	1:24 (9:51)	20:02	165	1:58.0 (-)	1194	343	1101
2 Gren Shambrook CROSSFIT DRUMMOYD VALLEY 25 Points	2278	2:38 (3:07)	2:40 (11:39)	10:01	347.5	2:08.0 (-)	2185	248	287
3 Bill Boyd CROSSFIT 2000 25 Points	3264	4:30 (3:21)	3:17 (12:00)	30:03:00	250	3:15.0 (-)	4158	151	382
4 Nick Bvavay CROSSFIT SPEED 25 Points	4205	5:30 (4:05)	4:18 (12:00)	40:04:00	432.5	4:09.0 (-)	3162	438	473
5 Peter Downie CROSSFIT183 25 Points	5202	3:44 (3:12)	5:58 (12:00)	50:05:00	525	5:04P-49 (9:50)	597	532	560
6* Milton Cater CROSSFIT EVERALBAY 25 Points	6	6	6	6	6	6	6	6	6

RESULTS



Men's Pairs 30+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
Balding Fitness Flogs	4352	1:00 (3:36)	1:52 (11:53)	10:01	1180	1:30 (0:1-)	1198	2T ⁽²⁾	1146
Plumbers Snatch	1406	2:11 (4:52)	3:08 (6:18)	30:03:00	3160	3:08 (0:1-)	2184	1122	3134
Los Locos	3362	3:09 (1:43)	4:05 (5:48)	40:04:00	5142.5	4:52 (0:1-)	4168	7108	2135
Hilltop Jankvian	5331	5:17 (1:55)	6:18 (3:28)	20:02	6T ^(27.5)	6:08 (0:1-)	3169	2T ⁽²⁾	5121
Moa PFRMance	2389	6:16 (2:12)	5:03 (3:45)	50:05:00	4152.5	5:10 (0:1-)	5167	6109	4122
Crane	8308	4:10 (2:18)	2:40 (3:58)	90:09:00	2165	2:04 (0:1-)	6150	1090	7T ⁽¹⁶⁾
Dadbodz	7320	7:40 (3:25)	10:08 (8:04)	80:08:00	8135	8:04 (14 (3:18))	9140	4120	6117
Beginners PFRMance	9294	9:40 (2:43)	9:04 (3:45)	60:06:00	6T ^(37.5)	7:04 (10 (4:10))	7T ⁽¹³⁾	5115	9114
Team Brad	6325	8:14 (2:13)	8:00 (3:38)	100:10:00	9130	9:04 (15 (2:38))	7T ⁽¹³⁾	999	7T ⁽¹⁶⁾
GG	10286	10:03 (2:54)	7:08 (8:22)	70:07:00	10125	10:04 (22 (3:37))	10125	8104	10101
JT	11-	11-	11-	11-	11-	11-	11-	11-	11-

Men's Pairs 40+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
Two Massive Jerks	1348	1:10 (4:40)	2:09 (4:35)	20:02	1T ⁽⁶⁰⁾	2:04 (13 (2:32))	1180	3103	1144
4165 Double D's	3311	2:10 (2:09)	1:40 (3:38)	30:03:00	1T ⁽⁶⁰⁾	1:20 (0:1-)	2172	498	2138
Tempered's Creed	2315	3:02 (1:47)	3:08 (3:52)	40:04:00	1T ⁽⁶⁰⁾	3:04 (2 (3:27))	4136	2113	3117
Coonamble FIT Clydesdales	4261	4:14 (2:14)	4:07 (8:16)	10:01	495	4:04 (4 (2:38))	3140	1126	4116
Prawn Pride	5T-	5T-	5T-	5T-	5T-	5T-	5T-	5T-	5T-
HimandMe	5T-	5T-	5T-	5T-	5T-	5T-	5T-	5T-	5T-

Men's Pairs 50+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
Amino-Disrespect	1T ⁽⁴⁷⁾	1:53 (1:43)	1:36 (8:25)	20:02	190	2:08 (0:1-)	1204	286	1130
2 Old Marks	1T ⁽⁴⁷⁾	2:16 (1:48)	2:17 (7:12)	10:01	282.5	1:40 (0:1-)	2175	198	2122

Men's Pairs 60+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
Dungeon 60+	1288	1:41 (2:02)	1:20 (10:00)	10:01	195	1:44 (0:1-)	1156	193	188

Women's Pairs 30+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
Bull sharks	1417	1:00 (3:57)	1:41 (5:30)	10:01	1125	2:10 (0:1-)	1205	1103	1144
Ginga Ninjas	3372	4:14 (3:04)	2:14 (8:13)	20:02	2100	1:52 (0:1-)	2170	7T ⁽⁷⁾	3127
Master and Apprentice	2390	3:09 (1:31)	3:03 (5:54)	30:03:00	395	3:04 (11 (3:21))	3148	7T ⁽⁷⁾	2128
Speed Girls	6328	2:10 (1:55)	5:00 (5:57)	80:08:00	490	4:04 (15 (3:34))	6119	5T ⁽⁵⁾	4106
Sloth Speed	5346	5:12 (2:03)	8:17 (6:05)	40:04:00	585	7:04 (4 (4:00))	4146	283	696
Rated	4360	6:10 (2:57)	6:05 (8:02)	60:06:00	867.5	9:04 (4 (4:37))	5125	5T ⁽⁵⁾	5105
DBD #1	7314	7:10 (4:02)	7:05 (8:42)	70:07:00	770	5:04 (32 (4:02))	896	480	793
PFRMums	9292	8:11 (4:08)	9:48 (10:14)	90:09:00	672.5	6:04 (37 (4:22))	7100	973	873
DBD Old Ducks	8301	9:10 (5:00)	4:46 (5:55)	50:05:00	1050	8:04 (4 (4:01))	10 ⁽¹¹⁾	10 ⁽¹⁷⁾	10 ⁽¹⁷⁾
Game of Throw ins	10261	10:14 (5:00)	10:07 (10:00)	100:10:00	957.5	10:04 (19 (1-))	974	382	952

Women's Pairs 40+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1									
WOMS - Masters Old Moles	2385	1:00 (1:36)	1:15 (8:25)	40:04:00	1112.5	1:02 (0:1-)	1173	295	2133
Team S.O.S	3T ⁽³²⁾	5:10 (2:06)	2:05 (5:52)	10:01	592.5	2:04 (2 (3:16))	4158	7T ⁽¹³⁾	4126
Verano on Insanity	1394	3:09 (1:28)	5:07 (6:12)	30:03:00	397.5	7:04 (3 (3:28))	2163	1078	1134
Flash At Fortyish	3T ⁽³²⁾	6:10 (1:55)	3:04 (5:57)	20:02	7T ⁽⁵⁾	5:04 (35 (2:37))	3160	7T ⁽¹³⁾	3130
Doing It for ME	7349	2:10 (1:54)	4:09 (6:12)	80:08:00	2107.5	6:04 (2 (3:35))	5T ⁽¹⁵⁾	197	7T ⁽¹⁴⁾
The Orange Goblins	8348	7:09 (2:14)	8:07 (6:58)	50:05:00	687.5	3:04 (31 (3:47))	7140	389	6117
Bar Bitches	6354	4:10 (1:50)	7:00 (5:28)	90:09:00	495	8:04 (4 (3:31))	8131	4T ⁽¹⁷⁾	5120
Madams of Mayhem	5365	8:07 (2:18)	9:05 (8:11)	60:06:00	7T ⁽⁵⁾	4:04 (32 (3:59))	5T ⁽¹⁵⁾	685	7T ⁽¹⁴⁾
Raw Iron	10270	9:14 (3:10)	11:34 (7:38)	70:07:00	1060	9:04 (54 (1-))	1081	4T ⁽¹⁷⁾	1089
Two Peas in a WOD	11267	10:02 (2:44)	6:40 (7:41)	110:11:00	965	10:04 (37 (5:14))	11 ⁽¹⁷⁾	980	1180
Dynamic Duo	9301	11:07 (4:30)	10:05 (8:00)	100:10:00	1147.5	11:04 (42 (1-))	986	1157	992

RESULTS



Women's Pairs 50+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Fit and Fiery 18 Points	1360	1:07 (1:52)	1:20* (0:45)	20:02	175	1:28.0 (-)	1170	377	3123
2 L Squared 18 Points	3T ₀₅	3:44 (2:26)	2:30* (0:18)	10:01	2T _{02.5}	2:47.0 (-)	2164	278	1125
3 Super Sloths 18 Points	2337	2:41 (1:54)	3:31* (0:53)	30:03:00	2T _{02.5}	3:32.0 (-)	5:00*	183	2124
4 Raw Iron Retro's 17 Points	3T ₀₅	4:41 (2:51)	4:40* (1:00)	40:04:00	545	5:00* (0:78 (-))	4:10*	466	488
5 Inmate Fossils II 11 Points	5142	5:09 (3:31)	5:00* (1:00)	50:05:00	480	4:50.0 (-)	3:10*	565	578

Mixed Pairs 30+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Win or lose, we boozell! 18 Points	1467	3:39 (1:49)	1:36 (0:19)	10:01	2145	4:59.0 (-)	5163	5T ₀₃	1147
2 Team Woods 11 Points	7379	1:34 (1:32)	2:00 (0:50)	110:11:00	1150	1:52.0 (-)	1206	5T ₀₃	2143
3 Heritage Listed 18 Points	6385	2:24 (1:32)	3:38 (2:28)	30:03:00	3140	2:32.0 (-)	2200	8T ₀₂	3129
4 Better At Tennis 18 Points	3T ₀₀	6:07 (1:38)	4:09 (0:32)	70:07:00	8T ₀₃	5:18.0 (-)	3190	494	5123
5 The Mobly People 12 Points	8363	7:46 (1:57)	5:06 (0:48)	20:02	10112.5	3:39.0 (-)	8160	1388	6T ₀₂
6 Beauty and the Greek 2.0 13 Points	5388	8:45 (2:04)	7:43 (0:30)	160:16:00	8T ₀₃	6:00* (1:02)	6T ₀₂	1T ₀₀	6T ₀₂
7 H & D Litters 11 Points	11353	5:11 (1:44)	10:09 (0:52)	50:05:00	4T ₀₃	12:00* (0:27)	6T ₀₂	16T ₀₄	4124
8 Shrek&Fiona 17 Points	2402	15:11 (2:29)	9:09 (0:31)	90:09:00	6T ₀₃	17:00* (0:21)	15148	5T ₀₃	9115
9 Here for the party 12 Points	3T ₀₀	12:0 (-)	11:09 (0:57)	60:06:00	17100	10:00* (0:21)	14150	11T ₀₃	8116
10 Mungo and Shannon 18 Points	16T ₀₃	16:49 (2:27)	6:54 (0:51)	140:14:00	4T ₀₃	7:00* (1:01)	4164	14T ₀₃	14110
11T The Old and the Beautiful 18 Points	15335	4:33 (1:38)	14:34 (0:17)	80:08:00	15T _{02.5}	11:00* (0:29)	11154	8T ₀₂	10T ₀₁
11T Kia Maia NZ 18 Points	9T ₀₁	9:13 (2:16)	13:06 (0:26)	130:13:00	11T ₀₁	15:00* (0:51)	10155	396	13112
13 CFG - shirts optional 11 Points	14338	11:42 (2:08)	8:00* (0:30)	170:17:00	15T _{02.5}	8:00* (0:15)	12153	16T ₀₄	10T ₀₁
14 Despacho 11 Points	19315	14:41 (2:13)	12:46 (0:41)	120:12:00	6T ₀₃	14:00* (0:42)	9156	16T ₀₄	12113
15 Tobinators 15 Points	13343	10:43 (2:18)	17:02 (0:17)	40:04:00	11T ₀₁	16:00* (0:51)	13152	16T ₀₄	15103
16 Ciclos 13 Points	9T ₀₁	19:14 (2:08)	18:04 (0:20)	150:15:00	11T ₀₁	19:00* (0:30)	16123	1090	16T ₀₁
17 DBD #2 14 Points	16T ₀₃	20:11 (2:12)	21:40* (0:22)	180:18:00	1992.5	13:00* (0:21)	1999	1T ₀₀	1896
18 Team Cotter 15 Points	18322	13:11 (2:09)	20:05* (0:36)	190:19:00	1897.5	9:00* (0:32)	18100	2083	16T ₀₁
19 Slick meets hick 10 Points	20261	21:07 (0:00)	16:08 (0:58)	100:10:00	2075	20:00* (0:24)	17120	14T ₀₃	1973
20 Stop looking at me swan! 10 Points	21258	18:06 (2:36)	19:00* (0:12)	200:20:00	11T ₀₁	18:00* (0:32)	20:00*	11T ₀₃	20:00*
21* S-Squared 10 Points	12351	17:07 (2:34)	15:00 (0:41)	21-	21-	21-	21-	21-	21-

Mixed Pairs 40+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Babe and Bee 18 Points	2425	2:21 (1:28)	1:42 (0:17)	20:02	2T ₀₃	3:12.0 (-)	1209	3104	1141
2 Wirth It 18 Points	1431	1:59 (1:38)	2:00 (0:51)	10:01	4T ₀₃	1:48.0 (-)	3193	2105	4131
3 20 years deep 16 Points	3388	4:33 (1:45)	3:38 (0:49)	50:05:00	1145	2:18.0 (-)	2194	986	6114
4 The WOD Couple 15 Points	4379	3:38 (1:34)	9:04 (0:45)	30:03:00	2T ₀₃	4:12.0 (-)	4177	7T ₀₃	2T ₀₄
5 WODdie WODdie 18 Points	5367	5:13 (2:09)	7:25 (0:15)	40:04:00	4T ₀₃	5:00* (0:14)	9137	1107	2T ₀₄
6 The Howies 19 Points	9317	9:15 (2:34)	6:53 (0:56)	60:06:00	7T _{02.5}	6:00* (0:20)	7144	499	5115
7 Inmate Fossils 13 Points	10299	7:39 (2:47)	8:31 (0:57)	70:07:00	6105	7:00* (0:30)	5150	7T ₀₃	8104
8 Out of Sync 17 Points	7324	6:11 (2:19)	10:06 (0:21)	80:08:00	7T _{02.5}	9:00* (0:38)	8140	5T ₀₄	7105
9 Kym & Scott 10 Points	8323	8:15 (2:16)	5:08 (0:34)	100:10:00	995	10:00* (0:09)	6147	5T ₀₄	9100
10 Team Jenkins 14 Points	6328	10:44 (2:47)	11:30* (0:33)	90:09:00	1080	8:00* (0:30)	1099	1084	1091
11* Hustle and Muscle 10 Points	1115	11-	4:00* (0:00)	11-	11-	11-	11-	11-	11-

Mixed Pairs 50+

Athlete	WOD #1 - AMRAP	WOD #2 - Grace/Heavy Grace	WOD #3 - Muscles	WOD #4 - Row/Run	WOD #5 - OHS	WOD #6 - Walking	WOD #7 - Chipper	WOD #8 - Row	WOD #9 - Thrust
1 Sibling Rivalry 18 Points	1393	1:59 (1:16)	1:01 (0:58)	10:01	1125	1:40.0 (-)	1230	1107	1137
2 The Old and the Breathless 12 Points	2338	2:44 (1:37)	2:04 (0:49)	40:04:00	2105	2:31.0 (-)	4138	288	2120
3 Here come the Rennetts 18 Points	3300	3:39 (1:49)	3:30* (0:52)	20:02	370	3:34.0 (-)	2T ₀₅	387	494
4 Raw Iron Turtles 12 Points	4296	4:40 (2:45)	4:32* (0:19)	30:03:00	467.5	4:59.0* (-)	2T ₀₅	484	398