



MastersHQ Semi Finalists

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# Congratulations

The following athletes have qualified for the 2019 Semi Finals

Emails have been sent to all qualifiers mentioned below.

If your name is on this list and you did not receive your email, please contact [admin@mastershq.com.au](mailto:admin@mastershq.com.au)

Qualifiers have until 9pm on Friday 7th June to register.

All qualifiers must compete in the Semi final to have the opportunity to progress to the final stage, the iF3/MastersHQ Masters World Championships on 25th, 26th & 27th October 2019



## ACT

|           |               |                   |                               |
|-----------|---------------|-------------------|-------------------------------|
| JAYDE     | HUDSON        | FEMALE OPEN 30-34 | CROSSFIT MIDNIGHT LIFE        |
| JESSICA   | MORRIS        | FEMALE OPEN 30-34 | CROWNING POINT CROSSFIT       |
| KYLIE     | LOPES         | FEMALE OPEN 30-34 | AREA 61 BATEMANS BAY          |
| MARIA     | DOBROVICOVA   | FEMALE OPEN 30-34 | AREA 61 BATEMANS BAY          |
| SOPHIA    | ENOPIA        | FEMALE OPEN 30-34 | CROSSFIT WODEN                |
| EMMA      | WILSON        | FEMALE OPEN 35-39 | CROSSFIT MIDNIGHT LIFE        |
| JILLIAN   | RAKE          | FEMALE OPEN 35-39 | RIVFIT - CROSSFIT 2650        |
| KARALEE   | BAKER         | FEMALE OPEN 35-39 | CROSSFIT SFS                  |
| KIRSTY    | BLAY          | FEMALE OPEN 35-39 | CROSSFIT MORPH                |
| MEL       | JACKSON       | FEMALE OPEN 35-39 | CROSSFIT VICTUS               |
| CHELSEA   | SIMPSON       | FEMALE OPEN 40-44 | CROSSFIT QUEANBEYAN           |
| KYLIE     | BIILMANN      | FEMALE OPEN 40-44 | CROSSFIT CARTEL               |
| MICHELLE  | CASTLE        | FEMALE OPEN 40-44 | CROSSFIT VICTUS               |
| NATALIE   | DAWSON        | FEMALE OPEN 40-44 | CARTEL FITNESS CO             |
| SHARON    | CARERI        | FEMALE OPEN 40-44 | GRIFFITH CROSSFIT             |
| ANDREANA  | CHENEY        | FEMALE OPEN 45-49 | CROSSFIT MORPH                |
| CAROLYN   | WILLIAMS      | FEMALE OPEN 45-49 | CROSSFIT GRIFFITH             |
| ELIZABETH | DUNLOP        | FEMALE OPEN 45-49 | CROSSFIT VICTUS - WAGGA WAGGA |
| ISABELLA  | JURIC         | FEMALE OPEN 45-49 | CROSSFIT SFS                  |
| KARI-ANNE | BRITTLIFFE    | FEMALE OPEN 45-49 | CROSSFIT CANBERRA             |
| MICHELE   | NOSWORTHY     | FEMALE OPEN 45-49 | CROSSFIT MORPH                |
| JANETTE   | CABOT         | FEMALE OPEN 50-54 | CROSSFIT VICTUS               |
| MORVEN    | GRANT         | FEMALE OPEN 50-54 | CROSSFIT SFS                  |
| NIKKI     | ROCHE         | FEMALE OPEN 50-54 | CROSSFIT VICTUS               |
| RUTH      | MONK          | FEMALE OPEN 50-54 | CROSSFIT GRIFFITH             |
| LYN       | WINBANK       | FEMALE OPEN 55-59 | CROSSFIT MORPH                |
| CARMEL    | MURPHY        | FEMALE RX 30-34   | CROSSFIT VICTUS - WAGGA WAGGA |
| EMILY     | NAISMITH      | FEMALE RX 30-34   | CROSSFIT VICTUS - WAGGA WAGGA |
| KYLIE     | TAYLOR        | FEMALE RX 30-34   | CROSSFIT QUEANBEYAN           |
| MAZ       | DOBE          | FEMALE RX 30-34   | N/A                           |
| HAYLEY    | SWAYSLAND     | FEMALE RX 35-39   | CROSSFIT QUEANBEYAN           |
| JESSICA   | GRANT         | FEMALE RX 35-39   | CROSSFIT QUEANBEYAN           |
| KRISTIN   | NEASON        | FEMALE RX 35-39   | CROSSFIT VICTUS               |
| KRISTY    | WHILES        | FEMALE RX 35-39   | ADAPT CROSSFIT                |
| MERRIN    | STARR         | FEMALE RX 35-39   | CROSSFIT WODEN                |
| KYLIE     | NEIGHBOUR     | FEMALE RX 40-44   | CROSSFIT SFS                  |
| KYLIE     | CAWSE         | FEMALE RX 40-44   | CROSSFIT QUEANBEYAN           |
| MANDY     | MOLLER        | FEMALE RX 40-44   | CROSSFIT MORPH                |
| MEL       | VAN ANTWERPEN | FEMALE RX 40-44   | HUEY                          |

|          |            |                   |                               |
|----------|------------|-------------------|-------------------------------|
| OLIVIA   | SKELLERN   | FEMALE RX 40-44   | CROSSFIT VICTUS               |
| MICHELLE | BLACK      | FEMALE RX 45-49   | CROSSFIT QUEANBEYAN           |
| JANE     | MAYER      | FEMALE RX 55-59   | AREA 61 BATEMANS BAY          |
| LINDA    | IVEY       | FEMALE RX 60+     | AREA 61 CROSSFIT              |
| CON      | ZAGAS      | MALE OPEN - 30-34 | ADAPT CROSSFIT                |
| JAMES    | PRYDE      | MALE OPEN - 30-34 | CROSSFIT QUEANBEYAN           |
| KIERAN   | SCHAUF     | MALE OPEN - 30-34 | CROSSFIT MORPH                |
| MARK     | MCRAYE     | MALE OPEN - 30-34 | CROSSFIT 2650                 |
| ADAM     | SHEPHARD   | MALE OPEN - 35-39 | RIVFIT - CROSSFIT 2650        |
| ADRIAN   | MOLLOY     | MALE OPEN - 35-39 | CROSSFIT VICTUS - WAGGA WAGGA |
| GREG     | BOWLER     | MALE OPEN - 35-39 | CROSSFIT MORPH                |
| MATHEW   | YOUNG      | MALE OPEN - 35-39 | CROSSFIT CADC                 |
| STEVE    | BLYTON     | MALE OPEN - 35-39 | CROSSFIT VICTUS - WAGGA WAGGA |
| DANIEL   | WELLS      | MALE OPEN - 40-44 | CROSSFIT VICTUS - WAGGA WAGGA |
| DAVID    | MCLACHLAN  | MALE OPEN - 40-44 | CROSSFIT VICTUS               |
| HEATH    | LOMAX      | MALE OPEN - 40-44 | CROSSFIT VICTUS - WAGGA WAGGA |
| MATTHEW  | RYAN       | MALE OPEN - 40-44 | CROSSFIT 2600                 |
| STEVEN   | GUSTOWSKI  | MALE OPEN - 40-44 | CROSSFIT VICTUS - WAGGA WAGGA |
| BRENDON  | KELLAM     | MALE OPEN - 45-49 | CROSSFIT MORPH                |
| DAMIEN   | CHENEY     | MALE OPEN - 45-49 | CROSSFIT MORPH                |
| JAMES    | BLACK      | MALE OPEN - 45-49 | CROSSFIT QUEANBEYAN           |
| MICHAEL  | COLACIURI  | MALE OPEN - 45-49 | CROSSFIT GRIFFITH             |
| PAUL     | COROMANDEL | MALE OPEN - 45-49 | ADAPT CROSSFIT                |
| BRETT    | HUDSON     | MALE OPEN - 50-54 | CROSSFIT MORPH                |
| ROBERT   | HARRIS     | MALE OPEN - 50-54 | CROSSFIT GRIFFITH             |
| BOB      | DAVIDSON   | MALE OPEN - 60+   | CROSSFIT SFS                  |
| ROY      | WILLIS     | MALE OPEN - 60+   | AREA 61 CROSSFIT              |
| BRENTON  | JOYCE      | MALE RX - 30-34   | INDEPENDENT                   |
| JAY      | FEWSON     | MALE RX - 30-34   | INDEPENDENT                   |
| MICK     | BREEN      | MALE RX - 30-34   | INDEPENDENT                   |
| SIMON    | VOTTO      | MALE RX - 30-34   | CROSSFIT QUEANBEYAN           |
| STUART   | DYER       | MALE RX - 30-34   | CROSSFIT WODEN                |
| BRAD     | MULLER     | MALE RX - 35-39   | INDEPENDENT                   |
| BRYAN    | COLLINS    | MALE RX - 35-39   | QUEANBEYAN                    |
| JOSH     | MCGRATH    | MALE RX - 35-39   | INDEPENDENT                   |
| KIRK     | WILSON     | MALE RX - 35-39   | CROSSFIT MIDNIGHT LIFE        |
| KURT     | MORRIS     | MALE RX - 35-39   | CROWNING POINT FITNESS        |
| BEN      | WARREN     | MALE RX - 40-44   | ADAPT CROSSFIT                |
| CAM      | BAKIC      | MALE RX - 40-44   | CROSSFIT MIDNIGHT LIFE        |
| CHRIS    | GRANT      | MALE RX - 40-44   | CROSSFIT QUEANBEYAN           |
| JAMIE    | MOONEY     | MALE RX - 40-44   | CROSSFIT MORPH                |

|         |           |                 |                      |
|---------|-----------|-----------------|----------------------|
| ROB     | CHRISTIAN | MALE RX - 40-44 | THE MCMAHON METHOD   |
| SCOTT   | WILLIAMS  | MALE RX - 45-49 | CROSSFIT SFS         |
| SHANNON | PAULL     | MALE RX - 45-49 | AREA 61 BATEMANS BAY |
| JOHN    | WELLARD   | MALE RX - 50-54 | CROSSFIT WODEN       |
| ROB     | LOWE      | MALE RX - 50-54 | CROSSFIT CARTEL      |

## NSW

|           |                    |                   |                                 |
|-----------|--------------------|-------------------|---------------------------------|
| CHRISTINA | LUZI               | FEMALE OPEN 30-34 | CROSSFIT NORWEST                |
| SUZAN     | FERNADES DALLAGNOL | FEMALE OPEN 30-34 | CROSSFIT INVENTIVE              |
| SANITA    | ANDERSONE          | FEMALE OPEN 30-34 | CROSSFIT KIA KAHA               |
| MORGAN    | YEATMAN            | FEMALE OPEN 30-34 | CROSSFIT MUDGEE                 |
| SUSAN     | LANGFORD           | FEMALE OPEN 30-34 | CROSSFIT NORWEST                |
| EMILY     | SEARLE             | FEMALE OPEN 35-39 | NUTTERS                         |
| CONNIE    | EDWARDS            | FEMALE OPEN 35-39 | CROSSFIT VANGUARD               |
| RENATA    | GAJDOSOVA          | FEMALE OPEN 35-39 | CROSSFIT RJ                     |
| LISA      | LALIC              | FEMALE OPEN 35-39 | BHD CROSSFIT                    |
| JOANNE    | NOTLEY             | FEMALE OPEN 35-39 | CROSSFIT BODICOMPLETE           |
| SALLY     | KINGSTON           | FEMALE OPEN 40-44 | CROSSFIT CHATSWOOD              |
| REBECCA   | WILKINSON          | FEMALE OPEN 40-44 | CROSSFIT LIGHT MAYFIELD         |
| SHARON    | CLARK              | FEMALE OPEN 40-44 | CROSSFIT BODICOMPLETE           |
| SARAH     | FLEMING            | FEMALE OPEN 40-44 | CROSSFIT BODICOMPLETE           |
| FIONA     | NELSON             | FEMALE OPEN 40-44 | CROSSFIT NEWCASTLE              |
| DEBBIE    | XANTHOS            | FEMALE OPEN 40-44 | CROSSFIT BODICOMPLETE           |
| MANUELA   | CRUCE              | FEMALE OPEN 45-49 | CROSSFIT KIA KAHA               |
| MELINDA   | JENKINS            | FEMALE OPEN 45-49 | CROSSFIT GEO                    |
| ANGELA    | TRUONG             | FEMALE OPEN 45-49 | CROSSFIT NARELLAN               |
| JANINE    | CANDERLE           | FEMALE OPEN 45-49 | CROSSFIT ZELOS                  |
| JACQ      | STONE              | FEMALE OPEN 45-49 | CROSSFIT KIAKAHA                |
| LORNA     | DUGGAN             | FEMALE OPEN 50-54 | CROSSFIT INVENTIVE              |
| MONS      | NAVARRO            | FEMALE OPEN 50-54 | CROSSFIT RJ                     |
| CAROLYN   | SWINDELL           | FEMALE OPEN 50-54 | CROSSFIT GEO                    |
| JACQUI    | BAMBERRY           | FEMALE OPEN 50-54 | CROSSFIT VFL                    |
| TONYA     | MCMAHON            | FEMALE OPEN 50-54 | CROSSFIT BONDI (XFB)            |
| CHERYL    | WILLIS             | FEMALE OPEN 55-59 | CROSSFIT INVENTIVE              |
| DONNA     | SMAILES            | FEMALE OPEN 55-59 | MOTIVE CROSSFIT                 |
| JULIE     | UREN               | FEMALE OPEN 55-59 | CROSSFIT GEO                    |
| DIANNE    | WAKEFIELD          | FEMALE OPEN 55-59 | CROSSFIT VFL                    |
| KAREN     | COLEMAN            | FEMALE OPEN 55-59 | CROSSFIT KIA KAHA               |
| KAREN     | MACKAY             | FEMALE OPEN 60+   | LOTUS STRENGTH & CONDITIONING   |
| TRISH     | TREAGUS            | FEMALE OPEN 60+   | LOTUS STRENGTH AND CONDITIONING |

|          |            |                   |                                 |
|----------|------------|-------------------|---------------------------------|
| MEG      | COX        | FEMALE RX 30-34   | CROSSFIT KIRRAWEE               |
| BEA      | HEAD       | FEMALE RX 30-34   | CROSSFIT 2795                   |
| LAUREN   | JONES      | FEMALE RX 30-34   | CROSSFIT DUBBO                  |
| JESSICA  | CLISSOLD   | FEMALE RX 30-34   | CROSSFIT ZELOS                  |
| KARINA   | BURT       | FEMALE RX 30-34   | CROSSFIT LIFE CSP               |
| KRISTINE | TELFER     | FEMALE RX 35-39   | CROSSFIT CHATSWOOD              |
| LYNELLE  | JENKINSON  | FEMALE RX 35-39   | STEEL COAST CROSSFIT            |
| AMY      | WAKE       | FEMALE RX 35-39   | CROSSFIT NARELLAN               |
| JODIE    | ZAVONE     | FEMALE RX 35-39   | CROSSFIT NORWEST DURAL          |
| ALLY     | BENNETT    | FEMALE RX 35-39   | CROSSFIT GREATER WEST           |
| NEROLI   | FIELD      | FEMALE RX 40-44   | NUTTERS                         |
| SAMARA   | STARK      | FEMALE RX 40-44   | LOTUS STRENGTH AND CONDITIONING |
| TRAINER  | TRACY      | FEMALE RX 40-44   | WORKOUT SOUTH NOWRA             |
| ANNA     | CAMPBELL   | FEMALE RX 40-44   | G-TOWN CROSSFIT                 |
| BEC      | LOCKHART   | FEMALE RX 40-44   | LOTUS STRENGTH & CONDITIONING   |
| ANGELA   | HUDSON     | FEMALE RX 45-49   | CROSSFIT COALFACE               |
| LYNDALL  | ELLIS      | FEMALE RX 45-49   | CROSSFIT 2795                   |
| YVONNE   | WALL       | FEMALE RX 45-49   | WILKINS BARBELL                 |
| LOLA     | TREADWELL  | FEMALE RX 45-49   | COHORT CROSSFIT                 |
| DONNA    | WHITE      | FEMALE RX 45-49   | BTS CROSSFIT                    |
| LEE      | MCWILLIAMS | FEMALE RX 50-54   | CROSSFIT MOTIVE                 |
| FIONA    | AUGLYS     | FEMALE RX 50-54   | CROSSFIT INVENTIVE              |
| DONNA    | WILSON     | FEMALE RX 50-54   | CROSSFIT NARELLAN               |
| KRISSY   | BAIRD      | FEMALE RX 50-54   | LOTUS STRENGTH AND CONDITIONING |
| SUE      | RENNETT    | FEMALE RX 50-54   | CROSSFIT NORWEST DURAL          |
| JOANNA   | TAYLOR     | FEMALE RX 55-59   | CROSSFIT URGE                   |
| ANN      | PURSEY     | FEMALE RX 55-59   | G-TOWN CROSSFIT                 |
| JEN      | STAGG      | FEMALE RX 60+     | CROSSFIT URGE                   |
| MAREE    | OBRIEN     | FEMALE RX 60+     | CFI                             |
| AHMED    | ABDELSHAFY | MALE OPEN - 30-34 | EL BOX                          |
| GORDON   | GUPPY      | MALE OPEN - 35-39 | CROSSFIT INVENTIVE              |
| RIYAAN   | ELY        | MALE OPEN - 35-39 | CROSSFIT INDULGE                |
| LINDSAY  | VAN DYK    | MALE OPEN - 35-39 | CROSSFIT BODICOMPLETE           |
| RAYMOND  | CUMMINGS   | MALE OPEN - 35-39 | CROSSFIT 2795                   |
| JUSTIN   | GLEESON    | MALE OPEN - 35-39 | DEMON CROSSFIT                  |
| DANIEL   | BARTELS    | MALE OPEN - 35-39 | CROSSFIT BODICOMPLETE           |
| BRAD     | RACO       | MALE OPEN - 40-44 | CROSSFIT INVENTIVE              |
| ADAM     | DEVER      | MALE OPEN - 40-44 | CROSSFIT INDULGE                |
| DEAN     | SLATER     | MALE OPEN - 40-44 | CROSSFIT INVENTIVE              |
| SHANE    | FIELD      | MALE OPEN - 40-44 | NUTTERS                         |
| BEN      | WOOD       | MALE OPEN - 40-44 | CROSSFIT BODICOMPLETE           |

|         |            |                   |                                |
|---------|------------|-------------------|--------------------------------|
| MATTHEW | WATTS      | MALE OPEN - 45-49 | INDEPENDENT/COONAMBLE FIT      |
| DARREN  | LEUKEFELD  | MALE OPEN - 45-49 | CROSSFIT CHATSWOOD             |
| BEN     | MEAKIN     | MALE OPEN - 45-49 | CROSSFIT INVENTIVE             |
| DAMIEN  | SUTTON     | MALE OPEN - 45-49 | CROSSFIT AM                    |
| TOM     | THOMPSON   | MALE OPEN - 45-49 | CROSSFIT VANGUARD              |
| SCOTT   | ELLIOTT    | MALE OPEN - 50-54 | CROSSFIT COASTAL EDGE          |
| PETER   | COOKE      | MALE OPEN - 50-54 | CROSSFIT GEO                   |
| PETER   | WILSON     | MALE OPEN - 50-54 | CROSSFIT LIFE CSP              |
| DAVID   | JOHNSTONE  | MALE OPEN - 50-54 | CROSSFIT INVENTIVE             |
| CHRIS   | BERRYMAN   | MALE OPEN - 50-54 | CROSSFIT VFL                   |
| STEVE   | HUCKLE     | MALE OPEN - 55-59 | POWER HOUSE                    |
| MARK    | GARDNER    | MALE OPEN - 55-59 | CROSSFIT DUBBO                 |
| BILL    | TOGHER     | MALE OPEN - 55-59 | CROSSFIT NEW BEGINNING         |
| MARK    | BURCHALL   | MALE OPEN - 55-59 | CROSSFIT GEO                   |
| GRANT   | RENNETT    | MALE OPEN - 55-59 | CROSSFIT NORWEST ANNANGROVE    |
| STEVE   | CAVE       | MALE OPEN - 60+   | GRIFFITH CROSSFIT              |
| LARS    | KRISTENSEN | MALE RX - 30-34   | CROSSFIT WOOLGOOLGA            |
| COREY   | KINSELA    | MALE RX - 30-34   | MOTIVE CROSSFIT                |
| MATT    | LEABEATER  | MALE RX - 30-34   | INDEPENDENT                    |
| BEN     | WRITER     | MALE RX - 30-34   | CROSSFIT MINERVA               |
| VAUGHN  | LANGTRY    | MALE RX - 30-34   | CROSSFIT BODICOMPLETE          |
| TOM     | EASTHAM    | MALE RX - 35-39   | CREATURE                       |
| SCOTT   | HUTCHISON  | MALE RX - 35-39   | BTS CROSSFIT                   |
| DAVE    | KENDRICK   | MALE RX - 35-39   | UNAFFILIATED                   |
| JASON   | SMITH      | MALE RX - 35-39   | PH CROSSFIT                    |
| DAVID   | GRIFFITH   | MALE RX - 35-39   | CF NORWEST                     |
| BRENDAN | DEAN       | MALE RX - 40-44   | STEEL COAST CROSSFIT           |
| SHANE   | GREEN      | MALE RX - 40-44   | BENTON GYM                     |
| GREG    | COSTELLO   | MALE RX - 40-44   | INDEPENDENT                    |
| SCOTT   | CAMERON    | MALE RX - 40-44   | STEEL COAST CROSSFIT           |
| DAVID   | RODRIGUEZ  | MALE RX - 40-44   | CROSSFIT PLAY                  |
| DAN     | MCGAVERN   | MALE RX - 45-49   | GEORGETOWN PERFORMANCE FACTORY |
| MICHAEL | LOCKE      | MALE RX - 45-49   | CROSSFIT INVENTIVE             |
| PHIL    | EVANS      | MALE RX - 45-49   | CROSSFIT VANGUARD              |
| ROBERT  | MEARS      | MALE RX - 45-49   | SMEATON GRANGE CROSSFIT        |
| GARY    | STAVRAKIS  | MALE RX - 45-49   | CROSSFIT ZELOS                 |
| DUNCAN  | STEPHENS   | MALE RX - 50-54   | CROSSFIT DUBBO                 |
| ANTONY  | MATIKAINEN | MALE RX - 50-54   | INDEPENDENT - MISSFITS         |
| PETER   | BROWN      | MALE RX - 50-54   | CROSSFIT COALFACE              |
| ROD     | FARDELL    | MALE RX - 50-54   | INDEPENDENT                    |
| MICHAEL | GAVIN      | MALE RX - 50-54   | POWERHOUSE MORISSET            |

|        |           |                 |                       |
|--------|-----------|-----------------|-----------------------|
| PAUL   | HARVEY    | MALE RX - 55-59 | CROSSFIT FACILITATE   |
| DALE   | BAX       | MALE RX - 55-59 | COHORT CROSSFIT       |
| JOHN   | POWDERLY  | MALE RX - 55-59 | CROSSFIT BFS          |
| COLIN  | MATHEWS   | MALE RX - 55-59 | MOTIVE CROSSFIT       |
| ALEX   | MANOLAROS | MALE RX - 55-59 | CROSSFIT BODICOMPLETE |
| MARCEL | DE WIT    | MALE RX - 60+   | PH CROSSFIT           |
| DOUG   | EVERETT   | MALE RX - 60+   | CROSSFIT VFL          |
| ROBERT | TYNAN     | MALE RX - 60+   | CROSSFIT ORIGIN       |

## QLD

|           |                |                   |                          |
|-----------|----------------|-------------------|--------------------------|
| KATIE     | PRENTICE       | FEMALE OPEN 30-34 | CROSSFIT KANGAROCKS      |
| KRYSTAL   | BAKER          | FEMALE OPEN 30-34 | CROSSFIT BRIBIE ISLAND   |
| KIMBERLEY | LEE            | FEMALE OPEN 30-34 | INDEPENDENT              |
| LELE      | TE'O           | FEMALE OPEN 30-34 | CROSSFIT COG             |
| TARA      | MCCARTHY       | FEMALE OPEN 30-34 | CROSSFIT MORETON BAY     |
| KERRY     | TURNBULL       | FEMALE OPEN 35-39 | CROSSFIT ELECTRIFY       |
| JAYNE     | HOFFMAN        | FEMALE OPEN 35-39 | CROSSFIT 4115            |
| AISLING   | GEISSLER       | FEMALE OPEN 35-39 | CROSSFIT KANGAROCKS      |
| KELLY     | COKER          | FEMALE OPEN 35-39 | THE PEOPLES GYM CROSSFIT |
| TANYA     | GALLAGHER      | FEMALE OPEN 35-39 | CROSSFIT SPEED           |
| KASEY     | KIDD           | FEMALE OPEN 40-44 | CROSSFIT 4165            |
| MELISSA   | MAPP           | FEMALE OPEN 40-44 | CROSSFIT 4115            |
| BINDI     | MCKENZIE       | FEMALE OPEN 40-44 | CROSSFIT HBZ             |
| KIRSTI    | SCHWARTZ       | FEMALE OPEN 40-44 | CROSSFIT SANA            |
| BELINDA   | MURTAGH        | FEMALE OPEN 40-44 |                          |
| JENNIFER  | OSWALD         | FEMALE OPEN 40-44 | IRONPIT GYM              |
| BARB      | ROACHE-AH WONG | FEMALE OPEN 45-49 | CROSSFIT 4165            |
| RENEE     | HUTCHISON      | FEMALE OPEN 45-49 | CROSSFIT NOOK            |
| SHARON    | DAVIE          | FEMALE OPEN 45-49 | CROSSFIT NITRO           |
| SARAH     | MCNAUGHTON     | FEMALE OPEN 45-49 | CROSSFIT 4165            |
| ROBYN     | MORGAN         | FEMALE OPEN 45-49 | INDEPENDENT              |
| KATHY     | HEMERIK        | FEMALE OPEN 50-54 | CROSSFIT SPEED           |
| SUE       | WARNER         | FEMALE OPEN 50-54 | WISER1 CROSSFIT          |
| MARION    | THURSBY        | FEMALE OPEN 50-54 | CROSSFIT NITRO           |
| JANET     | BOWDEN         | FEMALE OPEN 50-54 | STRAND CROSSFIT          |
| MEGAN     | PYNE           | FEMALE OPEN 50-54 | CROSSFIT ALIVE           |
| HILARY    | DANCE-WILSON   | FEMALE OPEN 55-59 | CROSSFIT CARV            |
| JANE      | BEATTIE        | FEMALE OPEN 55-59 | CROSSFIT FLOURISH        |
| WENDY     | LEWIS          | FEMALE OPEN 55-59 | WISER1 CROSSFIT          |

|           |                |                   |                                  |
|-----------|----------------|-------------------|----------------------------------|
| LEEANNE   | PAPADIMITRIOUS | FEMALE OPEN 55-59 | CROSSFIT FLOURISH                |
| DIANE     | RIGHETTI       | FEMALE OPEN 55-59 | CROSSFIT MIGHT                   |
| HELEN M   | BRENNAN        | FEMALE OPEN 60+   | CROSSFIT KANGA ROCKS             |
| SUE       | HASLAM         | FEMALE OPEN 60+   | CROSSFIT IRON LION               |
| CATHERINE | BETTIENS       | FEMALE RX 30-34   | CROSSFIT CAPCOAST                |
| LYNDLE    | KRAMERS        | FEMALE RX 30-34   | CFWF                             |
| RENEE     | SCHEFE         | FEMALE RX 30-34   | INDEPENDENT                      |
| LYNDA     | WARD           | FEMALE RX 30-34   | CFCQ                             |
| NAOMI     | WILLIAMS       | FEMALE RX 30-34   | CROSSFIT ALIVE                   |
| SARAH     | HANNAY         | FEMALE RX 35-39   | CROSSFIT BURLEIGH                |
| CASSANDRA | MCHUTCHON      | FEMALE RX 35-39   | CROSSFIT 4740                    |
| ALI       | BENNETT        | FEMALE RX 35-39   | ALLIED FITNESS STUDIO            |
| MISS      | FRY            | FEMALE RX 35-39   | FLAWLESS STRENGTH & CONDITIONING |
| TERRIE    | HAHNE          | FEMALE RX 35-39   | CROSSFIT 4115                    |
| SHARON    | DOVE           | FEMALE RX 40-44   | CROSSFIT CARV                    |
| JULIA     | MURPHY         | FEMALE RX 40-44   | BOUTIQUE ATHLETIC CROSSFIT       |
| OLIVIA    | SALTMARSH      | FEMALE RX 40-44   | CROSSFIT 4009                    |
| JULIE     | O'RILEY        | FEMALE RX 40-44   | CROSSFIT 4115                    |
| KATIE     | KIRKLAND       | FEMALE RX 40-44   | CF4720                           |
| KATIE     | MILLS          | FEMALE RX 45-49   | CROSSFIT TOOWOOMBA               |
| KELLY     | FRAWLEY        | FEMALE RX 45-49   | INDEPENDENT                      |
| VANESSA   | MURRAY         | FEMALE RX 45-49   | WIDE BAY CROSSFIT                |
| OLIVIA    | WALKER         | FEMALE RX 45-49   | INDEPENDENT                      |
| TANYA     | GILBERT        | FEMALE RX 50-54   | CROSSFIT BROADBEACH              |
| NATALIE   | OLAVESEN       | FEMALE RX 50-54   | CROSSFIT NITRO                   |
| CHERISE   | WALMSLEY       | FEMALE RX 55-59   | CROSSFIT KANGAROCKS              |
| FAYE      | WINCH          | FEMALE RX 55-59   | CROSSFIT COG                     |
| LINDA     | CRAIG          | FEMALE RX 55-59   | CROSSFIT 4165                    |
| DONNA     | EMERSON        | FEMALE RX 60+     | BODY DYNAMICS TRAINING           |
| TIM       | WILSON         | MALE OPEN - 30-34 | LOCO HQ                          |
| KIERAN    | MURPHY         | MALE OPEN - 30-34 | THE PEOPLES GYM CROSSFIT         |
| SHAY      | NEWHAM         | MALE OPEN - 30-34 | THE PEOPLE'S GYM CROSSFIT        |
| CHRIS     | KIDD           | MALE OPEN - 35-39 | CROSSFIT 4165                    |
| JASON     | LAKE           | MALE OPEN - 35-39 | CROSSFIT 4165                    |
| MARK      | COKER          | MALE OPEN - 35-39 | THE PEOPLE'S GYM CROSSFIT        |
| GRANT     | RETTKE         | MALE OPEN - 35-39 | CROSSFIT 786                     |
| MARCUS    | SCHOOOTH       | MALE OPEN - 35-39 | CROSSFIT PERSONAL BEST           |
| MATT      | CUNNINGHAM     | MALE OPEN - 35-39 | CROSSFIT ALIVE                   |
| DAMIAN    | MCCOMB         | MALE OPEN - 40-44 | THE MAIN GAME                    |
| Trevor    | Cox            | MALE OPEN - 40-44 | CROSSFIT ELECTRIFY               |
| HONE      | TE PAA         | MALE OPEN - 40-44 | CROSSFIT CAPCOAST                |



|          |                  |                   |                                 |
|----------|------------------|-------------------|---------------------------------|
| CHRIS    | MORTON           | MALE OPEN - 40-44 | ELECTRIC FITNESS                |
| ADAM     | FRANCE           | MALE OPEN - 40-44 | CROSSFIT KANGA ROCKS            |
| JAMIE    | COTTER           | MALE OPEN - 45-49 | THE PEOPLE'S GYM CROSSFIT       |
| ASHLEY   | RYAN             | MALE OPEN - 45-49 | CROSSFIT 4720                   |
| DARRIN   | SARGEANT         | MALE OPEN - 45-49 | CROSSFIT MIGHT                  |
| JONATHON | WALTERS          | MALE OPEN - 45-49 | CROSSFIT UNREST                 |
| JASON    | KACZUK           | MALE OPEN - 45-49 | WISER1                          |
| DAVID    | SMITH            | MALE OPEN - 50-54 | CROSSFIT 786                    |
| GARY     | EVANS            | MALE OPEN - 50-54 | CROSSFIT4115                    |
| BRAD     | CURRELL          | MALE OPEN - 50-54 | CROSSFIT MIGHT                  |
| GRAEME   | ORR              | MALE OPEN - 50-54 | CROSSFIT 786                    |
| MICHAEL  | BLAIR            | MALE OPEN - 50-54 | CROSSFIT RI                     |
| ASHOO    | RANJITH          | MALE OPEN - 55-59 | CROSSFIT KANGA                  |
| ANTHONY  | EARL             | MALE OPEN - 55-59 | CROSSFIT SPEED                  |
| MITCHELL | BENGSTON         | MALE RX - 30-34   | CROSSFIT BROADBEACH             |
| MARTYN   | TO               | MALE RX - 30-34   | CROSSFIT ALIVE                  |
| THOMAS   | BLAIN            | MALE RX - 30-34   | CROSSFITHBZ                     |
| COREY    | STEWART          | MALE RX - 30-34   | CROSSFIT 4115                   |
| CALEB    | MATHESON-JOHNSON | MALE RX - 30-34   | CROSSFIT ALIVE                  |
| JIMMY    | MCCONACHY        | MALE RX - 35-39   | CROSSFIT CQ                     |
| CHRIS    | IRELAND          | MALE RX - 35-39   | CROSSFIT CARV                   |
| DALLAS   | O'RILEY          | MALE RX - 35-39   | CROSSFIT 4115                   |
| DALE     | FINLAYSON        | MALE RX - 35-39   | CROSSFIT ALIVE                  |
| MATTHEW  | SCULLY           | MALE RX - 35-39   | CROSSFIT 4017                   |
| JUSTIN   | CLUFF            | MALE RX - 40-44   | MARLIN COAST CROSSFIT           |
| JAMIE    | DALTON           | MALE RX - 40-44   | CROSSFIT CQ                     |
| SIMON    | COLLEY           | MALE RX - 40-44   | CROSSFIT DA FONZ                |
| WADE     | BIDGOOD          | MALE RX - 40-44   | CROSSFIT 4720                   |
| JASON    | AH-WONG          | MALE RX - 40-44   | CROSSFIT 4165                   |
| ED       | MCNALLY          | MALE RX - 45-49   | MARLIN COAST CROSSFIT           |
| GREG     | WOODGER          | MALE RX - 45-49   | CROSSFIT MARYBOROUGH            |
| TONY     | PENTECOST        | MALE RX - 45-49   | CROSSFIT FLAWLESS               |
| CHRIS    | EVANS            | MALE RX - 45-49   | CROSSFIT DESIRE                 |
| SCOTT    | WOOD             | MALE RX - 45-49   | CROSSFIT KANGA                  |
| DION     | WALMSLEY         | MALE RX - 50-54   | CROSSFIT KANGA                  |
| GREG     | HENWOOD          | MALE RX - 50-54   | CROSSFIT 4165                   |
| PAUL     | SUTHERLAND       | MALE RX - 50-54   | CROSSFIT 4165                   |
| CRAIG    | WEATHERLEY       | MALE RX - 50-54   | CROSSFIT SPEED UNBOUND ATHLETIC |
| CLEVE    | SKELTON          | MALE RX - 50-54   | CROSSFIT KANGA                  |
| BRETT    | CHAPMAN          | MALE RX - 55-59   | CROSSFIT WESTERN FRONT          |
| GUY      | PACKARD          | MALE RX - 55-59   | CROSSFIT DUALITY                |

|        |          |                 |                        |
|--------|----------|-----------------|------------------------|
| ANDREW | GILBERT  | MALE RX - 55-59 | CROSSFIT BROADBEACH    |
| BRENT  | HARDING  | MALE RX - 55-59 | UNAFFILIATED - LOCO HQ |
| PETER  | JOHNSTON | MALE RX - 60+   | CROSSFIT ALIVE         |
| TERRY  | HARRIS   | MALE RX - 60+   | CROSSFIT TOOWOOMBA     |

## VIC

|            |               |                   |                                |
|------------|---------------|-------------------|--------------------------------|
| TENIELLE   | TUGWELL       | FEMALE OPEN 30-34 | CROSSFIT RAPT                  |
| NICOLE     | HENDERSON     | FEMALE OPEN 30-34 | CROSSFIT RESPONSE              |
| BIANCA     | GAUCI         | FEMALE OPEN 30-34 | CROSSFIT RESPONSE              |
| STACEY     | KOIA          | FEMALE OPEN 30-34 | CROSSFIT RESPONSE              |
| SAMANTHA   | O'REILLY      | FEMALE OPEN 30-34 | SOVEREIGN CITY CROSSFIT        |
| NATASCHA   | VAN DEN BRINK | FEMALE OPEN 35-39 | CROSSFIT CRANBOURNE            |
| PAIGE      | HILDER        | FEMALE OPEN 35-39 | CROSSFIT IRON BEAR             |
| SHANNON    | COMBEN        | FEMALE OPEN 35-39 | CROSSFIT SURF COAST            |
| DEB        | FRIEND        | FEMALE OPEN 35-39 | SURFCOAST CROSSFIT             |
| BEC        | ALLAN         | FEMALE OPEN 35-39 | WESTBORNE - CROSSFIT BRAYBROOK |
| DEB        | MCDONALD      | FEMALE OPEN 40-44 | CROSSFIT 3340                  |
| RUTH       | WARD          | FEMALE OPEN 40-44 | CROSSFIT ANARCHY               |
| LISA       | PURCELL       | FEMALE OPEN 40-44 | CROSSFIT BELLS BEACH           |
| JOEDIE     | ROBINSON      | FEMALE OPEN 40-44 | CROSSFIT STR                   |
| STELLA ANN | BORLAND       | FEMALE OPEN 40-44 | INDEPENDENT                    |
| RACHEL     | JAMES         | FEMALE OPEN 45-49 | CROSSFIT ANARCHY               |
| REBECCA    | MASUGLIA      | FEMALE OPEN 45-49 | CROSSFIT RESPONSE              |
| LEANNE     | GALEA         | FEMALE OPEN 45-49 | CROSSFIT RESPONSE              |
| JO         | TOMS          | FEMALE OPEN 45-49 | CROSSFIT WANGARATTA            |
| STEFANIE   | GREEN         | FEMALE OPEN 50-54 | CROSSFIT 3340                  |
| LINDA      | MCKELLAR      | FEMALE OPEN 50-54 | CROSSFIT ANARCHY               |
| LORETTA    | GULLIFER      | FEMALE OPEN 50-54 | CROSSFIT MULGRAVE              |
| ALISON     | SUTHERLAND    | FEMALE OPEN 50-54 | CROSSFIT WARRNAMBOOL           |
| VANESSA    | HOATH         | FEMALE OPEN 50-54 | CROSSFIT121                    |
| SHARON     | WILLIAMS      | FEMALE OPEN 50-54 | YOUFIT                         |
| VICKI      | FRISK         | FEMALE OPEN 55-59 | CROSSFIT ANARCHY               |
| ANGELA     | WAGSTAFF      | FEMALE OPEN 55-59 | CROSSFIT CALDER                |
| JENNY      | SCOTT         | FEMALE OPEN 55-59 | CROSSFIT MOORABBIN             |
| DEE        | FAIRBROTHER   | FEMALE OPEN 55-59 | CROSSFIT MORELAND              |
| SHELLEY    | NICHOLSON     | FEMALE OPEN 55-59 | CROSSFIT WARRNAMBOOL           |
| DEBORAH    | GROSSMAN      | FEMALE OPEN 60+   | CROSSFIT STR                   |
| WENDY      | BACALJA       | FEMALE OPEN 60+   | CROSSFIT UNDERWAY              |
| JULIE      | RHODES-WALSH  | FEMALE OPEN 60+   | CROSSFIT WANGARATTA            |

|              |             |                   |                                   |
|--------------|-------------|-------------------|-----------------------------------|
| SHEENA       | BEGBIE      | FEMALE RX 30-34   | CARDINIA CROSSFIT                 |
| LOREN        | LAUDER      | FEMALE RX 30-34   | CROSSFIT HOPPERS CROSSING         |
| ERIN         | TAYLOR      | FEMALE RX 30-34   | CROSSFIT RESPONSE                 |
| MADELEINE    | HUGGINS     | FEMALE RX 30-34   | CROSSFIT TURMOIL                  |
| JENNA        | LENICH      | FEMALE RX 30-34   | CROSSFIT TURMOIL                  |
| JULIE        | LAHAUSSE    | FEMALE RX 35-39   | CROSSFIT IRON BEAR                |
| CONNIE       | SOURLATZIS  | FEMALE RX 35-39   | CROSSFIT PROJECT BAYSIDE          |
| BROOKE       | IRIKS       | FEMALE RX 35-39   | CROSSFIT SOUTH WHARF              |
| DIANA        | DIXON       | FEMALE RX 35-39   | EMP CROSSFIT                      |
| CANDICE      | CRELLIN     | FEMALE RX 35-39   | THE BOX CHELSEA                   |
| TAMARA       | POTTS       | FEMALE RX 40-44   | CFRESPONSE                        |
| MAREE        | DIMITRIADIS | FEMALE RX 40-44   | CROSSFIT IRON BEAR                |
| LISA         | FALLON      | FEMALE RX 40-44   | CROSSFIT SOUTH WHARF              |
| CLARE        | GREEN       | FEMALE RX 40-44   | CROSSFIT121                       |
| KIRSTEN      | BOLTON      | FEMALE RX 40-44   | SURF COAST XFIT                   |
| JOANNE       | WOLTERS     | FEMALE RX 45-49   | CROSSFIT ANARCHY                  |
| MICHELLE     | BROWN       | FEMALE RX 45-49   | CROSSFIT BOX HILL                 |
| KIM          | MACGREGOR   | FEMALE RX 45-49   | CROSSFIT CRANBOURNE               |
| JO           | NOYES       | FEMALE RX 45-49   | CROSSFIT CROYDON                  |
| VANESSA      | ROBINSON    | FEMALE RX 45-49   | CROSSFIT HALLAM                   |
| DANIJELA     | HODGES      | FEMALE RX 45-49   | CROSSFIT NOBLE PARK               |
| IVANKA       | PIERI       | FEMALE RX 50-54   | CROSSFIT DEXTERITY                |
| ELIZABETH    | SCACCO      | FEMALE RX 50-54   | CROSSFIT DRC                      |
| CORAL        | SEMMENS     | FEMALE RX 50-54   | CROSSFIT KENKO                    |
| SONIA        | DE ROSE     | FEMALE RX 50-54   | CROSSFIT SOUTH WHARF              |
| PRICYLA      | WARD        | FEMALE RX 55-59   | CROSSFIT ANARCHY                  |
| ELIZABETH    | HANNIGAN    | FEMALE RX 55-59   | CROSSFIT DEXTERITY                |
| NELLA        | FORTE       | FEMALE RX 55-59   | CROSSFIT DROMANA                  |
| ELSIE        | NICHOLSON   | FEMALE RX 55-59   | CROSSFIT SOUL REBEL GREENSBOROUGH |
| PAM          | WILSON      | FEMALE RX 55-59   | CROSSFIT WARRNAMBOOL              |
| GEORGINA     | NELSON      | FEMALE RX 55-59   | UFT PLAYGROUNDS                   |
| DENESE       | BILLINGS    | FEMALE RX 60+     | CROSSFIT DIAMOND VALLEY           |
| AVRIL        | FRANKENFELD | FEMALE RX 60+     | CROSSFIT MOORABBIN                |
| MEREDITH     | PRIME       | FEMALE RX 60+     | CROSSFIT MORELAND                 |
| PATRICIA     | ANNETT      | FEMALE RX 60+     | CROSSFIT WARRNAMBOOL              |
| PHILIP       | DUNNE       | MALE OPEN - 30-34 | CORE STRENGTH FITNESS             |
| PAUL ANTHONY | PONCE       | MALE OPEN - 30-34 | CROSSFIT RESPONSE                 |
| DANIEL       | PROUT       | MALE OPEN - 30-34 | CROSSFIT RESPONSE                 |
| LOGAN        | MARSHALL    | MALE OPEN - 30-34 | CROSSFIT WARRNAMBOOL              |
| ROBERTO      | GRIMMER     | MALE OPEN - 30-34 | EMP CROSSFIT                      |

|             |             |                   |                                 |
|-------------|-------------|-------------------|---------------------------------|
| MATTHEW     | PIERIS      | MALE OPEN - 35-39 | CROSSFIT 121                    |
| JAMIE       | FREEMANTLE  | MALE OPEN - 35-39 | CROSSFIT ANARCHY                |
| ADAM        | VASSALLO    | MALE OPEN - 35-39 | CROSSFIT BELLS BEACH            |
| BRAD        | ATKINSON    | MALE OPEN - 35-39 | CROSSFIT MULGRAVE               |
| SIMON       | BOYD        | MALE OPEN - 35-39 | CROSSFIT WARRNAMBOOL            |
| HERNAN      | LOPEZ       | MALE OPEN - 40-44 | CROSSFIT IRON BEAR              |
| CLINTON     | WILLETTS    | MALE OPEN - 40-44 | SHEDLOCK TRAINING SYSTEMS       |
| JARED       | ROUSSAC     | MALE OPEN - 40-44 | YOUFIT                          |
| JAMES       | MARSHALL    | MALE OPEN - 45-49 | CROSSFIT ANARCHY                |
| CAMERON     | DAVISON     | MALE OPEN - 45-49 | CROSSFIT MULGRAVE               |
| MARK        | NUNAN       | MALE OPEN - 45-49 | CROSSFIT STR                    |
| MAX         | MICHAEL     | MALE OPEN - 45-49 | THE BOX CHELSEA                 |
| BRAD        | FYFE        | MALE OPEN - 45-49 | YOUFIT                          |
| MARK        | HOVEY       | MALE OPEN - 50-54 | BELLS BEACH CROSSFIT            |
| MARK        | GRIFFIN     | MALE OPEN - 50-54 | CROSSFIT DROMANA                |
| MICK        | GULLIFER    | MALE OPEN - 50-54 | CROSSFIT MULGRAVE               |
| KIERAN      | O'CONNOR    | MALE OPEN - 50-54 | PERFIT BALLARAT                 |
| DAVID       | DE VRIES    | MALE OPEN - 50-54 | WESTBOURNE - CROSSFIT BRAYBROOK |
| DAMIAN      | CAREW       | MALE OPEN - 55-59 | CROSSFIT ANARCHY                |
| DAVID       | GRIMES      | MALE OPEN - 55-59 | CROSSFIT ANARCHY                |
| MARTIN      | NEILD       | MALE OPEN - 55-59 | CROSSFIT WARRNAMBOOL            |
| DAVID       | PLATT       | MALE OPEN - 60+   | CROSSFIT BELLS BEACH            |
| PETER       | ANDERSON    | MALE OPEN - 60+   | CROSSFIT CALDER                 |
| CHRIS       | DELLIOS     | MALE OPEN - 60+   | CROSSFIT HOPPERS CROSSING       |
| CHRIS       | MEDCRAFT    | MALE RX - 30-34   | CROSSFIT CRAIGIEBURN            |
| CHRISTOPHER | KUFNER      | MALE RX - 30-34   | CROSSFIT CRAIGIEBURN            |
| COREY       | ALLEN       | MALE RX - 30-34   | CROSSFIT DRC                    |
| JASON       | BROWN       | MALE RX - 30-34   | CROSSFIT VERDE                  |
| ANTHONY     | EBERY       | MALE RX - 30-34   | PERFIT CROSSFIT BALLARAT        |
| STEVEN      | JENNER      | MALE RX - 35-39   | CROSSFIT IRON BEAR              |
| MARK        | DORAN       | MALE RX - 35-39   | CROSSFIT IRON BEAR              |
| JOE         | TUCKER      | MALE RX - 35-39   | CROSSFIT RAPT                   |
| GUY         | RENEW       | MALE RX - 35-39   | CROSSFIT IRON BEAR              |
| CRAIG       | STEEL       | MALE RX - 35-39   | EMP FIT                         |
| SHANON      | PURCELL     | MALE RX - 40-44   | CROSSFIT BELLS BEACH            |
| MARK        | URSU        | MALE RX - 40-44   | CROSSFIT IRON BEAR              |
| SIMON       | SAVAGE      | MALE RX - 40-44   | CROSSFIT SOUTH WHARF            |
| DAN         | TULLY       | MALE RX - 40-44   | CROSSFIT STR                    |
| FABIAN      | DEGAILLANDE | MALE RX - 40-44   | INDEPENDENT                     |
| SCOTT       | OLIVER      | MALE RX - 45-49   | CARDINIA CROSSFIT               |
| PETER       | HARWOOD     | MALE RX - 45-49   | CROSSFIT ANARCHY                |

|         |           |                 |                      |
|---------|-----------|-----------------|----------------------|
| SCOTT   | WEBB      | MALE RX - 45-49 | CROSSFIT CRAIGIEBURN |
| SAM     | GUY       | MALE RX - 45-49 | CROSSFIT MORELAND    |
| JASON   | PALLPRATT | MALE RX - 45-49 | INDEPENDENT          |
| DARREN  | SAVICKAS  | MALE RX - 50-54 | BRING IT ON CROSSFIT |
| DAVE    | OWENS     | MALE RX - 50-54 | CROSSFIT MOORABBIN   |
| MARK    | STIEGLER  | MALE RX - 50-54 | CROSSFIT STR         |
| PETER   | IVANECKY  | MALE RX - 50-54 | CROSSFIT WARRNAMBOOL |
| CRAIG   | IVES      | MALE RX - 50-54 | EMP CROSSFIT         |
| DAVID   | MACGREGOR | MALE RX - 55-59 | CROSSFIT CRANBOURNE  |
| MICHAEL | LANDERS   | MALE RX - 55-59 | CROSSFIT DEXTERITY   |
| ROSS    | FORTE     | MALE RX - 55-59 | CROSSFIT DROMANA     |
| TONY    | COLVILLE  | MALE RX - 55-59 | CROSSFIT HASTINGS    |
| ROSS    | MACKAY    | MALE RX - 55-59 | CROSSFIT121          |

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|----------|------------|-------------------|------------------------------|
| DANNI    | HAMANN     | FEMALE OPEN 30-34 | CROSSFIT LOADED              |
| BROOKE   | WILLOUGHBY | FEMALE OPEN 35-39 | BLUE LAKE CROSSFIT           |
| AMY      | HUNT       | FEMALE OPEN 40-44 | INDEPENDENT- BACKYARD BOX 10 |
| HAYLEY   | BRUMBY     | FEMALE OPEN 40-44 | CROSSFIT ADELAIDE            |
| KRISTIE  | KASELOW    | FEMALE OPEN 40-44 | HILLTOP CROSSFIT             |
| ABBIE    | CLARKE     | FEMALE OPEN 40-44 | CROSSFIT LOADED              |
| SARAH    | HARRISON   | FEMALE OPEN 40-44 | CROSSFIT ADELAIDE            |
| LEAH     | EGAN       | FEMALE OPEN 45-49 | CROSSFIT BROKEN HILL         |
| DEARNE   | MARAFIOTI  | FEMALE OPEN 45-49 | CROSSFIT TENACITY            |
| JOANNE   | HARVY      | FEMALE OPEN 45-49 | BLUE LAKE CROSSFIT           |
| JULIE    | POWER      | FEMALE OPEN 45-49 | CROSSFIT LOADED              |
| TRUDY    | SWEENEY    | FEMALE OPEN 50-54 | CROSSFIT TENACITY            |
| LYNLY    | PANNUNZIO  | FEMALE OPEN 60+   | CROSSFIT LOADED              |
| DANI     | SENIOR     | FEMALE RX 30-34   | SOUL 365                     |
| VICTORIA | JARVIS     | FEMALE RX 35-39   | HILLTOP CROSSFIT             |
| KATE     | JOHNSON    | FEMALE RX 35-39   | CROSSFIT ADELAIDE            |
| SARAH    | APPLEBY    | FEMALE RX 35-39   | CROSSFIT ADELAIDE            |
| KAREN    | MILLER     | FEMALE RX 60+     | CROSSFIT LOADED              |
| RIC      | HAMBROOK   | MALE OPEN - 35-39 | V2 FIT ST MARYS              |
| ADRIAN   | HUNT       | MALE OPEN - 35-39 | BACKYARD BOX TEN             |
| GARTH    | WILLOUGHBY | MALE OPEN - 40-44 | BLUE LAKE CROSSFIT           |
| AARON    | BRUMBY     | MALE OPEN - 40-44 | CROSSFIT ADELAIDE            |
| PAUL     | SCHOFIELD  | MALE OPEN - 45-49 | CROSSFIT DOWN UNDER          |
| JIM      | SLATTERY   | MALE OPEN - 50-54 | BLUE LAKE CROSSFIT           |

|         |              |                   |                        |
|---------|--------------|-------------------|------------------------|
| JOHN    | SWEENEY      | MALE OPEN - 50-54 | CROSSFIT TENACITY      |
| TRISTAN | JONES        | MALE RX - 30-34   | INDEPENDENT            |
| RYAN    | HANSELL      | MALE RX - 30-34   | CROSSFIT CAPCOAST      |
| SCOTT   | BROWN        | MALE RX - 30-34   | CROSSFIT VICTOR HARBOR |
| SAM     | JORASLAFSKY  | MALE RX - 35-39   | CROSSFIT LOADED        |
| LEIGH   | PEDRICK      | MALE RX - 35-39   | MESOMORPH CROSSFIT.    |
| DANIEL  | MILLAR       | MALE RX - 35-39   | HILLTOP CROSSFIT       |
| BEN     | NORMAN       | MALE RX - 35-39   | CROSSFIT ADELAIDE      |
| THOMAS  | ROWEN        | MALE RX - 40-44   | CROSSFIT 5000          |
| DOUG    | REID         | MALE RX - 40-44   | CROSSFIT LOADED        |
| MATT    | WHITE        | MALE RX - 40-44   | CROSSFIT IRONMILL      |
| MAT     | HARRISON     | MALE RX - 40-44   | CROSSFIT ADELAIDE      |
| RICHARD | KLEEMANN     | MALE RX - 45-49   | HILLTOP CROSSFIT       |
| MICHEAL | STEWART      | MALE RX - 45-49   | INDEPENDENT YOUFIT     |
| TIM     | POLKINGHORNE | MALE RX - 45-49   | CROSSFIT ADELAIDE      |

## TAS

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|-----------|-------------|-------------------|-------------------|
| KATIE     | MARRINER    | FEMALE OPEN 30-34 | CROSSFIT LEVITATE |
| JENNA     | SOMMERVILLE | FEMALE OPEN 30-34 | CROSSFIT LEVITATE |
| KIMBERLEY | DODGE       | FEMALE OPEN 35-39 | CROSSFIT 42 SOUTH |
| ALISON    | BAKER       | FEMALE OPEN 35-39 | CROSSFIT LEVITATE |
| ALICE     | BARBER      | FEMALE OPEN 35-39 | CROSSFIT 42 SOUTH |
| ALICIA    | LUSTED      | FEMALE OPEN 35-39 | CROSSFIT LEVITATE |
| JAYNE     | LEWIS       | FEMALE OPEN 35-39 | CROSSFIT AGEMA    |
| SHANNON   | WILLIAMS    | FEMALE OPEN 40-44 | CROSSFIT AGEMA    |
| KAREN     | HEATHCOTE   | FEMALE OPEN 40-44 | CROSSFIT AGEMA    |
| TIA       | TOPPINEN    | FEMALE OPEN 40-44 | CROSSFIT 42 SOUTH |
| SALLY     | RIGBY       | FEMALE OPEN 45-49 | CROSSFIT AGEMA    |
| KAREN     | HADLEY      | FEMALE OPEN 50-54 | CROSSFIT AGEMA    |
| LYNN      | BARWICK     | FEMALE OPEN 55-59 | CROSSFIT AGEMA    |
| CANDICE   | AKISTER     | FEMALE RX 30-34   | INDEPENDENT       |
| KATH      | OLECHOWSKI  | FEMALE RX 35-39   | CROSSFIT 42 SOUTH |
| AMANDA    | PARER       | FEMALE RX 45-49   | INDEPENDENT       |
| DELEEN    | ROWBOTTOM   | FEMALE RX 50-54   | CROSSFIT RESONATE |
| NICOLETTE | DUNSTONE    | FEMALE RX 55-59   | INDEPENDENT       |
| ROLAND    | PROUD       | MALE OPEN - 30-34 | CROSSFIT RESONATE |

|         |             |                   |                   |
|---------|-------------|-------------------|-------------------|
| RIAN    | LING        | MALE OPEN - 30-34 | CROSSFIT AGEMA    |
| CHRIS   | MOTTRAM     | MALE OPEN - 30-34 | CROSSFIT RESONATE |
| MATTHEW | JONES       | MALE OPEN - 35-39 | CROSSFIT 42 SOUTH |
| ANTHONY | BUCHANAN    | MALE OPEN - 40-44 | CROSSFIT AGEMA    |
| DEAN    | WATTS       | MALE OPEN - 40-44 | CROSSFIT AGEMA    |
| RICK    | MONTGOMERY  | MALE OPEN - 40-44 | CROSSFIT AGEMA    |
| RUSSELL | JENKINS     | MALE OPEN - 45-49 | CROSSFIT 42SOUTH  |
| LEIGH   | SALTMARSH   | MALE OPEN - 50-54 | CF42S             |
| STUART  | HUGHSON     | MALE OPEN - 50-54 | CROSSFIT RESONATE |
| MICHAEL | VINSON      | MALE RX - 30-34   | CROSSFIT AGEMA    |
| CAMERON | STROUD      | MALE RX - 30-34   | CROSSFIT AGEMA    |
| BEN     | ROBISON     | MALE RX - 30-34   | CROSSFIT AGEMA    |
| MATTHEW | STEVENSON   | MALE RX - 35-39   | CROSSFIT 42 SOUTH |
| BRETT   | SUTTOR      | MALE RX - 35-39   | INDEPENDENT       |
| WADE    | BISSETT     | MALE RX - 35-39   | CROSSFIT 42 SOUTH |
| STEFAN  | LENDVAY     | MALE RX - 35-39   | CROSSFIT AGEMA    |
| BEN     | PARREMORE   | MALE RX - 35-39   | CROSSFIT RESONATE |
| MATTHEW | VAN EMMERIK | MALE RX - 40-44   | CROSSFIT AGEMA    |
| GLEN    | WILLIAMS    | MALE RX - 40-44   | CROSSFIT AGEMA    |
| SEAN    | BLIGHT      | MALE RX - 40-44   | CROSSFIT 42SOUTH  |
| DALE    | HALL-BOWDEN | MALE RX - 40-44   | CROSSFIT 42 SOUTH |
| TRAVIS  | DAWE        | MALE RX - 40-44   | CROSSFIT AGEMA    |
| EDEN    | HILLS       | MALE RX - 45-49   | CROSSFIT RESONATE |
| DAVID   | CATT        | MALE RX - 45-49   | CROSSFIT AGEMA    |
| SASHA   | WONG        | MALE RX - 45-49   | INDEPENDENT       |
| JOHN    | ROWBOTTOM   | MALE RX - 50-54   | CROSSFIT RESONATE |
| JOHN    | WALTERS     | MALE RX - 55-59   | CROSSFIT AGEMA    |

## WA

|          |         |                   |                      |
|----------|---------|-------------------|----------------------|
| KELLY    | COULL   | FEMALE OPEN 30-34 | FAMILY FIRST FITNESS |
| HOLLY    | BARTON  | FEMALE OPEN 30-34 | CROSSFIT VASSE       |
| TEAGAN   | BERTOLI | FEMALE OPEN 30-34 | FAMILY FIRST FITNESS |
| KYLIE    | HILL    | FEMALE OPEN 30-34 | IRON BODY CROSSFIT   |
| MICHELLE | WESTERN | FEMALE OPEN 30-34 | FAMILY FIRST FITNESS |
| KYLIE    | SELKE   | FEMALE OPEN 35-39 | CROSSFIT VASSE       |
| KRISTY   | COOPER  | FEMALE OPEN 35-39 | INDEPENDENT          |
| JULIE    | CRAIG   | FEMALE OPEN 35-39 | FAMILY FIRST FITNESS |
| KYM      | HUNT    | FEMALE OPEN 35-39 | IRON BODY CROSSFIT   |
| CASSIE   | MCNEILL | FEMALE OPEN 35-39 | FAMILY FIRST FITNESS |

|           |               |                   |                                    |
|-----------|---------------|-------------------|------------------------------------|
| KARA      | O'HALLORAN    | FEMALE OPEN 40-44 | CROSSFIT CHASING BETTER            |
| DEE       | CHERRY        | FEMALE OPEN 40-44 | IRONBODY CROSSFIT                  |
| KRISTINA  | HOY           | FEMALE OPEN 40-44 | HPM CROSSFIT                       |
| MARIE     | DAWSON        | FEMALE OPEN 40-44 | F1 FAMILY FIRST FITNESS            |
| ANDREA    | BLAIN         | FEMALE OPEN 40-44 | FAMILY FIRST FITNESS               |
| MICHELLE  | JONES         | FEMALE OPEN 45-49 | CROSSFIT BUNBURY                   |
| KRISTIE   | ROWE          | FEMALE OPEN 45-49 | IRONBODY CROSSFIT                  |
| LYN       | PHILLIPS      | FEMALE OPEN 45-49 | IRONBODY CROSSFIT                  |
| RACHELLE  | BREAKWELL     | FEMALE OPEN 45-49 | FAMILY FIRST FITNESS               |
| HINEMIHI  | RIKIHANA      | FEMALE OPEN 45-49 | CROSSFIT BUNBURY                   |
| GAYE      | COCKRAM-JOYCE | FEMALE OPEN 60+   | THE MOVEMENT FITNESS AND WELLBEING |
| PAULINE   | MATTHEWS      | FEMALE OPEN 60+   | CROSSFIT ACCESS MORLEY             |
| BEVERLEY  | MURPHY        | FEMALE OPEN 60+   | INJUSTICE                          |
| LYN       | PITTS         | FEMALE OPEN 60+   | INJUSTICE CROSSFIT                 |
| MARCIA    | GHEDINA       | FEMALE RX 30-34   | CROSSFIT CHASING BETTER            |
| EMILY     | VANDENBERG    | FEMALE RX 30-34   | FAMILY FIRST FITNESS               |
| REBECCA   | STOKES        | FEMALE RX 30-34   | CROSSFIT BUNBURY                   |
| PIRITI    | DARGAVILLE    | FEMALE RX 30-34   | IRONBODY CROSSFIT                  |
| JENNA     | MURRAY        | FEMALE RX 30-34   | CROSSFIT BUNBURY                   |
| RENEE     | MACLENNAN     | FEMALE RX 35-39   | CROSSFIT LONG HAUL                 |
| SHERYL    | TREGIDGO      | FEMALE RX 35-39   | CROSSFIT BUNBURY                   |
| ERIN      | TASELL        | FEMALE RX 35-39   | CROSSFIT HPM                       |
| LAURA     | DIMMER        | FEMALE RX 35-39   | CROSSFIT HPM                       |
| NATALIE   | SCIBILIA      | FEMALE RX 35-39   | INDEPENDENT - GENER8 BULLSBROOK    |
| HELENA    | HODGES        | FEMALE RX 35-39   | INDEPENDENT - ODYSSEY PERFORMANCE  |
| ORLA      | BRENNAN       | FEMALE RX 40-44   | FAMILY FIRST FITNESS               |
| JESSICA   | LABELLE       | FEMALE RX 40-44   | HUMAN PERFORMANCE MANAGEMENT       |
| REBECCA   | BROWN         | FEMALE RX 40-44   | CROSSFIT VASSE                     |
| LISA      | WOOD          | FEMALE RX 40-44   | CROSSFIT HPM                       |
| MELISSA   | JAMES         | FEMALE RX 40-44   | RFX CROSSFIT                       |
| MICHELLE  | WONG          | FEMALE RX 40-44   | FAMILY FIRST FITNESS               |
| MEAGAN    | SPOWART       | FEMALE RX 45-49   | CFSOUTHWEST                        |
| JULIE     | WHITE         | FEMALE RX 45-49   | INDEPENDENT - ODYSSEY PERFORMANCE  |
| ERIN      | KITSON        | FEMALE RX 45-49   | CROSSFIT ACCESS WANGARA            |
| REBECCA   | VANCE         | FEMALE RX 45-49   | INJUSTICE CROSSFIT                 |
| JACKIE    | SEARIES       | FEMALE RX 50-54   | CROSSFIT CHASINGBETTER             |
| MICHELLE  | THOMPSON      | FEMALE RX 50-54   | AFFILIATED                         |
| ELIZABETH | BENTLEY       | FEMALE RX 55-59   | HPM CROSSFIT                       |
| WENDY     | NEWBERT       | FEMALE RX 55-59   | CROSSFIT NORSEMAN                  |
| FIONA     | LAMBRICK      | FEMALE RX 55-59   | NICHE CROSSFIT                     |
| DEBBIE    | WOODS         | FEMALE RX 60+     | HILLSIDE CROSSFIT                  |



|          |            |                   |  |
|----------|------------|-------------------|--|
| KAREN    | SALISBURY  | FEMALE RX 60+     | 35 DEGREES SOUTH                           |
| MICHAEL  | DASTLIK    | MALE OPEN - 35-39 | CROSSFIT HPM                               |
| MATTHEW  | HANTLER    | MALE OPEN - 35-39 | FAMILY FIRST FITNESS                       |
| BRETT    | BAKER      | MALE OPEN - 40-44 | CROSSFIT VASSE                             |
| RAJU     | NARAYANAN  | MALE OPEN - 40-44 | HILLSIDE CROSSFIT                          |
| SHANE    | BAGGETTA   | MALE OPEN - 40-44 | CROSSFIT BUNBURY                           |
| MARK     | ANDERSON   | MALE OPEN - 40-44 | CROSSFIT VASSE                             |
| ANEIL    | PRASAD     | MALE OPEN - 40-44 | IRONBODY CROSSFIT                          |
| JOHN     | MILLS      | MALE OPEN - 45-49 | IRONBODY CROSSFIT                          |
| DAVID    | CLARK      | MALE OPEN - 45-49 | IRONBODY CROSSFIT                          |
| JASON    | KUHNE      | MALE OPEN - 45-49 | INDEPENDENT BANDON STRENGTH & CONDITIONING |
| DAVID    | MCKAY      | MALE OPEN - 45-49 | CROSSFIT CHASING BETTER                    |
| TOM      | NICHOLLS   | MALE OPEN - 45-49 | CROSSFIT ACCESS MORLEY                     |
| WAYNE    | PITTS      | MALE OPEN - 50-54 | INJUSTICE CROSSFIT                         |
| CRAIG    | SHOEBRIDGE | MALE OPEN - 50-54 | IRONBODY CROSSFIT                          |
| BRYAN    | WILLIAMS   | MALE OPEN - 50-54 | CROSSFIT CHASING BETTER                    |
| JOHN     | CASSIDY    | MALE OPEN - 50-54 | IRONBODY CROSSFIT                          |
| HENRY    | DOS SANTOS | MALE OPEN - 55-59 | CROSSFIT FIBRE                             |
| ALAN     | DEATH      | MALE OPEN - 60+   | THE MOVEMENT DUNSBOROUGH                   |
| DANNY    | SMITH      | MALE RX - 30-34   | CROSSFIT HPM                               |
| CRAIG    | CAMPBELL   | MALE RX - 30-34   | NORTHBOUND CROSSFIT                        |
| MITCHELL | BRYCE      | MALE RX - 30-34   | CROSSFIT SUPERBOX                          |
| MICHAEL  | BALL       | MALE RX - 30-34   | CROSSFIT HPM                               |
| ANDY     | PRICE      | MALE RX - 30-34   | CROSSFIT CHASINGBETTER                     |
| AIDAN    | DAWSON     | MALE RX - 35-39   | CROSSFIT ACCESS                            |
| RYAN     | WOODALL    | MALE RX - 35-39   | INJUSTICE CROSSFIT                         |
| JAKUB    | KAWKA      | MALE RX - 35-39   | CROSSFIT ACCESS                            |
| PAUL     | BLACKFORD  | MALE RX - 35-39   | INDEPENDENT                                |
| JOEL     | MACKAY     | MALE RX - 35-39   | CROSSFIT BUNBURY                           |
| RYAN     | CRAIG      | MALE RX - 35-39   | FAMILY FIRST FITNESS                       |
| MATTY    | HAYDON     | MALE RX - 40-44   | INJUSTICE CROSSFIT                         |
| SIMON    | WALKER     | MALE RX - 40-44   | INJUSTICE CROSSFIT                         |
| JEREMY   | TAYLOR     | MALE RX - 40-44   | RFX CROSSFIT                               |
| PETER    | HULBERT    | MALE RX - 40-44   | CROSSFIT ARTAX                             |
| TROY     | ANDRICH    | MALE RX - 40-44   | CROSSFIT VASSE                             |
| ARIN     | ABBOT      | MALE RX - 45-49   | CROSSFIT6714                               |
| TONY     | JAMES      | MALE RX - 45-49   | RFX CROSSFIT                               |
| TONY     | BARTLETT   | MALE RX - 45-49   | IRONBODY CROSSFIT                          |
| TYRON    | MARSHALL   | MALE RX - 45-49   | FAMILY FIRST FITNESS                       |
| EDWARD   | BEER       | MALE RX - 45-49   | CROSSFIT ARTAX                             |

|      |       |                 |                   |
|------|-------|-----------------|-------------------|
| ROSS | CARDY | MALE RX - 55-59 | IRONBODY CROSSFIT |
|------|-------|-----------------|-------------------|

## NZ

|          |            |                   |                                      |
|----------|------------|-------------------|--------------------------------------|
| CHRISSEY | APOLINARIO | FEMALE RX 30-34   | CROSSFIT CRAIGIEBURN                 |
| JUDIT    | BERTA      | FEMALE OPEN 35-39 | INSTINCT FITNESS - THORNDON CROSSFIT |
| RIA      | PHILLIPS   | FEMALE OPEN 40-44 | CROSSFIT ALLIANCE                    |
| KELLY    | WARREN     | FEMALE OPEN 45-49 | CROSSFIT ALLIANCE                    |
| LYNDA    | ROYAL      | FEMALE OPEN 50-54 | INDEPENDENT                          |
| CHARYSE  | COLE       | FEMALE RX 50-54   | CROSSFIT ALLIANCE                    |
| SCOTT    | ADAM       | MALE OPEN - 35-39 | CROSSFIT ALLIANCE                    |
| PAUL     | HAMMOND    | MALE OPEN - 45-49 | EVOLVE FITNESS                       |
| CLAYTON  | KELLETT    | MALE OPEN - 45-49 | CROSSFIT ALLIANCE                    |
| CHRISTO  | NEL        | MALE RX - 40-44   | CROSSFIT ALLIANCE                    |
| SIMON    | DREWE      | MALE RX - 40-44   | CROSSFIT ALLIANCE                    |
| BRODIE   | LAWRENCE   | MALE RX - 40-44   | CROSSFIT ALLIANCE                    |
| TAATI    | HEKE       | MALE RX - 45-49   | HPM                                  |
| REUBEN   | LAWRENCE   | MALE RX - 45-49   | CROSSFIT 5011                        |
| MAEA     | WINITANA   | MALE RX - 45-49   | CROSSFIT BUNBURY                     |
| TIM      | PATON      | MALE RX - 50-54   | CROSSFIT ALLIANCE                    |
| KELVIN   | CLARK      | MALE RX - 50-54   | CROSSFIT ALLIANCE                    |
| KIM      | HAWKE      | MALE RX - 55-59   | CROSSFIT ALLIANCE                    |

## SEA

|           |          |                 |                           |
|-----------|----------|-----------------|---------------------------|
| ELANA     | FINDLOW  | FEMALE OPEN 60+ | CROSSFIT WANDERLUST       |
| ROZITA    | AJMAIN   | FEMALE RX 40-44 | INDEPENDENT               |
| BRONWYN   | CLACHER  | FEMALE RX 45-49 | INDEPENDENT - DISTRICT 13 |
| ELIZABETH | SILCOCK  | FEMALE RX 60+   | CROSSFIT WANDERLUST       |
| MATT      | BOLTON   | MALE RX - 35-39 | CROSSFIT WANDERLUST       |
| DAVE      | DRISKELL | MALE RX - 40-44 | CROSSFIT WANDERLUST       |
| HANS      | SAPUTRA  | MALE RX - 40-44 | CROSSFIT WANDERLUST       |

## **NT**

|        |            |                 |                          |
|--------|------------|-----------------|--------------------------|
| SAI    | FITISEMANU | FEMALE RX 35-39 | CENTRAL OUTBACK CROSSFIT |
| SONJA  | KERR       | FEMALE RX 35-39 | CENTRAL OUTBACK CROSSFIT |
| TREVOR | KERR       | MALE RX - 35-39 | CENTRAL OUTBACK CROSSFIT |
| SHANE  | TAN        | MALE RX - 40-44 | CENTRAL OUTBACK CROSSFIT |

## **INTERNATIONAL INDEPENDANT**

|                |              |                 |                  |
|----------------|--------------|-----------------|------------------|
| LYNNEL         | JONES        | FEMALE RX 45-49 | CROSSFIT AMPED   |
| MARTINE        | BELOEIL      | FEMALE RX 60+   | COCONUT CROSSFIT |
| GABRIEL AGUIAR | AGUIAR PEREZ | MALE RX - 45-49 | INDEPENDENT      |
| ROY            | BRITO        | MALE RX - 50-54 | CROSSFIT NEWTOWN |

## **WILDCARDS - TOP 200 IN WORLD (CFG)**

DANIEL FINE

JOHN POWDERLY

GREG SHAMBROOK

DAVE COSTA

SIMONE THOMPSON

DENESE BILLINGS

NICO DUNSTONE

TRENT COLMER

BRONWYN CLACHER

KYLIE JONASSON

RONNIE WHITESIDE

DREW GRIFFITH

GEORGINA JARDENS

FIONA LAMBRICK

SCOTT WILLIAMS

MAEA WINITANA

SONYA CAMERON

JOEL CHANT

LARRY PHILLIPS

MATT LARKIN  
JOSH DEANE  
JUDITH TYNAN  
CAROL EDELSON  
SASCHA TANK  
JASON BANKS  
VICKI WEBBER  
WENDY NEWBERT  
JO NOYES  
ELIZABETH HANNIGAN  
LIZ SILCOCK  
KIRSTEN MCKESSAR  
MARK UREN  
KATE MORRIS  
CHARLOTTE BARTLETT  
WENDY NEWBERT  
ALEX MANOLAROS  
CHRIS ROBINSON

# MASTERSHQ SEMI FINAL

## Date: 13th July 2019

- Victoria CrossFit South Wharf
- Australian Capital Territory CrossFit SFS
- New South Wales CrossFit Norwest - Annangrove
- South Australia Mesomorph Crossfit
- Western Australia Injustice Crossfit
- Tasmania: CrossFit Agema
- New Zealand: CrossFit Alliance
- South East Asia: CrossFit Wanderlust

## DATE: 14th July 2019

- Queensland: CrossFit Kanga Rocks

## VIDEO SUBMISSION: 27 June - 3 July 2019

- Northern Territory: Video submission
- USA, Mexico and New Caledonia independent: Video submission

## **Semi Final workouts programmed by Raw Strength & Conditioning**

All semi finalists across every state/region will be completing the same workouts. Age divisions and categories will be scaled accordingly.