

1st Annual HercFit Invitational

Crossfit Nanaimo

Session 1 - Female - 53kg - 75kg

Lot	Start	Name / Nom	Team/Équipe	DOB / DDN	BW / PC	Snatch / Arraché				C & J / É & J				Total	Sinclair	Rank	Pnts
						1	2	3	Rank	1	2	3	Rank				
		53 kg															
032	01	WESTLIND, Mihaela	ULT	1988	52.30	56	56	60	1	62	66	70	1	126	192.1108	1	84
		58kg															
039	02	PAYNE, Madeline	HWC	1954	54.70	27	29	29	1	36	38	39	1	68	100.0533	1	84
		63kg															
043	03	SHORTT, Lynn	VCW	1961	62.70	22	24	26	3	27	29	31	3	57	75.9901	3	69
079	04	EMSLIE, Heather	HWC	1963	60.40	26	26	26	2	30	32	34	2	60	82.0608	2	75
068	05	KOENE, Alannah	UNN	1993	62.50	53	53	55	1	62	65	68	1	121	161.6584	1	84
		69kg															
031	06	GIROUX, Dallyn	HWC	1991	65.30	42	44	44	2	56	58	60	2	104	135.0148	2	75
084	07	PAYNE, Tanna	HWC	1980	65.70	56	59	61	1	74	78	80	1	137	177.1672	1	84
058	08	FARRELL, Robin	VCW	1974	65.80	29	31	34	3	38	41	43	3	75	96.8961	3	69
100	09	HEIRANI MOGHADDAM, Sarv	CAO	1996	67.50	60	60	60	-	-	-	-	-	0	0.0000	-	
		75 kg															
036	10	LEITHOFF, Valerie	VCW	1991	70.70	50	52	54	1	64	66	68	1	120	148.4530	1	84

Ed Fergusson

Dale Milford

Kim Rai

1st Annual HercFit Invitational

Crossfit Nanaimo

Session 2 - Male - 62kg - 105+kg

Lot	Start	Name / Nom	Team/ Équipe	DOB / DDN	BW / PC	Snatch / Arraché				C & J / É & J				Total	Sinclair	Rank	Pnts
						1	2	3	Rank	1	2	3	Rank				
		62 kg															
076	01	COOPER, Terry	CAO	1955	60.00	42	42	43	1	56	57	59	1	100	148.1030	1	84
		69 kg															
093	02	JAGER, Quinlan	HWC	1994	67.20	73	76	78	1	84	84	88	1	166	227.1763	1	84
		77kg															
025	03	LOCHHEAD, Jason	HWC	1994	76.40	64	67	67	1	84	87	90	1	157	198.5892	1	84
		85kg															
001	04	DAVID, Ebby	HWC	1987	84.80	65	66	68	2	85	90	93	2	161	192.6259	2	75
050	05	TAYLOR, Russ	XNA	1982	83.50	85	85	87	1	110	113	113	1	198	238.7412	1	84
		94 kg															
009	06	BALLATI, Ahron	HWC	1996	91.00	63	66	68	3	87	91	94	3	162	187.4581	3	69
027	07	WELLER, Dylan	KWL	1992	89.60	103	107	110	2	126	131	137	2	238	277.3474	2	75
060	08	KATZ, Bryan	HWC	1991	91.40	103	106	108	1	132	137	140	1	248	286.4105	1	84
		105 kg															
G 008	09	CAMPBELL, Jesse	UXX	1993	100.60	99	100	100	-	130	130	132	-	0	0.0000	-	
028	10	KORKORSKI, Raf	HWC	1980	104.60	129	134	137	1	153	160	163	1	297	325.0159	1	84
072	11	JENKINS, Chris	HWC	1979	94.90	75	78	82	3	95	100	103	3	181	205.6612	3	69
094	12	EL KARSH, Zeyad	SEM	1995	96.60	115	119	121	2	145	149	149	2	264	297.7746	2	75
		105+kg															
088	13	LEANGEN, Josh	VCW	1992	112.10	68	71	74	1	97	100	104	1	178	190.4057	1	84

Ed Fergusson

Dan Gadd/Dale Milford

Kim Rai