



CROSSFIT GAMES

CrossFit training is sweeping the world – and CrossFit Games are the ultimate test of fitness.

Footnote: CrossFit is, consistently varied functional movement conducted at a relatively high intensity and is ideally suited to military, police, fire fighters, mixed martial arts fighters – in fact, a wide range of professional and novice athletes alike. In the military setting – the CrossFit method of general physical preparedness has benefited many of our elite soldiers who are now more capable of pushing themselves harder, faster and with more precision.

In a gruelling two-day competition at Randwick Racecourse in May, more than 100 of Australia's and New Zealand's fittest male and female athletes competed for a chance to represent our region at the world games in the US in July.

Chris Hogan, Chad Mackay and Bjorn Albrecht-Walker qualified in the men's heats while Rebecca Eastwell, Megan Smith and Lauren Roberts advanced for the women.

At Randwick, as in the US, the athletes were sorely tested in a variety of workouts.

But, true to CrossFit form, none of them knew what disciplines they would be tested in over the weekend, with the details of individual tests not announced until a couple of days before the event – which means athletes must train across a wide range of activities and can't target favourite specialities.

Spectators and organisers of the Australian event in May – only the second year it's been held here – were inspired and amazed by the athletes who gave their all.

Event 4 on the final day – which was attended and photographed by CONTACT – was a brutal test for the men, with many hopefuls crushed by the pace.

Three rounds of six muscle-ups, 12 snatches at 40kg and 18 toes-to-bars proved very challenging, with the accumulation of fatigue from previous workouts bringing many tough men almost to tears.

But, with vocal encouragement from the decent-sized crowd, and from fellow competitors, many personal records were set. Ben Anglis from CF Mornington Peninsula, for example, amazed the crowd achieving a 255kg deadlift.

Affiliate teams events were another crowd pleaser and the teams coordinated themselves in a manner that reflected military precision in workouts that were no easier than the individual workouts.

Event five was suited to the stronger athletes but even they found the combination of six deadlifts (120kg male/70kg female) and six clean and jerk (60kg/30kg) difficult to cope with.

Bjorn Albrecht-Walker was a dark-horse athlete who came from nowhere to take third position and after many of the top athletes failed to complete the fourth event, proving that staying power was better than pure strength in the long run.

At the world games in the US on 16-18 July, Chad Mackay placed 12th, with Chris Hogan in 26th and Bjorn Albrecht-Walker in 38th place.

For the women, Rebecca Eastwell placed 23rd, with Lauren Roberts close behind in 25th and Megan Smith in 35th place.

Commendable results all 'round.



QUALIFYING MEN

Chris Hogan

Chad Mackay

Bjorn Albrecht-Walker

QUALIFYING WOMEN

Rebecca Eastwell

Megan Smith

Lauren Roberts

