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Diedericks at No. 1 in Africa

Johannesburg, Gauteng, South Africa, May 24, 2013—It's no surprise that Rika Diedericks is atop the leaderboard again after the first day of competition at the Africa Regional. The 34-year-old South African won the competition last year and is a former Olympic rower who represented her country in 2008 in Beijing. Meanwhile, David Levey leads the men. In the team competition, only two squads qualified to compete on Saturday: CrossFit Platinum and CrossFit PBM.

All told, individuals completed three workouts on the first of the three-day event, as did teams.

For the individual athletes, the events included CrossFit classic Jackie, comprising a 1000-meter row, 50 45-lbs. thrusters and 30 pull-ups. Both men and women completed the event with a 45-lbs. barbell. Then it was on to a 7-minute ladder of overhead squats. After a 2-minute break, the day ended with 30 burpee muscle-ups for time.

For the teams, the morning also started with Jackie, except they worked in pairs of one man and one woman; both sexes used the same barbell. Squads then had 7 minutes to establish a three-rep max overhead squat. The women took it on first while the men completed as many burpee muscle-ups as possible in 7 minutes. The sexes switched after a 2-minute rest period.

At the end of the day, the overall standings were as follows:

Men

1. David Levey (5 points)
2. Jason Smith (16 points)
3. Neil Scholtz (20 points)

Women

1. Rika Diedericks (5 points)
2. Carla Nunes da Costa (7 points)
3. Celestie Engelbrecht (14 points)

Teams

1. CrossFit Platinum (6 points)
2. CrossFit PBM (7 points)

For complete results, visit <http://games.crossfit.com/leaderboard>.

About CrossFit

CrossFit Inc. is the world's foremost developer of functional fitness programming and a leading accredited certificate issuer for physical training professionals worldwide. Founded by Greg Glassman, CrossFit® is the principal strength-and-conditioning program for hundreds of accomplished and professional athletes and hundreds of thousands of individuals seeking to achieve elite fitness. CrossFit offers specialty certificate courses and programs, including the CrossFit Kids program; publishes the *CrossFit Journal*; and created and operates the CrossFit Games, an annual event that seeks to find and crown the Fittest on Earth™. There are currently more than 4,000 affiliated gyms in the global CrossFit training network. For more information, please visit www.CrossFit.com or <http://www.youtube.com/user/CrossFitHQ>.

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