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Malleolo Wins Regional for Third Year in a Row

Canton, Mass., May 18, 2013—It was a tight race at the North East Regional as both first-place finishers in the men's and women's competition beat their next-closest competitor by only one point. Austin Malleolo won the three-day event for the third consecutive year, while perennial CrossFit Games competitor Spencer Hendel did not secure a podium spot. Danielle Horan took top honors in the women's competition and Team Dynamix placed first among the teams.

Individual athletes completed two events on the final day, as did teams.

For the individual athletes, the morning brought Event 6, which was 100 double-unders, 50 handstand push-ups, 40 toes-to-bar, 30 shoulder-to-overhead with an axle at 100 lbs. for the women and 160 lbs. for the men, and then a 90-foot walking lunge with the same axle in the front-rack position for time. The final event of the competition was four rounds for time of two 15-foot rope-climb ascents, a 100-foot sprint, four squat cleans at 135 lbs. for the women and 225 lbs. for the men, and another 100-foot sprint.

Organizers structured the team events similarly with a curveball. Event 6 for the squads was for time: 100 double-unders (50 each), 50 handstand push-ups while partner holds handstand, 50 toes-to-bar while partner hangs from the bar, 50 shoulder to overhead with axle while partner holds axle in front rack. Then, both partners take a 90-foot walking lunge with the axles in the front-rack position. And, finally, the last team Event was: one male and female complete three

rounds of two 15-foot rope-climb, two squat cleans, then one male and female each complete three rounds of two 15-foot rope climb ascents, three squat cleans, then one male and female each complete three rounds of two 15-foot rope-climb ascents and four squat cleans.

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

Men

1. Austin Malleolo (23 points)
2. Daniel Tyminski (24 points)
3. Eric Magee (49 points)

Women

1. Danielle Horan (17 points)
2. Amanda Goodman (18 points)
3. Kaleena Ladeairous (25 points)

Teams

1. Team Dynamix (19 points)
2. CrossFit Team A (21 points)
3. CrossFit King of Island (32 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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