



2012 CrossFit Regional Overviews

Week One

Canada West Overview

It wouldn't be quite Canadian without a little ice.

This April, CrossFitters met up at the home of the 2010 Winter Olympics long track speed skating events. Yet the ice was long gone and replaced by barbells and Rogue pull-up rigs.

With just two tickets to the 2012 Reebok CrossFit Games per category, Canada West's fans gathered to see if anyone could oust last year's qualifiers Lucas Parker, Jeremy Meredith, and Taranis duo Angie Pye and Alicia Connors.

Some thought the perfect challenger had blown in from the East. Jason Cain, the 2011 Canada East Regional champion, started the weekend at the top of the Leaderboard after winning Diane in 2:11. Yet he couldn't maintain his lead as Lucas Parker and Jeremy Meredith stepped up their game on the events with heavier weights.

With a full ginger beard Lucas "Teen Wolf" Parker led the pack on every event with Olympic lifting. Parker hauled through the 225-pound hang cleans, 100-pound dumbbell snatches, and reached 265 pounds on the snatch ladder, winning Events 2, 3 and 5. Over the course of the weekend, he won three of the six events, set a world record, and showed no major weaknesses, as he never dropped below 5th place. But it still wasn't good enough for 1st.

Jeremy Meredith edged out the defending champion by just one point. Meredith was the king of consistency. He sealed first on only one event, but unlike Parker he never dropped below fourth place and finished in second on the remaining four events.

It was soon clear who would take the men's two berths to the 2012 Reebok CrossFit Games. While Angie Pye locked down one, the second woman's berth hung free until the final event.

To the astonishment of the crowds, the 2011 Canada West champions, Alicia Connors and Angie Pye, faced true challengers in 2012. Janine Walinski, Jolaine Bloom, Emily Beers, and Heather Gillespie repeatedly knocked the champs from the top spots and set off a tight race.

Pye didn't dominate in 2012. Instead, she cruised through with three second place finishes and fourth on Diane. Pye didn't win an event until the last day, and then she went ahead and won both the snatch ladder and the final event.

Connors flew through the 135-pound hang cleans to win Event 2, but suffered a critical blow on the 70-pound dumbbell snatches of Event 3. Connors tried to split snatch the dumbbell, but her slow progress dropped her to 16th. Despite setting a world record on Event 4, Connors spent the weekend trying to close the point gap.

Entering the final event, Pye, Beers and Gillespie were first, second and third overall. As Beers got stuck on the muscle-ups of the first couplet and failed to finish the minimum requirement, Gillespie followed Pye to second place. With her solid performance and Beers out of the race, Gillespie sealed the second berth to the Games.

On the team side, Taranis got off to a fast start setting a world record on Team Diane. Taranis kept up the fast pace throughout the weekend, winning three events and finishing in the top three for all but one event. The CrossFit Fraser Valley Centaurs edged out Synergy Strength by just one point to seal the second berth to the Games. The Centaurs showed their strength on the Olympic lifts, winning the snatch ladder and second event.

Men

Lucas Parker

Jeremy Meredith

Women

Angie Pye

Heather Gillespie

Teams

Team Taranis

CrossFit Fraser Valley Centaurs

South Central Overview

In contrast to 2011's sweltering event, the 2012 South Central Regional was indoors at the Freeman Coliseum in San Antonio, Texas.

The men's competition was a roller coaster with no one person dominating the entire event. The wide range of workouts showed strength and weaknesses of male competitors. Aja Barto, 2011 South Central Regional winner, had to come back from a 19th place finish on Event 1. He fought hard and crawled his way back up the Leaderboard to finish in 3rd place.

Jason Hoggan, 2012 South Central Open winner, was competing in South Central for the first time. Formerly in Mid Atlantic, Hoggan wasn't flustered by the strong competition. He was only one of two men to complete Event 6, which nudged him into 2nd place over Barto.

But it was Bryan Diaz's weekend and the moment of triumph must have been sweet. After falling short on the Regional stage in previous years, Diaz established himself as the frontrunner early in the 2012 competition, performing with confidence and consistency, securing 1st place and spot to the Games.

On the women's side, it was the Azadeh Boroumand Show. Broumand, of Get Lifted CrossFit, finished in 1st place in five of the six workouts. The only woman to beat her in a workout was Ady Shea in Diane, where Boroumand placed 2nd. She and Annie Thorisdottir were the only two women to finish in 1st place five out of six times during Regionals.

2010 CrossFit Games competitor Candice Ruiz earned her second trip to the CrossFit Games after missing qualification in 2011. Apart from a disappointing finish on Diane, she never finished outside of the top five on a workout for the rest of the competition.

Newcomer Kelley Hennigen was perhaps the biggest surprise of the weekend. Competing for the first time at the Regional level, the former college gymnast wasn't fazed by the bright lights and finished in 3rd place and a trip to the CrossFit Games.

CrossFit Dallas Central, Bayou City CrossFit and CrossFit Central qualified for the CrossFit Games on the team side, but not without a fight. Going into the last workout, Dallas Central and Bayou City had the No. 1 and 2 spots, but three teams were vying for that last spot. Veteran competitors and siblings Carey Kepler and Jeremy Thiel joined the CrossFit Central team after years as individual competitors. With a stellar final performance, the team left their rivals in the dust, not wanting to miss out on another year at the Games.

Men

Bryan Diaz

Jason Hoggan

Aja Barto

Women

Azadeh Boroumand

Candice Ruiz

Kelley Hennigan

Teams

CrossFit Dallas Central

Bayou City CrossFit

CrossFit Central

South East Overview

The South East Regional was held April 27-29 at the South Florida Expo Center in West Palm Beach, Fla. When a storm rolled into West Palm Beach, the athletes were grateful to stay dry in the indoor venue. And the fans were happy to get close to the South East Regional action.

Chase Daniels got off to a strong start by finishing sixth or better on the first four events. A 17th-place finish on the snatch ladder set him back, but he snapped back with a win on Event 6. In contrast with Daniels, Brandon Phillips took 25th on Diane, but five consecutive top four finishes, including wins on Events 3 and 5, earned him his fourth consecutive trip to the Games.

Guido Trinidad has attempted to qualify for the Games from the South East for the past three years. After a solid overall Regional performance, including a win on Event 4, Trinidad is going to his first CrossFit Games.

Talayna Fortunato set the tone for the entire weekend with two second-place finishes on Day 1. The former collegiate Division 1 gymnast, heptathlete, and pole-vaulter, never finished below 5th the entire weekend. She finished strong with a 160-lb. winning lift on the snatch ladder and a tie for first in Event 6. Fortunato missed the Games by one spot in 2011—this year she's going.

Jaime Gold represented the Central East with a 26th-place finish at the 2011 Games, but this year she moved to Florida to enroll in a doctorate program for physical therapy. Gold demonstrated impressive power with a 13:32 win on Event 2 and will return to the CrossFit Games for the second time.

Shana Alverson may be the most consistent female Games athlete in the South East. She's represented the region each year since the 2009 Games in Aromas. After a 9th-place finish on Event 4, Alverson entered the final day in fourth place. She beat the odds on Day 3 and moved up to third place, earning another shot at the CrossFit Games.

Like Fortunato, CrossFit Atlanta entered Regionals with a vengeance. Last year, they missed the Games by just one spot. This year, they took 1st in two events and 2nd in two others, finishing with a nine-point lead over CrossFit Adrenaline, the second place finisher. Adrenaline won Event 1, but the heavy snatches in Events 3 and 5 left them in second. The Hustle Hard team rounded out the top three and earned its first trip to the Games.

Men

Chase Daniels

Brandon Phillips

Guido Trinidad

Women

Talayna Fortunato

Jaime Gold

Shana Alverson

Teams

CrossFit Atlanta

CrossFit Adrenaline

Hustle Hard

Africa Overview

The fourth year of Regionals in Africa highlighted the significant growth in the region's CrossFit community, both in the number of participating athletes and in the level of competition among the leading athletes.

There was a mix of heartbreak and surprise at this year's Regional.

The men's competition was a fight to the finish, with three of Africa's top CrossFitters. David Levey, Danie du Preez and Christian Oman took turns on the Leaderboard for the top spot, but in the end Levey left with the gold and the one precious spot to the CrossFit Games to represent Africa. Despite not winning a single event, Levey's well-rounded performance and consistency earned him a first-place finish.

Rika Diedericks was the lone woman after Day 1, being the only athlete to continuously meet the required amount of work required to move from one event to the next. She had everyone wondering if she could complete Event 6 and earn a spot to the Games. She came close in 2011, but could not complete a muscle-up in Amanda, thus missing out on her chance to compete in California. With an incredible show of support from the crowd, she completed the three sets of seven deadlifts and seven muscle-ups, then moved through 21 wall balls and 12 toes-to-bar in the 17-minute time cap. She's now headed to the CrossFit Games as the Fittest Woman in Africa.

Despite a rough start during the three-day competition for the teams in Africa, CrossFit Platinum steadily built a lead over rivals Cape CrossFit, the team that competed for Africa in 2011. The women stood out showing incredible strength, not shaken by the heavy hang cleans and the 70-pound dumbbell. Platinum will be going to the Games to compete for the Affiliate Cup for the first time.

Man

David Levey

Woman

Rika Diedericks

Team

CrossFit Platinum

Asia Overview

The athletes of the Asia Regional showed extraordinary feats of strength, competing on the beautiful grounds of Kyunghee University in Seoul, Korea. While it seemed like an unlikely location for the banging of barbells and the cheers of the crowds, it turned out to be a great venue for the event.

The harsh test of endurance was made even more challenging by the heat in Korea. For the men, Daniel Hershey showed once again he is the fittest in Asia, finishing in the top six for every workout, including two first-place finishes on Events 2 and 4, two grueling and long events. After going to the Games in 2011, Hershey seemed determined and driven to go back and better his 43rd place finish.

Christen Wagner, Candice Howe and Feng Yi Chew were the top women all weekend at the Asia Regional. Chew came in 1st from the Open, but the heavy weight burdened her. Howe and Wagner could handle the weight, but it was Wagner who came out victorious, beating out Howe, who competed at the CrossFit Games in 2011. In the final workout, Wagner sailed through the first two thirds without any hesitation. There was a notable margin between her and the other athletes by the end of the 17-minute workout that helped her secure the spot to the CrossFit Games.

The battle on the team side was between Shogun CrossFit and Reebok CrossFit Asia. Both teams went back and forth taking 1st or 2nd place with Shogun coming out the winner after dominating in the final workout. Shogun team members explained their training is what got them this far, working on specific movements and weaknesses. The box has been open for less than a year and will represent Asia in the Affiliate Cup competition.

Man

Daniel Hershey

Woman

Christen Wagner

Team

Shogun CrossFit

Mid Atlantic Overview

During the weekend of May 4-6, the fittest athletes and teams in the Mid Atlantic competed at the Prince George Learning and Sports Complex. The Mid Atlantic is known one of the toughest regions in CrossFit, and in 2012 its veteran competitors showed the reputation is well deserved. Mid Atlantic's newer faces went up against experienced competitors such as Ben Smith, Gretchen Kittelberger, and RAW Training, who took 3rd, 12th, and 12th at last year's Games, respectively.

After finishing the Open in third place in the region, Ben Smith answered any questions about his capacity by winning five of the six Regional workouts. Smith threw down a 2:07 Diane, snatched 265, and went 90 seconds faster on Event 6 than any other athlete in the world at that point. He will be a top contender at the Games.

Nate Schrader was never within reach of Smith, but the 2011 Games competitor performed solidly nonetheless. At 6'1" and 210 pounds, he threw down a 3:11 time on Diane. Schrader will be looking to improve upon his 14th place finish in 2011. After Smith and Schrader finished a newer face, Brian Quinlan. Quinlan entered Event 6 tied for third with Steve Pinkerton. He blew past Pinkerton in Event 6 to earn his shot at the CrossFit Games.

On the women's side, Georgetown University Hospital nurse Jenn Jones dominated the weekend. Jones won both Day 1 workouts and never finished outside the top three all weekend. She missed the Games by one spot last year, but this year she finished first and will be competing at her first Games this year.

Christy Phillips has been a star in the Mid Atlantic ever since she won the 2009 Mid Atlantic Regional and took 6th at the 2009 Games. 2012 was no exception—Phillips won Event 4 and tied with Jones on Event 6, ending up in second overall. Gretchen Kittelberger rounded out the top 3.

On the team side, Cameron Williams made news by going team. Williams finished first in the Mid Atlantic during the Open, but she chose to compete for CrossFit Greensboro at Regionals. It paid off; Greensboro finished 18 points ahead of any other team, and won Event 6 by a whopping four minutes and 30 seconds. After Greensboro, the race was much closer.

In a three-way tie for second with 32 points were CrossFit Wilmington, RAW Training and CrossFit Explode. The CrossFit Games' tie-breaking system selected RAW Training and CrossFit Explode as the Games-qualifying teams.

Men

Ben Smith

Nate Schrader

Brian Quinlan

Women

Jenn Jones

Christy Phillips

Gretchen Kittelberger

Teams

CrossFit Greensboro

RAW Training

CrossFit Explode

South West Overview

Just below the Rocky Mountains in the town of Castle Rock, Colo., the fittest in the South West fought one of the most contested Regionals of the year.

Chris Spealler, Matt Chan, Zach Forrest, Pat Burke, and Eric O'Connor faced a hard truth: with only three tickets to the 2012 Reebok CrossFit Games on offer, at least two of these veteran Games competitors would not return to the bright lights of Carson, Calif.

The weekend started out with a world record as Spealler locked out his final handstand push-up of Diane when the clock hit 1:52. It would be another two minutes before Chan finished, taking 15th place.

Yet as Chan climbed the Leaderboard in the next events—winning three and never again finishing out of the top three—Spealler plummeted. After taking 13th on Event 2 and 19th on Event 3, Spealler amassed a seemingly devastating number of points.

Standing at 5'4" and weighing 150 pounds on a good day, it was no surprise the 225-pound hang cleans and 100-pound dumbbells fell heavy on Spealler.

But no one could expect what would happen on the final day. To make it to the Games, Spealler had to turn in top performances on two events that didn't play to his favor: the snatch ladder and heavy deadlifts of the final event.

On Event 5, Spealler didn't just do his best; he met his PR and then exceeded it. Immediately after snatching his lifetime PR of 215 pounds, Spealler approached the 225-pound bar. To the explosive cheers of the crowd, he dove under the weight and managed to stand. As Spealler exceeded expectations, Forrest fell short. Finishing at 205—20 pounds short of his PR—Forrest dropped to 17th on the event.

Entering the final event, Spealler was now on the edge in fourth place. To make it to the Games for his sixth year, he had to finish five places ahead of Matt Hathcock in a workout with 345-pound deadlifts. Against the odds, Spealler made the weight fly. As Hathcock paused to breathe on the burpee box jumps, Spealler sped ahead. He locked out his final muscle-up in a dead tie for second alongside Chan.

It was good enough to make it to the Games. At the end of the weekend, Spealler, Burke, and Chan stood atop the podium.

Three training partners from Front Range CrossFit swept the women's competition. At the end of the weekend, 17-year-old CrossFit prodigy Colleen Maher stood atop the podium ahead of 2-time Games individual competitor Jasmine Dever and 2011 Mid Atlantic Regional champ Becky Conzelman.

While many competitors peaked and plummeted from event to event, the top women made it to the podium with top five finishes in nearly every event.

The teams were star studded on the South West. Tommy Hackenbruck and Taylor Richards-Lindsay helped bring Hack's Pack to the top of the podium. Winning three of the six events and taking 2nd on the rest, Hack's Pack is heading to the Games strong. Yet they weren't the only Games vets who went team. Peter Egyed joined Bomb Squad and helped his team earn 3rd.

Men

Matt Chan

Pat Burke

Chris Spealler

Women

Colleen Maher

Becky Conzelman

Jasmine Dever

Teams

Hack's Pack

Front Range

Bomb Squad

Canada East Overview

Fans filled the stands of Toronto, Canada's International Centre on May 11-13 to watch the Canada East Regional. By the time the athletes started the first workout, the venue was already standing room only.

Albert-Dominic Larouche represented Canada East in the 2011 CrossFit Games. With his main rival, Jason Cain, now in Canada West, Larouche set the tone winning Diane by 31 seconds. He performed steadily all weekend and finished 37 points ahead of the nearest competitor.

Matt Lefave achieved the nearly impossible: he recovered from a 38th-place finish on Diane to qualify for the CrossFit Games. He won Event 2 and finished in the top three on the remaining events. At the end of all six events, Lefave was tied with Jeff Larsh for points and edged out Larsh in the tiebreaker.

On the women's side, there was much stiffer competition for the top spot. Two-time Games athlete Camille Leblanc-Bazinet won the Open in Canada East and looked like the overwhelming favorite. Day 1 confirmed those expectations, since Leblanc-Bazinet won both Day 1 events. On Day 2's dumbbell snatch and sprint workout, however, Letendre, Canada East's other 2011 Reebok CrossFit Games athlete, finished in 5:32 to Leblanc-Bazinet's 7:18. Leblanc-Bazinet and Letendre entered the final day tied for first, but

Letendre won both Event 5 and Event 6. In the end, Letendre finished two points ahead of Leblanc-Bazinet, a strong sign she plans to improve upon her finish from 2011. As for Leblanc-Bazinet, she will return to the Games for the third time.

The team competition in Canada East showed the value of consistency and versatility. Lusine CrossFit won three events, but also tied for 17th on Event 3. They finished in second, behind Usine CrossFit Ottawa, who did not win a single event, but finished consistently in the top eight. Lusine CrossFit is making a return trip to the Games, while Usine CrossFit Ottawa will compete there for the first time.

Men

[Albert-Dominic Larouche](#)

[Matt Lefave](#)

Women

[Michele Letendre](#)

[Camille Leblanc-Bazinet](#)

Teams

[Lusine CrossFit](#)

[Usine CrossFit Ottawa](#)

Central East Overview

For the first time ever, fans could watch a Regional competition live. The Central East Regional was packed with Games athletes defending their titles and the world was able to watch on a Jumbotron feed or on ESPN3.

The energy was unbridled as Rich Froning, Graham Holmberg, Dan Bailey, Julie Foucher and Lindsey Smith took the floor to compete in the Central East.

The men in the Central East are some of the best in the world. Champions Froning and Holmberg, and previous Games competitors, Bailey, Nick Urankar and Joe Weigel were competing for a few precious spots back to the Games. Bailey started the weekend strong, setting a world record on Diane beating Chris Spealler's record by almost 20 seconds. After that, world records were broken left and right. Before the final workout, Bailey turned to his friend and training partner, Froning and said, "Let's break another record." And so Froning did, taking 1st place in that event and overall. Bailey finished 2nd with 2010 champ Holmberg taking 3rd. With two champions finishing in the top three, two more spots opened up, allowing newcomers Marcus Hendren and Scott Panchik to qualify. Hendren was safely in 4th place for a chunk of the weekend, leaving the 5th place spot a fight between Panchik and Urankar. Panchik edged his way into 5th by finishing the final event in 4th place.

In the women's competition, Foucher stole the hearts of many as she completed each workout effortlessly, dominating the competition and setting a few world records, as well. Foucher and three-times Games veteran Lindsey Smith were solidly in first and second place all weekend, with the third spot up for grabs. Michelle Kinney had high hopes to return to the Games, but fell to sixth by the end of the weekend. Instead, Heather Welsh swooped in taking third place and her first trip to the CrossFit Games.

SPC CrossFit absolutely dominated the team competition in the Central East. With four first-place finishes and two second-place finishes, SPC had the top spot locked in. CrossFit Maximus secured second place in the final event finishing in 1st, soaring through the final muscle-ups and stealing the show.

The real battle for the teams was among Rogue Gahanna, CrossFit Faith and Jacked and Tan, separated by just two points going into Event 6. After a slow start by the men of Rogue Gahanna, the women saved the day completing their portion of the workout with just one second to spare, securing a spot to the CrossFit Games.

Men

Rich Froning

Dan Bailey

Graham Holmberg

Marcus Hendren

Scott Panchik

Women

Julie Foucher

Lindsey Smith

Heather Welsh

Teams

SPC CrossFit

CrossFit Maximus

CrossFit Gahanna

Latin America

Overview

Cali, Colombia hosted the Latin America Regional from May 11-13. Traditionally, one of the less competitive regions in CrossFit, Latin America made a large leap forward in 2012. At the head of this trend was one man, Orlando Trejo of Peru.

Trejo finished the Open 5th worldwide, one spot below Dan Bailey, and a spot ahead of Neal Maddox, two competitive Games athletes. That performance plus a 335-pound clean and jerk, made Trejo the buzz of Latin America's CrossFit scene.

With little direct competition, Trejo still put up an impressive Regional performance. He completed Event 4 in 19:16, and reached 245 pounds in the snatch ladder, nearly 90 pounds over his bodyweight. After missing the Games by one spot last year, Trejo will get the change to represent Latin America at the Games in 2012.

Most Games fans agreed that the 2012 Regional workouts required a higher than ever level of skill, strength, and power, and it showed in Latin America. Of all Latin American women, only Tarasa Barnett, of CrossFit Cayman, met the minimum work requirements on the six Regional workouts.

Barnett took 43rd at the 2011 Reebok CrossFit Games, but her Regional performance indicated that she's made great improvement in her fitness over the previous year. She blew through Event 6's 225-pound deadlifts and showed improved efficiency on the three sets of seven muscle-ups. When the 17-minute time cap was called, Barnett had reached the final set of wall balls.

In their first year of competition, CrossFit 7 Mile qualified for the CrossFit Games in an explosive fashion. They won every single workout, frequently in dramatic fashion. Their fellow Cayman Islands team CrossFit Cayman featured previous Games athlete Matthew Barnett, but even Barnett could not stop 7 Mile.

Man

Orlando Trejo

Woman

Tarasa Barnett

Team

CrossFit 7 Mile

Southern California

Overview

Under palm trees and sunny skies, the fittest in Southern California took on the brutal Regional Workouts.

It was one tough Regional. To win an event in SoCal, competitors had to approach or break the world record. Between the women and teams, a world record fell after every event except the final.

Kristan Clever, Rebecca Voigt and Valerie Voboril have all stood atop the podium in Carson, Calif. Yet with Lindsey Valenzuela, Katie Hogan, Andrea Ager, and Madelyn Curley determined to make the top three, nothing was secure until the final day.

At the start, the 2010 Fittest Woman on Earth did what she does best: redefine the possible. Clever was the first woman to go sub-two minutes on Diane, setting the world record at 1:54. Only one other woman in the world matched that feat, and it's none other than the 2011 Fittest Woman on Earth Annie Thorisdottir.

The next morning, Lindsey Valenzuela sped through the 70-pound dumbbell snatches and stadium sprints to set the world record at 4:07—shaving 21 seconds off of Julie Foucher's world record.

Entering the final day of competition, Voboril was in the lead, followed by Voigt in second and Clever in third. With only one point separating Clever from Ager, it all came down to the last two events.

On the snatch ladder, Lindsey Valenzuela made up precious ground with a world record lift of 175 pounds. Katie Hogan and Clever followed close behind, snatching 160 to tie for second place.

As the temperature rose into the 80s, the women took on the seemingly endless final event. Clever earned her spot atop the podium by winning the final event in 16:06. Consistent competitors Voigt and Voboril took second and third overall.

If any past champion makes it into the top three, the region receives another ticket to the Games. This year, Clever's podium finish opened up a spot for her Valley CrossFit training partner Valenzuela who was in fourth place despite two world-record shattering performances.

On the men's side of the house, 42-year-old firefighter Bill Grundler showed the kids how it's done, winning Diane in 2:12. Yet he couldn't hold back Jon Pera, Jeremy Kinnick, and Kenneth Leverich for long.

With a deep field of strong, fit men, the men earned the overall lead through consistency across events, not event wins. Pera and Leverich won only one event each, but with no performance below seventh place, they finished atop the podium.

CDR Redlands emerged as one of the world's top teams, setting the world record in two events. On Friday afternoon, Redlands finished the gauntlet of rowing, pistols and heavy hang cleans in 16:57, beating the world record held by Tommy Hackenbruck and Taylor Richards-Lindsay's team by a full 24 seconds. Later, they set the world record on the snatch ladder with a cumulative total of 1,140 pounds.

Yet even with two world-class performances, Redlands came in second. CrossFit Invictus shattered the world record on the fourth event by more than two minutes and earned first overall.

Men

[Jon Pera](#)

[Jeremy Kinnick](#)

[Kenneth Leverich](#)

Women

[Kristan Clever](#)

[Rebecca Voigt](#)

[Valerie Voboril](#)

[Lindsey Valenzuela](#)

Teams

[CrossFit Invictus](#)

[CDR Redlands](#)

[CrossFit SoCal](#)

Australia Overview

The WIN Stadium in Wollongong, Australia, hosted the Australian Regional from May 18-20. Over 200 athletes from Australia and New Zealand headed to the Sydney area to compete in a Regional full of dramatic surprises.

Chad Mackay got off to a slow start with a 17th place finish on Diane, but the 6'0, 225-pound athlete excelled on the next five events. He demonstrated impressive power with a 265-pound lift in Event 5's snatch ladder, but also won Event 4's lengthy combination of squats, overhead lifts, and pull-ups. Mackay finished 12th at the 2010 CrossFit Games, but missed the 2011 Regionals due to a running-related injury.

2011 Reebok CrossFit Games competitor Rob Forte led the men's competition for the first two days. He amassed victories on Events 2 and 6, but a tie for tenth on Event 5's snatch ladder dropped him into second place, behind Mackay. Forte will be looking to improve upon a 30th-place finish at last year's Games. 20-year-old Brandon Swan rounded out the top 3 men. Swan's goal was to finish in the top 10 on each event. He nearly managed that, save an 11th place finish on the tightly-contested Event 3.

Not going to the Games for the first year since 2008 is Chris Hogan. Like Hogan, on the women's side, two of the region's previous Games athletes, Amy Dracup and Amanda Allen, also did not qualify this year. In their place, though, is a new group of impressive women.

Kara Gordon first grabbed the CrossFit world's attention with an 11:56 time on Event 2. It was an 11-second world record at the time, and only Annie Thorisdottir has gone faster since. The 22 year old finished in the top three on all six Regional workouts.

Eight points behind Gordon was Ruth Anderson Horrell. The New Zealand shepherd is the only previous female Games athlete to qualify from this region this year. Denae Brown entered the final workout 11 points out of third place, but never stopped fighting. The combination of her first-place finish on the event plus Allen failing to complete the three sets of muscle-ups clinched Brown her first spot at the CrossFit Games.

Like the men and women, the team competition experienced some big changes this year. An entirely new batch of teams will represent Australia at the Games. Schwartz's CrossFit Melbourne year won the first and final events and won the team competition overall.

CrossFit Athletic benefitted from Philippa Robinson's decision to go team instead of competing as an individual. Robinson ripped through Event 2's hang cleans unbroken, helping CrossFit Active stay in the race on their weakest event. Tropic Thunder entered Event 6 ahead of CrossFit Athletic, but the North Queensland team ended up one point behind CrossFit Athletic at the end of the day.

Men

Chad Mackay

Rob Forte

Brandon Swan

Women

Kara Gordon

Ruth Anderson Horrell

Denae Brown

Teams

Schwartz's CrossFit Melbourne

CrossFit Athletic

Tropic Thunder

North Central

Overview

The 2012 North Central Regional could be renamed the Elisabeth Akinwale and Kyle Kasperbauer Show.

The two competitors stole the attention of the crowds as they won event after event. By the end of the weekend, Kasperbauer had three wins and Akinwale had four.

The woman made world famous for her performance on the Killer Cage in 2011 has returned and she's formidably fit. Last year, Akinwale was still new to CrossFit training when she took second at the North Central Regional and went on to take 13th at the Games. This year, she has another year of training behind her and it shows.

Standing at 5'7" and weighing 160 pounds, the former gymnast has body control, tremendous power and stamina. She won four of the six events, and took third on the other two. And her wins weren't a sign of a weak region. To win, Akinwale put in scores that were competitive on the world stage.

Even after a burpee penalty for not properly advancing the dumbbell, Akinwale managed to set a world record on the dumbbell sprint. She finished all 40 70-pound dumbbell snatches and four stadium sprints in just four minutes and six seconds.

Many competitors with a physique like Akinwale's suffered on Diane, but made up ground when the weights got heavier. Although she couldn't quite cinch first, Akinwale still managed to finish all of the handstand push-ups and deadlifts in 3:01 for third.

Kasperbauer is a new name for some. He competed in the 2009 CrossFit Games before joining CrossFit Omaha at the 2011 CrossFit Games Affiliate Cup. Now, he's back in the individual competition and blowing the other men out of the water. Kasperbauer caught the crowd's attention from the start, winning Diane and Events 2 and 4. He stayed consistent throughout, taking his worst hit on the snatch ladder when his 225-pound snatch was only good enough for 8th place.

At the end of the weekend, Akinwale and Kasperbauer stood atop the podium. In second were Stacie Tovar and Phillip Kniep, and Justin Allen and Deborah Cordner Carson followed in third. For the first time, CrossFit Omaha missed qualification for the Games. CrossFit Jenks, CrossFit Kilo and QCCF Awesome will represent the region in Carson, Calif.

Men

[Kyle Kasperbauer](#)

[Philip Kniep](#)

[Justin Allen](#)

Women

[Elisabeth Akinwale](#)

[Stacie Tovar](#)

[Deborah Cordner Carson](#)

Teams

[CrossFit Jenks](#)

[CrossFit Kilo](#)

[QCCF Awesome](#)

Northern California

Overview

With sunny weather and to the sound of bagpipes, athletes, judges, spectators and volunteers gathered at the Santa Clara County Fairgrounds for the Northern California Regional for the second year. The competition kicked off with the National Anthem sung by 9-year-old Lyle Sadie Belger.

The big story on the men's side in NorCal was competitors, training partners and friends Jason Khalipa and Neal Maddox. The athletes traded first and second place for the first five events, tying for first the majority of the weekend. It was the final event that separated the two when Khalipa finished in first and Maddox in sixth. Even more impressive, Khalipa and Maddox managed to break records on Events 2 and 3 that seems impossible to break.

With the No. 1 and 2 spots locked in, there were two more spots for men since Khalipa is the 2008 champion. Former Games competitors Blair Morrison, Gabe Subry and Joey Warren were three men fighting for two spots. By Day 3, Subry had a solid hold on third, with Warren and Morrison fighting for the final spot. Warren finished the final event in second place, edging out Morrison by just six points.

The women's field was stacked with well-known names Annie Sakamoto, Jenny LaBaw, Elyse Umeda, Miranda Oldroyd, and more. Sakamoto kicked off the weekend with an impressive 2:05 Diane and never left the top three. With three first-place finishes, the 2011 Spirit of the Games recipient earned her second trip to the Home Depot Center finishing in second place overall. LaBaw, sixth place at the 2011 Reebok CrossFit Games, showed consistency throughout the competition and moved into first place by Day 2. She held on to that throughout the brutal Events 4 and 6 to take gold overall. Candace Hamilton Hester has been around the CrossFit community for as long as the Games, if not longer. A CrossFit pioneer, Hamilton Hester's strong performances allowed her earn her first trip to the Home Depot Center. She never fell out of the top 10 and cleared her spot with five points to spare.

In an exciting event on the team side, CrossFit 808 was in the top three for the first five events and finished in first place. Rocklin CrossFit, Diablo CrossFit Anejo and TJs Gym Mill Valley were all vying for the last two spots throughout the weekend. TJs Gym was in a good position after finishing first on the snatch ladder Event, but on the final workout, one team member couldn't get a muscle-up and they slid to fourth place overall. Diablo snuck into third, with a first place finish on the final workout for a return trip to the Games. Rocklin CrossFit showed consistency with five top four rankings and will return to the Games with many of the same athletes from the 2011 team.

Men

Jason Khalipa

Neal Maddox

Gabe Subry

Joey Warren

Women

Jenny LaBaw

Annie Sakamoto

Candace Hamilton Hester

Teams

CrossFit 808

Rocklin CrossFit

Diablo CrossFit

Europe Overview

Even before volunteers hung signs and built the Rogue pull-up rigs in Copenhagen, Denmark, Europe's ardent fans knew at least four new competitors would make it to the Games.

It was based on simple math. Only two of last year's seven Games qualifiers would return to the 2012 Europe Regional. As their peers were sidelined by injury, Annie Thorisdottir and Mikko Aronpaa headed into the Regional healthy and determined to win.

Without Sam Briggs, some thought Thorisdottir would run away with the title Fittest Woman in Europe. Yet it didn't play out that way.

Iceland Annie had to run from her own shadow. A 19-year-old Icelandic former gymnast—just like Thorisdottir in 2009—shocked the world by revealing her enormous potential in live competition. Katrin Tanja Davidsdottir chased Thorisdottir through every event. For the first two days, Thorisdottir took first and Davidsdottir followed close in second. On the final day, Davidsdottir led the climb through the snatch ladder. As Thorisdottir faltered at 160 pounds, Davidsdottir successfully lifted 165 for the win.

Both women turned in times that were competitive not just in Europe, but worldwide. On Friday, Thorisdottir matched the world record on Diane, finishing in 1:54 to tie Kristan Clever, and then beat the world record on Event 2 by nine seconds. Incredibly, Davidsdottir would have beaten Julie Foucher in three of the six events—Events 1, 2, and 5.

As expected, Icelandic women swept the top three spots. Thorisdottir, Davidsdottir and Thuridur Erla Helgadóttir stood atop the podium at the end of the weekend. Because Thorisdottir is a Games champion, a fourth spot opened up for Caroline Fryklund of Sweden.

Until the final day of the Regional, Hungarian competitor Lacey Kovacs was the man to beat with Frederik Aegidius and Mikko Aronpaa close behind, and Numi Snaer Katrinarson trailing in fourth. But on Sunday morning, fortunes shifted as Kovacs struggled on the snatch ladder, missing the 205-pound bar and settling out at a 195 pound snatch and no double-unders for 26th place.

Entering the final event, Kovacs was in 3rd and Katrinarson was just one point behind. Katrinarson sped through the deadlifts, muscle-ups, wall balls and toes-to-bars to take a strong lead. Kovacs chased him, but couldn't keep up. Katrinarson won and Kovacs took second. Now tied with 44 points, it came down to a tiebreak. Katrinarson had two wins to Kovacs's one thereby earning him the third and final berth to the 2012 Reebok CrossFit Games.

CrossFit Reykjavik, dominated the team competition, accumulating just seven points across the six events. Reykjavik took 2nd on the dumbbell snatch, following 18 seconds behind fellow Icelandic team CrossFit Sport, but won the rest. By the end of the weekend, CrossFit Reykjavik, CrossFit Sport, and Danish team Butcher's Lab were the top three.

Men

Frederik Aegidius

Mikko Aronpää

Númi Snaer Katrinarson

Women

Annie Thorisdottir

Katrin Tanja Davidsdottir

Thuridur Erla Helgadóttir

Caroline Fryklund

Teams

CrossFit Reykjavik

CrossFit Sport

Team Butchers Lab

North East

Overview

Reebok Headquarters in Canton, Mass., held the North East Regional for the second year in a row. The North East competed from May 25-27, so they already knew what most of the other regions had achieved on the Regional workouts. Reebok employees who couldn't make it to the competition followed the action from their cubicles overlooking the field.

Reebok CrossFit One head coach Austin Malleolo won the North East Regional again this year. Unexpectedly, Malleolo was outside the top three overall after the first half of the competition. Malleolo fought back in the next three events, finally jumping ahead of Daniel Tyminski by winning the final workout. Tyminski, a Long Island affiliate owner who found CrossFit while serving in the Army in Iraq, won Events 3 and 4. He finished 25th at last year's CrossFit Games.

Spencer Hendel qualified the Games in his typical, dramatic fashion. He entered the final workout a point out of third, but a 14:25 time on Event 6 launched Hendel ahead of David Charbonneau and qualified him for his fourth CrossFit Games. Hendel moved from the South East to the North East this year to coach with Malleolo at Reebok CrossFit One.

On the women's side, Jenny Davis was the sole Games veteran to qualify. The Connecticut rugby player took third at last year's Regional, but this year her steady performance, including a win on Event 3, yielded a win. Alicia Gomes competed on the CrossFit Route One team last year, but this year the 33-year-old decided to compete as an individual. Gomes, a former Division 1 gymnast, excelled in Diane's handstand push-ups and Event 6's muscle-ups, winning both events.

Jessa Lemoine finished 19th in the region in the Open, but she stepped up her performance in live competition at the Regional. Lemoine finished in third overall, ahead of previous Games competitors Kelly Steadman (fourth) and Stacey Kroon (seventh).

CrossFit New England took a risk this season. The 2011 Affiliate Cup champs brought on three new team members. After a fifth-place finish on the first event, some wondered if New England made a mistake. Nonetheless, New England won four of the next five workouts and set a world record on Event 3. Another Massachusetts team, CrossFit Southie, finished 19 points behind, in second. Vermont-based Champlain Valley CrossFit edged out CrossFit Milford in the final event, clinching their first shot at the CrossFit Games.

Men

[Austin Malleolo](#)

[Daniel Tyminski](#)

[Spencer Hendel](#)

Women

[Jenny Davis](#)

[Alicia Gomes](#)

[Jessa Lemoine](#)

Teams

[CrossFit New England](#)

[CrossFit Southie](#)

[Champlain Valley CrossFit](#)

North West Overview

Held at the Puyallup Fairgrounds in Puyallup, Wash., in the Americraft Showplex, the North West Regional kicked off with a strong showing from men, women and teams.

The Games will welcome three new male competitors from the North West. Kevin Simons, from CrossFit Basic, finished first in the Open and lived up to this result by starting off the weekend winning Diane. His rankings fluctuated throughout the weekend, but five top 10 performances put him in second place overall and his first trip to the CrossFit Games. Yurii Hanson finished at the top after three grueling days of competition. He earned his spot through consistency and a near two-minute win on Event 4. Hanson, from CrossFit Billings, edged out Simons for first place by just one point. Third place, Austin Stack had three 2nd place finishes throughout the competition to earn 36 points total, just two points behind Simons.

The women's competition was exciting and heartbreaking. Two-time Games competitor Ashleigh Moe announced just days before Regionals she had to bow out of the competition due to an ankle injury. That left veterans Cheryl Brost and Samantha Petersen to defend their titles of fittest in the North West. Brost dominated the competition all weekend and never let go of her first-place rank. Petersen was never out of the top seven, winning Event 2 and tying Brost for Event 6. The two athletes and friends embraced when the competition was over, knowing they would be returning to the Games together. Third place was a mystery until the final event—it could go one of two ways. Unaffiliated Alexandra Seal and Allison King from Kirkland CrossFit went back and forth sitting in third, but it was King who finished six places better than Seal on the final event. King will be making her first trip to the Games this year.

The team event in the North West was just as exciting as the individual competition. Ben Stoneberg, 2011 Games competitor joined his team, CrossFit Intensify, along with fourth place 2011 Regional finisher Kendall Burnham. Intensify went head to head with 2010 Affiliate Cup champions CrossFit Fort Vancouver. Each team took turns finishing in the top three, even tying on Event 5. It was Fort Vancouver's only finish out of the top three that allowed Intensify to pull ahead and win the team competition with Fort Vancouver following by two points. Spokane Valley earned a 3rd place at the Regional and will be making its first trip to the Games.

Men

Yurii Hanson

Kevin Simons

Austin Stack

Women

Cheryl Brost

Samantha Petersen

Allison King

Teams

CrossFit Intensify

CrossFit Fort Vancouver

CrossFit Spokane Valley