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Froning, Webb Lead CrossFit Games Individual Competition

Carson, California, July 23, 2014—The 2014 Reebok CrossFit Games opened for the individual competitors at 9 a.m. at Hermosa Beach Pier.

A total of 43 males and 42 females entered the surf in two heats to complete a workout consisting of swimming, kettlebell thrusters and burpees. Former All-American swimmer and lifeguard Jordan Troyan led from start to finish, with Jonne Koski of Finland in second and Navy SEAL Josh Bridges in third.

The women's event was won by a sailor who usually has no desire to leave the boat.

"To be honest, I'm scared of the water," said Anna Tunnicliffe, who won a gold medal in sailing at the 2008 Olympic Games. She was 25 seconds ahead of Chyna Cho of California. Kara Webb of Australia took third.

Forty-three teams also dove into the Pacific in an event that required them to push a rescue sled for 1,000 yards. Australia's CrossFit Athletic was first, NorCal CrossFit was second, and CrossFit Invictus of San Diego was third.

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The individual competitors also completed a second event under the lights at the StubHub Center: three attempts to register a one-rep-max overhead squat. Webb won the event with a lift of 250 lb., Camille Leblanc-Bazinet of Canada was second (242 lb.), and Americans Amanda Goodman and Cassidy Lance tied for third (241 lb.).

On the men's side, defending Games champ Rich Froning tied with rookie Mathew Fraser for first (377 lb.), and Tommy Hackenbruck was third, just one pound back of the leaders.

After the evening event, the top three overall are Froning, Fraser and Noah Ohlsen. The female leaders are Webb, Leblanc-Bazinet and Lance.

The individuals and teams rest on Thursday and resume competition on Friday. The masters champions will be crowned on Thursday.

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

About CrossFit

CrossFit Inc. is the developer and provider of the CrossFit® Fitness Program and a recognized worldwide leader in functional fitness. Founded by Greg Glassman and built on the foundations of constantly varied, high-intensity functional movements, education and collaborative competition, CrossFit-brand workouts develop strength and fitness while cultivating community and camaraderie in each of the more than 10,000 affiliated gyms in its global network. CrossFit Inc. is a leading accredited certificate issuer for physical-training professionals worldwide and offers specialty certificate programs in addition to its core curriculum. CrossFit Inc. publishes the CrossFit Journal, promotes physical and cognitive health and fitness through the CrossFit Kids Foundation, and created and operates the CrossFit Games, an annual competition where elite athletes compete to be named the Fittest on Earth™. To learn more, visit www.CrossFit.com, [Facebook.com/CrossFit](https://www.facebook.com/CrossFit) or <http://www.youtube.com/CrossFitHQ>.

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