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Masters Champs Crowned at 2014 Reebok CrossFit Games

Carson, California, July 24, 2014—After eight events spread over three days, competition concluded in 10 masters divisions at the 2014 Reebok CrossFit Games. The individual and team competitions started July 23 and continue July 25-27.

Tested by deadlifts, handstand walks, rope climbs and more, 200 athletes from 40 to 69 competed to be named the fittest in their age groups. Masters athletes began competition in the CrossFit Games Open in February, and the top 200 worldwide in each category completed an additional four workouts in April as part of the Masters Qualifier. The top 20 in each category then qualified to the CrossFit Games.

The competition was characterized by outstanding feats of athleticism by competitors who are redefining fitness for older athletes. For instance, 60-year-old Lones Stern-Banks deadlifted 295 lb. in one event, while 57-year-old John Mariotti walked on his hands for 75 feet in another.

Scott Olson, 62, of Colorado became the first three-time masters champion by winning the 60+ Division for the third year in a row. Only Rich Froning and Olson have won three

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consecutive CrossFit Games titles. Mary Beth Litsheim of Colorado, winner in 2011, won her second championship, and Amanda Allen of Australia has now won the 40-44 Division two years in a row.

The 10 champions are as follows:

Masters Men 40-44: Shawn Ramirez (U.S.A.)
Masters Women 40-44: Amanda Allen (Australia)
Masters Men 45-49: Jerry Hill (U.S.A.)
Masters Women 45-49: Kim Holway (U.S.A.)
Masters Men 50-54: Will Powell (U.S.A.)
Masters Women 50-54: Mary Beth Litsheim (U.S.A.)
Masters Men 55-59: Steve Hamming (U.S.A.)
Masters Women 55-59: Susan Clarke (Canada)
Masters Men 60-plus: Scott Olson (U.S.A.)
Masters Women 60-plus: Karen Wattier (U.S.A.)

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, Games.CrossFit.com, Facebook.com/CrossFit or <http://www.youtube.com/CrossFitHQ>.

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