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Webb, Koski and Mackay Lead CrossFit Games

Carson, California, July 22, 2015—All 17 CrossFit Games divisions saw action today. Masters and Teenage athletes completed their second day of competition, while Individual and Team athletes opened hostilities at Hermosa Beach Pier.

Masters and Teenage champions will be crowned Thursday, but the other divisions still have three days of competition before the medals and cash are awarded.

For the fifth consecutive year, Individual athletes were tested by water in the first event. Santa Monica Pier, Camp Pendleton, Woollett Aquatics Center and Hermosa Beach Pier were the sites for prior years' events, and the Games returned to Hermosa Beach in 2015 for an Individual event involving swimming and paddleboarding. Teams were tested by rescue-sled swimming and deadlifts with the Worm, a series of sandbags encased in a long sleeve.

Later in the day, teams completed a relay run at the StubHub Center. Individual athletes closed out Wednesday by moving sandbags up and down the stairs of the tennis stadium, using a wheelbarrow to truck the load across the floor. The event was a throwback to 2010, when athletes were faced with a similar but lighter challenge.

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After two events, Kara Webb (Australia) leads the women's competition, with Anna Tunnicliffe (USA) in second and Ragnheiður Sara Sigmundsdóttir (Iceland) in third. On the men's side, Jonne Koski (Finland) is tied for first with Chad Mackay (Australia), followed by Mathew Fraser (USA). CrossFit Solid from Sweden is in first in the Team Division, followed closely by a pair of Australian teams: CrossFit Athletic and Schwartzs CrossFit Melbourne.

After a day off, the Individuals will resume competition on Friday with Murph, a classic CrossFit workout dedicated to Lt. Michael P. Murphy, a U.S. Navy SEAL who was killed in 2005 in Afghanistan. Since that year, CrossFit Hero workouts have been created to pay tribute to men and women who died in service. Murph is a 1-mile run, 100 pull-ups, 200 push-ups, 300 squats and another 1-mile run. A weighted vest or body armor is sometimes worn during the workout.

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 12,000 affiliated gyms in CrossFit's 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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