



PRESENTS

2023

the

CALIFORNIA OPEN IKO WORLD CHAMPIONSHIP



Competition results, 20-25th February 2023



**ATTENDANCE
IN PERSON**



 **YouTube**
VIDEO SUBMISSIONS

2022

2021

2020

2019

2018

2017

2016

2015

2014

2013



Competition results
20 – 25 February 2023

How would you like to attend the event	First and Last Name	Age division	Club or Organization you are representing	Your Coach First and Last Name	Weight Class (actual)	COMPETITION Weight Class	Kettlebell weight	Event	Event time (duration)	Sport Rank Achieved	Result (reps, points)	Place Finish	Video links
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female 10min LONG CYCLE

Video submission	Judi DeMuro	LEGENDS	Orange Kettlebell Club	Denis Vasilev	66kg/ 145lb Featherweight	OPEN	16kg	Double LONG CYCLE	10 minutes	CMS	69 reps	1 Place	https://youtu.be/s5DKot9KQgg
IN PERSON	Luciana Padilla	OPEN Division	None	Denis Vasilev	66kg/ 145lb Featherweight		16kg	Double LONG CYCLE	10 minutes	CMS	66 reps	2 Place	
Video submission	Aubrey Holle	OPEN Division	Mighty Mammal Fitness	Zack Combs	80kg/ 175lb Welterweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 2	58 reps	3 Place	https://youtu.be/sjyEumDYTZA
IN PERSON	Breton Boudreaux	OPEN Division	Strong Map	Jessica Gorman	66kg/ 145lb Featherweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 1	47 reps	4 Place	
Video submission	Saga Wessman	OPEN Division	Pride Conditioning	Douglas Seamans	52kg/ 115lb Strawweight		16kg	Double LONG CYCLE	10 minutes	----	20 reps	5 Place	https://youtu.be/tueYdDe4o0A
Video submission	Julia Persson	OPEN Division	IFC Skurup	Anders Håkansson	80+kg/ 175+lb Super Welterweight	OPEN	12kg	Double LONG CYCLE	10 minutes	Sport Rank 1	105 reps	1 Place	https://youtu.be/3LkD_g61Cvk
Video submission	Ulrika Assarsson	OPEN Division	IFC Skurup	Roger Saheli	74kg/ 165lb Super Lightweight		12kg	Double LONG CYCLE	10 minutes	Sport Rank 1	86 reps	2 Place	https://youtu.be/hYKj7fMfYCN0
Video submission	Regine Sulit	OPEN Division	KettleBB Club PH	Denis Vasilev	80+kg/ 175+lb Super Welterweight		12kg	Double LONG CYCLE	10 minutes	Sport Rank 1	80 reps	3 Place	https://youtu.be/ELQJUF-9csg
Video submission	Brandi Wimsatt	OPEN Division	Mighty Mammal Fitness	Zack Combs	66kg/ 145lb Featherweight		12kg	Double LONG CYCLE	10 minutes	Sport Rank 1	66 reps	4 Place	https://youtu.be/23xOw3-92dc
Video submission	Elisa Tommasini	OPEN Division	asd etruskulpture	Francesco Cariello	61kg/ 135lb Bantamweight	OPEN	8kg	Double LONG CYCLE	10 minutes	Sport Rank 1	108 reps	1 Place	https://youtu.be/rROjuDIECw
IN PERSON	Shannon Smith-Bernardin	OPEN Division	Orange Kettlebell Club	Denis Vasilev	61kg/ 135lb Bantamweight		8kg	Double LONG CYCLE	10 minutes	Sport Rank 1	102 reps	2 Place	

female 10min BIATHLON

IN PERSON	Jillian Hicks	OPEN Division	Self coached	Self Coached	70kg/ 155lb Lightweight	OPEN	20kg	BIATHLON (double JERK + SNATCH)	10 minutes	CMS	138 points (J 81+Sn 114)	1 Place	
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female 10min SNATCH

IN PERSON	Karen Kinsella	LEGENDS	Swing This Kettlebell Club	Joe Daniels	80+kg/ 175+lb Super Welterweight	OPEN	16kg	SNATCH only	10 minutes	CMS	158 reps	1 Place	
Video submission	Maxine Smith	LEGENDS	Rock Hard Training & Kettlebells	Don Grant	57kg/ 125lb Flyweight	OPEN	12kg	SNATCH only	10 minutes	CMS	170 reps	1 Place	https://youtu.be/pHD_OZ3QvDA

female 5min LONG CYCLE

Video submission	Kesumawati Binte Supaar	OPEN Division	Airahsjdfitness	Norshairah Siratjudin	80+kg/ 175+lb Super Welterweight	OPEN	8kg	Double LONG CYCLE	5 min	----	31 reps	1 Place	https://youtu.be/IGTAH7amyVQ
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female 5min TRIATHLON

Video submission	Katie Terry	OPEN Division	Bearss Fitness	Joshua Bearss	74kg/ 165lb Super Lightweight	OPEN	12kg	TRIATHLON (double LC + double JERK + SNATCH)	5 min	Sport Rank 2	110.3 points (LC 37+J 38+Sn 96)	1 Place	JERK: https://youtu.be/KPG2RVG80Iw LC: https://youtu.be/NXLc9MfcdTE SNATCH: https://youtu.be/BIOic88hXY
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female 5min SNATCH only

IN PERSON	Jessica Gorman	OPEN Division	StrongMap	Aaron Vyvial	61kg/ 135lb Bantamweight	OPEN	24kg	SNATCH only	5 min	CMS	54 reps	1 Place	
Video submission	Annie Muliari Bte Mohd Yunos	OPEN Division	Hybrid Strength	Annie M Yunos (Mimi Yunos)	66kg/ 145lb Featherweight	OPEN	16kg	SNATCH only	5 min	Sport Rank 2	72 reps	1 Place	https://youtu.be/4xmECBtpyNA

the CALIFORNIA OPEN IKO WORLD CHAMPIONSHIPS



ATTENDANCE IN PERSON + **YouTube VIDEO SUBMISSIONS**

Competition results 20 – 25 February 2023

How would you like to attend the event	First and Last Name	Age division	Club or Organization you are representing	Your Coach First and Last Name	Weight Class (actual)	COMPETITION Weight Class	Kettlebell weight	Event	Event time (duration)	Sport Rank Achieved	Result (reps, points)	Place Finish	Video links
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male 10min LONG CYCLE

Video submission	Jacopo Reali	OPEN Division	Fit or Fight_ wksf, Italia	Valerio Perullo	89kg/ 195lb Super Middleweight	OPEN	32kg	Double LONG CYCLE	10 minutes	MSIC	80 reps	1 Place	https://youtu.be/8tyg43pC-w	
Video submission	James Ross	OPEN Division	GS Science	James Ross	89kg/ 195lb Super Middleweight		32kg	Double LONG CYCLE	10 minutes	MS	66 reps	2 Place	https://youtu.be/Bcxk45VNI8k	
Video submission	Tim Barrett	OPEN Division	Mamakating Kettlebell Club	ular coach (though hardly self-	102+kg/ 225+lb Super Heavyweight		32kg	Double LONG CYCLE	10 minutes	Sport Rank 1	41 reps	3 Place	https://youtu.be/SuB0Wj8mTC0	
Video submission	Dixon Bross	OPEN Division	Buncha Jerks KC	Roger Saheli	102kg/ 225lb Heavyweight	OPEN	28kg	Double LONG CYCLE	10 minutes	Sport Rank 1	60 reps	1 Place	https://youtu.be/VzBrr0kDuk	
Video submission	Zack Combs	OPEN Division	Mighty Mammal Fitness	Denis Vasilev	84kg/ 185lb Middleweight	93kg/ 205lb Cruiserweight	24kg	Double LONG CYCLE	10 minutes	Sport Rank 1	73 reps	1 Place	https://youtu.be/3WQ10HNT8U	
IN PERSON	Arejas Uzgiris	LEGENDS	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super Middleweight		24kg	Double LONG CYCLE	10 minutes	Sport Rank 1	71 reps	2 Place		
IN PERSON	Jonathan Forman	OPEN Division	none	Denis Valisev	93kg/ 205lb Cruiserweight		24kg	Double LONG CYCLE	10 minutes	Sport Rank 2	58 reps	3 Place		
IN PERSON	Chris Fritzen	OPEN Division	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super Middleweight		24kg	Double LONG CYCLE	10 minutes	-----	37 reps	4 Place		
Video submission	Grégory REVERDIAU	OPEN Division	Nice Kettlebell Club	Fabrice JAEN	80kg/ 175lb Welterweight	80kg/ 175lb Welterweight	24kg	Double LONG CYCLE	10 minutes	Sport Rank 1	65 reps	1 Place	https://youtu.be/Roapm9zHlgo	
IN PERSON	Eric Clapper	OPEN Division	Orange Kettlebell Club	Denis Vasilev	80kg/ 175lb Welterweight		24kg	Double LONG CYCLE	10 minutes	Sport Rank 3	44 reps	2 Place		
IN PERSON	Cameron Peron	OPEN Division	Atlas Kettlebell Club	Sergio Inostroza	74kg/ 165lb Super Lightweight		24kg	Double LONG CYCLE	10 minutes	-----	26 reps	3 Place		
Video submission	Mircea Busuioac	OPEN Division	Functional Camp Galati	Iulian Sandu	80kg/ 175lb Welterweight	OPEN	20kg	Double LONG CYCLE	10 minutes	Sport Rank1	81 reps	1 Place	https://youtu.be/loqYBw-18gw	
Video submission	Patchen Noelke	LEGENDS	Self	Self	102+kg/ 225+lb Super Heavyweight		20kg	Double LONG CYCLE	10 minutes	Sport Rank 2	78 reps	2 Place		https://youtu.be/MzGpXpOFYJA
Video submission	Stan Sirbu	OPEN Division	Functional Camp Galati	Iulian Marian Sandu	89kg/ 195lb Super Middleweight	89kg/ 195lb Super Middleweight	16kg	Double LONG CYCLE	10 minutes	Sport Rank 1	91 reps	1 Place	https://youtu.be/OeVe5FKU-g	
IN PERSON	Marlen Bernd	OPEN Division	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super Middleweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 3	69 reps	2 Place		
IN PERSON	Andrey Akselrod	OPEN Division	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super Middleweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 3	65 reps	3 Place		
Video submission	Iulian Marian Sandu	OPEN Division	Functional Camp Galati	Self Trained	84kg/ 185lb Middleweight	84kg/ 185lb Middleweight	16kg	Double LONG CYCLE	10 minutes	Sport Rank 1	120reps	1 Place	https://youtu.be/9jv-sV7235c	
Video submission	Ian Clark	OPEN Division	Self	Ian Clark	84kg/ 185lb Middleweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 1	95reps	2 Place		https://youtu.be/vc5I4Aid9GY
Video submission	Francesco Cariello	OPEN Division	asd Etruskulpture	Luca Bagnoli	74kg/ 165lb Super Lightweight		16kg	Double LONG CYCLE	10 minutes	Sport Rank 1	87reps	3 Place		https://youtu.be/gck-yBRCYoU
Video submission	Joe Von Holtum	OPEN Division	Twin Cities Kettlebell Club	Jordan Kunde-Wright	80kg/ 175lb Welterweight		16kg	Double LONG CYCLE	10 minutes	-----	43reps	4 Place		https://youtu.be/yEe6IKmkbDc

10min TRIATHLON

Video submission	Steve Rustin	OPEN Division	Twin Cities Kettlebell Club	Jordan Kunde-Wright	102+kg/ 225+lb Super Heavyweight	OPEN	20kg	TRIATHLON (double LC + double JERK + SNATCH)	10 minutes	Sport Rank 1	247 points (LC 92+J 123+Sn 146)	1 Place	Jerk: https://youtu.be/iACQcy9DwaA Long Cycle: https://youtu.be/yPPIEeJEgg4 Snatch: https://youtu.be/YcWICdlvifg
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male 10min BIATHLON

IN PERSON	Denis Vasilev	OPEN Division	Orange Kettlebell Club	Self	89kg/ 195lb Super Middleweight	OPEN	32kg	BIATHLON (double JERK + SNATCH)	10 minutes	MSIC	223 points (J 128+Sn 190)	1 Place	
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male 10min JERK only

Video submission	Lindofo Neto	OPEN Division	Escola Kettlebell	Lindofo Neto	74kg/ 165lb Super Lightweight	OPEN	32kg	Double JERK only	10 minutes	MS	76 reps	1 Place	https://youtu.be/z0Ry2BjIkBU
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male 10min SNATCH only

Video submission	Romualdas Vaičiūnas	OPEN Division	Individual	Denis Vasilev	93kg/ 205lb Cruiserweight	OPEN	32kg	SNATCH only	10 minutes	MSIC	181 reps	1 Place	https://youtu.be/9dyUcov2j_M
Video submission	Kevin Jodrey	LEGENDS	team believer	Denis Vasilev	84kg/ 185lb Middleweight	OPEN	24kg	SNATCH only	10 minutes	CMS	185 reps	1 Place	https://youtu.be/MJPKt8dHiU
Video submission	Jonas Fajersson	LEGENDS	Garagegym	None	89kg/ 195lb Super Middleweight		24kg	SNATCH only	10 minutes	CMS	181 reps	2 Place	https://youtu.be/ONxGaXM7IQ8
IN PERSON	Pedro Venegas	OPEN Division	IKFF	Steve Cotter	89kg/ 195lb Super Middleweight		24kg	SNATCH only	10 minutes	Sport Rank 1	173 reps	3 Place	
Video submission	Antônio Tullio	OPEN Division	Kettlebell Pilot	Denis Vasilev	89kg/ 195lb Super Middleweight		24kg	SNATCH only	10 minutes	Sport Rank 1	152 reps	4 Place	https://youtu.be/dwb3eKlIZGk
Video submission	Josh Bears	OPEN Division	Bearss Fitness	Ken Blackburn	89kg/ 195lb Super Middleweight		24kg	SNATCH only	10 minutes	Sport Rank 1	145 reps	5 Place	https://youtu.be/2UpsDPWPKPE
IN PERSON	Matthew Holden	OPEN Division	Twin Cities Kettlebell Club	Jordan Kunde-Wright	89kg/ 195lb Super Middleweight	OPEN	20kg	SNATCH only	10 minutes	Sport Rank 1	182 reps	1 Place	
Video submission	David Achtem	LEGENDS	West Coast Kettlebell Club	Artur Sasik	93kg/ 205lb Cruiserweight	OPEN	20kg	SNATCH only	10 minutes	Sport Rank 1	182 reps	2 Place	https://youtu.be/gxocN24R9UE
Video submission	Paul Klein	LEGENDS	Self	Alison Moore/ Saiko Shima	80kg/ 175lb Welterweight	OPEN	16kg	SNATCH only	10 minutes	Sport Rank 1	199 reps	1 Place	https://youtu.be/hQs9j7ZTUD8
Video submission	Adam Durr	OPEN Division	No Talent Battle Fitness	Liz Din	66kg/ 145lb Featherweight		16kg	SNATCH only	10 minutes	Sport Rank 1	169 reps	2 Place	https://youtu.be/NwBulDm6ogA

male 5min LONG CYCLE

Video submission	Rob Enriquez	OPEN Division	Orange Kettlebell Club	Denis Vasilev	102+kg/ 225+lb Super Heavyweight	OPEN	24kg	Double LONG CYCLE	5 min	Sport Rank 2	47 reps	1 Place	https://youtu.be/w35JDpr4VvU
Video submission	David Achtem	LEGENDS	West Coast Kettlebell Club	Artur Sasik	93kg/ 205lb Cruiserweight	OPEN	20kg	Double LONG CYCLE	5 min	----	31 reps	1 Place	https://youtu.be/eXHSUhmDWOU

male 5min TRIATHLON

Video submission	Justin Cantwell	OPEN Division	None	None	89kg/ 195lb Super Middleweight	OPEN	28kg	TRIATHLON (double LC + double JERK + SNATCH)	5 min	----	63.6 points (LC 12+J 16+Sn 82)	1 Place	https://youtu.be/sHFU4zjpEM
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male 5min BIATHLON

IN PERSON	Drew Vercellino	OPEN Division	Motion Lab	Self	80kg/ 175lb Welterweight	OPEN	20kg	BIATHLON (double JERK + SNATCH)	5 min	Sport Rank 2	100 points (J 49+Sn 102)	1 Place	
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male 5min JERK only

Video submission	Juan Torres	OPEN Division	Team Juan Torres Escola de Kettlebell	Lindofo Neto	93kg/ 205lb Cruiserweight	OPEN	32kg	Double JERK only	5 min	Sport Rank 1	50 reps	1 Place	https://youtu.be/wsnq47YU4
Video submission	Adam Durr	OPEN Division	No Talent Battle Fitness	Liz Din	66kg/ 145lb Featherweight	OPEN	16kg	Double JERK only	5 min	----	39 reps	1 Place	https://youtu.be/3HxtE3Yx_ml

male 5min SNATCH only

Video submission	Rob Enriquez	OPEN Division	Orange Kettlebell Club	Denis Vasilev	102+kg/ 225+lb Super Heavyweight	OPEN	32kg	SNATCH only	5 min	CMS	100 reps	1 Place	https://youtu.be/FqFELFXSzoU
Video submission	Ferry van de Wal	OPEN Division	Kettlebear club Kedichem	Ferry van de Wal	102kg/ 225lb Heavyweight		32kg	SNATCH only	5 min	CMS	91 reps	2 Place	https://youtu.be/1n0QNI0TGgE
Video submission	Luis Baltierrez	OPEN Division	Caffeine n Fitness	Luis Baltierrez	66kg/ 145lb Featherweight	OPEN	16kg	SNATCH only	5 min	Sport Rank 1	143 reps	1 Place	https://youtu.be/MJ3mxOY6LPk
IN PERSON	Josh Moreali	OPEN Division	PMPT	Drew Vercellino	102kg/ 225lb Heavyweight		16kg	SNATCH only	5 min	Sport Rank 3	102 reps	2 Place	