

# Orange Kettlebell Club Presents Northern California Open Kettlebell Sport Competition

## Competition results

1 - 6 August 2022



USA  
06 AUGUST  
2022



**NORTH AMERICA  
OPEN CUP  
OAKLAND**



VIDEO SUBMISSIONS



# Orange Kettlebell Club Presents Northern California Open Kettlebell Sport Competition



## Competition results 1 - 6 August 2022

### FEMALE

| 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                                                                                                                                        |
|----------------------------------------|----------------------|---------------|-------------------------------------------|--------------------------------|----------------------------------|--------------------------|-------------------|---------------------------------|-----------------------|---------------------|------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Video submission                       | Regine Sulit         | OPEN Division | KettleBB Club PH                          | Denis Vasilev                  | 80+kg/ 175+lb Super Welterweight | ABSOLUTE                 | 20kg              | Double LONG CYCLE               | 10 minutes            | none                | 28 reps                      | 1 Place      | <a href="https://youtu.be/4Tr6f1ZMifg">https://youtu.be/4Tr6f1ZMifg</a>                                                                            |
| Video submission                       | Rachel Robertson     | OPEN Division | Nanaimo Kettlebell Club                   | Solomon Macys                  | 66kg/ 145lb Featherweight        | ABSOLUTE                 | 16kg              | Double LONG CYCLE               | 10 minutes            | CMS                 | 84 reps                      | 1 Place      | <a href="https://youtu.be/GY5tOvCY5t8">https://youtu.be/GY5tOvCY5t8</a>                                                                            |
| Video submission                       | Maria Melchi Angel   | OPEN Division | Hitnnes                                   | Svetlana Danilux               | 74kg/ 165lb Super Lightweight    |                          | 16kg              | Double LONG CYCLE               | 10 minutes            | CMS                 | 72 reps                      | 2 Place      | <a href="https://youtu.be/GuFp4ldgud0">https://youtu.be/GuFp4ldgud0</a>                                                                            |
| Video submission                       | Judi DeMuro          | LEGENDS (50 - | I KO                                      | Denis Vasilev                  | 61kg/ 135lb Bantamweight         | ABSOLUTE                 | 12kg              | Double LONG CYCLE               | 10 minutes            | CMS                 | 86 reps                      | 1 Place      | <a href="https://youtu.be/mZgZYHrB7us">https://youtu.be/mZgZYHrB7us</a>                                                                            |
| Video submission                       | Atiqah Haron         | OPEN Division | Otterkettlebell Club                      | Dexter Tay                     | 70kg/ 155lb Lightweight          |                          | 12kg              | Double LONG CYCLE               | 10 minutes            | Sport Rank 1        | 65 reps                      | 2 Place      | <a href="https://youtu.be/grw7sx6o0GQ">https://youtu.be/grw7sx6o0GQ</a>                                                                            |
| Video submission                       | Pei Ying Suzanne Ho  | OPEN Division | fitness index                             | dexter                         | 52kg/ 115lb Strawweight          |                          | 12kg              | Double LONG CYCLE               | 10 minutes            | none                | 15 reps                      | 3 Place      | <a href="https://youtu.be/_pS7mewJLyg">https://youtu.be/_pS7mewJLyg</a>                                                                            |
| Video submission                       | Sonia Green          | OPEN Division | Girya Garage                              | William Parker                 | 70kg/ 155lb Lightweight          | ABSOLUTE                 | 12kg              | Double LONG CYCLE               | 5 minutes             | Sport Rank 1        | 49 reps                      | 1 Place      | <a href="https://youtu.be/awjZMBQh3E">https://youtu.be/awjZMBQh3E</a>                                                                              |
| Video submission                       | Lisa Frank           | OPEN Division | Georgia Kettlebell Sport                  | Ken Blackburn                  | 74kg/ 165lb Super Lightweight    |                          | 12kg              | Double LONG CYCLE               | 5 minutes             | Sport Rank 3        | 34 reps                      | 2 Place      | <a href="https://youtu.be/nMZlfrpoNs">https://youtu.be/nMZlfrpoNs</a>                                                                              |
| Video submission                       | Saiko Shima          | LEGENDS (50 - | Crazy Monkey Kettlebell Club              | Self                           | 52kg/ 115lb Strawweight          | ABSOLUTE                 | 8kg               | Double LONG CYCLE               | 10 minutes            | CMS                 | 115 reps                     | 1 Place      | <a href="https://youtu.be/t9TqCtUvIA">https://youtu.be/t9TqCtUvIA</a>                                                                              |
| IN PERSON                              | Victoria Le          | OPEN Division | NA                                        | Taylor La Force                | 52kg/ 115lb Strawweight          |                          | 8kg               | Double LONG CYCLE               | 10 minutes            | Sport Rank 1        | 101 reps                     | 2 Place      |                                                                                                                                                    |
| IN PERSON                              | Jillian Hicks        | OPEN Division | USGSF                                     | Dmitri Sataev                  | 70kg/ 155lb Lightweight          | ABSOLUTE                 | 16kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | CMS                 | 223 points (J 136, Sn 174)   | 1 Place      |                                                                                                                                                    |
| IN PERSON                              | Taylor La Force      | OPEN Division | Orange Kettlebell Club                    | Denis Vasilev                  | 66kg/ 145lb Featherweight        |                          | 16kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | CMS                 | 189.5 points (J 118, Sn 143) | 2 Place      |                                                                                                                                                    |
| Zoom                                   | Ivone Maia Camargo   | LEGENDS (50 - | OPUS Kettlebell Club                      | DENIS VASILEV                  | 61kg/ 135lb Bantamweight         |                          | 16kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | CMS                 | 168.5 points (J 103, Sn 131) | 3 Place      |                                                                                                                                                    |
| Video submission                       | Meghan Sitar         | OPEN Division | Forged Barbell                            | Corissa Sivorot                | 80+kg/ 175+lb Super Welterweight |                          | 16kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | Sport Rank 1        | 165 points (J 75, Sn 180)    | 4 Place      | <a href="https://youtu.be/h_ZIOGf6x7Y">https://youtu.be/h_ZIOGf6x7Y</a><br><a href="https://youtu.be/Dyk_EsOFZRE">https://youtu.be/Dyk_EsOFZRE</a> |
| Video submission                       | Carrie Cammarano     | OPEN Division | None                                      | Tiffany Longcor                | 80+kg/ 175+lb Super Welterweight | ABSOLUTE                 | 12kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | Sport Rank 2        | 159.5 points (J 101+Sn 117)  | 1 Place      | <a href="https://youtu.be/pUxRXo2aLwU">https://youtu.be/pUxRXo2aLwU</a><br><a href="https://youtu.be/NC7d03CefoQ">https://youtu.be/NC7d03CefoQ</a> |
| IN PERSON                              | Kathleen Harris      | LEGENDS (60y  | Jamz Trainings                            | James Robinson                 | 80kg/ 175lb Welterweight         | ABSOLUTE                 | 24kg              | SNATCH only                     | 10 minutes            | Sport Rank 3        | 69 reps                      | 1 Place      |                                                                                                                                                    |
| IN PERSON                              | Ola Vasileva         | OPEN Division | Orange Kettlebell Club                    | Denis Vasilev                  | 66kg/ 145lb Featherweight        | ABSOLUTE                 | 16kg              | SNATCH only                     | 10 minutes            | CMS                 | 181 reps                     | 1 Place      |                                                                                                                                                    |
| Video submission                       | Kayleigh Kho         | OPEN Division | Fitness Index                             | Dexter Jemuel Tay              | 66kg/ 145lb Featherweight        | ABSOLUTE                 | 16kg              | SNATCH only                     | 5 minutes             | Sport Rank 1        | 85 reps                      | 1 Place      | <a href="https://youtu.be/pUxRXo2aLwU">https://youtu.be/pUxRXo2aLwU</a>                                                                            |
| Video submission                       | Mainisah Binte Buang | OPEN Division | Otter Kettlebell Club                     | Dexter Tay                     | 52kg/ 115lb Strawweight          |                          | 16kg              | SNATCH only                     | 5 minutes             | Sport Rank 1        | 73 reps                      | 2 Place      | <a href="https://youtu.be/9sLHwac-yDU">https://youtu.be/9sLHwac-yDU</a>                                                                            |
| Video submission                       | Lisa Frank           | LEGENDS (50 - | Georgia Kettlebell Sport                  | Ken Blackburn                  | 74kg/ 165lb Super Lightweight    | ABSOLUTE                 | 12kg              | SNATCH only                     | 10 minutes            | CMS                 | 180 reps                     | 1 Place      | <a href="https://youtu.be/HorEr8gny1Y">https://youtu.be/HorEr8gny1Y</a>                                                                            |
| Video submission                       | Koh Yee Koon Eileen  | OPEN Division | Fitness Index                             | Dexter Jemuel Tay              | 52kg/ 115lb Strawweight          | ABSOLUTE                 | 12kg              | SNATCH only                     | 5 minutes             | Sport Rank 2        | 60 reps                      | 1 Place      | <a href="https://youtu.be/MAASAvYcEZY">https://youtu.be/MAASAvYcEZY</a>                                                                            |



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# Competition results

## 1 - 6 August 2022

### MALE

## LONG CYCLE

| 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                                                                                                                                        |
|----------------------------------------|--------------------------|---------------|-------------------------------------------|--------------------------------|----------------------------------|--------------------------|-------------------|-------------------|-----------------------|---------------------|-----------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Video submission                       | Klaus Schlickerrieder    | OPEN Division | BVDKS                                     | Self                           | 102+kg/ 225+lb Super Heavyweight | ABSOLUTE                 | 32kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 46 reps               | 1 Place      | <a href="https://youtu.be/iZ6EviewOFF">https://youtu.be/iZ6EviewOFF</a>                                                                            |
| Video submission                       | Dixon Bross              | OPEN Division | Buncha Jerks                              | Self                           | 102kg/ 225lb Heavyweight         | 102kg/ 225lb Heavyweight | 24kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 86 reps               | 1 Place      | <a href="https://youtu.be/8aIMfajqZSw">https://youtu.be/8aIMfajqZSw</a>                                                                            |
| IN PERSON                              | Arejas Uzgiris           | LEGENDS (50)  | OKC                                       | Denis Vasilev                  | 89kg/ 195lb Super Middleweight   |                          | 24kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 71 reps               | 2 Place      | <a href="https://youtu.be/FZEQU4UYJM">https://youtu.be/FZEQU4UYJM</a>                                                                              |
| IN PERSON                              | James Wabby              | OPEN Division | Orange Kettlebell Club                    | Denis Vasilev                  | 102kg/ 225lb Heavyweight         |                          | 24kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 2        | 62 reps               | 3 Place      |                                                                                                                                                    |
| Video submission                       | Alexis Jose Flores Ramos | OPEN Division | Kettclub Perú                             | Svetlana Daniliuk              | 93kg/ 205lb Cruiserweight        |                          | 24kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 2        | 56reps                | 4 Place      | <a href="https://youtu.be/GS5IV-i4DEs">https://youtu.be/GS5IV-i4DEs</a>                                                                            |
| Video submission                       | Zack Combs               | OPEN Division | Mighty Mammal Fitness                     | Self                           | 84kg/ 185lb Middleweight         | 84kg/ 185lb Middleweight | 24kg              | Double LONG CYCLE | 10 minutes            | CMS                 | 86 reps               | 1 Place      | <a href="https://youtu.be/o95kEN_S7-o">https://youtu.be/o95kEN_S7-o</a>                                                                            |
| Video submission                       | Jesús Ochoa Silva        | OPEN Division | Strength in Motion                        | Jesús Ochoa                    | 84kg/ 185lb Middleweight         |                          | 24kg              | Double LONG CYCLE | 10 minutes            | CMS                 | 79 reps               | 2 Place      | <a href="https://youtu.be/WktZb3-V-U">https://youtu.be/WktZb3-V-U</a>                                                                              |
| Video submission                       | Eric Clapper             | OPEN Division | Orange Kettlebell Club                    | Denis Vasilev                  | 80kg/ 175lb Welterweight         |                          | 24kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 3        | 29 reps (5')          | 3 Place      | <a href="https://youtu.be/4L8Sz4gagSc">https://youtu.be/4L8Sz4gagSc</a><br><a href="https://youtu.be/yhySwrpQKN4">https://youtu.be/yhySwrpQKN4</a> |
| Video submission                       | Ayden Jones              | OPEN Division | Buncha Jerks                              | Ayden Jones                    | 93kg/ 205lb Cruiserweight        | ABSOLUTE                 | 24kg              | Double LONG CYCLE | 5 minutes             | Sport Rank 1        | 55 reps               | 1 Place      | <a href="https://youtu.be/ntUD8aak7wk">https://youtu.be/ntUD8aak7wk</a>                                                                            |
| Video submission                       | Vincenzo Simeoli         | OPEN Division | Underground Strength & Conditioning       | Biagio Mozzillo                | 74kg/ 165lb Super Lightweight    |                          | 24kg              | Double LONG CYCLE | 5 minutes             | Sport Rank 1        | 45 reps               | 2 Place      | <a href="https://youtu.be/7EeatOk4Qlg">https://youtu.be/7EeatOk4Qlg</a>                                                                            |
| Video submission                       | Jorge Austria            | OPEN Division | Koala Kettlebell Club                     | Denis Vasilev                  | 93kg/ 205lb Cruiserweight        | ABSOLUTE                 | 20kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 125 reps              | 1 Place      | <a href="https://youtu.be/5H69qErvs4g">https://youtu.be/5H69qErvs4g</a><br><a href="https://youtu.be/R8tH-cJhzCo">https://youtu.be/R8tH-cJhzCo</a> |
| IN PERSON                              | Chris Fritzen            | OPEN Division | Orange Kettlebell Club                    | Dennis Vasilev                 | 89kg/ 195lb Super Middleweight   |                          | 20kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 83 reps               | 2 Place      |                                                                                                                                                    |
| Video submission                       | Dan Waddell              | OPEN Division | self                                      | Denis Vasilev                  | 84kg/ 185lb Middleweight         |                          | 20kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 2        | 66 reps               | 3 Place      | <a href="https://youtu.be/wJfHkPMxRE">https://youtu.be/wJfHkPMxRE</a>                                                                              |
| IN PERSON                              | Jeffrey Lacson           | OPEN Division | Inner Fire Fitness & Healing              | Taylor La Force                | 80kg/ 175lb Welterweight         | ABSOLUTE                 | 16kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 88 reps               | 1 Place      |                                                                                                                                                    |
| IN PERSON                              | Cameron Peron            | OPEN Division | Uruk Box                                  | Sergio Inostroza               | 74kg/ 165lb Super Lightweight    |                          | 16kg              | Double LONG CYCLE | 10 minutes            | Sport Rank 1        | 84 reps               | 2 Place      |                                                                                                                                                    |

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# Competition results

## 1 - 6 August 2022

### MALE

## BIATHLON, SNATCH only, JERK only

| 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                                                                                                                                        |
|----------------------------------------|---------------------|---------------|-------------------------------------------|--------------------------------|----------------------------------|--------------------------|-------------------|---------------------------------|-----------------------|---------------------|------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| IN PERSON                              | Denis Vasilev       | OPEN Division | Orange Kettlebell Club                    | self                           | 84kg/ 185lb Middleweight         | ABSOLUTE                 | 32kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | MSIC                | 230 points (J 134, Sn 192)   | 1 Place      |                                                                                                                                                    |
| Video submission                       | David Appold        | OPEN Division | DragonSlayers Kettlebell Club             | Ben Kirchner                   | 84kg/ 185lb Middleweight         | ABSOLUTE                 | 20kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | Sport Rank 3        | 153 points (J 85, Sn 136)    | 1 Place      | <a href="https://youtu.be/T9xaaaA8DEU">https://youtu.be/T9xaaaA8DEU</a><br><a href="https://youtu.be/f0HsQj21A7A">https://youtu.be/f0HsQj21A7A</a> |
| IN PERSON                              | Philip Matthias     | LEGENDS (50)  | Kettlebell sport school -San Diego.       | Taylor La Force                | 102+kg/ 225+lb Super Heavyweight | ABSOLUTE                 | 16kg              | BIATHLON (double JERK + SNATCH) | 10 minutes            | Sport Rank 3        | 195.5 points (J 110, Sn 171) | 1 Place      |                                                                                                                                                    |
| Video submission                       | Leonel Ribas        | OPEN Division | SP Kettlebell                             | Self                           | 102kg/ 225lb Heavyweight         | ABSOLUTE                 | 32kg              | SNATCH only                     | 10 minutes            | MS                  | 157 reps                     | 1 Place      | <a href="https://youtu.be/GB8VdiNbymo">https://youtu.be/GB8VdiNbymo</a>                                                                            |
| Video submission                       | Rob Enriquez        | OPEN Division | Orange Kettlebell Club                    | Denis Vasilev                  | 102+kg/ 225+lb Super Heavyweight | ABSOLUTE                 | 24kg              | SNATCH only                     | 10 minutes            | CMS                 | 202 reps                     | 1 Place      | <a href="https://youtu.be/qsqmGX2emmg">https://youtu.be/qsqmGX2emmg</a>                                                                            |
| IN PERSON                              | Pedro Venegas       | OPEN Division | IKFF                                      | Steve Cotter                   | 84kg/ 185lb Middleweight         |                          | 24kg              | SNATCH only                     | 10 minutes            | CMS                 | 173 reps                     | 2 Place      |                                                                                                                                                    |
| Video submission                       | Dexter Jemuel Tay   | OPEN Division | Fitness Index (Singapore)                 | Dexter Jemuel Tay              | 74kg/ 165lb Super Lightweight    | ABSOLUTE                 | 24kg              | SNATCH only                     | 5 minutes             | Sport Rank 1        | 93 reps                      | 1 Place      | <a href="https://youtu.be/3DhK6cv9xYc">https://youtu.be/3DhK6cv9xYc</a>                                                                            |
| Video submission                       | Antonio Tullio      | OPEN Division | Kettlebell Pilot                          | Denis Vasilev                  | 93kg/ 205lb Cruiserweight        | ABSOLUTE                 | 20kg              | SNATCH only                     | 10 minutes            | Sport Rank 1        | 170 reps                     | 1 Place      | <a href="https://youtu.be/v0kkjh-e9f0">https://youtu.be/v0kkjh-e9f0</a>                                                                            |
| IN PERSON                              | Adam Wulf           | OPEN Division | none                                      | Adam Wulf                      | 102+kg/ 225+lb Super Heavyweight | ABSOLUTE                 | 16kg              | SNATCH only                     | 10 minutes            | none                | 112 reps                     | 1 Place      |                                                                                                                                                    |
| Video submission                       | Scott Siderman      | LEGENDS (60y) | None                                      | Paul Klein                     | 84kg/ 185lb Middleweight         | ABSOLUTE                 | 12kg              | SNATCH only                     | 10 minutes            | none                | 154 reps                     | 1 Place      | <a href="https://youtu.be/CegXZrFU3r4">https://youtu.be/CegXZrFU3r4</a>                                                                            |
| Video submission                       | Tim Barrett         | OPEN Division | Bloomingburg                              | Tim Barrett                    | 102kg/ 225lb Heavyweight         | ABSOLUTE                 | 32kg              | Double JERK only                | 5 minutes             | Sport Rank 3        | 37 reps                      | 1 Place      | <a href="https://youtu.be/KvZiAvq_eBE">https://youtu.be/KvZiAvq_eBE</a>                                                                            |