

# Orange Kettlebell Club Presents Northern California Open Kettlebell Sport Competition

July 31<sup>st</sup> – August 5<sup>th</sup> 2023

## Competition Results

**ATTENDANCE  
IN PERSON**

**+ YouTube  
VIDEO SUBMISSIONS**

How would you like to attend the event	First and Last Name	Gender	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	Alessio Gal	Male	OPEN Division	Individual	Individual	80kg/ 175lb Welterweight	OPEN	2 x 32kg	LONG CYCLE	10 minutes	Master of Sport	63 reps	1 Place	<a href="https://youtu.be/0N9AZ1JenE">https://youtu.be/0N9AZ1JenE</a>
Video submission	Fabian Camling	Male	OPEN Division	Truegrit kettlebell	Fredrik Berglund	102+kg/ 225+lb Super heavyweight		2 x 32kg	LONG CYCLE	10 minutes	Sport Rank 1	42reps	2 Place	<a href="https://youtu.be/3ZndKov_Zko">https://youtu.be/3ZndKov_Zko</a>
Video submission	Jesús Ochoa Silva	Male	OPEN Division	KB performance online training club	Jesús Ochoa	84kg/ 185lb Middleweight	OPEN	2 x 28kg	LONG CYCLE	10 minutes	Sport Rank 1	62 reps	1 Place	<a href="https://youtu.be/FpDZ-cAaQ">https://youtu.be/FpDZ-cAaQ</a>
IN PERSON	David Beall	Male	OPEN Division	Buncha Jerks Kettlebell Club	Self	102+kg/ 225+lb Super heavyweight		2 x 28kg	LONG CYCLE	10 minutes	----	32 reps	2 Place	
Video submission	Zack Combs	Male	OPEN Division	Mighty Mammal Fitness	Denis Vasilev	84kg/ 185lb Middleweight	OPEN	2 x 24kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	86 reps	1 Place	<a href="https://youtu.be/FUyNIMgok">https://youtu.be/FUyNIMgok</a>
IN PERSON	Eric Clapper	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	80kg/ 175lb Welterweight		2 x 24kg	LONG CYCLE	10 minutes	Sport Rank 2	52 reps	2 Place	
IN PERSON	Chris Fritzen	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super middleweight		2 x 24kg	LONG CYCLE	10 minutes	Sport Rank 3	52 reps	3 Place	
IN PERSON	Ian Clark	Male	OPEN Division	Self	Denis Vasilev	80kg/ 175lb Welterweight		2 x 24kg	LONG CYCLE	10 minutes	----	32 reps	4 Place	
IN PERSON	James Wabby	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	102kg/ 225lb Heavyweight		2 x 24kg	LONG CYCLE	10 minutes	----	30 reps	5 Place	
Video submission	Emil Arnbeg	Male	OPEN Division	Fysiocenter	Self	70kg/ 155lb Lightweight	OPEN	2 x 20kg	LONG CYCLE	10 minutes	Sport Rank 1	91 reps	1 Place	<a href="https://youtu.be/C1XQZUpEwM">https://youtu.be/C1XQZUpEwM</a>
Video submission	Ilir Gacaj	Male	OPEN Division	KB performance online training club	Jesús Ochoa	80kg/ 175lb Welterweight		2 x 20kg	LONG CYCLE	10 minutes	Sport Rank 1	80 reps	2 Place	<a href="https://youtu.be/VhMulpQxw">https://youtu.be/VhMulpQxw</a>
Video submission	Iligo Diez	Male	OPEN Division	KB performance online training club	Jesús Ochoa	70kg/ 155lb Lightweight		2 x 20kg	LONG CYCLE	10 minutes	Sport Rank 3	40 reps	3 Place	<a href="https://youtu.be/vHvH2V2E">https://youtu.be/vHvH2V2E</a>
IN PERSON	Marlen Bernd	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	84kg/ 185lb Middleweight		2 x 20kg	LONG CYCLE	10 minutes	----	40 reps	4 Place	
Video submission	Gustavo Verna	Male	OPEN Division	TEAM @strengthenhousevzta	Self	89kg/ 195lb Super middleweight	102+kg/ 225+lb Super heavyweight	2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 1	91 reps	1 Place	<a href="https://youtu.be/aC7WscUgocE">https://youtu.be/aC7WscUgocE</a>
Video submission	Chris Das	Male	OPEN Division	N/A	Anjelika Garcia	89kg/ 195lb Super middleweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 2	86 reps	2 Place	<a href="https://youtu.be/arB3RHcubM">https://youtu.be/arB3RHcubM</a>
IN PERSON	Colin Murphy	Male	OPEN Division	None	No coach	102+kg/ 225+lb Super heavyweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 3	80 reps	3 Place	
Video submission	Raúl Sanchez	Male	OPEN Division	KB performance online training club	Jesús Ochoa	102kg/ 225lb Heavyweight		2 x 16kg	LONG CYCLE	10 minutes	----	65 reps	4 Place	<a href="https://youtu.be/7Mno6jMCOzG">https://youtu.be/7Mno6jMCOzG</a>
Video submission	Táo Ramanantiarovana	Male	OPEN Division	International Kettlebell Sport	Thibaut Ramanantiarovana	89kg/ 195lb Super middleweight		2 x 16kg	LONG CYCLE	10 minutes	----	45 reps	5 Place	<a href="https://drive.google.com/file/d/1tk0Vper_N_RQTzPtlpQbMjBihCvK/view?usp=sharing">https://drive.google.com/file/d/1tk0Vper_N_RQTzPtlpQbMjBihCvK/view?usp=sharing</a>
Video submission	Stefano Lecci	Male	OPEN Division	Etruskulture	Francesco Cariello	84kg/ 185lb Middleweight	84kg/ 185lb Middleweight	2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 1	100 reps	1 Place	<a href="https://youtu.be/6H6HogMSXU">https://youtu.be/6H6HogMSXU</a>
Video submission	Igor Gonzalez Lerma	Male	OPEN Division	KB performance online training club	Jesús Ochoa	84kg/ 185lb Middleweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 2	79 reps	2 Place	<a href="https://youtu.be/mRozzZ85qJw">https://youtu.be/mRozzZ85qJw</a>
IN PERSON	Matthew Sheppard	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	80kg/ 175lb Welterweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 3	60 reps	3 Place	
Video submission	Francesco Cariello	Male	OPEN Division	Etruskulture training center	Christian Borghello	74kg/ 165lb Super lightweight	74kg/ 165lb Super lightweight	2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 1	121 reps	1 Place	<a href="https://youtu.be/3rbs7_lJucd">https://youtu.be/3rbs7_lJucd</a>
Video submission	Erik Broheden	Male	OPEN Division	Arsta Swingers	Erik Broheden	74kg/ 165lb Super lightweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 1	77 reps	2 Place	<a href="https://youtu.be/9haxYVYZBQ">https://youtu.be/9haxYVYZBQ</a>
Video submission	Isai Garcia	Male	OPEN Division	KB performance online training club	Jesús Ochoa	74kg/ 165lb Super lightweight		2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 3	55 reps	3 Place	<a href="https://youtu.be/rCE4BzWho">https://youtu.be/rCE4BzWho</a>
IN PERSON	Denis Vasilev	Male	OPEN Division	Orange Kettlebell Club	Self	84kg/ 185lb Middleweight	OPEN	2 x 28kg	BIATHLON (JERK + SNATCH)	10 minutes	Candidate in Master of Sport	271 points (J 160 + Sn 222)	1 Place	
IN PERSON	Anjas Uzgiris	Male	LEGENDS	Orange Kettlebell Club	Denis Vasilev	89kg/ 195lb Super middleweight	OPEN	2 x 24kg	BIATHLON (JERK + SNATCH)	10 minutes	Sport Rank 2	133.5 points (J 67 + Sn 133)	1 Place	
IN PERSON	Patchen Noelke	Male	LEGENDS	Kettlebears Sport Club	Self	102+kg/ 225+lb Super heavyweight	OPEN	2 x 16kg	BIATHLON (JERK + SNATCH)	10 minutes	Sport Rank 1	262.5 points (J 138 + Sn 233)	1 Place	
IN PERSON	Pedro Venegas	Male	OPEN Division	IKFF	Steve Cotter	89kg/ 195lb Super middleweight	OPEN	24kg	SNATCH only	10 minutes	Sport Rank 2	143 reps	1 Place	
IN PERSON	Jonathan Forman	Male	OPEN Division	None	Denis Vasilev	93kg/ 205lb Cruiserweight	OPEN	20kg	SNATCH only	10 minutes	Sport Rank 1	181 reps	1 Place	
IN PERSON	Paul Klein	Male	LEGENDS	Seattle Kettlebears	self	80kg/ 175lb Welterweight		20kg	SNATCH only	10 minutes	Sport Rank 1	161 reps	2 Place	
Video submission	Paul Rees	Male	OPEN Division	None	Roger Saheli	70kg/ 155lb Lightweight	OPEN	2 x 16kg	TRIATHLON (LC + JERK + SNATCH)	5 min	Sport Rank 2	117.5 points (LC 40, J 57, Sn 79)	1 Place	Jerk: <a href="https://youtu.be/d435Zy9cuE">https://youtu.be/d435Zy9cuE</a> LC: <a href="https://youtu.be/JaR8P9sGU">https://youtu.be/JaR8P9sGU</a> Snatch: <a href="https://youtu.be/0jT_V1PU">https://youtu.be/0jT_V1PU</a>
Video submission	António Tullio	Male	OPEN Division	Kettlebell Pilot	Denis Vasilev	89kg/ 195lb Super middleweight	OPEN	2 x 28kg	JERK only	5 min	----	35 reps	1 Place	<a href="https://youtu.be/aFEB063DxE">https://youtu.be/aFEB063DxE</a>
Video submission	António Tullio	Male	OPEN Division	Kettlebell Pilot	Denis Vasilev	89kg/ 195lb Super middleweight	OPEN	28kg	SNATCH only	5 min	Sport Rank 3	73 reps	1 Place	<a href="https://youtu.be/gUofX3hZk">https://youtu.be/gUofX3hZk</a>
IN PERSON	Daniel McIntyre	Male	LEGENDS	Florida Kettlebell Union	Self	84kg/ 185lb Middleweight	OPEN	2 x 24kg	BIATHLON (JERK + SNATCH)	5 min	Sport Rank 2	109.5 points (J 57 + Sn 105)	1 Place	
IN PERSON	Chris Brown	Male	OPEN Division	Orange Kettlebell Club	Denis Vasilev	70kg/ 155lb Lightweight	OPEN	24kg	SNATCH only	5 min	Candidate in Master of Sport	109 reps	1 Place	
Video submission	Alexis Flores	Male	OPEN Division	None	Svetlana Daniluk	93kg/ 205lb Cruiserweight		24kg	SNATCH only	5 min	Sport Rank 2	103 reps	2 Place	<a href="https://youtu.be/7S-ivJHyZw">https://youtu.be/7S-ivJHyZw</a>
Video submission	Paul Andre Puertollano	Male	OPEN Division	FTH Kettlebell	Steve Cotter, Shawn Mozen	80kg/ 175lb Welterweight	OPEN	20kg	SNATCH only	5 min	Sport Rank 1	114 reps	1 Place	<a href="https://youtu.be/89p9vSh7OKc">https://youtu.be/89p9vSh7OKc</a>
Video submission	Juan Lorenzo W. Agcaoil	Male	OPEN Division	FTH Kettlebell	Paul Andre Puertollano	70kg/ 155lb Lightweight		20kg	SNATCH only	5 min	Sport Rank 2	80 reps	2 Place	<a href="https://youtu.be/49lQakJdcKl">https://youtu.be/49lQakJdcKl</a>

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Video submission	Luciana Padilla Maltos	Female	OPEN Division	IKFF	Denis Vasilev	68kg/ 145lb Featherweight	OPEN	2 x 16kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	79 reps	1 Place	<a href="https://youtu.be/ljGjwcaVtU">https://youtu.be/ljGjwcaVtU</a>
Video submission	Anita Perolio	Female	OPEN Division	Individual	Alessio Gal	68kg/ 145lb Featherweight	OPEN	2 x 16kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	71 reps	2 Place	<a href="https://youtu.be/c0evrhZ0Ng">https://youtu.be/c0evrhZ0Ng</a>
Video submission	Rachel Nard	Female	OPEN Division	Train with Waves	Self	70kg/ 155lb Lightweight	OPEN	2 x 16kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	71 reps	3 Place	<a href="https://youtu.be/9EoCjwC_18c">https://youtu.be/9EoCjwC_18c</a>
Video submission	Judi DeMuro	Female	LEGENDS	Orange	Denis Vasilev	61kg/ 135lb Bantamweight	OPEN	2 x 16kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	63 reps	4 Place	<a href="https://youtu.be/waGCL1k0tE">https://youtu.be/waGCL1k0tE</a>
IN PERSON	Mary Gute	Female	OPEN Division	NTB Fitness	Lizelle Din	80kg/ 175lb Welterweight	OPEN	2 x 16kg	LONG CYCLE	10 minutes	Sport Rank 3	35 reps	5 Place	
Video submission	Ivone Maia Camargo	Female	LEGENDS	Opus Kettlebell Club	Denis Vasilev	61kg/ 135lb Bantamweight	OPEN	2 x 12kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	102 reps	1 Place	<a href="https://youtu.be/X0RNR89QBtC">https://youtu.be/X0RNR89QBtC</a>
IN PERSON	Cat Holman	Female	OPEN Division	Florida Kettlebell Union	Dan McIntyre	80kg/ 175lb Welterweight	OPEN	2 x 12kg	LONG CYCLE	10 minutes	Sport Rank 1	91 reps	2 Place	
IN PERSON	Shannon Smith-Bernardin	Female	OPEN Division	Orange Kettlebell Club	Denis Vasilev	61kg/ 135lb Bantamweight	OPEN	2 x 12kg	LONG CYCLE	10 minutes	Sport Rank 1	79 reps	3 Place	
Video submission	Aurora Cano Rodriguez	Female	OPEN Division	KB performance online training club	Jesus Ochoa	68kg/ 148lb Featherweight	OPEN	2 x 12kg	LONG CYCLE	10 minutes	Sport Rank 1	70 reps	4 Place	<a href="https://youtu.be/WbStd0z5LY">https://youtu.be/WbStd0z5LY</a>
IN PERSON	Ola Vasileva	Female	OPEN Division	Orange Kettlebell Club	Self	70kg/ 155lb Lightweight	OPEN	2 x 8kg	LONG CYCLE	10 minutes	Sport Rank 1	121 reps	1 Place	
Video submission	Elisa Tommasini	Female	OPEN Division	Etruskulture Training Center	Francesco Carliello	61kg/ 135lb Bantamweight	OPEN	2 x 8kg	LONG CYCLE	10 minutes	Sport Rank 1	118 reps	2 Place	<a href="https://youtu.be/ICaxjPvopSw">https://youtu.be/ICaxjPvopSw</a>
IN PERSON	Sandy Go	Female	LEGENDS	Orange Kettlebell Club	Denis Vasilev	52kg/ 115lb Strawweight	OPEN	2 x 8kg	LONG CYCLE	10 minutes	Candidate in Master of Sport	101 reps	3 Place	
IN PERSON	Kalani Bernd	Female	OPEN Division	Orange Kettlebell Club	Denis Vasilev	66kg/ 145lb Featherweight	OPEN	3 x 8kg	LONG CYCLE	10 minutes	Sport Rank 1	99 reps	4 Place	
Video submission	Laura Grant	Female	OPEN Division	Wolfpack Fitness	Oli Mall	74kg/ 165lb Super lightweight	OPEN	2 x 8kg	LONG CYCLE	10 minutes	Sport Rank 1	89 reps	5 Place	<a href="https://youtu.be/dum9eC0-akK">https://youtu.be/dum9eC0-akK</a>
Video submission	Eileen Dotter	Female	OPEN Division	Crazy Monkey	Salko Shima	61kg/ 135lb Bantamweight	OPEN	2 x 12kg	TRIATHLON (LC + JERK + SNATCH)	10 minutes	Sport Rank 1	324.5 points (LC 131, J 144, Sn 197)	1 Place	Jerk: <a href="https://youtu.be/3tpz1KurKc">https://youtu.be/3tpz1KurKc</a> LC: <a href="https://youtu.be/aakMqXdlE4">https://youtu.be/aakMqXdlE4</a> Snatch: <a href="https://youtu.be/1HnZv7M0IU">https://youtu.be/1HnZv7M0IU</a>
Video submission	Magdalena Grundström	Female	LEGENDS	Girevik Vikings Piteå	Self	80kg/ 175lb Welterweight	OPEN	2 x 12kg	BIATHLON (JERK + SNATCH)	10 minutes	Sport Rank 1	199.5 points (J 110, Sn 179)	1 Place	Jerk: <a href="https://youtu.be/inRT13SKZ8cM">https://youtu.be/inRT13SKZ8cM</a> Snatch: <a href="https://youtu.be/1HnZv7M0IU">https://youtu.be/1HnZv7M0IU</a>
Video submission	Kathryn Golbeck	Female	LEGENDS	Okanagan Valley Kettlebells	Self coached	74kg/ 165lb Super lightweight	OPEN	24kg	SNATCH only	10 minutes	Master of Sport	138 reps	1 Place	<a href="https://youtu.be/HoYux8e3JE">https://youtu.be/HoYux8e3JE</a>
Video submission	Alice Dorotea Coella	Female	OPEN Division	Only Kettlebell	Christian Borghello	74kg/ 165lb Super lightweight	OPEN	24kg	SNATCH only	10 minutes	Candidate in Master of Sport	100 reps	2 Place	<a href="https://youtu.be/ab5AE0mTvc">https://youtu.be/ab5AE0mTvc</a>
Video submission	Salko Shima-Kolesar	Female	LEGENDS	K2 Kettlebell Club	Aleksander Khvostov	52kg/ 115lb Strawweight	OPEN	16kg	SNATCH only	10 minutes	Candidate in Master of Sport	120 reps	1 Place	<a href="https://youtu.be/LuuqE9N8M">https://youtu.be/LuuqE9N8M</a>
Video submission	Emily Bankston	Female	OPEN Division	n/a	Abi Johnston	70kg/ 155lb Lightweight	OPEN	12kg	SNATCH only	10 minutes	Sport Rank 1	162 reps	1 Place	<a href="https://youtu.be/4Y23Yj6FL4">https://youtu.be/4Y23Yj6FL4</a>
IN PERSON	Rachel McIntyre	Female	OPEN Division	Florida Kettlebell Union	Self	80+kg/ 175+lb Super weterweight	OPEN	2 x 12kg	BIATHLON (JERK + SNATCH)	5 min	Sport Rank 1	130 points (J 74+Sn 112)	1 Place	
Video submission	Niña Pacheco	Female	OPEN Division	N/A	Paul Andre Puertollano	57kg/ 125lb Flyweight	OPEN	2 x 8kg	JERK only	5 min	Sport Rank 2	79 reps	1 Place	<a href="https://youtu.be/XuRD5dpNuz8">https://youtu.be/XuRD5dpNuz8</a>



IN PERSON Competition recording:

<https://www.youtube.com/live/TCF9StI9Sbk>