

OXT24 - July 8th, 2017 - Results - Splits & Ranking

Novice Female	1	2	3	4	5	6	7	8
Competitor Name	Emma Holland	Lucy Kindley	Laura Penfold	Caitlin Bellamy	Kate Edwards	Kelly Da Silva	Niamh Reilly	Ann Ross
Community	PF2XT	PF2XT	PXT	PXT	OXT	DXT	DXT	OXT
Age Group	O	O	O	O	M	O	O	V
Orchard Run	00:57	00:58	00:56	01:10	01:13	01:07	01:05	01:40
Sit Up	00:32	00:36	00:46	00:50	00:41	00:45	00:49	00:52
Alt Sq Thrust	00:26	00:27	00:42	00:32	00:39	00:34	00:48	00:48
Pallet Squat	00:24	00:30	00:27	00:30	00:33	00:34	00:38	01:06
Row	01:07	01:11	01:09	01:08	01:17	01:20	01:26	01:44
KB Upright Row	00:30	00:35	00:35	00:35	00:40	00:44	00:32	00:50
Step Up	00:57	01:01	00:54	00:56	00:56	01:00	00:53	01:05
Tyre Carry	00:45	00:47	00:39	00:43	00:48	00:44	00:51	00:57
Bench Press	00:29	00:28	00:26	00:30	00:33	00:34	00:33	00:50
Sprint	00:26	00:22	00:25	00:25	00:30	00:28	00:26	00:33
	06:33	06:55	06:59	07:19	07:50	07:50	08:01	10:25

Course Record

Time Improvement

Category Climb

Novice Male	1	2	3	4	5
Competitor Name	Dave Fawcett	Oli Stewart	Nik Freeman	Albert Homer	Stu Mourton
Community	OXT	PXT	PF2XT	PXT	DXT
Age Group	V	O	O	O	O
Orchard Run	01:01	00:46	00:52	00:52	01:00
Sit Up	00:37	00:22	00:35	00:47	00:42
Alt Sq Thrust	00:19	00:33	00:26	00:32	00:32
Pallet Squat	00:30	00:37	00:32	00:35	00:44
Row	01:02	01:09	01:07	01:04	01:15
KB Upright Row	00:36	00:41	00:38	00:38	01:01
Step Up	00:46	00:52	00:53	01:04	01:02
Tyre Carry	00:38	00:34	00:36	00:33	00:49
Bench Press	00:21	00:25	00:23	00:26	00:44
Sprint	00:22	00:22	00:20	00:22	00:25
	06:12	06:21	06:22	06:53	08:14

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Int. Female	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Competitor Name	Sarah Tuffin	Leona Wilkes	Carey Connor	Ali Lester	Camille McMillan	Jo Walker	Steph Harper	Vicky Lumley	Sam Tomassi	Sandra Wrangmore	Annette Bellamy	Fran Bradley	Rachel Quinney	Susan Young
Community	KXT	PF2XT	OXT	OXT	HXT	PF2XT	PXT	PRXT	PXT	HXT	PXT	OXT	OXT	XT
Age Group	M	O	O	O	O	M	O	M	M	V	V	O	O	V
Orchard Run	02:15	02:28	02:23	02:27	02:03	02:33	02:37	02:26	03:03	02:23	03:09	02:55	02:21	04:09
Sit Up	01:03	01:01	00:59	01:12	01:17	01:25	01:28	01:11	01:32	01:43	01:30	01:14	03:15	01:50
Alt Sq Thrust	00:48	00:47	00:50	00:53	01:34	01:13	01:14	01:24	01:33	02:14	01:16	00:50	02:04	01:58
Pallet Squat	00:48	00:56	00:49	00:57	01:00	00:52	01:00	01:07	01:09	01:53	00:58	01:08	01:23	01:34
Row	02:16	02:18	02:08	02:18	02:13	02:19	02:28	02:22	02:38	02:26	02:36	02:27	02:36	02:23
KB Upright Row	00:58	00:55	01:16	01:12	01:17	01:03	01:15	01:44	01:12	01:47	01:37	02:45	01:31	02:09
Step Up	01:37	01:41	01:49	01:46	01:43	01:43	01:52	02:32	01:58	02:03	02:33	02:09	02:40	02:27
Tyre Carry	01:41	01:51	02:07	01:50	01:38	01:49	01:06	02:11	02:11	02:13	02:39	03:11	02:30	03:27
Bench Press	00:43	01:01	00:54	00:45	00:55	00:59	01:06	01:09	00:58	00:55	01:27	01:29	01:40	02:05
Sprint	00:43	00:53	00:46	00:46	00:43	00:49	00:57	00:53	00:53	00:56	01:06	01:01	00:54	01:43
	12:52	13:51	14:01	14:06	14:23	14:45	15:03	16:59	17:07	18:33	18:51	19:09	20:54	23:45

Int. Male	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Competitor Name	Jason Harvey	Anton Micallef	Chris Wilkes	Adam Trinnell	Matt Da Silva	Scott McMillan	Stephen Case	Rhys Tucker	Dave Tyson	Mark Smith	Manminder Singh	John Chalmers	Vince Danby	Roy Summers	John Moss	Lance Hawksworth	Matt Elliot	Jason Anderson	James Bradley	Andy Ross	Richard Hall
Community	PXT	KXT	OXT	OXT	DXT	HXT	XT	HXT	RXT	PXT	DXT	PXT	OXT	XT	DXT	DXT	HXT	PXT	OXT	OXT	PXT
Age Group	O	O	O	M	O	M	M	O	O	V	V	O	O	M	V	V	O	M	O	V	O
Orchard Run	02:08	02:06	01:57	01:52	01:42	01:53	02:08	01:59	02:04	02:28	02:05	02:14	02:23	02:06	02:30	02:31	02:13	02:57	02:36	03:07	01:55
Sit Up	00:57	00:52	00:54	01:04	00:56	01:02	01:25	01:10	01:04	01:05	01:05	01:10	01:13	01:39	01:19	01:29	01:10	01:31	02:10	01:56	01:53
Alt Sq Thrust	00:47	00:48	00:40	00:44	00:50	01:06	00:51	00:53	00:56	01:15	01:08	00:59	00:50	01:07	01:23	00:58	01:05	00:58	00:49	01:53	01:26
Pallet Squat	00:43	00:51	00:54	00:55	00:55	01:04	01:16	01:04	01:03	01:00	01:15	01:03	01:10	01:24	01:14	01:24	01:12	01:41	01:32	01:39	01:57
Row	02:05	02:04	01:58	01:59	02:11	02:02	02:06	02:08	02:16	02:08	02:22	02:19	02:28	02:26	02:25	02:33	02:14	02:03	02:13	02:40	02:26
KB Upright Row	00:58	00:56	01:12	01:19	01:21	01:26	01:12	01:12	01:19	01:16	01:29	01:24	01:11	01:31	03:22	01:17	01:36	01:17	01:57	01:59	02:36
Step Up	01:38	01:32	01:40	01:35	01:58	01:52	01:39	02:10	01:21	01:53	02:01	02:20	02:11	02:01	02:09	01:56	02:33	02:09	02:16	02:36	03:17
Tyre Carry	01:24	01:30	01:32	01:35	01:40	01:45	01:38	01:53	02:27	01:54	01:46	02:00	02:16	01:37	00:50	02:38	02:11	02:30	01:56	02:22	02:11
Bench Press	00:41	00:45	00:54	00:59	01:02	00:47	01:00	01:01	01:21	00:49	01:04	00:45	01:13	01:23	00:30	00:47	01:25	00:44	02:58	01:24	03:12
Sprint	00:38	00:40	00:41	00:26	00:36	00:40	00:41	00:42	00:46	00:55	00:42	00:47	00:56	00:41	00:30	00:49	00:48	01:14	00:45	00:57	00:39
	11:59	12:04	12:22	12:28	13:11	13:37	13:56	14:12	14:37	14:43	14:57	15:01	15:51	15:55	16:12	16:22	16:27	17:04	19:12	20:33	21:32

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Adv. Female	1	2	3	4	5	6	7	8	9	10	11	12	13
Competitor Name	Sarah Berry	Cathy Terrill	Gwen Fennell	Emma Knowles	Dal Dhillow	Trudi Hawksworth	Becky Ciel	Hana Waite	Julie Heithus	Gill Watson	Debi King	Charlotte Walmsley C	Cat Trentham
Community	DXT	HXT	PXT	OXT	BAXT	DXT	BXT	PRXT	DXT	DXT	HXT	OXT	DXT
Age Group	O	M	M	M	M	M	M	O	V	V	M	M	M
Orchard Run	03:08	03:28	03:42	03:33	03:30	04:02	04:07	03:25	03:54	03:50	03:24	03:51	04:11
Sit Up	01:15	01:59	01:33	02:05	01:34	01:28	01:38	01:35	01:47	01:35	01:34	02:37	01:53
Alt Sq Thrust	01:10	01:21	01:44	01:10	01:37	01:27	01:07	01:22	01:41	01:47	02:30	01:21	01:25
Pallet Squat	01:15	01:19	01:27	01:12	01:17	01:20	01:20	01:11	01:46	01:46	01:38	02:05	01:22
Row	03:23	03:29	03:18	03:19	03:20	03:23	03:30	03:24	03:22	03:33	03:41	03:13	03:44
KB Upright Row	02:15	01:50	01:39	01:58	01:46	01:40	02:23	02:02	01:52	02:19	02:49	02:43	02:16
Step Up	02:29	02:41	02:38	02:28	02:23	02:48	02:45	03:15	03:12	03:02	02:51	02:53	03:14
Tyre Carry	02:30	02:41	02:53	02:34	02:50	03:27	03:02	03:05	03:10	03:15	03:13	02:54	03:10
Bench Press	02:11	01:05	01:00	02:01	02:15	01:05	01:04	01:44	01:36	01:42	01:33	02:00	02:39
Sprint	01:02	01:00	01:08	01:04	01:10	01:23	01:10	01:15	01:28	01:37	01:17	01:09	01:13
	20:38	20:53	21:02	21:24	21:42	22:03	22:06	22:18	23:48	24:26	24:30	24:46	25:07

Adv. Male	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Competitor Name	Ron Harris	Anton Micallef	Steve Bailey	Keith Pockett	Kirk Gibbons	Ben Gallagher	Shaun Flood	Mino Vernaschi	Nick Ross	Farouk Vawda	Russell Stenning	Dominic Pugh	Darren Harrison	Phil Shuard
Community	OXT	KXT	BAXT	PXT	DXT	RMXT	XT	OXT	OXT	GXT	BXT	OXT	OXT	OXT
Age Group	O	O	M	V	V	O	M	V	O	V	M	O	M	M
Orchard Run	02:57	03:20	03:14	03:14	03:09	03:05	03:24	03:47	03:50	03:41	03:53	03:54	03:57	03:18
Sit Up	01:14	01:10	01:19	01:32	01:27	01:35	01:18	01:39	01:48	01:34	01:41	02:20	02:31	02:02
Alt Sq Thrust	01:08	01:18	01:05	01:20	01:39	01:31	01:30	01:41	01:22	01:24	01:16	02:13	01:44	01:45
Pallet Squat	01:15	01:04	01:09	01:14	01:15	01:29	01:16	01:30	01:38	01:27	01:37	01:34	01:29	01:37
Row	02:53	03:09	03:05	03:07	03:03	02:53	03:05	03:06	03:07	03:13	03:08	02:58	03:37	03:19
KB Upright Row	02:01	01:25	01:48	01:53	01:36	01:59	02:01	01:42	02:16	02:22	02:35	02:14	02:11	03:02
Step Up	02:26	02:19	02:26	02:37	02:32	02:43	02:30	02:33	03:08	03:01	02:55	03:17	03:26	04:11
Tyre Carry	02:19	02:43	02:46	02:28	02:46	02:35	02:36	02:54	02:58	03:15	02:57	03:11	03:07	03:00
Bench Press	01:18	01:06	02:04	01:34	01:36	01:25	01:35	01:26	01:58	02:04	02:59	01:47	01:43	03:48
Sprint	01:00	01:16	01:02	01:03	01:06	01:03	01:10	01:14	01:04	01:21	01:11	01:15	01:17	01:22
	18:31	18:50	19:58	20:02	20:09	20:18	20:25	21:32	23:09	23:22	24:12	24:43	25:02	27:24

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Mixed Pairs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Competitor Name	Carey & Ron	Sarah & Kirk	Sarah & Anton	Dal & Steve	Emma & Dave	Caitlin & Jason	Trudi & Lance	Julie & Manminder	Sam & John	Steph & Mark	Camille & Scott	Ali & Darren	Rachel & Nick	Gwen & Jason	Charlotte & Vince	Kate & Dom	Ann & Andy	Fran & James
Community												Fancy Dress Winners						
Age Group																		
Orchard Run	01:55	01:55	02:34	02:15	02:17	02:18	02:25	02:05	02:45	02:30	02:07	02:43	02:50	02:42	02:37	02:46	03:26	02:44
Sit Up	00:54	00:58	00:56	00:54	01:11	00:52	01:25	01:18	01:34	01:17	01:51	01:57	01:25	01:01	01:39	01:33	02:44	02:15
Alt Sq Thrust	00:47	00:48	01:09	00:46	00:47	00:51	01:02	01:21	01:10	01:11	01:22	01:10	00:57	01:09	00:48	01:18	01:52	01:24
Pallet Squat	00:39	00:49	00:34	00:45	00:44	00:48	00:47	00:52	00:46	00:46	00:51	00:54	00:57	00:51	00:51	00:51	01:11	01:03
Row	02:05	01:57	02:04	02:12	02:15	02:13	02:14	02:15	02:20	02:21	02:00	02:16	02:21	02:09	02:21	02:13	02:59	02:33
KB Upright Row	00:58	00:55	00:53	01:04	01:04	01:07	00:55	00:58	01:09	01:04	01:27	01:03	01:16	01:16	01:23	01:35	01:48	01:43
Fireman Lift	00:53	00:56	01:03	01:01	00:44	01:05	01:11	01:15	00:58	01:13	01:01	01:06	01:13	01:57	01:10	00:58	01:56	01:14
Bench Press	01:46	01:51	01:36	02:05	02:23	02:16	01:59	02:12	01:48	02:28	02:26	01:52	02:17	01:56	02:39	02:45	05:59	11:52
Sprint	00:28	00:25	00:22	00:27	00:26	00:45	00:34	00:31	00:27	00:31	00:25	00:30	00:30	00:48	00:27	00:32	00:34	00:29
	10:25	10:34	11:11	11:29	11:51	12:15	12:32	12:47	12:57	13:21	13:30	13:31	13:46	13:49	13:55	14:31	22:29	25:17

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Novice Female	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Competitor Name	Sarah Kellett	Melissa Wilkes	Leona Wilkes	Nichola Robinson	Jo Walker	Katie Downing	Sunna Bergthorsdottir	Miriam Strbakova	Fran Ross	Niamh Reilly	Sam Tomasi	Lynn Plant	Annette Bellamy	Kate Edwards	Jeannette Little	Traci Alder	Fran Herdman	Izzy Langman
Community	PF2XT	FLXT	PF2XT	PF2XT	PF2XT	PF2XT	IXT	OXT	FLXT	DXT	PXT	RXT	PXT	FLXT	PF2XT	OXT	FLXT	FLXT
Age Group	O	O	O	O	M	O	O	O	O	O	M	M	V	O	M	V	V	V
Orchard Run	00:58	01:01	01:03	01:10	01:11	00:57	01:02	01:09	01:19	01:05	01:26	01:22	01:36	01:26	01:45	01:42	01:35	01:24
Sit Up	00:45	00:39	00:32	00:38	00:40	00:41	00:38	00:48	00:42	00:56	00:46	00:52	00:45	00:49	00:54	01:20	01:17	00:54
Alt Sq Thrust	00:26	00:26	00:28	00:24	00:25	00:26	00:29	00:24	00:32	00:38	00:40	00:30	00:37	00:50	00:49	00:45	00:55	00:32
Pallet Squat	00:26	00:24	00:25	00:36	00:27	00:28	00:27	00:32	00:38	00:37	00:34	00:35	00:29	00:43	00:31	00:38	00:51	00:45
Row	01:11	01:07	01:13	01:02	01:14	01:07	01:18	01:11	01:24	01:20	01:17	01:23	01:16	01:19	01:30	01:19	01:31	01:46
KB Upright Row	00:32	00:30	00:31	00:32	00:28	00:37	00:30	00:42	00:37	00:36	00:39	00:37	00:36	00:40	00:41	00:57	00:45	01:08
Step Up	00:48	00:58	00:49	00:50	00:50	00:57	00:51	01:04	00:57	00:59	01:02	01:05	01:06	01:04	01:00	01:15	01:06	02:07
Tyre Carry	00:37	00:41	00:42	00:38	00:41	00:42	00:37	00:33	00:51	01:01	00:59	00:52	01:01	01:04	00:58	00:58	01:20	01:18
Bench Press	00:28	00:24	00:27	00:24	00:26	00:29	00:34	00:28	00:37	00:26	00:28	00:39	00:30	00:35	00:30	00:33	01:20	00:57
Sprint	00:23	00:25	00:25	00:22	00:23	00:22	00:24	00:25	00:28	00:30	00:29	00:32	00:34	00:35	00:32	00:34	00:36	00:37
	06:34	06:35	06:35	06:36	06:45	06:46	06:50	07:16	08:05	08:08	08:20	08:27	08:30	09:05	09:10	10:01	11:16	11:28

Novice Male	1	2	3	4	5	6
Competitor Name	Nick Eacock	Mike Tustin	Simon Edkins	Andy Langman	Adam Godfrey	Eddy Riley
Community	PF2XT	FLXT	OXT	FLXT	DXT	RXT
Age Group	M	O	V	V	O	O
Orchard Run	00:50	00:50	01:01	01:16	01:04	01:08
Sit Up	00:44	00:34	00:47	00:40	00:53	00:47
Alt Sq Thrust	00:24	00:24	00:34	00:37	00:38	01:05
Pallet Squat	00:29	00:31	00:50	00:40	00:35	00:47
Row	01:02	01:06	01:05	00:59	01:27	01:15
KB Upright Row	00:34	00:36	00:49	00:48	00:41	00:51
Step Up	00:53	01:00	00:58	01:10	01:04	01:14
Tyre Carry	00:33	00:39	00:38	00:43	00:59	00:44
Bench Press	00:23	00:28	00:30	00:25	00:35	00:39
Sprint	00:21	00:25	00:25	00:29	00:28	00:28
	06:13	06:33	07:37	07:47	08:24	08:58

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Int. Female	1	2	3	4	5	6	7	8	9
Competitor Name	Emma Knowles	Maria Stone	Tina Bonham	Sue Henderso	Carey Connor	Ali Lester	Lel Williams	Jenny Jackson	Susan Young
Community	OXT	PF2XT	OXT	FLXT	OXT	OXT	PF2XT	OXT	XT SERIES
Age Group	M	O	V	V	O	O	V	V	V
Orchard Run	02:04	02:06	02:20	02:21	02:29	02:09	02:39	03:02	03:52
Sit Up	01:21	01:16	01:30	01:21	01:01	01:51	01:03	01:10	01:46
Alt Sq Thrust	00:48	00:54	00:53	00:51	00:50	01:02	01:10	01:12	02:34
Pallet Squat	00:46	00:49	01:05	01:03	00:51	01:06	01:06	01:05	01:35
Row	02:13	02:12	02:13	02:09	02:12	02:18	02:33	02:32	02:27
KB Upright Row	00:55	01:09	01:22	01:09	01:47	01:21	01:32	01:40	02:04
Step Up	01:43	02:12	01:49	01:54	01:53	02:09	02:21	02:13	02:41
Tyre Carry	01:50	01:53	01:51	02:02	02:23	02:14	02:46	02:21	03:18
Bench Press	00:50	01:17	01:07	01:05	01:01	01:01	01:20	01:48	01:41
Sprint	00:42	00:47	00:49	01:06	00:49	00:52	00:56	00:57	01:28
	13:12	14:35	14:59	15:01	15:16	16:03	17:26	18:00	23:26

Int. Male	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Competitor Name	Chris Wilkes	Antonio Vernaschi	Neil Hill	Adam Trimnell	Nick Ross	Denis Mason	Chris Whalley	Dave Tyson	Vince Danby	Martin Boulton	Dominic Pugh	Dean Cook	Darren Harrison	Guy Little	Sam Riley	Chris Purkiss
Community	FLXT	OXT	GXT	OXT	FLXT	RXT	GXT	RXT	OXT	PXT	PF2XT	PXT	FLXT	PF2XT	RXT	BXT
Age Group	O	O	O	M	O	M	O	O	O	V	O	O	O	M	O	V
Orchard Run	02:01	01:52	01:54	02:00	02:11	01:58	02:06	02:06	02:27	02:26	02:40	02:15	02:22	02:47	02:25	02:26
Sit Up	01:00	01:04	01:03	01:05	01:17	01:14	01:10	01:04	01:10	01:12	01:21	01:24	01:40	01:31	01:30	01:42
Alt Sq Thrust	00:43	00:40	00:52	00:40	00:47	00:51	00:51	00:56	00:55	00:56	01:15	00:53	01:30	01:58	01:07	01:56
Pallet Squat	00:47	00:54	00:58	01:00	00:58	00:51	01:08	01:08	01:01	01:08	01:00	01:02	00:56	01:23	01:24	01:23
Row	01:55	01:48	01:59	02:06	02:03	01:58	02:00	02:18	02:23	02:05	02:04	02:11	02:30	02:31	01:58	02:28
KB Upright Row	01:11	01:22	01:04	01:15	01:25	01:15	01:47	01:19	01:09	01:33	01:32	01:37	01:10	01:21	01:56	01:32
Step Up	01:55	01:53	01:49	01:44	01:49	01:47	01:47	02:00	02:19	02:06	02:04	02:12	02:26	02:13	03:08	02:11
Tyre Carry	01:45	01:51	01:37	01:41	01:42	01:46	01:40	01:52	02:23	01:59	02:08	01:54	02:06	02:18	01:54	02:17
Bench Press	00:52	00:56	01:13	01:20	00:45	01:43	00:53	01:18	00:58	01:34	00:49	02:08	00:59	00:56	01:50	01:32
Sprint	00:42	00:38	00:41	00:44	00:42	00:41	00:42	00:41	00:52	00:43	00:50	00:44	00:53	00:57	00:46	00:56
	12:51	12:58	13:10	13:35	13:39	14:04	14:04	14:42	15:37	15:42	15:43	16:20	16:32	17:55	17:58	18:23

OXT24 - July 30th, 2016 - Results - Splits & Ranking

Adv. Female	1	2	3	4	5	6	7	8
Competitor Name	Kristjana Gunnarsdottir	Trudi Hawkswo	Becky Ceil	Sarah Finnerty	Sarah Connolly	Sam Saunt	Charlotte Walmesy	Julie Linton
Community	IXT	DXT	BXT	RXT	BXT	DXT	OXT	GXT
Age Group	O	M	M	O	M	O	M	V
Orchard Run	03:50	04:10	04:03	04:35	04:07	03:53	03:32	04:15
Sit Up	01:33	01:32	01:32	01:32	01:28	01:31	02:36	02:02
Alt Sq Thrust	01:26	01:23	01:13	02:33	01:27	02:22	01:17	01:45
Pallet Squat	01:31	01:25	01:19	01:13	01:22	01:26	01:42	01:38
Row	02:58	03:22	03:35	03:18	03:44	03:43	03:09	03:36
KB Upright Row	01:53	01:20	02:35	01:50	02:27	02:25	03:36	02:46
Step Up	02:37	02:57	03:05	02:48	03:05	03:33	03:18	03:17
Tyre Carry	02:46	03:33	03:24	03:26	03:36	03:47	03:05	03:34
Bench Press	01:14	01:03	01:04	01:08	02:03	01:29	02:24	02:10
Sprint	01:10	01:34	01:18	01:42	01:23	01:28	01:09	01:24
	20:58	22:19	23:08	24:05	24:42	25:37	25:48	26:27

Adv. Male	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Competitor Name	Ben Cornwell	Ron Harris	Kirk Gibbons	Alex Woods	Andy Lett	Andy Riley	Steve Bailey	Farouk Vawda	Russell Stenning	Mino Vernaschi	John Miller	Duncan Rennie	James Purdy	Lance Hawksworth	Phil Shuard
Community	BAXT	OXT	DXT	SXT	RXT	RXT	BAXT	GXT	BXT	OXT	BXT	HXT	FLXT	DXT	OXT
Age Group	O	O	V	O	M	M	O	M	M	V	M	M	O	V	M
Orchard Run	02:52	03:15	03:22	02:56	03:06	03:40	03:29	03:37	03:42	03:44	03:48	03:25	03:25	04:06	03:31
Sit Up	01:08	01:08	01:24	01:19	01:15	01:19	01:34	01:20	01:37	01:38	01:58	01:36	01:50	02:01	02:08
Alt Sq Thrust	00:58	01:11	01:31	01:03	01:14	01:27	01:19	01:29	01:15	01:35	01:42	02:12	01:44	01:45	01:41
Pallet Squat	01:06	01:04	01:24	01:22	01:16	01:24	01:21	01:21	01:26	01:39	01:27	01:47	01:52	02:07	01:54
Row	03:08	02:57	02:57	03:18	03:01	03:02	03:05	03:11	03:15	03:00	03:28	03:16	02:59	03:36	03:12
KB Upright Row	01:43	02:02	01:39	01:42	01:29	02:01	01:49	02:09	01:54	02:09	02:08	02:14	02:49	02:00	03:41
Step Up	02:20	02:42	02:38	02:35	02:40	02:52	02:50	02:47	03:14	02:56	03:36	03:06	03:30	04:21	04:16
Tyre Carry	02:35	02:39	02:54	03:09	02:57	03:14	03:03	03:06	02:59	03:19	03:25	03:09	03:07	03:49	03:10
Bench Press	02:10	01:35	01:05	01:14	02:02	01:19	02:17	01:59	02:18	01:32	01:10	01:55	01:57	02:06	03:49
Sprint	00:58	01:01	01:05	01:22	01:14	01:14	01:20	01:22	01:10	01:26	01:08	01:10	01:15	01:33	01:17
	18:58	19:34	19:59	20:00	20:14	21:32	22:07	22:21	22:50	22:58	23:50	23:50	24:28	27:24	28:39

OXT24 - July 30th, 2016 - Results - Splits & Ranking

Mixed Pairs	1	2	3	4	5	6	7	8	9	10	11	12
Competitor Name	Kristjana & Alex	Carey & Ron	Emma & Chris	Sam & Andy	Julie & Farouk	Melissa & Mino	Trudi & Lance	Sunna & Dominic	Charlotte & Vince	Sue & Phil	Ali & Darren	Tina & Simon
Community												
Age Group												
Orchard Run	01:59	02:05	02:06	02:08	02:22	02:28	02:26	02:20	02:37	02:25	02:28	02:52
Sit Up	00:55	00:49	01:05	00:56	01:00	01:23	01:19	01:10	01:20	01:23	02:01	01:18
Alt Sq Thrust	00:39	00:51	00:39	00:46	00:52	01:04	00:54	00:50	00:52	00:58	01:38	01:02
Pallet Squat	00:49	00:41	00:44	00:45	00:55	00:46	00:49	00:46	00:54	00:56	00:55	01:17
Row	01:58	02:01	02:14	02:25	02:20	02:00	02:16	01:56	02:04	02:09	02:09	02:09
KB Upright Row	01:05	01:12	00:53	01:04	01:01	00:54	00:51	01:22	01:33	01:00	01:11	02:19
Fireman Lift	00:55	00:46	00:42	00:55	01:13	01:10	01:25	00:46	01:22	01:21	01:14	01:02
Bench Press	01:37	01:45	01:52	01:32	01:54	01:54	01:59	03:00	02:33	03:20	02:16	03:50
Sprint	00:28	00:27	00:26	00:28	00:28	00:34	00:32	00:25	00:30	00:39	00:31	00:29
	10:25	10:37	10:41	10:59	12:05	12:13	12:31	12:35	13:45	14:11	14:23	16:18

OXT24 - July 18th, 2015 - Results - Splits & Ranking

Novice Female	1	2	3	4	5	6	7	8	9	10	11	12
Competitor	April Langston	Sally Godfrey	Carolyne Sanders	Melissa Rollins	Natasha Redman	Alison Lester	Charlotte Gregory	Chloe Teasdale	Hazel Inniss	Hana Malins	Katie Skipsey	Izzy Langman
County	West Mids	Worcester shire	Worcester shire	Worcester shire	Worcester shire	Warwicks hire	Worcester shire	Worcester shire	Warwicks hire	Worcester shire	Worcester shire	Worcester shire
Age	M	M	M	O	M	O	O	O	O	O	O	V
Orchard Run	01:07	01:13	01:08	01:10	01:14	01:12	00:57	01:11	01:08	01:18	01:18	01:32
Sit Up	00:22	00:34	00:41	00:40	00:41	00:47	01:01	01:01	00:56	00:57	00:53	00:57
Alt Sq Thrust	00:32	00:29	00:29	00:32	00:29	00:31	00:54	00:34	00:38	00:39	00:52	00:37
Pallet Squat	00:33	00:32	00:36	00:34	00:35	00:42	00:35	00:35	00:40	00:49	00:42	00:50
Row	01:16	01:19	01:13	01:17	01:18	01:24	01:23	01:25	01:25	01:23	01:26	01:21
KB Upright Row	00:33	00:33	00:37	00:34	00:32	00:36	00:36	00:37	00:40	00:39	00:39	00:52
Step Up	00:56	00:56	01:00	01:04	01:03	00:58	01:02	00:59	01:20	01:15	01:28	01:20
Tyre Carry	00:36	00:42	00:40	00:40	00:49	00:49	00:38	00:48	00:49	00:42	01:06	01:10
Bench Press	00:29	00:27	00:29	00:27	00:30	00:28	00:33	00:36	00:29	00:39	00:33	00:44
Sprint	00:25	00:28	00:25	00:25	00:30	00:27	00:27	00:31	00:31	00:30	00:36	00:36
Total Time	06:49	07:13	07:18	07:23	07:41	07:54	08:06	08:17	08:36	08:51	09:33	09:59

Novice Male	1	2	3	4
Competitor Name	Chris England	Mark Dunn	Sam Riley	Darren Basterfield
County	Worcester shire	Worcester shire		Worcester shire
Age	M	O	O	M
Orchard Run	01:05	01:01	01:09	00:57
Sit Up	00:31	00:31	00:49	00:50
Alt Sq Thrust	00:28	00:29	00:27	00:41
Pallet Squat	00:38	00:37	00:44	00:44
Row	01:14	01:25	01:17	01:14
KB Upright Row	00:34	00:39	00:39	00:41
Step Up	01:02	00:59	01:01	01:04
Tyre Carry	00:35	00:38	00:36	00:41
Bench Press	00:26	00:29	00:39	00:37
Sprint	00:25	00:20	00:24	00:27
Total Time	06:58	07:08	07:45	07:56

OXT24 - July 18th, 2015 - Results - Splits & Ranking

Int. Female	1	2	3	4	5	6	7	8	8
Competitor Name	Dal Dhillow	Charlie Iles	Charlotte Walmesley	Nicola Ainsworth	Emma Knowles	Tina Bonham	Lel Williams	Jackie Maciejewski	Jenny Jackson
County	West Mids	Worcester shire	Worcester shire	Manchester	Worcester shire	Warwickshire	Worcester shire	Worcester shire	Worcester shire
Age	M	O	M	O	M	V	V	V	V
Orchard Run	02:21	02:38	02:08	02:28	02:01	02:27	02:25	02:36	03:08
Sit Up	00:58	01:07	01:29	01:30	02:03	01:25	01:01	01:58	00:51
Alt Sq Thrust	00:49	00:56	00:48	00:56	01:13	01:05	00:56	01:03	01:23
Pallet Squat	01:02	00:59	01:10	01:01	00:54	01:13	01:02	01:15	01:04
Row	02:14	02:22	02:14	02:19	02:26	02:23	02:37	02:49	02:42
KB Upright Row	00:58	00:49	01:09	01:10	00:56	01:09	01:01	00:58	01:12
Step Up	01:43	01:45	02:03	02:04	02:03	02:00	02:21	02:09	02:18
Tyre Carry	01:47	01:41	01:32	01:45	01:41	01:38	02:03	02:05	02:03
Bench Press	00:41	00:58	00:57	00:54	01:07	01:03	01:07	01:17	01:30
Sprint	00:54	00:47	00:42	00:54	00:46	00:48	00:52	00:58	00:57
Total Time	13:27	14:02	14:12	15:01	15:10	15:11	15:25	17:08	17:08

Int. Male	1	2	3	4	5	6	7	8	9	10	11
Competitor Name	Antonio Vernaschi	Jason Harvey	Steve Bailey	Neil Hill	James Purdy	Seb Robert	Dominic Pugh	John Clarke	Darren Harrison	Nick Ross	Jason Robbins
County	Worcester shire	Worcester shire	West Mids	Manchester	Warwickshire	Worcester shire	Worcester shire	Manchester	UK	Worcester shire	Warwickshire
Age	O	O	O	O	O	O	O	O	O	O	M
Orchard Run	01:51	02:02	02:11	01:57	02:06	02:11	02:22	02:15	02:24	02:00	02:40
Sit Up	01:01	00:57	01:01	01:03	01:07	00:59	01:26	01:01	01:15	00:55	01:36
Alt Sq Thrust	00:47	00:44	00:44	00:44	00:49	00:51	00:55	01:00	01:10	00:53	01:06
Pallet Squat	00:46	00:46	00:53	01:01	01:04	00:51	01:05	01:01	00:56	01:04	01:30
Row	01:52	02:02	02:03	01:58	01:59	02:13	02:05	02:22	02:38	02:11	02:34
KB Upright Row	01:11	01:05	00:58	01:01	01:33	01:07	01:10	01:20	00:55	01:30	01:06
Step Up	01:49	01:47	01:48	01:49	02:17	02:58	02:01	02:25	02:21	03:27	03:03
Tyre Carry	01:05	01:31	01:41	01:30	01:47	01:32	01:48	01:41	02:04	01:58	02:22
Bench Press	00:54	00:48	00:54	01:25	00:50	00:52	00:48	01:15	00:59	01:15	01:02
Sprint	00:46	00:43	00:47	00:41	00:47	00:47	00:49	00:48	01:01	00:48	01:00
Total Time	12:02	12:25	13:00	13:09	14:19	14:21	14:29	15:08	15:43	16:01	17:59

OXT24 - July 18th, 2015 - Results - Splits & Ranking

Adv. Male	1	2
Competitor Name	Trudi Hawksworth	Alison Hallam
County	Derbyshire	Warwickshire
Age	M	M
Orchard Run	03:46	03:56
Sit Up	01:23	02:10
Alt Sq Thrust	01:11	02:06
Pallet Squat	01:28	02:16
Row	03:21	03:30
KB Upright Row	01:28	02:17
Step Up	03:29	04:03
Tyre Carry	03:16	03:22
Bench Press	01:03	02:33
Sprint	01:34	01:33
Total Time	21:59	27:46

Adv. Male	1	2	3	4	5	6	7	8
Competitor Name	Stu Jackson	Alex Woods	Ron Harris	Andy Riley	Mino Vernaschi	Robert Bradford	Sean Penney	Phil Shuard
County	Rushmoor	Midlothian	Warwickshire	Lancashire	Worcestershire	Cheshire	Worcestershire	Worcestershire
Age	O	O	O	O	V	O	O	M
Orchard Run	03:08	03:02	03:01	03:08	03:30	03:21	03:10	03:21
Sit Up	01:25	01:19	01:11	01:12	01:28	01:51	01:40	02:21
Alt Sq Thrust	01:21	01:04	01:11	01:06	01:17	01:42	01:22	01:46
Pallet Squat	01:06	01:32	01:23	01:26	01:19	02:05	01:40	02:03
Row	02:56	03:11	03:05	03:13	03:03	03:09	03:34	03:24
KB Upright Row	01:25	01:38	01:41	02:05	01:10	01:34	01:59	03:55
Step Up	02:52	02:40	02:53	02:30	02:47	03:50	04:24	04:35
Tyre Carry	02:38	02:31	02:29	02:53	03:01	03:00	02:37	02:59
Bench Press	01:42	01:21	01:51	01:05	01:37	02:30	03:58	04:23
Sprint	00:38	01:14	00:58	01:20	01:13	01:22	01:18	01:13
Total Time	19:11	19:32	19:43	19:58	20:25	24:24	25:42	30:00

OXT24 - July 18th, 2015 - Results - Splits & Ranking

Mixed Pairs	1	2	3	4	5	6	7	8	9	10	11
Competitor Name	Dal & Steve	Trudi & Lance	Carey & Ron	Melissa & Mino	Charlie & Antonio	Emma & Paul	Nicola & Alex	Sue & Phil	Charlie & Dominic	Ali & Jason	Ali & Daren
County	West Mids	Derbyshire	Warwickshire	Worcestershire	Worcestershire	Worcestershire	Manchester/Midlothian	Worcestershire	Worcestershire	Warwickshire	Warwickshire
Age											
Orchard Run	02:18	02:35	02:22	02:20	02:09	02:14	02:40	02:50	02:15	02:36	02:32
Sit Up	00:58	01:15	01:18	00:52	00:55	01:30	01:22	01:02	01:23	01:21	01:34
Alt Sq Thrust	00:46	01:06	00:49	00:47	00:33	00:54	01:13	01:18	01:28	01:28	01:14
Pallet Squat	00:51	00:58	00:50	00:58	00:48	00:44	00:50	00:45	00:56	00:49	01:03
Row	02:07	02:08	01:59	02:11	02:29	02:27	01:56	02:07	02:05	02:27	02:25
KB Upright Row	01:01	00:56	01:23	01:26	01:11	01:08	00:57	01:07	01:12	01:13	01:21
Fireman Lift	00:49	00:58	00:44	00:45	00:43	00:42	01:14	00:49	00:54	01:02	01:13
Bench Press	01:38	01:29	02:05	02:34	03:08	02:23	02:06	02:25	02:12	02:02	02:31
Sprint	00:23	00:29	00:31	00:24	00:24	00:26	00:22	00:25	00:27	00:25	00:32
Total Time	10:51	11:54	12:01	12:17	12:20	12:28	12:40	12:48	12:52	13:23	14:25