

OXT24 - 2018 Results - Splits and Ranking

| Novice Female | 1 | 2 | 3 |
|-----------------|--------------------|----------------|----------------|
| Competitor Name | Hannah Lloyd Jones | Ress Langlands | Sheila Everard |
| Community | Comm | Comm | Comm |
| Age Group | Open | Master | Vets |
| Orchard Run | 1:17 | 1:13 | 1:40 |
| Sit Up | 0:37 | 0:29 | 0:57 |
| Alt Sq Thrust | 0:30 | 0:32 | 0:53 |
| Pallet Squat | 0:30 | 0:33 | 0:43 |
| Row | 1:18 | 1:26 | 1:30 |
| KB Upright Row | 0:37 | 0:41 | 0:42 |
| Step Up | 0:57 | 0:56 | 1:13 |
| Tyre Carry | 0:49 | 0:47 | 0:58 |
| Bench Press | 0:24 | 0:30 | 0:28 |
| Sprint | 0:23 | 0:24 | 0:40 |
| | 7:22 | 7:31 | 9:44 |

Course Record

Time Improvement

Category Climb

Fancy Dress Winners

| Novice Male | 1 |
|-----------------|----------------|
| Competitor Name | Robert Gotileb |
| Community | Comm |
| Age Group | Vets |
| Orchard Run | 1:18 |
| Sit Up | 0:44 |
| Alt Sq Thrust | 0:46 |
| Pallet Squat | 0:44 |
| Row | 1:30 |
| KB Upright Row | 0:38 |
| Step Up | 1:42 |
| Tyre Carry | 1:01 |
| Bench Press | 0:38 |
| Sprint | 0:42 |
| | 9:43 |

OXT24 - 2018 Results - Splits and Ranking

| Int. Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|-----------------|--------------|-------------------|--------------------|---------------|--------------|---------------|-----------------------|--------------|---------------|----------------|--------------|---------------|---------------|--------------|
| Competitor Name | Carey Connor | Sam Godfrey Saunt | Lucia Francis-Wint | Donna Rushton | Lel Williams | Alison Lester | Rebecca Exton-Russell | Fran Bradley | Jenny Jackson | Melissa Wilkes | Kate Edwards | Bonnie Walton | Sarah Colburn | Ann Ross |
| Community | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm |
| Age Group | Open | Open | Open | Master | Vet | Master | Master | Open | Vet | Open | Open | Master | Master | Vet |
| Orchard Run | 2:30 | 2:19 | 2:26 | 2:10 | 2:24 | 2:39 | 2:30 | 2:30 | 2:54 | 2:31 | 2:49 | 2:55 | 2:35 | 3:30 |
| Sit Up | 0:59 | 1:07 | 1:09 | 1:18 | 1:01 | 1:15 | 1:33 | 1:00 | 1:07 | 1:21 | 1:26 | 2:00 | 1:41 | 2:28 |
| Alt Sq Thrust | 0:48 | 0:59 | 1:00 | 0:51 | 0:54 | 0:50 | 1:14 | 1:02 | 1:02 | 1:01 | 0:54 | 1:30 | 1:44 | 1:58 |
| Pallet Squat | 0:44 | 0:55 | 0:59 | 1:02 | 0:55 | 1:05 | 1:12 | 1:15 | 1:03 | 0:55 | 1:08 | 1:25 | 1:22 | 1:28 |
| Row | 2:14 | 2:33 | 2:18 | 2:26 | 2:23 | 2:17 | 2:21 | 2:43 | 2:56 | 2:24 | 2:24 | 2:25 | 2:44 | 3:13 |
| KB Upright Row | 1:10 | 0:59 | 1:17 | 1:07 | 1:03 | 1:15 | 1:16 | 1:30 | 1:28 | 1:40 | 1:24 | 1:33 | 1:53 | 1:59 |
| Step Up | 1:50 | 1:50 | 1:51 | 2:00 | 2:05 | 1:55 | 2:08 | 1:58 | 1:50 | 2:09 | 2:06 | 2:11 | 2:23 | 3:03 |
| Tyre Carry | 1:48 | 1:56 | 1:48 | 1:36 | 2:21 | 2:04 | 2:05 | 2:07 | 1:54 | 2:05 | 2:44 | 2:01 | 2:17 | 1:54 |
| Bench Press | 0:53 | 0:40 | 0:55 | 1:33 | 1:12 | 1:00 | 0:49 | 1:20 | 1:18 | 1:47 | 1:02 | 1:00 | 1:46 | 2:26 |
| Sprint | 0:47 | 0:46 | 0:45 | 0:46 | 0:48 | 0:50 | 1:00 | 0:55 | 0:55 | 0:47 | 0:53 | 0:53 | 0:57 | 1:11 |
| | 13:43 | 14:04 | 14:28 | 14:49 | 15:06 | 15:10 | 16:08 | 16:20 | 16:27 | 16:40 | 16:50 | 17:53 | 19:22 | 23:10 |

| Int. Male | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|-----------------|--------------|---------------|--------------|--------------|--------------|--------------|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|------------------|--------------|---------------|
| Competitor Name | Tom Wilkes | David Fawcett | Si Stafford | Chris Wilkes | Simon Edkins | Joseph Usher | Manminder Shanani | Dean Cook | Vince Danby | Mike Short | Guy Little | John Moss | Ian Coultard | Lance Hawksworth | Chris Purkis | James Bradley |
| Community | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm |
| Age Group | Open | Vet | Vet | Open | Vet | Open | Vet | Open | Open | Master | Age Cat | Vet | Master | Vets | Vets | Open |
| Orchard Run | 2:16 | 2:19 | 2:16 | 2:19 | 2:05 | 2:00 | 2:14 | 2:15 | 2:27 | 2:19 | 2:58 | 2:37 | 2:36 | 2:54 | 2:40 | 2:30 |
| Sit Up | 0:52 | 1:00 | 0:59 | 0:59 | 1:12 | 1:39 | 1:06 | 1:03 | 1:05 | 1:11 | 1:24 | 1:21 | 1:27 | 1:15 | 2:00 | 1:40 |
| Alt Sq Thrust | 0:44 | 0:43 | 0:46 | 0:42 | 0:52 | 0:51 | 1:14 | 0:44 | 0:51 | 1:07 | 0:57 | 1:18 | 1:23 | 1:19 | 1:30 | 1:06 |
| Pallet Squat | 0:56 | 0:54 | 0:51 | 1:06 | 1:19 | 0:57 | 1:12 | 0:56 | 1:20 | 1:18 | 1:21 | 1:14 | 1:20 | 1:25 | 1:42 | 1:37 |
| Row | 2:15 | 2:01 | 2:17 | 2:16 | 2:03 | 2:05 | 2:08 | 2:08 | 2:22 | 2:22 | 2:11 | 2:22 | 2:35 | 2:39 | 2:38 | 2:28 |
| KB Upright Row | 0:58 | 1:20 | 1:05 | 1:16 | 1:24 | 1:20 | 1:20 | 1:34 | 1:14 | 1:56 | 1:26 | 1:30 | 1:32 | 1:23 | 1:27 | 2:12 |
| Step Up | 1:47 | 1:49 | 1:52 | 1:57 | 2:02 | 2:24 | 1:55 | 1:58 | 2:14 | 2:05 | 2:13 | 2:46 | 2:41 | 2:29 | 2:15 | 2:29 |
| Tyre Carry | 1:31 | 1:41 | 1:57 | 1:49 | 1:45 | 1:32 | 1:51 | 1:53 | 2:22 | 2:11 | 2:20 | 2:10 | 2:09 | 2:36 | 2:44 | 1:58 |
| Bench Press | 0:55 | 0:59 | 0:46 | 0:57 | 1:05 | 1:14 | 0:57 | 1:52 | 1:00 | 1:13 | 1:00 | 0:49 | 1:03 | 0:52 | 1:30 | 3:30 |
| Sprint | 0:42 | 0:42 | 0:50 | 0:48 | 0:41 | 0:38 | 0:45 | 0:57 | 0:52 | 0:54 | 1:01 | 1:04 | 0:49 | 1:00 | 1:03 | 0:44 |
| | 12:56 | 13:28 | 13:39 | 14:09 | 14:28 | 14:40 | 14:42 | 15:20 | 15:47 | 16:36 | 16:51 | 17:11 | 17:35 | 17:52 | 19:29 | 20:14 |

OXT24 - 2018 Results - Splits and Ranking

| Adv. Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------|-------------|-------------|--------------|--------------|---------------|--------------|---------------------------|--------------|------------------|-------------|------------|----------------|
| Competitor Name | Sarah Berry | Dal Dhillow | Gwen Fennell | Emma Knowles | Hannah Calton | Sarah Tuffin | Charlotte Walmsley-Cotham | Rebecca Ciel | Trudi Hawksworth | Tina Bonham | Lisa Short | Sarah Connelly |
| Community | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm |
| Age Group | Open | Master | Master | Master | Open | Master | Master | Master | Vets | Vets | Master | Master |
| Orchard Run | 3:02 | 3:21 | 3:47 | 3:30 | 3:16 | 3:29 | 3:34 | 4:11 | 3:54 | 3:56 | 4:02 | 4:26 |
| Sit Up | 1:19 | 1:30 | 1:40 | 1:59 | 1:29 | 1:43 | 2:04 | 1:35 | 1:31 | 2:02 | 2:04 | 1:37 |
| Alt Sq Thrust | 1:03 | 1:21 | 1:28 | 1:12 | 1:25 | 2:02 | 1:13 | 1:09 | 1:17 | 1:14 | 2:44 | 1:23 |
| Pallet Squat | 1:13 | 1:11 | 1:21 | 1:12 | 1:16 | 1:12 | 1:42 | 1:29 | 1:33 | 2:00 | 2:05 | 1:38 |
| Row | 3:11 | 3:22 | 3:16 | 3:26 | 3:30 | 3:32 | 3:21 | 3:36 | 3:28 | 3:13 | 3:32 | 3:57 |
| KB Upright Row | 1:49 | 2:11 | 1:45 | 1:59 | 1:45 | 1:46 | 2:17 | 2:41 | 1:52 | 2:32 | 2:37 | 3:59 |
| Step Up | 2:34 | 2:21 | 2:36 | 2:35 | 3:26 | 2:48 | 3:06 | 2:43 | 3:19 | 3:04 | 3:31 | 3:21 |
| Tyre Carry | 2:42 | 2:09 | 3:03 | 2:47 | 3:06 | 3:05 | 3:11 | 3:19 | 3:28 | 3:19 | 3:23 | 4:28 |
| Bench Press | 1:43 | 1:43 | 1:20 | 2:03 | 1:37 | 1:29 | 1:46 | 1:04 | 1:26 | 2:39 | 1:59 | 3:26 |
| Sprint | 1:02 | 1:19 | 1:20 | 1:06 | 1:11 | 1:02 | 0:42 | 1:11 | 1:23 | 1:21 | 1:33 | 1:38 |
| | 19:38 | 20:28 | 21:36 | 21:49 | 22:01 | 22:08 | 22:56 | 22:58 | 23:11 | 25:20 | 27:30 | 29:53 |

| Adv. Male | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
|-----------------|--------------|------------|--------------|---------------|-------------|----------------|--------------|-------------|---------------|---------------|-----------------|-----------------|--------------|----------------|-----------------|------------|-----------|--------------|--------------|-----------------|-------------|-----------|------|
| Competitor Name | Ben Cornwell | Ron Harris | Kirk Gibbons | Charlie Lloyd | Tony Mcneil | Anton Micallef | Steve Bailey | Shaun Flood | Adam Trimmell | Duncan Rennie | Scott Mcmillian | Steve Humphreys | Joe Micallef | Mino Vernaschi | Russel Stenning | Jon Miller | Nick Ross | Dominic Pugh | Stephen Gale | Darren Harrison | Phil Shuard | Andy Ross | |
| Community | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm | Comm |
| Age Group | Master | Open | Vets | Open | Master | Open | Master | Master | Master | Master | Master | Master | Open | Vets | Master | Master | Open | Master | Vets | Master | Vets | Vets | |
| Orchard Run | 2:41 | 2:53 | 3:08 | 3:20 | 3:04 | 3:15 | 3:10 | 3:34 | 3:18 | 3:06 | 4:03 | 3:20 | 3:38 | 4:00 | 3:28 | 4:12 | 3:42 | 3:57 | 3:30 | 3:56 | 3:30 | 4:49 | |
| Sit Up | 1:14 | 1:12 | 1:16 | 1:20 | 1:49 | 1:17 | 1:19 | 1:20 | 1:28 | 1:38 | 0:00 | 1:32 | 1:42 | 1:52 | 1:46 | 2:02 | 1:53 | 2:08 | 1:49 | 2:41 | 2:06 | 2:43 | |
| Alt Sq Thrust | 1:06 | 1:05 | 1:22 | 1:10 | 1:12 | 1:33 | 1:09 | 1:45 | 1:09 | 1:21 | 0:00 | 1:46 | 1:15 | 1:36 | 1:18 | 1:32 | 1:17 | 2:13 | 2:16 | 2:12 | 1:51 | 2:31 | |
| Pallet Squat | 1:06 | 1:13 | 1:20 | 1:20 | 1:42 | 1:15 | 1:11 | 1:17 | 1:15 | 1:27 | 0:00 | 1:33 | 1:33 | 1:36 | 1:45 | 1:33 | 1:33 | 1:38 | 1:59 | 1:32 | 2:02 | 2:06 | |
| Row | 3:05 | 2:57 | 2:58 | 2:52 | 3:00 | 3:13 | 3:12 | 3:06 | 3:10 | 3:05 | 11:39 | 3:00 | 3:32 | 2:59 | 3:07 | 3:44 | 3:12 | 3:10 | 3:23 | 3:40 | 3:25 | 3:38 | |
| KB Upright Row | 1:35 | 1:38 | 1:18 | 1:48 | 2:02 | 1:32 | 1:51 | 1:55 | 2:04 | 2:18 | 1:57 | 2:17 | 2:30 | 1:51 | 2:51 | 2:36 | 2:40 | 2:50 | 2:46 | 2:42 | 3:35 | 2:09 | |
| Step Up | 2:23 | 2:28 | 2:32 | 2:46 | 2:38 | 3:21 | 2:38 | 2:35 | 2:35 | 3:14 | 3:00 | 2:31 | 2:54 | 3:32 | 3:30 | 3:28 | 3:51 | 3:12 | 3:27 | 4:19 | 4:09 | 4:04 | |
| Tyre Carry | 2:20 | 2:24 | 2:46 | 2:41 | 2:22 | 2:41 | 2:59 | 2:44 | 2:36 | 3:05 | 2:58 | 3:06 | 2:55 | 3:00 | 3:00 | 3:05 | 3:14 | 3:07 | 3:15 | 3:34 | 3:12 | 3:47 | |
| Bench Press | 1:09 | 1:38 | 1:38 | 1:19 | 1:33 | 1:11 | 2:05 | 1:34 | 2:29 | 1:50 | 1:53 | 2:27 | 1:53 | 1:51 | 2:50 | 1:23 | 2:34 | 2:04 | 3:19 | 1:50 | 3:27 | 3:47 | |
| Sprint | 0:56 | 0:59 | 1:04 | 1:09 | 1:04 | 1:25 | 1:15 | 1:12 | 1:07 | 1:08 | 1:06 | 1:08 | 1:19 | 1:18 | 1:05 | 1:21 | 1:16 | 1:18 | 1:13 | 1:29 | 1:11 | 1:42 | |
| | 17:35 | 18:27 | 19:22 | 19:45 | 20:26 | 20:43 | 20:49 | 21:02 | 21:11 | 22:12 | 26:36 | 22:40 | 23:11 | 23:35 | 24:40 | 24:56 | 25:12 | 25:37 | 26:57 | 27:55 | 28:28 | 31:16 | |

OXT24 - 2018 Results - Splits and Ranking

| Mixed Pairs | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|-----------------|--------------|-------------|---------------|-------------|-------------|------------------|------------|-----------|----------------|-----------|-------------------|-------------------|---------------|-------------|-------------|
| Competitor Name | Sarah & Kirk | Carey & Ron | Sarah & Anton | Dal & Steve | Emma & Dave | Hannah & Charlie | Sam & Phil | Tina & Si | Kate & Dominic | Ali & Daz | Sarah & Manminder | Charlotte & Vince | Trudi & Lance | Fran & Andy | Lucia & Rob |
| Community | | | | | | | | | | | | | | | |
| Age Group | | | | | | | | | | | | | | | |
| Orchard Run | 1:52 | 1:55 | 2:14 | 2:09 | 2:21 | 2:24 | 2:19 | 0:00 | 2:50 | 2:21 | 1:48 | 2:34 | 3:42 | 3:17 | 2:28 |
| Sit Up | 0:57 | 0:57 | 0:55 | 0:59 | 1:15 | 0:51 | 1:27 | 0:00 | 1:24 | 1:55 | 1:16 | 1:31 | 1:32 | 1:02 | 1:21 |
| Alt Sq Thrust | 0:44 | 0:44 | 0:44 | 0:48 | 0:47 | 0:47 | 1:00 | 0:00 | 0:54 | 1:15 | 1:06 | 0:54 | 1:48 | 1:00 | 1:00 |
| Pallet Squat | 0:45 | 0:35 | 0:43 | 0:43 | 0:40 | 0:48 | 0:54 | 0:00 | 0:48 | 0:54 | 1:01 | 1:03 | 0:57 | 1:29 | 0:57 |
| Row | 2:00 | 2:05 | 2:07 | 2:09 | 2:18 | 2:29 | 2:20 | 0:00 | 2:04 | 2:24 | 2:43 | 2:26 | 2:22 | 2:11 | 2:26 |
| KB Upright Row | 0:48 | 1:03 | 0:57 | 0:58 | 1:00 | 1:13 | 0:54 | 0:00 | 1:47 | 1:19 | 1:37 | 1:24 | 1:16 | 1:34 | 1:26 |
| Fireman Lift | 0:47 | 0:52 | 0:53 | 1:01 | 0:51 | 0:54 | 1:02 | 0:00 | 1:03 | 1:10 | 1:33 | 1:36 | 2:08 | 1:44 | 3:07 |
| Bench Press | 1:37 | 1:55 | 1:41 | 1:58 | 2:22 | 3:01 | 3:09 | 0:00 | 2:21 | 2:00 | 3:06 | 2:50 | 2:09 | 3:47 | 3:11 |
| Sprint | 0:24 | 0:26 | 0:28 | 0:27 | 0:27 | 0:31 | 0:27 | 13:39 | 0:29 | 0:31 | 0:45 | 0:38 | 0:40 | 0:33 | 0:47 |
| | 9:54 | 10:32 | 10:42 | 11:12 | 12:01 | 12:58 | 13:32 | 13:39 | 13:40 | 13:49 | 14:55 | 14:56 | 16:34 | 16:37 | 16:43 |

OXT24 - 2017 Results - Splits and Ranking

| Novice Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Competitor Name | Emma | Lucy | Laura | Caitlin | Kate | Kelly Da | Niamh | 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 | Oli | Nik | Albert | Stu |
| 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 |

OXT24 - 2017 Results - Splits and Ranking

| Int. Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|-----------------|-------|-------|-------|------------|----------|-----------|-------|-------|-------|-----------|---------|-------|--------|-------|
| Competitor Name | Sarah | Leona | Carey | Ali Lester | McMillan | Jo Walker | Steph | Vicky | Sam | Wrankmore | Annette | Fran | Rachel | Susan |
| 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 Trimnell | 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 |

OXT24 - 2017 Results - Splits and Ranking

| 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 |

OXT24 - 2017 Results - Splits and Ranking

| 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 Age Group | | | | | | | | | | | | Fancy Dress Winners | | | | | | |
| 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 |

OXT24 - 2016 Results - Splits and Ranking

| 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 |

Course Record

Time Improvement

Category Climb

| 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 |

OXT24 - 2016 Results - Splits and Ranking

| Int. Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|-----------------|--------------|--------------|--------------|---------------|--------------|--------------|--------------|---------------|--------------|
| Competitor Name | Emma Knowles | Maria Stone | Tina Bonham | Sue Henderson | 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 Trimmell | 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 - 2016 Results - Splits and Ranking

| Adv. Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|-----------------|-------------------------|------------------|--------------|----------------|----------------|--------------|-------------------|--------------|
| Competitor Name | Kristjana Gunnarsdottir | Trudi Hawksworth | 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 - 2016 Results - Splits and 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 - 2015 Results - Splits and Ranking

| Novice Female | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-------------------|----------------|----------------|------------------|-----------------|----------------|---------------|-------------------|----------------|--------------|----------------|----------------|----------------|
| Competitor Name | 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 | Worcestershire | Worcestershire | Worcestershire | Worcestershire | Warwickshire | Worcestershire | Worcestershire | Warwickshire | Worcestershire | Worcestershire | Worcestershire |
| 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 | Worcestershire | Worcestershire | | Worcestershire |
| 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 - 2015 Results - Splits and 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 | Worcestershire | Worcestershire | Manchester | Worcestershire | Warwickshire | Worcestershire | Worcestershire | Worcestershire |
| 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 | Worcestershire | Worcestershire | West Mids | Manchester | Warwickshire | Worcestershire | Worcestershire | Manchester | UK | Worcestershire | 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 - 2015 Results - Splits and Ranking

| Adv. Male | 1 | 2 |
|-------------------|---------------------|------------------|
| Competitor Name | Trudi Hawksworth | Alison Hallam |
| County | Derbyshir e | Warwicks hire |
| 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 | Rushmo r | Midlothia n | Warwicks hire | Lancashir e | Worceste rshire | Cheshire | Worceste rshire | Worceste rshire |
| 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 - 2015 Results - Splits and 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 |