

Ironman 2018												
Overall Splits												
			<u>Bench</u>	<u>Alternate</u>								
Ladies Novice (2018)		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Shoulder</u>	<u>Row</u>	<u>Weight</u>	<u>Final</u>
				<u>Thrusts</u>					<u>Press</u>		<u>Carry</u>	<u>Time</u>
Sophie Morton		2:35	0:30	0:29	0:45	0:36	3:24	1:35	0:33	2:11	0:42	13:20
Sarah Hayward		2:14	0:48	0:39	1:06	0:52	3:40	2:01	0:54	2:26	0:47	15:27
Klaudia Kacprzak		2:50	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	15:27
Rebecca Exton-Russell	M	2:25	0:40	0:36	1:44	0:59	3:51	2:10	0:48	2:21	0:56	16:30
Shelley Taylor	M	2:28	0:52	0:46	1:24	1:02	4:26	1:54	0:49	2:14	0:54	16:49
Rachael Smith		2:45	0:46	0:42	1:02	1:01	3:42	2:04	1:18	2:54	0:53	17:07
Lel Williams	V	2:48	0:41	0:42	1:02	1:15	4:28	2:08	0:54	2:36	0:47	17:21
Donna Rushton	M	2:17	0:50	0:39	1:17	0:49	2:55	2:29	1:57	3:10	1:02	17:25
Deb Edwards	M	2:53	0:36	0:40	1:10	1:11	4:33	2:08	1:08	2:42	0:58	17:59
Hannah Preedy		2:40	1:28	0:35	1:58	1:14	3:42	1:58	1:27	2:47	0:45	18:34
Sarah Colburn		2:43	0:54	0:51	2:01	2:19	4:39	1:56	1:09	2:31	0:54	19:57
Niamh Reilly		2:32	0:43	0:59	3:11	1:05	4:13	2:22	1:55	2:50	1:06	20:56
Sarah Young	M	2:48	1:00	1:00	3:00	2:00	5:00	2:20	1:20	2:40	0:54	22:02
			<u>Bench</u>	<u>Alternate</u>								
Mens Novice (2018)		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Shoulder</u>	<u>Row</u>	<u>Weight</u>	<u>Final</u>
				<u>Thrusts</u>					<u>Press</u>		<u>Carry</u>	<u>Time</u>
Tom Wilkes		2:20	0:35	0:35	0:50	0:37	2:51	1:32	0:51	2:08	0:35	12:54
Neil Crump	M	2:14	0:36	0:37	1:11	0:46	2:40	1:49	0:45	2:04	0:38	13:20
Dean Cook		2:15	0:39	0:34	1:06	0:44	2:32	2:00	0:53	2:02	0:49	13:34
David White	M	2:03	0:38	0:31	1:06	0:43	2:39	2:07	0:44	2:26	0:46	13:43
Mike Short	M	2:18	0:35	0:39	1:04	1:01	3:44	1:58	0:49	2:16	0:47	15:11
Phil Armstrong	M	2:44	0:42	0:43	1:06	0:54	3:30	1:58	0:51	2:12	0:46	15:26
Chris Young		2:22	0:58	0:42	1:30	1:06	3:32	2:18	1:40	2:30	0:46	17:24
Ian Coulthard	M	2:53	0:41	1:20	1:11	0:51	4:04	2:38	0:59	2:23	0:45	17:45
Andy Ross	V	2:48	0:42	0:50	1:53	1:47	3:52	2:27	1:18	2:30	0:59	19:06
Rob Austin	V	2:36	0:39	0:45	1:30	1:24	4:14	2:51	1:28	2:39	1:07	19:13

<u>Ladies Advanced (2018)</u>		<u>Bike</u>	<u>Bench Press</u>	<u>Alternate Squat Thrusts</u>	<u>Sit Ups</u>	<u>Bench Jumps</u>	<u>Run</u>	<u>Step Ups</u>	<u>Shoulder Press</u>	<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>
Cathy Cojeen	M	6:10	1:03	1:29	3:19	1:55	7:45	3:42	1:14	4:37	1:05	32:19
Dal Dhillow	M	5:52	2:23	1:34	2:51	2:27	7:54	3:31	2:26	3:03	0:58	32:59
Sarah Berry		5:58	2:24	1:37	2:35	2:09	7:30	3:56	2:50	4:50	1:20	35:09
Trudi Hawksworth	V	6:06	0:55	1:49	3:07	3:12	9:56	4:33	2:12	4:40	1:21	37:51
Hannah Waite		6:33	2:19	1:59	2:58	2:56	8:49	5:32	3:09	5:01	1:45	41:01
Gill Watson	V	6:24	2:11	2:20	3:21	3:22	9:52	5:58	3:12	5:05	1:17	43:02
<u>Mens Advanced (2018)</u>		<u>Bike</u>	<u>Bench Press</u>	<u>Alternate Squat Thrusts</u>	<u>Sit Ups</u>	<u>Bench Jumps</u>	<u>Run</u>	<u>Step Ups</u>	<u>Shoulder Press</u>	<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>
Liam Florey		5:04	1:05	1:20	1:55	1:53	6:48	3:25	1:00	3:57	0:48	27:15
Paul Morton	V	5:20	0:55	1:25	2:00	1:46	6:47	3:18	1:21	4:24	1:00	28:16
Ben Cornwell	M	5:32	1:09	1:23	1:55	1:50	6:33	3:52	2:18	4:21	1:00	29:53
Steve Mead	M	5:39	0:49	1:31	2:29	2:13	7:29	4:09	0:58	4:36	0:45	30:38
Tony McNeil	M	5:24	1:48	1:31	2:56	2:10	7:01	3:44	1:52	4:16	1:02	31:44
Peter Malik		5:34	1:11	1:31	2:09	2:41	7:45	5:09	1:40	4:31	0:45	32:56
Steve Bailey	M	5:29	2:06	1:28	2:36	2:17	7:47	4:02	2:11	4:22	1:14	33:32
Robbie Harris		5:26	1:47	1:33	2:21	2:25	8:28	4:25	2:19	4:33	0:51	34:08
Shaun Flood	M	5:29	1:36	2:15	2:25	3:01	10:12	6:05	2:03	5:08	1:31	39:45
Farouk Vawda	V	5:51	2:59	2:13	3:12	2:34	8:55	5:44	2:44	4:40	1:55	40:47
<u>Ironman 2017</u>												
<u>Overall Splits</u>												
<u>Ladies Novice (2017)</u>		<u>Bike</u>	<u>Bench Press</u>	<u>Alternate Squat Thrusts</u>	<u>Sit Ups</u>	<u>Bench Jumps</u>	<u>Run</u>	<u>Step Ups</u>	<u>Shoulder Press</u>	<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>
Jemima Lowe	(M)	2:21	0:41	0:30	0:58	0:40	2:33	1:57	0:56	2:32	0:54	14:02
Nichola Robinson		2:39	0:43	0:36	1:10	0:37	2:33	1:42	1:03	2:19	0:44	14:06

Leona Wilkes		2:33	0:44	0:31	0:52	0:42	2:41	2:03	0:52	2:38	0:48	14:24
Jo Walker	(M)	2:40	0:38	0:37	1:07	0:53	3:05	1:47	1:08	2:15	0:41	14:51
Katie Downing		2:33	0:47	0:33	1:13	0:44	2:48	2:03	1:13	2:18	0:52	15:04
Hannah Lowerson		2:30	0:32	0:33	0:54	0:40	4:06	1:41	1:09	2:25	0:39	15:09
Donna Rushton	(M)	2:37	0:44	0:36	1:07	0:47	2:51	2:00	1:27	2:34	0:36	15:19
Emma Holland		2:35	0:35	0:33	1:22	0:40	2:56	1:59	1:26	2:44	0:51	15:41
Camille McMillan		2:29	0:41	0:41	1:09	0:45	3:07	1:51	1:40	2:20	1:02	15:45
Caitlin Bellamy		2:32	0:46	0:37	1:52	0:53	3:26	2:04	1:10	2:10	0:59	16:29
Kate Jarvis		2:20	0:50	0:34	2:33	0:48	3:17	1:59	1:00	2:25	0:45	16:31
Lucy Kindley		2:22	1:00	0:37	1:43	0:49	3:42	2:07	1:08	2:25	1:02	16:55
Sam Tomasi	(M)	2:27	0:42	0:38	1:31	0:57	4:20	2:09	0:56	2:32	0:56	17:08
Stephanie Harper	(M)	2:35	0:47	0:44	1:20	1:09	4:25	1:59	1:06	2:26	0:54	17:25
Vicky Lumley		2:44	0:38	1:04	1:25	1:11	3:44	2:04	1:19	2:26	1:05	17:40
Emma Hughes	(M)	2:52	0:36	0:37	1:53	1:14	4:36	1:56	1:06	2:23	0:55	18:08
Bonita Jordan		2:36	0:40	0:43	1:15	1:16	4:38	2:33	1:07	2:38	1:12	18:38
Annette Bellamy	(V)	2:49	0:40	0:41	1:41	1:22	4:30	2:29	0:55	2:43	1:01	18:51
Kate Edwards		2:59	0:47	0:34	1:23	1:13	4:33	2:07	1:34	2:40	1:08	18:58
Victoria Mayes	(M)	2:40	0:47	0:41	2:10	1:01	3:49	2:21	1:57	2:49	0:53	19:08
Frances Bradley		2:58	1:06	0:31	1:12	1:04	3:54	2:20	2:32	2:28	1:06	19:11
Hayley Binyon		2:37	0:37	1:04	1:26	1:55	4:57	3:01	1:22	2:28	1:10	20:37
Katie Skipsey		2:44	0:49	0:38	3:17	2:25	5:07	3:00	3:04	2:50	1:30	25:24
				<u>Alternate</u>								
			<u>Bench</u>	<u>Squat</u>		<u>Bench</u>		<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>
<u>Mens Novice (2017)</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Nick Eacock	(M)	2:19	0:41	0:35	1:29	0:41	2:32	1:45	0:51	2:04	0:43	13:40
Paul Conroy	(V)	2:18	0:39	0:36	0:53	0:47	3:23	1:44	0:47	2:10	0:39	13:56
Neill Crump	(M)	2:10	0:48	0:38	1:11	0:50	2:29	1:54	1:09	2:05	0:51	14:05
Charlie Jones		1:56	0:43	0:44	1:13	0:51	3:11	1:55	0:50	1:37	1:07	14:07
Paul Jordan		2:16	0:31	0:38	1:13	0:55	3:11	1:58	0:53	2:10	0:32	14:17
Nik Freeman		2:34	0:29	0:36	1:05	0:46	3:05	1:53	0:40	2:21	0:52	14:21
Darren Prodger	(V)	2:26	0:40	0:39	0:59	0:46	2:43	2:00	0:55	2:18	0:55	14:21

Dean Cook		2:14	0:39	0:29	1:10	0:48	3:19	1:55	1:04	2:12	0:42	14:32
Roy Summers	(M)	2:35	0:39	0:45	1:39	1:01	3:20	2:10	1:04	2:16	0:45	16:14
Mark Elliott	(V)	2:07	0:44	0:45	1:54	1:03	2:42	2:29	1:40	2:24	0:41	16:29
James Young		2:25	0:40	0:30	1:35	0:55	3:55	2:20	1:10	2:08	0:52	16:30
Chris Young		2:35	0:42	0:36	1:22	0:53	2:59	2:29	1:40	2:27	0:50	16:33
Tom Wall		2:10	0:38	0:42	1:05	1:05	3:49	2:49	1:22	2:23	0:42	16:45
Michael Tustin		2:35	0:44	0:34	1:07	1:07	3:37	1:59	1:48	2:19	1:00	16:50
Darren Basterfield	(V)	2:26	0:39	0:44	1:33	1:08	3:49	2:21	1:10	2:31	0:53	17:14
Robin Austin	(V)	2:56	0:40	0:44	1:19	1:22	4:16	2:27	1:13	2:31	0:58	18:26
Paul Weetman	(M)	2:23	1:00	0:35	1:37	1:11	4:00	2:21	2:29	2:35	1:19	19:30
James Bradley		2:40	0:48	0:36	2:16	1:09	3:37	2:02	3:02	2:20	1:03	19:33
				<u>Alternate</u>								
<u>Ladies Intermediate (2017)</u>		<u>Bike</u>	<u>Bench Press</u>	<u>Squat Thrusts</u>	<u>Sit Ups</u>	<u>Bench Jumps</u>	<u>Run</u>	<u>Step Ups</u>	<u>Shoulder Press</u>	<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>
Grace Collins		4:11	0:48	0:58	1:51	1:42	5:18	3:29	1:47	2:47	0:53	23:44
Karen Tolley		4:23	0:47	0:50	2:08	1:02	5:10	3:29	2:19	2:59	0:37	23:44
Emma Knowles	(M)	4:12	0:52	0:54	2:22	1:24	4:39	4:01	2:31	3:04	0:43	24:42
Sarah Tuffin	(M)	4:10	0:50	1:16	2:16	1:34	5:38	3:44	1:15	3:21	0:46	24:50
Christine Barreto		4:16	0:49	1:13	2:12	1:35	5:33	4:28	1:45	2:56	1:04	25:51
Maria Stone		4:35	1:20	1:00	2:32	1:19	5:07	4:03	2:07	3:04	0:50	25:57
Charlotte Walmesley-Cotham	(M)	4:34	0:53	0:56	2:46	1:37	5:19	4:26	1:47	2:42	1:02	26:02
Danielle Whaler		4:30	1:04	1:06	2:25	1:50	5:54	3:31	1:56	2:59	0:59	26:14
Gemma Micallef		4:30	1:01	0:57	2:19	2:05	5:45	3:57	2:11	3:17	0:58	27:00
Ali Lester		4:28	0:48	1:00	2:07	1:55	6:30	4:27	2:07	3:02	0:59	27:23
Tina Bonham	(V)	4:28	1:10	0:57	2:25	2:03	5:51	4:15	2:11	3:05	1:04	27:29
Carey Connor		4:33	1:05	1:01	1:46	1:34	6:28	4:54	2:30	3:07	1:00	27:58
Melissa Wilkes		4:37	0:54	0:52	2:35	0:00	6:26	4:38	1:50	3:24	0:57	28:24
				<u>Alternate</u>								
<u>Men's Intermediate (2017)</u>		<u>Bike</u>	<u>Bench Press</u>	<u>Squat Thrusts</u>	<u>Sit Ups</u>	<u>Bench Jumps</u>	<u>Run</u>	<u>Step Ups</u>	<u>Shoulder Press</u>	<u>Row</u>	<u>Weight Carry</u>	<u>Final Time</u>

			<u>Bench</u>	<u>Alternate</u>					<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>
<u>Ladies Advanced (2017)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Gwen Fennell	(M)	5:38	0:56	1:26	2:34	2:13	7:29	3:30	1:57	4:24	0:55	31:02	
Robyn Lumas		6:14	1:30	1:58	2:45	2:21	6:29	4:46	1:53	4:42	1:09	33:47	
Cathy Terrill	(M)	6:22	1:18	1:33	3:17	1:57	7:36	4:34	2:17	4:42	1:30	35:06	
Sarah Coatman	(V)	6:23	1:45	1:32	2:45	2:50	9:10	3:47	1:52	4:51	1:01	35:56	
Sarah Berry		6:09	2:31	1:48	2:59	2:15	7:48	4:28	3:02	4:52	0:59	36:51	
Trudi Hawksworth	(M)	6:03	0:52	1:45	3:01	3:06	9:53	4:31	2:22	4:41	1:06	37:20	
Becky Ciel	(M)	6:41	1:17	1:41	3:03	2:30	9:07	4:35	3:04	5:03	1:27	38:28	
Hannah Waite		6:35	2:07	2:21	3:03	2:45	8:53	5:34	2:39	5:01	1:42	40:40	
Sarah Connolly	(M)	6:41	2:28	1:26	2:44	3:51	9:30	4:49	5:25	5:14	2:13	44:21	
			<u>Bench</u>	<u>Alternate</u>					<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>
<u>Mens Advanced (2017)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>	
Liam Florey		5:15	0:58	1:18	1:46	1:54	6:32	3:23	1:12	3:53	0:56	27:07	
Alex Woods		5:16	0:53	1:19	1:59	1:45	6:41	3:30	1:28	4:19	0:55	28:05	
Paul Morton	(V)	5:00	0:52	1:20	2:00	1:47	6:35	3:27	1:59	4:27	1:10	28:37	
Steve Mead	(M)	5:14	0:53	1:22	2:21	1:55	7:00	3:45	1:00	4:29	0:49	28:48	
Ben Cornwell		5:30	1:51	1:19	2:11	1:51	6:34	3:34	2:30	4:20	0:59	30:39	
Sandy Taylor		5:18	1:39	1:24	2:31	1:53	6:32	3:33	2:55	4:01	0:55	30:41	
Robbie Harris		5:36	1:30	1:40	2:07	2:13	7:45	4:01	1:38	4:02	0:57	31:29	
Nuno Barreto		5:23	0:52	2:05	2:32	2:26	7:25	4:54	1:19	4:10	1:22	32:28	
Tony McNeil	(M)	5:28	1:53	1:54	3:08	1:55	6:50	3:57	2:25	4:17	0:52	32:39	
Graeme Slater		4:52	0:54	1:54	4:12	2:10	7:20	5:05	1:52	3:56	1:17	33:32	
Ben Gallagher		5:14	1:04	2:14	3:40	3:01	7:58	4:49	1:39	4:16	1:05	35:00	
Mino Vernaschi	(V)	5:30	1:30	2:00	3:04	2:59	9:07	4:30	1:56	4:21	1:05	36:02	
Dean Oxley		5:26	3:12	2:11	3:05	2:53	8:06	3:46	2:54	4:07	1:19	36:59	
Piotr Malik		4:59	1:59	2:22	3:31	2:47	8:05	5:42	3:08	4:26	0:58	37:57	
Philip Young	(V)	5:57	1:57	2:04	3:26	2:43	9:21	4:25	2:48	4:21	1:34	38:36	
Russell Stenning	(M)	6:32	3:23	1:34	2:35	2:41	8:51	5:07	3:13	4:32	1:21	39:49	

			<u>Bench</u>	<u>Alternate</u>		<u>Bench</u>		<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>
<u>Mens Novice (2016)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Luke Maciejewski		2:12	0:35	0:35	0:58	0:47	2:21	1:56	1:05	1:51	0:37	12:57
James Purdy		2:00	0:30	0:38	0:58	0:49	3:11	1:55	0:44	2:05	0:56	13:46
Nick Ross		2:15	0:36	0:31	1:10	0:46	3:13	2:10	0:47	2:07	0:49	14:24
Daniel Proctor		2:03	0:39	0:38	0:55	0:46	3:22	2:00	0:55	2:00	1:10	14:28
Jeff Jackson	(M)	2:40	0:37	0:39	1:13	0:44	3:14	1:52	0:49	2:21	0:41	14:50
Andy White	(M)	2:10	0:34	1:01	1:23	0:48	3:18	1:43	1:07	2:05	0:46	14:55
Paul Bayliss		2:26	0:35	0:33	1:15	0:44	2:46	2:29	0:56	2:21	0:50	14:55
Guy Little	(M)	2:20	0:44	0:37	1:09	0:51	3:39	2:02	0:51	2:17	0:52	15:22
Martin Boulton	(V)	2:18	0:45	0:32	1:24	0:49	3:54	2:14	1:02	2:06	0:41	15:45
Dean Cook		2:24	0:44	0:42	1:18	0:44	3:18	2:16	1:29	2:15	0:49	15:59
Nick Eacock	(M)	2:24	0:40	0:32	2:29	0:45	2:47	2:05	1:18	2:14	0:47	16:01
George Ball		2:09	0:36	0:32	1:34	1:07	4:52	2:52	0:40	2:23	0:52	17:37
James Young		2:20	1:00	1:10	1:50	1:40	4:20	3:00	2:10	2:30	1:20	21:20
			<u>Bench</u>	<u>Alternate</u>		<u>Bench</u>		<u>Step</u>	<u>Shoulder</u>		<u>Weight</u>	<u>Final</u>
<u>Ladies Intermediate (2016)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Lexy Yannaros		4:20	0:47	0:54	2:01	1:23	5:17	3:27	1:28	2:50	0:47	23:14
Dal Dhillow	(M)	4:30	0:53	0:55	2:03	1:12	5:16	3:17	1:44	3:11	0:36	23:37
Sam Saunt		4:13	0:47	1:00	1:35	1:21	6:05	3:29	1:30	3:15	0:43	23:58
Grace Collins		4:22	0:51	1:08	2:04	1:24	5:34	3:33	1:33	2:59	1:06	24:34
Cathy Terrill	(M)	4:10	0:51	0:58	2:23	1:10	4:47	4:29	2:27	2:28	0:56	24:39
Sarah Tuffin		4:28	0:57	1:09	2:36	1:30	6:12	4:10	1:34	3:15	0:44	26:35
Julie Williams		4:37	1:13	1:02	1:47	1:25	5:57	4:12	2:00	3:11	1:30	26:54
Jules Heithus	(V)	4:26	1:12	1:32	2:04	2:03	5:55	4:20	1:46	3:08	0:53	27:19
Maria Giordmaina		4:10	0:51	1:31	2:59	1:38	5:42	5:00	1:31	2:56	1:02	27:20
Rebecca Witter		4:09	0:44	0:55	2:52	1:11	5:07	5:13	2:03	3:18	2:01	27:33
Steph Kyle		5:05	1:01	0:54	1:53	1:44	5:28	4:45	2:38	3:32	1:23	28:23
Trish Budd	(V)	4:47	1:21	1:54	2:18	2:02	5:15	4:08	2:40	3:15	1:05	28:45

Debi King		4:07	1:00	1:38	2:44	1:58	6:23	4:25	2:13	3:47	0:46	29:01
Carey Connor		4:22	1:18	0:57	1:55	1:51	6:48	5:30	2:37	3:22	1:30	30:10
Heather Ventham	(V)	4:26	1:40	1:06	2:48	1:46	6:06	4:23	3:47	3:06	1:02	30:10
Kim Pritchard	(M)	4:57	0:59	1:04	2:11	1:41	6:11	5:15	3:22	3:37	1:00	30:17
Emma Knowles	(M)	4:19	1:07	1:01	3:29	1:21	7:46	4:02	3:21	3:01	0:55	30:22
Emma Hughes	(M)	5:00	1:15	1:48	3:05	0:00	0:00	0:00	0:00	0:00	0:00	DNF
<u>Men's Intermediate (2016)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Ben Cornwell		4:09	0:50	0:46	1:12	1:03	3:58	3:02	1:06	2:39	0:40	19:25
Kris Scott		4:05	0:39	0:49	1:28	1:04	4:04	3:34	0:50	2:46	0:49	20:08
Steve Dowse	(M)	3:33	0:44	0:58	1:29	1:15	4:56	3:28	0:59	2:36	0:51	20:49
Paul Smith	(M)	3:48	0:45	0:48	1:25	1:09	4:27	3:45	1:15	2:52	0:51	21:05
Steve Bailey		4:08	1:00	0:55	1:48	1:08	5:01	3:26	1:09	2:42	0:46	22:03
Chris Cummins	(V)	3:44	1:02	1:00	1:26	1:35	4:42	3:33	1:20	3:00	0:57	22:19
Neil Ward		3:57	1:06	1:12	1:40	1:15	4:30	3:37	1:28	2:38	1:11	22:34
Neil Hill		3:34	1:55	1:01	1:48	1:28	4:25	3:20	2:03	2:37	0:39	22:50
Duncan Rennie	(M)	3:58	0:53	0:59	1:58	1:25	5:25	3:37	1:08	2:54	0:46	23:03
Simon Stafford	(M)	4:10	1:08	1:02	1:44	1:16	4:40	3:58	1:40	2:59	0:41	23:18
Paul Conroy	(V)	3:41	1:54	1:00	1:34	1:15	4:54	3:40	2:00	2:53	0:49	23:40
Adam Trimnell	(M)	3:45	0:59	0:57	1:50	1:09	4:51	3:58	2:18	2:54	1:09	23:50
Jim McMorran	(V)	4:08	1:37	1:01	1:49	1:15	4:34	4:12	1:40	2:52	0:58	24:06
Paul Hughes	(M)	3:36	1:42	1:12	2:06	1:33	4:32	4:08	1:50	2:56	0:56	24:31
Andy Watson	(M)	4:05	0:44	1:09	2:49	1:15	5:48	4:00	1:22	2:47	0:45	24:44
Richard Murdock		4:16	0:54	1:00	3:33	1:31	4:28	3:41	2:13	2:40	0:54	25:10
Denis Mason	(M)	3:38	2:03	1:00	2:02	1:23	4:02	4:03	3:27	2:45	1:16	25:39
Keith Rann		3:48	0:58	1:03	4:40	1:30	6:26	3:53	1:22	2:39	0:47	27:06
Craig Russell		3:52	1:31	1:34	2:24	1:52	4:31	5:13	1:56	2:55	1:18	27:06
Dominic Pugh		4:13	1:01	1:14	2:49	2:05	6:25	4:40	1:08	2:47	1:16	27:38
Chris Newth		4:10	1:45	1:03	2:37	1:20	4:49	4:21	3:15	3:03	1:23	27:46
Darren Harrison		4:25	1:04	1:26	3:03	1:30	6:12	4:55	1:20	3:04	1:00	27:59
Gary Dorman	(M)	4:18	1:12	1:14	2:09	2:30	6:22	4:00	2:37	3:18	0:56	28:36

Chris Whalley		3:58	1:09	1:29	3:03	1:51	6:58	4:57	1:55	3:00	0:38	28:58
Paul Naylor	(V)	3:59	1:08	1:29	3:05	1:47	7:02	5:15	1:45	3:03	0:48	29:21
Neil Cust	(M)	4:45	1:19	1:27	2:38	1:51	7:30	5:16	1:44	2:44	0:46	30:00
Phil Shuard	(M)	4:02	2:11	1:17	3:09	1:54	5:34	5:29	2:37	2:57	1:14	30:24
Carl Fletcher		4:28	2:19	1:59	4:02	1:48	6:29	5:01	2:02	3:11	0:56	32:15
Dave Wilson	(M)	4:38	0:57	1:15	3:10	2:00	9:40	5:40	2:05	3:05	0:45	33:15
Jason Robbins	(M)	4:15	1:15	1:27	4:53	2:07	7:16	5:33	2:29	3:55	1:00	34:10
Graham Cooper		4:00	0:55	2:03	4:46	2:58	5:30	6:05	2:45	3:16	1:54	34:12
Mark Holland		4:26	1:09	2:11	5:44	2:25	10:05	5:40	2:35	3:19	1:32	39:06
<u>Ladies Advanced (2016)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Gwen Fennell	(M)	5:32	0:58	1:39	2:57	2:13	8:07	3:33	1:41	4:24	0:47	31:51
Sarah Finnerty		5:18	1:08	1:52	3:02	2:33	9:10	4:00	1:53	4:36	1:17	34:49
Trudi Hawksworth	(M)	6:15	0:47	1:34	3:07	2:37	9:44	3:54	2:02	4:39	1:14	35:53
Becky Ciel	(M)	6:30	1:38	1:29	2:52	2:26	8:30	4:07	3:10	4:48	1:30	37:00
Carol Powell	(M)	5:27	3:45	2:10	3:25	1:54	7:18	3:56	3:27	4:30	1:39	37:31
Cat Trentham		6:50	2:15	1:46	3:06	2:46	10:57	4:50	2:22	4:57	1:49	41:38
Gill Watson	(V)	6:21	1:55	3:12	4:17	3:32	10:47	6:50	2:58	5:06	1:36	46:34
<u>Mens Advanced (2016)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Press</u>	<u>Row</u>	<u>Carry</u>	<u>Time</u>
Liam Florey		5:10	1:00	1:21	1:44	1:48	6:35	3:30	1:16	3:52	0:50	27:06
AJ Orchard		5:02	0:54	1:25	2:38	1:57	6:31	3:25	1:34	4:05	0:50	28:21
Paul Morton	(V)	5:16	0:49	1:26	1:52	1:44	6:43	3:26	2:03	4:33	1:09	29:01
Steve Mead	(M)	5:33	0:56	1:25	2:33	2:03	7:00	3:59	1:07	4:17	0:48	29:41
Andy Lett	(M)	5:10	0:54	1:44	2:09	2:03	7:48	3:29	2:07	4:13	0:39	30:16
Sandy Taylor		5:07	1:18	1:19	2:15	1:41	6:48	3:36	3:26	4:17	0:57	30:44
Doug Harrison		5:13	3:19	1:22	2:11	1:39	6:15	3:38	2:48	4:02	0:58	31:25
Robbie Harris		5:39	1:38	1:34	2:31	2:01	7:48	3:44	2:03	4:06	0:50	31:54
Tony McNeil	(M)	5:19	2:00	1:50	3:20	2:06	7:01	3:59	2:10	4:20	0:58	33:03
Callum Barnes		5:22	1:10	1:42	2:44	2:32	7:52	4:16	2:02	4:29	1:00	33:09
Mino Vernaschi	(V)	5:27	1:31	1:53	2:58	2:56	7:50	4:24	2:06	4:15	1:10	34:30
Kirk Gibbons	(V)	5:28	1:54	1:44	2:34	2:10	9:07	3:08	3:30	4:00	0:55	34:30

<u>Mens Novice (2015)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
Denis Mason		2:01	0:41	0:44	0:57	0:46	2:24	1:40	2:03	1:03	12:19
Dominic Pugh		2:14	0:32	0:38	1:12	0:45	3:01	1:58	2:01	0:30	12:51
Ricky Biles	(V)	2:18	0:34	0:36	1:04	0:48	3:06	1:54	2:11	0:41	13:12
Dave Tyson		2:35	0:39	0:38	1:01	0:46	2:54	1:53	2:24	0:45	13:35
James Purdy		1:59	0:30	0:36	1:11	0:58	3:40	2:03	2:13	0:38	13:48
Darren Prodger	(M)	2:15	0:40	0:42	1:07	0:47	2:54	2:06	2:29	0:51	13:51
Anthony Stone	(M)	2:33	0:42	0:42	1:01	0:46	2:58	2:23	2:21	0:59	14:25
John Burns	(V)	2:10	0:46	0:45	1:23	1:24	2:42	2:18	2:17	0:59	14:44
Chris England	(M)	2:17	0:34	0:36	1:51	1:08	3:17	2:02	2:13	0:54	14:52
Matt Iles		2:03	0:34	0:43	1:23	1:31	4:08	2:11	2:10	0:49	15:32
Paul Weetman		2:15	0:47	0:42	1:46	1:20	3:42	2:38	2:32	2:10	17:52
Robert Gottlieb	(V)	2:25	0:34	1:52	1:41	2:19	5:59	2:49	2:50	1:09	21:38
Paul Suttle		2:55	1:01	0:55	3:57	1:47	4:43	3:12	3:29	1:59	23:58
				<u>Alternate</u>							
			<u>Bench</u>	<u>Squat</u>		<u>Bench</u>		<u>Step</u>		<u>Shoulder</u>	<u>Final</u>
<u>Ladies Intermediate (2015)</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
Sarah Coatman	(V)	4:27	1:06	1:00	1:37	1:16	5:26	3:18	3:10	0:48	22:08
Charlie Iles		4:03	1:00	1:06	2:21	1:32	4:45	3:40	3:21	1:18	23:06
Carol Powell	(M)	3:59	1:14	1:07	2:18	1:20	4:30	4:13	3:11	1:55	23:47
Maria Giordmaina		4:00	1:00	1:10	2:20	1:00	5:40	3:40	3:20	1:50	24:00
Gemma Doughty		4:32	0:54	1:09	1:42	2:05	5:27	3:46	3:05	1:22	24:02
Christine Harding		4:20	0:52	1:09	2:08	1:39	5:20	4:29	2:57	1:24	24:18
Dal Dhillow	(M)	4:10	1:20	1:05	2:38	1:36	5:18	3:39	3:11	2:03	25:00
Kath Cordner		4:36	1:18	0:56	2:02	1:15	5:27	4:14	3:21	2:23	25:32
Lisa Roberts	(M)	4:39	1:20	1:00	1:51	1:55	5:38	4:27	3:27	1:21	25:38
Nicola Ainsworth		4:38	1:06	1:40	2:14	2:22	5:33	4:04	3:03	1:26	26:06
Trish Budd	(V)	4:34	1:24	1:54	2:13	4:02	5:15	3:36	1:44	1:36	26:18
Jane Williamson		3:48	1:09	0:54	2:22	1:56	6:48	5:01	3:18	1:23	26:39
Sarah Tuffin		4:25	1:21	1:23	2:34	1:54	5:45	4:22	3:32	1:24	26:40
Debi Leigh		4:12	1:00	1:39	2:56	2:00	5:20	4:30	3:26	1:39	26:42

Lauren Hunter		4:56	1:00	1:10	2:27	1:45	5:37	5:05	3:09	1:42	26:51
Amy Greenwood		4:30	1:08	1:12	3:47	2:08	5:30	4:58	3:09	1:27	27:49
Steph Kyle		4:31	1:39	1:16	1:50	1:42	7:22	4:16	3:16	2:40	28:32
Emma Hughes	(M)	5:12	0:57	1:06	2:46	2:40	7:01	5:25	3:23	1:21	29:51
April Langston		4:50	0:52	1:34	3:23	3:07	6:41	5:01	3:39	1:53	31:00
Nkoya Dove		4:43	1:10	1:17	2:55	1:53	6:44	6:32	3:56	2:22	31:32
Karen Stone	(V)	4:51	0:56	2:29	2:41	2:14	6:53	6:35	3:41	1:20	31:40
Claire Rowe		4:57	0:43	1:33	2:29	3:37	8:11	5:54	3:22	1:02	31:48
Natalie Read	(M)	4:08	1:41	1:48	4:05	3:12	6:53	5:11	3:12	1:50	32:00
Kim Dearden		4:48	1:22	1:05	2:51	2:31	7:18	7:07	3:24	1:40	32:06
Men's Intermediate (2015)		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
Ben Cornwell		4:02	0:52	0:53	1:07	1:06	4:12	3:01	2:39	1:02	18:54
Callum Barnes		3:38	0:42	0:59	1:52	1:19	4:16	3:26	2:36	0:56	19:44
Paul Smith	(M)	4:06	0:44	0:50	1:26	1:16	4:17	3:42	2:55	0:49	20:05
Phil Young	(M)	3:44	0:56	0:57	2:15	1:13	4:46	3:24	2:42	0:54	20:51
Jason Harvey		3:42	0:50	0:55	1:32	1:31	5:00	3:50	2:43	0:56	20:59
Anton Micallef		4:23	0:47	0:54	1:36	1:32	5:34	3:04	2:56	0:46	21:32
Matthew Hambidge		3:49	0:45	1:06	2:25	1:26	5:14	3:54	2:42	0:49	22:10
Danny Harris		3:40	1:10	1:27	1:43	1:45	4:21	3:49	2:44	1:34	22:13
Joseph Micallef		4:12	0:47	1:00	1:44	1:24	6:03	3:34	3:05	0:47	22:36
Chris Cummins	(V)	4:00	1:21	1:01	1:50	1:22	5:21	3:32	3:08	1:04	22:39
Steve Bailey		4:00	1:08	0:57	2:00	1:17	5:26	3:41	1:55	2:29	22:53
Jim Cuffe	(V)	4:23	1:11	0:54	1:47	1:29	5:04	4:04	3:17	1:11	23:20
Chris Nield		3:48	1:00	0:56	1:44	1:27	5:01	4:44	3:02	1:50	23:32
Simon Stafford	(M)	4:16	0:56	1:13	2:09	1:35	5:24	3:47	3:00	1:37	23:57
Brian Jermieson	(M)	3:50	0:54	1:11	2:23	1:38	5:28	4:11	2:50	1:34	23:59
Adam Trimnell	(M)	3:48	1:32	0:58	2:21	1:29	4:59	3:52	3:01	2:10	24:10
Paul Conroy	(V)	4:04	2:20	0:57	1:56	1:17	5:32	3:31	2:55	1:48	24:20
Jim McMorran	(V)	4:10	1:06	0:57	1:46	1:39	4:54	5:38	3:11	1:40	25:01
Chris Whalley		4:16	1:29	1:16	2:19	1:39	5:30	4:13	3:08	1:29	25:19
Stephen Bradford		3:59	0:43	1:27	2:59	2:11	6:35	4:11	2:42	0:44	25:31

Gary Dorman	(M)	4:30	0:59	1:06	1:49	2:07	6:28	3:48	3:18	1:34	25:39
Paul Hipperson	(M)	4:17	1:09	1:06	2:25	1:55	6:31	4:01	2:58	1:29	25:51
Paul Naylor	(V)	4:32	1:02	1:24	2:17	1:43	6:14	4:51	3:28	0:49	26:20
Sam Manning		4:00	0:38	1:39	3:49	1:53	6:36	4:19	3:21	0:35	26:50
Chris Mew		3:44	0:54	1:36	3:21	1:49	6:12	5:33	2:54	1:12	27:15
Ali Findlay	(V)	3:45	2:19	1:42	2:46	1:57	6:01	3:59	3:03	2:00	27:32
Daniel Lane		3:49	0:41	1:29	3:47	2:54	6:35	4:33	2:50	1:14	27:52
Theo Titchener	(M)	4:42	0:47	1:45	2:51	2:15	7:04	4:33	4:03	0:40	28:40
Darren Harrison		4:01	1:30	1:38	3:37	1:54	6:00	5:09	3:41	1:13	28:43
Dave Wilson	(M)	4:19	1:05	1:51	3:03	2:02	6:36	5:02	3:21	1:31	28:50
Jason Robbins	(M)	4:42	1:09	1:17	3:11	2:13	7:09	4:42	3:45	0:57	29:05
Phil Shuard	(M)	4:27	2:03	1:36	2:50	2:04	5:36	5:44	3:20	1:48	29:28
Mark Smith	(V)	3:38	0:58	1:51	5:39	2:29	5:57	5:38	2:54	1:22	30:26
Paul Bradley	(M)	3:41	1:04	2:14	4:37	3:03	6:13	5:13	3:07	2:19	31:31
Chris Purkiss	(V)	4:47	1:56	1:57	5:55	2:30	7:03	5:12	3:25	2:19	35:04

				<u>Alternate</u>							
			<u>Bench</u>	<u>Squat</u>		<u>Bench</u>		<u>Step</u>		<u>Shoulder</u>	<u>Final</u>
<u>Ladies Advanced (2015)</u>		<u>Bike</u>	<u>Press</u>	<u>Thrusts</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>
Tracy Davies		5:33	1:04	1:23	2:16	2:04	7:10	3:33	4:22	0:49	28:14
Gwen Fennell	(M)	5:34	1:02	1:28	2:47	2:29	7:17	3:31	4:26	1:09	29:43
Sarah Finnerty		5:30	1:00	1:41	2:38	2:35	7:46	3:57	4:40	1:40	31:27
Julie McGonigal	(M)	5:54	1:19	1:42	2:45	2:32	8:37	3:33	4:40	1:30	32:32
Steph Whitehead		6:27	1:52	1:19	2:31	2:23	8:11	4:07	4:51	1:47	33:28
Trudi Hawksworth	(M)	6:14	0:49	0:57	2:31	2:48	9:04	4:27	4:46	1:54	33:30
Becky Ciel	(M)	6:46	1:58	1:26	2:47	2:25	8:02	3:54	5:09	2:03	34:30
Sue Espley	(M)	6:05	2:36	2:22	3:15	3:16	9:33	4:10	4:46	2:09	38:12
Sarah Connolly	(M)	6:29	2:58	1:32	2:29	3:37	9:12	4:50	5:18	3:25	39:50

			<u>Bench</u>	<u>Alternate</u>		<u>Bench</u>		<u>Step</u>		<u>Shoulder</u>	<u>Final</u>	
<u>Mens Advanced (2015)</u>		<u>Bike</u>	<u>Press</u>	<u>Squat</u>	<u>Sit Ups</u>	<u>Jumps</u>	<u>Run</u>	<u>Ups</u>	<u>Row</u>	<u>Press</u>	<u>Time</u>	
Alex Woods		5:06	0:56	1:15	1:52	1:43	5:54	3:18	4:19	1:09	25:32	
Liam Florey		5:00	0:59	1:27	1:57	2:16	6:57	3:57	4:06	0:59	27:38	
A J Orchard		5:06	0:51	1:37	2:12	2:08	6:50	3:43	4:09	1:24	28:00	
Greg Dove		5:19	1:05	1:40	2:40	2:01	6:13	3:35	4:02	1:30	28:05	
Sandy Taylor		5:12	1:38	1:20	2:28	1:47	6:09	3:18	4:06	2:09	28:07	
Paul Morton	(M)	5:22	0:48	1:18	2:08	1:57	6:53	3:46	4:53	1:29	28:34	
Doug Harrison		5:05	1:29	1:29	2:12	1:52	6:21	4:14	4:00	2:08	28:50	
John Worthey	(M)	5:19	1:05	1:45	1:58	2:37	7:02	3:52	4:09	1:09	28:56	
Andy Lett	(M)	5:13	0:55	1:22	2:13	2:07	7:25	3:39	4:23	1:55	29:12	
Nuno Barreto		5:42	1:07	1:50	2:31	2:00	6:52	4:35	4:03	1:34	30:14	
Steve Mead	(M)	5:31	1:09	1:44	2:41	2:08	7:07	4:37	4:05	1:20	30:22	
Jamie Frazer		5:09	0:55	1:31	2:10	1:59	8:12	4:49	4:22	1:16	30:23	
Kirk Gibbons	(M)	5:28	0:55	2:17	2:12	2:20	7:37	4:06	4:30	2:50	32:15	
Robbie Harris		5:34	1:45	1:40	2:46	2:27	7:52	4:26	4:09	1:40	32:19	
Martin Carter	(M)	5:50	1:54	2:08	2:20	2:19	7:32	4:06	4:21	2:02	32:32	
Stuart Jackson		5:29	2:22	1:50	2:49	2:27	7:19	4:19	4:19	1:43	32:37	
Andy Riley		5:34	1:08	1:44	2:21	2:50	8:38	4:51	4:34	1:33	33:13	
Tony McNeil	(M)	5:49	2:16	1:42	3:39	2:28	7:55	4:05	4:41	2:00	34:35	
James Hassell		5:31	2:20	1:49	3:32	2:11	7:02	5:35	4:12	2:29	34:41	
Mino Vernaschi	(V)	5:35	1:53	2:01	3:04	3:10	8:11	4:39	4:36	1:35	34:44	
Stephen Reid		5:02	2:25	1:56	3:54	2:19	6:45	4:54	4:16	3:28	34:59	
Stacy Cross		6:05	2:03	1:37	2:37	2:41	8:37	5:22	4:38	1:42	35:22	
Farouk Vawda	(M)	6:04	1:55	2:01	3:07	2:41	7:53	5:38	4:32	1:52	35:43	
Mike Leonard		6:45	0:42	1:57	2:49	2:34	9:48	5:42	4:43	0:47	35:47	
Gary Nicholls	(V)	6:23	0:58	1:43	3:16	3:05	9:01	4:46	4:41	2:05	35:58	
Keith Pockett	(M)	5:25	2:42	1:44	3:06	2:50	7:48	5:23	4:46	2:48	36:32	
Robert Bradford		5:49	2:43	1:57	3:10	3:15	9:05	4:57	4:31	1:22	36:49	
Mark Delaney		5:22	1:42	2:00	3:58	3:22	9:09	5:45	4:26	1:18	37:02	
Dean Oxley		5:10	3:30	2:25	3:28	3:07	8:32	4:17	4:19	3:00	37:48	

