

Worcester Gauntlet 2016**Splits**

		<u>Alternate</u>										
		<u>Squat</u>	<u>Shoulder</u>			<u>Bench</u>	<u>Final</u>					
<u>Ladies Novice</u>		<u>Thrusts</u>	<u>Press</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>	<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>
Jemima Lowe	(M)	0:22	0:28	2:10	2:09	0:25	10:35	0:24	1:04	1:37	0:32	1:24
Nicola Robinson		0:20	0:32	1:58	2:20	0:24	10:59	0:23	1:15	1:43	0:40	1:24
Alyx Petre		0:26	0:28	2:10	2:25	0:26	11:04	0:24	1:12	1:40	0:34	1:19
Leona Wilkes		0:19	0:26	2:05	2:19	1:17	11:23	0:22	1:08	1:30	0:35	1:22
Rachel Noble	(M)	0:27	0:26	2:19	2:38	0:27	11:31	0:23	1:05	1:39	0:35	1:32
Donna Rushton	(M)	0:24	0:36	2:15	2:24	0:53	11:53	0:24	1:09	1:51	0:35	1:22
Fiona Walker		0:30	0:26	2:21	3:05	0:23	12:00	0:21	1:15	1:50	0:29	1:20
Kate Jarvis		0:27	0:31	2:11	2:39	0:30	12:10	0:24	1:20	1:58	1:10	1:00
Emma Holland		0:31	0:38	2:26	2:33	0:38	12:14	0:23	1:08	1:48	0:37	1:32
Jo Walker	(M)	0:33	0:42	2:21	2:38	0:28	12:20	0:24	1:16	1:48	0:41	1:29
Caitlin Bellamy		0:29	0:34	2:27	3:00	0:38	13:00	0:27	1:21	1:56	0:43	1:25
Sam Tomasi	(M)	0:35	0:35	2:27	3:28	0:26	14:00	0:23	1:33	2:02	0:57	1:34
Annette Bellamy	(V)	0:50	0:45	3:08	3:59	0:52	15:19	0:31	0:58	2:02	0:40	1:34
Jeannette Little	(M)	0:39	0:44	3:13	4:08	0:19	16:13	0:37	1:12	2:15	1:18	1:48

		<u>Alternate</u>										
		<u>Squat</u>	<u>Shoulder</u>			<u>Bench</u>	<u>Final</u>					
<u>Mens Novice</u>		<u>Thrusts</u>	<u>Press</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>	<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>
Darren Basterfield	(M)	0:39	0:35	2:19	3:09	0:22	12:36	0:23	1:21	1:41	0:47	1:20
Jason Jones		0:55	0:36	2:18	3:12	0:21	13:19	0:25	1:27	1:50	0:53	1:22

<u>Ladies Intermediate</u>		<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u> <u>Squat Thrusts</u>	<u>Shoulder Press</u>	<u>Bike</u>	<u>Run</u>	<u>Bench Press</u>	<u>Final Time</u>
Emma Knowles	(M)	0:33	1:49	2:15	1:12	2:02	0:38	0:51	3:22	4:02	0:48	17:32
Karen Tolley		0:34	1:49	1:51	0:47	2:09	0:35	0:52	3:05	4:45	1:20	17:47
Alison Lester		0:36	2:06	2:20	1:03	2:15	0:45	0:50	3:24	5:15	0:57	19:31
Carolyn Sanders	(M)	0:35	2:03	2:09	1:00	2:17	0:43	0:55	3:12	4:41	1:58	19:33
Carey Connor		0:36	2:00	1:27	0:49	2:17	0:43	0:56	3:48	5:28	1:51	19:55

<u>Mens Intermediate</u>		<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u> <u>Squat Thrusts</u>	<u>Shoulder Press</u>	<u>Bike</u>	<u>Run</u>	<u>Bench Press</u>	<u>Final Time</u>
Keith Rann		0:35	1:58	1:53	1:00	1:47	0:34	0:40	3:21	3:55	0:31	16:14
Richard Murdock		0:40	1:55	1:43	0:50	1:52	0:49	1:10	3:02	3:34	1:05	16:40
Chris Cummins	(V)	0:33	2:03	2:00	0:45	2:09	0:39	0:42	3:10	4:59	0:36	17:36
Chris Wilkes		0:35	1:57	1:55	0:50	2:05	0:39	0:59	3:05	4:44	0:51	17:40
Adam Trimnell	(M)	0:36	2:04	1:59	1:03	2:02	0:43	1:20	3:11	4:34	1:05	18:37
Darren Prodger	(V)	0:38	2:11	2:22	0:51	2:07	0:43	1:06	3:25	4:44	1:33	19:40
Vince Danby		0:37	2:21	2:22	1:03	2:24	0:42	1:00	3:26	5:09	1:10	20:14
Nick Eacock	(M)	0:36	2:09	2:12	1:00	2:07	0:34	1:37	3:04	4:23	3:04	20:46
Darren Harrison	(M)	0:41	2:30	2:33	1:15	2:32	1:01	0:43	3:18	5:52	0:42	21:07
Louis Whittington		0:35	1:56	2:01	1:22	2:25	1:04	1:44	3:42	5:39	0:56	21:24
Phil Shuard	(M)	0:40	2:25	1:55	1:29	2:10	1:08	1:54	3:33	5:20	1:51	22:25
Chris Purkiss	(V)	0:41	2:50	2:31	1:23	2:26	1:05	2:16	3:27	5:34	1:39	23:52

<u>Ladies Advanced</u>		<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u>	<u>Shoulder</u>	<u>Bike</u>	<u>Run</u>	<u>Bench</u>	<u>Final</u>
							<u>Squat Thrusts</u>	<u>Press</u>			<u>Press</u>	<u>Time</u>
Becky Ciel	(M)	0:51	2:52	1:53	1:20	3:44	0:53	1:08	4:26	6:45	0:38	24:30
Cathy Terrill	(M)	0:50	2:57	2:49	1:49	3:23	1:02	0:58	4:10	5:47	0:49	24:34
Sarah Berry		0:42	2:32	2:38	1:10	3:32	0:59	1:30	4:27	5:58	1:54	25:22
Trudi Hawksworth	(M)	0:53	2:50	2:33	1:27	3:23	0:58	1:12	4:22	7:17	0:40	25:35
Cat Trentham		0:51	3:02	3:13	1:23	3:33	0:53	1:00	5:43	5:55	1:16	26:49
Debi Leigh		0:54	2:43	2:28	1:24	3:52	1:02	2:00	4:32	7:10	1:41	27:46
Jules Heithus	(V)	0:58	3:08	2:29	1:38	3:41	1:21	1:06	4:26	7:45	1:23	27:55
Sarah Connolly	(M)	0:53	2:48	3:06	1:18	4:03	0:58	1:54	4:30	7:33	1:58	29:01
Gill Watson	(V)	1:00	2:46	1:48	1:34	3:40	2:06	1:28	5:32	9:37	0:45	30:16
Heather Ventham	(V)	0:50	3:08	2:44	1:48	3:48	1:06	1:53	5:47	7:16	2:18	30:38

<u>Mens Advanced</u>		<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u>	<u>Shoulder</u>	<u>Bike</u>	<u>Run</u>	<u>Bench</u>	<u>Final</u>
							<u>Squat Thrusts</u>	<u>Press</u>			<u>Press</u>	<u>Time</u>
Kris Scott		0:51	2:36	2:25	1:04	3:01	0:52	0:42	4:25	4:02	0:39	20:37
Ben Cornwell		0:43	2:18	2:24	0:57	3:05	0:47	1:04	3:58	4:51	0:59	21:06
Kirk Gibbons	(V)	0:51	2:27	2:02	1:00	2:55	0:55	1:09	4:21	5:21	0:42	21:43
Robbie Harris		0:48	2:42	2:24	1:06	2:51	1:02	1:22	3:50	5:45	1:26	23:16
Steve Bailey		0:47	2:41	2:30	1:12	3:03	0:54	1:20	3:57	5:51	1:45	24:00
Mino Vernaschi	(V)	0:51	2:35	2:35	1:20	3:08	1:04	0:56	4:21	6:50	0:45	24:25
Phil Piggott	(V)	0:46	2:31	2:39	1:07	3:21	0:49	0:57	4:39	6:46	1:05	24:40
Farouk Vawda	(M)	0:44	3:01	2:47	1:05	3:13	1:00	1:27	4:28	5:54	1:01	24:40
Jon Miller	(M)	0:52	3:01	2:43	1:40	3:32	0:53	1:14	4:09	6:17	0:35	24:56
Russell Stenning	(M)	0:50	2:44	2:38	1:32	3:12	1:04	1:30	4:10	6:50	2:00	26:30

Worcester Gauntlet 2015**Splits**

												<u>Alternate</u>			<u>Bench</u>	<u>Final</u>		
<u>Ladies Novice</u>		<u>Bench</u>	<u>Jumps</u>	<u>Step</u>	<u>Ups</u>	<u>X-Trainer</u>	<u>Sit</u>	<u>Ups</u>	<u>Row</u>	<u>Row</u>	<u>Alternate</u>	<u>Squat</u>	<u>Shoulder</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>
											<u>Thrusts</u>	<u>Press</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>	
Alyx Petre		0:28	1:15	2:02	0:35	1:21	0:32	0:38	1:44	2:41	0:45	12:01						
Lel Williams	(V)	0:25	1:17	2:16	0:26	1:46	0:23	0:34	2:19	2:26	0:31	12:23						
Sally Godfrey	(M)	0:26	1:21	2:14	0:48	1:13	0:26	0:26	1:50	3:05	0:35	12:24						
Jacqui Maciejewski	(V)	0:26	1:19	1:39	0:46	1:41	0:30	0:50	2:15	2:53	0:32	12:51						
Julie Hall	(M)	0:25	1:18	2:06	0:41	1:23	0:29	0:51	1:57	2:30	1:13	12:53						
Ali Grayley	(M)	0:26	1:09	1:59	0:41	1:28	0:33	0:45	2:06	3:19	0:27	12:53						
Carol Cummins	(V)	0:24	1:14	2:19	0:41	1:44	0:30	0:42	2:21	3:09	0:42	13:46						
Jeannette Little	(M)	0:32	1:09	2:33	0:53	1:46	0:41	0:47	2:17	3:13	0:22	14:13						

												<u>Alternate</u>			<u>Bench</u>	<u>Final</u>		
<u>Mens Novice</u>		<u>Bench</u>	<u>Jumps</u>	<u>Step</u>	<u>Ups</u>	<u>X-Trainer</u>	<u>Sit</u>	<u>Ups</u>	<u>Row</u>	<u>Row</u>	<u>Alternate</u>	<u>Squat</u>	<u>Shoulder</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>
												<u>Thrusts</u>	<u>Press</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>
Chris England	(M)	0:20	1:17	2:07	0:42	1:19	0:27	0:34	1:45	2:40	0:27	11:38						
Darren Basterfield	(M)	0:30	1:22	1:48	0:47	1:24	0:42	0:43	1:59	2:29	0:30	12:14						
Robert Gottlieb	(V)	0:36	1:44	2:11	0:44	1:29	1:10	0:54	2:08	5:02	0:18	16:16						

												<u>Alternate</u>			<u>Bench</u>	<u>Final</u>		
<u>Ladies Intermediate</u>		<u>Bench</u>	<u>Jumps</u>	<u>Step</u>	<u>Ups</u>	<u>X-Trainer</u>	<u>Sit</u>	<u>Ups</u>	<u>Row</u>	<u>Row</u>	<u>Alternate</u>	<u>Squat</u>	<u>Shoulder</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>
												<u>Thrusts</u>	<u>Press</u>	<u>Watt</u>	<u>Bike</u>	<u>Run</u>	<u>Press</u>	<u>Time</u>
Charlie Iles		0:38	1:51	2:14	0:52	2:21	0:31	0:48	2:39	4:14	1:14	17:22						
Dal Dhillow	(M)	0:33	1:45	2:07	0:50	2:18	0:42	0:50	2:47	4:18	1:23	17:33						
April Langston	(M)	0:46	2:18	2:24	1:00	2:27	1:05	1:32	2:55	5:19	1:13	20:59						

<u>Mens Intermediate</u>		<u>Bench</u>	<u>Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u> <u>Squat</u> <u>Thrusters</u>	<u>Shoulder</u> <u>Press</u>	<u>Watt Bike</u>	<u>Run</u>	<u>Bench</u> <u>Press</u>	<u>Final</u> <u>Time</u>
Ben Cornwell			0:33	1:40	2:00	0:45	1:55	0:38	0:49	2:29	3:38	0:38	15:05
Simon Stafford	(M)		0:32	1:50	2:17	0:41	2:07	0:38	1:10	2:44	3:42	1:06	16:47
Paul Conroy	(V)		0:36	1:54	2:01	0:51	2:04	0:39	1:05	2:32	4:05	1:15	17:02
Steve Bailey			0:33	1:53	2:03	0:58	1:57	0:39	1:08	2:43	4:21	1:00	17:15
Richard Murdock			0:42	2:01	2:13	0:52	1:49	1:06	1:35	2:35	3:43	0:47	17:23
James Purdy			0:45	2:23	2:21	0:56	1:55	0:50	0:48	2:21	4:40	0:36	17:35
Yosef Taha			0:36	1:56	1:55	0:51	2:06	0:50	0:57	2:54	4:50	0:51	17:46
Neil Hill			0:40	1:51	1:48	0:43	2:00	0:38	1:24	2:31	3:55	2:16	17:46
Adam Trimnell	(M)		0:34	1:54	2:04	0:50	2:04	0:35	1:20	2:42	4:10	1:37	17:50
Chris Cummins	(V)		0:35	1:56	2:20	0:55	2:11	0:47	0:45	2:45	4:38	1:29	18:21
Jim McMorran	(V)		0:41	2:10	2:13	0:48	2:06	0:48	1:18	2:31	4:30	1:25	18:30
Seb Robert			0:42	2:15	2:20	0:53	2:12	0:47	1:03	2:56	4:48	0:37	18:33
Steven Bradford			0:36	2:03	2:11	0:56	1:59	1:08	1:03	2:41	5:31	0:55	19:03
Phil Shuard	(M)		0:42	2:11	2:32	0:55	2:13	0:35	1:32	2:43	4:20	1:38	19:21
Mat Rogers			0:39	2:08	2:14	0:57	2:07	0:44	1:15	3:03	5:24	1:20	19:51
Guy Little	(M)		0:49	2:16	2:28	1:02	2:17	0:55	1:14	2:51	5:14	1:09	20:15
Dave Wilson	(M)		0:39	2:23	2:23	0:56	2:25	0:53	1:57	3:01	4:56	1:04	20:37
Darren Harrison			0:39	2:19	2:30	1:22	2:17	1:08	1:10	2:55	5:54	0:55	21:09

<u>Ladies Advanced</u>		<u>Bench</u>	<u>Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u> <u>Squat</u> <u>Thrusters</u>	<u>Shoulder</u> <u>Press</u>	<u>Watt Bike</u>	<u>Run</u>	<u>Bench</u> <u>Press</u>	<u>Final</u> <u>Time</u>
Becky Ciel	(M)		0:47	2:43	2:55	1:15	3:40	0:50	1:24	3:54	6:31	0:58	24:57
Steph Whitehead			0:46	2:46	3:11	1:16	3:31	1:08	0:59	4:17	6:08	1:30	25:32
Cat Trentham			0:52	3:01	3:01	1:22	3:34	1:06	1:11	4:23	6:07	1:53	26:30
Carol Powell	(M)		0:49	3:05	2:31	1:59	3:22	1:24	1:31	3:35	6:19	2:12	26:47
Sarah Connolly	(M)		0:54	2:41	3:11	1:17	3:47	1:02	2:04	4:14	6:48	1:46	27:44

<u>Mens Advanced</u>		<u>Bench Jumps</u>	<u>Step Ups</u>	<u>X-Trainer</u>	<u>Sit Ups</u>	<u>Row</u>	<u>Alternate</u>	<u>Shoulder</u>		<u>Run</u>	<u>Bench</u>	<u>Final</u>	
							<u>Squat</u>	<u>Press</u>	<u>Watt Bike</u>		<u>Press</u>	<u>Time</u>	
Doug Harrison		0:49	2:33	2:36	0:53	3:03	<u>Thrusters</u>	0:47	0:59	3:16	5:07	1:02	21:05
Robert Harris		0:48	2:38	2:20	1:01	3:00	0:57	1:11	3:13	5:58	1:12	22:18	
Martin Carter	(M)	0:47	2:42	2:23	1:08	3:04	0:55	1:19	3:19	5:22	1:42	22:41	
Stacy Cross		0:55	3:02	2:37	1:17	3:21	0:52	1:00	3:47	5:34	0:47	23:12	
Shaun Flood	(M)	0:53	2:39	2:36	1:08	3:09	1:00	1:15	3:40	6:01	1:06	23:27	
Mino Vernaschi	(V)	0:55	2:38	2:25	1:15	3:06	1:16	1:05	3:34	6:32	1:03	23:49	
Farouk Vawda	(M)	0:52	2:50	2:43	1:04	3:09	1:04	1:33	3:30	5:52	1:15	23:52	
Robert Bradford		0:47	2:34	2:45	1:20	3:01	1:02	1:07	3:35	6:38	1:22	24:11	
Jonny Miller	(M)	0:50	2:54	2:48	1:31	3:27	0:50	1:10	3:49	6:44	0:52	24:55	
Mike Leonard		0:49	2:56	2:44	1:21	3:25	0:51	0:46	4:12	7:25	0:32	25:01	
Mike Jones	(V)	0:45	2:26	2:37	0:59	3:17	1:17	1:45	4:08	5:57	2:09	25:20	
Bradley Bond	(M)	0:58	3:20	2:35	1:32	3:20	1:12	1:50	4:03	6:36	1:00	26:26	
Russell Stenning	(M)	0:50	2:45	2:43	1:17	3:20	1:01	1:34	3:50	7:05	2:28	26:53	
Chris Purkiss	(V)	1:03	3:52	3:28	3:31	3:54	3:08	3:11	4:31	8:09	2:52	37:39	