

Category	Level	Competitor	Overall Position	Step ups	Ski-Erg	Target Ball Throws	AST's	Clean & Press	Trad Sit Ups	Bench Press	Assault Bike	Bag Squat	Shuttle / Burpee Ladder	Finish
Female	Novice	Holly Greenwood	1	00:01:36	00:01:46	00:00:37	00:00:24	00:00:42	00:00:40	00:00:47	00:01:01	00:00:26	00:02:01	00:10:00
Female	Novice	Lucy Sidwell	1	00:01:27	00:01:51	00:00:34	00:00:26	00:00:41	00:00:43	00:00:35	00:00:57	00:00:21	00:02:25	00:10:00
Female	Novice	Silvija Siksniete	2	00:01:35	00:02:06	00:00:32	00:00:19	00:00:34	00:00:39	00:00:31	00:01:17	00:00:17	00:02:20	00:10:10
Female	Novice	Kitty John	3	00:01:33	00:01:56	00:00:43	00:00:28	00:00:41	00:00:49	00:00:47	00:01:07	00:00:26	00:02:13	00:10:43
Female	Novice	Lel Williams	4	00:01:30	00:02:07	00:00:43	00:00:25	00:00:48	00:00:34	00:00:43	00:01:28	00:00:26	00:02:15	00:10:59
Female	Novice	Sue Grinnell	5	00:01:27	00:01:58	00:00:42	00:00:44	00:00:50	00:01:01	00:00:44	00:01:03	00:00:35	00:02:26	00:11:30
Female	Novice	Laura Kelly	6	00:01:29	00:01:57	00:00:42	00:00:29	00:00:46	00:01:05	00:00:41	00:01:07	00:00:34	00:02:44	00:11:34
Female	Novice	Rosie Howatt	7	00:01:28	00:01:52	00:00:37	00:00:30	00:01:00	00:01:00	00:01:11	00:00:48	00:00:40	00:02:29	00:11:35
Female	Novice	Lindsey Coulthard	8	00:01:34	00:02:04	00:00:56	00:00:29	00:00:49	00:00:52	00:00:45	00:01:20	00:00:24	00:02:26	00:11:39
Female	Novice	Harriet Grant	9	00:01:41	00:01:52	00:00:36	00:00:30	00:01:03	00:01:07	00:00:42	00:01:10	00:00:28	00:02:31	00:11:40
Female	Novice	Sophie Turner	10	00:01:52	00:01:59	00:00:51	00:00:28	00:00:49	00:00:41	00:00:38	00:01:09	00:00:43	00:02:32	00:11:42
Female	Novice	Alison Brookes	11	00:01:38	00:02:10	00:00:52	00:00:20	00:00:57	00:01:13	00:00:56	00:01:22	00:00:29	00:02:33	00:12:30
Female	Novice	Linda Pengelli	12	00:01:39	00:02:06	00:00:41	00:00:39	00:01:16	00:01:07	00:00:52	00:01:04	00:00:56	00:02:24	00:12:44
Female	Novice	Lily Fisher	13	00:01:22	00:01:54	00:00:42	00:00:38	00:01:06	00:01:08	00:02:01	00:01:17	00:00:32	00:02:26	00:13:06
Female	Novice	Claire Elliott	14	00:01:28	00:02:18	00:00:42	00:00:56	00:01:16	00:01:01	00:01:07	00:01:19	00:00:47	00:02:22	00:13:16
Female	Novice	Sue Baker	15	00:01:40	00:02:05	00:00:59	00:00:46	00:00:54	00:01:25	00:01:26	00:01:23	00:00:24	00:02:24	00:13:26
Female	Novice	Nikki Davey	16	00:01:45	00:02:12	00:00:49	00:00:47	00:01:39	00:01:08	00:00:53	00:01:22	00:00:40	00:02:35	00:13:50
Female	Novice	Samantha Resuggan	17	00:01:50	00:02:10	00:00:45	00:00:49	00:01:20	00:01:12	00:01:24	00:00:58	00:00:54	00:02:39	00:14:01
Female	Novice	Desi Cooper	18	00:01:21	00:02:09	00:01:02	00:00:48	00:01:10	00:01:41	00:00:57	00:02:04	00:00:28	00:02:50	00:14:30

Category	Level	Competitor	Overall Position	Step ups	Ski-Erg	Target Ball Throws	AST's	Clean & Press	Trad Sit Ups	Bench Press	Assault Bike	Bag Squat	Shuttle / Burpee Ladder	Finish
Male	Novice	Matt Sheridan	1	00:01:33	00:01:34	00:00:29	00:00:28	00:00:46	00:01:02	00:00:40	00:01:06	00:00:29	00:02:14	00:10:21
Male	Novice	Nick Bates	2	00:01:39	00:01:30	00:00:33	00:00:30	00:00:48	00:01:03	00:00:53	00:01:11	00:00:25	00:02:04	00:10:36
Male	Novice	Glenn Lawrence	3	00:01:27	00:01:37	00:00:40	00:00:27	00:00:58	00:00:46	00:00:38	00:01:25	00:00:35	00:02:12	00:10:45
Male	Novice	Steve Woodcock	4	00:01:40	00:01:41	00:00:35	00:00:24	00:01:07	00:01:11	00:00:42	00:01:18	00:00:33	00:02:06	00:11:17
Male	Novice	Stephen Bennett	5	00:01:41	00:01:50	00:00:59	00:00:30	00:01:00	00:00:56	00:00:35	00:01:27	00:00:28	00:02:19	00:11:45
Male	Novice	Lloyd Bennett	6	00:01:25	00:01:33	00:00:32	00:00:35	00:01:05	00:01:40	00:00:33	00:01:34	00:00:41	00:02:31	00:12:09
Male	Novice	Hal Smith	7	00:02:04	00:01:40	00:00:40	00:00:37	00:01:10	00:01:15	00:01:07	00:01:02	00:00:36	00:02:30	00:12:41
Male	Novice	Guy Little	8	00:01:58	00:01:47	00:00:40	00:00:31	00:01:07	00:01:01	00:00:43	00:02:20	00:00:28	00:02:47	00:13:22
Male	Novice	David Summerfield	9	00:01:47	00:01:48	00:00:43	00:00:38	00:01:21	00:01:55	00:00:43	00:01:48	00:00:35	00:02:24	00:13:42
Male	Novice	Jason Jones	10	00:01:46	00:01:50	00:00:56	00:00:34	00:01:12	00:01:23	00:00:31	00:02:35	00:00:23	00:02:40	00:13:50
Male	Novice	Digby Cooper	11	00:01:55	00:02:12	00:01:00	00:00:45	00:01:15	00:02:13	00:00:34	00:02:28	00:00:44	00:02:54	00:16:00
Male	Novice	Richard Shuker	12	00:01:52	00:01:51	00:00:50	00:00:58	00:01:19	00:02:29	00:00:53	00:02:07	00:00:52	00:03:05	00:16:16
Male	Novice	Chris Benning	13	00:02:02	00:01:48	00:01:02	00:01:50	00:01:22	00:02:01	00:00:45	00:01:32	00:00:42	00:03:22	00:16:26
Male	Novice	Adrian Williams Jones	14	00:01:46	00:01:57	00:00:59	00:01:24	00:01:31	00:02:50	00:00:43	00:01:26	00:01:19	00:02:59	00:16:54