

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	Advanced	Alexia Yannaros	1	00:03:09	00:03:37	00:00:51	00:02:01	00:00:56	00:01:59	00:02:37	00:02:22	00:00:41	00:05:46	00:23:59
Female	Advanced	Carly Reid	2	00:03:19	00:03:28	00:00:53	00:02:52	00:01:21	00:02:08	00:02:14	00:02:02	00:00:44	00:05:40	00:24:41
Female	Advanced	Jo Walker	3	00:03:42	00:04:11	00:01:22	00:02:11	00:02:08	00:01:36	00:02:23	00:02:11	00:00:47	00:05:44	00:26:15
Female	Advanced	Cathy Cojeen	4	00:03:50	00:03:49	00:01:06	00:02:54	00:02:03	00:02:22	00:01:36	00:02:02	00:00:46	00:06:06	00:26:34
Female	Advanced	Fiona Kaiser	5	00:04:23	00:04:04	00:01:28	00:04:08	00:01:51	00:03:06	00:02:06	00:02:57	00:00:57	00:06:31	00:31:31

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	Advanced	Liam Florey	1	00:02:58	00:03:04	00:00:54	00:01:31	00:01:13	00:01:13	00:00:51	00:02:23	00:00:45	00:04:46	00:19:38
Male	Advanced	Steve Reid	2	00:03:16	00:02:53	00:00:54	00:01:51	00:01:15	00:01:27	00:01:23	00:01:57	00:00:51	00:04:59	00:20:46
Male	Advanced	Callum Barnes	3	00:03:09	00:03:10	00:01:01	00:01:58	00:01:18	00:01:16	00:01:12	00:02:20	00:00:58	00:05:00	00:21:22
Male	Advanced	Scott McMillan	4	00:03:32	00:03:03	00:01:03	00:01:46	00:01:22	00:01:48	00:01:00	00:02:29	00:00:58	00:06:02	00:23:03
Male	Advanced	Tony McNeil	5	00:03:11	00:03:09	00:01:16	00:01:50	00:01:40	00:02:00	00:01:04	00:02:52	00:00:53	00:05:46	00:23:41
Male	Advanced	Alex Williams	6	00:03:32	00:03:14	00:00:49	00:01:44	00:01:17	00:02:12	00:01:50	00:02:47	00:00:33	00:05:43	00:23:41
Male	Advanced	Anton Micallef	7	00:03:04	00:03:21	00:01:18	00:02:24	00:01:42	00:01:14	00:01:14	00:03:02	00:00:46	00:05:42	00:23:47
Male	Advanced	Ed Baber	8	00:03:18	00:03:02	00:00:55	00:02:09	00:01:29	00:02:34	00:01:27	00:03:11	00:00:49	00:05:37	00:24:31
Male	Advanced	Joseph Micallef	9	00:03:26	00:03:24	00:01:14	00:02:06	00:01:51	00:01:46	00:01:02	00:03:12	00:01:05	00:06:19	00:25:25
Male	Advanced	Neil Ward	10	00:03:28	00:03:27	00:01:09	00:02:25	00:02:11	00:01:29	00:02:21	00:02:42	00:01:04	00:06:15	00:26:31
Male	Advanced	Eddie Tarrant	11	00:03:33	00:03:16	00:01:02	00:02:05	00:02:14	00:02:10	00:02:58	00:02:37	00:00:54	00:05:47	00:26:36
Male	Advanced	David White	12	00:03:39	00:03:45	00:01:01	00:01:53	00:01:50	00:02:05	00:01:36	00:03:26	00:00:51	00:06:35	00:26:41
Male	Advanced	Liam Harris	13	00:03:45	00:03:16	00:01:00	00:02:58	00:02:14	00:02:05	00:02:57	00:02:19	00:01:23	00:06:30	00:28:27
Male	Advanced	Simon Tarrant	14	00:04:14	00:03:29	00:01:03	00:02:14	00:02:56	00:03:00	00:03:37	00:02:29	00:00:59	00:05:43	00:29:44
Male	Advanced	Duncan Rennie	15	00:03:39	00:03:33	00:01:46	00:02:29	00:01:50	00:02:35	00:01:39	00:03:52	00:01:24	00:07:16	00:30:03
Male	Advanced	Steve Gale	16	00:04:00	00:03:29	00:01:05	00:02:31	00:02:33	00:02:44	00:02:47	00:03:10	00:00:48	00:07:14	00:30:21
Male	Advanced	Kieran Gildea	17	00:04:29	00:03:14	00:01:56	00:03:01	00:02:49	00:02:53	00:02:12	00:02:31	00:01:03	00:06:48	00:30:56
Male	Advanced	Farouk Vawda	18	00:03:42	00:04:04	00:02:00	00:02:13	00:02:47	00:02:07	00:01:35	00:04:52	00:01:08	00:07:23	00:31:51
Male	Advanced	Anthony Ironmonger	19	00:04:40	00:03:28	00:01:22	00:02:27	00:02:11	00:02:57	00:01:45	00:03:26	00:01:16	00:08:32	00:32:04
Male	Advanced	David Williams	20	00:03:48	00:03:38	00:02:32	00:02:44	00:04:06	00:02:14	00:02:53	00:03:31	00:00:54	00:05:59	00:32:19