

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	Intermediate	Emma Gray	1	00:03:00	00:02:38	00:00:40	00:00:52	00:00:55	00:01:05	00:01:09	00:01:21	00:00:20	00:03:51	00:15:51
Female	Intermediate	Zoe Atkinson	2	00:02:50	00:02:31	00:00:42	00:00:48	00:00:40	00:01:11	00:01:00	00:01:28	00:00:36	00:04:30	00:16:16
Female	Intermediate	Abi Parnell	3	00:02:57	00:02:44	00:00:47	00:01:09	00:01:00	00:01:35	00:01:05	00:01:22	00:00:36	00:03:56	00:17:11
Female	Intermediate	Laura Pinks	4	00:03:13	00:02:34	00:00:43	00:01:02	00:00:56	00:01:26	00:01:09	00:01:20	00:00:41	00:04:30	00:17:34
Female	Intermediate	Bex Cleary	5	00:03:12	00:02:47	00:00:49	00:01:32	00:01:11	00:01:33	00:01:10	00:01:40	00:00:43	00:04:49	00:19:26
Female	Intermediate	Lucy McNeil	6	00:03:21	00:02:36	00:00:51	00:00:57	00:01:01	00:01:26	00:02:00	00:01:39	00:00:47	00:04:52	00:19:30
Female	Intermediate	Amy Maddick	7	00:02:59	00:02:58	00:00:49	00:00:59	00:01:33	00:01:37	00:02:26	00:01:36	00:00:34	00:04:07	00:19:38
Female	Intermediate	Richelle Brooks	8	00:02:50	00:02:40	00:00:56	00:01:32	00:01:07	00:01:43	00:01:32	00:01:55	00:00:45	00:04:39	00:19:39
Female	Intermediate	Charlotte Hamilton	9	00:03:15	00:02:45	00:00:45	00:01:18	00:01:06	00:01:45	00:01:45	00:01:46	00:00:38	00:04:39	00:19:42
Female	Intermediate	Donna Slater	10	00:03:21	00:02:42	00:00:48	00:01:16	00:01:37	00:01:40	00:01:42	00:01:28	00:00:45	00:04:30	00:19:49
Female	Intermediate	Sonia Rushby	11	00:03:05	00:02:47	00:00:52	00:00:50	00:01:34	00:01:50	00:02:39	00:01:36	00:00:46	00:04:28	00:20:27
Female	Intermediate	Jordan Noble	12	00:03:07	00:03:01	00:00:45	00:01:42	00:01:12	00:02:03	00:02:30	00:02:00	00:00:44	00:04:08	00:21:12
Female	Intermediate	Ruth Tarrant	13	00:03:42	00:02:55	00:01:01	00:01:17	00:01:17	00:02:18	00:01:35	00:01:19	00:01:05	00:05:11	00:21:40
Female	Intermediate	Anna Knight	14	00:03:12	00:02:51	00:01:08	00:01:18	00:01:18	00:02:09	00:02:06	00:01:51	00:01:00	00:04:50	00:21:43
Female	Intermediate	Wendy Phillips	15	00:03:04	00:03:06	00:00:46	00:01:09	00:01:25	00:02:08	00:01:33	00:01:34	00:01:10	00:06:02	00:21:57
Female	Intermediate	Lorraine Canning	16	00:03:04	00:02:52	00:00:44	00:00:50	00:01:56	00:02:09	00:03:36	00:01:24	00:00:48	00:04:40	00:22:03
Female	Intermediate	Katie Smith	17	00:03:41	00:02:51	00:00:47	00:01:26	00:01:21	00:01:55	00:02:28	00:01:50	00:01:00	00:04:51	00:22:10
Female	Intermediate	Katie Cunnea	18	00:03:39	00:03:03	00:01:14	00:00:47	00:02:01	00:01:48	00:01:21	00:03:02	00:00:45	00:04:44	00:22:24
Female	Intermediate	Katie Chance	19	00:03:31	00:02:57	00:00:44	00:01:36	00:01:13	00:02:18	00:02:22	00:01:28	00:00:45	00:05:32	00:22:26
Female	Intermediate	Becky Evans	20	00:02:56	00:02:48	00:01:01	00:01:33	00:02:06	00:02:16	00:02:40	00:01:23	00:01:05	00:05:10	00:22:58
Female	Intermediate	Ashley Howard	21	00:03:35	00:02:49	00:01:03	00:01:54	00:02:08	00:01:38	00:02:01	00:01:42	00:01:00	00:05:21	00:23:11
Female	Intermediate	Zuzanna Sikora	22	00:03:30	00:03:12	00:00:43	00:01:50	00:01:45	00:02:08	00:01:30	00:02:42	00:00:37	00:05:47	00:23:44
Female	Intermediate	Cathy Harris	23	00:03:08	00:03:12	00:01:08	00:01:50	00:01:45	00:02:15	00:02:09	00:02:15	00:00:52	00:05:13	00:23:47
Female	Intermediate	Claire Gildea	24	00:03:38	00:02:59	00:01:04	00:01:48	00:01:41	00:02:06	00:01:55	00:01:53	00:00:59	00:05:45	00:23:48
Female	Intermediate	Sian Dunkley	25	00:03:24	00:03:06	00:00:57	00:01:12	00:01:39	00:02:42	00:02:42	00:01:57	00:01:14	00:05:16	00:24:09
Female	Intermediate	Natalia Milkowska	26	00:03:08	00:03:07	00:01:14	00:01:12	00:01:48	00:02:51	00:02:42	00:02:22	00:00:52	00:05:33	00:24:49
Female	Intermediate	Maria Hooper	27	00:03:13	00:03:13	00:01:26	00:01:44	00:02:04	00:02:20	00:03:47	00:02:33	00:01:25	00:05:56	00:27:41

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	Intermediate	Paul Ashby	1	00:03:03	00:02:32	00:00:47	00:00:47	00:00:56	00:01:08	00:00:52	00:01:55	00:00:27	00:04:12	00:16:39
Male	Intermediate	Mark Lane	2	00:03:22	00:02:20	00:00:43	00:00:50	00:00:53	00:01:32	00:01:26	00:01:25	00:00:29	00:03:40	00:16:40
Male	Intermediate	Matt West	3	00:02:45	00:02:19	00:00:46	00:00:59	00:01:09	00:02:06	00:01:03	00:01:30	00:01:13	00:03:53	00:17:43
Male	Intermediate	Ian Coulthard	4	00:03:28	00:02:36	00:00:47	00:01:02	00:01:16	00:01:01	00:01:18	00:01:32	00:00:35	00:04:26	00:18:01
Male	Intermediate	Matt Orchard	5	00:03:00	00:02:32	00:00:39	00:01:05	00:01:04	00:01:53	00:00:58	00:02:03	00:00:39	00:04:14	00:18:07
Male	Intermediate	Paul Catteau	6	00:03:28	00:02:20	00:00:46	00:01:14	00:01:24	00:01:36	00:00:45	00:01:55	00:00:37	00:04:17	00:18:22
Male	Intermediate	Ally Borwell	7	00:02:49	00:02:37	00:00:40	00:01:01	00:01:06	00:01:54	00:01:35	00:01:44	00:00:45	00:04:11	00:18:22
Male	Intermediate	Dominic Pugh	8	00:03:05	00:02:28	00:00:44	00:01:23	00:01:31	00:01:15	00:01:09	00:01:50	00:00:35	00:04:30	00:18:30
Male	Intermediate	Nick Barrett	9	00:03:24	00:02:37	00:00:45	00:00:50	00:01:06	00:01:44	00:01:38	00:02:38	00:00:33	00:03:43	00:18:58
Male	Intermediate	Keith Pockett	10	00:03:21	00:02:44	00:01:08	00:00:55	00:01:21	00:01:06	00:01:25	00:02:28	00:00:40	00:04:03	00:19:11
Male	Intermediate	Chris Mew	11	00:03:44	00:02:18	00:00:52	00:01:49	00:01:27	00:01:06	00:00:51	00:01:43	00:01:04	00:04:36	00:19:30
Male	Intermediate	Shaun Flood	12	00:03:26	00:02:52	00:01:27	00:01:15	00:01:27	00:00:55	00:00:52	00:02:26	00:00:49	00:04:20	00:19:49
Male	Intermediate	Mike Elliott	13	00:03:19	00:02:32	00:00:54	00:00:56	00:02:01	00:01:38	00:01:42	00:01:45	00:00:45	00:04:31	00:20:03
Male	Intermediate	Timothy Benning	14	00:03:38	00:02:29	00:00:47	00:01:07	00:01:45	00:02:23	00:01:43	00:01:51	00:00:55	00:04:30	00:21:07
Male	Intermediate	Anthony Clarke	15	00:03:23	00:02:28	00:00:54	00:01:12	00:01:38	00:01:45	00:01:30	00:02:25	00:00:48	00:04:44	00:20:47
Male	Intermediate	Sam Vincent	16	00:03:37	00:02:29	00:00:47	00:01:07	00:01:45	00:02:23	00:01:43	00:01:51	00:00:55	00:04:30	00:21:07
Male	Intermediate	David Evans	17	00:03:37	00:02:31	00:00:46	00:00:54	00:01:25	00:02:33	00:03:06	00:01:16	00:00:41	00:04:36	00:21:25
Male	Intermediate	Paul Mail	18	00:03:30	00:02:33	00:01:05	00:01:07	00:01:39	00:01:30	00:03:12	00:01:38	00:01:00	00:04:18	00:21:32
Male	Intermediate	Dave Hulson	19	00:03:06	00:02:24	00:01:10	00:01:15	00:01:25	00:01:58	00:02:06	00:02:21	00:01:00	00:04:49	00:21:34
Male	Intermediate	Mark Collins	20	00:03:43	00:02:57	00:00:40	00:01:08	00:01:57	00:01:48	00:01:43	00:02:17	00:00:52	00:04:54	00:21:59
Male	Intermediate	Shahed Uddin	21	00:03:18	00:02:34	00:00:54	00:02:11	00:01:53	00:01:38	00:01:00	00:02:52	00:01:08	00:04:42	00:22:10
Male	Intermediate	Mark Knight	22	00:03:12	00:02:28	00:00:50	00:01:28	00:01:55	00:03:02	00:01:40	00:01:56	00:01:04	00:04:42	00:22:17
Male	Intermediate	Phil Shuard	23	00:03:39	00:02:43	00:00:46	00:01:25	00:02:01	00:01:59	00:02:09	00:02:17	00:01:03	00:05:45	00:23:47
Male	Intermediate	Stuart Hoad	24	00:03:45	00:02:38	00:00:46	00:01:28	00:02:14	00:02:09	00:03:40	00:01:40	00:00:50	00:05:01	00:24:11
Male	Intermediate	Rory Kennedy	25	00:04:01	00:02:33	00:00:53	00:01:18	00:01:44	00:01:54	00:03:20	00:02:35	00:01:17	00:04:58	00:24:33
Male	Intermediate	Nigel Roache	26	00:03:40	00:02:48	00:01:20	00:01:31	00:01:52	00:01:20	00:03:01	00:02:46	00:01:01	00:05:18	00:24:37
Male	Intermediate	Kevin Hickman	27	00:03:47	00:02:45	00:01:14	00:01:35	00:02:19	00:02:19	00:02:23	00:02:47	00:01:13	00:04:48	00:25:10
Male	Intermediate	Aaron Tilley	28	00:03:35	00:02:32	00:01:03	00:01:56	00:02:06	00:02:35	00:03:56	00:02:19	00:01:08	00:04:57	00:26:07