

## HAMPSHIRE X TRAINING CHALLENGE

### RESULTS

#### MENS OPEN

COMPETITOR	Position	Bike 2km	Row 600m	Pull Up's X 10	S/Thrust X 60	Sit Up's X 60	P/Up's X 40	Box Step X 100	S/Press 35 X 25KG	Run 1000m	Bench 40 X 35KG	FINAL TIME
ADAM HORDER	1ST	2.28	4.45	5.01	5.56	7.05	7.32	10.44	11.24	15.02	16.03	16.03
WILL WHITMORE	2ND	2.23	4.46	4.55	5.49	7.07	7.36	10.36	11.31	15.12	16.12	16.12
ROB VOLPE	3RD	2.56	5.17	5.35	6.33	7.51	8.26	11.45	12.26	16.13	16.45	16.45
ANDY WOOD	4TH	2.28	4.47	5.08	6.06	7.34	8.07	11.28	12.17	16.06	17.13	17.13
PAUL FISHER	5TH	2.32	4.43	5.03	6.14	7.28	8.03	11.24	12.26	16.44	17.37	17.37
BRIAN THOMPSON	6TH	2.33	4.48	5.15	6.13	7.51	8.26	11.59	12.57	17.23	18.02	18.02
GEORGE ANDERSON	7TH	2.34	4.52	5.16	6.11	7.48	8.22	11.34	13.07	16.25	18.31	18.31
SIMON FRENCH	8TH	2.48	5.01	5.22	6.34	7.57	8.33	11.54	13.01	17.17	18.35	18.35
FAROUK VANDA	9TH	3.14	5.47	6.31	7.37	9.21	9.54	13.59	15.04	19.23	20.32	20.32
TONY FOUNTAIN	10TH	3.15	5.38	5.58	6.55	8.13	8.51	12.27	13.38	19.25	20.49	20.49
STEVE CHISSELL	11TH	2.35	4.53	5.38	6.42	8.15	9.11	13.01	15.21	19.32	21.13	21.13
DANIEL CARTER	12TH	3.05	5.25	5.51	7.11	8.52	9.45	13.12	15.12	19.38	21.44	21.44
STEVE DOWSE	13TH	3.01	5.15	5.59	7.15	8.49	9.23	14.07	15.32	20.25	22.29	22.29
PHIL AIKEN	14TH	2.46	5.08	5.32	6.47	9.18	10.09	13.58	16.1	20.56	23.23	23.23
ROB FAULKNER	15TH	3.45	6.22	6.51	8.06	10.23	11.01	14.52	16.54	21.55	23.58	23.58
LUKE MATTHEWS	16TH	2.48	5.11	5.35	6.34	8.28	9.11	13.53	15.56	21.14	24.07	24.07
ANDREW MILES	17TH	3.23	5.53	6.18	7.26	9.06	9.39	14.01	18.13	23.18	25.47	25.47
PAUL MACCONNACHIE	18TH	3.04	5.47	6.13	7.17	10.43	11.21	15.23	18.21	23.15	26.51	26.51
SIMON BARTLETT	19TH	3.57	6.34	7.17	8.28	10.58	12.03	18.34	20.43	25.01	27.39	27.39

#### WOMEN'S OPEN

COMPETITOR	POSITION	BIKE 2KM	ROW 500M	PULL UP'S X 5	S/THRUST X 60	SIT UP'S X 60	P/UP'S X 40	BOX STEP X 100	S/PRESS 30 X 15KG	RUN 1000M	B/PRESS 30 X 25KG	FINAL TIME
JACQUI MACQUISTEN	1ST	3.47	5.56	6.13	7.19	9.12	9.51	13.31	14.24	19.11	20.02	20.02
SARAH KEMP	2ND	5.00	7.26	7.45	8.36	9.52	10.23	13.40	15.04	19.33	20.20	21.20
KIM HARVEY	3RD	3.27	5.43	6.00	7.00	8.44	9.28	12.55	14.03	18.56	20.35	20.35
THERESA CLIXBY-SMITH	4TH	2.23	4.36	5.00	6.03	7.52	8.38	12.43	14.27	19.23	21.12	21.12
JO ALEXANDER	5TH	2.57	5.06	5.47	6.50	8.44	9.21	13.25	14.32	20.22	21.16	21.16
JO HOLLOWAY	6TH	3.20	5.43	6.30	7.33	9.32	10.59	14.59	17.05	21.58	23.30	23.30
DEBORAH PERRY	7TH	3.59	6.12	7.29	8.30	10.12	11.45	15.12	17.32	24.00	24.48	24.48
CHRIS RAYNOR	8TH	2.23	4.41	5.40	6.51	9.20	11.04	15.38	18.02	23.25	25.35	25.35
GEMMA MILLER	9TH	3.42	5.53	6.26	7.51	DNF						

### MEN'S INTERMEDIATE

COMPETITOR	Position	Bike 1km	Row 400m	Pull Up's X 5	S/Thrust X 30	Sit Up's X 25	P/JP'S X 20	Box Step X 50	S/Press 25 X 15kg	Run 600m	Bench 30 X 25kg	FINAL TIME
STEVE DOWSE	1ST	1.09	2.35	2.53	3.29	3.59	4.19	5.54	6.25	8.50	9.24	9.24
RYAN COYLE	2ND	1.21	2.58	3.08	3.41	4.22	4.39	6.25	6.54	9.18	9.48	9.48
NATHAN JONES	3RD	1.11	2.34	2.48	3.28	4.11	4.31	6.17	6.48	9.34	10.00	10.00
DEREK IRELAND	4TH	1.02	2.48	3.12	3.28	4.22	4.43	6.22	6.48	9.43	10.09	10.09
MATTHEW EGAN	5TH	1.03	2.41	3.00	3.39	4.20	4.46	6.35	7.05	9.40	10.16	10.16
DAVID LEE	6TH	1.12	2.39	2.58	3.34	4.20	4.45	6.30	7.05	9.41	10.25	10.25
BRIAN BOTTING	7TH	1.25	3.02	3.16	3.45	4.19	4.42	6.26	7.05	9.48	10.52	10.52
GARREN MEAKIN	8TH	1.36	3.11	3.24	3.51	4.30	4.52	6.28	7.04	9.54	11.02	11.02
MARCUS HOUGHTON	9TH	1.22	3.02	3.20	3.51	4.36	5.01	6.39	7.28	10.35	11.37	11.37
DALE WILLIAMS	10TH	1.20	2.57	3.20	3.52	4.37	5.07	6.54	7.47	10.42	11.53	11.53
ROGER HALL	11TH	1.31	3.01	3.22	4.00	5.42	6.01	7.53	8.28	11.20	11.55	11.55
PHIL BROWN	12TH	1.29	3.19	3.38	4.11	4.59	5.28	7.38	8.16	11.42	12.31	12.31
IAN HONEYWOOD	13TH	1.12	3.00	3.24	3.56	4.38	4.59	6.50	7.46	10.51	12.34	12.34
MICHEAL CLEARY	14TH	1.10	2.46	3.58	4.31	5.59	6.31	8.28	9.10	12.06	12.53	12.53
ROB HILLS	15TH	1.14	2.54	3.09	3.41	4.34	5.01	6.50	7.48	11.09	12.55	12.55
GARY DORMAN	16TH	1.36	3.35	3.48	4.18	4.59	5.26	7.17	8.20	11.30	13.06	13.06
PAUL WALBRIDGE	17TH	1.26	3.04	3.22	3.54	4.40	5.07	6.57	8.08	11.17	13.16	13.16
ANDY GOODE	18TH	1.29	3.12	3.52	4.22	5.24	6.20	8.05	9.15	12.40	14.12	14.12
NIGEL HUBBARD	19TH	1.28	3.16	3.50	4.26	5.51	6.30	8.33	9.45	13.24	15.45	15.45
TONY HUNTER	20TH	1.08	2.44	4.33	4.57	5.57	6.28	9.08	11.07	16.21	17.21	17.21
MARK BROOMHALL	21ST	1.10	2.52	DID NOT COMPLETE	6.02	8.18	9.37	12.28	14.08	17.32	19.30	19.30

### WOMEN'S INTERMEDIATE

COMPETITOR	POSITION	BIKE 1KM	ROW 300M	PULL UP'S X 0	S/THRUST X 30	SIT UP'S X 25	P/JP'S X 20	BOX STEP X 50	S/PRESS 15 X 10KG	RUN 500	B/PRESS 20 X 15KG	FINAL TIME
SAM PETERS	1ST	1.07	2.24		3.00	3.43	4.07	5.51	6.26	8.43	9.18	9.18
SARAH HOLDSWORTH	2ND	1.30	3.00		3.34	4.20	4.44	6.16	6.40	8.59	9.37	9.37
JULIA HUBBARD	3RD	1.34	2.57		3.32	4.16	4.42	6.27	7.08	9.33	10.12	10.12
EMMA MAGGOTT	4TH	1.10	2.31		3.13	4.22	4.54	6.43	7.14	9.57	10.32	10.32
JACQUI MATTHEWS	5TH	1.58	3.23		4.01	4.44	5.08	6.47	7.18	10.14	10.42	10.42
FIONA WALBRIDGE	6TH	1.34	2.50		3.22	4.21	4.50	6.40	7.18	10.01	10.47	10.47
MANDY LEMON	7TH	1.22	2.43		3.17	4.24	4.56	6.53	7.17	10.18	10.48	10.48
MICHELLE GAUTIER	8TH	1.24	2.47		3.18	4.12	4.44	6.27	7.02	9.42	11.05	11.05
AMY REGAN	9TH	1.32	3.05		3.45	5.00	5.38	7.31	8.03	10.30	11.22	11.22
SARAH BASSETT	10TH	1.27	2.55		3.53	5.02	5.47	7.32	8.19	11.03	12.17	12.17

### MENS MASTERS

COMPETITOR	Position	Bike 2km	Row 600m	Pull Up's X 10	S/Thrust X 60	Sit Up's X 60	P/U/P'S X 40	Box Step X 100	S/Press 35 X 25kg	Run 1000m	Bench 40 X 35kg	FINAL TIME
STEVE WATTS	1ST	2.38	4.57	5.18	6.22	8.05	8.42	12.20	13.12	17.27	18.19	18.19
PHIL McCONNALL	2ND	2.26	4.50	5.10	6.08	7.59	8.48	12.15	13.30	18.14	19.39	19.39
JEFF LEIGH	3RD	3.21	5.47	6.21	7.51	9.22	10.22	14.11	15.40	21.17	22.13	22.13
DAVE HALL	4TH	3.21	6.06	6.30	7.38	9.48	10.26	14.44	15.35	21.50	22.31	22.31
STEVE HYLAND	5TH	3.06	5.55	6.15	7.45	9.37	10.20	14.29	16.26	21.22	22.37	22.37
GARY NICOLLS	6TH	2.55	5.25	6.16	7.27	9.34	10.27	14.24	16.46	21.38	22.44	22.44
NIGEL PINNEY	7TH	2.46	5.17	5.55	7.07	9.29	10.29	14.47	16.59	22.08	24.03	24.03
STEVE SMITH	8TH	2.55	5.30	6.19	7.57	11.09	12.04	16.09	18.31	23.43	25.19	25.19
NICK RANDEL	9TH	2.40	4.59	5.58	7.15	10.33	11.40	15.46	18.54	23.53	26.03	26.03
CORNEL GRANT	10TH	3.09	5.41	6.57	8.49	11.46	13.12	19.04	22.00	28.27	30.33	30.33

Unfortunately due to Sylburn arriving late, it was agreed that his time would not count.

SYLBURN MILLER	NOT PLACED	5.01	5.01	5.22	6.30	9.39	9.09	12.41	14.01	18.08	18.42	18.42
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### WOMEN'S MASTERS

COMPETITOR	Position	Bike 2km	Row 500m	Pull Up's X 5	S/Thrust X 60	Sit Up's X 60	P/U/P'S X 40	Box Step X 100	S/Press 30 X 15kg	Run 1000m	Bench 30 X 25kg	FINAL TIME
SUE REGAN	1ST	2.55	5.13	5.33	6.28	8.12	9.10	12.52	14.27	19.28	21.03	21.03
CARMEL BASSETT	2ND	3.03	5.20	5.43	6.44	7.13	9.27	13.19	14.46	20.30	21.26	21.26
JANE CREAMER	3RD	3.00	5.15	5.36	6.41	8.26	9.48	13.38	15.24	20.49	22.12	22.12
JULIE COX	4TH	2.56	3.42	4.19	5.33	7.20	9.00	12.50	14.15	19.32	22.54	22.54
FRANCES WALTON	5TH	3.07	5.34	6.12	7.37	9.49	10.46	16.00	18.18	24.10	27.03	27.03
ANGELA TRUMPER	6TH	3.29	6.01	6.54	8.08	10.52	13.20	17.51	20.10	25.27	27.53	27.53

Once again well done to everyone and thank you.  
We hope everyone enjoyed the day.  
See you all again next year!