



**CROSS TEAM CHALLENGE** Concept2 Forum Members

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**May 2012 - The RowPro Rower's In-Between**

Row 8x2 minutes with 2 minutes rest.

No rolling starts.

Add only the metres from your slowest and your fastest rep.  
Record the distance for 4 minutes out of the 16 minute session.

For example:  
If you rowed the following: 623m, 656m [fastest rep], 643m, 628m, 612m [slowest rep], 614m, 621m and 615m.  
Then your score is 656+612=1268m.

**Most Recent Entries**

Date	Name	Cat	Team	Result
2012-06-01	Arlene Wade (TO)	FLWT	Team Oarsome	<i>1033</i>
2012-06-01	Mike Podolsky RPR	MHWT	RowPro Rowers	<b>1139</b>
2012-05-31	Steve Blogg	MHWT	Free Spirits	<b>1149</b>
2012-05-31	Amy Stewart	FHWT	DLC Gidea Park	<i>1065</i>
2012-05-31	Si Wilson Storey	MHWT	DLC Gidea Park	<i>1255</i>

**Bold** = new time; *italic* = updated time

**Add/Update an Entry**

**Current Leaderboard**

*Names in blue italic have added or updated their times within the past 24 hours.*

#	Name	Cat	Team	Result	Pace	Power	Team	Result
1	Graham Benton	M	MAD I	1365	1:27.9	515.1	<b>1 Team Oarsome I</b>	<b>1251m</b>
2	Al Taylor	M	Team Oarsome I	1345	1:29.2	492.8	Al Taylor (H) Simon Gough (H) Dave Chmilowskyj (H)	
3	Selyaninov Vladimir	M	Free Spirits I	1306	1:31.9	451.2	<b>2 Sub 7 I</b>	<b>1247.2m</b>
4	Casey Clarke	M	Sub 7 I	1304	1:32.0	449.1	Casey Clarke (H) Eddie Ventress (H) Gary Curtis (H)	
5	AAPaul Buchanan	M	Paddy Power I	1300	1:32.3	445.0	<b>3 MAD I</b>	<b>1225.8m</b>
6	Dirk Möller	M	Forum Flyers I	1297	1:32.5	441.9	Graham Benton (H) Matt Hellier (H) Rich Blagrove (H)	
7	Jonathan Davis	M	Free Spirits I	1293	1:32.8	437.8	<b>4 Free Spirits I</b>	<b>1225.6m</b>
8	thornmaster	M	Free Spirits I	1293	1:32.8	437.8	Selyaninov Vladimir (H) Jonathan Davis (H) thornmaster (H)	
9	Simon Gough	M	Team Oarsome I	1292	1:32.9	436.8	<b>5 Forum Flyers I</b>	<b>1215m</b>
10	Eddie Ventress	M	Sub 7 I	1289	1:33.1	433.8	Dirk Möller (H) Matt B Brown (H) hjs (H)	
11	Jason McCormack	M	Paddy Power I	1284	1:33.5	428.8	<b>6 Sub 7 II</b>	<b>1214.8m</b>
12	Gary Curtis	M	Sub 7 I	1277	1:34.0	421.8	Ross Hawkins(SHO) (H) jonasm (H)	
13	J Carlos Castro	M	C2TweetCrew I	1276	1:34.0	420.8	<b>7 RowPro Rowers I</b>	<b>1209.6m</b>
14	Matt Hellier	M	MAD I	1274	1:34.2	418.8	Ollie Osborne (H)	
15	Liefcat	M	Free Spirits II	1274	1:34.2	418.8	<b>8 RowPro Rowers I</b>	<b>1209.6m</b>
16	Rich Blagrove	M	MAD I	1274	1:34.2	418.8	Stewart Wyllie (H) Bjorn_Stensheim (H) Sebastien Lallier (H)	
17	Ross Hawkins(SHO)	M	Sub 7 II	1270	1:34.5	414.9	<b>9 Sub 7 III</b>	<b>1194.4m</b>
18	Pete Marston	M	MAD II	1268	1:34.6	412.9	Richard Cheeseman (H) Warren Matthews (H) David Scott (H)	
19	Marcus Schug	M	C2TweetCrew I	1268	1:34.6	412.9	<b>10 C2TweetCrew I</b>	<b>1192.4m</b>
20	Stewart Wyllie	M	RowPro Rowers I	1267	1:34.7	412.0	J Carlos Castro (H) Marcus Schug (H) Ralf Achenbach (H)	
21	jonasm	M	Sub 7 II	1267	1:34.7	412.0	<b>11 Paddy Power I</b>	<b>1192.4m</b>
22	Bjorn_Stensheim	M	RowPro Rowers I	1264	1:34.9	409.0	AAPaul Buchanan (H) Jason McCormack (H) d stansfield (H)	
23	Matt B Brown	M	Forum Flyers I	1263	1:35.0	408.1	<b>12 Free Spirits II</b>	<b>1187.2m</b>
24	Simon Handley	M	MAD II	1258	1:35.4	403.2	Liefcat (H) Hewitt (H) Matthew Leonard (H)	
25	hjs	M	Forum Flyers I	1257	1:35.5	402.3	<b>13 DLC Gidea Park I</b>	<b>1183m</b>
26	Si Wilson Storey	M	DLC Gidea Park I	1255	1:35.6	400.4	Si Wilson Storey (H) Robert Mayes (H) Neil Tilbury (H)	
27	Stuart Bizzarri	m	Team Oarsome I	1254	1:35.7	399.4	<b>14 MAD II</b>	<b>1169m</b>
28	j.d	M	MAD II	1254	1:35.7	399.4	Pete Marston (H) Simon Handley (H) j,d (H)	
29	d stansfield	M	Paddy Power I	1249	1:36.1	394.6	<b>15 Sub 7 IV</b>	<b>1167m</b>
30	Ollie Osborne	M	Sub 7 II	1247	1:36.2	392.8	BarnettSimon (H) TimDAV8 (H) Haggers (H)	
31	Dave Chmilowskyj	M	Team Oarsome I	1246	1:36.3	391.8	<b>16 Team Oarsome II</b>	<b>1164.8m</b>
32	James Hilston	M	MAD III	1246	1:36.3	391.8		
33	Richard Cheeseman	M	Sub 7 III	1245	1:36.4	390.9		
34	Ralf Achenbach	M	C2TweetCrew I	1245	1:36.4	390.9		
35	Sebastien Lallier	M	RowPro Rowers I	1244	1:36.5	389.9		
36	Hewitt	M	Free Spirits II	1243	1:36.5	389.0		
37	Warren Matthews	M	Sub 7 III	1242	1:36.6	388.1		
38	Matthew Leonard	M	Free Spirits II	1242	1:36.6	388.1		
39	David Scott	M	Sub 7 III	1239	1:36.9	385.2		
40	david blanksby	M	Independent I	1237	1:37.0	383.4		
41	André Hennings	M	SYC Rowing Crew I	1236	1:37.1	382.5		
42	Kay Bieri	M	C2TweetCrew II	1234	1:37.2	380.6		
43	Mark Bower	M	Empty the Tanks I	1232	1:37.4	378.8		
44	Jon Goodall	M	MAD III	1228	1:37.7	375.1		
45	Little Jimmy	M	The Banana Boat I	1227	1:37.8	374.2		
46	Rob J Wilson	m	Sub 7 I	1227	1:37.8	374.2		
47	macroth	M	Forum Flyers II	1225	1:38.0	372.3		
48	James Howard	m	Sub 7 II	1224	1:38.0	371.4		
49	Jon Bone	M	Team Oarsome II	1223	1:38.1	370.5		
50	Wim Oosterveld	M	C2TweetCrew II	1222	1:38.2	369.6		
51	BarnettSimon	M	Sub 7 IV	1217	1:38.6	365.1		
52	Conny J.	m	Rote 87 RK I	1215	1:38.8	363.3		
53	Johan Eklund	m	Rote 87 RK I	1210	1:39.2	358.8		
54	Tim DAVE	m	Sub 7 IV	1206	1:39.5	355.2		





232	fred chill	m	Age Without Limits I	1013	1:58.5	210.5
233	Rita Risley	f	Gee Crew I	1013	1:58.5	210.5
234	Helen Floyd	F	Paddy Power I	1012	1:58.6	209.9
235	Matt Seabrook	m	Sub 7 XI	1011	1:58.7	209.3
236	DLCedA	M	DLCBromsgrove II	1010	1:58.8	208.7
237	Sarah Q-M	F	Sub 7 VII	1009	1:58.9	208.1
238	Jason L Wheeler	M	Sub 7 XII	1008	1:59.0	207.4
239	Pat Coyle	F	C2TweetCrew II	1008	1:59.0	207.4
240	ruthb	F	Sub 7 VIII	1004	1:59.5	205.0
241	Margo James	f	Sub 7 IX	1002	1:59.8	203.8
242	Jackie Hicks	F	Independent I	1001	1:59.9	203.2
243	Anita Wells	F	C2TweetCrew III	995	2:00.6	199.5
244	Frans Vliegenberg	M	C2TweetCrew VI	992	2:01.0	197.7
245	Susan Young	F	Sub 7 X	991	2:01.1	197.1
246	clareburrell	f	Free Spirits II	991	2:01.1	197.1
247	Dan Farmer	m	Forum Flyers VI	990	2:01.2	196.5
248	andy68	m	DLC Gidea Park IV	988	2:01.5	195.3
249	Sara Littlefield	f	Paddy Power II	987	2:01.6	194.7
250	drchuck	M	Sub 7 XII	984	2:02.0	193.0
251	DLCNickiA	F	DLCBromsgrove I	973	2:03.3	186.6
252	Dawn Spears	F	Sub 7 XI	970	2:03.7	184.9
253	Bryan Tapsell	m	Sub 7 XII	968	2:04.0	183.7
254	Merike Haide	F	Sõudespinning Estonia II	966	2:04.2	182.6
255	Anu Kalda	F	Sõudespinning Estonia II	966	2:04.2	182.6
256	Dave Moores (FF)	M	Forum Flyers VI	964	2:04.5	181.4
257	Georgina Price	F	Forum Flyers V	963	2:04.6	180.9
258	DLCAllice	F	DLCBromsgrove II	963	2:04.6	180.9
259	Jenna Ramsin Eklund	f	Rote 87 RK I	962	2:04.7	180.3
260	T	F	Riverway RC I	959	2:05.1	178.6
261	Kay Hughes	F	Team Oarsome III	958	2:05.3	178.1
262	Lisa B	F	The Banana Boat I	956	2:05.5	177.0
263	Gene Kelley	m	Age Without Limits II	954	2:05.8	175.9
264	P	F	Riverway RC II	947	2:06.7	172.0
265	James Hall jnr	m	Sub 7 XII	945	2:07.0	170.9
266	DLC LizG	f	DLCBromsgrove II	942	2:07.4	169.3
267	Rosie Nixholls	F	Gee Crew I	935	2:08.3	165.6
268	Roger Burrell	m	Free Spirits VII	932	2:08.8	164.0
269	Becky Castro	F	C2TweetCrew IV	931	2:08.9	163.4
270	Anne Yates	F	MAD II	927	2:09.4	161.3
271	DLC SueT	F	DLCBromsgrove II	920	2:10.4	157.7
272	Jenny Woodford	F	DLC Gidea Park IV	917	2:10.9	156.2
273	Caroline Joynson	f	Empty the Tanks I	916	2:11.0	155.7
274	diana kornbrot	F	Sub 7 XII	915	2:11.1	155.2
275	Jess MacGregor	F	Riverway RC II	915	2:11.1	155.2
276	Cynthia Runia	F	Age Without Limits I	911	2:11.7	153.1
277	shane shaw	M	Forum Flyers VII	908	2:12.2	151.6
278	andrewcrystal	M	Forum Flyers VII	905	2:12.6	150.1
279	Albert kemp	m	Sub 7 XIII	901	2:13.2	148.1
280	Lesley Gavin	F	Scotland the Wave I	897	2:13.8	146.2
281	James Hind	m	The Banana Boat I	895	2:14.1	145.2
282	Clare Tusting	F	Free Spirits III	889	2:15.0	142.3
283	Reg Magar	m	Sub 7 XIII	887	2:15.3	141.3
284	Hannah Swaffer	F	Sub 7 XIII	885	2:15.6	140.4
285	Shannon Beckerlegg(11)	f	Gee Crew I	875	2:17.1	135.7
286	Charles Morley	M	Sub 7 XIII	875	2:17.1	135.7
287	Claire Lashmar	f	DLC Gidea Park IV	872	2:17.6	134.3
288	DLCAnnF	F	DLCBromsgrove III	848	2:21.5	123.5
289	Gillian Burrell	f	Free Spirits IV	846	2:21.8	122.6
290	Dimka	f	Sub 7 XIII	835	2:23.7	117.9
291	Jackie O'Kane	f	Paddy Power II	808	2:28.5	106.8
292	mjpermuth	f	Age Without Limits II	754	2:39.2	86.8
293	Klemen H. (age 8)	m	C2TweetCrew IV	697	2:52.2	68.6

65	NC Stanley (H) Gene Kelley (L) <b>Riverway RC II</b>	<b>931m</b>
66	P (F) Jess MacGregor (F) <b>DLC Gidea Park IV</b>	<b>925.6m</b>
67	andy68 (L) Claire Lashmar (L) Jenny Woodford (F) <b>Forum Flyers VII</b>	<b>906.5m</b>
68	shane shaw (H) andrewcrystal (H) <b>Scotland the Wave I</b>	<b>897m</b>
69	Lesley Gavin (F) <b>DLCBromsgrove III</b>	<b>848m</b>
	DLCAnnF (F)	

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Site written by Daren Chandisingh. Please post any problems on the UK Concept 2 forum.

