



**CROSS TEAM CHALLENGE** Concept2 Forum Members

Current challenge

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**Aug 2016 - The Sprint Group 400/300/200/100 Average**

This challenge was chosen by The Sprint Group

Row four sprints during August.  
(They don't need to be done on the same day.)  
One 400m, one 300m, one 200m, and one 100m.  
If you row more than one of the pieces as intervals each must be from a standing start.  
Find the pace (time for 500m) for each of the four rows from your performance monitor.  
Simply add the four paces together to give you an entry for this CTC.

For example

Distance	Elapsed time	Pace
400m	1:54.4	2:23.0
300m	1:18.5	2:10.8
200m	0:43.9	1:49.7
100m	0:20.0	1:40.0
Your CTC entry:		<b>8:03.5</b>

You can re-row any distance any time during the month and update your result with a better total pace.

There's a ready reckoner at: [August CTC calculator](#)

The September challenge will be chosen by Tribesports;.

See the [Concept2 US forum thread](#) for details.

**Most Recent Entries**

Date	Name	Cat	Team	Result
2016-09-01	Milan	MHWT	FIRT	<b>6:11.0</b>
2016-09-01	Victoria Starr	FHWT	Tribesports	<b>6:00.1</b>
2016-09-01	davidmarks	MHWT	Paddy Power	<b>6:03.3</b>
2016-09-01	John Davies	MHWT	Sub 7	<b>6:05.2</b>
2016-09-01	Kylie Marie Millett	FHWT	Sub 7	<b>7:05.9</b>

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

**Add/Update an Entry**

**Current Leaderboard**

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

#	Name	Cat	Team	Result	Pace	Power				
1	Mark Roberson FM	M	Fitness Matters I	4:47.7	1:11.9	940.7	<b>1</b>	<b>Sub 7 I</b>	<b>5:13.5</b>	
2	Dirk Möller	M	Forum Flyers I	4:49.1	1:12.3	927.1		David Scott (H)	Alfred Okello (L)	
3	Simon Handley	M	MAD I	4:53.5	1:13.4	886.0		Brett Steels (H)	Elena Buryak (F)	
4	GOAT9.79	M	The Sprint Group I	4:55.2	1:13.8	870.8	70 pts	Bruno-Pierre Lavoie (H)		
5	macroth	M	Forum Flyers I	4:55.5	1:13.9	868.1		<b>2</b>	<b>Fitness Matters I</b>	<b>5:15.3</b>
6	Mark Rozewicz	M	Fitness Matters I	4:58.2	1:14.6	844.7		Mark Roberson FM (H)	Chris Kelly (L)	
7	Julian Warrick	M	Fitness Matters I	4:59.3	1:14.8	835.5	69 pts	Mark Rozewicz (H)	1Erin SullivanFM (F)	
8	Jeff Julian	M	Forum Flyers I	5:00.1	1:15.0	828.8		Julian Warrick (H)		
9	Dave Marshall	M	MAD I	5:01.1	1:15.3	820.6		<b>3</b>	<b>Forum Flyers I</b>	<b>5:20.7</b>
10	David Scott	M	Sub 7 I	5:01.5	1:15.4	817.3	68 pts	Dirk Möller (H)	Dan Farmer (L)	
11	John Healey FM	M	Fitness Matters II	5:02.3	1:15.6	810.8		macroth (H)	Maryanne Maguire (F)	
12	Kem Weihe FM	M	Fitness Matters II	5:03.0	1:15.8	805.2		Jeff Julian (H)		
13	James Hyde	M	Royal Navy I	5:03.3	1:15.8	802.8		<b>4</b>	<b>Fitness Matters II</b>	<b>5:21.8</b>
14	Justin Farina FM	M	Fitness Matters II	5:03.6	1:15.9	800.5		John Healey FM (H)	Andy Knight FM (L)	
15	Brett Steels	M	Sub 7 I	5:03.9	1:16.0	798.1	67 pts	Kem Weihe FM (H)	Claire Sowerby FM (F)	
16	Bruno-Pierre Lavoie	M	Sub 7 I	5:03.9	1:16.0	798.1		Justin Farina FM (H)		
17	Kyle Dobbs FM	M	Fitness Matters III	5:04.6	1:16.2	792.6		<b>5</b>	<b>Fitness Matters III</b>	<b>5:25.9</b>
18	Luke Wollenschlaeger	M	Paddy Power I	5:04.8	1:16.2	791.0		Kyle Dobbs FM (H)	Chris Leonard (L)	
19	Dan Stanley	M	Sub 7 II	5:04.9	1:16.2	790.3		Shane Kingsland (H)	Lizzy Smith (F)	
20	Jon Goodall	M	MAD I	5:05.6	1:16.4	784.9		Tobias Stoehr (H)		
21	hjs	M	Forum Flyers II	5:07.7	1:16.9	768.9	66 pts	<b>6</b>	<b>Sub 7 II</b>	<b>5:27.7</b>
22	Shane Kingsland	M	Fitness Matters III	5:07.8	1:17.0	768.1		Dan Stanley (H)	David Byrnes (L)	
23	Tobias Stoehr	M	Fitness Matters III	5:10.5	1:17.6	748.3		cygwylt (H)	Kristi Stoddard (F)	
24	Al Nisbet	M	ESPRIT I	5:11.1	1:17.8	744.0	65 pts	Ian Wilde (H)		
25	Little Jimmy	M	Gee Crew I	5:11.6	1:17.9	740.4		<b>7</b>	<b>Fitness Matters IV</b>	<b>5:31.0</b>
26	Linford Molloy	m	The Sprint Group I	5:12.2	1:18.1	736.1		Lee Waddon (H)	Marc Charman FM (L)	
27	Lee Waddon	M	Fitness Matters IV	5:14.1	1:18.5	722.8		Sam Blythe (H)	Inga Weihe FM (F)	
28	Daz Hoare	M	Royal Navy I	5:14.7	1:18.7	718.7	64 pts	Eddie Edwards FM (H)		
29	Sam Blythe	M	Fitness Matters IV	5:15.0	1:18.8	716.7		<b>8</b>	<b>Royal Navy I</b>	<b>5:33.2</b>
30	Eddie Edwards FM	M	Fitness Matters IV	5:15.6	1:18.9	712.6		James Hyde (H)	Apples27 (L)	
31	Alfred Okello	m	Sub 7 I	5:16.2	1:19.1	708.5	63 pts	Daz Hoare (H)	Sally Thompson (F)	
32	cygwylt	M	Sub 7 II	5:17.3	1:19.3	701.2		Craig Guest (H)		
33	Dave Pimm FM	M	Fitness Matters V	5:17.3	1:19.3	701.2		<b>9</b>	<b>Fitness Matters V</b>	<b>5:33.3</b>
34	Todd Carpenter	M	Forum Flyers II	5:17.3	1:19.3	701.2		Dave Pimm FM (H)	Bogi Olsen FM (L)	
35	Ian Wilde	M	Sub 7 II	5:17.9	1:19.5	697.2	62 pts	Chris chapman (H)	Victoria Taylor FM (F)	
36	Joseph Smyntek	M	Empty the Tanks I	5:17.9	1:19.5	697.2		Ole Bahlmann FM (H)		
37	Chris chapman	M	Fitness Matters V	5:18.1	1:19.5	695.9		<b>10</b>	<b>Sub 7 III</b>	<b>5:37.7</b>
38	Pete Marston	M	MAD II	5:18.2	1:19.6	695.3		Scott Pollock (H)	Arkadiusz Kieliszek (L)	
39	David Byrnes	m	Sub 7 II	5:19.3	1:19.8	688.1	61 pts	Andrew Breen (H)	Sarita Kristina Hansen (F)	
40	Ole Bahlmann FM	M	Fitness Matters V	5:19.9	1:20.0	684.2		James Murray (H)		
41	danfennell	M	Free Spirits I	5:19.9	1:20.0	684.2		<b>11</b>	<b>Free Spirits I</b>	<b>5:37.7</b>
42	Danny Graham	M	Team Oarsome I	5:20.5	1:20.1	680.4		danfennell (H)	John Steventon (L)	
43	Pongi	M	Fitness Matters VI	5:20.5	1:20.1	680.4	60 pts	haaico (H)	Amanda Behrendt (F)	
44	Rob Condy-young FM	M	Fitness Matters VI	5:21.0	1:20.3	677.2		Liefcat (H)		
45	Remy Coubel	M	FIRT I	5:21.3	1:20.3	675.3		<b>12</b>	<b>Fitness Matters VI</b>	<b>5:39.0</b>
46	Stephen Perkins FM	M	Fitness Matters VI	5:21.5	1:20.4	674.1	59 pts	Pongi (H)	Mike KM Beard (L)	
47	Drew Murphy	M	Paddy Power I	5:21.7	1:20.4	672.8		Rob Condy-young FM (H)	Sarah Rogerson FM (F)	
								Stephen Perkins FM (H)		

48	Mark Christie	M	Forum Flyers II	5:21.8	1:20.5	672.2	<b>13 Paddy Power I</b>	5:40.0
49	Ross Love Ski	M	Ski Erg I	5:22.5	1:20.6	667.8	Luke Wollenschlaeger (H)	Alastair Peake PP (L)
50	haaico	M	Free Spirits I	5:23.3	1:20.8	662.9	Drew Murphy (H)	LucyOB (F)
51	Arkadiusz Kieliszek	m	Sub 7 III	5:23.3	1:20.8	662.9	Mark Fowler (H)	
52	Martin FF	M	Forum Flyers III	5:23.6	1:20.9	661.0	<b>14 Red Line Rowers I</b>	5:42.3
53	Scott Pollock	M	Sub 7 III	5:24.0	1:21.0	658.6	Michael Anders (H)	Keith Darby (L)
54	Craig Guest	M	Royal Navy I	5:24.8	1:21.2	653.7	Rowland Hills (RLR) (H)	Jo Andrews RLR (F)
55	Michael Anderson	M	Red Line Rowers I	5:24.9	1:21.2	653.1	Jorn Farnen (H)	
56	MarkM FF	M	Forum Flyers III	5:25.0	1:21.3	652.5	<b>15 FIRT I</b>	5:43.1
57	Andrew Breen	M	Sub 7 III	5:25.2	1:21.3	651.3	Remy Coubel (H)	Luis (L)
58	James Hildebrand	M	Penobscot River IRC I	5:25.4	1:21.4	650.1	bons34 (H)	CindyP (F)
59	James Murray	M	Sub 7 III	5:25.5	1:21.4	649.5	GUN (H)	
60	Mark Ocroft FM	M	Fitness Matters VII	5:25.6	1:21.4	648.9	<b>16 Sub 7 IV</b>	5:43.6
61	Robert Mayes	M	DLC Gidea Park I	5:26.0	1:21.5	646.5	Casey Clarke (H)	Jens Kristian Dam (L)
62	Rowland Hills (RLR)	M	Red Line Rowers I	5:26.0	1:21.5	646.5	Richard Steventon (H)	Lizzie Hax (F)
63	Toni R Dam FM	M	Fitness Matters VII	5:26.1	1:21.5	645.9	Alex Doidge (H)	
64	bons34	M	FIRT I	5:26.5	1:21.6	643.6	<b>17 Forum Flyers II</b>	5:43.8
65	Casey Clarke	M	Sub 7 IV	5:26.6	1:21.7	643.0	hjs (H)	Will Haskell (L)
66	2444 Rob Smiff	M	Penobscot River IRC I	5:27.3	1:21.8	638.9	Todd Carpenter (H)	Debbie Barber (F)
67	Jon Bone	M	Team Oarsome I	5:27.4	1:21.9	638.3	Mark Christie (H)	
68	Mike Channin (Tribesports)	M	Tribesports I	5:27.4	1:21.9	638.3	<b>18 Fitness Matters VII</b>	5:45.6
69	Liefcat	M	Free Spirits I	5:28.4	1:22.1	632.5	Mark Ocroft FM (H)	Mark Shaw (L)
70	Matthew Parkinson	M	Royal Navy II	5:28.7	1:22.2	630.7	Toni R Dam FM (H)	Sarah Gibbs FM (F)
71	Tiny Nash	M	Royal Navy II	5:29.0	1:22.3	629.0	Patrick Midgley (H)	
72	Wiecher	M	Forum Flyers III	5:29.6	1:22.4	625.6	<b>19 Team Oarsome I</b>	5:46.1
73	Richard Steventon	M	Sub 7 IV	5:29.8	1:22.5	624.4	Danny Graham (H)	Gregory Cook II (L)
74	Andy J Pearce	M	C2TweetCrew I	5:30.1	1:22.5	622.7	Jon Bone (H)	Hannah Hawkins (F)
75	Claudius	M	Free Spirits II	5:30.3	1:22.6	621.6	Dave Chmilowskyj (H)	
76	David v stansfield	M	Masters 40+ I	5:30.6	1:22.7	619.9	<b>20 Sub 7 V</b>	5:47.4
77	Alex Doidge	M	Sub 7 IV	5:31.4	1:22.9	615.4	Robert Jones (H)	Bergur Jensen (L)
78	Robert Jones	M	Sub 7 V	5:31.8	1:23.0	613.2	Magnus K (H)	Rhian Bowen (F)
79	Magnus K	M	Sub 7 V	5:31.9	1:23.0	612.7	Steve Sidaway (H)	
80	Chris Kelly	m	Fitness Matters I	5:32.2	1:23.1	611.0	<b>21 Gee Crew I</b>	5:49.2
81	Andy Parkes	M	Gee Crew I	5:32.7	1:23.2	608.3	Little Jimmy (H)	Justin Barbados (L)
82	Patrick Midgley	M	Fitness Matters VII	5:32.8	1:23.2	607.7	Andy Parkes (H)	Jenna Paull (F)
83	Frank Noorlander	M	Forum Flyers IV	5:32.9	1:23.2	607.2	Ernest Tuff2 (H)	
84	GUN	M	FIRT I	5:33.1	1:23.3	606.1	<b>22 Sub 7 VI</b>	5:54.1
85	Christophe MATHIEZ	M	FIRT II	5:33.7	1:23.4	602.8	Ally Cooper (H)	Dimos (L)
86	Jorn Farnen	M	Red Line Rowers I	5:33.7	1:23.4	602.8	Stuart Stronach (H)	Dee_Amon (F)
87	11Thomas Hansen	M	Fitness Matters VIII	5:34.2	1:23.6	600.1	James Bradbourn (H)	
88	Dave Barber IND	M	Independent I	5:34.4	1:23.6	599.0	<b>23 C2TweetCrew I</b>	5:54.1
89	Jens Kristian Dam	m	Sub 7 IV	5:34.5	1:23.6	598.5	Andy J Pearce (H)	Stan Shatenstein (L)
90	Ralf Achenbach	M	C2TweetCrew I	5:34.9	1:23.7	596.4	Ralf Achenbach (H)	Malwina Tritt (F)
91	macrothski	M	Ski Erg I	5:35.8	1:24.0	591.6	Kay Bieri (H)	
92	John Steventon	m	Free Spirits I	5:35.9	1:24.0	591.0	<b>24 Fitness Matters VIII</b>	5:55.9
93	Steve Sidaway	M	Sub 7 V	5:36.0	1:24.0	590.5	11Thomas Hansen (H)	Ashley Dawe LWT (L)
94	Alastair Peake PP	m	Paddy Power I	5:36.1	1:24.0	590.0	Robert Carson (H)	Michelle Robinson FM (F)
95	Dave Chmilowskyj	M	Team Oarsome I	5:36.8	1:24.2	586.3	Nick Hawkins (H)	
96	W de Jong	M	Forum Flyers IV	5:36.8	1:24.2	586.3	<b>25 FIRT II</b>	5:56.9
97	Keith Darby	m	Red Line Rowers I	5:36.9	1:24.2	585.8	Christophe MATHIEZ (H)	patrice CORNUT (L)
98	Lindsayh	M	Forum Flyers IV	5:37.1	1:24.3	584.8	patrick TERGEMINA (H)	Edwige A (F)
99	Mark Fowler	M	Paddy Power I	5:37.1	1:24.3	584.8	steeve DANDREY (H)	
100	David StansSki	M	Ski Erg I	5:37.7	1:24.4	581.6	<b>26 Free Spirits II</b>	5:57.0
101	Ally Cooper	M	Sub 7 VI	5:38.1	1:24.5	579.6	Claudius (H)	Jon P Taylor (L)
102	patrick TERGEMINA	M	FIRT II	5:38.5	1:24.6	577.5	Paul Victory (H)	Laura Fairbairn (F)
103	Paul Victory	M	Free Spirits II	5:38.9	1:24.7	575.5	Felton Humble (H)	
104	Stuart Stronach	M	Sub 7 VI	5:39.9	1:25.0	570.4	<b>27 Ski Erg I</b>	5:57.2
105	Andy Knight FM	m	Fitness Matters II	5:40.1	1:25.0	569.4	Ross Love Ski (H)	Joshua_Ski Cherwinski_Ski (L)
106	Apples27	m	Royal Navy I	5:40.3	1:25.1	568.4	macrothski (H)	Anne Slowski (F)
107	Ernest Tuff2	M	Gee Crew I	5:40.7	1:25.2	566.4	David StansSki (H)	
108	Felton Humble	M	Free Spirits II	5:40.7	1:25.2	566.4	<b>28 Sub 7 VII</b>	5:57.5
109	Bergur Jensen	m	Sub 7 V	5:40.8	1:25.2	565.9	Alan Thomas (H)	Patrick Louazel (L)
110	Luis	m	FIRT I	5:41.4	1:25.4	562.9	Tom Dolly (H)	Clare Rainbow (F)
111	Chris Leonard	m	Fitness Matters III	5:41.4	1:25.4	562.9	Warren Matthews (H)	
112	Craig Hudson	M	Independent I	5:42.0	1:25.5	560.0	<b>29 Red Line Rowers II</b>	5:57.9
113	Elena Buryak	F	Sub 7 I	5:42.4	1:25.6	558.0	Alan Agnew (H)	Bezza RLR (L)
114	Robert Carson	M	Fitness Matters VIII	5:42.6	1:25.7	557.0	Mark Lysons (H)	Tracy Watkins RLR (F)
115	Adam Seymour	M	DLC Gidea Park I	5:42.8	1:25.7	556.1	Russ Gardener (H)	
116	James Bradbourn	M	Sub 7 VI	5:43.1	1:25.8	554.6	<b>30 Forum Flyers III</b>	5:58.1
117	MartinB FF	M	Forum Flyers V	5:43.1	1:25.8	554.6	Martin FF (H)	Steve Burke (L)
118	Alan Thomas	M	Sub 7 VII	5:43.3	1:25.8	553.6	MarkM FF (H)	Kathy Schofield (F)
119	Dean Fogarty	M	Free Spirits III	5:43.4	1:25.9	553.2	Wiecher (H)	
120	Kay Bieri	M	C2TweetCrew I	5:43.5	1:25.9	552.7	<b>31 DLC Gidea Park I</b>	5:58.7
121	Nick Hawkins	M	Fitness Matters VIII	5:43.7	1:25.9	551.7	Robert Mayes (H)	Stuart Power (L)
122	Galeere	M	Empty the Tanks I	5:43.7	1:25.9	551.7	Adam Seymour (H)	Claire Milne (F)
123	Justin Barbados	m	Gee Crew I	5:43.8	1:26.0	551.2	Bob Bell (H)	
124	W.Gerssen	m	Forum Flyers V	5:44.2	1:26.1	549.3	<b>32 Tribesports I</b>	6:00.5
125	Marc Charman FM	M	Fitness Matters IV	5:44.4	1:26.1	548.4	Mike Channin (Tribesports) (H)	Alan Strang (TS) (L)
126	Tom Dolly	M	Sub 7 VII	5:44.4	1:26.1	548.4	Kieron 2 (H)	Victoria Starr (F)
127	Hameed Mourani FM	M	Fitness Matters IX	5:44.5	1:26.1	547.9	Ben M (H)	
128	Bob Bell	M	DLC Gidea Park I	5:44.5	1:26.1	547.9	<b>33 Fitness Matters IX</b>	6:01.3
129	Bogi Olsen FM	m	Fitness Matters V	5:44.8	1:26.2	546.4	Hameed Mourani FM (H)	Per-Arne Syvertsen (L)
130	steeve DANDREY	M	FIRT II	5:45.0	1:26.3	545.5	James Pickering FM (H)	Rachael Griffin FM (F)
131	James Pickering FM	M	Fitness Matters IX	5:45.0	1:26.3	545.5	Spencer Priestley FM (H)	
132	Alan Agnew	M	Red Line Rowers II	5:45.1	1:26.3	545.0	<b>34 Sub 7 VIII</b>	6:03.5
133	Warren Matthews	M	Sub 7 VII	5:45.4	1:26.4	543.6	Adam Bdc (H)	Rod.Chinn (L)
134	David Whale	M	Forum Flyers V	5:45.5	1:26.4	543.1	Aaron Lancaster (H)	Cat Trentham (F)
135	Funkyrower	M	Gee Crew II	5:46.3	1:26.6	539.4	Anthony Gothard (H)	
136	Mark Keown	M	Age Without Limits I	5:46.3	1:26.6	539.4	<b>35 Forum Flyers IV</b>	6:05.5
137	Spencer Priestley FM	M	Fitness Matters IX	5:46.3	1:26.6	539.4	Frank Noorlander (H)	Rohan Gifford (L)
138	D Wiklander	M	Rote 87 RK I	5:46.5	1:26.6	538.4	W de Jong (H)	Georgina Price (F)
139	Howard Brammer	M	Fitness Matters X	5:46.7	1:26.7	537.5	Lindsayh (H)	
140	Fred Dickie	M	Forum Flyers VI	5:47.0	1:26.8	536.1	<b>36 RowPro Rowers I</b>	6:05.6
141	Davidski Barberski	M	Ski Erg II	5:47.1	1:26.8	535.7	Amadee Pelgrim (H)	Arwed Egger (L)
							Doug Rolland (H)	Jordan Falcone (F)
							Stewart Wylie (H)	
							<b>37 Fitness Matters X</b>	6:07.2
							Howard Brammer (H)	Diarmaid Cronin FM (L)
							Javier Reivaj FM (H)	kerry williams (F)
							Ray Lowrie FM (H)	
							<b>Free Spirits III</b>	6:08.1

142	Javier Reivaj FM	M	Fitness Matters X	5:47.1	1:26.8	535.7			
143	Ray Lowrie FM	M	Fitness Matters X	5:47.7	1:26.9	532.9			
144	Bjorn Tore Lodding ski	M	Ski Erg II	5:47.8	1:27.0	532.4			
145	Mark Lysons	M	Red Line Rowers II	5:47.8	1:27.0	532.4			
146	tony walpole	M	Fitness Matters XI	5:48.5	1:27.1	529.2			
147	Nigel Farmer	M	Forum Flyers VI	5:49.6	1:27.4	524.2			
148	Adam Bdc	M	Sub 7 VIII	5:50.6	1:27.7	519.8			
149	gregsmith01748	M	Free Spirits III	5:50.6	1:27.7	519.8			
150	stacy studley	M	Fitness Matters XI	5:50.7	1:27.7	519.3			
151	Gustav_SWE	M	ÄIRC I	5:51.0	1:27.8	518.0			
152	Kieron 2	M	Tribesports I	5:51.2	1:27.8	517.1			
153	Markus Dorn	M	C2TweetCrew II	5:51.6	1:27.9	515.3			
154	Mark Dickinson	M	Fitness Matters XI	5:52.0	1:28.0	513.6			
155	Dimos	m	Sub 7 VI	5:52.1	1:28.0	513.2			
156	André Budzien	M	SYC Rowing Crew I	5:52.2	1:28.1	512.7			
157	Aaron Lancaster	M	Sub 7 VIII	5:52.3	1:28.1	512.3			
158	Casey Clarke SkiErg	M	Ski Erg II	5:52.6	1:28.2	511.0			
159	Russ Gardener	M	Red Line Rowers II	5:52.7	1:28.2	510.5			
160	Adam_SWE	M	ÄIRC I	5:53.0	1:28.3	509.2			
161	Steve Smith	M	Free Spirits III	5:53.0	1:28.3	509.2			
162	Bezza RLR	m	Red Line Rowers II	5:53.3	1:28.3	507.9			
163	Mike KM Beard	m	Fitness Matters VI	5:53.4	1:28.4	507.5			
164	Jon Esau	M	Free Spirits IV	5:54.2	1:28.6	504.1			
165	Guillermo Salas	M	Independent I	5:54.9	1:28.7	501.1			
166	Jon Melson	M	DLC Gidea Park II	5:55.0	1:28.8	500.7			
167	Arwed Egger	m	RowPro Rowers I	5:55.5	1:28.9	498.6			
168	Rouge	M	Gee Crew II	5:55.6	1:28.9	498.2			
169	Anthony Gothard	M	Sub 7 VIII	5:55.9	1:29.0	496.9			
170	Patrick Louazel	M	Sub 7 VII	5:56.0	1:29.0	496.5			
171	Trevor Taylor	m	Free Spirits IV	5:56.2	1:29.1	495.6			
172	Rod.Chinn	m	Sub 7 VIII	5:56.2	1:29.1	495.6			
173	patrice CORNUT	m	FIRT II	5:56.4	1:29.1	494.8			
174	Steve Selwood	M	Taff Attack I	5:56.6	1:29.2	494.0			
175	Mark Shaw	m	Fitness Matters VII	5:57.0	1:29.3	492.3			
176	Stan Shatenstein	m	C2TweetCrew I	5:58.8	1:29.7	484.9			
177	Kevin James FM	M	Fitness Matters XII	5:58.9	1:29.7	484.5			
178	1Erin SullivanFM	F	Fitness Matters I	5:59.2	1:29.8	483.3			
179	Dan Farmer	m	Forum Flyers I	5:59.5	1:29.9	482.1			
180	Will Haskell	m	Forum Flyers II	5:59.5	1:29.9	482.1			
181	Maryanne Maguire	F	Forum Flyers I	5:59.5	1:29.9	482.1			
182	Kenneth Murdoch	M	Empty the Tanks I	6:00.1	1:30.0	479.7			
183	Victoria Starr	F	Tribesports I	6:00.1	1:30.0	479.7			
184	Claire Sowerby FM	F	Fitness Matters II	6:00.4	1:30.1	478.5			
185	Gregory Cook II	m	Team Oarsome I	6:00.8	1:30.2	476.9			
186	Lee Buckley FM	M	Fitness Matters XII	6:01.0	1:30.3	476.1			
187	John Price	M	DLC Gidea Park II	6:01.1	1:30.3	475.7			
188	Stephane Richeux	M	FIRT III	6:01.1	1:30.3	475.7			
189	Richard Cheeseman	M	Sub 7 IX	6:01.3	1:30.3	474.9			
190	James Richardson	m	Sub 7 IX	6:01.8	1:30.5	473.0			
191	Ashley Dawe LWT	m	Fitness Matters VIII	6:02.2	1:30.6	471.4			
192	Steve Burke	m	Forum Flyers III	6:03.0	1:30.8	468.3			
193	Michael McKee	M	Fitness Matters XII	6:03.2	1:30.8	467.5			
194	Davidmarks	M	Paddy Power II	6:03.3	1:30.8	467.1			
195	Amadee Pelgrim	M	RowPro Rowers I	6:03.5	1:30.9	466.4			
196	Stew-ski	M	Ski Erg III	6:03.5	1:30.9	466.4			
197	Charles Bradley	M	Sub 7 IX	6:03.6	1:30.9	466.0			
198	david FROC	m	FIRT III	6:04.7	1:31.2	461.8			
199	alan wisniewski	M	Free Spirits IV	6:05.0	1:31.3	460.6			
200	Rohan Gifford	m	Forum Flyers IV	6:05.2	1:31.3	459.9			
201	Lizzy Smith	F	Fitness Matters III	6:05.2	1:31.3	459.9			
202	John Davies	M	Sub 7 IX	6:05.2	1:31.3	459.9			
203	Doug Rolland	M	RowPro Rowers I	6:05.4	1:31.4	459.1			
204	Philip Sadler	M	DLC Gidea Park II	6:05.5	1:31.4	458.8			
205	George Bingham (RLR)	M	Red Line Rowers III	6:06.1	1:31.5	456.5			
206	Inga Weihe FM	F	Fitness Matters IV	6:06.3	1:31.6	455.8			
207	Amir Mishriky FM	M	Fitness Matters XIII	6:06.3	1:31.6	455.8			
208	Victoria Taylor FM	F	Fitness Matters V	6:06.4	1:31.6	455.4			
209	Simon Lake	M	Sub 7 X	6:06.8	1:31.7	453.9			
210	andrewcrystal	M	Forum Flyers VI	6:07.8	1:32.0	450.2			
211	Stuart Power	m	DLC Gidea Park I	6:07.9	1:32.0	449.8			
212	Borut Hafner	m	C2TweetCrew II	6:09.4	1:32.4	444.4			
213	Per-Arne Syvertsen	m	Fitness Matters IX	6:09.8	1:32.5	442.9			
214	Jordan Falcone	F	RowPro Rowers I	6:09.8	1:32.5	442.9			
215	Alan Le Sueur	M	Fitness Matters XIII	6:09.8	1:32.5	442.9			
216	Simon_Eng	M	ÄIRC I	6:10.0	1:32.5	442.2			
217	Joe Giggins	m	DLC Gidea Park II	6:10.9	1:32.7	439.0			
218	Milan	M	FIRT III	6:11.0	1:32.8	438.7			
219	Ben M	M	Tribesports I	6:11.1	1:32.8	438.3			
220	Herman de Boer (HW)	M	C2TweetCrew II	6:12.6	1:33.2	433.0			
221	Jon P Taylor	m	Free Spirits II	6:13.1	1:33.3	431.3			
222	Stewart Wylie	M	RowPro Rowers I	6:14.2	1:33.6	427.5			
223	Paul White (RLR)	m	Red Line Rowers III	6:14.3	1:33.6	427.2			
224	James Howard	m	Sub 7 X	6:15.2	1:33.8	424.1			
225	Holly Wahab	F	RowPro Rowers II	6:15.4	1:33.9	423.4			
226	Peter Weiß	M	Free Spirits V	6:16.4	1:34.1	420.0			
227	SanderJRoosendaal	m	Free Spirits III	6:16.7	1:34.2	419.0			
228	Eric Jones	M	Sub 7 X	6:16.8	1:34.2	418.7			
229	Steve Shaw	M	Gee Crew II	6:17.0	1:34.3	418.0			
230	Mercier	m	FIRT III	6:17.3	1:34.3	417.0			
231	Nigel Brockton	m	Sub 7 X	6:17.3	1:34.3	417.0			
232	Jose Carrasco	m	C2TweetCrew II	6:18.5	1:34.6	413.1			
233	Sarah Rogerson FM	f	Fitness Matters VI	6:18.6	1:34.7	412.8			
234	Lee Cantey	M	Free Spirits V	6:18.6	1:34.7	412.8			
235	Brad Wahab	M	RowPro Rowers II	6:18.7	1:34.7	412.4			
236	Kristi Stoddard	F	Sub 7 II	6:19.1	1:34.8	411.1			
38	Dean Fogarty (H) gregsmith01748 (H) Steve Smith (H)								SanderJRoosendaal (L) Barbara H (F)
33 pts									
39	tony walpole (H) stacy studley (H) Mark Dickinson (H)								JJaime Ingleby (L) Lesley Wright FM (F)
32 pts									
Sub 7 IX									
40	Richard Cheeseman (H) Charles Bradley (H) John Davies (H)								James Richardson (L) Carol Woodward (F)
31 pts									
41	Dave Barber IND (H) Craig Hudson (H) Guillermo Salas (H)								Oranj (L) Fiona Bridge (F)
30 pts									
42	MartinB FF (H) W.Gerssen (H) David Whale (H)								BradT2 FF (L) joW FF (F)
29 pts									
43	Jon Melson (H) John Price (H) Philip Sadler (H)								Joe Giggins (L) Lindsay Hewitt (F)
28 pts									
44	Joseph Smyntek (H) Galeere (H) Kenneth Murdoch (H)								Rob Drury (L) Eloisa Murdoch (F)
27 pts									
45	Jon Esau (H) Trevor Taylor (H) alan wisniewski (H)								David Plumb (L) Kirstin Esau (F)
26 pts									
Sub 7 X									
46	Simon Lake (H) Eric Jones (H) James Howard (L)								Nigel Brockton (L) Cathy Lowe Rimov (F)
25 pts									
47	GOAT9.79 (H) Alex d'Arcy (H) 87 years old but not cold (H)								Linford Molloy (L) Donna T (F)
24 pts									
48	Brad Wahab (H) Ruud Jackel (H) Mike Creamer (H)								Bill Wakeley (L) Holly Wahab (F)
23 pts									
49	Kevin James FM (H) Lee Buckley FM (H) Michael McKee (H)								Magnus Jakobsen FM (L) Heather Hamann FM (F)
22 pts									
50	Funkyrower (H) Rouge (H) Steve Shaw (H)								Rita Risley (L) Amanda Blendell (F)
21 pts									
51	Fred Dickie (H) Nigel Farmer (H) andrewcrystal (H)								Peter Sheean (L) lizh FF (F)
20 pts									
52	Connor J McCann (H) Ben Carney (H) Paul David Smith (L)								Alan Champion (L) Marjorie (F)
19 pts									
53	Stephane Richeux (H) Milan (H) david FROC (L)								Mercier (L) Chantal Cesses (F)
18 pts									
54	Amir Mishriky FM (H) Alan Le Sueur (H) Stuart Thorp (H)								Sam Rogerson FM (L) 1Jane Evadney (F)
17 pts									
55	Peter Weiß (H) Lee Cantey (H) David Taylor (H)								Jan Haveman (L) Sheena Haveman (F)
16 pts									
56	George Bingham (RLR) (H) Caleb Evans (H) Dougie (RLR) (H)								Paul White (RLR) (L) Shelagh tubby (F)
15 pts									
57	Davidmarks (H) Mark Underwood (L) Joe A Keating (L)								Sarah Doyle PP (L) Rhona OB (F)
14 pts									
58	Gustav_SWE (H) Adam_SWE (H) Simon_Eng (H)								Silke_DE (L) Roos_NL (F)
13 pts									
59	John McCarthy (H) Paul Duncan1 (H) David Haldane (H)								WazzaSub75 (L) Natalie Easterbrook (F)
12 pts									
60	Davidski Barberski (H) Bjorn Tore Lodding ski (H) Casey Clarke SkiErg (H)								Annettski (L) Liz Gent (F)
11 pts									
61	Cemlyn Jones (H) Ben Withers (H) Gary F Curtis (H)								Demi Warrick (L) Annfnrio Hansen FM (F)
10 pts									
62	David Cramer (H) Damian Baker (H) Andy Tripp (H)								Candida B (L) Ruth Mills (F)
9 pts									

237	David Cramer	M	Tribesports II	6:19.2	1:34.8	410.8	<b>63</b>	<b>Gee Crew III</b>			<b>7:00.0</b>
238	Ruud Jackel	M	RowPro Rowers II	6:19.5	1:34.9	409.8		Roger Cruttenden (H)	Debbie Meek (L)		
239	Emily T	F	MAD I	6:20.0	1:35.0	408.2	8 pts	Kevin Pappin (H)	Natalie Trebilcock (F)		
240	Rob Drury	m	Empty the Tanks I	6:20.0	1:35.0	408.2		Tommy Gee (H)			
241	Stuart Thorp	M	Fitness Matters XIII	6:20.2	1:35.1	407.6	<b>64</b>	<b>Free Spirits VI</b>			<b>7:01.0</b>
242	Mike Brownjohn	m	DLC Gidea Park III	6:20.2	1:35.1	407.6		Guenther Heldt (H)	Peter Tullett (L)		
243	Paul David Smith	m	Sub 7 XI	6:20.3	1:35.1	407.3	7 pts	David Wray (H)	Jill Underwood (F)		
244	Steve Ockerby	M	Forum Flyers VII	6:20.5	1:35.1	406.6		Rob C (H)			
245	Connor J McCann	M	Sub 7 XI	6:20.7	1:35.2	406.0	<b>65</b>	<b>Sub 7 XIII</b>			<b>7:19.3</b>
246	Lawrence Devon	m	DLC Gidea Park III	6:21.0	1:35.3	405.0		mcfc (H)	Bluebell31 (F)		
247	Bill_Schmidt	m	Empty the Tanks II	6:21.3	1:35.3	404.1	6 pts	Penny Powell (L)	Fiona Jamie (F)		
248	Amanda Behrendt	F	Free Spirits I	6:21.3	1:35.3	404.1		Kylie Marie Millett (F)			
249	David Plumb	m	Free Spirits IV	6:22.4	1:35.6	400.6	<b>66</b>	<b>Forum Flyers VII</b>			<b>7:21.2</b>
250	Cemlyn Jones	M	Fitness Matters XIV	6:22.6	1:35.7	400.0	5 pts	Steve Ockerby (H)	Jack Gilmore (L)		
251	Sally Thompson	F	Royal Navy I	6:23.1	1:35.8	398.4		Jon Hayns (H)	Jean Gilmore (F)		
252	Diarmuid Cronin FM	m	Fitness Matters X	6:23.6	1:35.9	396.5	<b>67</b>	<b>Free Spirits VII</b>			<b>7:26.2</b>
253	Alan Champion	m	Sub 7 XI	6:23.7	1:35.9	396.5	4 pts	zootMutant (H)	Roger Burrell (L)		
254	1Jaime Ingleby	m	Fitness Matters XI	6:24.0	1:36.0	395.6		Rodger (H)	Jennifer Victory (F)		
255	David Taylor	M	Free Spirits V	6:24.6	1:36.2	393.7	<b>68</b>	<b>Empty the Tanks II</b>			<b>7:46.1</b>
256	Dirk Sundermann	M	SYC Rowing Crew I	6:24.8	1:36.2	393.1		Mike Bode (H)	Caroline Joynson (L)		
257	Ben Carney	M	Sub 7 XI	6:24.9	1:36.2	392.8	3 pts	Jonathan Turns ETT (H)	Amelia Jean (F)		
258	Hannah Hawkins	F	Team Oarsome I	6:25.0	1:36.3	392.5		Bill_Schmidt (L)			
259	Guenther Heldt	M	Free Spirits VI	6:26.5	1:36.6	388.0	<b>69</b>	<b>Fitness Matters XV</b>			<b>7:50.8</b>
260	Sarah Gibbs FM	f	Fitness Matters VII	6:26.9	1:36.7	386.8		Peter (#ObeseManRowing) Metalli (H)	Lori Lindahl (F)		
261	John McCarthy	M	Sub 7 XII	6:27.8	1:37.0	384.1	2 pts	Amy Warrick (L)	Matilda Walpole FM (F)		
262	Ben Withers	M	Fitness Matters XIV	6:28.7	1:37.2	381.4		Connie Warrick (L)			
263	Mike Creamer	M	RowPro Rowers II	6:28.9	1:37.2	380.8	<b>70</b>	<b>Sub 7 XIV</b>			<b>7:59.3</b>
264	Martyn Smith	M	C2TweetCrew III	6:29.2	1:37.3	380.0		Chet Cressman (H)	Caroline Champion (F)		
265	Jan Haveman	m	Free Spirits V	6:29.2	1:37.3	380.0	1 pt	Heather Powell (L)	Susan Young (F)		
266	Mark Underwood	m	Paddy Power II	6:29.6	1:37.4	378.8		diana kombrot (F)			
267	Gary F Curtis	M	Fitness Matters XIV	6:29.6	1:37.4	378.8	<b>71</b>	<b>ESPRIT I</b>			<b>5:11.1</b>
268	Paul Duncan1	M	Sub 7 XII	6:30.0	1:37.5	377.6		Al Nisbet (H)			
269	David Wray	M	Free Spirits VI	6:30.3	1:37.6	376.7	<b>72</b>	<b>MAD II</b>			<b>5:18.2</b>
270	Jo Andrews RLR	F	Red Line Rowers I	6:30.4	1:37.6	376.5		Pete Marston (H)			
271	Sarita Kristina Hansen	f	Sub 7 III	6:30.6	1:37.7	375.9	<b>73</b>	<b>MAD I</b>			<b>5:20.0</b>
272	Tracy Watkins RLR	F	Red Line Rowers II	6:30.7	1:37.7	375.6		Simon Handley (H)	Emily T (F)		
273	Mike Bode	M	Empty the Tanks II	6:30.7	1:37.7	375.6		Dave Marshall (H)			
274	Joshua_Ski Cherwinski_Ski	m	Ski Erg I	6:32.6	1:38.2	370.2	<b>74</b>	<b>Royal Navy II</b>			<b>5:28.8</b>
275	Alan Strang (TS)	m	Tribesports I	6:32.7	1:38.2	369.9		Matthew Parkinson (H)			
276	CindyP	F	FIRT I	6:33.6	1:38.4	367.4		Tiny Nash (H)			
277	NC Stanley	M	Age Without Limits I	6:34.2	1:38.6	365.7	<b>75</b>	<b>Masters 40+ I</b>			<b>5:30.6</b>
278	Bill Wakeley	m	RowPro Rowers II	6:35.0	1:38.8	363.2		David v stansfield (H)			
279	TobiasK	m	SYC Rowing Crew I	6:35.1	1:38.8	363.2	<b>76</b>	<b>Rote 87 RK I</b>			<b>5:46.5</b>
280	David Junta	M	RowPro Rowers III	6:35.4	1:38.9	362.4		D Wiklander (H)			
281	Shelagh tubby	F	Red Line Rowers III	6:35.5	1:38.9	362.1	<b>77</b>	<b>Penobscot River IRC I</b>			<b>5:59.3</b>
282	Lizzie Hax	F	Sub 7 IV	6:35.9	1:39.0	361.0		James Hildebrand (H)			
283	Chris Rogers	M	Team Oarsome II	6:35.9	1:39.0	361.0		2444 Rob Smiff (H)			
284	Rhian Bowen	F	Sub 7 V	6:36.9	1:39.2	358.3	<b>78</b>	<b>C2TweetCrew II</b>			<b>6:08.0</b>
285	Michelle Robinson FM	F	Fitness Matters VIII	6:36.9	1:39.2	358.3		Cherie Christopherson (F)			
286	Anne Slowski	F	Ski Erg I	6:37.6	1:39.4	356.4		Markus Dorn (H)	Jose Carrasco (L)		
287	Dee_Amon	f	Sub 7 VI	6:37.7	1:39.4	356.1		Herman de Boer (HW) (H)			
288	BradT2 FF	m	Forum Flyers V	6:38.0	1:39.5	355.3	<b>79</b>	<b>SYC Rowing Crew I</b>			<b>6:28.6</b>
289	Clare Rainbow	f	Sub 7 VII	6:38.4	1:39.6	354.2		André Budzien (H)	DJ Benny (L)		
290	regis lardenois	M	FIRT IV	6:38.8	1:39.7	353.2		Dirk Sundermann (H)			
291	LucyOB	F	Paddy Power I	6:40.7	1:40.2	348.2		TobiasK (L)			
292	Oranj	m	Independent I	6:41.1	1:40.3	347.1	<b>80</b>	<b>C2TweetCrew III</b>			<b>6:36.0</b>
293	Rhona OB	F	Paddy Power II	6:41.2	1:40.3	346.9		Martyn Smith (H)			
294	Rachael Griffin FM	F	Fitness Matters IX	6:41.3	1:40.3	346.6		Chris Southam (H)			
295	Alex d'Arcy	M	The Sprint Group I	6:41.9	1:40.5	345.1	<b>81</b>	<b>DLC Gidea Park III</b>			<b>6:38.8</b>
296	Laura Fairbairn	F	Free Spirits II	6:42.0	1:40.5	344.8		Lawrence Devon (H)			
297	Cat Trentham	f	Sub 7 VIII	6:42.5	1:40.6	343.5		Mike Brownjohn (H)			
298	Chris Southam	M	C2TweetCrew III	6:42.9	1:40.7	342.5		Richard Courtney (L)			
299	Rob C	M	Free Spirits VI	6:43.0	1:40.8	342.2	<b>82</b>	<b>Taff Attack I</b>			<b>6:39.2</b>
300	Malwina Tritt	F	C2TweetCrew I	6:43.6	1:40.9	340.7		Steve Selwood (H)			
301	Roger Cruttenden	M	Gee Crew III	6:43.6	1:40.9	340.7		Karla Poppleton (F)			
302	Carol Woodward	f	Sub 7 IX	6:43.8	1:41.0	340.2	<b>83</b>	<b>FIRT IV</b>			<b>6:50.4</b>
303	Peter Sheean	m	Forum Flyers VI	6:45.4	1:41.4	336.2		regis lardenois (H)			
304	Ruth Mills	F	Tribesports II	6:45.6	1:41.4	335.7		Jean-Pierre GORIN (L)			
305	Terry FF	m	Forum Flyers VII	6:47.0	1:41.8	332.2	<b>84</b>	<b>Gee Crew IV</b>			<b>7:00.5</b>
306	Joe A Keating	m	Paddy Power II	6:47.1	1:41.8	332.0		Steve Cary (H)			
307	Donna T	F	The Sprint Group I	6:48.2	1:42.1	329.3	<b>85</b>	<b>RowPro Rowers III</b>			<b>7:05.6</b>
308	zootMutant	M	Free Spirits VII	6:49.1	1:42.3	327.2		David Junta (H)			
309	Damian Baker	M	Tribesports II	6:49.6	1:42.4	326.0		Annette Wammen (L)			
310	David Haldane	M	Sub 7 XII	6:49.7	1:42.4	325.7		France Bergeron (F)			
311	Kevin Pappin	M	Gee Crew III	6:50.4	1:42.6	324.1	<b>86</b>	<b>Team Oarsome II</b>			<b>7:06.3</b>
312	Howard Brammer ski	M	Ski Erg III	6:51.1	1:42.8	322.4		Chris Rogers (H)			
313	kerry williams	f	Fitness Matters X	6:51.2	1:42.8	322.2		Arlene Wade (TO) (L)			
314	Edwige A	f	FIRT II	6:51.3	1:42.8	321.9		Kay Hughes (F)			
315	Jack Gilmore	m	Forum Flyers VII	6:51.8	1:43.0	320.8	<b>87</b>	<b>Independent II</b>			<b>7:22.5</b>
316	Claire Milne	F	DLC Gidea Park I	6:52.4	1:43.1	319.4		Liz Gent erg (F)			
317	Tommy Gee	M	Gee Crew III	6:52.9	1:43.2	318.2		Jackie Hicks (F)			
318	Peter (#ObeseManRowing) Metalli	M	Fitness Matters XV	6:53.0	1:43.3	318.0	<b>88</b>	<b>ÄIRC II</b>			<b>7:27.0</b>
319	Debbie Barber	F	Forum Flyers II	6:53.1	1:43.3	317.7		AndersR_SE (H)			
320	Lesley Wright FM	F	Fitness Matters XI	6:53.3	1:43.3	317.3	<b>89</b>	<b>Paddy Power III</b>			<b>7:30.9</b>
321	Rodger	M	Free Spirits VII	6:55.1	1:43.8	313.2		Michael B (H)			
322	e-Clair	F	Free Spirits VII	6:56.8	1:44.2	309.4	<b>90</b>	<b>Forum Flyers VIII</b>			<b>7:41.9</b>
323	Barbara H	F	Free Spirits III	6:56.9	1:44.2	309.1		Chris Whale (H)			
324	Jenna Paull	f	Gee Crew I	6:57.5	1:44.4	307.8		Rick Bayko (L)			
325	Cathy Lowe Rimov	F	Sub 7 X	6:58.3	1:44.6	306.0	<b>91</b>	<b>Age Without Limits I</b>			<b>7:45.8</b>
326	Magnus Jakobsen FM	m	Fitness Matters XII	7:00.0	1:45.0	302.3		Mark Keown (H)	Cynthia Runia (F)		
327	Steve Cary	M	Gee Crew IV	7:00.5	1:45.1	301.3		NC Stanley (H)			
328	Caleb Evans	M	Red Line Rowers III	7:01.1	1:45.3	300.0					
329	Marjorie	F	Sub 7 XI	7:01.4	1:45.4	299.3					
330	WazzaSub75	m	Sub 7 XII	7:01.6	1:45.4	298.9					

331	Jean-Pierre GORIN	m	FIRT IV	7:02.0	1:45.5	298.1			
332	DJ Benny	m	SYC Rowing Crew I	7:02.3	1:45.6	297.4			
333	Amanda Blendell	F	Gee Crew II	7:02.4	1:45.6	297.2			
334	Jon Hayns	M	Forum Flyers VII	7:02.6	1:45.7	296.8			
335	Natalie Easterbrook	F	Sub 7 XII	7:03.0	1:45.8	296.0			
336	Natalie Trebilcock	F	Gee Crew III	7:03.0	1:45.8	296.0			
337	Heather Hamann FM	F	Fitness Matters XII	7:04.8	1:46.2	292.2			
338	Dougie (RLR)	M	Red Line Rowers III	7:05.3	1:46.3	291.2			
339	Cherie Christopherson	F	Penobscot River IRC I	7:05.3	1:46.3	291.2			
340	Kylie Marie Millett	F	Sub 7 XIII	7:05.9	1:46.5	290.0			
341	Bluebell31	F	Sub 7 XIII	7:06.3	1:46.6	289.1			
342	Fiona Bridge	f	Independent I	7:06.8	1:46.7	288.1			
343	Andy Tripp	m	Tribesports II	7:09.9	1:47.5	281.9			
344	Sam Rogerson FM	m	Fitness Matters XIII	7:11.3	1:47.8	279.2			
345	1Jane Evadney	f	Fitness Matters XIII	7:12.9	1:48.2	276.1			
346	France Bergeron	F	RowPro Rowers III	7:14.0	1:48.5	274.0			
347	Sarah Doyle PP	f	Paddy Power II	7:14.7	1:48.7	272.7			
348	Rita Risley	f	Gee Crew II	7:15.0	1:48.8	272.1			
349	Richard Courtney	m	DLC Gidea Park III	7:15.2	1:48.8	271.8			
350	Peter Tullett	m	Free Spirits VI	7:15.4	1:48.9	271.4			
351	mcfc	M	Sub 7 XIII	7:16.8	1:49.2	268.8			
352	Roos_NL	F	ÅIRC I	7:17.3	1:49.3	267.9			
353	Fiona Jamie	F	Sub 7 XIII	7:18.7	1:49.7	265.3			
354	Arlene Wade (TO)	f	Team Oarsome II	7:20.1	1:50.0	262.8			
355	Liz Gent erg	F	Independent II	7:20.3	1:50.1	262.4			
356	Lindsay Hewitt	F	DLC Gidea Park II	7:20.6	1:50.2	261.9			
357	Karla Poppleton	F	Taff Attack I	7:21.9	1:50.5	259.6			
358	Kay Hughes	F	Team Oarsome II	7:23.1	1:50.8	257.5			
359	Liz Gent	F	Ski Erg II	7:23.8	1:51.0	256.3			
360	Roger Burrell	m	Free Spirits VII	7:23.9	1:51.0	256.1			
361	Kirstin Esau	F	Free Spirits IV	7:24.4	1:51.1	255.2			
362	Jackie Hicks	F	Independent II	7:24.7	1:51.2	254.7			
363	Annfrio Hansen FM	F	Fitness Matters XIV	7:26.5	1:51.6	251.6			
364	AndersR_SE	M	ÅIRC II	7:27.0	1:51.8	250.8			
365	Annette Wammen	f	RowPro Rowers III	7:27.6	1:51.9	249.8			
366	Kathy Schofield	F	Forum Flyers III	7:29.7	1:52.4	246.3			
367	Lori Lindahl	F	Fitness Matters XV	7:29.9	1:52.5	246.0			
368	Debbie Meek	f	Gee Crew III	7:30.3	1:52.6	245.3			
369	Michael B	M	Paddy Power III	7:30.9	1:52.7	244.3			
370	Sheena Haveman	f	Free Spirits V	7:32.3	1:53.1	242.1			
371	Matilda Walpole FM	F	Fitness Matters XV	7:34.4	1:53.6	238.7			
372	Georgina Price	F	Forum Flyers IV	7:35.8	1:54.0	236.6			
373	diana kornbrot	F	Sub 7 XIV	7:36.4	1:54.1	235.6			
374	Rick Bayko	m	Forum Flyers VIII	7:37.9	1:54.5	233.3			
375	Caroline Champion	F	Sub 7 XIV	7:38.9	1:54.7	231.8			
376	joW FF	F	Forum Flyers V	7:42.0	1:55.5	227.2			
377	Chris Whale	M	Forum Flyers VIII	7:46.0	1:56.5	221.4			
378	Penny Powell	f	Sub 7 XIII	7:49.1	1:57.3	217.0			
379	lizh FF	F	Forum Flyers VI	7:52.1	1:58.0	212.9			
380	Dave Carriere	m	Free Spirits VIII	7:52.3	1:58.1	212.6			
381	Candida B	f	Tribesports II	7:54.6	1:58.7	209.5			
382	Chantal Cesses	f	FIRT III	7:57.8	1:59.5	205.4			
383	Jonathan Turns ETT	M	Empty the Tanks II	7:58.2	1:59.6	204.8			
384	Demi Warrick	f	Fitness Matters XIV	8:00.3	2:00.1	202.2			
385	Chet Cressman	M	Sub 7 XIV	8:02.1	2:00.5	199.9			
386	Susan Young	F	Sub 7 XIV	8:06.8	2:01.7	194.2			
387	Jill Underwood	F	Free Spirits VI	8:09.8	2:02.5	190.6			
388	Silke_DE	f	ÅIRC I	8:10.0	2:02.5	190.4			
389	Cynthia Runia	F	Age Without Limits I	8:15.5	2:03.9	184.1			
390	Amy Warrick	f	Fitness Matters XV	8:18.3	2:04.6	181.0			
391	87 years old but not cold	M	The Sprint Group I	8:18.6	2:04.7	180.7			
392	Eloisa Murdoch	F	Empty the Tanks I	8:18.7	2:04.7	180.6			
393	Shelagh Allen	F	Sub 7 XV	8:26.9	2:06.7	172.0			
394	Heather Powell	f	Sub 7 XIV	8:32.6	2:08.2	166.3			
395	Amelia Jean	f	Empty the Tanks II	8:58.2	2:14.6	143.7			
396	Connie Warrick	f	Fitness Matters XV	8:58.5	2:14.6	143.4			
397	Oliver Rogerson FM	m	Fitness Matters XVI	9:00.4	2:15.1	141.9			
398	Caroline Joynson	f	Empty the Tanks II	9:02.4	2:15.6	140.4			
399	Annettski	f	Ski Erg II	9:05.3	2:16.3	138.1			
400	Nadine Boles	F	Red Line Rowers IV	9:06.3	2:16.6	137.4			
401	Jennifer Victory	f	Free Spirits VII	9:06.3	2:16.6	137.4			
402	Sara Lochrie	F	Sub 7 XV	9:07.4	2:16.9	136.6			
403	Andrew Stanway	M	Free Spirits VIII	9:18.9	2:19.7	128.3			
404	Frankie Studley	f	Fitness Matters XVI	9:19.1	2:19.8	128.2			
405	rebr	F	Tribesports III	9:32.1	2:23.0	119.6			
406	Bobbie Rogerson FM	m	Fitness Matters XVI	9:38.6	2:24.7	115.6			
407	Jean Gilmore	F	Forum Flyers VII	9:44.5	2:26.1	112.2			
408	Charlie Warrick	m	Fitness Matters XVI	9:53.2	2:28.3	107.3			
409	Ciaran McNally	m	Sub 7 XV	10:23.8	2:36.0	92.3			
410	mjpermuth	f	Age Without Limits I	10:27.5	2:36.9	90.7			
411	Gillian Burrell	f	Free Spirits VIII	10:37.3	2:39.3	86.5			
412	Alfiski Littleski	m	Ski Erg III	10:47.2	2:41.8	82.6			
92	<b>Ski Erg III</b>							<b>7:53.9</b>	
	Stew-ski (H)								
	Howard Brammer ski (H)								
	Alfiski Littleski (L)								
93	<b>Red Line Rowers IV</b>							<b>9:06.3</b>	
	Nadine Boles (F)								
94	<b>Free Spirits VIII</b>							<b>9:16.1</b>	
	Andrew Stanway (H)								
	Dave Carriere (L)								
	Gillian Burrell (F)								
95	<b>Sub 7 XV</b>							<b>9:19.3</b>	
	Ciaran McNally (L)								
	Shelagh Allen (F)								
	Sara Lochrie (F)								
96	<b>Fitness Matters XVI</b>							<b>9:27.8</b>	
	Oliver Rogerson FM (L)								
	Bobbie Rogerson FM (L)								
	Charlie Warrick (L)								
97	<b>Tribesports III</b>							<b>9:32.1</b>	
	rebr (F)								
	Frankie Studley (F)								

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