



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

View

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Jul 2017 - 4 km Up and Down

This challenge was chosen by the DLC Gidea Park

Row the following intervals pyramid (with 1 min rest for each 250m rowed):

Row 250 metres, rest for 1 minute
 Row 500m, rest for 2 minutes
 Row 750m, 3 minutes rest
 Row 1000m, rest 4 mins
 Row 750m, 3 minutes rest
 Row 500m, rest for 2 minutes
 Row 250m and finish

Standing start for the opening 250m. Other six can be rolling starts.
 There are no other restrictions.
 Record your total time for 4000 metres of rowing.

The August challenge will be chosen by Fitness Matters

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

Most Recent Entries

Date	Name	Cat	Team	Result
2017-08-04	Dan Stanley	MHWT	Sub 7	<i>12:09.0</i>
2017-08-04	Jean Gilmore	FHWT	Forum Flyers	<i>0:55.3</i>
2017-08-01	Derek Peterson	MHWT	BW Rowing	<i>12:15.6</i>
2017-08-01	Liam McKinney	MHWT	Red Line Rowers	<i>13:38.6</i>
2017-08-01	Phillip Welch	MHWT	Sub 7	13:58.6

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	Jean Gilmore	F Forum Flyers I	0:55.3	0:06.9	1059650.4	
2	Bartosz Zablocki FM	M Fitness Matters I	11:18.4	1:24.8	574.0	
3	Pavel Shurmei	M Sub 7 I	11:37.1	1:27.1	529.0	
4	Justin Farina FM	M Fitness Matters I	11:54.9	1:29.4	490.5	
5	Luke Wollenschlaeger	M Paddy Power I	11:59.7	1:30.0	480.7	
6	James Saxton	M Team Oarsome I	12:05.6	1:30.7	469.1	
7	Dave Marshall	M MAD I	12:06.6	1:30.8	467.1	
8	G Gioupiis FM	M Fitness Matters I	12:06.8	1:30.9	466.8	
9	ESPRIT Chris Chapman	M ESPRIT I	12:08.2	1:31.0	464.1	
10	Adam Harriman	M Fitness Matters II	12:08.6	1:31.1	463.3	
11	Dan Stanley	M Sub 7 I	12:09.0	1:31.1	462.5	
12	Danny Graham	M Team Oarsome I	12:09.2	1:31.2	462.2	
13	Moritz BOCK	M BW Rowing I	12:10.5	1:31.3	459.7	
14	Sam Blythe	M Fitness Matters II	12:14.6	1:31.8	452.0	
15	Derek Peterson	M BW Rowing I	12:15.6	1:32.0	450.2	
16	Justin Farina ski	M Ski Erg I	12:19.1	1:32.4	443.8	
17	Thomas D Jackman	M Team Oarsome I	12:19.9	1:32.5	442.4	
18	IanS.	M BW Rowing I	12:20.1	1:32.5	442.0	
19	Hameed Mourani FM	M Fitness Matters II	12:20.4	1:32.6	441.5	
20	Marius TS	M Sub 7 I	12:20.5	1:32.6	441.3	
21	Tim Garratt FM	M Fitness Matters III	12:20.5	1:32.6	441.3	
22	Mike Barnes TO	M Team Oarsome II	12:22.3	1:32.8	438.1	
23	Fred Loorius	M FIRT I	12:24.5	1:33.1	434.3	
24	Mark Rozewicz	M Fitness Matters III	12:24.6	1:33.1	434.1	
25	Paul Yount	M Sub 7 II	12:25.1	1:33.1	433.2	
26	j.d	M MAD I	12:25.6	1:33.2	432.3	
27	John Healey FM	M Fitness Matters III	12:26.7	1:33.3	430.4	
28	Adam Anderson	M Cornish Gig Rowers IRC I	12:29.6	1:33.7	425.5	
29	Joe Ovens	M Cornish Gig Rowers IRC I	12:29.9	1:33.7	424.9	
30	Warren Matthews	M Sub 7 II	12:31.1	1:33.9	422.9	
31	Luke Meldon	M Fitness Matters IV	12:31.9	1:34.0	421.6	
32	ESPRIT David Rackstraw	M ESPRIT I	12:32.7	1:34.1	420.2	
33	Mattnewma	M Cornish Gig Rowers IRC I	12:33.9	1:34.2	418.2	
34	Laurence Wells(MAD)	M MAD I	12:34.4	1:34.3	417.4	
35	Colin Burke FM	M Fitness Matters IV	12:34.4	1:34.3	417.4	
36	Siebe Jongebloed	M Forum Flyers I	12:35.3	1:34.4	415.9	
37	Kyle Malone	M BW Rowing II	12:35.6	1:34.5	415.4	
38	PR_SAV	M Team Oarsome II	12:38.9	1:34.9	410.0	
39	ESPRIT Al Nisbet	M ESPRIT I	12:39.0	1:34.9	409.8	
40	11Thomas Hansen	M Fitness Matters IV	12:39.6	1:35.0	408.9	
41	Stewart Moss	M Sub 7 II	12:40.8	1:35.1	406.9	
42	BlanksbyFM	M Fitness Matters V	12:41.0	1:35.1	406.6	
43	Elena Buryak	F Sub 7 I	12:41.6	1:35.2	405.7	
44	Gerry Armstrong	M Team Oarsome II	12:42.9	1:35.4	403.6	
45	Ross Love FM	M Fitness Matters V	12:43.7	1:35.5	402.3	
46	Dan Hunter Evans	M Isenhurst Rowers I	12:46.5	1:35.8	397.9	
47	ESPRIT Dean Harris	M ESPRIT II	12:47.9	1:36.0	395.8	
48	Jason Lee	M Sub 7 III	12:48.7	1:36.1	394.5	
49	David Scott	M Sub 7 III	12:48.8	1:36.1	394.4	
50	Ally Cooper	M Sub 7 III	12:49.4	1:36.2	393.4	
51	Tim Haynes FM	M Fitness Matters V	12:49.8	1:36.2	392.8	
52	Tom Rogers FM	M Fitness Matters VI	12:52.6	1:36.6	388.6	
53	Danny Ryan FM	m Fitness Matters I	12:52.9	1:36.6	388.1	
54	Mark Mitchell	m MAD I	12:53.2	1:36.7	387.7	
1	Forum Flyers I					
	Siebe Jongebloed (H)					Will Haskell (L)
	MartinB FF (H)					Jean Gilmore (F)
	hjs (H)					
81 pts						
2	Sub 7 I					
	Pavel Shurmei (H)					Jens Kristian Dam (L)
	Dan Stanley (H)					Elena Buryak (F)
	Marius TS (H)					
80 pts						
3	Fitness Matters I					
	Bartosz Zablocki FM (H)					Danny Ryan FM (L)
	Justin Farina FM (H)					Karis Frost FM (F)
	G Gioupiis FM (H)					
79 pts						
4	MAD I					
	Dave Marshall (H)					Mark Mitchell (L)
	j.d (H)					Emily T (F)
	Laurence Wells(MAD) (H)					
78 pts						
5	Fitness Matters II					
	Adam Harriman (H)					Simon Amery FM (L)
	Sam Blythe (H)					Sophie Hooper FM (F)
	Hameed Mourani FM (H)					
77 pts						
6	Team Oarsome I					
	James Saxton (H)					Jeff Arquette (L)
	Danny Graham (H)					Hannah Hawkins (F)
	Thomas D Jackman (H)					
76 pts						
7	Fitness Matters III					
	Tim Garratt FM (H)					John Steventon FM (L)
	Mark Rozewicz (H)					Amie Marie FM (F)
	John Healey FM (H)					
75 pts						
8	Sub 7 II					
	Paul Yount (H)					Arkadiusz Kieliszek (L)
	Warren Matthews (H)					Morgan McGrath (F)
	Stewart Moss (H)					
74 pts						
9	BW Rowing I					
	Moritz BOCK (H)					Jonas Kilthau (L)
	Derek Peterson (H)					Samantha Doubtfire (F)
	IanS. (H)					
73 pts						
10	ESPRIT I					
	ESPRIT Chris Chapman (H)					ESPRIT Bill Schmidt (L)
	ESPRIT David Rackstraw (H)					ESPRIT Claire Sowerby (F)
	ESPRIT Al Nisbet (H)					
72 pts						
11	Fitness Matters IV					
	Luke Meldon (H)					Chris Leonard (L)
	Colin Burke FM (H)					Sarah Rogerson FM (F)
	11Thomas Hansen (H)					
71 pts						
12	Fitness Matters V					
	BlanksbyFM (H)					Keane Ryan (L)
	Ross Love FM (H)					Fliiss White FM (F)
	Tim Haynes FM (H)					
70 pts						
13	Sub 7 III					
	Jason Lee (H)					Charlie Badger (L)
	David Scott (H)					Carrie R Mackay Scull (F)
	Ally Cooper (H)					
69 pts						
14	Paddy Power I					
	Luke Wollenschlaeger (H)					Marc Charman PP (L)
	Alastair Peake PP (L)					Heather K Kenton (F)
	Paul_Timmons (L)					
68 pts						
	MAD II					
	Andy Sangster (H)					Chris Mizen. (L)

55	Alex Doidge	M	Sub 7 IV	12:53.2	1:36.7	387.7		
56	Alastair Peake PP	m	Paddy Power I	12:53.4	1:36.7	387.4		
57	ESPRIT Julian Warrick	M	ESPRIT II	12:53.6	1:36.7	387.1		
58	Andy Sangster	M	MAD II	12:53.7	1:36.7	386.9		
59	Richard Cheeseman	M	Sub 7 IV	12:55.0	1:36.9	385.0		
60	Stewart Wylie	M	RowPro Rowers I	12:55.5	1:36.9	384.2		
61	Ryan Morris FM	M	Fitness Matters VI	12:56.1	1:37.0	383.3		
62	FSR Ralf Achenbach	M	Free Spirits I	12:57.4	1:37.2	381.4		
63	Keith Darby	m	Red Line Rowers I	12:57.8	1:37.2	380.8		
64	Casey Clarke	M	Sub 7 IV	12:59.0	1:37.4	379.1		
65	Jonas Kilthau	m	BW Rowing I	12:59.9	1:37.5	377.8		
66	Simon Amery FM	m	Fitness Matters II	13:01.9	1:37.7	374.9		
67	Dave Pimm FM	M	Fitness Matters VI	13:02.5	1:37.8	374.0		
68	Jeff Arquette	m	Team Oarsome I	13:03.0	1:37.9	373.3		
69	Robert Carson	M	Fitness Matters VII	13:03.8	1:38.0	372.2		
70	Morten Haugseng	M	Free Spirits I	13:04.1	1:38.0	371.7		
71	Martin Evans	M	Sub 7 V	13:04.1	1:38.0	371.7		
72	Alan Thomas	M	Sub 7 V	13:04.4	1:38.1	371.3		
73	Michael Anderson	M	Red Line Rowers I	13:05.0	1:38.1	370.4		
74	Al Treacy S7	M	Sub 7 V	13:05.3	1:38.2	370.0		
75	Jens Kristian Dam	m	Sub 7 I	13:05.7	1:38.2	369.5		
76	MartinB FF	M	Forum Flyers I	13:05.9	1:38.2	369.2		
77	ESPRIT James Baker	M	ESPRIT II	13:06.2	1:38.3	368.8		
78	Skip Donnelly	M	Age Without Limits I	13:06.5	1:38.3	368.3		
79	Ross Smith	M	BW Rowing II	13:06.6	1:38.3	368.2		
80	Mat Ward S7	M	Sub 7 VI	13:06.8	1:38.4	367.9		
81	Ian Wilde	M	Sub 7 VI	13:08.2	1:38.5	366.0		
82	Alex Purcell	M	Isenhurst Rowers I	13:08.5	1:38.6	365.5		
83	Robert Mayes	M	DLC Gidea Park I	13:08.6	1:38.6	365.4		
84	Chris Brown FM1	M	Fitness Matters VII	13:08.9	1:38.6	365.0		
85	Kevin James FM	M	Fitness Matters VII	13:10.0	1:38.8	363.5		
86	Joseph Rogers	M	Fitness Matters VIII	13:10.6	1:38.8	362.6		
87	John Steventon FM	m	Fitness Matters III	13:10.9	1:38.9	362.2		
88	HjsSki	M	Ski Erg I	13:11.0	1:38.9	362.1		
89	Odd Ivar Lindland	M	Fitness Matters VIII	13:11.1	1:38.9	361.9		
90	hjs	M	Forum Flyers I	13:11.4	1:38.9	361.5		
91	Pete Marston	M	MAD II	13:11.6	1:39.0	361.3		
92	Damon Cripps	M	Free Spirits I	13:12.8	1:39.1	359.6		
93	Arkadiusz Kieliszek	m	Sub 7 II	13:13.8	1:39.2	358.3		
94	Dirk Möller	M	Forum Flyers II	13:13.8	1:39.2	358.3		
95	Tom Hall	M	Isenhurst Rowers I	13:14.1	1:39.3	357.9		
96	Peter Clowes	M	Team Oarsome III	13:14.5	1:39.3	357.3		
97	Robert Jones	M	Sub 7 VI	13:15.1	1:39.4	356.5		
98	Jon Melson	M	DLC Gidea Park I	13:15.3	1:39.4	356.2		
99	Pawel Matenko	M	Fitness Matters VIII	13:15.3	1:39.4	356.2		
100	Chris Leonard	m	Fitness Matters IV	13:15.9	1:39.5	355.4		
101	Matt Foster TM	M	TRAIN Manchester I	13:16.2	1:39.5	355.0		
102	Walter Zagzebski	M	Sub 7 VII	13:16.3	1:39.5	354.9		
103	Charlie Badger	m	Sub 7 III	13:16.5	1:39.6	354.6		
104	James stapleton	M	Independent I	13:17.1	1:39.6	353.8		
105	Kieran Cahill	m	MAD II	13:17.8	1:39.7	352.9		
106	Johan Nilsson	M	Ski Erg I	13:18.7	1:39.8	351.7		
107	Nolan Thomas Messer	m	Sub 7 IV	13:18.9	1:39.9	351.4		
108	Paul_Timmons	m	Paddy Power I	13:19.3	1:39.9	350.9		
109	pete edkins	M	Fitness Matters IX	13:19.4	1:39.9	350.8		
110	Harry Wilkes	M	Sub 7 VII	13:19.7	1:40.0	350.4		
111	André Hennings	M	SYC Rowing Crew I	13:20.0	1:40.0	350.0		
112	Bobby Bell FM	M	Fitness Matters IX	13:20.5	1:40.1	349.3		
113	Glynn Powell	M	Sub 7 VII	13:20.6	1:40.1	349.2		
114	George S	M	BW Rowing II	13:20.9	1:40.1	348.8		
115	js.klski	m	Ski Erg I	13:21.3	1:40.2	348.3		
116	ESPRIT Del Wilson	M	ESPRIT III	13:22.6	1:40.3	346.6		
117	Ed Furness	M	Sub 7 VIII	13:24.3	1:40.5	344.4		
118	Rowland Hills (RLR)	M	Red Line Rowers I	13:25.0	1:40.6	343.5		
119	Richard Abell	M	Isenhurst Rowers II	13:26.5	1:40.8	341.6		
120	ESPRIT Eddie Edwards	M	ESPRIT III	13:26.6	1:40.8	341.5		
121	Keane Ryan	m	Fitness Matters V	13:27.6	1:41.0	340.2		
122	Mark Bromley	M	BW Rowing III	13:28.4	1:41.1	339.2		
123	Felton Humble	M	Free Spirits II	13:28.6	1:41.1	339.0		
124	cygwylt	M	Sub 7 VIII	13:29.0	1:41.1	338.4		
125	Chris Mizen	m	MAD II	13:29.2	1:41.2	338.2		
126	James Cartwright	M	Sub 7 VIII	13:29.5	1:41.2	337.8		
127	Marcus Schug FM	M	Fitness Matters IX	13:29.9	1:41.2	337.3		
128	Paul Clarke	M	TRAIN Manchester I	13:31.3	1:41.4	335.6		
129	Michael Nyberg	M	Fitness Matters X	13:32.0	1:41.5	334.7		
130	Emile Cilliers	M	Sub 7 IX	13:32.1	1:41.5	334.6		
131	James Howard	m	Sub 7 V	13:32.3	1:41.5	334.3		
132	tony walpole	M	Fitness Matters X	13:32.5	1:41.6	334.1		
133	Magnus von Schenck	M	Fitness Matters X	13:32.7	1:41.6	333.8		
134	patrice CORNUT	m	FIRT I	13:33.3	1:41.7	333.1		
135	danfennell	M	Free Spirits II	13:33.6	1:41.7	332.7		
136	Max O'Malley	m	Fitness Matters VI	13:34.8	1:41.9	331.3		
137	Liefcat	M	Free Spirits II	13:35.9	1:42.0	329.9		
138	Edward-Jackson	M	BW Rowing III	13:36.3	1:42.0	329.4		
139	Stephen Perkins FM	M	Fitness Matters XI	13:36.8	1:42.1	328.8		
140	Howard Brammer	M	Fitness Matters XI	13:38.3	1:42.3	327.0		
141	Martin FF	M	Forum Flyers II	13:38.4	1:42.3	326.9		
142	Claudius	M	Free Spirits III	13:38.6	1:42.3	326.7		
143	Liam McKinney	M	Red Line Rowers I	13:38.6	1:42.3	326.7		
144	Tako Lootsma	M	Free Spirits III	13:38.7	1:42.3	326.6		
145	bojam	m	Sub 7 VI	13:38.7	1:42.3	326.6		
146	Casey Clarke SkiErg	M	Ski Erg II	13:38.9	1:42.4	326.3		
147	Andy Burrows	M	Team Oarsome III	13:39.1	1:42.4	326.1		
148	Marc Charman PP	m	Paddy Power I	13:39.6	1:42.5	325.5		
149	Patrick Louazel	m	Sub 7 VII	13:40.1	1:42.5	324.9		
150	Bezza RLR	m	Red Line Rowers II	13:40.4	1:42.6	324.5		
151	Roger Johansen FM	M	Fitness Matters XI	13:40.9	1:42.6	323.9		
152	Pongi	M	Fitness Matters XII	13:41.2	1:42.7	323.6		
15	Pete Marston (H) Kieran Cahill (L)						Charlotte Pigg (F)	
67 pts								
16	Team Oarsome II							
66 pts	Mike Barnes TO (H) PR_SAV (H) Gerry Armstrong (H)						Steve Roedde (L) Arlene Wade (TO) (F)	
17	Sub 7 IV							
65 pts	Alex Doidge (H) Richard Cheeseman (H) Casey Clarke (H)						Nolan Thomas Messer (L) Carol Woodward (F)	
18	Fitness Matters VI							
64 pts	Tom Rogers FM (H) Ryan Morris FM (H) Dave Pimm FM (H)						Max O'Malley (L) Becky Long FM (F)	
19	ESPRIT II							
63 pts	ESPRIT Dean Harris (H) ESPRIT Julian Warrick (H) ESPRIT James Baker (H)						ESPRIT Jamie Hutchinson ESPRIT Victoria Taylor (F)	
20	Sub 7 V							
62 pts	Martin Evans (H) Alan Thomas (H) Al Treacy S7 (H)						James Howard (L) Sarah Laughton (F)	
21	Ski Erg I							
61 pts	Justin Farina ski (H) HjsSki (H) Johan Nilsson (H)						js.klski (L) Anne Slowski (F)	
22	TRAIN Manchester I							
60 pts	Matt Foster TM (H) Paul Clarke (H) Joey Allard1 (H)						Mathew Piasecki TM (L) Rochelle Quigley TM (F)	
23	Cornish Gig Rowers IRC I							
59 pts	Adam Anderson (H) Joe Owens (H) Mattnewma (H)						Janine L (L) beatrixrose (F)	
24	Fitness Matters VII							
58 pts	Robert Carson (H) Chris Brown FM1 (H) Kevin James FM (H)						Per-Arne Syvertsen (L) Malin Faraasen (F)	
25	Sub 7 VI							
57 pts	Mat Ward S7 (H) Ian Wilde (H) Robert Jones (H)						bojam (L) Rhian Bowen (F)	
26	Red Line Rowers I							
56 pts	Michael Anderson (H) Rowland Hills (RLR) (H) Liam McKinney (H)						Keith Darby (L) Tracy Watkins RLR (F)	
27	BW Rowing II							
55 pts	Kyle Malone (H) Ross Smith (H) George S (H)						Mike Lea (L) Samantha Mar (F)	
28	Free Spirits I							
54 pts	FSR Ralf Achenbach (H) Morten Haugseng (H) Damon Cripps (H)						Ian Bee (L) Amanda Behrendt (F)	
29	FIRT I							
53 pts	Fred Loorius (H) Vivien Marmelat (H) Scott Kevin (H)						patrice CORNUT (L) Virginie RATSAVONG (F)	
30	Fitness Matters VIII							
52 pts	Joseph Rogers (H) Odd Ivar Lindland (H) Pawel Matenko (H)						*Stan Shatenstein (L) 1Jane Evadney (F)	
31	DLC Gidea Park I							
51 pts	Robert Mayes (H) Jon Melson (H) Adam Seymour (H)						Joe Giggins (L) Judith Veenhuizen (F)	
32	Sub 7 VII							
50 pts	Walter Zagzebski (H) Harry Wilkes (H) Glynn Powell (H)						Patrick Louazel (L) Bluebell31 (F)	
33	Isenhurst Rowers I							
49 pts	Dan Hunter Evans (H) Alex Purcell (H) Tom Hall (H)						Matt Ely (L) Sue Ellery (F)	
34	Fitness Matters IX							
48 pts	pete edkins (H) Bobby Bell FM (H) Marcus Schug FM (H)						Mark Shaw (L) Annfrid (F)	
35	Sub 7 VIII							
47 pts	Ed Furness (H) cygwylt (H) James Cartwright (H)						Dimos (L) Clare Rainbow (F)	
36	ESPRIT III							
46 pts	ESPRIT Del Wilson (H) ESPRIT Eddie Edwards (H) Donald R Scott (H)						ESPRIT Sarah Gibbs (L) ESPRIT Rachel Harris (F)	
37	Fitness Matters X							
45 pts	Michael Nyberg (H) tony walpole (H) Magnus von Schenck (H)						Carl Granfelt (L) sarah simpson (F)	
38	Free Spirits II							
44 pts	Felton Humble (H) danfennell (H) Liefcat (H)						David Plumb (L) Barbara H (F)	
39	Fitness Matters XI							
43 pts	Stephen Perkins FM (H) Howard Brammer (H) Roger Johansen FM (H)						Mike KM Beard (L) Lori Lindahl (F)	
40	Team Oarsome III							
42 pts	Peter Clowes (H) Andy Burrows (H) Dave Chmilowskyj (H)						Gregory Cook II (L) Claire Graham TO (F)	
	Forum Flyers II							
	Dirk Möller (H)						Piers (L)	

153 James Clarke	M	Fitness Matters XII	13:41.6	1:42.7	323.1		
154 Joey Allard1	M	TRAIN Manchester I	13:43.0	1:42.9	321.5		
155 Nigel Farmer	M	Forum Flyers II	13:43.2	1:42.9	321.2		
156 Nigel COLLEY	M	Fitness Matters XIII	13:43.4	1:42.9	321.0		
157 Jon Goodall	M	MAD III	13:43.7	1:43.0	320.6		
158 Vivien Marmelat	M	FIRT I	13:43.9	1:43.0	320.4		
159 Mark Fowler	M	Paddy Power II	13:44.2	1:43.0	320.1		
160 Ed A-B FM	M	Fitness Matters XIII	13:44.5	1:43.1	319.7		
161 Steve Roedde	m	Team Oarsome II	13:44.8	1:43.1	319.4		
162 Andy Parkes	M	Gee Crew I	13:45.0	1:43.1	319.1		
163 ESPRIT Bill Schmidt	m	ESPRIT I	13:45.3	1:43.2	318.8		
164 Markus Dorn	M	C2TweeCrew I	13:45.4	1:43.2	318.7		
165 Mathew Piasecki TM	m	TRAIN Manchester I	13:45.4	1:43.2	318.7		
166 Joe Giggins	m	DLC Gidea Park I	13:45.8	1:43.2	318.2		
167 Greg hoch	M	BW Rowing III	13:46.3	1:43.3	317.6		
168 John Adcock	M	Forum Flyers III	13:46.8	1:43.4	317.1		
169 Arwed Egger	m	RowPro Rowers I	13:47.5	1:43.4	316.3		
170 Liam Walsh TM	M	TRAIN Manchester II	13:47.8	1:43.5	315.9		
171 Dave Chmiliowskiy	M	Team Oarsome III	13:48.0	1:43.5	315.7		
172 Chris Owens	M	Sub 7 IX	13:50.9	1:43.9	312.4		
173 Per-Arne Syvertsen	m	Fitness Matters VII	13:51.4	1:43.9	311.8		
174 gregsmith01748	M	Free Spirits III	13:53.1	1:44.1	309.9		
175 Scott Kevin	M	FIRT I	13:53.2	1:44.2	309.8		
176 Mike Lea	m	BW Rowing II	13:53.4	1:44.2	309.6		
177 Dave Barber IND	M	Independent I	13:54.8	1:44.4	308.0		
178 Jim Baird	M	Isenhurst Rowers II	13:55.7	1:44.5	307.0		
179 Donald R Scott	M	ESPRIT III	13:55.7	1:44.5	307.0		
180 Rod.Chinn.	M	Sub 7 IX	13:55.8	1:44.5	306.9		
181 Eduardo Cotilla-Sanchez	M	BW Rowing IV	13:56.0	1:44.5	306.7		
182 Dom Beardwell TM	M	TRAIN Manchester II	13:58.3	1:44.8	304.2		
183 Phillip Welch	M	Sub 7 X	13:58.6	1:44.8	303.9		
184 *Stan Shatenstein	m	Fitness Matters VIII	13:58.9	1:44.9	303.5		
185 Sam white HW	M	Sub 7 X	13:59.8	1:45.0	302.6		
186 Dan Froehlich	M	BW Rowing IV	14:01.2	1:45.2	301.1		
187 André Budzien	M	SYC Rowing Crew I	14:02.3	1:45.3	299.9		
188 Mike Pearce (MPx)	M	Sub 7 X	14:02.6	1:45.3	299.6		
189 Rochelle Quigley TM	F	TRAIN Manchester I	14:03.1	1:45.4	299.0		
190 Mark Shaw	m	Fitness Matters IX	14:04.3	1:45.5	297.7		
191 Sean Tarling	M	Isenhurst Rowers II	14:04.5	1:45.6	297.5		
192 Emily T	F	MAD I	14:04.6	1:45.6	297.4		
193 FlorianO	M	Fitness Matters XIII	14:05.7	1:45.7	296.3		
194 turneralex2	m	Hockley Gym I	14:05.8	1:45.7	296.2		
195 Gregory Cook II	m	Team Oarsome III	14:06.1	1:45.8	295.9		
196 Morgan McGrath	F	Sub 7 II	14:06.6	1:45.8	295.3		
197 David Whale	M	Forum Flyers III	14:06.6	1:45.8	295.3		
198 Adam Seymour	M	DLC Gidea Park I	14:07.0	1:45.9	294.9		
199 Magnus K	M	Sub 7 XI	14:07.1	1:45.9	294.8		
200 Cy Gwyllt Ski	M	Ski Erg II	14:07.8	1:46.0	294.1		
201 Richard Alford-Smith	M	Sub 7 XI	14:07.9	1:46.0	294.0		
202 Dimos	m	Sub 7 VIII	14:08.9	1:46.1	292.9		
203 Peter Weiß	M	Free Spirits IV	14:09.1	1:46.1	292.7		
204 Luke Hull	M	Sub 7 XI	14:09.3	1:46.2	292.5		
205 Thommo	M	Cornish Gig Rowers IRC II	14:10.0	1:46.3	291.8		
206 Paul Sands	M	Red Line Rowers II	14:10.5	1:46.3	291.3		
207 Elliott Papantoniou FM	M	Fitness Matters XIII	14:10.5	1:46.3	291.3		
208 ESPRIT Claire Sowerby	F	ESPRIT I	14:11.0	1:46.4	290.8		
209 Gert Hansen	M	Sub 7 XII	14:11.5	1:46.4	290.3		
210 S Rutherford	M	Scottish Widrows I	14:12.6	1:46.6	289.1		
211 Carl Granfelt	m	Fitness Matters X	14:12.6	1:46.6	289.1		
212 John Stiner	M	Sub 7 XII	14:12.8	1:46.6	288.9		
213 Charlie Will	M	BW Rowing IV	14:14.6	1:46.8	287.1		
214 Liam Price	M	Team Oarsome IV	14:15.1	1:46.9	286.6		
215 Christopher Smith	M	Tribesports I	14:15.5	1:46.9	286.2		
216 Jorn Farmen	M	Red Line Rowers II	14:15.9	1:47.0	285.8		
217 Mark Boyce	M	Sub 7 XII	14:16.1	1:47.0	285.6		
218 Kenneth Murdoch	M	Empty the Tanks I	14:16.3	1:47.0	285.4		
219 Andrew Philip	m	LiveRowing I	14:17.4	1:47.2	284.3		
220 Craig douglass	M	Sub 7 XIII	14:17.6	1:47.2	284.1		
221 Mike KM Beard	m	Fitness Matters XI	14:17.7	1:47.2	284.0		
222 Ken Sheck	m	Paddy Power II	14:18.0	1:47.3	283.7		
223 Dominic Grierson	M	Sub 7 XIII	14:18.3	1:47.3	283.4		
224 Davidski Barberski	M	Ski Erg II	14:18.4	1:47.3	283.3		
225 Alyn Gilmour	M	DLC Gidea Park II	14:19.0	1:47.4	282.7		
226 Mick Croissant	M	Sub 7 XIII	14:19.1	1:47.4	282.6		
227 Richard Campos (RLR)	M	Red Line Rowers II	14:19.3	1:47.4	282.4		
228 Dyson Hepting	M	Red Line Rowers III	14:20.5	1:47.6	281.2		
229 Charlotte Pigg	F	MAD II	14:20.7	1:47.6	281.0		
230 Karis Frost FM	F	Fitness Matters I	14:21.0	1:47.6	280.8		
231 Sophie Hooper FM	F	Fitness Matters II	14:21.0	1:47.6	280.8		
232 Amie Marie FM	F	Fitness Matters III	14:21.2	1:47.7	280.6		
233 Phillip Sadler	M	DLC Gidea Park II	14:21.6	1:47.7	280.2		
234 Cap Marara Zack	M	FIRT II	14:21.8	1:47.7	280.0		
235 Gregor Andrews	M	Free Spirits IV	14:22.0	1:47.8	279.8		
236 Kay Bieri	M	C2TweeCrew I	14:22.9	1:47.9	278.9		
237 Paul Gould	M	Free Spirits IV	14:23.0	1:47.9	278.8		
238 david FROC	m	FIRT II	14:23.2	1:47.9	278.6		
239 Will Haskell	m	Forum Flyers I	14:23.5	1:47.9	278.3		
240 Alfred Okello	m	Sub 7 IX	14:23.6	1:48.0	278.2		
241 Ben Harris	M	TRAIN Manchester II	14:23.8	1:48.0	278.0		
242 Anthony Gothard	M	Sub 7 XIV	14:24.4	1:48.1	277.5		
243 Fatdeck	M	Sub 7 XIV	14:24.5	1:48.1	277.4		
244 Chris Sanders	M	Fitness Matters XIV	14:25.3	1:48.2	276.6		
245 Lindsayh	M	Forum Flyers III	14:25.5	1:48.2	276.4		
246 Matt Ely	m	Isenhurst Rowers I	14:25.7	1:48.2	276.2		
247 Steve Ockerby	M	Forum Flyers IV	14:26.1	1:48.3	275.8		
248 Ray Lowrie FM	M	Fitness Matters XIV	14:27.2	1:48.4	274.8		
249 calalli	M	Free Spirits V	14:27.3	1:48.4	274.7		
250 Bill Wakeley	m	RowPro Rowers I	14:27.9	1:48.5	274.1		
41		Martin FF (H) Nigel Farmer (H)					Debbie Barber (F)
41 pts							
42		Sub 7 IX Emile Cilliers (H) Chris Owens (H) Rod.Chinn. (H)					Alfred Okello (L) Cat Trentham (F)
40 pts							
43		Red Line Rowers II Paul Sands (H) Jorn Farmen (H) Richard Campos (RLR) (H)					Bezza RLR (L) Shelagh tubby (F)
39 pts							
44		Fitness Matters XII Pongi (H) James Clarke (H) Nigel COLLEY (H)					Harry Hellam (L) Rachael Griffin FM (F)
38 pts							
45		RowPro Rowers I Stewart Wyllie (H) Damien Roohr (H) Arwed Egger (L)					Bill Wakeley (L) Annabel Fearnley (F)
37 pts							
46		TRAIN Manchester II Liam Walsh TM (H) Dom Beardwell TM (H) Ben Harris (H)					Caz Jaszewski (L) Sophie Collinson (F)
36 pts							
47		DLC Gidea Park II Alyn Gilmour (H) Phillip Sadler (H) Mike Brownjohn (L)					Stuart Power (L) Claire Milne (F)
35 pts							
48		FIRT II Cap Marara Zack (H) david szymo- aip perpi (H) Remy Coubel (H)					david FROC (L) Cap Marara Tatiana (F)
34 pts							
49		Free Spirits III Claudius (H) Tako Lootsma (H) gregsmith01748 (H)					Jan Haveman (L) clareburrell (F)
33 pts							
50		Sub 7 X Phillip Welch (H) Sam white HW (H) Mike Pearce (MPx) (H)					Planky (L) Cathy Lowe Rimov (F)
32 pts							
51		Ski Erg II Casey Clarke SkiErg (H) Cy Gwyllt Ski (H) Davidski Barberski (H)					James Thornton SkiErg (L) Donna Ellsworth (F)
31 pts							
52		Isenhurst Rowers II Richard Abell (H) Jim Baird (H) Sean Tarling (H)					Zoe Hughes (L) Michelle Spates (F)
30 pts							
53		Sub 7 XI Magnus K (H) Richard Alford-Smith (H) Luke Hull (H)					Nigel Brockton (L) Susan Young (F)
29 pts							
54		Forum Flyers III John Adcock (H) David Whale (H) Lindsayh (H)					Terry FF (L) Shirley (F)
28 pts							
55		Gee Crew I Andy Parkes (H) Andy Cole (H) Peter Jones (H)					Tony Lorrimer (L) Nikki West (F)
27 pts							
56		Sub 7 XII Gert Hansen (H) John Stiner (H) Mark Boyce (H)					Alan Champion (L) Yvonne Apitz (F)
26 pts							
57		BW Rowing III Mark Bromley (H) Edward-Jackson (H) Greg hoch (H)					Rachel Henderson (L) Shannon Borum (F)
25 pts							
58		Independent I James stapleton (H) Dave Barber IND (H) Craig Hudson (H)					Fiona Bridge (L) Liz Gent erg (F)
24 pts							
59		FIRT III Cap Marara JC (H) Cap Marara Gilles (H) Ajaccio IRC - Christophe REYNIER (H)					Jean-Pierre GORIN (L) Cap Marara Claire (F)
23 pts							
60		Fitness Matters XIII Ed A-B FM (H) FlorianO (H) Elliott Papantoniou FM (H)					Casper von Schenck (L) Matilda Walpole FM (F)
22 pts							
61		Free Spirits IV Peter Weiß (H) Gregor Andrews (H) Paul Gould (H)					Jon P Taylor (L) Sheena Haveman (F)
21 pts							
62		ROWING CLUB MANTOVA I FREELANCE MN BUOLI ROMANO (H) FREELANCE MN SALOMONI VALERIO (H) FREELANCE MN UVA EMANUELE (H)					FREELANCE MN NASI PIEF FREELANCE MN MIGLIORI
20 pts							
63		FIRT IV Cap Marara Louis (H) bensid71 (H) mika crossfit le thor (H)					Aviron Castelnaudary Kevi Cap Marara Marion (F)
19 pts							
64		Sub 7 XIII Craig douglass (H) Dominic Grierson (H) Mick Croissant (H)					Don Trentham (L) Caroline Champion (F)
18 pts							
65		Forum Flyers IV Steve Ockerby (H) Chris Whale (H) Graham Woodley (H)					Ben Martinez (L) Catherine Martin (F)
17 pts							
66		Fitness Matters XIV Chris Sanders (H) Ray Lowrie FM (H) Kim Hansen (H)					AncaV (L) MrsHill Billy (F)
16 pts							
		FIRT V Ajaccio IRC - Jean DUPAIN (H)					Cap Marara Julien (L)

251 alan wisniewski	M	Free Spirits V	14:28.1	1:48.5	273.9		
252 Roger Bjarm Fornebo	M	Red Line Rowers III	14:28.4	1:48.6	273.6		
253 ESPRIT Jamie Hutchinson	m	ESPRIT II	14:28.5	1:48.6	273.5		
254 Andy Cole	M	Gee Crew I	14:28.5	1:48.6	273.5		
255 david szymo- aip perpi	M	FIRT II	14:29.0	1:48.6	273.1		
256 David Gigg	M	Red Line Rowers III	14:30.2	1:48.8	271.9		
257 Will Blanford	M	Isenhurst Rowers III	14:30.3	1:48.8	271.9		
258 Piers	m	Forum Flyers II	14:30.4	1:48.8	271.8		
259 Sarah Rogerson FM	f	Fitness Matters IV	14:30.9	1:48.9	271.3		
260 Damien Roohr	M	RowPro Rowers I	14:31.3	1:48.9	270.9		
261 01Hal Appleyard	M	Sub 7 XIV	14:32.0	1:49.0	270.3		
262 Remy Coubel	M	FIRT II	14:32.0	1:49.0	270.3		
263 Ian Bee	m	Free Spirits I	14:32.5	1:49.1	269.8		
264 Kim Hansen	M	Fitness Matters XIV	14:32.7	1:49.1	269.6		
265 Fliss White FM	F	Fitness Matters V	14:33.1	1:49.1	269.2		
266 Matt Moren	M	Fitness Matters XV	14:33.2	1:49.2	269.2		
267 Mike Brownjohn	m	DLC Gidea Park II	14:33.6	1:49.2	268.8		
268 David Plumb	m	Free Spirits II	14:33.6	1:49.2	268.8		
269 Stuart Power	m	DLC Gidea Park II	14:33.8	1:49.2	268.6		
270 Carrie R Mackay Scull	F	Sub 7 III	14:34.8	1:49.4	267.7		
271 Amadee Pelgrim	M	RowPro Rowers II	14:34.9	1:49.4	267.6		
272 beatrixrose	F	Cornish Gig Rowers IRC I	14:35.3	1:49.4	267.2		
273 Hannah Hawkins	F	Team Oarsome I	14:35.3	1:49.4	267.2		
274 Eddie McSharry	M	Sub 7 XV	14:37.5	1:49.7	265.2		
275 Graham Martin	M	Sub 7 XV	14:37.6	1:49.7	265.1		
276 ESPRIT Victoria Taylor	F	ESPRIT II	14:38.0	1:49.8	264.8		
277 James Thornton SkiErg	m	Ski Erg II	14:38.2	1:49.8	264.6		
278 Harry Hellam	m	Fitness Matters XII	14:38.7	1:49.8	264.1		
279 Cap Marara JC	M	FIRT III	14:39.0	1:49.9	263.9		
280 Heather K Kenton	f	Paddy Power I	14:39.0	1:49.9	263.9		
281 Ricardo Salcedo	M	C2TweetCrew I	14:39.5	1:49.9	263.4		
282 Steve Carr S7	M	Sub 7 XV	14:40.2	1:50.0	262.8		
283 GeorgeBinghamRLR	M	Red Line Rowers IV	14:41.0	1:50.1	262.1		
284 Oscar Bergenholtz	m	Ski Erg III	14:42.7	1:50.3	260.6		
285 FREELANCE MN BUOLI ROMANO	M	ROWING CLUB MANTOVA I	14:44.3	1:50.5	259.1		
286 Jason Robert Harris	M	Fitness Matters XV	14:44.7	1:50.6	258.8		
287 Cap Marara Gilles	M	FIRT III	14:45.0	1:50.6	258.5		
288 Metcon James FM	M	Fitness Matters XV	14:45.1	1:50.6	258.4		
289 Jean-Pierre GORIN	m	FIRT III	14:45.8	1:50.7	257.8		
290 Janette Lowe	F	LiveRowing I	14:46.8	1:50.9	257.0		
291 FREELANCE MN SALOMONI VALERIO	M	ROWING CLUB MANTOVA I	14:46.9	1:50.9	256.9		
292 Judith Veenhuizen	F	DLC Gidea Park I	14:47.4	1:50.9	256.4		
293 Ajaccio IRC - Christophe REYNIER	M	FIRT III	14:47.6	1:51.0	256.3		
294 Cap Marara Louis	M	FIRT IV	14:49.0	1:51.1	255.1		
295 FREELANCE MN NASI PIERGIORGIO	m	ROWING CLUB MANTOVA I	14:49.4	1:51.2	254.7		
296 ESPRIT Sarah Gibbs	f	ESPRIT III	14:50.8	1:51.4	253.5		
297 Joe A Keating	m	Paddy Power II	14:51.3	1:51.4	253.1		
298 Thomas Millard	M	BW Rowing V	14:51.9	1:51.5	252.6		
299 Eric Jones	M	Sub 7 XVI	14:52.1	1:51.5	252.4		
300 ESPRIT Rachel Harris	F	ESPRIT III	14:52.1	1:51.5	252.4		
301 Nick Fennell	M	Isenhurst Rowers III	14:52.5	1:51.6	252.1		
302 Rich Insley	M	BW Rowing V	14:52.8	1:51.6	251.8		
303 Sophie Collinson	F	TRAIN Manchester II	14:53.1	1:51.6	251.6		
304 Geoffrey Simon	M	Sub 7 XVI	14:54.5	1:51.8	250.4		
305 Roger Tivey	M	Isenhurst Rowers III	14:55.2	1:51.9	249.8		
306 Peter Jones	M	Gee Crew I	14:55.2	1:51.9	249.8		
307 Jeff Owen	M	Gee Crew II	14:56.1	1:52.0	249.0		
308 Joe Lohman	M	Free Spirits V	14:57.5	1:52.2	247.9		
309 bensid71	M	FIRT IV	14:57.6	1:52.2	247.8		
310 Terry FF	m	Forum Flyers III	14:57.7	1:52.2	247.7		
311 mika crossfit le thor	M	FIRT IV	14:57.8	1:52.2	247.6		
312 Ajaccio IRC - Jean DUPAIN	M	FIRT V	14:58.1	1:52.3	247.4		
313 Ben Martinez	m	Forum Flyers IV	15:00.0	1:52.5	245.8		
314 Steven Richie	M	Sub 7 XVI	15:00.1	1:52.5	245.7		
315 Amanda Behrendt	F	Free Spirits I	15:00.2	1:52.5	245.7		
316 Aviron Castelnauudary Kevin	m	FIRT IV	15:00.3	1:52.5	245.6		
317 Steve Smith	M	Free Spirits VI	15:00.7	1:52.6	245.2		
318 John Price	M	DLC Gidea Park III	15:01.0	1:52.6	245.0		
319 Funkyrower	M	Gee Crew II	15:02.4	1:52.8	243.9		
320 Chris Whale	M	Forum Flyers IV	15:02.5	1:52.8	243.8		
321 Vadim Kutsy	M	Fitness Matters XVI	15:05.0	1:53.1	241.8		
322 FREELANCE MN UVA EMANUELE	M	ROWING CLUB MANTOVA I	15:05.1	1:53.1	241.7		
323 Mike Bode	M	Empty the Tanks I	15:05.7	1:53.2	241.2		
324 Planky	m	Sub 7 X	15:07.4	1:53.4	239.9		
325 Simon_Eng	M	ÅIRC I	15:07.6	1:53.5	239.7		
326 Didier PI	M	FIRT V	15:07.7	1:53.5	239.6		
327 Alan Strang (TS)	m	Tribesports I	15:09.3	1:53.7	238.4		
328 andy warner	M	Sub 7 XVII	15:09.5	1:53.7	238.2		
329 Cap Marara Julien	m	FIRT V	15:10.2	1:53.8	237.6		
330 Cap Marara Thierry	M	FIRT V	15:10.3	1:53.8	237.6		
331 Stewart Wharton	M	Gee Crew II	15:10.8	1:53.9	237.2		
332 Becky Long FM	f	Fitness Matters VI	15:11.1	1:53.9	236.9		
333 Ajaccio IRC - Denis DOYEN	M	FIRT VI	15:11.2	1:53.9	236.9		
334 Tony Green	M	Sub 7 XVII	15:11.4	1:53.9	236.7		
335 Nigel Brockton	m	Sub 7 XI	15:11.5	1:53.9	236.6		
336 Mark Underwood	m	Paddy Power II	15:11.6	1:54.0	236.6		
337 Barry McKechnie	M	Sub 7 XVII	15:12.3	1:54.0	236.0		
338 Cap Marara Teuruarii	m	FIRT VI	15:13.5	1:54.2	235.1		
339 Samantha Doubtfire	F	BW Rowing I	15:13.7	1:54.2	234.9		
340 Chris Rogers	M	Team Oarsome IV	15:13.7	1:54.2	234.9		
341 Virginia RATSAVONG	F	FIRT I	15:14.7	1:54.3	234.2		
342 Doug Rolland	M	RowPro Rowers II	15:14.7	1:54.3	234.2		
343 Malin Faraasen	F	Fitness Matters VII	15:14.9	1:54.4	234.0		
344 David R. Herz	M	Age Without Limits I	15:15.3	1:54.4	233.7		
345 John Neufeldt	M	RowPro Rowers II	15:15.6	1:54.5	233.5		
346 David Speed	M	Team Oarsome IV	15:15.8	1:54.5	233.3		
347 FREELANCE MN FLISI ALBERTO	M	ROWING CLUB MANTOVA II	15:16.8	1:54.6	232.5		
348 David Junta	M	RowPro Rowers III	15:17.0	1:54.6	232.4		
67		Didier PI (H) Cap Marara Thierry (H)					Cap Marara Agnes (F)
15 pts							
68		Free Spirits V calalli (H) alan wisniewski (H) Joe Lohman (H)					Peter Tullett (L) Emma Pettitt (F)
14 pts							
69		Isenhurst Rowers III Will Blanford (H) Nick Fennell (H) Roger Tivey (H)					Fleur Blanford (L) Charlotte Waggott (F)
13 pts							
70		Sub 7 XIV Anthony Gothard (H) Fatdeck (H) 01Hal Appleyard (H)					Sarah Taylor (L) Judith E (F)
12 pts							
71		RowPro Rowers II Amadee Pelgrim (H) Doug Rolland (H) John Neufeldt (H)					Annette Wammen (L) Alice Wright (F)
11 pts							
72		Tribesports I Christopher Smith (H) Damian Baker (H) Andy Tripp (H)					Alan Strang (TS) (L) Lizzie M (F)
10 pts							
73		FIRT VI Ajaccio IRC - Denis DOYEN (H) Cap Marara PJ (H) Cap Marara Pierre (H)					Cap Marara Teuruarii (L) Aviron Castelnauudary Mari
9 pts							
74		Forum Flyers V John Stock (H) BradT2 FF (L) Dan Farmer (L)					Jack Gilmore (L) Georgina Price (F)
8 pts							
75		Sub 7 XV Eddie McSharry (H) Graham Martin (H) Steve Carr S7 (H)					Heather Powell (L) diana kornbrot (F)
7 pts							
76		Fitness Matters XV Matt Moren (H) Jason Robert Harris (H) Metcon James FM (H)					Livia F (L) Carrie Enriquez (F)
6 pts							
77		FIRT VII Ronan LE LIGEOUR (H) gary la mouette USV (H) Cap Marara Gerard (H)					Aviron Castelnauudary Mict Cap Marara Jenny (F)
5 pts							
78		Free Spirits VI Steve Smith (H) e-Clair (H) zootMutant (H)					Roger Burrell (L) Gillian Burrell (F)
4 pts							
79		Forum Flyers VI andrewcrystal (H) Chris Hester (H) Lana FF (L)					Margaret Botterill (Mrs B) Carol Atwood (F)
3 pts							
80		FIRT VIII Cap Marara Franck (H) Cap Marara Jade (L) Aviron Castelnauudary Josyane E (L)					Aviron Castelnauudary Joel Aviron Castelnauudary Celiu
2 pts							
81		FIRT IX Cap Marara Emma (L) Cap Marara Tux (L) Cap Marara Germaine (F)					Cap Marara Vaihere (F) Aviron Castelnauudary Jani
1 pt							
82		SYC Rowing Crew I André Hennings (H) André Budzien (H)					
83		MAD III Jon Goodall (H)					
84		BW Rowing IV Eduardo Cotilla-Sanchez (H) Dan Froehlich (H) Charlie Will (H)					
85		Hockley Gym I turneralex2 (L)					
86		Cornish Gig Rowers IRC II Thommo (H)					
87		C2TweetCrew I Markus Dorn (H) Kay Bieri (H) Ricardo Salcedo (H)					
88		Paddy Power II Mark Fowler (H) Ken Sheck (L) Joe A Keating (L)					Mark Underwood (L)
89		Scottish Widows I S Rutherford (H) Gary Lees (L)					
90		BW Rowing V Thomas Millard (H) Rich Insley (H)					
91		ÅIRC I Simon_Eng (H)					
92		Sub 7 XVII andy warner (H) Tony Green (H) Barry McKechnie (H)					
93		Empty the Tanks I Kenneth Murdoch (H) Mike Bode (H) Jonathan Turns ETT (H)					Rob Drury (L)
94		RowPro Rowers III David Junta (H) Ruud Jackel (H)					
95		DLC Gidea Park III John Price (H) Ryan Ferrie (H)					

349	Cap Marara PJ	M	FIRT VI	15:18.2	1:54.8	231.5		
350	Craig Hudson	M	Independent I	15:19.2	1:54.9	230.7		
351	Jan Haveman	m	Free Spirits III	15:19.3	1:54.9	230.7		
352	Carol Woodward	f	Sub 7 IV	15:19.4	1:54.9	230.6		
353	Sarah Laughton	F	Sub 7 V	15:20.1	1:55.0	230.1		
354	Alan Champion	m	Sub 7 XII	15:21.1	1:55.1	229.3		
355	Gary Lees	m	Scottish Widrows I	15:22.7	1:55.3	228.1		
356	Rhian Bowen	F	Sub 7 VI	15:22.9	1:55.4	228.0		
357	Jon P Taylor	m	Free Spirits IV	15:25.3	1:55.7	226.2		
358	Tracy Watkins RLR	F	Red Line Rowers I	15:25.6	1:55.7	226.0		
359	Claire Milne	F	DLC Gidea Park II	15:26.2	1:55.8	225.5		
360	Ruud Jackel	M	RowPro Rowers III	15:26.2	1:55.8	225.5		
361	IJane Evadney	f	Fitness Matters VIII	15:27.3	1:55.9	224.7		
362	Shelagh tubby	F	Red Line Rowers II	15:29.7	1:56.2	223.0		
363	Caz Jaszewski	f	TRAIN Manchester II	15:30.5	1:56.3	222.4		
364	Steve Motzny	M	Age Without Limits I	15:31.7	1:56.5	221.6		
365	Simon Lake	M	Sub 7 XVIII	15:31.7	1:56.5	221.6		
366	Graham Woodley	M	Forum Flyers IV	15:33.3	1:56.7	220.4		
367	Nikki West	F	Gee Crew I	15:35.4	1:56.9	219.0		
368	Samantha Mar	F	BW Rowing II	15:36.3	1:57.0	218.3		
369	Cap Marara Tatiana	F	FIRT II	15:36.5	1:57.1	218.2		
370	Hill Billy	M	Fitness Matters XVI	15:36.5	1:57.1	218.2		
371	BradT2 FF	m	Forum Flyers V	15:37.2	1:57.2	217.7		
372	Joseph Walter	M	Independent II	15:38.8	1:57.4	216.6		
373	Anna Moeller	F	TRAIN Manchester III	15:39.4	1:57.4	216.2		
374	Gary Wootton	M	Gee Crew III	15:41.1	1:57.6	215.0		
375	Tony Lorrimer	m	Gee Crew I	15:42.2	1:57.8	214.2		
376	Mark Powell	M	Sub 7 XVIII	15:43.0	1:57.9	213.7		
377	Rob Drury	m	Empty the Tanks I	15:43.6	1:58.0	213.3		
378	Damian Baker	M	Tribesports I	15:45.8	1:58.2	211.8		
379	Bluebell31	F	Sub 7 VII	15:46.4	1:58.3	211.4		
380	Jonathan Turns ETT	M	Empty the Tanks I	15:47.0	1:58.4	211.0		
381	Bruce Slade FM	M	Fitness Matters XVI	15:47.2	1:58.4	210.9		
382	Peter Tullett	m	Free Spirits V	15:48.5	1:58.6	210.0		
383	Annfrid	F	Fitness Matters IX	15:50.7	1:58.8	208.5		
384	Cap Marara Pierre	M	FIRT VI	15:51.2	1:58.9	208.2		
385	Dan Farmer	m	Forum Flyers V	15:51.7	1:59.0	207.9		
386	Clare Rainbow	f	Sub 7 VIII	15:53.0	1:59.1	207.0		
387	Arlene Wade (TO)	f	Team Oarsome II	15:53.7	1:59.2	206.6		
388	Adam Phelps	M	Sub 7 XVIII	15:54.8	1:59.4	205.9		
389	Barbara H	F	Free Spirits II	15:54.9	1:59.4	205.8		
390	Anne Slowski	F	Ski Erg I	15:56.4	1:59.6	204.8		
391	Cat Trentham	f	Sub 7 IX	15:57.9	1:59.7	203.9		
392	FREELANCE MN SOMENZI STEFANO	m	ROWING CLUB MANTOVA II	15:58.4	1:59.8	203.6		
393	John Stock	M	Forum Flyers V	15:58.8	1:59.9	203.3		
394	Fiona Bridge	f	Independent I	16:00.4	2:00.1	202.3		
395	Sue Ellery	F	Isenhurst Rowers I	16:02.2	2:00.3	201.2		
396	Ronan LE LIGEOUR	M	FIRT VII	16:04.8	2:00.6	199.5		
397	Ryan Ferrie	M	DLC Gidea Park III	16:05.0	2:00.6	199.4		
398	Zoe Hughes	f	Isenhurst Rowers II	16:05.2	2:00.7	199.3		
399	e-Clair	M	Free Spirits VI	16:05.3	2:00.7	199.2		
400	sarah simpson	F	Fitness Matters X	16:06.7	2:00.8	198.4		
401	gary la mouette USV	M	FIRT VII	16:10.9	2:01.4	195.8		
402	Michelle Spates	F	Isenhurst Rowers II	16:14.0	2:01.8	193.9		
403	Peter (#ObeseManRowing) Metalli	M	Fitness Matters XVII	16:14.6	2:01.8	193.6		
404	Charlotte Waggott	F	Isenhurst Rowers III	16:15.6	2:02.0	193.0		
405	Zoe Osborne	F	Isenhurst Rowers IV	16:15.8	2:02.0	192.9		
406	Lori Lindahl	F	Fitness Matters XI	16:18.3	2:02.3	191.4		
407	Janine L	f	Cornish Gig Rowers IRC I	16:18.6	2:02.3	191.2		
408	Tania Guy	F	Fybro-Supporters I	16:19.1	2:02.4	190.9		
409	Jack Gilmore	m	Forum Flyers V	16:20.8	2:02.6	189.9		
410	Cathy Lowe Rimov	F	Sub 7 X	16:21.2	2:02.7	189.7		
411	Rachael Griffin FM	F	Fitness Matters XII	16:21.5	2:02.7	189.5		
412	Chris Zacharek	M	Fitness Matters XVII	16:21.7	2:02.7	189.4		
413	Sian Howell	F	Isenhurst Rowers IV	16:22.5	2:02.8	188.9		
414	Rowena Suthers	F	Isenhurst Rowers IV	16:24.3	2:03.0	187.9		
415	zootMutant	M	Free Spirits VI	16:24.5	2:03.1	187.8		
416	Annabel Fearnley	f	RowPro Rowers I	16:24.7	2:03.1	187.7		
417	Rachel Henderson	f	BW Rowing III	16:25.0	2:03.1	187.5		
418	Kim Graakjaer	F	TRAIN Manchester III	16:29.6	2:03.7	184.9		
419	Debbie Barber	F	Forum Flyers II	16:30.6	2:03.8	184.3		
420	Felton Humble Ski	M	Ski Erg III	16:33.0	2:04.1	183.0		
421	Matilda Walpole FM	F	Fitness Matters XIII	16:33.1	2:04.1	183.0		
422	Aviron Castelnauudary Michel	m	FIRT VII	16:33.6	2:04.2	182.7		
423	Andy Tripp	M	Tribesports I	16:34.1	2:04.3	182.4		
424	Susan Young	F	Sub 7 XI	16:38.9	2:04.9	179.8		
425	MrsHill Billy	F	Fitness Matters XIV	16:39.3	2:04.9	179.6		
426	Annette Wammen	f	RowPro Rowers II	16:39.4	2:04.9	179.5		
427	Cap Marara Claire	F	FIRT III	16:44.1	2:05.5	177.0		
428	Claire Graham TO	F	Team Oarsome III	16:45.2	2:05.7	176.4		
429	andrewcrystal	M	Forum Flyers VI	16:49.1	2:06.1	174.4		
430	Donna Ellsworth	F	Ski Erg II	16:58.2	2:07.3	169.8		
431	clareburrell	f	Free Spirits III	16:59.7	2:07.5	169.0		
432	Don Trentham	m	Sub 7 XIII	16:59.9	2:07.5	168.9		
433	Karla Poppleton	F	Taff Attack I	17:01.2	2:07.7	168.3		
434	Liz Gent erg	F	Independent I	17:01.4	2:07.7	168.2		
435	Andy Byrne	M	Red Line Rowers IV	17:02.0	2:07.8	167.9		
436	Chris Marrow	M	Gee Crew III	17:05.0	2:08.1	166.4		
437	Shirley	F	Forum Flyers III	17:06.2	2:08.3	165.8		
438	Liz Gent	F	Ski Erg III	17:07.6	2:08.4	165.1		
439	Cap Marara Gerard	M	FIRT VII	17:08.9	2:08.6	164.5		
440	Yvonne Apitz	F	Sub 7 XII	17:12.6	2:09.1	162.8		
441	Carrie Enriquez	F	Fitness Matters XV	17:13.9	2:09.2	162.1		
442	FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA I	17:14.7	2:09.3	161.8		
443	Alice Wright	f	RowPro Rowers II	17:17.8	2:09.7	160.3		
444	Caroline Champion	F	Sub 7 XIII	17:18.4	2:09.8	160.0		
445	Cap Marara Marion	F	FIRT IV	17:21.7	2:10.2	158.5		
446	FREELANCE MN PARIGI ELISA	f	ROWING CLUB MANTOVA II	17:22.9	2:10.4	158.0		
96	Team Oarsome IV Liam Price (H) Chris Rogers (H) David Speed (H)						Kay Hughes (F)	
97	Independent II Joseph Walter (H)							
98	Gee Crew II Jeff Owen (H) Funkyrower (H) Stewart Wharton (H)						Mick Bennetts (L)	
99	Sub 7 XVIII Simon Lake (H) Mark Powell (H) Adam Phelps (H)							
100	Red Line Rowers III Dyson Hepting (H) Roger Bjarm Fornebo (H) David Gigg (H)						Nadine Boles (F)	
101	TRAIN Manchester III Anna Moeller (F) Kim Graakjaer (F)							
102	Sub 7 XVI Eric Jones (H) Geoffrey Simon (H) Steven Richie (H)						Sue Trentham (L)	
103	Fitness Matters XVII Peter (#ObeseManRowing) Metalli (H) Chris Zacharek (H)							
104	Fybro-Supporters I Tania Guy (F)							
105	Isenhurst Rowers IV Zoe Osborne (F) Sian Howell (F) Rowena Suthers (F)							
106	Gee Crew III Gary Wootton (H) Chris Marrow (H)							
107	Red Line Rowers IV GeorgeBinghamRLR (H) Andy Byrne (H) Dougie (RLR) (H)							
108	LiveRowing I Andrew Philip (L) Janette Lowe (F) Karen Bailey (F)						Jill Percival (F)	
109	Age Without Limits I Skip Donnelly (H) David R. Herz (H) Steve Motzny (H)						mjpermuth (L)	
110	ROWING CLUB MANTOVA II FREELANCE MN FLISI ALBERTO (H) FREELANCE MN SOMENZI STEFANO (L) FREELANCE MN BARUFFALDI TIZIANA (L)						FREELANCE MN PARIGI EL	
111	Ski Erg III Felton Humble Ski (H) Oscar Bergenholtz (L) Mila Piroozfar (L)						Liz Gent (F)	
112	Taff Attack I Karla Poppleton (F)							
113	Fitness Matters XVI Vadim Kutsy (H) Hill Billy (H) Bruce Slade FM (H)						Asa Faraasen FM (L)	
114	Tribesports II Candida B (L) Rebecca RTS (F)							
115	FIRT X Cap Marara Nathalie (L) Aviron Castelnauudary Jeanine (F) Cap Marara Chrystel (F)							

447 Dougie (RLR)	M	Red Line Rowers IV	17:27.8	2:11.0	155.8
448 Casper von Schenck	m	Fitness Matters XIII	17:29.1	2:11.1	155.2
449 Catherine Martin	F	Forum Flyers IV	17:32.7	2:11.6	153.6
450 Lizzie M	f	Tribesports I	17:34.5	2:11.8	152.8
451 Candida B	f	Tribesports II	17:37.0	2:12.1	151.7
452 Kay Hughes	F	Team Oarsome IV	17:41.1	2:12.6	150.0
453 Mick Bennetts	m	Gee Crew II	17:41.4	2:12.7	149.9
454 Judith E	F	Sub 7 XIV	17:42.8	2:12.9	149.3
455 Georgina Price	F	Forum Flyers V	17:43.1	2:12.9	149.1
456 Cap Marara Agnes	f	FIRT V	17:43.7	2:13.0	148.9
457 Sarah Taylor	f	Sub 7 XIV	17:44.3	2:13.0	148.6
458 AncaV	f	Fitness Matters XIV	17:48.8	2:13.6	146.8
459 Sheena Haveman	f	Free Spirits IV	17:52.0	2:14.0	145.5
460 Cap Marara Franck	M	FIRT VIII	18:02.4	2:15.3	141.3
461 Karen Bailey	F	LiveRowing I	18:02.8	2:15.4	141.2
462 Aviron Castelnauudary Marilyne	f	FIRT VI	18:03.1	2:15.4	141.0
463 Fleur Blanford	f	Isenhurst Rowers III	18:04.4	2:15.6	140.5
464 Shannon Borum	F	BW Rowing III	18:05.9	2:15.7	139.9
465 Cap Marara Jenny	f	FIRT VII	18:09.1	2:16.1	138.7
466 Carol Atwood	F	Forum Flyers VI	18:09.8	2:16.2	138.5
467 Emma Pettitt	f	Free Spirits V	18:32.9	2:19.1	130.0
468 diana kornbrot	F	Sub 7 XV	18:34.0	2:19.3	129.6
469 FREELANCE MN BARUFFALDI TIZIANA	f	ROWING CLUB MANTOVA II	18:39.0	2:19.9	127.9
470 Jill Percival	F	LiveRowing I	18:49.2	2:21.2	124.5
471 Cap Marara Jade	f	FIRT VIII	18:59.2	2:22.4	121.2
472 Mila Piroozfar	f	Ski Erg III	19:02.2	2:22.8	120.3
473 Aviron Castelnauudary Joelle	F	FIRT VIII	19:12.7	2:24.1	117.0
474 Heather Powell	f	Sub 7 XV	19:16.9	2:24.6	115.7
475 Roger Burrell	m	Free Spirits VI	19:24.6	2:25.6	113.5
476 Lana FF	f	Forum Flyers VI	19:39.0	2:27.4	109.3
477 Aviron Castelnauudary Celine	F	FIRT VIII	19:43.1	2:27.9	108.2
478 Aviron Castelnauudary Josyane E	f	FIRT VIII	19:45.2	2:28.2	107.6
479 Cap Marara Germaine	F	FIRT IX	19:53.6	2:29.2	105.4
480 Cap Marara Vaihere	F	FIRT IX	19:57.3	2:29.7	104.4
481 Sue Trentham	f	Sub 7 XVI	19:58.8	2:29.9	104.0
482 Cap Marara Emma	f	FIRT IX	20:01.5	2:30.2	103.3
483 Margaret Botterill (Mrs B)	f	Forum Flyers VI	20:10.7	2:31.3	101.0
484 Chris Hester	M	Forum Flyers VI	20:25.5	2:33.2	97.4
485 Nadine Boles	F	Red Line Rowers III	20:38.2	2:34.8	94.4
486 Rebecca RTS	F	Tribesports II	20:58.8	2:37.4	89.8
487 Aviron Castelnauudary Janine C	F	FIRT IX	21:06.3	2:38.3	88.3
488 Cap Marara Tux	f	FIRT IX	21:12.5	2:39.1	87.0
489 Livia F	f	Fitness Matters XV	21:55.9	2:44.5	78.6
490 Cap Marara Nathalie	f	FIRT X	21:56.8	2:44.6	78.5
491 Aviron Castelnauudary Jeanine	F	FIRT X	22:36.4	2:49.6	71.8
492 mjpermuth	f	Age Without Limits I	23:13.5	2:54.2	66.2
493 Cap Marara Chrystel	F	FIRT X	23:45.1	2:58.1	61.9
494 Asa Faraasen FM	f	Fitness Matters XVI	24:10.4	3:01.3	58.7
495 Gillian Burrell	f	Free Spirits VI	26:10.1	3:16.3	46.3

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