

## WOMENS CATEGORY

Athlete	Position	Points
Nikki Ellerington	1	40
Georgia Cakebread	2	30
Amy Bergmann	3	28
Jemma Baguley	4	25.5
Ella Payne	5	24
Melissa Pearson	6	12
Megan Wood	7	11
Jackie Nash	8	9.5

### Event 1 - Deadlift - 120kg

Reps	Standing	Points
23	1	8
18	3	6
22	2	7
12	4.5	4.5
8	7	2
10	6	3
7	8	1
12	4.5	4.5

### Event 2 - Power Stairs - 50kg, 60kg & 70kg

Time (Seconds)	Standing	Points
30.3	1	8
43.4	3	6
51.4	5	4
44.1	4	5
30.6	2	7
52.5	6	3
40*	7	2
25.3*	8	1

### Event 3 - Overhead Press - 50kg

Reps	Standing	Points
15	1	8
11	3	6
14	2	7
5	4	5
2	5	4
0	7	2
0	7	2
0	7	2

### Event 4 - Tyre Flip - 95kg

Time (Seconds)	Standing	Points
30.1	1	8
34.2	4	5
34.6	5	4
33.6	3	6
32.1	2	7
48.7	7	2
42.8	6	3
51.5	8	1

### Event 5 - Atlas Stones - 30kg, 40kg, 50kg, 65kg & 80kg

Nº Stones	Time (Seconds)	Standing	Points
5	27.7	1	8
5	47.1	2	7
4	22	3	6
4	29.8	4	5
4	37	5	4
2	27.9	7	2
4	43.7	6	3
1	10.4	8	1

**Megan Wood - 8 Steps**

**Jackie Nash - 3 Steps**

## BEGINNERS CATEGORY

Athlete	Position	Points
Jack Reeson	1	88
Nathan Woodward	2	83
Kevin Wilkinson	3	75
Gareth Bowmar	4	63.5
Matt Nash	5	58
Charlie Read	6	56.5
Luke Merchant	7	52.5
James Hawketts	8	49.5
Simon French	9.5	43
Alastair Turner	9.5	43
Charlie Heasman	11	42.5
Alex Symington	12	40
Reece Ayres	13	33.5
Glen Merritt	14	33
Kevin Wijmeersch	15	29.5
Jack Bergmann	16	28.5
Daniel Munden	17	23.5
Callum Amin	18	21
Jack Halford	19	10.5

Event 1 - Deadlift- 180kg		
Reps	Standing	Points
20	3	17
25	1	19
13	12	8
18	4.5	15.5
12	14.5	5.5
16	7	13
13	12	8
22	2	18
16	7	13
15	9.5	10.5
13	12	8
12	14.5	5.5
7	19	1
18	4.5	15.5
16	7	13
10	16	4
8	17.5	2.5
15	9.5	10.5
8	17.5	2.5

Event 2 - Power Stairs - 80kg, 100kg & 120kg		
Time (Seconds)	Standing	Points
27.6	2	18
27.5	1	19
28.3	3	17
38.6	9	11
31.6	4	16
32.4	5	15
36.1	8	12
30.1	18	2
40.9	10	10
43.2	12	8
32.8	6	14
34.2	7	13
56.7	14	6
49.1	15	5
49.7	13	7
58.3	16	4
41.5	11	9
22.9	17	3
52.2	19	1

Event 3 - Overhead Press -70kg		
Reps	Standing	Points
15	4	16
18	1	19
15	4	16
17	2	18
11	10.5	9.5
12	8.5	11.5
14	6.5	13.5
14	6.5	13.5
15	4	16
12	8.5	11.5
11	10.5	9.5
9	12.5	7.5
8	15.5	4.5
8	15.5	4.5
8	15.5	4.5
9	12.5	7.5
3	18	2
8	15.5	4.5
1	19	1

Event 4 - Tyre Flip - 115kg		
Time (Seconds)	Standing	Points
25.3	1	19
31.4	10	10
28.8	5	15
31.5	11	9
26.1	2	18
27.3	3	17
30.4	8	12
28.4	4	16
35.8	16	4
29.9	7	13
31.3	9	11
29.7	6	14
32.3	12	8
37.7	17	3
44.2	19	1
35.1	15	5
32.5	13	7
39.2	18	2
33.1	14	6

Event 5 - Atlas Stones - 40kg, 50kg, 65kg, 80kg & 100kg			
Nº Stones	Time (Seconds)	Standing	Points
5	12	2	18
5	13.2	4	16
5	11.6	1	19
5	18.5	9	11
5	19.3	11	9
5	14.4	7	13
5	21.5	13	7
5	16.9	8	12
5	13.6	5	15
5	13.9	6	14
5	19	10	10
5	24.3	14	6
5	13.1	3	17
5	25.1	15	5
5	26.6	16	4
5	21.3	12	8
5	27.6	17	3
5	39.2	19	1
5	36.5	18	2

**Glen Merritt - 8 Steps**  
**Callum Amin - 7 Steps**  
**Jack Bergmann - 8 Steps**  
**Jack Halford - 6 Steps**  
**James Hawketts - 6 Steps**

## NOVICE CATEGORY

Athlete	Position	Points
Ross Green	1.5	34
Lewis Yates	1.5	34
Daniel Elkington	3	32
Robbie Black	4	28
Tim Abrams	5	27
Luke Pryor	6	22
Zak Shreenan	7	20.5
Barry Harper	8	17
Matthew Rooney	9	10.5

**Ross Green 1st after countback**

### Event 1 - Deadlift - 220kg

Reps	Standing	Points
4	8	2
9	4.5	5.5
12	1	9
11	2.5	7.5
3	9	1
11	2.5	7.5
9	4.5	5.5
8	6	4
7	7	3

### Event 2 - Power Stairs - 100kg, 120kg & 140kg

Time (Seconds)	Standing	Points
32.7	2	8
42	4	6
32.1	1	9
51.4	7	3
45.7	5	5
47.8	6	4
38.9	3	7
32.3*	8	2
43.3*	9	1

**Matthew Rooney - 5 Steps**

**Barry Harper - 7 Steps**

### Event 3 - Overhead Press - 90kg

Reps	Standing	Points
12	2	8
11	3.5	6.5
5	8	2
11	3.5	6.5
13	1	9
9	5.5	4.5
0	9	1
6	7	3
9	5.5	4.5

### Event 4 - Tyre Flip - 145kg

Time (Seconds)	Standing	Points
33.5	3	7
32.6	2	8
35.5	5	5
34.5	4	6
26.5	1	9
36.5	6	4
40.1	7	3
44.5	8	2
45.8	9	1

### Event 5 - Atlas Stones - 50kg, 65kg, 80kg, 100kg & 120kg

Nº Stones	Time (Seconds)	Standing	Points
5	12	1	9
5	17	2	8
5	20.4	3	7
5	23.9	5	5
5	32.6	7	3
4	12.7	8	2
5	24.5	6	4
5	21.2	4	6
4	19.3	9	1

## INTERMEDIATES CATEGORY

Athlete	Position	Points
Tony Gibbons	1	27.5
Howard Bennett	2	22.5
Owen Boothby	3	20
Tom Miles	4	17
Andy Smith	5	10.5
Andrew Gibbs	6	7.5

Event 1 - Deadlift- 260kg		
Reps	Standing	Points
13	1	6
0	6	1
7	3	4
10	2	5
6	4.5	2.5
6	4.5	2.5

Event 2 - Power Stairs - 120kg, 140kg & 160kg		
Time (Seconds)	Standing	Points
30.4	1	6
35.9	3	4
34.4	2	5
41.8	5	2
37.7	4	3
58.3*	6	1

Event 3 - Overhead Press -110kg		
Reps	Standing	Points
9	1.5	5.5
9	1.5	5.5
8	3	4
4	4	3
3	5	2
2	6	1

Event 4 - Tyre Flip - 175kg		
Time (Seconds)	Standing	Points
26.7	2	5
24.6	1	6
29.5	3	4
30.5	4	3
34	5	2
36.6	6	1

Event 5 - Atlas Stones - 80kg, 100kg, 120kg, 130kg & 150kg			
Nº Stones	Time (Seconds)	Standing	Points
5	34.2	2	5
5	29.7	1	6
4	18.5	4	3
5	56.8	3	4
3	28.3	6	1
4	39.9	5	2

**Andrew Gibbs - 7 Steps**