

## ClubSport Results Women November 2006

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
SELENA BISHOP	FAREHAM	LA FITNESS	F GOLD	OPEN	2.45	3.10	9.22	10.04	16.12	16.12
CAROL JONES	SCUNTHORPE	SCUNTHORPE LEISURE	F GOLD	OPEN	2.21	3.18	9.52	11.03	16.33	16.33
JULIA KENNING	LEICESTERSHIRE	CHARNWOOD LEISURE	F GOLD	OPEN	2.59	3.58	10.55	11.48	16.50	16.50
TERESA CLIXBY-SMITH	CESHIRE	DRAGONS	F GOLD	OPEN	2.49	4.15	11.05	12.30	17.46	17.46
WENDY LAMB	CESHIRE	DRAGONS	F GOLD	OPEN	2.06	3.45	10.19	12.40	17.48	17.48
VICKY MEDLOCK	HORNCastle	JACKYS GYM	F GOLD	OPEN	2.36	3.49	10.29	12.26	18.04	18.04
SUE TURNER	CESHIRE	DRAGONS	F GOLD	OPEN	2.40	4.15	10.57	12.15	18.09	18.09
HEATHER MADDOCK	CESHIRE	DRAGONS	F GOLD	OPEN	3.18	4.20	11.29	12.29	18.20	18.20
LOU EARL	MILTON KEYNES	ESPORTA	F GOLD	OPEN	3.43	4.52	11.38	12.36	18.32	18.32
J Z PLUMMER	YORK	FITNESS FIRST	F GOLD	OPEN	3.33	4.44	11.34	12.31	18.37	18.37
MANDY HARDING	HANTS	FITNESS FIRST	F GOLD	OPEN	4.16	5.56	12.24	13.44	18.54	18.54
CHRIS RAYENR	CESHIRE	DRAGONS	F GOLD	OPEN	2.58	5.07	12.08	13.28	19.30	19.30
DONNA REID	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	3.49	4.35	11.50	14.31	19.46	19.46
TRUDY ANSON	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	3.33	4.18	10.54	14.38	19.52	19.52
TRACY COUNTER	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	3.59	4.43	12.04	13.17	19.55	19.55
JUSTINE HYDE	HORNCastle	JACKYS GYM	F GOLD	OPEN	2.32	4.31	11.20	13.37	19.57	19.57
KATRINA YERBURY	BOURNEMOUTH	DAVID LLOYD	F GOLD	OPEN	4.06	4.47	11.42	14.00	20.38	20.38
LINDSAY WALKE	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	4.42	5.27	12.04	13.35	21.11	21.11
SYLVIA MURRAY	ORKNEY	THE PICKAQUOY CENTRE	F GOLD	OPEN	3.50	6.41	13.15	15.19	21.14	21.14
LOUISE DAGGER	LANCS	T.C YOU	F GOLD	OPEN	3.34	5.38	13.05	14.27	21.25	21.25
LEANNE HAMLYN	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	3.57	5.01	12.21	15.20	22.03	22.03
SARAH HOLLOWAY	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	4.29	5.24	12.43	14.15	22.34	22.34
KATRINA	BOURNEMOUTH	DAVID LLOYD	F GOLD	OPEN	4.11	5.09	12.07	15.31	22.36	22.36
RACHEL WEBB	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	4.26	5.30	12.48	15.28	22.37	22.37
SALLY MORRIS	CARMARTHEN	3 RIVERS FERRYSIDE	F GOLD	OPEN	4.58	6.01	14.08	15.10	23.13	23.13
GEORGETTE JONES	SURREY	THE LOFT	F GOLD	OPEN	4.47	7.28	14.37	17.13	23.47	23.47
KERRIE SMITH	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	OPEN	4.43	5.28	12.30	15.18	23.54	23.54
LOUISE DREW	MILTON KEYNES	FITNESS FIRST	F GOLD	OPEN	5.26	6.37	15.14	17.34	25.20	25.20
ETTA CORSE	ORKNEY	THE PICKAQUOY CENTRE	F GOLD	OPEN	4.15	6.30	16.42	19.17	26.35	26.35
JUDITH VIVIAN	LINCOLN	BURTON WATERS	F GOLD	OPEN	4.08	5.27	13.11	18.40	26.50	26.50
LOUISE LENG	WARKS	WOODLAND WELLBEING	F GOLD	MASTERS	4.01	5.15	11.33	12.39	17.08	17.08
SUE REGAN	CESHIRE	DRAGONS	F GOLD	MASTERS	2.50	4.06	10.58	12.10	18.01	18.01

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
JENNIE KINGDON	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	MASTERS	3.54	5.01	11.49	13.53	18.45	18.45
KAREN PARFORD	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	MASTERS	3.32	4.41	12.13	13.23	19.27	19.27
HILARY BOOCHER	HORNCASTLE	JACKYS GYM	F GOLD	MASTERS	2.35	4.02	11.35	13.30	20.25	20.25
RUTH HUME	LINCOLN	BURTON WATERS	F GOLD	MASTERS	3.49	5.20	11.54	14.57	21.45	21.45
KAREN HANDLEY	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	MASTERS	4.01	4.53	11.56	13.34	21.46	21.46
NICKY EVANS	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	MASTERS	4.43	5.42	12.49	15.16	22.38	22.38
KATHRYN ROBERTS	LINCOLN	BURTON WATERS	F GOLD	MASTERS	4.19	6.18	13.31	16.40	23.40	23.40
JANE FRY	NOTTS	BURTON WATERS	F GOLD	MASTERS	3.58	5.50	12.52	16.54	23.42	23.42
KATHY NORTHCOTT	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	MASTERS	5.05	6.00	14.07	17.57	26.26	26.26
SUE SAMPSON	JERSEY	LIDO H&F	F GOLD	VETERANS	2.16	4.20	11.54	12.27	17.54	17.54
PENNY MARTIN	HORNCASTLE	JACKYS GYM	F GOLD	VETERANS	2.32	3.54	11.00	12.50	18.32	18.32
PAULINE MORGAN	BIRMINGHAM	B-ACTIVE	F GOLD	VETERANS	6.51	7.58	9.08	11.01	20.37	20.37
HEIDI KERR	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	VETERANS	4.01	4.56	12.49	15.19	23.08	23.08
MO CUNNINGHAM	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	VETERANS	4.34	5.32	13.48	15.46	24.01	24.01
JENNY GLIDDON	PLYMOUTH	DEVONSHIRE HEALTH	F GOLD	VETERANS	4.07	5.38	13.44	16.22	24.38	24.38

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
NIKK HUSSEY	RUTLAND	ASHWELL SPORTS	F SILVER	OPEN	1.54	2.17	5.19	5.53	9.05	9.05
HELEN SOWERBY	RUTLAND	ASHWELL SPORTS	F SILVER	OPEN	1.30	2.10	5.24	6.16	9.20	9.20
SAMANTHA KELLY	BOURNEMOUTH	DAVID LLOYD	F SILVER	OPEN	2.07	2.27	5.40	6.20	9.40	9.40
ANJA HEIJNEN	BOURNEMOUTH	DAVID LLOYD	F SILVER	OPEN	2.10	2.37	5.47	6.27	9.53	9.53
SHARON HUMPHRIES	SOMERSET	FITNESS FACTORY	F SILVER	OPEN	1.37	2.07	5.39	6.05	9.55	9.55
FIONA KING	DORSET	THE WEST HANTS CLUB	F SILVER	OPEN	2.15	2.57	6.30	7.21	9.55	9.55
KATE SAINSBURY	BOURNEMOUTH	DAVID LLOYD	F SILVER	OPEN	2.23	2.47	6.05	6.35	10.06	10.06
PAULINE DALGAIRNS	SCUNTHORPE	SCUNTHORPE LEISURE	F SILVER	OPEN	1.27	2.07	5.30	6.10	10.12	10.12
MICHELLE KEILAR	LONDON	CHARING CROSS CLUB	F SILVER	OPEN	2.48	3.42	7.30	8.08	10.20	10.20
HANNAH CONNOR	CHICHESTER	CANNONS	F SILVER	OPEN	2.15	2.47	6.14	6.59	10.27	10.27
CATHERINE BETTS	CHICHESTER	CANNONS	F SILVER	OPEN	1.59	2.32	6.01	6.59	10.33	10.33
SARAH KAULBACH	BRISTOL	LIVINGWELL	F SILVER	OPEN	1.49	2.46	6.15	7.14	10.41	10.41
NICKY BROWN	SCUNTHORPE	SCUNTHORPE LEISURE	F SILVER	OPEN	1.25	2.32	5.53	6.41	10.50	10.50
SALLY TAYLOR	SOMERSET	FITNESS FACTORY	F SILVER	OPEN	1.53	2.44	6.24	7.08	10.58	10.58
SUE GAMBLE	YORK	BODY BASICS	F SILVER	OPEN	2.35	3.23	6.46	7.36	11.22	11.22
KATE REID	SOMERSET	TARGET ZONE	F SILVER	OPEN	1.57	3.01	6.26	7.22	11.24	11.24
O'DONNELL	CHICHESTER	CANNONS	F SILVER	OPEN	2.07	2.39	6.03	7.00	11.35	11.35
SIOBHAN SEERY	BATH	TARGET ZONE	F SILVER	OPEN	2.36	3.32	6.55	8.01	11.51	11.51
KERRY MCLEOD	LANCS	T.C YOU	F SILVER	OPEN	2.03	3.05	7.00	7.43	12.07	12.07
SHONA PATERSON	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	3.06	3.51	7.31	8.12	12.13	12.13
LISA HOLLOWAY	KENT	DRAGONS	F SILVER	OPEN	2.06	3.12	6.30	7.40	12.19	12.19
JUNE URBAN	CLEVELAND	CLEVELAND POTASH	F SILVER	OPEN	2.44	3.35	7.30	8.10	12.29	12.29
DAWN SCOTT-GOODWIN	LONDON	CHARING CROSS CLUB	F SILVER	OPEN	2.26	3.06	7.17	7.35	12.31	12.31
ADELE GEORGE	LONDON	CHARING CROSS CLUB	F SILVER	OPEN	2.57	3.40	7.16	8.17	12.33	12.33
GERALDINE HAYWARD	CHICHESTER	CANNONS	F SILVER	OPEN	2.37	3.14	6.46	7.54	12.33	12.33
SHARON COOPER	LANCS	LIFESTYLE FITNESS	F SILVER	OPEN	2.19	3.17	7.01	7.54	12.38	12.38
DONNA FISHER	PORTSMOUTH	CANNONS	F SILVER	OPEN	2.38	3.14	7.28	8.34	12.42	12.42
LYNN GRAY	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.49	3.43	7.20	8.24	12.52	12.52
INGA FALCONER	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	3.13	4.07	7.29	8.30	12.58	12.58
KAROLINE JOLLY	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.37	3.15	6.51	7.55	13.05	13.05
MICHAELA CLYNDES	LINCOLN	BURTON WATERS	F SILVER	OPEN	2.16	3.08	7.04	8.46	13.18	13.18
FIONA SPENCE	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.58	3.80	7.32	8.29	13.21	13.21
JAN DAVIS	RUTLAND	ASHWELL SPORTS	F SILVER	OPEN	1.25	2.42	6.19	9.03	13.21	13.21
DEBRA GREEN	LONDON	CHARING CROSS CLUB	F SILVER	OPEN	3.04	4.00	7.36	9.07	13.34	13.34
AMY CODLING	CLEVELAND	CLEVELAND POTASH	F SILVER	OPEN	2.50	4.02	8.00	8.47	13.44	13.44

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
VIRINDER SIHRA	LONDON	CHARING CROSS CLUB	F SILVER	OPEN	2.47	3.37	7.31	8.50	13.46	13.46
KAREN MCGREGOR	HAMPSHIRE	ANDOVER LEISURE	F SILVER	OPEN	2.52	4.49	8.21	9.47	13.48	13.48
JULES	BOURNEMOUTH	DAVID LLOYD	F SILVER	OPEN	2.53	3.22	7.05	8.56	13.57	13.57
KAREN STEVENSON	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	1.49	2.58	6.24	8.00	13.59	13.59
SAM JONES	BRISTOL	TARGET ZONE	F SILVER	OPEN	2.33	3.34	7.39	9.07	14.01	14.01
CAROLINE VENDY	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.39	4.02	7.19	8.34	14.16	14.16
LEIZA ALPASS	BRISTOL	LIVINGWELL	F SILVER	OPEN	3.41	5.06	9.00	10.20	15.20	15.20
CLAIRE WOLSTENHOLME	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	3.27	4.29	8.22	9.29	15.29	15.29
TRACEY KENT	YORK	BODY BASICS	F SILVER	OPEN	3.11	5.38	9.42	11.04	15.41	15.41
LORRAINE SPENCE	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.59	4.14	7.58	9.08	15.48	15.48
JO DORNEY	BRISTOL	LIVINGWELL	F SILVER	OPEN	4.13	5.31	9.68	11.15	15.57	15.57
MELANIE PAPWORTH	NOTTS	BURTON WATERS	F SILVER	OPEN	2.42	4.12	8.58	11.31	16.53	16.53
KARINA ALEXANDER	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	OPEN	2.34	4.36	8.46	11.01	17.49	17.49
KAREN LARGE	IPSWICH	NEXT GENERATION	F SILVER	MASTERS	1.13	1.40	4.54	5.50	9.53	9.53
ANNA WHITEHEAD	HAMPSHIRE	FITNESS FIRST	F SILVER	MASTERS	1.50	2.16	5.47	6.22	10.06	10.06
ALISON EVANS	SOMERSET	FITNESS FACTORY	F SILVER	MASTERS	1.47	2.26	5.53	6.35	10.38	10.38
RACHAEL ROBERTS	CHICHESTER	CANNONS	F SILVER	MASTERS	1.20	2.00	5.12	6.24	10.38	10.38
DONNA VINCE	BRISTOL	LIVINGWELL	F SILVER	MASTERS	2.09	3.00	6.16	7.12	11.02	11.02
CHRISTINE KING	LANCS	LIFESTYLE FITNESS	F SILVER	MASTERS	1.55	2.50	6.32	7.22	11.05	11.05
FRANCIS WALTON	LANCS	LIFESTYLE FITNESS	F SILVER	MASTERS	1.49	2.39	6.12	7.12	11.26	11.26
ANN LEWIN	NORWICH	BANNATYNES	F SILVER	MASTERS	2.12	2.50	6.14	8.02	11.27	11.27
ROISIN MOOREHEAD	HAWICK	THINK FITNESS	F SILVER	MASTERS	2.55	3.21	7.04	7.31	11.39	11.39
SUE MERRET	SCUNTHORPE	SCUNTHORPE LEISURE	F SILVER	MASTERS	2.09	2.48	6.24	7.10	11.48	11.48
ROSANNA WOOD	YORK	BODY BASICS	F SILVER	MASTERS	2.52	3.53	7.43	9.09	12.27	12.27
DEB BALDWIN	CLEVELAND	CLEVELAND POTASH	F SILVER	MASTERS	2.45	3.40	7.35	8.11	12.33	12.33
LOUISE TANTRAM	LINCOLN	BURTON WATERS	F SILVER	MASTERS	2.34	3.40	7.15	8.59	13.01	13.01
LIZ MCKAY	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	MASTERS	2.50	3.53	7.44	8.41	13.02	13.02
MAGGIE CUSWORTH	OXON	TARGET ZONE	F SILVER	MASTERS	2.08	3.00	6.38	7.54	13.24	13.24
EDITH JONES	CHICHESTER	CANNONS	F SILVER	MASTERS	3.08	4.08	7.38	9.03	14.09	14.09
CAROLYN CHALMERS	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	MASTERS	3.03	4.00	7.34	8.33	14.17	14.17
ANITA JOHNSON	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	MASTERS	2.24	3.31	5.30	6.33	14.34	14.34
MAGGIE PORTER	LINCOLN	BODYCARE H&F	F SILVER	MASTERS	2.40	3.15	7.03	8.58	14.48	14.48
ALISON RUSHFORD	PORTSMOUTH	CANNONS	F SILVER	MASTERS	2.20	3.12	7.17	9.24	16.26	16.26
JANE PHILLIPS	ORKNEY	THE PICKAQUOY CENTRE	F SILVER	MASTERS	3.42	5.10	8.43	10.19	16.48	16.48
ANNETTE HENNESSY	SOMERSET	FITNESS FACTORY	F SILVER	VETERANS	2.08	2.43	6.36	7.16	10.50	10.50

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
BARBARA KNAGGS	CLEVELAND	CLEVELAND POTASH	F SILVER	VETERANS	2.25	3.20	7.20	8.10	12.19	12.19
JEAN BEACOCK	SCUNTHORPE	SCUNTHORPE LEISURE	F SILVER	VETERANS	1.46	2.35	6.17	7.34	12.31	12.31
ANITA TRESIDER	KENT	DRAGONS	F SILVER	VETERANS	1.45	2.55	6.25	7.33	13.18	13.18
JAN BETTS	CHICHESTER	CANNONS	F SILVER	VETERANS	2.49	3.34	7.11	8.09	13.37	13.37
NAOMI WAYLAND	THAME	RACQUETS FITNESS	F SILVER	VETERANS	3.54	4.45	8.19	8.59	13.55	13.55
JANICE FRANKS		BROOKLANDS DL	F SILVER	VETERANS	3.25	4.37	8.32	9.43	15.43	15.43
SHELAGH PHILLIPS	NORWICH	BANNATYNES	F SILVER	VETERANS	2.36	3.40	8.00	9.30	18.06	18.06

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
TRACEY MARSDEN	YORK	BODY BASICS	F BRONZE	OPEN	0.57	1.33	3.42	4.22	5.47	5.47
AMY RITSON	CHICHESTER	CANNONS	F BRONZE	OPEN	0.54	1.14	3.17	3.58	5.53	5.53
RACHEL HINDLE	YORK	BODY BASICS	F BRONZE	OPEN	0.51	1.17	3.35	4.10	5.55	5.55
PIP MEAD	YORK	BODY BASICS	F BRONZE	OPEN	0.59	1.32	3.55	4.27	6.13	6.13
LUCY ATKINSON	BOURNEMOUTH	DAVID LLOYD	F BRONZE	OPEN	1.30	1.45	3.58	4.40	6.31	6.31
DEBBIE TAYLOR	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	0.54	1.21	3.53	4.24	6.33	6.33
JILL NICKERSON	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	1.20	1.40	4.20	4.45	6.37	6.37
JACKIE HODGSON	YORK	BODY BASICS	F BRONZE	OPEN	1.15	1.42	4.05	4.31	6.41	6.41
CLARE FAWCETT	YORK	BODY BASICS	F BRONZE	OPEN	1.09	1.41	3.51	4.39	6.41	6.41
DEBBIE ROBINSON	BOURNEMOUTH	DAVID LLOYD	F BRONZE	OPEN	1.17	1.30	4.05	4.45	6.42	6.42
KATE STAMSBY	YORK	BODY BASICS	F BRONZE	OPEN	1.06	1.39	3.45	4.27	6.43	6.43
CLAIRE LIVESEY	NORTHANTS	FITNESS FIRST	F BRONZE	OPEN	1.09	1.26	3.41	4.41	6.48	6.48
VIKKI GIBBS	BOURNEMOUTH	DAVID LLOYD	F BRONZE	OPEN	2.00	2.30	4.40	5.10	6.50	6.50
REBECCA BEYNON	BRISTOL	LIVINGWELL	F BRONZE	OPEN	0.55	1.23	4.02	4.46	6.57	6.57
LAUREN MONTEIL	SURBITON	RACKET & FITNESS CLUB	F BRONZE	OPEN	1.49	2.15	4.38	5.06	6.57	6.57
SAM WALTON	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	1.14	1.45	4.23	5.01	7.02	7.02
HELEN WARD-JACKSON	YORK	BODY BASICS	F BRONZE	OPEN	1.13	1.47	4.16	4.53	7.02	7.02
KATE WHIFFEN	PLYMOUTH	CALLINGTON SPORTS	F BRONZE	OPEN	2.06	2.28	4.27	4.53	7.13	7.13
KAISA MAKI-PETAJA	NORWICH	BANNATYNES	F BRONZE	OPEN	1.11	1.46	4.09	4.46	7.13	7.13
DAWN INMAN	YORK	BODY BASICS	F BRONZE	OPEN	1.33	1.56	2.04	5.00	7.17	7.17
NIKKI SMITH	CHICHESTER	CANNONS	F BRONZE	OPEN	1.03	1.41	3.56	4.47	7.17	7.17
TRACY HOLMAN	BOURNEMOUTH	DAVID LLOYD	F BRONZE	OPEN	1.39	2.00	4.25	5.18	7.19	7.19
FIONA MCCARTNEY	CORNWALL	SHIPS & CASTLES	F BRONZE	OPEN	1.49	2.11	4.36	5.22	7.21	7.21
JEANETTE WILLIAMS	MANCHESTER	LIVINGWELL	F BRONZE	OPEN	1.20	1.48	4.14	4.59	7.24	7.24
LAURA NEWMAN	BRISTOL	LIVINGWELL	F BRONZE	OPEN	1.30	2.13	4.37	5.26	7.26	7.26
ANGELA GORMAN	BRISTOL	LIVINGWELL	F BRONZE	OPEN	1.28	2.08	4.23	5.17	7.27	7.27
SUSAN MOYLE	CORNWALL	SHIPS & CASTLES	F BRONZE	OPEN	1.47	2.23	4.49	5.32	7.28	7.28
TRACEY PEPPER	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	1.21	1.59	4.19	5.01	7.28	7.28
DEBORAH GOODWIN	BIRMINGHAM	B-ACTIVE	F BRONZE	OPEN	1.48	2.02	4.37	5.15	7.32	7.32
CARYS FERRIS	GWYNEDD	DWYFOR LEISURE	F BRONZE	OPEN	2.07	2.33	5.06	5.39	7.35	7.35
YVONNE HAROLD	SWINDON	FITNESS FIRST	F BRONZE	OPEN	1.31	2.05	4.23	5.07	7.40	7.40
JUDY RUSSELL	PORTSMOUTH	CANNONS	F BRONZE	OPEN	1.25	1.57	4.25	5.06	7.48	7.48
LAURA POURIE	YORK	BODY BASICS	F BRONZE	OPEN	1.10	1.46	4.16	5.31	7.53	7.53
MANDY JEMISON	YORK	BODY BASICS	F BRONZE	OPEN	1.30	2.09	4.42	5.42	8.00	8.00
VICKI BROOKES	GLOS	TARGET ZONE	F BRONZE	OPEN	1.04	1.49	4.06	5.01	8.05	8.05

NAME	AREA	CLUB	M/F LEVEL	CATEGORY	CYCLE	SIT-UPS	ROW	S PRESS	RUN	FINISH
SARAH WHITEHOUSE	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	1.30	2.05	4.45	5.35	8.05	8.05
KATE BEER	CALLINGTON	CALLINGTON SPORTS	F BRONZE	OPEN	2.25	2.49	5.22	5.57	8.08	8.08
RACHEL WILLIAMS-LOCKE	BRISTOL	LIVINGWELL	F BRONZE	OPEN	1.55	0.55	2.35	0.40	2.50	8.50
CHRISTINA JONES	ORKNEY	THE PICKAQUOY CENTRE	F BRONZE	OPEN	1.58	2.45	5.07	6.12	8.57	8.57
DENISE JENKINS	BRISTOL	TARGET ZONE	F BRONZE	OPEN	1.43	2.52	5.21	6.26	9.00	9.00
CATHERINE LEE	BRISTOL	LIVINGWELL	F BRONZE	OPEN	2.33	3.21	5.50	7.00	9.04	9.04
BARBARA WHITNEY	CLEVELAND	CLEVELAND POTASH	F BRONZE	OPEN	2.02	2.46	5.39	6.25	9.05	9.05
HELEN LUCAS	KENT	DRAGONS	F BRONZE	OPEN	1.31	2.22	4.57	5.45	9.08	9.08
ALISON DODGSON	YORK	BODY BASICS	F BRONZE	OPEN	2.02	2.36	4.56	6.25	9.10	9.10
CLARE MULLIGAN	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	OPEN	1.52	2.39	5.38	6.35	9.13	9.13
RACHAEL ATHERTON	ST HELENS	JJB	F BRONZE	OPEN	2.22	3.00	5.56	6.37	9.14	9.14
CAROL SINCLAIR	ORKNEY	THE PICKAQUOY CENTRE	F BRONZE	OPEN	2.01	2.38	5.24	6.19	9.29	9.29
MANDY FERGUSON	EDINBURGH	MAXIMIZE	F BRONZE	OPEN	2.28	3.11	6.16	7.11	9.50	9.50
CATHY BELLEW	LONDON	CHARING CROSS CLUB	F BRONZE	OPEN	2.13	2.41	5.32	6.36	9.54	9.54
JO STONE	BRISTOL	LIVINGWELL	F BRONZE	OPEN	3.03	4.00	6.36	7.45	10.03	10.03
LAUREN HUTCHINSON	LONDON	CHARING CROSS CLUB	F BRONZE	OPEN	1.54	2.28	5.56	6.51	10.47	10.47
JENNIFER BYEKWASO	LONDON	CHARING CROSS CLUB	F BRONZE	OPEN	3.16	3.59	7.17	8.04	10.58	10.58
ADELE BUTLER	YORK	BODY BASICS	F BRONZE	OPEN	3.00	3.37	6.25	8.52	11.34	11.34
NATASHA SNELHAM	SWINDON	FITNESS FIRST	F BRONZE	OPEN	2.11	2.55	6.58	7.41	12.15	12.15
MONIQUE PRITCHARD	TONBRIDGE	HILDEN HEALTH CLUB	F BRONZE	OPEN	4.00	5.00	7.52	8.40	13.04	13.04
ELIZABETH ALLEN	YORK	BODY BASICS	F BRONZE	MASTERS	0.55	1.27	3.33	4.16	5.40	5.40
MICHELLE INGHAM	CO DURHAM	MERIDIAN H&F	F BRONZE	MASTERS	1.14	1.33	3.58	4.25	6.03	6.03
PAULINE PENCY	YORK	BODY BASICS	F BRONZE	MASTERS	1.02	1.27	3.21	4.15	6.10	6.10
HEATHER FARROW	YORK	BODY BASICS	F BRONZE	MASTERS	1.10	1.39	4.07	4.48	6.34	6.34
KATHRYN HOUGH	SHETLAND ISLES	CLICKIMIN LEISURE	F BRONZE	MASTERS	1.26	1.57	4.15	5.02	6.40	6.40
LYNNE MACKAY	SOMERSET	FITNESS FACTORY	F BRONZE	MASTERS	1.16	1.43	4.13	4.50	6.47	6.47
YVONNE WALKER	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	MASTERS	1.18	1.49	4.22	4.57	7.03	7.03
CHRISTINE KNOWLES	YORK	BODY BASICS	F BRONZE	MASTERS	1.34	2.15	4.33	5.16	7.03	7.03
SUE THURSTON	NORTHANTS	FITNESS FIRST	F BRONZE	MASTERS	1.25	2.02	4.23	5.07	7.07	7.07
TESS ROEBUCK	YORK	BODY BASICS	F BRONZE	MASTERS	1.28	2.01	4.26	5.12	7.11	7.11
NICKY PLOWMAN	YORK	BODY BASICS	F BRONZE	MASTERS	1.23	1.53	4.25	5.02	7.29	7.29
ROSLIN MOOREHEAD	HAWICK	THINK FITNESS	F BRONZE	MASTERS	1.37	2.02	4.25	5.12	7.38	7.38
ROWENA BERRIMAN	YORK	BODY BASICS	F BRONZE	MASTERS	1.04	1.36	4.14	4.54	7.47	7.47
ANNE-MARRIE WHINCUP	YORK	BODY BASICS	F BRONZE	MASTERS	1.49	2.22	4.37	5.34	7.59	7.59
JACQUIE IRVING	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	MASTERS	1.20	1.56	4.35	5.27	8.08	8.08

SHIRLEY TYRELL	YORK	BODY BASICS	F BRONZE	MASTERS	1.40	2.28	4.54	5.48	8.08	8.08
WENDY ASHTON	SCUNTHORPE	SCUNTHORPE LEISURE	F BRONZE	MASTERS	1.33	1.52	4.47	5.26	8.10	8.10
SUE HALSTEAD	YORK	BODY BASICS	F BRONZE	MASTERS	1.21	1.57	4.37	5.30	8.15	8.15
CAROL JONES	GWYNEDD	DWYFOR LEISURE	F BRONZE	MASTERS	2.28	3.00	5.37	6.40	8.30	8.30
CHERRY BROATCH	LANCS	T.C YOU	F BRONZE	MASTERS	1.39	2.27	4.39	5.52	8.32	8.32
ANN SAINSBURY	YORK	BODY BASICS	F BRONZE	MASTERS	1.28	2.07	4.42	5.42	8.41	8.41
CLARE BROWN	YORK	BODY BASICS	F BRONZE	MASTERS	1.25	2.13	4.42	5.42	8.44	8.44
KIM BARTLETT	BRISTOL	LIVINGWELL	F BRONZE	MASTERS	2.29	3.15	5.40	6.42	9.19	9.19
GILL COUPLAND	LINCOLN	BURTON WATERS	F BRONZE	MASTERS	1.40	2.34	5.18	6.50	9.33	9.33
STACY VICARY	PORTSMOUTH	CANNONS	F BRONZE	MASTERS	2.11	2.45	5.32	6.30	9.33	9.33
LISA CHAPMAN	CLEVELAND	CLEVELAND POTASH	F BRONZE	MASTERS	1.42	2.29	5.25	6.10	9.34	9.34
SUSAN WHITE	YORK	BODY BASICS	F BRONZE	MASTERS	2.02	2.45	5.12	6.40	9.51	9.51
LORRAINE SANDS	SWINDON	FITNESS FIRST	F BRONZE	MASTERS	1.33	2.27	5.27	6.28	9.58	9.58
ANN WILLIAMS	GWYNEDD	DWYFOR LEISURE	F BRONZE	MASTERS	2.42	3.42	6.40	7.45	10.20	10.20
FAUX	LONDON	CHARING CROSS CLUB	F BRONZE	MASTERS	3.02	3.26	6.26	7.39	10.25	10.25
DIANE TAYLOR	KENT	DRAGONS	F BRONZE	MASTERS	1.42	2.30	5.20	6.23	11.15	11.15
SUE KERTON	SOMERSET	FITNESS FACTORY	F BRONZE	VETERANS	1.07	1.26	3.50	4.22	6.42	6.42
JILLIAN STANBRIDGE	ISLE OF WIGHT	TJS HEALTH SPA	F BRONZE	VETERANS	1.33	2.05	4.25	4.50	7.02	7.02
MARLENE WILLIAMSON	SHETLAND ISLES	CLICKIMIN LEISURE	F BRONZE	VETERANS	1.38	2.06	4.22	5.16	7.15	7.15
DIANA STEWART	SURREY	THE LOFT	F BRONZE	VETERANS	1.46	2.30	4.40	5.28	7.27	7.27
ANN WILKINS	YORK	BODY BASICS	F BRONZE	VETERANS	1.22	1.53	4.24	5.20	7.29	7.29
ANN BANNISTER	YORK	BODY BASICS	F BRONZE	VETERANS	1.44	2.22	4.55	5.45	7.52	7.52
ANN PENNOCK	YORK	BODY BASICS	F BRONZE	VETERANS	1.46	2.21	5.03	5.54	7.59	7.59
DYLIS DAVY	CLEVELAND	CLEVELAND POTASH	F BRONZE	VETERANS	1.44	2.15	5.00	5.33	8.13	8.13
BRENDA BANKS	YORK	BODY BASICS	F BRONZE	VETERANS	1.21	1.41	4.04	6.05	8.50	8.50
SARAH RUSSELL	YORK	BODY BASICS	F BRONZE	VETERANS	1.39	2.32	5.18	6.12	9.03	9.03
YVONNE POLOCK	YORK	BODY BASICS	F BRONZE	VETERANS	1.54	2.37	5.06	6.42	9.37	9.37
PAULINE DAVEY	BRISTOL	LIVINGWELL	F BRONZE	VETERANS	1.40	2.45	5.35	6.50	10.04	10.04
FELICITY CHAPMAN	YORK	BODY BASICS	F BRONZE	VETERANS	2.03	2.48	5.35	6.45	10.16	10.16
MAUREEN LAMBERT	IRELAND	HOTEL WESTPORT CLUB	F BRONZE	VETERANS	2.33	3.01	6.03	6.51	10.40	10.40
JANE POOLE	YORK	BODY BASICS	F BRONZE	VETERANS	2.27	3.25	6.30	7.32	10.41	10.41
VAL HOBBS	YORK	BODY BASICS	F BRONZE	VETERANS	2.26	2.59	5.59	7.03	10.42	10.42
JENNIFER REED	BRISTOL	LIVINGWELL	F BRONZE	VETERANS	3.37	4.40	7.40	8.27	11.08	11.08
VAL WALLINGER	YORK	BODY BASICS	F BRONZE	VETERANS	2.04	3.08	6.06	7.31	11.10	11.10
WATSON	HEREFORD	HEREFORD LEISURE	F BRONZE	VETERANS	1.45	5.50	8.24	9.18	11.57	11.57
EVE LARMOUTH	ORKNEY	THE PICKAQUOY CENTRE	F BRONZE	VETERANS	3.11	4.20	7.53	9.18	15.19	15.19