Penalties:

Wall Ball Depth = 1 minute
Farmer Carry Cone Shortcut = 3 seconds
Green square denotes Personal Best and £10 to Guernsey Mind

MALE PRO	CLOCK TIME	PENALTIES	FINAL TIME
James Travers	38.53		38.53
Petr Cisarik	41.21		41.21
Jim Elliott	41.22		41.22
Tom Creber	45.57		45.57
Andy Bailey	46.01		46.01
Gus Findlay	46.07		46.07
Marc Isabelle	46.10	0.03	46.13
Marc Bougourd	46.14		46.14
Sam Lycett	46.20		46.20
Derek Beatty	47.45		47.45
Andy Le Poidevin	48.20	0.03	48.23
Dinarte Fernandes	51.00		51.00
Divon Crouse	50.42		50.42
Sam Tickner	52.08		52.08
Paulo Virissimo	53.40		53.40
Ramon Gacio	54.50		54.50
Scott De La Mare	56.30	0.03	56.33
Finley Colquhoun	58.02		58.02
Courtney Loveridge	59.42		59.42
Amar Batth	1’00.36		1’00.36
Mark Stone	1’00.45		1’00.45
Bob Duquemin	1’10.44		1’10.44

FEMALE PRO	**CLOCK TIME**	**PENALTIES**	**FINAL TIME**
Katie Birch	41.32		41.32
Tasha Symes	52.01		52.01
Laura Havard	52.02		52.02
Ness Bateman	53.11		53.11
Lois Madden	55.39		55.39
Jo Jeffreys	55.49		55.49
Emeline Mihawanimana	56.25		56.25
Laura Bougourd	59.04		59.04
Jo Duncombe	59.51		59.51
Alice Gill	1’00.50		1’00.50
Grace Atkinson	1’02.58		1’02.58
Emma De Carteret	1’03’33	1.00	1’04.33
Zoe Halton	1’08.57		1’08.37
Liz Dale	1’11.58	1.00	1’12.58
PRO RELAY MALE	**CLOCK TIME**	**PENALTIES**	**FINAL TIME**
Wingmen	38.18		38.18
Precious Mentals	46.46		46.46
PRO RELAY FEMALE	**CLOCK TIME**	**PENALTIES**	**FINAL TIME**
Nora and Liz	38.43		38.43
I’m Just a Girl	42.03		42.03
Ice Packs & Paracetemol	45.28		45.28
Torna Dolls	46.55		46.55
Armless But Relentless	53.40		53.40
Fitness Friends	58.51		58.51