

English IRC 17

Mens Open

500m

Results taken from the following races: Race 24

<i>Rank</i>	<i>Competitor</i>					<i>Finish Time</i>	
1	Darren Freeman MenOpen					01:19.5	TRAIN Manchester
	500m	01:19.5	01:19.5	0.0	1		
2	Stuart Elvin MenOpen					01:21.0	CrossFit Icen
	500m	01:21.0	01:21.0	+1.5	2		
3	Billy Smith MenOpen					01:23.7	TRAIN Manchester
	500m	01:23.7	01:23.7	+4.2	3		
4	Matt Blake MenOpen					01:25.7	Crossfit Pontefract
	500m	01:25.7	01:25.7	+6.2	4		
5	Michael Waterfield MenOpen					01:26.9	Scarborough Rowing Clu
	500m	01:26.9	01:26.9	+7.4	5		
6	Darren Jones MenOpen					01:28.2	Waterside Gym
	500m	01:28.2	01:28.2	+8.7	6		