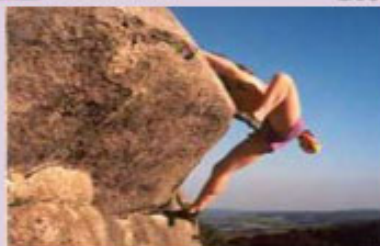


Dominic

Ape Index: 0.5
 The Plank: 2 min, 15 sec
 Grip Strength(kg): L:90+ R:90+
 Pinch Own Weight: 126.49%
 Age Started Climbing: 20
 Year Started at Rock On: 1993
 Countries Visited Since: 12
 Rock On Shops Worked In: 8

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Jason

Ape Index:
 The Plank: 4 min, 28 sec
 Grip Strength(kg): L:58 R:86
 Pinch Own Weight: 123.24%
 Age Started Climbing: 20
 Year Started at Rock On: 2016
 Countries Visited Since: 3
 Rock On Shops Worked In: 1

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Jim

Ape Index: 2.5
 The Plank: 3 min, 9 sec
 Grip Strength(kg): L:50.1 R:59.8
 Pinch Own Weight: 107.76%
 Age Started Climbing: 15
 Year Started at Rock On: 1996
 Countries Visited Since: 15
 Rock On Shops Worked In: 6

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Brendan

Ape Index: 4
 The Plank: 4 min, 37 sec
 Grip Strength(kg): L:52.3 R:62.5
 Pinch Own Weight: 111.56%
 Age Started Climbing: 23
 Year Started at Rock On: 2018
 Countries Visited Since: 9
 Rock On Shops Worked In: 1

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Olga

Ape Index: 1.7
 The Plank: 3 min, 27 sec
 Grip Strength(kg): L:38 R:73
 Pinch Own Weight: 73%
 Age Started Climbing: 15
 Year Started at Rock On: 2014
 Countries Visited Since: 11
 Rock On Shops Worked In: 1

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Sam

Ape Index:
 The Plank: 2 min, 47 sec
 Grip Strength(kg): L:47.2 R:-
 Pinch Own Weight: 138.44%
 Age Started Climbing: 11
 Year Started at Rock On: 2018
 Countries Visited Since: 3
 Rock On Shops Worked In: 1

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Joey

Ape Index: +4
 The Plank: 4 min, 33 sec
 Grip Strength(kg): L:62 R:82
 Pinch Own Weight: 134%
 Age Started Climbing: 17
 Year Started at Rock On: 2016
 Countries Visited Since: 4
 Rock On Shops Worked In: 1

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Amelia


Ape Index: +3.5
 The Plank: 3 min, 19 sec
 Grip Strength(kg): L:38 R:50
 Pinch Own Weight: 91%
 Age Started Climbing: 19
 Year Started at Rock On: 2016
 Countries Visited Since: 5
 Rock On Shops Worked In: 1

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Seb

Ape Index (inches) : 4
 The Plank : 10 min, 15 sec
 Grip Strength (kg) : L:88 R:90+
 Pinch Own Weight : 127.52%
 Age Started Climbing : 29
 Year Started at Rock On : 2012
 Countries Visited Since : 3
 Shops Worked In : 2


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 **Will C**



Ape Index: 2.5
The Plank: 1 min, 41 sec
Grip Strength(kg): L:75 R:90+
Pinch Own Weight: 139.30%
Age Started Climbing: 18
Year Started at Rock On: 2008
Countries Visited Since: 7
Rock On Shops Worked In: 2


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 **Dan G**



Ape Index: 3
The Plank: 2 min, 29 sec
Grip Strength(kg): L:88 R:90+
Pinch Own Weight: 101.41%
Age Started Climbing: 21
Year Started at Rock On: 2002
Countries Visited Since: 10
Rock On Shops Worked In: 3


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 **Helen**



Ape Index: 2
The Plank: 2 min, 9 sec
Grip Strength(kg): L:40 R:38
Pinch Own Weight: 65.87%
Age Started Climbing: 23
Year Started at Rock On: 2001
Countries Visited Since: 20
Rock On Shops Worked In: 5

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 **Monkey**



Ape Index: 7.5
The Plank: zero seconds
Grip Strength(kg): No thumbs!
Pinch Own Weight: 0%
Age Started Climbing: 1 day old
Year Started at Rock On: 2008
Countries Visited Since: 1
Rock On Shops Worked In: 0


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  **Rachel**



Ape Index: -0.75
The Plank: 3 min, 4 sec
Grip Strength(kg): L:50 R:52
Pinch Own Weight: 88.65%
Age Started Climbing: 22
Year Started at Rock On: 2003
Countries Visited Since: 9
Rock On Shops Worked In: 5

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 **Phil**



Ape Index: 1.5
The Plank: 57 sec
Grip Strength(kg): L:70 R:78
Pinch Own Weight: 112.60%
Age Started Climbing: 15
Year Started at Rock On: 1996
Countries Visited Since: 4
Rock On Shops Worked In: 4

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 **Ray**



Ape Index:
The Plank: 3 min, 5 sec
Grip Strength(kg): L:88 R:90
Pinch Own Weight: 110%
Age Started Climbing: 19
Year Started at Rock On: 2016
Countries Visited Since: 11
Rock On Shops Worked In: 2


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 **Rose**



Ape Index: 2
The Plank: 3 min, 32 sec
Grip Strength(kg): L:50 R:56
Pinch Own Weight: 97%
Age Started Climbing: 19
Year Started at Rock On: 2010
Countries Visited Since: 3
Rock On Shops Worked In: 2


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 **Saira**



Ape Index: -4
The Plank: - min, - sec
Grip Strength(kg): L: R:
Pinch Own Weight: %
Age Started Climbing: 18
Year Started at Rock On: 2018
Countries Visited Since: 5
Rock On Shops Worked In: 2


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 **Issy**



Ape Index: -0.5
 The Plank: 1 min, 3 sec
 Grip Strength(kg): L:41 R:41
 Pinch Own Weight: 106%
 Age Started Climbing: 20
 Year Started at Rock On: 2018
 Countries Visited Since: 2
 Rock On Shops Worked In: 1


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 **Dom Mac**



Ape Index: +2
 The Plank: - min, - sec
 Grip Strength(kg): L:55 R:57
 Pinch Own Weight: 103.6%
 Age Started Climbing: 10
 Year Started at Rock On: 2016
 Countries Visited Since: 6
 Rock On Shops Worked In: 2

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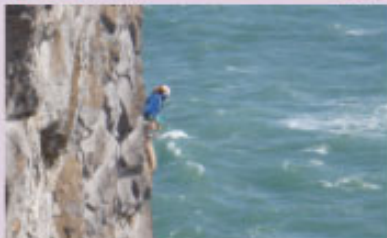
 **Dom S**



Ape Index: 2.7
 The Plank: 3 min, 10 sec
 Grip Strength(kg): L:73 R:86
 Pinch Own Weight: 111.66%
 Age Started Climbing: 19
 Year Started at Rock On: 2007
 Countries Visited Since: 7
 Rock On Shops Worked In: 3


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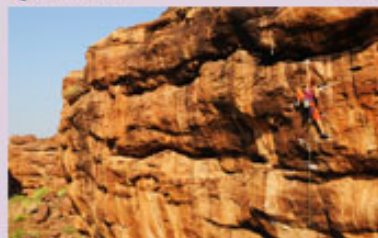
  **Pete**



Ape Index: 1.5
 The Plank: 1 min, 27 sec
 Grip Strength(kg): L:68 R:62
 Pinch Own Weight: 108.11%
 Age Started Climbing: 7
 Year Started at Rock On: 2006
 Countries Visited Since: 12
 Rock On Shops Worked In: 3


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 **Jess**



Ape Index: 0.3
 The Plank: 4 min, 27 sec
 Grip Strength(kg): L:62 R:62
 Pinch Own Weight: 80.08%
 Age Started Climbing: 11
 Year Started at Rock On: 2008
 Countries Visited Since: 18
 Rock On Shops Worked In: 4


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 **James**



Ape Index: 2
 The Plank: 5 min, 30 sec
 Grip Strength(kg): L:75 R:90+
 Pinch Own Weight: 136.2%
 Age Started Climbing: 10
 Year Started at Rock On: 2007
 Countries Visited Since: 3
 Rock On Shops Worked In: 1

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 **Szymon**



Ape Index: 1.5
 The Plank: 1 min, 58 sec
 Grip Strength(kg): L:75 R:90+
 Pinch Own Weight: 117%
 Age Started Climbing: 16
 Year Started at Rock On: 2007
 Countries Visited Since: 7
 Rock On Shops Worked In: 1


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  **Laura**



Ape Index: -0.3
 The Plank: 1 min, 18 sec
 Grip Strength(kg): L:40 R:26
 Pinch Own Weight: 83.54%
 Age Started Climbing: 18
 Year Started at Rock On: 2007
 Countries Visited Since: 7
 Rock On Shops Worked In: 4

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 **Sarah**



Ape Index (inches) : 3
 The Plank : 4 min, 30 sec
 Grip Strength (kg) : L:62 R:66
 Pinch Own Weight : 97%
 Age Started Climbing : 28
 Year Started at Rock On : 2003
 Countries Visited Since : 7
 Shops Worked In : 2

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Will O

Ape Index: 4
 The Plank: 3 min, 25 sec
 Grip Strength(kg): L:90+ R:90+
 Pinch Own Weight: 132.60%
 Age Started Climbing: 23
 Year Started at Rock On: 2006
 Countries Visited Since: 4
 Rock On Shops Worked In: 3

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Shaun

Ape Index: 6.9
 The Plank: 6 min, 8 sec
 Grip Strength(kg): L:90+ R:90+
 Pinch Own Weight: 101.36%
 Age Started Climbing: 18
 Year Started at Rock On: 2007
 Countries Visited Since: 4
 Rock On Shops Worked In: 3

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Mo

Ape Index: -0.75
 The Plank: 4 min, 8 sec
 Grip Strength(kg): L:62 R:64
 Pinch Own Weight: 90%
 Age Started Climbing: 7
 Year Started at Rock On: 2007
 Countries Visited Since: 16
 Rock On Shops Worked In: 1

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Duncan

Ape Index: 4.5
 The Plank: 2 min, 8 sec
 Grip Strength(kg): L:78 R:78
 Pinch Own Weight: 99%
 Age Started Climbing: 17
 Year Started at Rock On: 2009
 Countries Visited Since: 2
 Rock On Shops Worked In: 2

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Alice

Ape Index: 2
 The Plank: 3 min, 35 sec
 Grip Strength(kg): L:54 R:66
 Pinch Own Weight: 98.18%
 Age Started Climbing: 14
 Year Started at Rock On: 2004
 Countries Visited Since: 7
 Rock On Shops Worked In: 2

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Chris Mac

Ape Index: 2.5
 The Plank: 3 min, 14 sec
 Grip Strength(kg): L:75 R:88
 Pinch Own Weight: 125.63%
 Age Started Climbing: 10
 Year Started at Rock On: 2004
 Countries Visited Since: 5
 Rock On Shops Worked In: 3

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Anna

Ape Index: 4.5
 The Plank: 2 min, 20 sec
 Grip Strength(kg): L:8 R:42
 Pinch Own Weight: 64.54%
 Age Started Climbing: 30
 Year Started at Rock On: 2009
 Countries Visited Since: 2
 Rock On Shops Worked In: 1

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Be

Ape Index (inches) : 1.5
 The Plank : 3 min, 39 sec
 Grip Strength (kg) : L:64 R:64
 Pinch Own Weight : 113.11%
 Age Started Climbing : 17
 Year Started at Rock On : 2012
 Countries Visited Since : 1
 Shops Worked In : 1

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Pippa

Ape Index: 2
 The Plank: 1 min, 31 sec
 Grip Strength(kg): L:38 R:12
 Pinch Own Weight: 52.37%
 Age Started Climbing: 18
 Year Started at Rock On: 2007
 Countries Visited Since: 5
 Rock On Shops Worked In: 1

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Dan A



Ape Index (inches) : 2.8
The Plank : 2 min, 00 sec
Grip Strength (kg) : L:75 R:90+
Pinch Own Weight : 109.09%
Age Started Climbing : 21
Year Started at Rock On : 2013
Countries Visited Since : 4
Shops Worked In : 1

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Emma



Ape Index: 1
The Plank: 2 min, 34 sec
Grip Strength(kg): L:66 R:56
Pinch Own Weight: 96.06%
Age Started Climbing: 19
Year Started at Rock On: 2008
Countries Visited Since: 4
Rock On Shops Worked In: 4

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