

# SATURDAY 21ST AUGUST

REGISTRATION | 7AM TILL 8:45AM

WOD 1	TIME	HEAT NUMBER
	9:00AM	1
	9:12AM	2
	9:24AM	3
	9:36AM	4
	9:48AM	5

WOD 2	TIME	HEAT NUMBER
	10:30AM	1
	10:45AM	2
	11:00AM	3
	11:15AM	4
	11:30AM	5

LUNCH BREAK | 12:00PM - 1:00PM

WOD 3	TIME	HEAT NUMBER
	1:00PM	1
	1:16PM	2
	1:32PM	3
	1:48PM	4
	2:04PM	5

WOD 4	TIME	HEAT NUMBER
	2:30PM	1
	2:35PM	2
	2:40PM	3
	2:45PM	4

PLEASE REFER TO PAGE 3

# WODLAND

## THE NEW DAWN

# SUNDAY 22ND AUGUST

HEATS TIMES HAVE CHANGED FROM THE PREVIOUS DAY, PLEASE DOUBLE CHECK YOUR NEW HEAT TIME

WOD 5	TIME	HEAT NUMBER
	7:30AM	1
	8:05AM	2
	8:40AM	3
	9:15AM	4
	9:50AM	5

PLEASE REFER TO PAGE 3

WOD 6	TIME	HEAT NUMBER
	11:00AM	1
	11:12AM	2
	11:24AM	3
	11:36AM	4
	11:48AM	5

LUNCH BREAK | 12:00PM - 1:00PM

WOD 7	TIME	HEAT NUMBER
	SATURDAY TO SUNDAY	BETWEEN 9:00AM - 5:30PM SATURDAY BETWEEN 7:30AM 1:00PM SUNDAY

ARRIVE AT YOUR PRE BOOKED TIME OVER THE WEEKEND  
FAILURE TO TURN UP MEANS NO POINTS SCORED

WOD 8	TIME	HEAT NUMBER
	1:00PM	1
	1:20PM	2
	1:40PM	3
	2:00PM	4
	2:20PM	5

WINNERS PRESENTATION | 3:00PM

VACATE SITE | BY 5:00PM

# HEAT LIST SATURDAY

# HEAT LIST SUNDAY

**HEAT 1**

LANE	TEAM	NAME
1	1	CHUNKY MONKEYS
2	40	T-WRECKS
3	44	SHIREFIT CORBY
4	52	ALL KIP NO GUNS
5	6	WODEVA TREVA
6		
7		
8	24	EUROTRASH
9	34	TEAM HENCH
10	10	BOOTCAMP BUMS
11	15	CROSSFIT HEATHROW
12	18	HAKUNA MASQUATA

**HEAT 1**

LANE	TEAM	NAME
1	5	WODS NEW PUSSYCAT?
2	43	LAST MINUTE BANGERZ
3	49	FORMIDABLES
4	14	SHORELINE
5	47	RACKS N SACKS
6		
7		
8	28	HEALTH HUB HUDDERS
9	41	FORCE 22
10	42	FORCE FITNESS
11	10	MOTHER THRUSTERS
12	21	HERE FOR THE BEER

**HEAT 2**

LANE	TEAM	NAME
1	2	REACH FOR THE BARS
2	47	TYNE OF DUTY
3	45	PETE'S PIRATES
4	33	PARTY PROJECT
5	7	TEAM BOTTOM
6		
7		
8	23	THE ROLFE FAMILY
9	11	PURPLE RAIN
10	46	PINK PANTHERS
11	25	YESS JACKIE LAD!
12	20	RIP INTO

**HEAT 2**

LANE	TEAM	NAME
1	4	THE EVOLVE MONKEY
2	36	THE PROJECT
3	50	FORM LEEDS AVENGERS
4	9	CHALK DIRTY TO ME
5		
6		
7		
8	16	WOD THE F*CK
9	3	HOOK GRIP EVERYTHING
10	29	MIGHTY IMPS
11	26	GEORDIE GRAFTERS
12	19	THE WODINATORS

**HEAT 3**

LANE	TEAM	NAME
1	38	DUDES AND BOOBS
2	32	METCONVICTS
3	8	TEAM TARN
4	51	FUNKTION OVER FORM
5	12	RED DEVILS
6		
7		
8	27	HEALTH HUB
9	39	TEAM DAUNTLESS
10	35	THIS WOOD BE BETTER
11	30	WODLAND PROJECT
12	22	CROSSFIT RS3

**HEAT 3**

LANE	TEAM	NAME
1	38	DUDES AND BOOBS
2	32	METCONVICTS
3	8	TEAM TARN
4	51	FUNKTION OVER FORM
5	12	RED DEVILS
6		
7		
8	27	HEALTH HUB
9	39	TEAM DAUNTLESS
10	35	THIS WOOD BE BETTER
11	30	WODLAND PROJECT
12	22	CROSSFIT RS3

**HEAT 4**

LANE	TEAM	NAME
1	4	THE EVOLVE MONKEY
2	36	THE PROJECT
3	50	FORM LEEDS AVENGERS
4	9	CHALK DIRTY TO ME
5		
6		
7		
8	16	WOD THE F*CK
9	3	HOOK GRIP EVERYTHING
10	29	MIGHTY IMPS
11	26	GEORDIE GRAFTERS
12	19	THE WODINATORS

**HEAT 4**

LANE	TEAM	NAME
1	2	REACH FOR THE BARS
2	47	TYNE OF DUTY
3	45	PETE'S PIRATES
4	33	PARTY PROJECT
5	7	TEAM BOTTOM
6		
7		
8	23	THE ROLFE FAMILY
9	11	PURPLE RAIN
10	46	PINK PANTHERS
11	25	YESS JACKIE LAD!
12	20	RIP INTO

**HEAT 5**

LANE	TEAM	NAME
1	5	WODS NEW PUSSYCAT?
2	43	LAST MINUTE BANGERZ
3	49	FORMIDABLES
4	14	SHORELINE
5	47	RACKS N SACKS
6		
7		
8	28	HEALTH HUB HUDDERS
9	41	FORCE 22
10	42	FORCE FITNESS
11	10	MOTHER THRUSTERS
12	21	HERE FOR THE BEER

**HEAT 5**

LANE	TEAM	NAME
1	1	CHUNKY MONKEYS
2	40	T-WRECKS
3	44	SHIREFIT CORBY
4	52	ALL KIP NO GUNS
5	6	WODEVA TREVA
6		
7		
8	24	EUROTRASH
9	34	TEAM HENCH
10	10	BOOTCAMP BUMS
11	15	CROSSFIT HEATHROW
12	18	HAKUNA MASQUATA

PLEASE NOTE HEATS FOR WOD 4 & 5 ARE DIFFERENT | DETAILS CAN BE FOUND ON THE NEXT PAGE



**WODLAND**  
THE NEW DAWN

**WOD 4**

**HEAT 1**

TEAM	NAME
1	CHUNKY MONKEYS
40	T-WRECKS
44	SHIREFIT CORBY
52	ALL KIP NO GUNS
6	WODEVA TREVA
24	EUOTRASH
34	TEAM HENCH
10	BOOTCAMP BUMS
15	CROSSFIT HEATHROW
18	HAKUNA MASQUATA
2	REACH FOR THE BARS
47	TYNE OF DUTY
45	PETE'S PIRATES

**HEAT 2**

TEAM	NAME
33	PARTY PROJECT
7	TEAM BOTTOM
23	THE ROLFE FAMILY
11	PURPLE RAIN
46	PINK PANTHERS
25	YESS JACKIE LAD!
20	RIP INTO
38	DUDES AND BOOBS
32	METCONVICt\$
8	TEAM TARN
51	FUNKTION OVER FORM
12	RED DEVILS
27	HEALTH HUB

**HEAT 3**

TEAM	NAME
39	TEAM DAUNTLESS
35	THIS WOOD BE BETTER
30	WODLAND PROJECT
22	CROSSFIT RS3
4	THE EVOLVE MONKEY
36	THE PROJECT
50	FORM LEEDS AVENGERS
9	CHALK DIRTY TO ME
16	WOD THE F*CK
3	HOOK GRIP EVERYTHING
29	MIGHTY IMP\$
26	GEORDIE GRAFTERS
19	THE WODINATORS

**HEAT 4**

TEAM	NAME
5	WODS NEW PUSSYCAT?
43	LAST MINUTE BANGERZ
49	FORMIDABLES
14	SHORELINE
47	RACKS N SACKS
28	HEALTH HUB HUDDERS
41	FORCE 22
42	FORCE FITNESS
10	MOTHER THRUSTERS
21	HERE FOR THE BEER

**HEAT 1**

LANE	TEAM	NAME
1	5	WODS NEW PUSSYCAT?
2	43	LAST MINUTE BANGERZ
3	49	FORMIDABLES
4	14	SHORELINE
5	47	RACKS N SACKS
6	28	HEALTH HUB HUDDERS
7	41	FORCE 22
8	42	FORCE FITNESS
9	10	MOTHER THRUSTERS
10	21	HERE FOR THE BEER

**HEAT 2**

LANE	TEAM	NAME
1	4	THE EVOLVE MONKEY
2	36	THE PROJECT
3	50	FORM LEEDS AVENGERS
4	9	CHALK DIRTY TO ME
5	16	WOD THE F*CK
6	3	HOOK GRIP EVERYTHING
7	29	MIGHTY IMP\$
8	26	GEORDIE GRAFTERS
9	19	THE WODINATORS
10		

**HEAT 3**

LANE	TEAM	NAME
1	38	DUDES AND BOOBS
2	32	METCONVICt\$
3	8	TEAM TARN
4	51	FUNKTION OVER FORM
5	12	RED DEVILS
6	27	HEALTH HUB
7	39	TEAM DAUNTLESS
8	35	THIS WOOD BE BETTER
9	30	WODLAND PROJECT
10	22	CROSSFIT RS3

**HEAT 4**

LANE	TEAM	NAME
1	2	REACH FOR THE BARS
2	47	TYNE OF DUTY
3	45	PETE'S PIRATES
4	33	PARTY PROJECT
5	7	TEAM BOTTOM
6	23	THE ROLFE FAMILY
7	11	PURPLE RAIN
8	46	PINK PANTHERS
9	25	YESS JACKIE LAD!
10	20	RIP INTO

**HEAT 5**

LANE	TEAM	NAME
1	1	CHUNKY MONKEYS
2	40	T-WRECKS
3	44	SHIREFIT CORBY
4	52	ALL KIP NO GUNS
5	6	WODEVA TREVA
6	24	EUOTRASH
7	34	TEAM HENCH
8	10	BOOTCAMP BUMS
9	15	CROSSFIT HEATHROW
10	18	HAKUNA MASQUATA

**WOD 5**