

SATURDAY 27TH AUGUST

REGISTRATION | 7AM TILL 8:45AM

WOD 1	TIME	HEAT NUMBER
	9:00AM	1
	9:15AM	2
	9:30AM	3
	9:45AM	4
	10:00AM	5
10:15AM	6	

WOD 2	TIME	HEAT NUMBER
	10:45AM	1
	10:55AM	2
	11:05AM	3
	11:15AM	4
	11:25AM	5
11:35AM	6	

LUNCH BREAK | 11:45AM - 12:15PM

WOD 3	TIME	HEAT NUMBER
	12:15PM	1
	12:30PM	2
	12:45PM	3
	1:00PM	4
	1:15PM	5
1:30PM	6	

WOD 4	TIME	HEAT NUMBER
	2:00PM	1
	2:30PM	2
	3:00PM	3
	3:30PM	4
	4:00PM	5
	4:30PM	6
	5:00PM	7
	5:30PM	8
6:00PM	9	

PLEASE REFER TO PAGE 3

WOD 9	TIME	HEAT NUMBER
	SATURDAY TO SUNDAY	<i>Between 9 am - 3:30 pm Saturday Between 9 am - 2:30 pm Sunday</i>

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

SUNDAY 28TH AUGUST

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

WOD 5	TIME	HEAT NUMBER
	9:00AM	1
	9:05AM	2
	9:10AM	3
	9:15AM	4
	9:20AM	5

PLEASE REFER TO PAGE 3

WOD 6	TIME	HEAT NUMBER
	11:00AM	1
	11:15AM	2
	11:30AM	3
	11:45AM	4
	12:00PM	5
12:15PM	6	

LUNCH BREAK | 12:30PM - 1:00PM

WOD 7	TIME	HEAT NUMBER
	1:00PM	1
	1:10PM	2
	1:20PM	3
	1:30PM	4
	1:40PM	5
1:50PM	6	

WOD 8 FINAL	TIME	HEAT NUMBER
	2:30PM	1
	2:50PM	2
	3:10PM	3
	3:30PM	4
	3:50PM	5
4:10PM	6	

WINNERS PRESENTATION | 4:45PM

VACATE SITE | BY 6:00PM

HEAT LIST SATURDAY

HEAT LIST SUNDAY

HEAT 1	LANE	TEAM	NAME
	1	1	*WITTY TEAM NAME*
	2	15	CHIEF & HIS DEFIANTS
	3	29	FORCE 22
	4	41	MUDDER FUNKERS
	5	54	SNATCH US IF YOU CAN
	6	62	THE EVOLVE MONKEYS
	7	48	PUBIC TRIANGLE
	8	35	HEATHROW HEROES
	9	4	ALL PAIN, NO GAINS
	10	19	CROSSFIT HEATHROW
	11	23	ELEOS 1
	12	8	BODY EVOLUTION

HEAT 2	LANE	TEAM	NAME
	1	2	6 POOD
	2	16	COOKIE AND THE TIKZ
	3	30	FORCEWIGAN
	4	42	NUDE HOT TUB PARTY
	5	56	T-WRECKS
	6	63	THE MOUTH BREATHERS
	7	49	RED DEVILS
	8	36	HUSTLE & MUSCLE
	9	69	WOD SAVE THE QUEEN
	10	68	WOD A TEAM
	11	24	EVOLVE
	12	9	BOX BELL FIT BEASTS

HEAT 3	LANE	TEAM	NAME
	1	3	A PERFECT FORM
	2	17	CROSSFIT BRAINTREE
	3	31	GRAFT CROSSHILLS
	4	43	UN-TRAINED
	5	57	TEAM APHOBOS
	6	64	THE PROJECT
	7	50	RIP INTO
	8	37	JACKASS 6
	9	55	SQUAT & COUGH
	10	58	TEAM DAUNTLESS
	11	25	EVOLVE SANDBAGGERS
	12	10	BUTTS AND NUTS

HEAT 4	LANE	TEAM	NAME
	1	5	AM I THE DRAMA?
	2	18	CROSSFIT COLCHESTER
	3	32	GRANDAD AND THE KIDS
	4	44	OH WOD A DAY
	5	59	TEAM HENCH
	6	65	THE WODFATHERS
	7	51	RUN LIKE THE WINDED
	8	38	JACKED POTATOES
	9	22	DYING CATERPILLAR
	10	46	PFGB AVENGERS
	11	26	EVOLVE LEGENDS
	12	11	CF 1650

HEAT 5	LANE	TEAM	NAME
	1	6	AVOCARDIO
	2	20	CROSSFIT HEATHROW G
	3	33	HAKUNA MASQUATA
	4	45	PETE'S PIRATES
	5	60	TEAM NUGGET
	6	66	TOBY U OK HUN?
	7	52	SHIREFIT HOODS
	8	39	LIVING ON THE VEG
	9	71	WODUP BITCHES
	10	72	WOLF OF ALL STREETS
	11	27	EVOLVE MAYHEM
	12	13	CFR RAGGY DOLLS

HEAT 6	LANE	TEAM	NAME
	1	7	BLACKWATER
	2	21	DEATH OR GLORY
	3	34	HALF MAST (ERS)
	4	47	PRESTIGE WODWIDE
	5	61	TEAM TARN
	6	70	WODLAND MIGHTY IMPS
	7		
	8	67	WETRAINWEREIGN
	9	53	SHIRETITS
	10	40	MATT MADE US DO IT
	11	28	EVOLVE REVOLUTION
	12	14	CHAFING THE DREAM

HEAT 1	LANE	TEAM	NAME
	1	7	BLACKWATER
	2	21	DEATH OR GLORY
	3	34	HALF MAST (ERS)
	4	47	PRESTIGE WODWIDE
	5	61	TEAM TARN
	6	70	WODLAND MIGHTY IMPS
	7		
	8	67	WETRAINWEREIGN
	9	53	SHIRETITS
	10	40	MATT MADE US DO IT
	11	28	EVOLVE REVOLUTION
	12	14	CHAFING THE DREAM

HEAT 2	LANE	TEAM	NAME
	1	6	AVOCARDIO
	2	20	CROSSFIT HEATHROW G
	3	33	HAKUNA MASQUATA
	4	45	PETE'S PIRATES
	5	60	TEAM NUGGET
	6	66	TOBY U OK HUN?
	7	52	SHIREFIT HOODS
	8	39	LIVING ON THE VEG
	9	71	WODUP BITCHES
	10	72	WOLF OF ALL STREETS
	11	27	EVOLVE MAYHEM
	12	13	CFR RAGGY DOLLS

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	1	5	AM I THE DRAMA?
	2	18	CROSSFIT COLCHESTER
	3	32	GRANDAD AND THE KIDS
	4	44	OH WOD A DAY
	5	59	TEAM HENCH
	6	65	THE WODFATHERS
	7	51	RUN LIKE THE WINDED
	8	38	JACKED POTATOES
	9	22	DYING CATERPILLAR
	10	46	PFGB AVENGERS
	11	26	EVOLVE LEGENDS
	12	11	CF 1650

HEAT 4	LANE	TEAM	NAME
	1	3	A PERFECT FORM
	2	17	CROSSFIT BRAINTREE
	3	31	GRAFT CROSSHILLS
	4	43	UN-TRAINED
	5	57	TEAM APHOBOS
	6	64	THE PROJECT
	7	50	RIP INTO
	8	37	JACKASS 6
	9	55	SQUAT & COUGH
	10	58	TEAM DAUNTLESS
	11	25	EVOLVE SANDBAGGERS
	12	10	BUTTS AND NUTS

HEAT 5	LANE	TEAM	NAME
	1	2	6 POOD
	2	16	COOKIE AND THE TIKZ
	3	30	FORCEWIGAN
	4	42	NUDE HOT TUB PARTY
	5	56	T-WRECKS
	6	63	THE MOUTH BREATHERS
	7	49	RED DEVILS
	8	36	HUSTLE & MUSCLE
	9	69	WOD SAVE THE QUEEN
	10	68	WOD A TEAM
	11	24	EVOLVE
	12	9	BOX BELL FIT BEASTS

HEAT 6	LANE	TEAM	NAME
	1	1	*WITTY TEAM NAME*
	2	15	CHIEF & HIS DEFIANTS
	3	29	FORCE 22
	4	41	MUDDER FUNKERS
	5	54	SNATCH US IF YOU CAN
	6	62	THE EVOLVE MONKEYS
	7	48	PUBIC TRIANGLE
	8	35	HEATHROW HEROES
	9	4	ALL PAIN, NO GAINS
	10	19	CROSSFIT HEATHROW
	11	23	ELEOS 1
	12	8	BODY EVOLUTION

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

WOD 4 - BIKE

WOD 5 - TRAIL RUN

HEAT 1	LANE	TEAM	NAME
	1	1	*WITTY TEAM NAME*
	2	15	CHIEF & HIS DEFIANTS
	3	29	FORCE 22
	4	41	MUDDER FUNKERS
	5	54	SNATCH US IF YOU CAN
	6	62	THE EVOLVE MONKEYS
	7	48	PUBIC TRIANGLE
	8	35	HEATHROW HEROES

HEAT 2	LANE	TEAM	NAME
	1	4	ALL PAIN, NO GAINS
	2	19	CROSSFIT HEATHROW
	3	23	ELEOS 1
	4	8	BODY EVOLUTION
	5	2	6 POOD
	6	16	COOKIE AND THE TIKZ
	7	30	FORCEWIGAN
	8	42	NUDE HOT TUB PARTY

HEAT 3	LANE	TEAM	NAME
	1	56	T-WRECKS
	2	63	THE MOUTH BREATHERS
	3	49	RED DEVILS
	4	36	HUSTLE & MUSCLE
	5	69	WOD SAVE THE QUEEN
	6	68	WOD A TEAM
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	1	3	A PERFECT FORM
	2	17	CROSSFIT BRAINTREE
	3	31	GRAFT CROSSHILLS
	4	43	UN-TRAINED
	5	57	TEAM APHOBOS
	6	64	THE PROJECT
	7	50	RIP INTO
	8	37	JACKASS 6

HEAT 5	LANE	TEAM	NAME
	1	55	SQUAT & COUGH
	2	58	TEAM DAUNTLESS
	3	25	EVOLVE SANDBAGGERS
	4	10	BUTTS AND NUTS
	5	5	AM I THE DRAMA?
	6	18	CROSSFIT COLCHESTER
	7	32	GRANDAD AND THE KIDS
	8	44	OH WOD A DAY

HEAT 6	LANE	TEAM	NAME
	1	59	TEAM HENCH
	2	65	THE WODFATHERS
	3	51	RUN LIKE THE WINDED
	4	38	JACKED POTATOES
	5	22	DYING CATERPILLAR
	6	46	PFGB AVENGERS
	7	26	EVOLVE LEGENDS
	8	11	CF 1650

HEAT 7	LANE	TEAM	NAME
	1	6	AVOCARDIO
	2	20	CROSSFIT HEATHROW G
	3	33	HAKUNA MASQUATA
	4	45	PETE'S PIRATES
	5	60	TEAM NUGGET
	6	66	TOBY U OK HUN?
	7	52	SHIREFIT HOODS
	8	39	LIVING ON THE VEG

HEAT 8	LANE	TEAM	NAME
	1	71	WODUP BITCHES
	2	72	WOLF OF ALL STREETS
	3	27	EVOLVE MAYHEM
	4	13	CFR RAGGY DOLLS
	5	7	BLACKWATER
	6	21	DEATH OR GLORY
	7	34	HALF MAST (ERS)
	8	47	PRESTIGE WODWIDE

HEAT 9	LANE	TEAM	NAME
	1	61	TEAM TARN
	2	70	WODLAND MIGHTY IMPS
	3		
	4	67	WETRAINWEREIGN
	5	53	SHIRETITS
	6	40	MATT MADE US DO IT
	7	28	EVOLVE REVOLUTION
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	1	*WITTY TEAM NAME*
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	2	6 POOD
	16	COOKIE AND THE TIKZ
30	FORCEWIGAN	

HEAT 2	TEAM	NAME
	42	NUDE HOT TUB PARTY
	56	T-WRECKS
	63	THE MOUTH BREATHERS
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	36	HUSTLE & MUSCLE
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HEAT 3	TEAM	NAME
	50	RIP INTO
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	46	PFGB AVENGERS
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	7	BLACKWATER
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