

# SATURDAY 26<sup>TH</sup> AUGUST

REGISTRATION | 7:30AM TILL 8:45AM  
 WODLAND BIG GROUP PHOTO | 8:45am

# SUNDAY 27<sup>TH</sup> AUGUST

Heats have been reversed / changed from Saturday.  
 Please DOUBLE check your new heat times.

WOD 1	TIME	HEAT NUMBER
	9:00 am	1
	9:12 am	2
	9:24 am	3
	9:36 am	4
	9:48 am	5
	10:00 am	6
	10:12 am	7

WOD 2	TIME	HEAT NUMBER
	10:45 am	1
	11:00 am	2
	11:15 am	3
	11:30 am	4
	11:45 am	5
	12:00 pm	6
	12:15 pm	7

WOD 3	TIME	HEAT NUMBER
	12:45 am	1
	12:55 am	2
	1:05 pm	3
	1:15 pm	4
	1:25 pm	5
	1:35 pm	6
	1:45 pm	7

WOD 4	TIME	HEAT NUMBER
	1:15 pm	1
	1:45 pm	2
	2:15 pm	3
	2:45 pm	4
	3:15 pm	5
	3:45 pm	6
	4:15 pm	7
	4:45 pm	8
	5:15 pm	9
5:45 pm	10	

PLEASE REFER TO HEAT LIST FOR CHANGE

WOD 5 - TRAIL RUN	ALL TEAM CAPTAINS MUST COLLECT THEIR CHIP TIMERS FROM THE WODLAND GAZEBO BETWEEN 8am & 8:30am SUNDAY MORNING.	
	YOU MUST BE DOWN IN YOUR RACE PEN BY 8:50am. (Failure to do so will result in you no scoring on this event.) Please refer to your email's with regards to race map and PEN LOCATION.	
	TIME	HEAT NUMBER
	9:00 am	1
	9:03 am	2
	9:06 am	3
	9:09 am	4
	9:12 am	1 A
	9:14 am	2 A
	9:16 am	3 A
		LONG RUN
		SPRINT RUN

WOD 6	TIME	HEAT NUMBER
	11:00 am	1
	11:15 am	2
	11:30 am	3
	11:45 am	4
	12:00 pm	5
	12:15 pm	6
	12:30 pm	7

WOD 7	TIME	HEAT NUMBER
	1:15 pm	1
	1:30 pm	2
	1:45 pm	3
	2:00 pm	4
	2:15 pm	5
	2:30 pm	6
	2:45 pm	7

WOD 8 - THE FINAL	
TIME	HEAT NUMBER
3:45PM	TOP 12 TEAMS

WINNERS PRESENTATION | 4:10PM

VACATE SITE | BY 5:30PM

# HEAT LISTS AT U R D A Y

## HEAT 1

LANE	TEAM	NAME
2	12	CFL
3	20	CrossFit Braintree
4	28	CrossFit Wirral
5	42	Hack Attack
6	50	Live Lats Love
7	58	Prestige WODwide
8	30	Death or Glory
9	4	Athlete Movement
10	5	Avocardio
11	65	Shiretits
12	56	Packin' Timber

## HEAT 2

LANE	TEAM	NAME
1	69	Two-Fit
2	14	Chalk Dirty To Me
3	21	CrossFit Colchester
4	31	EDC CrossFit
5	43	Hangry Birds
6	51	Northern Grafters
7	59	Racks & Sacks
8	32	Evolve X Brewbox
9	7	Box Bell Fit Massive
10	10	Broken BisKet
11	66	Squadland
12	74	Too Little, Too Late

## HEAT 3

LANE	TEAM	NAME
2	15	CrossFit Crafties
3	22	CrossFit Confusion
4	37	Evolved Relics
5	44	Hustle and Muscle
6	53	OL1 Breakfast Club
7	60	Ready Steady No!
8	33	Evolve
9	13	CFL Renegade Masters
10	26	CrossFit Heathrow!
11	67	The Box Barnsley
12	75	Top Buns

## HEAT 4

LANE	TEAM	NAME
2	23	CrossFit Cowshed
3	16	CrossFit Verulamium
4	38	Forest Pump
5	46	Keep Swimming
6	54	OL1 Coffee Club
7	62	Run Like The Winded
8	34	Evolve Mayhem
9	29	Dumbbell Ends
10	45	In the Hole
11	68	Train Manchester
12	77	WeTrainWeReign

## HEAT 5

LANE	TEAM	NAME
2	17	Coached By David
3	24	CrossFit Fixus
4	39	GFP
5	47	Lambs to Slaughter
6	55	Over Night Goats
7	63	Shireland
8	35	Evolve Nuggets
9	71	Team Fitness Box
10	76	WOD Powders
11	2	Alice in WODland
12	78	Well Oiled Machine

## HEAT 6

LANE	TEAM	NAME
2	8	Bilbo Sandbagginsx
3	9	Braintree 2.0
4	18	CrossFit Billingham
5	64	Shire"Not"So"Fit
6	1	3 Slots 6 Balls
7	48	Last of The Summer W
8	36	Evolve Powder Monkey
9	73	The WODfathers
10	25	CrossFit Heathrow G
11	70	Team CC
12	79	Worm Dodgers

## HEAT 7

LANE	TEAM	NAME
1	80	ABS of Steel
2	6	Binns Bike Tours
3	3	All The Pain No Gain
4	11	CFC
5	19	CrossFit Blackwater
6	49	Light Weight Babehh
7	41	Grandad and the Kids
8	52	Not Yet Evolved
9	61	RIP Into
10	27	CrossFit Heathrow T5
11	57	Pink Panthers
12	72	The Burpee Bandits

# HEAT LISTS S U N D A Y

## HEAT 1

LANE	TEAM	NAME
1	80	ABS of Steel
2	6	Binns Bike Tours
3	3	All The Pain No Gain
4	11	CFC
5	19	CrossFit Blackwater
6	49	Light Weight Babehh
7	41	Grandad and the Kids
8	52	Not Yet Evolved
9	61	RIP Into
10	27	CrossFit Heathrow T5
11	57	Pink Panthers
12	72	The Burpee Bandits

## HEAT 2

LANE	TEAM	NAME
2	8	Bilbo Sandbagginsx
3	9	Braintree 2.0
4	18	CrossFit Billingham
5	64	Shire"Not"So"Fit
6	1	3 Slots 6 Balls
7	48	Last of The Summer W
8	36	Evolve Powder Monkey
9	73	The WODfathers
10	25	CrossFit Heathrow G
11	70	Team CC
12	79	Worm Dodgers

## HEAT 3

LANE	TEAM	NAME
2	17	Coached By David
3	24	CrossFit Fixus
4	39	GFP
5	47	Lambs to Slaughter
6	55	Over Night Goats
7	63	Shireland
8	35	Evolve Nuggets
9	71	Team Fitness Box
10	76	WOD Powders
11	2	Alice in WODland
12	78	Well Oiled Machine

## HEAT 4

LANE	TEAM	NAME
2	23	CrossFit Cowshed
3	16	CrossFit Verulamium
4	38	Forest Pump
5	46	Keep Swimming
6	54	OL1 Coffee Club
7	62	Run Like The Winded
8	34	Evolve Mayhem
9	29	Dumbbell Ends
10	45	In the Hole
11	68	Train Manchester
12	77	WeTrainWeReign

## HEAT 5

LANE	TEAM	NAME
2	15	CrossFit Crafties
3	22	CrossFit Confusion
4	37	Evolved Relics
5	44	Hustle and Muscle
6	53	OL1 Breakfast Club
7	60	Ready Steady No!
8	33	Evolve
9	13	CFL Renegade Masters
10	26	CrossFit Heathrow!
11	67	The Box Barnsley
12	75	Top Buns

## HEAT 6

LANE	TEAM	NAME
2	69	Two-Fit
3	14	Chalk Dirty To Me
4	21	CrossFit Colchester
5	31	EDC CrossFit
6	43	Hangry Birds
7	51	Northern Grafters
8	59	Racks & Sacks
9	32	Evolve X Brewbox
10	7	Box Bell Fit Massive
11	10	Broken BisKet
12	66	Squadland
12	74	Too Little, Too Late

## HEAT 7

LANE	TEAM	NAME
2	12	CFL
3	20	CrossFit Braintree
4	28	CrossFit Wirral
5	42	Hack Attack
6	50	Live Lats Love
7	58	Prestige WODwide
8	30	Death or Glory
9	4	Athlete Movement
10	5	Avocardio
11	65	Shiretits
12	56	Packin' Timber

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

# WOD 4 - BIKE

HEAT 1	LANE	TEAM	NAME
	1	12	CFL
	2	20	CrossFit Braintree
	3	28	CrossFit Wirral
	4	42	Hack Attack
	5	50	Live Lats love
	6	58	Prestige WODwide
	7	30	Death or Glory
	8	4	Athlete Movement

HEAT 2	LANE	TEAM	NAME
	1	5	Avocardio
	2	65	Shiretits
	3	56	Packin' Timber
	4	69	Two-Fit
	5	14	Chalk Dirty To Me
	6	21	CrossFit Colchester
	7	31	EDC CrossFit
	8	43	Hangry Birds

HEAT 3	LANE	TEAM	NAME
	1	51	Northern Grafters
	2	59	Racks & Sacks
	3	32	Evolve X Brewbox
	4	7	Box Bell Fit Massive
	5	10	Broken BisKet
	6	66	Squadland
	7	74	Too Little, Too Late
	8	15	CrossFit Crafties

HEAT 4	LANE	TEAM	NAME
	1	22	CrossFit Confusion
	2	37	Evolved Relics
	3	44	Hustle and Muscle
	4	53	OL1 Breakfast Club
	5	60	Ready Steady No!
	6	33	Evolve
	7	13	CFL Renegade Masters
	8	26	CrossFit Heathrow!

HEAT 5	LANE	TEAM	NAME
	1	67	The Box Barnsley
	2	75	Top Buns
	3	23	CrossFit Cowshed
	4	16	CrossFit Verulamium
	5	38	Forest Pump
	6	46	Keep Swimming
	7	54	OL1 Coffee Club
	8	62	Run Like The Winded

HEAT 6	LANE	TEAM	NAME
	1	34	Evolve Mayhem
	2	29	Dumbbell Ends
	3	45	In the Hole
	4	68	Train Manchester
	5	77	WeTrainWeReign
	6	17	Coached By David
	7	24	CrossFit Fixus
	8	39	GFP

HEAT 7	LANE	TEAM	NAME
	1	47	Lambs to Slaughter
	2	55	Over Night Goats
	3	63	Shireland
	4	35	Evolve Nuggets
	5	71	Team Fitness Box
	6	76	WOD Powders
	7	2	Alice in WODland
	8	78	Well Oiled Machine

HEAT 8	LANE	TEAM	NAME
	1	8	Bilbo Sandbagginsx
	2	9	Braintree 2.0
	3	18	Crossfit Billingham
	4	64	Shire"Not"So"Fit
	5	1	3 Slots & Balls
	6	48	Last of The Summer W
	7	36	Evolve Powder Monkey
	8	73	The WODfathers

HEAT 9	LANE	TEAM	NAME
	1	25	CrossFit Heathrow G
	2	70	Team CC
	3	79	Worm Dodgers
	4	6	Binns Bike Tours
	5	3	All The Pain No Gain
	6	11	CFC
	7	19	CrossFit Blackwater
	8	49	Light Weight Babehh

HEAT 10	LANE	TEAM	NAME
	1	41	Grandad and the Kids
	2	52	Not Yet Evolved
	3	61	RIP Into
	4	27	CrossFit Heathrow T5
	5	57	Pink Panthers
	6	72	The Burpee Bandits
	7	80	ABS of Steel

# WOD 5 - TRAIL RUN

# WOD 5 - SPRINT RUN

## HEAT 1

No#	TEAM	NAME
1	72	The Burpee Bandits
2	57	Pink Panthers
3	27	CrossFit Heathrow T5
4	61	RIP Into
5	52	Not Yet Evolved
6	41	Grandad and the Kids
7	49	Light Weight Babehh
8	19	CrossFit Blackwater
9	11	CFC
10	3	All The Pain No Gain
11	6	Binns Bike Tours
12	79	Worm Dodgers
13	70	Team CC
14	25	CrossFit Heathrow G
15	73	The WODfathers
16	36	Evolve Powder Monkey
17	48	Last of The Summer W
18	1	3 Slots 6 Balls
19	64	Shire "Not" "So" Fit
20	18	Crossfit Billingham

## HEAT 2

No#	TEAM	NAME
1	9	Braintree 2.0
2	8	Bilbo Sandbagginxs
3	78	Well Oiled Machine
4	2	Alice in WODland
5	76	WOD Powders
6	71	Team Fitness Box
7	35	Evolve Nuggets
8	63	Shireland
9	55	Over Night Goats
10	47	Lambs to Slaughter
11	39	GFP
12	24	CrossFit Fixus
13	17	Coached By David
14	77	WeTrainWeReign
15	68	Train Manchester
16	45	In the Hole
17	29	Dumbbell Ends
18	34	Evolve Mayhem
19	62	Run Like The Winded
20	54	OL1 Coffee Club

## HEAT 3

No#	TEAM	NAME
1	46	Keep Swimming
2	38	Forest Pump
3	16	CrossFit Verulamium
4	23	CrossFit Cowshed
5	75	Top Buns
6	67	The Box Barnsley
7	26	CrossFit Heathrow!
8	13	CFL Renegade Masters
9	33	Evolve
10	60	Ready Steady No!
11	53	OL1 Breakfast Club
12	44	Hustle and Muscle
13	37	Evolved Relics
14	22	CrossFit Confusion
15	15	CrossFit Crafties
16	74	Too Little, Too Late
17	66	Squadland
18	10	Broken BisKet
19	7	Box Bell Fit Massive
20	32	Evolve X Brewbox

## HEAT 4

No#	TEAM	NAME
1	59	Racks & Sacks
2	51	Northern Grafters
3	43	Hangry Birds
4	31	EDC CrossFit
5	21	CrossFit Colchester
6	14	Chalk Dirty To Me
7	69	Two-Fit
8	56	Packin' Timber
9	65	Shiretits
10	5	Avocardio
11	4	Athlete Movement
12	30	Death or Glory
13	58	Prestige WODwide
14	50	Live Lats love
15	42	Hack Attack
16	28	CrossFit Wirral
17	20	CrossFit Braintree
18	12	CFL
19	80	ABS of Steel

## HEAT 1A

No#	TEAM	NAME
1	72	The Burpee Bandits
2	57	Pink Panthers
3	27	CrossFit Heathrow T5
4	61	RIP Into
5	52	Not Yet Evolved
6	41	Grandad and the Kids
7	49	Light Weight Babehh
8	19	CrossFit Blackwater
9	11	CFC
10	3	All The Pain No Gain
11	6	Binns Bike Tours
12	79	Worm Dodgers
13	70	Team CC
14	25	CrossFit Heathrow G
15	73	The WODfathers
16	36	Evolve Powder Monkey
17	48	Last of The Summer W
18	1	3 Slots 6 Balls
19	64	Shire "Not" "So" Fit
20	18	Crossfit Billingham
21	9	Braintree 2.0
22	8	Bilbo Sandbagginxs
23	78	Well Oiled Machine
24	2	Alice in WODland
25	76	WOD Powders
26	71	Team Fitness Box

## HEAT 2A

No#	TEAM	NAME
1	35	Evolve Nuggets
2	63	Shireland
3	55	Over Night Goats
4	47	Lambs to Slaughter
5	39	GFP
6	24	CrossFit Fixus
7	17	Coached By David
8	77	WeTrainWeReign
9	68	Train Manchester
10	45	In the Hole
11	29	Dumbbell Ends
12	34	Evolve Mayhem
13	62	Run Like The Winded
14	54	OL1 Coffee Club
15	46	Keep Swimming
16	38	Forest Pump
17	16	CrossFit Verulamium
18	23	CrossFit Cowshed
19	75	Top Buns
20	67	The Box Barnsley
21	26	CrossFit Heathrow!
22	13	CFL Renegade Masters
23	33	Evolve
24	60	Ready Steady No!
25	53	OL1 Breakfast Club
26	44	Hustle and Muscle

## HEAT 2A

No#	TEAM	NAME
1	37	Evolved Relics
2	22	CrossFit Confusion
3	15	CrossFit Crafties
4	74	Too Little, Too Late
5	66	Squadland
6	10	Broken BisKet
7	7	Box Bell Fit Massive
8	32	Evolve X Brewbox
9	59	Racks & Sacks
10	51	Northern Grafters
11	43	Hangry Birds
12	31	EDC CrossFit
13	21	CrossFit Colchester
14	14	Chalk Dirty To Me
15	69	Two-Fit
16	56	Packin' Timber
17	65	Shiretits
18	5	Avocardio
19	4	Athlete Movement
20	30	Death or Glory
21	58	Prestige WODwide
22	50	Live Lats love
23	42	Hack Attack
24	28	CrossFit Wirral
25	20	CrossFit Braintree
26	12	CFL
27	80	ABS of Steel