

HEAT & LANE INFORMATION



SATURDAY 4TH JULY 2026
HOSTED IN THE CITY OF BRISTOL

EVENT LOCATION

Greville Smyth Park
Ashton Gate Road
Bristol, BS3 2EQ
(opposite Ashton Gate
Stadium)

What 3 Words:

leads.glee.logs

PARKING LOCATION

Ashton Park School

Address For Maps:
26 Blackmoors Ln,
Bristol BS3 2JJ

What 3 Words:

worm.spray.aims

SCHEDULE FOR THE DAY

08.30-09.30 Judges Briefing with Head Judges

09.00-09.20 Athlete Pre-event talk with Event Director

WORKOUT 1

09.30-09.50 Workout 1 Briefing with Head Judge (Both heats must attend)

9.50-10.10 Workout 1 / Heat 1

10.10-10.30 Workout area to be reset & scores issued

10.30-10.50 Workout 1 / Heat 2

10.50-11.10 Workout area to be reset & scores issued

WORKOUT 2

11.10-11.25 Workout 2 Briefing with Head Judge (Both heats must attend)

11.25-11.45 Workout 2 / Heat 1

11.45-11.55 Workout area to be reset & scores issued

11.55-12.15 Workout 2 / Heat 2

12.15-12.30 Workout area to be reset & scores issued

WORKOUT 3

12.30-12.45 Workout 3 Briefing with Head Judge (Both heats must attend)

12.45-13.05 Workout 3 / Heat 1

13.05-13.15 Workout area to be reset & scores issued

13.15-13.35 Workout 3 / Heat 2

13.35-13.50 Workout area to be reset & scores issued

LUNCH BREAK: 13.50-14.45

WORKOUT 4

14.50-15.05 Workout 4 Briefing with Head Judge (Both heats must attend)

15.05-15.25 Workout 4 / Heat 1

15.25-15.35 Workout area to be reset & scores issued

15.35-15.55 Workout 4 / Heat 2

15.55-16.10 Workout area to be reset & scores issued

WORKOUT 5

16.10-16.25 Workout Briefing with Head Judge (Both heats must attend)

16.25-16.45 Workout 5 / Heat 1

16.45-16.55 Workout area to be reset & scores issued

16.55-17.15 workout 5 / Heat 2

17.15-17.45 Music & drinkies while final points/results are calculated

17.45 Awards

HEATS & ORDER OF WORKOUTS

Your team has been allocated into one of the following five groups (just search your team name on the subsequent pages to find which group you are in). The group you are in will determine your order of workouts.

Each group is then further broken down into 2 heats, you will either be in heat 1 or heat 2 for the duration of the event. Please familiarise yourself with your Group/Heat/Lane combination as these are unique to you.

Please note: all group allocations are now final, we have tried to accommodate all heat requests where possible.

If your team is not in any of the following groups or you are not in the correct age category, please contact us as soon as possible at events@superhumansports.com

On The Day: when you arrive, please head to event control and use the marker pens provided to write your unique team identification onto a visible part of your body. This code will indicate to the lap judges which group, heat and lane you are in.

As an example, say my team is in Group A, Heat 1 and Lane 23, my unique code would be A1-23. If my team is in Group B, Heat 2 and Lane 1, my unique code would be B2-1.

GROUP A

HEAT 1

ORDER OF WORKOUTS

1. UNCONVENTIONAL BEAST
2. BRUTAL BEAT DOWN
3. STRENGTH & HONOUR
4. VO2 MAX
5. ASSAULT COURSE

Lane	Mens Pairs	Age Category
1		
2		
3	Bearded Bros	Men Pairs Vets
4	Slow Horses	Men Pairs Vets
5	The Show Pony's	Men Pairs Vets
6	Crying Cardio Club	Men Pairs Vets
7	Beast Mode Boys	Men Pairs Vets
8	Fit 2 Drop	Men Pairs Vets

Lane	Womens Pairs	Age Category
9	Titty Slaps & Cat Lips	Women Pairs Open
10	sweaty & sassy	Women Pairs Open
11	Worse pace scenario	Women Pairs Open
12	strong ladies 💪	Women Pairs Masters
13	RBF's	Women Pairs Masters
14	GASSIE	Women Pairs Masters
15	Chaos Queens	Women Pairs Vets

Lane	Mixed Pairs	Age Category
16	The Ginger and the Ninja	Mixed Pairs Vets
17	PT Room - The Finnick's	Mixed Pairs Vets
18	Couples therapy	Mixed Pairs Masters
19	Baldy&Brownny	Mixed Pairs Masters
20	Eat sleep wod repeat	Mixed Pairs Masters

Lane	Mixed Team Of 4	Age Category
21	Ascendtion	Mixed Team of 4 Masters
22	The Ascendables	Mixed Team of 4 Masters
23	ascend	Mixed Team of 4 Masters
24	ascend to the end	Mixed Team of 4 Masters

GROUP A

HEAT 2

ORDER OF WORKOUTS

1. UNCONVENTIONAL BEAST
2. BRUTAL BEAT DOWN
3. STRENGTH & HONOUR
4. VO2 MAX
5. ASSAULT COURSE

Lane	Mens Pairs	Age Category
1		
2	CrossFit UVA- Twink and Twonk	Men Pairs Masters
3	"Alright Son" UVA	Men Pairs Vets
4	Pickled Smithy	Men Pairs Masters
5	Older Goalies	Men Pairs Masters
6	Rucking Robins	Men Pairs Masters
7	The Last Dance	Men Pairs Masters
8	Furnace	Men Pairs Masters

Lane	Womens Pairs	Age Category
9	UVA - Burpee babes	Women Pairs Masters
10	Slip n Trip	Women Pairs Masters
11	Absolute Fitness Peterborough	Women Pairs Masters
12	Pocket rockets	Women Pairs Masters
13	Retro Ensemble	Women Pairs Vets
14	Mums On The Run	Women Pairs Vets
15		

Lane	Mixed Pairs	Age Category
16	Sage-Neish	Mixed Pairs Vets
17	Ensemble Vets	Mixed Pairs Vets
18	getfitchris and sandy	Mixed Pairs Vets
19	Not Fast Just Furious Mixed Pair	Mixed Pairs Vets
20	Cross Lanes Bootcamp	Mixed Pairs Vets

Lane	Mixed Team Of 4	Age Category
21	The A-Team	Mixed Team of 4 Open
22	Team Studio	Mixed Team of 4 Masters
23	Wall Balls Deep	Mixed Team of 4 Masters
24		

GROUP B

HEAT 1

ORDER OF WORKOUTS

1. BRUTAL BEAT DOWN
2. STRENGTH & HONOUR
3. VO2 MAX
4. ASSAULT COURSE
5. UNCONVENTIONAL BEAST

Lane	Mens Pairs	Age Category
1		
2	Red hot chilli steppers	Men Pairs Vets
3	Unfinished business	Men Pairs Vets
4	Strong Outdoor Fitness, Strong Language	Men Pairs Vets
5	STRONG - Small but Mighty	Men Pairs Vets
6	STRONG GRIT	Men Pairs Vets
7	Strong Assets	Men Pairs Masters
8	Puxtys	Men Pairs Masters

Lane	Womens Pairs	Age Category
9	STRONG case of FOMO	Women Pairs Vets
10	STRONG Queens	Women Pairs Open
11	team brown	Women Pairs Open
12	Snatch Sisters	Women Pairs Open
13	Team SK	Women Pairs Open
14	Timed Up and Go Getters	Women Pairs Open
15	Here today, sore tomorrow!	Women Pairs Open

Lane	Mixed Pairs	Age Category
16	Simon and tash	Mixed Pairs Masters
17	The Rolling Jones	Mixed Pairs Masters
18	The Kinetic K-P's	Mixed Pairs Masters
19	CrossFit Buxton M&C	Mixed Pairs Vets
20	Hip and Hope	Mixed Pairs Vets

Lane	Mixed Team Of 4	Age Category
21	Basepoint cirque du sore legs	Mixed Team of 4 Masters
22	WOD Are We Doing?	Mixed Team of 4 Open
23	Basepoint champs	Mixed Team of 4 Open
24		

GROUP B

HEAT 2

ORDER OF WORKOUTS

1. BRUTAL BEAT DOWN
2. STRENGTH & HONOUR
3. VO2 MAX
4. ASSAULT COURSE
5. UNCONVENTIONAL BEAST

Lane	Mens Pairs	Age Category
1		
2	T.M.F.A.O	Men Pairs Masters
3	Team Topbox	Men Pairs Open
4	Wenglish Warriors	Men Pairs Open
5	we-are-the-ones	Men Pairs Open
6	steve & jay	Men Pairs Open
7	Mulch Men Munch Miles	Men Pairs Open
8	Pizza boys	Men Pairs Open

Lane	Womens Pairs	Age Category
9		
10	the renunion tour	Women Pairs Vets
11	Pace Queens	Women Pairs Vets
12	Exclusive Gym Kate & Lesley	Women Pairs Vets
13	Rach & Charlotte	Women Pairs Vets
14	Martha & Mary - Exclusive Gym	Women Pairs Open
15	CocoKatie	Women Pairs Open

Lane	Mixed Pairs	Age Category
16		
17	Phil & Alice Exclusive Gym	Mixed Pairs Masters
18	Run Baby Run	Mixed Pairs Masters
19	Basepoint Beefcakes	Mixed Pairs Open
20	Legs Misérables	Mixed Pairs Masters

Lane	Mixed Team Of 4	Age Category
21	The OGs	Mixed Team of 4 Open
22	Quad Almighty	Mixed Team of 4 Open
23	The Unbeatables	Mixed Team of 4 Masters
24		

GROUP C

HEAT 1

ORDER OF WORKOUTS

1. STRENGTH & HONOUR
2. VO2 MAX
3. ASSAULT COURSE
4. UNCONVENTIONAL BEAST
5. BRUTAL BEAT DOWN

Lane	Mens Pairs	Age Category
1	5WaysFitness	Men Pairs Masters
2	crossfit monarch	Men Pairs Masters
3	Anthony & Mark	Men Pairs Masters
4	5am Club	Men Pairs Masters
5	HandiQuacks	Men Pairs Masters
6	no surrender	Men Pairs Masters
7	Kia Kaha	Men Pairs Masters
8	JERKAHOLICS	Men Pairs Masters

Lane	Womens Pairs	Age Category
9	The Joyful Jerks	Women Pairs Vets
10	Jane/Nikki	Women Pairs Vets
11	'Woola'Coombe Crushers	Women Pairs Vets
12	Jerk Sisters	Women Pairs Vets
13	Jerking surf sisters	Women Pairs Vets
14	Saxon on tour	Women Pairs Vets
15		

Lane	Mixed Pairs	Age Category
16	the bobskees	Mixed Pairs Vets
17	MisFits	Mixed Pairs Vets
18	JerkRoseWoods	Mixed Pairs Vets
19	Jerks in progress	Mixed Pairs Vets
20	Jerk Wills Retyre	Mixed Pairs Masters

Lane	Mixed Team Of 4	Age Category
21	R7Fitness 3	Mixed Team of 4 Masters
22	R7Fitness Team 1	Mixed Team of 4 Masters
23	SOFties tbc	Mixed Team of 4 Masters
24		

GROUP C

HEAT 2

ORDER OF WORKOUTS

1. STRENGTH & HONOUR
2. VO2 MAX
3. ASSAULT COURSE
4. UNCONVENTIONAL BEAST
5. BRUTAL BEAT DOWN

Lane	Mens Pairs	Age Category
1	When one alpha meets another	Men Pairs Masters
2	Two Guys, One Mission: Service	Men Pairs Masters
3	The Ironboys	Men Pairs Masters
4	the bournville boys	Men Pairs Masters
5	Tribe Boys	Men Pairs Masters
6	It'll Be Fun They Said	Men Pairs Vets
7	Well fit	Men Pairs Vets
8	Crossfit yate bad boys	Men Pairs Vets

Lane	Womens Pairs	Age Category
9	Team F&N Vigorous	Women Pairs Masters
10	JENUinely AMYazing	Women Pairs Masters
11	Rach & Bon	Women Pairs Masters
12	Gem and Camilla	Women Pairs Vets
13	Masters of Multitasking	Women Pairs Vets
14	Pairs in Crime	Women Pairs Vets
15		

Lane	Mixed Pairs	Age Category
16	hot heads	Mixed Pairs Vets
17	Level 6 Club	Mixed Pairs Vets
18	Lis&Daz	Mixed Pairs Vets
19	Team Crowe	Mixed Pairs Vets
20	Small and Mighty	Mixed Pairs Vets

Lane	Mixed Team Of 4	Age Category
21	Tribe Avengers: Infinity Gains	Mixed Team of 4 Masters
22	All the whey	Mixed Team of 4 Masters
23	Red Army	Mixed Team of 4 Masters
24		

GROUP D

HEAT 1

ORDER OF WORKOUTS

1. VO2 MAX
2. ASSAULT COURSE
3. UNCONVENTIONAL BEAST
4. BRUTAL BEAT DOWN
5. STRENGTH & HONOUR

Lane	Mens Pairs	Age Category
1	Legion	Men Pairs Masters
2	trailhead runners	Men Pairs Masters
3	Super Humans	Men Pairs Vets
4	Bearded Beasts	Men Pairs Vets
5	Mayhem Booty & The Beast	Men Pairs Vets
6	Mayhem veterans	Men Pairs Vets
7	Mayhem Fly and Die	Men Pairs Masters
8	Mayhem: Still Tapering	Men Pairs Vets

Lane	Womens Pairs	Age Category
9		
10	Peachy	Women Pairs Vets
11	Squatters Rights Womens Pair	Women Pairs Masters
12	Double Dose of Mayhem	Women Pairs Masters
13	We Tried	Women Pairs Open
14	Chip off the old block	Women Pairs Open
15	why not?	Women Pairs Vets

Lane	Mixed Pairs	Age Category
16	pains & gains	Mixed Pairs Masters
17	SLYR	Mixed Pairs Masters
18	Dragonfly	Mixed Pairs Open
19	lean beef & custard	Mixed Pairs Open
20	Squatters Rights Mixed Pair	Mixed Pairs Masters

Lane	Mixed Team Of 4	Age Category
21	Squatters rights team of 4	Mixed Team of 4 Open
22	Team CRF	Mixed Team of 4 Masters
23	Not Dead Yet	Mixed Team of 4 Masters
24		

GROUP D

HEAT 2

ORDER OF WORKOUTS

1. VO2 MAX

2. ASSAULT COURSE

3. UNCONVENTIONAL BEAST

4. BRUTAL BEAT DOWN

5. STRENGTH & HONOUR

Lane	Mens Pairs	Age Category
1	Bourbon Biscuit Boys	Men Pairs Open
2	Get workey with perky	Men Pairs Open
3	fitness under review	Men Pairs Open
4	Bothers Grim	Men Pairs Vets
5	Frightened Skydivers	Men Pairs Vets
6	Dragons breath	Men Pairs Vets
7	Team Beard...ish	Men Pairs Vets
8	spartan outlaws	Men Pairs Open

Lane	Womens Pairs	Age Category
9	The 2 K's	Women Pairs Masters
10	Wallballs Deep Pair	Women Pairs Masters
11	the farmers	Women Pairs Masters
12	Mama Bears	Women Pairs Masters
13	Mayhem Mother Ruckers	Women Pairs Masters
14	Mayhem Queens	Women Pairs Masters
15		

Lane	Mixed Pairs	Age Category
16	Herring Mayhem	Mixed Pairs Masters
17	Unleash the Mayhem	Mixed Pairs Open
18	GOFHO	Mixed Pairs Open
19	Dragon Fitness - Inferno	Mixed Pairs Vets
20	Iron Flame	Mixed Pairs Masters

Lane	Mixed Team Of 4	Age Category
21	CrossFit Swindon	Mixed Team of 4 Masters
22	Elite, No Defeat	Mixed Team of 4 Masters
23	Relative Chaos	Mixed Team of 4 Masters
24		

GROUP E

HEAT 1

ORDER OF WORKOUTS

1. ASSAULT COURSE
2. UNCONVENTIONAL BEAST
3. BRUTAL BEAT DOWN
4. STRENGTH & HONOUR
5. VO2 MAX

Lane	Mens Pairs	Age Category
1	Vickers of Rumble Fitness	Men Pairs Open
2	The Rumble Mick Hucknalls	Men Pairs Masters
3	Two Man army	Men Pairs Masters
4	lewis and charlie	Men Pairs Masters
5	Gogeta	Men Pairs Masters
6	Easty Boyz	Men Pairs Masters
7	Uncles	Men Pairs Masters
8	BKW OAPs	Men Pairs Vets

Lane	Womens Pairs	Age Category
9	Don't Bac!	Women Pairs Open
10	The Many Chins of Rumble Fitness	Women Pairs Open
11	Rumble Rookies	Women Pairs Open
12	gb fit lau gar legends	Women Pairs Open
13	GB Fit for Purpose	Women Pairs Vets
14	Short Strong and Sweary	Women Pairs Vets
15		

Lane	Mixed Pairs	Age Category
16	BKW No Knees	Mixed Pairs Open
17	BKW The Witches Pension plan	Mixed Pairs Masters
18	GB Fit - Hefty Units	Mixed Pairs Masters
19	GB Fit - So Fit, Sherlock	Mixed Pairs Vets
20	kirsty & tony	Mixed Pairs Vets

Lane	Mixed Team Of 4	Age Category
21	thrown together	Mixed Team of 4 Open
22	Apollo the Gladiator and Friends	Mixed Team of 4 Masters
23	BKW CATS&DOGS	Mixed Team of 4 Open
24	barely human	Mixed Team of 4 Open

GROUP E

HEAT 2

ORDER OF WORKOUTS

1. ASSAULT COURSE
2. UNCONVENTIONAL BEAST
3. BRUTAL BEAT DOWN
4. STRENGTH & HONOUR
5. VO2 MAX

Lane	Mens Pairs	Age Category
1	Alright me babbers?!	Men Pairs Open
2	Tatts and Traps	Men Pairs Open
3	Beef and cheeks	Men Pairs Open
4	Marvellous Generation	Men Pairs Masters
5	aj fitness	Men Pairs Open
6	team auric	Men Pairs Open
7	The Bald and the Beautiful	Men Pairs Masters
8	Pirouette and Pound	Men Pairs Masters

Lane	Womens Pairs	Age Category
9		
10	Selina Slater	Women Pairs Vets
11	Barn Built Fitness Veteran Woders	Women Pairs Vets
12	FUNKY CHICKS	Women Pairs Vets
13	Old School Ravers	Women Pairs Vets
14	Ready To Crumble	Women Pairs Vets
15	The RosEllenators	Women Pairs Vets

Lane	Mixed Pairs	Age Category
16	Aches and Gains	Mixed Pairs Vets
17	tom&asia	Mixed Pairs Open
18	team speedy	Mixed Pairs Open
19	Gough Siblings Go	Mixed Pairs Open
20		

Lane	Mixed Team Of 4	Age Category
21	Two Jerks & Two Snatches	Mixed Team of 4 Masters
22	The Pinkies	Mixed Team of 4 Open
23		
24		