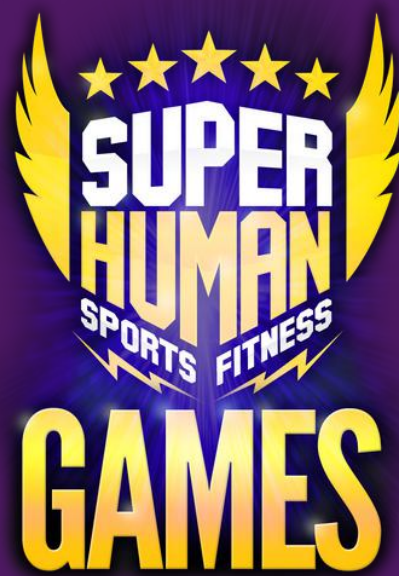


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**SATURDAY 10TH JUNE 2023**

**HOSTED IN THE CITY OF BRISTOL**

**EVENT LOCATION**

**GREVILLE SMYTH PARK & SPORTS GROUND**

**ASHTON ROAD**

**BRISTOL**

**BS3 2EQ**

**(DIRECTLY OPPOSITE ASHTON GATE STADIUM)**

**PARKING LOCATION**

**ASHTON PARK SCHOOL, BS3 2JL**

# ATHLETE PACK ATHLETE PACK

## SCHEDULE FOR THE DAY

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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

## 13.50- 14.45 LUNCH BREAK!

### 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

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## ORDER OF WORKOUTS

### WORKOUT 1

- GROUP A - UNCONVENTIONAL BEAST
- GROUP B - BRUTAL BEAT DOWN
- GROUP C - STRENGTH & HONOUR
- GROUP D - VO2 MAX
- GROUP E - THE ASSAULT COURSE

### WORKOUT 3

- GROUP A - STRENGTH & HONOUR
- GROUP B - VO2 MAX
- GROUP C - THE ASSAULT COURSE
- GROUP D - UNCONVENTIONAL BEAST
- GROUP E - BRUTAL BEAT DOWN

### WORKOUT 5

- GROUP A - THE ASSAULT COURSE
- GROUP B - UNCONVENTIONAL BEAST
- GROUP C - BRUTAL BEAT DOWN
- GROUP D - STRENGTH & HONOUR
- GROUP E - VO2 MAX

### WORKOUT 2

- GROUP A - BRUTAL BEAT DOWN
- GROUP B - STRENGTH & HONOUR
- GROUP C - VO2 MAX
- GROUP D - THE ASSAULT COURSE
- GROUP E - UNCONVENTIONAL BEAST

### WORKOUT 4

- GROUP A - VO2 MAX
- GROUP B - THE ASSAULT COURSE
- GROUP C - UNCONVENTIONAL BEAST
- GROUP D - BRUTAL BEAT DOWN
- GROUP E - STRENGTH & HONOUR

## HEATS & ORDER OF WORKOUTS

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YOUR TEAM HAS BEEN ALLOCATED TO ONE OF THE GROUPS OVER THE NEXT FEW PAGES. THIS WILL DETERMINE YOUR ORDER OF WORKOUTS.

EACH GROUP IS THEN BROKEN DOWN FURTHER INTO 2 HEATS, YOU WILL EITHER BE IN HEAT 1 OR HEAT 2.

ONCE YOU'VE FOUND YOUR GROUP, PLEASE FAMILIARISE YOURSELF WITH YOUR ORDER OF WORKOUTS, THE TIMINGS OF YOUR HEAT AND YOUR LANE AS THESE WILL BE 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 GROUPS, PLEASE CONTACT US AS SOON AS POSSIBLE AT [EVENTS@SUPERHUMANSPO RTS.COM](mailto:EVENTS@SUPERHUMANSPO RTS.COM)

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## HEATS & ORDER OF WORKOUTS

# GROUP A

### GROUP A - ORDER OF WORKOUTS

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

Heat 1			Heat 2		
Men Pairs Lanes	Team Name	Category	Men Pairs Lanes	Team Name	Category
Lane 1	Bourbon Biscuit Boys	Men Pairs Open	Lane 1	Arkley Boys	Men Pairs Open
Lane 2	Dad Bods Day Off	Men Pairs Open	Lane 2	Sind-sationals	Men Pairs Open
Lane 3	"Naturally" Gifted	Men Pairs Open	Lane 3	Morganites	Men Pairs Open
Lane 4	Brizfit	Men Pairs Open	Lane 4	All test no rest	Men Pairs Open
Lane 5	Team FXT 100	Men Pairs Vets	Lane 5	Tribe PT	Men Pairs Masters
Lane 6	JERK#2	Men Pairs Vets	Lane 6	Avengers	Men Pairs Masters
Lane 7	Bearded Beasts	Men Pairs Vets	Lane 7	Soger Ranchez	Men Pairs Masters
Lane 8	Aged to perfection	Men Pairs Vets	Lane 8	HANDI-QUACKS	Men Pairs Masters
Lane 9	One More Time	Men Pairs Vets	Lane 9	Buck Furpees	Men Pairs Masters
Women Pairs Lanes	Team Name	Category	Women Pairs Lanes	Team Name	Category
Lane 10	Physique's Chafing The Dream	Women Pairs Masters	Lane 10	Beast Mode Babes	Women Pairs Masters
Lane 11	Badly planned threesome	Women Pairs Masters	Lane 11	On cloud wine	Women Pairs Masters
Lane 12	CC for BBB	Women Pairs Masters	Lane 12	Krackers	Women Pairs Masters
Lane 13	Beastrogen	Women Pairs Vets	Lane 13	Resting bitch pace	Women Pairs Open
Lane 14	Bibbidi bobbidi badass	Women Pairs Vets	Lane 14	#Active&Arrogant	Women Pairs Open
Lane 15	Battleboxers!	Women Pairs Vets	Lane 15	Brizfit	Women Pairs Open
Lane 16	But Did You Die	Women Pairs Vets	Lane 16	Sister Act	Women Pairs Open
Lane 17	Barbells and Beers	Women Pairs Open	Lane 17	Bulletproof	Women Pairs Open
Lane 18	Oswald The Brave	Women Pairs Open	Lane 18		
Mixed Pairs Lanes	Team Name	Category	Mixed Pairs Lanes	Team Name	Category
Lane 19	Your Pace or Mine?	Mixed Pairs Open	Lane 19	Better late than never	Mixed Pairs Masters
Lane 20	Team Grit	Mixed Pairs Open	Lane 20	Booty and the Beard	Mixed Pairs Masters
Lane 21	Grip It 'N' Rip It	Mixed Pairs Open	Lane 21	Team Synergy	Mixed Pairs Masters
Lane 22	JERK#1	Mixed Pairs Vets	Lane 22	Amy&mick	Mixed Pairs Masters
Lane 23	The Old Grits	Mixed Pairs Vets	Lane 23	We hate the runs	Mixed Pairs Masters
Lane 24	Team Swede	Mixed Pairs Vets	Lane 24	TEAMGUNZ	Mixed Pairs Masters
Teams of 4 Lanes	Team Name	Category	Teams of 4 Lanes	Team Name	Category
Lane 25	Drop It Like A Squat	Mixed Team of 4 Open	Lane 25	Tribe Tornadoes	Mixed Team of 4 Masters
Lane 26	Heavy Breathers Club	Mixed Team of 4 Open	Lane 26	Team Tribe	Mixed Team of 4 Masters
Lane 27	CrossFit Basepoint	Mixed Team of 4 Open	Lane 27	Beavers and Buttheads	Mixed Team of 4 Masters
Lane 28	Basepoint	Mixed Team of 4 Open	Lane 28	CrossFit Buxton	Mixed Team of 4 Masters
Lane 29			Lane 29		



## HEATS & ORDER OF WORKOUTS

# GROUP B

### GROUP B - ORDER OF WORKOUTS

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

Heat 1			Heat 2		
Men Pairs Lanes	Team Name	Category	Men Pairs Lanes	Team Name	Category
Lane 1	Unusual Suspects	Men Pairs Vets	Lane 1	Camp Hill Warriors	Men Pairs Masters
Lane 2	Coffee and cake	Men Pairs Vets	Lane 2	Bournville Boys	Men Pairs Masters
Lane 3	Brothers Grimm	Men Pairs Vets	Lane 3	And in Last place	Men Pairs Masters
Lane 4	Quiet Zone	Men Pairs Vets	Lane 4	Not Fast, Just Furious	Men Pairs Masters
Lane 5	ORF - Team MorRos	Men Pairs Vets	Lane 5	Muddy Ducks	Men Pairs Masters
Lane 6	ORF Roy Bros	Men Pairs Open	Lane 6	BBF123	Men Pairs Vets
Lane 7	Kokoro Coaches	Men Pairs Open	Lane 7	Box Bell Bros	Men Pairs Open
Lane 8	Up the builders	Men Pairs Masters	Lane 8	Team Imperium	Men Pairs Open
Lane 9	Wodfathers	Men Pairs Masters	Lane 9	Waist Management	Men Pairs Open
Women Pairs Lanes	Team Name	Category	Women Pairs Lanes	Team Name	Category
Lane 10			Lane 10	HCHA	Women Pairs Open
Lane 11	ORF Endurance	Women Pairs Vets	Lane 11	Double The Raver Flava	Women Pairs Open
Lane 12	Come back queens	Women Pairs Vets	Lane 12	Girl on girl	Women Pairs Open
Lane 13	The young and the short of it	Women Pairs Vets	Lane 13	DL Girls	Women Pairs Open
Lane 14	Emmandmary	Women Pairs Vets	Lane 14	Stronger Together	Women Pairs Masters
Lane 15	Not in it to win it	Women Pairs Vets	Lane 15	HELL'S ON EARTH!	Women Pairs Masters
Lane 16	Not too Sh-Abi	Women Pairs Vets	Lane 16	BBF Poptarts	Women Pairs Masters
Lane 17	Double Trouble	Women Pairs Vets	Lane 17	Hardcore Herbivores	Women Pairs Vets
Lane 18			Lane 18	Henbury Girls	Women Pairs Vets
Mixed Pairs Lanes	Team Name	Category	Mixed Pairs Lanes	Team Name	Category
Lane 19	Dragon Fitness	Mixed Pairs Masters	Lane 19	StuperSmithy	Mixed Pairs Vets
Lane 20	Crazy Bears	Mixed Pairs Masters	Lane 20	BB Buck Furpees	Mixed Pairs Open
Lane 21	Team NBR	Mixed Pairs Masters	Lane 21	BBF B Team	Mixed Pairs Vets
Lane 22	Team ORF X-Terriers	Mixed Pairs Masters	Lane 22	Stone Kold Killerz	Mixed Pairs Vets
Lane 23	ORF insync	Mixed Pairs Vets	Lane 23	HP Sauce	Mixed Pairs Masters
Lane 24	Mega Pack	Mixed Pairs Vets	Lane 24		
Teams of 4 Lanes	Team Name	Category	Teams of 4 Lanes	Team Name	Category
Lane 25	Team Madness	Mixed Team of 4 Open	Lane 25	The Black Cats	Mixed Team of 4 Masters
Lane 26	TeenageMutantMadnessTurtles	Mixed Team of 4 Open	Lane 26	Impact	Mixed Team of 4 Masters
Lane 27	Multiverse of Madness	Mixed Team of 4 Open	Lane 27	Kokoro Fitness	Mixed Team of 4 Masters
Lane 28	Bright reds	Mixed Team of 4 Open	Lane 28	Norfolk N Chance	Mixed Team of 4 Masters
Lane 29	WOD Worriers	Mixed Team of 4 Masters	Lane 29		

## HEATS & ORDER OF WORKOUTS

# GROUP C

### GROUP C - ORDER OF WORKOUTS

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

Heat 1			Heat 2		
Men Pairs Lanes	Team Name	Category	Men Pairs Lanes	Team Name	Category
Lane 1	Nish Ash Bosh	Men Pairs Open	Lane 1	Band of Fools	Men Pairs Vets
Lane 2	Dave the Fantastic and his sidekick	Men Pairs Open	Lane 2	Gert Big Guns	Men Pairs Vets
Lane 3	CF72 Fitness Chafing The Dream	Men Pairs Open	Lane 3	Garage of pain	Men Pairs Vets
Lane 4	CF72 Fitness Beers and Burpees	Men Pairs Open	Lane 4	CF72 Fitness Bob and Taff	Men Pairs Vets
Lane 5	CF72 Bald and Blonde	Men Pairs Open	Lane 5	CF72 Fitness - Fit and Fearless	Men Pairs Vets
Lane 6	CF72 Fitness M&A	Men Pairs Masters	Lane 6	CF72 Fitness bullied us into this	Men Pairs Vets
Lane 7	CF72 Fitness Wods for you beers f	Men Pairs Masters	Lane 7	Southern legion of doom	Men Pairs Masters
Lane 8	CF72-Crash	Men Pairs Masters	Lane 8	Holmding	Men Pairs Masters
Lane 9	GARJAY	Men Pairs Masters	Lane 9	FHC	Men Pairs Masters
Women Pairs Lanes	Team Name	Category	Women Pairs Lanes	Team Name	Category
Lane 10			Lane 10	Sheer Madness	Women Pairs Vets
Lane 11	Rumble Fitness F-Bomb Moms	Women Pairs Masters	Lane 11	RawPower	Women Pairs Vets
Lane 12	Rumble Barrel and Twig	Women Pairs Open	Lane 12	Double trouble B76	Women Pairs Masters
Lane 13	Rumble Grit Girls	Women Pairs Open	Lane 13	Here Against Our Will	Women Pairs Masters
Lane 14	Instate	Women Pairs Open	Lane 14	Cf72 Fitness Dumbbells n Blondes	Women Pairs Masters
Lane 15	MLA	Women Pairs Open	Lane 15	CF72 Fitness Not Fast Just Furious	Women Pairs Masters
Lane 16	Cf72 Bend and Snatch	Women Pairs Open	Lane 16	CF72 Fitness Small but Mighty	Women Pairs Masters
Lane 17	CF72 Fitness Light Weight Baby	Women Pairs Open	Lane 17	CF72 fitness Will wod for Wine	Women Pairs Masters
Lane 18			Lane 18		
Mixed Pairs Lanes	Team Name	Category	Mixed Pairs Lanes	Team Name	Category
Lane 19	Team Crowe	Mixed Pairs Vets	Lane 19	Chafing The Dream (Holly+Luke)	Mixed Pairs Open
Lane 20	Ripley made us do it	Mixed Pairs Vets	Lane 20	Lynch mob (Sami & Tim)	Mixed Pairs Open
Lane 21	16WOH	Mixed Pairs Vets	Lane 21	Hegs & Cheese	Mixed Pairs Open
Lane 22	Kokoro 99	Mixed Pairs Vets	Lane 22	The Unprepared	Mixed Pairs Open
Lane 23	Hakuna Matata	Mixed Pairs Vets	Lane 23	Aggressively Average	Mixed Pairs Open
Lane 24	Rumble Force 2	Mixed Pairs Vets	Lane 24	He ain't heavy, he's my brother	Mixed Pairs Open
Teams of 4 Lanes	Team Name	Category	Teams of 4 Lanes	Team Name	Category
Lane 25	Oh My Quad	Mixed Team of 4 Open	Lane 25	Epic Fitness OCR	Mixed Team of 4 Masters
Lane 26	Racks and Sacks	Mixed Team of 4 Open	Lane 26	Omni-Vets	Mixed Team of 4 Masters
Lane 27	Racks and Sacks Part Deux	Mixed Team of 4 Masters	Lane 27	Pimp My Stride	Mixed Team of 4 Masters
Lane 28	Win or Booze	Mixed Team of 4 Open	Lane 28	We thought this was a pub crawl	Mixed Team of 4 Masters
Lane 29			Lane 29		

## HEATS & ORDER OF WORKOUTS

# GROUP D

### GROUP D - ORDER OF WORKOUTS

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

Heat 1			Heat 2		
Men Pairs Lanes	Team Name	Category	Men Pairs Lanes	Team Name	Category
Lane 1	Sibling Rivalry	Men Pairs Masters	Lane 1	Macsen's Heroes	Men Pairs Masters
Lane 2	Masters of None	Men Pairs Masters	Lane 2	Fatman and Blobin	Men Pairs Masters
Lane 3	Mayhem Brute Force	Men Pairs Masters	Lane 3	Cymer All Stars	Men Pairs Masters
Lane 4	Aa Duracell	Men Pairs Open	Lane 4	Hobbit power	Men Pairs Masters
Lane 5	Barrie & Gwyn	Men Pairs Open	Lane 5	Cam crusaders	Men Pairs Masters
Lane 6	All smoke no fire	Men Pairs Open	Lane 6	Brahma bulls	Men Pairs Vets
Lane 7	Dont know about this like	Men Pairs Open	Lane 7	Old and injured	Men Pairs Vets
Lane 8	CF72 fitness - MBTB	Men Pairs Open	Lane 8	Lynch mob (Greg & Mark)	Men Pairs Vets
Lane 9	Ryan Evans	Men Pairs Open	Lane 9	Two Ps in a WOD	Men Pairs Vets
Women Pairs Lanes	Team Name	Category	Women Pairs Lane	Team Name	Category
Lane 10	Weights Before Dates	Women Pairs Open	Lane 10		
Lane 11	Becky & Kerrie	Women Pairs Open	Lane 11	Team Flex	Women Pairs Vets
Lane 12	Wod are we doing	Women Pairs Open	Lane 12	Chalk dirty to me	Women Pairs Masters
Lane 13	Tessimo	Women Pairs Open	Lane 13	Dirty Ruckers	Women Pairs Masters
Lane 14	The Comeback	Women Pairs Open	Lane 14	Mayhem Junkies	Women Pairs Vets
Lane 15	Shezza and Kezza	Women Pairs Open	Lane 15	Complete Mayhem	Women Pairs Masters
Lane 16	Chickbox	Women Pairs Open	Lane 16	Morning Mayhem Nutters	Women Pairs Masters
Lane 17	Sister strength	Women Pairs Masters	Lane 17		
Lane 18	Mayhem Muscle MK	Women Pairs Vets	Lane 18	Warriors for the weekend	Women Pairs Vets
Mixed Pairs Lanes	Team Name	Category	Mixed Pairs Lanes	Team Name	Category
Lane 19	Energy Smugglers	Mixed Pairs Open	Lane 19		
Lane 20	Cfu	Mixed Pairs Open	Lane 20	Herring Mayhem	Mixed Pairs Masters
Lane 21	The Early Worms	Mixed Pairs Open	Lane 21	Lachan & Caitlin	Mixed Pairs Open
Lane 22	Chremistry	Mixed Pairs Open	Lane 22	Team MJ	Mixed Pairs Open
Lane 23	Faith & Aron	Mixed Pairs Open	Lane 23	Mouth breathers	Mixed Pairs Open
Lane 24	Send it!	Mixed Pairs Open	Lane 24	Malakas	Mixed Pairs Open
Teams of 4 Lanes	Team Name	Category	Teams of 4 Lanes	Team Name	Category
Lane 25	The Junction	Mixed Team of 4 Masters	Lane 25	Gen X 200	Mixed Team of 4 Masters
Lane 26	GroupFit Gloucester 2	Mixed Team of 4 Open	Lane 26	Dumb and Dumbbells	Mixed Team of 4 Open
Lane 27	GroupFit Gloucester	Mixed Team of 4 Masters	Lane 27	BB Power Rangers	Mixed Team of 4 Open
Lane 28	Ravers with a fitness problem	Mixed Team of 4 Masters	Lane 28	Guns & Glutes Reloaded	Mixed Team of 4 Masters
Lane 29			Lane 29	Put The KettleBell On	Mixed Team of 4 Open



## HEATS & ORDER OF WORKOUTS

# GROUP E

### GROUP E - ORDER OF WORKOUTS

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

Heat 1			Heat 2		
Men Pairs Lanes	Team Name	Category	Men Pairs Lanes	Team Name	Category
Lane 1	FWX	Men Pairs Vets	Lane 1	Team Zeus	Men Pairs Open
Lane 2	The Dogfathers	Men Pairs Vets	Lane 2	Two Boys	Men Pairs Open
Lane 3	Wrinkly when wet	Men Pairs Vets	Lane 3	Caveman Spartans	Men Pairs Open
Lane 4	AL FitFreaks	Men Pairs Vets	Lane 4	Team UVA Twin Towers	Men Pairs Open
Lane 5	Team Affinity - Swolomates	Men Pairs Vets	Lane 5	Team UVA:Twink and Twonk	Men Pairs Masters
Lane 6	Team Affinity - The BurrLee Bunch	Men Pairs Vets	Lane 6	Team UVA The Hairy Wodders	Men Pairs Masters
Lane 7	Team Affinity Juci's Heroes	Men Pairs Vets	Lane 7	Slippery Pickle	Men Pairs Masters
Lane 8	TEAM UVA: CAN'T WOD, WON'T WOD	Men Pairs Vets	Lane 8	From UVA UNTIL VICTORY ALWAYS	Men Pairs Masters
Lane 9	The Terminators	Men Pairs Vets	Lane 9	Frome Town Crossfit - CrossFatters	Men Pairs Masters
Women Pairs Lanes	Team Name	Category	Women Pairs Lanes	Team Name	Category
Lane 10	Team Affinity - Mojo Matters!	Women Pairs Masters	Lane 10	FROME TOWN CROSSFIT ChatFit	Women Pairs Vets
Lane 11	Team Affinity Jeffro	Women Pairs Masters	Lane 11	Frome town CrossFit-Mum jeans and power cleans	Women Pairs Masters
Lane 12	Team UVA Aggressively Average	Women Pairs Masters	Lane 12	Welsh Warriors	Women Pairs Vets
Lane 13	Team UVA Pace Cadets	Women Pairs Masters	Lane 13	Crazy Fools	Women Pairs Vets
Lane 14	Team UVA: The comeback queens	Women Pairs Masters	Lane 14	Team Affinity Kale Yeah	Women Pairs Vets
Lane 15	UVA: Wod we doing here?	Women Pairs Masters	Lane 15	UVA Big Feet, Little Feet	Women Pairs Open
Lane 16	UVA - Melen	Women Pairs Masters	Lane 16	Team UVA Tiger Loaf	Women Pairs Open
Lane 17	Team Affinity: Jones and the Giant Peach	Women Pair Masters	Lane 17	Slick Chicks	Women Pairs Open
Lane 18	Team Affinity Two Peas in a Wod	Women Pairs Open	Lane 18		
Mixed Pairs Lanes	Team Name	Category	Mixed Pairs Lanes	Team Name	Category
Lane 19			Lane 19	Make it or Break it	Mixed Pairs Vets
Lane 20	The Avengers	Mixed Pairs Open	Lane 20	Team Douglas	Mixed Pairs Vets
Lane 21	Team titanium	Mixed Pairs Masters	Lane 21	Should Know Better	Mixed Pairs Masters
Lane 22	Misfits	Mixed Pairs Masters	Lane 22	Surrey FFS	Mixed Pairs Masters
Lane 23	Battered & Bruised	Mixed Pairs Masters	Lane 23	TeamNicWill	Mixed Pairs Masters
Lane 24			Lane 24	Caveman Botty	Mixed Pairs Vets
Teams of 4 Lanes	Team Name	Category	Teams of 4 Lanes	Team Name	Category
Lane 25	The Not so Teenage Mutant Ninja Turtles	Mixed Team of 4 Open	Lane 25	Woburn caveman	Mixed Team of 4 Masters
Lane 26	Average Joes	Mixed Team of 4 Open	Lane 26	Ultimate Fire & Ice	Mixed Team of 4 Masters
Lane 27	Team Elite: JBEC	Mixed Team of 4 Open	Lane 27	FROME TOWN CROSSFIT - Completely Useless Ne	Mixed Team of 4 Masters
Lane 28	Tall and Small	Mixed Team of 4 Open	Lane 28	Frome Town CrossFit - Just Cross Not Fit	Mixed Team of 4 Masters
Lane 29			Lane 29	Frome Town CrossFit - The Last Recruits	Mixed Team of 4 Open