

SATURDAY 20TH AUGUST 2016

EVENT 1a: THE LOG

EVENT 1b: THE RUN

Heat	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
Heat 1	07:00	CrossFit Shadow Valley	Blitz CrossFit	CrossFit Pendle	Crossfit Central Lancaster	CrossFit 17	CrossFit Milton Keynes	CrossFit Nottingham 2	CrossFit Leicester	Jolly Sailor CrossFit	CrossFit Weymouth	CrossFit Northern Soul	CrossFit MPG
Heat 2	07:15	Stonehenge CrossFit	CrossFit Sempiternal	CrossFit Iron Duke	Central Staffs CrossFit	CrossFit LE3 Green	White Noise Gym	CrossFit Guildford	CrossFit UVA	CrossFit Kent & Sussex	NWK Crossfit	Sarum CrossFit	CrossFit Hammersmith
Heat 3	07:30	CrossFit Deviant Brown	CrossFit Yeovil	CrossFit Havering	CrossFit Burton Unity	CrossFit Leeds	CrossFit 21 Union	CrossFit No Ego	CrossFit Camberley 3	CrossFit Exe 2	Form Leeds Blue	CrossFit Worksop	CrossFit Solihull
Heat 4	07:45	Gritstone CrossFit	OSP Strong	CrossFit LE3 Blue	CrossFit Deviant Orange	CrossFit London	CrossFit Peckham	Reebok CrossFit Thames	CrossFit Wirral	CrossFit Central Manchester	CrossFit Sheffield	CrossFit Southampton	Crossfit 13
Heat 5	08:00	Crossfit Norwich	CrossFit Napalm 1	CrossFit Reading	CrossFit BZN	CrossFit Vauxhall Crushers	Form Leeds Yellow	Saxon CrossFit	CrossFit Exe 1	CrossFit Wyre Forest	CrossFit Warrington	CrossFit Leeds The Forge	Unit 22 CrossFit Northampton
Heat 6	08:15	Unit6 CrossFit Black	CrossFit East Kilbride	CrossFit Camberley	CrossFit Stonehenge Stonehench	Solidarity Barbell	CrossFit ISC	Beach Bourne CrossFit	CrossFit Hawker Hurricane	Project Fitness Northampton	CrossFit Coventry	CrossFit OzBox	Sunbury Performance CrossFit Red
Heat 7	08:30	CrossFit OL1	Dragon CrossFit	CrossFit Wycombe	CrossFit Vauxhall Annihilators	CrossFit 57 North	Whatever It Takes	CrossFit Chalkbox	CrossFit Perpetua	CrossFit Sheffield Blue Steel	CrossFit Medway	CrossFit Boat Shed	CrossFit Witham
Heat 8	08:45	CrossFit Deviant Black	CrossFit CM2	Reebok CrossFit Connect	CrossFit Maidstone	CrossFit Skipton	CrossFit Nottingham	Unit6 CrossFit Gold	Border City CrossFit	CrossFit Napalm 2	Form Leeds Red	CrossFit Bold Beer	CrossFit Cantii
Heat 9	09:00	CrossFit Glevum	LN CrossFit	CrossFit Tyneside	CrossFit Fife	CrossFit Aberdeen Highlanders	Reebok CrossFit 33100	CrossFit Nottingham 3	CrossFit 252 Chesterfield	Esprit De Corps Black	CrossFit Kernow	CrossFit Chew Valley	CrossFit Portsmouth
Heat 10	09:15	CrossFit Cumbria 1	Max Rep Team Poland	CrossFit 3D	Team Atomic	Newton Abbot CrossFit	Twoton CrossFit	Unit6 CrossFit Red	Qdos Fitness	CrossFit Cheltenham Angels	CrossFit Hackney	CrossFit Deviant Grey	CrossFit 1971
Heat 11	09:30	CrossFit Slough	Team Kratos	CrossFit Buxton	3 Aces CrossFit	CrossFit SY1	Bullpen Fitness	CrossFit Cumbria 2	CrossFit Camberley 2	CrossFit Llantrisant Black	CrossFit Blackwater	CrossFit River Mersey	CrossFit Poole
Heat 12	09:45	Crossfit Aberdeen Warriors	CrossFit A14	CrossFit Maidenhead	CrossFit Bold nBeautiful	CrossFit Raeda	CrossFit Battlebox	CrossFit Aldgate	CrossFit Cheltenham The Brave	CrossFit Chorley	CBE Crossfit BS East	CrossFit Fort Ashton	CrossFit Tamworth
Heat 13	10:00	CrossFit Tyneside 2	White Rose CrossFit	CrossFit Central London	CrossFit Aylesbury	OSP Faster	CrossFit Shapsmiths	CrossFit Llantrisant White	CrossFit St Albans	CrossFit New Wave	Sunbury Performance CrossFit Black	CrossFit Oakham	CrossFit Blackpool
Heat 14	10:15	CrossFit Cheltenham Vikings	CrossFit Pi	Cross Rage Team Poland	Esprit De Corps CrossFit	CrossFit Port Talbot	CrossFit Scunthorpe	CrossFit Witham 2	TRAIN Manchester	Team Torbay Tribe	CrossFit Big Smoke	CrossFit P10	In2 CrossFit

EVENT 2 THE BAG

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
Heat 1	07:45	CrossFit Shadow Valley	Blitz CrossFit	CrossFit Pendle	Crossfit Central Lancaster	CrossFit 17	CrossFit Milton Keynes	CrossFit Nottingham 2	CrossFit Leicester	Jolly Sailor CrossFit	CrossFit Weymouth	CrossFit Northern Soul	CrossFit MPG
Heat 2	08:00	Stonehenge CrossFit	CrossFit Sempiternal	CrossFit Iron Duke	Central Staffs CrossFit	CrossFit LE3 Green	White Noise Gym	CrossFit Guildford	CrossFit UVA	CrossFit Kent & Sussex	NWK Crossfit	Sarum CrossFit	CrossFit Hammersmith
Heat 3	08:15	CrossFit Deviant Brown	CrossFit Yeovil	CrossFit Havering	CrossFit Burton Unity	CrossFit Leeds	CrossFit 21 Union	CrossFit No Ego	CrossFit Camberley 3	CrossFit Exe 2	Form Leeds Blue	CrossFit Worksop	CrossFit Solihull
Heat 4	08:30	Gritstone CrossFit	OSP Strong	CrossFit LE3 Blue	CrossFit Deviant Orange	CrossFit London	CrossFit Peckham	Reebok CrossFit Thames	CrossFit Wirral	CrossFit Central Manchester	CrossFit Sheffield	CrossFit Southampton	Crossfit 13
Heat 5	08:45	Crossfit Norwich	CrossFit Napalm 1	CrossFit Reading	CrossFit BZN	CrossFit Vauxhall Crushers	Form Leeds Yellow	Saxon CrossFit	CrossFit Exe 1	CrossFit Wyre Forest	CrossFit Warrington	CrossFit Leeds The Forge	Unit 22 CrossFit Northampton
Heat 6	09:00	Unit6 CrossFit Black	CrossFit East Kilbride	CrossFit Camberley	CrossFit Stonehenge Stonehenge	Solidarity Barbell	CrossFit ISC	Beach Bourne CrossFit	CrossFit Hawker Hurricane	Project Fitness Northampton	CrossFit Coventry	CrossFit OzBox	Sunbury Performance CrossFit Red
Heat 7	09:15	CrossFit OL1	Dragon CrossFit	CrossFit Wycombe	CrossFit Vauxhall Annihilators	CrossFit 57 North	Whatever It Takes	CrossFit Chalkbox	CrossFit Perpetua	CrossFit Sheffield Blue Steel	CrossFit Medway	CrossFit Boat Shed	CrossFit Witham
Heat 8	09:30	CrossFit Deviant Black	CrossFit CM2	Reebok CrossFit Connect	CrossFit Maidstone	CrossFit Skipton	CrossFit Nottingham	Unit6 CrossFit Gold	Border City CrossFit	CrossFit Napalm 2	Form Leeds Red	CrossFit Bold Beer	CrossFit Cantii
Heat 9	09:45	CrossFit Glevum	LN CrossFit	CrossFit Tyneside	CrossFit Fife	CrossFit Aberdeen Highlanders	Reebok CrossFit 33100	CrossFit Nottingham 3	CrossFit 252 Chesterfield	Esprit De Corps Black	CrossFit Kernow	CrossFit Chew Valley	CrossFit Portsmouth
Heat 10	10:00	CrossFit Cumbria 1	Max Rep Team Poland	CrossFit 3D	Team Atomic	Newton Abbot CrossFit	Twoton CrossFit	Unit6 CrossFit Red	Qdos Fitness	CrossFit Cheltenham Angels	CrossFit Hackney	CrossFit Deviant Grey	CrossFit 1971
Heat 11	10:15	CrossFit Slough	Team Kratos	CrossFit Buxton	3 Aces CrossFit	CrossFit SY1	Bullpen Fitness	CrossFit Cumbria 2	CrossFit Camberley 2	CrossFit Llantrisant Black	CrossFit Blackwater	CrossFit River Mersey	CrossFit Poole
Heat 12	10:30	Crossfit Aberdeen Warriors	CrossFit A14	CrossFit Maidenhead	CrossFit Bold nBeautiful	CrossFit Raeda	CrossFit Battlebox	CrossFit Aldgate	CrossFit Cheltenham The Brave	CrossFit Chorley	CBE Crossfit BS East	CrossFit Fort Ashton	CrossFit Tamworth
Heat 13	10:45	CrossFit Tyneside 2	White Rose CrossFit	CrossFit Central London	CrossFit Aylesbury	OSP Faster	CrossFit Shapemsmiths	CrossFit Llantrisant White	CrossFit St Albans	CrossFit New Wave	Sunbury Performance CrossFit Black	CrossFit Oakham	CrossFit Blackpool
Heat 14	11:00	CrossFit Cheltenham Vikings	CrossFit Pi	Cross Rage Team Poland	Esprit De Corps CrossFit	CrossFit Port Talbot	CrossFit Scunthorpe	CrossFit Witham 2	TRAIN Manchester	Team Torbay Tribe	CrossFit Big Smoke	CrossFit P10	In2 CrossFit

11:30 ATHLETE BRIEFING: EVENT 3 & 4

EVENT 3 THE PIPE

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
Heat 1	12:00	CrossFit Shadow Valley	Blitz CrossFit	CrossFit Pendle	Crossfit Central Lancaster	CrossFit 17	CrossFit Milton Keynes	CrossFit Nottingham 2	CrossFit Leicester	Jolly Sailor CrossFit	CrossFit Weymouth	CrossFit Northern Soul	CrossFit MPG
Heat 2	12:15	Stonehenge CrossFit	CrossFit Sempiternal	CrossFit Iron Duke	Central Staffs CrossFit	CrossFit LE3 Green	White Noise Gym	CrossFit Guildford	CrossFit UVA	CrossFit Kent & Sussex	NWK Crossfit	Sarum CrossFit	CrossFit Hammersmith
Heat 3	12:30	CrossFit Deviant Brown	CrossFit Yeovil	CrossFit Havering	CrossFit Burton Unity	CrossFit Leeds	CrossFit 21 Union	CrossFit No Ego	CrossFit Camberley 3	CrossFit Exe 2	Form Leeds Blue	CrossFit Worksop	CrossFit Solihull
Heat 4	12:45	Gritstone CrossFit	OSP Strong	CrossFit LE3 Blue	CrossFit Deviant Orange	CrossFit London	CrossFit Peckham	Reebok CrossFit Thames	CrossFit Wirral	CrossFit Central Manchester	CrossFit Sheffield	CrossFit Southampton	Crossfit 13
Heat 5	13:00	Crossfit Norwich	CrossFit Napalm 1	CrossFit Reading	CrossFit BZN	CrossFit Vauxhall Crushers	Form Leeds Yellow	Saxon CrossFit	CrossFit Exe 1	CrossFit Wyre Forest	CrossFit Warrington	CrossFit Leeds The Forge	Unit 22 CrossFit Northampton
Heat 6	13:15	Unit6 CrossFit Black	CrossFit East Kilbride	CrossFit Camberley	CrossFit Stonehenge Stonehench	Solidarity Barbell	CrossFit ISC	Beach Bourne CrossFit	CrossFit Hawker Hurricane	Project Fitness Northampton	CrossFit Coventry	CrossFit OzBox	Sunbury Performance CrossFit Red
Heat 7	13:30	CrossFit OL1	Dragon CrossFit	CrossFit Wycombe	CrossFit Vauxhall Annihilators	CrossFit 57 North	Whatever It Takes	CrossFit Chalkbox	CrossFit Perpetua	CrossFit Sheffield Blue Steel	CrossFit Medway	CrossFit Boat Shed	CrossFit Witham
Heat 8	13:45	CrossFit Deviant Black	CrossFit CM2	Reebok CrossFit Connect	CrossFit Maidstone	CrossFit Skipton	CrossFit Nottingham	Unit6 CrossFit Gold	Border City CrossFit	CrossFit Napalm 2	Form Leeds Red	CrossFit Bold Beer	CrossFit Cantii
Heat 9	14:00	CrossFit Glevum	LN CrossFit	CrossFit Tyneside	CrossFit Fife	CrossFit Aberdeen Highlanders	Reebok CrossFit 33100	CrossFit Nottingham 3	CrossFit 252 Chesterfield	Esprit De Corps Black	CrossFit Kernow	CrossFit Chew Valley	CrossFit Portsmouth
Heat 10	14:15	CrossFit Cumbria 1	Max Rep Team Poland	CrossFit 3D	Team Atomic	Newton Abbot CrossFit	Twoton CrossFit	Unit6 CrossFit Red	Qdos Fitness	CrossFit Cheltenham Angels	CrossFit Hackney	CrossFit Deviant Grey	CrossFit 1971
Heat 11	14:30	CrossFit Slough	Team Kratos	CrossFit Buxton	3 Aces CrossFit	CrossFit SY1	Bullpen Fitness	CrossFit Cumbria 2	CrossFit Camberley 2	CrossFit Llantrisant Black	CrossFit Blackwater	CrossFit River Mersey	CrossFit Poole
Heat 12	14:45	Crossfit Aberdeen Warriors	CrossFit A14	CrossFit Maidenhead	CrossFit Bold nBeautiful	CrossFit Raeda	CrossFit Battlebox	CrossFit Aldgate	CrossFit Cheltenham The Brave	CrossFit Chorley	CBE Crossfit BS East	CrossFit Fort Ashton	CrossFit Tamworth
Heat 13	15:00	CrossFit Tyneside 2	White Rose CrossFit	CrossFit Central London	CrossFit Aylesbury	OSP Faster	CrossFit Shapesmiths	CrossFit Llantrisant White	CrossFit St Albans	CrossFit New Wave	Sunbury Performance CrossFit Black	CrossFit Oakham	CrossFit Blackpool
Heat 14	15:15	CrossFit Cheltenham Vikings	CrossFit Pi	Cross Rage Team Poland	Esprit De Corps CrossFit	CrossFit Port Talbot	CrossFit Scunthorpe	CrossFit Witham 2	TRAIN Manchester	Team Torbay Tribe	CrossFit Big Smoke	CrossFit P10	In2 CrossFit

EVENT 4 THE WORM

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
Heat 1	15:45	CrossFit Shadow Valley	Blitz CrossFit	CrossFit Pendle	Crossfit Central Lancaster	CrossFit 17	CrossFit Milton Keynes	CrossFit Nottingham 2	CrossFit Leicester	Jolly Sailor CrossFit	CrossFit Weymouth	CrossFit Northern Soul	CrossFit MPG
Heat 2	16:00	Stonehenge CrossFit	CrossFit Sempiternal	CrossFit Iron Duke	Central Staffs CrossFit	CrossFit LE3 Green	White Noise Gym	CrossFit Guildford	CrossFit UVA	CrossFit Kent & Sussex	NWK Crossfit	Sarum CrossFit	CrossFit Hammersmith
Heat 3	16:15	CrossFit Deviant Brown	CrossFit Yeovil	CrossFit Havering	CrossFit Burton Unity	CrossFit Leeds	CrossFit 21 Union	CrossFit No Ego	CrossFit Camberley 3	CrossFit Exe 2	Form Leeds Blue	CrossFit Worksop	CrossFit Solihull
Heat 4	16:30	Gritstone CrossFit	OSP Strong	CrossFit LE3 Blue	CrossFit Deviant Orange	CrossFit London	CrossFit Peckham	Reebok CrossFit Thames	CrossFit Wirral	CrossFit Central Manchester	CrossFit Sheffield	CrossFit Southampton	Crossfit 13
Heat 5	16:45	Crossfit Norwich	CrossFit Napalm 1	CrossFit Reading	CrossFit BZN	CrossFit Vauxhall Crushers	Form Leeds Yellow	Saxon CrossFit	CrossFit Exe 1	CrossFit Wyre Forest	CrossFit Warrington	CrossFit Leeds The Forge	Unit 22 CrossFit Northampton
Heat 6	17:00	Unit6 CrossFit Black	CrossFit East Kilbride	CrossFit Camberley	CrossFit Stonehenge Stonehench	Solidarity Barbell	CrossFit ISC	Beach Bourne CrossFit	CrossFit Hawker Hurricane	Project Fitness Northampton	CrossFit Coventry	CrossFit OzBox	Sunbury Performance CrossFit Red
Heat 7	17:15	CrossFit OL1	Dragon CrossFit	CrossFit Wycombe	CrossFit Vauxhall Annihilators	CrossFit 57 North	Whatever It Takes	CrossFit Chalkbox	CrossFit Perpetua	CrossFit Sheffield Blue Steel	CrossFit Medway	CrossFit Boat Shed	CrossFit Witham
Heat 8	17:30	CrossFit Deviant Black	CrossFit CM2	Reebok CrossFit Connect	CrossFit Maidstone	CrossFit Skipton	CrossFit Nottingham	Unit6 CrossFit Gold	Border City CrossFit	CrossFit Napalm 2	Form Leeds Red	CrossFit Bold Beer	CrossFit Cantii
Heat 9	17:45	CrossFit Glevum	LN CrossFit	CrossFit Tyneside	CrossFit Fife	CrossFit Aberdeen Highlanders	Reebok CrossFit 33100	CrossFit Nottingham 3	CrossFit 252 Chesterfield	Esprit De Corps Black	CrossFit Kernow	CrossFit Chew Valley	CrossFit Portsmouth
Heat 10	18:00	CrossFit Cumbria 1	Max Rep Team Poland	CrossFit 3D	Team Atomic	Newton Abbot CrossFit	Twoton CrossFit	Unit6 CrossFit Red	Qdos Fitness	CrossFit Cheltenham Angels	CrossFit Hackney	CrossFit Deviant Grey	CrossFit 1971
Heat 11	18:15	CrossFit Slough	Team Kratos	CrossFit Buxton	3 Aces CrossFit	CrossFit SY1	Bullpen Fitness	CrossFit Cumbria 2	CrossFit Camberley 2	CrossFit Llantrisant Black	CrossFit Blackwater	CrossFit River Mersey	CrossFit Poole
Heat 12	18:30	Crossfit Aberdeen Warriors	CrossFit A14	CrossFit Maidenhead	CrossFit Bold nBeautiful	CrossFit Raeda	CrossFit Battlebox	CrossFit Aldgate	CrossFit Cheltenham The Brave	CrossFit Chorley	CBE Crossfit BS East	CrossFit Fort Ashton	CrossFit Tamworth
Heat 13	18:45	CrossFit Tyneside 2	White Rose CrossFit	CrossFit Central London	CrossFit Aylesbury	OSP Faster	CrossFit Shapemiths	CrossFit Llantrisant White	CrossFit St Albans	CrossFit New Wave	Sunbury Performance CrossFit Black	CrossFit Oakham	CrossFit Blackpool
Heat 14	19:00	CrossFit Cheltenham Vikings	CrossFit Pi	Cross Rage Team Poland	Esprit De Corps CrossFit	CrossFit Port Talbot	CrossFit Scunthorpe	CrossFit Witham 2	TRAIN Manchester	Team Torbay Tribe	CrossFit Big Smoke	CrossFit P10	In2 CrossFit

20:00 ATHLETE BRIEFING: DAY 2 EVENTS