

# SUNDAY 21ST AUGUST 2016

## EVENT 5 THE BOARD

| 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 Cheltenham Vikings | CrossFit Pi            | ADAMED Team Poland      | Esprit De Corps CrossFit       | CrossFit Port Talbot          | CrossFit Scunthorpe               | CrossFit Witham 2           | TRAIN Manchester              | Team Torbay Tribe             | CrossFit Blackfriars               | CrossFit P10             | In2 CrossFit                     |
| Heat 2  | 07:10 | 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 Cheltenham Auxilia      |
| Heat 3  | 07:20 | 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 4  | 07:30 | CrossFit Slough             | Team Kratos            | CrossFit Buxton         | 3 Aces CrossFit                | CrossFit SY1                  | Bullpen Fitness /CF West Midlands | CrossFit Cumbria 2          | CrossFit Camberley 2          | CrossFit Llantrisant Black    | CrossFit Blackwater                | CrossFit River Mersey    | CrossFit Poole                   |
| Heat 5  | 07:40 | 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 6  | 07:50 | CrossFit Glevum             | LN CrossFit            | CrossFit Tyneside       | CrossFit Fife                  | CrossFit Aberdeen Highlanders | Reebok CrossFit 33100             | CrossFit Nottingham Arrows  | CrossFit 252 Chesterfield     | Esprit De Corps Black         | CrossFit Kernow                    | CrossFit Chew Valley     | CrossFit Portsmouth              |
| Heat 7  | 08:00 | CrossFit Deviant Black      | CrossFit CM2           | Reebok CrossFit Connect | CrossFit Maidstone             | CrossFit Skipton              | CrossFit Nottingham Hood          | Unit6 CrossFit Gold         | Border City CrossFit          | CrossFit Napalm 2             | Form Leeds Red                     | CrossFit Bold Beer       | CrossFit Cantii                  |
| Heat 8  | 08:10 | 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 9  | 08:20 | 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 10 | 08:30 | 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 11 | 08:40 | 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 12 | 08:50 | CrossFit Deviant Pink       | 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 13 | 09:00 | 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 14 | 09:10 | CrossFit Shadow Valley      | Blitz CrossFit         | CrossFit Pendle         | Crossfit Central Lancaster     | CrossFit 17                   | CrossFit Milton Keynes            | CrossFit Nottingham Outlaws | CrossFit Leicester            | Jolly Sailor CrossFit         | CrossFit Weymouth                  | CrossFit Northern Soul   | CrossFit MPG                     |

**EVENT 6 THE STONES**

|                |       | Lane 1                      | Lane 2                 | Lane 3                  | Lane 4                         | Lane 5                        | Lane 6                            | Lane 7                      | Lane 8                        | Lane 9                        | Lane 10                            | Lane 11                  | Lane 12                          |
|----------------|-------|-----------------------------|------------------------|-------------------------|--------------------------------|-------------------------------|-----------------------------------|-----------------------------|-------------------------------|-------------------------------|------------------------------------|--------------------------|----------------------------------|
| <b>Heat 1</b>  | 09:30 | CrossFit Cheltenham Vikings | CrossFit Pi            | ADAMED Team Poland      | Esprit De Corps CrossFit       | CrossFit Port Talbot          | CrossFit Scunthorpe               | CrossFit Witham 2           | TRAIN Manchester              | Team Torbay Tribe             | CrossFit Blackfriars               | CrossFit P10             | In2 CrossFit                     |
| <b>Heat 2</b>  | 09:45 | 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 Cheltenham Auxilia      |
| <b>Heat 3</b>  | 10:00 | 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                |
| <b>Heat 4</b>  | 10:15 | CrossFit Slough             | Team Kratos            | CrossFit Buxton         | 3 Aces CrossFit                | CrossFit SY1                  | Bullpen Fitness /CF West Midlands | CrossFit Cumbria 2          | CrossFit Camberley 2          | CrossFit Llantrisant Black    | CrossFit Blackwater                | CrossFit River Mersey    | CrossFit Poole                   |
| <b>Heat 5</b>  | 10:30 | 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                    |
| <b>Heat 6</b>  | 10:45 | CrossFit Glevum             | LN CrossFit            | CrossFit Tyneside       | CrossFit Fife                  | CrossFit Aberdeen Highlanders | Reebok CrossFit 33100             | CrossFit Nottingham Arrows  | CrossFit 252 Chesterfield     | Esprit De Corps Black         | CrossFit Kernow                    | CrossFit Chew Valley     | CrossFit Portsmouth              |
| <b>Heat 7</b>  | 11:00 | CrossFit Deviant Black      | CrossFit CM2           | Reebok CrossFit Connect | CrossFit Maidstone             | CrossFit Skipton              | CrossFit Nottingham Hood          | Unit6 CrossFit Gold         | Border City CrossFit          | CrossFit Napalm 2             | Form Leeds Red                     | CrossFit Bold Beer       | CrossFit Cantii                  |
| <b>Heat 8</b>  | 11:15 | 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                  |
| <b>Heat 9</b>  | 11:30 | 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 |
| <b>Heat 10</b> | 11:45 | 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     |
| <b>Heat 11</b> | 12:00 | 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                      |
| <b>Heat 12</b> | 12:15 | CrossFit Deviant Pink       | 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                |
| <b>Heat 13</b> | 12:30 | 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             |
| <b>Heat 14</b> | 12:45 | CrossFit Shadow Valley      | Blitz CrossFit         | CrossFit Pendle         | Crossfit Central Lancaster     | CrossFit 17                   | CrossFit Milton Keynes            | CrossFit Nottingham Outlaws | CrossFit Leicester            | Jolly Sailor CrossFit         | CrossFit Weymouth                  | CrossFit Northern Soul   | CrossFit MPG                     |

# EVENT 7 THE RINGS

|                |       | Lane 1                      | Lane 2                 | Lane 3                  | Lane 4                         | Lane 5                        | Lane 6                            | Lane 7                      | Lane 8                        | Lane 9                        | Lane 10                            | Lane 11                  | Lane 12                          |
|----------------|-------|-----------------------------|------------------------|-------------------------|--------------------------------|-------------------------------|-----------------------------------|-----------------------------|-------------------------------|-------------------------------|------------------------------------|--------------------------|----------------------------------|
| <b>Heat 1</b>  | 13:15 | CrossFit Cheltenham Vikings | CrossFit Pi            | ADAMED Team Poland      | Esprit De Corps CrossFit       | CrossFit Port Talbot          | CrossFit Scunthorpe               | CrossFit Witham 2           | TRAIN Manchester              | Team Torbay Tribe             | CrossFit Blackfriars               | CrossFit P10             | In2 CrossFit                     |
| <b>Heat 2</b>  | 13:30 | 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 Cheltenham Auxilia      |
| <b>Heat 3</b>  | 13:45 | 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                |
| <b>Heat 4</b>  | 14:00 | CrossFit Slough             | Team Kratos            | CrossFit Buxton         | 3 Aces CrossFit                | CrossFit SY1                  | Bullpen Fitness /CF West Midlands | CrossFit Cumbria 2          | CrossFit Camberley 2          | CrossFit Llantrisant Black    | CrossFit Blackwater                | CrossFit River Mersey    | CrossFit Poole                   |
| <b>Heat 5</b>  | 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                    |
| <b>Heat 6</b>  | 14:30 | CrossFit Glevum             | LN CrossFit            | CrossFit Tyneside       | CrossFit Fife                  | CrossFit Aberdeen Highlanders | Reebok CrossFit 33100             | CrossFit Nottingham Arrows  | CrossFit 252 Chesterfield     | Esprit De Corps Black         | CrossFit Kernow                    | CrossFit Chew Valley     | CrossFit Portsmouth              |
| <b>Heat 7</b>  | 14:45 | CrossFit Deviant Black      | CrossFit CM2           | Reebok CrossFit Connect | CrossFit Maidstone             | CrossFit Skipton              | CrossFit Nottingham Hood          | Unit6 CrossFit Gold         | Border City CrossFit          | CrossFit Napalm 2             | Form Leeds Red                     | CrossFit Bold Beer       | CrossFit Cantii                  |
| <b>Heat 8</b>  | 15:00 | 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                  |
| <b>Heat 9</b>  | 15:15 | 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 |
| <b>Heat 10</b> | 15:30 | 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     |
| <b>Heat 11</b> | 15:45 | 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                      |
| <b>Heat 12</b> | 16:00 | CrossFit Deviant Pink       | 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                |
| <b>Heat 13</b> | 16:15 | 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             |
| <b>Heat 14</b> | 16:30 | CrossFit Shadow Valley      | Blitz CrossFit         | CrossFit Pendle         | Crossfit Central Lancaster     | CrossFit 17                   | CrossFit Milton Keynes            | CrossFit Nottingham Outlaws | CrossFit Leicester            | Jolly Sailor CrossFit         | CrossFit Weymouth                  | CrossFit Northern Soul   | CrossFit MPG                     |

**Top 20:** 17:30 **Semi-Final**

**Top 10:** 18:00 **Final**