

# LONDON SUMMER '24

## ELITE MALE

ELITE MEN SATURDAY GAME DAY												
LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 2B (HEAT)	WORKOUT 2B	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	HORSHAM CROSSFIT	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
2	1	BRIGADE	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
3	1	CANZUK	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
4	1	THE YARD	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
5	1	CFR BOYZ	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
6	1	CONTAINER CHICAS	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
7	1	UNCLE PETES BOYS	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
8	1	THE NINE-BALLS	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
9	1	CROSSFIT ONEMOREREP	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
10	1	CROSSFIT.RETFORD	9.00.	DEATH RACE	11.25	LADDER UP	11.46 (2)	PUSH PULL	14.15	MONKEY BUSINESS	16.35	DUNE
1	2	ELEVATE FITNESS	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
2	2	ELITE BY DEFAULT	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
3	2	FARM FITNESS	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
4	2	YOUR PACE OR MINE?	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
5	2	CROSSFIT BF- OG'S	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
6	2	PhD x HYBRID	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
7	2	SISU	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
8	2	KYG	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
9	2	LEGENDS	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
10	2	LEGS MISERABLES	9.21	DEATH RACE	11.46	LADDER UP	12.07 (3)	PUSH PULL	14.36	MONKEY BUSINESS	16.56	DUNE
1	3	SOUTH WEST SEXYS	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
2	3	REVOLUTION GYM	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
3	3	THE BARNFIT BOYS	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
4	3	BARBELLA	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
5	3	THE NRG CREW	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
6	3	BIG DADDY DEN & HIS BABY BOYS	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
7	3	CFO LEO	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
8	3	TRAINING SPACE	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
9	3	TRIBE AVENGERS	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE
10	3	HERE FOR THE BEER	9.42	DEATH RACE	12.07	LADDER UP	12.28 (4)	PUSH PULL	14.57	MONKEY BUSINESS	17.17	DUNE

# LONDON SUMMER '24

## ELITE FEMALE

ELITE WOMEN SATURDAY GAME DAY																
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	HEAT #	ROUND 2	WORKOUT 2	HEAT #	ROUND 3	WORKOUT 3	HEAT #	ROUND 4	WORKOUT 4	HEAT #	4B	WORKOUT 4B
1	6	BLUEPRINT BADDIES	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
2	6	BUILT BY NOVO ELITE	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
3	6	MUSCLE MOMMYS	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
4	6	CROSSFIT SOX	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
5	6	JWPO	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
6	6	NEWWAVE SNATCHES	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
7	6	NEXT STOP MARBELLA	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
8	6	ONE MORE REP	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
9	6	OZZY'S FARM GIRLS	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL
10	6	THE WICK GIRL SQUAD	10.45	MONKEY BUSINESS	6	13.10.	DUNE	5	15.39	DEATH RACE	5	17.59	LADDER UP	6	18.20.	PUSH PULL

# LONDON SUMMER '24

## ELITE MIXED

ELITE MIXED SATURDAY GAME DAY												
LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 2B (HEAT)	WORKOUT 2B	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	4	BABY GOT BACK PAIN	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
2	4	BOX BELL BELTERS	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
3	4	WIZ ATHLETIC	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
4	4	CROSSFIT ONEN	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
5	4	CROSSFIT CULTURE CLUB	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
6	4	CF72 QUEENS & JERKS	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
7	4	CFV CENTURIONS	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
8	4	CM2 #AFFLETES	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
9	4	CROSSFIT ONEN & EXE	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
10	4	THAT'S LIVING BARRY	10.03	DEATH RACE	12.28	LADDER UP	12.49 (5)	PUSH PULL	15.18	MONKEY BUSINESS	17.38	DUNE
1	5	MARCHON STRATFORD	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
2	5	NO KNEES NO PROBLEMS	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
3	5	TALISMAN TITANS	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
4	5	MORE LIFE ADVENTURES	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
5	5	FUEL X	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
6	5	NOCCO	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
7	5	PHD SMART	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
8	5	CROSSFAT BATH	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
9	5	ESN ELITE	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
10	5	NOCCO ENOUGH	10.24	DEATH RACE	12.49	LADDER UP	13.10. (6)	PUSH PULL	15.39	MONKEY BUSINESS	17.59	DUNE
1	6	HELP!	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
2	6	NEXUS	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
3	6	OMNITAS	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
4	6	TEAM MARCHON	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
5	6	BWL 2.0	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
6	6	COMBAT FUEL	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
7	6	VINCENT VAN GOAT	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
8	6	TEAM WOLVERSON	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
9	6	YEAH BUDDY	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE
10	6	OPTIMUM NUTRITION	10.45	DEATH RACE	13.10.	LADDER UP	13.31 (7)	PUSH PULL	16.00.	MONKEY BUSINESS	18.20.	DUNE