

LONDON SUMMER '23

ELITE MALE

ELITE MEN SATURDAY GAME DAY												
Team #	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	UNITEDCOLOURS	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
2	1	HYBRID	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
3	1	BLOOD SWEAT & BEERS	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
4	1	CROSSFIT FFH	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
5	1	EELSEY	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
6	1	GROUNDWORK	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
7	1	HWR	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
8	1	THE BARN	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
9	1	TRAINING SPACE	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
10	1	JJK FITNESS	9.10.	DIVIDE & CONQUER	11.10.	LIFT OFF	11.31 (2)	SIDESHOW	13.35	QUICKSAND	15.35	SUMMER RUSH
11	2	YOUR PACE OR MINE?	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
12	2	LEVL5 OG	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
13	2	MARCHON	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
14	2	MASSIVE LEGENDS	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
15	2	NEWWAVE OGs	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
16	2	SUPREME SOLDIERS	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
17	2	PFORM	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
18	2	PICK & MIX	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
19	2	SISU ALPHA	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
20	2	SNATCH MY BITCH UP	9.31	DIVIDE & CONQUER	11.31	LIFT OFF	11.52 (3)	SIDESHOW	13.56	QUICKSAND	15.56	SUMMER RUSH
21	3	TALISMAN TITANS	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
22	3	TEAM TTZ	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
23	3	NUTRIFY 1	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
24	3	THE TRAINING CLUB	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
25	3	THE WODFATHERS	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
26	3	TRAIN MANCHESTER	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
27	3	JON SNOW & CO	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
28	3	TROJAN	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
29	3	WHERE'S JOHN	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH
30	3	B PRO BANDITS	9.52	DIVIDE & CONQUER	11.52	LIFT OFF	12.13 (4)	SIDESHOW	14.17	QUICKSAND	16.17	SUMMER RUSH

