

UK WINTER FESTIVAL '24

ELITE SATURDAY HEAT TIMES

LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	3	21 UNICORNS	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
2	3	ALL AROUND THE WORLD	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
3	3	BEAUTYS AND BOOTYS	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
4	3	BFG BEAUTIES & THE BEASTS	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
5	3	BUNS AND GUNS	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
6	3	NO REP?! NO WHEY	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
7	3	CROSSFIT CAMBERLEY	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
8	3	HERE WE GO AGAIN	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
9	3	TEAM	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
10	3	CROSSFIT ONEN	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
11	3	SLEVEN FITNESS	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
12	3	LIZZIE PITT TEAM	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
13	3	JUST HERE WINGING IT	9.47	ALL GAS, NO BRAKES	11.52	LIFT OFF	14.22	SNOW PATROL	16.27	STRONGMAN SALLY
1	4	EARTH TO BASEPOINT	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
2	4	NOCCO	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
3	4	ENGINE X POWER BELLY	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
4	4	CROSSFIT BUXTON	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
5	4	STEEL & CO.	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
6	4	GROUNDWORK	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
7	4	ROYAL MILE RIPPERS	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
8	4	CROSSFIT FFH	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
9	4	IN IT TO BIN IT	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
10	4	INSIXNESS&INHEALTH	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
11	4	THIRD SPACE	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
12	4	WIZNESS THE FITNESS	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
13	4	WORST PACE SCENARIO	10.08	ALL GAS, NO BRAKES	12.13	LIFT OFF	14.43	SNOW PATROL	16.48	STRONGMAN SALLY
1	5	MARCHON STRATFORD	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
2	5	CROSSFIT LONDON	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
3	5	MAMMBO NUMBER 6	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
4	5	MOTION ON THE TURF	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
5	5	GYMNASIUM	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
6	5	ELEAT CEREAL	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
7	5	TEAM VIRUS EUROPE	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
8	5	FUELX	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
9	5	NOCCO GRAND SOUR	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
10	5	YOUR PACE OR MINE?	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
11	5	ESN ELITE	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
12	5	OPTIMUM NUTRITION	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY
13	5	SISU	10.29	ALL GAS, NO BRAKES	12.34	LIFT OFF	15.04	SNOW PATROL	17.09	STRONGMAN SALLY

GYMSHARK

LSND

NOCCO

WOLVERSON FITNESS

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