

UK WINTER FESTIVAL '24



EVERYDAY SATURDAY HEAT TIMES POOL A

LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	MR - Chalk Dirty to Me	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
2	1	3 JERKS 3 SNATCHES	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
3	1	3RD MONKEY	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
4	1	50 SHADES OF HAY	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
5	1	ADVHQUTIES	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
6	1	BURPEES N BEERS	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
7	1	ATOM 2	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
8	1	SWEATIT TRAINING	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
9	1	APEX SWINDON	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
10	1	F45 SURBS SHARKS 1	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
11	1	ROCFITNESS	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
12	1	RODNEYS LAWNMOWER 1	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
13	1	GWD TURF TITANS	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY
14	1	S CLUB 6	9.05	ALL GAS, NO BRAKES	11.10.	LIFT OFF	13.40.	SNOW PATROL	15.45	STRONGMAN SALLY

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UK WINTER FESTIVAL '24

EVERYDAY SATURDAY HEAT TIMES POOL B

LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	ATF FITNESS	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
2	1	CHALK DIRTY TO ME	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
3	1	CROSSFIT CROWBOROUGH	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
4	1	DARK HORSES	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
5	1	BANKS AND BARBELLS	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
6	1	DONUT DEVOTEES	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
7	1	BARELY SURVIVING	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
8	1	BBG	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
9	1	BETTER NEVER ENDS	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
10	1	SUNSET SHARKS	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
11	1	MF LONDON CRUSADERS	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
12	1	SCREAM AND JERK	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
13	1	SHARP FAMILAM	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
14	1	SHREDQ TEAM 5	9.05	LIFT OFF	11.10.	SNOW PATROL	13.40.	STRONGMAN SALLY	15.45	ALL GAS, NO BRAKES
1	2	BIG WIZ ENERGY	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
2	2	CIRQUE DE SORE LEGS	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
3	2	DUMBBELL AND DUMBER	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
4	2	BRIGADE FITNESS	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
5	2	F45 SURBS SHARKS 3	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
6	2	BROKEN IN2	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
7	2	LET'S GET WIZICAL	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
8	2	OVRLD 2.0	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
9	2	NO LUCKS GIVEN	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
10	2	WIZ OR WITHOUT YOU	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
11	2	SNATCH ME IF YOU CAN	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
12	2	SQUATSAMATTERWITHYOU	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
13	2	SQUEEZE YA BUNDA	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
14	2	WOD WERE WE THINKING	9.26	LIFT OFF	11.31	SNOW PATROL	14.01	STRONGMAN SALLY	16.06	ALL GAS, NO BRAKES
1	3	BURPEES and BANKERS	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
2	3	F45 SURBS SHARKS 4	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
3	3	TITAN X	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
4	3	CATALYST CREW	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
5	3	CATTLE DOG CROSSFIT	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
6	3	CF GAINSBOROUGH	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
7	3	WIZZIN LA VIDA LOCA	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
8	3	TURKEY DINOSAURS	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
9	3	CFW OGS	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
10	3	CHALK DIRTY 2 ME	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
11	3	STRONG AND STABLE	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
12	3	SURF & TURF	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
13	3	RESOLUTE	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES
14	3	SWEATIT BUILD	9.47	LIFT OFF	11.52	SNOW PATROL	14.22	STRONGMAN SALLY	16.27	ALL GAS, NO BRAKES

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LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	4	F45 SURBS SHARKS 5	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
2	4	CHEEKYBEERS&HOTDOGS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
3	4	CHICKEN SHED CHAMPS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
4	4	POWERCLEAN RANGERS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
5	4	CLK PIRATES	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
6	4	COACTIVE ALL STARS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
7	4	COOPER'S TROOPERS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
8	4	CROSS SHI**ERS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
9	4	POWER RANGERS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
10	4	TROLLS N DOLLS	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
11	4	SWEATIT COMPETE	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
12	4	LET'S GET IT	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
13	4	TBA	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
14	4	TEAM RESOLUTE	10.08	LIFT OFF	12.13	SNOW PATROL	14.43	STRONGMAN SALLY	16.48	ALL GAS, NO BRAKES
1	5	CROSSHITTERS	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
2	5	BUCK FURPEES	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
3	5	F45 SURBS SHARKS 6	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
4	5	DEVILS AND DOUGHNUTS	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
5	5	LIVING ON THE EDGE	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
6	5	DOMSWITHTOMS	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
7	5	Don't Bank On It	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
8	5	SW1	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
9	5	Donut Lose	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
10	5	DUAL HORSHAM	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
11	5	WIZ MUCKERS	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
12	5	TEAM NXTEP	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
13	5	NOT FAST, FURIOUS	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES
14	5	TEAM 2 BEAT	10.29	LIFT OFF	12.34	SNOW PATROL	15.04	STRONGMAN SALLY	17.09	ALL GAS, NO BRAKES

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LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	DUMB & DUMBBELLS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
2	1	BIG AL'S WARRIORS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
3	1	ROWIN' DIRTY	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
4	1	DUMBBELLS AND DONUTS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
5	1	EATSLEEPLIFTEPEAT	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
6	1	EMOTIONAL DAMAGE	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
7	1	ESSEX GAMES	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
8	1	EVERY MOVE ACADEMY	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
9	1	EVOLUTION FITNESS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
10	1	F45 EALING	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
11	1	TEAM ROC	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
12	1	ATARA 1	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
13	1	TEAM TS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
14	1	THE BANKS ROBBERS	9.05	SNOW PATROL	11.10.	STRONGMAN SALLY	13.40.	ALL GAS, NO BRAKES	15.45	LIFT OFF
1	2	TEAM TOWER	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
2	2	FUEL FORCE	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
3	2	GYM & JUICE	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
4	2	PATCHED TOGETHER	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
5	2	STAY HARD	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
6	2	BUNCH OF BANKERS	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
7	2	FARMAGEDDON	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
8	2	FIT AND FIERCE	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
9	2	FITBOX25	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
10	2	FITTER THAN YOUR DAD	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
11	2	THE DUMBBELL DIVAS	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
12	2	BUCKARANA	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
13	2	THE PIGGY BANKS	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
14	2	THE REAL JIM SHADY	9.26	SNOW PATROL	11.31	STRONGMAN SALLY	14.01	ALL GAS, NO BRAKES	16.06	LIFT OFF
1	3	Flex Appeal	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
2	3	FLEXY FLYERS	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
3	3	FRUIT SALAD	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
4	3	CROSSFIT HEATHROW	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
5	3	FUEL METAL JACKET	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
6	3	FUNKY PARENTS	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
7	3	GAME CHANGER	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
8	3	GC TRAINING	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
9	3	INVICTUS 2	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
10	3	GROUNDWORK E-D	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
11	3	THE TITAN TOURISTS	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
12	3	THE XCELLERS	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
13	3	GWD PERFORMANCE	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF
14	3	TITAN - EVERYDAY 7	9.47	SNOW PATROL	11.52	STRONGMAN SALLY	14.22	ALL GAS, NO BRAKES	16.27	LIFT OFF

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LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	4	GUNS AND HOSES	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
2	4	JIMNASTICS	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
3	4	MOMENTUM	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
4	4	GWD TURFIN' TIME	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
5	4	AW5	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
6	4	GYM AND JUICE	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
7	4	HEX	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
8	4	HIVE	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
9	4	HUSTLE THEN MUSCLE	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
10	4	IN2 BIG BOTHER	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
11	4	GET OUT OF MY WHEY	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
12	4	TIGERS	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
13	4	TEAM MATT HAMPSON	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
14	4	TITAN TRAILBLAZERS	10.08	SNOW PATROL	12.13	STRONGMAN SALLY	14.43	ALL GAS, NO BRAKES	16.48	LIFT OFF
1	5	IN2THEDARKDEPTHS	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
2	5	INGLORIOUS TURFERS	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
3	5	TEAM PMG	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
4	5	INVICTUS 3	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
5	5	JAMES AND THE GIANT PEACHES	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
6	5	JCLC	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
7	5	BITCHES BE TURFIN'	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
8	5	JIM'LL FLEX IT	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
9	5	JUST KIPPING IT REAL	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
10	5	JWPT	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
11	5	BANKERS	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
12	5	TITAN Z	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
13	5	TRCCEP	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF
14	5	TRIBE 2.0	10.29	SNOW PATROL	12.34	STRONGMAN SALLY	15.04	ALL GAS, NO BRAKES	17.09	LIFT OFF

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UK WINTER FESTIVAL '24

EVERYDAY SATURDAY HEAT TIMES POOL D

LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	KILLAS	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
2	1	KNEE DEEP IN LUNGE	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
3	1	LAB MADE	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
4	1	BARBELL BENDER	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
5	1	THE FAST & DELIRIOUS	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
6	1	LIFT, LAUGH, LUNGE	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
7	1	LIFTS AND GIGGLES	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
8	1	DEADLIFTS AND CHILL	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
9	1	LONDON WARRIORS	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
10	1	LUDUS GYM	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
11	1	TRIBE VIBE	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
12	1	MF London X	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
13	1	TURF MAVERICKS	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
14	1	TURF WHORES	9.05	STRONGMAN SALLY	11.10.	ALL GAS, NO BRAKES	13.40.	LIFT OFF	15.45	SNOW PATROL
1	2	MAIDA EVERYDAY	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
2	2	MARCHON STRATFORD 2	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
3	2	DUMBBELL ENDS	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
4	2	MF LONDON 3	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
5	2	CFBracknell Capybara	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
6	2	MF1	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
7	2	BIG JERKS,NICE RACKS	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
8	2	MSC GOATS	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
9	2	MUFFIN TOP WONT STOP	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
10	2	Mission JIMpossible	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
11	2	UNIT SOUTHWARK	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
12	2	UNDECIDED...	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
13	2	UNIQUE GYM	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
14	2	MIGHT VOM	9.26	STRONGMAN SALLY	11.31	ALL GAS, NO BRAKES	14.01	LIFT OFF	16.06	SNOW PATROL
1	3	NEWWAVE RINGERS	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
2	3	NIPS AND TUCKS	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
3	3	TITAN JACKS	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
4	3	NO SPLIT ALL JERK	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
5	3	ALL DAY E'RY DAY	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
6	3	NOT SO STABLE	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
7	3	BURPEES and BEERS	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
8	3	NUFFIN' RIGHT	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
9	3	ORIGIN GYM	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
10	3	OVRLOAD	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
11	3	Unite all the whey	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
12	3	VIBE TRIBE	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
13	3	VIKING SPIRIT	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL
14	3	WHERE'S MY PINT?	9.47	STRONGMAN SALLY	11.52	ALL GAS, NO BRAKES	14.22	LIFT OFF	16.27	SNOW PATROL

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EVERYDAY SATURDAY HEAT TIMES POOL D

LANE #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	4	NUFF-IN' LEFT	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
2	4	OVRLoad 3.0	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
3	4	PA TEAM	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
4	4	PACE MAKERS	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
5	4	DIRTY DEADLIFTS	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
6	4	PHOENIX FITNESS	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
7	4	ALL PAIN, NO GAIN	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
8	4	TITAN DEATH METAL	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
9	4	PRETTY IN PINK	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
10	4	PROTEIN & PANCAKES	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
11	4	WHERE'S THE REST?	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
12	4	BOOTY AND THE BEASTS	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
13	4	BRIGHTON BORN	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
14	4	WIZ WARRIORS	10.08	STRONGMAN SALLY	12.13	ALL GAS, NO BRAKES	14.43	LIFT OFF	16.48	SNOW PATROL
1	5	PURLEY BANDITS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
2	5	RACKS AND SACKS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
3	5	ROARWARRIORS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
4	5	REACH'S PEACHES	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
5	5	REACH'S RIGS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
6	5	REDLINE REDEMPTION	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
7	5	Built by BRIGADE	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
8	5	RESOLUTE ATHLETIC	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
9	5	RIGOROUSLY FIT	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
10	5	ROC ATHLETES	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
11	5	WIZZERS OF OZ	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
12	5	TITAN AVENGERS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
13	5	ANTI WHIPPERSNAPPERS	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL
14	5	YOU CANT SIX WITH US	10.29	STRONGMAN SALLY	12.34	ALL GAS, NO BRAKES	15.04	LIFT OFF	17.09	SNOW PATROL

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