

LONDON SUMMER '23

EVERYDAY MIXED

EVERYDAY MIXED SUNDAY GAME DAY - POOL A										
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	3M Crossing Borders	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
2	1	BUILT WARRIORS	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
3	1	TEAM EMA	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
4	1	BURPEES B4 BREAKFAST	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
5	1	6 PEAS IN A WOD	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
6	1	ALL BOUT THAT BASE13	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
7	1	CrossFit s23	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
8	1	BANKS S23	9.05	SISU	11.10.	ONE LDN	13.30.	TALISMAN	15.30.	FARM FITNESS
9	2	TEAM FITNESS	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
10	2	Ben Made Us Do It	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
11	2	HERE FOR THE FUN	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
12	2	Bitches be Turfin'	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
13	2	BLOOD SWEAT TEARSETC	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
14	2	MINISTRY OF LBS	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
15	2	BOYS AND BARBELLAS	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
16	2	Jerks and snatches	9.26	SISU	11.31	ONE LDN	13.51	TALISMAN	15.51	FARM FITNESS
17	3	BUCK FURPEES	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
18	3	ADVHQUTIES	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
19	3	BUILT HEROS	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
20	3	Racks & Sacks	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
21	3	Dan's Badgers	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
22	3	BURPEES AND COCKTAIL	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
23	3	CROSSFIT WARMINSTER OGS	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
24	3	BUSHBASHERS	9.47	SISU	11.52	ONE LDN	14.12	TALISMAN	16.12	FARM FITNESS
25	4	CFBRACKNELL DIREWOLF	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
26	4	Hex Up Your Life	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
27	4	CLEAN & BOP	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
28	4	TITAN TRAILBLAZERS	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
29	4	COCKTAILS AND DONUTS	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
30	4	DAWN SQUAD	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
31	4	CREW OF CALAMITIES	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
32	4	TEAM ATLAS	10.08	SISU	12.13	ONE LDN	14.33	TALISMAN	16.33	FARM FITNESS
33	5	DCC CROSSFIT	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
34	5	DONT BANK ON IT	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
35	5	DREAM SNATCHER	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
36	5	SUNS OUT GUNS OUT	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
37	5	DUMBBELLS AND DONUTS	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
38	5	Every Move Academy	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
39	5	SQUATSAMATTERWITHYOU	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS
40	5	LIMITLESS GYMS	10.29	SISU	12.34	ONE LDN	14.54	TALISMAN	16.54	FARM FITNESS



LONDON SUMMER '23

EVERYDAY MIXED

EVERYDAY MIXED SUNDAY GAME DAY - POOL B										
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	FLEXUAL HEALING	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
2	1	TEAM TURFLE	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
3	1	WIZBULLA	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
4	1	CAN'T POLISH A TURF	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
5	1	GAMECHANGERTRAINING	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
6	1	GCTraining	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
7	1	GLOBE WODERS	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
8	1	GYM & TONIC	9.05	FARM FITNESS	11.10.	SISU	13.30.	ONE LDN	15.30.	TALISMAN
9	2	HEX EDUCATION	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
10	2	Led by Leo	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
11	2	HEXTRA	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
12	2	HOTPOT MADNESS	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
13	2	WIZ Muckers	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
14	2	IN WOD WE TRUST	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
15	2	JD AND COKE	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
16	2	CFTW_CHALK DIRTY 2ME	9.26	FARM FITNESS	11.31	SISU	13.51	ONE LDN	15.51	TALISMAN
17	3	KNEE DEEP IN C-LUNGE	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
18	3	LAVORO DI SQUADRA	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
19	3	EVOLUTION FITNESS	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
20	3	LOCKER 27	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
21	3	Loose Cannons	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
22	3	MASGARDIANS	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
23	3	MF LONDON 2	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
24	3	MIDDLETONCREW	9.47	FARM FITNESS	11.52	SISU	14.12	ONE LDN	16.12	TALISMAN
25	4	MOMENTHOES	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
26	4	NEWWAVE GREY	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
27	4	TEAM 4	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
28	4	NICE SNATCH	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
29	4	NO SWEAT NO BRUNCH	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
30	4	NotFastJustFurious	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
31	4	FR3	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
32	4	NOTORIOUS J.I.M	10.08	FARM FITNESS	12.13	SISU	14.33	ONE LDN	16.33	TALISMAN
33	5	OnlyTRIBE	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
34	5	PICCADILLY	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
35	5	PIGS MOUSDASH	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
36	5	Above average Jody's	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
37	5	Points for attending	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
38	5	AWS	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
39	5	PUTNEY VI	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN
40	5	Wall Balls Deep	10.29	FARM FITNESS	12.34	SISU	14.54	ONE LDN	16.54	TALISMAN



LONDON SUMMER '23

EVERYDAY MIXED

EVERYDAY MIXED SUNDAY GAME DAY - POOL C										
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	SAVAGE	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
2	1	SISU WHISKEY	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
3	1	DUCK BURPEES	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
4	1	SIZE DOES MATTER	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
5	1	SQ WALTON	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
6	1	SUMMER WODING	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
7	1	EVOLUTION	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
8	1	SW HUNNIES	9.05	TALISMAN	11.10.	FARM FITNESS	13.30.	SISU	15.30.	ONE LDN
9	2	TARGET FIT EVERYDAY	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
10	2	SohoSinglets	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
11	2	Up the Chels!	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
12	2	TRIP	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
13	2	Legs miserable	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
14	2	HORNY BADGERS	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
15	2	Waist Removal	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
16	2	WOD were we thinking	9.26	TALISMAN	11.31	FARM FITNESS	13.51	SISU	15.51	ONE LDN
17	3	NotFitEnoughForThis	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
18	3	Deadballs Deep	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
19	3	Reps and Glory	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
20	3	Jacked in the Box	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
21	3	CIRQUE DE SORE LEGS	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
22	3	Team McLovin	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
23	3	NEWWAVE YELLOW	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
24	3	TEAM AWESOME	9.47	TALISMAN	11.52	FARM FITNESS	14.12	SISU	16.12	ONE LDN
25	4	6 Underground	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
26	4	Team Take Part	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
27	4	WITNESS THE FITNESS	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
28	4	FLEXUALLY A. ROUSE'D	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
29	4	TEAM X	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
30	4	THE 6 FOES	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
31	4	THE GOBLINS	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
32	4	Turf Tigers	10.08	TALISMAN	12.13	FARM FITNESS	14.33	SISU	16.33	ONE LDN
33	5	TIGERS	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
34	5	TITAN AVENGERS	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
35	5	TOO EARLY TO GYM	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
36	5	TRIBE VIBE	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
37	5	TURF GAINS	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
38	5	Team Apex Force	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
39	5	Team Apex Power	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN
40	5	Braintree Netball	10.29	TALISMAN	12.34	FARM FITNESS	14.54	SISU	16.54	ONE LDN



LONDON SUMMER '23

EVERYDAY MIXED

EVERYDAY MIXED SUNDAY GAME DAY - POOL D										
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	URBAN59	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
2	1	WALTON WARRIORS	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
3	1	TEAM TOOTS	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
4	1	THE WALLY DOUGS	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
5	1	WIZ OR WITHOUT YOU	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
6	1	HUGES LACES	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
7	1	FULL RANGE	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
8	1	WORST PACE SCENARIO	9.05	ONE LDN	11.10.	TALISMAN	13.30.	FARM FITNESS	15.30.	SISU
9	2	Barbell & the Beast	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
10	2	Basement Warriors	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
11	2	COMPTON'S & CO	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
12	2	BRIGADE 2	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
13	2	Chinatown Chunkies	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
14	2	Crossfit nik naks	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
15	2	BUILTBYNOCCO	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
16	2	COASTAL FITNESS	9.26	ONE LDN	11.31	TALISMAN	13.51	FARM FITNESS	15.51	SISU
17	3	FIT & FOOD	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
18	3	BO'S AND HO'S	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
19	3	GYMNASIUM_WANDSWORTH	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
20	3	Booty and the Beasts	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
21	3	BEATS & BURPEES	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
22	3	Jerks and Squirts	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
23	3	Ben Made Us Do It 2	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
24	3	MIXED BAG	9.47	ONE LDN	11.52	TALISMAN	14.12	FARM FITNESS	16.12	SISU
25	4	NOVO PAIN NOVO GAIN	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
26	4	OLD STREET SQUAD	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
27	4	RELENTLESS	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
28	4	ROWING PAINS	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
29	4	SWEAT DISPOSITION	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
30	4	Squat 'til we drop	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
31	4	BUILT FIGHTERS	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
32	4	Scrambled Legs	10.08	ONE LDN	12.13	TALISMAN	14.33	FARM FITNESS	16.33	SISU
33	5	ALPHA FMC EVERYDAY	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
34	5	AGGRESSIVELY AVERAGE	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
35	5	WIZ-ZEE RASCALS	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
36	5	THEY MADE US DO IT	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
37	5	The Pit Crew	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
38	5	ACHIEVE	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
39	5	Who's Jim	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU
40	5	Physi-Os & Ed!	10.29	ONE LDN	12.34	TALISMAN	14.54	FARM FITNESS	16.54	SISU



HBHM