

# LONDON SUMMER '23

## INTERMEDIATE MEN

INTERMEDIATE MEN SATURDAY GAME DAY												
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 1B (HEAT)	WORKOUT 1B	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	5 CUNNING STUNTS	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
2	1	BARNFIT BOYS	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
3	1	SISU DELTA	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
4	1	Blow your back out	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
5	1	BURPEE INTOLERANT	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
6	1	THE FLYING SQUIRRELS	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
7	1	COASTSIDE FIVE	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
8	1	CONKA	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
9	1	MBP	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
10	1	WETRAIN SOMETIMES	9.10.	LIFT OFF	9.31 (2)	SIDESHOW	11.10.	DIVIDE & CONQUER	13.35	SUMMER RUSH	15.35	QUICKSAND
11	2	CROSSFIT LEAMINGTOM	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
12	2	SISU X-RAY	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
13	2	Daddy Steve+ da Boys	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
14	2	DYL IS GOOD	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
15	2	FOUNDRY LADS	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
16	2	VAUXHALL NMW	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
17	2	CROSSFIT TEAM	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
18	2	ETHOS	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
19	2	GWT	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
20	2	Crossfit Chiltern Red	9.31	LIFT OFF	9.52 (3)	SIDESHOW	11.31	DIVIDE & CONQUER	13.56	SUMMER RUSH	15.56	QUICKSAND
21	3	ITS THE BOYS ALRITE	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
22	3	JWPT NOTTINGHAM	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
23	3	KWAME'S ANGELS	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
24	3	LOW FAT MILK	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
25	3	MADNESS X UPBEAT	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
26	3	FUEL Social	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
27	3	NEWWAVE ORANGE	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
28	3	NO REP GANG	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
29	3	OLCHFA	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
30	3	THE HEX PISTOLS	9.52	LIFT OFF	10.13 (4)	SIDESHOW	11.52	DIVIDE & CONQUER	14.17	SUMMER RUSH	16.17	QUICKSAND
31	4	SIMPO'S GYM	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
32	4	CHICK RX	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
33	4	SISU FOXTROT	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
34	4	All Pain-No Gain	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
35	4	SPACE CHICKENS	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
36	4	Sustained Effort	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
37	4	T.B.C	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
38	4	A2	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
39	4	TEAM PUREFORM	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
40	4	Mcguffie Male	10.13	LIFT OFF	10.34 (5)	SIDESHOW	12.13	DIVIDE & CONQUER	14.38	SUMMER RUSH	16.38	QUICKSAND
41	5	THE DUKE'S BOY'S	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
42	5	BLOOD, SWEAT, BEERS	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
43	5	ERROR 404	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
44	5	THE QUAD FATHERS	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
45	5	TRAINING SPACE LADS	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
46	5	UNIQUE GYM	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
47	5	Unit Beer Club	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
48	5	Crossfit Chiltern Blue	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
49	5	SRU Turf Outs	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND
50	5	THE BOYZ	10.34	LIFT OFF	10.55 (6)	SIDESHOW	12.34	DIVIDE & CONQUER	14.59	SUMMER RUSH	16.59	QUICKSAND

