

# LONDON SUMMER '23

## INTERMEDIATE MIXED

INTERMEDIATE MIXED SUNDAY GAME DAY - POOL 1												
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4	ROUND 4B (HEAT)	WORKOUT 4B
1	1	10 PINTS FOR TIME	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
2	1	2 FAST 4 FURIOUS	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
3	1	CROSSFIT HEATHROW	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
4	1	WORMHOLE	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
5	1	3M Wingers	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
6	1	FIT AS FOLK	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
7	1	WOD WE'RE DOING?	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
8	1	6AM-ERS	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
9	1	ImmediateAssHandling	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
10	1	ALPHA FMC	9.05	QUICKSAND	11.05	SUMMER RUSH	13.30.	DIVIDE & CONQUER	15.30.	LIFT OFF	15.51 (2)	SIDESHOW
11	2	The Turfinators!	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
12	2	ARC REACTORS	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
13	2	BASIS	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
14	2	Run Like The Winded	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
15	2	BEEFY AND JERKY	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
16	2	BLACKWATER	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
17	2	HUNTSMAN SOUTH	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
18	2	CROSSFIT 360	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
19	2	BRIGADE	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
20	2	CANT GET IT TOGETHER	9.26	QUICKSAND	11.26	SUMMER RUSH	13.51	DIVIDE & CONQUER	15.51	LIFT OFF	16.12 (3)	SIDESHOW
21	3	CANT SNATCH US	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
22	3	CF CONNECT	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
23	3	CFB TEAM B	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
24	3	CFMY INTERMEDIATE	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
25	3	CFTP	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
26	3	NO TEAM NAME YET	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
27	3	CHAFING THE DREAM	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
28	3	CHAZ'S ANGELS	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
29	3	FarmFit	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
30	3	Team B Ipsi Pen	9.47	QUICKSAND	11.47	SUMMER RUSH	14.12	DIVIDE & CONQUER	16.12	LIFT OFF	16.33 (4)	SIDESHOW
31	4	CLEAN UP YOUR SNATCH	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
32	4	COASTAL FITNESS 2.0	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
33	4	WORTHING WARRIORS XLAB	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
34	4	3M Running Rings around you...	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
35	4	FR2	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
36	4	CF Connect Squat Bus	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
37	4	GYM & TONICS	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
38	4	HUNTSMAN A TEAM	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
39	4	WATFORD WOLFPACK	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
40	4	Go Ham or Go Home	10.08	QUICKSAND	12.08	SUMMER RUSH	14.33	DIVIDE & CONQUER	16.33	LIFT OFF	16.54 (5)	SIDESHOW
41	5	CROSSFIT VAUXHALL-IN	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
42	5	CROSSFIT WARMINSTER	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
43	5	Dazed Ducks Redline	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
44	5	DISTRICT WANDSWORTH	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
45	5	EDC CROSSFIT BLACK	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
46	5	HUNTSMAN FYS	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
47	5	ETC INTERIDIOTS	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
48	5	Flex Appeal	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
49	5	FORGE	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW
50	5	FORT QUAD SQUAD	10.29	QUICKSAND	12.29	SUMMER RUSH	14.54	DIVIDE & CONQUER	16.54	LIFT OFF	17.15 (6)	SIDESHOW





# LONDON SUMMER '23

## INTERMEDIATE MIXED

INTERMEDIATE MIXED SUNDAY GAME DAY - POOL 2												
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	Fowler's Faithfuls	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
2	1	FULL RANGE 1	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
3	1	NEWWAVE PURPLE	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
4	1	Guns & Poses	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
5	1	GUNS&RAEDAS	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
6	1	GYM & JUICE	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
7	1	Mighty Marshmallows	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
8	1	GYMSHARK	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
9	1	Big Rigz Little Rigz	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
10	1	WOD THE FUNK	9.05	LIFT OFF	9.26 (2)	SIDESHOW	11.05	QUICKSAND	13.30	SUMMER RUSH	15.30	DIVIDE & CONQUER
11	2	Rigs In Blankets	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
12	2	SOCKS TO BE YOU	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
13	2	HERE BUT NO IDEA	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
14	2	HUNTSMAN	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
15	2	Just Winging It	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
16	2	KETCHUP IF YOU CAN	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
17	2	MANOR TIME	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
18	2	Misfits	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
19	2	In need of arrest	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
20	2	MSQD DOWN SOUTH	9.26	LIFT OFF	9.47 (3)	SIDESHOW	11.26	QUICKSAND	13.51	SUMMER RUSH	15.51	DIVIDE & CONQUER
21	3	INVICTUS FIT	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
22	3	JC	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
23	3	Here For The Beer	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
24	3	JUAN REP MAX	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
25	3	JUICYGLUTES	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
26	3	CROSSFIT 1864	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
27	3	KANE TRAINING	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
28	3	KEGS, BUMS & TUMS	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
29	3	BDE	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
30	3	LATE TO THE PARTY	9.47	LIFT OFF	10.08 (4)	SIDESHOW	11.47	QUICKSAND	14.12	SUMMER RUSH	16.12	DIVIDE & CONQUER
31	4	Less Talk More Chalk	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
32	4	LOWRI'S B*TCHES	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
33	4	LUCKY 6	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
34	4	M40 QUEENS AND JERKS	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
35	4	Magic Masters	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
36	4	MAIDA EVERYDAY	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
37	4	WOD Were We Thinking	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
38	4	MAYFAIR X	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
39	4	MBP 4	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
40	4	MEDIocre MAYHEM	10.08	LIFT OFF	10.29 (5)	SIDESHOW	12.08	QUICKSAND	14.33	SUMMER RUSH	16.33	DIVIDE & CONQUER
41	5	MF LONDON	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
42	5	Milky Bar Kid n Co.	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
43	5	MISWITS	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
44	5	TEAM ATRIUM	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
45	5	Chalk n' Chunder	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
46	5	Nan's big day out	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
47	5	More Life Adventures	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
48	5	MYFITNESSPALS	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
49	5	NationalHenchService	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER
50	5	NEWWAVE PEACH	10.29	LIFT OFF	10.50 (6)	SIDESHOW	12.29	QUICKSAND	14.54	SUMMER RUSH	16.54	DIVIDE & CONQUER





# LONDON SUMMER '23

## INTERMEDIATE MIXED

INTERMEDIATE MIXED SUNDAY GAME DAY - POOL 3												
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	NEWWAVE KHAKI	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
2	1	Huntsman's Hunnies	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
3	1	TITS AND TATS	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
4	1	NIXINX	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
5	1	NO CAPES!	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
6	1	TBD	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
7	1	NUFFIELD CITY	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
8	1	NXT	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
9	1	Nobby's Angels	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
10	1	OLD TIMERS	9.05	DIVIDE & CONQUER	11.05	LIFT OFF	11.26 (2)	SIDESHOW	13.30	QUICKSAND	15.30	SUMMER RUSH
11	2	OUTLAWS	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
12	2	P6 ORANGE AND BLACK	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
13	2	PABLO CHEST TO BAR	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
14	2	ROCFITNESS	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
15	2	LIVERPOOL PHOENIX	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
16	2	PRIORITY 6	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
17	2	Peachy Blinders	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
18	2	HBHM	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
19	2	Pick n Mix	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
20	2	Power or Nah?!	9.26	DIVIDE & CONQUER	11.26	LIFT OFF	11.47 (3)	SIDESHOW	13.51	QUICKSAND	15.51	SUMMER RUSH
21	3	QUEENS AND JERKS	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
22	3	ELEAT	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
23	3	RDCF Giants	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
24	3	REBOURNEMIXED	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
25	3	REDLINING	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
26	3	REMI'S ANGELS	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
27	3	GMT GANG	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
28	3	CROSSFIT BRACKNELL A	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
29	3	ROYAL DOCKS	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
30	3	OneDerWallBalls	9.47	DIVIDE & CONQUER	11.47	LIFT OFF	12.08 (4)	SIDESHOW	14.12	QUICKSAND	16.12	SUMMER RUSH
31	4	SHAPES	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
32	4	SHOREDITCH SHAKERS	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
33	4	3 racks, 3 sacks	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
34	4	SLOW BURN	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
35	4	SMALL AND SUPERSIZED	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
36	4	SQUAT OR POWER	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
37	4	SNATCH US IF YOU CAN	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
38	4	WALL BALLERZ	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
39	4	Fort End of the Stick	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
40	4	SPARTAN CHAMBER	10.08	DIVIDE & CONQUER	12.08	LIFT OFF	12.29 (5)	SIDESHOW	14.33	QUICKSAND	16.33	SUMMER RUSH
41	5	SQ MASSIVE	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
42	5	WOD are we doing	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
43	5	Cirque de Sore Legs	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
44	5	STANDBY	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
45	5	SUMMERSHAPES	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
46	5	SWEET CHALKERS	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
47	5	Six Pack	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
48	5	Surf & Turf	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
49	5	Swale Mates	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH
50	5	TALISMAN SPARTANS	10.29	DIVIDE & CONQUER	12.29	LIFT OFF	12.50 (6)	SIDESHOW	14.54	QUICKSAND	16.54	SUMMER RUSH





# LONDON SUMMER '23

## INTERMEDIATE MIXED

INTERMEDIATE MIXED SUNDAY GAME DAY - POOL 4												
Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 3B (HEAT)	WORKOUT 3B	ROUND 4	WORKOUT 4
1	1	TARGET FIT	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
2	1	Teleturffies	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
3	1	Phoenix fitness	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
4	1	BOOTIES & THE BEASTS	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
5	1	TEAM 2012	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
6	1	TEAM ATLAS WARRIORS	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
7	1	Young and Breathless	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
8	1	TEAM BARCODE	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
9	1	3 SNATCH 3 JERKS	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
10	1	Nutlify Superfoods	9.05	SUMMER RUSH	11.05	DIVIDE & CONQUER	13.30.	LIFT OFF	13.51 (2)	SIDESHOW	15.30.	QUICKSAND
11	2	CROSSFIT PANIC	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
12	2	Choc Mint Musketeers	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
13	2	THANET DREAD-LIFTERS	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
14	2	THAT'S LIVIN BARRY	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
15	2	SMALL BOOBS BIG DREAMS	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
16	2	THE BANKS	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
17	2	THE BARN BOOTCAMP	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
18	2	THE DIRTY HALF DOZEN	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
19	2	THE REBELS	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
20	2	TOP GUNS	9.26	SUMMER RUSH	11.26	DIVIDE & CONQUER	13.51	LIFT OFF	14.12 (3)	SIDESHOW	15.51	QUICKSAND
21	3	THE WEIGHT LOTUS	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
22	3	THE YARD	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
23	3	THRUST ISSUES	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
24	3	TEAM NUTRIFY	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
25	3	TO MAKE UP THE NO.'S	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
26	3	WIZNESS THE FITNESS	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
27	3	TROUBLE UNDERS	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
28	3	TTZ CREW	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
29	3	WARM UP ACT	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
30	3	Team Thrive	9.47	SUMMER RUSH	11.47	DIVIDE & CONQUER	14.12	LIFT OFF	14.33 (4)	SIDESHOW	16.12	QUICKSAND
31	4	TRAIN3D	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
32	4	UNITED STREWTH	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
33	4	Version 2.0	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
34	4	CROSSFIT M40 TITANS	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
35	4	WALL BALLS DEEP	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
36	4	Warehouse KO	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
37	4	SQUAT IT LIKE IT HOT	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
38	4	Blake's Six Pack	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
39	4	PEANUT BUTTER FALCON	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
40	4	WOD Are We Doing?!	10.08	SUMMER RUSH	12.08	DIVIDE & CONQUER	14.33	LIFT OFF	14.54 (5)	SIDESHOW	16.33	QUICKSAND
41	5	NEWWAVE TEAL	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
42	5	JERK CENTRAL	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
43	5	THE SC	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
44	5	WODATEAM	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
45	5	Contenders, READY!	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
46	5	WORLDWIDETEAM	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
47	5	HORSHAM CROSSFIT	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
48	5	WW & FULL WOPPER BOX	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
49	5	X LAB	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND
50	5	YOU CANT SIX WITH US	10.29	SUMMER RUSH	12.29	DIVIDE & CONQUER	14.54	LIFT OFF	15.15 (6)	SIDESHOW	16.54	QUICKSAND

