

LONDON SUMMER '23

EVERYDAY WOMEN

EVERYDAY FEMALE SATURDAY 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	4	SYNCHRO SHOTS	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
2	4	21 PUMP STREET	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
3	4	5 SNATCHES	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
4	4	ACTIVITY GIRLS	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
5	4	NEWWAVE GREEN	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
6	4	AEPT HIGH ROLLERS	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
7	4	FUN COACH	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
8	4	All Snatch, No Jerk	10.13	TALISMAN	12.13	FARM FITNESS	14.38	SISU	16.38	ONE LDN
9	5	BANKS FEMALE FORCE 5	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
10	5	BARBELLES	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
11	5	LEGS MISERABLES	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
12	5	SISU SIERRA	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
13	5	BODYFIT GLASGOW	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
14	5	WOD NOW, WINE LATER	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
15	5	Bruce Almighty	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN
16	5	CFB TEAM C	10.34	TALISMAN	12.34	FARM FITNESS	14.59	SISU	16.59	ONE LDN



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Team #	HEAT #	Team Name	ROUND 1	WORKOUT 1	ROUND 2	WORKOUT 2	ROUND 3	WORKOUT 3	ROUND 4	WORKOUT 4
1	1	COACTIVE ALL STARS	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
2	1	SPICE GIRLS	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
3	1	CRAZY LADIES	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
4	1	CROSSFIT WESSEX	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
5	1	DEADLIFTS & CHILL	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
6	1	WOD FOR WINE	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
7	1	ETC POCKET ROCKETS	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
8	1	F THE MINI ROUND	9.10.	ONE LDN	11.10.	SISU	13.35	FARM FITNESS	15.35	TALISMAN
9	2	FUEL EFFICIENCY	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
10	2	Skirmish LIFTers	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
11	2	FARM FIT	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
12	2	CFR Peewees and CVB	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
13	2	GW GIRLS	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
14	2	CHALK DIRTY TO ME	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
15	2	HERE FOR THE DOMS	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
16	2	HUB 2	9.31	ONE LDN	11.31	SISU	13.56	FARM FITNESS	15.56	TALISMAN
17	3	ION	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
18	3	IRON MAIDENS 1971	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
19	3	MJ Protégés	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
20	3	KNC	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
21	3	LEFT THE TRIBE	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
22	3	THE DUMB BELLES	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
23	3	LFG	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
24	3	LIFT ONE ANOTHER	9.52	ONE LDN	11.52	SISU	14.17	FARM FITNESS	16.17	TALISMAN
25	4	MOTLEY 5	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
26	4	Nervous Wee for Time	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
27	4	WEIGHTS BEFORE DATES	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
28	4	Win or Booze	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
29	4	Scot Girl Summer	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
30	4	Pretty HL	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
31	4	REBOURNE GIRLS	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN
32	4	BIG STRONG GIRLS	10.13	ONE LDN	12.13	SISU	13.56	FARM FITNESS	15.56	TALISMAN



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1	1	SISU KILO	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
2	1	FUELLED AGAIN	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
3	1	SISU YANKEE	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
4	1	SOUTH X NORTH	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
5	1	TITAN SHIELD-MAIDENS	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
6	1	STRONGHER	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
7	1	SWEATY SNATCHES	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
8	1	WOD ARE WE DOING	9.10.	SISU	11.10.	ONE LDN	13.35	TALISMAN	15.35	FARM FITNESS
9	2	Team Strong	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
10	2	TEAM STRONG OX	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
11	2	UP AT DAWN	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
12	2	ETC LETS GO	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
13	2	TBC	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
14	2	TTZ BBZ	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
15	2	TURF VIRGINS	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
16	2	UNIT WOMEN	9.31	SISU	11.31	ONE LDN	13.56	TALISMAN	15.56	FARM FITNESS
17	3	WAGONS OF WANDSWORTH	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
18	3	AAPT	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
19	3	WHAT COULD GO WRONG?	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
20	3	TALISMAN TURN UP	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
21	3	MCGUFFIE'S WOD SQUAD	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
22	3	GYMNASIUM CHICAS	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
23	3	WOMEN OF WIZ	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
24	3	WOW-DING AWAY	9.52	SISU	11.52	ONE LDN	14.17	TALISMAN	16.17	FARM FITNESS
25	4	APPLE BOTTOM CLEANS	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
26	4	ASSAULT & PEPPER	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
27	4	BEND AND SNATCH	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
28	4	CJPT GIRLS CLUB	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
29	4	BRAVE	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
30	4	FARM MUMS + DAUGHTER	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
31	4	HUB Amazons	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
32	4	In a State	10.13	SISU	12.13	ONE LDN	14.38	TALISMAN	16.38	FARM FITNESS
33	5	MBP Girls	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
34	5	BARNFIT BABES	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
35	5	SHAPES GALS	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
36	5	SHRED A TEAR	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
37	5	ALL LATS NO BAPS	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
38	5	TEAM SCOT	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
39	5	UNIQUE KETTLE BELLES	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS
40	5	COMBACK QUEEN	10.34	SISU	12.34	ONE LDN	14.59	TALISMAN	16.59	FARM FITNESS

