

<b>DAY 1</b>					
<b>Division</b>	<b>Team Name</b>	<b>Athlete 1</b>	<b>Athlete 2</b>	<b>Event 1, 2 and 4</b>	<b>Event 3</b>
MALE	1871 Brutes	Christy Johnson-Brown	Russell Knowles	1	1
MALE	1971 double trouble	Brad Slade	Dean Thomas	1	1
MALE	2 Men and a Box	Danny Webster	Mark Dormer	1	1
MALE	2Heavy4Xfit	Giles Archrr	Luke Byrne	1	1
MALE	Ageing Like Wine	Uche Onuma	Chris Teasdale	1	1
MALE	All The Whey	Andy Tolley-Smith	Matt Reynolds	1	1
MALE	AM Crew	Mihhail Arhipov	TBC	1	1
MALE	AOD Fitness	Michael Allen	Harry Kean	1	1
MALE	Auf Geht's!	Philipp Studt	Frank Keenan	1	1
MALE	Barbell Brothers	Carl van Heerden	Tertius van Heerden	1	1
MALE	Witalia	Francesco Contiero	Roberto Coniglio	1	1
MALE	Barbells & Beers	Dan Jacobs	Keith Barlow	1	1
FEMALE	#influencers	Isabel Day	Charlotte Keens	1	1
FEMALE	82Much	Angela Wyss	Alyssa Jochen	1	1
FEMALE	8ighty 8ight	Alex Howard	Jo Nylander	1	1
FEMALE	A blonde, a brunette & a barbell	Jen Delaney	Becki Niblett	1	1
FEMALE	A to Z	Amelia Freeman	Zoe Jenks	1	1
FEMALE	All for the sake of cake	Laura Lambe	Fiona King	1	1
FEMALE	Are you Joking!?	Hannah Ferguson	Emily Goodband	1	1
FEMALE	Baby Got No Back	Laura Lupo-Gunn	Jo Williams	1	1
MALE	Beards and Bars	Piers Moore	Jack Lovick	2	1
MALE	Bearwalden	Thomas Casey	Samuel Parke	2	1
MALE	Big Wall Balls	Callum Wishart	Tom Isobe	2	1
MALE	Blackwater broncos	Aaron Preston	Steve Bonner	2	1
MALE	Blitz Orange	Tim Hagon	Sam Elliott	2	1
MALE	Blonde Bombshells	Lawrence Jones	Oliver Bates	2	1
MALE	Brute Force & Ignorance	Matt Mason	Anthony O'Connor	2	1
MALE	Ca Va Bien No Mercy	Benny Skrabal	Jarrod Reeves	2	1
MALE	Cakes and Kale	Ryan Baker	Richard Campbell	2	1
MALE	Witness the fitness	Adam Saunders	Rouzbah Fazlinejad	2	2
FEMALE	Baltic Thighs	Eugenia Djuzakova	Neringa Adamonyte	2	2
FEMALE	Banoffee Chicks	Laura Tyler	Jo Linney	2	2
FEMALE	Barbelles	Melody Grelat	Valentina Romeo	2	2
FEMALE	Barbells & Boogie	Victoria Bemmer-Davies	Evie Martin	2	2
FEMALE	Battle biddies	Bridget Graham	Sara Lessmann	2	2
FEMALE	BattleBox Belles	Louise Thomas	Lucy Tillett	2	2
FEMALE	Bear Belles	Linsey Porter	Jess Hudson-Bloomfield	2	2
FEMALE	Bear Grylls	Carlota Colomer	Olesya Martynyuk	2	2
FEMALE	Victorious Secret	Georgina Spenceley	Clara Manning	2	2
MALE	Carb City	Tim Serkes	Darren Nicholson	3	2
MALE	Cardio is hardio	Greg Workman	Andy McTaggart	3	2
MALE	Cash Money	Tom Lowe	Jordan Shelly	3	2
MALE	CF Beowulf	Tom Verman	Joey Harrison	3	2
MALE	CFD Apollo	Adriano Carnevale	Callum Jones	3	2
MALE	CM2	Robert Manlove	Nick Rouse	3	2
MALE	CM2 LJ & Brooks	Chris Littlejohn	Sean Brooks	3	2
MALE	CM2 Misfits	Jon Jasper	Damian Barclay	3	2
MALE	CM-two J's	James Ashley	James Parsons	3	2
MALE	Coastal Fitness Performance Training	Peter McKee	Robbie Davies	3	2
MALE	Cobra Kai	Neil Emmerson	Jack Blomfield	3	2
MALE	WOD we sign up to?	Leonardo Do Carmo	Vladimir Manikov	3	2
FEMALE	Beast Mode Babes	Angie Marlow-Wetterwald	Emma Tyler	3	2
FEMALE	Beowulf Birds	Georgie Buxton	Natalie Cambridge	3	2
FEMALE	Blitz baboons	Amanda Alldridge	Anna Murawska	3	2
FEMALE	Booty and the Beast	Rebecca Scarrott	Charlotte Davies	3	2
FEMALE	Brains and brawn	Anna Greco	Chloe Ralph	3	2
FEMALE	Buns & Guns	Amanda Salmon	Rebecca Goyder-Smith	3	2
FEMALE	Burpee Besties	Emma Tucker	Michelle Morgan	3	2
MALE	Common Ground	Nick Buxton	Luke Newman	4	3
MALE	Cross(un)fit Watford	Kevin McClean	Jason Keys	4	3
MALE	Crossfat's	Paul Carroll	Andy Vallance	4	3
MALE	Crossfit Battlebox	Jonathan Bird	Paul Spelling	4	3
MALE	CrossFit Bull/ CrossFit 1864	Alexander Lee	Matt Hedley	4	3
MALE	CrossFit Colchester	James Deag	Sam Cowler	4	3
MALE	CrossFit Icen	Jan Westrik	Darren	4	3
MALE	CrossFit iceni CC	Nick Hamilton	Connor Reed	4	3
MALE	CrossFit irons	Raphael Gunn	Steve Rolls	4	3
MALE	CrossFit Watford	Luke Whelan	Michael Chickk	4	3
MALE	Dan Rousell	Dan Rousell	Jake Galbraith	4	3
MALE	Wods r Us	Steven Kodama	Rick Deller	4	3

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FEMALE	Butts No Nutts	Bethany Thorndyke	Lindsay McCallum	4	3
FEMALE	Café con leche	Jade Spaven	Ciara MacCarthy	4	3
FEMALE	Caffeine & Cakes	Claire Kemp	Erica Carver	4	3
FEMALE	Camilla Squared	Camilla Hayes	Kimberly Klusmann	4	3
FEMALE	Carly/ies on Tour	Carlie Dedman	Carly Stevens	4	3
FEMALE	CDK	Clare kaeflein	Deborah Kroiter	4	3
FEMALE	Burpees for Breakfast	Claire Horder	Rachel Squibb	4	3
MALE	Danger Zone Fitness	James Pierce-Dalton	Mike Haynes	5	3
MALE	Death Metal Punks	Alan Corder	Tokunbo Howe	5	3
MALE	DKPT	Danny Kenny	Andrew Lane	5	3
MALE	Donkey Kong & Diddy Kong	Costa Papadopoulos	Nic Adelson	5	3
MALE	Dons Min	Aaron Duncan	Dale Findlay	5	3
MALE	Double A	Alex Nichols	Ashley Lartey	5	3
MALE	Edukated Training	Tim Albone	James Collingwood	5	3
MALE	Ermahgerd Crersfert	Kal Garside	Jack Holmes	5	3
MALE	Far Too Tall	John Cameron	Ryan McBride	5	3
MALE	Fitzer	Oliver Fitzer	Barny Fitzer	5	3
MALE	Flexy and the Fossil	Oliver Cascarina	Christopher Hadley	5	4
MALE	Wubba Lubba Dub Dub	Jonathan Pilcher	Ben Wright	5	4
FEMALE	CFD Endeavour	Stevie Peake	Gabby Kent	5	4
FEMALE	Clean and Skirts	Melodie Flamant	Emma Renton	5	4
FEMALE	Crossfit Colchester	Sian Plume	Carman Joyce	5	4
FEMALE	CrossFit Tooting	Harriet Carr-Taylor	Hannah O Sullivan	5	4
FEMALE	Crossfit1971SW	Dina Elbarbary	Kate Card	5	4
FEMALE	Crowns of WIT	Maria Kalkani	Ailsa McKeon	5	4
FEMALE	Daytime crew	Rania Masri	Alex Axiom	5	4
MALE	Flexy Beasts	Georgios Karayiannis	Zak Murphy	6	4
MALE	Formage	Jonathan Habert	Leonardo Adami	6	4
MALE	Fortitude	Jack Morgan	Adam Hewson	6	4
MALE	Frodo and Sam	George Dutton	Jamie King	6	4
MALE	Full Monty	Guy Montague	Ross Montague	6	4
MALE	Fullmetal Wannabes	Richard Grieveson	Ryan Saunders	6	4
MALE	Gattaca!!!	Lewis Smith	Chris Rowlatt	6	4
MALE	Globo Gym Purple Cobras	Adam Stainsby-Harris	Ashton Thomas	6	4
MALE	Godlylocks and The Bear	Mike Coumas	Andy Phillips	6	4
MALE	Great Big WITs	Josh Yanac	Ryan McFarlane	6	4
MALE	Guns N Buns	Tom Roberts	Graham Dow	6	4
FEMALE	Drop it like a squat	Gemma Williams	Rim Samari	6	4
FEMALE	Deadlifts for Doughnuts	Jennie Poundall	Kirsten Fleming	6	4
FEMALE	Desi and Rach	Rachel Berg	Desi Lyon	6	4
FEMALE	DockFriars	Sam Bernard	Emma Arlow	6	4
FEMALE	Doing it for Donuts	Didi Goddard	Val Boyer	6	4
FEMALE	Double Under Duo	Lauren Graham	Niki Park	6	4
FEMALE	Doughnut Time	Alexandra Horsman	Zoe Lloyd	6	4
FEMALE	Dragon Warriors	Claudia Szima	Bella Brown	6	4
MALE	Gym 1971's Team Fitness	Martin Flanagan	Dan Aldridge	7	4
MALE	Gym Fwends	Ben Fairlie	Connor Stanbridge	7	5
MALE	Halo Tops	Sior Walbyoff	Owain Walbyoff	7	5
MALE	Heavy Legs	Dave Wallis	Rolands Lazausks	7	5
MALE	Hunk and Chunk	Joseph Hurley	Oleg Iascenk	7	5
MALE	Hunk and Slug	Bobit Lukban	Ivo Martins	7	5
MALE	HWPO	Daniel Roberts	Dewi Hughes	7	5
MALE	Ikigai	Benjamin Massey	Cameron Nichol	7	5
MALE	In2Deep	Nick Knudsen	Luke Knudsen	7	5
MALE	Jacked and the Beanstalk	Alex Murphy	Nathan Adam	8	5
FEMALE	Dumbbells and Doughnuts	Samantha Harris	Katy Chadder	7	5
FEMALE	Early birds	Sarah Walker	Sasha Young	7	5
FEMALE	Two Dumb Belles	Kate Davey	Annabel Haigh	7	5
FEMALE	Ethos Rouge	Lyndsey Oliver	Sharan Riyat	7	5
FEMALE	Flexual healing	Charlotte Bailey	Maggie Poon	7	5
FEMALE	Frogicorn	Marie Shaw	Jennifer Dow	7	5
FEMALE	G+P	Gemma Randall	Effi Gounaris	7	5
FEMALE	Girls of Crossfit Icen	Dee Keeble	Joanna Holcroft	7	5
MALE	Jorvik Vikings	Ben Atkinson	Tom Deakin	8	5
MALE	Jt	Jonnie Blackman	Terry Harding	8	5
MALE	Just Ryan and Marc	Ryan Jones	Marc Hines	8	5
MALE	Kapla Fitness	Michael Walker	Ellis Boyers	8	5
MALE	Kitch's clowns	Sam Kitching	Dan Williams	8	5
MALE	Kung Fu Pandas	James Tarrant	Ash Cole	8	5
MALE	Lads	Ollie Mills	Elliott Hawkes	8	5
MALE	Laser Unicorns	David Long	Stephen Bowell	8	5

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MALE	Laurel & Hardy	Daniel Fente	Rafael Castillo	8	5
MALE	Lee and Matt	Lee Moffat	Matt Holloway	8	5
FEMALE	Hang cleans and Hangovers	Helen Colson	Charlotte Neill	8	6
FEMALE	Hook Grip or Die	Alison Blease	Magdalena Rotsztejn	8	6
FEMALE	Huntsman Hunz	Vicky Carson	Amy Balding	8	6
FEMALE	Iceni Ladies	Ellie Carter	Rebecca Mowles	8	6
FEMALE	InTouch Battle Babes	Sarah Stuart	Yvette Strydom	8	6
FEMALE	BGee's	Rheanna Pavey	Georgina Malster	8	6
FEMALE	Itty Bitty Titty Committee	Tina Rivers	Jemma Yarnton-Peacock	8	6
FEMALE	Joes 2 bar	Jo Marshall	Josie Winfield	8	6
MALE	Leo Lionhearts	Bill Kelly	Luke Turnbull	9	6
MALE	Little & Large	James Palmer	Mark Hamerston	9	6
MALE	Little Giants	Phil Costley	Adam Blakemore	9	6
MALE	Livewell	Danny Sayandan	Matthew stephens	9	6
MALE	Lucky To Qualify	Aidan Pritchard	Theo Marinos	9	6
MALE	Mac & Meech	Matthew McWilliams	Dave Meechan	9	6
MALE	Man and boy	Chris Wright	Alan Porter	9	6
MALE	Manlove's Disciples	Tom Argentieri	George Coles	9	6
MALE	Mediterranean Sea Squat	Miguel Nunes	Davide D'Ippolito	9	6
MALE	Metal Co	Sean Carey	Chris Smyth	9	6
MALE	Monster Munch	Alex Steele	Sam Walsh	9	6
FEMALE	Keep Calm and Squat On	Sobia Aslam	Andrea Ttofa	9	6
FEMALE	Killer Baes	Julia Lim	Jackie Ehrhardt	9	6
FEMALE	Kipping It Real	Sara Pinheiro	Elphie Elphinston	9	6
FEMALE	Lana Sretsalb	Maxime van Dijssel	Catharina mora jenson	9	6
FEMALE	Laura & Becky	Laura Dearman	Becky McGreevy	9	6
FEMALE	Lunge Like you Mean It	Sara Husseini	Anna Perry	9	6
FEMALE	WOD now wine later	Leah Chapman	Zoe Toumazos	9	6
FEMALE	More GossFit than CrossFit	Sam Margetts	Marie Bondulich	9	6
MALE	Mush n Push	Dominic Bell	Mushtaq Ahmed Ulde	10	6
MALE	New kids on the WOD	Gabe Catania	Charlie Cox	10	6
MALE	NewWave Ethos	Luca Morrone	Barry Fleming	10	7
MALE	Northern Engines	Josh Evans	Harry Worrow	10	7
MALE	Not Fast Nor Furious	Amir Amir	Alex Darby	10	7
MALE	Not Fast, Just Furious	Jay Dallas	Paddy Waplington	10	7
MALE	Nothin 2 lose	Alex Monari	Ed Hyde	10	7
MALE	Nutts no Butts	Donovan Simpson	Greg Johnstone	10	7
MALE	Paella and Chips	David Diez	Matt Miles	10	7
MALE	Pair of Old Men	Chris Wardlow	Grant Langdon	10	7
FEMALE	Morning Crew	Yanar Alkayat	Alyssa Tresch	10	7
FEMALE	My So Called Legs	Jenny Wheeler	Amber Palmer	10	7
FEMALE	Nordic Made	Frida Jonsdottir	Rikke Riber Rasmussen	10	7
FEMALE	Not Fast Just Furious	Natalie Morton-Boyce	Lottie Welch	10	7
FEMALE	Nuco	Debbie Manlove	Holly Hammill	10	7
FEMALE	NuNu and the Bethytubbies	Nula Clark	Megan Clark	10	7
FEMALE	Oh My WoD	Rosie Hunt	Marianne Skinner	10	7
FEMALE	Oldie Locks	Hayley Roebuck	Ellie Barnes	10	7
FEMALE	Peanut Buttercups	Philippa Goodall	Ella Rawson	10	7
MALE	Pale & Ginger	Jordan Shuttleworth	Rob Hartley	11	7
MALE	PC & Plod	Daniel Robinson	Matthew White	11	7
MALE	Pma x Bliss	Tom Bliss	Faisal Abdalla	11	7
MALE	Rack City	Mark Anthony Yuzon	Sammi Abdulla	11	7
MALE	Raclette Party	Raffaele D Urso	Leonardo Cecchi	11	7
MALE	Revenge of the Unicorn	Anton Hunte	Martin Coleman	11	7
MALE	Ride The Lightning	Mark Hart	Ben Robinson	11	7
MALE	Scaled	Tom Cooke	Jordan Marsh	11	7
MALE	Scandinavian WIT Brigade	David Lindstrom	Kasper Vinther Olesen	11	7
MALE	Seeking Abs	Sam Windsor	Ash Smith	11	7
MALE	Semi and the Pro	Elliot Simmonds	Fraser Knox	11	7
FEMALE	Pocket Rockets	Karli Morrison	Leanne Evans	11	8
FEMALE	Powered by Plants	Louisa Curtis	Beth Wardle	11	8
FEMALE	Pushing40	Teya Grobler	Chloe Coates	11	8
FEMALE	Sas & Co	Saskia Collins	Corinna Calori	11	8
FEMALE	Saved by the Time Cap	Max Taub	Caz Scholl	11	8
FEMALE	Shapesmiths Small But Mighty	Maddison Brown	Jess Thomson	11	8
FEMALE	She Made Me Do It	Eleanor Burt	Iona Johnstone	11	8
FEMALE	Slinky Fever	Philippa Sturt	Ilaria Ricci	11	8
MALE	Severe Lack Of Talent	melissa Wright	Mauricio Vioto	12	8
MALE	Shake n Bake	Russ McMillan	Kevin Toye	12	8
MALE	Shapesmith's Shifters	Joe Perkins	Joe Perkins	12	8
MALE	Shapesmiths Thunder Bears	Alex Pearshouse	Andy Pearshouse	12	8

Division	Team Name	Athlete 1	Athlete 2	Event 1, 2 and 4	Event 3
MALE	Shook	Chris Hook	Shane Carroll	12	8
MALE	Small Town Boys	Owen Shiel	Gary Walsh	12	8
MALE	Space Invaders	Dmytro Bondarenko	Adam Bailey	12	8
MALE	Stark and Stallone	Mark Hassell	Jamie Hope	12	8
MALE	Start Sparking	John Whelton	Roberto Rivaldi	12	8
MALE	Stinky Starfish	Samuel McClean	Chris Lawson	12	8
MALE	Stop messing around	Chris Kavanagh	Blair Wingate	12	8
FEMALE	Small but mighty	Charlotte Tyler	Kate Burton	12	8
FEMALE	Squat it like it's hot	Anne Medlycott	Tina Cullender	12	8
FEMALE	Squats & Shots	Katie Birch	Lindsay Kutner	12	8
FEMALE	Stanonis	Jen Stanley	Emily Gudonis	12	8
FEMALE	Straight outta on-ramp	Izzy Reynolds	Meg Piper	12	8
FEMALE	Swole and Flexy	Emily Heffernan	Kirsty Hendey	12	8
FEMALE	Synchro Savages	Aimee Cumberlidge	Jade Saward	12	8
FEMALE	Team box armour	Samantha hayward	Emily Evans	12	8
MALE	Team Aphobos	James Buckle	George Corry	13	8
MALE	Team Baldy	Lance Henderson	Chris Burke	13	9
MALE	Team GVA	Yannis Koul	Yann Fournier	13	9
MALE	Team Hard Land	Jack England	Sam Harding	13	9
MALE	Team Locker 27	Daniel Graham	Josh Williamson	13	9
MALE	Team P10	Calum Stronach	Calum Stronach	13	9
MALE	Team Twix	Amit Dev	Naseem Anwar	13	9
MALE	The 6am Crew	Bossi Matteo	Mark Perez	13	9
MALE	The Bandits	Omar Augustin	Adrian Foster	13	9
MALE	Sinister old weirdo and his young carer	Ryan Macfarlane	Garreth Hodgson	13	9
MALE	The dragon and the Latino	Tom Rees	Jose Concesao	13	9
FEMALE	Team Fortalhuças	Carys Webster	Nadia Abreu	13	9
FEMALE	Team Greenwood	Jodie Salmon	Hannah Osborne	13	9
FEMALE	Team Locker 27	Jasmine Tenger	Erin Barton	13	9
FEMALE	Team Jackson	Hannah Wilson	Victoria Myers	13	9
FEMALE	Team Knockout	Georgina Rowlatt	Lucy Wildheart	13	9
FEMALE	Team Mom Jeans	Melissa Wright	Trish MacLaren	13	9
FEMALE	Team Mumma	Holly Carey	Hannah Hines	13	9
FEMALE	Team Piña Colada	Stacey Irvine	Sarah Catford	13	9
MALE	The Jungle Boys	Ross Lower	Kyle Greenwood	14	9
MALE	The Last Perpetuans	Paul Dutton	Pierre Etcheverry	14	9
MALE	The Saxons	Tim Hickford	Scott Thompson	14	9
MALE	The Yard, Peckham	Tor Njamo	Ben Kirby	14	9
MALE	Thrustered ya mum	Dan Goodfellow	Louis French	14	9
MALE	TIO CrossFit	Gary Hughes	Joe Kennedy	14	9
MALE	Tits Up Big Baz	Sam Perkins	Gary Cunningham	14	9
MALE	Tweedle Dee & Tweedle Dum	Sean Frost	James Macdonald	14	9
MALE	Twickersmen	Jon Rice	Jamie Boston	14	9
MALE	Twickers in ya Knickers	Lewis Howard	Kayhan Sefat	14	9
MALE	Two peas in a WOD	Will Musson	Ross Bradley	14	10
FEMALE	Team Sushona	Fiona Dunlop	Sushma Samonini	14	10
FEMALE	The Kettle Bellas	Lauren Eardley	Hannah Brown	14	10
FEMALE	The Original Bicep Gurls	Jogile Jurenaite	Sophia Smith	14	10
FEMALE	Too WIT to Quit	Danielle Forenza	Emma Kirk-Odunubi	14	10
FEMALE	Two mongs; one long, one strong	Nicole Crouch	Sarah Bryan	14	10
FEMALE	Two Peas in a WOD	Sarah Procter	Candy Hlk	14	10
FEMALE	Weights Before Dates	Fatima Sheikh-Ali	Sophie Barnett	14	10
FEMALE	White Chocolate n Pad Thai	Hannah Taylor	Tacharin Broughton	14	10
MALE	Wall Ballsacks	Adam Weber	Andy McCoy	15	10
MALE	whatyewhatyagonnado	Rayan Bannai	Benji Winchester	15	10
MALE	Wheezy Bros	Hadyn Neal	Edd Caltieri	15	10
MALE	White Noise	Oliver Cooper-Millar	Michael Cumberlidge	15	10
MALE	White Noise Boys	Harry Brown	Matt Holley	15	10
MALE	WIT x Ben + Will	Ben Chips	Will Griffiths	15	10
MALE ADAPTIVE	Chilli Wimps	Richard Scott	Brian Baker	15	10
MALE ADAPTIVE	Elite & No Feet	Oly Grinsell	Mitch Adams	15	10
MALE ADAPTIVE	Fear Naught	Stephen Shine	Steve French	15	10
MALE ADAPTIVE	Games of Heroes	Dmytro Novhorodskyi	Kyrylo Nahorny	15	10
MALE ADAPTIVE	Team Headstrong	Murray Hambro	Daniel Thomas	15	10
FEMALE	Will Lift for Donuts	Alexandra Shori	Stephanie Shearsmith	15	10
FEMALE	Will Snatch for Snacks	Lorna Mackay	Cat Wiseman	15	10
FEMALE	Will WOD for doughnuts	Leigh Gregg	Michaela Jones	15	10
FEMALE	WIT Chicks	Jess Rosart	Kerin Schwarts	15	10
FEMALE	WOD Have We Done	Lydia Crawley	Jane Van Wyngaarden	15	10
FEMALE	WOD we get into	Lauren Collins	TBC	15	10
FEMALE ADAPTIVE	Team Princess	Rebecca Slater	Sara Lovelady	15	10

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FEMALE ADAPTIVE	Team Savage Barbell	Kelly Baker	Louise Hawkins	15	10