











CrossFit® SiD Pairs Cardiff, 26th Sept 2021 | Heat Summary

Total heats: 10

Location	Workout	Heat		Divisions in this heat	Start Time	
Main Arena	Event 1	Heat 1		Open Male & Female	09:00	<input type="checkbox"/>
Main Arena	Event 1	Heat 2		Open Male & Female	09:16	<input type="checkbox"/>
Main Arena	Event 1	Heat 3		Open Male & Female	09:32	<input type="checkbox"/>
Main Arena	Event 1	Heat 4		Open Male & Female	09:48	<input type="checkbox"/>
Main Arena	Event 1	Heat 5		Male Masters 70-79, Female Masters 70-79	10:04	<input type="checkbox"/>
Main Arena	Event 1	Heat 6		Male Masters 70-79, Female Masters 70-79	10:20	<input type="checkbox"/>
Main Arena	Event 1	Heat 7		Male Masters 80-89	10:50	<input type="checkbox"/>
Main Arena	Event 1	Heat 8		Adaptive , Female Masters 80-89, Teens Male 28-30, Teens Male 31-34	11:06	<input type="checkbox"/>
Main Arena	Event 1	Heat 9		Male Masters 90-99, Female Masters 90-99	11:22	<input type="checkbox"/>
Main Arena	Event 1	Heat 10		Male Masters 100+, Teens Male & Female 31-34, Teens Male & Female 28-30, Female Masters 100+	11:38	<input type="checkbox"/>

PLEASE INFORM SCORING OF ANY COMPETITORS THAT HAVE WITHDRAWN OR DID NOT SHOW



Lane	Athlete	Division	Heat	Time	Location
1	CHALK SOLVES EVERYTHING	Open Male & Female	Heat 1	09:00	Main Arena
2	FULL SEND VIPERS	Open Male & Female	Heat 1	09:00	Main Arena
3	HOLLY'S BACK, BACK AGAIN	Open Male & Female	Heat 1	09:00	Main Arena
4	HUSTLE &THE MUSCLE	Open Male & Female	Heat 1	09:00	Main Arena
5	PICKLES AND PROTEIN	Open Male & Female	Heat 1	09:00	Main Arena
6	RELENTLESS WILLPOWER	Open Male & Female	Heat 1	09:00	Main Arena
7	RUSH	Open Male & Female	Heat 1	09:00	Main Arena
8	SPC COMPETE	Open Male & Female	Heat 1	09:00	Main Arena
9	TEAM D/Z	Open Male & Female	Heat 1	09:00	Main Arena
10	TEAM METHODFIT	Open Male & Female	Heat 1	09:00	Main Arena
11	TG FITNESS	Open Male & Female	Heat 1	09:00	Main Arena
12	THIS WASN'T IN OUR VOWS	Open Male & Female	Heat 1	09:00	Main Arena
13	UP BEFORE THE ENEMY	Open Male & Female	Heat 1	09:00	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	BATMAN AND HIS SNATCH	Open Male & Female	Heat 2	09:16	Main Arena
2	BOOTY AND THE BEAST	Open Male & Female	Heat 2	09:16	Main Arena
3	BUILT UP NORTH	Open Male & Female	Heat 2	09:16	Main Arena
4	BURPEES FOR BISCUITS	Open Male & Female	Heat 2	09:16	Main Arena
5	CAFFEINE & LOTUS SPREAD!	Open Male & Female	Heat 2	09:16	Main Arena
6	CFH LOVEBIRDS	Open Male & Female	Heat 2	09:16	Main Arena
7	CFID TEAM AWESOME	Open Male & Female	Heat 2	09:16	Main Arena
8	CLEAN & GHERKIN	Open Male & Female	Heat 2	09:16	Main Arena
9	COCONUTZ	Open Male & Female	Heat 2	09:16	Main Arena
10	DOUBLE OVERS	Open Male & Female	Heat 2	09:16	Main Arena
11	DUMBBELLDORE'S ARMY	Open Male & Female	Heat 2	09:16	Main Arena
12	OLLIE & MIA	Open Male & Female	Heat 2	09:16	Main Arena
13	ALL SMILES	Open Male & Female	Heat 2	09:16	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	CONTAINER YOURSELF	Open Male & Female	Heat 3	09:32	Main Arena
2	FOODSPRING	Open Male & Female	Heat 3	09:32	Main Arena
3	HELIN	Open Male & Female	Heat 3	09:32	Main Arena
4	HOW NOW BROWN COW	Open Male & Female	Heat 3	09:32	Main Arena
5	NOT FIT, JUST CROSS	Open Male & Female	Heat 3	09:32	Main Arena
6	PYB SQUASHIES	Open Male & Female	Heat 3	09:32	Main Arena
7	SPEEDY SLUGS	Open Male & Female	Heat 3	09:32	Main Arena
8	TEAM WOODY	Open Male & Female	Heat 3	09:32	Main Arena
9	THE FAST AND THE FURIOUS	Open Male & Female	Heat 3	09:32	Main Arena
10	THRUSTHER? I BARELY KNOW HER!	Open Male & Female	Heat 3	09:32	Main Arena
11	TOMKAT CROSSFIT	Open Male & Female	Heat 3	09:32	Main Arena
12	WE LOVE THE BEIGE BUFFET	Open Male & Female	Heat 3	09:32	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	BMA	Open Male & Female	Heat 4	09:48	Main Arena
2	BUFFALOS	Open Male & Female	Heat 4	09:48	Main Arena
3	CHALK DIRTY TO ME	Open Male & Female	Heat 4	09:48	Main Arena
4	DOUBLE MCMAIL	Open Male & Female	Heat 4	09:48	Main Arena
5	FORT ASHTON	Open Male & Female	Heat 4	09:48	Main Arena
6	GYM AND TONIC	Open Male & Female	Heat 4	09:48	Main Arena
7	POWERED BY BREWDOG	Open Male & Female	Heat 4	09:48	Main Arena
8	TAKE TWO	Open Male & Female	Heat 4	09:48	Main Arena
9	TATS AND LATS	Open Male & Female	Heat 4	09:48	Main Arena
10	VALKYR FITNESS	Open Male & Female	Heat 4	09:48	Main Arena
11	WILL BURPEE FOR TACO'S	Open Male & Female	Heat 4	09:48	Main Arena
12	WOOF	Open Male & Female	Heat 4	09:48	Main Arena
13	WT FITNESS	Open Male & Female	Heat 4	09:48	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	#FULLSEND	Male Masters 70-79	Heat 5	10:04	Main Arena
2	2 PERVS	Male Masters 70-79	Heat 5	10:04	Main Arena
3	10 PINTS OF BEER AND A BAG OF CHIPS	Male Masters 70-79	Heat 5	10:04	Main Arena
4	DANGER ZONE	Male Masters 70-79	Heat 5	10:04	Main Arena
5	470 ALMOST GREY	Male Masters 70-79	Heat 5	10:04	Main Arena
6	DAVID AND GOLIATH	Male Masters 70-79	Heat 5	10:04	Main Arena
7	HYBRYD	Male Masters 70-79	Heat 5	10:04	Main Arena
8	LIONS DEN/JST	Male Masters 70-79	Heat 5	10:04	Main Arena
9	2 PEAS IN A WOD	Female Masters 70-79	Heat 5	10:04	Main Arena
10	BURPEES FOR BREAKFAST	Female Masters 70-79	Heat 5	10:04	Main Arena
11	EYE BAGS AND BARBELLS	Female Masters 70-79	Heat 5	10:04	Main Arena
12	GINGER DAPS	Female Masters 70-79	Heat 5	10:04	Main Arena
13	MENO PAUSE SQUATS	Female Masters 70-79	Heat 5	10:04	Main Arena
14	MIDLIFE CRISIS	Female Masters 70-79	Heat 5	10:04	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	MASTERS OF THE UNIVERSE	Male Masters 70-79	Heat 6	10:20	Main Arena
2	NOT FAST, JUST FURIOUS	Male Masters 70-79	Heat 6	10:20	Main Arena
3	OLD GOLD	Male Masters 70-79	Heat 6	10:20	Main Arena
4	THAT'S NOT MY NAME	Male Masters 70-79	Heat 6	10:20	Main Arena
5	- EMPTY LANE -				
6	THE BROKEN AND THE WEARY	Male Masters 70-79	Heat 6	10:20	Main Arena
7	THE TEST ICICLES	Male Masters 70-79	Heat 6	10:20	Main Arena
8	THE MONNERS	Male Masters 70-79	Heat 6	10:20	Main Arena
9	WAIT A MINUTE	Male Masters 70-79	Heat 6	10:20	Main Arena
10	FLEXUAL HEALING	Male Masters 70-79	Heat 6	10:20	Main Arena
11	NOT SO DUMB BELLES	Female Masters 70-79	Heat 6	10:20	Main Arena
12	SQUATS & CROPS	Female Masters 70-79	Heat 6	10:20	Main Arena
13	TEAM UFIT	Female Masters 70-79	Heat 6	10:20	Main Arena
14	TITS & TANK TOPS	Female Masters 70-79	Heat 6	10:20	Main Arena
15	WOD NOW, WINE LATER	Female Masters 70-79	Heat 6	10:20	Main Arena
16	WYRE FOREST WARRIORS	Female Masters 70-79	Heat 6	10:20	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	#TOPSOFF	Male Masters 80-89	Heat 7	10:50	Main Arena
2	AVON A LAUGH	Male Masters 80-89	Heat 7	10:50	Main Arena
3	- EMPTY LANE -				
4	ECHO BIKERS	Male Masters 80-89	Heat 7	10:50	Main Arena
5	FUN SIZED AND CAFFEINATED	Male Masters 80-89	Heat 7	10:50	Main Arena
6	JUST FITNESS	Male Masters 80-89	Heat 7	10:50	Main Arena
7	LONDON FIRE	Male Masters 80-89	Heat 7	10:50	Main Arena
8	OLD MAN STRENGTH-1	Male Masters 80-89	Heat 7	10:50	Main Arena
9	PERERIN	Male Masters 80-89	Heat 7	10:50	Main Arena
10	TEAM RELENTLESS WILLPOWER	Male Masters 80-89	Heat 7	10:50	Main Arena
11	TG OLD BOYS	Male Masters 80-89	Heat 7	10:50	Main Arena
12	THE HARPER DRIFT	Male Masters 80-89	Heat 7	10:50	Main Arena
13	TWO TOPS & NO TOP	Male Masters 80-89	Heat 7	10:50	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	CHILLI WIMPS	Adaptive	Heat 8	11:06	Main Arena
2	FUELLED BY L-DOPA	Adaptive	Heat 8	11:06	Main Arena
3	JACKED IN THE BOX	Adaptive	Heat 8	11:06	Main Arena
4	KNEED TO GET ON WITH IT	Adaptive	Heat 8	11:06	Main Arena
5	MADE AT CFN	Adaptive	Heat 8	11:06	Main Arena
6	THREE LEGS AND A MULLET	Adaptive	Heat 8	11:06	Main Arena
7	AGGRESSIVELY AVERAGE	Female Masters 80-89	Heat 8	11:06	Main Arena
8	ATOMIC FITTENS	Female Masters 80-89	Heat 8	11:06	Main Arena
9	FRANTIC ATLANTIC	Female Masters 80-89	Heat 8	11:06	Main Arena
10	GEM & EM MAYHEM	Female Masters 80-89	Heat 8	11:06	Main Arena
11	S&M	Female Masters 80-89	Heat 8	11:06	Main Arena
12	THE ADHD ERG'S	Female Masters 80-89	Heat 8	11:06	Main Arena
13	TRAPS & DAPS	Female Masters 80-89	Heat 8	11:06	Main Arena
14	WOLFPACK MASTERS	Female Masters 80-89	Heat 8	11:06	Main Arena
15	FITTEST TEENS	Teens Male 28-30	Heat 8	11:06	Main Arena
16	STOKE ON KERNOW	Teens Male 31-34	Heat 8	11:06	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	CROSSFIT PI (SDC)	Male Masters 90-99	Heat 9	11:22	Main Arena
2	DIS-FUNCTIONAL	Male Masters 90-99	Heat 9	11:22	Main Arena
3	OB RENEGADE MASTERS	Male Masters 90-99	Heat 9	11:22	Main Arena
4	PENALLTA WARRIORS	Male Masters 90-99	Heat 9	11:22	Main Arena
5	SMILERS	Male Masters 90-99	Heat 9	11:22	Main Arena
6	SONIC & SWEDE	Male Masters 90-99	Heat 9	11:22	Main Arena
7	- EMPTY LANE -				
8	TAFF & TURK	Male Masters 90-99	Heat 9	11:22	Main Arena
9	FAILURE IS NOT AN OPTION	Female Masters 90-99	Heat 9	11:22	Main Arena
10	GOING FOR OLD	Female Masters 90-99	Heat 9	11:22	Main Arena
11	GOLDEN OLDIES	Female Masters 90-99	Heat 9	11:22	Main Arena
12	KERNOW KRAKENS	Female Masters 90-99	Heat 9	11:22	Main Arena
13	MINI MEES	Female Masters 90-99	Heat 9	11:22	Main Arena
14	WOLFPACK SENIOR MASTERS	Female Masters 90-99	Heat 9	11:22	Main Arena
15	NIZO	Male Masters 90-99	Heat 9	11:22	Main Arena

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Lane	Athlete	Division	Heat	Time	Location
1	CREAKY BLINDERS	Male Masters 100+	Heat 10	11:38	Main Arena
2	POPS AND ORIGINAL POPS	Male Masters 100+	Heat 10	11:38	Main Arena
3	SHOULD KNOW BETTER	Male Masters 100+	Heat 10	11:38	Main Arena
4	MAGIC MAN & EL DIABLO	Male Masters 100+	Heat 10	11:38	Main Arena
5	M&S	Male Masters 100+	Heat 10	11:38	Main Arena
6	FREESOL FLEDGLINGS	Teens Male & Female 31-34	Heat 10	11:38	Main Arena
7	UNIT15 NEXTGEN	Teens Male & Female 28-30	Heat 10	11:38	Main Arena
8	LEWIS CHIMPS	Teens Male & Female 28-30	Heat 10	11:38	Main Arena
9	110 NOT OUT	Female Masters 100+	Heat 10	11:38	Main Arena
10	BETTY N BUTTHEAD	Female Masters 100+	Heat 10	11:38	Main Arena
11	FRINGE AND BRACKET	Female Masters 100+	Heat 10	11:38	Main Arena
12	PISCO	Female Masters 100+	Heat 10	11:38	Main Arena
13	SILVER SPARTANS	Female Masters 100+	Heat 10	11:38	Main Arena
14	THE BULLS GOLDEN GIRLS	Female Masters 100+	Heat 10	11:38	Main Arena
15	WONKY BARBELLES	Female Masters 100+	Heat 10	11:38	Main Arena

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