

| Workout | Location | Heat | Time | Division | Team | Lane |
|----------------|-----------------|-------------|-------------|-----------------|------------------------------|-------------|
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | Two Tails CrossFit | 1 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | Wakefield CrossFit B | 2 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | The Wick CrossFit Red | 3 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | Forest Flow Crossfit | 4 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | CrossFit Leicester | 5 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | CrossFit Worcestershire | 6 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | Second City CrossFit | 7 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | The Wick CrossFit White | 8 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | CrossFit Bern | 9 |
| Event 5 | Main Arena | Heat 1 | 15:10 | Qualified Teams | Crossfit Luton | 10 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Blueprint CrossFit | 1 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Motion Lightning | 2 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Team CFR | 3 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | CrossFit Swindon Silverbacks | 4 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | TEAMSOLENT | 5 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Putney X | 6 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Team Tyneside | 7 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | CrossFit Medway | 8 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | Formidables | 9 |
| Event 5 | Main Arena | Heat 2 | 15:35 | Qualified Teams | CrossFit Chester le Street | 10 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | VCF | 1 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | GYMBOX | 2 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | CrossFit Bath Bravo | 3 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | CrossFit Civitas N.W.O | 4 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | CrossFit Colchester | 5 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | Motion Thunder | 6 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | FUNCTION SF REPUBLIC | 7 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | CrossFit Fareham | 8 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | Valesco Black | 9 |
| Event 5 | Main Arena | Heat 3 | 16:00 | Qualified Teams | Team CFP | 10 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | Gym 1971 | 1 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | CrossFit Worksop | 2 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | TIO CrossFit | 3 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | CrossFit Southampton | 4 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | ShireFit | 5 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | Locker 27 | 6 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | CrossFit Container | 7 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | Crossfit Glasgow | 8 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | Team Civitas | 9 |
| Event 5 | Main Arena | Heat 4 | 16:25 | Qualified Teams | CrossFit 3D | 10 |

| Workout | Location | Heat | Time | Division | Team | Lane |
|----------------|-----------------|-------------|-------------|--------------------|---------------------------|-------------|
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | Crossfit Death or Glory | 1 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | Crossfit Watford | 2 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | CrossFit Unison | 3 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | CrossFit Bath Alpha | 4 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | CrossFit Mayflower | 5 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | Coastside CrossFit | 6 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | NewWave CrossFit | 7 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | CrossFit OzBox | 8 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | Sleven Fitness | 9 |
| Event 5 | Main Arena | Heat 5 | 16:50 | Qualified Teams | CROSSFIT HEATHROW | 10 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | CrossFit Leeds | 1 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | The Wick CrossFit Black | 2 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | Talisman Titans | 3 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | ARC | 4 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | Dragon Athletic Black | 5 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | Boundary | 6 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | CrossFit Aylesbury Blue | 7 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | Stonehenge CrossFit | 8 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | CROSSFIT BRISTOL NORTH | 9 |
| Event 5 | Main Arena | Heat 6 | 17:15 | Qualified Teams | CrossFit 13 | 10 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | 180 Project | 2 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | 21-15-999 | 3 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | PZL Programming | 4 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | Team REORG | 5 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | JST COMPETE | 6 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | ELEIKO | 7 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | RPG TRinity | 8 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | TEAM ATHX | 9 |
| Event 5 | Main Arena | Heat 7 | 17:40 | Invitational Teams | NOCCO | 10 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | The Training Design | 1 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | TEAM WIT | 2 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | CrossFit Lillestrøm | 3 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | Wakefield CrossFit | 4 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | Jolly Sailor Invincibles | 5 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | Motion Storm | 6 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | Team Shapemiths - Krypton | 7 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | BFG | 8 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | CrossFit Witham | 9 |
| Event 5 | Main Arena | Heat 8 | 18:05 | Qualified Teams | CrossFit 179 | 10 |