

## Total Warrior - 2018 Lakes Saturday 10K Final Wave Times

First name	Last name	Team name	Current Wave
Aaron	Spear	Big J's trojans	Wave Four (11:00)
Aaron	Wharton	Wiz Lees Fitness	Wave One (10:00)
Abbey	Blamire	Warrior Nurses	Wave Four (11:00)
Abbie	McCubbin	H&H Warriors	Wave Two (10:20)
Abbie	Smith	The Obstalkers	Wave One (10:00)
Abdul	Muhin	Team Fagol	Wave One (10:00)
Abe	Remmo	Race Fitness	Wave One (10:00)
Abi	Gibbons	The Yorkshire Puddings	Wave Seven (12:30)
Abigail	Mackin	Cumbria Strength & Conditioning	Wave Nine (13:30)
Abigail	Horn	Too Stupid to Stop	Wave One (10:00)
Abigail	Mulvey	Warrior Nurses	Wave Four (11:00)
Abigail	Skyrme	What About Tommy Dickfingers	Wave Seven (12:30)
Abigail	Graham	Windy millers	Wave One (10:00)
Abigail	Westhorpe	Wiz Lees Fitness	Wave One (10:00)
Adam	Bowers		Wave Four (11:00)
Adam	Kirby		Wave Three (10:40)
Adam	Piggott		Wave Five (11:30)
Adam	Slater		Wave Nine (13:30)
Adam	Davis	Balls deyp in mud	Wave Four (11:00)
Adam	Mcfarlane	DanLukeAdam	Wave Two (10:20)
Adam	Hay	East Coast Coasties	Wave Nine (13:30)
Adam	Churchill	Here for the Beer	Wave Three (10:40)
Adam	Brown	Millom fight club	Wave Four (11:00)
Adam	Pattinson	Millom fight club	Wave Four (11:00)
Adam	Clarke	Pigs in Mud	Wave Eight (13:00)
Adam	Pollock	Race Fitness	Wave One (10:00)
Adam	Parker	Run Like the Winded	Wave Six (12:00)
Adam	Clinton	Southport Sinners	Wave Two (10:20)
Adam	Robson	Sparky life - Captain	Wave One (10:00)
adam	johnston	Team Chemoxy	Wave Two (10:20)
Adam	Frankham	Team Daddy - Captain	Wave Four (11:00)
Adam	Dowson	Team Haggard	Wave One (10:00)
Adam	Bewley	Team Snap Fitness Carlisle	Wave Three (10:40)
Adam	Ritson	TEAMFIGHTPIT	Wave One (10:00)
Adam	Redhead	The rams	Wave Six (12:00)
Adam	Percival	The Underdogs	Wave Five (11:30)
Adam	Rundell-Johnson	Total Worriers	Wave Six (12:00)
Adam	Corkill	Trout Sniffers	Wave Three (10:40)
Adam	Ranner	TEAM TYLA	Wave Eight (13:00)
ADELE	EVANS	Perth Fitness Camp	Wave One (10:00)
Adelle	Worsley	Cumbria Strength & Conditioning	Wave Nine (13:30)
Adrian	Dickinson		Wave Three (10:40)
Adrian	Cottrell	kirkby stephen mountain rescue team	Wave Three (10:40)
Adrian	Sanders	The PT Studio Spartans	Wave One (10:00)
Adrian	Matulewicz	V.King Team - Captain	Wave Six (12:00)

Adrian	Bailes	Birtley AC Barmy Army - Captain	Wave Four (11:00)
Adrian	Collings	Brioche Buns	Wave One (10:00)
Aeron	McMeekin	What About Tommy Dickfingers	Wave Seven (12:30)
Aidan	McDougall	TEAM TREBBIANO	Wave Nine (13:30)
Aiden	Baldwin	DW Morecambe	Wave Four (11:00)
Aiden	Ozanne	Halifax Fanny's	Wave Three (10:40)
Aiden	Ellis	Roberto Savage	Wave Three (10:40)
Aiden	Tyas	Too Stupid to Stop	Wave One (10:00)
Aimee	Dyble	Blood Sweat and Beers	Wave Five (11:30)
Aimee	Taylor	Muddy Nutters - Captain	Wave Four (11:00)
Aimee	Morgan	St Bees Mammas - Captain	Wave Two (10:20)
Aimee	Heppell	Team Snap Fitness Carlisle	Wave Three (10:40)
Aimee	Capaldi	Team Trident	Wave Seven (12:30)
Aimee	Richardson	The Pigs	Wave Seven (12:30)
Aimie	Brown	Sweatshop Gym	Wave Five (11:30)
Aivaras	Astrauskas		Wave Two (10:20)
Akeedah	AlKauthar	Team Fagol	Wave One (10:00)
alan	sowerby		Wave Three (10:40)
Alan	Armstrong	East Coast Coasties	Wave Nine (13:30)
Alan	Banks	Get the party started	Wave Two (10:20)
Alan	Liddle	Here for the Beer	Wave Three (10:40)
Alan	Roughead	Muddy Water	Wave One (10:00)
Alan	Collinson	Spittin Fethers - Captain	Wave Eight (13:00)
Alan	Walker	TEAM BURPEE	Wave One (10:00)
Alan	Whittingham	The Cillit Bangers - Captain	Wave Four (11:00)
alan	white	Warriors of Asgard	Wave Seven (12:30)
Alan	Perfect	warriors of hull - Captain	Wave Seven (12:30)
Alan	Croft		Wave Three (10:40)
Alan	Stevenson	TEAM TRAIN FLEETO	Wave Five (11:30)
Alanna	perratt	TEAM TRAIN FLEETO	Wave Five (11:30)
Alanna	Scobie	University of Cumbria Team 10	Wave Seven (12:30)
Alastair	Greenbank	The Pulse Raisers	Wave One (10:00)
Albertas	Orlauskas		Wave Two (10:20)
Alec	Lancaster	Windy millers	Wave One (10:00)
alek	walker		Wave Three (10:40)
Aleksandr	Zelinskij	Pigs in blankets	Wave One (10:00)
Aleksandra	Mazur		Wave Three (10:40)
Alex	Burn		Wave Six (12:00)
Alex	Cairns		Wave Three (10:40)
Alex	Clarke		Wave Three (10:40)
Alex	Viner		Wave One (10:00)
Alex	Barnes	Between a Walk and a Hard Place	Wave Five (11:30)
Alex	Brierley	Culcheth Athletic	Wave Eight (13:00)
Alex	Cameron	Down with the Brown	Wave Seven (12:30)
Alex	Sidey	Four in the stink	Wave Five (11:30)
Alex	Gammage	Gammage	Wave Five (11:30)
Alex	Crosby	Kapow & Co	Wave Four (11:00)
alex	mclaren	Mud Warriors - Captain	Wave Six (12:00)

Alex	Collins	P C Henderson Warriors	Wave Six (12:00)
Alex	Robson	TEAMFIGHTPIT	Wave One (10:00)
Alex	Sawyer-copus	TEAMFIGHTPIT	Wave One (10:00)
Alex	Briggs	The nodding donkeys ride again	Wave Four (11:00)
Alex	Krstin	The Parmo Selectors	Wave Eight (13:00)
Alex	Bayliss	Tonka Fingers	Wave One (10:00)
Alex	Titterington	Wiz Lees Fitness	Wave One (10:00)
ALEX	GLEDHILL	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Alexander	Burns		Wave Five (11:30)
Alexander	Peel	The rams	Wave Six (12:00)
Alexandra	Sweeney		Wave Three (10:40)
Alexandra	Sol	Team Strong	Wave Five (11:30)
Alexandra	Bennett	Too Stupid to Stop	Wave One (10:00)
Alexis	Noble	TEAM TRAIN FLEETO	Wave Five (11:30)
Alf	Quarless		Wave Two (10:20)
Alice	Hardy		Wave Nine (13:30)
Alice	Mawer	S.L.A.G - Captain	Wave Nine (13:30)
Alisha	Stonier	The mass debaters on day release!! #w	Wave Five (11:30)
Alisha	Wharton	Wiz Lees Fitness	Wave One (10:00)
Alison	Hayes	Beal	Wave Eight (13:00)
Alison	Nolan	Nolans International Flying Warriors	Wave One (10:00)
Alison	Hodson	Windermere Warriors	Wave One (10:00)
Alistair	Couper		Wave One (10:00)
Allan	Clarke	Donkey	Wave Three (10:40)
Allan	Swift	ORWUD2018 - Captain	Wave Seven (12:30)
Allison	Rudd	Hull's Angel's	Wave Four (11:00)
Allison	Gething	Team of Joy	Wave Eight (13:00)
Alysha	Moore	Cumbria Strength & Conditioning	Wave Nine (13:30)
Alyson	Collins	Balls deyp in mud	Wave Four (11:00)
Alyson	Ritchie	Mischief Managed	Wave Eight (13:00)
AMANDA	GARDINER	aspire1 - Captain	Wave Eight (13:00)
AMANDA	CLARKSON	Cheeky Vimtos	Wave Eight (13:00)
Amanda	Lawson	Cirque du Sore Legs	Wave Three (10:40)
Amanda	Wiehn	Only Fools Run Courses	Wave Eight (13:00)
Amanda	Daldry	Team of Joy	Wave Eight (13:00)
Amanda	Torrance	TEAM TRAIN FLEETO	Wave Five (11:30)
Amanda	Summerill	UKIN Warriors - Captain	Wave Four (11:00)
Amanda	Garratt	Wiz Lees Fitness	Wave One (10:00)
Amanda	Brockbank	Team Strong	Wave Five (11:30)
Amber	Hagan	Aspire Fitness	Wave One (10:00)
Amber	Turner	S.L.A.G	Wave Nine (13:30)
Amelia	Haigh	Cumbria Strength & Conditioning	Wave Nine (13:30)
Amey	Holden	DW Morecambe	Wave Four (11:00)
Amie	McDonald	Team Serlby - Captain	Wave Six (12:00)
Amy	Bowman		Wave Two (10:20)
Amy	Pennington		Wave Four (11:00)
Amy	Lawson	Better sore than sorry - Captain	Wave Four (11:00)
Amy	Garnett	RfM + More Mud	Wave Four (11:00)

Amy	Sildatki	RfM + More Mud	Wave Four (11:00)
Amy	Cross	SLPT Delinquent Disciples	Wave Four (11:00)
Amy	Mcevoy	Southport Sinners	Wave Two (10:20)
Amy	Johnston	Team JD	Wave Three (10:40)
Amy	Lee	The Aubergines	Wave Two (10:20)
Amy	Beadle	The Underdogs - Captain	Wave Five (11:30)
Amy	Scholes	Winging it Warriors	Wave Seven (12:30)
Ana	Armenta	Hilti Warriors	Wave Two (10:20)
andrea	liversidge		Wave Nine (13:30)
Andrea	Benson	Abbey Monks - Captain	Wave One (10:00)
Andrea	Howe	TEAMFIGHTPIT	Wave One (10:00)
Andrea	Watson	Too Stupid to Stop	Wave One (10:00)
andrej	voroncov	Pigs in blankets	Wave One (10:00)
Andrew	Ames		Wave Seven (12:30)
Andrew	ARMSTRONG		Wave Two (10:20)
Andrew	Attwood		Wave Four (11:00)
Andrew	Blake		Wave Four (11:00)
Andrew	Dickson		Wave Two (10:20)
Andrew	Edwards		Wave Five (11:30)
Andrew	McIntosh		Wave Three (10:40)
Andrew	Mcleod		Wave One (10:00)
Andrew	Symons		Wave Four (11:00)
Andrew	Ingram	Aspire Fitness	Wave One (10:00)
Andrew	Walton	Aspire Fitness	Wave One (10:00)
Andrew	Fergus	BBQ Bandits - Captain	Wave Two (10:20)
Andrew	Woollard	CFM Warriors	Wave Five (11:30)
Andrew	Douglas	Choppers	Wave Four (11:00)
Andrew	Bain	COBALT FITNESS	Wave Five (11:30)
Andrew	Whittle	Culcheth Athletic	Wave Eight (13:00)
Andrew	Allan	Cumbria Strength & Conditioning	Wave Nine (13:30)
Andrew	Parker	Dirt Devils - Captain	Wave Nine (13:30)
Andrew	Heaton	Empire	Wave Nine (13:30)
Andrew	King	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Andrew	Higgins	FirstGrads	Wave Six (12:00)
Andrew	Campbell	Fruit Loops	Wave Two (10:20)
Andrew	Ryder	Heaven v Hell	Wave Six (12:00)
Andrew	Whittaker	Heaven v Hell	Wave Six (12:00)
Andrew	Duncan	ITSCOMINGHOME - Captain	Wave Eight (13:00)
Andrew	denness	Meow? - Captain	Wave Two (10:20)
Andrew	Jefferson	Muddy Mob	Wave Five (11:30)
Andrew	Gibson	Only Fools Run Courses	Wave Eight (13:00)
Andrew	Royle	P C Henderson Warriors	Wave Six (12:00)
Andrew	Howie	Pioneer Fitness	Wave One (10:00)
Andrew	Taylor	Pioneer Fitness	Wave One (10:00)
Andrew	Taylor	Run Like the Winded	Wave Six (12:00)
Andrew	Restrick	S.L.A.G	Wave Nine (13:30)
Andrew	Walker	Schneider Electric	Wave Five (11:30)
Andrew	Joseph	Team J	Wave Two (10:20)

Andrew	Pearson	Team Pearson - Captain	Wave Eight (13:00)
Andrew	Taylor	Team Taylor White	Wave Two (10:20)
Andrew	Broughton	Team Teva - Captain	Wave Five (11:30)
andrew	Marchant	Team Teva	Wave Five (11:30)
Andrew	Stonier	The mass debaters on day release!! #w	Wave Five (11:30)
Andrew	Lees	The Warriors	Wave Seven (12:30)
andrew	cronian	The Yorkshire Puddings - Captain	Wave Seven (12:30)
Andrew	Shillito	Total Shithouse	Wave Six (12:00)
ANDREW	TINKLER	Two Balls One Bag - Captain	Wave One (10:00)
Andrew	Hill	Wolfpack Warriors	Wave Five (11:30)
Andrew	Barton	You F*ckin Love It! - Captain	Wave Seven (12:30)
ANDREW	ROWLANDSON	TEAM TYLA	Wave Eight (13:00)
Andy	Clark		Wave Four (11:00)
Andy	Mapp		Wave Three (10:40)
Andy	Walker		Wave Five (11:30)
Andy	WHITE		Wave One (10:00)
ANDY	WHITE		Wave One (10:00)
Andy	Clay	32:fitness	Wave Three (10:40)
Andy	Clode	Border Warrior	Wave Eight (13:00)
Andy	Gregory	CFM Warriors	Wave Five (11:30)
Andy	Haney	Cirque du Sore Legs	Wave Three (10:40)
Andy	Touhey	Culcheth Athletic	Wave Eight (13:00)
Andy	Hitchings	JACATA aka dream boys	Wave Four (11:00)
Andy	Nicol	JACATA aka dream boys - Captain	Wave Four (11:00)
Andy	Stewart	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Andy	Stothard	Nolans International Flying Warriors	Wave One (10:00)
Andy	Heywood	Team of Joy	Wave Eight (13:00)
Andy	Bottomley	The Bad Asses	Wave One (10:00)
Andy	Robinson	The PT Studio Spartans	Wave One (10:00)
Andy	Keir	University of Cumbria Team 10	Wave Seven (12:30)
Andy	Hargreaves	Warbreck warriors	Wave Seven (12:30)
Andy	Irving	WooHoo Family	Wave Four (11:00)
Andy	Dobson		Wave Nine (13:30)
Angela	Biggam	TEAM TRAIN FLEETO	Wave Five (11:30)
Angela	Cairns	The Bad Asses	Wave One (10:00)
Angela	McGarvey	The mass debaters on day release!! #w	Wave Five (11:30)
angela	bywater	Too Stupid to Stop	Wave One (10:00)
Angela	Topping	Warriors of Asgard - Captain	Wave Seven (12:30)
Angela	Chappelhow	Wiz Lees Fitness	Wave One (10:00)
Angela	Idle	Wiz Lees Fitness	Wave One (10:00)
Angela	Jacques	Young Tarts and Old Farts!!	Wave One (10:00)
Angela	Watson	Fifty Shades of...	Wave Nine (13:30)
Angharad	Wheatley	Wigan Warriors	Wave Three (10:40)
Angie	Ashton	Team Trident	Wave Seven (12:30)
Angus	McNiff		Wave Two (10:20)
Angus	McGregor	Perth Fitness Camp	Wave One (10:00)
Ann	Newby		Wave Nine (13:30)
Ann	Dobinson	Wiz Lees Fitness	Wave One (10:00)

Anna	Hughes		Wave Nine (13:30)
ANNA	SEWERYNOWICZ		Wave Nine (13:30)
Anna	Shaw		Wave Two (10:20)
Anna	Tormey	Autumatic Fitness	Wave One (10:00)
Anna	Milligan	Cirque du Sore Legs	Wave Three (10:40)
Anna	Glendinning	Katie's team	Wave Three (10:40)
Anna	Cathro	Race Fitness	Wave One (10:00)
Anna	Erskine	Small But Mighty	Wave Eight (13:00)
Anna	Pigney	Wiz Lees Fitness	Wave One (10:00)
Anne	Drysdale-Groves	Muddy Mob	Wave Five (11:30)
Annette	Age	HFT Rebels	Wave One (10:00)
Ant	Robinson	Heaven v Hell	Wave Six (12:00)
Anth	Hall	Evolution Fitness	Wave Five (11:30)
Anthony	Bate		Wave One (10:00)
Anthony	Harvey		Wave Seven (12:30)
Anthony	Pickering		Wave Nine (13:30)
Anthony	Fleet	Channel 4 news team - Captain	Wave Three (10:40)
Anthony	Kellett	Evolution Fitness	Wave Five (11:30)
Anthony	Moffat	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Anthony	Venet	Team Breakout	Wave Five (11:30)
Anthony	Leach	The Dirt Brothers	Wave One (10:00)
Anthony	Berry	Too Stupid to Stop	Wave One (10:00)
Anton	Byrne-Carter	BSC	Wave Eight (13:00)
Antonia	Smith		Wave Nine (13:30)
Antonia	Duffin	Team Trident	Wave Seven (12:30)
Antonio	Artiano	BSC	Wave Eight (13:00)
Antony	Ellis	Roberto Savage - Captain	Wave Three (10:40)
Antony	Woods	Too Stupid to Stop	Wave One (10:00)
Antony	Burnett		Wave Nine (13:30)
Anya	Raine	Bolton Nursery	Wave Five (11:30)
Anya	Francis	Underprepared & Overconfident	Wave Seven (12:30)
April	Thomas	Muddy butts and sweaty nuts	Wave Eight (13:00)
Arran	Leask	Pure Gym Warriors	Wave Nine (13:30)
Arron	King	University of Cumbria Team 10	Wave Seven (12:30)
Ash	Graham	JACATA aka dream boys	Wave Four (11:00)
Ash	Winter-Sim	Kirkby Krew - Captain	Wave Nine (13:30)
Ashleigh	Pennington	Aspire Fitness	Wave One (10:00)
Ashleigh	Beanland	Brums Best	Wave Five (11:30)
Ashleigh	Taylor		Wave Three (10:40)
Ashley	Corker		Wave Four (11:00)
Ashley	Gobbi	Low Wood Bay Warriors	Wave Eight (13:00)
Ashley	Monkman	Low Wood Bay Warriors	Wave Eight (13:00)
Ashley	Michael	Run Like the Winded	Wave Six (12:00)
Ashley	Cubbins	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Ashley	Callaway	Wigan Warriors - Captain	Wave Three (10:40)
Austin	Cairns	The Bad Asses	Wave One (10:00)
Autumn	Evans	Autumatic Fitness - Captain	Wave One (10:00)
Badger	Barnes	ADI tv	Wave Three (10:40)

Barbara	Blackwell	TEAM TREBBIANO	Wave Nine (13:30)
Barney	Garnett	James Cropper Warriors	Wave Four (11:00)
Barrie	Holmes	HFT Rebels - Captain	Wave One (10:00)
barry	mackenzie	geordie ninjas - Captain	Wave Six (12:00)
Barry	Johnstone	Perth Fitness Camp	Wave One (10:00)
Barry	Jevons	Team Teva	Wave Five (11:30)
Barry	Butterworth	Trout Sniffers	Wave Three (10:40)
Beccy	Bailey	Mediaworks	Wave Five (11:30)
Becky	Naylor		Wave Four (11:00)
Becky	Wareing	Death squash - Captain	Wave Nine (13:30)
Becky	Rendell	Team inov-8	Wave Five (11:30)
Becky	Kitching	Gwa's Army	Wave Three (10:40)
Becky	Spurrett	Team Strong	Wave Five (11:30)
Ben	Casson		Wave Two (10:20)
Ben	Fisher		Wave Three (10:40)
Ben	Turnough		Wave Two (10:20)
Ben	Sanson	Aspire Fitness	Wave One (10:00)
Ben	Ayling	Boomshanker	Wave Six (12:00)
Ben	Clementson	Border Warrior	Wave Eight (13:00)
Ben	Rodden	Chubby chasers	Wave Six (12:00)
Ben	Smith	Cumbria Strength & Conditioning	Wave Nine (13:30)
Ben	Carter	Dirty mike and the boys	Wave Seven (12:30)
Ben	Daluz Vieira	Filthy Stockers	Wave Eight (13:00)
Ben	Francis	Hilti Warriors	Wave Two (10:20)
Ben	Hyde	James Cropper Warriors	Wave Four (11:00)
Ben	Hammond	Mischief Managed	Wave Eight (13:00)
Ben	Wesson	Muppets	Wave Two (10:20)
Ben	Nolan	Nolans International Flying Warriors	Wave One (10:00)
Ben	Weiss	Pigs in Mud	Wave Eight (13:00)
Ben	Comish	Saggy Broth	Wave Eight (13:00)
ben	baker	Short Change Heroes - Captain	Wave Seven (12:30)
Ben	Sission	STSP	Wave Six (12:00)
Ben	Macwilliam	Team inov-8	Wave Five (11:30)
Ben	Anderson	Team Jupiter	Wave Five (11:30)
Ben	Mccluskey	Team Jupiter	Wave Five (11:30)
Ben	McLean	Team McLean - Captain	Wave Eight (13:00)
Ben	Pickering	Team No Air - Captain	Wave One (10:00)
Ben	Halpin	University of Cumbria Team 10	Wave Seven (12:30)
Benedicte	Johannessen	Hilti Warriors	Wave Two (10:20)
BENJAMEN	SEED	Legends of the Schlong - Captain	Wave Two (10:20)
Benjamin	Fidrmuc		Wave Four (11:00)
Benjamin	Richmond		Wave Three (10:40)
Benjamin	Penrice	#Penfam - Captain	Wave Eight (13:00)
Benjamin	Coward	Cow's Creams - Captain	Wave Five (11:30)
Benjamin	Bowers	ITSCOMINGHOME	Wave Eight (13:00)
Benjii	Walters	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Beth	Cummins		Wave Six (12:00)
Beth	Cummins		Wave Six (12:00)

Beth	Donnelly		Wave Three (10:40)
Beth	Jordan		Wave Five (11:30)
Beth	Addenbrook	Autumatic Fitness	Wave One (10:00)
Beth	cresswell	Autumatic Fitness	Wave One (10:00)
Beth	Emery	Boro Warriors - Captain	Wave Five (11:30)
Beth	Thompson	Cumbria Strength & Conditioning	Wave Nine (13:30)
Beth	Atkinson	Heaven v Hell	Wave Six (12:00)
Beth	Burgess	Mary's 60th Birthday Party! - Captain	Wave Eight (13:00)
bethan	little	Gwa's Army	Wave Three (10:40)
Bethan	Dean	TEAM TREBBIANO	Wave Nine (13:30)
Bethane	Huntley	James Cropper Warriors	Wave Four (11:00)
Bethany	Barber		Wave Four (11:00)
Bethany	Dickinson		Wave Four (11:00)
Bethany	Whiteside		Wave One (10:00)
Beverley	Cooney		Wave Five (11:30)
Beverly	Ryan	Cumbria Strength & Conditioning	Wave Nine (13:30)
Beverly	Naylor	The PT Studio Spartans	Wave One (10:00)
Beverly	Mckenzie	Falkirk BMFers	Wave Five (11:30)
Bilal	Choudhury	Team Fagol	Wave One (10:00)
Billy	Brickhill		Wave Four (11:00)
Blain	Rooney	Team Daddy	Wave Four (11:00)
Blake	Parsons	Cumbria Strength & Conditioning	Wave Nine (13:30)
Blake	Curwen	Down with the Brown - Captain	Wave Seven (12:30)
Bobbi Jo	Coleman	Wiz Lees Fitness	Wave One (10:00)
BOBBY	DUCKSBURY	TEAM TREBBIANO	Wave Nine (13:30)
Bolton	Worsley	ADI tv	Wave Three (10:40)
Brad	Clarke	RfM + More Mud	Wave Four (11:00)
Brad	Renwick	Team JP Health & Fitness	Wave Two (10:20)
Brad	Moffatt	What About Tommy Dickfingers	Wave Seven (12:30)
Bradley	Harding		Wave Four (11:00)
Bradley	Simpson	BoltonBMF - Captain	Wave Seven (12:30)
Bradley	Davidson	LIP UP FATTY'S	Wave Four (11:00)
Bradley	Cleaver	Team Malibu VAE	Wave Six (12:00)
Bradley	Flanagan	Blood Sweat and Beers	Wave Five (11:30)
Brandon	Deaville		Wave Nine (13:30)
Brandon	Huntington	Saggy Broth	Wave Eight (13:00)
Brett	Jacobson	Mediaworks	Wave Five (11:30)
Brett	Malloy	Moobs and boobs	Wave Three (10:40)
Brett	Hill	Team Malibu VAE	Wave Six (12:00)
Brett	Wright	TEAMFIGHTPIT	Wave One (10:00)
Brett	Thompson	warriors of hull	Wave Seven (12:30)
Brett	Wane	What About Tommy Dickfingers	Wave Seven (12:30)
Brian	Hansen	Mud Pigs	Wave Two (10:20)
Brian	Bailey	TEAM BURPEE	Wave One (10:00)
Brian	Iddon	Totally Worried	Wave Seven (12:30)
Brian	McCluskey	Rooster Roasters	Wave Three (10:40)
Brittany	Scowcroft		Wave Three (10:40)
Bruce	Duncan	Team inov-8 - Captain	Wave Five (11:30)



Bruce	Charnley	Tonka Fingers - Captain	Wave One (10:00)
Bryan	Langhorn	Cumbria Strength & Conditioning	Wave Nine (13:30)
Bryan	Owsnett	Warriors of Asgard	Wave Seven (12:30)
Bryn	Wilson	Run Like the Winded	Wave Six (12:00)
Bryn	Jones	Winging it Warriors	Wave Seven (12:30)
Bunny	Whitehead	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Byron	Robson	Gaywatch	Wave Three (10:40)
Caitlin	Taylor	Race Fitness	Wave One (10:00)
Callam	Nuttall	Scrambled legs	Wave One (10:00)
Callum	McClintock	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
Callum	Egerton	HFT Rebels	Wave One (10:00)
Callum	Brown	ITSCOMINGHOME	Wave Eight (13:00)
Callum	Ramsay	Mud Junkies	Wave One (10:00)
Callum	Shepherd	PB fitcamp	Wave One (10:00)
Callum	Lindsay	Roberto Savage	Wave Three (10:40)
Callum	Clarke	The Misfits	Wave Six (12:00)
Callum	Hunter	Total Worriers	Wave Six (12:00)
Calvin	Smye	Windy millers	Wave One (10:00)
Cameron	McClintock	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
Cameron	Nichol	Lathom Lemmings	Wave Eight (13:00)
Camilla	Smith	Blood Sweat and Beers	Wave Five (11:30)
Carl	Derbyshire	Aspire Fitness	Wave One (10:00)
Carl	Wilkes	Fruit Loops	Wave Two (10:20)
Carl	Churchill	Here for the Beer	Wave Three (10:40)
Carl	Maynard	Saints and sinners	Wave Seven (12:30)
Carl	Bailey	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Carl	Buckingham	The chinky raskels - Captain	Wave Four (11:00)
carl	kelly	The Walking Dead	Wave Seven (12:30)
Carl	Adams	Mediaworks	Wave Five (11:30)
Carla	Roberts		Wave Eight (13:00)
Carla	Roberts		Wave Nine (13:30)
Carla	Bowes	ADI tv	Wave Three (10:40)
carla	martin	akureimma	Wave Nine (13:30)
Carla	Coglan	Misfits	Wave Eight (13:00)
carlene	remneson		Wave Nine (13:30)
Carlie	Parkinson	Run Like the Winded	Wave Six (12:00)
Carol	Ayling	Boomshanker	Wave Six (12:00)
Carol	Sinkinson	Fifty Shades of... - Captain	Wave Nine (13:30)
Carol	Park	Got the runs	Wave Three (10:40)
Carol	Fratson	Team JD	Wave Three (10:40)
Carole	Hall		Wave One (10:00)
Carole	Clay	DLPT	Wave Nine (13:30)
Caroline	Mcbrearty	Border Warrior	Wave Eight (13:00)
Caroline	Ross	COBALT FITNESS	Wave Five (11:30)
Caroline	Parker	Dirt Devils	Wave Nine (13:30)
Caroline	Thompson	Dolly	Wave Nine (13:30)
Caroline	Bowley	Down but not out!	Wave Seven (12:30)
Caroline	Lund	Salt Ayre Warriors	Wave Two (10:20)

Caroline	Larkin	Totally Worried	Wave Seven (12:30)
carolyn	weatherley	The Pulse Raisers	Wave One (10:00)
caron	baines	Team of Joy	Wave Eight (13:00)
Carys	Brockbank	The Filth	Wave Two (10:20)
casey	huartson	Salt Ayre Warriors	Wave Two (10:20)
Catherine	Pickering		Wave Nine (13:30)
CATHERINE	WISEMAN		Wave One (10:00)
Catherine	Dick	Boomshanker	Wave Six (12:00)
Catherine	Moody	KeepFitMammy	Wave Three (10:40)
Catherine	Stott	Run Like the Winded	Wave Six (12:00)
Catherine	Bell	Team Strong	Wave Five (11:30)
Catherine	Moore	Team Tallulah	Wave Six (12:00)
Catherine	Wiseman	will run for gluten free beer	Wave Four (11:00)
Catherine	Johnstone	The Bad Asses	Wave One (10:00)
Cathy	Hooper		Wave Six (12:00)
Cathy	Salisbury	Team Azcend	Wave Two (10:20)
Cerys	Elder	Mediaworks	Wave Five (11:30)
Chantelle	Taylor	Salt Ayre Warriors	Wave Two (10:20)
Charis	Lofthouse	Pigs in Mud	Wave Eight (13:00)
Charlene	McGowan	Rooster Roasters	Wave Three (10:40)
Charles	Ohsten	Hannah Sian Charles	Wave Two (10:20)
CHARLES	BRUNO	TEAM TYLA	Wave Eight (13:00)
Charlie	Carmichael		Wave Four (11:00)
Charlie	Raines	JACATA aka dream boys	Wave Four (11:00)
Charlie	Elleray	James Cropper Warriors	Wave Four (11:00)
Charlotte	Hogarth		Wave Five (11:30)
Charlotte	Rae		Wave Three (10:40)
Charlotte	Whittle		Wave Seven (12:30)
Charlotte	Woodcock		Wave Two (10:20)
Charlotte	Keers	Between a Walk and a Hard Place	Wave Five (11:30)
Charlotte	Ashley	Bolton Nursery	Wave Five (11:30)
charlotte	dunning	Border Warrior	Wave Eight (13:00)
Charlotte	Chapman	Jugs a Jogging	Wave Eight (13:00)
Charlotte	Douglas	Setting the bar low	Wave Seven (12:30)
Charlotte	Codling	Smoggie Bog Monsters	Wave Six (12:00)
Charlotte	Long	STSP	Wave Six (12:00)
Charlotte	Skelton	Team Strong	Wave Five (11:30)
Charlotte	Land	Tootal Warriors	Wave Seven (12:30)
Charlotte	Bean	Zelda Zoom Zoom	Wave One (10:00)
Charlotte	Bayliss		Wave Three (10:40)
charlotte	anderson	Team Chemoxy	Wave Two (10:20)
Chelsea	Hullock	Wiz Lees Fitness	Wave One (10:00)
Cheryl	Bainbridge		Wave One (10:00)
Cheryl	Stephenson		Wave Two (10:20)
Cheryl	Coverdale	akureimma	Wave Nine (13:30)
cheryl	Rainger	Heaven v Hell	Wave Six (12:00)
Cheryl	Comrie	Rooster Roasters	Wave Three (10:40)
Cheryl	Keeler	Team FAF	Wave Three (10:40)

Cheryl	Dixon	Viking Strength and Fitness	Wave Six (12:00)
Cheryl	Nuttall		Wave Two (10:20)
Cheryl	Snowdon	St Bees Mammias	Wave Two (10:20)
Chloe	Searle		Wave Three (10:40)
Chloe	Price	Birtley AC Barmy Army	Wave Four (11:00)
Chloe	Crabb	Heaven v Hell	Wave Six (12:00)
Chloe	Millar	Mud, Sweat and Tears	Wave Seven (12:30)
Chloe	Furness	Pigs in Mud	Wave Eight (13:00)
Chloe	Stuchfield	Spittin Fethers	Wave Eight (13:00)
Chloe	Bryan	Team Peachy	Wave Eight (13:00)
Chloe	Jackson	The Pulse Raisers	Wave One (10:00)
Chris	Davey		Wave Four (11:00)
Chris	Farmer		Wave Nine (13:30)
Chris	Garton		Wave Two (10:20)
Chris	Mapp		Wave Three (10:40)
Chris	Mcdonough		Wave Four (11:00)
Chris	McEvoy		Wave Four (11:00)
Chris	Minorczyk		Wave Five (11:30)
Chris	Neill		Wave Four (11:00)
Chris	Sheldon		Wave One (10:00)
Chris	Dunn	BBQ Bandits	Wave Two (10:20)
Chris	Roberts	Cirque du Sore Legs	Wave Three (10:40)
Chris	Willits	COBALT FITNESS	Wave Five (11:30)
Chris	Proctor	Cuddle Club	Wave One (10:00)
Chris	Shaw	Filthy Stockers	Wave Eight (13:00)
Chris	Jefferson	Four in the stink	Wave Five (11:30)
Chris	Hugo	Hilti Warriors	Wave Two (10:20)
Chris	Schofield	James Cropper Warriors	Wave Four (11:00)
chris	vance	James Cropper Warriors	Wave Four (11:00)
Chris	Hirst	Muddy Mighty Ducks	Wave Eight (13:00)
Chris	Borge	Nursing Ninjas	Wave Three (10:40)
Chris	Grant	Race Fitness	Wave One (10:00)
Chris	Hanlon	Rooster Roasters - Captain	Wave Three (10:40)
Chris	Hions	Sparky life	Wave One (10:00)
chris	nesom	Team Chemoxy	Wave Two (10:20)
Chris	watson	Team freestyle	Wave One (10:00)
Chris	Jones	Team Tallulah	Wave Six (12:00)
Chris	Dunbavand	Team Teva	Wave Five (11:30)
Chris	Gregson	The nodding donkeys ride again	Wave Four (11:00)
Chris	Wells	The Pulse Raisers	Wave One (10:00)
Chris	Berry	The rAe Team	Wave Four (11:00)
Chris	Park	The rams	Wave Six (12:00)
chris	starkey	Too Stupid to Stop	Wave One (10:00)
Chris	Witton	UKIN Warriors	Wave Four (11:00)
Chris	Moore	WADIYATALKINABEET - Captain	Wave Three (10:40)
Chris	Dockerty	Warbreck warriors	Wave Seven (12:30)
chris	shillaw	Warriors of Asgard	Wave Seven (12:30)
Chris	Charlton	COBALT FITNESS	Wave Five (11:30)

Chris	Hartley	COBALT FITNESS - Captain	Wave Five (11:30)
Chris	Walker	Team Azcend	Wave Two (10:20)
CHRIS	OSTLE	TEAM TYLA	Wave Eight (13:00)
Chris	Lees	Wiz Lees Fitness	Wave One (10:00)
christian	neen		Wave Three (10:40)
Christian	Carlin	Brums Best	Wave Five (11:30)
Christian	Tait	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
Christian	Green	Tonka Fingers	Wave One (10:00)
Christie	Jones	Winging it Warriors - Captain	Wave Seven (12:30)
Christina	Smith	Heaven v Hell	Wave Six (12:00)
Christina	Grindy	Southport Sinners	Wave Two (10:20)
Christina	Joy	Warrior Nurses - Captain	Wave Four (11:00)
Christine	Tindale		Wave One (10:00)
christine	holmes	Border Warrior	Wave Eight (13:00)
christine	strong	Fifty Shades of...	Wave Nine (13:30)
Christine	Blythin	JS-PT Health Studio	Wave Two (10:20)
Christine	Rigby	Southport Sinners	Wave Two (10:20)
Christine	Robinson	Team FAF	Wave Three (10:40)
Christine	Ruddy	GO TEAM TOBY	Wave Four (11:00)
Christine	Heslop	TEAMFIGHTPIT	Wave One (10:00)
Christophe	Dorgeat	Southport Sinners	Wave Two (10:20)
Christopher	Foster		Wave Six (12:00)
Christopher	Gray		Wave Six (12:00)
Christopher	Ramsay		Wave Four (11:00)
Christopher	Reid		Wave Two (10:20)
Christopher	Roberts		Wave One (10:00)
Christopher	Smith		Wave Four (11:00)
christopher	thomas		Wave Three (10:40)
Christopher	Banks	Banks - Captain	Wave Three (10:40)
Christopher	Hubbold	Between a Walk and a Hard Place	Wave Five (11:30)
Christopher	Jackson	Brudders From Other Mudders	Wave Seven (12:30)
Christopher	Potter	Brudders From Other Mudders	Wave Seven (12:30)
Christopher	Turton	COBALT FITNESS	Wave Five (11:30)
Christopher	Harris	Cumbria Strength & Conditioning	Wave Nine (13:30)
CHRISTOPHER	GENTILE	TEAM TRAIN FLEETO - Captain	Wave Five (11:30)
Christopher	Wood	Windy millers	Wave One (10:00)
Christopher	Garland	East Coast Coasties	Wave Nine (13:30)
CHRISTOPHER	GRUNDY	TEAM TYLA	Wave Eight (13:00)
Christopher	Peacock	TEAMFIGHTPIT	Wave One (10:00)
Christopher	Ridley	TEAMFIGHTPIT	Wave One (10:00)
Christopher Gavir	Wells		Wave Nine (13:30)
Ciara	Blaze	Cumbria Strength & Conditioning	Wave Nine (13:30)
CIARAN	HIGGINS	TEAM TRAIN FLEETO	Wave Five (11:30)
Cindy	Rose	Smells Like Team Spirit	Wave One (10:00)
Claire	Anderson		Wave Three (10:40)
Claire	Collier		Wave Nine (13:30)
Claire	Diamond-Howe		Wave One (10:00)
Claire	Boaler	Blood Sweat and Beers	Wave Five (11:30)

Claire	Burns	Burnshiggys	Wave Five (11:30)
Claire	patterson	COBALT FITNESS	Wave Five (11:30)
Claire	Patterson	COBALT FITNESS	Wave Five (11:30)
Claire	Hotchkiss	Fifty Shades of...	Wave Nine (13:30)
Claire	Colliar	Smells Like Team Spirit	Wave One (10:00)
Claire	Mitchell	Team Azcend	Wave Two (10:20)
Claire	Swale	Team Azcend	Wave Two (10:20)
Claire	Fowler	Team FAF	Wave Three (10:40)
claire	sloane	The Pigs - Captain	Wave Seven (12:30)
Claire	Moa-Palk	The PT Studio Spartans	Wave One (10:00)
Claire	Short	unicorn trouser press	Wave Seven (12:30)
Claire	Lister	The Pulse Raisers	Wave One (10:00)
Clare	Webster		Wave Eight (13:00)
Clare	Ellis		Wave Nine (13:30)
Claudia	Green		Wave One (10:00)
clive	charnock	The Railway Children	Wave Four (11:00)
Clodagh	Tanner		Wave Nine (13:30)
Cody	Rumney	Team Strong	Wave Five (11:30)
Coen	White	What About Tommy Dickfingers	Wave Seven (12:30)
Colette	O'Neill	Heaven v Hell	Wave Six (12:00)
Colin	Sheraton		Wave Seven (12:30)
Colin	McEwan	Cubic Cohort	Wave Five (11:30)
Colin	Robinson	North West Nutters - Captain	Wave Two (10:20)
Colin	Roberts	RfM + More Mud	Wave Four (11:00)
Colin	Slater	Saints and sinners	Wave Seven (12:30)
Colin	Lowe	Team Teva	Wave Five (11:30)
conor	mahood	Salt Ayre Warriors	Wave Two (10:20)
Conor	Sharples	Warbreck warriors	Wave Seven (12:30)
Cora	Durham	UKIN Warriors	Wave Four (11:00)
Cormac	Nolan	Culcheth Athletic - Captain	Wave Eight (13:00)
Corrie	Roberts	Race Fitness	Wave One (10:00)
Courtney	Twiddy	STSP	Wave Six (12:00)
Courtney	Wybrant	TEAMFIGHTPIT	Wave One (10:00)
Craig	French		Wave One (10:00)
Craig	Robinson	ADI tv - Captain	Wave Three (10:40)
Craig	Green	BRAND	Wave Nine (13:30)
Craig	Butler	Dads Army - Captain	Wave Two (10:20)
Craig	Jones	DW Morecambe	Wave Four (11:00)
Craig	Malarkey	Ellie Can't Jump - Captain	Wave Six (12:00)
CRAIG	Freeman-clarke	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Craig	Heasley	Millom fight club - Captain	Wave Four (11:00)
CRAIG	HANNAH	Mud Junkies - Captain	Wave One (10:00)
Craig	Betton	Nursing Ninjas - Captain	Wave Three (10:40)
Craig	Griffiths	Team Jupiter	Wave Five (11:30)
Craig	Harris	Team Trident	Wave Seven (12:30)
Craig	Wrightson	TEAMFIGHTPIT	Wave One (10:00)
Craig	Surley	The Dream Team - Captain	Wave Three (10:40)
CRAIG	GARDNER	The mass debaters on day release!! #w	Wave Five (11:30)

Craig	Wake	The nodding donkeys ride again - Captain	Wave Four (11:00)
Craig	Mounsey	The rams	Wave Six (12:00)
Craig	Farmer	This is our year!	Wave Two (10:20)
Craig	Gerrard	Too Stupid to Stop	Wave One (10:00)
Craig	Tennant	Too Stupid to Stop	Wave One (10:00)
Craig	Hull	University of Cumbria Team 10	Wave Seven (12:30)
Craig	Edwards	Katie's team	Wave Three (10:40)
Craig	Ward	Team Teva	Wave Five (11:30)
Curt	Pattinson	Autumatic Fitness	Wave One (10:00)
Curt	Edwards-Hampson	Heaven v Hell	Wave Six (12:00)
Curtis	Mcaloone	Fruit Loops	Wave Two (10:20)
Dale	Haworth		Wave One (10:00)
Dale	Wolstenholme	Mud, Sweat and Tears	Wave Seven (12:30)
Dale	Keavney	Schneider Electric	Wave Five (11:30)
Damian	Williams	Harvey's Heroes	Wave Three (10:40)
Damien	Ingram		Wave Five (11:30)
Damien	Mcmurtha		Wave One (10:00)
Damien	Purdy	Aspire Fitness	Wave One (10:00)
Damien	Wilson	BSC	Wave Eight (13:00)
Damien	Gelder	unicorn trouser press - Captain	Wave Seven (12:30)
Damon	Walker	NoEgo Ninjas	Wave Two (10:20)
Damon	Blaney	TfC	Wave Seven (12:30)
Dan	King		Wave Five (11:30)
Dan	Lewis		Wave Nine (13:30)
Dan	Maddison		Wave Four (11:00)
Dan	Shorrocks		Wave One (10:00)
Dan	Hurst	Blood Sweat and Beers	Wave Five (11:30)
Dan	Sayle	Cumbria Strength & Conditioning	Wave Nine (13:30)
Dan	Carne	Death squash	Wave Nine (13:30)
Dan	Wise	DLPT	Wave Nine (13:30)
Dan	Gilmartin	Feckin Donnered Again	Wave One (10:00)
Dan	Morley	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Dan	Simpson	Team Peachy	Wave Eight (13:00)
Dan	Park	The Arnie Lads - Captain	Wave Six (12:00)
Dan	Wilson	The Aubergines	Wave Two (10:20)
Dan	Knowles	The Filth	Wave Two (10:20)
Dan	Hayes	The Misfits	Wave Six (12:00)
Dan	Hull	The Misfits	Wave Six (12:00)
Dan	Greer	Windermere Warriors	Wave One (10:00)
DAN	HALLITT	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
DAN	RAYNER	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Dan	Anderson	Team Jupiter	Wave Five (11:30)
Daniel	Armitage		Wave Nine (13:30)
Daniel	Baugh		Wave Three (10:40)
Daniel	Cable		Wave Five (11:30)
Daniel	Chapman		Wave Two (10:20)
Daniel	Meikle		Wave Four (11:00)
Daniel	Rowley		Wave Two (10:20)

Daniel	Tunbridge		Wave Five (11:30)
Daniel	Beal	Beal - Captain	Wave Eight (13:00)
Daniel	Swales	Boro Warriors	Wave Five (11:30)
Daniel	Qazalbash	BSC	Wave Eight (13:00)
Daniel	Cox	DanLukeAdam - Captain	Wave Two (10:20)
Daniel	Stokes	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Daniel	Wadeson	Halifax Fanny's	Wave Three (10:40)
daniel	ryder	Heaven v Hell	Wave Six (12:00)
Daniel	Mcgann	KDA - Captain	Wave Four (11:00)
Daniel	Dickinson	LMFMAO - Captain	Wave Eight (13:00)
DANIEL	PALMER	Pioneer Fitness - Captain	Wave One (10:00)
Daniel	Wilkinson	Setting the bar low - Captain	Wave Seven (12:30)
Daniel	Redman	Summerlands Mismatch	Wave Three (10:40)
Daniel	Minnis	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Daniel	Scannell	Team Azcend	Wave Two (10:20)
Daniel	Bainbridge	TEAMFIGHTPIT	Wave One (10:00)
Daniel	Ramsay	TEAMFIGHTPIT	Wave One (10:00)
Daniel	Featherstone	The Dead Lasts	Wave Five (11:30)
Daniel	Clegg	The Dirt Brothers	Wave One (10:00)
Daniel	Dakin	The Dirt Brothers	Wave One (10:00)
Daniel	Parker	The Pigs	Wave Seven (12:30)
Daniel	Mounce	The Shining Wits - Captain	Wave Three (10:40)
Daniel	Isherwood	The Yorkshire Puddings	Wave Seven (12:30)
Daniel	Parsons	Three Amigos	Wave Six (12:00)
Daniel	Pope	Three Amigos - Captain	Wave Six (12:00)
Daniel	Broughton	V.King Team	Wave Six (12:00)
Daniel	Lancaster	What About Tommy Dickfingers	Wave Seven (12:30)
Daniel	Redhead	The rams	Wave Six (12:00)
Daniel	Shaw	Walney offshore wind farm	Wave Three (10:40)
Daniel Son of Odi	Martin	Warriors of Asgard	Wave Seven (12:30)
Danielle	Hopkins		Wave Five (11:30)
Danielle	Gaskell	Got the runs - Captain	Wave Three (10:40)
Danielle	Bourke	TEAM TRAIN FLEETO	Wave Five (11:30)
Danni	Gray	TEAM TRAIN FLEETO	Wave Five (11:30)
Danny	Wilkinson	TEAM VETERANS AT EASE	Wave One (10:00)
Danny	Scott	The Underdogs	Wave Five (11:30)
Darby	Harris		Wave Six (12:00)
Darran	Monkhouse	Kapow & Co	Wave Four (11:00)
Darrel	Fallon		Wave Four (11:00)
Darren	Carson		Wave Two (10:20)
Darren	Percival		Wave One (10:00)
Darren	Chaisty	Alan's Diddlers	Wave Eight (13:00)
Darren	Jones	British Assosiation of Bearded Clam Te	Wave Seven (12:30)
darren	Wade	British Assosiation of Bearded Clam Te	Wave Seven (12:30)
Darren	Lee	DLPT - Captain	Wave Nine (13:30)
Darren	Sloan	Down but not out!	Wave Seven (12:30)
Darren	wann	GO TEAM TOBY - Captain	Wave Four (11:00)
darren	hanley	moorclove madness - Captain	Wave Eight (13:00)

Darren	Edmondson	Team Azcend - Captain	Wave Two (10:20)
Darren	Hurdall	Team JD	Wave Three (10:40)
Darren	Wright	The Railway Children - Captain	Wave Four (11:00)
Darren	Wearmouth	The Warriors	Wave Seven (12:30)
Darren	Holt	Trout Sniffers	Wave Three (10:40)
Darren	Martin	Windermere Warriors	Wave One (10:00)
Darren	Head	You F*ckin Love It!	Wave Seven (12:30)
Darren	Elliott		Wave Three (10:40)
Darryl	Dixon	Tonka Fingers	Wave One (10:00)
darryl	bywater	Too Stupid to Stop	Wave One (10:00)
Daryl	Ventem	DW Morecambe	Wave Four (11:00)
Daryl	Hyde	Team Trident	Wave Seven (12:30)
Daryl	Whittingham	The Cillit Bangers	Wave Four (11:00)
Dave	Hartley		Wave Nine (13:30)
Dave	Schofield		Wave Three (10:40)
Dave	Wattam		Wave Seven (12:30)
Dave	Clarke	Donkey - Captain	Wave Three (10:40)
Dave	Darby	Heaven v Hell	Wave Six (12:00)
Dave	Taylor	Hilti Warriors	Wave Two (10:20)
Dave	Huitson	Mud Junkies	Wave One (10:00)
Dave	Thomas	University of Cumbria Team 10	Wave Seven (12:30)
Dave	Pattinson	Bowscar Shots	Wave Two (10:20)
Dave	Bardwell	Too Stupid to Stop	Wave One (10:00)
David	Ellis		Wave Five (11:30)
David	Marsh		Wave Six (12:00)
David	Mitchelson		Wave Two (10:20)
David	Molloy		Wave One (10:00)
David	Nolan		Wave Four (11:00)
David	Norman		Wave One (10:00)
David	Smith		Wave Nine (13:30)
David	Turner		Wave Nine (13:30)
David	Walker		Wave Eight (13:00)
david	hesse	32:fitness - Captain	Wave Three (10:40)
David	Goodman	Aspire Fitness	Wave One (10:00)
David	Barrow	Autumatic Fitness	Wave One (10:00)
David	Heaviside	Choppers	Wave Four (11:00)
David	Essenger	Dads Army	Wave Two (10:20)
David	Black	Dicks with Chicks	Wave Four (11:00)
David	Webb	Filthy Stockers	Wave Eight (13:00)
David	Robertson	Gaywatch	Wave Three (10:40)
David	Addison	Get the party sharted	Wave Two (10:20)
David	Heap	Heaven v Hell	Wave Six (12:00)
David	Rainger	Heaven v Hell	Wave Six (12:00)
David	Evans	Lathom Lemmings	Wave Eight (13:00)
David	Burns-Keane	Memphis Mafia - Captain	Wave Nine (13:30)
David	Dickinson	Mike & Neil TW	Wave Three (10:40)
David	Bowness	moorclove madness	Wave Eight (13:00)
David	Hirst	Muddy Mighty Ducks	Wave Eight (13:00)



David	Broster	Muddy Water	Wave One (10:00)
David	Murdoch	Muddy Water	Wave One (10:00)
David	Pugh	North West Marvels	Wave One (10:00)
David	Hall	PB fitcamp	Wave One (10:00)
david	maxwell	Race Fitness	Wave One (10:00)
David	Macdonald	Rock n' Rollas	Wave Five (11:30)
David	Traynor	Rooster Roasters	Wave Three (10:40)
David	Walker	Schneider Electric - Captain	Wave Five (11:30)
David	Parsons	Sharpies Besties	Wave One (10:00)
DAVID	LONGHORN	Simply Warriors	Wave Three (10:40)
David	Donovan	Smoggie Bog Monsters	Wave Six (12:00)
David	Evans	Southport Sinners - Captain	Wave Two (10:20)
David	Coates	Team Haggard	Wave One (10:00)
David	Newby	TEAM VETERANS AT EASE	Wave One (10:00)
david	naisbett	TEAMFIGHTPIT	Wave One (10:00)
David	Wilson	The Dirt Brothers	Wave One (10:00)
David	Hutton	The Misfits - Captain	Wave Six (12:00)
David	James	The rams - Captain	Wave Six (12:00)
David	Stalker	The vortex	Wave Six (12:00)
David	Small	The Wigan Wolf Pack	Wave Seven (12:30)
David	Hallam	Tommy's Titans - Dravet Warriors	Wave Two (10:20)
David	Laurie	Tonka Fingers	Wave One (10:00)
David	Tinker	Too Stupid to Stop	Wave One (10:00)
David	Qualter	Underprepared & Overconfident	Wave Seven (12:30)
David	Atkinson	Walker's Runners - Captain	Wave Three (10:40)
David	Gleghorn	Whitley Warriors - Captain	Wave Five (11:30)
David	Lough	Whitley Warriors	Wave Five (11:30)
David	Bell		Wave Five (11:30)
David	Scott		Wave Nine (13:30)
David	Birkin	Dicks with Chicks	Wave Four (11:00)
David	Renno	Rocket Rennos & The Fat Kid	Wave Seven (12:30)
David	Bainbridge	TEAM TYLA	Wave Eight (13:00)
David	Wright	The ginger eggs	Wave Five (11:30)
David	Holt	The rAe Team	Wave Four (11:00)
Dawn	Heywood	Heaven v Hell	Wave Six (12:00)
Dawn	Taylor	I'm cool by the way - Captain	Wave Three (10:40)
Dawn	Slater	Saints and sinners - Captain	Wave Seven (12:30)
Dawn	Quinn	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
DAYLE	KING	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Dean	Hayter		Wave Four (11:00)
Dean	Muir	Cumbria Strength & Conditioning	Wave Nine (13:30)
Dean	Clark	Dirty mike and the boys	Wave Seven (12:30)
Dean	Graham	Evolution Fitness	Wave Five (11:30)
Dean	Champney	Horizon	Wave Five (11:30)
Dean	Ashton	Team Trident	Wave Seven (12:30)
Dean	Doyle	The rams	Wave Six (12:00)
dean	morgan		Wave One (10:00)
Debbie	Lyon	DW Morecambe	Wave Four (11:00)

Debbie	Steel	Girls Girls Girls - Captain	Wave Two (10:20)
Debbie	Cull	Living the dream! - Captain	Wave Four (11:00)
Debbie	Beever	Team Azcend	Wave Two (10:20)
Debbie	Meiklejohn	TEAM TRAIN FLEETO	Wave Five (11:30)
Debbie	Harrison	Team Trident - Captain	Wave Seven (12:30)
debbie	garnett	Gwa's Army	Wave Three (10:40)
Deborah	O'Pray		Wave One (10:00)
Deborah	Morrison	Muddy Water	Wave One (10:00)
Deborah	Harkness	No chickening out this year	Wave Eight (13:00)
Deborah	Matthews	No chickening out this year - Captain	Wave Eight (13:00)
Deborah	Trevaskis	Team Strong	Wave Five (11:30)
Debra	Nixon	Smells Like Team Spirit	Wave One (10:00)
Declan	Kelly	Culcheth Athletic	Wave Eight (13:00)
Denis	Dmitricenko	Pigs in blankets	Wave One (10:00)
Derek	Caldwell		Wave Six (12:00)
Derek	Millar	Mud, Sweat and Tears	Wave Seven (12:30)
Derek	Rose	The Lakesiders - Captain	Wave Four (11:00)
Derrie	Johnson	Autumatic Fitness	Wave One (10:00)
Devon	Mulholland	What About Tommy Dickfingers	Wave Seven (12:30)
Dewan	Choudhury	Team Fagol	Wave One (10:00)
Diana	Muñoz	Mudnificent 7	Wave Four (11:00)
Diane	Conway	Elite: Cramlington	Wave Five (11:30)
Diane	Ryder	Heaven v Hell	Wave Six (12:00)
Diane	Searle	KeepFitMammy	Wave Three (10:40)
Diane	Hall	Three ladies and a little man	Wave Three (10:40)
Dianna	Straughton		Wave Four (11:00)
Dom	Calder	Not Fast, Just Furious	Wave Three (10:40)
Domantas	Dzekevicius		Wave Five (11:30)
Dominic	Bird		Wave Three (10:40)
Dominic	Coggon		Wave Six (12:00)
Dominic	Miller		Wave Two (10:20)
Dominic	Eaton	Middiots - Captain	Wave Eight (13:00)
Dominic	Stamper	WADIYATALKINABEET	Wave Three (10:40)
Dominic	Thornhill	Warbreck warriors - Captain	Wave Seven (12:30)
Dominic	Harrison	Windy millers	Wave One (10:00)
Dominika	Dunajko		Wave Six (12:00)
DONALD	ALLAN		Wave Seven (12:30)
DONNA	MELLING	DLPT	Wave Nine (13:30)
Donna	Hedley	Feckin Donnered Again - Captain	Wave One (10:00)
Donna	Tomlinson	Filthy Stockers	Wave Eight (13:00)
Donna	Christie	Fruit Loops	Wave Two (10:20)
Donna	Anken	HFT Rebels	Wave One (10:00)
Donna	Blackburn	Muddy Nutters	Wave Four (11:00)
Donna	Foster	Warriors of Asgard	Wave Seven (12:30)
Douglas	Sheckley		Wave Nine (13:30)
Dougy	Curtis	Walney offshore wind farm	Wave Three (10:40)
Duncan	Cole		Wave Nine (13:30)
Duncan	Sheckley		Wave Nine (13:30)

Dylan	Noble	GymHuddsWarriors - Captain	Wave Four (11:00)
Dylan	Renac	NoEgo Ninjas	Wave Two (10:20)
Dylan	Coyle	Rooster Roasters	Wave Three (10:40)
Ed	Fairclough	Scrambled legs	Wave One (10:00)
Edd	Gibson		Wave Two (10:20)
Eddie	Tunstall	The nodding donkeys ride again	Wave Four (11:00)
Eden	Evet	Team FAF	Wave Three (10:40)
Edward	Hunter	COBALT FITNESS	Wave Five (11:30)
Edward	Wong	Team Strong	Wave Five (11:30)
Edward	Romeo	TEAM TRAIN FLEETO	Wave Five (11:30)
Edward	Chatwin	The rAe Team	Wave Four (11:00)
Edward	Flint	Tubby Togs	Wave Four (11:00)
Efrain	Funes		Wave Two (10:20)
Elaine	Nicholson		Wave Four (11:00)
elaine	doyle	Team JD	Wave Three (10:40)
Elaine	Harris	RfM + More Mud	Wave Four (11:00)
Eleanor	Pipe	Nolans International Flying Warriors	Wave One (10:00)
Eleanor	Sedgwick	Windy millers	Wave One (10:00)
Eleanor	Millican	Wiz Lees Fitness	Wave One (10:00)
Elena	Close		Wave Four (11:00)
Elinor	Green	Autumatic Fitness	Wave One (10:00)
Elizabeth	Tormey	Autumatic Fitness	Wave One (10:00)
Elizabeth	Sidebottom	Big J's trojans	Wave Four (11:00)
Elizabeth	Bell	Team of Joy	Wave Eight (13:00)
Elizabeth	Stainton	The Pigs	Wave Seven (12:30)
Elizabeth	Ross	Worthy Warriors	Wave Seven (12:30)
Ella	Macleman	Haven - Captain	Wave Eight (13:00)
Ellie	Jones		Wave Three (10:40)
Ellie	Weatherly		Wave Six (12:00)
Ellie	Gilbert	Ellie Can't Jump	Wave Six (12:00)
Ellie	Cork	Nolans International Flying Warriors	Wave One (10:00)
Ellie	Beetham	TEAM TREBBIANO	Wave Nine (13:30)
Ellie	Lowery	Team holker	Wave One (10:00)
Ellie	Haynes	Wiz Lees Fitness	Wave One (10:00)
Elliot	Palmer	DLPT	Wave Nine (13:30)
Elliot	Palmer	Team of Joy	Wave Eight (13:00)
ELLIOT	GLEDHILL	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Elliot	Layfield	Salt Ayre Warriors	Wave Two (10:20)
Elliot	Bulman	Pokka	Wave Three (10:40)
Em	Parkinson	Filthy Stockers	Wave Eight (13:00)
Emily	Carr		Wave Two (10:20)
Emily	Plum	Is this the way to the pub?	Wave Four (11:00)
Emily	Heaviside	STSP	Wave Six (12:00)
Emily	Marston	Team of Joy	Wave Eight (13:00)
Emily	radcliffe	Team Strong	Wave Five (11:30)
Emily	Langhorn	The Filth - Captain	Wave Two (10:20)
Emily	Tarrant		Wave Three (10:40)
Emily Mae	Lawrence	RfM + More Mud - Captain	Wave Four (11:00)

Emma	Dunne		Wave Nine (13:30)
Emma	Graham		Wave One (10:00)
Emma	Hughes		Wave Six (12:00)
Emma	Frater	Aspire Fitness	Wave One (10:00)
Emma	Wilson	Aspire Fitness	Wave One (10:00)
Emma	Davies	Balls deyp in mud - Captain	Wave Four (11:00)
Emma	Ayling	Boomshanker	Wave Six (12:00)
emma	capstick	Fifty Shades of...	Wave Nine (13:30)
Emma	Forbes	FuddyMuckers	Wave Eight (13:00)
Emma	Taylor	I'm cool by the way	Wave Three (10:40)
Emma	Matthews	James Cropper Warriors	Wave Four (11:00)
Emma	Painter	Muddy Mighty Ducks	Wave Eight (13:00)
Emma	Walker	Petchs Pilgrims	Wave Seven (12:30)
Emma	Gillespie	RM Cycleworks - Captain	Wave Eight (13:00)
Emma	Gorry	Salt Ayre Warriors	Wave Two (10:20)
Emma	Evelt	Team FAF	Wave Three (10:40)
Emma	Heelis	Team of Joy	Wave Eight (13:00)
Emma	GARDNER	The mass debaters on day release!! #w	Wave Five (11:30)
Emma	McGarvey	The mass debaters on day release!! #w	Wave Five (11:30)
Emma	Taylor	The Obstalkers - Captain	Wave One (10:00)
Emma	Simpson	The Pulse Raisers	Wave One (10:00)
Emma	Finney	The Walking Dead - Captain	Wave Seven (12:30)
Emma	Small	The Wigan Wolf Pack	Wave Seven (12:30)
Emma	Bellwood	Wensleydale Warriors	Wave Four (11:00)
Emma	Dwyer	Wensleydale Warriors	Wave Four (11:00)
emma	kearney	Young Tarts and Old Farts!! - Captain	Wave One (10:00)
Emma	Hayes		Wave Six (12:00)
Emma	Anderson	Falkirk BMFers	Wave Five (11:30)
Emma	Jewell	The Obstalkillaz	Wave Three (10:40)
Emma	Nelson-Slack	Wiz Lees Fitness	Wave One (10:00)
Eric	Armenta	Hilti Warriors	Wave Two (10:20)
Erica	Clarkson	Race Fitness	Wave One (10:00)
Errol	Bayney	Smoggie Bog Monsters	Wave Six (12:00)
Esther	Wijnhoven		Wave Seven (12:30)
Ethan	Mitchell		Wave Three (10:40)
Ethan	Naylor		Wave Four (11:00)
Ethan	Samuels	Border Warrior	Wave Eight (13:00)
Evan	Sutton	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Eve	Craig-middlehurst	Balls deyp in mud	Wave Four (11:00)
Eve	Moran	The Proflex Meffs - Captain	Wave Five (11:30)
Faith	Nelson		Wave Two (10:20)
Faith	Millar	Fitness Chicks - Captain	Wave Two (10:20)
Farzana	Akhtar	Team Fagol	Wave One (10:00)
Fatema	Choudhury	Team Fagol	Wave One (10:00)
Faye	Verburg	Pioneer Fitness	Wave One (10:00)
Faye	Woodhouse	Three ladies and a little man	Wave Three (10:40)
Faye	Williamson	COBALT FITNESS	Wave Five (11:30)
Fiona	Kinder	Down but not out!	Wave Seven (12:30)

Fiona	Chambers	The Fab Five	Wave Three (10:40)
Flora	Blackburn		Wave Four (11:00)
Fran	Hill		Wave Nine (13:30)
Francesca	Bradshaw	Team Narwhal	Wave Five (11:30)
gabe	marshall	geordie ninjas	Wave Six (12:00)
Gabriela	Werneck		Wave Nine (13:30)
Gabrielle	Peterson	GO TEAM TOBY	Wave Four (11:00)
Gareth	Neasham		Wave Three (10:40)
Gareth	Davies	Balls deyp in mud	Wave Four (11:00)
Gareth	Collins	Collins - Captain	Wave Four (11:00)
Gareth	Burns	Cow's Creams	Wave Five (11:30)
Gareth	Hockey	Evolution Fitness	Wave Five (11:30)
Gareth	Nicholson	Misfits	Wave Eight (13:00)
Gareth	Jones	Tonka Fingers	Wave One (10:00)
Gareth	Milburn	Windy millers	Wave One (10:00)
Gareth	Phillips	Dicks with Chicks	Wave Four (11:00)
Garreth	Murrell		Wave Nine (13:30)
Garreth	Murrell		Wave Nine (13:30)
Garry	Bothwell	Aspire Fitness	Wave One (10:00)
Gary	Bews		Wave Eight (13:00)
Gary	Bigland		Wave Three (10:40)
Gary	Cunningham		Wave Two (10:20)
Gary	Ogden		Wave Nine (13:30)
Gary	Pogue		Wave Three (10:40)
gary	shorrock		Wave One (10:00)
Gary	Spence		Wave Six (12:00)
Gary	Pearcy	Alan's Diddlers	Wave Eight (13:00)
Gary	Park	Cubic Cohort	Wave Five (11:30)
Gary	Bailey	Harvey's Heroes	Wave Three (10:40)
Gary	Nichol	Lathom Lemmings	Wave Eight (13:00)
GARY	CARTWRIGHT	Legends of the Schlong	Wave Two (10:20)
Gary	Brinton	Muddy Water	Wave One (10:00)
Gary	Bragg	Muddyduckers	Wave Eight (13:00)
Gary	Wood	Muddyduckers - Captain	Wave Eight (13:00)
Gary	Hayes	Pioneer Fitness	Wave One (10:00)
Gary	Cottam	Team Azcend	Wave Two (10:20)
Gary	Dixon	The Dream Team	Wave Three (10:40)
Gary	McDonald	The Misfits	Wave Six (12:00)
Gary	Colledge	Three Amigos	Wave Six (12:00)
Gary	Richards	Warriors of Asgard	Wave Seven (12:30)
GARY	CRIPPS	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Gary	Venus	COBALT FITNESS	Wave Five (11:30)
Gavin	Maultby		Wave Two (10:20)
Gavin	Graham	Dirty mike and the boys	Wave Seven (12:30)
Gavin	Friar	PB fitcamp	Wave One (10:00)
Gavin	Teely	Well good	Wave Six (12:00)
Gayle	Smith	DW Morecambe	Wave Four (11:00)
Gayle	Ashmore	Team Azcend	Wave Two (10:20)

Ged	Cairns		Wave Three (10:40)
Ged	Mitchell		Wave Three (10:40)
Gem	Stewart	STSP - Captain	Wave Six (12:00)
Gemma	Graham		Wave One (10:00)
Gemma	McCutcheon		Wave Six (12:00)
Gemma	Robshaw		Wave Three (10:40)
GEMMA	HOY	Cow's Creams	Wave Five (11:30)
Gemma	Dawson	Jugs a Jogging	Wave Eight (13:00)
Gemma	Goodrum	Misfits	Wave Eight (13:00)
Gemma	Fothergill	Summerlands Mismatch	Wave Three (10:40)
Gemma	Wiez	Team Cove	Wave Two (10:20)
Gemma	Jones	Wolfpack Warriors	Wave Five (11:30)
Geoffrey	Shaw	Heaven v Hell	Wave Six (12:00)
George	Norval		Wave Nine (13:30)
George	Cresswell	AA Shap	Wave Two (10:20)
George	Cant	Evolution Fitness	Wave Five (11:30)
George	Clive	Rooster Roasters	Wave Three (10:40)
george	shipman	The nodding donkeys ride again	Wave Four (11:00)
George	Tighe	Wet Sleddale Warriors	Wave Seven (12:30)
GEORGE	GROSTON	TEAM TYLA	Wave Eight (13:00)
Georgia	Fowles		Wave Five (11:30)
Georgia	Wright		Wave Two (10:20)
Georgia	Parish	Salt Ayre Warriors	Wave Two (10:20)
Georgia	Cooper	Tonka Fingers	Wave One (10:00)
Georgia	Hardy		Wave Two (10:20)
Georgie	Robinson	H&H Warriors	Wave Two (10:20)
Georgina	Hardwick	Sniggery Waspy Warriors - Captain	Wave Five (11:30)
Georgina	Kewin	BSS WARRIORS	Wave Two (10:20)
Germaine	Love	akureimma	Wave Nine (13:30)
Gerry	Taylor	Mighty Midges	Wave Five (11:30)
Gill	Ketchell	Cumbria Strength & Conditioning	Wave Nine (13:30)
gillian	hale		Wave One (10:00)
Gillian	Mcbride		Wave Three (10:40)
Gillian	James	Doit4loui - Captain	Wave Nine (13:30)
Gillian	Green	Only Fools Run Courses - Captain	Wave Eight (13:00)
Gillian	Lodge	Too Stupid to Stop	Wave One (10:00)
Gillian	Spaxman	Too Stupid to Stop	Wave One (10:00)
Gina	Metcalf		Wave One (10:00)
Ginny Hannah	Spence	Team of Joy	Wave Eight (13:00)
Glen	Kelly	The Parmo Selectors - Captain	Wave Eight (13:00)
Glenn	Walsh	Team of Joy	Wave Eight (13:00)
Glyn	Carradus	James Cropper Warriors	Wave Four (11:00)
Glynn	Boyce		Wave Four (11:00)
Glynnis	Eastwood	Team of Joy	Wave Eight (13:00)
Gordon	Mitchell		Wave One (10:00)
Gordon	McLean	Team McLean	Wave Eight (13:00)
Gordon	Murphy	TEAM TRAIN FLEETO	Wave Five (11:30)
Grace	Fell	Freebird - Captain	Wave One (10:00)

Grace	Boyes	GO TEAM TOBY	Wave Four (11:00)
Gracie	Croft	RfM + More Mud	Wave Four (11:00)
Graeme	McPherson		Wave Two (10:20)
Graeme	Menzies		Wave One (10:00)
Graeme	Ritson	Cubic Cohort	Wave Five (11:30)
Graeme	Jewitt	Gaywatch	Wave Three (10:40)
Graeme	Lumsden	Team Jupiter	Wave Five (11:30)
Graeme	Richardson	The Dream Team	Wave Three (10:40)
Graeme	Smith	The nodding donkeys ride again	Wave Four (11:00)
Graeme	Barnes	Elite: Cramlington	Wave Five (11:30)
Graham	Wells	Muddy Water - Captain	Wave One (10:00)
Graham	Powrie	Perth Fitness Camp	Wave One (10:00)
Graham	Knight	Spittin Fethers	Wave Eight (13:00)
Graham	Jackson	Team DEADFISH	Wave One (10:00)
Graham	Dacre	Tonka Fingers	Wave One (10:00)
Graham	Sanderson	Too Stupid to Stop - Captain	Wave One (10:00)
Graham	Knight	Walker's Runners	Wave Three (10:40)
GRAHAM	MEEK	Cow's Creams	Wave Five (11:30)
Grant	Roberts		Wave One (10:00)
Grant	Bethwaite	Dirty mike and the boys	Wave Seven (12:30)
Grant	Cumberbatch	Tonka Fingers	Wave One (10:00)
Grant	todd	Wiz Lees Fitness	Wave One (10:00)
Greg	Kennedy		Wave Seven (12:30)
Greg	Whitworth	Balls deyp in mud	Wave Four (11:00)
Greg	Prearse	The Walking Dead	Wave Seven (12:30)
gregg	barron	Barronius	Wave Eight (13:00)
Gregory	Poulton	Birtley AC Barmy Army	Wave Four (11:00)
Guy	Barclay		Wave Two (10:20)
Gwen	Mcbride		Wave Three (10:40)
Haley	Bowman	Autumatic Fitness	Wave One (10:00)
hannah	connor		Wave Three (10:40)
Hannah	Little	Carpe Diem	Wave Five (11:30)
Hannah	Dickinson	Cumbria Strength & Conditioning	Wave Nine (13:30)
Hannah	Ward	Dirt Devils	Wave Nine (13:30)
hannah	laws	Gwa's Army	Wave Three (10:40)
Hannah	Linger	Hannah Sian Charles - Captain	Wave Two (10:20)
Hannah	March	James Cropper Warriors	Wave Four (11:00)
Hannah	Jenkinson	Run Like the Winded	Wave Six (12:00)
hannah	dawson	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Hannah	Julian	The AJ Team	Wave Four (11:00)
Hannah	Clark	The Filth	Wave Two (10:20)
Hannah	Kerrigan	The rAe Team	Wave Four (11:00)
Hannah	Scholes	Tonka Fingers	Wave One (10:00)
Hannah	Stevenson	Two Balls One Bag	Wave One (10:00)
Hannahlise	Morris		Wave Two (10:20)
Harriet	Milbourne	Better sore than sorry	Wave Four (11:00)
Harriet	Ramshaw	DL Alpha Wolves	Wave Nine (13:30)
Harriet	Hewetson	Team of Joy	Wave Eight (13:00)

Harry	Kolinsky		Wave One (10:00)
Harry	Lewthwaite		Wave One (10:00)
Harry	Moth	Bags For Life - Captain	Wave Six (12:00)
Harry	Speirs	Chubby chasers	Wave Six (12:00)
Harry	Brownsord	James Cropper Warriors	Wave Four (11:00)
Harry	Palin	Salt Ayre Warriors	Wave Two (10:20)
Harry	Ardley	Wiz Lees Fitness	Wave One (10:00)
Harry	Copeland	You F*ckin Love It!	Wave Seven (12:30)
Hattie	Blenkinsop	Zelda Zoom Zoom	Wave One (10:00)
Hayley	Bower		Wave Nine (13:30)
Hayley	Gibson		Wave One (10:00)
Hayley	Irving	Better sore than sorry	Wave Four (11:00)
Hayley	Barley	Cumbria Strength & Conditioning	Wave Nine (13:30)
hayley	morrison	Heaven v Hell	Wave Six (12:00)
Hayley	Horswill	JS-PT Health Studio	Wave Two (10:20)
Hayley	Whalley	Jugs a Jogging	Wave Eight (13:00)
Hayley	Williams	Team Jupiter	Wave Five (11:30)
Hayley	Usher	THE LIQUID AWESOME WEEKEND OFFER	Wave Six (12:00)
Hayley	Mason	Warriors of Asgard	Wave Seven (12:30)
Hayley	Greenhow	Wiz Lees Fitness	Wave One (10:00)
Heather	Glennon	Bolton Nursery	Wave Five (11:30)
Heather	Graham	Too Stupid to Stop	Wave One (10:00)
Heather	Ingham	Too Stupid to Stop	Wave One (10:00)
Heather	Skachill	ADI tv	Wave Three (10:40)
Heidi	Dent	kirkby stephen mountain rescue team	Wave Three (10:40)
Heidi	Prior	The Wigan Wolf Pack - Captain	Wave Seven (12:30)
Helen	Errington		Wave Two (10:20)
Helen	Gates		Wave Two (10:20)
Helen	Mcleod		Wave Two (10:20)
Helen	Newman		Wave One (10:00)
Helen	Austin	Bolton Nursery	Wave Five (11:30)
Helen	Wilkinson	Choppers - Captain	Wave Four (11:00)
helen	pye	Got the runs	Wave Three (10:40)
Helen	Stow	Hull's Angel's - Captain	Wave Four (11:00)
Helen	Ramsay	TEAM TREBBIANO	Wave Nine (13:30)
Helen	White	Team Taylor White - Captain	Wave Two (10:20)
Helen	Geddes	This is our year!	Wave Two (10:20)
Helen	Waite	Three ladies and a little man	Wave Three (10:40)
Helen	Wardle	Total Wankers	Wave One (10:00)
Helen	Cuming	Wensleydale Warriors	Wave Four (11:00)
Helen	Lawrenson	Wiz Lees Fitness	Wave One (10:00)
Helen	Wood	Wiz Lees Fitness	Wave One (10:00)
Helen	Illsley	Team Serlby	Wave Six (12:00)
Henrietta	Lebeter		Wave Three (10:40)
Henry	Hitchen	Empire	Wave Nine (13:30)
Hermione	Pearson	Meow?	Wave Two (10:20)
Hersha	Mistry	Carpe Diem - Captain	Wave Five (11:30)
Holimae	Bentham		Wave Eight (13:00)



Holly	Stuart		Wave Nine (13:30)
Holly	wann	GO TEAM TOBY	Wave Four (11:00)
Holly	Schofield	Harding's Heavies	Wave Four (11:00)
Holly	Parry	Team Cove	Wave Two (10:20)
Holly	Potter	Wiz Lees Fitness	Wave One (10:00)
Holly	Davis	Balls deyp in mud	Wave Four (11:00)
ian	Coltman	Small But Mighty	Wave Eight (13:00)
lan	Adams		Wave Nine (13:30)
lan	Martin		Wave Nine (13:30)
lan	Bennett	Cirque du Sore Legs - Captain	Wave Three (10:40)
lan	Crinson	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
lan	Banks	Get the party sharted	Wave Two (10:20)
lan	Fraser	KeepFitMammy	Wave Three (10:40)
lan	Dobson	Legends of the Schlong	Wave Two (10:20)
ian	sutton	Mud Pigs - Captain	Wave Two (10:20)
lan	Mills	TEAM BURPEE - Captain	Wave One (10:00)
lan	Maclean	TEAM TRAIN FLEETO	Wave Five (11:30)
lan	Snaith	TEAM VETERANS AT EASE - Captain	Wave One (10:00)
lan	Cummings	The rams	Wave Six (12:00)
lan	Burns	Underprepared & Overconfident	Wave Seven (12:30)
lan	Leeming	Walney offshore wind farm - Captain	Wave Three (10:40)
lan	Parker	Halifax Fanny's	Wave Three (10:40)
lan	Jones	Run Like the Winded	Wave Six (12:00)
lan	Halsall	Southport Sinners	Wave Two (10:20)
Idoia	Curbelo	Las Majoreras - Captain	Wave Eight (13:00)
Imogen	George	Team Haggard	Wave One (10:00)
Ingrid	Leavy	Team Tallulah	Wave Six (12:00)
Isla	Griffiths		Wave Nine (13:30)
Izabela	Majchrzak	The Lakesiders	Wave Four (11:00)
Jack	Cook		Wave Two (10:20)
Jack	Curran		Wave Nine (13:30)
Jack	Ingram		Wave Three (10:40)
Jack	Nixon		Wave Five (11:30)
Jack	Skinner		Wave One (10:00)
Jack	Thompson		Wave Six (12:00)
Jack	Hulligan	Brudders From Other Mudders	Wave Seven (12:30)
Jack	Wignall	Brudders From Other Mudders - Captain	Wave Seven (12:30)
Jack	Sullivan	JS-PT Health Studio - Captain	Wave Two (10:20)
Jack	Baxter	Mud Junkies	Wave One (10:00)
Jack	Doyle	Team JD - Captain	Wave Three (10:40)
Jack	Furness	Total Worriers	Wave Six (12:00)
Jack	Hamilton	What About Tommy Dickfingers	Wave Seven (12:30)
Jack	Hind	xtra-lit	Wave Two (10:20)
Jack	Mollon	xtra-lit - Captain	Wave Two (10:20)
Jack	Simpson	Yorkshire Puddings	Wave Four (11:00)
Jack	Roper	Sniggery Waspy Warriors	Wave Five (11:30)
Jackie	Hogarth		Wave Five (11:30)
Jackie	Pickering	The Dead Lasts	Wave Five (11:30)

Jackie	Selby	Too Stupid to Stop	Wave One (10:00)
Jackie	Frank	Totally Worried - Captain	Wave Seven (12:30)
JACKQJ	PALMER	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
jacob	todd	S.L.A.G	Wave Nine (13:30)
Jacqueline	Crane		Wave Two (10:20)
Jacqueline	Barber	Abbey Monks	Wave One (10:00)
Jacqueline	Ng	SLPT Deliquent Disciples	Wave Four (11:00)
Jacques	Rowe	Millweld massive	Wave Eight (13:00)
Jade	Dyer		Wave Two (10:20)
Jade	Ridgway		Wave Six (12:00)
Jade	Wilson		Wave Seven (12:30)
Jade	Martin	Average Joes - Captain	Wave Four (11:00)
Jade	Bardsley	BoltonBMF	Wave Seven (12:30)
Jade	Lawson	Low Wood Bay Warriors - Captain	Wave Eight (13:00)
Jade	Blair	Moobs and boobs	Wave Three (10:40)
Jade	Button	Pioneer Fitness	Wave One (10:00)
Jade	Wilkie	TEAM TRAIN FLEETO	Wave Five (11:30)
Jade	Richardson-Gage	Viking Strength and Fitness	Wave Six (12:00)
Jaime	Wilson		Wave Eight (13:00)
Jake	Banks		Wave Three (10:40)
Jake	Rees	Chubby chasers - Captain	Wave Six (12:00)
Jake	Reynolds	Chubby chasers	Wave Six (12:00)
Jake	Fabi	Pokka - Captain	Wave Three (10:40)
Jake	Cooper	Tonka Fingers	Wave One (10:00)
Jake	Bellamy	Too Stupid to Stop	Wave One (10:00)
Jake	Mccourt	WADIYATALKINABEET	Wave Three (10:40)
JAKE	SHELBOURNE	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Jake	Winter		Wave Nine (13:30)
jake	ellis	Bum Lions In Space - Captain	Wave Six (12:00)
Jake	Holden	The Obstakillaz	Wave Three (10:40)
Jakob	Vallente-Dunn	Evolution Fitness	Wave Five (11:30)
James	Dowling		Wave Seven (12:30)
james	dunn		Wave One (10:00)
James	Hunter		Wave Two (10:20)
James	Largey		Wave Six (12:00)
James	Lewis-Blair		Wave Three (10:40)
James	Mackie		Wave Nine (13:30)
James	Middleton		Wave Nine (13:30)
James	Norfolk-Cinis		Wave Four (11:00)
James	Reilly		Wave Nine (13:30)
James	Thomson		Wave Six (12:00)
James	Troup		Wave Four (11:00)
James	Whyte		Wave Two (10:20)
James	Sproat	Abbey Monks	Wave One (10:00)
James	Horton	Big J's trojans - Captain	Wave Four (11:00)
James	Wilson	Border Warrior - Captain	Wave Eight (13:00)
James	Goodwin	BRAND	Wave Nine (13:30)
James	Jackman	BSC	Wave Eight (13:00)

James	Johnston	BSS WARRIORS	Wave Two (10:20)
James	Dent	CFM Warriors	Wave Five (11:30)
James	Walker	Cheeky Vimtos - Captain	Wave Eight (13:00)
James	Jackson	Cuddle Club	Wave One (10:00)
James	Bowen	East Coast Coasties	Wave Nine (13:30)
James	McKeown	Falkirk BMFers	Wave Five (11:30)
James	Mcaulay	Gaywatch	Wave Three (10:40)
James	Moore	H.H.H	Wave Four (11:00)
James	Griffiths	Harding's Heavies	Wave Four (11:00)
James	Roberts	Harvey's Heroes - Captain	Wave Three (10:40)
James	Rezamand	Here for beer	Wave Nine (13:30)
James	Wearing	Millom fight club	Wave Four (11:00)
James	Gough	Muppets	Wave Two (10:20)
James	Ramsay	Sir Pinchalot - Captain	Wave Seven (12:30)
James	Forster	Team No Air	Wave One (10:00)
James	Fallan	TEAM TRAIN FLEETO	Wave Five (11:30)
James	Buckley	Team Trident	Wave Seven (12:30)
James	Brennan	The nodding donkeys ride again	Wave Four (11:00)
James	Graham	The nodding donkeys ride again	Wave Four (11:00)
James	Hough	The vortex - Captain	Wave Six (12:00)
James	Poole	Tight Butts and Sweaty Nuts	Wave One (10:00)
James	Levitt	Too Stupid to Stop	Wave One (10:00)
James	Lamb	Walney offshore wind farm	Wave Three (10:40)
James	Kendall	What About Tommy Dickfingers	Wave Seven (12:30)
James	Wheatley	Wigan Warriors	Wave Three (10:40)
James	Kinsella	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Jamie	Wright		Wave Two (10:20)
Jamie	Snaith	AA Shap - Captain	Wave Two (10:20)
Jamie	Taylor	akureimma	Wave Nine (13:30)
Jamie	Davison	Aspire Fitness	Wave One (10:00)
Jamie	McConnell	DanLukeAdam	Wave Two (10:20)
Jamie	Bailey	Harding's Heavies - Captain	Wave Four (11:00)
Jamie	Brewitt	Hilti Warriors	Wave Two (10:20)
Jamie	Carson	Kapow & Co	Wave Four (11:00)
Jamie	Watson	moorclose madness	Wave Eight (13:00)
Jamie	Barclay	Race Fitness	Wave One (10:00)
Jamie	Bush	Shap Hard - Captain	Wave One (10:00)
Jamie	Sloane	Southport Sinners	Wave Two (10:20)
Jamie	Ashworth	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Jamie	Street	Team JP Health & Fitness - Captain	Wave Two (10:20)
Jamie	Young	The Wobblers Ride Again	Wave Four (11:00)
Jamie	Roberts	Tonka Fingers	Wave One (10:00)
Jamie	Caine	Total Shithouse	Wave Six (12:00)
Jamie	Marshall	Trout Sniffers	Wave Three (10:40)
Jamie	Cairns	Millom Mafia	Wave Five (11:30)
Jamie	Howe	TEAMFIGHTPIT	Wave One (10:00)
Jane	Bailey	akureimma	Wave Nine (13:30)
Jane	Tighe	Wet Sleddale Warriors	Wave Seven (12:30)

Jane	Colebourn	Down with the Brown	Wave Seven (12:30)
Janet	Ardley	Wiz Lees Fitness	Wave One (10:00)
janice	vickers	Girls Girls Girls	Wave Two (10:20)
Jared	Howell	Not Fast, Just Furious - Captain	Wave Three (10:40)
Jasmin	Baird	Aspire Fitness	Wave One (10:00)
Jasmine	Jolliffe		Wave Six (12:00)
Jason	Brunnock		Wave Three (10:40)
Jason	Stephens	BSC	Wave Eight (13:00)
Jason	Maxwell	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
jason	winder	kirkby stephen mountain rescue team - (	Wave Three (10:40)
Jason	Lowis	Lowis	Wave One (10:00)
Jason	Dunlop	Mud Warriors	Wave Six (12:00)
Jason	Potter	Numptys	Wave Nine (13:30)
Jason	Singleton	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Jason	Millward	Team inov-8	Wave Five (11:30)
Jason	Leary	TEAM VETERANS AT EASE	Wave One (10:00)
Jason	Fearon	The ginger eggs - Captain	Wave Five (11:30)
Jason	Page	The mass debaters on day release!! #w	Wave Five (11:30)
Jason	Penrice	JACATA aka dream boys	Wave Four (11:00)
Jay	Green	BSS WARRIORS	Wave Two (10:20)
Jay	Railton-Sowerby	DLPT	Wave Nine (13:30)
jay	chorley	Gwa's Army	Wave Three (10:40)
Jay	Browne	Roberto Savage	Wave Three (10:40)
Jay	Thorpe	Team Trident	Wave Seven (12:30)
Jay	Higham		Wave Four (11:00)
Jaymie	Ryan	Here for beer	Wave Nine (13:30)
Jayne	Roughley	Heaven v Hell	Wave Six (12:00)
Jayne	Storey	Natalie's nutters	Wave Eight (13:00)
Jayne	Kelly	This is our year!	Wave Two (10:20)
Jed	Wilkinson	Chubby chasers	Wave Six (12:00)
Jemma	Ford	Blood Sweat and Beers - Captain	Wave Five (11:30)
Jemma	Grieves	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Jemma	Beattie	Race Fitness	Wave One (10:00)
Jemma	Hull	University of Cumbria Team 10	Wave Seven (12:30)
Jen	Underwood	Jugs a Jogging	Wave Eight (13:00)
Jen	Murray	UKIN Warriors	Wave Four (11:00)
Jen	OKeefe	Heaven v Hell	Wave Six (12:00)
Jenn	Hessey	Tight Butts and Sweaty Nuts	Wave One (10:00)
Jenna	Ross	Misfits	Wave Eight (13:00)
Jenna	Farmer	This is our year!	Wave Two (10:20)
Jenni	Callan		Wave Four (11:00)
Jenni	Allen	SLPT Deliquent Disciples	Wave Four (11:00)
Jenni	Cropper	SLPT Deliquent Disciples	Wave Four (11:00)
Jennifer	Coates		Wave Nine (13:30)
Jennifer	Cobb		Wave Nine (13:30)
Jennifer	Doyle		Wave Three (10:40)
Jennifer	Patterson		Wave Seven (12:30)
Jennifer	Carter	Heaven v Hell	Wave Six (12:00)

Jennifer	Marshall	Living the dream!	Wave Four (11:00)
Jennifer	Daglish	No chickening out this year	Wave Eight (13:00)
Jennifer	Ramsay	TEAM TREBBIANO	Wave Nine (13:30)
Jennifer	Cobb	The PT Studio Spartans	Wave One (10:00)
Jennifer	English	Tootal Warriors - Captain	Wave Seven (12:30)
Jennifer	Trees	Team J	Wave Two (10:20)
Jenny	Shearer	Aspire Fitness	Wave One (10:00)
Jenny	Sykes	Cubic Cohort - Captain	Wave Five (11:30)
Jenny	Wright	LMFMAO	Wave Eight (13:00)
Jenny	Jones	Team Tallulah - Captain	Wave Six (12:00)
Jenny	Wilson	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Jenny	Miller	Wensleydale Warriors	Wave Four (11:00)
Jeremy	Martin		Wave Two (10:20)
Jeremy	Wilson	Windermere Warriors	Wave One (10:00)
Jess	Cowley	Aspire Fitness	Wave One (10:00)
Jess	Terry	Mini Treddars	Wave Three (10:40)
Jess	Baker	S.L.A.G	Wave Nine (13:30)
Jess	Elliott	Team JD	Wave Three (10:40)
Jess	Short	Team Peachy	Wave Eight (13:00)
Jess	Collins	Yorkshire Puddings	Wave Four (11:00)
Jessica	Birch		Wave Five (11:30)
Jessica	Sisson		Wave Four (11:00)
Jessica	Smith	Aspire Fitness	Wave One (10:00)
jessica	wilkinson	Aspire Fitness	Wave One (10:00)
Jessica	Burt	CFM Warriors	Wave Five (11:30)
Jessica	Perez Garcia	Las Majoreras	Wave Eight (13:00)
Jessica	Quirke	Muddy Water	Wave One (10:00)
Jessica	Pool	S.L.A.G	Wave Nine (13:30)
Jessica	Lightbowne-Prince	Windy millers	Wave One (10:00)
Jill	Magee		Wave Six (12:00)
Jill	Chester	Girls Girls Girls	Wave Two (10:20)
Jill	Oneill	Heaven v Hell	Wave Six (12:00)
Jill	Wilson	Run Like the Winded	Wave Six (12:00)
Jim	Pattison		Wave Seven (12:30)
Jimmy	Holland	Cuddle Club - Captain	Wave One (10:00)
Jo	Booth	Falkirk BMFers - Captain	Wave Five (11:30)
Jo	palmer	Pioneer Fitness	Wave One (10:00)
Joanna	Gelson		Wave Six (12:00)
Joanna	McKeown	Falkirk BMFers	Wave Five (11:30)
Joanna	Harvey	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Joanna	Evans	UKIN Warriors	Wave Four (11:00)
Joanna	Ireland	Windermere Warriors - Captain	Wave One (10:00)
Joanne	Page	Aspire Fitness	Wave One (10:00)
Joanne	Bailey	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
JOANNE	EDWARDS	FITTISH, FORTYISH AND FILTHYISH	Wave Three (10:40)
Joanne	Lee	Heaven v Hell	Wave Six (12:00)
Joanne	Cartwright	HFT Rebels	Wave One (10:00)
Joanne	Harper	Is this the way to the pub?	Wave Four (11:00)

Joanne	Parrington	Living the dream!	Wave Four (11:00)
Joanne	Hargreaves	Mud, Sweat and Tears	Wave Seven (12:30)
Joanne	MacNair	Team Cove	Wave Two (10:20)
Joanne	Lancaster	The mass debaters on day release!! #w	Wave Five (11:30)
Joanne	Moore	The Pulse Raisers	Wave One (10:00)
Joanne	Hughes	The Fab Five	Wave Three (10:40)
Joe	Farmer		Wave Nine (13:30)
Joe	Stamper		Wave Three (10:40)
Joe	Wareing		Wave Six (12:00)
Joe	Gleave	Culcheth Athletic	Wave Eight (13:00)
Joe	Gammage	Gammage - Captain	Wave Five (11:30)
Joe	Gannon	James Cropper Warriors	Wave Four (11:00)
JOE	SMITH	Legends of the Schlong	Wave Two (10:20)
Joe	Kay	Low Wood Bay Warriors	Wave Eight (13:00)
Joe	Edge	Mediaworks	Wave Five (11:30)
Joe	Nuttall	Millom Mafia	Wave Five (11:30)
joe	Dransfield	Pigs in Mud	Wave Eight (13:00)
Joe	Rogers	Pigs in Mud	Wave Eight (13:00)
Joe	Shaw-McGregor	RfM + More Mud	Wave Four (11:00)
Joe	Slinger	Tackling Fuel - Captain	Wave Eight (13:00)
Joe	Hayton	Team Azcend	Wave Two (10:20)
Joe	Oliver	Team JP Health & Fitness	Wave Two (10:20)
Joe	O'Rourke	UKIN Warriors	Wave Four (11:00)
Joe	Owen	Wagner's sausages - Captain	Wave Seven (12:30)
Joe	Skyrme	What About Tommy Dickfingers	Wave Seven (12:30)
Joe	Pattison	xtra-lit	Wave Two (10:20)
joe	russell	xtra-lit	Wave Two (10:20)
Joe	Lovelady		Wave Three (10:40)
Joe	Ward		Wave Three (10:40)
Joe	Smith	TEAM TRAIN FLEETO	Wave Five (11:30)
JOEL	SILCOX	S.L.A.G	Wave Nine (13:30)
Joel	Davies	This is our year!	Wave Two (10:20)
joey	marshall	geordie ninjas	Wave Six (12:00)
Johanne	Baxter	Bolton Nursery	Wave Five (11:30)
John	Gillighan		Wave Nine (13:30)
John	Hogg		Wave Five (11:30)
John	Hunter		Wave Nine (13:30)
John	Martin		Wave Nine (13:30)
John	Reay		Wave Nine (13:30)
John	Smith		Wave Two (10:20)
John	Thompson		Wave Nine (13:30)
John	Tormey	Autumatic Fitness	Wave One (10:00)
John	Railton	DLPT	Wave Nine (13:30)
John	O'Rourke	Filthy Stockers - Captain	Wave Eight (13:00)
John	Halton	Fruit Loops	Wave Two (10:20)
john	beswick	geordie ninjas	Wave Six (12:00)
John	Bibby	Heaven v Hell	Wave Six (12:00)
John	Presho	Heaven v Hell	Wave Six (12:00)

John	Hiscox	Hilti Warriors - Captain	Wave Two (10:20)
John	Hiscox	Hilti Warriors	Wave Two (10:20)
John	Pearson	James Cropper Warriors	Wave Four (11:00)
John	Mcewan	Josh's warriors - Captain	Wave Two (10:20)
John	Chapman	kirkby stephen mountain rescue team	Wave Three (10:40)
John	norris	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
John	Noblett	Mischief Managed	Wave Eight (13:00)
John	Green	Only Fools Run Courses	Wave Eight (13:00)
John	Sharp	Sharpies Besties	Wave One (10:00)
John	Cowan	Smells Like Team Spirit - Captain	Wave One (10:00)
John	Martleton	Sweatshop Gym - Captain	Wave Five (11:30)
John	Mulligan	Team Narwhal - Captain	Wave Five (11:30)
John	Tew	Team Narwhal	Wave Five (11:30)
John	Lally	Team Trident	Wave Seven (12:30)
John	Bell	TEAMFIGHTPIT - Captain	Wave One (10:00)
John	Pinkstone	The Curley Cup Lads - Captain	Wave Two (10:20)
John	McGarvey	The mass debaters on day release!! #w	Wave Five (11:30)
John	Ormesher	The mass debaters on day release!! #w	Wave Five (11:30)
John	Partington	The nodding donkeys ride again	Wave Four (11:00)
John	Chorley	The rAe Team	Wave Four (11:00)
John	Williams	This is our year!	Wave Two (10:20)
John	Kelly	Total Shithouse	Wave Six (12:00)
John	Milne	UKIN Warriors	Wave Four (11:00)
John	Mcgill		Wave Two (10:20)
John	Camfield	BRAND - Captain	Wave Nine (13:30)
John	RoDgers	Shawn Kenny Strength & Conditioning	Wave Two (10:20)
John	Savage	Smoggie Bog Monsters	Wave Six (12:00)
John	McGinlay	TEAM TRAIN FLEETO	Wave Five (11:30)
John	Sands	TEAM TRAIN FLEETO	Wave Five (11:30)
Jolene	Bromley	The Wobblers Ride Again - Captain	Wave Four (11:00)
Jon	Summers		Wave Four (11:00)
Jon	Winter		Wave One (10:00)
Jon	Bland	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Jon	Newcombe	Newton Knackers	Wave Four (11:00)
Jon	Dalton	Team DEADFISH	Wave One (10:00)
Jon	Wright	Tonka Fingers	Wave One (10:00)
Jonathan	Gibb		Wave Two (10:20)
Jonathan	Hall		Wave One (10:00)
Jonathan	Lister		Wave Two (10:20)
Jonathan	Hart	Aspire Fitness - Captain	Wave One (10:00)
Jonathan	Dawes	Dirty mike and the boys - Captain	Wave Seven (12:30)
Jonathan	Dawes	DW Morecambe	Wave Four (11:00)
Jonathan	Hird	H&H Warriors	Wave Two (10:20)
Jonathan	wright	Hilti Warriors	Wave Two (10:20)
Jonathan	Rothery	Kapow & Co	Wave Four (11:00)
Jonathan	Turner	Team Cove	Wave Two (10:20)
Jonathan	Moses	Team Jupiter	Wave Five (11:30)
Jonathan	Parker	The PT Studio Spartans - Captain	Wave One (10:00)

Jonathan	Hindmarsh	The Shining Wits	Wave Three (10:40)
Jonathan	Bruce	Three Amigos	Wave Six (12:00)
Jonathan	Richards	Too Stupid to Stop	Wave One (10:00)
Jonathan	Miller	TEAM TYLA	Wave Eight (13:00)
Jonathon	Embleton	BBQ Bandits	Wave Two (10:20)
Jonathon	Oneill	Nolans International Flying Warriors	Wave One (10:00)
Jonathon	Price	Numpty's	Wave Nine (13:30)
Jonny	Largey		Wave Six (12:00)
Jonny	Chapman	CFM Warriors - Captain	Wave Five (11:30)
Jonny	Urmston	Culcheth Athletic	Wave Eight (13:00)
Jonny	Pears	Mediaworks	Wave Five (11:30)
Jonny	Forsyth	Nursing Ninjas	Wave Three (10:40)
Jord	Jones	The mass debaters on day release!! #w	Wave Five (11:30)
jordan	hogg		Wave Five (11:30)
Jordan	Jackson		Wave Seven (12:30)
Jordan	Douthwaite	BSC - Captain	Wave Eight (13:00)
Jordan	Akkaya	Empire - Captain	Wave Nine (13:30)
Jordan	Nicholson	xtra-lit	Wave Two (10:20)
Jordan	Roberts	Harvey's Heroes	Wave Three (10:40)
joseph	parkes		Wave Two (10:20)
Joseph	McCormick	Middiots	Wave Eight (13:00)
Joseph	Fleming	Team Cove - Captain	Wave Two (10:20)
Joseph Michael	Banks	Banks	Wave Three (10:40)
Josh	Fitz		Wave Two (10:20)
josh	lewis		Wave Four (11:00)
Josh	Linton		Wave Three (10:40)
josh	rowles		Wave Nine (13:30)
Josh	Ayre	A sa munga sa	Wave Two (10:20)
Josh	Bailey	akureimma	Wave Nine (13:30)
JOSH	MOLE	Elite: Cramlington	Wave Five (11:30)
Josh	Dobson	H.H.H - Captain	Wave Four (11:00)
Josh	Howell	Not Fast, Just Furious	Wave Three (10:40)
Josh	Pollard	Pigs in Mud	Wave Eight (13:00)
Josh	Flower	RfM + More Mud	Wave Four (11:00)
Josh	Chang	Roberto Savage	Wave Three (10:40)
Josh	Brady	Sir Pinchalot	Wave Seven (12:30)
Josh	Bromley	Team Teva	Wave Five (11:30)
Josh	Cunningham	Total Worriers - Captain	Wave Six (12:00)
Josh	Holt	Tubby Togs	Wave Four (11:00)
josh	Smith	Bum Lions In Space	Wave Six (12:00)
Joshua	Fraser		Wave Two (10:20)
Joshua	McCullough		Wave One (10:00)
Joshua	Longhurst	S.L.A.G	Wave Nine (13:30)
Joshua	Schofield	SLPT Deliquent Disciples	Wave Four (11:00)
Joshua	Sharpe	Team FAF	Wave Three (10:40)
joshua	sedgwick	TEAM VETERANS AT EASE	Wave One (10:00)
jovi	holden knowles	Gwa's Army	Wave Three (10:40)
Joy	Craighead	Muddy Mighty Ducks - Captain	Wave Eight (13:00)



Julia	Carey	DW Morecambe	Wave Four (11:00)
Julie	Cope		Wave Two (10:20)
Julie	Menzies		Wave One (10:00)
Julie	Roberts	Abbey Monks	Wave One (10:00)
Julie	Wilkinson	Aspire Fitness	Wave One (10:00)
Julie	Gate	Bowscar Shots	Wave Two (10:20)
Julie	Mullett	Bowscar Shots - Captain	Wave Two (10:20)
Julie	Linforth	Carpe Diem	Wave Five (11:30)
Julie	Holroyd	Cheshire Cats-'The Reunion'	Wave Five (11:30)
Julie	Payler	Down but not out!	Wave Seven (12:30)
Julie	Bird	Heaven v Hell	Wave Six (12:00)
Julie	Stephenson	JS-PT Health Studio	Wave Two (10:20)
Julie	Eaves	Run Like the Winded - Captain	Wave Six (12:00)
Julie	Procter	Team of Joy	Wave Eight (13:00)
Julie	Downes	Team Strong	Wave Five (11:30)
Julie	Doherty	The Wobblers Ride Again	Wave Four (11:00)
julie	Burton	Too Stupid to Stop	Wave One (10:00)
Julie	Crook		Wave Five (11:30)
Juliet	Golding	Team of Joy - Captain	Wave Eight (13:00)
Juma	Tatah	TEAMFIGHTPIT	Wave One (10:00)
Junaed	Akthar	Team Fagol	Wave One (10:00)
Junaid	Younas	Team Fagol	Wave One (10:00)
June	Rouse		Wave Nine (13:30)
June	Armstrong	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Justin	Keegan	Team Jupiter - Captain	Wave Five (11:30)
Justin	Hawes	The nodding donkeys ride again	Wave Four (11:00)
Justine	Dean	TEAM TREBBIANO	Wave Nine (13:30)
Kamrul	Islam	Team Fagol	Wave One (10:00)
Karen	Wilson	Fifty Shades of...	Wave Nine (13:30)
Karen	Knipe	HFT Rebels	Wave One (10:00)
Karen	Gilzean	Perth Fitness Camp - Captain	Wave One (10:00)
Karen	McKelvey	TEAM BURPEE	Wave One (10:00)
karen	Pickering	Team No Air	Wave One (10:00)
Karen	Crossley	Team Strong	Wave Five (11:30)
Karen	Clements	TEAM TRAIN FLEETO	Wave Five (11:30)
Karen	Hughes	TEAMFIGHTPIT	Wave One (10:00)
Karen	Burns	University of Cumbria Team 10	Wave Seven (12:30)
Karen	Whitfield	Viking Strength and Fitness	Wave Six (12:00)
Karen	Martin	Windermere Warriors	Wave One (10:00)
Karl	Horne		Wave Three (10:40)
Karl	Twist	Schneider Electric	Wave Five (11:30)
Karl	Davies	V.King Team	Wave Six (12:00)
Karl	Barton	Mud Junkies	Wave One (10:00)
KATARZYNA	SEWERYNOWICZ		Wave Nine (13:30)
Kate	Alderson		Wave One (10:00)
Kate	Wilks	BSC	Wave Eight (13:00)
Kate	Higham	Down but not out!	Wave Seven (12:30)
Kate	Whittle	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)

Kate	Fox	Heaven v Hell	Wave Six (12:00)
Kate	Morgan	JS-PT Health Studio	Wave Two (10:20)
Kate	Sharpe	Team FAF - Captain	Wave Three (10:40)
Kate	Johnson	Team of Joy	Wave Eight (13:00)
Kate	Simpson	Team of Joy	Wave Eight (13:00)
Kate	Walsh	Team of Joy	Wave Eight (13:00)
Kate	Watson	Team Snap Fitness Carlisle	Wave Three (10:40)
Kate	Thomas	University of Cumbria Team 10	Wave Seven (12:30)
Kate	Donkin	P C Henderson Warriors	Wave Six (12:00)
Kate	Jewell	The Obstakillaz	Wave Three (10:40)
Katherine	cusimano	DW Morecambe	Wave Four (11:00)
Katherine	Gallagher	Moobs and boobs - Captain	Wave Three (10:40)
Katherine	Simpson	Salt Ayre Warriors	Wave Two (10:20)
Kathrine	Lewis	Salt Ayre Warriors	Wave Two (10:20)
Kathryn	McLellan	Pure Gym Warriors - Captain	Wave Nine (13:30)
Kathryn	Davies	This is our year!	Wave Two (10:20)
Kathryn	Robinson	The PT Studio Spartans	Wave One (10:00)
Kathy	Tedcastle	Muddy Nutters	Wave Four (11:00)
Kathy	Burrows	ORWUD2018	Wave Seven (12:30)
Katie	Lewthwaite		Wave One (10:00)
Katie	Pennington		Wave Four (11:00)
Katie	Roe		Wave Two (10:20)
Katie	Keane	#fitforforty	Wave Three (10:40)
Katie	Gunson	Cumbria Strength & Conditioning	Wave Nine (13:30)
Katie	Wilson	Hull's Angel's	Wave Four (11:00)
Katie	Hembrough	Is this the way to the pub?	Wave Four (11:00)
katie	Thornton	Katie's team - Captain	Wave Three (10:40)
Katie	Topping	Team Azcend	Wave Two (10:20)
Katie	Wybrant	TEAMFIGHTPIT	Wave One (10:00)
Katie	Mackay-Christie	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Katie	Hanson	Too Stupid to Stop	Wave One (10:00)
Katie	Gardner	UKIN Warriors	Wave Four (11:00)
Katie	Smith	Wiz Lees Fitness	Wave One (10:00)
Katie	Flanagan	Blood Sweat and Beers	Wave Five (11:30)
Katie	Birkin	Dicks with Chicks	Wave Four (11:00)
Katie	Sayer	Southport Sinners	Wave Two (10:20)
Katy	Wild	BSC	Wave Eight (13:00)
Katy	Lavery	Fitness Chicks	Wave Two (10:20)
Katy	Barton	Heaven v Hell	Wave Six (12:00)
Katy	Strong	Team of Joy	Wave Eight (13:00)
Kay	Pearson		Wave Three (10:40)
Kaya	Bennett	Bolton Nursery - Captain	Wave Five (11:30)
Kayla	Burley	Burley	Wave Five (11:30)
Kaylee	Dickenson		Wave Five (11:30)
Kayleigh	Johns		Wave Five (11:30)
Kayleigh	Ellis	The Walking Dead	Wave Seven (12:30)
Keely	May	Viking Strength and Fitness	Wave Six (12:00)
keenan	harper		Wave Three (10:40)

Keighly	Hardy		Wave Three (10:40)
Keith	Hulse		Wave Two (10:20)
Keith	Golding	Team of Joy	Wave Eight (13:00)
Keith	Robson	TEAMFIGHTPIT	Wave One (10:00)
Keith	Morris	Total Wankers	Wave One (10:00)
Kellie	Mckeown		Wave Five (11:30)
Kelly	Jackson		Wave Two (10:20)
Kelly	Maguire	Autumatic Fitness	Wave One (10:00)
kelly	williams	Cocktail Warriors	Wave Two (10:20)
Kelly	Thompson	DLPT	Wave Nine (13:30)
Kelly	Harding	Harding's Heavies	Wave Four (11:00)
Kelly	Egerton	HFT Rebels	Wave One (10:00)
Kelly	Parsons	Sharpies Besties - Captain	Wave One (10:00)
Kelly	Everett	TEAMFIGHTPIT	Wave One (10:00)
Kelly	Heyworth	Two Balls One Bag	Wave One (10:00)
Kelly	Morrow	St Bees Mammias	Wave Two (10:20)
Kelly'	Fitzpatrick	The ginger eggs	Wave Five (11:30)
kenneth	pennington		Wave Three (10:40)
Kenneth	D'Arcy	COBALT FITNESS	Wave Five (11:30)
Kerri	Turner	The Animals - Captain	Wave Two (10:20)
Kerrie	Griffiths		Wave Three (10:40)
kerry	chadwick	Petchs Pilgrims	Wave Seven (12:30)
Kerry	Armstrong	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Kerry	Richardson	The PT Studio Spartans	Wave One (10:00)
Kerry	Millican	Wiz Lees Fitness	Wave One (10:00)
Kerry	Halcrow		Wave One (10:00)
Kerry	Bray	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Kerry	Oldham	Summerlands Mismatch	Wave Three (10:40)
Kerryann	Stewart	will run for gluten free beer	Wave Four (11:00)
Kerys	Lownsbrough	Wigan Warriors	Wave Three (10:40)
Kev	Strong	Mediaworks - Captain	Wave Five (11:30)
Kevin	Blacoe		Wave Three (10:40)
Kevin	Carruthers		Wave Four (11:00)
Kevin	Dalziel		Wave Nine (13:30)
Kevin	Denston		Wave Three (10:40)
KEVIN	DORAN		Wave Six (12:00)
Kevin	Hutchinson		Wave Three (10:40)
Kevin	Standerline	Cumbria Strength & Conditioning	Wave Nine (13:30)
Kevin	Tinkler	DLPT	Wave Nine (13:30)
Kevin	Burgess	Get the party sharted - Captain	Wave Two (10:20)
Kevin	liddle	Here for the Beer - Captain	Wave Three (10:40)
Kevin	Barron	James Cropper Warriors	Wave Four (11:00)
Kevin	Dyer	Nomnoms	Wave Five (11:30)
Kevin	Shankland	Rooster Roasters	Wave Three (10:40)
Kevin	Sanderson	Salt Ayre Warriors	Wave Two (10:20)
Kevin	Bush	Shap Hard	Wave One (10:00)
Kevin	Reay	The Dream Team	Wave Three (10:40)
Kevin	Preston	The Pulse Raisers	Wave One (10:00)

Kevin	Rogan	The rams	Wave Six (12:00)
Kevin	Westphal	COBALT FITNESS	Wave Five (11:30)
Kian	Mallinson	DLPT	Wave Nine (13:30)
Kieran	Richardson	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
kieran	knowles	Gwa's Army	Wave Three (10:40)
Kieran	Rogan	The rams	Wave Six (12:00)
Kieran	Howe	The Arnie Lads	Wave Six (12:00)
Kieron	Craggs	Harvey's Heroes	Wave Three (10:40)
Kieron	Hughes	TEAMFIGHTPIT	Wave One (10:00)
Kieron	Ross	Race Fitness - Captain	Wave One (10:00)
Kieron	THORNTON	TEAM TYLA	Wave Eight (13:00)
Kim	Lupton		Wave Two (10:20)
Kim	Graham	Bowscar Shots	Wave Two (10:20)
Kim	Holden	Mini Treddars - Captain	Wave Three (10:40)
Kim	Capstick	The Lakesiders	Wave Four (11:00)
Kim	Duke	Wensleydale Warriors	Wave Four (11:00)
Kim	Kremer	Windermere Warriors	Wave One (10:00)
Kimberley	Berry		Wave One (10:00)
Kirk	Redpath		Wave Nine (13:30)
kirk	jeffrey	Walney offshore wind farm	Wave Three (10:40)
Kirri	Thorburn		Wave Four (11:00)
Kirsteen	Hasney		Wave Eight (13:00)
Kirsteen	Miller		Wave Nine (13:30)
kirstie	campbell	Cocktail Warriors - Captain	Wave Two (10:20)
Kirsty	Naylor		Wave One (10:00)
Kirsty Jane	Brown		Wave One (10:00)
Kirsty Jane	Winrow	Empire	Wave Nine (13:30)
Klair	Flint	Tubby Togs	Wave Four (11:00)
Kris	Holland		Wave Two (10:20)
Kris	Duke	Wensleydale Warriors	Wave Four (11:00)
Kris	Bratton	Wiz Lees Fitness	Wave One (10:00)
Krisa	McLaughlinkc	The Determinators	Wave Three (10:40)
Kristian	Kenny	Well good	Wave Six (12:00)
Kristopher	Egerton	HFT Rebels	Wave One (10:00)
Kristy	May		Wave Three (10:40)
Kul	Nijjar		Wave Four (11:00)
kwan chak	hui	Team Teva	Wave Five (11:30)
Kyle	Whitley		Wave Nine (13:30)
Kyle	Hempstead	Dirt Devils	Wave Nine (13:30)
Kyle	Burns	Memphis Mafia	Wave Nine (13:30)
Kyle	King	Not Fast, Just Furious	Wave Three (10:40)
Kyle	Lewis	Salt Ayre Warriors	Wave Two (10:20)
Kyle	Cook	Smells Like Team Spirit	Wave One (10:00)
Kyle	Spence	The Cillit Bangers	Wave Four (11:00)
Kyle	Holden	The Obstakillaz - Captain	Wave Three (10:40)
Kyle	McLean	What About Tommy Dickfingers	Wave Seven (12:30)
Laura	Boocock		Wave Three (10:40)
Laura	Ferguson		Wave Nine (13:30)

laura	parker		Wave Five (11:30)
Laura	Stewart		Wave One (10:00)
Laura	Askew	China Concern - Captain	Wave Two (10:20)
Laura	Campbell	Falkirk BMFers	Wave Five (11:30)
Laura	Fewster	JS-PT Health Studio	Wave Two (10:20)
Laura	Middleton	Kirkby Krew	Wave Nine (13:30)
Laura	Rose	Laura - Captain	Wave Two (10:20)
Laura	Fugler	Living the dream!	Wave Four (11:00)
Laura	Hemmer	Mischief Managed - Captain	Wave Eight (13:00)
Laura	Bell	Moobs and boobs	Wave Three (10:40)
Laura	Mayne	Muddy Water	Wave One (10:00)
Laura	O'Keefe	Salt Ayre Warriors	Wave Two (10:20)
Laura	Brown	Southport Sinners	Wave Two (10:20)
Laura	Atkinson	Team FAF	Wave Three (10:40)
Laura	Carrick	Team holker	Wave One (10:00)
Laura	Hendry	TEAM TRAIN FLEETO	Wave Five (11:30)
Laura	Hetherington	The Lakesiders	Wave Four (11:00)
Laura	Pepper	The Pigs	Wave Seven (12:30)
Laura	Campbell	The PT Studio Spartans	Wave One (10:00)
Laura	Jones	This is our year! - Captain	Wave Two (10:20)
Laura	Hind	University of Cumbria Team 10	Wave Seven (12:30)
Laura	Gibson	Warriors of Asgard	Wave Seven (12:30)
Laura	Warburton	Warriors of Asgard	Wave Seven (12:30)
Laura	Suthers	warriors of hull	Wave Seven (12:30)
laura	balaam	will run for gluten free beer - Captain	Wave Four (11:00)
Laura	Cooper	Your Pace Or Mine?	Wave Four (11:00)
Laura	Robson	St Bees Mammias	Wave Two (10:20)
Laura	Mclelland	TEAMFIGHTPIT	Wave One (10:00)
Laura	Mccallum	Warriors of Asgard	Wave Seven (12:30)
Lauren	Langley		Wave Four (11:00)
Lauren	McGill		Wave Five (11:30)
Lauren	Parfitt		Wave Two (10:20)
Lauren	Robinson	ADI tv	Wave Three (10:40)
Lauren	Lawson	Better sore than sorry	Wave Four (11:00)
Lauren	Graham	Bowscar Shots	Wave Two (10:20)
Lauren	Elliot	Cubic Cohort	Wave Five (11:30)
Lauren	White	Race Fitness	Wave One (10:00)
Lauren	Levitt	Too Stupid to Stop	Wave One (10:00)
Laurence	Kearsey	Team inov-8	Wave Five (11:30)
Leah	Hallas		Wave Eight (13:00)
Leah	Birchall-Hart	Heaven v Hell	Wave Six (12:00)
Leah	Brown	Hilti Warriors	Wave Two (10:20)
Leanne	Mavin	Dolly - Captain	Wave Nine (13:30)
Leanne	Mclaughlin	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
LEANNE	PILKINGTON	Team JD	Wave Three (10:40)
Leanne	Connell	The PT Studio Spartans	Wave One (10:00)
Leanne	Ruddick	The Warriors - Captain	Wave Seven (12:30)
Leanne	Coton	Too Stupid to Stop	Wave One (10:00)

Lee	graham		Wave Nine (13:30)
Lee	Jackson		Wave One (10:00)
Lee	Paton		Wave Six (12:00)
Lee	Carlin	Brums Best	Wave Five (11:30)
Lee	McKinnell	COBALT FITNESS	Wave Five (11:30)
Lee	Turner	Cunning Stunts - Captain	Wave Nine (13:30)
Lee	Mcalone	Dads Army	Wave Two (10:20)
Lee	Hogarth	Dirty mike and the boys	Wave Seven (12:30)
Lee	Hodgson	Four in the stink	Wave Five (11:30)
Lee	Watts	Fruit Loops	Wave Two (10:20)
Lee	Couch	Gaywatch	Wave Three (10:40)
lee	finch	James Cropper Warriors	Wave Four (11:00)
Lee	Herbert	Iuvthemud2018 - Captain	Wave Five (11:30)
Lee	Petch	Petchs Pilgrims - Captain	Wave Seven (12:30)
Lee	McNeil	Run Like the Winded	Wave Six (12:00)
Lee	Bamber	Saints and sinners	Wave Seven (12:30)
Lee	Ashworth	Salt Ayre Warriors	Wave Two (10:20)
Lee	Turner	Scrambled legs - Captain	Wave One (10:00)
Lee	Procter	Team inov-8	Wave Five (11:30)
Lee	Hilbeck	Team Tallulah	Wave Six (12:00)
Lee	Scott	TfC	Wave Seven (12:30)
Lee	Hodgkiss	The Arnie Lads	Wave Six (12:00)
Lee	Dougherty	The Cillit Bangers	Wave Four (11:00)
Lee	Williams	The Cillit Bangers	Wave Four (11:00)
Lee	Hodgson	Warriors of Asgard	Wave Seven (12:30)
Lee James	Cunningham	Team Malibu VAE	Wave Six (12:00)
Lee-Ann	Duncan	FuddyMuckers - Captain	Wave Eight (13:00)
Leesa	McCarthy	Harding's Heavies	Wave Four (11:00)
Leigh	Curran	Empire	Wave Nine (13:30)
Leigh	Smith	Southport Sinners	Wave Two (10:20)
Leo	McNeice	Aspire Fitness	Wave One (10:00)
Leonard	Champion	Leo - Captain	Wave Five (11:30)
Leonie	Rutherford		Wave Nine (13:30)
Leonie	Allen	Girls Girls Girls	Wave Two (10:20)
Les	Little	Carpe Diem	Wave Five (11:30)
Lesley	Mathie		Wave Nine (13:30)
Lesley	Williamson	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Lesley	Fordyce	James Wilson - Captain	Wave Eight (13:00)
Levi	Scott	TEAMFIGHTPIT	Wave One (10:00)
Levi	Effard	Warriors of Asgard	Wave Seven (12:30)
lewis	Bragg	Muddyduckers	Wave Eight (13:00)
Lewis	Harrison	Not Fast, Just Furious	Wave Three (10:40)
Lewis	Dark	S.L.A.G	Wave Nine (13:30)
LEWIS	WATT	TEAM TYLA	Wave Eight (13:00)
Lewis	Herron	TEAMFIGHTPIT	Wave One (10:00)
Liam	Allport		Wave Nine (13:30)
Liam	Bird		Wave Three (10:40)
Liam	Collins		Wave Nine (13:30)

Liam	Foster		Wave One (10:00)
Liam	Hall		Wave One (10:00)
Liam	Harrison		Wave Two (10:20)
Liam	Harvey		Wave Seven (12:30)
liam	Todhunter		Wave Nine (13:30)
Liam	Barker	Cumbria Strength & Conditioning	Wave Nine (13:30)
LIAM	THOMPSON	Elite: Cramlington	Wave Five (11:30)
Liam	Peterson	GO TEAM TOBY	Wave Four (11:00)
Liam	Esty	I'm cool by the way	Wave Three (10:40)
Liam	Moffatt	James Cropper Warriors	Wave Four (11:00)
Liam	Easton	Mud Junkies	Wave One (10:00)
Liam	Tibbs	NoEgo Ninjas - Captain	Wave Two (10:20)
Liam	Taylor	TEAM VETERANS AT EASE	Wave One (10:00)
Liam	Thompson	The Fab Four	Wave Two (10:20)
Liam	Dugdale	The Pulse Raisers	Wave One (10:00)
Liam	Dowbiggin	The rams	Wave Six (12:00)
Liam	Finch	Trout Sniffers	Wave Three (10:40)
Linda	Jefferson	DLPT	Wave Nine (13:30)
Linda	Railton	DLPT	Wave Nine (13:30)
Linda	Wilkinson	Setting the bar low	Wave Seven (12:30)
Linda	Spurrett	Team Strong	Wave Five (11:30)
Lindsay	Styran	Kick ass warriors	Wave Six (12:00)
Lindsay	Hart	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Lindsey	McKenna	Pioneer Fitness	Wave One (10:00)
Linsey	Anderson	TEAM TRAIN FLEETO	Wave Five (11:30)
Liqm	Smith	What About Tommy Dickfingers	Wave Seven (12:30)
Lisa	Ivatt		Wave Two (10:20)
Lisa	Mccullough		Wave One (10:00)
Lisa	Collins	akureimma	Wave Nine (13:30)
Lisa	Wilson	Bolton Nursery	Wave Five (11:30)
Lisa	Douglas	Choppers	Wave Four (11:00)
Lisa	Bailey	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Lisa	Hargreaves	No more pies	Wave Three (10:40)
Lisa	Sorbie	Perth Fitness Camp	Wave One (10:00)
Lisa	shaw	STSP	Wave Six (12:00)
Lisa	Pearson	Team Pearson	Wave Eight (13:00)
Lisa	Southern	The PT Studio Spartans	Wave One (10:00)
Lisa	Naven	Young Tarts and Old Farts!!	Wave One (10:00)
Lisa	Renton		Wave Nine (13:30)
Lisa	Whiteley	PB fitcamp	Wave One (10:00)
Lisanne	Knol	Mudnificent 7	Wave Four (11:00)
Liv	Shearer	Aspire Fitness	Wave One (10:00)
Liv	Humphries	Team Strong	Wave Five (11:30)
Lizzie	Jefferys		Wave Three (10:40)
Lizzy	Farley	Brioche Buns - Captain	Wave One (10:00)
Lizzy	Willits	COBALT FITNESS	Wave Five (11:30)
Lois	Mcvey	Team Peachy	Wave Eight (13:00)
Lori-Jo	Sharp	Team holker	Wave One (10:00)

Lorraine	maguire	Heaven v Hell	Wave Six (12:00)
Lorraine	Mills	TEAM BURPEE	Wave One (10:00)
Lorraine	Jackson	Young Tarts and Old Farts!!	Wave One (10:00)
Lorynda	Turnbull	Bolton Nursery	Wave Five (11:30)
Loui	Athersmith		Wave Three (10:40)
Louis	Critchlow	Bolton RUFC - Captain	Wave Seven (12:30)
Louisa	Cooke	Collins	Wave Four (11:00)
Louise	Barrow		Wave Eight (13:00)
Louise	Hartley		Wave Nine (13:30)
Louise	Mason		Wave Nine (13:30)
Louise	Sims	CFM Warriors	Wave Five (11:30)
Louise	King	COBALT FITNESS	Wave Five (11:30)
Louise	Minnican	Got the runs	Wave Three (10:40)
Louise	Meadows	Heaven v Hell	Wave Six (12:00)
Louise	haydock	Mud, Sweat and Tears	Wave Seven (12:30)
Louise	Fox	Petchs Pilgrims	Wave Seven (12:30)
Louise	Beetham	TEAM TREBBIANO	Wave Nine (13:30)
Louise	Bolland	The PT Studio Spartans	Wave One (10:00)
Louise	Hansen	Warriors of Asgard	Wave Seven (12:30)
louise	Sanderson	SS FITNESS	Wave Seven (12:30)
Loz	Stubbs	Sweatshop Gym	Wave Five (11:30)
Lucy	Dunn		Wave Five (11:30)
Lucy	Neuburger		Wave Three (10:40)
Lucy	Bailey	Harvey's Heroes	Wave Three (10:40)
Lucy	Hesketh	Jugs a Jogging	Wave Eight (13:00)
Lucy	Taylor	Mighty Midges	Wave Three (10:40)
lucy	beetham	TEAM TREBBIANO	Wave Nine (13:30)
Lucy	Brenkley	Three ladies and a little man	Wave Three (10:40)
Lucy	Moore	Windermere Warriors	Wave One (10:00)
Luis	Wagstaff		Wave Two (10:20)
Luisa	Dorward	COBALT FITNESS	Wave Five (11:30)
Luke	Mitchell		Wave Three (10:40)
Luke	Fraser	AA Shap	Wave Two (10:20)
Luke	Pattinson	AA Shap	Wave Two (10:20)
Luke	Rock	Aspire Fitness	Wave One (10:00)
Luke	Ahern	Assassins Speed	Wave Three (10:40)
Luke	Gate	Bowscar Shots	Wave Two (10:20)
Luke	Cox	DanLukeAdam	Wave Two (10:20)
Luke	MacGregor	Donald Pump: Make America Swole Aga	Wave Seven (12:30)
Luke	Fisher	Pigs in Mud	Wave Eight (13:00)
Luke	Brown	Team FAF	Wave Three (10:40)
Luke	Boyle	Team JP Health & Fitness	Wave Two (10:20)
Luke	McStraw	WADIYATALKINABEET	Wave Three (10:40)
Luke	Davey		Wave Four (11:00)
Lydia	Robertson	RfM + More Mud	Wave Four (11:00)
Lyndon	Levett		Wave Two (10:20)
Lynette	Lanni	Cheshire Cats-'The Reunion' - Captain	Wave Five (11:30)
Lynn	Bewley	University of Cumbria Team 10 - Captair	Wave Seven (12:30)



Lynne	Davidsonn		Wave Three (10:40)
Lynne	Seiwright	Nolans International Flying Warriors	Wave One (10:00)
Macauley	Townend	warriors of hull	Wave Seven (12:30)
Maddison	Bentley	Big J's trojans	Wave Four (11:00)
Malcolm	Gibson		Wave One (10:00)
Malcolm	Staff	Halifax Fanny's	Wave Three (10:40)
Malcolm	Richardson	Warbreck warriors	Wave Seven (12:30)
Malky	Edmonds		Wave Nine (13:30)
Mandy	Giblin	SLPT Deliquent Disciples - Captain	Wave Four (11:00)
Mara	Gomes		Wave Four (11:00)
Marc	Cappleman		Wave Four (11:00)
Marc	Steward	ITSCOMINGHOME	Wave Eight (13:00)
Marc	Tatum	Salt Ayre Warriors	Wave Two (10:20)
Marc	Farmer	This is our year!	Wave Two (10:20)
Marc	Henderson	Tight Butts and Sweaty Nuts	Wave One (10:00)
Marc	Shimmin	Tommy's Titans - Dravet Warriors	Wave Two (10:20)
Marc	Pardue	WooHoo Family - Captain	Wave Four (11:00)
Marc	O'Pray		Wave One (10:00)
Marco	Atkin	ITSCOMINGHOME	Wave Eight (13:00)
Marcus	Roberts		Wave Three (10:40)
Marcus	Myers	Team Breakout - Captain	Wave Five (11:30)
Marcus	Roberts	Underprepared & Overconfident	Wave Seven (12:30)
Margaret	Lee	DLPT	Wave Nine (13:30)
Maria	Stott	University of Cumbria Team 10	Wave Seven (12:30)
Marie	Sproat	Abbey Monks	Wave One (10:00)
Marilyn	Gradden	H&H Warriors	Wave Two (10:20)
Mario	Heighton Santanni	The Misfits	Wave Six (12:00)
Marion	Turner	The Fab Five	Wave Three (10:40)
Marissa	Nolan	Millom fight club	Wave Four (11:00)
Mark	Bland		Wave Two (10:20)
Mark	Hall		Wave One (10:00)
Mark	Jones		Wave One (10:00)
Mark	Linnard		Wave Three (10:40)
Mark	Loftus		Wave Seven (12:30)
Mark	Walker		Wave Four (11:00)
Mark	Wilson		Wave Six (12:00)
Mark	Arrowsmith	Alan's Diddlers - Captain	Wave Eight (13:00)
Mark	Burns	Burnshiggys - Captain	Wave Five (11:30)
Mark	Gaitskell	Cumbria Strength & Conditioning	Wave Nine (13:30)
Mark	Payler	Down but not out!	Wave Seven (12:30)
Mark	Fraser	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Mark	Harby	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Mark	Gammage	Gammage	Wave Five (11:30)
Mark	Coyne	Gaywatch	Wave Three (10:40)
Mark	Sharples	Gaywatch	Wave Three (10:40)
Mark	Kettle	Get the party sharted	Wave Two (10:20)
Mark	Barrow	H&H Warriors - Captain	Wave Two (10:20)
Mark	Harding	Harding's Heavies	Wave Four (11:00)

Mark	Watson	Here for beer - Captain	Wave Nine (13:30)
Mark	West	Jade & Mark - Captain	Wave Two (10:20)
mark	kelsall	James Cropper Warriors	Wave Four (11:00)
Mark	Robinson	James Cropper Warriors	Wave Four (11:00)
Mark	Lindsey	KeepFitMammy	Wave Three (10:40)
Mark	Rutherford	Mediaworks	Wave Five (11:30)
Mark	Beazley	Middiots	Wave Eight (13:00)
Mark	Herron	Nomnoms	Wave Five (11:30)
Mark	Price	Numptys - Captain	Wave Nine (13:30)
Mark	Powrie	Perth Fitness Camp	Wave One (10:00)
Mark	Gilbertson	Pioneer Fitness	Wave One (10:00)
Mark	McKechnie	Run Like the Winded	Wave Six (12:00)
mark	Sanderson	SS FITNESS	Wave Seven (12:30)
mark	seddon	Team Chemoxy	Wave Two (10:20)
Mark	Wilson	Team freestyle	Wave One (10:00)
Mark	Gray	Team Jupiter	Wave Five (11:30)
Mark	Rookes	Team Jupiter	Wave Five (11:30)
Mark	Dixon	Team Malibu VAE - Captain	Wave Six (12:00)
Mark	Bainbridge	Team of Joy	Wave Eight (13:00)
Mark	Hutchinson	Team Serlby	Wave Six (12:00)
Mark	Sisson	The Aubergines	Wave Two (10:20)
Mark	Wilson	The nodding donkeys ride again	Wave Four (11:00)
Mark	Rothwell	The Pigs	Wave Seven (12:30)
Mark	Henderson	Tommy's Titans - Dravet Warriors	Wave Two (10:20)
mark	beardshall	Too Stupid to Stop	Wave One (10:00)
Mark	Graham	Too Stupid to Stop	Wave One (10:00)
Mark	Handley	Too Stupid to Stop	Wave One (10:00)
Mark	Atkinson	Walker's Runners	Wave Three (10:40)
Mark	Gladwin	Whitley Warriors	Wave Five (11:30)
Mark	Ireland	Windermere Warriors	Wave One (10:00)
Mark	Jolly	Worthy Warriors - Captain	Wave Seven (12:30)
Mark	Ross	Worthy Warriors	Wave Seven (12:30)
MARK	GLEDHILL	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Mark	Charleston		Wave Seven (12:30)
Mark	Heasley	Millom fight club	Wave Four (11:00)
Mark	Nuttall	Muddy Water	Wave One (10:00)
Mark	Higgins	TEAMFIGHTPIT	Wave One (10:00)
Mark	Holden	The Obstakillaz	Wave Three (10:40)
Marta	Niemczyk		Wave Five (11:30)
Martin	Ayre	A sa munga sa - Captain	Wave Two (10:20)
Martin	McManus	Aspire Fitness	Wave One (10:00)
Martin	Brown	Down but not out! - Captain	Wave Seven (12:30)
Martin	Lowe	East Coast Coasties - Captain	Wave Nine (13:30)
Martin	Hanson	Harvey's Heroes	Wave Three (10:40)
Martin	Jones	Large Mad Northerners	Wave Three (10:40)
Martin	McFall	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Martin	Tedcastle	Muddy Nutters	Wave Four (11:00)
Martin	Burns	Muddy Water	Wave One (10:00)

Martin	Kirkbride	The Aubergines - Captain	Wave Two (10:20)
Martin	McNicholas	The PT Studio Spartans	Wave One (10:00)
Martin	Holt	Tubby Togs - Captain	Wave Four (11:00)
Martin	Holt	Tubby Togs	Wave Four (11:00)
Martin	Buck	Warriors of Asgard	Wave Seven (12:30)
Martin	Cartlidge		Wave Four (11:00)
Martyn	Park	Bowscar Shots	Wave Two (10:20)
Mary	Deely		Wave One (10:00)
Mary	Burgess	Mary's 60th Birthday Party!	Wave Eight (13:00)
Mary	Davies	Team FAF	Wave Three (10:40)
Mary	McCarron		Wave Two (10:20)
Mat	Hill	Too Stupid to Stop	Wave One (10:00)
Matt	Burrows		Wave Four (11:00)
Matt	Curley		Wave Two (10:20)
Matt	szczesniak	ADI tv	Wave Three (10:40)
Matt	Hurst	Blood Sweat and Beers	Wave Five (11:30)
Matt	Chapman	FirstGrads	Wave Six (12:00)
Matt	Foster	kirkby stephen mountain rescue team	Wave Three (10:40)
Matt	Parker	Muddy Water	Wave One (10:00)
Matt	Jenkinson	Run Like the Winded	Wave Six (12:00)
Matt	McGinley	Team DEADFISH - Captain	Wave One (10:00)
Matt	Fort	The Dirt Brothers - Captain	Wave One (10:00)
Matt	Garratt	Wiz Lees Fitness	Wave One (10:00)
MATT	KEHIR	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
MATT	LANDER	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Matt	Healy		Wave Two (10:20)
Matt	Lunn	Schneider Electric	Wave Five (11:30)
Matthew	Bagley		Wave Four (11:00)
Matthew	Brimm		Wave Five (11:30)
Matthew	de Monti		Wave Nine (13:30)
Matthew	Gearing		Wave Three (10:40)
Matthew	Glover		Wave Four (11:00)
Matthew	Livesey		Wave Nine (13:30)
Matthew	Stevenson		Wave Five (11:30)
Matthew	Viner		Wave One (10:00)
Matthew	Kirk	Aspire Fitness	Wave One (10:00)
Matthew	Furlong	Brudders From Other Mudders	Wave Seven (12:30)
Matthew	Hancock	Brudders From Other Mudders	Wave Seven (12:30)
Matthew	Higginson	Burnshiggys	Wave Five (11:30)
MATTHEW	VAUGHAN	Elite: Cramlington	Wave Five (11:30)
Matthew	Dawson	Fruit Loops	Wave Two (10:20)
Matthew	Williamson	LIP UP FATTY'S - Captain	Wave Four (11:00)
Matthew	Messenger	Moobs and boobs	Wave Three (10:40)
Matthew	Keenan	Pioneer Fitness	Wave One (10:00)
Matthew	Ramsay	Ramsay's Rambos - Captain	Wave Two (10:20)
Matthew	Isherwood	Salt Ayre Warriors	Wave Two (10:20)
matthew	wilson	Salt Ayre Warriors	Wave Two (10:20)
Matthew	Sharpe	Team FAF	Wave Three (10:40)

Matthew	Bendell	Team Haggard - Captain	Wave One (10:00)
Matthew	Jay	Team No Air	Wave One (10:00)
Matthew	Campbell	TEAM TRAIN FLEETO	Wave Five (11:30)
Matthew	Waldie	The Curley Cup Lads	Wave Two (10:20)
Matthew	Storey	The Obstakillaz	Wave Three (10:40)
Matthew	Salmon	Total Worriers	Wave Six (12:00)
Matthew	Hulks	Underprepared & Overconfident - Captain	Wave Seven (12:30)
Matthew	Hall	warriors of hull	Wave Seven (12:30)
Matthew	King	Your Pace Or Mine? - Captain	Wave Four (11:00)
Matthew	Shaw		Wave Four (11:00)
Matthew	Woodthatcher		Wave Five (11:30)
Matthew	Clarke	Muddy Water	Wave One (10:00)
Mattie vincent	Margison	PB fitcamp	Wave One (10:00)
Matty	Green	Cumbria Strength & Conditioning - Captain	Wave Nine (13:30)
MATTY	SYKES	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Maureen	McKendry	RfM + More Mud	Wave Four (11:00)
Maurice	McColgan		Wave Five (11:30)
Max	Longhurst	S.L.A.G	Wave Nine (13:30)
Maxine	McDermott	TEAM TRAIN FLEETO	Wave Five (11:30)
Maxine	Macklin	Salt Ayre Warriors - Captain	Wave Two (10:20)
May	Wong-Holding	Team Strong - Captain	Wave Five (11:30)
MECHELLE	KERR		Wave Six (12:00)
Meg	Fynn	Team Peachy - Captain	Wave Eight (13:00)
Megan	Twiname	Autumatic Fitness	Wave One (10:00)
Megan	Crabb	Heaven v Hell	Wave Six (12:00)
Megan	Carradus	Muppets	Wave Two (10:20)
Megan	Featherstone	Sharpies Besties	Wave One (10:00)
Megan	Gonzawa	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Megan	Nicholson	Team Malibu VAE	Wave Six (12:00)
Megan	Gilhooley	TfC - Captain	Wave Seven (12:30)
Megan	Greaves	UKIN Warriors	Wave Four (11:00)
Melanie	Proud	Team Cove	Wave Two (10:20)
Melissa	Waring	Shawn Kenny Strength & Conditioning	Wave Two (10:20)
Melissa	Dixon	Team Peachy	Wave Eight (13:00)
Melissa	Workman	TEAM TRAIN FLEETO	Wave Five (11:30)
Melissa	Wells	The Pulse Raisers	Wave One (10:00)
Melissa	Reed	Warriors of Asgard	Wave Seven (12:30)
Mérovée	Marino	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Michael	Basilio		Wave Six (12:00)
Michael	Bleasby		Wave Three (10:40)
Michael	Graveson		Wave Three (10:40)
Michael	Howe		Wave One (10:00)
Michael	Leadbitter		Wave Six (12:00)
Michael	Mccallig		Wave Four (11:00)
michael	middleton		Wave Nine (13:30)
Michael	Mitchell		Wave One (10:00)
Michael	Park		Wave Four (11:00)
Michael	Reilly		Wave Nine (13:30)

Michael	Dunning	Border Warrior	Wave Eight (13:00)
Michael	Oneill	COBALT FITNESS	Wave Five (11:30)
Michael	Oneill	COBALT FITNESS	Wave Five (11:30)
Michael	Tibbs	Cubic Cohort	Wave Five (11:30)
Michael	Stevens	Ellie Can't Jump	Wave Six (12:00)
Michael	Donkin	Evolution Fitness - Captain	Wave Five (11:30)
MICHAEL	BRAID	FITTISH, FORTYISH AND FILTHYISH	Wave Three (10:40)
Michael	Donkin	H.H.H	Wave Four (11:00)
Michael	Wilson	Halifax Fanny's	Wave Three (10:40)
Michael	Gordon	Heaven v Hell - Captain	Wave Six (12:00)
Michael	Smith	Josh's warriors	Wave Two (10:20)
Michael	Fitzsimmons	Legends of the Schlong	Wave Two (10:20)
Michael	Smillie	Mike & Neil TW - Captain	Wave Three (10:40)
Michael	Sumner	Paul Wilkins Inc - Captain	Wave Eight (13:00)
Michael	Ellis	Small But Mighty	Wave Eight (13:00)
Michael	Ketch	Smoggie Bog Monsters	Wave Six (12:00)
Michael	Conway	spanglish - Captain	Wave Eight (13:00)
michael	mulligan	TEAM TRAIN FLEETO	Wave Five (11:30)
MICHAEL	ALLEN	Team Trident	Wave Seven (12:30)
Michael	McAllister	The Aubergines	Wave Two (10:20)
Michael	Moreau	The nodding donkeys ride again	Wave Four (11:00)
Michael	Small	The Wigan Wolf Pack	Wave Seven (12:30)
Michael	Harris	Tight Butts and Sweaty Nuts - Captain	Wave One (10:00)
Michael	Farrell	Tommy's Titans - Dravet Warriors - Capt	Wave Two (10:20)
Michael	Cooper	Tonka Fingers	Wave One (10:00)
michael	Porter	DW Morecambe	Wave Four (11:00)
Michael	Hayes	Middiots	Wave Eight (13:00)
Michael	Ryce	Millom fight club	Wave Four (11:00)
Michael	McLean	Team McLean	Wave Eight (13:00)
Michael	Worrall	Team Teva	Wave Five (11:30)
Michael	Jewell	The Obstakillaz	Wave Three (10:40)
Michalina	Matulewicz	V.King Team	Wave Six (12:00)
Micheal	Dickinson	Horizon	Wave Five (11:30)
Michel	Crabb	Heaven v Hell	Wave Six (12:00)
michelle	lee	BSC	Wave Eight (13:00)
Michelle	Stubbs	Cheshire Cats-'The Reunion'	Wave Five (11:30)
Michelle	Heaviside	Choppers	Wave Four (11:00)
Michelle	Luke	Kick ass warriors	Wave Six (12:00)
Michelle	Broadley	Team FAF	Wave Three (10:40)
Michelle	Wright	COBALT FITNESS	Wave Five (11:30)
Mick	nolan	Nolans International Flying Warriors - Ca	Wave One (10:00)
Mikael	Welsh	Salt Ayre Warriors	Wave Two (10:20)
Mike	Aylott		Wave Three (10:40)
Mike	McKenzie		Wave Four (11:00)
Mike	Reid		Wave Nine (13:30)
Mike	Henson	British Assosiation of Bearded Clam Te	Wave Seven (12:30)
MIKE	WATKINS	Cow's Creams	Wave Five (11:30)
Mike	Bowron	Mud Junkies	Wave One (10:00)

Mike	Pettigrew	The Fab Four	Wave Two (10:20)
Mike	Everett	Tonka Fingers	Wave One (10:00)
Mike	Whitehead	Trout Sniffers - Captain	Wave Three (10:40)
Mike	Skyrme	What About Tommy Dickfingers - Captai	Wave Seven (12:30)
Milan	Parodi	Team DEADFISH	Wave One (10:00)
Miles	Naylor		Wave Four (11:00)
Miles	Frankland	Yorkshire Puddings - Captain	Wave Four (11:00)
Milly	Dickinson		Wave Two (10:20)
Miroslavas	Lavinskij	Pigs in blankets	Wave One (10:00)
Mitchel	Whiley		Wave One (10:00)
Mitchell	Coleman	Heaven v Hell	Wave Six (12:00)
Molly	Jones		Wave Two (10:20)
Molly	McGlynn	Empire	Wave Nine (13:30)
Morgan	Murrie	Mud Warriors	Wave Six (12:00)
Morgan	Mitchell	Wigan Warriors	Wave Three (10:40)
Morven	Smith	Perth Fitness Camp	Wave One (10:00)
Mya	White		Wave Seven (12:30)
Nabil	Khan	The Avengers	Wave Nine (13:30)
Nade	Tokmak		Wave Four (11:00)
Nadeem	Suleman	Schneider Electric	Wave Five (11:30)
Nadia`	Sultana	Team Fagol	Wave One (10:00)
Nadine	Dodsworth		Wave Six (12:00)
Naomi Celeste	Wileman	The Underdogs	Wave Five (11:30)
Nargiza	Macpherson		Wave Six (12:00)
Naseem	Niaz	Team Fagol	Wave One (10:00)
Nat	Carr	Pigs in Mud - Captain	Wave Eight (13:00)
Natalia	Wenclewska	DLPT	Wave Nine (13:30)
Natalie	Galea	ADI tv	Wave Three (10:40)
Natalie	neesam	Cubic Cohort	Wave Five (11:30)
Natalie	Wilson	Ellie Can't Jump	Wave Six (12:00)
Natalie	Taylor	Heaven v Hell	Wave Six (12:00)
Natalie	Thorpe	HFT Rebels	Wave One (10:00)
Natalie	Clark	Natalie's nutters - Captain	Wave Eight (13:00)
Natalie	Lindsay	TEAM TRAIN FLEETO	Wave Five (11:30)
Natalie	Reeves	The vortex	Wave Six (12:00)
Natalie	Cameron	University of Cumbria Team 10	Wave Seven (12:30)
Natalya	Brodie-Greer	Windermere Warriors	Wave One (10:00)
Natasha	Dunn	Large Mad Northerners	Wave Three (10:40)
Natasha	Brown	Salt Ayre Warriors	Wave Two (10:20)
nathan	boyce	akureimma - Captain	Wave Nine (13:30)
Nathan	Riley	BSC	Wave Eight (13:00)
Nathan	Malley	Mediaworks	Wave Five (11:30)
Nathan	Ashton	TEAM VETERANS AT EASE	Wave One (10:00)
Nathan	Weaver	The Arnie Lads	Wave Six (12:00)
Nathan	Harper	The Aubergines	Wave Two (10:20)
Nathan	Harris	Tonka Fingers	Wave One (10:00)
Nathan	Anderson	Windy millers	Wave One (10:00)
Nathan	Janski	Halifax Fanny's	Wave Three (10:40)

Nathaniel	Snell	Smoggie Bog Monsters	Wave Six (12:00)
Nazer	Khan	The Avengers	Wave Nine (13:30)
Nazia	Sultana	Team Fagol	Wave One (10:00)
Nazirah	Begum	Team Fagol	Wave One (10:00)
Neil	Collin		Wave One (10:00)
Neil	Salt		Wave Three (10:40)
Neil	Breslin	DL Alpha Wolves	Wave Nine (13:30)
Neil	Butler	Heaven v Hell	Wave Six (12:00)
Neil	Rezamand	Here for beer	Wave Nine (13:30)
Neil	Williams	Mighty Midges	Wave Five (11:30)
Neil	Dickinson	Mike & Neil TW	Wave Three (10:40)
Neil	Trenerry	Rock n' Rollas - Captain	Wave Five (11:30)
Neil	Hallas	SLPT Delinquent Disciples	Wave Four (11:00)
Neil	Hunter	Sweatshop Gym	Wave Five (11:30)
Neil	Copeland	The Dream Team	Wave Three (10:40)
Neil	Fearon	The ginger eggs	Wave Five (11:30)
Neil	Moran	The Proflex Meffs	Wave Five (11:30)
Neil	Henshall	The rAe Team	Wave Four (11:00)
Neil	Bresnahan	Tonka Fingers	Wave One (10:00)
Neil	Purcell	Tonka Fingers	Wave One (10:00)
Niall	Crehab		Wave Three (10:40)
Niall	Lawson	TEAM TYLA	Wave Eight (13:00)
Nicholas	Woods		Wave Two (10:20)
Nicholas	James	Dirty Mike and the boys	Wave Seven (12:30)
Nicholas	Ward	The Pigs	Wave Seven (12:30)
Nick	Blair		Wave Four (11:00)
Nick	Beaumont	Kirkby Stephen Mountain Rescue Team	Wave Three (10:40)
Nick	Terry	Mini Treddars	Wave Three (10:40)
Nick	Haworth	Scrambled legs	Wave One (10:00)
Nick	Slinger	Tackling Fuel	Wave Eight (13:00)
Nick	Diggle	Totally Worried	Wave Seven (12:30)
Nick	Kenovin	Tubby Togs	Wave Four (11:00)
Nick	Thrustle	Warriors of Hull	Wave Seven (12:30)
Nick	Cuming	Wensleydale Warriors	Wave Four (11:00)
NICK	FLYNN	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Nick	Lack		Wave Four (11:00)
Nick	White	S.L.A.G	Wave Nine (13:30)
Nicki	Willson		Wave Two (10:20)
Nicky	Bell	Boomshanker	Wave Six (12:00)
Nicola	Bowes		Wave Six (12:00)
Nicola	Perrin		Wave Six (12:00)
Nicola	Quinn	Aspire Fitness	Wave One (10:00)
Nicola	Anderson	Barronius - Captain	Wave Eight (13:00)
Nicola	Badgett	DLPT	Wave Nine (13:30)
NICOLA	BRAID	FITTISH, FORTYISH AND FILTHYISH	Wave Three (10:40)
Nicola	Ashcroft	Heaven v Hell	Wave Six (12:00)
Nicola	Oates	Team Fagol	Wave One (10:00)
Nicola	Robinson	Team Holker - Captain	Wave One (10:00)

Nicola	Tatters	Team Jupiter	Wave Five (11:30)
Nicola	Morgan	TEAM TYLA - Captain	Wave Eight (13:00)
Nicola	Chorley-Rae	The rAe Team - Captain	Wave Four (11:00)
Nicola	Mills	The Wobblers Ride Again	Wave Four (11:00)
Nicola	Lane-Manning	This is our year!	Wave Two (10:20)
Nicola	Kipling	Wiz Lees Fitness	Wave One (10:00)
Nicola Dawn	Heywood	Hilti Warriors	Wave Two (10:20)
Nicole	Johnson	DLPT	Wave Nine (13:30)
Nigel	McCombie		Wave Three (10:40)
Nigel	Brereton	LMFMAO	Wave Eight (13:00)
Nigel	Simpson	Salt Ayre Warriors	Wave Two (10:20)
Nigel	Milner	TEAM VETERANS AT EASE	Wave One (10:00)
Nii Mensah	Osakunor	Mudnificent 7	Wave Four (11:00)
Nikita	Noel	Aspire Fitness	Wave One (10:00)
Niklas	Meyn	Mudnificent 7	Wave Four (11:00)
Nilma	Choudhury	Team Fagol	Wave One (10:00)
Nina	Caygill	Summerlands Mismatch - Captain	Wave Three (10:40)
Noel	Finegan		Wave One (10:00)
Noel	Mephram	LMFMAO	Wave Eight (13:00)
Olga	Atkinson	Team of Joy	Wave Eight (13:00)
Oli	Grisedale	Moobs and boobs	Wave Three (10:40)
Oliver	Walker		Wave Nine (13:30)
Oliver	Williams		Wave Five (11:30)
Oliver	Harvey-Vallender	DL Alpha Wolves - Captain	Wave Nine (13:30)
Oliver	Greenway	Hilti Warriors	Wave Two (10:20)
Oliver	Morrissey	Muddy Water	Wave One (10:00)
Oliver	Benjamin	TEAM TREBBIANO	Wave Nine (13:30)
Oliver	Hart	Wiz Lees Fitness	Wave One (10:00)
Oliver	Lindsay		Wave Two (10:20)
Olivia	Shearon	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Olivia	Edmondson	Team Strong	Wave Five (11:30)
Olivia	Horn	Too Stupid to Stop	Wave One (10:00)
Olivia	Canale		Wave Four (11:00)
Olwen	Elliott		Wave Three (10:40)
Owen	Doughty		Wave One (10:00)
Owen	Symons		Wave Four (11:00)
OWEN	GARDINER	TEAM TYLA	Wave Eight (13:00)
Pascal	Diab		Wave One (10:00)
Patricia	Ashcroft	Heaven v Hell	Wave Six (12:00)
Patrick	Perkins	Mud Junkies	Wave One (10:00)
Patrick	Moore	Windermere Warriors	Wave One (10:00)
paul	birch		Wave One (10:00)
Paul	Blackwell		Wave Two (10:20)
Paul	Brown		Wave Four (11:00)
Paul	Chatterley		Wave Three (10:40)
Paul	Coggon		Wave Nine (13:30)
Paul	Doran		Wave Nine (13:30)
Paul	Facey		Wave Four (11:00)



Paul	Gough		Wave Nine (13:30)
Paul	Horrobin		Wave Two (10:20)
Paul	Hughes		Wave Four (11:00)
Paul	Jackson		Wave Three (10:40)
Paul	King		Wave Six (12:00)
Paul	Newbrook		Wave Four (11:00)
Paul	Reid		Wave One (10:00)
Paul	Rodger		Wave Two (10:20)
paul	sweeney		Wave Three (10:40)
Paul	Wilson		Wave One (10:00)
Paul	Whyman	Aspire Fitness	Wave One (10:00)
Paul	Evans	Autumatic Fitness	Wave One (10:00)
Paul	Emmerson	British Assosiation of Bearded Clam Te	Wave Seven (12:30)
Paul	Howes	Brums Best	Wave Five (11:30)
Paul	Burns	Burnshiggys	Wave Five (11:30)
PAUL	JORDAN	Cheeky Vimtos	Wave Eight (13:00)
Paul	Barron	COBALT FITNESS	Wave Five (11:30)
Paul	Standerline	Cumbria Strength & Conditioning	Wave Nine (13:30)
Paul	Hedley	Feckin Donnered Again	Wave One (10:00)
Paul	Wragg	Gaywatch - Captain	Wave Three (10:40)
Paul	Leonard	H.H.H	Wave Four (11:00)
Paul	Straton	Harding's Heavies	Wave Four (11:00)
Paul	Foster	Heaven v Hell	Wave Six (12:00)
Paul	Davison	kirkby stephen mountain rescue team	Wave Three (10:40)
Paul	Davies	LMFMAO	Wave Eight (13:00)
Paul	Gibson	Mud Pigs	Wave Two (10:20)
Paul	Cutbill	Muddy Water	Wave One (10:00)
Paul	Smitham	Muddyduckers	Wave Eight (13:00)
Paul	Smitham	Muddyduckers	Wave Eight (13:00)
Paul	Hargreaves	No more pies - Captain	Wave Three (10:40)
Paul	Renno	Rocket Rennos & The Fat Kid	Wave Seven (12:30)
Paul	Gray	Salt Ayre Warriors	Wave Two (10:20)
Paul	Caygill	Summerlands Mismatch	Wave Three (10:40)
Paul	Hugo	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Paul	McDougall	TEAM TREBBIANO - Captain	Wave Nine (13:30)
Paul	Fratson	Team JD	Wave Three (10:40)
Paul	Abson	TEAM TRAIN FLEETO	Wave Five (11:30)
Paul	Campbell	TEAM TRAIN FLEETO	Wave Five (11:30)
Paul	Mclaughlin	TEAM TRAIN FLEETO	Wave Five (11:30)
Paul	Brunning	TfC	Wave Seven (12:30)
Paul	Wainwright	The Dirt Brothers	Wave One (10:00)
Paul	Wheeler	The Misfits	Wave Six (12:00)
Paul	Davies	The Pigs	Wave Seven (12:30)
Paul	Hughes	Three ladies and a little man	Wave Three (10:40)
Paul	Jones	Tonka Fingers	Wave One (10:00)
Paul	Brown	Total Shithouse - Captain	Wave Six (12:00)
Paul	Coulson	Trout Sniffers	Wave Three (10:40)
Paul	Bewley	University of Cumbria Team 10	Wave Seven (12:30)

Paul	Whitfield	Viking Strength and Fitness - Captain	Wave Six (12:00)
Paul	Dexter	Wagner's sausages	Wave Seven (12:30)
Paul	Procter	Wiz Lees Fitness	Wave One (10:00)
Paul	Oakes	COBALT FITNESS	Wave Five (11:30)
Paul	Taylor	I'm cool by the way	Wave Three (10:40)
Paul	Neatis	RfM + More Mud	Wave Four (11:00)
Paul	Rann	Schneider Electric	Wave Five (11:30)
Paul	Whittingham	Schneider Electric	Wave Five (11:30)
Paul	Richardson	TEAMFIGHTPIT	Wave One (10:00)
paul	mellor	Wolfpack Warriors - Captain	Wave Five (11:30)
Paula	Gunson	Cumbria Strength & Conditioning	Wave Nine (13:30)
Paula	Porthouse	Muddy Mob - Captain	Wave Five (11:30)
Paula	Robinson	Salt Ayre Warriors	Wave Two (10:20)
Paula	Backhouse	Team Cove	Wave Two (10:20)
Paula	Lumsden	Team Jupiter	Wave Five (11:30)
Paula	Yuill	TEAM TRAIN FLEETO	Wave Five (11:30)
Paulette	Musgrave	The Determinators - Captain	Wave Three (10:40)
Pauline	Turner		Wave Six (12:00)
Perry	Caine	Pioneer Fitness	Wave One (10:00)
Pete	Tighe		Wave Six (12:00)
Pete	Francis	Trout Sniffers	Wave Three (10:40)
Peter	Bent		Wave One (10:00)
Peter	Chapman		Wave Two (10:20)
Peter	Denston		Wave Three (10:40)
Peter	Nelson		Wave Three (10:40)
Peter	Hales	Blood Sweat and Beers	Wave Five (11:30)
Peter	Gough	Heaven v Hell	Wave Six (12:00)
Peter	McLearie	Heaven v Hell	Wave Six (12:00)
Peter	Murphy	Heaven v Hell	Wave Six (12:00)
Peter	Fell	Here for beer	Wave Nine (13:30)
peter	grylls	Here for the Beer	Wave Three (10:40)
Peter	Anderson	Horizon	Wave Five (11:30)
Peter	Imeson	Horizon	Wave Five (11:30)
Peter	Scowcroft	Mighty Midges - Captain	Wave Three (10:40)
Peter	richardson	Millweld massive - Captain	Wave Eight (13:00)
Peter	Wilkinson	Mud Pigs	Wave Two (10:20)
Peter	Santar	Salt Ayre Warriors	Wave Two (10:20)
PETER	WILSON	Smoggie Bog Monsters - Captain	Wave Six (12:00)
Peter	Bleasdale	The mass debaters on day release!! #w	Wave Five (11:30)
Peter	Hunt	The Pulse Raisers	Wave One (10:00)
Peter	Moore	The rams	Wave Six (12:00)
Peter	Obi	The Shining Wits	Wave Three (10:40)
Peter	Meadowcroft	Tight Butts and Sweaty Nuts	Wave One (10:00)
Peter	Cairns	Tonka Fingers	Wave One (10:00)
Peter	Dixon	Windy millers - Captain	Wave One (10:00)
Peter	Bebbington		Wave Four (11:00)
phil	davies		Wave Three (10:40)
Phil	Connor	Balls deyp in mud	Wave Four (11:00)

Phil	Askew	China Concern	Wave Two (10:20)
Phil	Brearey	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Phil	Wild	James Cropper Warriors	Wave Four (11:00)
phil	goodwin	luvthemud2018	Wave Five (11:30)
Phil	Jones	The AJ Team - Captain	Wave Four (11:00)
Phil	Blaze	Tonka Fingers	Wave One (10:00)
Phil	Cunningham	WarriorFit - Captain	Wave One (10:00)
Phil	Malin	BSC	Wave Eight (13:00)
Phil	Sullivan	The Filth	Wave Two (10:20)
philip	mason		Wave One (10:00)
Philip	Dennison	DW Morecambe	Wave Four (11:00)
philip	haddock	Heaven v Hell	Wave Six (12:00)
Philip	Brooks	Natalie's nutters	Wave Eight (13:00)
Philip	Sumner	Paul Wilkins Inc	Wave Eight (13:00)
Philip	Blakey	PB fitcamp	Wave One (10:00)
Philip	Robinson	Team FAF	Wave Three (10:40)
Philip	Beaty	The Curley Cup Lads	Wave Two (10:20)
Philip	Little	The Dead Lasts	Wave Five (11:30)
Philip	Sorfleet	Total Shithouse	Wave Six (12:00)
Phill	Wright	LMFMAO	Wave Eight (13:00)
Phill	Monk	The Shining Wits	Wave Three (10:40)
Phillip	Sharpe		Wave Six (12:00)
Phillip	Wilson	The Dirt Brothers	Wave One (10:00)
Phillip	Darvill		Wave Seven (12:30)
Phoebe	Frankland		Wave Two (10:20)
Rachael	Harty	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Rachael	Drinkwater	Living the dream!	Wave Four (11:00)
Rachael	Parkin	Natalie's nutters	Wave Eight (13:00)
Rachael	Coupland	Team Snap Fitness Carlisle - Captain	Wave Three (10:40)
Rachael	Pettigrew	The Fab Four - Captain	Wave Two (10:20)
Rachel	Best		Wave One (10:00)
Rachel	Whitehead		Wave Four (11:00)
Rachel	Vaughan	#fitforforty	Wave Three (10:40)
Rachel	Benson	Bolton Nursery	Wave Five (11:30)
rachel	downey	BSC	Wave Eight (13:00)
Rachel	Jones	Freebird	Wave One (10:00)
Rachel	Laing	Small But Mighty - Captain	Wave Eight (13:00)
Rachel	Palmer	Team of Joy	Wave Eight (13:00)
Rachel	Page	The mass debaters on day release!! #w	Wave Five (11:30)
Rachel	Troke	Total Wankers	Wave One (10:00)
Rachel	Glendinning	Wiz Lees Fitness	Wave One (10:00)
Rachel	Rudd	Wiz Lees Fitness	Wave One (10:00)
Rachel	Taylor	Hilti Warriors	Wave Two (10:20)
Rachelle	Sutton	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Raihan	Muhaimin	Team Fagol - Captain	Wave One (10:00)
Rattanachai	Ngernklom	Team Teva	Wave Five (11:30)
Ravna	Lange		Wave Nine (13:30)
Ray	Rowley		Wave Two (10:20)

Ray	Trueman	TEAMFIGHTPIT	Wave One (10:00)
Raymond	Keenan	moorclose madness	Wave Eight (13:00)
reagan	arliss	The Pigs	Wave Seven (12:30)
Rebecca	Croft		Wave Three (10:40)
Rebecca	Francis		Wave Nine (13:30)
Rebecca	Maxwell		Wave Two (10:20)
Rebecca	Rowland		Wave Three (10:40)
Rebecca	Woods	Down but not out!	Wave Seven (12:30)
Rebecca	Green	Heaven v Hell	Wave Six (12:00)
Rebecca	Massey	HFT Rebels	Wave One (10:00)
Rebecca	Lord	Large Mad Northerners	Wave Three (10:40)
rebecca	tye	Team Chemoxy	Wave Two (10:20)
Rebecca	Pickering	Team No Air	Wave One (10:00)
Rebecca	Gallie	Team of Joy	Wave Eight (13:00)
Rebecca	Williamson	The AJ Team	Wave Four (11:00)
Rebecca	Preston	The Bad Asses	Wave One (10:00)
Rebecca	Roche	The PT Studio Spartans	Wave One (10:00)
Rebecca	Haslam	Wet Sleddale Warriors - Captain	Wave Seven (12:30)
Rebekah	Bradford	Boomshanker	Wave Six (12:00)
Reece	Crowder	CFM Warriors	Wave Five (11:30)
Reece	Birtles	LIP UP FATTY'S	Wave Four (11:00)
Reina	Schaffer	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Rhianna	Smith	Team Malibu VAE	Wave Six (12:00)
Rhianne	Taylor		Wave Two (10:20)
Rhiannon	Darbyshire	Heaven v Hell	Wave Six (12:00)
Rhiannon	Darbyshire	Heaven v Hell	Wave Six (12:00)
Rhiannon	Whitefield	Team Peachy	Wave Eight (13:00)
Rhona	Christon	Too Stupid to Stop	Wave One (10:00)
rhys	davies	Bum Lions In Space	Wave Six (12:00)
Rhys	Bevan	ITSCOMINGHOME	Wave Eight (13:00)
Richard	Alderson		Wave One (10:00)
Richard	Cooper		Wave One (10:00)
richard	crow		Wave Six (12:00)
Richard	Docherty		Wave Nine (13:30)
Richard	Govan		Wave Nine (13:30)
Richard	Stangroom		Wave One (10:00)
Richard	Jones	Freebird	Wave One (10:00)
Richard	Rawnsley	Halifax Fanny's	Wave Three (10:40)
Richard	Howard	Large Mad Northerners - Captain	Wave Three (10:40)
Richard	Brownrigg	luvthemud2018	Wave Five (11:30)
Richard	Messenger	Moobs and boobs	Wave Three (10:40)
RICHARD	DENT	Muddy butts and sweaty nuts	Wave Eight (13:00)
Richard	Walker	Muddy Water	Wave One (10:00)
Richard	Oneill	Nolans International Flying Warriors	Wave One (10:00)
Richard	Morgan	Numptys	Wave Nine (13:30)
Richard	Dandy	Paul Wilkins Inc	Wave Eight (13:00)
Richard	Clegg	Petchs Pilgrims	Wave Seven (12:30)
Richard	Metcalf	RM Cycleworks	Wave Eight (13:00)

Richard	Hogan	Smoggie Bog Monsters	Wave Six (12:00)
richard	charlesworth	Team Teva	Wave Five (11:30)
Richard	Lay	The nodding donkeys ride again	Wave Four (11:00)
Richard	Morton	Tommy's Titans - Dravet Warriors	Wave Two (10:20)
Richard	Hines	Wagner's sausages	Wave Seven (12:30)
Richard	Wright	Warriors of Asgard	Wave Seven (12:30)
Richard	Perris	TEAM TRAIN FLEETO	Wave Five (11:30)
RICHIE	ARMSTRONG	SS FITNESS - Captain	Wave Seven (12:30)
Rick	Hall		Wave Three (10:40)
Rio	Badenhorst		Wave Two (10:20)
Rob	Jackson		Wave Four (11:00)
Rob	Mould		Wave One (10:00)
Rob	Stalker		Wave Four (11:00)
Rob	Everett	Assassins Speed - Captain	Wave Three (10:40)
Rob	Allsopp	Bunch of Wally's	Wave Eight (13:00)
Rob	Watson	COBALT FITNESS	Wave Five (11:30)
Rob	McLean	Cuddle Club	Wave One (10:00)
Rob	Bardgett	DLPT	Wave Nine (13:30)
Rob	East	Heaven v Hell	Wave Six (12:00)
Rob	Coglan	Misfits - Captain	Wave Eight (13:00)
Rob	Philliskirk	Pioneer Fitness	Wave One (10:00)
Rob	Schofield	The Dirt Brothers	Wave One (10:00)
Rob	Berry	The rAe Team	Wave Four (11:00)
ROB	JENNINGS	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
ROB	WOODWORTH	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Robbie	Maskall		Wave Four (11:00)
Robert	Thompson		Wave Eight (13:00)
Robert	Walters		Wave One (10:00)
Robert	Garfield-Ford	Cubic Cohort	Wave Five (11:30)
Robert	Dreinert	JS-PT Health Studio	Wave Two (10:20)
Robert	Scott	Misfits	Wave Eight (13:00)
Robert	Simpson	Salt Ayre Warriors	Wave Two (10:20)
Robert	Jones	The Aubergines	Wave Two (10:20)
Robert	Wareing	Total Shithouse	Wave Six (12:00)
robert	Bartlett	Wensleydale Warriors - Captain	Wave Four (11:00)
Robert	Usher	You F*ckin Love It!	Wave Seven (12:30)
Robert	Bird		Wave Three (10:40)
Robert	McSavage		Wave Three (10:40)
Robert	McPhee	Rooster Roasters	Wave Three (10:40)
Robin	Chishom		Wave Nine (13:30)
Robin	Conner		Wave One (10:00)
Robin	Marshall	Boomshanker - Captain	Wave Six (12:00)
ROBIN	DEAN	TEAM TREBBIANO	Wave Nine (13:30)
Robson R C	Byrne	Wiz Lees Fitness	Wave One (10:00)
Robyn	Huntington		Wave Six (12:00)
ROCHELLE	Fishburn	Team Jupiter	Wave Five (11:30)
Rod	Hunt	Aspire Fitness	Wave One (10:00)
ronnie	martin	geordie ninjas	Wave Six (12:00)

Ronnie	Fisher	Team Jupiter	Wave Five (11:30)
Rory	Marquis		Wave Three (10:40)
Rose	Heelis	Team of Joy	Wave Eight (13:00)
Rosie	Roberts	Aspire Fitness	Wave One (10:00)
Rosie	Johnson	Autumatic Fitness	Wave One (10:00)
Rosie	Sharp	Team Peachy	Wave Eight (13:00)
Ross	Allport		Wave Nine (13:30)
Ross	Jarman		Wave Two (10:20)
Ross	McAllister		Wave Two (10:20)
Ross	Burke	Aspire Fitness	Wave One (10:00)
Ross	Longmire	Assassins Speed	Wave Three (10:40)
Ross	Shorrocks	Heaven v Hell	Wave Six (12:00)
Ross	Seivwright	Nolans International Flying Warriors	Wave One (10:00)
Ross	Gladwin	Whitley Warriors	Wave Five (11:30)
Rouché	Louw	Cumbria Strength & Conditioning	Wave Nine (13:30)
Rowan	Nowell	James Cropper Warriors	Wave Four (11:00)
Roxanne	Moon	Pure Gym Warriors	Wave Nine (13:30)
Roz	Redman	Summerlands Mismatch	Wave Three (10:40)
Ruby	Brown		Wave Two (10:20)
Rui	Guerra	Fruit Loops	Wave Two (10:20)
russ	seagrave		Wave Five (11:30)
Russ	Gosling	Winging it Warriors	Wave Seven (12:30)
Russell	Hodkinson		Wave Seven (12:30)
Russell	Wallace	Tight Butts and Sweaty Nuts	Wave One (10:00)
Ruth	Bennett	Cirque du Sore Legs	Wave Three (10:40)
Ryan	Blacklock		Wave Nine (13:30)
Ryan	Eadington		Wave One (10:00)
Ryan	HOLT		Wave Two (10:20)
Ryan	Maccunn		Wave Nine (13:30)
Ryan	Mcperson	British Assosiation of Bearded Clam Te	Wave Seven (12:30)
Ryan	Carr	Channel 4 news team	Wave Three (10:40)
Ryan	Parkinson	Channel 4 news team	Wave Three (10:40)
Ryan	Lee	Culcheth Athletic	Wave Eight (13:00)
Ryan	Knowles	Gwa's Army - Captain	Wave Three (10:40)
Ryan	Evans	Millom fight club	Wave Four (11:00)
Ryan	Taylor	On the fence	Wave Four (11:00)
RYAN	LOGUE	TEAM TRAIN FLEETO	Wave Five (11:30)
Ryan	Wilkinson	TEAM VETERANS AT EASE	Wave One (10:00)
Ryan	Burrrows	TEAMFIGHTPIT	Wave One (10:00)
Ryan	Hall	The Pigs	Wave Seven (12:30)
Ryan	Coward	What About Tommy Dickfingers	Wave Seven (12:30)
Ryan	Embleton		Wave Four (11:00)
Ryan	Beech	Brudders From Other Mudders	Wave Seven (12:30)
Ryan	Davidson	LIP UP FATTY'S	Wave Four (11:00)
Sabrina	Mallaghan	EZYWARRIORS NOT SO EZY - Captain	Wave Seven (12:30)
Sacha	Sharp	Team Peachy	Wave Eight (13:00)
Sadie	El-Faki	SLPT Deliquent Disciples	Wave Four (11:00)
Sally	Clark	Fitness Chicks	Wave Two (10:20)

Sally	Whittaker	Heaven v Hell	Wave Six (12:00)
Sally	Plum	Is this the way to the pub?	Wave Four (11:00)
Sally	Davis	Summerlands Mismatch	Wave Three (10:40)
Sally	Pietryga	The Dead Lasts	Wave Five (11:30)
Sam	Allport		Wave Nine (13:30)
Sam	Benson		Wave Two (10:20)
Sam	Stephenson		Wave Nine (13:30)
Sam	Wood	AA Shap	Wave Two (10:20)
Sam	Richardson	Aspire Fitness	Wave One (10:00)
Sam	Rooke	Balls deyp in mud	Wave Four (11:00)
Sam	Hubbold	Between a Walk and a Hard Place - Capt	Wave Five (11:30)
Sam	Fogg	Bolton RUFC	Wave Seven (12:30)
Sam	Jeffrey	Bunch of Wally's - Captain	Wave Eight (13:00)
Sam	Alderson	DLPT	Wave Nine (13:30)
Sam	Woods	Heaven v Hell	Wave Six (12:00)
Sam	Plum	Is this the way to the pub? - Captain	Wave Four (11:00)
Sam	Moffatt	James Cropper Warriors	Wave Four (11:00)
Sam	Copeland	LIP UP FATTY'S	Wave Four (11:00)
sam	nolan	Nolans International Flying Warriors	Wave One (10:00)
sam	andrews	Salt Ayre Warriors	Wave Two (10:20)
Sam	Dalton	Team Strong	Wave Five (11:30)
Sam	Adderley	TestSam - Captain	Wave Eleven (14:00)
Sam	Lavery	The Curley Cup Lads	Wave Two (10:20)
Sam	Hughes	The rAe Team	Wave Four (11:00)
Sam	Brocklebank	What About Tommy Dickfingers	Wave Seven (12:30)
Sam	Telford	Wiz Lees Fitness	Wave One (10:00)
Sam	Toothill	Tootal Warriors	Wave Seven (12:30)
Samantha	Blair		Wave Four (11:00)
Samantha	Howe		Wave Nine (13:30)
Samantha	Woodhouse	Abbey Monks	Wave One (10:00)
Samantha	Kirk	Aspire Fitness	Wave One (10:00)
samantha	wells	BSC	Wave Eight (13:00)
Samantha	Procter	Team of Joy	Wave Eight (13:00)
Samantha	Adamson	TEAMFIGHTPIT	Wave One (10:00)
Samantha	Ashdown	The AJ Team	Wave Four (11:00)
Samantha	Chatwin	The rAe Team	Wave Four (11:00)
Samantha	Gray	Warriors of Asgard	Wave Seven (12:30)
Samantha	Storey	WIOH - Captain	Wave Seven (12:30)
Samantha	Patrick	Cirque du Sore Legs	Wave Three (10:40)
Samantha	Beck	Team FAF	Wave Three (10:40)
Sammy	Trousdale	JS-PT Health Studio	Wave Two (10:20)
Sammy	Middlehurst	Muddy butts and sweaty nuts - Captain	Wave Eight (13:00)
Sammy-jo	Gallagher	akureimma	Wave Nine (13:30)
Samuel	Lind	COBALT FITNESS	Wave Five (11:30)
Sandra	Chatten	TfC	Wave Seven (12:30)
sandy	bryce	TEAM TRAIN FLEETO	Wave Five (11:30)
Sara	Baxter		Wave Nine (13:30)
Sara	Phillips	Dicks with Chicks	Wave Four (11:00)

Sara	Mcknight	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Sara	Master	Two Balls One Bag	Wave One (10:00)
Sarah	Denston		Wave Three (10:40)
Sarah	Gray		Wave Six (12:00)
Sarah	Howson		Wave One (10:00)
Sarah	Rae		Wave Three (10:40)
sarah	woodland		Wave One (10:00)
Sarah	Honzik	akureimma	Wave Nine (13:30)
Sarah	Roberts	Cumbria Strength & Conditioning	Wave Nine (13:30)
Sarah	Conway	Elite: Cramlington	Wave Five (11:30)
Sarah	Richardson	Fifty Shades of...	Wave Nine (13:30)
Sarah	Rush	Fifty Shades of...	Wave Nine (13:30)
Sarah	Ressel	Mudnificent 7 - Captain	Wave Four (11:00)
Sarah	Cunningham	North West Marvels	Wave One (10:00)
Sarah	Smith	Race Fitness	Wave One (10:00)
Sarah	Fogerty	Salt Ayre Warriors	Wave Two (10:20)
Sarah	Mellor	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Sarah	Pickles	T12 BODY TRANSFORMATIONS - Captai	Wave Six (12:00)
Sarah	Lofthouse	Team of Joy	Wave Eight (13:00)
SARAH	METCALF	Team of Joy	Wave Eight (13:00)
Sarah	Law	Team Strong	Wave Five (11:30)
Sarah	Irving	TEAMFIGHTPIT	Wave One (10:00)
Sarah	Brook	The Pulse Raisers - Captain	Wave One (10:00)
Sarah	Small	The Wigan Wolf Pack	Wave Seven (12:30)
Sarah	Hall	Three ladies and a little man	Wave Three (10:40)
Sarah	Troke	Total Wankers - Captain	Wave One (10:00)
Sarah	Armitage	Windermere Warriors	Wave One (10:00)
Sarah	Wilson	Windermere Warriors	Wave One (10:00)
Sarah	Negus	Wiz Lees Fitness	Wave One (10:00)
Sarah	Marshall		Wave Seven (12:30)
Sarah	Clark	COBALT FITNESS	Wave Five (11:30)
Sarah	Warren	Hull's Angel's	Wave Four (11:00)
Sarah	Parr	St Bees Mammias	Wave Two (10:20)
Sarah	Waite	Three ladies and a little man - Captain	Wave Three (10:40)
Sarah Louise	Stobart	Wiz Lees Fitness	Wave One (10:00)
Saskia	Legate	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Scot	Gorol	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Scott	Burns		Wave Five (11:30)
Scott	Gray		Wave Three (10:40)
Scott	Johnston		Wave Two (10:20)
scott	levick		Wave Four (11:00)
scott	plaice		Wave One (10:00)
Scott	Robertson		Wave Six (12:00)
Scott	Robinson		Wave Two (10:20)
SCOTT	THISTLETON		Wave Nine (13:30)
Scott	Hawes	GO TEAM TOBY	Wave Four (11:00)
Scott	Walker	Josh's warriors	Wave Two (10:20)
Scott	Wilson	NoEgo Ninjas	Wave Two (10:20)



Scott	Allan	Race Fitness	Wave One (10:00)
Scott	Mcintyre	Rooster Roasters	Wave Three (10:40)
Scott	Allan	Smells Like Team Spirit	Wave One (10:00)
Scott	Watson	Team freestyle	Wave One (10:00)
Scott	Purdon	TEAM TRAIN FLEETO	Wave Five (11:30)
scott	brown	TEAMFIGHTPIT	Wave One (10:00)
Scott	Campbell	The Parmo Selectors	Wave Eight (13:00)
Scott	Innocent	The Parmo Selectors	Wave Eight (13:00)
scott	carter	Well good - Captain	Wave Six (12:00)
Scott	Askew		Wave Three (10:40)
Scott	Hannah	Rooster Roasters	Wave Three (10:40)
Scott	Burrow	Tonka Fingers	Wave One (10:00)
Sean	Harris		Wave Five (11:30)
sean	parry		Wave Six (12:00)
Sean	Haynes	Brums Best	Wave Five (11:30)
Sean	Gray	Warriors of Asgard	Wave Seven (12:30)
Sean	High	Windy millers	Wave One (10:00)
Sean	O'Brien	Elite: Cramlington	Wave Five (11:30)
Sean	Williams	Middiots	Wave Eight (13:00)
sean	kennedy	TEAM TRAIN FLEETO	Wave Five (11:30)
Shane	Williamson	The Underdogs	Wave Five (11:30)
Shane	Lee	SLPT Deliquent Disciples	Wave Four (11:00)
Shane	Musgrave	The Determinators	Wave Three (10:40)
Shannon	Woods		Wave Two (10:20)
Shannon	Bailey	Team Azcend	Wave Two (10:20)
Shannon	Crisp	Wiz Lees Fitness	Wave One (10:00)
sharman	plews	Simply Warriors - Captain	Wave Three (10:40)
sharna	high		Wave Three (10:40)
sharon	graham	Jugs a Jogging - Captain	Wave Eight (13:00)
Shaun	Ayre	A sa munga sa	Wave Two (10:20)
Shaun	Naylor	Heaven v Hell	Wave Six (12:00)
shaun	Molloy	Pigs in Mud	Wave Eight (13:00)
Shaun	Stanger	Team Malibu VAE	Wave Six (12:00)
Shaun	Mcdermott	The Dead Lasts - Captain	Wave Five (11:30)
Shaun	Edmondson	Misfits	Wave Eight (13:00)
Shauna	Leech	Muddy butts and sweaty nuts	Wave Eight (13:00)
Shawn	Kenny	Shawn Kenny Strength & Conditioning -	Wave Two (10:20)
shay	marshall	geordie ninjas	Wave Six (12:00)
Sheila	Paisley	Girls Girls Girls	Wave Two (10:20)
Shelley	Brackenbury	BSC	Wave Eight (13:00)
Shelley	Strydom	Living the dream!	Wave Four (11:00)
Shelley	Bainbridge	Team of Joy	Wave Eight (13:00)
shelley	thompson	The PT Studio Spartans	Wave One (10:00)
Sheron	Goodwin	JS-PT Health Studio	Wave Two (10:20)
Shirley	Walker	The Bad Asses - Captain	Wave One (10:00)
Sian	O'Sullivan	Hannah Sian Charles	Wave Two (10:20)
Sian	Kenny	Pioneer Fitness	Wave One (10:00)
Simon	Aspinall		Wave Two (10:20)

Simon	Darlington		Wave Nine (13:30)
Simon	Morgan		Wave Three (10:40)
Simon	Thresh		Wave Three (10:40)
Simon	Ward	Heaven v Hell	Wave Six (12:00)
Simon	Burgess	Mary's 60th Birthday Party!	Wave Eight (13:00)
Simon	Rudd	Muddy Water	Wave One (10:00)
Simon	Bissell	P C Henderson Warriors	Wave Six (12:00)
Simon	Mulvee	Paul Wilkins Inc	Wave Eight (13:00)
Simon	Metcalfe	Salt Ayre Warriors	Wave Two (10:20)
Simon	Davis	Summerlands Mismatch	Wave Three (10:40)
Simon	Mitchell	Team Azcend	Wave Two (10:20)
Simon	Frost	Team Chemoxy - Captain	Wave Two (10:20)
Simon	Walker	The Bad Asses	Wave One (10:00)
Siobhan	Sloan	Down but not out!	Wave Seven (12:30)
Sohaila	Stead	Salt Ayre Warriors	Wave Two (10:20)
Sonia	Pace		Wave Seven (12:30)
Sonia	Carlin	Brums Best - Captain	Wave Five (11:30)
Sophia	Howson		Wave One (10:00)
Sophie	Rogers		Wave Six (12:00)
Sophie	Smith		Wave Three (10:40)
Sophie	Greenwood	STSP	Wave Six (12:00)
Sophie	Dean	TEAM TREBBIANO	Wave Nine (13:30)
Sophie	Dalton	Team Strong	Wave Five (11:30)
Sophie	Llewellyn	The Pigs	Wave Seven (12:30)
SOPHIE	LANDER	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
Sophie	Grayston		Wave Three (10:40)
Sophie-Jane	Richards	What About Tommy Dickfingers	Wave Seven (12:30)
Soraya	Corbett	#fitforforty - Captain	Wave Three (10:40)
Sorrell	Vine	Cumbria Strength & Conditioning	Wave Nine (13:30)
Spike	Harrison	Team Peachy	Wave Eight (13:00)
Stacey	Gabbitas	Halifax Fanny's - Captain	Wave Three (10:40)
Stacey	Brown	TEAM TRAIN FLEETO	Wave Five (11:30)
Stacie	Mickman	The Underdogs	Wave Five (11:30)
Stefan	Sabuda		Wave Three (10:40)
Stefan	Pryor	James Cropper Warriors	Wave Four (11:00)
Steph	Taylor		Wave Seven (12:30)
Steph	Carson	Team Strong	Wave Five (11:30)
Stephanie	Foster		Wave Three (10:40)
Stephanie	Noble		Wave Two (10:20)
Stephanie	Robinson-Lundy		Wave Three (10:40)
Stephanie	Samms	Freebird	Wave One (10:00)
Stephanie	Little	H&H Warriors	Wave Two (10:20)
Stephanie	Burgess	Mary's 60th Birthday Party!	Wave Eight (13:00)
Stephanie	Lee	P C Henderson Warriors - Captain	Wave Six (12:00)
Stephanie	baker	Short Change Heroes	Wave Seven (12:30)
Stephanie	Rookes	Team Jupiter	Wave Five (11:30)
Stephanie	Taylor	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)
Stephanje	Morton		Wave Two (10:20)

Stephen	Ellis		Wave Four (11:00)
Stephen	Rampton		Wave Nine (13:30)
Stephen	Robinson		Wave Four (11:00)
Stephen	Rumney		Wave Four (11:00)
Stephen	Sinclair		Wave Two (10:20)
Stephen	Williams		Wave Nine (13:30)
Stephen	Quinn	Autumatic Fitness	Wave One (10:00)
Stephen	Barker	Birtley AC Barmy Army	Wave Four (11:00)
stephen	wakelin	BSS WARRIORS - Captain	Wave Two (10:20)
Stephen	Burley	Burley - Captain	Wave Five (11:30)
Stephen	Thompson	Elite: Cramlington	Wave Five (11:30)
Stephen	Taylor	Heaven v Hell	Wave Six (12:00)
Stephen	Oneill	Mud, Wet and Beers	Wave Eight (13:00)
Stephen	Appleby	Nomnoms	Wave Five (11:30)
Stephen	Scott	Nomnoms - Captain	Wave Five (11:30)
Stephen	Walch	Schneider Electric	Wave Five (11:30)
STEPHEN	MCGRORY	TEAM TRAIN FLEETO	Wave Five (11:30)
Stephen	Mcdonald	TEAM VETERANS AT EASE	Wave One (10:00)
Stephen	Ward	TEAM VETERANS AT EASE	Wave One (10:00)
Stephen	Lowther	The Dead Lasts	Wave Five (11:30)
Stephen	Owens	Three Amigos	Wave Six (12:00)
Stephen	Boyd	University of Cumbria Team 10	Wave Seven (12:30)
Stephen	Boddy	Warriors of Asgard	Wave Seven (12:30)
Stephen	Wilkinson	warriors of hull	Wave Seven (12:30)
Stephen	Pendergrast	Heaven v Hell	Wave Six (12:00)
Stephen	Williams	Team Jupiter	Wave Five (11:30)
Steve	Harwood		Wave Nine (13:30)
Steve	Simpson		Wave Three (10:40)
Steve	Wagstaff		Wave Two (10:20)
Steve	Watson		Wave One (10:00)
Steve	Wilson	Aspire Fitness	Wave One (10:00)
Steve	Scott	Gaywatch	Wave Three (10:40)
steve	haydock	Mud, Sweat and Tears - Captain	Wave Seven (12:30)
Steve	Knight	Pure Gym Warriors	Wave Nine (13:30)
Steve	Hodgson	Smoggie Bog Monsters	Wave Six (12:00)
Steve	Hill	TEAMFIGHTPIT	Wave One (10:00)
Steve	Burdin	Too Stupid to Stop	Wave One (10:00)
Steve	Cannon	Too Stupid to Stop	Wave One (10:00)
Steve	Hutchinson	Wagner's sausages	Wave Seven (12:30)
Steven	Bell		Wave Three (10:40)
STEVEN	FITZMAURICE		Wave Nine (13:30)
Steven	Howe		Wave Nine (13:30)
steven	mackie		Wave Three (10:40)
steven	morton		Wave One (10:00)
Steven	Postlethwaite		Wave One (10:00)
Steven	Warburton		Wave Nine (13:30)
Steven	Hutton	ADI tv	Wave Three (10:40)
Steven	Frankland	Aspire Fitness	Wave One (10:00)

Steven	Gate	Bowscar Shots	Wave Two (10:20)
Steven	Bland	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Steven	Walker	Gaywatch	Wave Three (10:40)
Steven	Siddle	Horizon - Captain	Wave Five (11:30)
Steven	Benson	Kapow & Co	Wave Four (11:00)
Steven	Handley	Memphis Mafia	Wave Nine (13:30)
Steven	Allington	Millom Mafia - Captain	Wave Five (11:30)
steven	hutchings	Mud Junkies	Wave One (10:00)
Steven	Hill	Muddy Water	Wave One (10:00)
Steven	Trenerry	Newton Knackers - Captain	Wave Four (11:00)
steven	Watson	Team freestyle - Captain	Wave One (10:00)
Steven	Brown	Team Jupiter	Wave Five (11:30)
Steven	Lloyd	Team Teva	Wave Five (11:30)
Steven	Cowley	Team Trident	Wave Seven (12:30)
Steven	Place	The Fab Four	Wave Two (10:20)
Steven	Watson	The rams	Wave Six (12:00)
Steven	Shaw	Walker's Runners	Wave Three (10:40)
Steven	Carroll	Your Pace Or Mine?	Wave Four (11:00)
Steven	Wise	DLPT	Wave Nine (13:30)
Steven	Sildatki	RfM + More Mud	Wave Four (11:00)
Stew	Armstrong	SS FITNESS	Wave Seven (12:30)
Stewart	Bragg		Wave Nine (13:30)
Stu	Merchant	Tonka Fingers	Wave One (10:00)
STUART	FACER	Cow's Creams	Wave Five (11:30)
stuart	mackin	Cumbria Strength & Conditioning	Wave Nine (13:30)
Stuart	Taylor	Halifax Fanny's	Wave Three (10:40)
Stuart	Rothwell	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Stuart	Rothwell	North West Marvels - Captain	Wave One (10:00)
stuart	grant	Rocket Rennos & The Fat Kid - Captain	Wave Seven (12:30)
Stuart	Campbell	Rooster Roasters	Wave Three (10:40)
Stuart	Wiggins	Setting the bar low	Wave Seven (12:30)
STUART	LAVILLE	Smoggie Bog Monsters	Wave Six (12:00)
Stuart	Everett	TEAMFIGHTPIT	Wave One (10:00)
Stuart	Thomas	The rAe Team	Wave Four (11:00)
Stuart	Mahon	Well good	Wave Six (12:00)
Stuart	Taylor	Muddy Nutters	Wave Four (11:00)
Stuti	Joseph	Too Stupid to Stop	Wave One (10:00)
Sue	Bennett	JS-PT Health Studio	Wave Two (10:20)
Sue	Dodd	moorclose madness	Wave Eight (13:00)
Sue	Terras	Perth Fitness Camp	Wave One (10:00)
Sunny	Bamra	DL Alpha Wolves	Wave Nine (13:30)
Susan	Jarman		Wave Two (10:20)
Susan	Morgan	Abbey Monks	Wave One (10:00)
Susan	Sharrock	Heaven v Hell	Wave Six (12:00)
Susan	Cully	LIFES SHORT, PLAY DIRTY - Captain	Wave Four (11:00)
Susan	Henderson	Smoggie Bog Monsters	Wave Six (12:00)
susan	mossop	The Fab Five - Captain	Wave Three (10:40)
Susan	Henderson	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)

Susan	Talbut	Warriors of Asgard	Wave Seven (12:30)
Susan	Stephenson	will run for gluten free beer	Wave Four (11:00)
Susan	Edwards	FITTISH, FORTYISH AND FILTHYISH - Cap	Wave Three (10:40)
Suzanna	Swanton	PB fitcamp - Captain	Wave One (10:00)
Suzanne	Johnson	Kick ass warriors - Captain	Wave Six (12:00)
Suzanne	McKay	Mud, Wet and Beers - Captain	Wave Eight (13:00)
Suzanne	Storey	Natalie's nutters	Wave Eight (13:00)
Suzanne	Wilcox	Team Trident	Wave Seven (12:30)
Tammie	Fallows	Autumatic Fitness	Wave One (10:00)
Tammy	Connor	Balls deyp in mud	Wave Four (11:00)
Tania	George	Down but not out!	Wave Seven (12:30)
Tania	sanchez santana	spanglish	Wave Eight (13:00)
Tanya	Winstanley	Heaven v Hell	Wave Six (12:00)
Tanya	Dixon	The what the feck have we signed up for	Wave Seven (12:30)
Tara	Graham		Wave One (10:00)
Tasha	Bayliff	RfM + More Mud	Wave Four (11:00)
Taylor	Hood	TEAM TRAIN FLEETO	Wave Five (11:30)
Terence	Richardson	Salt Ayre Warriors	Wave Two (10:20)
Terri	Wolstenholme	Mud, Sweat and Tears	Wave Seven (12:30)
Terry	Farish	Saggy Broth - Captain	Wave Eight (13:00)
tessa	bridge	The AJ Team	Wave Four (11:00)
test	test	St Aidan's 09 - Captain	Wave Six (12:00)
Thomas	Davison		Wave Two (10:20)
Thomas	Emmerich		Wave Two (10:20)
Thomas	Johnston		Wave Two (10:20)
Thomas	Taylor	ADI tv	Wave Three (10:40)
Thomas	Collins	Balls deyp in mud	Wave Four (11:00)
Thomas	Thurlow	Ramsay's Rambos	Wave Two (10:20)
Thomas	Drayton	S.L.A.G	Wave Nine (13:30)
Thomas	Park	Sniggery Waspy Warriors	Wave Five (11:30)
thomas	jones	Team Chemoxy	Wave Two (10:20)
Thomas	Chambers	The Curley Cup Lads	Wave Two (10:20)
Thomas	Crabtree	The Dirt Brothers	Wave One (10:00)
Thomas	Wardle	Total Wankers	Wave One (10:00)
Thomas	Hainey	Rooster Roasters	Wave Three (10:40)
Thomas	Snowball	Rooster Roasters	Wave Three (10:40)
TIFFANY	Walker	Cheeky Vimtos	Wave Eight (13:00)
Tim	Ivory		Wave One (10:00)
Tim	Johnson		Wave One (10:00)
Tim	kings		Wave Three (10:40)
Tim	Hubbold	Between a Walk and a Hard Place	Wave Five (11:30)
Tim	Horwood	Mediaworks	Wave Five (11:30)
Tim	Kearsley	Sweatshop Gym	Wave Five (11:30)
Tim	Richardson	Team FAF	Wave Three (10:40)
Tim	Forman	Wiz Lees Fitness	Wave One (10:00)
Timothy	Knight	Team Trident	Wave Seven (12:30)
Titia	Dorgeat	Southport Sinners	Wave Two (10:20)
Toby	Fisher	Legends of the Schlong	Wave Two (10:20)

Tom	Brougham		Wave Four (11:00)
Tom	Ferguson		Wave One (10:00)
Tom	Hutton		Wave Two (10:20)
Tom	Nixon		Wave Five (11:30)
Tom	Shaw		Wave Five (11:30)
Tom	Streamer		Wave Four (11:00)
Tom	Crarey	Autumatic Fitness	Wave One (10:00)
Tom	Cavanagh	Chubby chasers	Wave Six (12:00)
Tom	Wilbourn	Culcheth Athletic	Wave Eight (13:00)
Tom	Brannon	Cumbria Strength & Conditioning	Wave Nine (13:30)
Tom	Evans	DW Morecambe - Captain	Wave Four (11:00)
Tom	Iles	DW Morecambe	Wave Four (11:00)
Tom	Stockdale	FirstGrads - Captain	Wave Six (12:00)
Tom	Bevan	Four in the stink - Captain	Wave Five (11:30)
Tom	Prosser	James Cropper Warriors	Wave Four (11:00)
Tom	Sharrock	James Cropper Warriors	Wave Four (11:00)
Tom	Crosby	Kapow & Co - Captain	Wave Four (11:00)
Tom	Whitehead	Muppets - Captain	Wave Two (10:20)
Tom	Fuller	On the fence - Captain	Wave Four (11:00)
Tom	Newman	Pigs in Mud	Wave Eight (13:00)
Tom	Skinner	Running for fun - Captain	Wave One (10:00)
Tom	Harrison	T12 BODY TRANSFORMATIONS	Wave Six (12:00)
Tom	Davies	The Arnie Lads	Wave Six (12:00)
Tom	Ellwood	The Dead Lasts	Wave Five (11:30)
Tom	Robertson	The Underdogs	Wave Five (11:30)
Tom	Tighe	Wet Sleddale Warriors	Wave Seven (12:30)
Tom	Mason	Wigan Warriors	Wave Three (10:40)
TOM	BULLOCH	Yorkshires Fastest Fridgemen	Wave Eight (13:00)
TOM	HOWARD	Yorkshires Fastest Fridgemen - Captain	Wave Eight (13:00)
Tommy	Robertson	RfM + More Mud	Wave Four (11:00)
Tommy	Burns	TEAM VETERANS AT EASE	Wave One (10:00)
Tommy	Lee	JACATA aka dream boys	Wave Four (11:00)
Toni	Dawson		Wave Five (11:30)
Toni	Hines	Heaven v Hell	Wave Six (12:00)
Tony	Priest	Feckin Donnered Again	Wave One (10:00)
Tony	Bellas	James Cropper Warriors	Wave Four (11:00)
Tony	Saunders	The Railway Children	Wave Four (11:00)
Tony	Metherell	Tommy's Titans - Dravet Warriors	Wave Two (10:20)
Tony	Dawson	Wet Sleddale Warriors	Wave Seven (12:30)
Tony	Cureen	Dads Army	Wave Two (10:20)
Tracey	Robinson	EZYWARRIORS NOT SO EZY	Wave Seven (12:30)
Tracey	Noble	Spittin Fethers	Wave Eight (13:00)
Tracey	Pilkington	TEAM BURPEE	Wave One (10:00)
Tracey	Robinson	Team holker	Wave One (10:00)
Tracey	Kenningley	Southport Sinners	Wave Two (10:20)
Tracy	Hendley		Wave Five (11:30)
Tracy	Maund	Team Cove	Wave Two (10:20)
Tracy Ko Ko	Trueman	THE LIQUID AWESOME WEEKEND OFFE	Wave Six (12:00)

Trevor	Gale		Wave One (10:00)
Trevor	Barber	Abbey Monks	Wave One (10:00)
Trevor	Crewe	Birtley AC Barmy Army	Wave Four (11:00)
Trevor	Dixon	The rams	Wave Six (12:00)
Tricia	Crabb	Heaven v Hell	Wave Six (12:00)
Trish	Hughes	JS-PT Health Studio	Wave Two (10:20)
Tristan	Parker-McLeod	Pokka	Wave Three (10:40)
Trystan k	tavener		Wave Three (10:40)
tyrin	mackenzie	geordie ninjas	Wave Six (12:00)
Usha	Lad	Carpe Diem	Wave Five (11:30)
Val	Bews		Wave Eight (13:00)
Vanessa	Rigby	Salt Ayre Warriors	Wave Two (10:20)
Vannessa	Routh	The Determinators	Wave Three (10:40)
veronica	walker		Wave Three (10:40)
Veronica	Crooks	Zelda Zoom Zoom - Captain	Wave One (10:00)
Vic	Wilson	The Aubergines	Wave Two (10:20)
Vicki	Keers	Between a Walk and a Hard Place	Wave Five (11:30)
Vicki	Parmley	DLPT	Wave Nine (13:30)
Vicki	Bradley	KeepFitMammy - Captain	Wave Three (10:40)
Vicki	Lowis	Lowis - Captain	Wave One (10:00)
Vicki	Wright	James Cropper Warriors - Captain	Wave Four (11:00)
Vicky	Rutter		Wave One (10:00)
Vicky	Green	Cumbria Strength & Conditioning	Wave Nine (13:30)
VICKY	HUTCHINSON	Team of Joy	Wave Eight (13:00)
Vicky	Kelly	TEAM TRAIN FLEETO	Wave Five (11:30)
vicky	fleming	The rAe Team	Wave Four (11:00)
Victoria	Walker	Bunch of Wally's	Wave Eight (13:00)
Victoria	Higginson	Burnshiggys	Wave Five (11:30)
Victoria	Black	Dicks with Chicks - Captain	Wave Four (11:00)
Victoria	Tennant	Too Stupid to Stop	Wave One (10:00)
Victoria	Hill	Wolfpack Warriors	Wave Five (11:30)
VICTORIA	DARNBROOK	Cow's Creams	Wave Five (11:30)
Vikki	Price		Wave Five (11:30)
Vinnie	Morton		Wave Two (10:20)
Vitalij	Lavinskij	Pigs in blankets - Captain	Wave One (10:00)
Vivianne	Carvalho	Lathom Lemmings - Captain	Wave Eight (13:00)
Vivien	Satterthwaite	Fruit Loops - Captain	Wave Two (10:20)
Vivien	Watson	Team freestyle	Wave One (10:00)
Wade	Holden	The Obstakillaz	Wave Three (10:40)
Waqar	Akhtar	The avengers	Wave Nine (13:30)
Warren	Jackson	Roberto Savage	Wave Three (10:40)
Warren	Croskell	Team Tallulah	Wave Six (12:00)
Wayne	Bates	Too Stupid to Stop	Wave One (10:00)
Wayne	Barton	Border Warrior	Wave Eight (13:00)
Wayne	McKenna	Halifax Fanny's	Wave Three (10:40)
Wendy	Lowthian	DW Morecambe	Wave Four (11:00)
Wendy	Caddick	Heaven v Hell	Wave Six (12:00)
Wendy	Strain	Pioneer Fitness	Wave One (10:00)

Wendy	Joseph	Team J - Captain	Wave Two (10:20)
wesley	baxendale	Bum Lions In Space	Wave Six (12:00)
Will	Narburgh		Wave Four (11:00)
Will	Foulds	Channel 4 news team	Wave Three (10:40)
Will	Gardner-Brennanc	Fruit Loops	Wave Two (10:20)
Will	Hastings	S.L.A.G	Wave Nine (13:30)
Will	Davies	V.King Team	Wave Six (12:00)
William	Linn	BSC	Wave Eight (13:00)
William	Johnson	Millom fight club	Wave Four (11:00)
William	Le marinel	Pioneer Fitness	Wave One (10:00)
William	Richardson-Gage	Viking Strength and Fitness	Wave Six (12:00)
William	Thomas	You F*ckin Love It!	Wave Seven (12:30)
William	Muscroft	Wensleydale Warriors	Wave Four (11:00)
Wiz	Lees	Wiz Lees Fitness - Captain	Wave One (10:00)
Yasmine	Currah	Muddy butts and sweaty nuts	Wave Eight (13:00)
Yelena	Staff	Halifax Fanny's	Wave Three (10:40)
Yousuf	Al-Zadjali	Smoggie Bog Monsters	Wave Six (12:00)
Yvonne	Kendall	Heaven v Hell	Wave Six (12:00)
Zachary	Worsley	LIFES SHORT, PLAY DIRTY	Wave Four (11:00)
Zandile	Nare	Mudnificent 7	Wave Four (11:00)
Zara	Byrne	BSC	Wave Eight (13:00)
Zeashan	Akhtar	The avengers - Captain	Wave Nine (13:30)
Zoe	Walton	Aspire Fitness	Wave One (10:00)
Zoe	Francis	Down but not out!	Wave Seven (12:30)
zoe	conway	Elite: Cramlington - Captain	Wave Five (11:30)
Zoe	Pears	The Fab Five	Wave Three (10:40)
Zoe	Law		Wave Four (11:00)