

Total Warrior 2021
Sunday 12K Final Wave Times

First name	Last name	Team name	Current Wave
Matty	Abbey	UTC	Wave Two (10:20)
Daniel	Abbott	How I met your Mudda - Captain	Wave Eight (12:20)
Glenn	Abbott		Guaranteed Wave 1 Entry (9:45)
Nathan	Abbott	Fact hunt	Wave Eight (12:20)
Charlie	Adam	BTEC Warriors	Wave Eight (12:20)
Sara	Adams	Fashionable Fitness	Wave Five (11:20)
Emma	Adamson	Mudbuds	Wave Six (11:40)
Neil	Adamson	Mudbuds	Wave Six (11:40)
Brad	Agg	LAS	Wave Six (11:40)
Antony	Ainsworth	DJ Hilly Stag	Guaranteed Wave 1 Entry (9:45)
Megan	Ainsworth	SULRFC - Captain	Wave Eight (12:20)
Charlie	Aisthorpe	Grimsby warrior	Wave Nine (12:40)
Diana	Akhtar	PMA Leeds	Wave Two (10:20)
Nadim	Akhtar	PMA Leeds	Wave Two (10:20)
Michelle	Akuany		Guaranteed Wave 1 Entry (9:45)
Jodie	Albone	Wilkinson and Partners	Wave Four (11:00)
Claire	Alcroft	Scrambled Legs!	Wave Five (11:20)
Matthew	Aleixo		Guaranteed Wave 1 Entry (9:45)
Stuart	Algor	Tesco Crew - Captain	Wave Nine (12:40)
Fiona	Allan	Wandering Wallies	Wave Six (11:40)
Jacob	Allan	Blood, sweat and beers	Wave Five (11:20)
Alfie	Allanach	Vladimir-gluten - Captain	Wave Seven (12:00)
Pete	Allanach	Vladimir-gluten	Wave Seven (12:00)
Anneka	Allen	S75 Fitness	Wave Four (11:00)
Jennie	Allen	Blood, sweat and beers	Wave Five (11:20)
Mia	Allinson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Molly	Allinson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Emma	Allott	Hx Hunslet	Wave Ten (13:00)
Shauna	Allsop	Tough Shat	Wave Nine (12:40)
Maite	Altuna	Wives of Ragnar	Wave Nine (12:40)
David	Ambler	Average joes gym	Wave Three (10:40)
John	Anderson	Don't Be Shit	Guaranteed Wave 1 Entry (9:45)
Laura	Anderson	We're Still in Trouble	Wave Four (11:00)
Neil	Anderson	Fact hunt	Wave Eight (12:20)
Maggie	Anderton	Swan For The Road - Captain	Wave Nine (12:40)
Simon	Anderton	Outcast training	Guaranteed Wave 1 Entry (9:45)
Anthony	Andrews	Wreck heads	Wave Five (11:20)
Richard	Andrews	Band of mudders	Guaranteed Wave 1 Entry (9:45)
Richard	Andrews	Revolution Kickboxing - Captain	Wave Six (11:40)
Louise	Anker	Josh's Legacy	Wave Four (11:00)
Lauren	appleby	Atdfitness	Wave Nine (12:40)
Andreas	Aristotelous	Spider Monkeys 2020	Wave Eight (12:20)
Deelarah	Armaghan	PMA Leeds	Wave Two (10:20)
Peter	Armitage		Guaranteed Wave 1 Entry (9:45)
Matthew	Armson	The Sclater Taters - Captain	Wave Ten (13:00)
Oliver	Arnold	Team SLC	Wave Seven (12:00)
Shaun	Arnold	C&R2020 - Captain	Guaranteed Wave 1 Entry (9:45)
Viki	Arnold	C&R2020	Guaranteed Wave 1 Entry (9:45)
Leo	Ashcroft	Laughing Assassins - Captain	Wave Five (11:20)
Rob	Ashcroft	Mikhails Machines	Wave Nine (12:40)
Nikki	Ashton	The Holliswomen	Wave Five (11:20)
Eddie	Ashworth	Hsfc heroes	Guaranteed Wave 1 Entry (9:45)
Martin	Askew		Guaranteed Wave 1 Entry (9:45)
Pauline	ASTBURY	JS-PT Health Studio	Wave Nine (12:40)
lee	atchison	LA Mudders - Captain	Wave Three (10:40)
BRYAN	ATKINSON	The 3 Musketeers	Guaranteed Wave 1 Entry (9:45)

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Dave	Atkinson	Poppleton runners	Wave Three (10:40)
Helen	Atkinson	Poppleton runners	Wave Three (10:40)
darren	attwood	Team 999	Guaranteed Wave 1 Entry (9:45)
louise	avery	Ninja Nurses - Captain	Guaranteed Wave 1 Entry (9:45)
Sarah	Avis	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Paula	Ayre	Atdfitness	Wave Nine (12:40)
Tamsyn	Ayre	TateOil Warriors	Guaranteed Wave 1 Entry (9:45)
Ampa	Azarin	Pretty Tough	Wave Eight (12:20)
Noel	Backhouse	AUUU SPARTA	Wave Seven (12:00)
Zoe	Bacon	Atdfitness	Wave Nine (12:40)
Dianne	Baddon-Bonne	Snappy Crocs	Wave Four (11:00)
Kate	Bagnall	Autism Parents Together	Wave Six (11:40)
Emma	Bailey	Scarborough!	Wave Three (10:40)
Leighton	Bailey	Scarborough!	Wave Three (10:40)
Tiffany	Bailey	Muscular Dystrophy UK	Wave Seven (12:00)
Angela	Bainbridge	Muscular Dystrophy UK	Wave Seven (12:00)
Riley	Bainbridge	Muscular Dystrophy UK	Wave Seven (12:00)
sarah	bainbridge		Wave Six (11:40)
Manda	Baines		Wave Eight (12:20)
Ben	Baker	Vladimir-gluten	Wave Seven (12:00)
Ellie	Baker	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Jack	Baker	Harry Potter and the Chamber of Mudders	Wave Ten (13:00)
Joseph	Baker	Harry Potter and the Chamber of Mudders	Wave Ten (13:00)
Alice	Baldwin		Wave Seven (12:00)
Jenny	Baldwin	Not Fast, But Furious	Wave Three (10:40)
Jodie	Baldwin	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Emily	Ball	Superheroes in Training - Captain	Wave Six (11:40)
Paul	Banham	onePT TW Originals	Wave Seven (12:00)
Adam	Banks	Team 999 - Captain	Guaranteed Wave 1 Entry (9:45)
Nigel	Banks	Muddie Buddies	Wave Four (11:00)
Paula	Banks	Muddie Buddies	Wave Four (11:00)
taylor	banks	Team 999	Guaranteed Wave 1 Entry (9:45)
Claire	Bannigan	Crossfit Hull & Humber	Wave Three (10:40)
Paul	Banyard	Fashionable Fitness	Wave Five (11:20)
Steven	Baraniak	Dicko's Mission Impossible	Wave Six (11:40)
Alex	Barker	TeamTLC	Wave Two (10:20)
Gary	Barker	Sweet Potatoes - Captain	Wave Eight (12:20)
Kate	Barker-Milner	Comets Psycho Chicks	Wave Two (10:20)
James	Barnes	Bowman Riley - Captain	Wave Four (11:00)
Eve	Barnes-Gott		Wave Six (11:40)
Jake	Barnes-Gott		Wave Six (11:40)
Sara	Barnett	Revolution Kickboxing	Wave Six (11:40)
Scott	Barnsley	The Window lickers	Wave Seven (12:00)
Chloe	Barraclough	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Claire	Barrass	The Total Amateur's	Wave Five (11:20)
Richard	Barratt		Wave Ten (13:00)
Zailie	Barratt	Team Purple	Wave Five (11:20)
Garry	Barrett	The Gym Burton	Wave Three (10:40)
Abigail	Barron	Muscular Dystrophy UK	Wave Seven (12:00)
anthony	barrow	S75 Fitness	Wave Four (11:00)
Gary	Bartle	Hsfc heroes - Captain	Guaranteed Wave 1 Entry (9:45)
Mark	Barton	Vanquish Your Demons	Wave Four (11:00)
Nigel	Barton		Wave Seven (12:00)
Steph	Barton		Guaranteed Wave 1 Entry (9:45)
Tracy	Barton		Wave Seven (12:00)
Jo	Bassett	Fashionable Fitness	Wave Five (11:20)
Lyn	Bassett	S75 Fitness	Wave Four (11:00)

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Sam	Bates-Williams	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Carol	Batts	Scrap Metal Warriors	Wave Three (10:40)
John	Bayes	Team Purple	Wave Five (11:20)
Matt	Beasty	Elite S&C Halifax	Wave Ten (13:00)
Matthew	Beaumont	Hawaiian pasty team	Wave Ten (13:00)
Jade	Beckett	Revolution Kickboxing	Wave Six (11:40)
Faye	Beckton	Muscular Dystrophy UK	Wave Seven (12:00)
Jake	Bedford		Wave Five (11:20)
Amy	Beech	Total Gutter Warrior - Captain	Wave Five (11:20)
Deb	Beech	All star academy	Wave Ten (13:00)
Duncan	Beech	All star academy	Wave Ten (13:00)
Iloyd	beech	TeamTLC	Wave Two (10:20)
Amy	Beecham	Josh's Legacy	Wave Four (11:00)
mollie	beechem	Josh's Legacy	Wave Four (11:00)
Lewis	Beecher	Team SLC	Wave Seven (12:00)
Duncan	Beedall		Guaranteed Wave 1 Entry (9:45)
Ashleigh	Beedle	Yorkie Warriors	Wave Five (11:20)
Nige	Beever	Botanica - Captain	Wave Two (10:20)
Chris	Beevers		Guaranteed Wave 1 Entry (9:45)
Andy	Bell	Hitmen and her	Wave Three (10:40)
Debbie	Belton	Fashionable Fitness	Wave Five (11:20)
Ali	Ben Henda	Wienerberger 2020	Wave Two (10:20)
Rebecca	Benn	PMA Leeds	Wave Two (10:20)
Johnny	Bennett	BB Dynamos	Wave Ten (13:00)
Reece	Bennett	DSFT	Wave Eight (12:20)
Simon	Bennett	Band of mudders	Guaranteed Wave 1 Entry (9:45)
Simon	Bennett	BB Dynamos - Captain	Wave Ten (13:00)
Thea	Bennett	BB Dynamos	Wave Ten (13:00)
daniel	benson		Wave Seven (12:00)
Tom	Benson		Wave Three (10:40)
Tony	Benson	Manchester Mud Muppets - Captain	Guaranteed Wave 1 Entry (9:45)
Evan	Bentley	Vladimir-gluten	Wave Seven (12:00)
Jan	Bentley		Wave Three (10:40)
Sharon	Beresford	JS-PT Health Studio	Wave Nine (12:40)
Elliott	Berg	Earles Gardens	Wave Eight (12:20)
James	Berriman	Scrambled Legs!	Wave Five (11:20)
Miranda	Berry	Comets Psycho Chicks	Wave Two (10:20)
Richard	Berry		Wave Six (11:40)
Steve	Berry	All star academy - Captain	Wave Ten (13:00)
Antonio	Bessa	Plexus Boys	Wave Seven (12:00)
Ellis	Best	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Adrian	Betchette	Desapline Martial Arts	Guaranteed Wave 1 Entry (9:45)
Tom	Betts	The team that only came for a picnic	Wave Five (11:20)
Deb	Beuzeval	JS-PT Health Studio	Wave Nine (12:40)
Tom	Bevan	It's A Trap	Wave Eight (12:20)
Matthew	Bevin		Wave Four (11:00)
Georgina	Bexon	S75 Fitness	Wave Four (11:00)
Heidi	Beynon	Autism Parents Together	Wave Six (11:40)
Claire	Bickle	BB Dynamos	Wave Ten (13:00)
George	Bickle	BB Dynamos	Wave Ten (13:00)
Brittany	Biddle	Blood, sweat and beers	Wave Five (11:20)
Gerald	Biggins	Flower Rangers - Captain	Wave Ten (13:00)
James	Biggins	Flower Rangers	Wave Ten (13:00)
Joanne	Biggins	Flower Rangers	Wave Ten (13:00)
James	Bigwood	T12Fitness	Wave Seven (12:00)
Joshua	Birch		Guaranteed Wave 1 Entry (9:45)
Joshua	Birch		Wave Eight (12:20)

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Lewis	Birchall	Flab2lean	Guaranteed Wave 1 Entry (9:45)
david	bird	Just FIMU it - Captain	Wave Ten (13:00)
David	Bird	The Last Hurrah	Wave Six (11:40)
Pyla	Bird	SULRFC	Wave Eight (12:20)
Faye	Birkby		Wave Seven (12:00)
Christopher	Birkenshaw		Wave Nine (12:40)
Tatjana	Bistrova	Team OTC	Wave Four (11:00)
Amanda	Black	Atdfitness	Wave Nine (12:40)
Deanna	Black	Come Down With Me	Wave Nine (12:40)
Emily	Blackburn	Josh's Legacy	Wave Four (11:00)
Jo	Blackburn	Lion Fitness Warriors	Wave Three (10:40)
Lucy	Blackburn	Pineapple	Wave Six (11:40)
Jo	Blackett		Wave Nine (12:40)
Craig	Blake	Baildon Oldies	Guaranteed Wave 1 Entry (9:45)
Jessica	Blakeston	Regina Filange	Wave Six (11:40)
James	Blanchard	Middle aged codgers - Captain	Guaranteed Wave 1 Entry (9:45)
Samantha	Bland	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Caityln	Blasket	Sykes'	Wave Nine (12:40)
Richard	Blight	Carlson Vikings - Captain	Wave Eight (12:20)
Nic	Blume		Wave Four (11:00)
Guy	Blumer		Wave Four (11:00)
Daniel	Blyth	Jen/Alex	Wave Three (10:40)
Sarah	Blyth	Jen/Alex	Wave Three (10:40)
Christine	Blythin	JS-PT Health Studio	Wave Nine (12:40)
Adam	Boardman	Crawley's Kebabs	Wave Eight (12:20)
Luis	Bobet		Guaranteed Wave 1 Entry (9:45)
Rosa	Bobet		Guaranteed Wave 1 Entry (9:45)
Harry	Bogue	BTEC Warriors	Wave Eight (12:20)
adrian	bolam	Laurel & Hardy	Wave Two (10:20)
Sam	Boldan	FFS	Wave Six (11:40)
Arron	Bolland	Vida Warriors	Wave Six (11:40)
Christopher	Bolton		Guaranteed Wave 1 Entry (9:45)
Grant	Bond	Not Fast, But Furious - Captain	Wave Three (10:40)
Angela	Booth	XCEED FITNESS	Wave Two (10:20)
Daniella	Booth	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Natalie	Booth	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Rachel	Booth	PSLC	Wave Seven (12:00)
Daniel	Borrow	Gareth's Gray-Hounds	Wave Four (11:00)
Samantha	Borthwick	PSLC	Wave Seven (12:00)
Charles	Boswell	Team RGB	Wave Four (11:00)
Claire	Boswell	Team RGB - Captain	Wave Four (11:00)
Sam	Bowen	Scrambled Legs	Wave Seven (12:00)
Claire	Bowes-Trowell		Guaranteed Wave 1 Entry (9:45)
Julie	Bowman	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Helen	Bradley	Why?	Wave Two (10:20)
Ryan	Bradley		Wave Ten (13:00)
Gina	Bradshaw	Fashionable Fitness	Wave Five (11:20)
Thomas Arthur	Bradshaw		Wave Six (11:40)
Hannah	Bragg	Wii Not Fit	Wave Ten (13:00)
Jack	Brale	Fact hunt	Wave Eight (12:20)
stavey	bramfit leach	We are the warrior	Wave Three (10:40)
Ashleigh	Bramham	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Claire	Bramham	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Liz	Bramley	Cliffe Tennis Warriors	Wave Ten (13:00)
Rachel	Brandon	Smells Like Team Spirit	Wave Two (10:20)
Ellis	Brant	Team SLC	Wave Seven (12:00)
Jonathan	Brass		Guaranteed Wave 1 Entry (9:45)

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Jared	Braum		Wave Nine (12:40)
harrison	bray	Crawley's Kebabs	Wave Eight (12:20)
Philip	Brearey	crewFIT - Captain	Wave Six (11:40)
Carolyn	Brearey	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Jessica	Brearey	Flab2lean - Captain	Guaranteed Wave 1 Entry (9:45)
Megan	Brearey	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Molly	Brearey	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Josh	Breeze	Wobbly Warriors - Captain	Wave Five (11:20)
Johnathan	Bretherton		Wave Seven (12:00)
Freya	Brewer	3 Amigos	Wave Ten (13:00)
Matt	Brigg	We Met In Prison - Captain	Wave Five (11:20)
Rick	Brigg	We Met In Prison	Wave Five (11:20)
Jay	Britland	X Martial Arts Schools	Wave Five (11:20)
Marcus	Britland	X Martial Arts Schools	Wave Five (11:20)
Mark	Broadbent		Wave Eight (12:20)
Martin	Broadbent	Mushbent - Captain	Wave Ten (13:00)
Joe	Bromage	Plexus Boys	Wave Seven (12:00)
Giorgia	Bromley	Team SLC	Wave Seven (12:00)
Elizabeth	Brookes		Guaranteed Wave 1 Entry (9:45)
Danny	Brooks	Run Like The Winded - Captain	Wave Two (10:20)
Grace	Brooks	LCF - Captain	Wave Three (10:40)
Louise	Brooks	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Tammy	Brooksbank	Panda King	Wave Three (10:40)
Ellie	Broom	Wobbly Warriors	Wave Five (11:20)
Chelsey	Brophy	Scrambled Legs	Wave Seven (12:00)
Richard	Broscombe	Gareth's Gray-Hounds	Wave Four (11:00)
Alistair	Brown	Blood, sweat and beers - Captain	Wave Five (11:20)
Costner	Brown	Fact hunt	Wave Eight (12:20)
David	Brown	Snappy Crocs - Captain	Wave Four (11:00)
Louise	Brown		Wave Six (11:40)
Trevor	Brown	Not Fast, But Furious	Wave Three (10:40)
Ashton	Browne		Wave Six (11:40)
Ian	Brownson	The 3 Musketeers - Captain	Guaranteed Wave 1 Entry (9:45)
Jack	Bruno	Baildon Oldies	Guaranteed Wave 1 Entry (9:45)
Simon	Brunt		Wave Eight (12:20)
Alice	Buckley	Just FIMU it	Wave Ten (13:00)
Angela	Buckley		Wave Two (10:20)
Laura	Buckley	The Holliswomen	Wave Five (11:20)
Emilie	Buennagel	Raclette	Wave Two (10:20)
Bethanne	Bullion	Scrambled Legs	Wave Seven (12:00)
Terry	Bullion	Scrambled Legs - Captain	Wave Seven (12:00)
linda	bunce		Wave Six (11:40)
Dragos	Burciu	Burciu Squad	Wave Five (11:20)
Madalina	Burciu	Burciu Squad - Captain	Wave Five (11:20)
Edward	Burdett	TeamTLC	Wave Two (10:20)
luke	burks	X Martial Arts Schools	Wave Five (11:20)
Claire	Burnett	Autism Parents Together	Wave Six (11:40)
Tegan	Burnett	X Martial Arts Schools	Wave Five (11:20)
Harriet	Burniston	What a sad little life jane	Wave Three (10:40)
Nicola	Burns	James Cook University Hospital	Wave Eight (12:20)
Jimmy	Burnside	Blades	Guaranteed Wave 1 Entry (9:45)
Zak	Burnside	Blades	Guaranteed Wave 1 Entry (9:45)
gareth	burrow	Second time lucky	Wave Three (10:40)
lisa	burrow	Second time lucky	Wave Three (10:40)
Chloe	Burrows		Wave Seven (12:00)
Hayley	Burrows		Wave Seven (12:00)
Fiona	Bursell	The Gym Group Sheffield	Wave Three (10:40)

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Dave	Burton		Wave Seven (12:00)
Daniel	Busch	Alan Titchmarsh - Captain	Wave Eight (12:20)
Chloe	Bush	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Peter	Bush	Elite S&C Halifax	Wave Ten (13:00)
Jonny	Butchart	Don't Be Shit	Guaranteed Wave 1 Entry (9:45)
Louise	Butchart	Don't Be Shit	Guaranteed Wave 1 Entry (9:45)
Nick	Butchart	Don't Be Shit	Guaranteed Wave 1 Entry (9:45)
Nicky	Butler	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Arslaan	Butt		Wave Ten (13:00)
Abbie Jo	Butterfield	Second time lucky - Captain	Wave Three (10:40)
Gary	Butterfield	Second time lucky	Wave Three (10:40)
Kev	Butterfield	Second time lucky	Wave Three (10:40)
Kristie	Butterfield	Blackpool Rock	Guaranteed Wave 1 Entry (9:45)
Joe	Butterworth		Wave Nine (12:40)
Lee	Butterworth	Autism Parents Together	Wave Six (11:40)
Connor	Byers	DJ Hilly Stag - Captain	Guaranteed Wave 1 Entry (9:45)
Kyle	Byfleet	WARRIOR PRINCESSES	Wave Two (10:20)
Caisi	Byrnes	Pineapple	Wave Six (11:40)
Jen	Cachero	Tough Cookies	Wave Seven (12:00)
Alex	Caine	The Muddy Buddies	Wave Five (11:20)
David	Caine	Black Sheep Bog Dwellers	Guaranteed Wave 1 Entry (9:45)
Claire	Cairns	Outcast training	Guaranteed Wave 1 Entry (9:45)
Samira	Cakali		Wave Five (11:20)
Karina	Calderon Brown		Wave Eight (12:20)
Nicola	Caldwell	Outcast training	Guaranteed Wave 1 Entry (9:45)
ian	callaghan	Just FIMU it	Wave Ten (13:00)
Paul	Callaghan	Storm Front	Wave Four (11:00)
Deborah	Campbell	Atdfitness	Wave Nine (12:40)
Kodi	Campbell	Flying Kiwis	Wave Two (10:20)
robert	campbell		Wave Five (11:20)
Yvonne	Campbell	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Leann	Canavan		Guaranteed Wave 1 Entry (9:45)
Tommy	Cannon	Snappy Crocs	Wave Four (11:00)
Leanne	Cantrell	Next Ninjas - Captain	Wave Seven (12:00)
John	Carmody		Wave Seven (12:00)
Paul	Carmody		Wave Six (11:40)
Lucy	Carolan	LaytonPS	Wave Eight (12:20)
Karen	Carr	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Kyle	Carr	Post Office Ponies	Wave Four (11:00)
Terry	Carr	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Marta	Carreño	Wives of Ragnar	Wave Nine (12:40)
John Ross	Carrier	Average joes gym - Captain	Wave Three (10:40)
Seane	Carroll	The Elite and Colin the fat slob	Wave Three (10:40)
Graham	Carter	Chaos for Craig	Wave Nine (12:40)
Tony	Carter	Carlson Vikings	Wave Eight (12:20)
Shane	Cartwright	Ankle Spankers	Wave Three (10:40)
Mark	Carty	The muddy ringers	Wave Eight (12:20)
Abi	Carwardine	SULRFC	Wave Eight (12:20)
Neal	Casey		Wave Six (11:40)
Russ	Casey	West Leeds Crew	Wave Three (10:40)
Shannon	Casey	Scrambled Legs! - Captain	Wave Five (11:20)
Rebecca	Castle	Wolds Warriors - Captain	Wave Four (11:00)
Craig	Castleton	For you Ali	Wave Ten (13:00)
Chelsea	Catleugh	On The Fence - Captain	Wave Four (11:00)
Elinor	Caudwell Casey		Wave Six (11:40)
REECE	CAUNCE	Ankle Spankers - Captain	Wave Three (10:40)
Louise	Cavender	Quaileys Army	Wave Eight (12:20)

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Beth	Celliers	X Martial Arts Schools	Wave Five (11:20)
Carl	Chalfont	Me, Myself & Nobby	Guaranteed Wave 1 Entry (9:45)
Matthew	Chambers	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Katie	Chandler	Scarborough!	Wave Three (10:40)
Sasha	Chapman	Scarborough!	Wave Three (10:40)
Neil	Chappell	Scrap Metal Warriors	Wave Three (10:40)
Pam	Chappell		Guaranteed Wave 1 Entry (9:45)
Bethany	Charlesworth	The Fuddy Muckers - Captain	Wave Eight (12:20)
Mark	Charlesworth	The Fuddy Muckers	Wave Eight (12:20)
Ryan	Charlesworth	The Fuddy Muckers	Wave Eight (12:20)
Dan	Charnley	Minden FC	Wave Four (11:00)
Nicky	Charsley	Salty Kisses - Captain	Wave Four (11:00)
Andrew	Chatburn	Woodland Crew	Wave Two (10:20)
Corben	Chelton	Lion Fitness Warriors	Wave Three (10:40)
Nicola	Chelton	Lion Fitness Warriors	Wave Three (10:40)
Robert	Chelton	Lion Fitness Warriors	Wave Three (10:40)
Lyson	Cheron	The Gym Burton	Wave Three (10:40)
Sonny	Cheung	Peasant Warriors - Captain	Wave Five (11:20)
Chris	Chittell	Snappy Crocs	Wave Four (11:00)
Rebecca	Chivers	We're really bad at team names	Wave Eight (12:20)
Annette	Chrisp	PFIT Warriors	Wave Seven (12:00)
John	Christer	The Last Hurrah	Wave Six (11:40)
Andrew	Christian	Outcast training - Captain	Guaranteed Wave 1 Entry (9:45)
Paul	Christopherson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Malwina	Chudzik	XCEED FITNESS	Wave Two (10:20)
Adam	Clark	Second time lucky	Wave Three (10:40)
Beth	Clark	Team OTC	Wave Four (11:00)
Chris	Clark		Wave Two (10:20)
James	Clark		Wave Two (10:20)
Jon	Clark	Spellman Walker	Wave Two (10:20)
Karen	Clark	Unique warriors	Wave Two (10:20)
Andrew	Clarke	Dicko's Mission Impossible	Wave Six (11:40)
Daniel	Clarke	The team that only came for a picnic - Ca	Wave Five (11:20)
Max	Claron	Warwick Handball - Captain	Guaranteed Wave 1 Entry (9:45)
Jack	Clayton	Crawley's Kebabs	Wave Eight (12:20)
Kieron	Clayton	Quaileys Army	Wave Eight (12:20)
Rebecca	Clayton	TBC - Captain	Guaranteed Wave 1 Entry (9:45)
Ed	Cleave	RCCJ	Wave Four (11:00)
Steven	Cleckner		Wave Five (11:20)
Chloe	Clifford	D-CKS	Wave Nine (12:40)
Daniel	Clifford	D-CKS	Wave Nine (12:40)
Kerry	Clifford	D-CKS	Wave Nine (12:40)
Kelly	Cockerline	Daves dirty dozen	Wave Ten (13:00)
Andrea	Colbrook		Wave Six (11:40)
Nathan	Cole		Wave Eight (12:20)
Steph	Coleman	Team SLC	Wave Seven (12:00)
Jacqui	Coleyshaw	Comets Psycho Chicks	Wave Two (10:20)
Amy	Collinson		Wave Five (11:20)
Paul	Colman	PFIT Warriors	Wave Seven (12:00)
Jade	Colston	Fashionable Fitness	Wave Five (11:20)
Brian	Connah	Blades - Captain	Guaranteed Wave 1 Entry (9:45)
Molly	Connah	Blades	Guaranteed Wave 1 Entry (9:45)
Liz	Conroy	JS-PT Health Studio	Wave Nine (12:40)
Martin	Cook		Guaranteed Wave 1 Entry (9:45)
Matthew	Cook	Just FIMU it	Wave Ten (13:00)
Nicholas	Cook	Edge Gym	Wave Five (11:20)
Sebastian	Cook	Tough Cookies - Captain	Wave Seven (12:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Shelly	Cook		Wave Eight (12:20)
Alex	Coop	Blood, sweat and beers	Wave Five (11:20)
Alex	Cooper	Really Naughty Boyz - Captain	Wave Nine (12:40)
Andrew	Cooper	Fashionable Fitness	Wave Five (11:20)
Chloe	Cooper	Average joes gym	Wave Three (10:40)
Ella	Cooper	The I Know What You Didn't Do Last Sumr	Guaranteed Wave 1 Entry (9:45)
Karl	Cooper	Daves dirty dozen	Wave Ten (13:00)
Shellie	Cordingley		Wave Eight (12:20)
Robert	Corker	Yorkie Warriors	Wave Five (11:20)
Adriana	Cormack	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Poppy	Cornforth	Team Nunthorpe - Captain	Wave Six (11:40)
Sarah	Cottam	Josh's Legacy	Wave Four (11:00)
Andrew	Cotton	Yamaha	Wave Six (11:40)
Adam	Coughlan	onePT TW Originals	Wave Seven (12:00)
Mark	Coulson	Top Guns	Wave Five (11:20)
Paul	Coulson	Top Guns - Captain	Wave Five (11:20)
Greg	Coulthard		Wave Seven (12:00)
Alistair	Couper		Wave Three (10:40)
Brian	Cousins	Sweet Potatoes	Wave Eight (12:20)
Tarran	Coward-Willis	Bowman Riley	Wave Four (11:00)
Mark	Cowell	The Elite and Colin the fat slob	Wave Three (10:40)
sam	cowell	Chesterfield Cavaliers	Wave Ten (13:00)
Caitlin	Cowling		Wave Six (11:40)
Dawn	Cowling	Scarborough!	Wave Three (10:40)
Mark	Cox	The Coxs - Captain	Wave Three (10:40)
Megan	Cox	Not Fast, But Furious	Wave Three (10:40)
Sarah	Cox	The Coxs	Wave Three (10:40)
Madison	Crabb		Wave Two (10:20)
Amanda	Crabtree	First Timers	Wave Nine (12:40)
Harry	Craven	Josh's Legacy	Wave Four (11:00)
Marie	Craven	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Daniel	Cregg	Vanquish Your Demons	Wave Four (11:00)
Tracy	Cregg	Vanquish Your Demons	Wave Four (11:00)
ayden	crew	Hitmen and her	Wave Three (10:40)
Debbie	Crewe		Guaranteed Wave 1 Entry (9:45)
Jonny	Crick	Fact hunt	Wave Eight (12:20)
Trevor	croft	lovinglife	Wave Six (11:40)
Jacob	Croker		Wave Eight (12:20)
richard	crook	Twinkle toes	Guaranteed Wave 1 Entry (9:45)
Beckii	Crosby	SULRFC	Wave Eight (12:20)
Catriona	Cross	Namaste Ninjas	Wave Three (10:40)
Donna	Crouch	Muscular Dystrophy UK	Wave Seven (12:00)
Anna	Crow	How I met your Mudda	Wave Eight (12:20)
Chris	Crowe	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Lucy	Crowther		Guaranteed Wave 1 Entry (9:45)
Leanne	Cruise	Donny massive	Guaranteed Wave 1 Entry (9:45)
Jessica	Cuffe	Team SLC	Wave Seven (12:00)
Brendan	Culshaw	Donny massive - Captain	Guaranteed Wave 1 Entry (9:45)
Scott	Curran	Fashionable Fitness	Wave Five (11:20)
Emilie	Curry	Comets Psycho Chicks	Wave Two (10:20)
Paul	Curry	S75 Fitness	Wave Four (11:00)
Kai	D'andrea	DSFT	Wave Eight (12:20)
Alyssa	Dale	Autism Parents Together	Wave Six (11:40)
Cathy-leanne	Dalton	Scarborough!	Wave Three (10:40)
Craig	Dalton	Newton lads - Captain	Wave Eight (12:20)
Liam	Daly	Harry Potter and the Chamber of Mudders	Wave Ten (13:00)
Deborah	Daniels	Comets Psycho Chicks	Wave Two (10:20)

Total Warrior 2021
Sunday 12K Final Wave Times

jason	darcy	DARCYS - Captain	Guaranteed Wave 1 Entry (9:45)
zenia	darcy	DARCYS	Guaranteed Wave 1 Entry (9:45)
Blake	Davenport	Revolution Kickboxing	Wave Six (11:40)
Callum	Davenport	Revolution Kickboxing	Wave Six (11:40)
Craig	Davenport	Revolution Kickboxing	Wave Six (11:40)
Carl	Davey	Outcast training	Guaranteed Wave 1 Entry (9:45)
Logan	Davey	Outcast training	Guaranteed Wave 1 Entry (9:45)
Rebecca	Davey	Fashionable Fitness	Wave Five (11:20)
Susan	Davidson	Team Tempest	Wave Six (11:40)
Adam	Davies	The Muddy Buddies	Wave Five (11:20)
Ben	Davies	Muscular Dystrophy UK	Wave Seven (12:00)
Ben	Davies	Twinkle toes	Guaranteed Wave 1 Entry (9:45)
Emma	Davies	Muscular Dystrophy UK	Wave Seven (12:00)
Greg	Davies	New Mills Old Boys - Captain	Guaranteed Wave 1 Entry (9:45)
Olivia	Davies	Blood, sweat and beers	Wave Five (11:20)
Rachel	Davies	SULRFC	Wave Eight (12:20)
Warren	Davies	TeamTLC	Wave Two (10:20)
Zoe	Davies	Muddie Buddies - Captain	Wave Four (11:00)
Zoe	Davies	Muddie Buddies	Wave Four (11:00)
Warren	Davis	Pineapple	Wave Six (11:40)
Megan	Davison	Hx Hunslet	Wave Ten (13:00)
Katherine	Dawson	Laughing Assassins	Wave Five (11:20)
Katie	Dawson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Matthew	Dawson	The A Team	Wave Seven (12:00)
Paula	Dawson	Outcast training	Guaranteed Wave 1 Entry (9:45)
Jo	Day	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Mark	Day	Andrark - Captain	Guaranteed Wave 1 Entry (9:45)
Rebecca	Day	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
CAMILLA	DE CAMARGO		Wave Seven (12:00)
Phil	Dean	Lion Fitness Warriors	Wave Three (10:40)
Phillip	Dean	Titans2020	Wave Three (10:40)
Elizabeth	Deans	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Wayne	Delsaint	Wreck heads	Wave Five (11:20)
Neil	Dembry	Not Fast, But Furious	Wave Three (10:40)
matthew	dempsey	Outcast training	Guaranteed Wave 1 Entry (9:45)
Leigh	Derrick	lovinglife	Wave Six (11:40)
Adeline	Desityne	Edge Gym	Wave Five (11:20)
Barbara	Devall	Immaculate Misconceptions	Wave Four (11:00)
Paul	Devine	Strenuous Life	Wave Four (11:00)
Sol	Devine	Blades	Guaranteed Wave 1 Entry (9:45)
Francesca	Devlin	Quaileys Army	Wave Eight (12:20)
Adam	Dickinson	Adams Team - Captain	Wave Nine (12:40)
Andrew	dickinson	Dicko's Mission Impossible	Wave Six (11:40)
Luke	Dickinson		Wave Two (10:20)
Elena	Dijkhuis	SULRFC	Wave Eight (12:20)
Daniel	Dillon	Desapline Martial Arts	Guaranteed Wave 1 Entry (9:45)
Sam	Dinnage	Newton lads	Wave Eight (12:20)
John	Dixon	Atdfitness	Wave Nine (12:40)
Artur	Dobras	Mud lovers - Captain	Wave Two (10:20)
Charlotte	Dobson	The Holliswomen	Wave Five (11:20)
Gareth	Dobson	We're Still in Trouble	Wave Four (11:00)
Gemma	Dobson	We're Still in Trouble	Wave Four (11:00)
Levii	Dodd	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Katherine	Dodds	Don't Be Shit - Captain	Guaranteed Wave 1 Entry (9:45)
Katie	Dodsworth		Guaranteed Wave 1 Entry (9:45)
Tim	Doherty	Nath's dad's son's dad's son's army	Guaranteed Wave 1 Entry (9:45)
Aleksander	Dolat	Team SLC	Wave Seven (12:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Graham	Donnan	Mudder and sister-in-laws	Wave Two (10:20)
Anthony	Donnelly	1 cock, 2 hens	Wave Six (11:40)
Jo	Donnelly	1 cock, 2 hens - Captain	Wave Six (11:40)
Samantha	Donnor	Revolution Kickboxing	Wave Six (11:40)
Shelby	Donoghue	S75 Fitness	Wave Four (11:00)
Luke	Dos-Santos	Just FIMU it	Wave Ten (13:00)
Emma	Doubooni	James Cook University Hospital	Wave Eight (12:20)
Dawn	Douglas	Not Fast, But Furious	Wave Three (10:40)
Godwin	Douglas	Woodland Crew	Wave Two (10:20)
Steven	Douglas	The Last Hurrah	Wave Six (11:40)
Joshua	Douglas-Smith	Four Goat	Wave Nine (12:40)
Kenneth	Dove	Team OTC	Wave Four (11:00)
Tyler	Dove	Campers - Captain	Wave Nine (12:40)
Matt	Dowlan	Flab2lean	Guaranteed Wave 1 Entry (9:45)
James	Dowling	Earles Gardens - Captain	Wave Eight (12:20)
Stephen	Downes	Team OTC	Wave Four (11:00)
James	Doyle	The I Know What You Didn't Do Last Sumr	Guaranteed Wave 1 Entry (9:45)
Lizzy	Doyle	Team Name Here	Wave Nine (12:40)
Nicholas	Doyle	Team Name Here	Wave Nine (12:40)
Reece	Drahosz	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Darren	Driffield	Muscular Dystrophy UK - Captain	Wave Seven (12:00)
Susanne	Driffield	Muscular Dystrophy UK	Wave Seven (12:00)
Kimberley	Driver		Wave Four (11:00)
Tracey	Drury		Wave Five (11:20)
Laura	Dryden	TeamTLC - Captain	Wave Two (10:20)
Katie	Duckworth	Not Fast, But Furious	Wave Three (10:40)
Cameron	Duffy	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Michael	Duffy	The Seaham Saveloys	Wave Nine (12:40)
Matt	Dugdale	Fashionable Fitness	Wave Five (11:20)
James	Dugher	Team SLC	Wave Seven (12:00)
Malwina	Dunajko	T12Fitness	Wave Seven (12:00)
Ewa	Dunbar	Sweet Potatoes	Wave Eight (12:20)
Florence	Duncan	Florence and The Machines + Elite - Capta	Guaranteed Wave 1 Entry (9:45)
Maria	Duncan	The Seaham Saveloys	Wave Nine (12:40)
Matthew	Duncan	The Seaham Saveloys	Wave Nine (12:40)
Flynn	Duncan-Fewster	Desapline Martial Arts	Guaranteed Wave 1 Entry (9:45)
Finlay	Dunlop	Vladimir-gluten	Wave Seven (12:00)
Anthony	Dunn	Outcast training	Guaranteed Wave 1 Entry (9:45)
Oliver	Dunn	Wii Not Fit	Wave Ten (13:00)
Laura Jayne	Dunning		Wave Five (11:20)
Miranda	Dunstan	Body Burn Bootcamp	Wave Ten (13:00)
Hannah	Dunton	Josh's Legacy	Wave Four (11:00)
Danielle	Dunwell		Wave Eight (12:20)
Jennifer	Dutton	Josh's Legacy	Wave Four (11:00)
Simon	Dwyer	Encore Elite - Captain	Wave Two (10:20)
Terry	Dyson	SMASHED IT	Wave Eight (12:20)
Carl	Earnshaw	TBC	Guaranteed Wave 1 Entry (9:45)
Michael	Earnshaw	Jamie of Clan MacMudface and his Band	Wave Nine (12:40)
Rachel	Earnshaw	TBC	Guaranteed Wave 1 Entry (9:45)
Sarah	East		Guaranteed Wave 1 Entry (9:45)
Oscar	Easter Nistri	PMA Leeds	Wave Two (10:20)
Steven	Eastwood	The Window lickers - Captain	Wave Seven (12:00)
Richard	Eccles	The Dickies and the wives - Captain	Wave Two (10:20)
Sarah	Eccles	The Dickies and the wives	Wave Two (10:20)
Christopher	Eddleston	Outcast training	Guaranteed Wave 1 Entry (9:45)
Jack	Edgar	Team Purple	Wave Five (11:20)
Matthew	Edgar	SMASHED IT - Captain	Wave Eight (12:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Gareth	Edgell		Wave Seven (12:00)
Kim	Edwards	Team Barthorpe	Wave Two (10:20)
Janelle	Egan	Elite S&C Halifax	Wave Ten (13:00)
Matt	Elder	Hawaiian pasty team	Wave Ten (13:00)
Rebecca	Ellen	Comets Psycho Chicks	Wave Two (10:20)
Christopher	Elliot	Rifkin Crew	Wave Two (10:20)
Sally	Elliott	D-CKS - Captain	Wave Nine (12:40)
Angela	Ellis	The Slow Burners	Wave Five (11:20)
Ashlea	Ellis	Blackpool Rock	Guaranteed Wave 1 Entry (9:45)
Emma	Ellis	Comets Psycho Chicks	Wave Two (10:20)
JB	Ellis	Total Gutter Warrior	Wave Five (11:20)
John	Ellis	Ellis - Captain	Wave Three (10:40)
Killian	ellis		Wave Four (11:00)
Mark	Ellis	Barnsley boys	Wave Three (10:40)
Nicola	Ellis	Ellis	Wave Three (10:40)
Raine	Ellis	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Vicky	Ellis	Muscular Dystrophy UK	Wave Seven (12:00)
Zoe	Ellis	Crossfit Hull & Humber	Wave Three (10:40)
Zoe	Ellis	Total Gutter Warrior	Wave Five (11:20)
Patrick	Ellison	Wilkinson and Partners	Wave Four (11:00)
Shaun	Elsbury	Minden FC	Wave Four (11:00)
Lauren	Emmerson	Beauties and the Beasts	Guaranteed Wave 1 Entry (9:45)
Alice	Enderby	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Katie	England	Mina's warriors	Wave Six (11:40)
Sarah	England	JS-PT Health Studio	Wave Nine (12:40)
nikolas	erodotou	Bukkake Warriors	Wave Seven (12:00)
Nicholas	Escreet		Guaranteed Wave 1 Entry (9:45)
Sarah	Etheridge	Triers2gether	Wave Two (10:20)
Will	Etheridge	Triers2gether	Wave Two (10:20)
Andy	Ettenfield	The A Team	Wave Seven (12:00)
Haydn	Evans	The I Know What You Didn't Do Last Summer	Guaranteed Wave 1 Entry (9:45)
Joe	Evans		Guaranteed Wave 1 Entry (9:45)
Meg	Evans	Peer Pressure	Wave Five (11:20)
Michael	Evans	Peer Pressure	Wave Five (11:20)
Kathryn	Everett	Run Like The Winded	Wave Two (10:20)
Gary	Ewart	The Fuddy Muckers	Wave Eight (12:20)
Daniel	Fairlamb	BTEC SPORT	Wave Nine (12:40)
Sheik	Faiz	Four Goat - Captain	Wave Nine (12:40)
Hattie	Falgate	Team SLC	Wave Seven (12:00)
Tom	Farmer	Crawley's Kebabs	Wave Eight (12:20)
Catherine	Farn	Scarborough!	Wave Three (10:40)
Gemma	Farrar	Josh's Legacy	Wave Four (11:00)
Lisa	Farrar	LAS	Wave Six (11:40)
Mark	Farrar	Josh's Legacy	Wave Four (11:00)
Melissa	Farrar	Josh's Legacy	Wave Four (11:00)
Rebecca	Farrar	Josh's Legacy	Wave Four (11:00)
Anna	Fawcett	Fawcett, like the street	Wave Five (11:20)
Jake	Fawcett	Fawcett, like the street	Wave Five (11:20)
Laura	Fawcett		Guaranteed Wave 1 Entry (9:45)
nathan	fawcett	Fawcett, like the street	Wave Five (11:20)
Neil	Fell	onePT TW Originals - Captain	Wave Seven (12:00)
Chris	Fenteman	Lion Fitness Warriors	Wave Three (10:40)
Lisa	Fenton	onePT TW Originals	Wave Seven (12:00)
Jayne	Ferguson	Josh's Legacy	Wave Four (11:00)
Lucy	Ferguson	James Cook University Hospital	Wave Eight (12:20)
Michelle	Fergusson	Immaculate Misconceptions	Wave Four (11:00)
Nuno	Fernandes	Carlson Vikings	Wave Eight (12:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Joel	Few		Wave Seven (12:00)
Barrie	Fewster	Desapline Martial Arts - Captain	Guaranteed Wave 1 Entry (9:45)
DAVID	FIDDAMAN	LA Mudders	Wave Three (10:40)
Ciaran	Field	XCEED FITNESS	Wave Two (10:20)
Lauren	Field	XCEED FITNESS	Wave Two (10:20)
David	Fieldhouse	Vida Warriors	Wave Six (11:40)
Holly	Fielding	Hunters Wolves	Wave Eight (12:20)
martin	fillingham	Baildon Oldies	Guaranteed Wave 1 Entry (9:45)
Andrew	Fink	Just FIMU it	Wave Ten (13:00)
Stephen	Finkel	Lancashire Huns	Guaranteed Wave 1 Entry (9:45)
Oliver	Finlay		Wave Nine (12:40)
Samuel	Finney	Team Tempest	Wave Six (11:40)
Kristy	Firth	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Rachel	Firth		Guaranteed Wave 1 Entry (9:45)
Emma	Fisher	Atdfitness	Wave Nine (12:40)
Andy	Fishwick	Acoustic Cafe	Wave Five (11:20)
James	Fitzpatrick	The Gym Group Sheffield	Wave Three (10:40)
Ian	Fitzsimons	Acoustic Cafe - Captain	Wave Five (11:20)
Kye	Fitzsimons	Acoustic Cafe	Wave Five (11:20)
Michelle	Fitzsimons	Acoustic Cafe	Wave Five (11:20)
Paul	Flaherty		Wave Seven (12:00)
Grant	Fleming	Donny massive	Guaranteed Wave 1 Entry (9:45)
Amie	Fletcher	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Amie	Fletcher	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Terrie	Fletcher	Team Purple	Wave Five (11:20)
Victoria	Fletcher	Outcast training	Guaranteed Wave 1 Entry (9:45)
Stacey	Flinn-Scholfield	PFIT Warriors	Wave Seven (12:00)
Toby	Flint		Guaranteed Wave 1 Entry (9:45)
Rebecca	Flintham		Wave Six (11:40)
Andrew	Flounders	Autism Parents Together	Wave Six (11:40)
Laura	Flynn	Josh's Legacy	Wave Four (11:00)
Sarah	Fong Wah	Immaculate Misconceptions	Wave Four (11:00)
Martyn	Ford	SCP	Wave Two (10:20)
Dan	Fordey	SCP	Wave Two (10:20)
MARK	FORSHAW	Me, Myself & Nobby	Guaranteed Wave 1 Entry (9:45)
Craig	Forsyth	Snappy Crocs	Wave Four (11:00)
Beth	Foster	Fashionable Fitness	Wave Five (11:20)
Carl	Foster	Unique warriors	Wave Two (10:20)
Grace	Foster	Body Burn Bootcamp	Wave Ten (13:00)
Harry	Foster	Newton lads	Wave Eight (12:20)
Julia	Foster	Kick Ass Cancer Crew! - Captain	Wave Ten (13:00)
Kathryn	Foster	Kick Ass Cancer Crew!	Wave Ten (13:00)
Michelle	Foster	Outcast training	Guaranteed Wave 1 Entry (9:45)
Rhys	Foster	Mersey warriors	Wave Nine (12:40)
Neil	Foulds	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Samuel	Foulds	Flab2lean	Guaranteed Wave 1 Entry (9:45)
sam	fowbert	Josh's Legacy	Wave Four (11:00)
Jack	Fox	Revolution Kickboxing	Wave Six (11:40)
Steve	Fox	Revolution Kickboxing	Wave Six (11:40)
Lisa	Frank		Wave Five (11:20)
Ian	freeman	lovinglife	Wave Six (11:40)
Nicole	French	Dortech Maintenance	Wave Ten (13:00)
Harrison	Fretwell	Fabb Fretwells	Wave Six (11:40)
Joe	fretwell	Fabb Fretwells	Wave Six (11:40)
Sarah	Fretwell	Fabb Fretwells - Captain	Wave Six (11:40)
Anna	Friend	Chaos for Craig	Wave Nine (12:40)
Ben	Fry	Snappy Crocs	Wave Four (11:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Hannah	Fulford	Just FIMU it	Wave Ten (13:00)
James	Fuller		Wave Two (10:20)
Sharon	Furber	JS-PT Health Studio	Wave Nine (12:40)
Carl	Gaffney		Guaranteed Wave 1 Entry (9:45)
Celine	Gair	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
David	Gallacher	Hunters Wolves	Wave Eight (12:20)
Franca	Gallacher	Hunters Wolves	Wave Eight (12:20)
Mary	Gallacher	Hunters Wolves	Wave Eight (12:20)
dawn	gallagher	Wandering Wallies	Wave Six (11:40)
Kate	Gallagher	Edge Gym	Wave Five (11:20)
Lee	Gallagher	Lancashire Huns - Captain	Guaranteed Wave 1 Entry (9:45)
Jake	Gallimore	Give Me My Medal	Wave Five (11:20)
Grant	Galloway	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Sonny-Lee	Galloway	Woodland Crew	Wave Two (10:20)
Helenna	Gamble	Atdfitness	Wave Nine (12:40)
Barbara	Ganner	Brian's Baps	Wave Three (10:40)
Stacey	Garbutt	XCEED FITNESS	Wave Two (10:20)
Joseph	Gardham	We're Still in Trouble	Wave Four (11:00)
Emma	Gardner	Quaileys Army	Wave Eight (12:20)
Jack	Gardner	PSLC	Wave Seven (12:00)
Simon	Gardner		Guaranteed Wave 1 Entry (9:45)
Jorel	Garland		Wave Seven (12:00)
Bradley	Garner	The Gym Burton	Wave Three (10:40)
James	Garner	The Muddy Buddies	Wave Five (11:20)
Emma	Garnham	Lions tigers and bears - Captain	Wave Three (10:40)
Megan	Gaunt	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Stephanie	Gauthier	Raclette - Captain	Wave Two (10:20)
Charlotte	Gavan	Elite S&C Halifax	Wave Ten (13:00)
Mick	Gavan	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Andrew	Gawley	Team Barthorpe	Wave Two (10:20)
Ian	Gedney	Teabaggers - Captain	Wave Nine (12:40)
Rachel	Geldard	Beauty and the bi's - Captain	Wave Four (11:00)
Amy	German	Duffers	Wave Five (11:20)
Todd	German	Duffers	Wave Five (11:20)
Yvonne	Ghose	Pretty Tough	Wave Eight (12:20)
Adam	Gibson	PMA Leeds	Wave Two (10:20)
Kara	Gibson	Scarborough! - Captain	Wave Three (10:40)
Kristen	Gibson	Scarborough!	Wave Three (10:40)
Catherine	Gilbert	The Gym Burton	Wave Three (10:40)
Gemma	Giles	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Paul	Gill	Show me the Muddy 3.0 - Captain	Guaranteed Wave 1 Entry (9:45)
Ranjeet	Gill	TYSONFITNESS	Wave Two (10:20)
Andrew	Gillatt		Guaranteed Wave 1 Entry (9:45)
Kailum	Gilleece	Beauty and the bi's	Wave Four (11:00)
Ben	Gilroy	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Sally	Gilroy	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Marianela	Gimenez-Asis	What a sad little life jane	Wave Three (10:40)
Alana	Giuliani	On The Fence	Wave Four (11:00)
Nicky	Gledhill	Comets Psycho Chicks	Wave Two (10:20)
Neil	Glover	Me, Myself & Nobby	Guaranteed Wave 1 Entry (9:45)
Joe	Goddard	TeamG	Wave Eight (12:20)
Kaylie	Goddard	TeamG - Captain	Wave Eight (12:20)
Paul	Goddard	Nutt jobs - Captain	Guaranteed Wave 1 Entry (9:45)
Adam	Gomersall	PMA Leeds	Wave Two (10:20)
jacqueline	Goodlad	We are the warrior	Wave Three (10:40)
Elizabeth	Goodson	Comets Psycho Chicks	Wave Two (10:20)
Luke	Goodwin	Crawley's Kebabs	Wave Eight (12:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Emilia	Goral	Superheroes Gang	Wave Five (11:20)
Kelly	Goring	The Gym Burton	Wave Three (10:40)
Hattie	Gornall	DSFT	Wave Eight (12:20)
Tamzin	Gosling	Josh's Legacy	Wave Four (11:00)
Adrian	Gough	Blood, sweat and beers	Wave Five (11:20)
Alex	Gough	Blood, sweat and beers	Wave Five (11:20)
Matt	Gough	Pineapple - Captain	Wave Six (11:40)
Nicola	Gough	What a sad little life jane - Captain	Wave Three (10:40)
Nicola	Goundrill		Wave Six (11:40)
Charlotte	Gradon	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Kate	Graham	The Total Amateur's	Wave Five (11:20)
Keiren	Granaghan		Wave Ten (13:00)
Emma	Grant	Immaculate Misconceptions	Wave Four (11:00)
Lewis	Grayhurst	U8Scrambled Legs - Captain	Wave Eight (12:20)
Ian	Greaves		Wave Six (11:40)
Jeni	Greaves		Wave Six (11:40)
Andy	Green		Wave Nine (12:40)
Diane	Green	Raclette	Wave Two (10:20)
Jack	Green	Holmes Clan	Wave Nine (12:40)
Jodie	Green	Total Worriers	Guaranteed Wave 1 Entry (9:45)
Jonathan	Green	Can't think of a team name	Wave Two (10:20)
Lee	Green	Vanquish Your Demons	Wave Four (11:00)
Richard	Green	Pineapple	Wave Six (11:40)
Simon	Green	Vic+Si Walking Club - Captain	Wave Eight (12:20)
Stuart	Green	streetwise warriors	Wave Seven (12:00)
Thomas	Green	Blackpool Rock	Guaranteed Wave 1 Entry (9:45)
Simon	Greene		Wave Five (11:20)
Clair	Greenwood	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Gavin	Greenwood	Hitmen and her	Wave Three (10:40)
Howard	Greenwood	PMA Leeds	Wave Two (10:20)
James	Greenwood	Plexus Boys	Wave Seven (12:00)
Jan	Greenwood	The Dickies and the wives	Wave Two (10:20)
Matthew	Greenwood	Blood, sweat and beers	Wave Five (11:20)
Rachel	Greenwood		Wave Six (11:40)
Rebecca	Greenwood		Wave Eight (12:20)
Richard	Greenwood	The Dickies and the wives	Wave Two (10:20)
Russell	Greenwood	Hitmen and her	Wave Three (10:40)
sarah	greenwood	Elite S&C Halifax - Captain	Wave Ten (13:00)
Emily	Grey	Snappy Crocs	Wave Four (11:00)
Ben	Griffin		Wave Seven (12:00)
Stevie	Griffin	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Helen	Griffiths	XCEED FITNESS	Wave Two (10:20)
Alison	Griffiths-Newe	Flab2lean	Guaranteed Wave 1 Entry (9:45)
scott	grimbleby	Pilgrims 12K	Wave Six (11:40)
Jenny	Grimley	Daves dirty dozen	Wave Ten (13:00)
Paul	Grogan	Woodland Crew - Captain	Wave Two (10:20)
Aaron	Groggins	Groggy - Captain	Wave Nine (12:40)
Brandon	Groggins	Groggy	Wave Nine (12:40)
Julie	Grundy		Guaranteed Wave 1 Entry (9:45)
Michael	Gurney		Wave Five (11:20)
Mantas	Gusevas	HIITPEAK	Guaranteed Wave 1 Entry (9:45)
Jackie	Gutierrez	Mudder and sister-in-laws - Captain	Wave Two (10:20)
Oliver	Gutierrez	Mudder and sister-in-laws	Wave Two (10:20)
Holly	Guy		Wave Five (11:20)
Lisa	Guy		Wave Two (10:20)
Mat	Gzik	Team OTC - Captain	Wave Four (11:00)
Elle	H		Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

Rebecca	Habgood	Scarborough!	Wave Three (10:40)
Jennifer	Hadfield	Nearly Warriors	Wave Two (10:20)
Chris	Hague	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Catherine	Haigh	Immaculate Misconceptions	Wave Four (11:00)
Catherine	Haken	Wandering Wallies	Wave Six (11:40)
Rachel	Hale	Comets Psycho Chicks	Wave Two (10:20)
Carly	Hall		Wave Two (10:20)
Iain	Hall	Outcast training	Guaranteed Wave 1 Entry (9:45)
Jo	Hall	The Holliswomen	Wave Five (11:20)
Lauren	Hall	Hunters Wolves	Wave Eight (12:20)
Leanne	Hall	Outcast training	Guaranteed Wave 1 Entry (9:45)
Lois	Hall	Comets Psycho Chicks	Wave Two (10:20)
Nadine	Hall	Outcast training	Guaranteed Wave 1 Entry (9:45)
Oliver	Hall	Dortech Maintenance - Captain	Wave Ten (13:00)
Tanya	Hall	PIGGIN DIRTY - Captain	Wave Six (11:40)
Tracey	Hall	Comets Psycho Chicks - Captain	Wave Two (10:20)
Emma	Hallett	Elite S&C Halifax	Wave Ten (13:00)
Sam	Hallett		Wave Ten (13:00)
Dan	Halliday		Wave Seven (12:00)
Chris	Hallworth	Fact hunt	Wave Eight (12:20)
Mark	Halstead	Body Burn Bootcamp	Wave Ten (13:00)
kati	Hamblin	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Kathryn	Hamer	What a sad little life jane	Wave Three (10:40)
Megan	Hamer	What a sad little life jane	Wave Three (10:40)
Emma	Hampton	Daves dirty dozen	Wave Ten (13:00)
Charles	Hancock	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Charlotte	Hancock	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Douglas	Hancock	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Gary	Hancock	The Procrastinators - Captain	Guaranteed Wave 1 Entry (9:45)
Ryan	Handley	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Michael	Hanratty	The Fuddy Muckers	Wave Eight (12:20)
nic	hanson	Poppleton runners - Captain	Wave Three (10:40)
Phil	Hanson	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Callum	Hardcastle	Teabaggers	Wave Nine (12:40)
stewart	hardcastle	Dicko's Mission Impossible - Captain	Wave Six (11:40)
Peter	Hargreaves	We are the warrior	Wave Three (10:40)
Matthew	Harland	Fashionable Fitness	Wave Five (11:20)
Beth	Harris	Wilkinson and Partners	Wave Four (11:00)
Ellie	Harris	Team SLC	Wave Seven (12:00)
Jess	Harris	Hunters Wolves	Wave Eight (12:20)
Jess	Harris	Josh's Legacy	Wave Four (11:00)
Leah	Harris	WARRIOR PRINCESSES	Wave Two (10:20)
Mark	Harris	New Mills Old Boys	Guaranteed Wave 1 Entry (9:45)
Russell	Harris	TeamTLC	Wave Two (10:20)
Scott	Harris	Mersey warriors	Wave Nine (12:40)
Sean	Harris	Josh's Legacy	Wave Four (11:00)
avelynne	harrison	Botanica	Wave Two (10:20)
Bethany	Harrison		Wave Three (10:40)
Jack	Harrison		Wave Seven (12:00)
John	Harrison	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Laura	Harrison	Furries	Wave Ten (13:00)
Melanie	Harrison	TeamTLC	Wave Two (10:20)
Rachel	Harrison	Team Nunthorpe	Wave Six (11:40)
Jamie	Hart	Wobbly Warriors	Wave Five (11:20)
Kirsty	Hart	The Holliswomen	Wave Five (11:20)
Lindsay	Hart	T12Fitness - Captain	Wave Seven (12:00)
Dan	Hartley	Lion Fitness Warriors	Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Helen	Hartley	Comets Psycho Chicks	Wave Two (10:20)
Henry	Hartley	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Jasmine	Hartley	Ghetto blaster gals	Wave Ten (13:00)
Ashleigh	Harvey	PSLC	Wave Seven (12:00)
Alex	Harwood	Holmes Clan	Wave Nine (12:40)
Sharon	Harwood	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Tom	Harwood	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Tarek	Hassan	Team SLC - Captain	Wave Seven (12:00)
james	Hattersley	Twinkle toes	Guaranteed Wave 1 Entry (9:45)
Christopher	Hattrell	The Crites	Wave Five (11:20)
Rebecca	Hattrell	The Crites - Captain	Wave Five (11:20)
Jamie	Havill	Blackpool Rock	Guaranteed Wave 1 Entry (9:45)
Matt	Hawkins	Yorkie Warriors	Wave Five (11:20)
Conor	Haworth	Outcast training	Guaranteed Wave 1 Entry (9:45)
Stephen	Haworth	Outcast training	Guaranteed Wave 1 Entry (9:45)
Lauren	Hay	Larew - Captain	Wave Eight (12:20)
Charlie	Hayes	The Seaham Saveloys	Wave Nine (12:40)
Davey	Hayes	The Seaham Saveloys - Captain	Wave Nine (12:40)
David	Hayes	Lad'n'Dad	Wave Three (10:40)
Jake	Hayes	The Seaham Saveloys	Wave Nine (12:40)
James	Hayes	The Muddy Buddies - Captain	Wave Five (11:20)
Jim	Hayes	The Seaham Saveloys	Wave Nine (12:40)
Olwyn	Hayes	The Seaham Saveloys	Wave Nine (12:40)
Jonny	Haynes	5 Guys, A Girl and A Pizza Place	Wave Three (10:40)
Mel	Haynes	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Christina	Hayward	Bootylicious Mummy's	Wave Three (10:40)
Katharine	Hayward		Wave Six (11:40)
Jacob	Hazel		Guaranteed Wave 1 Entry (9:45)
Samantha	Head		Guaranteed Wave 1 Entry (9:45)
Craig	Healey	Spellman Walker	Wave Two (10:20)
Charlotte	Heap	The team that only came for a picnic	Wave Five (11:20)
Darryn	Hedges	Team Purple	Wave Five (11:20)
Emma	Hegarty	WARRIOR PRINCESSES - Captain	Wave Two (10:20)
jenna	helliwell	Flab2lean	Guaranteed Wave 1 Entry (9:45)
David	Hemming	Baildon Oldies - Captain	Guaranteed Wave 1 Entry (9:45)
Simon	Hemming	Baildon Oldies	Guaranteed Wave 1 Entry (9:45)
Leah	Hemsworth	Total Worriers - Captain	Guaranteed Wave 1 Entry (9:45)
Robbie	Henderson	Just FIMU it	Wave Ten (13:00)
Scott	Hendry	Under trained and over confident	Wave Two (10:20)
Tracy	Hendry	Under trained and over confident	Wave Two (10:20)
Elliot	Henry	Wobbly Warriors	Wave Five (11:20)
Steph	Hensman	Quaileys Army - Captain	Wave Eight (12:20)
Joanne	Hepi	Team Purple - Captain	Wave Five (11:20)
Shona	Heptinstall		Wave Five (11:20)
Alexander	Hepworth	U8Scrambled Legs	Wave Eight (12:20)
Brandon	Hepworth	Niles smilers	Guaranteed Wave 1 Entry (9:45)
Simon	Hepworth	Niles smilers - Captain	Guaranteed Wave 1 Entry (9:45)
Steven	Hepworth	Niles smilers	Guaranteed Wave 1 Entry (9:45)
Laura	Heraty	Team Name Here	Wave Nine (12:40)
Richard	Heselton		Wave Three (10:40)
Emma	Heslop	Elite S&C Halifax	Wave Ten (13:00)
Mark	Heslop	Elite S&C Halifax	Wave Ten (13:00)
Christopher	Hetherington	South Shields Harriers - Captain	Wave Two (10:20)
Lee	Hetherington	South Shields Harriers	Wave Two (10:20)
Lorraine	Hetherington	South Shields Harriers	Wave Two (10:20)
Kerrie	Hewitt	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
David	Hey	Black Sheep Bog Dwellers - Captain	Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

Tom	Hey	Can't think of a team name - Captain	Wave Two (10:20)
Sam	Hibbert	Furries - Captain	Wave Ten (13:00)
Sam	Hibbert	LAS	Wave Six (11:40)
nigel	hickey	Laurel & Hardy - Captain	Wave Two (10:20)
Georgia	Hickling	Josh's Legacy	Wave Four (11:00)
Jess	Hickling	Josh's Legacy	Wave Four (11:00)
Ross	Hickling	Josh's Legacy	Wave Four (11:00)
Mat	Hickmott	Show me the Muddy 3.0	Guaranteed Wave 1 Entry (9:45)
Darren	Hickson	#TeamSadist	Wave Six (11:40)
Sophie	Hickson	#TeamSadist - Captain	Wave Six (11:40)
Gary	Hides		Guaranteed Wave 1 Entry (9:45)
Adam	Higgins	New Moston Warriors	Wave Three (10:40)
Mark	Higgins		Wave Four (11:00)
Peter	Higgins	How I met your Mudda	Wave Eight (12:20)
Sarah	Higgins		Wave Four (11:00)
Chris	Hill	DJ Hilly Stag	Guaranteed Wave 1 Entry (9:45)
Dawn	Hill	PMA Leeds	Wave Two (10:20)
John	Hill	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Josh	Hill		Guaranteed Wave 1 Entry (9:45)
Ruby	Hill	Wilkinson and Partners	Wave Four (11:00)
Stephen	Hill	West Leeds Crew	Wave Three (10:40)
James	Hilton	Tiramisu - Captain	Wave Four (11:00)
Kev	Hilton	Team SLC	Wave Seven (12:00)
Sally	Hilton	Tiramisu	Wave Four (11:00)
Louise	Hinchliffe	S75 Fitness	Wave Four (11:00)
Jo	Hindle	Lion Fitness Warriors	Wave Three (10:40)
Robert	Hinton	Josh's Legacy	Wave Four (11:00)
Andrew	Hird	BTEC SPORT	Wave Nine (12:40)
Sam	Hirst	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Stephen	Hirst	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Darren	Hodgson		Wave Two (10:20)
Julie	Hodgson	Team Tempest	Wave Six (11:40)
Laura	Hodgson	Regina Filange	Wave Six (11:40)
Steve	Hodgson	The muddy ringers - Captain	Wave Eight (12:20)
Stuart	Hodgson		Wave Two (10:20)
Karen	Hoe	Muscular Dystrophy UK	Wave Seven (12:00)
Norman	Hogarth	Unique warriors	Wave Two (10:20)
Damian	Holdsworth	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Faith	Holland	Hollands - Captain	Wave Six (11:40)
georgina	holland	Team SLC	Wave Seven (12:00)
Helen	Holland	Hollands	Wave Six (11:40)
Jess	Holland	Second time lucky	Wave Three (10:40)
John	Holland	X Martial Arts Schools	Wave Five (11:20)
Rhys	Holland	Hollands	Wave Six (11:40)
Sarah	Holland	Second time lucky	Wave Three (10:40)
Stu	Hollihead	Just FIMU it	Wave Ten (13:00)
Jonathan	Hollingworth	Josh's Legacy	Wave Four (11:00)
Abigail	Holmes	Holmes Clan - Captain	Wave Nine (12:40)
Amanda	Holmes	Leeds Warriors	Wave Five (11:20)
Katy	Holmes		Wave Seven (12:00)
William	Holmes	Holmes Clan	Wave Nine (12:40)
Charlotte	Holt	Outcast training	Guaranteed Wave 1 Entry (9:45)
Hayley	Holt	Josh's Legacy	Wave Four (11:00)
Kieren	Honeyman	PFIT Warriors	Wave Seven (12:00)
Brendan	Hood	Tango and Cash - Captain	Wave Seven (12:00)
Chris	Hood	Outcast training	Guaranteed Wave 1 Entry (9:45)
Carl	Hoodless	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

Joe	Hoole	DJ Hilly Stag	Guaranteed Wave 1 Entry (9:45)
Michael	Hooson	Revolution Kickboxing	Wave Six (11:40)
Andrew	Hope	TeamG	Wave Eight (12:20)
Sarah	Hope	TeamG	Wave Eight (12:20)
Amy	Hopley	FFS	Wave Six (11:40)
Kat	Hopley	FFS - Captain	Wave Six (11:40)
Fie	Hopper	NPBA 12K Valley Warriors	Wave Seven (12:00)
Ewa	Horbowska		Wave Six (11:40)
Ebonie	Horbury	Daves dirty dozen	Wave Ten (13:00)
Reece	Hordon	UTC	Wave Two (10:20)
carys	horn		Wave Seven (12:00)
Liam	Horner	The Gym Burton - Captain	Wave Three (10:40)
Richard	Hornsey	CrossFit Boudicca - Captain	Wave Seven (12:00)
Wiktor	Horodyska		Wave Six (11:40)
Krystian	Horodyski		Wave Six (11:40)
Kathleen	Horrigan		Wave Two (10:20)
Sarah	Horsburgh		Guaranteed Wave 1 Entry (9:45)
David	Horsey	Clash Of The Titans	Guaranteed Wave 1 Entry (9:45)
Derek	Horswood		Guaranteed Wave 1 Entry (9:45)
CLARE	HORTON	S75 Fitness	Wave Four (11:00)
Jack	Hosie	Fawcett, like the street - Captain	Wave Five (11:20)
Matthew	HOUCHER	Gimp & Simp	Wave Ten (13:00)
Tony	Houghton	Unique warriors	Wave Two (10:20)
Jennifer	Hoult		Wave Five (11:20)
Joanne	Housham		Guaranteed Wave 1 Entry (9:45)
Anthony	Howard	Team SLC	Wave Seven (12:00)
Charlotte	Howard	James Cook University Hospital	Wave Eight (12:20)
Elliot	Howard	Come Down With Me - Captain	Wave Nine (12:40)
Paul	Howard	Rifkin Crew	Wave Two (10:20)
Carla	Hrslegrave	Vanquish Your Demons	Wave Four (11:00)
James	Hudak	onePT TW Originals	Wave Seven (12:00)
Katy	Huddleston	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Andrew	Hudson	SWR Parents NEW	Wave Nine (12:40)
Helen	Hudson	SWR Parents NEW - Captain	Wave Nine (12:40)
Katy	Hudson	PMA Leeds	Wave Two (10:20)
Victoria	Hudson	S75 Fitness - Captain	Wave Four (11:00)
Clare	Hughes	JS-PT Health Studio	Wave Nine (12:40)
Morgan	Hughes	Team SLC	Wave Seven (12:00)
Paul	Hugo	T12Fitness	Wave Seven (12:00)
Jason	Huitson	Hunters Wolves	Wave Eight (12:20)
Damian	Humphreys	Newton lads	Wave Eight (12:20)
Agatha	Hunt	What a sad little life jane	Wave Three (10:40)
Antony	Hunt	#oakspe - Captain	Wave Seven (12:00)
Daniel	Hunt	Chesterfield Cavaliers - Captain	Wave Ten (13:00)
Laurence	Hunt	Muscular Dystrophy UK	Wave Seven (12:00)
Nick	Hunt	Hunt - Captain	Guaranteed Wave 1 Entry (9:45)
Pamela	Hunt		1 Guaranteed Wave 1 Entry (9:45)
Greg	Hunter	The White Watson Hunter	Guaranteed Wave 1 Entry (9:45)
Jonathan	Hunter	The team that only came for a picnic	Wave Five (11:20)
Simon	Hunter	Hunters Wolves - Captain	Wave Eight (12:20)
R	Hurst		Wave Six (11:40)
Annisa	Hussain	Team OTC	Wave Four (11:00)
Emma	Hutchinson	The Holliswomen	Wave Five (11:20)
Eleanor	Hutson	Regina Filange - Captain	Wave Six (11:40)
Christopher	I'Anson	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Dave	Iddon	Daves dirty dozen - Captain	Wave Ten (13:00)
Luke	Illingworth	TeamG	Wave Eight (12:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Sobia Mehtab	Inayat	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Anton	Inckle	We are the warrior	Wave Three (10:40)
Louise	Inckle	We are the warrior - Captain	Wave Three (10:40)
Brian	Innes		Wave Five (11:20)
Anthony	Irvine	Elite S&C Halifax	Wave Ten (13:00)
Kimberley	Irvine	Elite S&C Halifax	Wave Ten (13:00)
Lynn	Irwin		Guaranteed Wave 1 Entry (9:45)
Kushma	Islam	Hx Hunslet	Wave Ten (13:00)
Andy	Ives Stevens	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Kim	Jacketts	The Holliswomen	Wave Five (11:20)
Ellis	Jacklin	Battle of the roses	Wave Ten (13:00)
Graham	Jacklin	Battle of the roses	Wave Ten (13:00)
Ben	Jackson		Wave Five (11:20)
chris	jackson	Cawood Crushers - Captain	Guaranteed Wave 1 Entry (9:45)
Dean	Jackson	Fuddy Muckers	Wave Ten (13:00)
James	Jackson	West Leeds Crew	Wave Three (10:40)
Matt	Jackson	RCCJ - Captain	Wave Four (11:00)
Adele	Jaggs	Total Gutter Warrior	Wave Five (11:20)
Chris	Jakubowski	West Leeds Crew - Captain	Wave Three (10:40)
Emma-Louise	Jakubowski	West Leeds Crew	Wave Three (10:40)
Angus	James	Just FIMU it	Wave Ten (13:00)
Catriona	Jamieson	SULRFC	Wave Eight (12:20)
Asad	Jamil	Flab2lean	Guaranteed Wave 1 Entry (9:45)
richard	janssen	Wienerberger 2020	Wave Two (10:20)
Chris	Jarrett	Fashionable Fitness	Wave Five (11:20)
Jordan	Jay	Beauty and the bi's	Wave Four (11:00)
Anna	Jebson	The Holliswomen	Wave Five (11:20)
Chris	Jefferson	It's A Trap	Wave Eight (12:20)
Gail	Jeffreys		Wave Seven (12:00)
Andrew	Jenkins	X Martial Arts Schools	Wave Five (11:20)
Caitlin	Jenkinson	Wii Not Fit - Captain	Wave Ten (13:00)
Catherine	Jenkinson	Wii Not Fit	Wave Ten (13:00)
Richard	Jepson	Lad'n'Dad - Captain	Wave Three (10:40)
Teddy	Jepson	Lad'n'Dad	Wave Three (10:40)
Hayley	Jesson	Scarborough!	Wave Three (10:40)
Graham	Jessop	Jamie of Clan MacMudface and his Band	Wave Nine (12:40)
Dave	Jewitt	XCEED FITNESS	Wave Two (10:20)
Paul	Jewson	PSLC	Wave Seven (12:00)
kristy	Jobes	The Gym Group Sheffield	Wave Three (10:40)
Amy	Joemagi	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Aaron	Johnson		Guaranteed Wave 1 Entry (9:45)
Ashley	Johnson	UTC - Captain	Wave Two (10:20)
craig	johnson	BTEC SPORT	Wave Nine (12:40)
Daniel	Johnson		Wave Two (10:20)
Daniel	Johnson	Hunters Wolves	Wave Eight (12:20)
George	Johnson	U8Scrambled Legs	Wave Eight (12:20)
Gina	Johnson	On The Fence	Wave Four (11:00)
Joshua	Johnson	Rays 50th!!	Wave Six (11:40)
Paul	Johnson	PIGGIN DIRTY	Wave Six (11:40)
Shelly	Johnson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Taraha	Johnson	PIGGIN DIRTY	Wave Six (11:40)
Charlotte	Johnston	CrossFit DHM - Captain	Wave Five (11:20)
Sadie	Jonas		Wave Six (11:40)
Abi	Jones	Muscular Dystrophy UK	Wave Seven (12:00)
Allen	Jones	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Anne	Jones	Team Tempest - Captain	Wave Six (11:40)
Chantelle	Jones		Wave Six (11:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Gary	Jones	LA Mudders	Wave Three (10:40)
Jordan	Jones	streetwise warriors	Wave Seven (12:00)
Kayley	Jones	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Kelly	Jones	Scarborough!	Wave Three (10:40)
Lee	Jones		Wave Six (11:40)
Louis	Jones	Fashionable Fitness	Wave Five (11:20)
Peter	Jones	Revolution Kickboxing	Wave Six (11:40)
Victoria	Jones	Gareth's Gray-Hounds	Wave Four (11:00)
Alex	Joof	Jen/Alex	Wave Three (10:40)
Jennifer	Joof	Jen/Alex - Captain	Wave Three (10:40)
Alexander	Jordan	Earles Gardens	Wave Eight (12:20)
Paul	Judkins	Tunny tossers - Captain	Wave Two (10:20)
Gary	Juggins	The muddy ringers	Wave Eight (12:20)
MARCIN	KAMINSKI		Guaranteed Wave 1 Entry (9:45)
RICHARD	KAY	lovinglife	Wave Six (11:40)
Kate	Keating	The straumann Striders	Guaranteed Wave 1 Entry (9:45)
Amy	Keeble	Team SLC	Wave Seven (12:00)
Molly	Keefe	JollyMosh	Guaranteed Wave 1 Entry (9:45)
Lucy	Keeney		Wave Eight (12:20)
Kristopher	Keith	On The Fence	Wave Four (11:00)
Michael	Kelliher	Wilkinson and Partners	Wave Four (11:00)
Ace	Kelly		Wave Eight (12:20)
Boss	Kelly	Kelly - Captain	Wave Eight (12:20)
Hayley	Kelly	Immaculate Misconceptions	Wave Four (11:00)
Helen	Kelly		Wave Eight (12:20)
Kyro	Kelly	Kelly	Wave Eight (12:20)
Marillious	Kelly	Kelly	Wave Eight (12:20)
Peter	Kelly		Guaranteed Wave 1 Entry (9:45)
Star	Kelly	Kelly	Wave Eight (12:20)
Emma	Kelly Duerden	Brian's Baps	Wave Three (10:40)
Steph	Kemp	The Holliswomen	Wave Five (11:20)
Lee	Kempton	Lion Fitness Warriors	Wave Three (10:40)
Millie	Kennedy	Rays 50th!! - Captain	Wave Six (11:40)
Raymond	Kennedy	Rays 50th!!	Wave Six (11:40)
Bryony	Kerr	Outcast training	Guaranteed Wave 1 Entry (9:45)
Hannah	Kevill	Immaculate Misconceptions	Wave Four (11:00)
Erica	Kiaie	Muscular Dystrophy UK	Wave Seven (12:00)
Katrina	Kicks	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Gary	Killen	On The Fence	Wave Four (11:00)
Anthony	King		Guaranteed Wave 1 Entry (9:45)
David	King		Guaranteed Wave 1 Entry (9:45)
Matthew	King	Body Burn Bootcamp - Captain	Wave Ten (13:00)
Emily	Kinnaird	FFS	Wave Six (11:40)
Lee	Kirk	CONQUERORS - Captain	Wave Two (10:20)
Joanne	Kirkham	Team SLC	Wave Seven (12:00)
Ruth	Kitchen		Wave Six (11:40)
Hannah	Kitchener	Next Ninjas	Wave Seven (12:00)
Anna	Knee		Guaranteed Wave 1 Entry (9:45)
Christopher	Knight	Fact hunt	Wave Eight (12:20)
Ethan	Knight	Grimsby warrior - Captain	Wave Nine (12:40)
Agnieszka	Kolodziejczyk	Gladiators	Wave Eight (12:20)
Emilia	Korcz	AUUU SPARTA	Wave Seven (12:00)
Aneta	Kowalska	Minnie	Wave Nine (12:40)
Lukasz	Koziello		Wave Eight (12:20)
Patrycja	Koziello		Wave Eight (12:20)
Vijayluxmi	Kritzinger		Wave Two (10:20)
Vivienne	Kruger	Josh's Legacy	Wave Four (11:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Natalie	Kuhn		Wave Nine (12:40)
Anna	Kunicka		Guaranteed Wave 1 Entry (9:45)
Lukasz	Kwiatek	Gladiators - Captain	Wave Eight (12:20)
Hannah	Laidlaw		Wave Seven (12:00)
Katy	Lam	PMA Leeds	Wave Two (10:20)
David	Lamb		Wave Five (11:20)
Sophie	Lamb		Wave Five (11:20)
Victoria	Lamb	Autism Parents Together	Wave Six (11:40)
Tom	Lambourne	Plexus Boys	Wave Seven (12:00)
Josie	Lancaster	Wilkinson and Partners	Wave Four (11:00)
Marcus	Landale	TateOil Warriors	Guaranteed Wave 1 Entry (9:45)
Paul	Lane	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Daniel	Lastun		Wave Two (10:20)
Millija	Laszkiewicz	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Chris	Laverick	TeamTLC	Wave Two (10:20)
Matthew	Law	onePT TW Originals	Wave Seven (12:00)
Sophie	Law		Guaranteed Wave 1 Entry (9:45)
Zac	Lawrence	Muscular Dystrophy UK	Wave Seven (12:00)
darren	laws	LA Mudders	Wave Three (10:40)
Graham	Laws	Mudbuds - Captain	Wave Six (11:40)
Richard	Lawson	Vanquish Your Demons	Wave Four (11:00)
Stephanie	Lawson	We're Still in Trouble - Captain	Wave Four (11:00)
Lorraine	Lax on-Savage		Wave Five (11:20)
Claire	Le Gallez	Hx Hunslet	Wave Ten (13:00)
Andrea	Lea		Wave Five (11:20)
Jayne	Lea		Wave Six (11:40)
Sarina	Leach-flanagar	Are we there yet - Captain	Wave Six (11:40)
Shaun	LEACH-FLANAGAN	Are we there yet	Wave Six (11:40)
Kerry	Leask	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Katie	Lee	Blood, sweat and beers	Wave Five (11:20)
Gavin	Leedham	Rifkin Crew	Wave Two (10:20)
Chris	Lees	Wiz Lees Fitness	Guaranteed Wave 1 Entry (9:45)
Wiz	Lees	Wiz Lees Fitness - Captain	Guaranteed Wave 1 Entry (9:45)
Brian	Leigh	Under trained and over confident	Wave Two (10:20)
Callum	Leinster	West Leeds Crew	Wave Three (10:40)
Kathryn	Lennon	Wolds Warriors	Wave Four (11:00)
Jacob	Less	Wiz Lees Fitness	Guaranteed Wave 1 Entry (9:45)
Catherine	Lewin	Team Nunthorpe	Wave Six (11:40)
Mark	Lewis		Wave Six (11:40)
Nathalie	Liddle	Team SLC	Wave Seven (12:00)
Dan	Liggins	Team Name Here - Captain	Wave Nine (12:40)
Alex	Lightburn	CrossFit DHM	Wave Five (11:20)
Ben	Lilley	Campers	Wave Nine (12:40)
Steve	Lilley		Wave Three (10:40)
Caitlin	Lillystone	Hunters Wolves	Wave Eight (12:20)
Josh	Lincoln		Wave Six (11:40)
Ewan	Lind		Guaranteed Wave 1 Entry (9:45)
Paul	Lindley	Tiramisu	Wave Four (11:00)
Rosalind	Lindley	Tiramisu	Wave Four (11:00)
Richard	Lindop		Wave Three (10:40)
Chris	Lindsay	Second time lucky	Wave Three (10:40)
Ben	Lingwood	crewFIT	Wave Six (11:40)
Antonia	Lipscombe		Wave Nine (12:40)
Michal	Liss	Mud lovers	Wave Two (10:20)
Emma	Lister		Wave Six (11:40)
Laura	Liversedge	Crossfit Hull & Humber	Wave Three (10:40)
James	Liversidge		Wave Ten (13:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Anthony	Lloyd	Mud Flaps - Captain	Wave Nine (12:40)
Chris	Lloyd	Lobbie - Captain	Wave Nine (12:40)
Dave	Lloyd	Mud Flaps	Wave Nine (12:40)
Jemma	Lloyd	Mud Flaps	Wave Nine (12:40)
Joanne	Lobley	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Connor	Lockett	Josh's Legacy	Wave Four (11:00)
Simon	Lockridge	Nutt jobs	Guaranteed Wave 1 Entry (9:45)
Marilyn	Lodge	Atdfitness	Wave Nine (12:40)
Angela	Lofthouse	Josh's Legacy	Wave Four (11:00)
Ruth	Long	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Andy	Longfellow		Wave Seven (12:00)
Alison	Longley	Chaos for Craig - Captain	Wave Nine (12:40)
Penny	Longley	Chaos for Craig	Wave Nine (12:40)
Richard	Longley	Chaos for Craig	Wave Nine (12:40)
Tara	Longley	Chaos for Craig	Wave Nine (12:40)
J	Lopez	NPBA 12K Valley Warriors	Wave Seven (12:00)
Avril	Lord	Fashionable Fitness	Wave Five (11:20)
Adele	Lord-Laverick	Brian's Baps	Wave Three (10:40)
Ian	Lord-Laverick	Brian's Baps	Wave Three (10:40)
Victoria	Low	PSLC	Wave Seven (12:00)
Nathan	Lowe	The Muddy Buddies	Wave Five (11:20)
Sarah	Lowe	Mud Flaps	Wave Nine (12:40)
Lizann	Lowson	Team Purple	Wave Five (11:20)
Grant	Luckman	Black Sheep Bog Dwellers	Guaranteed Wave 1 Entry (9:45)
Alex	Lumley	Team SLC	Wave Seven (12:00)
LAURA	LYCETT	S75 Fitness	Wave Four (11:00)
Antonio	Mabanza	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
David	Macdonald	The Last Hurrah	Wave Six (11:40)
Lauren	MacDonald	Acoustic Cafe	Wave Five (11:20)
Rachel	Macfarlane	Crossfit Hull & Humber	Wave Three (10:40)
Stuart	MacGregor	Yorkie Warriors - Captain	Wave Five (11:20)
Emma	MacInnes	Team Barthorpe	Wave Two (10:20)
Jamie	MacInnes	Team Barthorpe	Wave Two (10:20)
Anthony	Mackay		Wave Seven (12:00)
Ben	Macleod	Macnificent Team - Captain	Guaranteed Wave 1 Entry (9:45)
Lindsay	Macleod	Macnificent Team	Guaranteed Wave 1 Entry (9:45)
Nikki	Macleod	Macnificent Team	Guaranteed Wave 1 Entry (9:45)
Christopher	Madden		Guaranteed Wave 1 Entry (9:45)
Emma	Madden		Guaranteed Wave 1 Entry (9:45)
Jamie	Madden	Twinkle toes - Captain	Guaranteed Wave 1 Entry (9:45)
Marco	Magalhaes	Louth Lions - Captain	Wave Three (10:40)
Sean	Maher	Gareth's Gray-Hounds	Wave Four (11:00)
Stacey	Maher	Gareth's Gray-Hounds - Captain	Wave Four (11:00)
Paul	Mahony	Not Fast, But Furious	Wave Three (10:40)
Clara	Maidment	The I Know What You Didn't Do Last Sumr	Guaranteed Wave 1 Entry (9:45)
Dan	Major		Wave Five (11:20)
Will	Makepeace		Wave Ten (13:00)
Julie	Makin	Scarborough!	Wave Three (10:40)
Hamza	Malik	PMA Leeds	Wave Two (10:20)
Christopher	Malish	Yorkshire Spartans - Captain	Wave Four (11:00)
Josh	Mallen	Vanquish Your Demons	Wave Four (11:00)
Jonny	Manchester	Team SLC	Wave Seven (12:00)
Alan	Mann	Daves dirty dozen	Wave Ten (13:00)
Ellie	Mann	Team Nunthorpe	Wave Six (11:40)
leanne	mann	Daves dirty dozen	Wave Ten (13:00)
Teresa	Mann	Vanquish Your Demons	Wave Four (11:00)
Karen	Manners	Bootylicious Mummy's - Captain	Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Nick	Manousios		Wave Three (10:40)
Leon	Mantey	The Gym Group Sheffield - Captain	Wave Three (10:40)
Michael	Mantey	The Gym Group Sheffield	Wave Three (10:40)
Joe	Manuel	Nath's dad's son's dad's son's army - Capt	Guaranteed Wave 1 Entry (9:45)
Shaun	Manuel	Nath's dad's son's dad's son's army	Guaranteed Wave 1 Entry (9:45)
Victoria	MarkhamHalliwell		Guaranteed Wave 1 Entry (9:45)
Chris	Marron	Storm Front - Captain	Wave Four (11:00)
Cecilia	Marsh	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Simon	Marsh		Wave Six (11:40)
Chris	Marshall	The Muddy Buddies	Wave Five (11:20)
Donna	Marshall	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
James	Marshall	Team PK	Wave Nine (12:40)
Liam	Marshall	LaytonPS	Wave Eight (12:20)
Sammy	Marshall	Fashionable Fitness - Captain	Wave Five (11:20)
Spencer	Marshall	Crossfit Hull & Humber	Wave Three (10:40)
stephen	Marshall	SkinnyPigs - Captain	Guaranteed Wave 1 Entry (9:45)
Zach	Marshall	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Julie	Marshall-Pallis	The A Team	Wave Seven (12:00)
Kathryn	Marston	Leeds Cares	Wave Ten (13:00)
Adam	Martin	Easiersaidthanrun - Captain	Wave Four (11:00)
Claire	Martin	Easiersaidthanrun	Wave Four (11:00)
Genevieve	Martin	Comets Psycho Chicks	Wave Two (10:20)
Millie	Martin	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Rebecca	Martin	Fashionable Fitness	Wave Five (11:20)
Sharon	Martin	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Alex	Mason	lovinglife	Wave Six (11:40)
Dan	Mason	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
David	Masterson	Average joes gym	Wave Three (10:40)
sumina	matharu	Mina's warriors - Captain	Wave Six (11:40)
Charlotte	Mathers	S75 Fitness	Wave Four (11:00)
Kate	Matheson	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Keeley	Mattewson	Atdfitness	Wave Nine (12:40)
Alan	Matthews	XCEED FITNESS	Wave Two (10:20)
Mark	Maughan	Avengers - Captain	Wave Six (11:40)
Michael	Maughan		Guaranteed Wave 1 Entry (9:45)
Simon	Mavromichaeli	Now Or Never	Wave Nine (12:40)
Ella	Mawby	Wilkinson and Partners	Wave Four (11:00)
suzanna	may	Team Purple	Wave Five (11:20)
Bethany	Maybury	Josh's Legacy	Wave Four (11:00)
Brogan	Maycock		Wave Four (11:00)
Dominic	Maycock		Wave Four (11:00)
Ben	Maycock-Hayes	Lad'n'Dad	Wave Three (10:40)
Callum	Mayer	onePT TW Originals	Wave Seven (12:00)
Paul	Mayhew	Hsfc heroes	Guaranteed Wave 1 Entry (9:45)
Amber	Mc	Atdfitness	Wave Nine (12:40)
Kayleigh	McArdle		Wave Three (10:40)
Ben	McBean	Autism Parents Together - Captain	Wave Six (11:40)
Kayleigh	McClelland	PSLC	Wave Seven (12:00)
Carrie	McCluskey	Chaos for Craig	Wave Nine (12:40)
Jordan	McComb	On The Fence	Wave Four (11:00)
Chris	Mccord	NPBA 12K Valley Warriors	Wave Seven (12:00)
Jasmine	McCormick	Unique warriors	Wave Two (10:20)
Rachel	McCorry		Guaranteed Wave 1 Entry (9:45)
John	McCourt		Wave Seven (12:00)
Rosehanna	Mcculloch	PSLC	Wave Seven (12:00)
Charlotte	McDonagh	Immaculate Misconceptions	Wave Four (11:00)
Emma	McDonagh	Flab2lean	Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

Harvey	McDonagh	Atdfitness	Wave Nine (12:40)
Terry	McDonagh	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Gemma	McDonald	Gareth's Gray-Hounds	Wave Four (11:00)
Karl	Mcdonald	Wreck heads	Wave Five (11:20)
Rebecca	McDonnell	Elite S&C Halifax	Wave Ten (13:00)
Robert	McFarlane	Duffers - Captain	Wave Five (11:20)
Charlotte	Mcfarlane-Bro	Fashionable Fitness	Wave Five (11:20)
Nikki	McGarry	PSLC	Wave Seven (12:00)
Michelle	McGillivray	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Lizzie	Mcgough	Scarborough!	Wave Three (10:40)
Tony	McHaddan	On The Fence	Wave Four (11:00)
Natalie	Mckechnie		Guaranteed Wave 1 Entry (9:45)
Robert	Mckenzie		Wave Nine (12:40)
Vicki	McKeown		Wave Eight (12:20)
David	McLean	Mudaddicts	Wave Four (11:00)
Dean	McLean	Nutt jobs	Guaranteed Wave 1 Entry (9:45)
Martin	Mclean	Mudaddicts	Wave Four (11:00)
Sally	Mclean	Mudaddicts - Captain	Wave Four (11:00)
Helen	McMahon	Mudbuds	Wave Six (11:40)
James	McMahon	Edge Gym - Captain	Wave Five (11:20)
Aidan	McNab	Harrogate Hospital & Community Charity	Guaranteed Wave 1 Entry (9:45)
Kai	McNally	lovinglife	Wave Six (11:40)
Chaye'lee	Mcquade	Wandering Wallies	Wave Six (11:40)
George	Mcquade	Wandering Wallies	Wave Six (11:40)
Rebecca	McSharry		Guaranteed Wave 1 Entry (9:45)
Robert	McSharry		Guaranteed Wave 1 Entry (9:45)
Calum	McSorley		Wave Seven (12:00)
Ashton	Meadows		Wave Eight (12:20)
Stephen	Measures	The I Know What You Didn't Do Last Sumr	Guaranteed Wave 1 Entry (9:45)
Samantha	Mee	Doncaster warriors - Captain	Wave Six (11:40)
James	Meehan	Strenuous Life - Captain	Wave Four (11:00)
Graham	Meek	Peer Pressure - Captain	Wave Five (11:20)
Katherine	Meek	Peer Pressure	Wave Five (11:20)
stuart	meeks	Wandering Wallies	Wave Six (11:40)
ANTHONY	MEGGISON		Wave Three (10:40)
MARK	MELLENTHIN	PIGGIN DIRTY	Wave Six (11:40)
connor	melvin	Lion Fitness Warriors	Wave Three (10:40)
Jason	Metcalf		Guaranteed Wave 1 Entry (9:45)
Danielle	Metcalfe	Pretty Tough - Captain	Wave Eight (12:20)
James	Metcalfe	Hx Hunslet - Captain	Wave Ten (13:00)
Kathryn	Metcalfe	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Dominic	Middlemiss	Unique warriors	Wave Two (10:20)
Ian	Middlemiss	Post Office Ponies - Captain	Wave Four (11:00)
Chelsea	Middleton	PSLC	Wave Seven (12:00)
Philip	Middleton		Wave Eight (12:20)
Charley	Midson	Team SLC	Wave Seven (12:00)
Pawel	Mikulicz		Guaranteed Wave 1 Entry (9:45)
Charleen	Millar	T12Fitness	Wave Seven (12:00)
Jorge	Millares		Guaranteed Wave 1 Entry (9:45)
Pablo	Millares Martin		Guaranteed Wave 1 Entry (9:45)
Andrew	Miller	Total Gutter Warrior	Wave Five (11:20)
Dale	Miller		Wave Eight (12:20)
Shannon	Miller	Fashionable Fitness	Wave Five (11:20)
Steve	Miller	Me, Myself & Nobby - Captain	Guaranteed Wave 1 Entry (9:45)
Cal	Mills		Wave Three (10:40)
Callum	Mills	Total Gutter Warrior	Wave Five (11:20)
Craig	Mills		Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Hollie	Mills	New Moston Warriors	Wave Three (10:40)
Joe	Mills	Bowman Riley	Wave Four (11:00)
Dominic	Millward	Crawley's Kebabs - Captain	Wave Eight (12:20)
Paul	Millward		Wave Six (11:40)
Joshua	Milner	Beverley Boizzzzz - Captain	Wave Four (11:00)
Daniel	Milton		Wave Two (10:20)
frankie	Milton		Wave Two (10:20)
Sally	Miners	Not Fast, But Furious	Wave Three (10:40)
Niel	Mistry	Earles Gardens	Wave Eight (12:20)
Jackie	Mitchell	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Jo	Mitchell	Comets Psycho Chicks	Wave Two (10:20)
Melissa	Mitchell	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Steven	Mitchell	Ben Clough Jägerbomb Society - Captain	Wave Ten (13:00)
Charlotte	Monck	The Total Amateur's	Wave Five (11:20)
Charlotte	Monck	The Total Amateur's	Wave Five (11:20)
Suzanne	Monks	Muscular Dystrophy UK	Wave Seven (12:00)
Indre	Montvydaite	Duffers	Wave Five (11:20)
Mary	Moon	Under trained and over confident	Wave Two (10:20)
Cher	Moore	Doncaster warriors	Wave Six (11:40)
Erin	Moore	1 cock, 2 hens	Wave Six (11:40)
Gary	Moore	Post Office Ponies	Wave Four (11:00)
Meg	Moore	Team SLC	Wave Seven (12:00)
Peter	Moore	Autism Parents Together	Wave Six (11:40)
Steven	Moore	The muddy ringers	Wave Eight (12:20)
Richard	Moorhouse	Baildon Oldies	Guaranteed Wave 1 Entry (9:45)
georgina	Moran	Immaculate Misconceptions - Captain	Wave Four (11:00)
Mark	Moran	Immaculate Misconceptions	Wave Four (11:00)
Miranda	Morgan		Guaranteed Wave 1 Entry (9:45)
Miranda	Morgan	Woodland Crew	Wave Two (10:20)
Natalie	Morgan	The Total Amateur's	Wave Five (11:20)
Aran	Morland		Wave Six (11:40)
Estelle	Morley	First Timers - Captain	Wave Nine (12:40)
james	morrell		Guaranteed Wave 1 Entry (9:45)
Liz	Morris	Fuddy Muckers - Captain	Wave Ten (13:00)
Michael	Morris		Wave Ten (13:00)
Tom	Morris	Team SLC	Wave Seven (12:00)
Stuart	Morrison		Wave Ten (13:00)
Lucy	Morrissey	Muscular Dystrophy UK	Wave Seven (12:00)
Adam	Mortimer	Clash Of The Titans - Captain	Guaranteed Wave 1 Entry (9:45)
Katie	Morton	Blood, sweat and beers	Wave Five (11:20)
Lucy	Mosalski	Immaculate Misconceptions	Wave Four (11:00)
Bernadette	Mossman	Vida Warriors	Wave Six (11:40)
Shona	Mott	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Andrew	Moule	The Window lickers	Wave Seven (12:00)
Heidi	Moyers	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Carey	Moyle	Blackpool Rock	Guaranteed Wave 1 Entry (9:45)
Keith	Moyle	Blackpool Rock - Captain	Guaranteed Wave 1 Entry (9:45)
Jenny	Muir	Ghetto blaster gals - Captain	Wave Ten (13:00)
Beth	Mulhern	Come Down With Me	Wave Nine (12:40)
Anna	Mulica	Superheroes Gang	Wave Five (11:20)
Danielle	Munkley	Under trained and over confident	Wave Two (10:20)
Daniel	Murgatroyd	Just FIMU it	Wave Ten (13:00)
Katrina	Murphy	Crazy Clan - Captain	Wave Nine (12:40)
Lydia	Murphy		Wave Nine (12:40)
Melissa	Murphy	Crazy Clan	Wave Nine (12:40)
Rebecca	MURPHY	PIGGIN DIRTY	Wave Six (11:40)
Sarah	Murphy	Crazy Clan	Wave Nine (12:40)

Total Warrior 2021
Sunday 12K Final Wave Times

ian	murray	Just FIMU it	Wave Ten (13:00)
Lucy	Murray		Wave Nine (12:40)
Polly	Murray	Under trained and over confident	Wave Two (10:20)
Shaun	Murray	Under trained and over confident - Captain	Wave Two (10:20)
Helen	Muschik	Mushbent	Wave Ten (13:00)
Michael	Myers	Black Sheep Bog Dwellers	Guaranteed Wave 1 Entry (9:45)
Sohail	Nadeem	Peasant Warriors	Wave Five (11:20)
Szabolcs	Nagy		Wave Three (10:40)
Paul	Nash	TeamTLC	Wave Two (10:20)
Kathryn	Naylor	Lion Fitness Warriors	Wave Three (10:40)
Sam	Nettleton	Hollands	Wave Six (11:40)
Nuno	Neves	Blood, sweat and beers	Wave Five (11:20)
Amelia	Newbould	How I met your Mudda	Wave Eight (12:20)
Kieran	Newcombe	LaytonPS	Wave Eight (12:20)
Sarah	Newell		Wave Seven (12:00)
Rachel	Newman	Team SLC	Wave Seven (12:00)
Joe	Newton	Josh's Legacy	Wave Four (11:00)
Michelle	Newton	Lion Fitness Warriors	Wave Three (10:40)
Oliver	Newton	Plexus Boys	Wave Seven (12:00)
Will	Newton	The Muddy Buddies	Wave Five (11:20)
Justin	Ng	Blood, sweat and beers	Wave Five (11:20)
Cameron	Nichol	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Megan	Nichol	Scrambled Legs!	Wave Five (11:20)
Greg	Nicholls	T12Fitness	Wave Seven (12:00)
Sophie	Nicholls		Wave Eight (12:20)
Natalie	Nichols		Wave Seven (12:00)
Jacob	Nicholson	Vladimir-gluten	Wave Seven (12:00)
Laura	Nicholson	Wienerberger 2020 - Captain	Wave Two (10:20)
Sarah	Nickels	The Gym Burton	Wave Three (10:40)
Sam	Nickerson	Team SLC	Wave Seven (12:00)
Kul	Nijjar		Wave Two (10:20)
Christian	Nistri	PMA Leeds	Wave Two (10:20)
Hannah	Nistri	PMA Leeds	Wave Two (10:20)
Claire	Nixon	PFIT Warriors	Wave Seven (12:00)
Jack	Nixon		Wave Four (11:00)
Tom	Nixon		Wave Four (11:00)
aaron	noble		Wave Seven (12:00)
Dave	Noble	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Denis	Noble	PSLC - Captain	Wave Seven (12:00)
Elin	Noble	Team SLC	Wave Seven (12:00)
Jodie	Noble	Flab2lean	Guaranteed Wave 1 Entry (9:45)
kieran	noble		Wave Seven (12:00)
Joe	Norcross	Hsfc heroes	Guaranteed Wave 1 Entry (9:45)
Shaun	Nordstrom	Under trained and over confident	Wave Two (10:20)
matthew	norris		Wave Three (10:40)
Lesley	North	JS-PT Health Studio	Wave Nine (12:40)
Damian	Nowak	Sweet Potatoes	Wave Eight (12:20)
Theo	Nzegwu	Immaculate Misconceptions	Wave Four (11:00)
Linda	O'Brien	Edge Gym	Wave Five (11:20)
Carl	O'Mara	Hitmen and her - Captain	Wave Three (10:40)
Katie	Ogden	WARRIOR PRINCESSES	Wave Two (10:20)
Krzysztof	Ogrodowczyk	Husaria Race Team UK - Captain	Wave Nine (12:40)
Frank	Olczyk	Hitmen and her	Wave Three (10:40)
Josh	Oliver	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Ben	Omelia	Wreck heads - Captain	Wave Five (11:20)
Lee	Onion	Yorkshire 12k - Captain	Wave Two (10:20)
Gemma	Orchard		Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

Marty	Ord	PSLC	Wave Seven (12:00)
Becky	Oreilly-Bingham		Guaranteed Wave 1 Entry (9:45)
Liane	Ormerod-Leigh	Outcast training	Guaranteed Wave 1 Entry (9:45)
Natalia	Osinska	Superheroes Gang	Wave Five (11:20)
billy	osullivan		Wave Nine (12:40)
marcia	osullivan		Wave Nine (12:40)
sam	osullivan		Wave Nine (12:40)
Debbie	Owen	JS-PT Health Studio	Wave Nine (12:40)
Jason	Padden	Titans2020 - Captain	Wave Three (10:40)
Alex	Paddock		Wave Two (10:20)
Keith	Paddock		Wave Two (10:20)
Nichola	Paddock		Wave Two (10:20)
Matthew	Page	Wilkinson and Partners	Wave Four (11:00)
Annie	Pallister	The A Team - Captain	Wave Seven (12:00)
Laura	Palmer	The Gym Group Sheffield	Wave Three (10:40)
Andrew	Park	NPBA 12K Valley Warriors	Wave Seven (12:00)
Ed	Park	Team Barthorpe - Captain	Wave Two (10:20)
Elizabeth	Park		Wave Two (10:20)
Elizabeth	Park	Team Barthorpe	Wave Two (10:20)
Adele	Parker	Lion Fitness Warriors	Wave Three (10:40)
Dez	Parker	Lion Fitness Warriors	Wave Three (10:40)
Jack	Parker	Show me the Muddy 3.0	Guaranteed Wave 1 Entry (9:45)
Mick	Parker	Me, Myself & Nobby	Guaranteed Wave 1 Entry (9:45)
Stuart	Parker	Blood, sweat and beers	Wave Five (11:20)
David	Parr	Super Furry Squirrels - Captain	Guaranteed Wave 1 Entry (9:45)
Susan	Parr	Super Furry Squirrels	Guaranteed Wave 1 Entry (9:45)
Haydn	Parsonage	TEAM TLH	Wave Nine (12:40)
Alex	Parsons		Wave Ten (13:00)
DOMINIC	Patchett	Team SLC	Wave Seven (12:00)
Beth	Patten	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Callum	Payne	#oakspe	Wave Seven (12:00)
Emily	PAYNTON	Muscular Dystrophy UK	Wave Seven (12:00)
Laura	Peach	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Gina	Peacock	James Cook University Hospital	Wave Eight (12:20)
Victoria	Peacock	Vic+Si Walking Club	Wave Eight (12:20)
Erin	Pears		Guaranteed Wave 1 Entry (9:45)
Gavin	Pearson	Vanquish Your Demons - Captain	Wave Four (11:00)
Lewis	Pearson	SMASHED IT	Wave Eight (12:20)
Simon	Pearson	Strenuous Life	Wave Four (11:00)
Steven	Pedley	Newton lads	Wave Eight (12:20)
Krystal	Pedroso	Scrap Metal Warriors - Captain	Wave Three (10:40)
CARLY	PEERS	PSLC	Wave Seven (12:00)
Mike	Pellen	Middle aged codgers	Guaranteed Wave 1 Entry (9:45)
David	Pemberton	Job&Knock - Captain	Wave Three (10:40)
Jaella	Pemberton	Wives of Ragnar	Wave Nine (12:40)
Jane	Pemberton	Cliffe Tennis Warriors - Captain	Wave Ten (13:00)
Tom	Penney	Strenuous Life	Wave Four (11:00)
William	Penny	Big yeet	Wave Nine (12:40)
Phil	Pentony	PFIT Warriors	Wave Seven (12:00)
Abby	Percival	LaytonPS - Captain	Wave Eight (12:20)
Imali	Perera	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Owen	Perera	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Megan	Perez	Vida Warriors	Wave Six (11:40)
Amber	Perkins		Wave Six (11:40)
Brinn	Peters	Louth Lions	Wave Three (10:40)
Clodagh	Peters	JS-PT Health Studio	Wave Nine (12:40)
Jemma	Peters	Louth Lions	Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Jay	Petherbridge	Elite S&C Halifax	Wave Ten (13:00)
Marc	Petrozzi	Not Fast, But Furious	Wave Three (10:40)
Jasmine	Pham	Hx Hunslet	Wave Ten (13:00)
Matthew	Phillips	Newton lads	Wave Eight (12:20)
RYAN	PHILLIPS	Team Purple	Wave Five (11:20)
Becky	Philpott	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Josh	Pickering	Scarborough!	Wave Three (10:40)
David	Pickup		Guaranteed Wave 1 Entry (9:45)
Kerry	Piercy	Pretty Tough	Wave Eight (12:20)
Saskia	Pilbeam	Fashionable Fitness	Wave Five (11:20)
Sam	Pitts	Bootylicious Mummy's	Wave Three (10:40)
Stephen	Plaice	Band of mudders	Guaranteed Wave 1 Entry (9:45)
Tom	Platt	DJ Hilly Stag	Guaranteed Wave 1 Entry (9:45)
Dean	Platts		Guaranteed Wave 1 Entry (9:45)
john	plews	streetwise warriors - Captain	Wave Seven (12:00)
Amy	Plummer	SULRFC	Wave Eight (12:20)
Donna	Pollitt	Mudder and sister-in-laws	Wave Two (10:20)
Rhett	Pomfret		Wave Nine (12:40)
Sharon	Poole		Wave Three (10:40)
Cal	Potts	BTEC Warriors	Wave Eight (12:20)
Eddie	Potts	BTEC Warriors - Captain	Wave Eight (12:20)
John	Potts	BTEC Warriors	Wave Eight (12:20)
Leo	Potts	BTEC Warriors	Wave Eight (12:20)
Alex	Povey		Wave Five (11:20)
Alan	Powell	Sweet Potatoes	Wave Eight (12:20)
Aidan	Power	The Boys - Captain	Wave Seven (12:00)
David	Powers		Wave Four (11:00)
Martin	Pownall	Lion Fitness Warriors	Wave Three (10:40)
Graeme	Poynter	Fashionable Fitness	Wave Five (11:20)
SARA	PRESLEY	Manor House Lindley - Captain	Guaranteed Wave 1 Entry (9:45)
SARA	PRESLEY	Manor House Lindley	Guaranteed Wave 1 Entry (9:45)
Brooke	Preston	Josh's Legacy	Wave Four (11:00)
Kelsey	Preston	Josh's Legacy	Wave Four (11:00)
Ben	Price		Guaranteed Wave 1 Entry (9:45)
James	Price	XCEED FITNESS - Captain	Wave Two (10:20)
Matt	Price	Revolution Kickboxing	Wave Six (11:40)
Milo	Price Phillips	Muscular Dystrophy UK	Wave Seven (12:00)
Jamie	Pridmore	Jamie of Clan MacMudface and his Band	Wave Nine (12:40)
Marc	Priest	Really Naughty Boyz	Wave Nine (12:40)
William	Pritchard	X Martial Arts Schools	Wave Five (11:20)
Harry	Proberts	Team SLC	Wave Seven (12:00)
IGOR	PROKOPCZAK	Yorkie Warriors	Wave Five (11:20)
Michael	Pudney-Bennet	We're Still in Trouble	Wave Four (11:00)
Peter	Purcell	Encirc - Captain	Wave Seven (12:00)
Joshua	Quailey	Quaileys Army	Wave Eight (12:20)
Victoria	Quinn	The Holliswomen - Captain	Wave Five (11:20)
Barbara	Radu	Superheroes Gang - Captain	Wave Five (11:20)
Josh	Rae	Alan Titchmarsh	Wave Eight (12:20)
Cat	Rafferty	TateOil Warriors	Guaranteed Wave 1 Entry (9:45)
Leanne	Rafferty	The Gym Burton	Wave Three (10:40)
Lewis	Raine	Fashionable Fitness	Wave Five (11:20)
Jessica	Raisin	Fashionable Fitness	Wave Five (11:20)
Alfie	Raistrick	Wilkinson and Partners	Wave Four (11:00)
Charlie	Raistrick	Wilkinson and Partners	Wave Four (11:00)
Dave	Rambo	Tango and Cash	Wave Seven (12:00)
Ellie	Randall	Not Fast, But Furious	Wave Three (10:40)
Joel	Raper	Wreck heads	Wave Five (11:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Robin	Rapetti		Wave Five (11:20)
Alexandra	Rasmussen	onePT TW Originals	Wave Seven (12:00)
Zac	Raszyk	Tesco Crew	Wave Nine (12:40)
Leanne	Ratcliffe		Guaranteed Wave 1 Entry (9:45)
Gemma	Rathbone	PMA Leeds	Wave Two (10:20)
John	Rawling	Team PK - Captain	Wave Nine (12:40)
Jolie	Rawlings	Hunters Wolves	Wave Eight (12:20)
mark	reddy	Cant believe we're doing this - Captain	Wave Three (10:40)
Jack	Redman	Nath's dad's son's dad's son's army	Guaranteed Wave 1 Entry (9:45)
Nathan	Redshaw	PIGGIN DIRTY	Wave Six (11:40)
Anna	Reed	Muscular Dystrophy UK	Wave Seven (12:00)
Glenn	Reed	Comets Psycho Chicks	Wave Two (10:20)
Thomas	Reeve	Battle of the roses - Captain	Wave Ten (13:00)
Anna-Marie	reid	Warrior Wankers	Wave Four (11:00)
Billy	Reid	Scrap Metal Warriors	Wave Three (10:40)
Michelle	Reilly	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Mick	reilly	West Leeds Crew	Wave Three (10:40)
Paula	Reilly	PMA Leeds - Captain	Wave Two (10:20)
David	Render	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
samantha	Rennie	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Olivia	Rennison	S75 Fitness	Wave Four (11:00)
Polly	Rennison	S75 Fitness	Wave Four (11:00)
Daniel	Renshaw		Wave Eight (12:20)
David	Renton	Now Or Never	Wave Nine (12:40)
Emily	Renton	Now Or Never	Wave Nine (12:40)
Alex	Reynolds		Wave Two (10:20)
Jack	Reynolds		Wave Two (10:20)
jackie	reynolds	accelerate mfters - Captain	Wave Seven (12:00)
Joshua	Reynolds	TateOil Warriors	Guaranteed Wave 1 Entry (9:45)
Josie	Reynolds	The Gym Burton	Wave Three (10:40)
Benjamin	Rhodes	XCEED FITNESS	Wave Two (10:20)
Paula	Rhodes	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Dan	Ribertshaw	Woodland Crew	Wave Two (10:20)
Kevin	Rice	Mudbuds	Wave Six (11:40)
Suzanne	Richards		Wave Three (10:40)
Tyresha	Richards	Smells Like Team Spirit	Wave Two (10:20)
Andrew	Richardson	Larew	Wave Eight (12:20)
Luke	Richardson	WoldsRus	Guaranteed Wave 1 Entry (9:45)
Rachel	Richardson	Team Purple	Wave Five (11:20)
Stuart	Richardson	Just FIMU it	Wave Ten (13:00)
Alison	Richmond	Rainbow Warriors - Captain	Wave Five (11:20)
Chloe	Ridden	PSLC	Wave Seven (12:00)
John	Ridehough	Band of mudders - Captain	Guaranteed Wave 1 Entry (9:45)
Annabel	Riley	Josh's Legacy - Captain	Wave Four (11:00)
Emma	Riley	Josh's Legacy	Wave Four (11:00)
Jordan	Riley	Josh's Legacy	Wave Four (11:00)
Sam	Riley	Josh's Legacy	Wave Four (11:00)
Stephen	Riley	Josh's Legacy	Wave Four (11:00)
susan	riley	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Vicky	Riley	Josh's Legacy	Wave Four (11:00)
Lina	Rimkiene	HIITPEAK	Guaranteed Wave 1 Entry (9:45)
Ben	Rix	Big yeet - Captain	Wave Nine (12:40)
Alistair	Robbie	Lobbie	Wave Nine (12:40)
Caroline	Robbie	Lobbie	Wave Nine (12:40)
Bryan	Roberts	RCCJ	Wave Four (11:00)
Daisy	Roberts	SULRFC	Wave Eight (12:20)
Daniel	Roberts	5 Guys, A Girl and A Pizza Place	Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Matthew	Roberts	Clash Of The Titans	Guaranteed Wave 1 Entry (9:45)
Matthew	Roberts	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Michelle	Roberts	TeamTLC	Wave Two (10:20)
Nicola	Roberts	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Olivia	Roberts	Flab2lean	Guaranteed Wave 1 Entry (9:45)
PAUL	ROBERTS	Now Or Never	Wave Nine (12:40)
Sally	Roberts	Now Or Never - Captain	Wave Nine (12:40)
Joshua	Robertson	Team Josh - Captain	Wave Eight (12:20)
John	Robinson	Bukkake Warriors - Captain	Wave Seven (12:00)
Kathryn	Robinson	Edge Gym	Wave Five (11:20)
Steven	Robinson	Spellman Walker	Wave Two (10:20)
Tom	Robson	Team SLC	Wave Seven (12:00)
Emma	Roby	The straumann Striders - Captain	Guaranteed Wave 1 Entry (9:45)
Cole	Rochester	X Martial Arts Schools - Captain	Wave Five (11:20)
Liam	Roddis		Wave Five (11:20)
Kelly	Roden	5 Guys, A Girl and A Pizza Place	Wave Three (10:40)
Leon	Roden	5 Guys, A Girl and A Pizza Place - Captain	Wave Three (10:40)
Michael	Roden	5 Guys, A Girl and A Pizza Place	Wave Three (10:40)
Peter	Roden	5 Guys, A Girl and A Pizza Place	Wave Three (10:40)
Kay	Rogers	Hunters Wolves	Wave Eight (12:20)
Laina	Rogers	Scarborough!	Wave Three (10:40)
Lucy	Rogers	SULRFC	Wave Eight (12:20)
Neil	Rogers	Hunters Wolves	Wave Eight (12:20)
Sarah	Rogers		Wave Two (10:20)
Sarah	Rogers	Team Barthorpe	Wave Two (10:20)
Will	Rogers	Hunters Wolves	Wave Eight (12:20)
alastair	rogerson		Wave Seven (12:00)
Anna	Rogerson	We're really bad at team names - Captain	Wave Eight (12:20)
Rachel	Rogerson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Lenka	Rohackova		Wave Three (10:40)
Alison	Romaine	SULRFC	Wave Eight (12:20)
Carla	Romanuk	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Katie	Roome	S75 Fitness	Wave Four (11:00)
Sharon	Roscoe	Quaileys Army	Wave Eight (12:20)
Sarah	Rose	Lion Fitness Warriors	Wave Three (10:40)
Lee	Roshan-Nahad	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Lee	Ross		Wave Three (10:40)
Alex	Rostron	Wilkinson and Partners	Wave Four (11:00)
Laura	Rostron	Wilkinson and Partners - Captain	Wave Four (11:00)
Kirstie	Rothwell	Donny massive	Guaranteed Wave 1 Entry (9:45)
Jenna	Routh	Scrambled Legs!	Wave Five (11:20)
Nicholas	Routh	Scrambled Legs!	Wave Five (11:20)
Alyson	Rowett	Chaos for Craig	Wave Nine (12:40)
Neil	Roworth	Rifkin Crew - Captain	Wave Two (10:20)
Kevin	Roy	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Tom	Roy	Chesterfield Cavaliers	Wave Ten (13:00)
Stacey	Royales	Mighty Mudders - Captain	Wave Four (11:00)
Tyrone	Royales	Mighty Mudders	Wave Four (11:00)
Ellen Louise	Ruecroft	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Madeleine	Rumble	The Holliswomen	Wave Five (11:20)
Liam	Rushton	lovinglife	Wave Six (11:40)
Chelsie	Russell	Yamaha - Captain	Wave Six (11:40)
Kurt	Russell	Yamaha	Wave Six (11:40)
Michael	Russell	Total Gutter Warrior	Wave Five (11:20)
Craig	Rutherford	For you Ali	Wave Ten (13:00)
Thomas	Rutherford	For you Ali - Captain	Wave Ten (13:00)
James	Rycroft	Vida Warriors - Captain	Wave Six (11:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Emma	Sadler	Autism Parents Together	Wave Six (11:40)
Megan	Sadler		Wave Six (11:40)
Hayley	Sagar	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Stacey	Sagar	The straumann Striders	Guaranteed Wave 1 Entry (9:45)
Zaid	Salim	onePT TW Originals	Wave Seven (12:00)
James	Sampson	streetwise warriors	Wave Seven (12:00)
Shaun	Sanders	Harry Potter and the Chamber of Mudders	Wave Ten (13:00)
Andrew	Sanderson	Give Me My Medal - Captain	Wave Five (11:20)
Jake	Sandford	Josh's Legacy	Wave Four (11:00)
Charlotte	Sane	Macnificent Team	Guaranteed Wave 1 Entry (9:45)
Amar	Sanghera	Four Goat	Wave Nine (12:40)
Michelle	Sansom	The Gym Burton	Wave Three (10:40)
Thom	Sansom	BTEC SPORT	Wave Nine (12:40)
Gemma	Santarpino	Josh's Legacy	Wave Four (11:00)
Luca	Santarpino	Josh's Legacy	Wave Four (11:00)
Paolo	Santarpino	Josh's Legacy	Wave Four (11:00)
Adam	Sargent	Middle aged codgers	Guaranteed Wave 1 Entry (9:45)
Rachael	Saunders	C&R2020	Guaranteed Wave 1 Entry (9:45)
Scott	Savage	The Seaham Saveloys	Wave Nine (12:40)
Tara	Savidge	Comets Psycho Chicks	Wave Two (10:20)
Penny	Saville	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Bethany	Scanlon	Comets Psycho Chicks	Wave Two (10:20)
daniel	scannell	DSFT - Captain	Wave Eight (12:20)
Carl	Scholes	Team Scholezy - Captain	Wave Nine (12:40)
Elise	Scholes	Team Scholezy	Wave Nine (12:40)
Eric	Sclater	The Sclater Taters	Wave Ten (13:00)
Ian	Scoffin	Cliffe Tennis Warriors	Wave Ten (13:00)
Andrew	Scopes	Andrark	Guaranteed Wave 1 Entry (9:45)
ANDY	SCOTT	LA Mudders	Wave Three (10:40)
Gregg	Scott	Team Josh	Wave Eight (12:20)
Ian	Scott	Team Josh	Wave Eight (12:20)
Kevin	Scott	JS-PT Health Studio	Wave Nine (12:40)
Lynsey	Scott	Scarborough!	Wave Three (10:40)
Malcolm	Scott	Snappy Crocs	Wave Four (11:00)
Matthew	Scott	JS-PT Health Studio	Wave Nine (12:40)
Nicky	Scott	Scarborough!	Wave Three (10:40)
Rebecca	Scott	S75 Fitness	Wave Four (11:00)
Samantha	Scott	JS-PT Health Studio	Wave Nine (12:40)
TOM	SCOTT	LA Mudders	Wave Three (10:40)
Vikki	Scott	JS-PT Health Studio	Wave Nine (12:40)
Brittany	Scowcroft		Guaranteed Wave 1 Entry (9:45)
Peter	Scowcroft		Guaranteed Wave 1 Entry (9:45)
Katie	Seaman	The Fuddy Muckers	Wave Eight (12:20)
Joanne	Seaton-chadwi	Double J's - Captain	Wave Six (11:40)
Bryony	Seawell	Nearly Warriors - Captain	Wave Two (10:20)
Kate	Seedhouse	Flab2lean	Guaranteed Wave 1 Entry (9:45)
David	Segal	Earles Gardens	Wave Eight (12:20)
caroline	seiler	Seilero's - Captain	Wave Nine (12:40)
fiona	seiler	Seilero's	Wave Nine (12:40)
Kate	Self	Self - Captain	Wave Six (11:40)
Jade	Senior	AUUU SPARTA	Wave Seven (12:00)
Joanna	Serafin	PMA Leeds	Wave Two (10:20)
Cameron	Sewell	Scrambled Legs!	Wave Five (11:20)
Rob	Sewell	Fashionable Fitness	Wave Five (11:20)
Allison	Shackleton	James Cook University Hospital - Captain	Wave Eight (12:20)
Jed	Shakespeare	Alan Titchmarsh	Wave Eight (12:20)
Emily	Sharman	Elite S&C Halifax	Wave Ten (13:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Tony	Sharman	Hitmen and her	Wave Three (10:40)
Howard	Sharp		Wave Two (10:20)
Victoria	Sharp		Wave Two (10:20)
Jayne	Sharpe	PSLC	Wave Seven (12:00)
Christopher	Sharples	Just FIMU it	Wave Ten (13:00)
Marnie	Shaw	Poppleton runners	Wave Three (10:40)
Nigel	Shaw	streetwise warriors	Wave Seven (12:00)
Simon	Shaw		Wave Nine (12:40)
Stacie	Shaw	Revolution Kickboxing	Wave Six (11:40)
Helen	Sheffield	Team Nunthorpe	Wave Six (11:40)
Stephen	Sheldon	Mikhails Machines	Wave Nine (12:40)
louise	shennan	#TeamSadist	Wave Six (11:40)
Paul	Shennan	#TeamSadist	Wave Six (11:40)
joanne	shepherd	Revolution Kickboxing	Wave Six (11:40)
Richard	shepherd	Revolution Kickboxing	Wave Six (11:40)
Narelle	Shepston	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Luke	Sheriff	Barnsley boys	Wave Three (10:40)
Allan	Sherwood		Guaranteed Wave 1 Entry (9:45)
Kate	Sherwood	Rainbow Warriors	Wave Five (11:20)
Kayleigh	Shimbles	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Maddie	Shinn	Wobbly Warriors	Wave Five (11:20)
Colin	Shore	The Elite and Colin the fat slob - Captain	Wave Three (10:40)
Gary	Shorrock		Guaranteed Wave 1 Entry (9:45)
Jayne	Shorrock	Double J's	Wave Six (11:40)
Chris	Short	PIGGIN DIRTY	Wave Six (11:40)
Scott	Shorthose		Wave Six (11:40)
Marsha	Showman	Total Worriers	Guaranteed Wave 1 Entry (9:45)
Jameel	Siddique	West Leeds Crew	Wave Three (10:40)
Alex	Sidey	It's A Trap - Captain	Wave Eight (12:20)
Emma	Sidwell	Snappy Crocs	Wave Four (11:00)
Peter	Sidwell	Snappy Crocs	Wave Four (11:00)
Vanuza	Silva	West Leeds Crew	Wave Three (10:40)
Andy	Sim	Team SLC	Wave Seven (12:00)
Ben	Simpson		Wave Three (10:40)
Heather	Simpson	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Jewels	Simpson	Crossfit Hull & Humber - Captain	Wave Three (10:40)
Julie	Simpson	James Cook University Hospital	Wave Eight (12:20)
Laura	Simpson	Lion Fitness Warriors	Wave Three (10:40)
Steve	Simpson		Wave Three (10:40)
Alison	Sinclair	Fashionable Fitness	Wave Five (11:20)
Sally	Singleton	Flower Rangers	Wave Ten (13:00)
jamie	skelcher		Wave Three (10:40)
Ian	Skipp	Yorkshire Spartans	Wave Four (11:00)
Adam	Slack	Gimp & Simp - Captain	Wave Ten (13:00)
Andrew	Slater	Mikhails Machines - Captain	Wave Nine (12:40)
Melanie	Slinn	Leeds Warriors - Captain	Wave Five (11:20)
Jordan	Slipenkyj	Wilkinson and Partners	Wave Four (11:00)
Emma	Sly		Wave Two (10:20)
Abigail	Smith	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Alexa	Smith	Nearly Warriors	Wave Two (10:20)
Altynay	Smith	The Procrastinators	Guaranteed Wave 1 Entry (9:45)
Ben	Smith		Wave Five (11:20)
Ben	Smith	True PT - Captain	Wave Eight (12:20)
Carey	Smith	Scarborough!	Wave Three (10:40)
Carly	Smith	#TeamSadist	Wave Six (11:40)
Chloe	Smith	Outcast training	Guaranteed Wave 1 Entry (9:45)
Courtney	Smith	Fawcett, like the street	Wave Five (11:20)

Total Warrior 2021
Sunday 12K Final Wave Times

Ellie	Smith	Brian's Baps	Wave Three (10:40)
Hannah	Smith	The Gym Burton	Wave Three (10:40)
Josh	Smith	JS-PT Health Studio	Wave Nine (12:40)
Joshua	Smith	Smooth Operators - Captain	Guaranteed Wave 1 Entry (9:45)
Lesley-Anne	Smith	PSLC	Wave Seven (12:00)
Nathan	Smith		Guaranteed Wave 1 Entry (9:45)
Paul	Smith	UK Outdoor Fitness Sunday - Captain	Guaranteed Wave 1 Entry (9:45)
Paul	Smith	UK Outdoor Fitness Sunday - Captain	Wave Seven (12:00)
Rachel	Smith	Brian's Baps - Captain	Wave Three (10:40)
Ryan	Smith	#TeamSadist	Wave Six (11:40)
Sally	Smith	Revolution Kickboxing	Wave Six (11:40)
Samuel	Smith	The I Know What You Didn't Do Last Sumr	Guaranteed Wave 1 Entry (9:45)
Tracy	Smith	Fashionable Fitness	Wave Five (11:20)
Steph	Smithwhite		Wave Six (11:40)
Kate	Smurthwaite		Guaranteed Wave 1 Entry (9:45)
Neil	Smurthwaite	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Claire	Snelling	Hunters Wolves	Wave Eight (12:20)
Adriab	Sochacki	Mud lovers	Wave Two (10:20)
Laszlo	Somogyi	Vida Warriors	Wave Six (11:40)
Edward	Sorfleet	Barnsley boys - Captain	Wave Three (10:40)
Craig	Soulsby	PFIT Warriors - Captain	Wave Seven (12:00)
Megan	Soulsby	PFIT Warriors	Wave Seven (12:00)
Eve	Southcott	Hollands	Wave Six (11:40)
Victoria	Southwart	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Phil	Sparkes	Top Guns	Wave Five (11:20)
Christopher	Sparrow	SWR Parents NEW	Wave Nine (12:40)
Dexter	Sparrow		Wave Five (11:20)
Laura	Sparrow	SWR Parents NEW	Wave Nine (12:40)
Paul	Sparrow		Wave Five (11:20)
Joanne	Spedding	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Adam	Spence	The Seaham Saveloys	Wave Nine (12:40)
Claire	Spence		Guaranteed Wave 1 Entry (9:45)
Alexander	Spencer		Guaranteed Wave 1 Entry (9:45)
Angela	Spencer	Jamie of Clan MacMudface and his Band	Wave Nine (12:40)
Callum	Spencer	Revolution Kickboxing	Wave Six (11:40)
David	Spencer	Revolution Kickboxing	Wave Six (11:40)
Rachel	Spensely		Guaranteed Wave 1 Entry (9:45)
Annabelle	Spensley		Guaranteed Wave 1 Entry (9:45)
Neil	Spratt		Wave Six (11:40)
Rachel	Spruce		Wave Six (11:40)
Denisa	Sromova		Wave Eight (12:20)
Kimberly	Stamp	The Slow Burners - Captain	Wave Five (11:20)
Stuart	Stamp	The Slow Burners	Wave Five (11:20)
paul	stamper	PSLC	Wave Seven (12:00)
Barry	Stanfield	JS-PT Health Studio	Wave Nine (12:40)
Charlie	Staniforth	FFS	Wave Six (11:40)
Jamie	Stanley	Fuddy Muckers	Wave Ten (13:00)
Michelle	Stanley	Fuddy Muckers	Wave Ten (13:00)
Lee	Stansfield	Bowman Riley	Wave Four (11:00)
Laura	Stanworth	Lion Fitness Warriors	Wave Three (10:40)
Craig	stead	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Neil	Steely	Top Guns	Wave Five (11:20)
Torge	Steffen		Wave Six (11:40)
Michael	Steggles	Josh's Legacy	Wave Four (11:00)
Anna	Stephens	The Holliswomen	Wave Five (11:20)
Nathan	Stephens	#TeamSadist	Wave Six (11:40)
Samantha	Stephens	#TeamSadist	Wave Six (11:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Ian	Stephenson	PFIT Warriors	Wave Seven (12:00)
Laura	Stephenson	CONQUERORS	Wave Two (10:20)
Lucy	Stephenson	PFIT Warriors	Wave Seven (12:00)
JOE	STERLACCHINI	PMA Leeds	Wave Two (10:20)
Kevin	Steven	South Shields Harriers	Wave Two (10:20)
Josh	Stevens	New Mills Old Boys	Guaranteed Wave 1 Entry (9:45)
Matthew	Stevens	Harry Potter and the Chamber of Mudders	Wave Ten (13:00)
Greg	Stewart		Guaranteed Wave 1 Entry (9:45)
Ricky	Stewart	Fashionable Fitness	Wave Five (11:20)
Amy	Stocker	LAS - Captain	Wave Six (11:40)
Adam	Stocks	TeamG	Wave Eight (12:20)
Annie	Stocks	TeamG	Wave Eight (12:20)
David	Stocks		Wave Six (11:40)
Rebecca	Stocks		Wave Six (11:40)
Susan	Stocks	Comets Psycho Chicks	Wave Two (10:20)
Francesca	Stoddart		Wave Five (11:20)
Olivia	Stone	Fashionable Fitness	Wave Five (11:20)
John	Stoneham	Not Fast, But Furious	Wave Three (10:40)
Laim	Stones	Are we there yet	Wave Six (11:40)
Kyle	Storey	Post Office Ponies	Wave Four (11:00)
Sarah	Storey	Mina's warriors	Wave Six (11:40)
Peter	Stratford		Wave Two (10:20)
Brandon	Strike	Bowman Riley	Wave Four (11:00)
Karl	Stringer	Wreck heads	Wave Five (11:20)
Holly	Stuart	Flying Kiwis - Captain	Wave Two (10:20)
David	Stubbs	The Last Hurrah	Wave Six (11:40)
Jack	Sullivan	JS-PT Health Studio - Captain	Wave Nine (12:40)
Chelsey	Summers	Unique warriors	Wave Two (10:20)
Nicholas	Summerton		Wave Three (10:40)
Tim	Summerton	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
ken	sunderland	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Darren	Sutcliffe	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Hannah	Sutcliffe	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Lee	Suttie	The 3 Musketeers	Guaranteed Wave 1 Entry (9:45)
Becca	Swales	PSLC	Wave Seven (12:00)
Karl	Swales	Band of mudders	Guaranteed Wave 1 Entry (9:45)
Sam	Swann	Cawood Crushers	Guaranteed Wave 1 Entry (9:45)
Jonathan	Swift		Wave Seven (12:00)
Nichola	Swinden	Encore Elite	Wave Two (10:20)
Leah	Sykes	Sykes' - Captain	Wave Nine (12:40)
Michelle	Syson	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Agnieszka	Szafranska		Guaranteed Wave 1 Entry (9:45)
Pawel	Szczepanik	Superheroes Gang	Wave Five (11:20)
Oskar	Szopa	AUUU SPARTA	Wave Seven (12:00)
Joanne	Tabarrini	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Sarah	Tague	Crossfit Hull & Humber	Wave Three (10:40)
Charlotte	Tapster		Wave Three (10:40)
Robb	Tapster		Wave Three (10:40)
Edvardas	Tarasevicius	TeamTLC	Wave Two (10:20)
Richard	Tattersall	New Moston Warriors - Captain	Wave Three (10:40)
Samuel	Tattersall	The Elite and Colin the fat slob	Wave Three (10:40)
sophia	tattersall	S75 Fitness	Wave Four (11:00)
Molly	Taubman	S75 Fitness	Wave Four (11:00)
Alex	Taylor	Warwick Handball	Guaranteed Wave 1 Entry (9:45)
Benjamin	Taylor	Barnsley boys	Wave Three (10:40)
Britt	Taylor		Wave Six (11:40)
Ian	Taylor	Atdfitness	Wave Nine (12:40)

Total Warrior 2021
Sunday 12K Final Wave Times

James	Taylor		Wave Eight (12:20)
Kerrie	Taylor	Muscular Dystrophy UK	Wave Seven (12:00)
Leigh	Taylor	Atdfitness	Wave Nine (12:40)
Lucy	Taylor		Guaranteed Wave 1 Entry (9:45)
Matthew	Taylor	Barnsley boys	Wave Three (10:40)
Naomi	Taylor	Revolution Kickboxing	Wave Six (11:40)
Oliver	Taylor	Minden FC - Captain	Wave Four (11:00)
Sami	Taylor	PMA Leeds	Wave Two (10:20)
Simon	Taylor		Guaranteed Wave 1 Entry (9:45)
Nicola	Taylorbu	Fashionable Fitness	Wave Five (11:20)
Justyna	Teale	Wives of Ragnar	Wave Nine (12:40)
Amie	Teasdale	Muscular Dystrophy UK	Wave Seven (12:00)
Joe	Telford	Hunters Wolves	Wave Eight (12:20)
Chris	Thacker	Gareth's Gray-Hounds	Wave Four (11:00)
James	Thacker	Fact hunt - Captain	Wave Eight (12:20)
Leanne	Thacker	Gareth's Gray-Hounds	Wave Four (11:00)
Robert	Thewlis	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Samuel	Thistlethwaite	BTEC SPORT	Wave Nine (12:40)
Josh	Thomas	Josh's Legacy	Wave Four (11:00)
Hollie	Thomas-Collins	Elite S&C Halifax	Wave Ten (13:00)
Alexandra	Thompson		Wave Two (10:20)
Esther	Thompson	Muscular Dystrophy UK	Wave Seven (12:00)
George	Thompson	Triers2gether - Captain	Wave Two (10:20)
Jack	Thompson	Blades	Guaranteed Wave 1 Entry (9:45)
Jason	Thompson	PMA Leeds	Wave Two (10:20)
Jonathan	Thompson		Guaranteed Wave 1 Entry (9:45)
Karen	Thompson	Show me the Muddy 3.0	Guaranteed Wave 1 Entry (9:45)
Katie	Thompson		Guaranteed Wave 1 Entry (9:45)
Matthew	Thompson	Muscular Dystrophy UK	Wave Seven (12:00)
Nicola	Thompson	Hunters Wolves	Wave Eight (12:20)
Rachael	Thompson		Guaranteed Wave 1 Entry (9:45)
Richard	Thompson	PMA Leeds	Wave Two (10:20)
Stephen	Thompson	Total Gutter Warrior	Wave Five (11:20)
STEVEN	THOMPSON		Guaranteed Wave 1 Entry (9:45)
Vanessa	Thompson	3 Amigos - Captain	Wave Ten (13:00)
Chloe	Thornburn	Crazy Clan	Wave Nine (12:40)
Kat	Thornborrow	The Total Amateur's	Wave Five (11:20)
Kat	Thornborrow	The Total Amateur's	Wave Five (11:20)
Aimee	Thornton	Mina's warriors	Wave Six (11:40)
Bob	Thornton	Wandering Wallies	Wave Six (11:40)
Karmen	Thornton	Wandering Wallies	Wave Six (11:40)
Louisa	Thornton	Revolution Kickboxing	Wave Six (11:40)
Tom	Thornycroft	NPBA 12K Valley Warriors	Wave Seven (12:00)
Charlotte	Thorpe	Outcast training	Guaranteed Wave 1 Entry (9:45)
Simon	Thresh	The Michael Douglasses - Captain	Wave Two (10:20)
Zak	Thurlow	WoldsRus - Captain	Guaranteed Wave 1 Entry (9:45)
Angela	Tighe	Daves dirty dozen	Wave Ten (13:00)
Rachel	Tighe	NPBA 12K Valley Warriors - Captain	Wave Seven (12:00)
Carl	Timmins	TateOil Warriors - Captain	Guaranteed Wave 1 Entry (9:45)
Andrea	Timperley	Wandering Wallies - Captain	Wave Six (11:40)
Kellyjo	Tinkler	Fact hunt	Wave Eight (12:20)
Luke	Tinkler	Fact hunt	Wave Eight (12:20)
Rachel	Tinsley	How I met your Mudda	Wave Eight (12:20)
Cara	Tokell	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Alfie	Tomlinson	Cliffe Tennis Warriors	Wave Ten (13:00)
David	Tomlinson	Cliffe Tennis Warriors	Wave Ten (13:00)
Rob	Tomlinson	Nath's dad's son's dad's son's army	Guaranteed Wave 1 Entry (9:45)

Total Warrior 2021
Sunday 12K Final Wave Times

katie	topping	DSFT	Wave Eight (12:20)
Brandon	Townend	PMA Leeds	Wave Two (10:20)
Steven	Trees	Lancashire Huns	Guaranteed Wave 1 Entry (9:45)
Neil	Treerry	The Last Hurrah - Captain	Wave Six (11:40)
Alix	Tripp	Team Nunthorpe	Wave Six (11:40)
Darren	Trolley	Mudaddicts	Wave Four (11:00)
Lee-Anne	Trotter	XCEED FITNESS	Wave Two (10:20)
Eliza	Tucholska	Team SLC	Wave Seven (12:00)
Samantha	Tucker		Wave Nine (12:40)
daniel	tully		Wave Ten (13:00)
Ben	Turner	Muscular Dystrophy UK	Wave Seven (12:00)
Charlotte	Turner	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Danniella	Turner	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Darren	Turner	Muscular Dystrophy UK	Wave Seven (12:00)
Lee	Turner	Clash Of The Titans	Guaranteed Wave 1 Entry (9:45)
Scott	Turner	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Wayne	Turner	Not Fast, But Furious	Wave Three (10:40)
Ryan	Tutton	U8Scrambled Legs	Wave Eight (12:20)
Andrea	Tweedy-Dixon	Atdfitness - Captain	Wave Nine (12:40)
Claire	Twibey	XCEED FITNESS	Wave Two (10:20)
Lee	Twizell	SCP - Captain	Wave Two (10:20)
Ben	Tyrer	The Wanderers - Captain	Wave Nine (12:40)
Paul	Tyson	TYSONFITNESS - Captain	Wave Two (10:20)
Kay	Uhrin	Revolution Kickboxing	Wave Six (11:40)
Andrius	Usackas	HIITPEAK - Captain	Guaranteed Wave 1 Entry (9:45)
Michael	Vaiksaar	Spellman Walker - Captain	Wave Two (10:20)
Dovile	Valaityte		Wave Three (10:40)
Ellie	Vanner		Guaranteed Wave 1 Entry (9:45)
Joel	Varey	Fashionable Fitness	Wave Five (11:20)
Samantha	Varley	#TeamCalderdale	Wave Five (11:20)
Laice	Varnum	SULRFC	Wave Eight (12:20)
Allison	Vaughan	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Nathan	Vause	Josh's Legacy	Wave Four (11:00)
Derren	Vaux	Chaos for Craig	Wave Nine (12:40)
Ollie	Vayro	Campers	Wave Nine (12:40)
Ian	Venis	The Total Amateur's	Wave Five (11:20)
Anthony	Venus	BTEC SPORT - Captain	Wave Nine (12:40)
Andrew	Vernon	Crossfit Hull & Humber	Wave Three (10:40)
Kimberly	Vernon	Wives of Ragnar	Wave Nine (12:40)
Shona	Vickers	Now Or Never	Wave Nine (12:40)
Tom	Vickers	Now Or Never	Wave Nine (12:40)
Pritpal	Virdee	Minnie - Captain	Wave Nine (12:40)
Martin	Vose	Mighty Mudders	Wave Four (11:00)
Lucy	Waddington	Spider Monkeys 2020 - Captain	Wave Eight (12:20)
Oliver	Wagner		Wave Seven (12:00)
Magdalena	Wainwright		Wave Eight (12:20)
Steve	Wainwright		Wave Nine (12:40)
Michael	Waites		Guaranteed Wave 1 Entry (9:45)
joseph	wake	S75 Fitness	Wave Four (11:00)
Amber	Walker		Guaranteed Wave 1 Entry (9:45)
Ben	Walker	Panda King - Captain	Wave Three (10:40)
Ben	Walker	Team SLC	Wave Seven (12:00)
Bobbi	Walker	Team SLC	Wave Seven (12:00)
Katelyn	Walker	Comets Psycho Chicks	Wave Two (10:20)
Kris	Walker	lovinglife	Wave Six (11:40)
Lisa	Walker		Wave Six (11:40)
Matthew	Walker		Wave Three (10:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Simon	Walker	Under trained and over confident	Wave Two (10:20)
Suzie	Walker	Team SLC	Wave Seven (12:00)
Victoria	Walker	Immaculate Misconceptions	Wave Four (11:00)
Zoe	Walker	Fashionable Fitness	Wave Five (11:20)
Levi	Walker-Brown	Plexus Boys	Wave Seven (12:00)
Tina	Wall	Show me the Muddy 3.0	Guaranteed Wave 1 Entry (9:45)
Andy	Wallace		Wave Three (10:40)
Ryan	Walls	Lion Fitness Warriors	Wave Three (10:40)
Jodie	Walsh		Wave Three (10:40)
Josh	Walsh	AUUU SPARTA	Wave Seven (12:00)
Keil	Walsh	Minden FC	Wave Four (11:00)
Lara	Walsh	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Lawrence	Walsh	Team SLC	Wave Seven (12:00)
Mark	Walsh	TeamTLC	Wave Two (10:20)
Amy	Walton	Josh's Legacy	Wave Four (11:00)
Ben	Walton	Josh's Legacy	Wave Four (11:00)
Clare	Walton	Josh's Legacy	Wave Four (11:00)
Lauren	Walton	Josh's Legacy	Wave Four (11:00)
Heather	Walwyn	Comets Psycho Chicks	Wave Two (10:20)
Lorraine	Walwyn	Comets Psycho Chicks	Wave Two (10:20)
Elle	Wan	PMA Leeds	Wave Two (10:20)
Jess	Wan		Wave Four (11:00)
Ray	Wan	PMA Leeds	Wave Two (10:20)
Sarah	Wanless	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Alison	Ward	Wives of Ragnar - Captain	Wave Nine (12:40)
Aoife	Ward	SULRFC	Wave Eight (12:20)
Chris	Ward	Laney's Lions - Captain	Guaranteed Wave 1 Entry (9:45)
James	Ward		Wave Six (11:40)
Joanne	Ward	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Katy	Ward	Chaos for Craig	Wave Nine (12:40)
Sophie	Ward		Wave Six (11:40)
Vicky	Ward	Doncaster warriors	Wave Six (11:40)
Kerry	Ware		Wave Seven (12:00)
Geoff	Wareham	Mikhails Machines	Wave Nine (12:40)
Ellouise	Warren		Wave Three (10:40)
Lynsey	Warren	Laney's Lions	Guaranteed Wave 1 Entry (9:45)
Theresa	Warren		Wave Six (11:40)
Jamie	Warriner	A Case of the Runs - Captain	Wave Eight (12:20)
Lucy	Warriner	Seilero's	Wave Nine (12:40)
Marie	Waschniewski	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Antony	Wasling		Wave Eight (12:20)
Kellt	Waters		Wave Two (10:20)
Paul	Waterworth	#TeamCalderdale - Captain	Wave Five (11:20)
Sam	Watkinson	X Martial Arts Schools	Wave Five (11:20)
Martin	Watmough	The Slow Burners	Wave Five (11:20)
Alex	Watson	Jolly Warriors	Wave Five (11:20)
bobby	watson		Wave Two (10:20)
eddie	watson	Unique warriors	Wave Two (10:20)
Georgina	Watson	XCEED FITNESS	Wave Two (10:20)
Jamie	Watson	Jolly Warriors - Captain	Wave Five (11:20)
Kenny	Watson	Autism Parents Together	Wave Six (11:40)
Louise	Watson	Tunny tossers	Wave Two (10:20)
Phil	Watson	The White Watson Hunter	Guaranteed Wave 1 Entry (9:45)
Lyndsey	Watt	Hunters Wolves	Wave Eight (12:20)
Stuart	Watt		Guaranteed Wave 1 Entry (9:45)
Joshua	Wattus	JollyMosh - Captain	Guaranteed Wave 1 Entry (9:45)
Charlie	Weatherley	onePT TW Originals	Wave Seven (12:00)

Total Warrior 2021
Sunday 12K Final Wave Times

Abigail	Webb	Wienerberger 2020	Wave Two (10:20)
Freddie	Webb		Wave Ten (13:00)
Jakki	Webb	Outcast training	Guaranteed Wave 1 Entry (9:45)
Karen	Webber		Wave Six (11:40)
Ainslie	Webster	Crossfit Hull & Humber	Wave Three (10:40)
Chris	Webster	SWR Parents NEW	Wave Nine (12:40)
Rob	Weir	Pilgrims 12K - Captain	Wave Six (11:40)
Alan	Welburn	Atdfitness	Wave Nine (12:40)
Francesca	Welburn	Atdfitness	Wave Nine (12:40)
Natalie	Wells	Tough Shat - Captain	Wave Nine (12:40)
Hannah	West	Comets Psycho Chicks	Wave Two (10:20)
James	West		Guaranteed Wave 1 Entry (9:45)
Lucy	West	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Ryan	west	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Sam	Westmoreland	Band of mudders	Guaranteed Wave 1 Entry (9:45)
Brad	Westwood	Ankle Spankers	Wave Three (10:40)
Jade	Westwood	AUUU SPARTA	Wave Seven (12:00)
lucy	wetherhill	TeamTLC	Wave Two (10:20)
Callum	Wetherill		Wave Nine (12:40)
Andrew	Wheatley	Bukkake Warriors	Wave Seven (12:00)
donald	wheatley	lovinglife - Captain	Wave Six (11:40)
John	Wheatley	Fashionable Fitness	Wave Five (11:20)
Jasmine	Wheelhouse	Smells Like Team Spirit - Captain	Wave Two (10:20)
Jonathan	Wheelhouse	Smells Like Team Spirit	Wave Two (10:20)
Marina	Wheelhouse	Smells Like Team Spirit	Wave Two (10:20)
Paul	Whelan		Wave Four (11:00)
Rachel	Whelan		Wave Four (11:00)
Amy	White	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Joanne	White	Muscular Dystrophy UK	Wave Seven (12:00)
Jody	White		Wave Ten (13:00)
paul	white	The White Watson Hunter - Captain	Guaranteed Wave 1 Entry (9:45)
Tom	White	How I met your Mudda	Wave Eight (12:20)
Emma	Whitehead	S75 Fitness	Wave Four (11:00)
Jill	Whitehead	Autism Parents Together	Wave Six (11:40)
Naomi	Whitehead	SULRFC	Wave Eight (12:20)
Oliver	Whitehead		Wave Six (11:40)
Louise	Whitfield	Atdfitness	Wave Nine (12:40)
Margaret	Whitfield	Atdfitness	Wave Nine (12:40)
neil	whitmarsh		Wave Two (10:20)
Aidan	Whitmore	Come Down With Me	Wave Nine (12:40)
Benjamin	Whittaker	Battle of the roses	Wave Ten (13:00)
Ella	Whittaker	Battle of the roses	Wave Ten (13:00)
Gareth	Whittaker	Outcast training	Guaranteed Wave 1 Entry (9:45)
Laura	Whittaker	Outcast training	Guaranteed Wave 1 Entry (9:45)
Naomi	Whittaker	Hitmen and her	Wave Three (10:40)
Charlotte	Whittle	Namaste Ninjas - Captain	Wave Three (10:40)
Kate	Whittle	Namaste Ninjas	Wave Three (10:40)
Kenny	Whittle	Hawaiian pasty team - Captain	Wave Ten (13:00)
Tammie	whittle	SkinnyPigs	Guaranteed Wave 1 Entry (9:45)
Samantha	Whitworth	Not Fast, But Furious	Wave Three (10:40)
Josh	Wicks	Alan Titchmarsh	Wave Eight (12:20)
Andrew	Widdowson	Gareth's Gray-Hounds	Wave Four (11:00)
Joanna	Widera-Robson	Superheroes Gang	Wave Five (11:20)
Marcin	Wielicki	Mud lovers	Wave Two (10:20)
Fin	Wightman	Pineapple	Wave Six (11:40)
James	Wightman		Guaranteed Wave 1 Entry (9:45)
Kerry	Wilde	Team Tempest	Wave Six (11:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Debbie	Wileman	Crossfit Hull & Humber	Wave Three (10:40)
LEN	WILKINSON	Lion Fitness Warriors	Wave Three (10:40)
Aileen	Williams	Immaculate Misconceptions	Wave Four (11:00)
Daniel	Williams		Guaranteed Wave 1 Entry (9:45)
Ellie	Williams	What a sad little life jane	Wave Three (10:40)
Graeme	Williams	The Total Amateur's	Wave Five (11:20)
Isaac	Williams	Outcast training	Guaranteed Wave 1 Entry (9:45)
Jamie	Williams	Second time lucky	Wave Three (10:40)
Kirsty	Williams		Guaranteed Wave 1 Entry (9:45)
Kirsty	Williams	TeamG	Wave Eight (12:20)
Lewis	Williams	Outcast training	Guaranteed Wave 1 Entry (9:45)
Mandy	Williams	Team Tempest	Wave Six (11:40)
Nadine	Williams	The Total Amateur's - Captain	Wave Five (11:20)
Nick	Williams	Bukkake Warriors	Wave Seven (12:00)
Nicola	Williams	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Rob	Williams	Immaculate Misconceptions	Wave Four (11:00)
Jack	Williamson	Josh's Legacy	Wave Four (11:00)
Lucy	Williamson	Josh's Legacy	Wave Four (11:00)
Nathan	Williamson	Jamie of Clan MacMudface and his Band	Wave Nine (12:40)
Holly	Willis	Warrior Wankers - Captain	Wave Four (11:00)
Martin	Willis	Warrior Wankers	Wave Four (11:00)
Nathan	Willoughby	Nath's dad's son's dad's son's army	Guaranteed Wave 1 Entry (9:45)
Abi	Wilson	TeamTLC	Wave Two (10:20)
Angela	Wilson	Why? - Captain	Wave Two (10:20)
Ben	Wilson	Superheroes in Training	Wave Six (11:40)
Bryan	Wilson		Wave Nine (12:40)
Gary	Wilson	S75 Fitness	Wave Four (11:00)
Georgia	Wilson	Josh's Legacy	Wave Four (11:00)
jemma-marie	wilson	Quaileys Army	Wave Eight (12:20)
Kerry	Wilson	TYSONFITNESS	Wave Two (10:20)
kym	wilson	Quaileys Army	Wave Eight (12:20)
Linda	Wilson	Ninja Nurses	Guaranteed Wave 1 Entry (9:45)
Mark	Wilson	Lion Fitness Warriors - Captain	Wave Three (10:40)
Rebecca	Wilson		Wave Nine (12:40)
Robert	Wilson	Team SLC	Wave Seven (12:00)
Ryan	Wilson	Beverley Boizzzzz	Wave Four (11:00)
Alex	Windass		Guaranteed Wave 1 Entry (9:45)
Gemma	Winter	Fashionable Fitness	Wave Five (11:20)
Nicola	Winter	Fashionable Fitness	Wave Five (11:20)
Mary	Winter-Harris	Josh's Legacy	Wave Four (11:00)
Adam	Winterburn	Fact hunt	Wave Eight (12:20)
Joanne	Wise	The Holliswomen	Wave Five (11:20)
Marek	Wisniewski	Superheroes Gang	Wave Five (11:20)
Rob	Wolfe	NPBA 12K Valley Warriors	Wave Seven (12:00)
Agnes	Wood	SULRFC	Wave Eight (12:20)
Andrew	Wood	Vanquish Your Demons	Wave Four (11:00)
Faye	Wood	The Seaham Saveloys	Wave Nine (12:40)
Fiona	Wood	PSLC	Wave Seven (12:00)
James	Wood		Wave Nine (12:40)
James	Wood	Josh's Legacy	Wave Four (11:00)
Natalie	Wood	Florence and The Machines + Elite	Guaranteed Wave 1 Entry (9:45)
Richard	Wood	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Shaun	Wood	Flab2lean	Guaranteed Wave 1 Entry (9:45)
Shaun	Wood	The Seaham Saveloys	Wave Nine (12:40)
Mark	Woodfine		Wave Three (10:40)
Riegan	Woodhead-Tin	How I met your Mudda	Wave Eight (12:20)
John	Woodruff	Mersey warriors	Wave Nine (12:40)

Total Warrior 2021
Sunday 12K Final Wave Times

Robert	Woodruff	Mersey warriors - Captain	Wave Nine (12:40)
Amber	Woods	Unique warriors - Captain	Wave Two (10:20)
Nick	Woods		Wave Eight (12:20)
Shannon	Woods		Wave Eight (12:20)
Ellie	Wooldridge	SULRFC	Wave Eight (12:20)
colin	Wooster	Fact hunt	Wave Eight (12:20)
Jack	Wormald	Plexus Boys - Captain	Wave Seven (12:00)
James	Worrall		Guaranteed Wave 1 Entry (9:45)
Loren	Worrall	Wilkinson and Partners	Wave Four (11:00)
James	Worth	U8Scrambled Legs	Wave Eight (12:20)
Sarah	Worthington	Outcast training	Guaranteed Wave 1 Entry (9:45)
Coleen	Wright	Elite S&C Halifax	Wave Ten (13:00)
Jamie	Wright	Hx Hunslet	Wave Ten (13:00)
Jennifer	Wright	Team SLC	Wave Seven (12:00)
Jordan	Wright	Yamaha	Wave Six (11:40)
Lee	Wright	Mudbuds	Wave Six (11:40)
Liam	Wright	Team SLC	Wave Seven (12:00)
Simon	Wright	X Martial Arts Schools	Wave Five (11:20)
Stacey	Wright	X Martial Arts Schools	Wave Five (11:20)
Tracy	Wright	Skinny pigs	Guaranteed Wave 1 Entry (9:45)
Nicola	Wynn		Wave Five (11:20)
Rachael	Yalcin	Hunters Wolves	Wave Eight (12:20)
Gareth	Yates	We Met In Prison	Wave Five (11:20)
Samantha	Yates	Mudaddicts	Wave Four (11:00)
Terri	Yau		Guaranteed Wave 1 Entry (9:45)
Abi	Young	Nearly Warriors	Wave Two (10:20)
Leanne	Young	Snappy Crocs	Wave Four (11:00)
Stef	Young	Team Barthorpe	Wave Two (10:20)
Sylvia	Zalas	Superheroes Gang	Wave Five (11:20)
Kasia	Zawadzka		Guaranteed Wave 1 Entry (9:45)
Joanna	Zieba	Gladiators	Wave Eight (12:20)
Pawel	Zieba	Gladiators	Wave Eight (12:20)
Wiktor	Zieba	Gladiators	Wave Eight (12:20)
Kamil	Ziolkowski	AUUU SPARTA - Captain	Wave Seven (12:00)
Max	Zissler		Wave Three (10:40)