

HYROX

X

VILLAGE

RACE TIMES

INDIVIDUAL FEMALES

- 9:30

Becky Davis  
Heidi Lowrie  
Claire Pentin
- 9:40

Haley Canavan  
Charlotte Ryan  
Emma Passaway
- 9:50

Kayleigh Rees  
Paradine Hammond  
Laura Wickett
- 10:00

Lydia Hobbs  
Emma Davies  
Alex Parker
- 10:10

Kate Palmer  
Catherine Lewandowski  
Naomi Handley
- 10:20

Magdalena Petrova  
Amy Staveley  
Lori Amos
- 10:30

Millie Evans  
Rhiannon Perrett  
Angela Anderson
- 10:40

Caitland Dyke

MIXED DOUBLES

- 13:20

East meets west  
Andrew & Ellie  
Emma & Will
- 13:30

Like Father, Like Daughter  
Uprise  
Puregyms V&A
- 13:40

Mark & Emma  
The Pipis  
B&B
- 13:50

Project CYC  
Basing Squad  
Team Col
- 14:00

M&M's  
Charlie and Rach  
Mr and Mrs Cann
- 14:10

Get it done  
Uncle Tim and Dr Emma  
Lucy & Alex

FEMALE DOUBLES

- 14:20

Abs & Iz  
Newtons  
Amy & Rhi
- 14:30

The Amy's  
Am and Han  
DUO ABFB
- 14:40

Jengela's Jewels  
Harry & Han  
Team Quark
- 14:50

Team Weymouth  
All Women  
SLWKA
- 15:00

The dynamic divas  
Northall/Davies  
HYROX now, wine later
- 15:10

Holly and Charlotte  
Jen & Gem  
Abby powell
- 15:20

Snatch me if you can  
Jess and Elen  
Oh My Quad!
- 15:30

DALEX DUO  
Laura & Sian  
Georgious
- 15:40

McMidgets  
Green Sausage  
Lumy
- 15:50

Latinas  
NicNic  
Honey-Tuttietts
- 16:00

BEKA  
The CWs  
Double trouble
- 16:10

The village idiots  
Laura & Sian  
Double Trouble
- 16:20

Emma & Stacy  
The Blue Birds

CARDIFF

INDIVIDUAL MALES

- 10:40

Andy Woods  
Patrick Walsh
- 10:50

Dean powell  
Joe Martin Bindley  
John Ainsworth
- 11:00

Simon Passaway  
Dan Drake  
Rhys Nicholas
- 11:10

Dan Jones  
Lee Ford  
Ivan Kemp
- 11:20

Mark Davies  
Sohail Khan  
Gary Hobbs
- 11:30

Matthew Bullock  
Lee Haines  
Mark Reynolds
- 11:40

Joshua walker  
Chris Handley  
Anthony McKenna
- 11:50

Cyrus Molton  
Tyrone Stewart  
Lee Holland
- 12:00

Cole Mcquade  
Ashley-Paul Robinson  
Daniel Sprake
- 12:10

Jordan Byrne  
Takeshi Sawada  
Richard Sellick
- 12:20

Lee Morris  
Kevin Lister

MALE DOUBLES

- 12:20

Uggs & Evs
- 12:30

Cosy nest  
Sajjad Pourmirza  
Hyrox Homos
- 12:40

Danilo and Daniel  
Forward rolls  
SNATCHMEIFYOUCAN
- 12:50

Griffin/Challis  
Dobbs X Wolfe  
1, 2....6 Howe
- 13:00

You v You  
Family Newton's  
Islwyn RC
- 13:10

Jones & Co  
Tom and Alex  
Mainy's Angels

RACE PREP

You must arrive at least 30 minutes before your start time, to check in.

If 5 minutes before your start time, you haven't checked in, your slot will be offered to another guest on the waiting list.

As categories will take place in a set order, it won't be possible to alter your race category on the day.

Guests are welcome to come along to support you, though for safety, we ask that you bring a max of 2 people to watch you race.

To redeem your £10 Pub and Grill voucher, you'll need to download the Village Rewards app.

SEE YOU THERE...