

ALPHA BLAST 100		Head Judge: Dan Ripman	Lane X		Lane T	
	Race Briefing 9.00am	Start Time	TEAM NAME	Judge & Timer		Judge & Timer
Open	Race 1	0:09:30	Blast From the Past It	Tony	Ball Busters	Liam
	Race 2	0:09:55	Ben There, Holly'd That, Matt the t-shirt	Mike	Prince Maddington Bear	Scott
	Race 3	0:10:20	Burpee Bandits	Ami	KC & The Sunshine Boy	Steve
	Race 4	0:10:45	Ladies Who Crunch	Anna	Northern Monkeys	Sam
	Race 5	0:11:10	Absterlutely Fabulous	Charlotte	Lengs Lasses & Steve	Anton
	Race 6	0:11:35	No Pulse No Problem	Joe	Pentagrind	Mike
	Lunch: 12 - 12.30pm		Rolling lunch			
	Race 7	0:12:00	Buck Furpee's	Tony	The Cotswold Whey	Liam
	Race 8	0:12:25	Three G's	Hailey	Triple Threat	Ed
	Race 9	0:12:50	Just In Time	Scott	Run DMC	Mike
	Race 10	0:13:15	NKOTB (Adjusted Weights)	Kieran	Just Cross Not Fit (Adjusted Weights)	Russ C
Advanced	Race 11	0:13:45	Leng-endary-gains	Nigel	Good to Go	Anna
	Race 12	0:14:10	The Pacemakers	Mike		
	Race 13	0:14:35	Run GMC	Kieran	Bang Average	Russ C
	Race 14	0:15:00	Cirque de Sore Legs	Nigel	Emma & The Lads	Ami
	Race 15	0:15:25	Rips, Dicks & Donna	Steve	Grit & Gainz	Lisa
	Race 16	0:15:50	Taking Part That Counts	Kieran	Team Fusion	Russ C