

**TRIBAL**



**CLASH**

**UK 2017**

**EVENT MANUAL**

**Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> September 2017**

**At:**

**Bantham Beach  
Near Kingsbridge  
South Devon TQ7**



**POWERED BY**



## **PROGRAMME**

### **Friday 1<sup>st</sup> September**

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09:00 Staff and Vendor check-in opens

11:00 Team check-in and Registration opens, event village and campsite opens to athletes and spectators

16:00 Staff briefing

19:30 Athlete welcome and briefing (Saturday's events)

21:00 Registration closes

23:00 Campsite curfew

### **Saturday 2<sup>nd</sup> September**

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08:30 Event 1, Heat 1

20:00 Athlete briefing (Sunday's events)

21:00 The Tipi Sessions: Sam Fearon

23:00 Campsite curfew

### **Sunday 3<sup>rd</sup> September**

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09:00 Event 5, Heat 1

17:00 Semi-Final

17:30 Final

18:00 Awards

19:00 Tribal Clash 2017 Closing Party with DJ James Jordan

### **Monday 4<sup>th</sup> September**

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11:00 Campsite and carpark closes



## **WELCOME TO TRIBAL CLASH UK**

We look forward to welcoming you to the 5<sup>th</sup> annual Tribal Clash on Friday 1<sup>st</sup> September. Some of you have made the trip to this beautiful corner of UK every year since 2013, for some of you it is the first time as a competitor or spectator. We are excited about staging Tribal Clash in its new location, Bantham, and we can't wait to hear what you think about the new beach.

If this is your first time at Tribal Clash, you will see very quickly that this is not your standard fitness competition. A big part of Tribal Clash is about being outdoors on a beach and experiencing the beauty of the landscape and nature with your fellow humans. Feeling the wind on your face as you race against the tribe next to you, shaking sand off your hair when you have ended up in a sweaty heap in your lane, or diving into the cold Atlantic breakers – this is what makes you feel so alive at Tribal Clash. Even when you are on the brink of dying.

Mother Nature can deliver one of our most treasured moments, but it can also be very cruel and unforgiving. We will be outdoors, in England, on a beach. If it rains all weekend with 30mph winds, it will be hard work for you. It will be even harder work for our staff. Please be mindful and respectful of the amazing work they do to deliver you the best weekend of your year. Tell them you love them.

Bantham Beach is one of England's finest beaches. It is a privately owned estate, and we have a special permission to be guests on the beach for this one weekend. This is our home beach, we kitesurf here, our children surf and swim here, we walk our dogs here. We are very protective of 'our' beach, and so is our local community. We hope you will be too.

Tribal Clash aims to find the most capable team of 6 athletes. Capability is more than physical fitness. A capable team is not late for their heat. A capable team does not lose their timing chips. A capable team is self-reliant, brings with them appropriate equipment (including water and warm clothes) and takes responsibility for the impact they have on the site. A capable team does not expect someone else to tidy the remains of their lunch away but takes their litter away with them. A capable team is helpful, courteous and kind. Thank you for being awesome Tribal Clashers.

The Tribal Clash community is a collection of amazing humans who come together to celebrate fitness, friendships and the incredible power of team spirit to achieve the extraordinary. We are honoured to have you join us for the 5<sup>th</sup> year, and we hope Tribal Clash 2017 will deliver some unforgettable memories for you to cherish for the rest of your life.

If you are competing for the first time, we apologise in advance. Things are about to get tough.

**Andrew Barker, Event Director**

## DIRECTIONS TO BANTHAM

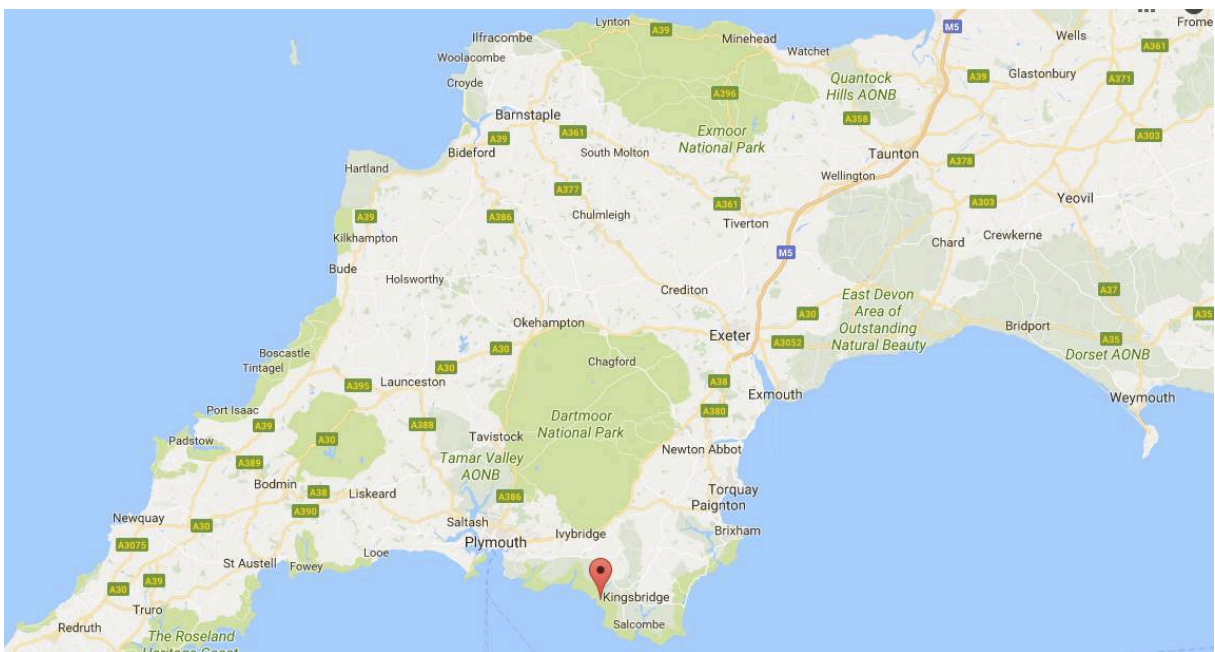
The postcode for Bantham is TQ7 3AN

From Exeter, head south on the A38. Make sure you remain on the A38 (signposted Plymouth), and stay on the right when the road splits. Exit the A38 at the junction signposted Ermington and Modbury, turning onto A3121. At Kitterford Cross bear left onto the B3196, signposted Loddiswell. After passing Aune Valley Café & Butchers on your left, you come to Sorley Green Cross, turn right onto the A381, signposted Plymouth. At Palegate Cross Roundabout take the 2<sup>nd</sup> exit onto the A379, signposted Modbury, Churchstow, Plymouth. Drive through Churchstow. At Bantham Cross Roundabout take the 2<sup>nd</sup> exit to Bantham Beach.

At the Bantham roundabout you will see Tribal Clash signs, follow the signs towards Bantham through the narrow lane. After 1 mile on this lane you will be directed to a field on your right. You can park in the temporary car park next to the Registration tent while you collect your wristbands and any parking permits. You will complete team check-in here in the Registration tent.

Event parking is on the beach, you need to pre-book a parking permit on our website [www.tribalclash.com](http://www.tribalclash.com).

On Friday 1<sup>st</sup> – arrival day – any cars with beach parking permits arriving to the beach will not be able to leave until 21.00 in the evening. **Traffic to the beach will be one way only until 21.00.** This is to avoid gridlock on the narrow single lane road.





## TEAM CHECK-IN

Teams can check in any time after 11:00 on Friday 1<sup>st</sup> September. Please do not arrive any earlier than this, registration or event village will not be open before 11:00.

Only one team member is required to check in the team. This will be your nominated team captain. Please confirm, if you have not done so already, who is your team captain for the purposes of team check-in. He/she will collect the team info pack which will contain your athlete wristbands, heat schedules, timing chips and other information we may include.

Please check your registration pack when you receive it. Our check-in team will talk you through the contents, but it is your responsibility to check that you have received your wristbands and timing chips. You will sign a sheet at registration confirming that you have received your timing chips. The team captain must make sure the team is wearing timing chips at the appropriate event. You will attach the timing chip to your ankle with the Velcro strap included. The timing chips cannot be exchanged between teams as they are assigned to your team number. After the event where they are used, you must return all six (6) timing chips to the collection bucket. Your team will not get a score for the event unless all six timings chips are returned. Any lost chips will be charged at £10 per chip.

All athletes must complete and sign a Medical Questionnaire. This will be available to download on our website, it will also be sent to the teams via email. The team captain completing team check-in must bring six signed and completed medical forms to team check-in.

The team captain must make sure that all team members have completed and signed the Tribal Clash 2017 Electronic Waiver. The waiver can only be completed online. Your athlete wristbands will not be released to you at Registration unless all team members have completed the electronic waiver and you have six completed and signed Medical Questionnaires. The athlete wristbands will not be released to individual team members.

Team check-in will be in a Tribal Clash marquee on a field adjacent to the lane leading to Bantham. After checking in, you can then collect any tickets you have bought – camping passes, parking permits or spectator tickets.

If none of your team members can get to Registration before 21.00 on Friday 1<sup>st</sup> September, please let [registrations@tribalclash.com](mailto:registrations@tribalclash.com) know so that alternative arrangements can be made.

## COLLECTING YOUR CAMPING, PARKING OR SPECTATOR PASSES

You can collect any pre-paid parking permits, as well as camping and spectator wristbands at the Registration Tent on your way to Bantham between 11am and 9pm on Friday 1<sup>st</sup> September. Please bring a copy of your ticket confirmation email with you, our registration staff will check this and exchange it for your wristbands. We do not mail any tickets or wristbands to you before the event.

Camping permits are available on our website [www.tribalclash.com](http://www.tribalclash.com), for £30 per person. This includes camping for three nights, from Friday 11am until Monday 11am.

Spectator tickets are available on our website [www.tribalclash.com](http://www.tribalclash.com), for £25 per person. This ticket includes access to the Event Village, and to the Tribal Clash 2017 Closing Party on Sunday 3<sup>rd</sup> September. One day spectator tickets are also available at the gate for £15 per day, cash only.

After you have collected your wristbands and your parking permit, you can continue onwards down the lane to the beach. You will need a wristband to enter the event site: an athlete wristband, a spectator wristband, staff wristband or an exhibitor pass. To enter the camping field, you will need a camping wristband. Our lovely volunteer helpers will be checking your wristbands at the gate.

All tickets are sold separately. You will need to purchase a camping ticket if you want to camp, and a parking permit if you want to park a vehicle. Children aged 14 and under are free to enter and do not need any camping or spectator passes.

You can also collect any pre-paid tickets on Saturday from the Info tent on the beach.



## PARKING AT TRIBAL CLASH

Our new venue Bantham Beach has vastly improved parking facilities for Tribal Clashers. The main event parking is now on the beach, right next to the competition arena and the campsite. To park in Bantham for the weekend, you will have to pre-book and purchase a weekend parking permit on our website [www.tribalclash.com](http://www.tribalclash.com). The cost for weekend parking is £45, which will allow you to park your vehicle for three days, from Friday 11am until Monday 11am, including overnight. **You can leave and return - after 21.00 on Friday. After arrival on Friday, no vehicles will be able to drive out of the beach up the lane until 21.00. This is to avoid a gridlock on the single lane road, from traffic going in both directions.**

There are no one day beach parking permits available.

You will collect all pre-booked beach parking passes from Registration, which is located in a tent on the field where the off-site car park is located, 2.6 miles up the road from the beach. Your car must display a beach parking permit on the dashboard, otherwise you won't be able to drive down to the beach, and this includes for the purposes of dropping off passengers or equipment.

**THERE IS NO DROP OFF ZONE IN BANTHAM. THE LANE IS A DEAD END WITH NO TURNING CIRCLE. YOU MUST BOOK A BEACH PARKING PERMIT TO DRIVE DOWN TO THE BEACH FROM REGISTRATION, EVEN TO DROP OFF PASSENGERS.**

### **PARKING FOR SHORT STAY SPECTATORS: 10am-6pm SATURDAY & SUNDAY**

Alternative parking for spectators is available in a field approximately 2.5 miles up the lane, with a free shuttle bus operating between this car park and the beach. This car park replaces the Bantham day car park. The cost is the same as the car park for regular beach users year round: £6 per day, payable in cash on arrival. ***The car park is open from 10:00 in the morning on Saturday and Sunday, until 18.00 in the evening.*** This off-site car park is NOT an overnight car park, and all vehicles must be moved by 18.00. The car park will be locked at 18.00. The shuttle bus will start running at 10.15 in the morning and last ride from Bantham will be at 17.30 on Saturday and Sunday.

***Only cars displaying a beach parking permit will be allowed to drive down the lane to the beach.*** This includes even temporarily to drop off passengers. There will be no option to drop off passengers or equipment on the beach without a parking permit. You should use the shuttle bus service, the bus pick up and drop off will be



next to Registration tent at the off-site car park, 2.6 miles from the beach. When you arrive in Bantham and see the 3 miles of narrow single lane road leading down to the beach you will see how important it is that we do not have traffic going in both directions to and from the beach. The lane is very narrow, with tight bends and intermittent passing places. With traffic backing up in both directions, a congestion would result in queues of cars having to reverse up hill and around bends on a narrow lane. As you can imagine, with the number of cars we are expecting on Friday, this is a recipe for a very bad start to your Tribal Clash weekend. If you get caught in a gridlock on this lane, you will be there for at least two hours.

### **ONE WAY TRAFFIC FLOW ON FRIDAY 1<sup>st</sup> (ARRIVAL DAY): TO THE BEACH ONLY**

If you have a pre-booked beach parking permit, you can drive down the lane and park your car on the beach car park. We will restrict traffic flow on Friday to one way only (down the lane to the beach) until 21.00. You will not be able to leave the car park until 21.00 on Friday. This is to avoid a total gridlock on the narrow single lane road caused by cars travelling in both directions.

Do not park anywhere in the event site, or anywhere on the lanes surrounding the beach. Your car may be towed away if you do this. Irresponsible parking causes enormous problems to other event participants and our event logistics, and more importantly, to the local community and surrounding villages. Do not park anywhere except in the designated event car parks.

Please note: you should not plan to walk to the beach down the lane from the car park, or Aunemouth Camping. This is 2.6 miles on a lane that is extremely narrow with no footpath, with tall hedges and tight bends. You will cause congestion, disrupt event logistics and residential traffic, and put yourself in danger. Our parking provisions aim to keep the lane clear of all but necessary event traffic, for the safety of all participants and smooth running of all event operations.



# BANTHAM MAP





# INFORMATION FOR ATHLETES

## ATHLETE BRIEFING AND EVENT ANNOUNCEMENTS

We will announce and brief the athletes on Saturday's events at 19:30 on Friday 1<sup>st</sup> September. Our demo team will run through the workouts and movement standards on the arena. There will be a brief question and answer session. The events will be posted online on our website and on Facebook where you can also ask questions. The athlete briefing will take place in the arena. We will not publish the workouts before the competition weekend, so you are strongly advised to be at the briefing and pay attention! This is not just for your athletes. Please come with your entire extended tribe and come prepared to make an impression. Tribal costumes etc. are strongly encouraged. After the athlete briefing the bar will be open and you can start preparing for the weekend ahead.

We will announce and brief the athletes on Sunday's events at 20.00 on Saturday 2<sup>nd</sup> September. Again our demo team will run through the workouts and movement standards. This will take place on the arena, unless it is raining, in which case we will move inside the tipi but we ask that only Team Captains attend the briefing and communicate the workouts to their team members. Sunday's workouts will be published online and on Facebook on Saturday evening, you will also have the opportunity to ask questions on Facebook.

Disclaimer: if our wifi connectivity on the beach breaks down, there may be a delay in posting the events online or replying on social media.

Unfortunately we cannot answer any questions regarding the events until the athlete briefing on Friday, including whether everyone has to swim and how far. Events from Tribal Clash 2015 and Tribal Clash 2016 are available on our website, look through the archives in the 'News' section. Tribal Clash events are programmed to test team capability, and many events involve tactical decision making and efficient team work for a top-of-the-leaderboard score. We cannot guarantee that each athlete completes the same amount of work, in some events the organisation of work to be completed is for the team to decide. We cannot guarantee that each athlete or team gets to do what they are good at. Tribal Clash is a competition and each team's collective capability is reflected on their position on the leaderboard.

All athletes must stay out of the Tribal Clash arena outside of their heat times. Please do not attempt to try out the equipment in the kit corral, or on the arena, at any time. The arena and equipment storage is fenced off, please do not attempt to break in and 'have a go' – our staff will have words with you!



## **ATHLETE KIT: WHAT WE RECOMMEND**

- Athletes are advised to bring more than one pair of shoes. Some competitors get primal and compete in bare feet. There may be stones and shells on the arena and on the beach.
- We will not be providing chalk. We recommend you bring some with you as you may want to use it in some of the events.
- We strongly recommend bringing trail shoes for any possible run event
- Wetsuits and wearable buoyancy aids are permitted. Hand paddles, rafts, fins or kick boards are not allowed. Neoprene shoes and goggles are allowed.
- Protective sleeves may be useful in case you have to handle atlas stones
- Gloves are highly recommended - athletes will be required to handle logs, tyres and atlas stones, and climb a rope.
- All athletes should expect to get wet during the competition. The sea is cold. Wetsuit is optional.
- There is no designated warm up area on the beach with foam rollers or barbells or assault bikes. There are, however, miles of South West Coastal Path to run. You may want to bring some mobility tools with you.
- Bring warm clothes, wet weather gear in case it rains all weekend, and sun screen in case it doesn't.
- For the waiting time between the events and your heats, we recommend that you bring whatever you and your team needs to be comfortable in ANY weather. You can, for example, pitch a gazebo on the beach. There are no storage facilities for your kit, so you will have to store it either in your tent (if you are camping) or in your car if you have purchased a beach parking permit.

Please note that this year we have considerably smaller communal space than last year (smaller tipi). This is because Bantham is an ancient archaeological site and the size and number of marquee/tent pegs we are allowed to put in the ground is severely restricted. You may want to bring your own gazebo/shelter which you can use on the beach during recovery time between events.

There are no cashpoint machines for miles and miles. There will be public wifi in the Bantham car park & event village, and some vendors will take card payments.

## **COMPETITION FLOW**

Your team will be assigned a heat and a lane in each event, except in a possible mass start event where all competitors race together. We will be publishing a full schedule of all heats for the Saturday and Sunday events, this will be available in your team info pack that your team captain collects at Team Check-In on Friday.



There will be two athlete staging areas, one on each side of the arena. Lanes 1-8 will arrive in the staging area on the left (when facing the sea) and lanes 9-16 will use the staging area on the right (when facing the sea). Your team should be in the athlete staging area at least 15 minutes before your scheduled heat start time.

Each event will have 10 heats, and while we endeavour to keep each heat on schedule, there will be some flexibility in the schedule (we may start a minute early if we are ready, or later for example) so we ask you to be ready in the holding area 15 minutes before your start time. During the 15 minutes in the holding area you have the opportunity to ask last minute questions about the event from our staff at Athlete Control. They will have been briefed about the workouts and movement standards. Your judge will not be able to answer any questions before the start of your heat, so please make sure you have understood the workouts before you step onto the arena. Athlete Control will show you through to the arena when the lanes are ready for you.

After your heat is finished, all athletes except the Team Captain are required to exit their lane **WITHOUT DELAY**. You will not be able to stay behind take photographs on the lane after the event. Your Team Captain will stay behind to sign your score sheet. After your heat, you will exit the arena through the same staging area that you came in, lanes 1-8 exit to the left and lanes 9-16 exit to the right. When all the athletes have left the arena, Athlete Control will wave through the next heat. Please do not delay the start of the next heat, and make 96 athletes who are raring to go, wait for you – please exit your lane promptly taking all your belongings with you. Please do not leave any items of clothing hanging on the fences and collect all debris from the lane.

## **SUBSTITUTIONS AND WITHDRAWALS**

After your team has checked in on Friday 1<sup>st</sup> September, no substitutions can be made. Your team must start and finish all events as a team of 6 athletes. If one of your team members has to withdraw from the competition e.g. due to injury, your team cannot continue in the competition as a team of 5. Your team can do the workouts 'for fun' and participate in the competition, but these workouts where you don't have a full squad will not be scored and your team will not advance on the leaderboard. Please take care when handling unusual and odd objects and listen to the advice from Tribal Clash staff.

## **WEATHER DISCLAIMER**

After heat schedules have been fixed and printed, and distributed in your registration packs, we may have to change the timings of the weekend's events, or swap them around, depending on changes in the short term weather forecast.



Weather and in particular sea conditions in Bantham can change very rapidly and even a small change can have a big knock-on effect on all aspects of the competition. Factors such as wind speed and direction, currents, tides and size of swell may not be immediately visible from the beach, but these play an important part in making the competition safe for all athletes. We revert to the expertise of RNLI lifeguards where the safety of water based events is in doubt. Please listen to announcements from the arena. We try to communicate any changes as quickly as we can, in a site with no mobile phone coverage, sketchy internet and hundreds of people. If there is a schedule change please be patient, and understand that our staff are working their socks off.

## **EVENT SCORING**

Your team will race in several individually scored events through the weekend. On Sunday afternoon, top 32 teams on points after the events, will advance to a Semi-Final. This is traditionally a one pull tug-of-war. Your team will be pulling against another team, and you have one chance. The 32<sup>nd</sup> team on points will pull against the team ranked 1<sup>st</sup>, 31<sup>st</sup> team will pull against the team ranked 2<sup>nd</sup>, and so on. After the tug-of-war, 16 teams will be eliminated from the competition, and the remaining 16 (winners of each tug-of-war contest) will go head to head in the Final event.

Your team will be asked to sign their score sheet at the end of each event. Please check your score sheet carefully before signing. By signing the score sheet, you are deemed to have confirmed the score to be correct.

If you believe your judge has made an error during the event and you want to challenge your judge's decision, please speak to Rob Clemens, Head Judge, after your heat but no later than 2 hours after your heat finish time. Video footage of your heat is not admissible. If you believe that your team's score is not accurately presented on the competition leaderboard, please speak to Jayne Clemens, Head of Scoring.

A live online leaderboard will be available on Wodcast, go to [www.wodcast.com](http://www.wodcast.com)

## **ATHLETE WELFARE**

First aid and medical cover is provided for the fifth year running by a team of registered paramedics from InSafe Hands. You will find them in the First Aid tent. Please see them for any injuries, or if you feel unwell during the event.

Sports and remedial massage and taping will be provided by RockTape.

There is a water tap in the Bantham Car Park, and drinking water is available in the



toilet block for filling water bottles. There will be no facilities to shower, or to wash sand off your feet, unless you have a camping wristband. The campsite showers will be open for 3 hours in the morning, and 3 hours in the evening. You should, therefore, bring several large bottles of water with you as part of your kit for the weekend.

Be prepared for bad weather. The weather is completely out of our control, and we won't even know reliably what the weather will do until 1-2 days before the competition. Tribal Clash will go ahead even in extreme weather with the exception of tornadoes, hurricanes, tsunamis or earthquakes and it is your responsibility to ensure you have appropriate kit and equipment to be able to compete in any weather.

It is common for Tribal Clash athletes to feel emotional on Sunday afternoon. You are likely to feel drained and exhausted, the events are physically and mentally demanding and there is a lot of work to get through. Saturday is usually a very long and tough day. Make use of some of the services we have available: Lululemon will be on site with a meditation bus and yoga sessions, you can also go get a massage at the RockTape tent. Make sure you eat well and drink plenty of water.

## **FOOD AND DRINK AT TRIBAL CLASH**

Our own Tribal Kitchen will be selling breakfasts, lunches and dinners from 7am until late. The Tribal Kitchen will be serving one lunch and one dinner option, both meat & vegetarian, on Friday, Saturday and Sunday. We will be serving a barbeque on Saturday evening with excellent meat from Aune Valley Meat, with a choice of salads. In between there will be fruit, paleo bars and other snacks to fuel you in between workouts.

Gastrobus Bantham will be dishing out burgers, wraps and sandwiches, hot drinks, delicious cakes and ice cream. They will also have a pizza van on the beach where you can order wood fired pizzas. You can also have a sit down meal at the top deck of On The Green double decker bus.

In the village 5 minute walk from the beach you can find the Sloop Inn, great food and drink, we advise you book for dinner.

And to reward you at the end of a hard day's work, the bar will be open until late, serving beer, cider, wine and spirits.

## PRO TIPS FOR ATHLETES:

- Make sure you have pre-booked a beach parking ticket. The shuttle bus service from the off-site car park starts at 10am on Saturday and Sunday and ends at 18.00. The heats start at 8.30am on Saturday and 9.00 on Sunday.
- Bring shelter with you in case it rains. You can put gazebos on the beach.
- Bring plenty of bottled water.
- Bring bin bags for all your rubbish. You cannot leave it on the table in the tepee, or chuck it on the beach. Bad things happen if you do that.
- Bring cash in case card payments don't work
- Bring warm clothes and a waterproof jacket. Saturday is going to be a long day and being cold and tired is not fun.
- Bring more than one pair of shoes, they are going to get wet.
- We cannot emphasise enough that you have to **COME PREPARED**. Tribal Clash is not a competition held in a sports hall with facilities and shelter. We are outside on the beach. You should arrive equipped like you would be for 3 days at a festival or an expedition. We can't help you if you are cold, or wet, or your mobile phone runs out of charge.



## INFORMATION FOR CAMPERS

Camping on the beach at Tribal Clash is part of the unique Tribal Clash experience. We have a special permission to camp in Bantham, one of England's finest beaches, where no camping has ever been permitted before.

Camping in Bantham is in Zealand's Field, see map below. This is a level grassy field surrounded by hedges and normally kept empty, and it has never been used as a car park or grazing for livestock. The camping field is next to the beach car park and only a short stroll from the arena. Camper vans will be in the same field, parked along the edges with tents in the middle.

Our campsite is a temporary campsite, there is no permanent campsite in Bantham. Therefore, there are no power hook ups, or cooking facilities, or permanent shower blocks like you would find in an ordinary campsite. There will be portable toilets and a mobile shower block in the campsite.

The campsite showers will be available from 7am to 10am and from 6pm to 9pm.

Each camping pass allows one person to camp for three nights; from Friday 1<sup>st</sup> September until Monday 4<sup>th</sup> September. The campsite opens at 11am on Friday 1<sup>st</sup> September and it must be vacated by 11am on Monday 4<sup>th</sup> September.

Only those with pre-booked camping passes will be allowed into the event campsite, the campsite is enclosed by hedges and accessed through one gate. Campers will be given a wristband, please make sure you wear your wristband as these will be checked at the campsite gate. Neither spectator nor team entry fees include camping so if you want to camp you have to purchase a camping ticket on our website. Pre-booked camping passes can be collected at Event Registration, which is in the off-site car park half way down the lane to Bantham, this will be clearly signposted and marshalled as you approach Bantham. Alternatively, camping passes and parking passes can be collected on Saturday morning from the gate at the beach, please bring proof of purchase.

No vehicles except pre-booked campervans will be allowed inside the campsite. To park on the beach next to the campsite for the weekend, you will need to buy a weekend parking permit online at [www.tribalclash.com](http://www.tribalclash.com). This costs £45 and is valid from Friday 11am to Monday 11am. You cannot leave your vehicle overnight at the Day Car Park 2.5 miles up the lane, the car park is locked at 18.00 and all cars must be moved by 18.00. You cannot drive to the beach at all if you don't have a beach parking permit, even to drop off passengers or equipment. There is a free shuttle





bus operating between the Day Car Park and the beach (2 miles). This is a 16-seat bus. There will be one pick up every 30 minutes. The lane to Bantham is very narrow, it is a single lane with passing places, surrounded by tall hedges. It regularly gets clogged with traffic coming both directions, with cars having to reverse uphill around bends to a passing place. Event traffic must be kept off the lane where possible to allow uninterrupted residential traffic and event logistics. Please arrange to car share, it is also kinder to the planet!

Camping pitches cannot be reserved and they are allocated on first come, first served basis. You should arrive early if you are particular about where you pitch your tent.

All campers must arrive before 22:00 on Friday 1<sup>st</sup> September. The gate to the beach will close at 22:00. Please let us know if you think you will be arriving later than 22:00 so that we can make alternative arrangements to check you in.

### **A FEW HOUSE RULES:**

- No fires – all barbecues must be off the ground.
- Dogs must be kept on leads, please pick up after your dog
- Take all your rubbish away, Leave No Trace. Seriously. Don't be that guy.
- No music or excessive noise after 23:00

### **SOME PRO TIPS:**

- Mobile signal is dodgy in Bantham, there is public wifi in the car park.
- The nearest cash point is in Kingsbridge, some 5 miles away.
- There is a shop in Bantham Village selling groceries, beach toys and newspapers. Nearest supermarkets can be found in Kingsbridge (Tesco and Morrisons).
- There are no power points or electric 'hook ups'.
- It gets very dark at night, the campsites don't have lighting - bring a head torch and spare batteries, light up your camp and yourself!
- It gets very cold at night. Bring plenty of warm clothes, a decent three season sleeping bag and ground insulation. A warm down jacket and a hat would be a good idea. Pack a warm fleece or two. Prepare for rain: bring wellies and a waterproof jacket, and something to sit on. Bring change of clothing if you get wet.
- There are no facilities for washing up pots and dishes, except the sea. Please bring your own water for washing up. Both Tribal Kitchen and the Gastrobus in Bantham will be serving coffee and breakfasts from 7am. Food will be available all day.
- Bring plenty of drinking water. Fresh water on site is limited
- Like any festivals, toilet rolls may run out. Bring plenty.



# INFORMATION FOR SPECTATORS

## SPECTATOR ARRIVAL AND TICKETS

Spectators may arrive any time after 11:00 on Friday 1<sup>st</sup> September. You will collect pre-paid weekend spectator passes at Registration which is located 2.5 miles up the lane from Bantham, in a field adjacent to the roundabout from the main road. Registration will be clearly signposted. Weekend spectator tickets can be purchased on our website [www.tribalclash.com](http://www.tribalclash.com) for £25. One day spectator passes are available at the gate on Saturday and Sunday, the cost is £15 – cash only please. Entry to the event site is free on Friday 1<sup>st</sup> September. Children aged 14 and under do not need a ticket for the weekend.

## PARKING

Event parking is now on the beach, right next to the competition arena and the campsite. To park in Bantham for the weekend, you will have to pre-book and purchase a weekend parking permit on our website [www.tribalclash.com](http://www.tribalclash.com). The cost for weekend parking is £45, which will allow you to park your vehicle for three days and three nights, from Friday 11am until Monday 11am. You can leave and return after 21.00 on Friday 1<sup>st</sup>. On Friday (arrival day) traffic to the beach is one way only, and no vehicles will be allowed out of the site and up the lane until 21.00 to avoid total gridlock on the lane. There are no one-day beach parking permits available.

You will collect all pre-booked beach parking passes from Registration, which is located in a tent on the field where the off-site car park is located, 2.6 miles up the road from the beach. Your car must display a beach parking permit on the dashboard, otherwise you won't be able to drive down to the beach, and this includes for the purposes of dropping off passengers or equipment. There is no drop-off zone in Bantham, the lane is a dead end.

Alternative parking for spectators is available in a field approximately 2.5 miles up the lane, with a free shuttle bus operating between this car park and the beach. This car park replaces the Bantham day car park. The cost is the same as the car park for regular beach users year round: £6 per day, payable in cash on arrival. ***The car park is open from 10:00 in the morning on Saturday and Sunday, until 18.00 in the evening.*** This off-site car park is NOT an overnight car park, and all vehicles must be moved by 18.00. The car park will be locked at 18.00. The shuttle bus will start running at 10.15 in the morning and last ride from Bantham will be at 17.30 on Saturday and Sunday.

***Only cars displaying a beach parking permit will be allowed to drive down the lane***

**to the beach.** This includes even temporarily to drop off passengers. There will be no option to drop off passengers or equipment on the beach without a parking permit. You should use the shuttle bus service on Friday, the bus pick up and drop off will be next to Registration tent at the off-site car park, 2.6 miles from the beach.

Do not park anywhere in the event site except designated parking area, or anywhere on the lanes surrounding the beach. Your car may be towed away if you do this. Irresponsible parking causes enormous problems to other event participants and our event logistics, and more importantly, to the local community and surrounding villages. Do not park anywhere except in the designated event car parks.

Please note: you should not plan to walk to the beach down the lane. This is 2.6 miles on a lane that is extremely narrow with no footpath, with tall hedges and tight bends. You will cause congestion, disrupt event logistics and residential traffic, and put yourself in danger. Use the shuttle bus. Our parking provisions aim to keep the lane clear of all but necessary event traffic, for the safety of all participants and smooth running of all event operations.





## USEFUL INFORMATION

### DOGS ON THE BEACH

Dogs are welcome in Bantham everywhere on the campsite and in the event village, please keep your doggy on a lead and pick up after your dog. Dogs cannot go on the main beach where the Tribal Clash arena is (Bantham restrictions), so unfortunately your doggo cannot watch the competition. Dogs are permitted on the beach beside the estuary, which on low tide extends to many acres. You can access the estuary beach via a footpath over the cliffs.

### LOST PROPERTY

Please pick up all your personal belongings from your lane after your heat. Any lost property will be taken to the lost property bins in the event office, after the event they will be either discarded or given to charity, unfortunately we are not able to post any items to you that you have left behind.

### DISABLED ACCESS

Tribal Clash welcomes disabled spectators and participants and we will do all that we can to make sure that Tribal Clash is accessible for everyone. There are disabled facilities in Bantham. If you have accessibility requirements of any kind or require assistance, please contact [heidi@tribalclash.com](mailto:heidi@tribalclash.com).

### SHOPPING

The main event sponsors **Progenex** will be helping you with your recovery with their delicious shakes and bars.

Our Tribal partners, the global fitness superstore **Whatever It Takes** will be exclusively at Tribal Clash again this year. You will be able to get your hands on all your favourite brands including Reebok, Nike, Nobull, Heavy Rep Gear and Inov8.

**Tribal Clash** store will have our core range that is available on the website, and our summer 2017 range which is only available on the beach.

Other brands exhibiting at Tribal Clash include Lululemon, Nasty Lifestyle, Bear Strength, FitAid, Big Crocodile, RockTape and TugaSox.

### BRAID BAR

The Pop Up Salon will be on site with a Tribal menu of various cool braids, and they will be doing face and body paint too to help bring out the tribal beast inside of you.



Don't be shy....a bit of war paint always looks great and will help you get into the Tribal spirit, not to mention how much it might psyche out the opposition!

## **SURF LESSONS FOR KIDS AND ADULTS**

Bantham Surf Academy is based in Bantham and they will be running surf and paddleboard lessons for kids from 8 years up, and adults all weekend. They are a British Surf School Centre of Excellence and they are experienced in teaching both novices and pros. All equipment including wetsuits are provided. Please contact Bantham Surf Academy directly to book lessons, you can find Dave the Wave and his team on the web at [www.banthamsurfingacademy.co.uk](http://www.banthamsurfingacademy.co.uk)

## **MUSIC**

By popular demand, Sam Fearon will be performing in the tipi on Saturday night from 20.30, the bar will be open, so kick back and relax with a cold beer and bask in the glory of your achievement. On Sunday DJ James Jordan is on the decks for the Tribal Clash 2016 closing party.

## **AFTER-PARTY**

All athletes and spectators are welcome to join us in the tipi for the famous Tribal Clash Closing Party from 19:00 onwards. The bar will be open until 22:30 (last orders). DJ James Jordan will be on the decks from 19.00.

## **FOOD AND DRINK**

*Pubs on Wheels* will be setting up a full service pop up bar at Tribal Clash, serving beer, cider, wine and spirits.

*Tribal Kitchen* will be dishing out street food style dishes from early morning breakfast until late dinner. There will be a barbecue on Saturday night, where you can choose meat or veggie options (supplied by our local Aune Valley Meat butchers) and salads.

*Gastrobus* will be on site with four vans, serving hot drinks, cakes, burgers, baps and sandwiches, as well as ice cream. Their pizza van will be serving wood fired pizzas, which we recommend!

*On The Green Bus* is a converted double decker bus touring some of the biggest festivals in the UK, you can have a sit down meal with great views from the top deck.

*The Sloop Inn* is located in the Bantham village, about 500m from the beach, it's a fantastic pub with good food and local beers and cider.

## **AWARDS**

### **THE TRIBAL MASK**

Awarded to the winning team. The winner will be determined after a 32-team Semi-Final on Sunday afternoon. After the Semi-Final, further 16 teams will be eliminated, and the remaining 16 teams will go head to head in the final event.

2013 winners: CrossFit Cheltenham

2014 winners: CrossFit CM2

2015 winners: CrossFit Aberdeen

2016 winners: ADAMED Team Poland

### **TRIBAL SPIRIT TROPHY**

Awarded to the tribe who exhibits the greatest team spirit across the whole weekend. This is judged on the spirit, presence and attitude of the affiliate's/gym's entire extended tribe, including any supporters and spectators, as well as the participating athletes. The Tribal Spirit Trophy is voted by the judges.

2013 winners: CrossFit Aberdeen

2014 winners: Unit6 CrossFit

2015 winners: CrossFit 252 Chesterfield

2016 winners: Reebok CrossFit 33100 (Finland)

If you want to get your hands on the Tribal Spirit Trophy there are a few things you can do to increase your chances. Bring as many supporters as you can and make a big noise! Bring drums, rattles, whistles and vuvuzelas. Come dressed in your tribal colours and wear war paint or costumes. Get your whole tribe to make an effort to join in with this. Let the world know what tribe you are in and be proud.

Make a big noise for your own team(s) but don't forget to cheer for everyone else too. Be friendly, helpful and kind no matter whether you win or lose. In short, be the tribe everyone remembers at this year's event!

See you on the beach!