



# **TRIBAL CLASH UK 2018 EVENT MANUAL**

**Friday 6th, Saturday 7th and Sunday 8th July 2018**

**At:**

**Bantham Beach  
Near Kingsbridge  
South Devon TQ7**



**POWERED BY**



## **PROGRAMME**

### **Friday 6<sup>th</sup> July**

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09:00 Vendor check-in opens

12:00 Team & Staff check-in and Registration opens, event village and campsite opens to athletes and spectators

16:00 Competition Staff briefing (judges, athlete control, staging & water safety)

19:30 Athlete welcome and briefing

20:00 Registration closes

23:00 Campsite curfew

### **Saturday 7<sup>th</sup> July**

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08:30 – 09.30 Team check-in and Registration

10:30 Event 1, Heat 1

20:00 Athlete briefing (Sunday's events)

23:00 Campsite curfew

### **Sunday 8<sup>th</sup> July**

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08:30 Event 5, Heat 1

16:00 Quarter Finalists announced

16:30 Quarter Final elimination event

17:30 Semi-Final

18:30 Final

19:30 Tribal Clash Closing Party with DJ James Jordan

### **Monday 9<sup>th</sup> July**

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11:00 Campsite and carpark closes



## WELCOME TO TRIBAL CLASH UK

We look forward to welcoming you to the 6<sup>th</sup> annual Tribal Clash on Friday 6<sup>th</sup> July. This is our second year in Bantham, after four years in Blackpool Sands.

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. Last year we had a whole month's rainfall in one day, the deluge blew up our power supply and soaked the score sheets. In these kinds of conditions, 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 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 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 6<sup>th</sup> year, and we hope Tribal Clash 2018 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**

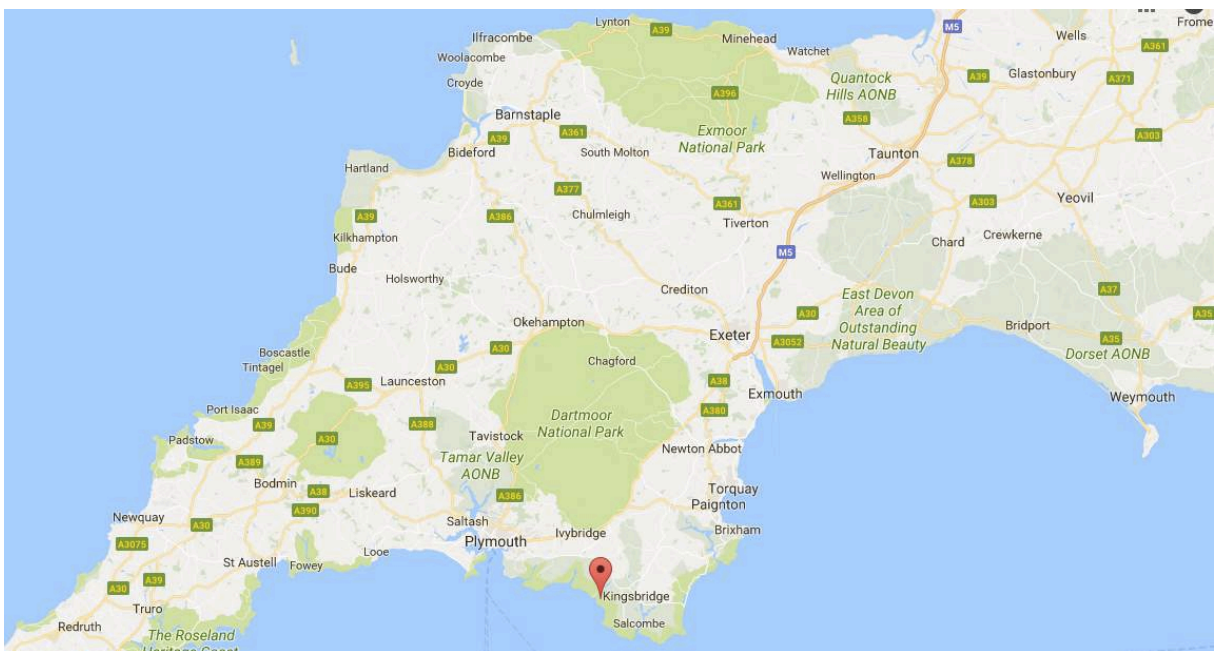
## DIRECTIONS TO BANTHAM

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. This is a single lane with passing places. Please drive courteously and be prepared to reverse up or down the lane into a passing place. Pro tip: only 2 cars in one passing place, if the road isn't clear ahead of you, wait.

**All event parking is on the beach. You must pre-book a parking permit on our website [www.tribalclash.com](http://www.tribalclash.com).** No weekend parking permits are sold at the gate, you can reserve your parking spot online only.





## TEAM CHECK-IN

- From 12:00 on Friday
- All athletes must complete the Electronic Waiver BEFORE check-in

Teams can check in any time after 12:00 on Friday 6<sup>th</sup> July. Team check-in is on the beach in the Tribal Clash marquee.

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, marker pens 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 understand what you need to do before the competition starts.

The team captain must make sure that all team members have completed and signed the Tribal Clash 2018 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. The athlete wristbands will not be released to individual team members. Our Registration team will have checked all completed waivers on Wednesday 4<sup>th</sup> July. If your team doesn't have all six waivers in by Wednesday 4<sup>th</sup>, you will be turned away. Our insurance and Event Safety Plan requires waivers from all athletes and we cannot let you compete without it.

To access the Electronic Waiver, copy & paste this link to your browser:  
<http://www.smartwaiver.com/v/tribalclashuk2018/>

Team check-in will be in the main Tribal Clash marquee in the Event Village. After checking in, you can then collect any spectator or camping tickets you have bought online.

Team check-in closes at 20.00 on Friday 6<sup>th</sup> July. Team check-in is open again between 8.30am and 9.30am on Saturday 7<sup>th</sup> July, for those who are unable to get to the beach before 20.00.

## COLLECTING YOUR CAMPING OR SPECTATOR PASSES

- **Camping ticket: £30 per person, Friday-Monday**
- **Spectator ticket: £10 per person**

You can collect any pre-paid camping and spectator wristbands at Registration on the beach. 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 £10 per person. This ticket includes access to the Event Village, and to the Tribal Clash 2018 Closing Party on Sunday 8th September.

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 Tribal Clash Shop.



## **PARKING AT TRIBAL CLASH**

- **Parking permits must be pre-booked on [www.tribalclash.com](http://www.tribalclash.com)**
- **Whole weekend including overnight £40**
- **Whole weekend day only £30**
- **Saturday only £10**
- **Sunday only £10**

All event parking is on the beach, right next to the competition arena and the campsite. To park at Tribal Clash, you will have to pre-book and purchase a weekend parking permit on our website [www.tribalclash.com](http://www.tribalclash.com). Weekend parking permits are valid from Friday until 12.00 noon on Monday 9<sup>th</sup> July. You can leave and return and you will be guaranteed to have a parking space all weekend.

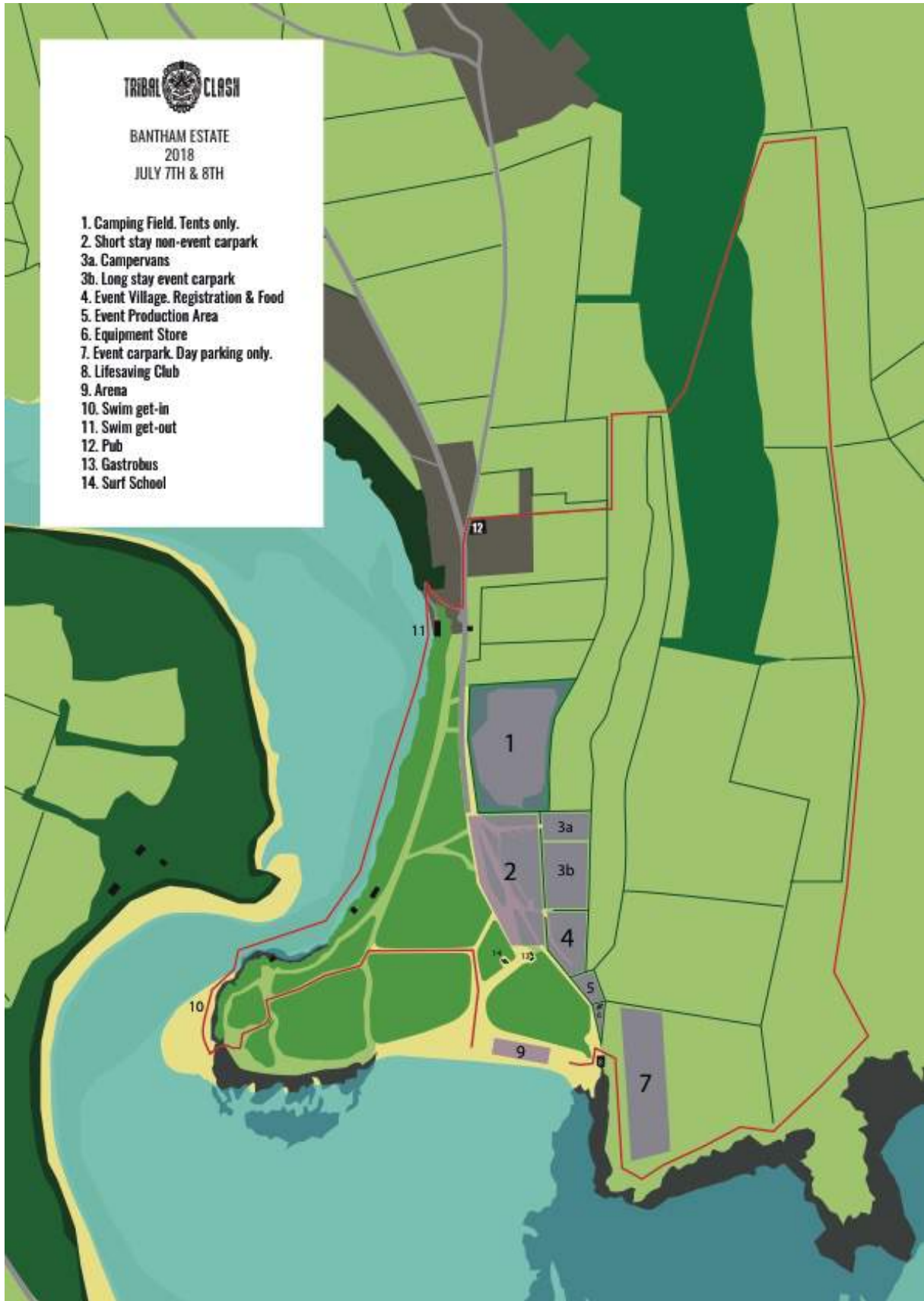
You will collect all pre-booked beach parking passes at the gate on arrival. Please have your ticket or proof of purchase ready for inspection at the gate. Our parking staff will hand you your parking permit and direct you to the appropriate car park.

There is limited space available. On a sunny weekend we expect to get hundreds of beachgoers and casual visitors. To guarantee a parking space for the weekend, we strongly advise you to pre-book early. A section of the car park will be reserved for surf school customers and camper vans, therefore our car park is reduced from last year.

**THERE IS NO DROP OFF ZONE IN BANTHAM. THE LANE IS A DEAD END WITH NO TURNING CIRCLE. PLEASE AVOID DRIVING FROM THE BEACH UP THE LANE AT ALL COST ON FRIDAY, YOU WILL CAUSE A GRIDLOCK.**

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.

## 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 6<sup>th</sup> July. 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 announce and brief the athletes on Sunday's events at 20.00 on Saturday 7<sup>th</sup> July. Again our demo team will run through the workouts and movement standards. This will take place on the arena. 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.

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.

We have already announced the first event of the competition, Run-Swim-Run. We recommended that each athlete considers their kit for the event carefully. We cannot help you with your kit. Please note that Tribal Clash is a competition, not a Fun Run. We do not programme to ensure that each athlete stays firmly within their comfort zone. Our events are not designed with the athletes' convenience in mind. Tribal Clash aims to test your capability, fitness, grit, resolve and organisation. Therefore, you should expect to be uncomfortable, inconvenienced, running in wet trainers, swimming with your shoes on, and generally just getting on with it. You should also expect to organise your own kit, and research appropriate options, we cannot provide advice on what shoes to wear, where to leave your kit and where to get changed and when.

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.
- The run-swim-run event will require appropriate footwear. Your Nanos or Metcons will not be appropriate for swimming as they will get heavy with water. There will **not** be a transition area in which to change outfits. The kit that you start with, you will wear until the end of the event. There won't be spectators at the swim exit to help you, it is a narrow slipway.
- We will not be providing life jackets for nervous swimmers. You can, however, bring your own.
- 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. All athletes will have to swim. 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.

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 an athlete staging area to the side of the arena. Your team should be in the athlete staging area in your designated staging pen at least 15 minutes before your scheduled heat start time.

Each event will be organised into 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. 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 athletes who are raring to go, wait for you – please exit your lane promptly taking all your belongings with you. Any items left hanging on fences or left on the lanes will be thrown away after the heat.

## **SUBSTITUTIONS AND WITHDRAWALS**

After your team has checked in on Friday 6<sup>th</sup> July, 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 any workout where you don't have a full squad of six 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**

All teams will complete at least six individually scored events through the weekend. Some teams will complete more than six events. On Sunday afternoon, top teams on points will advance to the elimination rounds. The Final will have 12 teams, this will take place on Sunday afternoon.

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 by a team of registered paramedics from Peninsula Medical. You will find them in the First Aid tent. Please see them for any injuries, or if you feel unwell during the event.

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 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.

Camper Coffee Company will be in the Event Village with their coffee van.

On The Green Bus will serve fried chicken & chips and other fast and filling workout fuel.

Gastrobus Bantham will be dishing out burgers, wraps and sandwiches, hot drinks, delicious cakes and ice cream.

In the village a 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 to guarantee a parking spot.
- 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 marquee, 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 site map on page 8. 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.

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 7pm to 10pm.

Each camping pass (£30) allows one person to camp for three nights; from Friday 6<sup>th</sup> July until Monday 9<sup>th</sup> July. The campsite opens at 12pm on Friday 6<sup>th</sup> July and it must be vacated by 11am on Monday 8<sup>th</sup> July. ***There is no charge for children up to age 14.***

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. Neither spectator nor team entry fees include camping so if you want to camp you have to purchase a camping ticket on our website.

No vehicles 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 £40 and is valid from Friday 12 noon to Monday 11am.

**Campervans** will be situated in a designated area in the car park, which is separate from the camping field. Each campervan ticket (£75) entitles two people to camp in the van. On arrival, if you have pre-booked a campervan pass, you will be given your pass and two wristbands at the gate on arrival. Please have your ticket or proof of purchase ready. Any additional pre-booked camping wristbands can be collected from Registration. Any additional people camping in the campervan must buy the £30 camping pass. Campervan tickets must be pre-booked online on [www.tribalclash.com](http://www.tribalclash.com).



Your campervan pitch will have space for a van and an awning, the total width of your camper and your awning must not exceed 4m.

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. However, if you want to ensure all your tribe camps together, you can purchase a Tribe Camp Pitch, which will guarantee you a large 10m x 10m roped off area for your tribe, and 16 wrist bands. You can have additional tribe members camping in your Tribe pitch, they must buy camping passes on [www.tribalclash.com](http://www.tribalclash.com)

All campers must arrive before 22:00 on Friday 6<sup>th</sup> July. 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 in the evenings.
- 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 Camper Coffee Company, 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 12:00 on Friday 6<sup>th</sup> July. You will collect pre-paid weekend spectator passes at Registration tent on the beach. Weekend spectator tickets can be purchased on our website [www.tribalclash.com](http://www.tribalclash.com) for £10. Entry to the event site is free on Friday 6<sup>th</sup> July. Children aged 14 and under do not need a ticket for the weekend.

## PARKING

Event parking is at beach level, close 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).

You will collect all pre-booked beach parking passes at the gate on arrival. Please bring your ticket or proof of purchase and have it ready at the gate.

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.



## **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.

### **SHOPPING**

Tribal merchandise will be available in the Tribal shop, in addition you can purchase fitness gear from Bear Strength and DoSportLive in the event village.

### **LOST PROPERTY**

Please pick up all your personal belongings from your lane after your heat. Any left property will be binned. We do not operate a lost property box.

### **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).

### **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. They will be giving discounts on lessons to all Tribal Clash participants! 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)



## **THE WORLD CUP**

Should England make it to the quarter finals, the Sloop Inn in Bantham will be showing the game on two TVs.

## **AFTER-PARTY**

All athletes and spectators are welcome to join us in the party marquee 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 19.30.

## **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.

*Camper Coffee* Company will be serving coffee, cakes, hot chocolate all weekend

*Gastrobus* will be on site with four vans, serving hot drinks, cakes, burgers, baps and sandwiches, as well as ice cream.

*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

2017 winners: CrossFit Deviant

### **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)

2017 winners: CrossFit Nottingham

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!