



**UK 2019**

**EVENT MANUAL**

Friday 12<sup>th</sup>, Saturday 13<sup>th</sup>, Sunday 14<sup>th</sup> July 2019

Bantham Beach  
Near Kingsbridge  
Devon  
TQ7 3AN

POWERED BY





# SCHEDULE

## Friday 12<sup>th</sup> July

---

- 10:00 Event car park opens
- 14:00 Team check-in, event village and campsite open
- 16:00 All Staff briefing
- 19:00 Team check-in closes
- 19:30 Athlete welcome, event announcement and demo of Saturday's events
- 20:00 – 21:00 Late team check-in
- 23:00 Car park & camping gate locked
- 23:00 Campsite curfew

## Saturday 13<sup>th</sup> July

---

- 07:00 Car park gate opens
- 07:30 – 08:30 Late team check-in
- 09:00 Event 1, Heat 1
- 17:30 End of Event 5
- 18:00 Event announcement and demo of Sunday's events
- 21:00 Car park gate locked
- 23:00 Campsite curfew

## Sunday 14<sup>th</sup> July

---

- 07:00 Car park gate opens
- 08:00 Event 6, Heat 1
- 14:30 Event announcement and demo of Quarter-Final
- 15:15 Quarter-Final
- 17:00 Semi-Final
- 18:00 Final
- 18:30 Awards
- 21:00 Car park gate locked
- 23:00 Campsite curfew

## Monday 15<sup>th</sup> July

---

- 11:00 Campsite closes



# WELCOME TO TRIBAL CLASH UK 2019

We look forward to welcoming you back to Devon on Friday 12<sup>th</sup> July for the seventh annual Tribal Clash UK!

This will be the third time the competition takes place on beautiful Bantham Beach, where in the past two years we have previously experienced both torrential downpours and searing heat. At Tribal Clash, you must be prepared for anything and everything.

This is the fourth Tribal Clash of 2019. Following hugely successful events in Australia, Portugal and the USA, we can't wait to return to our roots in Devon and make this competition the best one yet.

Many of you have experienced the Tribal Clash magic before, but if this is your first time you will see very quickly that this is not your standard fitness competition. You will find yourself in unusual situations and environments; you will experience the beauty of the landscape as well as the challenges it throws at you; and you will face a true test of physical fitness.

Tribal Clash aims to find the most capable team of 6 athletes. Capability is more than physical fitness. A capable team takes care of their team admin without prompting, is not late for their heat, is self-reliant, brings with them appropriate equipment (including water and spare clothes) and is helpful, courteous and kind. A capable team takes responsibility for the impact they have on the event site, takes their litter away with them and doesn't leave rubbish behind. Thank you for being awesome Tribal Clashers.

We are only able to deliver this epic event thanks to our team of over 70 volunteers, whose sole task is to ensure that you have the best weekend of your year. Please be respectful of the amazing work they do and help them to help you by listening to their instructions.

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 here on our local beach once again, and we hope that Tribal Clash UK 2019 will deliver some unforgettable memories for you to cherish for the rest of your life!

Thank you for supporting our event. We can't wait to see you on the beach!



## KEY STAFF

**Event Director:** Andrew Barker

**Head Judge:** Rob Clemens

**Head of Scoring:** Jayne Clemens

**Event Coordinator:** Heidi Clover

**Athlete Support:** Rachel Roberts

For judging queries, please contact Rob Clemens.

For scoring issues, please see the athlete control team.

For any questions regarding the event timings, heat schedule, team admin, team members and registration, site orientation and facilities, or tickets, please contact Rachel Roberts ([registrations@tribalclash.com](mailto:registrations@tribalclash.com)).

The best method of communication in the run up to the competition is email to [info@tribalclash.com](mailto:info@tribalclash.com) - we will try to reply to your query as soon as we can. Please be aware that from Monday 8<sup>th</sup> July our team will be on site so we may be slower than usual to deal with emails.

## EVENT LOCATION

**Address:** Bantham Beach, near Kingsbridge, Devon, TQ7 3AN

**Directions from Exeter:** From the M5, join the A38 and head south. The road splits just after Exeter, so make sure you stay on the right to remain on the A38 (signposted Plymouth).

After 25 miles on the A38, exit the dual carriageway at the junction signposted Ermington, Modbury & Yealmpton, turning onto the A3121 (just after passing a Shell garage on your right).

At Kitterford Cross, go straight across onto the B3196, signposted Loddiswell. Continue for 2.5 miles, then turn left just after passing a BP garage to stay on the B3196, signposted Kingsbridge & Loddiswell. Continue for 5 miles, then turn right Sorley Green Cross onto the A381, signposted Plymouth.

At Palegate Cross Roundabout take the 2nd exit onto the A379, signposted Modbury, Churchstow, Plymouth. Drive through Churchstow, then at Bantham Cross Roundabout take the 2nd exit to Bantham Beach. At the Bantham roundabout you will see Tribal Clash signs - follow these through the narrow lane until you reach Bantham Beach. This is a single lane with passing places. Please drive courteously and be prepared to reverse into a passing place.

Pro tip: only 2 cars fit in one passing place, if the road isn't clear ahead of you, wait.



All event parking is at beach level – read on for more information regarding parking.

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.

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 ON FRIDAY AFTERNOON AT ALL COSTS AS YOU WILL CAUSE GRIDLOCK.



## TEAM CHECK-IN

**When:** Friday 12<sup>th</sup> July 14.00 - 19.00 and 20.00 – 21.00

Saturday 13<sup>th</sup> July 07.30 – 08.30

**Where:** Tribal Clash registration tent at Bantham Beach.

Only one team member is required to check in the team - this will be your team captain or nominated team member. This person will collect the team info pack which will contain heat schedules, lane assignments, chip timers for all athletes and any other necessary information. Please thoroughly check your team info pack when you receive it. Our check-in team will talk you through the contents, but it is your responsibility to make sure that you have received your chip timers and anything else that is required.

All team members must have completed and signed the Tribal Clash UK 2019 online waiver prior to check-in - your team info pack will not be released to you at check-in unless all your team members have done so.

This link to the waiver has been emailed to all registered athletes, and it is the responsibility of the team captain to ensure that all team members have completed it – please do not email us to check.

Our check-in team will have a list of all waivers completed by Thursday 11th July and will send away any teams with missing waivers.

Here is the link to the online waiver: <https://waiver.smartwaiver.com/v/tcuk2019/>

## PARKING, CAMPERVAN & CAMPING PERMITS

Parking permits, camping wristbands and campervan permits are all available to purchase online:

<https://competitioncorner.net/events/1347/merchandise>.

If you wish to park near the beach, you should pre-book a parking permit– this will guarantee your spot in the event car park and allow early entry on Saturday and Sunday mornings (from 07.00).

There are four parking permits available: Saturday parking only (£10), Sunday parking only (£10), Weekend parking daytime only (£30) and Weekend parking including overnight (£40). Weekend parking permits allow you to park from 10.00 on Friday 12<sup>th</sup> July until 21.00 on Monday 15<sup>th</sup> July.

Collect your parking permit from the main gate from 10:00 on Friday 12<sup>th</sup> July.

Collect your camping wristbands from the Registration tent between 14.00 – 19.00 and 20.00 – 21.00, or from main gate between 21.00 – 23.00 on Friday 12<sup>th</sup> July. Gate closes at 23.00.

Collect your campervan permit from main gate from 10.00 on Friday 12<sup>th</sup> July. Collect camping wristbands from Registration tent (as above).

Find more information about camping and campervans on page 14.



# INFORMATION FOR ATHLETES

## EVENT FORMAT

Teams will race in five individually scored workouts on Saturday and at least two workouts on Sunday.

After Event 7, the 40 teams who have accumulated the most points so far will then take part in the Quarter-Final.

Points scored in the Quarter-Final will be added to the points accumulated over the course of the weekend.

Points scored in the Quarter-Final carry more weight. Teams are then ranked according to overall points to determine which 20 teams advance to the Semi-Final.

The Semi-Final is traditionally a tug-of-war where you have just one chance to beat your opposing team - the team ranked 20<sup>th</sup> on points will pull against the team ranked 1<sup>st</sup>, the team ranked 19<sup>th</sup> will pull against the team ranked 2<sup>nd</sup>, and so on. After the Semi-Final, 10 teams will be eliminated from the competition and the remaining 10 (the winners of each tug-of-war contest) will go head-to-head in the winner-takes-all Final.

Once we enter the knockout stages of the competition on Sunday, all heat times and lane assignments will be communicated on Competition Corner - <https://competitioncorner.net/events/1347>. Please make sure that you check this website to see if your team has reached the next round of the competition.

## ATHLETE BRIEFING AND WORKOUT ANNOUNCEMENTS

On Friday 12<sup>th</sup> July at 19.30 we will announce and brief the athletes on Saturday's workouts.

This athlete briefing will take place in the Tribal Clash arena on the beach. Our demo team will run through the workouts and movement standards on the arena, then there will be a brief question and answer session. The workouts will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions. Please make sure that you have understood what is required and how the events are scored.

On Saturday 13<sup>th</sup> July at 18.00 (or straight after the final event) we will announce and brief the athletes on Sunday's workouts.

We will make further announcements before the Quarter-Final. These athlete briefings will also take place in the Tribal Clash arena on the beach, where our demo team will run through the workouts and movement standards. Again, the workouts will be posted online on our website as well as on Facebook and Instagram, where you can also ask questions.

**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.

Bantham is a remote and rural site with traditionally poor mobile phone signal. Please don't expect to be able to maintain connectivity over the competition weekend.



We will not publish the workouts before the competition weekend, so you are strongly advised to be at the briefing and pay attention! Unfortunately we cannot answer any questions regarding the events until these athlete briefings, including whether everyone has to swim and how far, or how heavy the equipment is.

Tribal Clash workouts are programmed to test team capability, and many events require tactical decision making and efficient teamwork to achieve 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 also cannot guarantee that each athlete or team gets to do what they are good at.

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 so please do not attempt to break in and 'have a go' – our staff will have words with you and you may be disqualified.

## **EVENT SCORING**

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

If you believe your judge has made an error during the event and you want to challenge their decision, please speak to the Head Judge no later than 15 minutes after your heat finish time. Video footage of your heat is not admissible.

A live online leaderboard will be available on Competition Corner and can be viewed at <https://competitioncorner.net/events/1347>. If you believe that your team's score is not accurately presented on the competition leaderboard, please speak to the athlete control team.

## **SUBSTITUTIONS AND WITHDRAWALS**

You can substitute team members right up until team check-in on Friday 12<sup>th</sup> July, as long as all replacement team members complete the online waiver.

No substitutions can be made after your team has checked in. Your team must start and finish all events as a team of 6 athletes, 3 men and 3 women. 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 odd objects and listen to the advice from Tribal Clash staff to avoid injury.





## 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 publish a full schedule of all heats on Competition Corner and in the info pack that your team captain collects when they check-in on Friday.

The athlete staging area is beside the main arena (unless otherwise advised). Events will have between 8 and 16 heats, and while we endeavour to start each heat on time, there will be some flexibility in the schedule (we may start a minute early if we are ready, or later if necessary) so we ask your whole team to be ready by the holding area at least 10 minutes before your start time. Please listen to the announcements.

Your team captain must arrive at the athlete staging area 10 minutes before your scheduled heat start time (10 minutes before your scheduled start time for Event 8). If your team captain is not present at this time, your team may miss out on vital information about the workout. During this time, your team captain will have the opportunity to ask our Athlete Control staff last-minute questions about the event. 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.

The rest of your team must be in the athlete staging area at least 10 minutes before your scheduled heat start time – it is up to the team captain to pass on any important information. Athlete Control will show you through to the arena when the lanes are ready for you.

After your heat is finished, the team captain will sign your score sheet while the rest of the team returns the equipment to the starting position. The entire team must then exit their lane without delay. You will not be able to stay behind take photographs on the lane after the event. Please do not delay the start of the next heat - up to 120 athletes will be raring to go so 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. When all the athletes have left the arena, Athlete Control will show the next heat through to the arena.



## **ATHLETE KIT: WHAT YOU SHOULD BRING**

- Plenty of bottled water.
- Plenty of sun cream.
- Plenty of spare clothes - you may get wet more than once in a day, it may get cold, or it may rain all weekend!
- More than one pair of shoes, including shoes that are suitable for any possible run event. Some competitors get primal and compete in bare feet, but there may be stones and shells on the arena and on the beach. Footwear is mandatory during all running events, including ones that also involve swimming so come prepared.
- Clothing and accessories for any water-based events – all athletes should expect to get wet during the competition and the water may be cold. Wetsuits, wearable buoyancy aids, neoprene shoes and swimming goggles are permitted but hand paddles, rafts, fins and kick boards are not allowed.
- Whatever you and your team needs to be comfortable in ANY weather for the waiting time between the events. You can, for example, pitch a gazebo on the beach. If you set up a pop up tent on the beach, please be aware that it should not get in the way of event operations or competition flow - some events may take the athletes outside the arena so you should make sure your tent is not in the way. No shelters should be left up overnight.
- Chalk (if required).
- Protective sleeves and gloves (if required) in case you have to handle atlas stones, logs, tyres and rope.
- Bin bags – all rubbish should be taken away.

Please note:

- There is no designated warm up area on the beach with foam rollers or barbells or assault bikes. You may want to bring some mobility tools with you.
- There are no storage facilities for your kit.



## **WEATHER DISCLAIMER**

After heat schedules have been fixed and distributed in your team info packs, we may still 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 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 the 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 our Water Safety Team where the safety of water-based events is in doubt. We try to communicate any changes as quickly as we can so please listen to announcements from the arena. If there is a schedule change, please be patient and understand that our staff are working their socks off.

## **ATHLETE WELFARE**

First aid and medical cover will be provided by a team of paramedics on site. Please see them for any injuries, or if you feel unwell during the event – you will find them in the first aid tent. If you have flagged any health concerns or issues in the medical questionnaire, this information is passed on to the paramedics along with your lane assignments, so that they are best able to treat you if needed.

There is a 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. The event will go ahead even in extreme weather conditions, so it is your responsibility to ensure you have appropriate kit and equipment to be able to compete in any weather.



## EVENT SERVICES

### TOILETS

There is a toilet block in the Bantham car park, plus additional portable toilets near the beach.

### FOOD AND DRINK

The following food vendors will be in the event village and will be catering for athletes and spectators all weekend:

Gastrobus (breakfast baps, burgers, hot dogs, salad boxes, ice cream & cakes)

Rose Farm Hog Roasts

Hattie's Pizza

Authentic Thai Food

The Cabin (coffee)

On The Green Bus (breakfast, drinks & snacks)

Bar by The Sloop Inn

The Sloop Inn is just a few minutes' walk from the beach in Bantham village and serves fantastic food and a wide selection of local beers and ciders– booking is advisable.

### VENDORS

The Tribal Clash shop will be located by the main arena and will be selling merchandise all weekend – we will be accepting card payments or cash.

In the event village, you will find our event sponsors Progenex and Red Paddle Co, as well as The Renz Nest, Fiit, Jolyn and Bear Strength.

Some vendors may not accept card payments and the nearest ATM is miles away, so bring plenty of cash!

### BRAID BAR

The Pop Up Salon will be on site with a menu of Tribal braids, plus face and body paint to help bring out the warrior in 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!



## OTHER USEFUL INFORMATION

### CONNECTIVITY

Mobile phone signal is extremely poor at Bantham.

Public WiFi will be available in the event village but this is primarily to allow access to Competition Corner. It will not be possible to download or upload using this connection, so please save the Instagram posts until the evening! If the WiFi connection is misused it is likely to crash, in which case competitors will be unable to check their placing on Competition Corner. Please be considerate!

### 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 athlete control tent, 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. If you have accessibility requirements of any kind or require assistance, please contact [heidi@tribalclash.com](mailto:heidi@tribalclash.com).

### DOGS

Dogs are welcome in the event village and within the campsite but must be kept on a lead. Please pick up after your dog.

Dogs are not allowed on the main beach where the Tribal Clash arena is located, but they 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.

### COMMUNICATION

Communication prior to the event and over competition weekend will be on our social media channels – like us on Facebook ([/tribalclash](https://www.facebook.com/tribalclash)) and follow us on Instagram ([@tribalclash](https://www.instagram.com/tribalclash)) to stay up to date.

Don't forget to tag us in your Instagram photos and videos and use the hashtag #tribalclash so we can see you in action!

## CAMPING & CAMPERVANS

Camping at Bantham is in a temporary campsite, therefore there are no power hook ups, cooking facilities, or permanent shower blocks. There will be portable toilets and a mobile shower block in the campsite. The campsite showers will be available from 07.00 to 10.00 and from 19.00 to 22.00.

Only those with a pre-booked camping pass will be allowed into the campsite, which is enclosed by hedges and accessed along one path. Campers will be given a wristband which must be worn at all times.

Team entry fees do not include camping so if you want to camp you must pre-book a camping pass here:

<https://competitioncorner.net/events/1347/merchandise>

All campers and campervans must arrive before 23.00 on Friday 12<sup>th</sup> July. The gate to the beach will close at 23.00.

### CAMPING

The campsite is in a level grassy field, located next to the beach car park and only a short stroll from the arena. **Cost:** £30 per person which entitles you to stay 3 nights (Friday, Saturday and Sunday). There is no charge for children up to 14 years old.

**Campsite opens:** 14.00 on Friday 12<sup>th</sup> July

**Campsite closes:** 11.00 on Monday 15<sup>th</sup> July

If you have pre-booked a camping pass, you will be able to collect this from the Registration tent (14.00 – 19.00 and 20.00 – 21.00) or from the main gate (21.00 – 23.00). Camping pitches cannot be reserved and are allocated on a first come, first served basis. You should arrive early if you are particular about where you pitch your tent.

No vehicles are allowed inside the camping field. To park at beach level near the campsite, you will need to purchase a weekend parking permit online. Ensure that you select the ‘overnight’ option which costs £40 and is valid from 10:00 on Friday 12<sup>th</sup> July until 21:00 on Monday 15<sup>th</sup> July (including overnight).

### CAMPERVANS

Campervans will be situated in a designated area of the car park, adjacent to the camping field. Your campervan pitch will have space for a van and an awning. The maximum length allowed is 5m, and the total width of your camper and your awning must not exceed 4m.

**Cost:** £75 per van which entitles two people to stay 3 nights (Friday, Saturday and Sunday) and use the facilities in the camping field. Any additional people staying in the campervan must buy a £30 camping pass (as above).

**Campervan parking area opens:** 10.00 on Friday 12<sup>th</sup> July.

**Campervan parking area closes:** 21:00 on Monday 14<sup>th</sup> July

If you have pre-booked a campervan permit, you will be able to collect this from the main gate from 10.00 on Friday 12<sup>th</sup> July. Camping wristbands (which allow access to the facilities in the camping field) should be collected as above.



### **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 unreliable in Bantham, but there is public wifi in the car park in the evenings.
- The nearest ATM 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.
- Bring plenty of drinking water. Fresh water on site is limited
- Like any festivals, toilet rolls may run out. Bring plenty.



## AWARDS

### THE TRIBAL MASK

The Tribal Mask is the prize awarded to the winning team. The winner will be determined after up to 8 main events, followed by a Semi-Final for the top 20 teams. After the Semi-Final, a further 10 teams are eliminated, leaving the remaining 10 teams to go head to head in the final event. The overall winner will be the team that comes out on top in the final, either scoring the highest number of reps or completing the workout in the shortest time.

2016 winners: ADAMED Team Poland

2017 winners: CrossFit Deviant

2018 Winners: Halo Tops

### TRIBAL SPIRIT TROPHY

The Tribal Spirit Trophy is awarded to the tribe which 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.

2016 winners: Reebok CrossFit 33100 (Finland)

2017 winners: CrossFit Nottingham

2018 Winners: Newton Abbot CrossFit

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!