

OATEIN™



WODLAND

THE NEW DAWN

EVENT GUIDE 2022

Please read the following information to find out all you need to know about this year's competition.

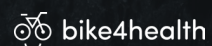
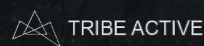
This year, WODland will take place on
Saturday 27th and Sunday 28th 2022

Check in: Saturday from 7am till 8:45am
Briefing: Online videos - Released Friday 26th

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PROGRAM

FRIDAY 26TH

- 9am – Athletes' Online Release of WOD's & briefing

DAY 1 – 27TH AUGUST

- 7am till 8:45am - Team Check in (only your team captain needs to check in. You will then pick up your team goodie bag with relevant information, timetable)
- 9am - WOD 1 - Heat 1 will begin.

DAY 2 – 28TH AUGUST

- WOD 5 will begin at 9am, finishing with the Final WOD (8) at 2:30pm
- More in-depth information of WOD timings / program of heats will be released closer to the time.

Please note that all these times are subject to change.

Listen out for announcements on the day for any amendments or alterations to this timetable.

DIRECTIONS & PARKING

The Postcode (HD9 2DE) for WODland HQ will **NOT** take you directly to the Forest. It will bring you close by. So please make sure you look out for our WODland Signs directing you towards the Event Car Parking / WODland HQ.

/// what3words [cookers.lengthen.flute](https://www.what3words.com/cookers.lengthen.flute)



ADDRESS

Holme Styes Wood
Bare Bones Road
Holmfirth
Huddersfield
West Yorkshire
Near: HD9 2DE



ARRIVING FROM THE SOUTH (M1)

- Turn off the M1 at Junction 35A for the A616.
- Keep following this road until you have gone straight across 3 roundabouts.
- Turn Left on to Bents Rd - B6106.
- Keep going until you go past The Fox House Pub.
- Turn Left on to Law Common Rd.
- Stay on Law Common Rd until you come to a cross roads.
- You will pick up Signs for WODland at this Cross Roads.
- Go Straight across the cross roads and you will see the entrance to the forest.
Look out for the WODland Flags and event staff to greet you at the gate.

ARRIVING FROM THE NORTH (M1 / A1)

- Turn off the M1 at Junction 39 for Denby Dale - A636.
- Go around the roundabout signed posted Denby Dale, A636.
- Stay on the A636 until you arrive at a roundabout.
- Go straight over.
- Keep following through a village called Scissett.
- Keep going through Denby Dale.
- The A636 till turn into the A635.
- Keep going until you come to the sovereign cross roads, with the sovereign pub in front of you and the petrol station on your right.
- Turn Right then straight away LEFT on to A635 Holmfirth Rd.
- You will come down in to New Mill. Arriving at the T junction.
- Turn Right - signed for Holmfirth. A635 - New Mill Rd.
- Follow down in to the Village of Holmfirth.
- At the zebra crossing, turn left up Dunford Rd - B6106.
- Follow up the hill until you come to the brow of the hill at Hade Edge.
- Turn Right into Hade Edge and drive through the village.
- You will pick up Signs for WODland.
- At the cross roads turn Right.
- You will see the entrance to the forest. Look out for the WODland Flags and event staff to greet you at the gate.

ARRIVING FROM MANCHESTER

- Head out of Manchester on the M67.
- Head out towards Tintwistle and on to the Woodhead Rd - A628.
- Follow all the way until you get to a left turn for Dunford Bridge.
- Follow down in to Dunford Bridge.
- Turn Left on to Dunford Rd.
- Stay on Dunford Rd until you come to a cross roads.
- You will pick up Signs for WODland at this Cross Roads.
- Turn LEFT the cross roads and you will see the entrance to the forest.
- Look out for the WODland Flags and event staff to greet you at the gate.

EVENT PARKING

Please refer to the event map for more detail. If you have pre-purchased a parking ticket for the weekend, this will be emailed out to you in advance of the WODland weekend. **PLEASE PRINT THIS OFF** otherwise you won't be allowed in by our event staff.

Please ensure that on arrival your ticket is placed inside your car's windscreen where it can be seen clearly by staff, who will then be able to direct you where to park.

Parking tickets can NOT be purchased on the day at arrival. There is LIMITED space to park within the forest. So we can allow Pre-booked tickets into the forest. NO PAYMENTS ON THE DAY. Please park on the road around the top of the forest.

Please note: Parking is NOT permitted anywhere else on the site / roads leading to the event / outside of the designated parking areas. Cars without valid parking tickets WILL be towed to ensure all access routes remain open at all times.

Your car is left at your own risk. WODland is not liable for any damages to your car. Any valuables left in your vehicle is left at your own risk.

(Please refer to our Terms and Conditions on the website for more info.)

Please respect our WODland Park Rangers who will be helping park on the day. Let them guide you to park in an orderly manor. This will help with making sure everyone can park correctly, whilst making exiting easier.

Please understand that WODland is taking part within the depths of a working forest. Our bespoke hidden arena can only be accessed on foot.

ATHLETES

ATHLETES' ARRIVAL

Athletes should aim to **arrive any time from 7am till 8:45am on Saturday 27th August.**

Every team will receive a welcome pack on their arrival containing all the necessary information for the weekend—including a map of the WODland site and details of all WODs. There will also be a detailed heat timetable provided. This will also be displayed during the weekend of the event.

ATHLETE REGISTRATION

Athlete registration is open from 7am till 8:45am on Saturday 27th August. **ONLY your team captain needs to sign in by 8:45am Saturday 27th.**

Athletes will need to register at the Event Registration tent located through the WODland arena.

Team Leaders will need to bring a Photo ID to collect their team packs.

Only one member of the team will need to register the team, providing that all six team members have signed their online waivers and health forms ahead of the event.

These will be emailed out to Team Leaders in advance / a week before the event. If you think you have not received your copy, let us know at :

info@wodland.co.uk.

Please note that **if a team does not have all six waivers signed and health forms completed and signed they will not be permitted to compete** and the Teams Leader will not be able to collect any team information packs.

(Please refer to our Terms and conditions on the website. We have the power to remove any team or athlete if they do not sign their wavier.)

ATHLETE KIT

REMEMBER WE ARE IN THE HEART OF A FOREST with very little shelter. It is recommended that all competitors bring with them:

- **Clothes for all weathers.** Including waterproofs, warm clothes, and spare clothes.
- **A change of shoes.** Trail running shoes are advisable, as well as comfortable shoes to wear during the WODs.
- **Bug Spray.** You are within a forest and it is prone to midges, flies & insects. It is advised to bring some spray / cream with you to help prevent anything and allow you to have an enjoyable weekend.
- **Sun cream and umbrellas.** Good or bad, hot or cold – we can't guarantee what the weather will be like in Yorkshire, so best be prepared for all extremes!
- **Plenty of water.** There will also be several food and drink vendors on site who will be selling a variety of hot and cold drinks all weekend. But please note, WODland takes place in the middle of a forest – so there will be no access to running drinking water.
- **Gloves.** Not mandatory, but they may come in handy during workouts for lifting or holding. You can wear these and you wouldn't be marked down. It is not seen as an aid or cheat.
- **Cash.** There are no cash points on site or nearby. The nearest cash points are situated down in the village of Holmfirth.
- **You may not need** lifters or skipping ropes, though feel free to bring whatever equipment you would like to use to warm up or prepare.

ATHLETE CONDUCT

- Please treat the WODland site and your fellow competitors with respect.
- Please remember, WODland operates on a working forest and farm site. The arena and all access routes will be clearly signposted, so please stick to the signposted routes only and do not wander off elsewhere on site—we wouldn't want you getting lost in our forest!
- Please do not litter.
- No anti-social behaviour permitted.
- No camp-fires or BBQ's. If we see this you will be asked to put it out and possibly asked to leave WODland straight away.
- Set a good example to others.
- Encourage and support others—including competitors from other teams.
- Please respect the judges' decisions. This is not football, so arguing with the judges will not be tolerated and you may be disqualified. You are here for a fun weekend of exercise and it makes it not fun when you don't respect the judges' decision. If you have any issues, then please take this up with our head field judge at the time of the incident.
- Abide by the WODland rules.

Any athletes or spectators seen to break any rules will be asked to leave.

Competitors who break the rules will be disqualified, and will risk their entire team being disqualified from the competition.

SPECTATORS

Spectator passes are free. Spectators do not need a wristband to access WODland, and will have access to the whole of the event free of charge.

Spectators and visitors are welcome to get involved as volunteers throughout the weekend. They can get in touch with WODland via the website to find out more. Also are more than welcome to come along and cheer on the athletes and competitors.

Spectators arriving by car will need to buy a parking pass. These can be purchased in advance at www.wodland.co.uk/store, These CAN NOT be bought on the day.

WODland staff will be on hand to direct spectators to designated parking areas. Just park up, place your parking pass in your car window, and enjoy the rest of the weekend!

TOILETS

There are toilet blocks (portaloo's) on site when you arrive at the WODland Arena. Please refer to the WODland map for more detail.

They will be near to the event field arena; there are both male and female cubicles.

We would ask that all athletes and spectators leave the toilets how they found them. Please be respectful of the site and treat the facilities as you would at home. Again, we are within a forest with no access to waste, however these toilets will be serviced on the night. Please respect the fact these are hired in for your needs, therefore respect them as you will be using them throughout the whole weekend. You wouldn't like to visit a toilet which is messy, so don't leave it messy!

FOOD & DRINK

A number of catering firms and food and drink suppliers will be joining us for the week. You can check them out on our social media, but also here is a link to theirs to find out more about them prior to the event weekend.

THE HORSE BOX BAR

Serving gourmet crumpets & Cakes.
Coffee, tea, cold drinks.

 @thehorseboxbars

TREATY PIE

Some of the best treats going. So make sure you have your treats on standby for after all that hard work.

 @treatypieuk

COZY P'S WOOD-FIRED PIZZA

Supply you with all the rustic pizza cravings from their wood fired ovens.

 @cozypswoodfiredpizza

BUZZ COFFEE

Make sure you get your pre workout coffee fix with Buzz Coffee. Look out for their Yellow Defender in the woods.

 @buzzcoffeeyorkshire

SWEET LIFE

For all your pick n mix needs. Here for ONLY 1 day, so make sure you stock up on the Saturday.

 @sweetlifeonline_

JUDGES

Can All judges who are attending either the Saturday or Sunday please turn up by 7:30am on both days. This is so that our head judges can brief you on the day ahead. Talk through the workouts and movements standards, and to familiarise yourself with the competition.

PHOTOGRAPHY

We will be taking pictures of you all working out all weekend. These pictures will be available on all Social Media platforms after the event, with regular updates during the competition.

Please note, if you see a picture that you are not comfortable with, let us know and we will remove it for you—but we're sure you won't be disappointed!

VENDORS

Come to the main Marquee to check out the Vendors. Come see the kit they have to offer and get all you need to compete and look good during the weekend. Please note due to average signal, card machines may not work. We would advise to bring cash to avoid disappointment.

We will have joining us:

RED BULL

 @redbullUK

OATEIN

 @oatein

STONE WOLF

 @stonewolffitness

TWO FIT

 @twofitonline

GRIP CURE

 @gripcure

PATCHY PATCHY

 @patchypatchy_uk

TRIBE ACTIVE UK

 @tribeactiveuk

BIKE 4 HEALTH

 @bike4health_cic

ANTI SOCIAL ATHLETES CLUB

 @anti_social_athletes_club

NO REP GEAR

 @norepgear

FIRST AID

There will be a first aid tent present for the duration of the comp, with first responders on hand to deal with any issues that arise. This is Supported by St. John Ambulance.

The nearest A&E is located in Huddersfield.

Huddersfield Royal Infirmary, Acre Street, Huddersfield, West Yorkshire, HD3 3EA.