

BRAINS
PURE
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EVENT GUIDE 2024

Teams of 3 + Masters Pairs

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 18th May 2024

Check in: Saturday from 8am till 8:45am
WOD Release: Monday 13th May

PROUDLY
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MARLISH

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ANTI-SOCIAL
ATHLETES CLUB

NOREP

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PROGRAM

DAY 1 – SATURDAY 18th MAY

- 8am till 8:45am - Team Check in
(Only your Team Captain needs to check in.
You will then pick up your team name board / relevant information)
- 9am – WOD1 - Heat 1 will begin.
- 6pm – Finish - Podium Presentation
- 7.00pm – Leave Site.

HEAT LISTS & TIMINGS

MORE in-depth information of WOD timings / program of heats will be released closer to the time via social media. These will also be emailed out to you the week of the competition.

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/uk/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.

ARRIVING FROM HOLMFIRTH

If you're staying in one of the BnBs within the Holmfirth village. You can reach WODland by car from the village centre by heading UP Dunford Road (B6106).

- Follow the B6106 all the way up the hill.
- Turn right at the brow of the hill (opposite the pub; The Boshaw Trout)
- Heading THROUGH the village of Hade Edge.
- Keep heading up the hill and take your first right on to Bare Bone Road
- WODland will be signposted from this junction.

EVENT PARKING

Please refer to the event map for more details.

If you have pre-purchased a VIP parking ticket for the weekend, this will be emailed/posted out to you in advance.

Please ensure on arrival that your ticket is placed inside your car windscreen where it can be clearly seen by WODland staff, who will then be able to direct you where to park. Your car registration MUST match our records, otherwise you won't be allowed in.

(If you are changing your car, please EMAIL WODland BEFORE Friday 10th May 2024.)

Parking tickets can NOT be purchased on the day at arrival. There is LIMITED VIP parking spaces within the forest. So we can only allow pre-booked VIP tickets into the forest. NO PAYMENTS ON THE DAY.

Please note: Parking is NOT permitted anywhere outside of the designated parking areas on site, nor on any of the the roads leading into and out of the the event. Cars without valid parking tickets may be towed to ensure that all access routes, including emergency routes, remain open at all times.

Please respect our WODland Park Rangers, who will direct you to your parking area on the day. They will be there to ensure everyone parks up safely and in an orderly manner on site, and to make exiting the site at the end of the weekend as smooth as possible.

Please be aware that WODland is taking place in the middle of a working forest, so our arena can only be accessed on foot. All other parking therefore has to be located outside of the forest.

Your car is left at your own risk. WODland is not liable for any damage to your car, and any valuables left in your vehicle are left at your own risk.

Please refer to the Terms and Conditions on our website for more information.

PARKING OUTSIDE OF WODLAND on the main roads. Please make a note of the map below to show you options on where to park.



ATHLETES

ARRIVAL

Athletes should aim to arrive any time from 7:30am till 8:45am on **Saturday 18th May.**

Every team will receive a welcome pack on their arrival containing all the necessary information for the weekend. We will be using Team Aretas to keep ALL our times of heats and WOD's and scoring on. So please keep referring to this on your mobile devices. There will be announcements through out the day too incase of any changes.

ATHLETE REGISTRATION

Athlete registration is open from 8am till 8:45am on Saturday 18th May. **ONLY** your team captain needs to sign in by 8:45am on Saturday. They will sign another small waiver making sure all the current teammates are correct.

This will be within our WODland Gazebo. Clearly visible when you arrive at WODland HQ.

You need to make sure ALL your teammates are / have signed in on Team Aretas. This is where you have signed your online waivers and health forms ahead of the event.

Please note that **if a team does not have all teammates waivers and health forms completed and signed on Team Aretas and they do not match our records you will NOT be permitted to compete** and the Team Leader will not be able to collect any team information packs.

RECOMMENDED 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.** WODland takes place in a forest, so midges, flies and other insects are unfortunately to be expected! If you're prone to being bitten (or even if you're not) a bug spray or similar repellent should help, and will hopefully allow you to have an enjoyable, bug-free weekend.
- **Sunscreen and umbrellas.** Good or bad, hot or cold—we can't always guarantee what the weather will be like in Yorkshire, so it's best to prepare for all extremes... Some sunscreen, aftersun lotion, and an umbrella are all recommended.
- **Plenty of water.** There will be several food and drink vendors on site who will be selling a variety of hot and cold drinks all weekend. . But please note, because of the isolated location of the WODland arena **there will be no access to running drinking water.** Best to bring plenty of bottled water to keep you fresh and hydrated during the workouts.
- **Gloves.** Not mandatory, but they may come in handy during workouts. You will NOT be marked down for wearing gloves—we don't see these as an aid or cheat.
- **Cash.** Please be aware that **there are no cash points on site.** The nearest cash points are situated in the village of Holmfirth.
- **You may not need** lifters or skipping ropes, but feel free to bring whatever equipment you would like to use to warm up or prepare for your day.

ATHLETE CONDUCT

- Please treat the WODland site and your fellow competitors with respect.
- Please remember, WODland operates on a working forest and farm. 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 disrespecting or arguing with judges isn't fun.
- Should you have any issues or problems with a judge's decision or conduct, please take this up with our head field judge at the time of the incident.
- Please abide by the WODland rules while on site.

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. Everyone is welcome come along and cheer on all the athletes and competitors at WODland.

Spectators and visitors are more than welcome to get involved with WODland as volunteers throughout the weekend. Anyone interested in helping out on the day can get in touch with WODland HQ via the website to find out more.

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 (portal's) on site when you arrive at the WODland Arena. Please refer to the WODland map for more detail.

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. You wouldn't like to use a messy toilet, so don't leave the toilet messy when you're done!

The toilets will be cleaned and serviced at night, but please respect the fact that WODland takes place in a forest, with no plumbed access to waste disposal—the toilets on site will have been hired in specially for the weekend.

FOOD & DRINK

A number of catering firms and food and drink suppliers will be joining us for the weekend. You can check them out on our social media, but here's a taster of what to expect—along with links to all their social media too.

TENZING

Supplying very thing energy with their amazing Tenzing drinks.

 @tenzing

NORTHUMBERLAND COFFEE

Hot and cold drinks, including cakes.

 @northumberlandcoffee

BARBELL BURGER CO.

Everything Burger related with their fulfilled stacked burgers.

 @thebarbellburgerco

THROWBACK COFFEE HOUSE

Serving everything thing plant-based. Some amazing brunch options.

 @throwbackcoffeehouse

MAGIC ROCK

Magic Rock will be selling local beer + non alcoholic beer from their famous Defender. Bringing the Aprè beer to you after a hard workout.

If you're staying around Holmfirth, you can also check out their tap house in the centre of the village.

 @magicrockbrewing

 @magicrocktaphhd9

THE HORSE BOX BAR

Serving gourmet crumpets and cakes, coffee, tea, and cold drinks.

 @thehorseboxbars

NY SMOKEHOUSE

Serving fresh Pizza all weekend.

 @nysmokehouse

VENDORS

As well as our food and drink sellers, we also have a few other vendors joining us for the weekend to get you fully kitted out ready for WODland. Please note due to average signal, some card machines may not work. We would advise to bring cash to avoid disappointment.

WODland Official Stall

 @wodlanduk

Tenzing

 @tenzing

Anti Social Athletes Club

ASAC will be back once again with their amazing clothing.

 @anti_social_athletes_club

No Rep Gear

Back once again along side ASAC. If you need patches, straps / wraps, then these are your guys.

 @norepgear

Werkhaus

New to WODland, Werkhaus will be showing off their amazing clothing range.

 @werkhaus_

Floe Fitness

Get your recovery on with our locally-based Ice Bath company - so make sure you pack your towel and trunks.

 @floefitness_uk

JUDGES & VOLUNTEERS

Can ALL judges and volunteers who are attending the weekend. 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 movement standards, and to familiar 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 you're not happy or comfortable with, just let us know and we'll remove it—though we're sure you won't be disappointed!

FIRST AID

Should you ever need it, there will be a St John's Ambulance First Aid tent on site for the entire WODland competition, with first responders on hand to deal with any issues that may arise.

The nearest A&E is located in Huddersfield, just over 5 miles drive from Holmfirth:

Huddersfield Royal Infirmary,

Acre Street,

Huddersfield,

West Yorkshire,

HD3 3EA

LIABILITY DISCLAIMER

Liability is not accepted by the company for accidents to clients and their guests, or for the loss or damage to personal property.

For more information about our terms and conditions, please visit our website.

Thank you.