



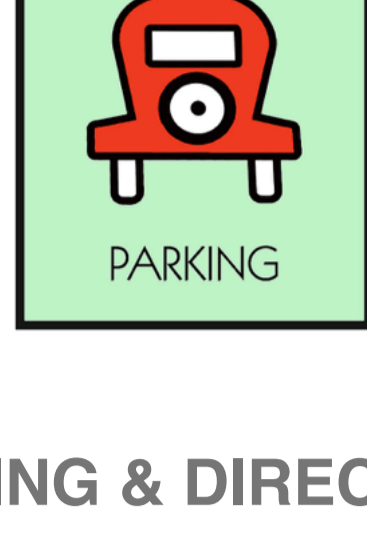
Hi Crossfesters,

We hope you're all looking forward to our second instalment of **Crossfest UK South 2024 on Saturday 4th May 2024!** We can't wait to welcome your teams to the festivities, so here is a quick email containing all the information you need about the event.



**VENUE**

**Bath & West Showground**  
Shepton Mallet  
Somerset  
BA4 6QN



**PARKING & DIRECTIONS**

There will be plenty of free parking available at the venue and the venue is situated on the A371 between Shepton Mallet and Castle Cary.

**Coming from the Bristol area:**  
Turn off at M32 and take the A37

**Coming from Devon or Cornwall:**  
Turn off at junction 23 off the M5

**Coming from the East:**  
Take the M3, A303, A371

**Using a Sat Nav? Use postcode BA4 6QN.**

Parking and registration into the site will take place at the Blue Road Gate. The Blue Road entrance can be found by travelling down the A371 with the venue on your right.

**What3Words for Blue entrance? - healthier.uncle.shorts**

After passing the main entrance, you will take a right turn around 300m down the road, just before The Lakeside Pool, which will be signposted.

From there, you will be able to follow signs to the Yellow Car park, which is adjacent to the Blue Road entrance. There you will also find the campsite. See map attached for aerial view of the A371 and the right turning just before The Lakeside Pool.

**ARRIVAL & WOD BRIEFING**

Athletes can enter the site via the blue road entrance from 07:30am (directions outlined above). Free parking will be available in the yellow car park next to the entrance and the restaurant and some of the food units will also be open for breakfast from 08:00am.

Doors will open to the arena at 08:00am (no earlier) for registration and the briefing for WOD 1, 2 and 3 will be at 8:40 in order for us to stay within our schedule for the competition (WOD 4 - The Gauntlet will be briefed later in the day).

All of the workouts will be released on the @crossfest\_uk Instagram page in the days leading up to the event.

**EVENT REGISTRATION**

Those that are choosing to camp the night before the event will be able to arrive at the site via the blue road entrance and set up from 18:00pm until 21:00pm. Entrance into the arena won't be permitted until Saturday morning at 08:00am but the restaurant and bar will be open from 18:00pm until 21:00pm for food and drinks.

Teams will be able to inform our registration desk of their arrival from 8:00am onwards, where you will also be able to collect your name board. All teams that haven't yet registered on Team Aretas need to do this ASAP please as you will not be able to compete if this isn't done. Team Aretas registration also includes signing the waiver for the competition!



**COMP SCHEDULE**

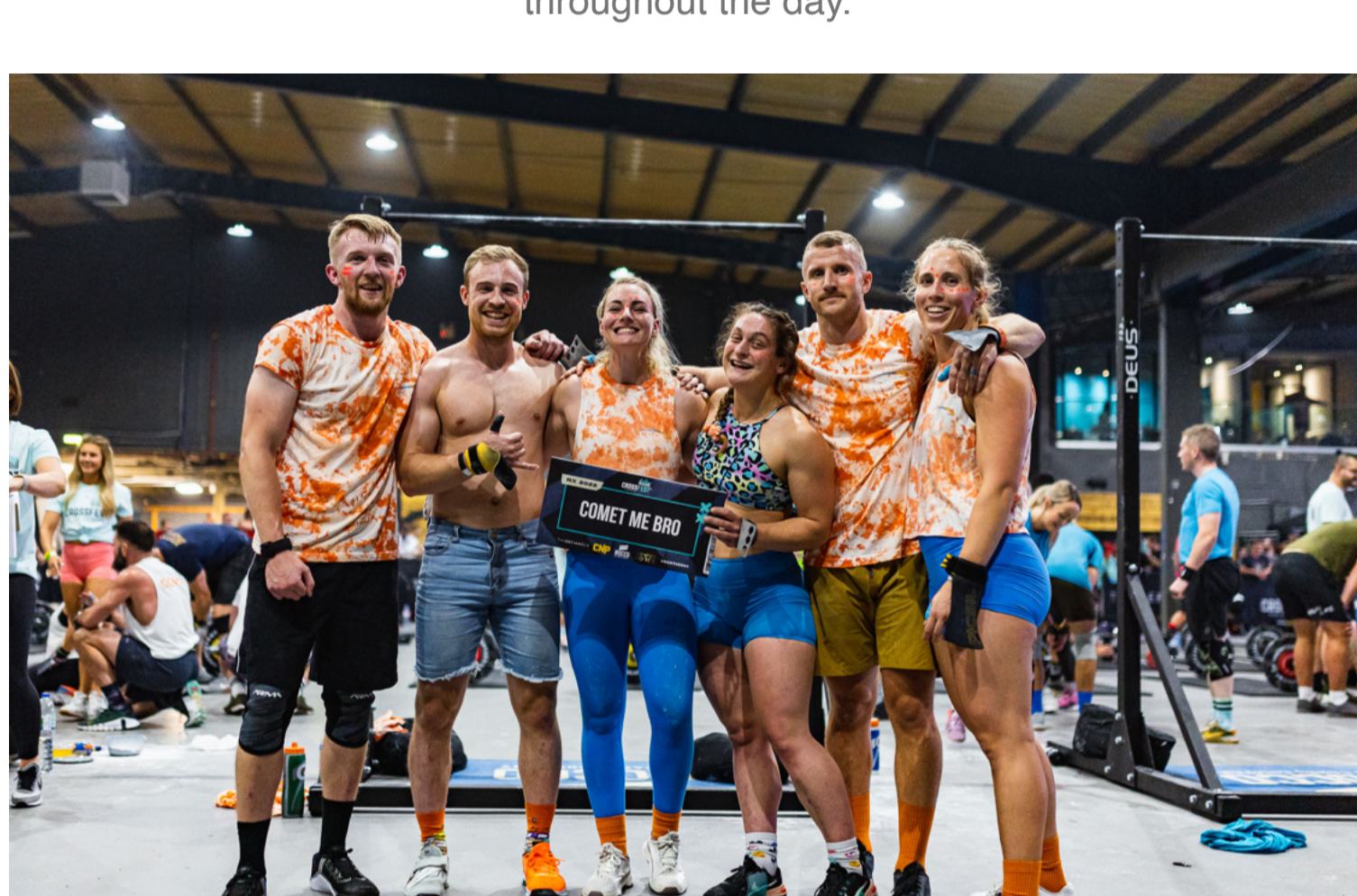
The first WOD will start at 09:15am and we aim to wrap up the competition by 18:00pm, after which our festival afterparty will continue until 22:00pm. The competition will comprise of 4 WODs with the top three teams in each category earning places on the Crossfest UK podium. Our music acts will begin in the morning with DJ Rob Williams and Box Beats. The full schedule can be seen below.

**TIMINGS:**

**Friday:**  
Camping Registration: 18:00 - 21:00pm  
Restaurant & Bar Open: 18:00 - 21:00pm

**Saturday:**  
Restaurant open for breakfast: 08:00  
Athlete Registration and Comp Venue doors open: 8:00am  
Athlete Briefing: 8:40am  
Workout 1: 9:15am  
Workout 2: 11:15am  
Workout 3: 13:15pm  
Workout 4: 16:00pm  
Comp Finishing Time: 18:00pm  
Podium: 18:30pm  
19:00pm: Downtime - Food/Showers etc  
Festival Afterparty: 19:00pm  
Event Finishing Time: 22:00pm

\*times are approximate but we will be looking to keep to this schedule throughout the day.



**SPECTATORS**

Spectator tickets are £15 and can be booked online via the link below:

<https://team-aretas.com/competitions/839>

**FURRY FRIENDS**

The venue is dog-friendly, so feel free to bring your furry friends along. We just ask that they are kept on a lead and any mess is cleared up by their responsible dog owners.

**FOOD & DRINK**

**Field to Fire** - Wood Fired culinary delights

**Alfresco** - Burger specialists

**Hayes Coffee & Doughnuts** will be our coffee vendor for the event and will be providing a much needed and high quality caffeine refuelling station.

**Bath & West Showground Onsite Restaurant & Bar** will be open throughout the event to cater to your food and drink needs.

**\*We don't have NOCCO on board this year so please ensure that you bring any energy drinks and beverages with you to the event.**

**\* We would advise you to bring cash along to the event as this speeds things up and ensures that you don't miss out on anything.**

**\* Personal food and soft drinks are able to be brought in to the venue.**

**\* Please ensure that you do not bring alcohol to the event as this will not be allowed.**



**CROSSFEST TRIBE OF THE COMP!**

Along with the six teams that will make the podium, we will also be crowning one of the teams/boxes as 'Tribe of the Comp'. This will be the tribe that embodies what Crossfest is about - cheers for others like its their own team, dances like they're at a rave and makes the most noise when their squad are throwing down.

There will be a prize for 'Tribe of the Comp' so put in that extra effort, come in the same gear, fancy dress, whatever you like! Remember, Crossfest is a Functional Fitness Competition AND a music festival...We're looking forward to crowning our first 'Tribe of the Comp' in the South this year so get in your Whatsapp groups and let's get creative!

**CROSSFEST FANCY DRESS CONTEST**

The Gauntlet workout (WOD 4) has always been the big finale at our Crossfest events and following on from the success of our North event, we're bringing the Fancy Dress Contest to the South!

THEME - THE CIRCUS! 🎪

It's real simple! Fancy dress isn't compulsory with a chance of winning, but it's greatly encouraged and if you want to be in with a higher probability, all you need to do is come up with the best idea possible for fancy dress and throw it on before your gauntlet wave starts! We will be watching and one team will be climbing on stage to claim their prize.....it could be you!

We can't wait to see what you guys come up with as everybody knows....Crossfesters are nothing if not creative!

**EVENT PARTNERS**

Crossfest UK is proud to be sponsored by the following amazing brands for this year's event:

**HEADLINE SPONSOR**

CNP - <https://cnpprofessional.co.uk>

**APPAREL**

THE DEFIANT CO. - <https://the-defiant-co.myshopify.com/>

**EQUIPMENT**

COMPETE FORCE - <https://competeorce.com/>

**EQUIPMENT**

NORTHERN - <https://www.liftsandgravy.co.uk>

Any further questions, please don't hesitate to send us an email at [info@crossfest.co.uk](mailto:info@crossfest.co.uk) or call on 07590 331934. We wish you all the best of luck in your final preparation and see you all at Crossfest UK South 2024!

The Crossfest Team!

EAT, WOD, RAVE, REPEAT!!!