

ATHLETE PACK



SATURDAY 4TH JULY 2026
HOSTED IN THE CITY OF BRISTOL

EVENT LOCATION

Greville Smyth Park
Ashton Gate Road
Bristol, BS3 2EQ
(opposite Ashton Gate
Stadium)

What 3 Words:

leads.glee.logs

PARKING LOCATION

Ashton Park School

Address For Maps:
26 Blackmoors Ln,
Bristol BS3 2JJ

What 3 Words:

worm.spray.aims

SCHEDULE FOR THE DAY

08.30-09.30 Judges Briefing with Head Judges

09.00-09.20 Athlete Pre-event talk with Event Director

WORKOUT 1

09.30-09.50 Workout 1 Briefing with Head Judge (Both heats must attend)

9.50-10.10 Workout 1 / Heat 1

10.10-10.30 Workout area to be reset & scores issued

10.30-10.50 Workout 1 / Heat 2

10.50-11.10 Workout area to be reset & scores issued

WORKOUT 2

11.10-11.25 Workout 2 Briefing with Head Judge (Both heats must attend)

11.25-11.45 Workout 2 / Heat 1

11.45-11.55 Workout area to be reset & scores issued

11.55-12.15 Workout 2 / Heat 2

12.15-12.30 Workout area to be reset & scores issued

WORKOUT 3

12.30-12.45 Workout 3 Briefing with Head Judge (Both heats must attend)

12.45-13.05 Workout 3 / Heat 1

13.05-13.15 Workout area to be reset & scores issued

13.15-13.35 Workout 3 / Heat 2

13.35-13.50 Workout area to be reset & scores issued

LUNCH BREAK: 13.50-14.45

WORKOUT 4

14.50-15.05 Workout 4 Briefing with Head Judge (Both heats must attend)

15.05-15.25 Workout 4 / Heat 1

15.25-15.35 Workout area to be reset & scores issued

15.35-15.55 Workout 4 / Heat 2

15.55-16.10 Workout area to be reset & scores issued

WORKOUT 5

16.10-16.25 Workout Briefing with Head Judge (Both heats must attend)

16.25-16.45 Workout 5 / Heat 1

16.45-16.55 Workout area to be reset & scores issued

16.55-17.15 workout 5 / Heat 2

17.15-17.45 Music & drinkies while final points/results are calculated

17.45 Awards

SITE MAP



EVENT LOCATION

Greville Smyth Park
Ashton Gate Road, Bristol, BS3 2EQ
(opposite Ashton Gate Stadium)

What 3 Words: [leads.glee.logs](https://www.leadsglee.com)

PARKING LOCATION

Ashton Park School

Please note: Google Maps may direct you to a different entrance. To ensure you arrive at the correct entrance, please use the address below for navigation:

26 Blackmoors Ln
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HEATS & ORDER OF WORKOUTS

Your team has been allocated into one of the following five groups (just search your team name on the subsequent pages to find which group you are in). The group you are in will determine your order of workouts.

Please note: all group allocations are now final, we have tried to accommodate all heat requests where possible.

If your team is not in any of the following groups or you are not in the correct age category, please contact us as soon as possible at events@superhumansports.com

Each group is then further broken down into 2 heats, you will either be in heat 1 or heat 2 for the duration of the event. You will find out whether you are in heat 1 or heat 2 (and your lane number) on the week of the event via email.

On The Day: when you arrive, please head to event control and use the marker pens provided to write your unique team identification onto a visible part of your body. This code will indicate to the lap judges which group, heat and lane you are in.

As an example, say my team is in Group A, Heat 1 and Lane 23, my unique code would be A1-23. If my team is in Group B, Heat 2 and Lane 1, my unique code would be B2-1.

GROUP A

ORDER OF WORKOUTS

1. UNCONVENTIONAL BEAST
2. BRUTAL BEAT DOWN
3. STRENGTH & HONOUR
4. VO2 MAX
5. ASSAULT COURSE

Mixed Team Of 4	Age Category
The A-Team	Mixed Team of 4 Open
Ascendtion	Mixed Team of 4 Masters
The Ascendables	Mixed Team of 4 Masters
ascend	Mixed Team of 4 Masters
ascend to the end	Mixed Team of 4 Masters
Team Studio	Mixed Team of 4 Masters
Wall Balls Deep	Mixed Team of 4 Masters

Mens Pairs	Age Category
CrossFit UVA-Twink and Twonk	Men Pairs Masters
Pickled Smithy	Men Pairs Masters
Older Goalies	Men Pairs Masters
Rucking Robins	Men Pairs Masters
The Last Dance	Men Pairs Masters
Furnace	Men Pairs Masters
Should Know Better	Men Pairs Vets
"Alright Son" UVA	Men Pairs Vets
Wings & Fire	Men Pairs Vets
The Vitamin Eejits	Men Pairs Vets
Bearded Bros	Men Pairs Vets
Slow Horses	Men Pairs Vets
The Show Pony's	Men Pairs Vets
Crying Cardio Club	Men Pairs Vets
Beast Mode Boys	Men Pairs Vets
Fit 2 Drop	Men Pairs Vets

Womens Pairs	Age Category
sweaty & sassy	Women Pairs Open
Worse pace scenario	Women Pairs Open
Titty Slaps & Cat Lips	Women Pairs Open
strong ladies 💪	Women Pairs Masters
RBF's	Women Pairs Masters
GASSIE	Women Pairs Masters
UVA - Burpee babes	Women Pairs Masters
Slip n Trip	Women Pairs Masters
Absolute Fitness Peterborough	Women Pairs Masters
Not Fast Just Furious Womens Pair	Women Pairs Masters
Pocket rockets	Women Pairs Masters
Chaos Queens	Women Pairs Vets
Retro Ensemble	Women Pairs Vets
Mums On The Run	Women Pairs Vets

Mixed Pairs	Age Category
Couples therapy	Mixed Pairs Masters
Baldy&Brownny	Mixed Pairs Masters
Eat sleep wod repeat	Mixed Pairs Masters
The Ginger and the Ninja	Mixed Pairs Vets
PT Room - The Finnicks	Mixed Pairs Vets
Ensemble Vets	Mixed Pairs Vets
getfitchris and sandy	Mixed Pairs Vets
Not Fast Just Furious Mixed Pair	Mixed Pairs Vets
Sage-Neish	Mixed Pairs Vets
Cross Lanes Bootcamp	Mixed Pairs Vets

GROUP B

ORDER OF WORKOUTS

1. BRUTAL BEAT DOWN

2. STRENGTH & HONOUR

3. VO2 MAX

4. ASSAULT COURSE

5. UNCONVENTIONAL BEAST

Mixed Team Of 4	Age Category
WOD Are We Doing?	Mixed Team of 4 Open
Basepoint champs	Mixed Team of 4 Open
The OGs	Mixed Team of 4 Open
Quad Almighty	Mixed Team of 4 Open
Basepoint cirque du sore legs	Mixed Team of 4 Masters
The Unbeatables	Mixed Team of 4 Masters

Mens Pairs	Age Category	Womens Pairs	Age Category	Mixed Pairs	Age Category
Team Topbox	Men Pairs Open	STRONG Queens	Women Pairs Open	camber	Mixed Pairs Open
Wenglish Warriors	Men Pairs Open	team brown	Women Pairs Open	Basepoint Beefcakes	Mixed Pairs Open
we-are-the-ones	Men Pairs Open	Snatch Sisters	Women Pairs Open	Legs Misérables	Mixed Pairs Masters
steve & jay	Men Pairs Open	Team SK	Women Pairs Open	Phil & Alice Exclusive Gym	Mixed Pairs Masters
Mulch Men Munch Miles	Men Pairs Open	Timed Up and Go Getters	Women Pairs Open	Run Baby Run	Mixed Pairs Masters
Pizza boys	Men Pairs Open	Here today, sore tomorrow!	Women Pairs Open	The Rolling Jones	Mixed Pairs Masters
Puxtys	Men Pairs Masters	Martha & Mary - Exclusive Gym	Women Pairs Open	Simon and tash	Mixed Pairs Masters
T.M.F.A.O	Men Pairs Masters	CocoKatie	Women Pairs Open	The Kinetic K-P's	Mixed Pairs Masters
Strong Assets	Men Pairs Masters	STRONG case of FOMO	Women Pairs Vets	CrossFit Buxton M&C	Mixed Pairs Vets
Unfinished business	Men Pairs Vets	the renunion tour	Women Pairs Vets	Hip and Hope	Mixed Pairs Vets
Red hot chilli steppers	Men Pairs Vets	Pace Queens	Women Pairs Vets		
Strong Outdoor Fitness, Strong Language	Men Pairs Vets	Exclusive Gym Kate & Lesley	Women Pairs Vets		
STRONG - Small but Mighty	Men Pairs Vets	Rach & Charlotte	Women Pairs Vets		
STRONG GRIT	Men Pairs Vets				
Strong B's	Men Pairs Vets				

GROUP C

ORDER OF WORKOUTS

1. STRENGTH & HONOUR

2. VO2 MAX

3. ASSAULT COURSE

4. UNCONVENTIONAL BEAST

5. BRUTAL BEAT DOWN

Mixed Team Of 4	Age Category
Red Army	Mixed Team of 4 Open
R7Fitness 3	Mixed Team of 4 Masters
R7Fitness Team 1	Mixed Team of 4 Masters
SOFTies tbc	Mixed Team of 4 Masters
Tribe Avengers: Infinity Gains	Mixed Team of 4 Masters
Thursday Sausage Extended	Mixed Team of 4 Masters
All the whey	Mixed Team of 4 Masters

Mens Pairs	Age Category
crossfit monarch	Men Pairs Masters
Anthony & Mark	Men Pairs Masters
5WaysFitness	Men Pairs Masters
5am Club	Men Pairs Masters
HandiQuacks	Men Pairs Masters
no surrender	Men Pairs Masters
Kia Kaha	Men Pairs Masters
JERKAHOLICS	Men Pairs Masters
When one alpha meets another	Men Pairs Masters
Two Guys, One Mission: Survice	Men Pairs Masters
The Ironboys	Men Pairs Masters
the bournville boys	Men Pairs Masters
Tribe Boys	Men Pairs Masters
It'll Be Fun They Said	Men Pairs Vets
Well fit	Men Pairs Vets
Crossfit yate bad boys	Men Pairs Vets

Womens Pairs	Age Category
Team F&N Vigorous	Women Pairs Masters
JENuinely AMYazing	Women Pairs Masters
Resting bitch pace	Women Pairs Masters
Rach & Bon	Women Pairs Masters
Gem and Camilla	Women Pairs Vets
Masters of Multitasking	Women Pairs Vets
Pairs in Crime	Women Pairs Vets
The Joyful Jerks	Women Pairs Vets
Jane/Nikki	Women Pairs Vets
'Woola'Coombe Crushers	Women Pairs Vets
Jerk Sisters	Women Pairs Vets
Jerking surf sisters	Women Pairs Vets
Saxon on tour	Women Pairs Vets

Mixed Pairs	Age Category
Jerk Wills Retyre	Mixed Pairs Masters
the bobskees	Mixed Pairs Vets
MisFits	Mixed Pairs Vets
JerkRoseWoods	Mixed Pairs Vets
Jerks in progress	Mixed Pairs Vets
hot heads	Mixed Pairs Vets
Level 6 Club	Mixed Pairs Vets
Lis&Daz	Mixed Pairs Vets
Team Crowe	Mixed Pairs Vets
Small and Mighty	Mixed Pairs Vets

GROUP D

ORDER OF WORKOUTS

1. VO2 MAX

2. ASSAULT COURSE

3. UNCONVENTIONAL BEAST

4. BRUTAL BEAT DOWN

5. STRENGTH & HONOUR

Mixed Team Of 4	Age Category
Squatters rights team of 4	Mixed Team of 4 Open
Team CRF	Mixed Team of 4 Masters
WSF	Mixed Team of 4 Masters
CrossFit Swindon	Mixed Team of 4 Masters
Elite, No Defeat	Mixed Team of 4 Masters
Relative Chaos	Mixed Team of 4 Masters

Mens Pairs	Age Category
Get workey with perky	Men Pairs Open
Bourbon Biscuit Boys	Men Pairs Open
fitness under review	Men Pairs Open
spartan outlaws	Men Pairs Open
trailhead runners	Men Pairs Masters
Legion	Men Pairs Masters
Mayhem Fly and Die	Men Pairs Masters
Super Humans	Mens Pairs Vets
Bearded Beasts	Men Pairs Vets
Mayhem Booty & The Beast	Men Pairs Vets
Mayhem veterans	Men Pairs Vets
Mayhem: Still Tapering	Men Pairs Vets
Bothers Grim	Men Pairs Vets
Frightened Skydivers	Men Pairs Vets
Team Beard...ish	Men Pairs Vets
Dragons breath	Men Pairs Vets

Womens Pairs	Age Category
We Tried	Women Pairs Open
Chip off the old block	Women Pairs Open
why not?	Women Pairs Open
The 2 K's	Women Pairs Masters
Wallballs Deep Pair	Women Pairs Masters
the farmers	Women Pairs Masters
Lift light run steady	Women Pairs Masters
Mama Bears	Women Pairs Masters
Mayhem Mother Ruckers	Women Pairs Masters
Mayhem Queens	Women Pairs Masters
Squatters Rights Womens Pair	Women Pairs Masters
Double Dose of Mayhem	Women Pairs Masters
Peachy	Women Pairs Vets

Mixed Pairs	Age Category
GOFHO	Mixed Pairs Open
lean beef & custard	Mixed Pairs Open
Unleash the Mayhem	Mixed Pairs Open
Dragonfly	Mixed Pairs Open
pains & gains	Mixed Pairs Masters
SLYR	Mixed Pairs Masters
Squatters Rights Mixed Pair	Mixed Pairs Masters
Herring Mayhem	Mixed Pairs Masters
Iron Flame	Mixed Pairs Masters
Dragon Fitness - Inferno	Mixed Pairs Vets

GROUP E

ORDER OF WORKOUTS

1. ASSAULT COURSE

2. UNCONVENTIONAL BEAST

3. BRUTAL BEAT DOWN

4. STRENGTH & HONOUR

5. VO2 MAX

Mixed Team Of 4	Age Category
The Pinkies	Mixed Team of 4 Open
Buns & Guns	Mixed Team of 4 Open
thrown together	Mixed Team of 4 Open
BKW CATS&DOGS	Mixed Team of 4 Open
barely human	Mixed Team of 4 Open
Apollo the Gladiator and Friends	Mixed Team of 4 Masters
Helen, Cas , Craig and Lee	Mixed Team of 4 Masters

Mens Pairs	Age Category
Vickers of Rumble Fitness	Men Pairs Open
Alright me babbers?!	Men Pairs Open
Tatts and Traps	Men Pairs Open
Beef and cheeks	Men Pairs Open
Marvellous Generation	Men Pairs Open
aj fitness	Men Pairs Open
team auric	Men Pairs Open
The Bald and the Beautiful	Men Pairs Masters
team ally	Men Pairs Masters
The Rumble Mick Hucknalls	Men Pairs Masters
Two Man army	Men Pairs Masters
lewis and charlie	Men Pairs Masters
Gogeta	Men Pairs Masters
Easty Boyz	Men Pairs Masters
Uncles	Men Pairs Masters
BKW OAPs	Men Pairs Vets

Womens Pairs	Age Category
Don't Bac!	Women Pairs Open
gb fit lau gar legends	Women Pairs Open
GB Fit for Purpose	Women Pairs Open
The Many Chins of Rumble Fitness	Women Pairs Open
Rumble Rookies	Women Pairs Open
Short Strong and Sweary	Women Pairs Vets
Gatty and Amanda	Women Pairs Vets
Selina Slater	Women Pairs Vets
Barn Built Fitness Veteran Woders	Women Pairs Vets
FUNKY CHICKS	Women Pairs Vets
Old School Ravers	Women Pairs Vets
Ready To Crumble	Women Pairs Vets
The RosEllenators	Women Pairs Vets

Mixed Pairs	Age Category
BKW No Knees	Mixed Pairs Open
tom&asia	Mixed Pairs Open
Gough Siblings Go	Mixed Pairs Open
BKW The Witches Pension plan	Mixed Pairs Masters
GB Fit - Hefty Units	Mixed Pairs Masters
team speedy	Mixed Pairs Masters
Let's get ready to Rox!	Mixed Pairs Masters
Aches and Gains	Mixed Pairs Vets
GB Fit - So Fit, Sherlock	Mixed Pairs Vets
kirsty & tony	Mixed Pairs Vets

SCORING SYSTEM

We will be using an ascending scoring system for this year's event, the same format we've used since 2022.

How does it work?

For each workout, teams will be ranked based on their performance:

In the Unconventional Beast, Strength & Honour, Assault Course, and Brutal Beat Down workouts, teams will be ranked by the total number of laps completed within the 20-minute time cap. Teams that complete more laps will rank higher.

For VO2 Max, teams will be ranked by their total time to complete the prescribed workout, with the fastest time ranking highest.

Once all workouts have been completed across all heats, teams will be awarded points for each workout based on their overall finishing position, with points allocated as follows:

1st place = 1 point

2nd place = 2 points

3rd place = 3 points

And so on...

The better your placing in a workout, the fewer points you receive.

After all 5 workouts have been completed, each team's points will be added together. The team with the lowest overall points total will be crowned the winner.

SCORING SYSTEM

What happens if teams tie in a workout?

If two or more teams achieve the same result in a workout, they will receive the same placing and points.

For example:

Team A = 2nd place (2 points)

Team B = 2nd place (2 points)

The next team would then be placed 4th and receive 4 points.

What happens if teams tie on overall points?

If two teams finish the competition on the same overall points total, the tie will be broken by comparing their highest workout finish.

For example:

Team A: best workout finish = 2nd place

Team B: best workout finish = 4th place

Team A would rank higher overall.

If both teams have the same highest finish, we will compare their next-best finish, and continue through each workout until the tie is broken.

Will there be live scoring?

Yes. Throughout the day you'll be able to view your team's lap scores and workout results via our website.

Please note that workout placings and points cannot be finalised until all heats for that workout have been completed.

The final overall leaderboard will therefore only be published once all heats have finished.

ONLINE CHECK-IN

Every single athlete in each team **must** complete online check-in on the week of the event to confirm attendance.

Online check-in will open at 9am on Friday 26th June and will close at midnight on Tuesday 30th June.

How to check-in:

1. click here: <https://www.superhumansports.com/check-in/114>
2. Enter the email address you used to register. If someone else registered for you, they will have provided an email address for your individual entry, please enter this email.
3. If you have not already done so, you will be prompted to agree to our competition waiver. Once completed, you will be able to check in.
4. If you have not already done so, you will be prompted to agree to our competition waiver. Once completed, you will be able to check in.
5. You will receive a check-in confirmation email.

Note: if you're having issues remembering the email address used to register, you can email us at events@superhumansports.com.

PARKING

If you have already paid for parking for this year's event, there is nothing more you need to do.

If you have not yet paid for parking...you can do so [here](#).
(Please have your vehicle registration to hand - parking costs = £8.00 per car)

A confirmation email will then be sent to you, please ensure you either print a copy or ensure you have the email up ready on your phone when you arrive.

Note: Any car that shows up without their confirmation will be charged £8.00 parking fee

On the day, the location of the car park is Ashton Park School.

Please note: Google Maps may direct you to a different entrance. To ensure you arrive at the correct entrance, please use the address below for navigation:

26 Blackmoors Ln
Bristol
BS3 2JJ

Gates will open from 7.00am.

What 3 Words for location: *worm.spray.aims*

Please arrive in a timely manner, the event site is a 10 minute walk from the car park so please leave yourself enough time to then get set up at the event site & be ready for the athlete briefing that starts at 9.00am.

THE ATHLETE AREA

Superhuman Games is a full-day outdoor event, so we recommend that athletes bring a small gazebo, shelter, or beach umbrella to provide protection from the elements, whether that's rain or sunshine. A designated athlete area will be available for you to set up and use as your base throughout the day.

Please remember that space is limited. If you are attending as part of a larger group, we encourage you to coordinate with one another and share gazebos where possible, rather than bringing one per team. This will help ensure there is enough space for everyone.

If your setup is taking up an excessive amount of room, event staff may ask you to reduce it and return any unnecessary equipment to your vehicle.

At the end of the event, please ensure you leave your area clean and tidy. Bins will be provided within the athlete village, along with bin bags if required, and a skip will also be available on-site. Please respect the venue and fellow competitors by disposing of all rubbish responsibly.

Toilets will also be available on-site next to the athlete area.

Please Note:

Do not obstruct walkways, access routes, or entrances with gazebos, chairs, equipment, or personal belongings.

All personal belongings are left entirely at your own risk. While security will be present on-site, Superhuman Games accepts no responsibility for any loss, theft, or damage to unattended items.

BEYOND THE COMPETITION



FUEL YOUR POTENTIAL

At the Games this year, Vivo Life will be supporting athletes throughout the day with free instructor-led stretching sessions (pre-booked), free to use ice baths, unlimited Sustain electrolytes and Ignite energy drinks offer, and more.

INSTRUCTOR-LED STRETCH SESSIONS

Maximise your recovery during the day with instructed stretching sessions, book your slot via the links below:

- [09:55 - 10:10](#)
- [10:35 - 10:50](#)
- [11:30 - 11:45](#)
- [12:00 - 12:15](#)
- [12:50 - 13:05](#)
- [13:20 - 13:35](#)
- [15:10 - 15:25](#)
- [15:40 - 15:55](#)
- [16:30 - 16:45](#)
- [17:00 - 17:15](#)

ICE BATHS

Jump in the Vivo Life ice baths for a quick cool down and recovery blast.

UNLIMITED SUSTAIN ELECTROLYTES IGNITE ENERGY REFILL

Launched at the Games last year, you can get unlimited refills of Vivo Life's Sustain electrolytes and Ignite energy drink with a £5 purchase of a Vivo Life shaker bottle.

PRIZES AND SHOP

Keep an eye out for opportunities to win prizes on the day (make sure you tag in @VivoLife to any social media posts), and check out the Vivo Life shop for any day-only deals on creatine, protein powders, protein bars and more.

BEYOND THE COMPETITION

GORUCK

Our official kit partners, GORUCK, are back and have gone even bigger for this year's event! 🔥

Not only will they be sponsoring the Unconventional Beast workout, but their kit will also feature throughout several other workouts across the day. You'll be using their legendary Tombstone Sandbags, the Rucker 4.0, and plenty more.

We've tested a lot of equipment over the years, and GORUCK's kit is genuinely some of the best we've ever used. We can't wait for you to put it through its paces at Superhuman Games!

The fun doesn't stop on the competition floor either. GORUCK will be running a series of challenges from their marquee in the Vendor Village, giving you the chance to test yourself and win some awesome prizes throughout the day. Be sure to swing by between workouts and get involved.

THE VENDOR VILLAGE

Alongside our recovery & warm up area, we will of course also have our vendor village packed with lots of tasty food & drink!



SUPERHUMAN MERCH!

And of course, as always, we'll have plenty of Superhuman merch for you all to enjoy so be sure to come and check out the shop to get your hands on our latest T-shirts, tank tops and more!

SPECTATORS

Superhuman Games always attracts big crowds and is now seen as one of Bristol's major sporting events.

We do not charge for spectators so please feel free to bring as many friends and family as you like. (However they will need to pay for parking as it is residential parking around the area).

**WE CAN'T WAIT TO SEE YOU ALL SOON. IT'S
GOING TO BE AN AWESOME DAY!**

If you have any questions, feel free to contact us directly at events@superhumansports.com