



SPARTAN



LONDON SOUTH EAST RACE DAY PROGRAMME

Pippingford Park Manor,
Nutley, Uckfield TN22 3HW

7-8 OCTOBER, 2023

SPRINT SUPER BEAST ULTRA KIDS

BRITISH OCR
CHAMPIONSHIPS 2023
HOSTED BY SPARTAN

BRITISH
OBSTACLE SPORTS



ACTIPH
FLAVLINE IONISED WATER

myzone
HEALTH & FITNESS TRACKER

NIRVANA
EVERY TRIATHLETE'S ESSENTIALS

C4
ENERGY



MYPROTEIN



ISUZU
THE HIGH-UP PROFESSIONALS



CRAFT

BUILT FOR ATHLETES™



RACE DAY SCHEDULE



Friday, 6th October

SPARTAN **ULTRA**

5:00pm - 6:30pm Ultra packet
pick-up available

Saturday, 7th October

SPARTAN **ULTRA**

6:00am Registration & Village Open
7:00am Elite Men and Women
7:20am Age Group Men (All Ages)
7:20am Age Group Women (All Ages)
7:30am Open Heat
7:40am Last Open Heat
1:30pm Ultra Cut Off
(See Page 7 for more info)

SPARTAN **BEAST**

8:00am Elite Men
8:00am Elite Women
8:15am Age Group Men
(14-17,18-24, 25-29)
8:15am Age Group Men (30-34,35-39)
8:30am Age Group Men (40-44,45-49)
8:30am Age Group Men (50-54,55-59,60+)
8:45am Age Group Women (All Ages)
9:15am First Open Heat
11:45am Last heat

SPARTAN **KIDS**

10:45am 3KM Start (9-14 years)
12:00pm 1.5KM Start (7-9 years)
1:00pm 1KM Start (4-6 years)

Awards:

12:00pm Beast Elite Awards
1:00pm Beast Age Group Awards
2:30pm Age Group Regional series Awards
5:00pm Ultra Elite Awards
(subject to change according to conditions)
5:15pm Ultra Age Group Awards
(subject to change according to conditions)

Sunday, 8th October

BRITISH OCR CHAMPIONSHIPS 2023 HOSTED BY SPARTAN

BRITISH OBSTACLE SPORTS



6:30am Registration & Village Open
7:30am Elite Waves
7:45am Para Wave
8:00am Age Group Waves
8:15am Open Wave

SPARTAN **SUPER**

9:00am Age Group Men
(14-17,18-24 25-29,30-34,35-39)
9:10am Age Group Men
(40-44, 45-49,50-54, 55-59,60+)
9:20am Age Group Women (All Ages)
9:30am First Open Heat
12:30pm Last heat

SPARTAN **SPRINT**

1:45pm First Open Heat
4:00pm Last Heat

SPARTAN **KIDS**

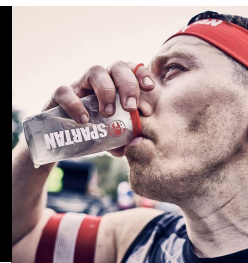
10:00am 3KM Competitive Start
(9-14 years)
11:00am 3KM Start (9-14 years)
12:00pm 1.5KM Start (7-9 years)
1:00pm 1KM Start (4-6 years)

Awards:

12:15pm Competitive Kids Awards
12:30pm UK OCR Champs Awards - Competitive, Para
& Masters
1:30pm Super Age Group Awards

BRING A CUP

We are on a mission to make race days more environmentally friendly. We are encouraging all racers to bring a reusable cup to their race. Foldable reusable cups will be available to purchase in the Merch Tent on-site.

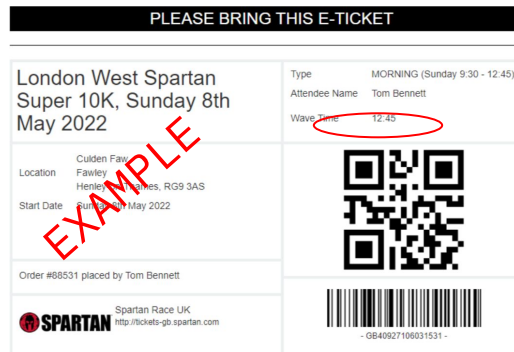


GET RACE READY



WHAT TO BRING:

- **Photo ID & your Registration Barcode.** Access your account [here](#) to print or screenshot your e-ticket.



Elite & Age Group Racers to bring proof of British Obstacle Sport Membership to check-in.



- **If you are racing in Age-Group, Elite Heats or the British OCR Championships you will need to bring your British Obstacle Sport Membership with you.** Please bring your membership email from BOS to show at check-in. To purchase membership click [here](#).
- Spare clothes and shoes and a towel to utilise the rinse stations on-site.
- Bag for wet & muddy clothes - We have enough odd socks and muddy shoes to last a lifetime! Please take your muddy clothes home with you.
- Pre-filled hydration pack - There will be hydration stations on all of our courses so this is a personal preference.
- Energy Gels- There will be fuel stations on all Beast and Ultra courses so this is a personal preference if you wish to bring your own fuel or not. There will also be bins on all courses to dispose of your energy gel packets, please do not leave them on the course.
- Your bank card - Whether you're buying the newest kit or re-fuelled post race, you'll want your bank card to hand.
- If you wear a GoPro, or any other type of POV camera, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on the course, this is the only way we are able to identify it.

[READ OUR GUIDE TO YOUR KIT BAG ESSENTIALS AND UNLOCK SOME GREAT PARTNER DISCOUNTS](#)

IF YOU DO FORGET ANY OF YOUR RACE GEAR, OUR OFFICIAL MERCHANDISE TENT WILL BE OPEN AT THE FESTIVAL AREA. WE CAN HELP!





BRAND NEW FOR 2023! NEW SPARTANS HUB

Racing for the first time at our London South East event? Or are you back after having a few years out, then head over to the New to Spartan Hub situated in the village.

Here you will get the opportunity to meet Spartan SGX coaches, Spartan Brand Ambassadors, Spartan Staff and some of our Elite Athletes. You will get an opportunity to try out some of the obstacles before you head out on course and get some tips and tricks from some of the seasoned pros on how to crush your course or how to level up to the next race. With a huge haul of silverware and racing experience between them you will be sure to come away from the Hub feeling confident for your race.

AR00 to that!

myzone® Race with Myzone

To help you track the effort you'll be exerting Myzone are offering you the chance to trial a Myzone heart rate tracker during the event for free.

You can wear your Myzone tracker on the wrist, chest or arm and they're accurate to 99.4% EPG, meaning you'll be both comfortable and certain of their tracking precision. To trial a Myzone all you need to do is:

- Download the Myzone app (you can even do this ahead of the day on [iOS](#) or [Android](#))
- Create an account
 - When asked for club select: SPRUK001
 - When asked for belt ID: Select '*continue set up without device*'
- Book in for your demo belt pick-up slot on the [form here.](#)
- Head over to the Myzone tent at your allocated pick-up time to collect your Myzone
- Choose where to wear the tracker
- Take your Myzone on the Spartan course and get sweaty!
- Sync your workout to the app and see how hard you worked
- Share, share, share - let the world know the effort you put in at **Pippingford!**

OFFICIAL HEART RATE MONITOR





HOW TO GET HERE

Venue Address: Pippingford Park, Nutley, East Sussex, TN22 3HW

By Train: East Grinstead is the closest train station to the venue

By Bus: Bus Route 261 to Millbrook East Car Park, followed by a 14 minute walk

By Car: Easily accessible from A22, follow postcode TN22 3HW, as you get close to the venue follow the AA road signs to the event, and then to event parking. Event parking is FREE at this venue

ACCOMMODATION

Camping is available on the nights of Friday 6th October and Saturday 7th October from 4pm. The latest arrival time is 9pm. The camping facilities will include toilets but no showers, please plan accordingly. [Click here](#) to book your camping spot.



VIRUS SAFETY GUIDELINES

As we end our 2023 event season, ensuring your safety and the quality of your event experience is our #1 focus.

Included here are the guiding safety principles and plans that we're currently planning to implement at our events. We'll continue to monitor trends, work with local officials to comply with their guidelines and restrictions where necessary and adjust our plans as needed based upon guidance from the relevant Public Health National Guidance.

All Spartans need to do their bit to make events as safe as possible. While we've got a solid plan in place to protect you, here's how you can do your part:

- Stay home if you feel unwell or have been in contact with someone who is unwell
- Be Informed. Read all event communication, as it could contain important safety information on event procedures and policies. Follow the instructions of medical personnel and Staff
- Practice proper health and hygiene for hand washing, hand sanitising, sneezing, coughing, etc
- Wear a face covering if preferred
- Show up on time at your assigned arrival and start time window
- Thank the volunteers, they are there to keep you safe and help keep you going
- Consider the safety of yourself and others around you
- Respect the host community and venue

ONSITE FACILITIES



Toilets



Bag Drop



Changing Facilities



On the day registration



Rinse/water



Food stalls



Merchandise



Camping -Advance Booking only



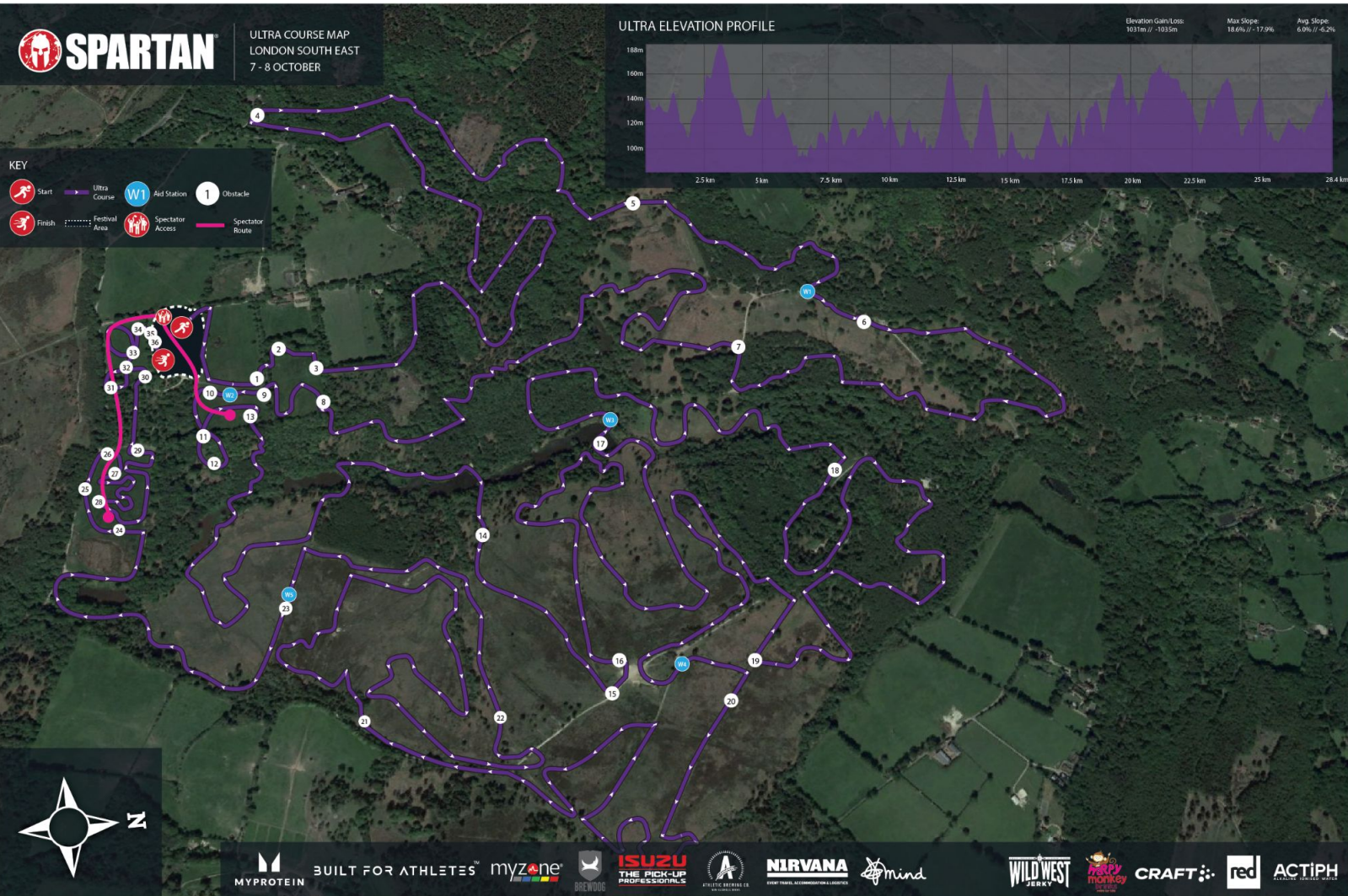
Parking

IMPORTANT INFO

- No Photo ID & Barcode = NO RACE
- The Spartan Race Village will open a 7:00am every race day.
- Please DO NOT call the venue with any questions. Please email cs@uk.spartan.com if you would like to speak to customer service.
- START TIMES -Racers will be loaded into the starting area according to their heat times. The heat time reflected on a racer's wristband will allow entry into the start corral.
- Racers ages 14 and older can participate in the adult's race. Those under 14 are encouraged to join the Kid's Race. All under 18's must be accompanied by an adult at all times unless in a competitive wave. Leaving your child unattended while racing will result in being pulled off the course, asked to leave and barred from participating in future races.
- No pop-up tents are allowed in the festival. Tent space is reserved for our sponsors.
- No coolers or glass bottles allowed on the property. Security staff will check for them as you enter.
- Elite & Age Group - Please ensure you have read the [Spartan Rule Book](#)
- Plaques, medals and pre-purchased merchandise that is not collected on Race Day can be posted to participants for a postage fee. Please view our FAQs for [Awards](#) and [pre-purchased merchandise](#).



COURSE MAP





MANDATORY KIT LIST

Ultra athletes are required to start with, finish with, and carry all of the following equipment at all times.

- 1 backpack, running vest, or other device capable of carrying all mandatory equipment
- 1 hydration system with the ability to carry a minimum of 30 oz (1 liter) of fluids
- 1 survival blanket or bivvy
- 1 emergency whistle
- 1 flashlight or headlamp with 1 set of backup batteries, or a battery pack capable of fully charging the device
- 1 red flashing light attached to the back of the pack/vest or headlamp strap

Failure to produce any of the mandatory kit list whilst on course will result in being removed from the course.

IMPORTANT INFO

- Registration for the Ultra will open at 5pm - 6:30pm on Friday. **You are welcome to drop your transition bag at this time, however please be aware that the tent will be left unmanned overnight and Spartan Race UK will not take responsibility should anything happen to it during this time.**
- If you are unable to register on Friday, Registration for the Ultra will open at 6am on Saturday.
- The transition tent will be co-located in the bag drop tent and will be the official 'half way point' of the Ultra course. There will be a bypass lane from the finish area to the transition tent, and at the start line to take Ultra athletes back out on course.
- There will be no Pit Stop area on course for this Ultra. The only stop will be in the transition tent.

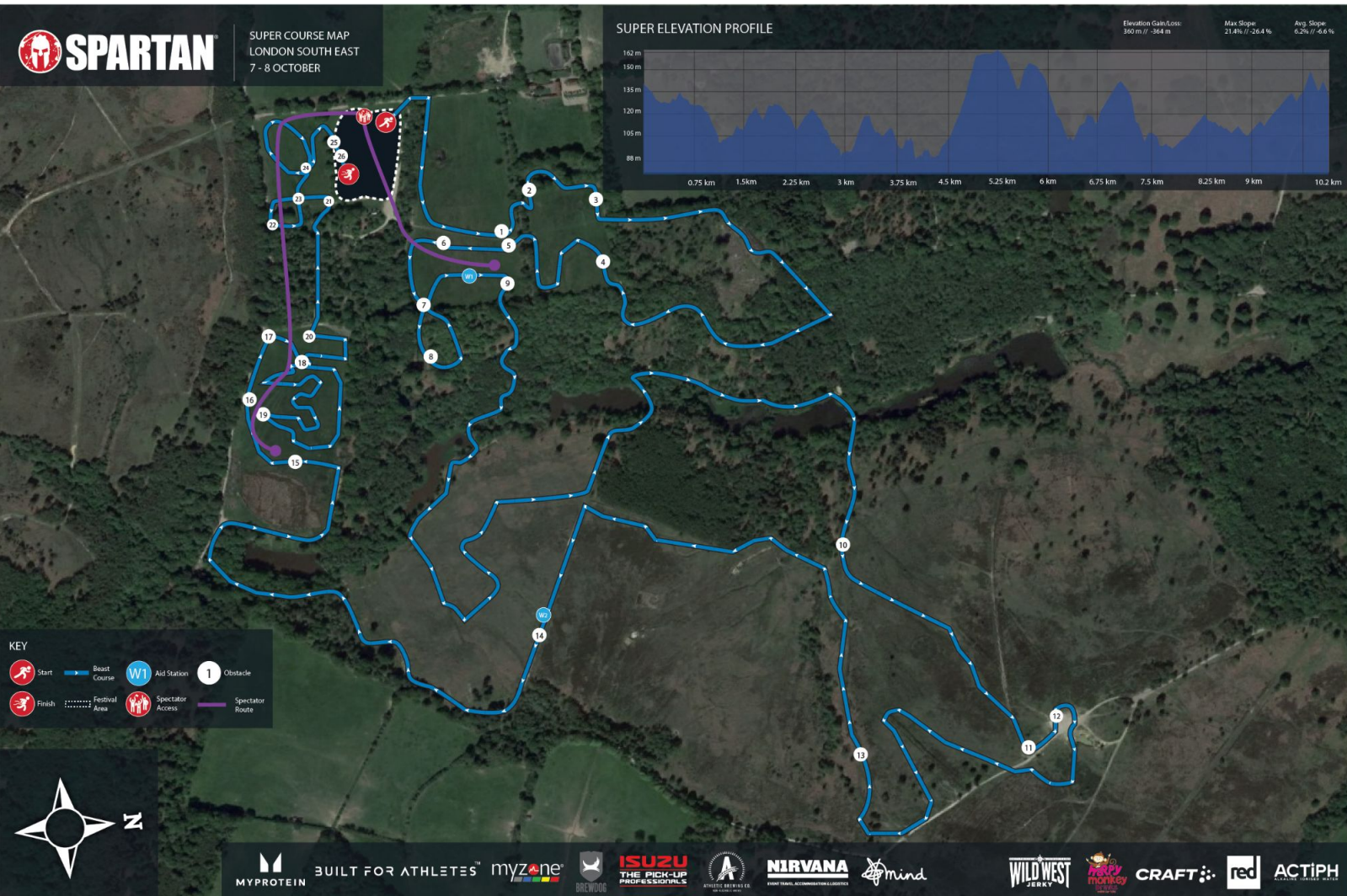
COURSE CUT OFF

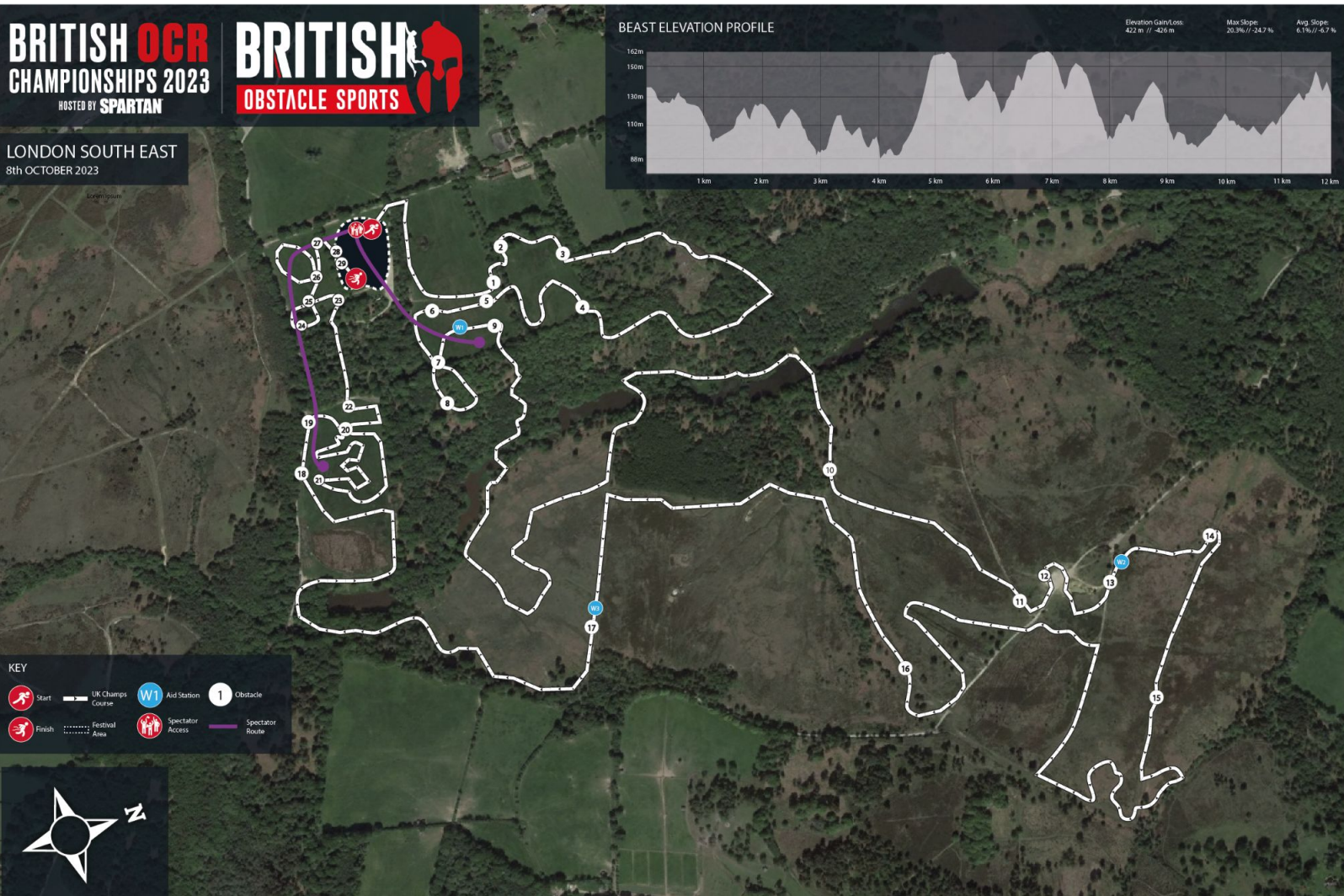
- Ultra athletes must have left the transition tent and re-entered the course by 1:30pm
- Ultra athletes must have crossed the finish line by 8:30pm to officially finish the Ultra and avoid being removed from the course.



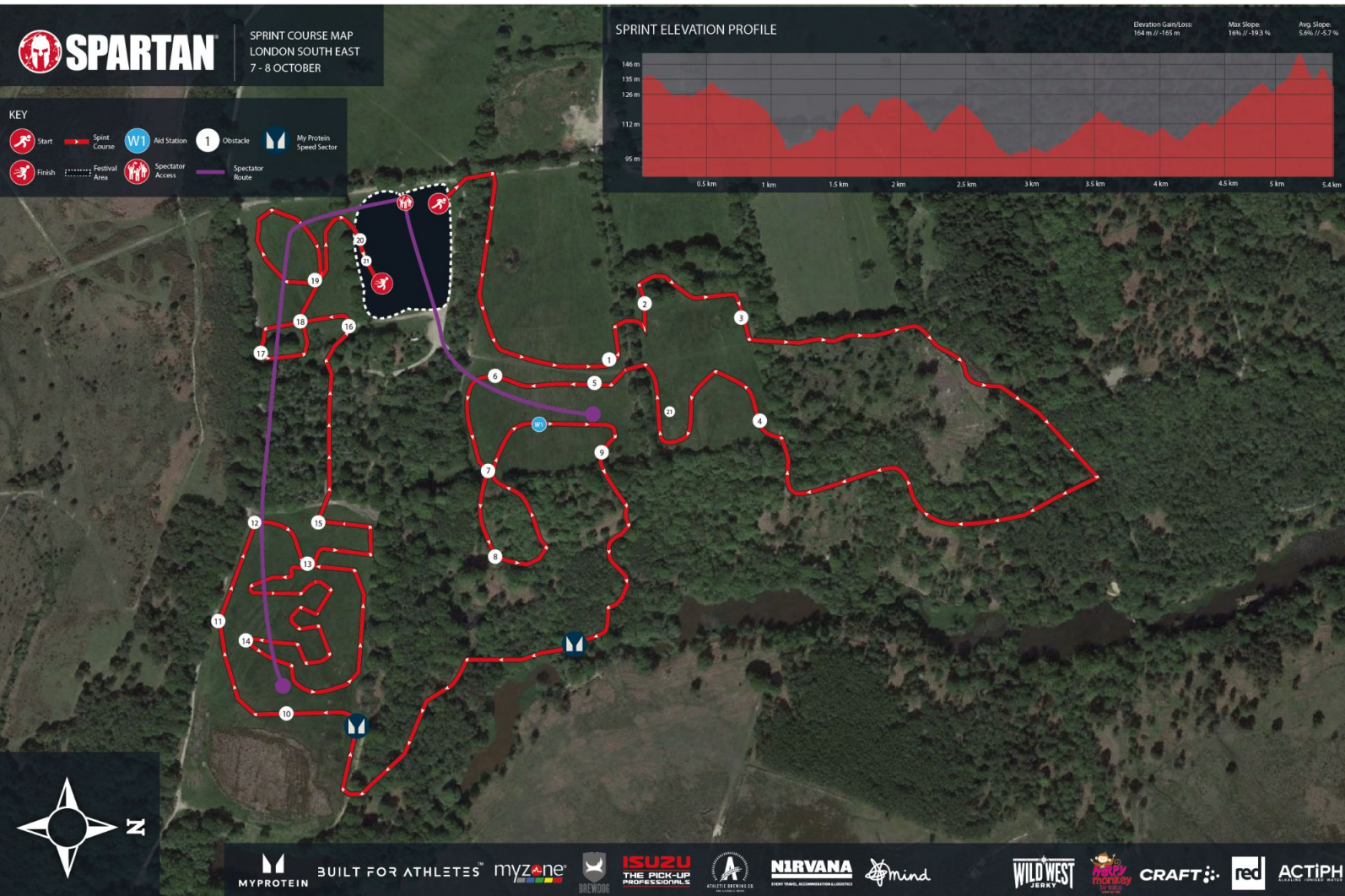
COURSE MAP







Stay tuned for The British OCR Championships full obstacle list featuring a new map which will be shared via email and social media prior to the event weekend.



Myprotein Sprint Course Speed Sector Challenge

Lay down your fastest time through the Myprotein Speed Sector for the chance to win £100 worth of Myprotein vouchers!

Not running competitively? No problem. There will be prizes for both the fastest competitive and open wave male and female runners!

Want to get the whole family involved? There are three Kids Race distances at this event and available to book on the day.

Saturday:

10:45am	3KM	9-14 years
12:00pm	1.5KM	7-9 years
1:00pm	1KM	4-6 years

Sunday:

10:00am	3KM COMPETITIVE (Sunday only)	9-14 years
11:00am	3KM	9-14 years
12:00pm	1.5KM	7-9 years
1:00pm	1KM	4-6 years

Kids Race FAQ [here](#).

COURSE MAP



Grab a Happy Monkey Smoothie on the finish line.
Also available online and in-store at your local Tesco, Sainsburys, Asda, Iceland & Ocado.

WHAT TO DO AFTER YOUR RACE?

Once you've crossed the finish line our partners have got you covered with a great selection of post race goodies. Rehydration is key so make sure you grab an [Actiph Water](#) or can of [C4 Energy](#).

Plus, [My Protein](#), tasty Impact bars will be available and are a great source of protein to aid muscle recovery. Celebrate your achievement with an ice-cold [BrewDog](#) Lost Lager or a non-alcoholic beer from [Athletic Brewing Co.](#)

Be sure to head to the **'Recovery Zone'** where you'll be able to cool off, literally, by taking a dip in an ice bath. Our travel partner [Nirvana](#) has teamed up with [In The Now How](#) to bring you the [Breath & Ice Bath Experience](#). Discover the benefits of ice for recovery by [pre-booking your session here](#). Plus grab yourself a massage courtesy of [Nuffiled Health](#). Finally, reward yourself with a visit to the merch tent for some new race gear provided by [Craft](#) or a cosy [Red](#) change robe!



BE A PART OF THE TEAM
VOLUNTEER AND RACE FOR FREE + EARN PERKS

