



# SPARTAN



## RACE DAY PROGRAMME SOUTH WEST

BADMINTON ESTATE,  
SOUTH GLOUCESTERSHIRE, GL9 1DD

13 AUGUST, 2023

SPARTAN  
ELITE SERIES  
EUROPEAN

**SPRINT 5K** + **BEAST 21K**



ACTIPH  
ALKALINE IONIZED WATER

myzone

NIRVANA  
EVENT TRIANGLE COMMUNITY HALL GATES

C4  
ENERGY



MYPROTEIN



ISUZU  
THE PICK-UP  
PROFESSIONALS

WILD WEST  
JERKY

CRAFT

BUILT FOR ATHLETES™



# RACE DAY SCHEDULE



SUNDAY 13TH AUGUST

## SPARTAN **BEAST**

7:00am Registration & Village Open  
8:00am Elite Men & Elite Women  
8:10am Age Group Men (14-17,  
18-24, 25-29)  
8:10am Age Group Men (30-34, 35-39)  
8:20am Age Group Men (40-44,  
45-49, 50-54, 55-59, 60+)  
8:30am Age Group Women (All Ages)  
9:15am Open Heats  
11:00am Last Open heat

## SPARTAN **SPRINT**

1:00pm Elite Men & Elite Women  
1:15pm Age Group Men (14-17,  
18-24, 25-29)  
1:15pm Age Group Men (30-34, 35-39)  
1:20pm Age Group Men (40-44,  
45-49, 50-54, 55-59, 60+)  
1:30pm Age Group Women (All Ages)  
1:45pm First Open Heat  
2:45pm Last Open Heat

Race Day Awards:

11:30am Beast Elite Awards  
12:00pm Beast Age Group Awards  
  
3:00pm Sprint Elite Awards  
3:15pm Sprint Age Group Awards

## 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.

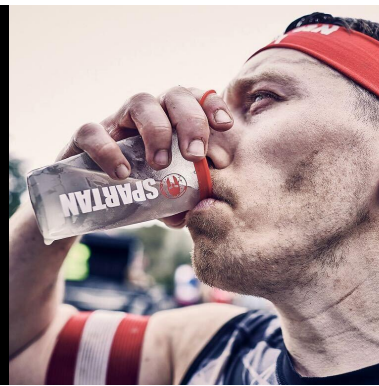
You can wear your Myzone tracker on the wrist, chest or arm and they're accurate to 99.4% EPG, meaning you'll be both comfortable and certain of their tracking precision. To trial a Myzone all you need to do is:

- 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 **South West!**



## 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.



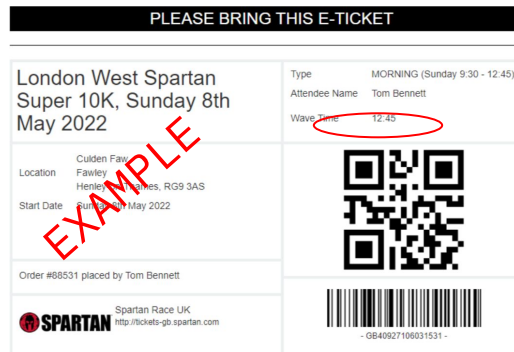
Red Pro Change Robe Evo  
All you need to keep you warm  
and dry on race day

# 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.**

**BRITISH**  
OBSTACLE SPORTS

- **If you are racing in Age-Group or Elite Heats 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 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. 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!**







## HOW TO GET HERE

**Venue Address:** Badminton Estate, South Gloucestershire, GL9 1AA

**By Train:** Yate the closest train station to the venue

**By Bus:** Bus Route 41 towards Malmesbury from Yate Station to Badminton High Street, followed by a 10 minute walk

**By Car:** Easily accessible from M4 Junction 18, follow postcode GL9 1AA, 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 11th and Saturday 12th August from 4pm on Friday. 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 return to 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



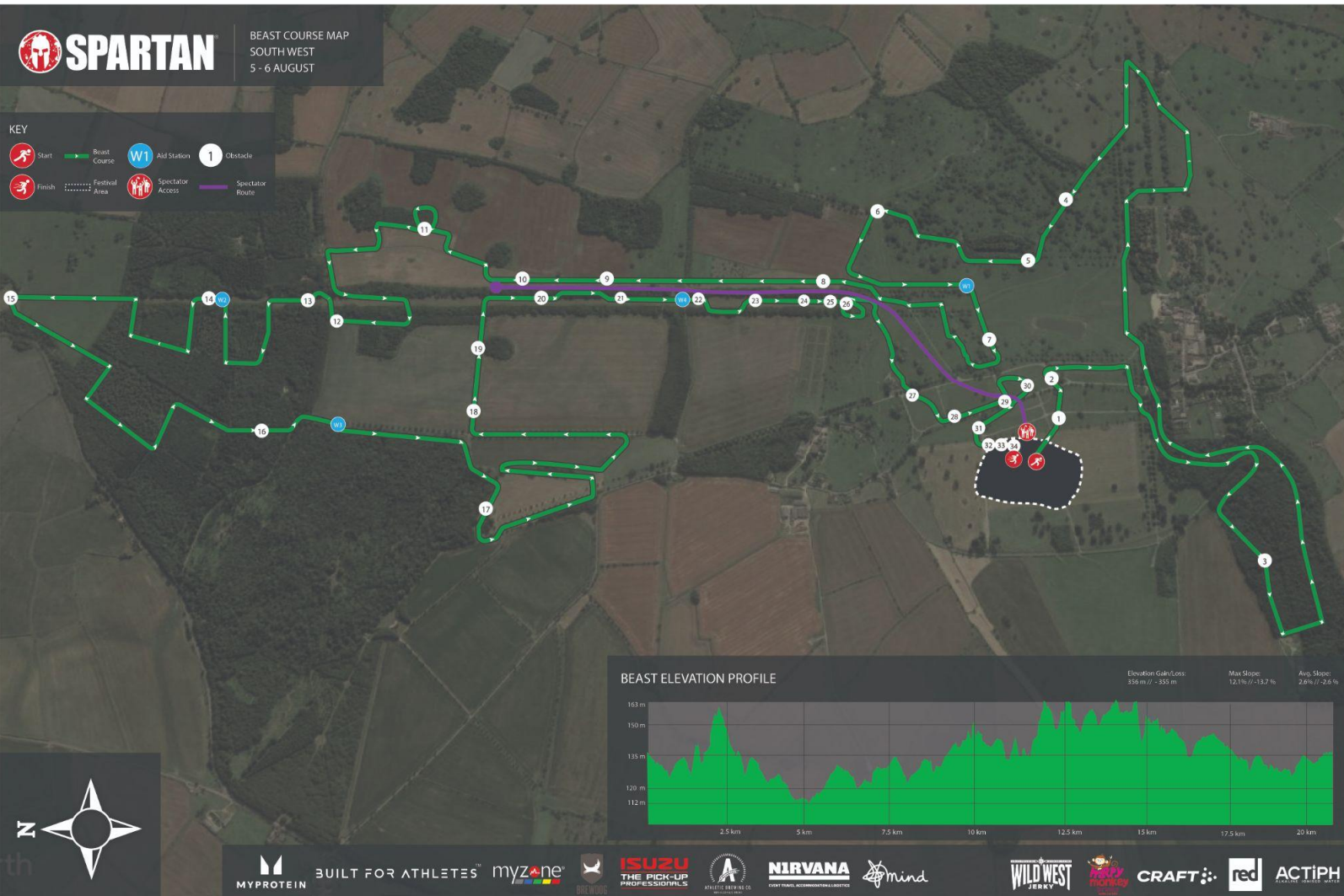
Parking

## 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](mailto: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](#).



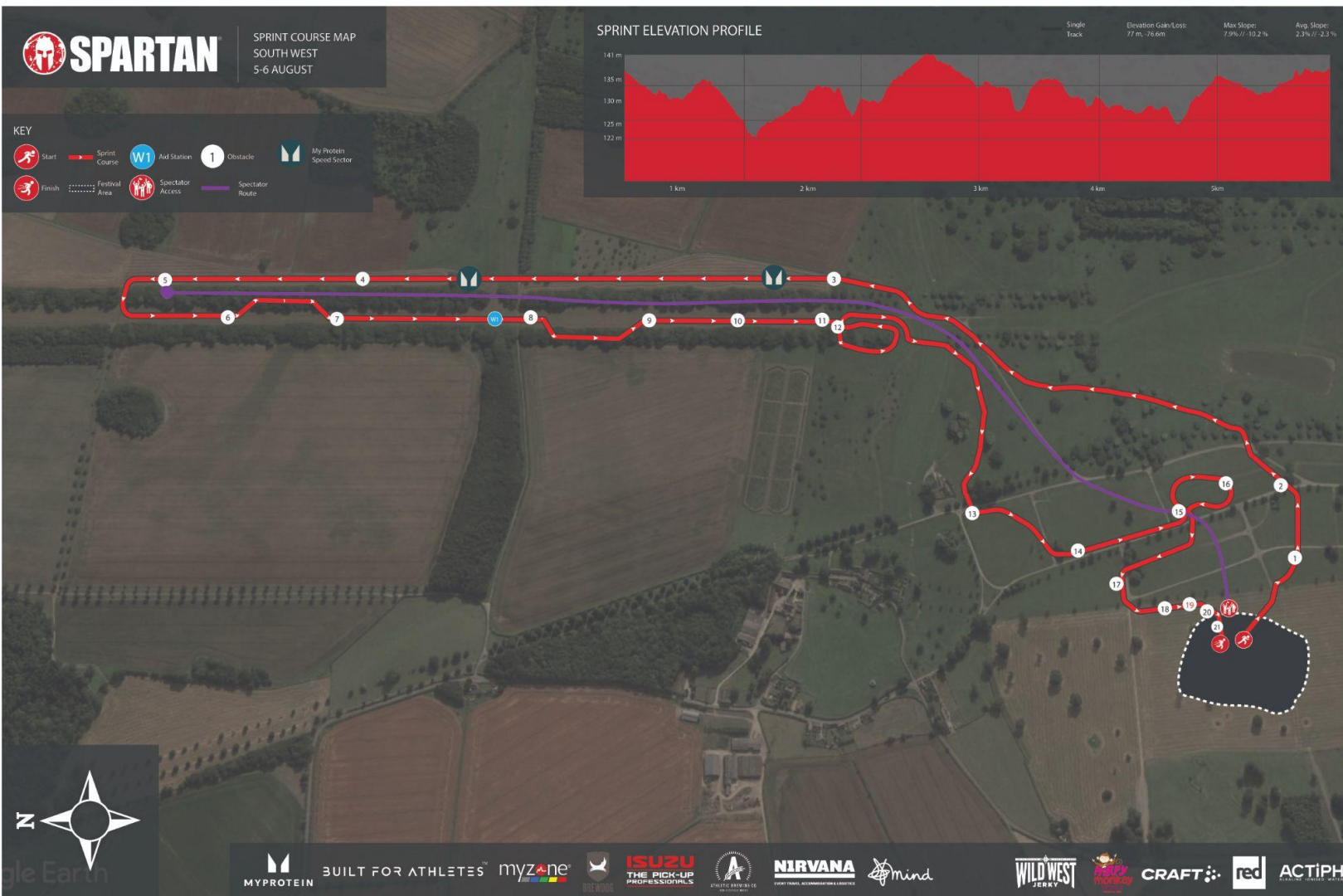
## COURSE MAP







## COURSE MAP



### 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!



# WHAT TO DO AFTER YOUR RACE?

Once you've jumped the fire and 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, NEW for Spartan South West, [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.](#)

Reward yourself with a visit 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

