

**SPARTAN** RACE / 2025



# SPARTAN RACE DAY PROGRAMME

## LONDON WEST

CULDEN FAW ESTATE

HENLEY-ON-THAMES

RG9 3AS

MAY 17-18, 2025

**SPARTAN — 2025**  
**UNITED KINGDOM NATIONAL SERIES**

**SPARTAN — 2025**  
**KIDS EUROPEAN CHAMPIONSHIP**





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## HOW TO GET HERE

**GENERAL PARKING - VENUE ADDRESS:**

Culden Faw Estate, Henley-On-Thames, RG9 3AS

**BY CAR:**

Easily accessible from the M4 or M40, onto the A404 and then A4155. As you get close to the venue, follow the AA traffic management signs to the event parking field. Event parking is FREE at this venue.

**BY TRAIN:**

Henley-on-Thames is the closest train station to the venue

**BY BUS:**

From Henley-on-Thames station take the 850 (High Wycombe) to Greenlands

**BY TAXI:**

Henley Taxis Transport - 01491 574222, County Cars Henley - 01491 579696

**DROP OFF INFORMATION:**

Drop off/pick up for rideshare apps and friends/family is permitted at the general parking area



Want to travel with your team or simply need a car? Our Official Vehicle Partner AVIS UK have you covered by offering Spartans the chance to SAVE 10% on car rental, plus access the AVIS Preferred VIP event parking. Find out more at [AVIS UK](https://www.avis.co.uk)

**Already an Avis Preferred member? Complete this form to activate your Spartan Race perks.**



LONDON WEST, UK  
17-18 May 2025

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Saturday, 17th May

## BEAST

7:00am Beast Check-in opens  
8:00am Elite Men  
8:00am Elite Women  
8:15am Age Group 1  
8:30am Age Group 2  
8:45am Age Group 3  
  
9:15am First Open Heat  
11:15am Last heat

## SPRINT

11:00am Sprint Check-in opens  
1:00pm First Open Heat  
3:15pm Last Open Heat

## KIDS

10:00am 3KM 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:

12:30pm Beast Elite Awards  
1:00pm Beast Age Group Awards

Sunday, 18th May

## SUPER

7:00am Super Check-in opens  
8:00am Elite Men  
8:00am Elite Women  
8:15am Men's Age Group Championship (14-17, 18-24, 25-29, 30-24, 25-29)  
8:30am Men's Age Group Championship (40-44, 45-49, 50-54, 55-59, 60+)  
8:45am Age Group Championship (All Women)

9:15am First Open Heat  
12:45pm Last heat

## SPRINT

11:00am Sprint check-in opens  
1:45pm First Open Heat  
3:00pm Last Open Heat

## KIDS

10:00am Kids European Championship (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:

11:45pm Kids European Championship Awards  
12:30pm Super Elite awards  
13:00pm Super Age Group Awards



## KIDS RACE EVENT SCHEDULE

SATURDAY, 17th May

**3km KIDS RACE** | Required Age 9-14

Start Time: 10:00am

**3km KIDS RACE** | Required Age 9-14

Start Time: 11:00am

**1.5km KIDS RACE** | Suggested Age 7-9

Start Time: 12:00pm

**1km KIDS RACE** | Suggested Age 4-6

Start Time: 1:00pm

## KIDS RACE EVENT SCHEDULE

SUNDAY, 18th May

**KIDS EUROPEAN CHAMPIONSHIP** | Required Age 9-14

Start Time: 10:00am

**3km KIDS RACE** | Required Age 9-14

Start Time: 11:00am

**1.5km KIDS RACE** | Suggested Age 7-9

Start Time: 12:00pm

**1km KIDS RACE** | Suggested Age 4-6

Start Time: 1:00pm

## PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [SPARTAN LONDON WEST](#) event page on our website.
- Your specific start time will be in your **Spartan Account** approximately 10 days prior to race day.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. [Click here](#) for instructions to locate your barcode. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.
- Spartan is now cashless! Please plan to bring a credit/debit card for all onsite purchases, including Registrations, Spectator entries and Merchandise!

For a complete description of how to complete each obstacle, what's allowed, what constitutes "failing" an obstacle, official penalties, and a video on how to complete a proper Spartan burpee, [click here](#).

All Competitive racers are required to abide by the official Spartan Rulebook. This includes being officiated and video recorded. Read up on the rules now and get ready to race.

ALL Competitive Racers must show their British Obstacle Sports Membership at Check-In or pay for a Day Membership at registration.

Competitive winners **MUST** be present at the time of the award ceremony to receive their award. No awards will be given or mailed out after race day.



## VENUE & COURSE DESCRIPTIONS

Nestled in the heart of the picturesque town of Henley-on-Thames, London West takes place at the stunning Culden Faw Estate. This quintessential English estate spans 3,500 acres of lush beech woods, rolling pastures, scenic parkland, and untouched chalk valleys. The event offers a true test of endurance, with challenging terrain and a formidable elevation profile, especially on the notorious Beast course—it's not for the faint of heart. This year, both the Super and Beast courses wind through newly explored woodland routes, offering a fresh perspective compared to last year's race. Whether it's your first time tackling the course or you're a seasoned veteran of the venue, London West guarantees an unforgettable experience.

**Special Gear:** Racers should plan to bring appropriate fuel for their needs. Nutrition will be available on course. Hydration packs (or water containers of some variety) are strongly suggested for all racers. Please note that shoes with spikes are not allowed.

## AID STATIONS

At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup.

- **BEAST:** There are four (4) aid stations on course, including two (2) food & hydration and two (2) hydration pack refill stations
- **SUPER:** There are two (2) aid stations on course, including one (1) food & hydration and one (1) hydration pack refill station.
- **SPRINT:** There is one (1) aid stations on course providing food & hydration.

## BACK FOR 2025! NEW SPARTANS HUB

- Racing for the first time in 2025 and feeling anxious... nervous or just generally after some more support, possibly some racing pals or to understand more about the races then we have you covered.
- Head over to New Spartans Hub in the Festival Area to chat to our Spartan Experts and find out more about the races, get any training or obstacle tips.
- There will also be a Spartan Ambassador Sprint wave going out on Saturday at 1.30pm for anyone that wants to join our Spartan Ambassadors on course.



## ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race. You can purchase hydration packs at the merchandise tent on race day.
- Make sure you carry enough water to be able to keep yourself hydrated between stations.
- Make sure to stop at every aid station to get water, use your pack in between.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event.

## COURSE CUTOFFS

Super and Sprint participants must be at the finish line by 7:00pm. Any racers remaining on the course at 7:00pm will be removed from the course for their own safety and will be considered a DNF (Did Not Finish). This means you will not get a finishing time, medal, or shirt. The race will not count towards your trifecta and you will not get a refund or a future race credit. Additional course cutoffs will be announced prior to Race Day and Spartan reserves the right to modify, change cutoffs, and remove racers for health and safety issues or unforeseen events.

- 5:00pm: Any racer who hasn't passed aid station #5 by this time will be removed from course.
- 9:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.

## INCLEMENT WEATHER

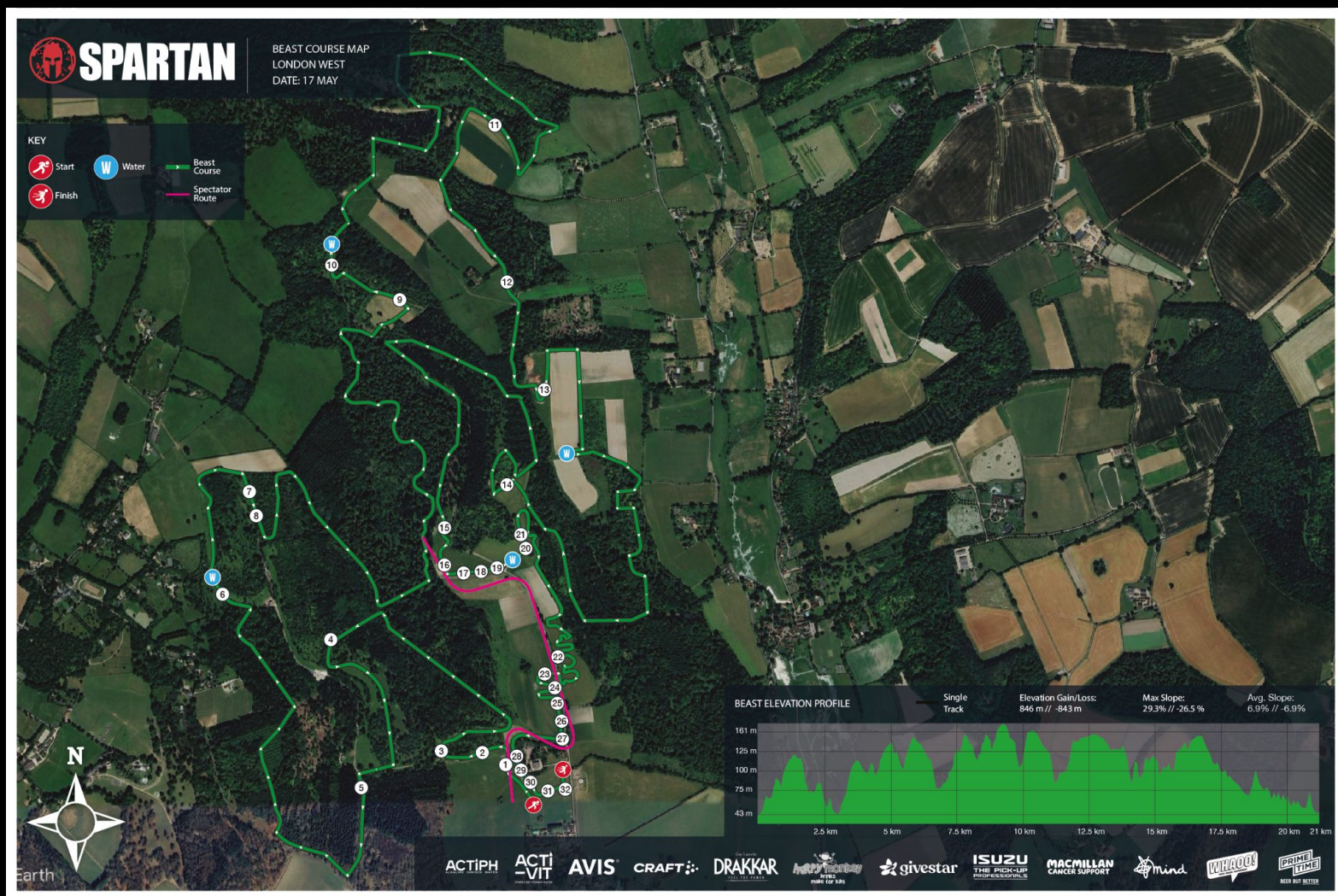
In the event of inclement weather such as lightning, heavy rain, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable.

## EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. There will be changing tents at the event. Please plan your post-race gear accordingly.
- Hydration packs are strongly recommended for all racers.
- Shoes with spikes are not allowed.
- Our official merchandise tent will open at the same time as the festival area. Forget your racing shoes, change of clothes, spare socks? We can help.

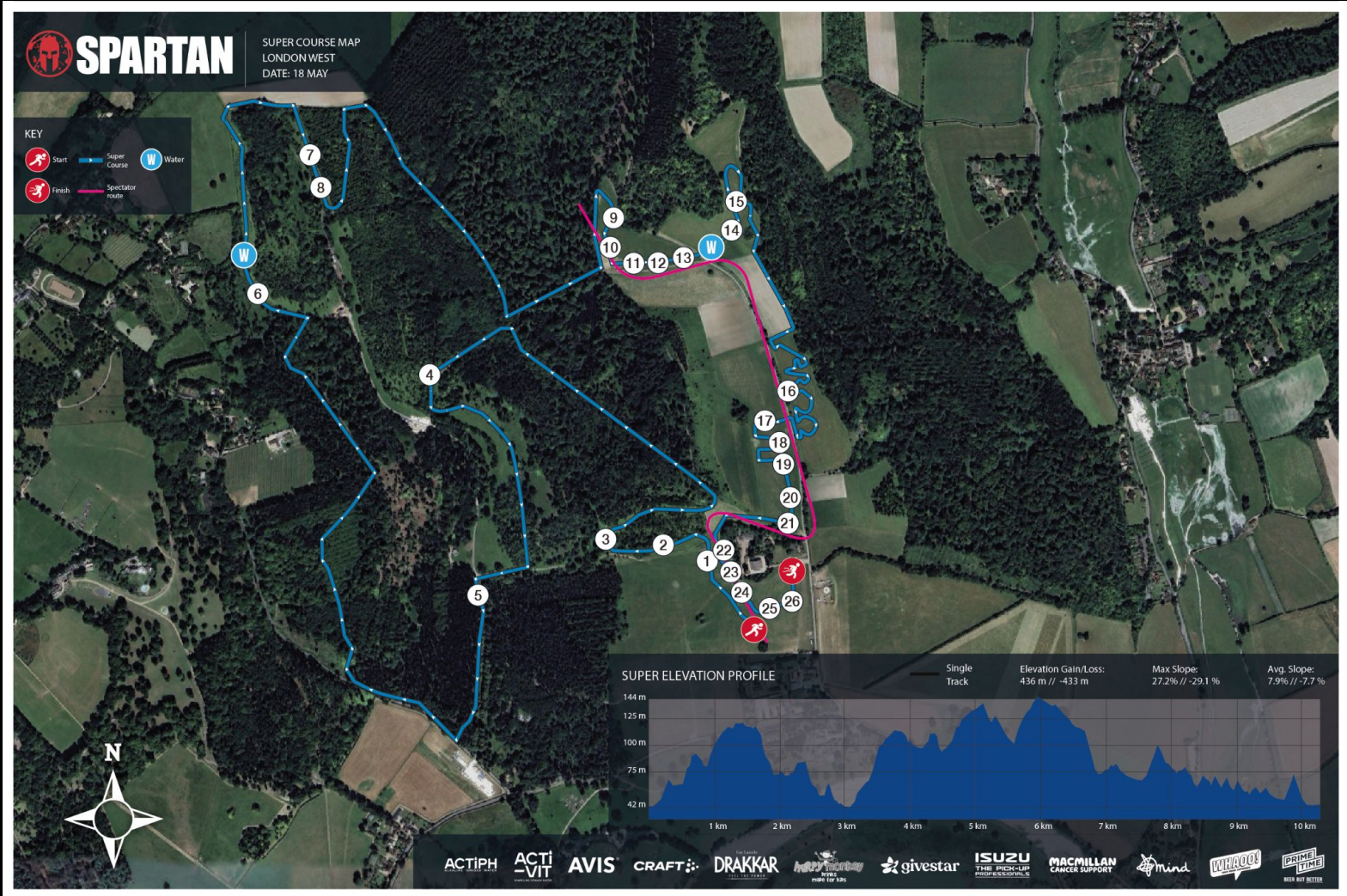


# BEAST



## SPECTATOR TICKETS

- All spectators need a Spectator Ticket. Tickets are available online or onsite for £5.00. Wristbands can be picked up at the Check In Marquee on Race Day. We recommend purchasing spectator tickets prior to race day to save time on your race day.
- Food and drink will be available for purchase as well as checking out our Sponsor activations.
- There will be a spectator route available for you to follow. This will allow you access to get your favourite Spartan racer's picture.

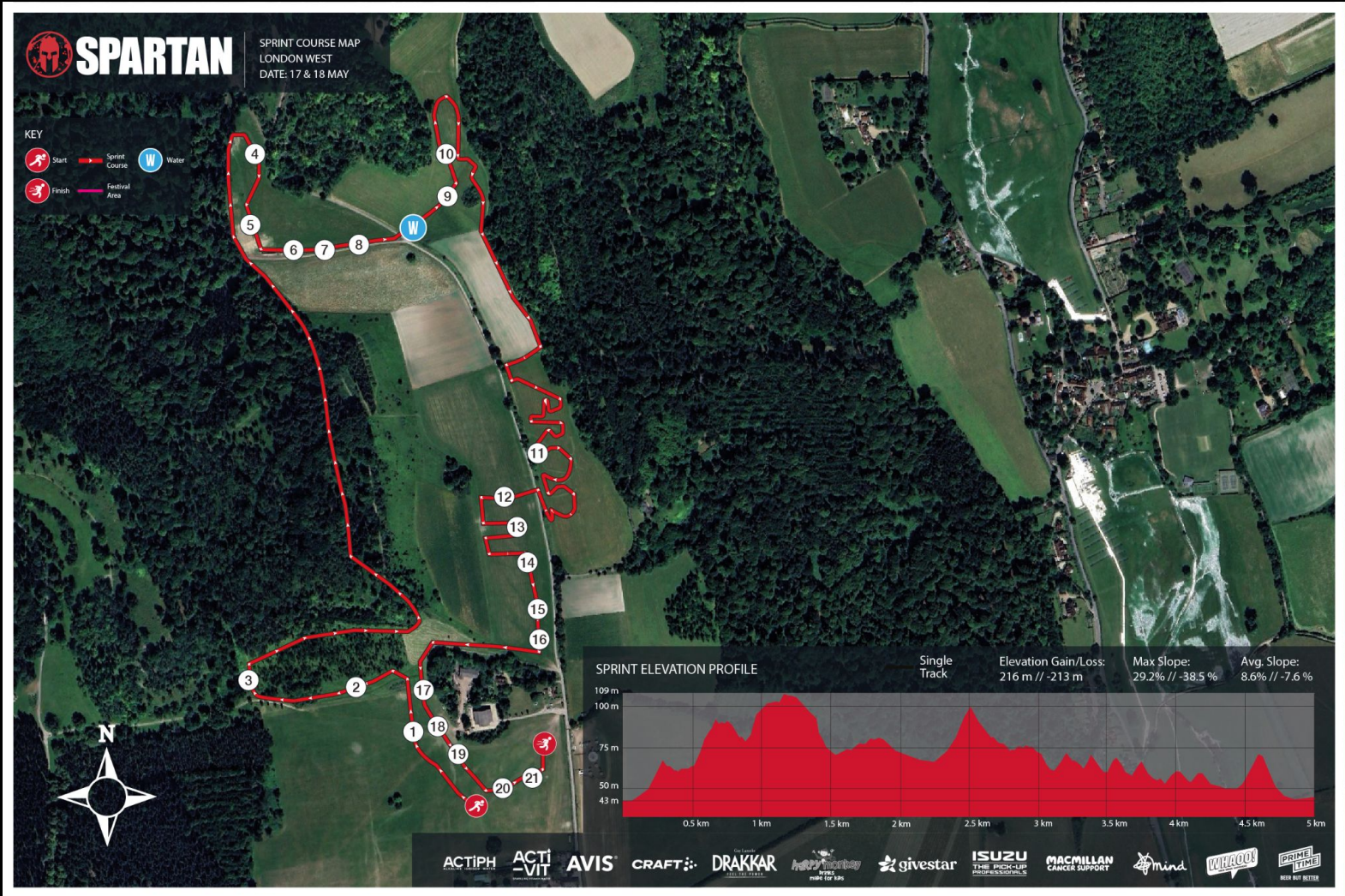


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- There will be a spectator route available for you to follow. This will allow you access to get your favourite Spartan racer's picture.



# SPRINT



## SPECTATOR TICKETS

- All spectators need a Spectator Ticket. Tickets are available online or onsite for £5.00. Wristbands can be picked up at the Check In Marquee on Race Day. We recommend purchasing spectator tickets prior to race day to save time on your race day.
- Food and drink will be available for purchase as well as checking out our Sponsor activations.
- There will be a spectator route available for you to follow. This will allow you access to get your favourite Spartan racer's picture.



## KIDS



## SPECTATOR TICKETS

- All spectators need a Spectator Ticket. Tickets are available online or onsite for £5.00. Wristbands can be picked up at the Check In Marquee on Race Day. We recommend purchasing spectator tickets prior to race day to save time on your race day.
- Food and drink will be available for purchase as well as checking out our Sponsor activations.
- There will be a spectator route available for you to follow. This will allow you access to get your favourite Spartan racer's picture.



# SPARTAN — 2025 KIDS EUROPEAN CHAMPIONSHIP



## SPECTATOR TICKETS

- All spectators need a Spectator Ticket. Tickets are available online or onsite for £5.00. Wristbands can be picked up at the Check In Marquee on Race Day. We recommend purchasing spectator tickets prior to race day to save time on your race day.
- Food and drink will be available for purchase as well as checking out our Sponsor activations.
- There will be a spectator route available for you to follow. This will allow you access to get your favourite Spartan racer's picture.



## KIDS PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [LONDON WEST](#) event page on our website.
- For pre-race venue specific details with our onsite Kids Race team, visit our [Kids Facebook page](#) 1-2 days before race weekend.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. Log into your [Spartan Account](#) to see your chosen start time and barcode. [Click here](#) for instructions. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.
- Two spectator passes are provided per family. Spectating is available anywhere along the outside of the orange Kids tape or in the specified Viewing Area. No adults allowed on the 1km, 1.5km or 3 kilometre course at any time.
- Children must be supervised at all times within Festival and an adult or guardian must be present at all times within Kids Course or Kids Festival while their child is racing.
- Spartan is going cashless! Please plan to bring a credit/debit card for all onsite purchases, including Registrations, Spectator entries and Merchandise!

Visit our [KIDS FAQ](#) for more information

## KIDS REGISTRATION

Registration for the Spartan Kids Race will be at the Kids Registration tent. The parent/guardian accompanying the child must show valid photo identification to pick up the bib packet. For additional information, please visit the [\[RACE NAME IN TEXT LINKED TO THE EVENT PAGE\]](#) event page and click the “Kids Race” tab.



## KIDS RACE

- There are three Kids Race distances available to race at the event.
  - 3km, 1.5km and 1km
  - 1km suggested age: 4-6
  - 1.5km suggested age: 7-9
  - 3km REQUIRED age: 9-14
  - Please note: The 1km and 1.5km events are open to anyone 4-14 yrs of age but the 3km requires a minimum age of 9 on race day.

Each Kids Race Finisher will receive a Finisher Medal and Finisher T-shirt and a Happy Monkey Smoothie or Milkshake.

## KIDS 3km COMPETITIVE

- Obstacle failure requires completion of the designated penalty loop before continuing
- Podium placement is based on the racers age on December 31, 2025
- Kids Awards Ceremony is at 11:45 AM local time at the Main Stage.
- Visit our [KIDS FAQ](#) for more information on rules and age requirements

## KIDS WATER STATIONS

- 1km: Finish Line
- 1.5km: Finish Line
- 3km: Finish Line

## KIDS TRIFECTA

Claim your hard earned Trifecta medal at the Trifecta Tent located in Festival. Trifecta Medals MUST be collected on race day at the Trifecta Tent. Medals cannot be mailed out after race day. Tag #spartankids on social to show the world your accomplishment!

Don't forget to stop by the merchandise tent to shop our latest Kids apparel ranges and accessories.





## PHOTOS

NEW for 2024, Spartan is partnering with Sportograf to bring you an upgraded photo experience, including more photographers on course, more obstacles captured, automatic image processing and filters, and faster turnaround time for photos.

You can pre-purchase a photo package of approximately 20-40 professional quality photos while registering for the event or at any time before the event has begun through your Spartan Account.

For more information on how to purchase the photo package please check out the following FAQ: [2024 Spartan Photos](#):

Your photos will be available to view in your [Spartan Account](#) no later than the Wednesday after the event. Photos can be found in the [Results](#) section of your Account or by browsing the our [Race Results & Photos](#) page on our website. You will be able to search for your photos using facial recognition.

## VOLUNTEERS

JOIN THE TRIBE! Be part of the Biggest Obstacle Event in your country, transforming thousands of lives every race. As a Spartan Volunteer, you'll work with the Spartan team to help every racer and spectator have an awesome experience.

Experience Spartan in a new way and Volunteer with us! Celebrate at the Start, Finish, or encourage our participants at the obstacles. Explore the possibilities here: [JOIN & RACE FREE](#).

Have a team, company or group interested in Volunteering together? Email [ukvolunteers@spartan.com](mailto:ukvolunteers@spartan.com) to get involved!

More more info, you can find our Volunteer Facebook Page [here](#). For any questions, you can find our FAQs [here](#).

### VOLUNTEER PERKS

- Amazing experience to be part of the Spartan Community
- Official Spartan Volunteer T-shirt & goodies
- Spartan Volunteer Perk Program
- Be part of a friendly-race for free
- Food & beverages
- Sneak peak of the operations
- Spartan buddies you'll make for life



## SPARTAN RACE FESTIVAL

Opens at 7:00AM every race day,

The Festival Village will feature a range of experiential activations from our valued partners. Each offering the chance to sample their range of high quality sports nutrition and hydration products. Plus, for that much needed post race meal, a selection of food vendors will also be available.

Official Spartan Merchandise Tent:

Stop by Merchandise to see our brand new shoppable store setup and get exclusive access to new products before they sell out on race day.

### MEET OUR SPONSORS

We're proud to offer you great products from our partners, both on course and at the finish line:-

- **Prime Time** - This season you are invited to celebrate your achievement with an ice-cold Prime Time lager.
- **Actiph** - Rehydrate with a refreshing, reusable sports bottle of Actiph Water as you cross the finish line.
- **Activit** - Grab your recommended daily allowance of 8 key vitamins and minerals with a can of Acti-Vit
- **Drakkar** - Podium winners get a FREE sample of the new Drakkar mens fragrance.
- **Isuzu** - Always on course for when the going gets tough.
- **Avis** - This season choose Avis Rental when hiring a car and you'll get 10% discount, priority service plus FREE additional driver & VIP parking at each event.
- **Craft** - Treat yourself to some new running gear. A range of the latest racewear will be available in the merchandise tent on site.
- **Dr Aktiv Recovery Zone** - Showcasing a range of technologies to aid in your post race muscle recovery.
- This season Spartan kids get two tasty rewards for their race efforts. **Happy Monkey** smoothies and **Whaoo** chocolate crepes... yum, yum!

**SPIRIT OF SPARTAN** POWERED BY 

Want to make a difference this season?

**Run for a Cause** - Consider dedicating your Spartan Race to one of our charity partners Mind and Macmillan Cancer Support. Help raise some much needed funds by setting up your fundraising page with givestar, our **Official Fundraising Platform**.

