



SPARTAN®



RACE DAY PROGRAMME 2023

LONDON WEST
29th – 30th APRIL 2023

Culden Faw Estate, Henley-on-Thames, Buckinghamshire, RG9 3AP



BUILT FOR ATHLETES™



RACE DAY SCHEDULE



SATURDAY, 29th April

SPARTAN **BEAST**

7:00am Registration & Village Open
8:00am Elite Men
8:00am Elite Women
8:10am Age Group Men (14-17,
18-24, 25-29)
8:20am Age Group Men (30-34, 35-39)
8:30am Age Group Men (40-44,
45-49, 50-54, 55-59, 60+)
8:45am Age Group Women (All Ages)
9:15am Open Heats
1:00pm Last heat

SPARTAN **SPRINT**

2:00pm First Open Heat
3:00pm Last Heat

SPARTAN **KIDS**

10:45am Kids 3KM OPEN Start
11:30am Kids 1.5KM OPEN Start
12:00pm Kids 1KM OPEN Start

Awards:

12:00pm Elite Awards
2:00pm Age Group Awards

SUNDAY, 30th April

SPARTAN **SUPER**

7:00am Registration & Village Open
8:00am Elite Men
8:10am Elite Women
8:30am Age Group Men (14-17, 18-24,
25-29)
8:40am Age Group Men (30-34, 35-39)
8:50am Age Group Men (40-44, 45-49,
50-54, 55-59, 60+)
9:00am Age Group Women (All Ages)
9:30am Open Heats
12:45pm Last heat

SPARTAN **SPRINT**

1:45pm Open Heats
3:45pm Last Heat

SPARTAN **KIDS**

10:00am Kids 3KM Competitive Start
10:45am Kids 3KM OPEN Start
11:30am Kids 1.5KM OPEN Start
12:00pm Kids 1KM OPEN Start

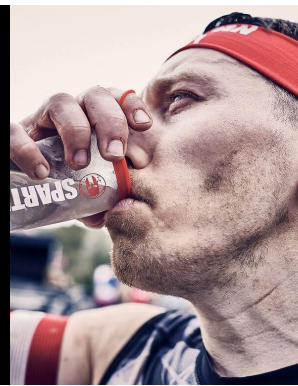
Awards:

11:00am Super Elite Awards
11:15am Super Age Group Awards
11:30am Competitive Kids Awards



BRING A CUP

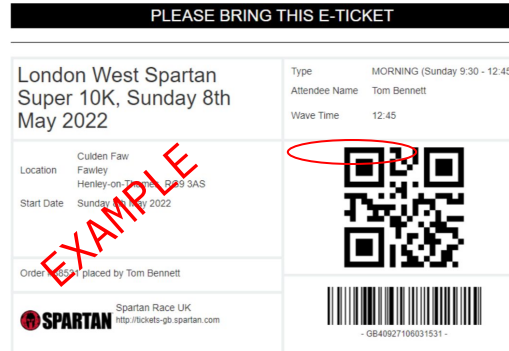
We are on a mission to make race days more environmentally friendly. We are encouraging all racers to bring a reusable cup to their race.





WHAT TO BRING:

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



- Spare clothes and shoes and a towel to utilise the rinse stations on-site.
- 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.
- 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: Culden Faw Estate, Henley-on-Thames, Buckinghamshire, RG9 3AP

By Train: Henley-on-Thames is the closest train station to the venue

By Taxi: Local taxi firms operate from Henley-on-Thames train station and can be contacted on:

Henley Taxis - 01491 574222

Chiltern Taxis - 01491578899

By Car: Easily accessible from both the M4 and M40. As you get close to the venue, follow the 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 29th and Saturday 30th 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 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 if you would like to speak to customer service.
- START TIMES -Customers 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](#).

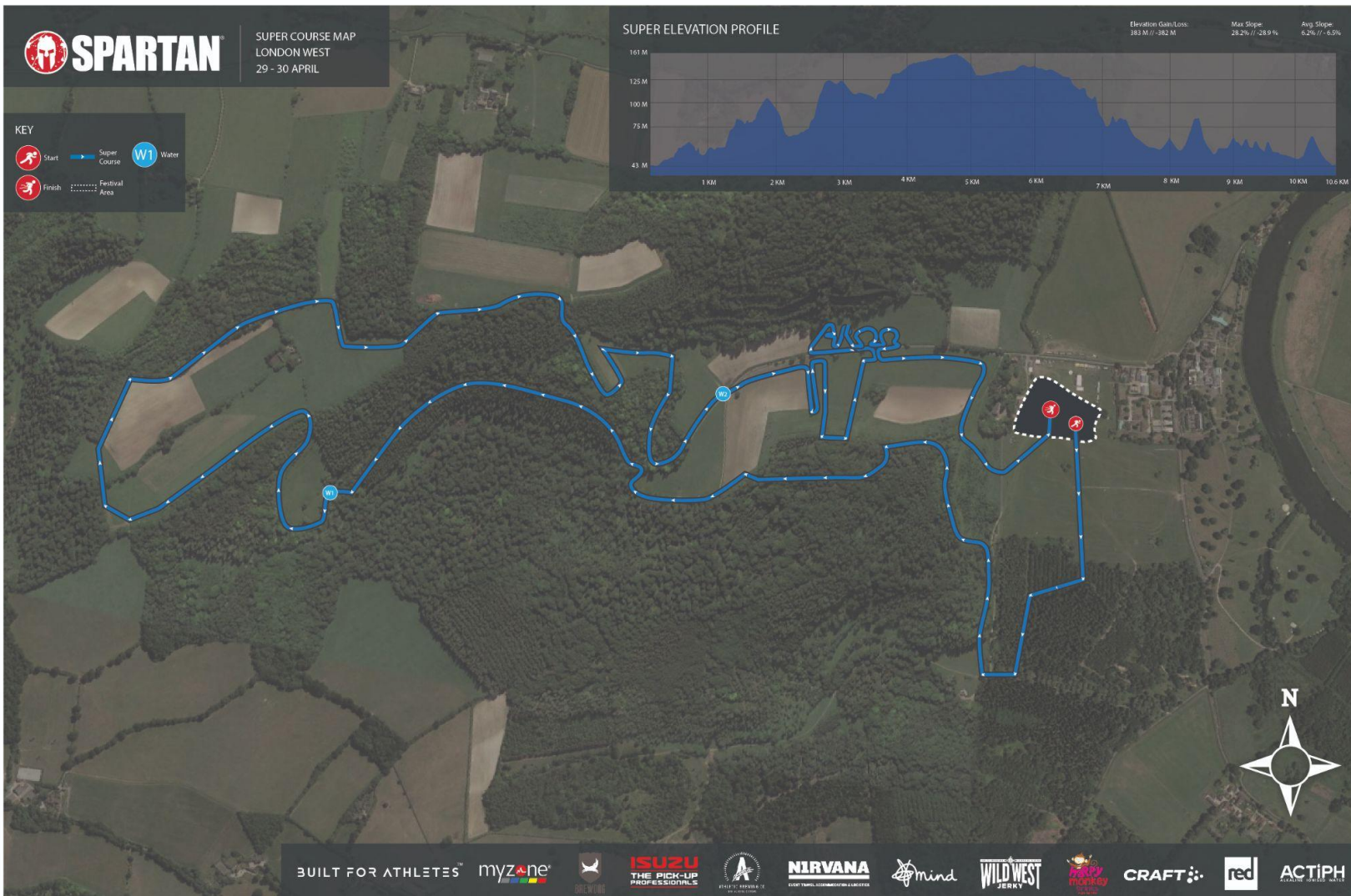


COURSE MAP

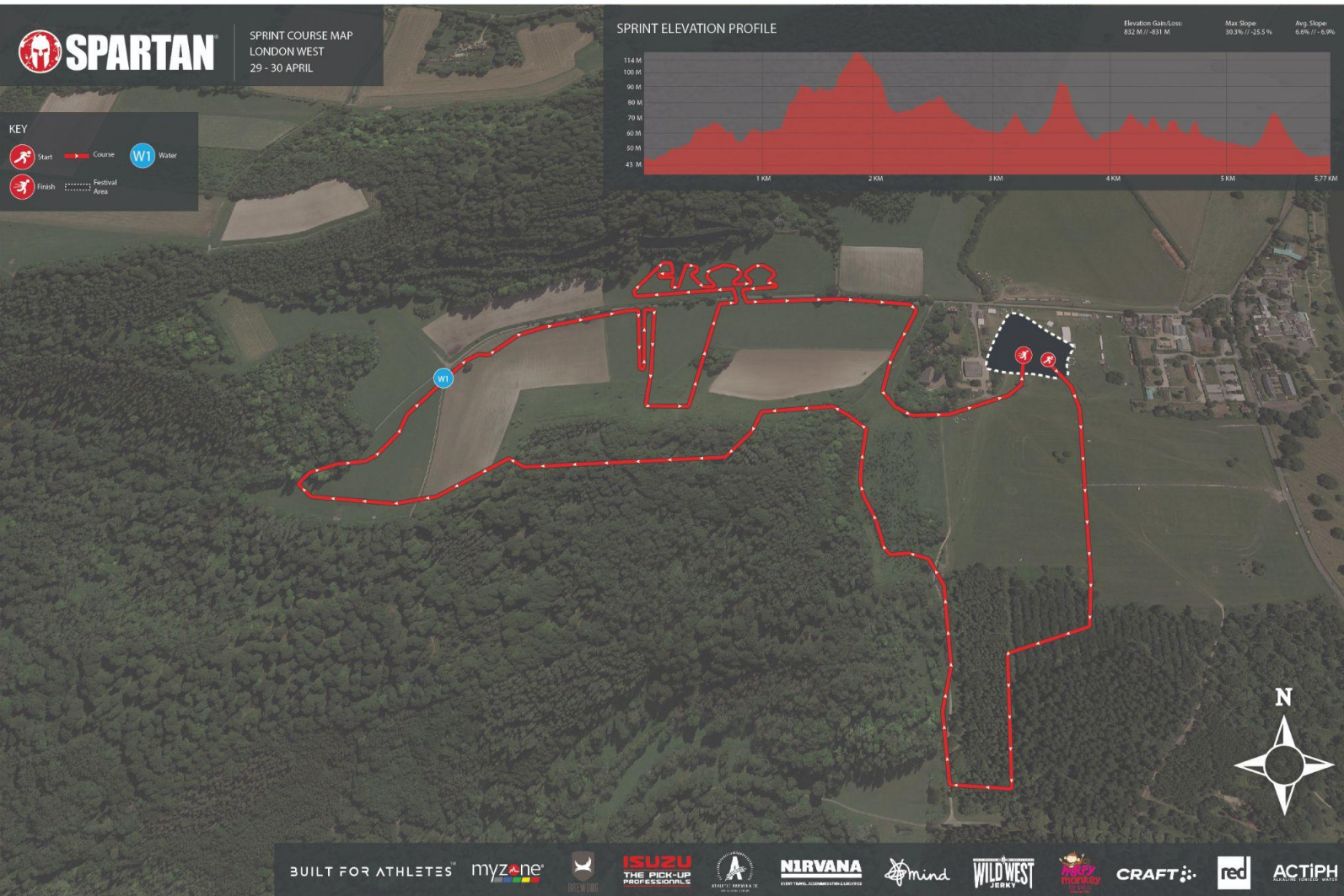




COURSE MAP



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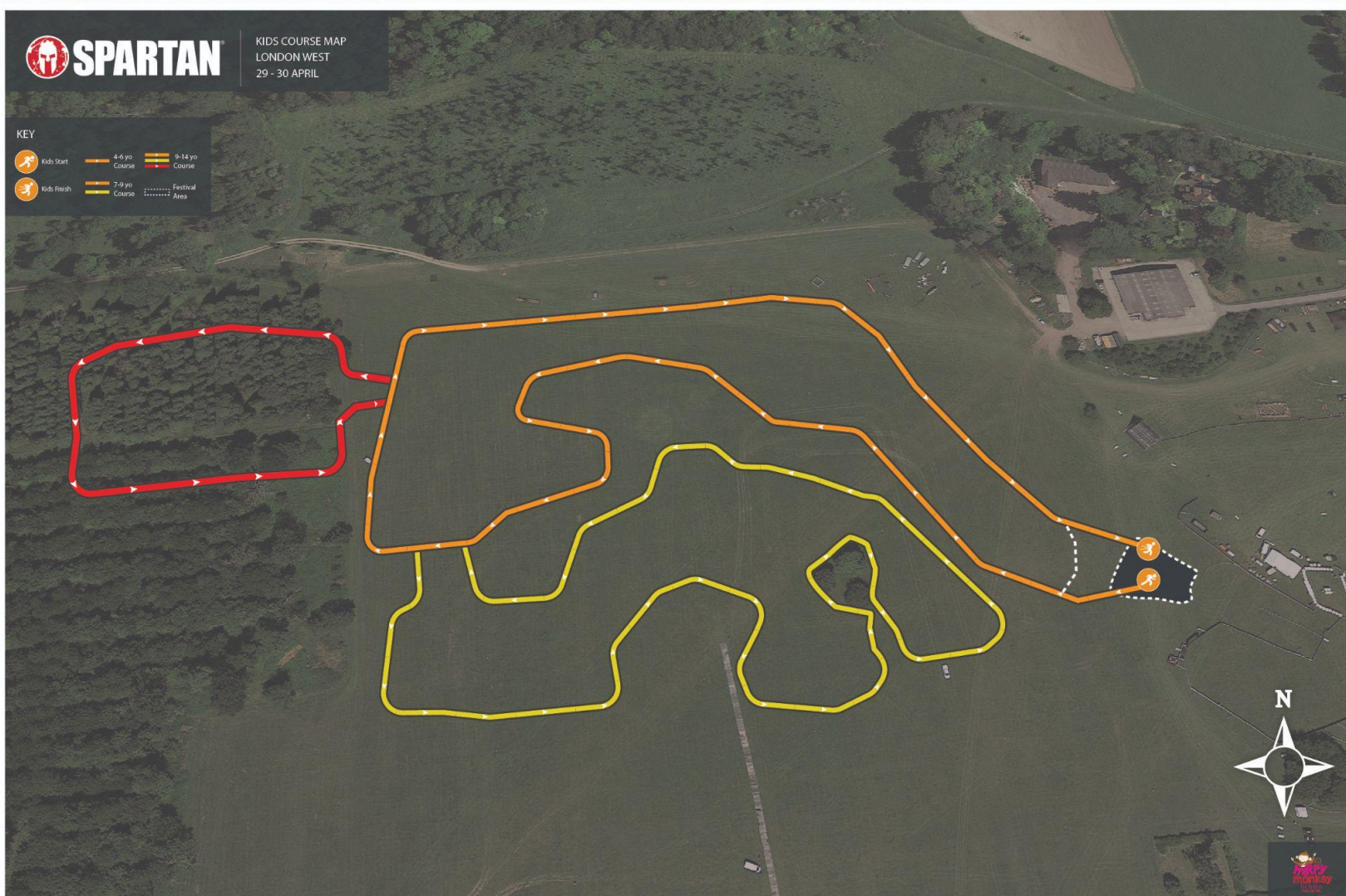


Want to get the whole family involved? There are three Kids Race distances at this event and available to book on the day.

10:00am	3KM COMPETITIVE (Sunday only)	9-14 years
10:45am	3KM	9-14 years
11:30am	1.5KM	7-9 years
12:00am	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 jumped the fire and crossed the finish line, be sure to grab some [Actiph Water](#) and [Wild West Jerky](#) and celebrate your achievement with a can of [BrewDog Lost Lager](#). Be sure to head straight to our **'Recovery Zone'** where you'll be able to cool off, literally, by taking a dip in an ice bath. Our partners [Red](#), [Nirvana](#) and [Myzone](#) have teamed up with [In The Now How](#) to bring you the [Breath & Ice Bath Experience](#). Find out how ice can aid recovery.

Also look out for:

- [Athletic Brewing Co](#) - try a cold alcohol free beer
- Have a go at [BrewDog's](#) Giant BrewPong
- [Happy Monkey Smoothies](#) - available to kids on the finish line
- Visit the merch tent and treat yourself to some new race gear provided by [Craft!](#)



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

[SIGN ME UP!](#)