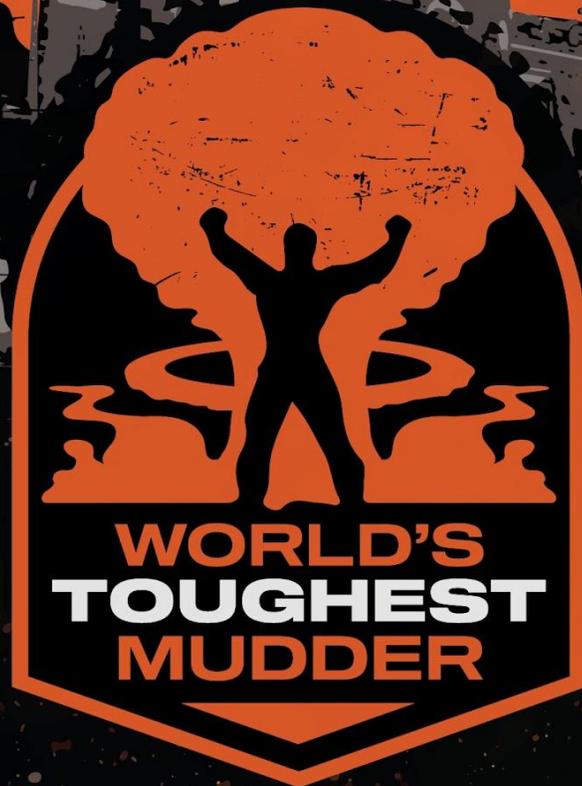


INFORMATION PACK

BELVOIR CASTLE, MIDLANDS
28TH - 29TH JUNE, 2025





WORLD'S TOUGHEST MUDDER EVENT SCHEDULE

FRIDAY

09:00 - 16:00	CHECK IN
13:30 - 15:30	COURSE PREVIEW
16:00	RACE BRIEFING
19:00	PIT CLOSES
22:00	QUIET HOURS

SATURDAY

07:00 - 11:00	CHECK IN
11:15	START CHUTE OPENS
12:00	RACE START
14:00	HOSPITALITY TENT OPENS
19:00	NIGHT TIME RULES BEGIN

SUNDAY

05:00	NIGHT TIME RULES END
10:00 - 14:00	FINISHER SWAG COLLECTION
12:00	START LINE CLOSE
13:00	HOSPITALITY TENT CLOSES
13:30	FINISH & COURSE CLOSES
15:00	PITS CLOSES

MONDAY

09:00	BRUNCH CHECK IN
10:00 - 11:30	BRUNCH BUFFET OPENS
12:00	AWARDS CEREMONY
14:00	BRUNCH CLOSES

WTM RACERS:

- The Race Briefing for all Athletes and Teams is **mandatory**. Please make sure you are available at either the 4pm Friday briefing OR the 10:30 briefing on Saturday.
- You will receive a BIB at check in that has your timing chip attached. You **MUST** wear this BIB as the outermost layer for the duration of the event. Please make sure that the timing chip remains attached to your bib as this is how we track your laps.
- The official event start will take place at 12:00:00 PM Saturday, June 28. All competitors must be present at the start of the race at 12:00:00 PM and begin their first lap within the first 15 minutes of the race.
- To be classed as an 'official finisher' and to be eligible for top prizes, mileage awards, Holy Grail consideration and/or receive the official 24-hour headband and finisher items, all Athletes and Teams must complete a lap between 9:00:00 AM and 1:30:00 PM Sunday 29th June, or otherwise be in pursuit of that lap. *You MUST return your timing chip to be able to collect your Finisher items.*
- Athletes and Teams must start their last lap before 12:00:00 PM Sunday 29th June. After that time the start line will officially close and no new laps will be counted.
- Athletes and Teams on an active lap, but unable to finish prior to 1:30:00 PM will not have that lap counted.
- There will be a mix of Mandatory and Penalty obstacles on the course.
 - Penalties will be undertaken at the associated obstacle before being able to continue on the course.
 - If you attempt to continue on course without having successfully completed an obstacle or the associated penalty for failure; this will result in immediate disqualification.
 - Mandatory obstacles must be completed before continuing on course. Non-completion of these (without using a bypass wristband) will result in immediate disqualification.
- Obstacle Bypass Wristbands are available to all race category athletes. Upon completion of 25 miles athletes will receive 1 rubber wristband per lap. This wristband can be given to a volunteer at any obstacle to bypass that obstacle.
- Pit Crew may only provide assistance within the designated pit area; they may not provide any support, such as physical help, food, beverages, supplies or clothing outside of this designated area.
- Results and live tracking will be available from our timing team onsite, whilst a final results page will go live on our website soon after the event.
- The full 2025 World's Toughest Mudder rules can be found [HERE](#). Please familiarise yourself with them before the event.
 - Adaptive Athletes will be contacted ahead of time for any adjustments needed.



GET EVENT READY

HOW TO GET HERE:

Venue Address: Belvoir Castle, Grantham, Leicestershire, NG32 1PE

By Train: Grantham is the closest train station to the venue.

By Bus: Bus Route 9 towards Harston to Woolsthorpe Lane, followed by a 30 minute walk.

By Car: Easily accessible from A1, follow postcode NG32 1PE, 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.

AVIS®

Want to travel with your team or simply need a car? Our Official Vehicle Rental partner AVIS UK have you covered by offering mudders the chance to SAVE 10% on car rental, plus access the AVIS Preferred VIP event parking. Find out more at [AVIS UK](#) use code: Toughmudder25 to unlock your benefits. Already an Avis Preferred member? Complete [the form](#) to link your perks.

WHAT TO BRING & WEAR:

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

- MANDATORY KIT & NIGHTTIME RULES

Participants are allowed to bring any and all necessary supplies necessary to support an overnight endurance and running event; however, Race Officials have the right to remove dangerous and/or illegal objects for any reason at any time. Official nighttime rules are between 7:00:00 PM on Saturday and 5:00:00 AM on Sunday. During this time the following course changes will be observed:

- All on course Athletes must wear a headlamp on the front of the head / torso and safety strobe flasher or glowstick on the rear of the head/back
- It is the sole responsibility of the Athlete to ensure they have a headlamp and safety strobe flasher/glow stick at all times while on course during nighttime rules
- If an Athlete loses, breaks, or does not have a headlamp and a safety strobe flasher/glow stick they may not start another lap and must remain in the Pit during nighttime rules
- Keep an eye on the weather in the lead up to WTM. Be sure to bring sunscreen if it is warm and extra layers for the cold. Wetsuits and tents would also be recommended.
- [Shokz Open Swim Pro](#) headphones are bringing the noise to course with a [World's Toughest Mudder Spotify playlist](#), built by you. Share your hardest-hitting training anthems and help create the raw, relentless soundtrack of WTM. Shokz On. Doubt off.
- Rubbish bags for all your rubbish from the Pit Area
- There will be a donation point for unwanted items post race near the hospitality tent.
- Your bank card - We're are cashless. Whether you're buying the newest kit or re-fuelling post race, you'll want your bank card to hand.

FORGOTTEN YOUR GEAR? OUR OFFICIAL MERCHANDISE TENT WILL BE OPEN IN THE VILLAGE AREA.



PIT AREA & PIT CREW

- Every participant is allowed to select a 3M X 3M marked pit space in the designated pit area.
- The Pit is positioned on a grassy area. Please ensure you have appropriate weights or pegs to secure your tent or canopy.
- The following items are prohibited from your pit area:
 - Open flames, fire, camp stoves, generators or fuel sources
 - Heaters or heat-generating devices
 - Any personal transportation, including bikes, scooters, etc.
 - Weapons or firearms
 - Alcohol or drugs
 - Pets and animals other than trained service animals
- You are responsible for cleaning your own pit area following the event. Bins will be provided, but any uncleaned pits may result in retroactive disqualification.
- Please do not leave any valuable items in your pit. Tough Mudder is not responsible for lost or stolen items. Parking is a short walk away, leave them in your car.
- All Pit crew ages 12 and over must be registered and have purchased the pit crew/spectator entry prior to entering the venue.
- Pit Crew under 12 years of age must be accompanied by an adult 18 years or over and must be supervised at all times.
- You can pre-purchase Pit Crew passes on the event webpage [here](#).
- Pit crew members must display their official bib throughout the evening for access to the pit area. Pit crew are welcome to enjoy the hospitality amenities available to participants.
- Pit crew may provide food, beverages, clothing and gear support to their participants in the pit area only. No assistance of any kind may be provided on course.
- Pit crew will be able to access limited areas of the course to spectate and speak with their participant. Please stay on marked spectator path.
- Any unauthorized on course assistance may result in disqualification.

PRO TIPS:

To ensure you have the quickest and smoothest check-in, Screenshot your ticket and have your ID out and ready to scan.

- Bring a fresh change of clothes, towel and an extra layer if it's cold.
- After you check-in, make sure your Bib is on nice and firm. You will need this throughout your time in the event village/pit area and on course.
- Adults get lost too. Make sure you pre-arrange a meeting point with your teammates in case you get separated.





COURSE HIGHLIGHTS:

- “Belvoir” might mean “Beautiful View” in French, but don’t let that lull you into a false sense of security. You’ll start with a deceptively gentle climb through the woods, before bursting out into open pastures, where you might encounter a charming little water feature (or two). From there, it’s straight into the infamous “Hills of Belvoir,” because what’s a Tough Mudder without a proper leg-burning, soul-testing ascent? At the top, you’ll be rewarded with a stunning view of the castle and pit area below (that’s if your eyes aren’t too full of sweat and regret to appreciate it of course). Then, it’s a fast and furious descent to the finish line... before heading straight back out for another lap, obviously.
- The current elevation sits at a modest 200m per lap.

MUDDER VILLAGE:

Mudder Village is filled with all the necessities, including a food truck, toilets, and a hospitality tent for hot drinks and re-fueling.

- Grenade are fuelling your run with tasty protein bars, low in sugar and high in protein.
- Make sure to stop by the Tough Mudder Merch Shop to grab apparel, gear, and accessories. The Merch tent opening times will be:
 - Friday: 8:30am - 5:00pm
 - Saturday: 7:00am - 5:00pm
 - Sunday: 8:30am - 3:00pm
 - Monday (brunch area): 9:00am - 2:00pm
- Keep an eye open for Wild West famous beef jerky and vegan jerky samples.
- Recover with Actiph’s alkaline ionised water and their unique blend of electrolytes
- Emerge victorious with a cold isotonic drink, try out the different flavours available.
- Grab your recommended daily allowance of 8 key vitamins and minerals from Acti-Vit’s sparkling vitamin water cans.
- For clean plant based energy drinks try Reignstorm and sample the different flavours.



EVENT & COURSE SAFETY RULES:

They're Like Duct Tape. Not Sexy, but Essential

Safety and respect come first – for yourself, your fellow Mudders, and our crew out on course. Tough Mudder is all about teamwork, even at World's Toughest Mudder, but there are still a few rules to play by.

Keep these in mind as you crush the mud:

- You **MUST** be able to swim 100 metres to take part in World's Toughest Mudder as per the guidelines set out in the World's Toughest Mudder Competition Rules.
- Please refer to our **virus safety guidelines** for information on if attendance if you feel unwell or are a close contact.
- There is one hydration station available on course, if you have any allergies please check the any product details before consuming. Allergen signs will be displayed where appropriate.
- Help your fellow competitors – smartly. Teamwork is still encouraged, but putting someone on your shoulders to get through hanging obstacles like Hangin' Tough or Just the Tip? Big nope. That's a safety hazard.
- Be cool out there. No pushing, shoving, or rough behavior. Be kind to those you may be over-taking on course and warn them you're coming through without screaming at them. Don't be gross. Waste goes in bins – not the trail.
- Respect volunteers and staff. They're the real MVPs. Speak to them if you or others need help.
- Follow the Signs, Not the Crowd. Look out for directional arrows, obstacle warnings, and safety notices along the route. If a sign says "Caution," we mean it.
- Some obstacles ARE mandatory. Make sure you're physically ready for the challenge. If you are unable to complete a mandatory obstacle you will be disqualified.
- Medical warnings and Course Safety signage matter. If you have a heart condition, pacemaker, metal implants, or a history of seizures, do NOT attempt electrical obstacles and take the penalty instead.
- **There is one electrified obstacle on course, please do not attempt it if you have a heart condition, metal in your body, history of neurological conditions, or are pregnant.**
- All of the obstacles you will face on course will have an obstacle sign in front of them containing safety information. Please make sure you take your time to observe this signage and adhere to any safety guidance given.

It's all about mud, camaraderie, and making memories – let's keep it fun and safe for everyone.

Example Signage:





ADD ONs

PHOTO- PACKAGES

Receive up to 40 photos on course, at selected obstacles and throughout Mudder Village. Add the photo package for as low as £25.99 (£29.99 post event). This will be an experience you won't want to forget. [Purchase via your Active account.](#)

MUDDER TABS

A personalised dog-tag to add to your brand new medal. Add on for just £15. Personalisation included: your name, finish time (Endurance events only) and your preferred message. [Purchase via your Active account.](#)

GOT MORE QUESTIONS?

- If you have any more questions just drop our Customer Service team an email and they would be happy to help on: UKsupport@toughmudder.com
- Please note response times may vary leading up to the event.

LET'S GET SOCIAL

- If you haven't already, be sure to join the action on the: [World's Toughest Community Group](#)

HAVE YOU THOUGHT ABOUT FUNDRAISING FOR CHARITY?



Did you know that 80% of Tough Mudders raise for charity alongside their event? It's a great way to challenge yourself AND have an impact for a cause you care about. Choose from any of the UK's 200,000 charities and fast track your fundraising with [givestar](#), the official fundraising platform of Tough Mudder.



Whether you choose one of the incredible charities that we're partnered with or one that you've found yourself, running for charity can raise both much-needed funds and awareness as you take on obstacles with hundreds of other Mudders.

There's nothing like the feeling of crossing the finish line and earning your headband. Now imagine you've crushed that goal not only for yourself but for the greater good. Pretty epic we'd say.

IT'S NOT TOO LATE TO START FUNDRAISING - CREATE YOUR GIVESTAR PAGE NOW

● Macmillan Cancer Support

Our headline charity partner this year is Macmillan Cancer Support. We're hoping to make a hugely positive impact on their fundraising endeavors this year. To hear more about how you can help, click [here](#).

● Mind

Mind are our official Mental Health Charity Partner and do a huge amount of fantastic work supporting the vast number of individuals who have experienced some sort of mental health challenge in their life. Click [here](#) to learn more.

● Alzheimer's Research UK

Almost one million people are living with dementia today. Tragically, not one of them will survive. Alzheimer's Research UK exists to change that, and you can join them! Sign up to be an Alzheimer's Research UK Tough Mudder. With your support, Alzheimer's Research UK can help revolutionise the way we treat, diagnose, and prevent dementia. Alzheimer's Research UK will keep going until every person is free from the heartbreak of dementia. So [join them](#) and their #TeamARUK community today. Challenge yourself and become a (muddy) hero for dementia research!

● Cancer Research UK

Cancer Research UK is on a mission to see 3 in 4 people survive cancer by 2034. The life-saving work funded by supporters and fundraisers goes entirely towards making that mission a reality. Over the last 40 years survival of the disease has doubled. Today, 2 in 4 people survive. Play a part in saving people's lives by taking on a challenge for a good cause. Together we will beat cancer. To learn more about how you can help, click [here](#).



LOYALTY PROGRAM

- Are you familiar with Tough Mudder's loyalty program - called the Mudder Legion?
- As soon as you've finished your first Tough Mudder and earned your inaugural headband, you're automatically eligible for participation in the program
- A few of the perks of the program are:
 - Unique headbands for each achievement level - from 2 to 200
 - Early access to sales and promotions
 - Bragging rights. So many bragging rights
- To learn more and get started on your journey, stop by the Information tent after you finish your event

100+ TIMERS CLUB

- If you are about to join our very special 100 timers club and would like to notify us so that we can make sure your very own crown is at the finish line please complete [this form](#) and the associated linked survey within it.
- Details will need to be completed a minimum of 10 days before the event.



FANCY RUNNING FOR FREE?

Our volunteers are called Mudder MVPs (Most Valuable Players) because they are the driving force behind our team and creating amazing life-changing experiences. Volunteer with us and find out more about Tough Mudder events, support your friends or family and earn an amazing discount to take to the course yourself.

- Join the MVP Community now by [signing up to our Volunteer Portal HERE](#).
- You'll earn yourself: an MVP t-shirt, cap, as well as a FREE RACE CODE and an amazing experience surrounded by amazing people. Not to mention the 20% off Event-Day merchandise.
- Take a look at our MVP Facebook page [here](#) or visit our Instagram [here](#), for more info.

Below you can find our new-look Volunteers Perk Program for 2025. There are some awesome items you could collect on top of your FREE RACE CODE. Pretty great, right? Well, 2025 is your chance to level up by volunteering and snagging even more incredible rewards.



SPARTAN TOUGH MUDDER

VOLUNTEERS

2025 UK Perks

- 2 Full Day Shifts: Sticker & Lanyard
- 4 Full Day Shifts: Tote Bag & Water Bottle
- 6 Full Day Shifts: Hat & Sunglasses
- 8 Full Day Shifts: Running Belt & Buff
- 10 Full Day Shifts: 50% off UK Season Pass
- 15 Full Day Shifts: Softshell Jacket
- 18 Full Day Shifts: UK Season Pass*

*or exchange for 50% of WEU Season Pass

TOUGH MUDDER

VOLUNTEERS

Volunteer and Receive:

Half Day Shifts:
50% off 5k or 15K*

Full Day Shifts:
100% off 5k or 15K*

All Shifts:

- + Volunteer tech-tee
- + Volunteer meal, light snacks, water
- + 20% off Event-Day Merchandise
- + behind the scenes of race day ops

*UK Standard Heats Only