



SPARTAN RACE DAY PROGRAMME



**SPRINT
5K**



**BEAST
21K**



**SUPER
10K**



**ULTRA
50K**



**KIDS
1-4K**

5-6 OCTOBER 2024

LONDON SOUTH EAST

Pippingford Park, Pippingford Estate, Nutley,
East Sussex, TN22 3HW





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**UNLOCK
MORE YOU**



HOW TO GET HERE

VENUE ADDRESS: Pippingford Park, Nutley, East Sussex, TN22 3HW

EVENT PARKING: Pippingford Park, TN22 3HW (W3W: [///hoot.showrooms.lingering](http://hoot.showrooms.lingering))

DROP OFF INFORMATION:

Drop off/pick up for rideshare apps and friends/family are 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](http://avis.uk)

TRAVEL & LODGING

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 4th October and Saturday 5th October from 4pm. The latest arrival time is 9pm. The camping facilities will include toilets but no showers, please plan accordingly. Click [here](#) to find out more about camping.

PRE-RACE DETAILS

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

- Visit the 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 (barcode will not be issued until 10 days prior to race day). This is important, as you will have to show your heat time prior to entering, and service can be unreliable.

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 also need to ensure they bring your British Obstacle Sports membership card with them. To find out how to download your digital membership card or purchase a membership, click [here](#).



RACE DAY SCHEDULE

Saturday, 5th October

ULTRA

6:00am Ultra Check in opens
7:00am Competitive Pace Group 1
7:15am Competitive Pace Group 2
7:30am Open Heat

BEAST

7:00am Beast Check in opens
8:00am Competitive Pace Group 1
8:15am Competitive Pace Group 2
9:15am Open Heats
11:15am Last Open Heat

SPRINT

5:00pm Night Sprint Check in opens
6:30pm Open Heats start
7:00pm Last Open heat

KIDS

10:45am 3KM Start (9-14 years)
12:00pm 1.5KM Start (7-14 years)
13:00pm 1KM Start (4-14 years)

Awards:

12:00pm Beast Overall Winner Awards
1:00pm Beast Age Group Awards
5:00pm Ultra Overall Winner Awards**
5:15pm Ultra Age Group Awards**

**Subject to change according to conditions)

Sunday, 6th October

SUPER

7:00am Super Check in Opens
8:00am Competitive Pace Group 1
8:15am Competitive Pace Group 2
9:00am Open Heats
11:45am Last Open Heat

SPRINT

11:45am Sprint Check in opens
12:45pm Open Heats start
3:30pm Last Open heat

KIDS

10:00am 3KM Competitive Start (9-14 years)
11:00am 3KM Start (9-14 years)
12:00pm 1.5KM Start (7-14 years)
13:00pm 1KM Start (4-14 years)

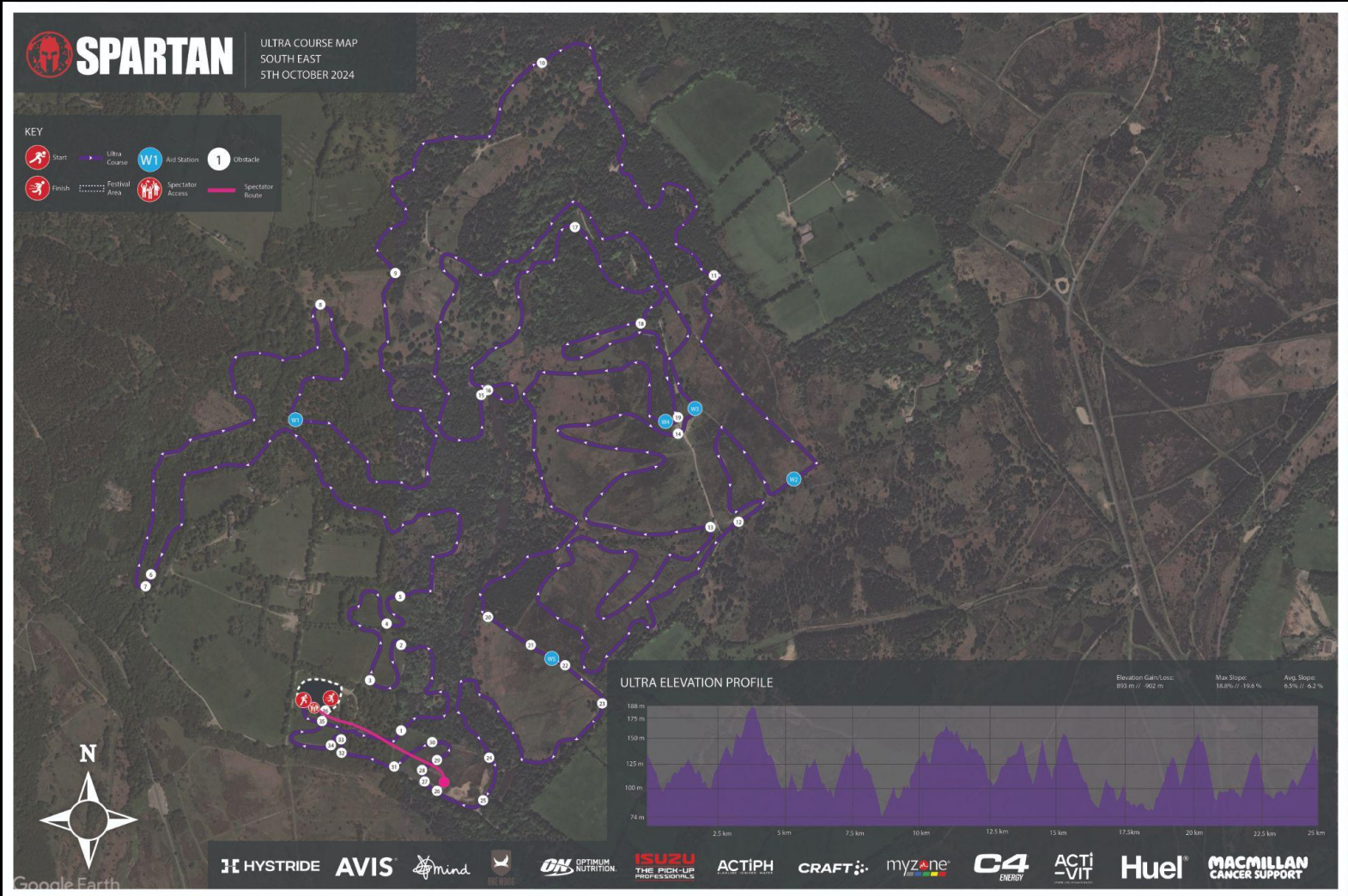
Awards:

11:30pm Competitive Kids Awards
11:45pm Super Overall Winner Awards
12:00pm Super Age Group Awards

**ALL INFORMATION ABOVE IS SUBJECT TO CHANGE



ULTRA



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.
- 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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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 litre) 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

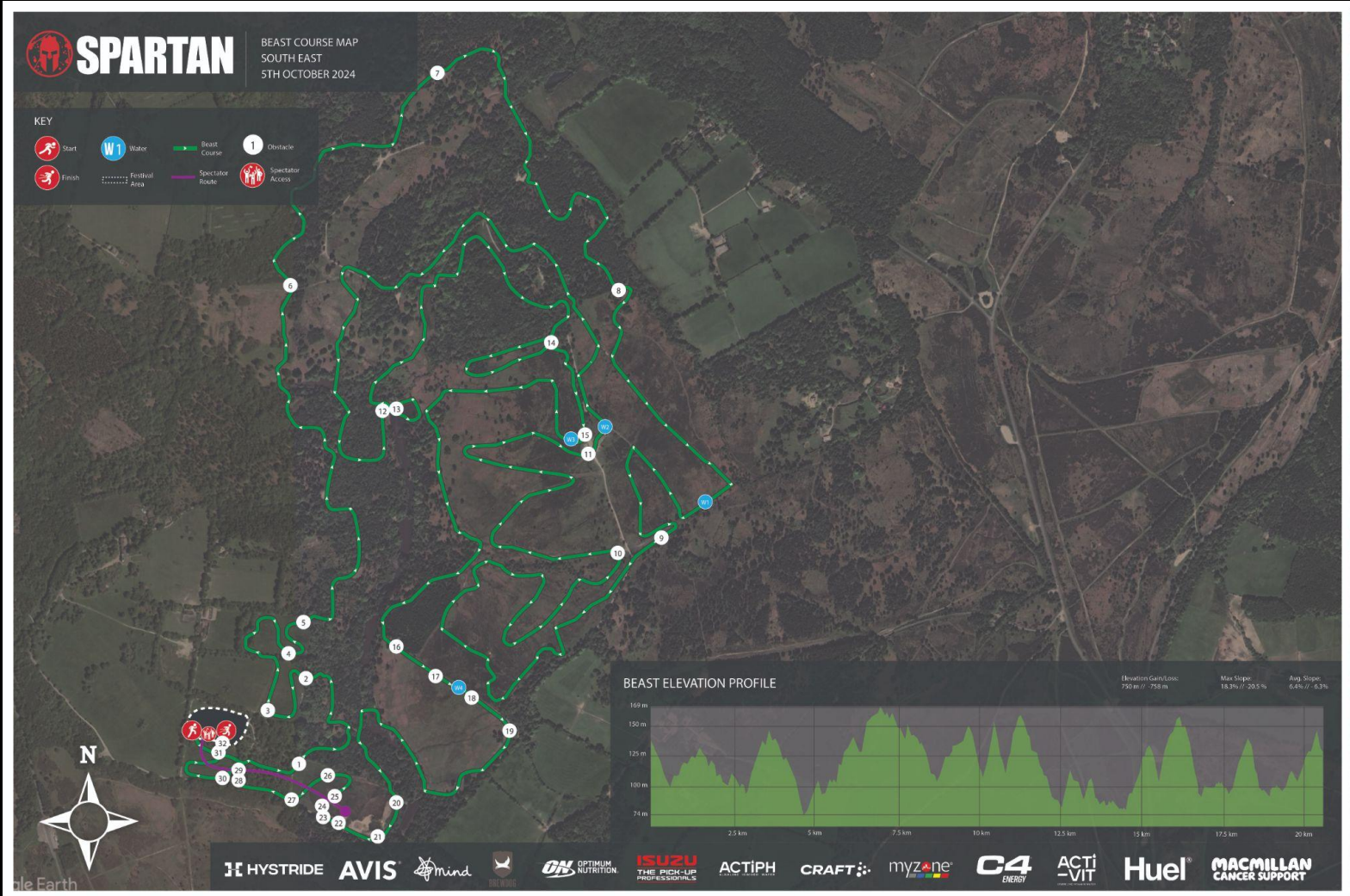
- Registration for the Ultra will open at 4:30pm - 6pm on Friday. **You are welcome to drop your transition bag at this time, however please be aware that the tent will be left unmanned overnight and Spartan Race UK will not take responsibility should anything happen to it during this time.**
- If you 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 passed Olympus by 5:30pm to avoid being removed from course.
- Ultra athletes must have crossed the finish line by 8:30pm to officially finish the Ultra and avoid being removed from the course.



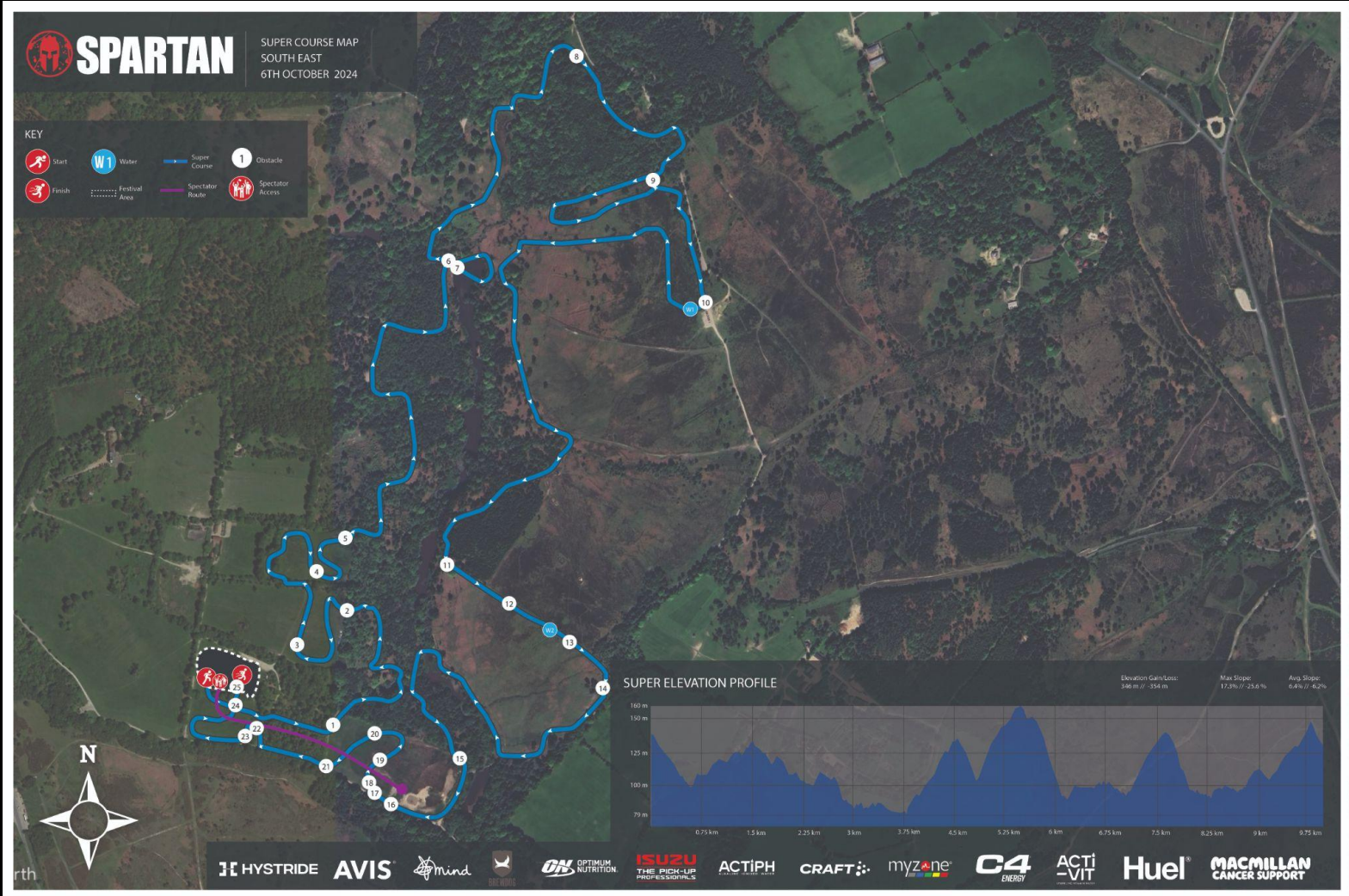
BEAST



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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



IMPORTANT INFO

- Athletes are required to start with 1 functional flashlight or headlamp for the Night Sprint.
- Failure to have a functional flashlight or headlamp in the start chute may result in being denied access to course.

SPECTATOR TICKETS

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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.

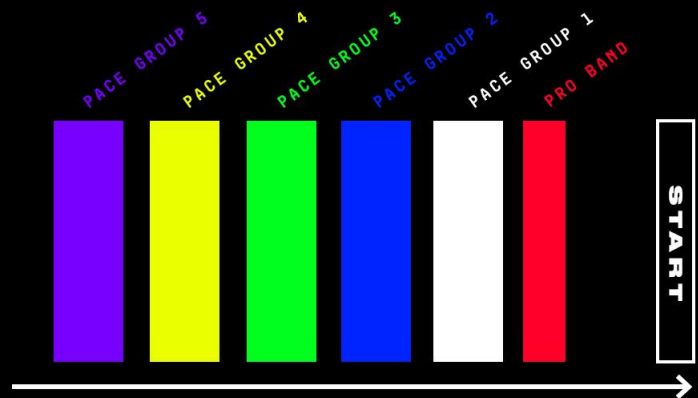
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COMPETITIVE RACING

- Racers in the Competitive Category will be provided a Pace Group wristband at Registration, which corresponds with their estimated pace that was selected at checkout.
- All Pace Groups will be loaded into the start line sequentially, in the order shown in the diagram below (Fig. 1)
- Any racer that has earned a Pro Band (either with a Top 15 Elite finish in 2023 or a Top 3 Competitive finish in 2024) will be given priority access in the first heat, regardless of the Pace Group on their wristband, as long as they are physically wearing the Pro Band.
- Please refer to the race schedule in this document to confirm the specific time for your Pace Group
- When multiple Pace Groups share the same heat time, the faster group will be given the opportunity to load in first. Listen for announcements at the start entrance for your Pace Group and be sure to visibly display your Pace Group wristband as you enter.
- Any Competitive racer that misses their Pace Group start may race in a subsequent Competitive heat; however, once all Competitive heats have begun, no late starters will be allowed. (Please visit Customer Service for reassignment to an Open heat).
- Competitive Racers will be ranked on a single leaderboard, with Overall Winners and Age Group Winners being awarded as shown below (Fig. 2)
- 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.
- ALL Competitive Racers must show their British Obstacle Sports Membership at Check-In.

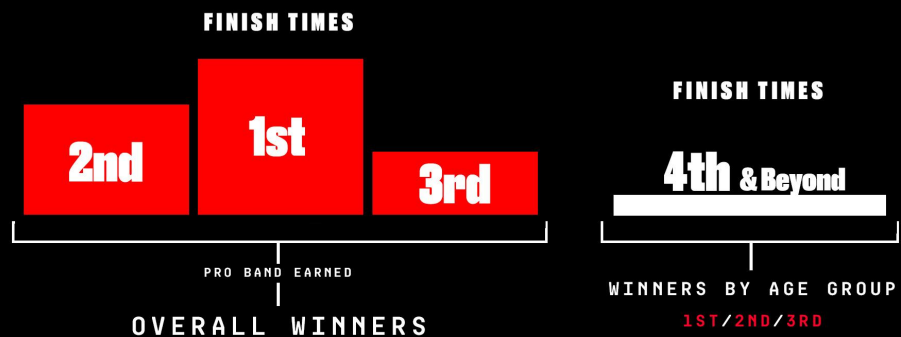
Fig. 1



COMPETITIVE RACERS

- Release in groups of 20-30 on rolling basis until all competitive racers are on the course
- Heats release between approx 7-7:30am
- Pro bands are earned by top 3 finish overall in 2024

Fig. 2



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RACE DAY REGISTRATION FLOW

Please show up at least 1 hour prior to your Heat Start Time. Note that all racers must run in their designated start time. Please be in the starting corral on time.

BEFORE ARRIVAL: Print or screenshot your Heat Time and Registration Barcode and bring Photo Identification.

STEP 1: Proceed to Check In Tent area and locate a Spartan Volunteer.

STEP 2: Present your photo identification and registration barcode to the Volunteer. Receive your packet. Your packet will include:

- Spartan Headband with Bib Number
- Wristband with Start Time or Pace Group
- Timing Chip and Wristband

STEP 3: Once you have your race packet and timing chip, proceed to the Village Area.

STEP 4: Visit the Village Area where you will find Spartan-approved sponsors/vendors, as well as our official merchandise tent.

STEP 5: Proceed to the start corral.



VENUE & COURSE DESCRIPTIONS

Detailed course description will be provided in the event specific race day programme prior to your race.

Special Gear: Racers should plan to bring appropriate fuel for their needs. Optimum Nutrition Protein bars 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.

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.

NEW FOR 2024! NEW SPARTANS HUB

- Racing for the first time in 2024 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 Sunday at 2.45pm for anyone that wants to join our Spartan Ambassadors on course.

OBSTACLE SAFETY SIGNAGE

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 the time to observe this signage and adhere to any safety guidance given.

Example signage -



COURSE CUTOFFS

Unless stated otherwise, 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.

- Reference the race specific programme for cut off times and locations where applicable.

INCLEMENT WEATHER

In the event of inclement weather such as lightning, 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 may 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.



OFFICIAL MERCHANDISE TENT

Whatever the weather, we've got you covered.

- Venue specific products - let the world know where you raced!
- OCR specific footwear, apparel, socks and gloves

SPARTANTAB

Every finisher medal has a story. Tell yours with a SpartanTab.

The SpartanTab is a special custom plate you can add to the back of your medal to proudly display your name, finish time, and a custom message. The back of Spartan medals are designed to fit the SpartanTab.*

Record your journey with a SpartanTab and make every medal truly unique to you. After completing any Spartan event head to: <https://www.spartan.com/products/itab>

FOOD/BEVERAGES & SPONSOR SAMPLING

- Food and beverages will be available for purchase on-site.
- If you are racing and of legal age, your complimentary beverage will be available at the finish line by our partner, Brewdog.
- Be sure to visit the Festival for free samples and the opportunity to purchase Spartan-approved products from our great sponsors.

FACILITIES

- Portaloos will be located throughout the Village area.
- Rinse Stations are located on-site. Soap is not permitted in the rinse stations.
- There will be changing tents and bag check at this event, please plan accordingly.

TRIFECTA COLLECTION

Racers earning a second or higher trifecta during the Trifecta season, are able to claim their multiple Trifecta swag at the Timing Tent located near the finish of the event. Multi Trifecta Medals **MUST** be collected on race day at the Timing Tent. Medals cannot be mailed out after race day. Only athletes that submitted their request for Multi-Trifecta before 5th September 2024 will be able to collect. See Event Page for more information.

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 to get involved!

VOLUNTEER PERKS

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



EARN OUR INCREDIBLE SPARTAN SWAG

THE MORE FULL DAY VOLUNTEER SHIFTS YOU DO THE MORE ITEMS YOU GET...

COMPLETING 2 FULL DAY SHIFTS...	COMPLETE 3 FULL DAY SHIFTS...
YOU WILL RECEIVE... <ul style="list-style-type: none">+ SPARTAN BEANIE+ PARTNER GOODIE BAG	YOU WILL RECEIVE... <ul style="list-style-type: none">+ SPARTAN POWER BANK+ SPARTAN BACKPACK
COMPLETE 4 FULL DAY SHIFTS... YOU WILL RECEIVE... <ul style="list-style-type: none">+ SPARTAN BUCKET HAT+ SPARTAN GLOVES+ SPARTAN SOCKS+ SPARTAN RUNNING BELT	COMPLETE 5 SHIFTS... YOU WILL RECEIVE... <ul style="list-style-type: none">+ SPARTAN RAIN JACKET

VOLUNTEERS WILL ONLY BE ELIGIBLE FOR THESE ITEMS BY HAVING THESE 'FULL DAY SHIFTS' MARKED AS ATTENDED ON OUR SIGN UP PLATFORM 'ROSTERFY'. THE VOLUNTEER MUST HAVE COMPLETED THE APPROPRIATE NUMBER OF SHIFTS TO EARN THE APPROPRIATE ITEMS. THE ITEMS CAN BE EARNED AT UK EVENTS ONLY.

**ALL INFORMATION ABOVE IS SUBJECT TO CHANGE



KIDS PRE-RACE DETAILS

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

- Visit the event page on our website.
- 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.
- Spectating is available anywhere along the outside of the orange Kids tape. One parent may run with a racer on the half mile or one mile course. No adults allowed on the two mile course.
- An accompanying parent/guardian must be present within the Kids Course or Kids Festival while their racer is on course and children must be supervised at all times when not actively racing.

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 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 age: 4-6
 - 1.5KM age: 7-9
 - 3KM age: 9-14
 - Please note: The 1KM events are open to anyone 4-14yrs, the 1.5KM events are open to anyone 7-14 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.

KIDS 3KM COMPETITIVE (Sunday 10:00am)

- Obstacle failure requires completion of the designated penalty loop before continuing.
- Podium placement is based on the racers age on December 31, 2024.
- Kids Awards Ceremony is at 11:30 AM local time at the Main Stage.
- Visit our [KIDS FAQ](#) for more information on rules and age requirements.

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.



SPARTAN INFORMATION

- Don't forget to screenshot or print and bring your registration barcode to pick up your packet on race day. [Click here for instructions to locate your barcode.](#)
- You must have photo identification to check in.
- All children under 14 must be accompanied by an adult at all times. 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.
- 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.
- Racers ages 14 and older can participate in the adult's race. Must be 18 years of age to participate in the Ultra. Those under 14 are encouraged to join the Kid's Race.
- Please DO NOT call the venue with any questions.
- Our event page is your best source for up-to-date information.
- Drink plenty of water before the race and come prepared.
- Get a good night's sleep. This race is no joke...

AWARD CEREMONIES

KIDS AWARDS CEREMONY: The top three (3) boys and girls from the 9-11 and 12-14 Kids Competitive age group categories will be recognized with awards.

TOP AWARDS CEREMONY: The top three (3) males and females in the Competitive category will be awarded with a Spartan Delta as overall winners.

AGE GROUP AWARDS CEREMONY: All ten (10) Age Groups will be recognized on the podium and awards given for the top three (3) males and females from each Age Group, excluding the top 3 overall men/women.

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.

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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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:-

- Optimum Nutrition - Tasty Optimum Nutrition protein bars will be available at aid stations for that much needed on course boost. Plus take on the Tyre Flip Challenge to WIN £200 worth of product.
- Brewdog - This season you are invited to celebrate your achievement with an ice-cold Brewdog Wingman beer and a medal pic in front of the Brewdog photowall.
- Huel - Head over to Huel for a FREE sample of their nutritious range of complete instant meals.
- Actiph - Rehydrate with a refreshing, reusable sports bottle, of Actiph Water as you cross the finish line.
- Activit - Grab your recommended daily allowance of eight key vitamins and minerals with a can of Acti-Vit
- C4 Energy - Give your race a boost with a C4 powershot or try a refreshing fruity energy drink. Go check out C4 in the village and test your mettle by taking part in the strength challenge.
- Isuzu - Always on course for when the going gets tough.
- Avis - This season choose Avis Rental when hiring a car, become an AVIS Preferred member to get 10% Off plus VIP parking at each event.
- Mind and Macmillan Cancer Support - Want to make a difference this season? Consider dedicating your Spartan Race to one of our charity partners and help raise some much needed funds.
- Myzone - Optimise your performance with a Myzone Heart Rate Monitor.
- Craft - Treat yourself to some new running gear. A range of the latest racewear will be available in the merchandise tent on site.
- **This season Spartan kids get two tasty rewards for their race efforts. Happy Monkey smoothies and Whaoo chocolate crepes... yum, yum! They can celebrate their achievement with a medal pic in front of the Happy Monkey photowall and visit the Whaoo Crepes tent for fun activities and the chance to win some great prizes!**

