

**SPARTAN** RACE / 2025



# SPARTAN RACE DAY PROGRAMME

**LONDON SOUTH EAST**

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

Pippingford Park, Pippingford  
Estate, Nutley,  
East Sussex, TN22 3HW  
**OCT 3-5 2025**





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## HOW TO GET HERE

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

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

### DROP OFF INFORMATION:

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

## TRAVEL & LODGING

By Train: East Grinstead is the closest train station to the venue.

By Bus: Bus Route 261 to Milbrook 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 3rd October and Saturday 4th 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.



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](#)

Use passcode **Spartanrace25** to unlock these perks.

Already an Avis Preferred member? Complete this **form** to add your Spartan Race benefits to your profile.







LONDON SOUTH EAST, UK  
03-05 OCTOBER 2025

Friday, 3rd October



6:00pm 12HR HURRICANE HEAT START

4:00pm-6:00pm Ultra Packet pick up

Saturday, 4th October

**ULTRA** **BRITISH OCR**  
**ULTRA CHAMPIONSHIP**

6:15am Ultra Check in Opens

7:00am Elite Start

7:15am Age Group Start

7:30am Open Start

**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**

5:00pm Night Sprint Check in opens

6:30pm Open Heats start

7:00pm 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

13:15pm Beast Age Group Awards

16:00pm Ultra Elite Awards & British OCR  
Ultra Championships 2025

16:45pm Ultra Age Group Awards & British  
OCR Ultra Championships 2025

17:00pm Spudway Speed Sector Ultra Winners

Sunday, 5th October

**SPRINT**

7:00am Sprint Check-in opens

8:00am Elite Men

8:00am Elite Women

8:15am Men's Age Group Championship (14-17,  
18-24, 25-29, 30-34, 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)

12:45pm First Sprint Open Heat

2:00pm Last Sprint Open heat

**SUPER**

8:00am Super check-in opens

9:00am First Open Heat

11:45am Last Open Heat

**KIDS**

10:00am Kids Competitive Start (9-14 years)

11:00am 3KM Open Start (9-14 years)

12:00pm 1.5KM Start (7-9 years)

1:00pm 1KM Start (4-6 years)

Awards:

10:15am Sprint Elite Awards

11:00am Sprint Age Group Awards

11:45pm Kids Competitive Awards

13:00pm National Series Overall Elite Awards

13:45pm National Series Overall Age Group Awards

14:00pm Spudway Speed Sector Super Winners

COMPETITIVE RACERS **BRITISH**  
**OBSTACLE SPORTS**

All competitive racers must hold a valid British Obstacle Sports (BOS) membership & present either the membership card or confirmation email at check-in. If you are not yet a member, you can purchase membership [HERE](#).

**\*Award Start times are subject to change**



## KIDS RACE EVENT SCHEDULE

SATURDAY, 4th October

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)

## KIDS RACE EVENT SCHEDULE

SUNDAY, 5th October

10:00am Kids Competitive Start (9-14 years)  
11:00am 3KM Open Start (9-14 years)  
12:00pm 1.5KM Start (7-9 years)  
1:00pm 1KM Start (4-6 years)

## PRE-RACE DETAILS

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

- Visit [the SPARTAN LONDON SOUTH EAST 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

Join us once again at staple in the UK event calendar, Pippingford Park, East Sussex. The course promises a thrilling challenge, set in rollings hills, dense woodland, and rugged trails. Expect to test your strength, endurance & mental grit over challenging terrain for the last trifecta event weekend of the UK event season.

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.

- **ULTRA:** There are two (2) self-serve, water only stations on course available in addition to the beast aid stations. Cups will NOT be provided. Reusable cups or hydrations packs will be required.
- **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 TO SPARTAN 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 Waves going out on Saturday at 2pm and Sunday 2.15pm for anyone that wants to join our Spartan Ambassadors to support them out 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

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, 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.





## 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.
- 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.

## COMPETITIVE RACERS



All competitive racers must hold a valid British Obstacle Sports (BOS) membership and present either their membership card or confirmation email at check-in when requested. If you are not yet a member, you can purchase a membership [HERE](#).





## ULTRA

### 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 4:00pm - 6:00pm 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. You will NOT have open access to the Event Village 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 Plate Drag 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.

### COMPETITIVE RACERS

All competitive racers must hold a valid British Obstacle Sports (BOS) membership and present either their membership card or confirmation email at check-in when requested. If you are not yet a member, you can purchase a membership [HERE](#).

**BRITISH OCR  
ULTRA CHAMPIONSHIP****ULTRA**

We are proud to welcome you to the inaugural British OCR Ultra Championship, hosted by Spartan Race. This new championship follows the success of the [British Obstacle Sports OCR Endurance League](#), now in its second season. This weekend we will celebrate a landmark moment as the first British OCR Ultra Champions are crowned.

The competition follows a standard Spartan Race rules and will be run alongside a Spartan Race open to all. There will be dedicated British OCR Ultra podiums. In the elite category, a separate British podium will recognise the top three athletes who are either British citizens or UK residents. For age group categories, the highest placed British athlete in each will be crowned British OCR Champion.

Athletes are reminded to ensure that their [Spartan settings](#) are correct and that their nationality or residency is set to the United Kingdom, as this will determine eligibility for the British podiums. Any discrepancies must be flagged before the podium ceremony.

We extend our thanks to Spartan Race for providing the platform for this championship, and to all the Technical Officials, marshals and volunteers whose work makes this event possible.

We wish all athletes the very best of luck on the course.

## BRITISH OCR ULTRA CHAMPIONSHIP RULES

1. All racers must be [members of British Obstacle Sports](#) or hold a valid day membership for the event.
2. The British OCR Ultra Championship will be conducted under standard Spartan Race rules. In all circumstances, Spartan Race rules and decisions take precedence. British Obstacle Sports does not have the authority to make separate rulings or override Spartan Race decisions.
3. Only athletes who are residents of the United Kingdom or British citizens are eligible to be ranked in the British OCR Ultra Championship. Eligibility is verified by the country of residency listed in each athlete's Spartan Race profile. British citizens living outside the United Kingdom should contact [British Obstacle Sports](#) before the event or speak with the Spartan Race timing tent on the day. British Obstacle Sports reserves the right to request evidence of residency or citizenship.
4. Any eligibility issues must be raised no later than 15 minutes before the podium ceremony. Once podiums are confirmed, results are final and will not be adjusted, except in cases of misconduct in line with Spartan Race rules.

## QUESTIONS?



If you have any questions about the British OCR Ultra Championships please contact [membership@britishobstacle.org](mailto:membership@britishobstacle.org).

Results and further information will be available on the [BOS website](#).

# SPARTAN RACE / 2025

## 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.

## COMPETITIVE RACERS

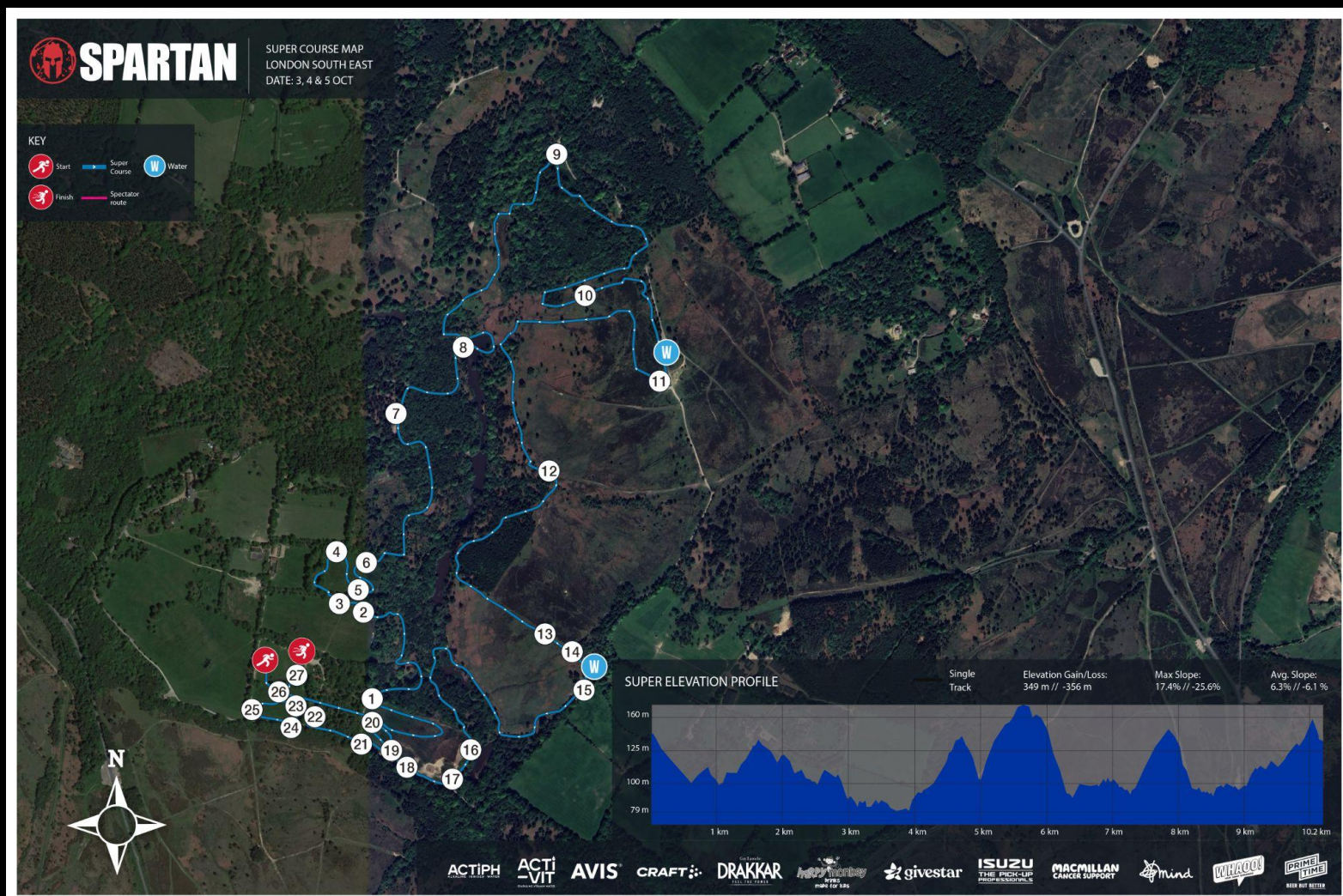


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# SPARTAN RACE / 2025

## SUPER



## 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.

## COMPETITIVE RACERS



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## 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

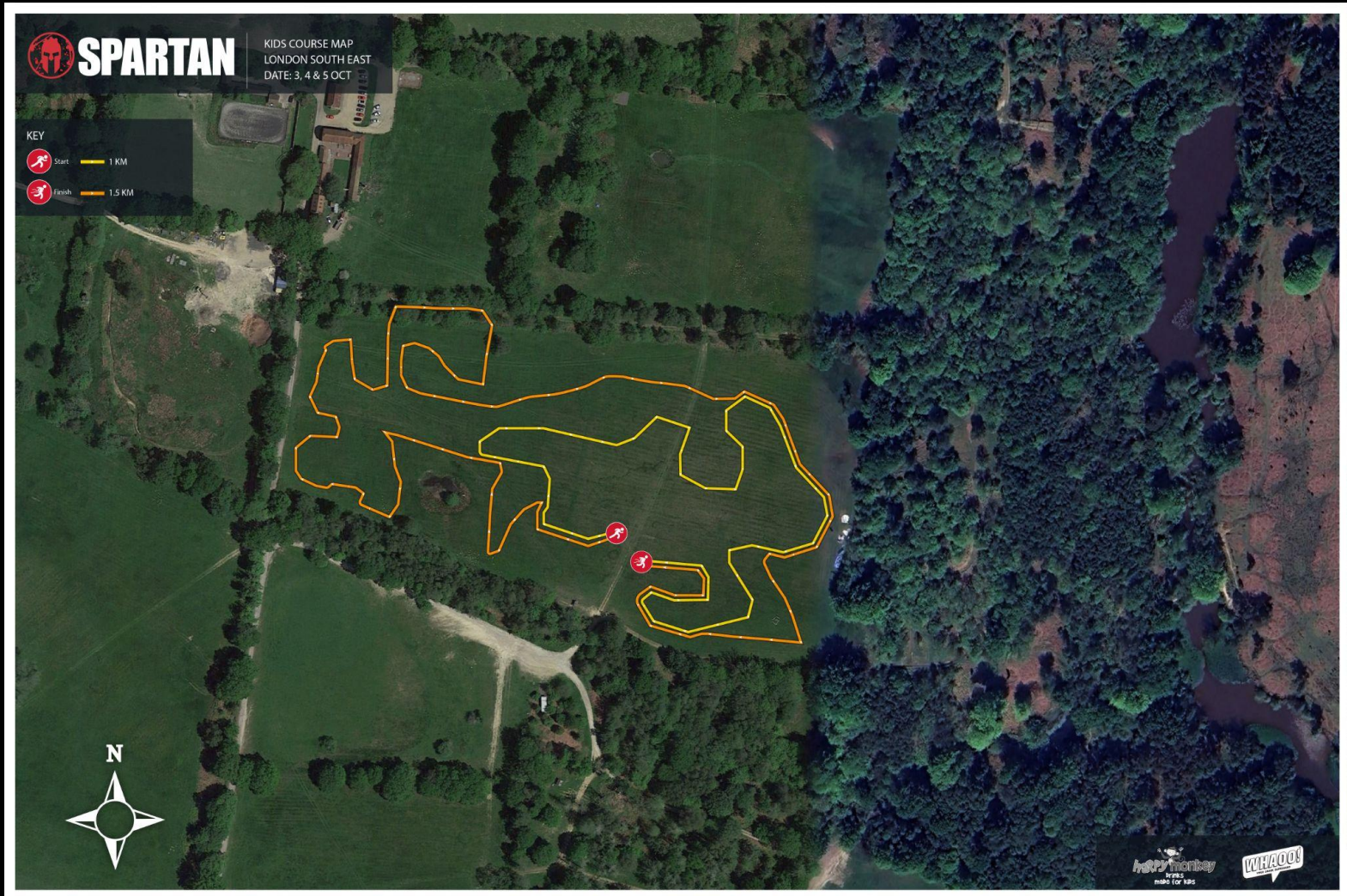
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## KIDS PRE-RACE DETAILS

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

- Visit the [MIDLANDS](#) 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 [MIDLANDS](#) 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

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](#).

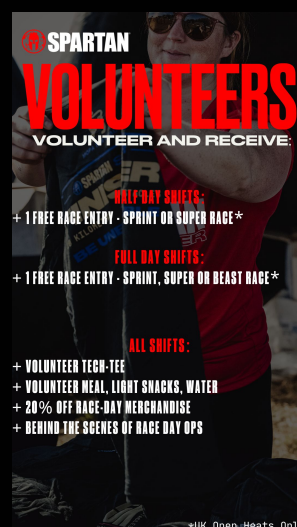
Have a team, company or group interested in Volunteering together? Email [ukvolunteers@spartan.com](mailto:ukvolunteers@spartan.com) to get involved!

For this event ONLY we are offering a FREE ULTRA CODE for a Full Day volunteer shift!!

### VOLUNTEER PERKS

- Amazing experience to be part of the Spartan Community
- Official Spartan Volunteer T-shirt & goodies
- Official Spartan Volunteer Hoodie for Full Day Shifts
- 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

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







## 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:-

- **teffie** - teffie, packed with nutrient-rich ingredients to help you thrive on-course. Made with the ancient grain teff, rich in minerals, slow-release energy, and gut-healthy fibre.
- **Prime Time** - Celebrate your achievement with an ice-cold Prime Time lager.
- **Actiph** - Rehydrate with a refreshing, reusable sports bottle of Actiph Water at the finish line.
- **Acti-Vit** - Your recommended daily allowance of 8 key vitamins and minerals in a fruity drink.
- **Drakkar** - Podium winners get a FREE sample of the new Drakkar mens fragrance.
- **EatLean** will be sampling their healthy, melty protein cheese on a slice of tasty pizza served from their festival truck.
- **JLAB audio** will be bringing the sound and pure festival vibes, be sure to check them out.
- **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.
- **Subway** Sub-Spud Trial Sector - Look out for Spudway on course and your chance to win prizes. Try their tasty samples in the village.
- 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 givestar

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.