



SPARTAN®

RACE DAY PROGRAM



WALES 11th - 12th June

Glanusk Estate, Crickhowell,
Powys, NP8 1LP

RACE DAY SCHEDULE



SATURDAY, 11th June

SPARTAN **ULTRA**

6:00am Registration & Village Open
7:00am Elite Men and Women
7:20am Age Group Men (All Ages)
7:20am Age Group Women (All Ages)
7:30am Open Heat
1:30pm Ultra Cut Off (See Page 7
for more information)

SPARTAN **BEAST**

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

SPARTAN **KIDS**

10:45am 3KM Start (9-14 years)
11:30am 1.5KM Start (7-9 years)
12:00pm 1KM Start (4-6 years)

Awards:

2:00pm Beast Elite Awards
4:45pm Beast Age Group Awards
5:00pm Ultra Elite Awards (subject
to change according to
conditions)
5:15pm Ultra Age Group Awards
(subject to change
according to conditions)

SUNDAY, 12th June

SPARTAN **SUPER**

7:00am Registration & Village Open
8:00am Elite Men
8:00am Elite Women
9:00am Age Group Men (14-17, 18-24,
25-29, 30-34, 35-39)
9:10am Age Group Men (40-44, 45-49,
50-54, 55-59, 60+)
9:20am Age Group Women (All Ages)
9:30am First Open Heat
12:15pm Last heat

SPARTAN **TRAIL**

8:30am Trail Half Marathon Start
8:45am Trail 10K Start

SPARTAN **SPRINT**

1:45pm First Open Heat
3:00pm Last Heat

SPARTAN **KIDS**

10:00am 3KM Competitive Start (9-14
years)
10:45am 3KM Start (9-14 years)
11:30am 1.5KM Start (7-9 years)
12:00pm 1KM Start (4-6 years)

Awards:

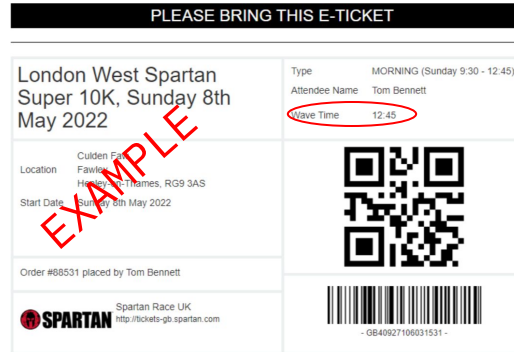
2:00pm Super Elite Awards
2:15pm Super Age Group Awards
2:30pm Competitive Kids Awards
5:00pm Trail Awards

GET RACE READY



WHAT TO BRING:

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



- Spare clothes and shoes
- 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.

FORGOTTEN YOUR RACING GEAR? OUR OFFICIAL MERCHANDISE TENT WILL BE OPEN AT THE FESTIVAL AREA. WE CAN HELP!





HOW TO GET HERE

Venue Address: Glanusk Estate, Crickhowell, Powys, NP8 1LP

By Train: Abergavenny is the closest train station to the venue

By Taxi: Local taxi firms operate from Abergavenny train station and can be contacted on:
Fast Cars of Abergavenny - 01873 850000
Abergavenny Taxis Ltd - 01873 854140

By Car: As you get close to the venue, follow the signs to the event, over the bridge and then to event parking. Event parking is FREE at this venue.

ACCOMMODATION



HotelPlanner brings Spartan competitors the broadest choice of accommodation at the best value for money near to your event. [Click here to find your accommodation.](#)

Camping is available on the nights of Friday 10th and Saturday 11th 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.](#)

COVID GUIDELINES

COVID SAFETY - Please read and review.

In-line with the current UK Government roadmap & guidelines for 'Living with COVID-19', participants will not be expected to provide certification of vaccination or a negative lateral flow test to gain entry to our event sites.

However, should there be any change to the guidance between today and any 2022 event date which causes us to implement alternative measures we will write to inform you accordingly. New measures could include the need to show proof of vaccination or a negative PCR or Lateral Flow Test within 24 hours of the event, or proof of exemption.

If you have knowingly been exposed to COVID or have tested positive within the past 48 hrs or suspect you may have symptoms, you are not permitted to attend the event. Please contact our Customer Service team at cs@uk.spartan.com to discuss your options.

Staff and volunteers may be wearing face coverings, at interaction points. Participants and Spectators are welcome to wear facial coverings across the event site based upon the latest guidance and local regulations.

ONSITE FACILITIES



Toilets



Bag Drop



Changing Facilities



On the day registration



Shower/water



Food stalls



Merchandise



Camping -Advance Booking only



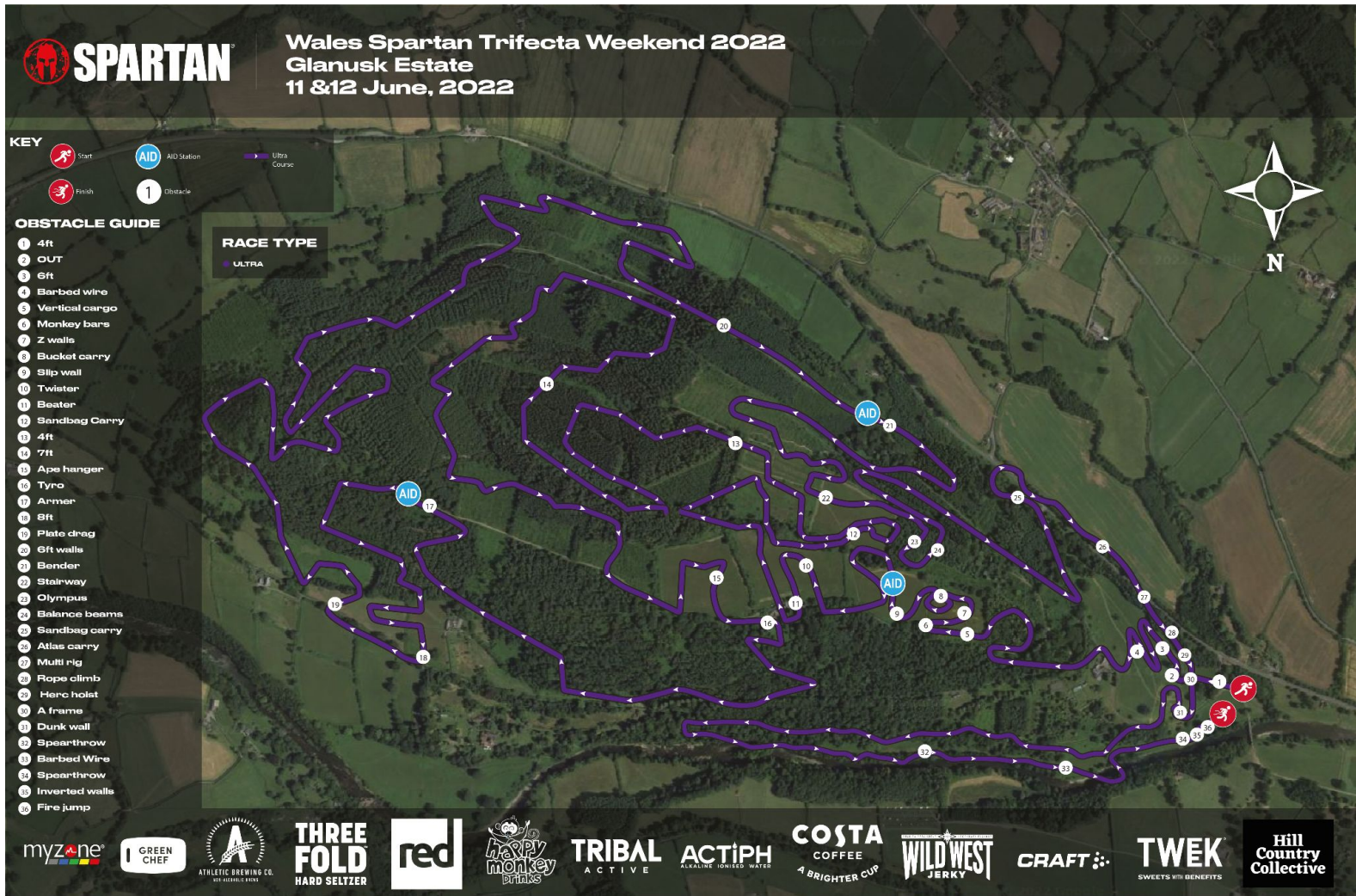
Parking

IMPORTANT INFO

- No Photo ID & Barcode = NO RACE
- The Spartan Race Village will open at 6:00am on Saturday and 7:00am on Sunday.
- 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 reflecting 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 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.
- Dogs are allowed in the event village but are NOT allowed on the course itself.
- 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



ELEVATION PROFILE



Think it looks easy? This elevation profile is just one lap of the Ultra and must be completed twice! That's a distance of 52.2km and 2,738m of elevation in total!



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 liter) 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 6am on Saturday. **Unlike previous years, there will be no Ultra registration on Friday.**
- 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.
- Transition bags & course pit stop bags are to be dropped at Bag Drop once registered. Ultra athletes will receive 2 sets of wrist bands, one colour for their transition bag, one colour for their pit stop bag. These should be placed on the correct bag and bags should be placed in the correct areas as instructed on the day.
- Pit stop bags will be located at roughly 12.5km into the course and again at 37.5km.
- Pit stop bags will be available to collect from Bag Drop at approximately 5:30pm.

COURSE CUT OFF

- Ultra athletes must have left the transition tent and re-entered the course by 1:30pm
- Ultra athletes must have left the pit stop area (approximately 37.5km into the course) by 5pm.
- Ultra athletes must have crossed the finish line by 8:30pm to officially finish the Ultra and avoid being removed from the course.



COURSE MAP

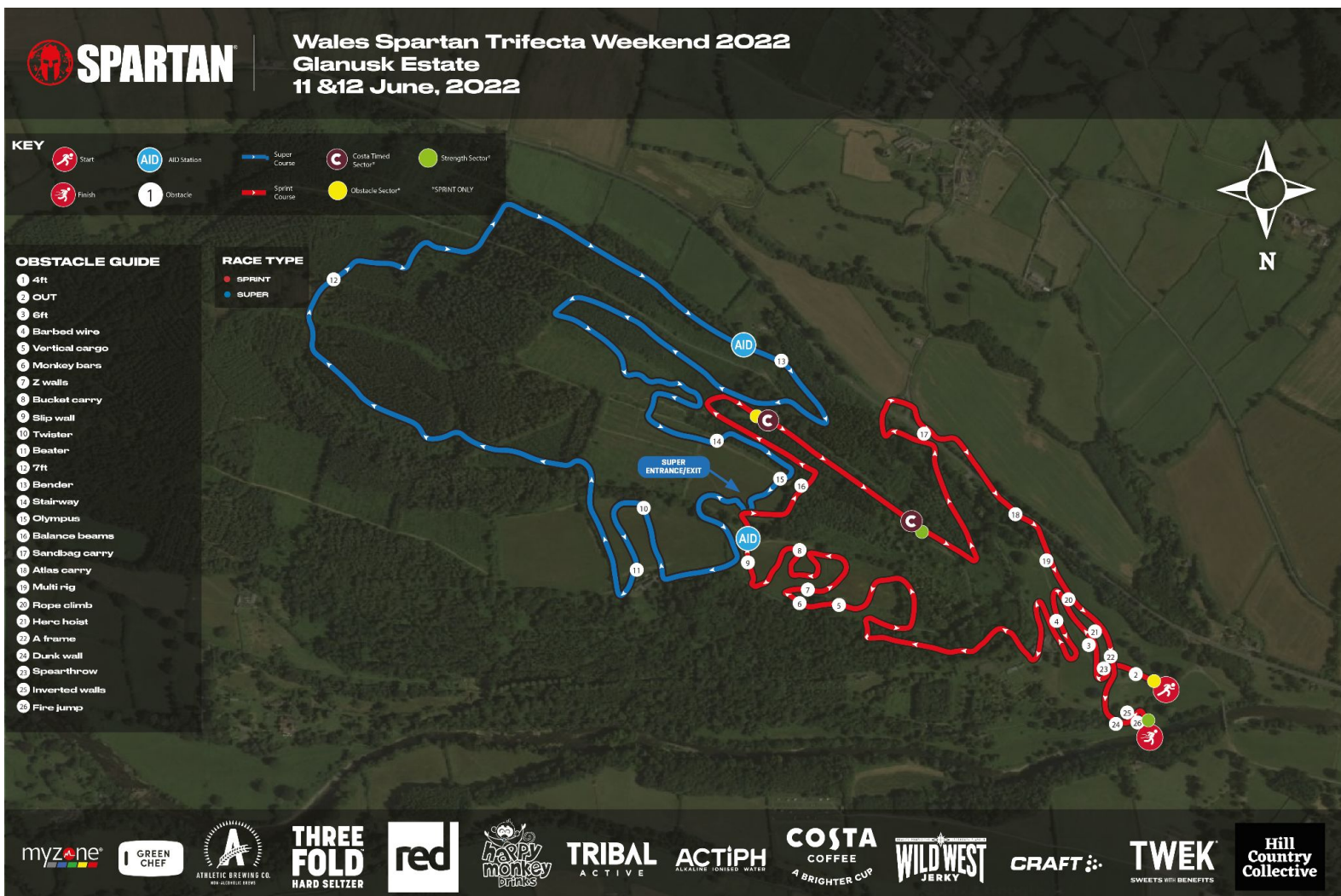


ELEVATION PROFILE



RACE GUIDE COURSE MAPS

SPARTAN **SUPER** SPARTAN **SPRINT**



ELEVATION PROFILES

Sprint:



Super:



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



RACE GUIDE

COURSE MAPS



PRESENTED BY:
CRAFT

Wales Spartan Trifecta Weekend 2022
Glanusk Estate
11 & 12 June, 2022



RACE TYPE

TRAIL



ELEVATION PROFILES

10km Trail:



Half Marathon Trail:



TRIBAL
ACTIVE

myzone®

ACTiPH
ALKALINE IONISED WATER

**GREEN
CHEF**

WILD WEST
JERKY

A
ATHLETIC BREWING CO.
BREW. BLEND. BOTTLE. DRINK.

COSTA
COFFEE
A BRIGHTER CUP



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

[SIGN ME UP!](#)

**THREE
FOLD**
HARD SELTZER

Hill
Country
Collective

red

**happy
monkey**
drinks

TWEK
SWEETS WITH BENEFITS

CRAFT 🍷