



# SPARTAN®

## RACE DAY PROGRAM



LONDON WEST 7th - 8th May

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

# RACE DAY SCHEDULE



SATURDAY, 7th May

## SPARTAN **BEAST**

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

## SPARTAN **SUPER**

7:00am Registration & Village Open  
8:00am Elite Men  
8:10am 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 Open Heats  
12:45pm Last heat

## SPARTAN **TRAIL**

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

## SPARTAN **SPRINT**

1:00pm Elite Men  
1:10PM Elite Women  
1:15pm Age Group Men (14-17, 18-24, 25-29, 30-34, 35-39)  
1:20pm Age Group Men (40-44, 45-49, 50-54, 55-59, 60+)  
1:30pm Age Group Women (All ages)  
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

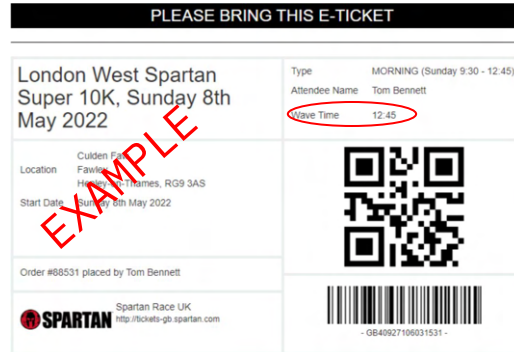
### Awards:

11:00am Super Elite Awards  
11:15am Super Age Group Awards  
11:30am Trail Awards  
12:00pm Competitive Kids Awards  
3:00pm Sprint Elite Awards  
3:15pm Sprint Age Group Awards



## 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:** 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



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 6th and Saturday 7th 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](mailto: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



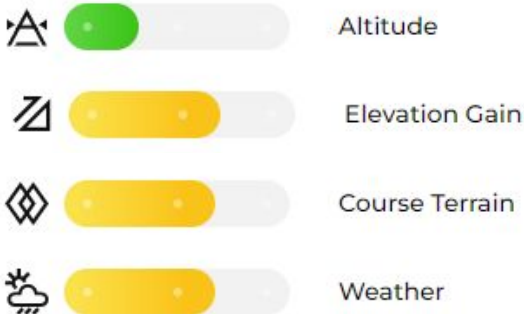
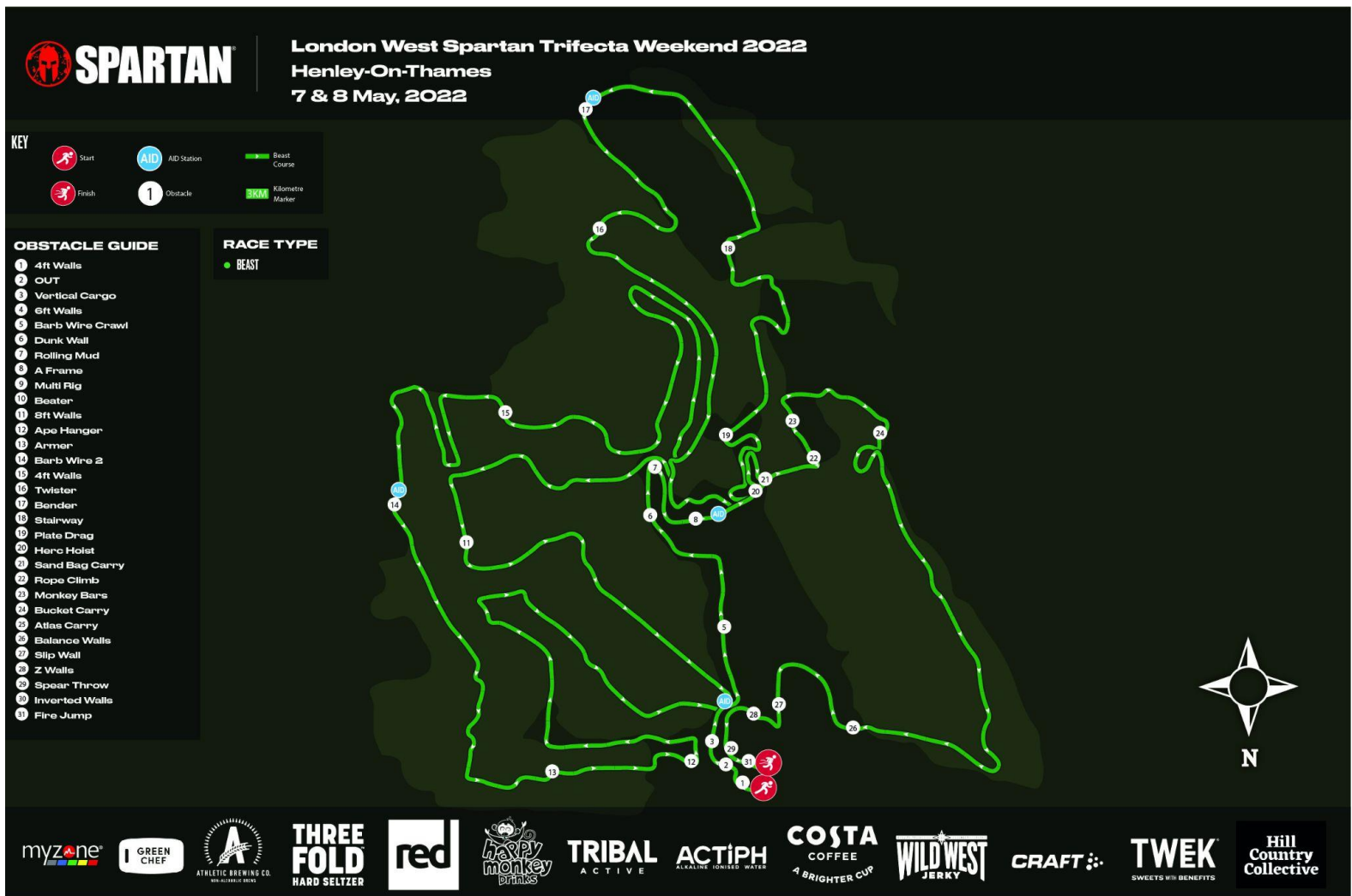
Parking

## IMPORTANT INFO

- No Photo ID & Barcode = NO RACE
- The Spartan Race Village will open a 7:00am every race day.
- Please DO NOT call the venue with any questions. Please email [cs@uk.spartan.com](mailto: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.
- 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

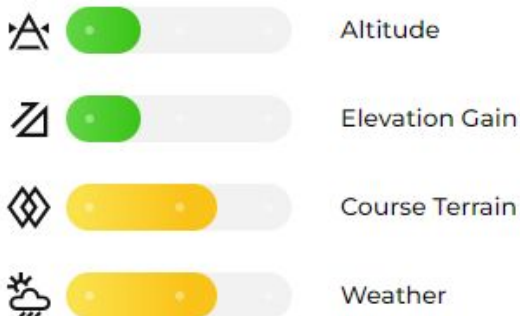




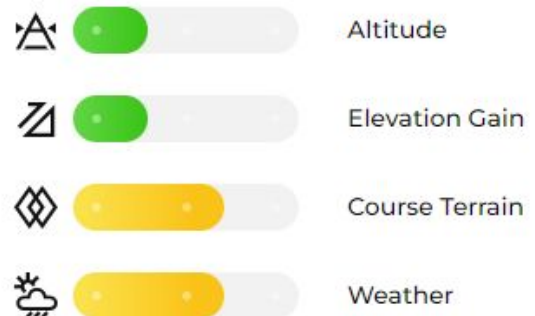
## COURSE MAPS



## SPARTAN **SUPER**



## SPARTAN **SPRINT**

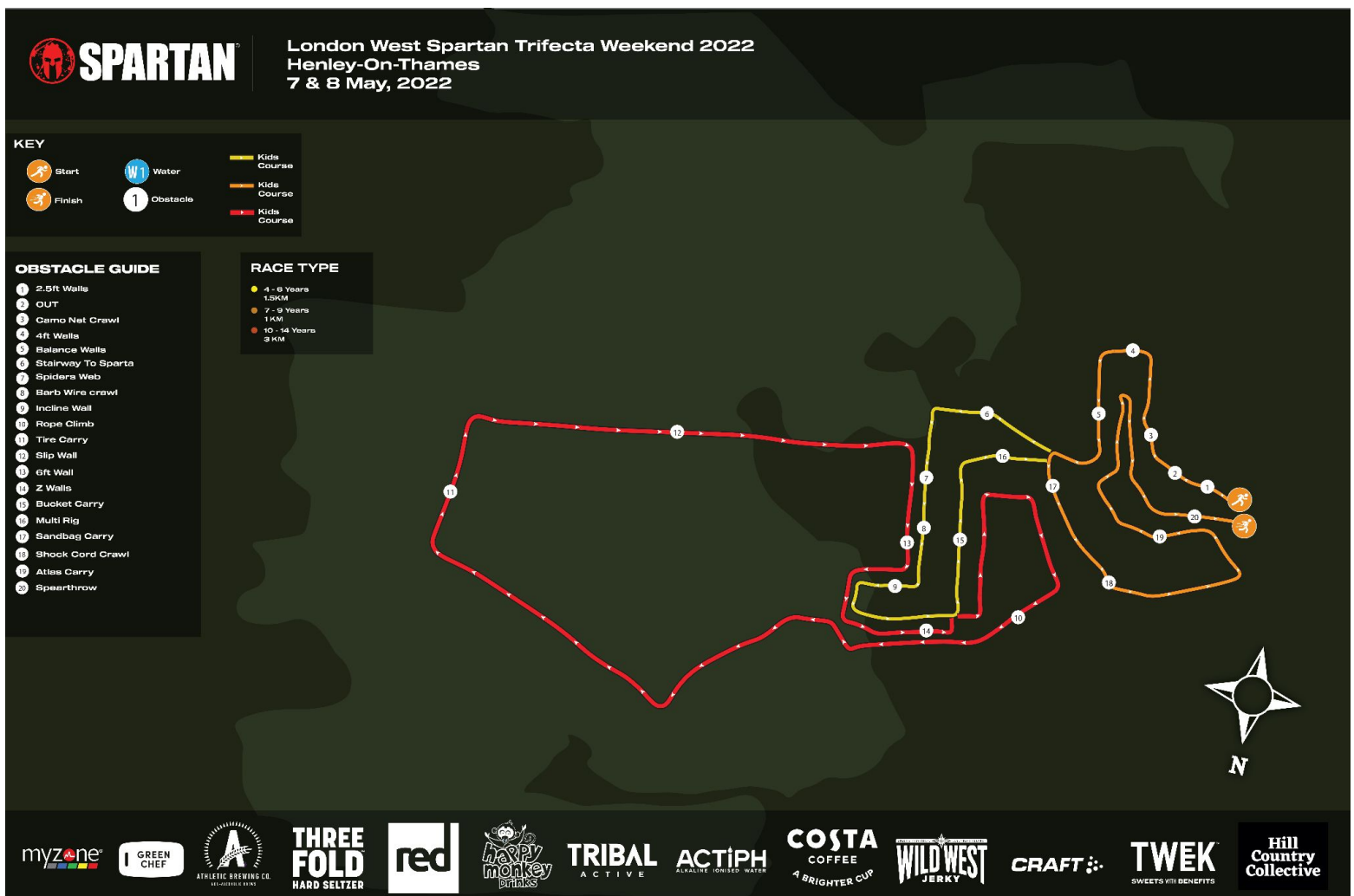


Want to get the whole family involved? There are three Kids Race distances at this event and available to book on the day.

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







## COURSE MAP



**TRIBAL**  
ACTIVE

myzone®

**ACTiPH**  
ALKALINE IONISED WATER

**GREEN  
CHEF**

**WILD WEST**  
JERKY

**A**  
ATHLETIC BREWING CO.  
100% ALL-NATURAL BEERS

**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** 🍷