



SPARTAN



RACE DAY PROGRAMME 2023 MIDLANDS 1-2 JULY 2023

**Belvoir Castle, Grantham,
Lincolnshire NG32 1PE**

NIRVANA
EVENT TRAVEL, ACCOMMODATION & LOGISTICS

happy running
NISSAN
races for kids

myzone
HEALTH MONITORING

CRAFT ::

ACTIPH
HEALTHY ENERGY WATER

BUILT FOR ATHLETES™

A
ATHLETIC
BRUNNEN

C4
ENERGY

WILD WEST
JERKY

red

ISUZU
THE PICK-UP PROFESSIONAL

mind

BREWDOG

RACE DAY SCHEDULE



FRIDAY, 30th June

6:00pm Hurricane Heat 12HR



SATURDAY, 1st July

SPARTAN BEAST

7:00am Registration & Village Open

8:00am Elite Men & Elite Women

8:10am Age Group Men (14-17,
18-24, 25-29)

8:20am Age Group Men (30-34, 35-39)

8:20am Age Group Men (40-44,
45-49, 50-54, 55-59, 60+)

8:40am Age Group Women (All Ages)

9:15am Open Heats

12:15pm Last heat

SPARTAN SPRINT

1:00pm First Open Heat

1:15pm Last Heat

SPARTAN KIDS

10:45am Kids 3KM OPEN Start

12:00pm Kids 1.5KM OPEN Start

1:00pm Kids 1KM OPEN Start

6:00pm Hurricane Heat 4HR



Awards:

12:00pm Elite Awards

2:00pm Age Group Awards

SUNDAY, 2nd July

SPARTAN SUPER

7:00am Registration & Village Open

8:00am Elite Men & Elite Women

8:10am Age Group Men (14-17, 18-24,
25-29)

8:20am Age Group Men (30-34, 35-39)

8:20am Age Group Men (40-44, 45-49,
50-54, 55-59, 60+)

8:40am Age Group Women (All Ages)

9:30am Open Heats

12:30pm Last heat

SPARTAN SPRINT

1:00pm Elite Men & Elite Women

1:10pm Age Group Men (14-17, 18-24,
25-29)

1:10pm Age Group Men (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

3:00pm Last Heat

SPARTAN KIDS

10:00am Kids 3KM Competitive Start

11:00am Kids 3KM OPEN Start

12:00pm Kids 1.5KM OPEN Start

1:00pm Kids 1KM OPEN Start

Awards:

11:00am Super Elite Awards

11:15am Super Age Group Awards

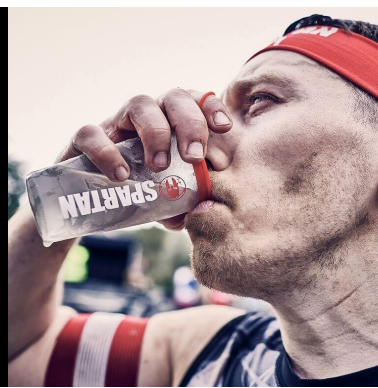
11:30am Competitive Kids Awards

3:00pm Sprint Elite Awards

3:15pm Sprint Age Group Awards

BRING A CUP

We are on a mission to make race days more environmentally friendly. We are encouraging all racers to bring a reusable cup to their race.



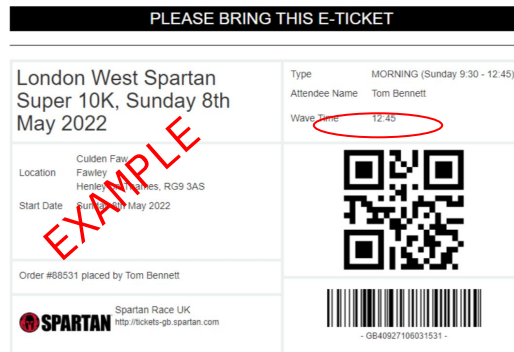
Red Pro Change Robe Evo
All you need to keep you warm
and dry on race day

GET RACE READY



WHAT TO BRING:

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



Elite & Age Group Racers to bring proof of British Obstacle Sport Membership to check-in.

BRITISH
OBSTACLE SPORTS

- **If you are racing in Age-Group or Elite Heats you will need to bring your British Obstacle Sport Membership with you.** Please bring your membership email from BOS to show at check-in. To purchase membership click [here](#).
- Spare clothes and shoes and a towel to utilise the rinse stations on-site.
- 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.

[READ OUR GUIDE TO YOUR KIT BAG ESSENTIALS AND UNLOCK SOME GREAT PARTNER DISCOUNTS](#)

IF YOU DO FORGET ANY OF YOUR RACE GEAR, OUR OFFICIAL MERCHANDISE TENT WILL BE OPEN AT THE FESTIVAL AREA. WE CAN HELP!





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.

ACCOMMODATION

Camping is available on the nights of Friday 30th June and Saturday 1st July 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.



VIRUS SAFETY GUIDELINES

As we return to our 2023 event season, ensuring your safety and the quality of your event experience is our #1 focus.

Included here are the guiding safety principles and plans that we're currently planning to implement at our events. We'll continue to monitor trends, work with local officials to comply with their guidelines and restrictions where necessary and adjust our plans as needed based upon guidance from the relevant Public Health National Guidance.

All Spartans need to do their bit to make events as safe as possible. While we've got a solid plan in place to protect you, here's how you can do your part:

- Stay home if you feel unwell or have been in contact with someone who is unwell
- Be Informed. Read all event communication, as it could contain important safety information on event procedures and policies. Follow the instructions of medical personnel and Staff
- Practice proper health and hygiene for hand washing, hand sanitising, sneezing, coughing, etc
- Wear a face covering if preferred
- Show up on time at your assigned arrival and start time window
- Thank the volunteers, they are there to keep you safe and help keep you going
- Consider the safety of yourself and others around you
- Respect the host community and venue

ONSITE FACILITIES



Toilets



Bag Drop



Changing Facilities



On the day registration



Rinse/water



Food stalls



Merchandise



Camping -Advance Booking only



Parking

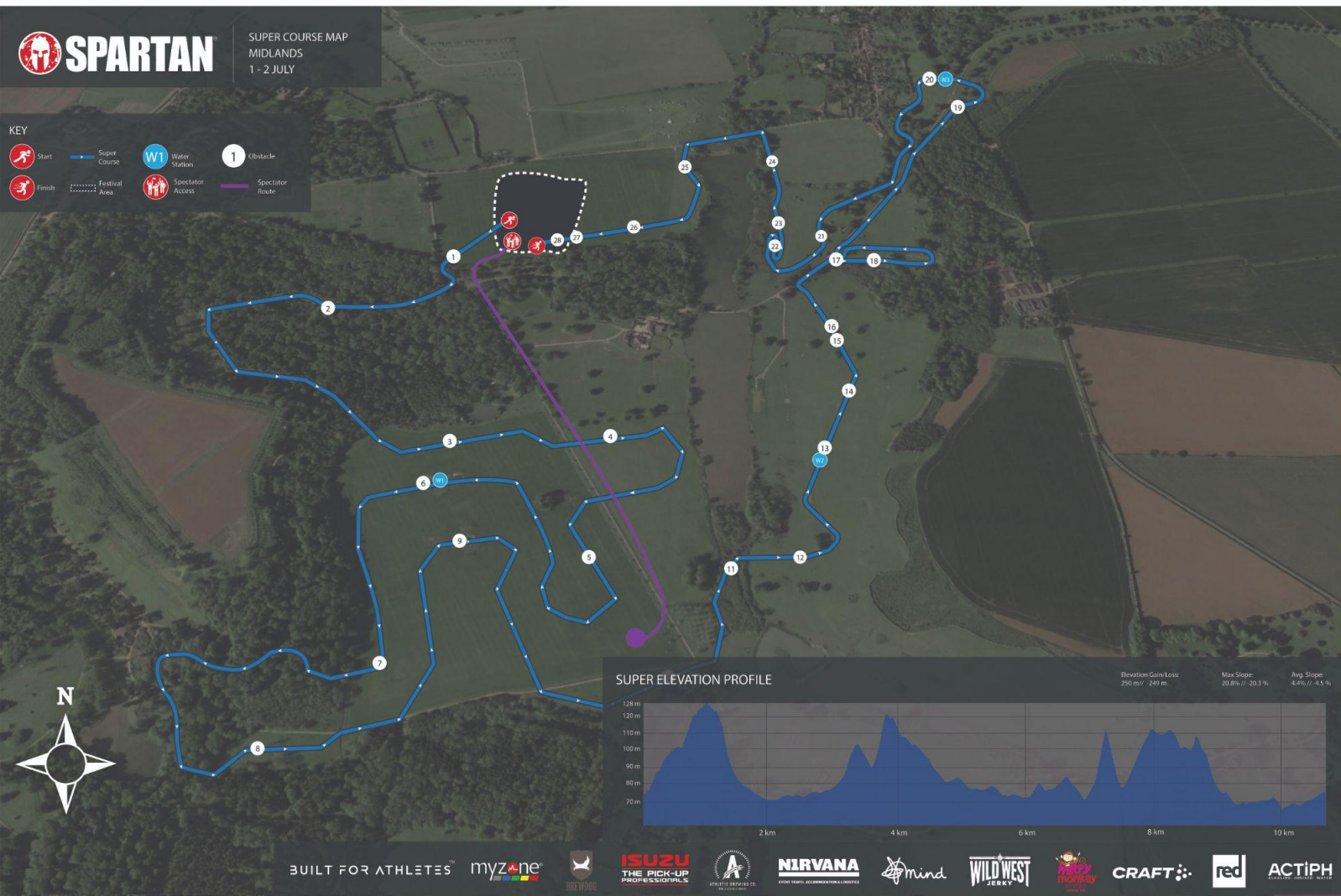
IMPORTANT INFO

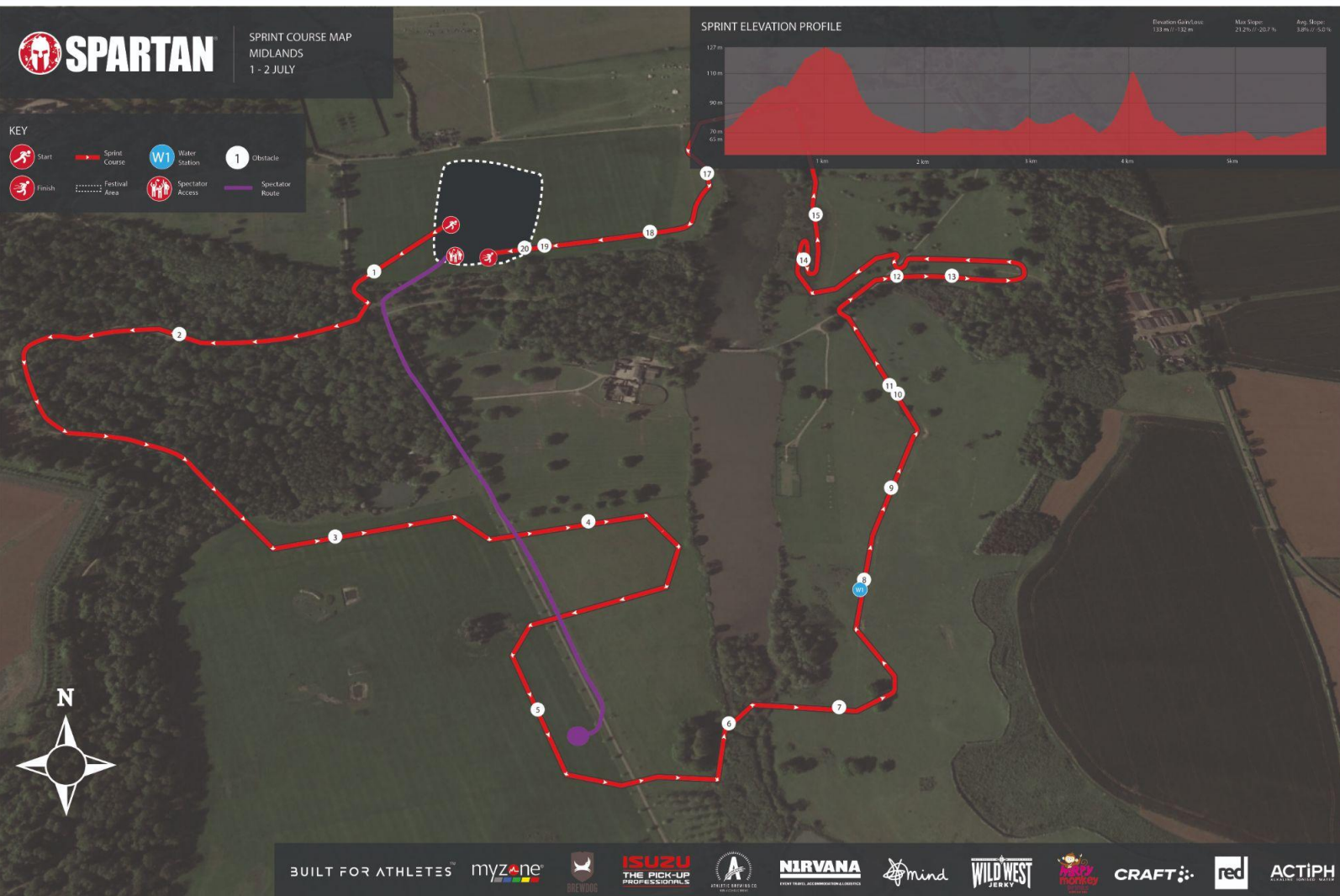
- No Photo ID & Barcode = NO RACE
- The Spartan Race Village will open a 7:00am every race day.
- Please DO NOT call the venue with any questions. Please email cs@uk.spartan.com if you would like to speak to customer service.
- START TIMES -Racers will be loaded into the starting area according to their heat times. The heat time reflected on 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 under 18's must be accompanied by an adult at all times unless in a competitive wave. 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







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

Saturday:

| | | |
|---------|-------|------------|
| 10:45am | 3KM | 9-14 years |
| 12:00pm | 1.5KM | 7-9 years |
| 1:00pm | 1KM | 4-6 years |

Sunday:

| | | |
|---------|-------------------------------|------------|
| 10:00am | 3KM COMPETITIVE (Sunday only) | 9-14 years |
| 11:00am | 3KM | 9-14 years |
| 12:00pm | 1.5KM | 7-9 years |
| 1:00pm | 1KM | 4-6 years |

Kids Race FAQ [here](#).

COURSE MAP



Grab a Happy Monkey Smoothie on the finish line.
Also available online and in-store at your local Tesco, Sainsburys, Asda, Iceland & Ocado.

WHAT TO DO AFTER YOUR RACE?

Once you've jumped the fire and crossed the finish line, be sure to grab some [Actiph Water](#) or [C4 Energy](#) and [Wild West Jerky](#) and celebrate your achievement with a can of [BrewDog Lost Lager](#). Be sure to head straight to our **'Recovery Zone'** where you'll be able to cool off, literally, by taking a dip in an ice bath. Our partners [Red](#), [Nirvana](#) and [Myzone](#) have teamed up with [In The Now How](#) to bring you the [Breath & Ice Bath Experience](#). Discover the benefits of ice for recovery by [pre-booking your session here](#).

Also look out for:

- [Athletic Brewing Co](#) - try a cold alcohol free beer
- Have a go at [BrewDog's](#) Giant BrewPong
- [Happy Monkey Smoothies](#) - available to kids on the finish line
- Visit the merch tent and treat yourself to some new race gear provided by [Craft!](#)



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

[SIGN ME UP!](#)

NIRVANA
EVENT TRAVEL, ACCOMMODATION & LOGISTICS

Happy Monkey
SMOOTHIES
made for kids

myzone
HEALTH & FITNESS TRACKER

CRAFT !!

ACTIPH
HYDRATION & ENERGY

BUILT FOR ATHLETES™

ATHLETIC
BREWING CO.

C4
ENERGY

WILD WEST
JERKY

red

ISUZU
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