



SPARTAN RACE DAY PROGRAMME

SOUTH WEST

Badminton Estate,
South Gloucestershire,
Badminton,
GL9 1AA
AUGUST 17, 2025

 **SPARTAN — 2025**
UNITED KINGDOM NATIONAL SERIES





3	Parking & Travel
4	Race Day Schedule
4	Pre-Race Details
5-7	Course Maps
8	Competitive Racing
9	Registration
10-11	Venue and Course Description
12	Merchandise
12	Facilities, Trifecta Tent and Food / Beverage
13	Photos and Volunteers
14	Awards Ceremony and Spectator Passes
14	Spartan Information
15	Festival Sponsors



HOW TO GET HERE

GENERAL PARKING - VENUE ADDRESS:

Badminton Estate, South Gloucestershire, GL9 1AA (W3W: ///recap.line.dentistry)

BY CAR:

Easily accessible from M4 Junction 18, follow postcode GL9 1AA. As you get close to the venue, follow the AA road signs to the event parking. Event parking is FREE as this venue.

BY TRAIN:

Yate is the closest train station to the venue

BY BUS:

Bus Route 41 towards Malmesbury from Yate Station to Badminton High Street, followed by a 10 minute walk.

DROP OFF INFORMATION:

Drop off/pick up for rideshare apps and friends/family is 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](https://www.avis.co.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.





SOUTH WEST, UK
17 AUGUST 2025

Sunday, 17th August

BEAST

7:00am Beast 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, 35-39)
8:30am Men's Age Group Championship (40-44, 45-49, 50-54, 55-59, 60+)
8:45am Age Group Championship (All Women)

9:00am First Open Heat
11:00am Last Open Heat

SPRINT

11:00am Sprint Check-in opens
12:30pm First Open Heat
2:15pm 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
1:15pm Beast Age Group Awards

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](#).

*Start times are subject to change



KIDS RACE EVENT SCHEDULE SUNDAY, 17 AUGUST 2025

3km KIDS RACE | Required Age 9-14
Start Time: 10:00am

3km KIDS RACE | Required Age 9-14
Start Time: 11:00am

1.5km KIDS RACE | Required Age 7-14
Start Time: 12:00pm

1km KIDS RACE | Required Age 4-14
Start Time: 1:00pm

PRE-RACE DETAILS

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

- Visit the [SOUTH WEST](#) 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

The expansive grounds of Badminton Estate set the stage for one of Spartan UK's fastest courses. With wide-open stretches, gentle terrain, and minimal elevation, this venue rewards quick footwork, smooth transitions, and relentless pace. Expect a high-speed challenge where endurance and obstacle efficiency are the keys to victory. Whether you're chasing a personal best or testing your speed against the field, Badminton Estate is built for fast racing and big performances.

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.

- **BEAST:** There are three (3) aid stations on course, including two (2) food & hydration and one (1) hydration pack refill stations
- **SPRINT:** There is one (1) aid stations on course providing food & hydration.
- Fuelled by **teffie**, our new on course nutrition partner: High fibre snacks made with the ancient grain teff.

BACK FOR 2025! NEW TO SPARTANS 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 To 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 1.45pm for anyone that is racing for the first time or feeling nervous about the course / day. Head over to the Hub 20 mins prior to the wave to meet our Brand Ambassadors that will take you around the 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

Super and Sprint participants must be at the finish line by 6:00pm. Any racers remaining on the course at 6:00pm 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 may 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.

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.



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.

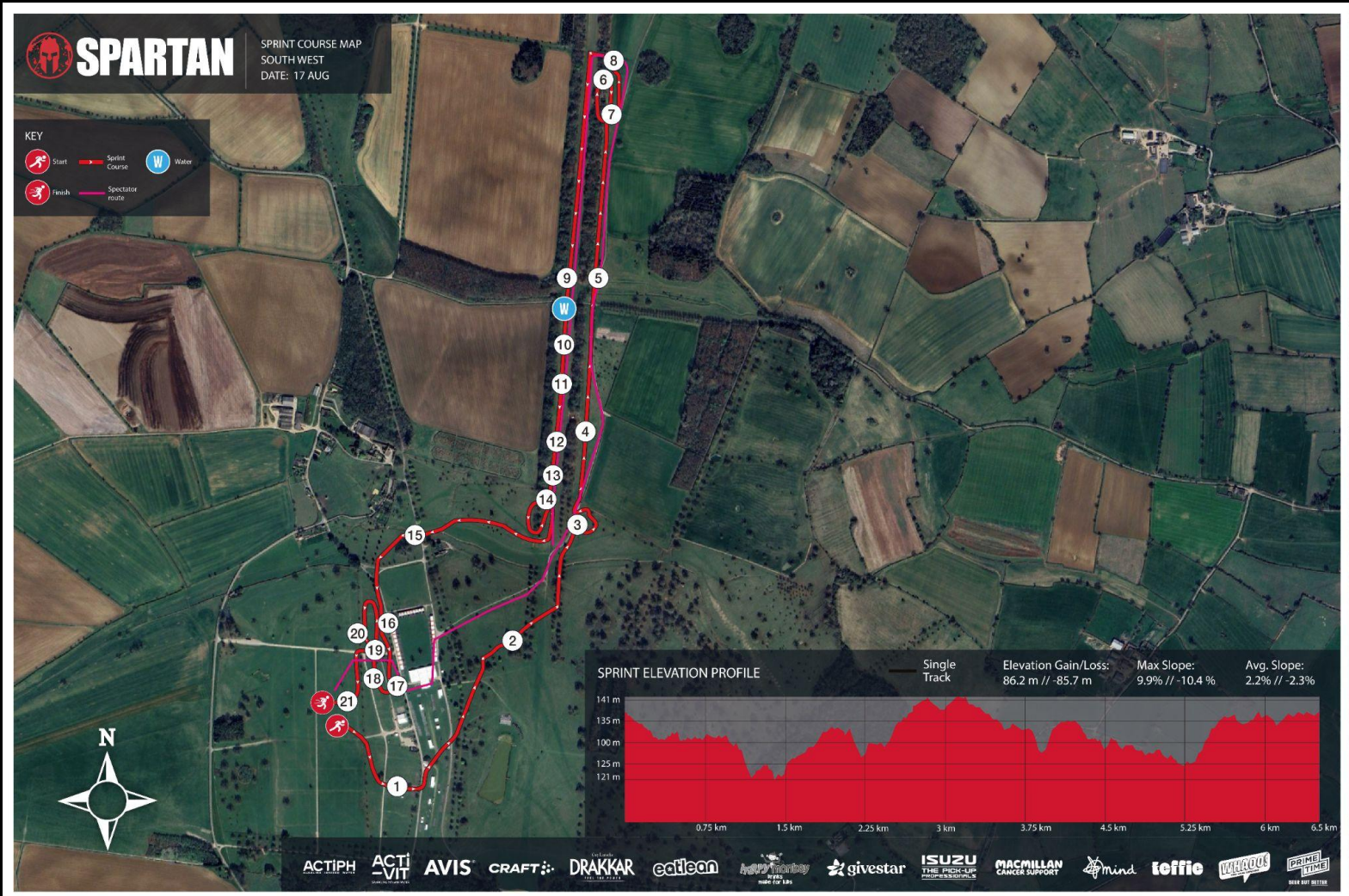
COMPETITIVE RACERS



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SPRINT



SPECTATOR TICKETS

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- Food and drink will be available for purchase as well as checking out our Sponsor activations.
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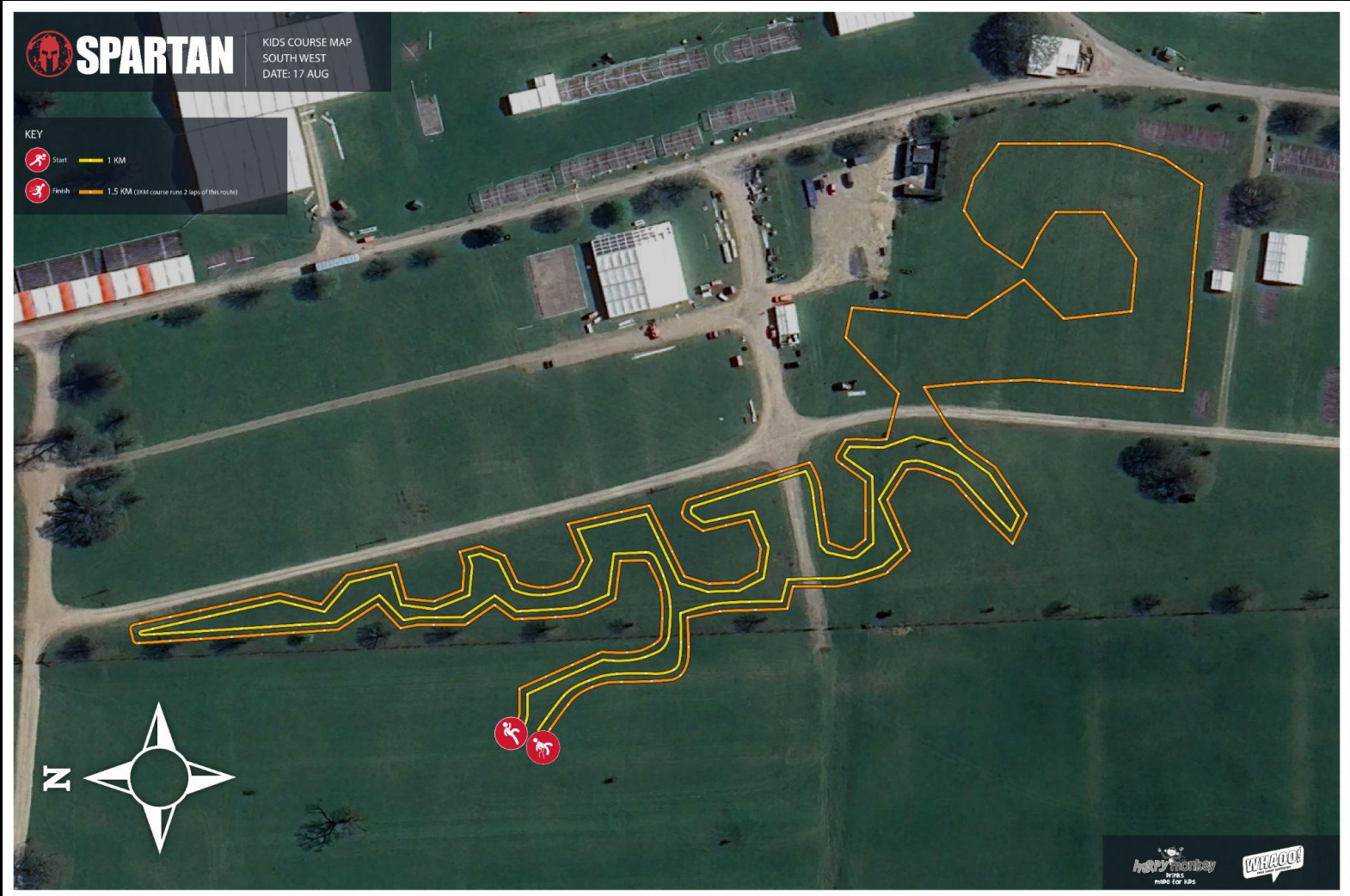
COMPETITIVE RACERS



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KIDS



SPECTATOR TICKETS

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- 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.



KIDS PRE-RACE DETAILS

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

- Visit the [SOUTH WEST](#) 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 [SCOTLAND](#) 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 range: 4-14
 - 1.5km Minimum age: 7-14
 - 3km Minimum age: 9-14
 - Please note: The 1km event are open to anyone 4-14 yrs of age but the 1.5km requires a minimum again of 7 on race day and 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 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.

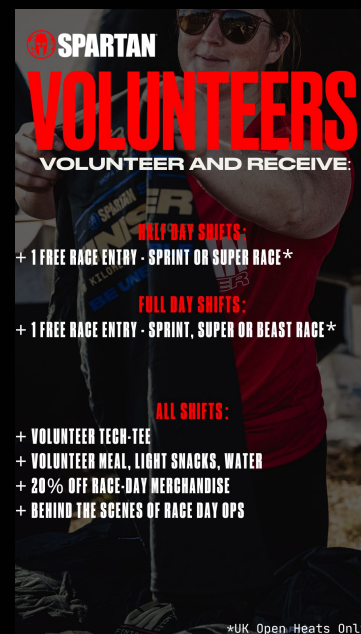
Experience Spartan in a new way and Volunteer with us! Celebrate at the Start, Finish, or encourage our participants at the obstacles. Explore the possibilities here: [JOIN & RACE FREE](#).

Have a team, company or group interested in Volunteering together? Email ukvolunteers@spartan.com to get involved!

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 on 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. Plus visit the teffie lounge in the village to relax and unwind after your race.
- **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.
- This season Spartan kids get two tasty rewards for their race efforts. **Happy Monkey** smoothies and **Whooo** chocolate crepes... yum, yum!

SPRIT OF SPARTAN POWERED BY 

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.**