SPARTAN

2021 SEASON

WALES SPARTAN RACE DAY PROGRAMME

WALES

GLANUSK ESTATE, CRICKHOWELL

30-31 OCTOBER 2021

SPARTAN 2021 UK & IRELAND REGIONAL SERIES

SPARTAN KIDS

SPARTAN BEAST™ SPARTAN SUPER™ SPARTAN SPRINT™ SPARTAN TRAIL



THREE FOLD HARD SELTZER
ATHLETIC BREWING CO.
Happy Monkey Drinks
ACTIPH ALKALINE IONISED WATER
BACX
MYO MASTER
HotelPlanner
CRAFT
HALO HYDRATION
OS MAPS
JUBEL The Après Beer.
myzone
Hill Country Collective
TRIBAL NATURAL FUEL FOR LIFE
ON OPTIMUM NUTRITION

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GET RACE READY

WHAT TO BRING

Bring a photo ID and a print out or screen shot of your Registration Barcode and proof of start time which can be found in your Ticket Socket Account.. You will also need to show your Government email/text confirming you had a negative result of your Lateral Flow Test. You will need all of these items to enter the event festival area. Racers will not be permitted to enter the festival area until 60 minutes prior to their start time. Note there is limited mobile coverage onsite.

PREPARE YOUR GEAR

There will be no cold wash or changing tents at the event. Please plan your post-race gear accordingly.
Shoes with spikes are not allowed.
Hydration packs are strongly recommended for all racers. However, please note they need to be pre-filled as there will not be an opportunity to fill them in the festival area or on the course. There will be water stations on the course.

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. Please remember we are a cashless event so don't forget your card!

FACE COVERINGS AND PLASTIC SHIELDS

Face coverings are recommended in the festival area.

All event staff and volunteers will wear face coverings at all times. Racers are recommended to wear a face covering in the festival area before and after they race.

Competitors are not required to wear face coverings on the course, but are encouraged to wear them at the start line and finish line.

HOW TO GET HERE

VENUE ADDRESS: Glanusk Park Crickhowell Powys NP8 1LP

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

By Car:
From the A76
As you get close to the venue, follow the signs to the event, over the bridge and then to event parking.
Please see the Parking Map which shows the entrance to the race and where to locate the car park.

ACCOMODATION

HotelPlanner

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

Camping is available on the nights of Friday 29th and Saturday 30th 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. Camping must be booked by 28/10/21 at 23:59 BST.

WALES COVID-19 SAFETY MEASURES

Spartans, we are excited to officially welcome you to the Wales course. However, our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone.

Please review these guidelines carefully before your event.

PRE-RACE HEALTH MONITORING

Customers should monitor their health 10 days prior to race day, and be aware of any symptoms that could indicate they have been infected with COVID-19. Any customer exhibiting the following symptoms in the 10 days prior to an event should not attend. This includes:

- High temperature
- New, continuous cough
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 10 days should not attend and contact us on cs@uk.spartan.com and we will help you to transfer your entry to another race.

SCREENING & TESTING REQUIREMENTS TO ENTER SITE

These protocols apply to all racers, spectators, staff and volunteers.

Lateral flow testing (required for anyone older than 13 years old)

- A Lateral Flow Test must be taken **within** 24 hours prior to arrival onsite.
- Once you've taken the test, you'll need to report the result HERE or call the phone number in your test kit's instructions. Ensure you allow enough time to do this.
- Once you have reported your result, you will then be emailed and sent an SMS of your result, which you will need to show on arrival to site. Please ensure you have this confirmation to hand (either on your phone or printed out) and ready to show on arrival. **Remember - you need this to gain entry to the event.**
- If any attendees have not taken a test, or are unable to produce confirmation of a negative result - testing is available on site for £15.
- You will also need to take a test 72 hours after the event. If you test positive after the event, you need to inform Spartan at cs@uk.spartan.com immediately. Find out more here.
- Each person entering the site - racers, volunteers and staff - will be recommended to check in on the NHS Track and Trace App via the QR codes available on site.

WALES COVID-19 SAFETY SNAPSHOT

Limited Entry Time	✓	Entry permitted 60 MINUTES prior to start time.
COVID-19 Acknowledgement	✓	Racers will sign a waiver acknowledging they have no symptoms of COVID-19 and have not been around someone who has.
Lateral Flow Test	✓	Lateral Flow Test must be taken within 24 hours prior to arrival onsite. And 72h post race. If any attendees (including spectators) have not taken a test, or are unable to produce confirmation of a negative result - testing is available on site for £15.
Hand Sanitiser	✓	Available throughout festival and at the obstacles. Please use it.
Face covering, Festival	✓	Wearing a face covering is strongly encouraged in Festival at all times.
Face covering, Course	×	Face coverings are not required on Course, it is up to racer's discretion to use it or not. You will be encouraged to wear a mask at the finish line.
Race Day Registration	✓	Race Day registrations will be allowed in line with capacity limits.
Kids Race	✓	
Spectators & Media	✓	All spectators will be required to sign a waiver.
Cash	×	NO cash accepted across the event. Card payments only.
Toilets	✓	
Water Stations, Course/Finish	✓	
Cold Wash	×	No cold wash will be available at this event.
Changing Tents	×	You can buy a towel at the merch tent for cover. Keep it classy, Spartans!
Bag Check	✓	Bring a small bag only. No large bags and bikes.
Food	✓	Food stalls will be available to purchase food and refreshments from in the Festival area
Finisher Drink	✓	Three Fold Hard Seltzer will be on the finish line for 18+ and at the Event Village bar.
Seating Areas in Village	✓	There will be limited seating provided in village by some of our partners

ARRIVAL TIME AND HEAT CAPACITY

Entry permitted 60 minutes prior to start time.

Racer throughput and overall capacity has been significantly reduced to facilitate social distancing onsite. In order to manage this, racers will not be permitted to enter the festival until 60 minutes prior to their start time. Racers will not be permitted to change their start time.

Racers shall observe and obey the travel restrictions and quarantine requirements as set forth by executive orders, which may change between the time you receive these Safety Guidelines and the day of the event.

SPECTATORS + MEDIA

Spectators and Media are permitted to attend the event, providing a confirmation of negative result of lateral flow test (for anyone over age 13). Spectators will be able to register onsite. If any attendees have not taken a test, or are unable to produce confirmation of a negative result - testing is available on site for £15. We encourage groups of spectators to adhere to social distancing measures where possible.

WALES
Start and Finish Procedures

START PROCEDURES

Customers will be loaded into the starting area according to their heat times. Waves will be released at least every 15 minutes. The heat time reflecting a racer's wristband will allow entry into the start corral. Bins will be provided when you enter the course or you can carry your mask with you (be aware that it will get dirty and wet).

FINISH PROCEDURES

Your finisher items will be waiting for you to collect in the finish corral. Racers are asked not to congregate in the finish area. Please utilise the bypass lane if you do not wish to have your finisher photo taken. Upon completion of the course, there will be disposable face masks available should you wish to have one. We encourage the use of face masks once in the festival area.

Racers will be asked to cut their own timing chip, discard the yellow wristband, and use their chip to redeem their finisher shirt and other finish items. Finisher shirt tents have been separated by gender to alleviate congestion at the redemption areas.

SPARTAN ETIQUETTE

Respect all volunteers, Spartan staff and other competitors, cheer on your fellow Spartans, throw away your rubbish in the bins provided, and have a great race.

Spartan Wales
30th & 31st October 2021

BEAST EVENT SCHEDULE
Saturday, October 30th

6:00am	Registration Opens
6:00am	Health Screenings Open
6:00am	Festival and Merchandise Opens
7:00am	Men's & Women's Elite Start
7:15am	Men's Age Group (14-17, 18-24, 25-29) & (30-34, 35-39)
7:30am	Men's Age Group (40-44, 45-49) & (50-54, 55-59, 60+)
7:45am	Women's Age Group (All) Start
8:15am	Open Start Times Begin
12:15pm	Last Heat
1:30pm	BEAST Elite Awards (subject to change according to conditions)
2:00pm	BEAST Age Group Awards (subject to change according to conditions)
6:00pm	Hurricane Heat 4HR Starts
6:00pm	Registration Closes
7:00pm	Festival Closes

SUPER, SPRINT & TRAIL EVENT SCHEDULE
Sunday, October 10th

6:00am	Registration Opens
6:00am	Health Screenings Open
6:00am	Festival and Merchandise Opens
7:00am	SUPER Men's & Women's Elite Start
7:30am	Trail Half Marathon
7:45am	Trail 10K
8:00am	Men's Age Group (14-17, 18-24, 25-29) & (30-34, 35-39)
8:15am	Men's Age Group (40-44, 45-49) & (50-54, 55-59, 60+)
8:30am	SUPER Women's Age Group (All) Start
8:45am	SUPER Open Start Times Begin
11:15am	SUPER Elite Awards (subject to change according to conditions)
11:30am	SUPER Age Group Awards (subject to change according to conditions)
12:00pm	Super Last Heat
12:15pm	Trail half ELITE Awards subject to change according to conditions)
12:45pm	SPRINT Start Times begin
3:15pm	SPRINT Last Heat
3:30pm	Registration Closes
6:00pm	Festival Closes

BEAST COURSE MAP



SPARTAN BEAST™

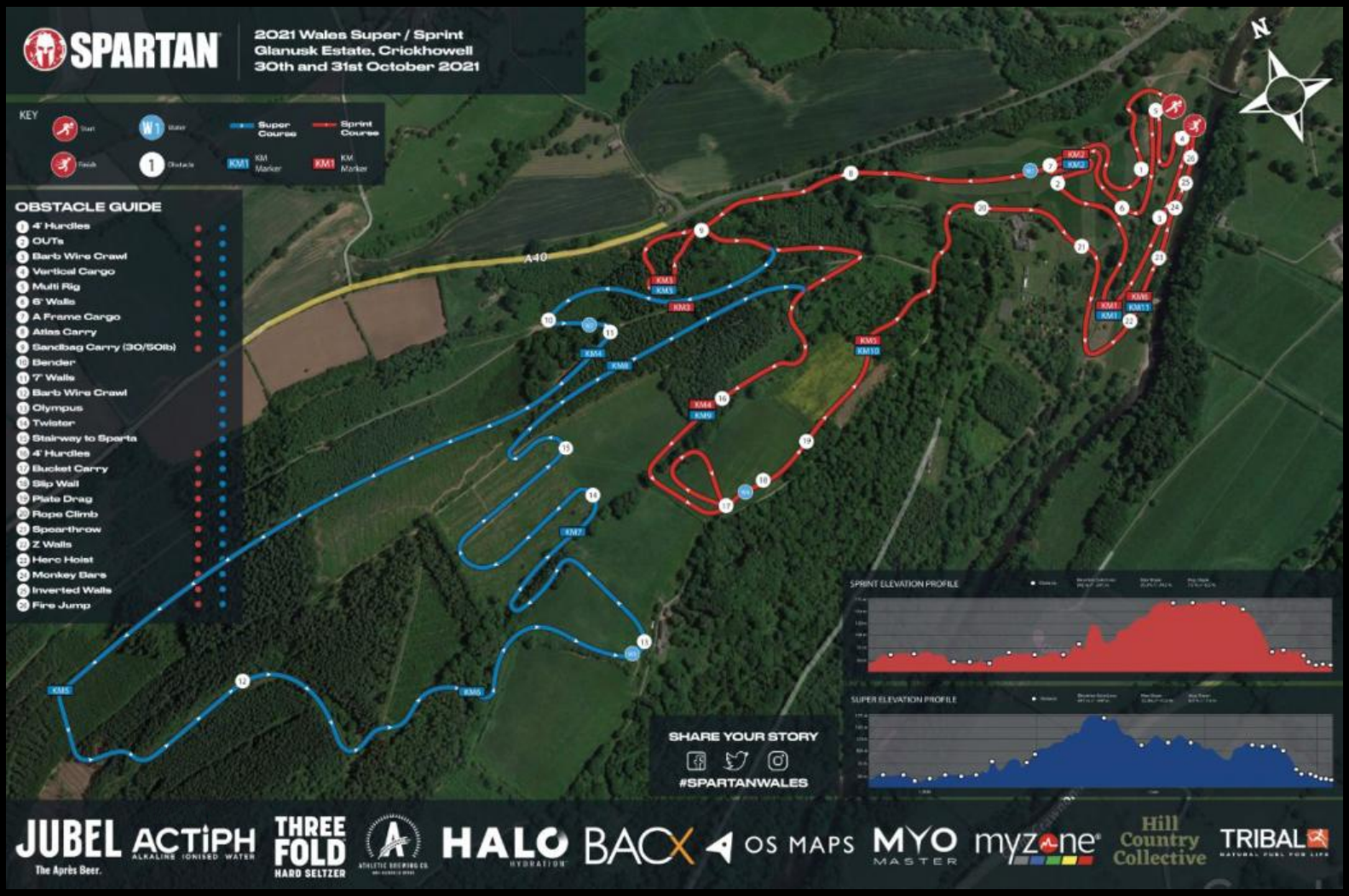
ELEVATION:

ALTITUDE:

TERRAIN:

WEATHER:

SPRINT & SUPER COURSE MAP



SPARTAN SPRINT™

ELEVATION:
ALTITUDE:
TERRAIN:
WEATHER:

SPARTAN SUPER™

ELEVATION:
ALTITUDE:
TERRAIN:
WEATHER:

KIDS RACE

- There are three Kids Race distances available to race at the event.
  - 3KM (10-14 year old)
  - 1.5KM (7-9 years old)
  - 1KM (4-6 years old)
  - Please note, distances are determined by age. Make sure to register for the proper age group.
- Each Kids Race Finisher will receive a Finisher Medal and Finisher T-shirt.

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. Please make sure to bring a payment card if you are planning to register on-site. For additional information, please visit the Spartan Wales event page and click the “Kids Race” tab.

Don’t forget to stop by the merchandise tent to shop our latest Kids apparel ranges and accessories.

KIDS RACE EVENT SCHEDULE

Saturday 30th October

3KM Open KIDS RACE | Ages 10-14
Start Times: 9:45am

1.5KM KIDS RACE | Ages 7-9
Start Times: 10:30am

1KM KIDS RACE | Ages 4-6
Start Times: 11:00am

KIDS RACE EVENT SCHEDULE

Sunday 31st October

3KM Competitive KIDS RACE | Ages 10-14
Start Times: 9:00am

3KM Open KIDS RACE | Ages 10-14
Start Times: 9:45am

1.5KM KIDS RACE | Ages 7-9
Start Times: 10:30am

1KM KIDS RACE | Ages 4-6



TRAIL RUN 10K / HALF MARATHON
Sunday October 31st

Maybe you're a city runner looking for a change. Maybe you're bored with the sound of the treadmill. Or maybe you're an avid off-road runner, searching for magical outdoor experiences and epic trails to conquer. Wherever you find yourself on your running journey, Spartan Trail is here to push you to the next level.

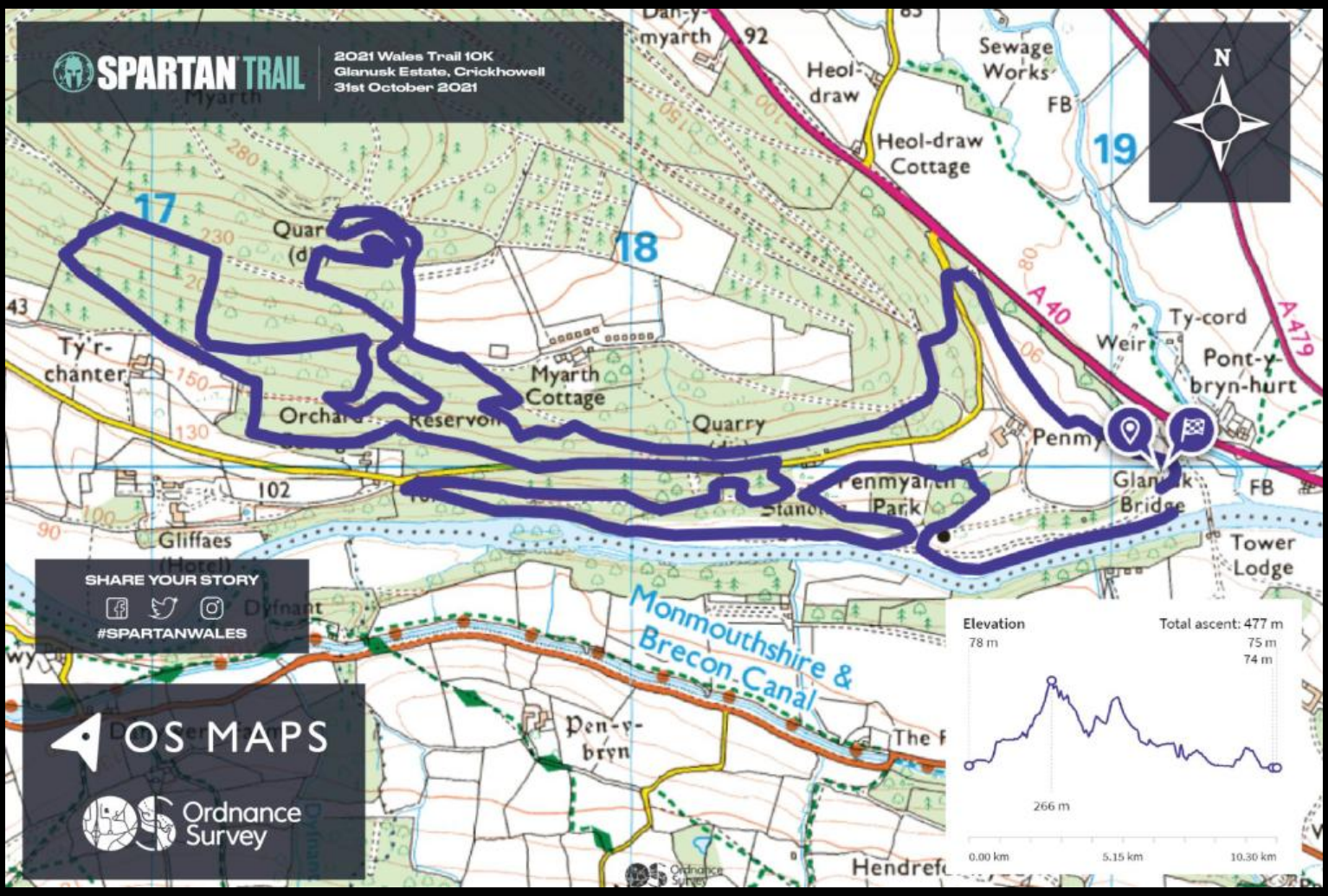
Spartan Trail offers 10k and half marathon races that will take new runners to wild places, celebrate age group athletes, award top finishers with cash, and bring together a community of Spartans with one goal - to run their race. Welcome to Spartan Trail.

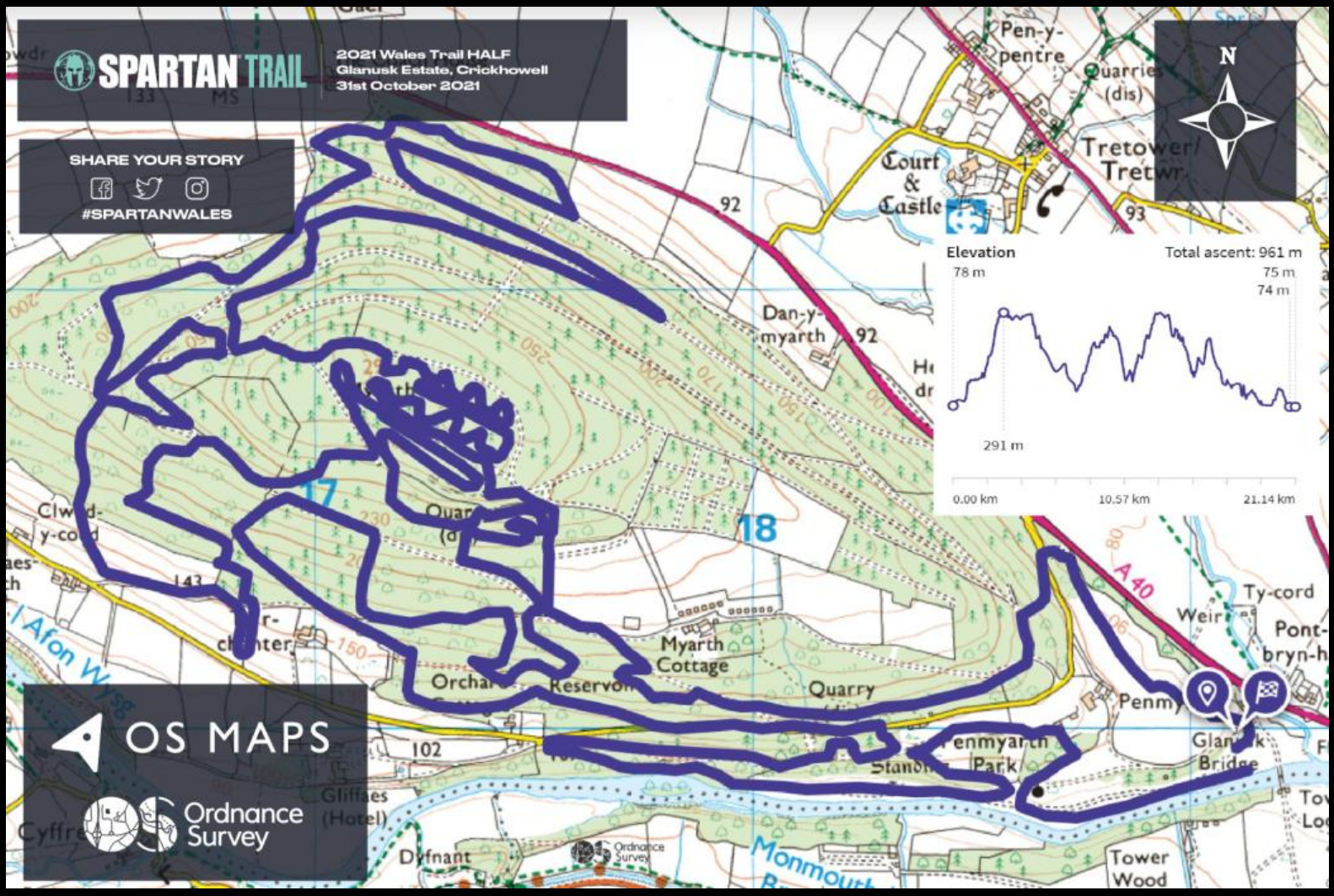
- Trail Half Marathon: 7:30am
- Trail 10K: 7:45am

Click here to register now.

TRAIL COURSE MAP

10K:





ON-COURSE HYDRATION TIPS

- Make sure to fill your hydration pack up prior to the race as there will be no refill facilities on-site.
- 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.

INCLEMENT WEATHER

In the unlikely event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan reserves the right to eliminate obstacles, certain 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. Please come prepared for chilly morning and evening temperatures and possible rainstorms.

TRIFECTA TENT

Racers earning a second or higher trifecta during the Trifecta season (November 4th 2019-November 7th 2021, find all the details here), are able to claim their multiple Trifecta swag in the results tent at the completion of their event.

PHOTOS & RESULTS

Photos will be posted no later than the Friday after the event. Head to our Results page to find your photos. Don't forget to wear your headbands! The number on the front of the headband is used for identification, and properly wearing your headband increases the number of tagged photos you'll receive back.

VOLUNTEERS

Want to race your next race for free? Join Spartan's Support System and volunteer with us this weekend! We use volunteers throughout the course, in Registration, assisting at our Start and Finish Line, and in our exciting Festival. Hang out with other Spartans, help our Staff and learn about Spartan behind the scenes. What could be better? Search for times and sign up here: Volunteer Sign Up Link

AWARD CEREMONY

ELITE AWARDS CEREMONY: The top three Males and Females will be awarded with a Spartan Delta on the podium, in addition to earning their prize money .

AGE GROUP AWARDS CEREMONY: All 10 Age Groups will be recognised on the podium and awards given for the top three males and females from each Age Group.

KIDS AWARDS CEREMONY: The top three boys and girls from the Kids Competitive categories will be recognised on the podium and awards given.

SPARTAN INFORMATION

- Don't forget to screenshot or print and bring your registration barcode to pick up your packet on race day. This can be found in your Ticket Socket account. Under ORDER find your event and click on PRINT RECEIPT. You will locate your start time on this confirmation email.
- You must have photo identification to check in.
- 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 are allowed on the property. Security staff will check for them as you enter.
- 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.
- Participants are not permitted to bring a drone onsite.
- Racers ages 14 and older can participate in the adult's race. Those under 14 can join the Kid's Race.
- Please DO NOT call the venue with any questions.
- Our Spartan Wales event page is your best source for up-to-date information.
- Drink plenty of water before the race and come prepared.
- Get a good night's sleep. This race is no joke…

SPARTAN RACE FESTIVAL

Opening at 5:30AM on race days, the festival will feature leading national sponsors with highly experiential activations and free swag, healthy and functional F&B brands sampling free foods and beverages, gyms and trainers to help you warm up and cool down, workout, OCR gear and accessories companies, and much more. Remember to bring a debit/credit card (no cash purchases available) to take advantage of deals only available to Spartans on the day!

OFFICIAL SPARTAN MERCHANDISE TENT

Stop by our merchandise store for exclusive access to event specific merchandise and other new products before they sell out on event day.