



Stay Safe!

Please read this section in full, you will be given further instructions on the day, if there is anything you are unclear about after the safety brief please ask a member of staff for clarification.

WARNING - Obstacle Racing is DANGEROUS - By entering this event you understand, acknowledge and appreciate that there is a risk of injury from the activities involved including, but not limited to the following: (i) drowning; (ii) near-drowning; (iii) sprains; (iv) strains; (v) fractures; (vi), heat and cold injuries; (viii) dislocations; (ix) heart attack; (x) injuries and illness involving running, climbing, swimming, jumping etc

Safety- None of the obstacles are compulsory, if there is something that you feel unable to do, then you can simply walk around, the choice is yours, stay safe!

Safety Brief-There will be a mandatory safety briefing and warm up for each race, please make sure you are at the start line 20 minutes before your race is due to start.

First Aid- The first aid post will be located in the event village. There will be Paramedics at the race along with four wheel drive ambulances, response vehicles and first aiders around the course.

Fitness Level- You don't have to be an experienced distance runner or gym fanatic but we recommend that you are in good physical condition and are running regularly. If in doubt please ask your GP for advice, you can contact us [here](#) if you have any further questions.

Climbing- There are several obstacles that will involve climbing, the most important consideration is to maintain three points of contact at all times when climbing to avoid falling.

High Obstacles- In short DO NOT JUMP off any obstacle (unless instructed to do so "Free Fall or Walk the Plank " only). When exiting an obstacle above ground level lower yourself to the ground carefully, if you do jump (not recommended) then do so with both knees and heels together, this will greatly reduce the risk of injury.

Free Fall- This is the final obstacle just before the finish line. It involves a 3.5 meter or 4.5 meter jump onto an air bag. Correct technique, is a big stride out off the end of the platform, aim to land in a sitting position bottom first, keeping your knees and feet together. IMPORTANT - DO NOT LAND ON YOUR FEET! You will complete this obstacle once before you cross the finish line. As with all obstacles this is not compulsory if you cannot perform the jump as described or have a previous injury you should NOT complete this obstacle.

Slides- There are two types of amazing slides at our events, the Water Slides into lakes and the Cresta Run eXtreme, follow the marshals instructions and make sure the slide is clear before you start your run!

Terrain- You must be aware that this is natural terrain with the typical hazards you would expect in open countryside. There are many trip and slip hazards and foot placement will be key to avoid injury.

Swimming- All events involve some open water swimming, buoyancy aids are available and compulsory on some obstacles. There will be Water Rescue Technicians on duty to assist.

Cold Water Shock. Please note the water may be extremely cold and as such you can expect to encounter COLD WATER SHOCK. Symptoms:- as you first enter the water your body's reaction will be to gasp for air, you will then experience increased heart rate and increased blood pressure, blood flow to your limbs will be reduced as your body goes into survival mode. The most important thing is **DONT PANIC**, these symptoms usually pass quickly as your body adjusts. Water Safe UK Search and Rescue will be on hand to assist you whilst in the water. There will also be an alternative route to bypass any water obstacles.

Water Entry / Exit- Enter water with extreme care, DO NOT DIVE or JUMP. Water exits will become extremely slippery so exit with caution to avoid slipping.

Water Quality- Water obstacles are supplied from a variety of natural sources including springs, rivers and surface streams, these waters have fluctuating levels of bacteria. There have been outbreaks of gastrointestinal infections reported associated with open water swimming. If you fall ill with symptoms after the event, particularly from 3-19 days following, then see your

doctor immediately. Common symptoms could include sudden onset of fever, diarrhoea, intense headache, if you suffer any of these symptoms please consult your GP immediately. Please note there is an alternative route to bypass any water obstacles.

Reducing the risk of illness- Before you swim:

- cover cuts, scratches or sores with a waterproof plaster before swimming
- consider wearing appropriate protective clothing such as leggings and gloves.

While you are swimming:

- try to avoid swallowing and/or splashing water or mud into your mouth
- follow event advice on the day, ie safety brief and information signs.

After swimming:

- clean your hands thoroughly with soap and water after swimming and before handling/eating food
- thoroughly clean cuts or abrasions using soap and water
- handle your kit with care after use. Rinse it with clean water as soon as is practical after swimming. Clean with detergent and rinse as advised by the manufacturer. Always wash your hands with soap and water after handling or cleaning your kit. Allow to dry thoroughly before re-use.

For further information on safe swimming please see our Swim Healthy page [here](#)

Event Day Information

Start Times - The race is organised in groups of 400 runners every thirty minutes. Find your start time [HERE](#)

Directions - Follow the X-RUNNER Event Traffic signs.

Race Pack - Your tee shirt, number and wrist band will be available for collection from registration on event day. Medals will be given out at the finish line. If you forget to collect your t-shirt or medal we won't be able to mail them out after the race, sorry.

Arrival Times - Please aim to arrive at least one hour before your race start time and sign in at registration.

Bag Storage - Free bag storage will be located in the event village, please ask at registration for details. Please note that the event organisers cannot be held responsible for any losses.

Changing Rooms / Showers / Washing Facilities - Cold showers and changing rooms will be located in the event village. They are basic – literally a marquee tent, one for men, and one for women. Its important that you at least wash your hands and face immediately after the race. Please see "Reducing the risk of illness" below.

Parking - There will be a £5 charge per vehicle, payable in cash only on the day. You will be given a £5 discount voucher as a receipt. The vouchers are redeemable on race day only, at the X-Runner merchandise store, this will be located in the main event village. Please note one voucher per vehicle, minimum spend £20. Parking is usually on grass which may become slippery in wet weather, so camper vans and heavy vehicles are not ideal. If you are arriving by coach please notify us via the contact page [here](#). Please note vehicles are left at your own risk.

Distance- All our events are 5k or 10k, each race is made up of five kilometre laps containing around thirty obstacles, you can decide on race day if you want to complete one or two laps.

Event Village- There will be an event village offering the following:- Food Stalls, Merchandise Stalls, Charity Stalls, Live PA, and Music, Washing Facilities and Toilets.

Goodie Bag- Whats Included - All entries will receive a Technical T-Shirt, Finishers Medal and Wrist Band. All items MUST be collected on the day, if you forget to collect on the day we will not be able to post them, sorry!

Key Storage- Will be located at the bag store. Please note that the event organisers cannot be held responsible for any losses.

Numbers & Timing- Race numbers will be issued on the day at registration, this will be in the form of an identity wrist band. This event is not timed.

Photography- We will have a team of photographers around the course so make sure you keep smiling. Photographs will be on sale here around 48hrs after the race. Photos will be sorted by time, if possible they will be tagged with your race number, if you write your race number on your forehead this will make it much easier to identify your photographs. Marker pens are available at the sign in station.

What to Wear?

Shoes- Cross country, trail or fell running shoes with a grippy sole would be ideal. Expect the surface to be wet, muddy and very slippery! Be aware, any shoes that would be dangerous to other participants will not be allowed. In short, **NO SPIKES** we also have inflatable obstacles.

Clothes – Lightweight stuff that dries quickly. Even if it's a cold day, heavy or thick clothing will just retain water and make you colder. Long sleeve tops and bottoms can help give some extra protection from scratches. Please remember to bring a warm change of clothes for after the event so you can enjoy the atmosphere in the event village.

Gloves – This one is debatable. Some people swear by them, others prefer to go glove-less (faster drying) and better feel. If you go with gloves, be sure to grab tough, thick ones to prevent burns from the ropes and splinters from the walls.

Fancy Dress - Whilst we welcome the brave ones in fancy dress you must be aware from a Health and Safety angle that your costume should not hinder your ability to run, climb, crawl or swim! Also be aware that this is a family event, so nothing that can be deemed as indecent please. If in doubt please contact us or ask a member of staff for further advice!

Wear clean dry kit – Following consultation with the environment agency the main concern is cross contamination from other parts of the country. To minimise this risk it is imperative that all competitors have clean kit and footwear that has been thoroughly washed and dried. If you arrive in dirty kit you will **NOT** be allowed to race.

Wetsuit / Neoprene- Wetsuits help in the water, however they are not wind proof and may have a cooling effect on a windy cold day, they are also not very comfortable to run in. We monitor water temperature and adjust water immersion times accordingly, there is also an option to avoid the water if you don't want to swim or are getting too cold. If you are looking to complete the 10k (2 x laps) in cold weather you may prefer to miss the water obstacles on the first lap to avoid over exposure.

Spectators

Spectators are welcome free of charge, please be aware that this is natural terrain with the typical hazards you would expect in open countryside and as such you enter at your own risk. Please keep clear of the running course and obstacles at all times and remain in the designated spectating areas. Children must be under close supervision at all times.

Disabled Spectators - Please be aware that some events are not ideal for people with mobility problems. The site around the event village, hospitality, start and finish line is on a field and may become muddy and slippery. Please contact us for further details.

Pets- Dogs are welcome but must be kept on a lead at all times, please ensure you clear any dog waste as this can be very harmful to cattle and wild life.

Spectator Parking - There will be a £5 charge per vehicle, payable in cash only on the day. You will be given a £5 discount voucher as a receipt. The vouchers are redeemable on race day only, at the X-Runner merchandise store, this will be located in the main event village. Please note one voucher per vehicle, minimum spend £20. Vehicles are left at your own risk.

Documents and Insurance.

Terms and Conditions | Disclaimer- By entering this event you are agreeing to our Terms and Conditions and Disclaimer. Please read our full terms and conditions [here](#). Read our general disclaimer [here](#).

Minimum Age 15yrs - The minimum age is strictly 15yrs due to our insurance cover. Under 18's must bring a completed parental consent form or they will NOT be allowed to take part. Please download a form [here](#)

Medical Conditions and Disabilities- If you are pregnant you should NOT participate in this race! It is your responsibility to notify us of any medical conditions or disability that might affect your ability to take part in the race. If you suffer from any medical conditions you should seek advice from your GP before taking part in the event. Any severe conditions or disabilities may require a letter from your doctor.

Personal Accident Insurance.

The unexpected can happen at any level or frequency of sport, by taking out an "obstacle race" insurance policy you ensure that if you are involved in an incident, the most important issues can be taken care of – personal liability, accidental death, permanent total disability and income protection.

Why do you need personal accident insurance? We have public liability insurance, however this will not cover you if you injure yourself as a result of an accident that is **not** our fault! If you slip, trip or fall you will not be able to claim unless you have personal accident insurance. Obstacle race insurance is available from £5.75 for bronze single day cover. [Get Insured Here](#)

Good luck with your training and we will look forward to seeing you on race day!