



THE ULTIMATE MILITARY OBSTACLE COURSE



STORM THE CASTLE

LOWTHER CASTLE - 21ST SEPT 2019

EVENT GUIDE

PLEASE READ THIS GUIDE IN FULL BEFORE ARRIVING ON EVENT DAY

12KM COURSE | LIVE MUSIC | SCAVENGER HUNT
| TOP QUALITY FOOD | LICENSED BAR | ICE CREAM |
SPORTS MASSAGE | MERCHANDISE SHOP | FRESH
COFFEE



BORN-SURVIVOR.COM

★ DIRECTIONS & EVENT SCHEDULE

★ DIRECTIONS

From the North:

M6 exit at J40. Follow A66 east to next roundabout, then take the A6 south for 3 miles. Follow signs for Lowther Castle and then Born Survivor.

From the South:

M6 exit at J39. Follow A6 north for 8 miles. Follow signs for Lowther Castle and then Born Survivor.

From the East or West:

From A66, at Penrith, follow A6 south for 3 miles. Follow signs for Lowther Castle and then Born Survivor.

Please do NOT go to the main entrance as these gates will be closed on event day. Strictly no parking on the roads leading up to and around Lowther Castle; cars parked on the roads will be towed away.

★ CAR PARKING

The main car park is located in the adjacent field to the Event Village. Please do not arrive before 8am as we cannot allow you on site. Car parking is **CASH ONLY**. Please try and have the correct money ready when entering the car park to help traffic flow.

Car £5
Minibus £10
Coaches £25

(Coaches must be pre-booked by emailing support@born-survivor.com)

For disabled parking or easy access to the event village please email support@born-survivor.com

★ EVENT SCHEDULE

TIME	EVENT
8:30AM	CAR PARK OPENS
8:45AM-12:00PM	REGISTRATION
10:00AM	ELITE & FIRST WAVE SETS OFF
20-30 MINS	WAVES SET OF EVERY 20-30 MINS
11:00AM	BAR OPENS & MUSIC STARTS
11:40AM	ELITE SQUADRON PRESENTATION
12:30PM	FINAL WAVE SETS OFF
6:30PM	BAR - LAST ORDERS
7:00PM	EVENT VILLAGE CLOSES



★ START

Participants MUST be in the start area no later than 10 minutes before their wave time for a course safety briefing.

This is mandatory for all participants.

However you also have a brief warm up, so we advise you to get to the start 10 - 15 minutes before your start time.



★ EVENT INFORMATION - ARRIVAL

★ EVENT TICKET

All participants received an event ticket on their initial event confirmation email. You need to bring this with you on event day, both electronic and hard copies are accepted.

★ REGISTRATION

Registration opens at 8:15am for participants in the registration marquee, which is on the way to the Event Village from the car park. Registration is by INDIVIDUAL surname, NOT team name.

We advised participants to arrive at least 1 hour before their start time to give you plenty of time to register, meet your team etc.

★ BAG & KEY DROP

There will be both a bag & key drop on site. The bag drop is just £3, your bag will be tagged and you will be given a numbered wristband. The key drop is just £1 per small item (car keys, wallets etc), you will need your A5 participants pack envelope which is given to you at registration. You will be required to sign your items in and out of the key drop. Any items left in both the bag & key drop are strictly at your own risk.

Both the bag & key drop are operated by our charity partners Unique Kidz.

Important - Please do not leave any medical items or medicines that you may need before, during or immediately after the event. Once items are left, there is no access to them until you collect them.

★ EVENT WAIVER

Please read, print and complete the event day waiver and bring it with you on the day. We do not send anything by post so the waiver will need printing by yourselves.

Participants without a signed waiver will not be able to register and not be permitted to take part in Born Survivor.

Download Event Waiver Here:

www.born-survivor.com/downloads/WAIVER-2019.pdf



★ EQUIPMENT & CLOTHING

Please check the weather forecast prior to the event and come prepared accordingly. Typical trail/fell running footwear is strongly advised as there are many slippery areas around the course. Footwear with spikes is strictly not allowed. We recommend you wear clothes that dry quickly and don't bog you down. After completing the course, we recommend you bring a towel and clothes to change into.



★ EVENT VILLAGE – WHAT WE HAVE ON SITE

★ SAFETY WARNING

Born Survivor is an extreme challenge, physically and mentally, and taking part can be dangerous. We need to know and be clear that you fully understand this and that you are happy taking part in Born Survivor.

The course is designed to be difficult and the terrain is muddy, slippery and potentially dangerous. You will be muddy & wet after the first mile. If you do not feel comfortable completing any obstacle, do not attempt it. If you have difficulties on the course (illness or injury) please stay on the course and make your way to the next available marshal.



★ MERCHANDISE

There will be a Born Survivor Shop in the Event Village with a range of quality Born Survivor Goodies! The shop operates a cash and card payment system. So if you want to go home in a thick, luxurious Born Survivor Stealth Training Hoodie, or a spiffing Born Survivor branded t-shirt and who wouldn't? Then bring your readies and plastic.

★ WAVE TIME

An email confirming your finalised wave time will be sent out separately. For safety reasons we may have had to adjust your wave start time, however, all team members will have the same start time as their team captain.

Allocated wave times are final and cannot be changed.

★ FACILITIES

We do not provide showers so please come prepared with sufficient towels, baby wipes and deodorant.

We will be providing hand wash facilities at the finish line, which we strongly advise all participants to use before diving into their celebratory burger.

There will be ample toilets including disabled facilities.

★ CHANGING AREAS

There will be limited tented separate changing areas for girls and guys in the Event Village. Any unwanted muddy clothes/footwear should be placed in the bins provided.

★ ENTERTAINMENT

There is a lot going on in our Event Village. We will have live music playing throughout the day. As well as having our very own Licensed Stripes Bar, selling craft ale and lagers and seasonal gins including high quality Cuckoo Gin with mixers.



★ EVENT VILLAGE – WHAT WE HAVE ON SITE

★ EVENT PHOTOGRAPHY

We will have a team of photographers to capture you in your most testing and spectacular situations. We will post images on our website and on social media ASAP after the event. Grab any you want, they are FREE! We will try our best but sadly cannot guarantee to get a snap of everyone.



★ SPECTATORS

Spectators are FREE and welcome. We encourage as many people as possible to come and support friends and family. Much of the route is uneven and rough ground so care should be taken at all times to avoid trips and falls. Spectators must not enter the course at any time, except at designated crossing points. Children under the age of 16 must be accompanied by an adult at all times. Limited course maps will be available on the day.

★ COURSE MARSHALS & EVENT CREW

Many of our brilliant marshals and crew members are volunteers and have given up their time to help make the event great for you. Please give them a wave and 'cheery' thanks as you go around the course. Marshals and crew are there for your safety and to make sure you have a brilliant experience. Help them enjoy the day with you.

★ KIDS

While participants are out on the course or perhaps once Mum and Dad have 'survived' we have a Top Secret Born Survivor Scavenger Hunt. Children need to hunt around the event village scoping out letters to crack the code! All participants that crack the code will be entered into a prize draw to win a bunch of Epic BS Goodies! £2.00 per Scavenger Hunt Pack.

★ LOST PROPERTY & CHILDREN

There will be a lost children and lost/found property point located in the Event Village. Or you can speak to any of the event crew who will be wearing a high visibility Born Survivor jacket.

★ CASH

Don't forget to bring plenty of dosh, you'll need it for the Born Survivor Shop, car parking, tasty food and most importantly beer. There are no cash machines on site.



★ EVENT VILLAGE – WHAT WE HAVE ON SITE

★ ON SITE FOR YOU

12KM ROUTE - 30+ OBSTACLES
EXTREME LEVELS OF MUD
AWESOME EVENT VILLAGE
PARKING CLOSE TO EVENT VILLAGE
HIGH SPEED RACE REGISTRATION
COVERED M/F CHANGING AREAS
BAG & KEY DROP MANNED BY UNIQUE KIDZ
LICENSED SURVIVOR STRIPES BAR
WOODFIRED PIZZA BY PIZZA PEDDLERS
BURRITO & CHURROS BY WAH WAHS
POLISH SAUSAGES BY SMAK
HOT DRINKS BY COFFEE VINTAGE
ICE CREAM BY GRANDPA GREENE'S
WARM UPS WITH ROYAL MARINES INSTRUCTOR
BORN SURVIVOR KIT SHOP
MUD & BLOOD KIT SHOP
ROYAL MARINES COMMANDOS
INOV8 - OBSTACLE COURSE KIT EXPERTS
CHILDREN'S SCAVENGER HUNT
MEDICAL COVER BY EVENT SAFETY GROUP
HIGH ENERGY TUNES BY DJ JAMES
EVENT PHOTOGRAPHY BY ALF MYERS
ABF SOLDIERS CHARITY
ALDER HEY CHILDREN'S CHARITY
SPORTS MASSAGE BY LOGICAL REHAB

★ SPONSORS

We are partnered up with some absolutely amazing sponsors, all of which we wouldn't be able to put on such a great event without. We would like to thank all of them along with our epic set up team!



★ EVENT INFORMATION - THE COURSE

★ WARM UP

Before each wave starts, participants will be expected to be 'on parade' 15 minutes in advance of their wave start time. This will give you sufficient time to enjoy the warm-up in the 'start cage' delivered by our military PTI's. Once you're supple, you'll hear the crucial safety briefing.

★ ON THE COURSE

There are two drinks stations located on the course, at approximately 1/3 and 2/3 distance and another at the finish line.



★ MEDICAL INFORMATION

When you registered you were asked to tell us about your medical conditions. It is vital for your safety that this is accurate for you prior to event day. If necessary, please update us on changes to your medical condition by emailing us at support@born-survivor.com. In the event of any medical emergency we will refer to this information to provide you with any appropriate medical and emergency treatment. That vital piece of information may be crucial **you** on the day.

★ BIOSECURITY

We are privileged to be able to hold Born Survivor at the stunning Lowther Castle Estate. We take our responsibilities to the environment, land, flora and fauna very seriously. We ask for your assistance to put some simple but effective biosecurity measures in place for preventing the spread of invasive non-native species at and from this event. Impacts of invasive species are considered to be one of the greatest threats to biodiversity worldwide. They threaten the survival of rare native species, damage sensitive habitats and cost the British economy approximately £1.7 billion each year. Non-native invasive species can have huge detrimental implications if they 'hitch-hike' on your equipment. Ditch the Hitchers: As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, it is compulsory for all participants to follow a simple 'Ditch the Hitchers' procedure. Follow this simple 3 step process every time you leave any river, lake or other body of water to protect our freshwaters from the spread of Invasive Non-Native Species (INNS):

Check:

Check your equipment and clothing for living organisms. If you do come across any organisms, leave them at the water body where you found them.

Clean:

Clean and wash ALL equipment, footwear and clothes thoroughly.

Dry:

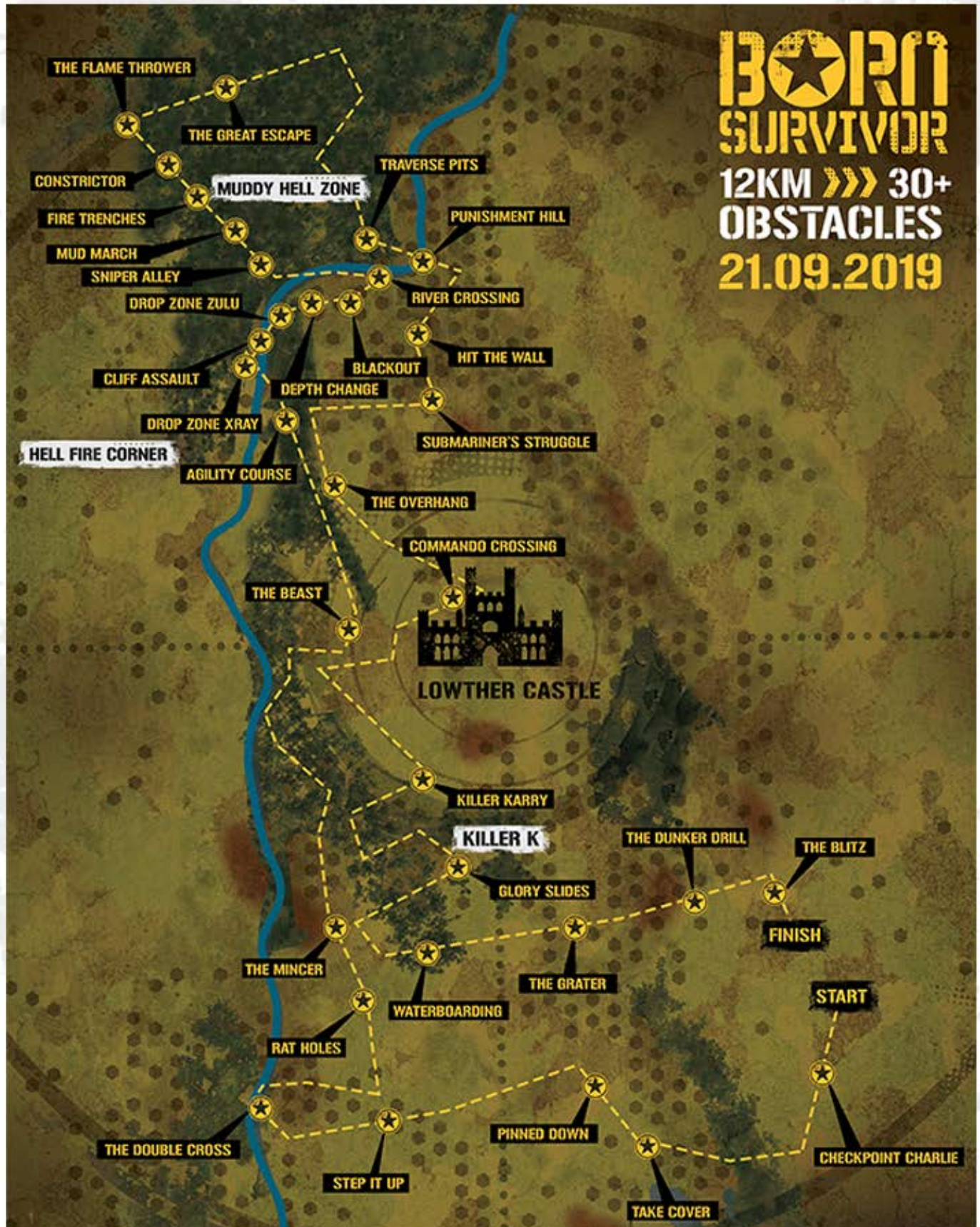
Dry ALL equipment and clothing. Some species can live for many days in damp conditions.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you clean and dry you kit before using it again for training or taking part in any events. Click the link to learn more about the importance of Biosecurity and how you can play your part:

http://www.scrt.co.uk/images/stories/pdfs/biosec_pack.pdf



★ EVENT INFORMATION - THE COURSE





EVENT INFORMATION



SAFETY INFORMATION

We want you to have the time of your life at Born Survivor, but we also want you to be 100% safe. YOUR safety is our number one priority. Because of this, we need all of our participants to follow some simple advice and guidance to help ensure everyone's safety on the day:

Fighting Fit

When you arrive at the start line, we want to make sure you're ready for the challenge of Born Survivor. So if you're injured or unwell on the day, you need to decide whether you're in a position to safely complete the course. Our advice would always be not start the course if you are injured or unwell, speak to us and we will do all we can to help.

Obstacle Safety

All of our obstacles are designed to be challenging, but safe; as long as you follow instructions given at the safety briefing, listen to the obstacle marshals and use some common sense. If you find yourself at any time not confident to tackle an obstacle, there's no shame in missing it out. We recommend that no jewellery is worn whilst participating in our events as it poses risk to injury.

Water Safety

Being able to swim is not essential for any sections of our course, but at our deep-water obstacles we would only encourage you to tackle the obstacles if you feel confident to complete them. We will have water safety & rescue specialists on the course.



SAFETY INFORMATION

Injured In Action

In the event of an injury, please inform the nearest marshal or ask another competitor to do so, you will then be assisted by the Born Survivor event crew. If you see another participant or spectator who is injured, unwell or in distress and isn't being cared for, please alert the nearest marshal.

Alcohol

Consumption of alcohol before completing the course is strictly forbidden.



DISCOUNT CODE

EXTRA 10% OFF ALL INOV8 KIT
VISIT: SPORTSSHOES.COM
USE CODE: SSMUD

#BORNMUDDY

Share your best photos under #bornmuddy for your chance to win a place to next year's event.



2020 EVENTS

BORN SURVIVOR - CAPESTHORNE HALL
9H MAY 2020

HERO ASSAULT COURSE ADULT & JUNIOR - PRESTON
JULY 2020

