



Course Address: The P.T Barn, One Tree Hill, Corringham, Stanford-le-Hope SS17 8JX

Search for “The P.T. Barn” in sat nav devices for directions.

This is a COVID-secure event. Please follow the strict safety procedures outlined below.

1. If you have COVID-19 symptoms or have been told to self-isolate in the last 14 days do not attend.
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
2. If you live in a Tier 3 local lockdown area do not attend. Please check local announcements for changes. You can check your postcode here.
<https://www.gov.uk/find-coronavirus-local-restrictions>
3. No spectators are allowed. Junior athletes are allowed one parent/guardian who must be listed as a spectator in the waiver form and also comply with these guidelines. Note siblings will not be allowed entry so please make the necessary arrangements.
4. Please arrive ready to race and no earlier than 30 minutes before your start time. Entry will be refused if you arrive before this time.
5. Please maintain social distancing throughout the event. At least 2 metres or 1 metre with a face covering. Please bring a face covering with you and listen to communications from marshals.
6. Attendees must avoid social interaction with anyone outside the group they are with, even if they see other people they know, at all times during their visit.
7. There will be no bag drop. Please leave in your car or contact us in advance if this presents an issue. A key drop will be available.
8. Hand sanitiser must be used before and after you begin your time trial. There will be extra optional hand sanitiser on the course for additional usage.
9. Participation medals will be on a table and can be collected after you have finished your time trial. We are unable to present them to you.
10. Unless specified, you must leave the venue after you have completed your time trial within 15 minutes even if you are in a podium position. Unfortunately, you can not stay and spectate.
11. There will be a podium for each age category and gender. Athletes should follow online results and return to the venue if they are in a podium position. Timings detailed below.
12. There will be no food or drink on site. Please bring what you need.

Thank you to the P.T. Barn for hosting this event on behalf of UKOSF.

Online Waivers

All athletes (or their parent/guardian) must complete an online waiver before entry.

Junior - <https://forms.gle/tGCvcsfRjRuBhWgH6>

Adult - <https://forms.gle/kc7Kz876tjvFwk6T6>

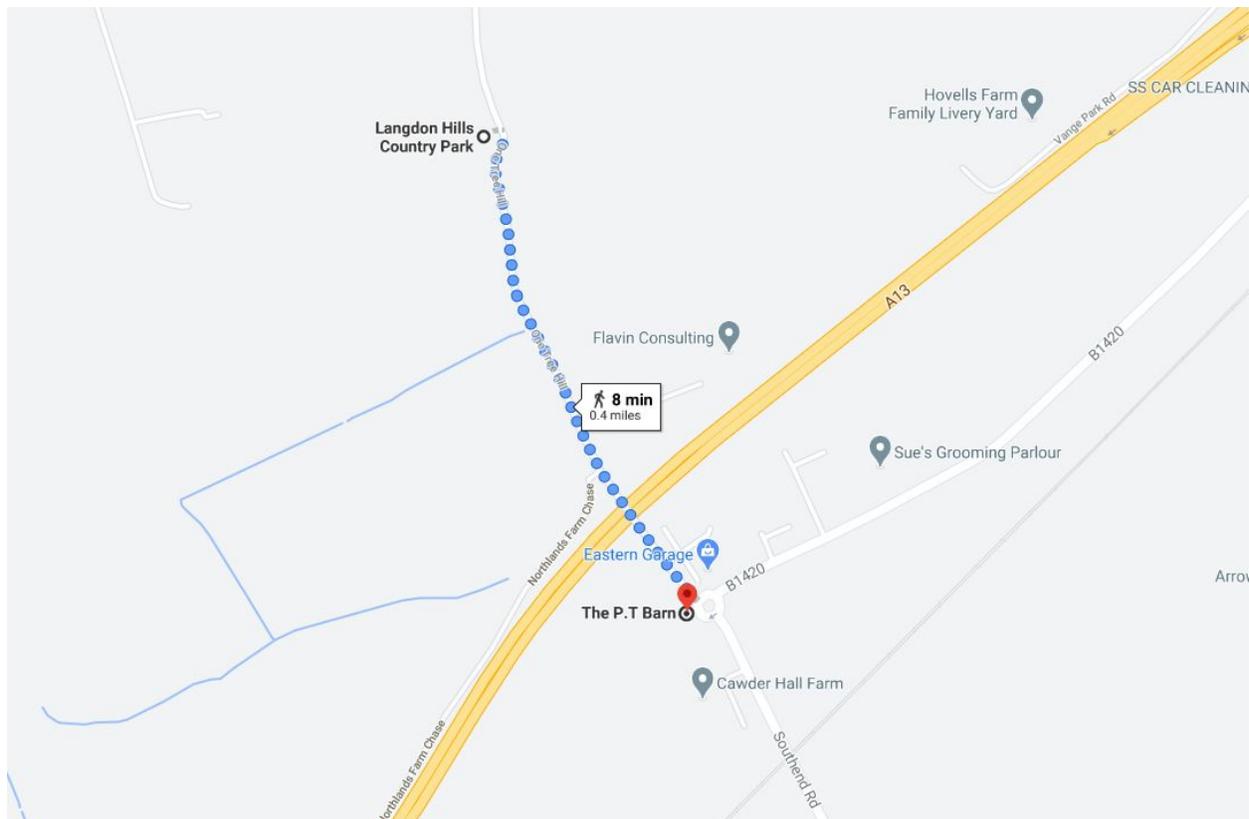
Warm up

Athletes will only be allowed to enter the venue 30 minutes before their start time.

We recommend that athletes who would like to warm up before they arrive visit Langdon Hills Country Park, there are toilets, a water foundation and lots of parking. The country park is also a short walk from the P.T. Barn.

<https://www.thurrock.gov.uk/langdon-hills-country-park/overview>

In addition there will be two warm up areas at the P.T. Barn that you can access prior to your race time.



General rules

1. Athlete age will be based on their date of birth on June 19th, 2020.
2. All athletes must be UKOSF members.
3. All athletes must have filled out an online waiver before taking on the course.
4. All athletes must follow the rules and guidelines given with regards to COVID-19.
5. All rules must have been read and understood prior to the course being undertaken. Any questions must be asked in advance and we advise prior to the event itself.
6. Strictly no touching of obstacles prior to the event. An athlete will be disqualified for breaking this rule. You may use the designated warm up area to the side of the portacabin.
7. Athletes who arrive at the venue must stay off the marked course, when crossing the course an athlete will be disqualified if they impede an athlete who is completing their time trial. You may walk around the course as long as you stay off the marked course.
8. Athletes must act with integrity on the course and follow the outlined rules and penalties detailed in this document.
9. You must start and finish with everything you take on the course. Example; if you start with gloves you must have gloves with you when you finish.
10. You must not use chalk/tack or other similar products on the course.
11. You may wear gloves on the course.
12. You must not take liquids or food onto the course.
13. The course starts from the 'Start Line' and will finish once you have made it across the 'Finish Line'.
14. Failure to use hand sanitiser at the start and finish will result in a disqualification.
15. Athletes should not spit on their hands while on the course. This would result in disqualification.
16. You must start behind the line and may start after the words '3, 2, 1 GO'. At this point you may get started. You will then take on the course whilst completing obstacles in order shown on the list of obstacles.
17. All obstacle rules must be followed at all times. Failure to do so will result in a penalty for that obstacle or a disqualified run.
18. Each obstacle will state if it is a 'Mandatory' obstacle or if the obstacle carries a 'Penalty' in the rules.
19. Each obstacle must be 'Honestly' attempted. Failure to do so will result in disqualification. This will be down to the discretion of the Athlete Marshal and Race Officials.
20. All Obstacles that carry a penalty will be '1 Attempt only'. You can see what is classed as an 'Attempt' in the obstacle rules.
21. Straps which hold hanging attachments must not be held or used for assistance.
22. All bells must be hit with the hand.
23. A 'Ground Touch' is classed as a part of your body touching the ground/mat/platform. Skimming longer grass is allowed.
24. If you fail an obstacle you will have to complete a penalty towards the end of the course. There is not a restriction on the maximum amount of penalties. Your 'Athlete Marshal' will let you know how many penalties you must do.

25. You must stay on the course at all times. Failure to do so will result in disqualification where an advantage is gained.
26. You must not get physical assistance from outside of the course. Exception below.
27. Each parent/guardian must be able to see their child at all times. They may follow them around the course. If a child in the AG9-12 category is unable to reach an obstacle a parent/guardian may lift their child to the first part of the obstacle, and then lower them down once they have completed it (for example after hitting the bell). They must not assist in helping them with momentum to progress on that obstacle.
28. Athletes should give way to faster runners unless on an obstacle. Athlete marshals will assist in advising you of this.
29. If an athlete is not moving on an obstacle for more than 5 seconds they must come off the obstacle and take a penalty if a faster athlete is approaching.
30. Note that if an obstacle is removed from the course for safety reasons during a competition an appropriate time subtraction will be added to all athletes who completed the removed obstacle.
31. Any complaints must be lodged at the finish line or before the podium ceremonies with respect to another athlete. In all cases the lead UKOSF official on the course will make the final decision. Complaints or video footage will not be considered after these times.

Age Categories & Running Order

Note that seeding was based automatically on what round an athlete qualified in (e.g. Round 1 Senior or Masters, Round 2 or Round 3) and then when they signed up.

Junior Competition - October 17th

Time: 1pm - 4.30pm

The junior trophy presentation will take place after the last athlete has completed the course. Junior athletes and their parent/guardians do not need to leave the venue if they are in a podium position.

Each parent/guardian must be able to see their child at all times. They may follow them around the course. If a child in the AG9-12 category is unable to reach an obstacle a parent/guardian may lift their child to the first part of the obstacle, and then lower them down once they have completed it (for example after hitting the bell).

1. Male AG13-17

#	Name	Arrival Time	Start Time
1	George Stanway	12:30 PM	1:00 PM
2	Joe Glover	12:33 PM	1:03 PM
3	Xander Dodd-Cruickshank	12:36 PM	1:06 PM
4	Roddy Macauley	12:39 PM	1:09 PM
5	Jake Burgess	12:42 PM	1:12 PM
6	Frank Grant	12:45 PM	1:15 PM

2. Female AG13-17

#	Name	Arrival Time	Start Time
1	Poppy Brenton	1:30 PM	2:00 PM
2	Carisma Baskeyfield	1:33 PM	2:03 PM
3	Lani Cardwell	1:36 PM	2:06 PM
4	Megan Startin	1:39 PM	2:09 PM
5	Amelie Grant	1:42 PM	2:12 PM

3. Male AG9-12

#	Name	Arrival Time	Start Time
1	Zekeriya Avara	2:30 PM	3:00 PM
2	Josh Hagen	2:33 PM	3:03 PM
3	Leo Chester	2:36 PM	3:06 PM
4	Harry Jeffery	2:39 PM	3:09 PM
5	Elijah Hagen	2:42 PM	3:12 PM
6	Oliver Addy	2:45 PM	3:15 PM
7	Finley Greenleaf	2:48 PM	3:18 PM

5. Female AG9-12

#	Name	Arrival Time	Start Time
1	Willow Andre	3:30 PM	4:00 PM
2	Libbie Joyce	3:33 PM	4:03 PM
3	Matilda Mae Grant	3:36 PM	4:06 PM
4	Maya Archer-Cascales	3:39 PM	4:09 PM

Female Competition - October 18th

Time: 10.30am - 1:15pm

#	Name	Arrival Time	Start Time
1	Stephanie Lloyd (Masters)	10:00 AM	10:30 AM
2	Rebecca Cohen (Masters)	10:05 AM	10:35 AM
3	Becky Lockwood	10:10 AM	10:40 AM
4	Siobhan Dickinson	10:15 AM	10:45 AM
5	Heather Ratcliffe	10:20 AM	10:50 AM
6	Emily Young	10:25 AM	10:55 AM
7	Helene Gilmour (Masters)	10:30 AM	11:00 AM
8	Sophie McGoldrick (Masters)	10:35 AM	11:05 AM
9	Amy Todd	10:40 AM	11:10 AM
10	Louise Ferriman	10:45 AM	11:15 AM
11	Liz Luck	10:50 AM	11:20 AM
12	Tracey Pannell (Masters)	10:55 AM	11:25 AM
13	Ruth Goodwin (Masters)	11:00 AM	11:30 AM
14	Laura Roberts	11:05 AM	11:35 AM
15	Rebecca Mason	11:10 AM	11:40 AM
16	Gemma Addy	11:15 AM	11:45 AM
17	Joanne Ogogo	11:20 AM	11:50 AM
18	Jade Skilen	11:25 AM	11:55 AM
19	Nicki Johnson	11:30 AM	12:00 PM
20	Laura Heywood (Masters)	11:35 AM	12:05 PM
21	Jane Grant (Masters)	11:40 AM	12:10 PM
22	Justyna Nowicka	11:45 AM	12:15 PM
23	Caroline Hennequin	11:50 AM	12:20 PM
24	Ellen Meekins	11:55 AM	12:30 PM

#	Name	Arrival Time	Start Time
25	Alix Arndt (Masters)	12:00 PM	12:35 PM
26	Encarni Cascales (Masters)	12:05 PM	12:40 PM
27	Becky Rendall	12:10 PM	12:45 PM

Female podium: 1:10 PM

Male Competition - October 18th

Time: 1:15pm - 5:15pm

#	Name	Arrival Time	Start Time
1	Chris Harriss (Para P2-4)	12:45 PM	1:15 PM
2	Corbin Mackin	1:00 PM	1:30 PM
3	Richard Jarvis (Masters)	1:05 PM	1:35 PM
4	Bobby Robertson (Masters)	1:10 PM	1:40 PM
5	Dan Brown	1:15 PM	1:45 PM
6	Gavin Ripton	1:20 PM	1:50 PM
7	Chris Shipley	1:25 PM	1:55 PM
8	Jack Taylor	1:30 PM	2:00 PM
9	Nick Silvey (Masters)	1:35 PM	2:05 PM
10	Mark Bennett (Masters)	1:40 PM	2:10 PM
11	Endre Hanak	1:45 PM	2:15 PM
12	Chris Davison	1:50 PM	2:20 PM
13	Tony Faulkner	1:55 PM	2:25 PM
14	Alastair Phillips	2:00 PM	2:30 PM
15	Jason Mawlam	2:05 PM	2:35 PM
16	Mike Mudder	2:10 PM	2:40 PM
17	Alex Young	2:15 PM	2:45 PM
18	Dean Johnson (Masters)	2:20 PM	2:50 PM
19	Andrew Durrance (Masters)	2:25 PM	2:55 PM
20	Josh Foster	2:30 PM	3:00 PM
21	Tony Leary (Masters)	2:35 PM	3:05 PM
22	Edward Lambert (Masters)	2:40 PM	3:10 PM
23	Ryan Ibbotson (Masters)	2:45 PM	3:15 PM
24	Mark Dickson (Masters)	2:50 PM	3:20 PM

#	Name	Arrival Time	Start Time
25	Nigel Leeming (Masters)	2:55 PM	3:25 PM
26	Jesse Betts	3:00 PM	3:30 PM
27	Dean Cheetham (Masters)	3:05 PM	3:35 PM
28	Kenneth Sams	3:10 PM	3:40 PM
29	Christopher Lee	3:15 PM	3:45 PM
30	Daniel Titcomb	3:20 PM	3:50 PM
31	Ross Finlay	3:25 PM	3:55 PM
32	Timothy Knights	3:30 PM	4:00 PM
33	Darren Martin	3:35 PM	4:05 PM
34	Sam McLeish	3:40 PM	4:10 PM
35	Das Gonnella	3:45 PM	4:15 PM
36	Robert Boarder (Masters)	3:50 PM	4:20 PM
37	Jack Carpenter	3:55 PM	4:25 PM
38	Chris De Stefano	4:00 PM	4:30 PM
39	Ramunas Uikys	4:05 PM	4:35 PM
40	Tom Wilson	4:10 PM	4:40 PM
41	Morgan Maxwell	4:15 PM	4:45 PM

Male podium: 5:10 PM

Obstacles and Penalties

Every obstacle failure will result in one penalty loop to be completed at the end of the course before crossing the finish line. Only one attempt is allowed on each obstacle – no retries. Please refer to rules with regards to what qualifies as an attempt.

Penalties will be tallied by the Athlete Marshal who will follow you around the course. The Athlete Marshal, Zonal Marshal, PT Barn or UKOSF official may award penalties. These will be communicated to you when you receive the penalty with the total advised before you arrive at the penalty loop.

Some obstacles will be mandatory (for example Weighted Carry). Retries will be allowed on these obstacles.

Failure to use hand sanitiser at the start and finish will result in a disqualification.

Junior Obstacles & Rules

Start: The start line will be by the portacabin and you will run directly to the Quarter Pipe.

1. Quarter Pipe (2 lanes)

1 attempt: As soon as you step onto the Quarter Pipe your attempt has started and you must make progress up the wall. If you fail or come back down you will have failed the obstacle.

1. Run up the Quarter Pipe until you can hit the bell.
2. You may use the rope for assistance to get to the bell.
3. You must not use scaffolding to assist your climbing.
4. As soon as you have hit the bell make your way back down the way you went up and continue on the running lap.

2. Ninja Steps (1 lane)

1 attempt: As soon as you make contact with the first Ninja Step your attempt has started. If you fail from there or step back you have failed the obstacle.

1. Start from behind the taped/sprayed line.
2. You will make your way across the Ninja Steps until both feet make it past the taped/sprayed line at the end.
3. You must not touch the floor or the wooden base on the floor in-between the start and finish line.
4. Note that if any part of your foot is on the marked line that is classed as a failed obstacle.

3. Mini Dragons Back / Slip Wall Combo (2 lanes)

1 attempt: As soon as you have stepped onto the box your first attempt has started. You must not step down from the box. If you step down or fail from there you have failed the obstacle.

1. Start by climbing onto the box.
2. Jump from the box to the sloped wall in front of you. There will be a horizontal bar that you can hold as you land.
3. As you make the jump from the box to the sloped wall you must make sure that no part of your body touches the ground/mats/straw bale in between.
4. You can go over or under the bar to progress up the wall.
5. Use the rope to make it to the top.
6. Once at the top you can go over or under the top rail and climb down the scaffold ladder on the back of the obstacle.

4. Slackline (2 lanes)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from the beam at shin height.
2. You will make your way across the slack line until both feet make it on or past the beam at the end.
3. You must use feet only to make it to the other side.
4. You must not touch the floor or the obstacle frame in-between the start and finish line.
5. You may use the uprights and beam at head height (start and end of obstacle) for assistance but you must not use horizontal bars which run alongside you as you take on the obstacle.

5. Car Tyre Carry

Mandatory obstacle: You must complete this obstacle in order to progress around the course. You will fail this obstacle if the tyre is not carried or tyre is put down outside the marked box.

1. Pick up 1 x car tyre from the marked box.
2. Carry the tyre along the course until you get back to the marked box (other side of box). Make sure the tyre is put back in the marked box. If the tyre is put or rolls outside the line you will fail the obstacle.

6. Low Rig (2 Lanes)

1 attempt: As soon as you have stepped off the horizontal starting beam your attempt has started. If you fail the obstacle or step back to the starting beam you will have failed.

1. Enter the obstacle between the two uprights.
2. Make your way along the rig to get to the other side. You may use any body part to get across the attachments. You may use the uprights to assist getting on and off the obstacle. No body part can touch the ground in between the horizontal start and horizontal finishing beam.

7. Weighted Bag Carry (AG9-12 run the loop only, no carry)

Mandatory obstacle: You must complete this obstacle in order to progress around the course. You will fail this obstacle if the bag is not put back in the marked area or if you miss and over/under section.

1. Pick up a weighted bag from the marked box.
2. Carry the weighted bag along the running lap until you get back to the marked box (other side of box).
3. Make sure the weighted bag is put back in the marked box.
4. If the weighted bag is put outside the line it will result in a penalty.
5. Note that you will take a weighted bag under an obstacle frame and then back along the crash mats where you will go over and under beams. You and the bag must go over/under each section. There will be signs to let you know if you should go under or over.

8. Stairway 2 Heaven Combo (1 lane)

1 attempt: as soon as your feet have left the crash mats your first attempt has started. If you fail or touch the mats to reset then you will have failed the obstacle.

1. Use the wooden boards to get to the top of the stairway obstacle.
2. You may start from any board on the first climb but must not use the scaffolding to assist you getting up.
3. Once at the top of the boards traverse across the wooden boards until you can hit the bell with your hand.
4. No body part can touch the crash mats and you must not use the frame for assistance from the moment you start progress on the first board, until you hit the bell at the end of the obstacle.
5. You must use hands only on this obstacle. No 'Chicken Wing', etc.

9. Balance Bridge (2 lanes)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from the beam at shin height.
2. You will make your way across the slack line until both feet make it on or past the beam at the end.
3. There will be rope at head height which you can use for assistance.
4. You must not touch the floor or the obstacle frame in between the start and finish line.
5. You may use the uprights and beam at head height for assistance but you must not use horizontal bars which run alongside you as you take on the obstacle.

10. Cargo / Balance Combo (2 Lanes)

1 attempt: As soon as you both your Feet are off the ground your attempt has started. If you fail or step on the ground then you have failed the obstacle.

1. Climb up the cargo net and over the top of the obstacle.
2. When you get to the top of the obstacle, work your way down the angled cargo net until you can safely dismount.
3. At the bottom of the cargo net athletes must transition onto the wooden balance beam without touching the floor.
4. Both feet must make it past the taped/sprayed line at the end to complete the obstacle.
5. Note that if any part of your foot is on the marked line that is classed as a failed obstacle.

11. Wall Traverse (1 lane)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from behind the taped/sprayed line.
2. Use the angled wooden boards and the ropes to traverse along the wall.
3. Finish past the taped/sprayed line.
4. You must not step on top of the angled boards.
5. You must not use the scaffolding for assistance.
6. You must not touch the ground between the start and finish line.
7. Note that if any part of your foot is on the marked line at the end of the obstacle that is classed as a failed obstacle.

12. Bar Traverse (2 lanes)

1 attempt: As soon as both feet have left the starting beam your attempt has started. If you fail or step back onto the beam/ground then you have failed the obstacle.

1. Start on the scaffolding at shin height.
2. Use the red bar to get across to the other side.
3. You must use hands only.
4. You must hit the bell to finish the obstacle.
5. You may use the attachment for assistance in getting up to the red bar.

13. Rope Traverse (2 lanes)

1 attempt: As soon as both feet have left the ground/starting beam your attempt has started. If you fail or step back onto the ground/starting beam then you have failed the obstacle.

1. Start from the bar at Shin height/straw bales (or grass in front of beam).
2. Climb the rope (If you need to) then traverse the gap using the rope to get across to the other side.
3. You can use any body part on the rope.
4. You finish by hitting a bell at the end.
5. No part of your body part can touch the ground between the starting beam and the bell.

14. High Rig 1 (2 lanes)

1 attempt: As soon as both Feet have left the starting beam your attempt has started. If you fail or step back onto the starting beam then you have failed the obstacle.

1. Start from the horizontal bar at knee height.
2. Use the hanging attachments to get across to the other side.
3. You must hit the bell to finish the obstacle.
4. You can use any body part to hold the attachment.
5. You must not use the attachment straps for assistance.
6. You must not use the frame for assistance.
7. No part of your body part can touch the ground between the starting beam and the bell.

15. High Rig 2 (2 lanes)

1 attempt: As soon as both feet have left the ground your attempt has started. If you fail or step back onto the ground then you have failed the obstacle.

1. Start from behind the sprayed/marked Line.
2. Climb up the rope to get to the next attachment.
3. Use the hanging attachments to get across to the other side.
4. You must hit the bell to finish the obstacle.
5. You can use any body part to hold the attachment.
6. You must not use the attachment straps for assistance.
7. You must not use the frame for assistance.
8. No part of your body part can touch the ground between the start line and the bell.

16. Under Cargo Net (2 lanes)

Mandatory obstacle: You must complete this obstacle in order to progress around the course.

1. Climb over the scaffold pole and run under the cargo net and climb over the scaffold pole at the other end.

17. Jump Up (2 lanes)

1 attempt: As soon as both feet have left the trampette your attempt has started. If you fail or land back on the trampette/floor then you have failed the obstacle.

1. Use the Trampette to get on top of the platform.
2. Jump from a standing or seated position down onto the crash mats.
3. You must not use the frame for assistance to get onto or off the platform.

18. Rope Climb & Cargo Net (2 lanes)

1 attempt: As soon as both feet have left the ground your attempt has started. If you fail or put the Feet back on the floor then you have failed the obstacle.

1. Climb up the rope until you can reach the cargo net.
2. Traverse under the cargo net until you get you can hit the bell.
3. You can use any body part to get across this obstacle.
4. Your feet must not touch the ground from the moment you leave the ground before the marked line and when you hit the bell.

19. Monkey Bars (2 lanes)

1 attempt: As soon as both feet have left the starting platform your attempt has started. If you fail or step back onto the starting platform/floor then you have failed the obstacle.

1. Start from the platform with the blue mats on them.
2. Work your way along the monkey bars until you get to the finishing platform.
3. Finish by jumping off the platform at the other end.
4. You must use your hands only on this obstacle.
5. You must not use the frame for assistance.

Penalty Loop (1 loop = 1 penalty)

1. Before completing the final obstacle any penalties must be completed.
2. Your athlete marshal will let you know how many penalty loops you must do (if any).
3. Collect 1 x weight from the marked box.
4. Carry the weight along the penalty loop until you get back to the marked box.
5. If you have multiple penalties then keep 'looping' until you have completed all your penalties.
6. Make sure the weight is put back in the marked box before proceeding.

20. The Finishing Straight (2 lanes)

All competitors will complete a number of mandatory obstacles in the finishing straight.

1. Run over/through lorry tyres on the ground.
2. Run over/through car tyres on the ground.
3. Jump over tractor tyres.
4. Crawl under high walls.
5. Go over the first beam.
6. Go under the second beam.
7. Climb over the low wall.
8. Run to the finish line.

Finish: The finish line will be marked with UKOSF feather flags.

Adult Obstacles & Rules

Start: The start line will be by the portacabin and you will run directly to the Quarter Pipe.

1. Quarter Pipe (2 lanes)

1 attempt: As soon as you step onto the Quarter Pipe your attempt has started and you must make progress up the wall. If you fail or come back down you will have failed the obstacle.

1. Run up to the top of the Quarter Pipe.
2. You may use the rope for assistance to get to the top.
3. You must not use scaffolding to assist you getting to the top but you may use the scaffolding to assist with getting over the top and onto the platform.
4. You must jump down from the platform from a standing or seated position but you must not climb down the scaffolding.

2. Ninja Steps (1 lane)

1 attempt: As soon as you make contact with the first Ninja Step your attempt has started. If you fail from there or step back you have failed the obstacle.

1. Start from behind the taped/sprayed line. Y
2. You will make your way across the Ninja Steps until both feet make it past the taped/sprayed Line at the end.
3. You must not touch the floor or the wooden base on the floor in-between the start and finish line.
4. Note that if any part of your foot is on the marked line that is classed as a failed obstacle.

3. Mini Dragons Back / Slip Wall Combo (2 lanes)

1 attempt: As soon as you have stepped onto the box your first attempt has started. You must not step down from the box. If you step down or fail from there you have failed the obstacle.

1. Start by climbing onto the box.
2. Jump from the box to the sloped wall in front of you. There will be a horizontal bar that you can hold as you land.
3. As you make the jump from the box to the sloped wall you must make sure that no part of your body touches the ground/mats/straw bale in between.
4. You can go over or under the bar to progress up the wall.
5. Use the rope to make it to the top.
6. Once at the top you can go over or under the top rail and climb down the scaffold ladder on the back of the obstacle.

4. Slackline (2 lanes)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from the beam at shin height.
2. You will make your way across the slack line until both feet make it on or past the beam at the end.
3. You must use feet only to make it to the other side.
4. You must not touch the floor or the obstacle frame in-between the start and finish line.
5. You may use the uprights and beam at head height (start and end of obstacle) for assistance but you must not use horizontal bars which run alongside you as you take on the obstacle.

5. Tyre Carry

Mandatory obstacle: You must complete this obstacle in order to progress around the course. You will fail this obstacle for not returning it put down outside the marked box.

1. Female athletes pick up 1 x car tyre and male athletes pick up 2x car tyres from the marked box.
2. Carry the tyre along the course until you get back to the marked box (other side of box). Make sure the tyre is put back in the marked box. If the tyre is put or rolls outside the line you will fail the obstacle.

6. Low Rig (2 Lanes)

1 attempt: As soon as you have stepped off the horizontal starting beam your attempt has started. If you fail the obstacle or step back to the starting beam you will have failed.

1. Enter the obstacle between the two uprights.
2. Make your way along the rig to get to the other side. You may use any body part to get across the attachments. You may use the uprights to assist getting on and off the obstacle. No body part can touch the ground in between the horizontal start and horizontal finishing beam.

7. Weighted Bag Carry

Mandatory obstacle: You must complete this obstacle in order to progress around the course. You will fail this obstacle if the bag is not put back in the marked area or if you miss and over/under section.

1. Pick up a weighted bag from the marked box.
2. Carry the weighted bag along the running lap until you get back to the marked box (other side of box).
3. Make sure the weighted bag is put back in the marked box.
4. If the weighted bag is put outside the line it will result in a penalty.
5. Note that you will take a weighted bag under an obstacle frame and then back along the crash mats where you will go over and under beams. You and the bag must go over/under each section. There will be signs to let you know if you should go under or over.

8. Stairway 2 Heaven Combo (1 lane)

1 attempt: as soon as your feet have left the crash mats your first attempt has started. If you fail or touch the mats to reset then you will have failed the obstacle.

1. Use the wooden boards to get to the top of the stairway obstacle.
2. You may start from any board on the first climb but must not use the scaffolding to assist you getting up.
3. Once at the top of the boards traverse across the wooden boards until you can hit the bell with your hand.
4. No body part can touch the crash mats and you must not use the frame for assistance from the moment you start progress on the first board, until you hit the bell at the end of the obstacle.
5. You must use hands only on this obstacle. No 'Chicken Wing', etc.

9. Balance Bridge (2 lanes)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from the beam at shin height.
2. You will make your way across the slack line until both feet make it on or past the beam at the end.
3. There will be a rope at head height which you can use for assistance.
4. You must not touch the floor or the obstacle frame in between the start and finish line.
5. You may use the uprights and beam at head height for assistance but you must not use horizontal bars which run alongside you as you take on the obstacle.

10. Rope Climb

1 attempt: As soon as both your feet are off the ground your attempt has started. If you fail or step on the ground then you have failed the obstacle.

1. Climb up the rope until you can hit the bell.
2. You may transition onto the cargo net after hitting the bell without coming down the rope.
3. You must not use the cargo net or scaffold frame for assistance until after you have hit the bell at the top of the rope climb.

11. Cargo & Balance Combo

1 attempt: As soon as both your feet are off the ground your attempt has started. If you fail or step on the ground then you have failed the obstacle.

1. Once the bell has been hit on the rope climb you can work your way onto the cargo net and over the top of the obstacle. Or if you have failed the obstacle you can climb up the cargo net from the bottom.
2. When you get to the top of the obstacle, work your way down the angled cargo net until you can safely dismount.
3. You must not use the cargo net or scaffold frame for assistance until after you have hit the bell at the top of the rope climb.
4. At the bottom of the cargo net athletes must transition onto the wooden balance beam without touching the floor.
5. Both feet must make it past the taped/sprayed line at the end to complete the obstacle.
6. Note that if any part of your foot is on the marked line that is classed as a failed obstacle.

12. Wall Traverse (1 lane)

1 attempt: As soon as you have stepped off the ground and onto the obstacle your attempt has started. If you fail or step back off the obstacle then you have failed the obstacle.

1. Start from behind the taped/sprayed line.
2. Use the angled wooden boards and the ropes to traverse along the wall.
3. Finish past the taped/sprayed line.
4. You must not step on top of the angled boards.
5. You must not use the scaffolding for assistance.
6. You must not touch the ground between the start and finish line.
7. Note that if any part of your foot is on the marked line at the end of the obstacle that is classed as a failed obstacle.

13. Bar Traverse (2 lanes)

1 attempt: As soon as both feet have left the starting beam your attempt has started. If you fail or step back onto the beam/ground then you have failed the obstacle.

1. Start on the scaffolding at shin height.
2. Use the red bar to get across to the other side.
3. You must use hands only.
4. You must hit the bell to finish the obstacle.
5. You may use the attachment for assistance in getting up to the red bar.

14. Rope Traverse (2 lanes)

1 attempt: As soon as both feet have left the ground/starting beam your attempt has started. If you fail or step back onto the ground/starting beam then you have failed the obstacle.

1. Start from the bar at Shin height/straw bales (or grass in front of beam).
2. Climb the rope (if you need to) then traverse the gap using the rope to get across to the other side.
3. You can use any body part on the rope.
4. You finish by hitting a bell at the end.
5. No part of your body part can touch the ground between the starting beam and the bell.

15. Weight Drag.

Mandatory obstacle: You must complete this obstacle in order to progress around the course. You will fail this obstacle if the weights are carried and not dragged or you leave them outside the marked box.

1. Collect 1 x weight and strap from the marked box.
2. Drag the weight along the course until you get back to the marked box (other side of box).
3. Make sure the weight and strap is put back in the marked box.
4. If the weights are put outside the line it will result in a penalty.
5. You must only hold the strap and not the weight.
6. The weight must stay on the floor at all times.

16. High Rig 1 (2 lanes)

1 attempt: As soon as both Feet have left the starting beam your attempt has started. If you fail or step back onto the starting beam then you have failed the obstacle.

1. Start from the horizontal bar at knee height.
2. Use the hanging attachments to get across to the other side.
3. You must hit the bell to finish the obstacle.
4. You can use any body part to hold the attachment.
5. You must not use the attachment straps for assistance.
6. You must not use the frame for assistance.
7. No part of your body part can touch the ground between the starting beam and the bell.

17. High Rig 2 (2 lanes)

1 attempt: As soon as both feet have left the ground your attempt has started. If you fail or step back onto the ground then you have failed the obstacle.

1. Start from behind the sprayed/marked Line.
2. Climb up the rope to get to the next attachment.
3. Use the hanging attachments to get across to the other side.
4. You must hit the bell to finish the obstacle.
5. You can use any body part to hold the attachment.
6. You must not use the attachment straps for assistance.
7. You must not use the frame for assistance.
8. No part of your body part can touch the ground between the start line and the bell.

18. Under Cargo Net (2 lanes)

Mandatory obstacle: You must complete this obstacle in order to progress around the course.

1. Climb over the scaffold pole and run under the cargo net and climb over the scaffold pole at the other end.

19. Jump & Swing (2 lanes)

1 attempt: As soon as both feet have left the trampette your attempt has started. If you fail or land back on the trampette/floor then you have failed the obstacle.

1. Use the trampette to get on top of the platform.
2. Jump from the platform to the hanging bar.
3. Move onto the ring and then onto the cargo net.
4. Traverse under the cargo net until you can hit the bell.
5. No part of your body part can touch the ground/mat between the trampette and the bell.
6. You can use any body part to complete the obstacle.
7. You must not use the frame for assistance.

20. Monkey Bars (2 lanes)

1 attempt: As soon as both feet have left the starting platform your attempt has started. If you fail or step back onto the starting platform/floor then you have failed the obstacle.

1. Start from the platform with the blue mats on them.
2. Work your way along the monkey bars until you get to the finishing platform.
3. Finish by jumping off the platform at the other end.
4. You must use your hands only on this obstacle.
5. You must not use the frame for assistance.

Penalty Loop (1 loop = 1 penalty)

1. Before completing the final obstacle any penalties must be completed.
2. Your athlete marshal will let you know how many penalty loops you must do (if any).
3. Collect 1 x weight from the marked box.
4. Carry the weight along the penalty loop until you get back to the marked box.
5. If you have multiple penalties then keep 'looping' until you have completed all your penalties.
6. Make sure the weight is put back in the marked box before proceeding.

21. The Finishing Straight (2 lanes)

All competitors will complete a number of mandatory obstacles in the finishing straight.

1. Run over/through lorry tyres on the ground.
2. Run over/through car tyres on the ground.
3. Jump over tractor tyres.
4. Crawl under high walls.
5. Go over the first beam.
6. Go under the second beam.
7. Climb over the low wall.
8. Run to the finish line.

Finish: The finish line will be marked with UKOSF feather flags.

Please email or message on Facebook any questions prior to the event.

Email

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Facebook

<https://www.facebook.com/ukobstaclesportsfederation>