

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

CHESHIRE - 22.04.2023

## EVENT GUIDE

PLEASE READ THIS GUIDE IN FULL BEFORE ARRIVING ON EVENT DAY

EPIC COURSE | LIVE MUSIC | BAG & KEY DROP  
| TOP QUALITY FOOD | LICENSED BAR | ICE CREAM |  
MERCHANDISE SHOP | FRESH COFFEE |  
TRAINER LOAN SERVICE

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## DIRECTIONS & EVENT SCHEDULE

### DIRECTIONS

By Road:

-15 miles south of Manchester down the A34 and a short distance past the east-west A537 Knutsford to Macclesfield Road.

-30 miles east of Chester. Turn right from the A537 on to the A34.

-20 miles north of Stoke on Trent off the A34.

By Rail:

-5 miles to Macclesfield and just 2 hours from London Euston.

-5 miles to Wilmslow where the Express to London Euston takes just 2 hours and five minutes.

-15 miles to Crewe and extensive national rail connections.

Strictly no parking on the road leading up to Capesthorpe Hall; cars parked on the roads will be towed away.

### EVENT SCHEDULE

TIME	EVENT
8:00AM	CAR PARK OPENS
08:30-11:30	REGISTRATION
10:00AM	ELITE & FIRST WAVE SETS OFF
20-30 MINS	WAVES SET OF EVERY 20 MINS
11:00AM	BAR OPENS & MUSIC STARTS
11:45AM	ELITE SQUADRON PRESENTATION
12:20PM	FINAL WAVE SETS OFF
12:45PM	LIVE MUSIC BY THINGUMABOB AND THINGUMAJIGS
5:00PM	BAR - LAST ORDERS
5:30PM	EVENT VILLAGE CLOSES

### 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	£8
Minibus	£15
Coaches	£30

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

For disabled parking or easy access to the event village please email [support@born-survivor.com](mailto:support@born-survivor.com)

### RESPECT THE COUNTRYSIDE

Born Survivor is held on the grounds of a working farm, so please ensure you take all litter/ unwanted clothing home or use the bins provided. Please do not drop rubbish on the floor as this pose serious risk/ harm to farm animals and as well as wildlife.

### START

Participants **MUST** be in the start area no later than 10-15 minutes before their wave time for a course safety briefing.

This is mandatory for all participants.

You will also have a brief warm up to prepare you for the mission ahead.

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## ★ EVENT INFORMATION - ARRIVAL

### ★ EVENT TICKET

All participants receive an event ticket attached to 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 8:30am for all participants. Hand your waiver in at the registration marquee. 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. All proceeds go to 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:**

<https://www.born-survivor.com/wp-content/uploads/assets/waiver.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 wearing clothes that dry quickly and don't bog you down. We also recommend bringing a towel and clothes to change into after course completion.

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## ★ 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 understand the risk of 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. All wristbands will be checked when entering the start cage to ensure you are in the correct wave.

### ★ FACILITIES

We provide a cold water de-mud station, so please come prepared with a towel, wet wipes and deodorant ready for the after party. We also provide 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's a lot going on in our Event Village. We have live music playing throughout the day at our very own Licensed Stripes Bar, selling craft ale and lagers and seasonal gins including high quality Whitley Neil gin with fever tree mixers.

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## ★ EVENT VILLAGE - WHAT WE HAVE ON SITE

### ★ EVENT PHOTOGRAPHY

My Bib Number will be deploying camera snipers on course for 2023....Facial recognition means you'll be able to locate your action snaps even when covered in mud!

Don't be late soldier! Sign up now - Save £5! 🔥 Sign up to My Bib Number to receive a discount voucher code for £5 off any action shots! (valid for 8 days after the photos have been released)

<https://www.mybibnumber.com/gallery/989>

All participants receive 2 x free finisher photos and the option to purchase additional action photos.

All Survivors will receive an email notification when your photos are ready for inspection!



### ★ 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 thumbs up and 'cheery' thanks as you negotiate 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.



### ★ 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.

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## ★ EVENT VILLAGE - WHAT WE HAVE ON SITE

### ★ ON SITE FOR YOU

10KM/ 5KM 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  
BURGERS & SAUSAGES BY WAH WAHS  
JAMAICAN STREET FOOD BY YARDIES  
FISH & CHIPS BY THE HIP HOP CHIP SHOP  
ICE CREAM & TREATS BY GRANDPA GREENE'S  
HOT DRINKS BY COFFEE VINTAGE  
EVENT PHOTOGRAPHY BY MY BIB NUMBER  
WARM UP WITH ROYAL MARINES  
INSTRUCTOR  
BORN SURVIVOR KIT SHOP  
SCOTT SPORTS - TRAINER LOAN  
MEDICAL COVER BY REMOTE MEDICAL  
SERVICES  
HIGH ENERGY TUNES BY BEAT N TRAX  
LIVE MUSIC BY THINGUMABOB AND  
THINGUMAJIGS

### ★ SPONSORS

We are partnered up with some absolutely amazing sponsors and charities, 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!

**J.W. LEES**



**SPORTSSHOES.COM**

### ★ CHARITIES



**East Cheshire Hospice**  
Where people come to live



ABF

THE SOLDIERS'

CHARITY



**Willowbrook Hospice** Every Contact Counts

**Cystic Fibrosis Trust**



**david.lewis**



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## ★ 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 multiple drinks stations located on the course, at approximately 1/3 and 2/3 distance and another at the finish line.



### ★ MEDICAL INFORMATION

On registration 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](mailto: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 Capesthorpe Hall 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 your 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/biose\\_c\\_pack.pdf](http://www.scrt.co.uk/images/stories/pdfs/biose_c_pack.pdf)

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## SAFETY BRIEF

### SAFETY BRIEF:

- Always climb maintaining 3 POINTS of contact
- Ensure that you lower yourself to the ground slowly and safely when climbing down from ALL obstacles.
- Please DO NOT jump off any obstacles in an uncontrolled manner.
- DO NOT attempt any obstacle if you believe that it's too difficult for you to negotiate or complete safely - part of being a soldier is knowing and recognising your limits.
- If you feel ill, unwell or pick up an injury at any time, please stop and contact a marshal or Born Survivor team member highlighted by their high vis vest or military combat bottoms.
- Always put your own safety first and concentrate when negotiating obstacles and take your time, especially on climbing and water obstacles.

Para Plunge and Drop Zone Alpha Water Obstacles...

The Para Plunge and Drop Zone Alpha involves swimming approximately 4-5 meters in deep water. Although we do have water safety experts on permanent standby, it is you who must make the decision as to whether you should attempt these obstacles or not.

A bypass lane is in operation which allows a wade through approximately 3 - 5 ft of water

With that in mind:

- Speak up and please talk to your marshal if in doubt of your ability to safely negotiate the obstacle.
- Enjoy and be thrilled but at the same time take care and respect these obstacles!

The depth of water:

Drop Zone Alpha Slide is approximately 9 FEET.

The Para Plunge Jump alternative is approximately 6 - 7 FEET.

- Listen carefully to your marshals.
- NO DIVING HEAD FIRST OR BOMBING!
- DO NOT push or shove.
- Our water is from natural open water sources, PLEASE DO NOT DRINK from the pools...Therefore please do not sip, drink or gargle this water! If you have open sores/cuts ensure these are covered and waterproof and consider whether you should take part.
- If your head is submerged, keep your mouth and eyes closed until you re-emerge.
- If you should feel ill after the event (especially 3-19 days after) then please tell your parents or guardian if appropriate, and see your doctor.
- Once you've finished, please make sure you wash your hands before eating or drinking, and wash them again after handling your dirty kit.
- Please use our cold water de-mud station to help clean off.

Finally have fun but be a switched on soldier!!

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## 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 CODES

ENLIST NOW & SAVE 10% AT OUR NEXT MISSION IN LANCASHIRE - RIBBLE VALLEY ON 16.09.2023.  
USE CODE: BS220423

EXTRA 20% OFF ALL KIT  
VISIT: SPORTSSHoes.COM  
USE CODE: BS2023

## #BORNMUDDY

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



### 2023 EVENTS

BORN SURVIVOR - RIBBLE VALLEY,  
LANCASHIRE

SATURDAY 16TH SEPTEMBER 2023

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