

SUN 22ND AUG 2021

ASHTON GATE STADIUM & GREVILLE SMYTH PARK

ASHTON ROAD, BRISTOL
BS3 2EQ

(ATHLETE REGISTRATION AND START LINE WILL BE
IN GREVILLE SMYTH PARK)

ATHLETE PACK
ATHLETE PACK



OOCR

OBSTACLE COURSE RACE
ASHTON GATE STADIUM
2021



ONLINE CHECK-IN & REGISTRATION

ALL ATHLETES WILL BE REQUIRED TO COMPLETE ONLINE CHECK-IN PRIOR TO THE EVENT. YOU WILL BE SENT A LINK WITH DETAILS OF HOW TO COMPLETE ONLINE CHECK-IN THE WEEK PRIOR TO THE EVENT.

ON THE MORNING OF THE EVENT YOU WILL BE REQUIRED TO COLLECT YOUR RACE NUMBER FROM THE REGISTRATION TENT IN GREVILLE SMYTH PARK AT LEAST 30 MINUTES PRIOR TO YOUR HEAT TIME.

ALL RACE NUMBERS WILL BE LAID OUT INDIVIDUALLY ON DESKS FOR YOU TO COLLECT, JUST PULL THE NUMBER OUT FROM BENEATH THE PAPER WEIGHT, GRAB SOME SAFETY PINS AND YOU ARE GOOD TO GO.

SPECTATORS

SPECTATORS ARE MORE THAN WELCOME AND WE DO NOT CHARGE SPECTATOR FEES. HOWEVER WE WILL ALSO SEND YOU A LINK ALONG WITH THE CHECK-IN LINK THAT YOU CAN SEND ON TO FAMILY AND FRIENDS IN ORDER FOR THEM TO BOOK AND PAY FOR PARKING.



CAR PARKING

ATHLETE CAR PARKING WILL BE AT ASHTON PARK SCHOOL ,
BLACKMOORS LN, BOWER ASHTON, BRISTOL BS3 2JL

YOU WILL NEED TO BOOK AND PAY FOR PARKING DURING THE ONLINE
CHECK-IN PROCESS SO PLEASE HAVE YOUR VEHICLE REGISTRATION TO
HAND!

PARKING COSTS = £6.50 PER ... ALL PROFITS GOING OUR CHARITY
PARTNER, BRISTOL CHILDREN'S HOSPITAL - 'THE GRAND APPEAL'



BAG STORAGE

THERE IS A MANNED BAG STORAGE GAZEBO; BAGS ARE DROPPED AND COLLECTED BY THE ATHLETE AND WE MUST SEE THAT THE BAGGAGE LABEL MATCHES YOUR RACE NUMBER FOR YOU TO BE ABLE TO LEAVE WITH YOUR BAG.

TOILETS

THERE ARE PORTALOOS IN THE PARK. THE TOILETS ARE GOING TO BE REGULARLY CLEANED DURING THE DAY.

CHANGING TENTS

THERE ARE NO CHANGING TENTS PROVIDED AT THIS RACE. PLEASE COME CHANGED READY FOR THE RUN. THE BAG DROP AREA CAN LOOK AFTER YOUR ADDITIONAL CLOTHES AND BAGS.

FOOD & DRINK

THERE WILL BE FOOD AND DRINK PROVIDERS AT THE PARK THROUGHOUT THE DAY.

MEDICAL SUPPORT

THERE WILL BE A MEDICAL TEAM ON HAND THROUGHOUT THE DAY AT THE PARK AND ASHTON GATE STADIUM



RACE START TIMES

HEATS WILL BEGIN AT 9.30AM

WHEN REGISTERING FOR THE OCR YOU WERE GIVEN A CHOICE OF AN AM/PM HEAT AND WE WILL SEND YOU YOUR EXACT HEAT START TIME THE WEEK PRIOR TO THE EVENT BASED ON YOUR REGISTRATION DETAILS I.E. YOUR ENTRY CATEGORY, WHETHER YOU CHOSE AN AM OR PM START TIME, 5K OR 10K DISTANCE AND ANY SPECIAL REQUESTS THAT YOU NOTED.

IMPORTANT

WE WILL ENSURE THAT ANYONE THAT HAS REGISTERED WITH THE SAME TEAM NAME WILL BE RUNNING IN THE SAME HEAT TOGETHER.

IF YOU ARE NOT IN THE SAME TEAM AS SOMEONE BUT YOU WISH TO BE IN THE SAME HEAT AS THEM YOU SHOULD HAVE SPECIFIED THIS IN THE 'SPECIAL REQUEST' SECTION UPON REGISTRATION.

IF YOU DID NOT DO THAT PLEASE EMAIL US AT [INFO@SUPERHUMANEVENTS.COM](mailto:info@superhumanevents.com) BY MONDAY 2ND AUG WITH YOUR REQUEST AS WE WILL BE UNABLE TO MEET YOUR REQUESTS AFTER THAT DATE.



ENTRY CATEGORIES / TEAMS & SCORING

'JUST FOR FUN'

IF YOU HAVE ENTERED THE JUST FOR FUN CATEGORY YOU WILL STILL BE INDIVIDUALLY TIMED, HOWEVER YOUR TIME WILL NOT BE ADDED TO THE COMPETITIVE SCOREBOARD.

PAIRS OPEN & MASTERS

BOTH TEAMMATES WILL BE TIMED INDIVIDUALLY WHICH WILL RESULT IN A 'COMBINED TEAM TIME'. AS A PAIR YOU WILL START IN THE SAME HEAT, HOWEVER YOU ARE NOT REQUIRED TO STAY TOGETHER THROUGHOUT THE RACE.

INDIVIDUALS OPEN & MASTERS

ALL INDIVIDUAL ATHLETES WILL BE TIMED AND ADDED TO THE SCOREBOARD

RESULTS & MEDALS

ALL ATHLETES THAT COMPLETE THE COURSE WILL RECEIVE A MEDAL. ONCE ALL RESULTS ARE IN AT THE END OF THE DAY WE WILL THEN BE ABLE ANNOUNCE THE OVERALL WINNERS OF EACH CATEGORY WITH WINNERS RECEIVING A WINNERS PRIZE PACK IN THE POST.



THE RACE, OBSTACLES & CHALLENGES

SUPERHUMAN OCR IS NOT A MUD RUN, ITS A COMBINATION OF DISTANCE RUNNING, OBSTACLES AND FUNCTIONAL FITNESS CHALLENGES.

THE COURSE WILL START AND END IN GREVILLE SMYTH PARK WITH A SMASH UP IN ASHTON GATE STADIUM RIGHT SMACK BANG IN THE MIDDLE!

IN THE PARK YOU WILL ENCOUNTER A SERIES OF MORE TRADITIONAL OBSTACLES SUCH AS CLIMBING WALLS, ROPE CLIMBS, A FRAME CLIMB, MONKEY BARS, BALANCE BEAMS, CARGO NET CRAWLS AND OF COURSE SOME CREATIVE SCAFFOLD BASED OBSTACLE DESIGNS.... HOWEVER, IN TRUE SUPERHUMAN SPORTS STYLE WE'LL ALSO BE THROWING IN A NUMBER OF OTHER FUNCTIONAL FITNESS STYLE CHALLENGES SUCH AS KEG CARRIES, LOG CARRIES, SANDBAG CHALLENGES, TYRE DRAGS AND TYRE PULLS.

ONCE YOU GET THROUGH THE PARK, OUR ROUTE WILL GUIDE YOU INTO ASHTON GATE STADIUM WHERE YOU'LL TAKE ON SUCH CHALLENGES AS STAIR CLIMBS, PROWLER SLEDS, BODYWEIGHT CHALLENGES, SKIPPING ROPES, PLYO BOXES AND EVEN ROWERS!!

THE EVENT FINISHES UP BACK IN GREVILLE SMYTH PARK WHERE BEFORE CROSSING THE FINISH LINE YOU'LL NEED TO COMPLETE OUR SLEDGE HAMMER CHALLENGE !

