

# NUCLEAR BLAST 2021 IMPORTANT RACE DAY INFORMATION

SATURDAY 11<sup>th</sup> SEPTEMBER

**BLAST CHECK IN OPENS:** 8am | **BLACKOUT CHECK IN OPENS:**5pm (you must check into each event separately)

KELVEDON HATCH SECRET NUCLEAR BUNKER, KELVEDON HATCH, BRENTWOOD, ESSEX.  
CM15 0LA, A128 ROAD (follow brown tourist signs)

**BRING VALID PHOTO ID:** eg driver's license, work pass, passport, facebook profile etc. Be ready for it to be verified. It will be accepted on a phone or take a photo of your ID so you can leave it at home. Under 18s – show us parent/guardian ID.

There are no Covid restrictions at this event but your safety & enjoyment is our priority, read more [Here](#)

## BOOKING FAQs:

- Where can I double check my entry details? Click on the event list [Here](#)
- **How does transferring a ticket to another person work?** The new ticket owner/participant will receive an email link from the original ticket holder. The link MUST be used within 36hrs & before transfer deadline or the transfer will be invalid. The new participant is charged the transfer fee but ticket payment is between the two parties (new & old participants) not Nuclear Races. **Please don't expect an email saying the transfer has taken place.**
- Click [HERE](#) for TEAM BOOKING FAQ answers.
- **BEASTMODE MEDAL RACK COLLECTION:** If you're signed up to both Nuclear Blast Day & Blackout night events your hard earned Beastmode reward will be ready waiting for you to pick up after your Blackout race. We have your details on our system so bring both your Blast & Blackout confirmation emails or race passes plus ID (phone is fine) to be verified at the BEASTMODE collection point next to the Nuclear Merch Shop in event village. This special reward is only available to collect on 11 September 2021 (it can't be posted on afterwards) [CLICK HERE](#)

## ARRIVAL

1. Allow at least 1 hour before your start time to allow for registration, parking, collection & fitting of timing chip, bag drop & use of facilities. Do not arrive earlier than 1.5hrs before your wave to help manage flow & don't leave arrival to 30 minutes before as you may get held up. Arrive in clothes you'll be racing in.
2. At registration you'll be issued with your **TIMING CHIP & CABLE TIES** to fit to your shoe. The chips are very robust but need to be attached properly. **Do not** put the timing chip in your shoe, in a pocket or elsewhere. Watch this [link](#) before you arrive so you know how to fit the chip.

## YOUR RACE START

1. You'll be called to the start zone by our Nuclear MC Rob for a compulsory race briefing & warm up led by PT Kate from The Fitness Arena approx. 10 minutes prior to your start time.
2. You must run in the wave you're booked onto. To enter the start area you will be required to hand in the colour coded wave start wristband you received at registration. If you don't have the correct wristband & display a timing chip you won't be able to take part in that wave. The event co-ordinator's decision is final.
3. All timing chips will be checked at the finish – if you don't have one, you may be asked by our crew to prove your registration.

**REMEMBER: NO TIMING CHIP = NO RACE = NO RESULTS = NO EXCEPTIONS**

**THIS IS THE ONLY RACE DAY INFORMATION YOU WILL RECEIVE &**

**IT MAY RESENT UP TO TWO TIMES BEFORE THE EVENT.**

## RACE FORMAT

1. There are 30+ obstacles on each 5k lap.
2. This event is a lap race, there's a 2 hour cut-off.
3. All racers are chip-timed.
4. **The aim: RUN AS MANY TIMES AROUND THE 5km LAP AS YOU CAN/WOULD LIKE IN 2 HOURS - it's your choice & your challenge!** eg if you cross the line at 1hr 59 mins you can continue on your final lap.
5. Attempt as many or as few laps or obstacles as you like. You don't have to run/walk/crawl for the full 2 hours. Choose your distance. It doesn't matter if you're the slowest - your race, your pace.
6. There are **NO** penalties for failing or missing out an obstacle but trying & attempting them is all part of the Nuclear experience. You will not be judged on your ability.
7. Your race-time starts when you cross the start mat, rather than the start gun.
8. Everyone taking part in Nuclear Blast is given a 10 year anniversary medal & survivor muddy mug of drink at the finish – please take the mug home with you. There are no survivor tops at Nuclear Blast BUT you can purchase vests & t-shirts in the Nuclear Merch shop.
9. Click [HERE](#) for the course map.

## THE COURSE

**SAFETY & MEDICAL:** On race day there'll be a course safety flag flying to alert you to the course conditions. Health & safety is very important to us. Professional emergency NHS medical services are onsite & mobile in 4x4 on the course.

**At Nuclear Races, obstacles are designed & built to a high quality to challenge all. Please remember you signed up to take part at your own risk. It's your responsibility to keep safe. If you feel the obstacle is in any way going to risk injury to yourself – do not attempt it.**

**Please note - there are dangers & you can get hurt. Be vigilant.**

**JUMPING IS PROHIBITED** for safety reasons. Do not jump into or off any natural or man-made obstacle no matter how big or small unless told to by our staff. Beware of shallow water (it may be deceptive) & observe the no jumping signs. Lower yourself slowly down from a high obstacle to the ground – if for any reason you do jump, reduce the chance of injury by landing with both feet & knees together.

Obstacles can become muddy over the day. Be mindful of slippery surfaces & take extreme care when negotiating or climbing obstacles – do not attempt the obstacle if you feel in any way you will risk injuring yourself, keep three points of contact on an obstacle at all times. Watch out for uneven & sometimes hard ground, branches, roots, rocks & trip hazards. Do not run outside of the course marking tape. All deep water is tested for bacteria prior to race-day. Keep your mouth closed when you're in water or mud, don't swallow.

**PREGNANCY:** If you know you are pregnant, you should not take part but you can transfer your ticket to another person.

**PREVIOUS MEDICAL CONDITIONS:** Consult your doctor before taking on the Nuclear challenge.

**PRE-RACE PRECAUTIONS:** Cover open cuts, scratches or sores with a waterproof plaster & cover with protective clothing.

**WATER DEPTH:** Water on the course is between 2-6' deep, depending on weather conditions. There are no sections requiring swimming skill but wading & treading water may be required. **The Deathslide is not at this event but there is a smaller water slide where ropes are available.** There's a water safety team at the bunker ziplines & buoyancy vests available where needed. There are other shallow water obstacles around the course eg ditches, banks, streams etc - **NEVER** jump into them.

**WATER STATIONS:** There are 2 mains connected water stations on the 5k course & water in the event village.

**LAP SPEED:** In 2020 the fastest time taken to race 1 x 5k BLAST lap was MALE 31:02, FEMALE 36:25. The slowest 5k lap was 2hrs 10 minutes. No one completed 5 x 5k laps in 2020.

**UNDER 16s:** Young adults 13-16yrs taking part at Nuclear Blast must be accompanied by an adult at all times.

**LITTER:** We do not supply energy gels/foods. If you use them, please be mindful of our countryside DO NOT drop/leave packaging for us to clear away – take it home & discard sensibly.

**MARSHALS:** are clearly marked in yellow hi-viz Nuclear Races vests & are at all major obstacles on the course to keep you safe & guide you.

**ROAMING COURSE MEDICS:** will arrive in a 4x4 & wearing a medic's uniform. They'll be accompanied by a driver who will take your details & ask what happened. This may be videoed.

**EVACUATION DROP DOWN POINT:** Should you be unlucky enough not to finish & cleared from the course for any reason you will be dropped off at the medic tent where you will be assessed & discharged.

### **USEFUL THINGS TO KNOW**

**CLOTHING & JEWELLERY:** Remove or tape up all your jewellery. Wear tight compression leggings/shorts & base layer with a loose technical fabric t-shirt over the top to wick away the wet & protect from bruises [Browse Here](#). Remember cotton gets heavy & cold when wet – skin dries quickest, less is more! Trainers - the bigger the grip the better. Tie laces on trainers tightly otherwise they'll get sucked into the mud (strictly NO studs or spiked trainers). We recommend footwear from specialists [RUNACTIVE](#), Chelmsford, Essex.

**TRAINING ALL YEAR ROUND** [www.wild-forest.co.uk](http://www.wild-forest.co.uk) (closed on race-day).

**MAKE A DAY OR WEEKEND OF IT:** The Secret Bunker is open to visitors up until 4pm, Nuclear Highropes is open & suitable for ages from 6yrs+.

**PRE-RACE NUTRITION & HYDRATION:** Don't wait to leave hydration to race-day. Drink more water in the days running up to & on race-day. Eat a good breakfast – for example porridge & honey/banana. About 1.5 hours before your start try eating ½ a jam sandwich to give you Nuclear energy

**VENTILATED BAGDROP:** drop off & retrieval is self administered (entry & exit will be staffed). Racers will be issued two bands - one for wrist & one for bag. Making your bag easily recognisable will help identify it - a coloured ribbon for example is a good idea. Place your bag on a labelled shelf remembering where you put it.

At the finish after the wash-down pick up your bag from the shelf checking the number on your wrist band matches the number on your bag (you will not be able to collect a bag on someone else's behalf. All bags are left at owners risk)

Bag-drop at Nuclear is FREE & INCLUDED in every ticket. Please use this facility so you can access your kit easily at the end of the race. Roll up your Dryrobe (or bulky clothing) and put in ONE average sized bag per person - at least 45 MINUTES before your start time.

**FINISH VENTILATED CHANGING AREA & WASH DOWN:** We have public walk through outdoor hot wash down showers at the finish zone. Please follow the wash-down procedure including the cold water troughs so we can get you warm & dry quickly. We'll be limiting the time spent under the showers to prevent queues. Please follow our marshal's instructions so we can get you to your bag/hot drink, warm clothes & heated changing area as quickly as possible & be mindful of the cold person behind you! Please support our lovely event village marshal volunteers by putting your unwanted rubbish etc in the changing area bins provided or bag it up & take it home with you.

**SPECTATORS:** We encourage you to bring your friends & family to come along to support & watch you; there's excellent obstacle viewing of the whole course & rocking event village, live music, kids entertainment, good food/drink, stuff to buy, see & do! Tickets pay on the day only £4 per person, under 12yrs free. FIND OUT MORE [HERE](#)

**CAMPING:** Racers are welcome to camp free of charge onsite at Nuclear Races from Friday 3pm-9pm through to Sunday. Camping gate opens 3-9pm on Friday & all day Saturday. The option to book a pitch was available when booking a race ticket. If you would like to pitch a tent but did not book camping when purchasing your race ticket you will need to register & update your booking via your confirmation email up until 4<sup>th</sup> September. You will receive a camping email with pitch number close to

race-day which you'll be asked to show on entry to the camp field. The camping area is a grass field with no facilities or hook up. Follow the camping signs from the car-park. Expect a toilet. Please be mindful & respectful of other campers & our neighbours at night/early morning. Camper vans & caravans are welcome.

**NUCLEAR DRYROBE DEAL PRE-PAID COLLECTION AT NUCLEAR MERCHANDISE SHOP in race village. If you took up the Dryrobe deal when booking 2020 or 2021 take your ID & order confirmation email to the shop for collection.**

**RESULTS:** Provisional results will be posted [HERE](#) on our website as soon as the chip timing team have verified them (24 hrs after your race). Please bear with us while this is being done. For all timing queries please email [Results@racetimingsolutions.co.uk](mailto:Results@racetimingsolutions.co.uk) NOT Nuclear Races.

**MISBEHAVIOUR:** Nuclear Races reserves the right to remove racers from the course if there's evidence of misuse of alcohol or drugs.

**RECOMMENDED LOCAL TAXI:** Brentwood Treble Twenty Taxis 01277 202020

**RECOMMENDED LOCAL HOTEL:** [HOLIDAY INN BRENTWOOD](#) M25 Jct 28 Brook Street, Essex CM14 5NF. Book direct 01277 247203 or via Central Reservation 0800 40 50 60. It is approximately 10 minutes away from the venue.

**RAIL SERVICE UPDATE:** Please plan your journey & check for changes in normal rail service.

**NEAREST TOWN/CASH POINT:** Ongar (5mins drive away) or BP garage on A128 towards Brentwood. The Nuclear Shop will be offering limited cash back for purchases over £20 (subject to sufficient funds available).

**PHOTO:** Don't forget to have your survivor photo taken at the finish by our photographers – it's your bragging rights! There'll be Nuclear muddy-togs catching some of your action around the course. Smile when you see them! Photos will be available to download/share/email from our [website](#) & look out for the daily upload to facebook.com/TheNuclearRaces. Please be patient with us as we sort & upload 1000s of images as soon as we can - expect an email with more information after your race. Be aware we can not guarantee photos of your specific experience but we always try our best. Follow Nuclear Races on social media to hear the latest updates.

**PHOTO RECOGNITION:** If you took up the optional photo recognition service at time of booking, you will be emailed a personalised code prior to the event. If you didn't take out the recognition service at time of booking you can register for the option up until 1<sup>st</sup> September via the personalised link in your check-in pass. The option is not available to purchase on race-day. PLEASE NOTE IT IS NOT 100% GUARANTEED – IF IT DOESN'T WORK FOR YOUR PARTICULAR PHOTOS, YOU CAN STILL VIEW ALL PHOTOS ON OUR WEBSITE GALLERY.

**EXTRA + FREE NUCLEAR 2021 MUDALLION MEDAL:** The adult Mudallion will be available for collection after Fallout in November. There is no need to pre-register to claim it this year. FIND OUT MORE [HERE](#)

Online ticket sales for [Nuclear Blast](#), [Blackout](#), [Nuclear 3](#) & [Rookies](#) will close at 9am on Friday 10th September if not sold out before. Tickets for unsold wave times may be available on race-day - £80 cash.

**CONTACTING** Nuclear HQ crew the week leading up to race-day – we'll have limited access to phone signal & WI-FI so please email [bookings@nuclear-races.co.uk](mailto:bookings@nuclear-races.co.uk) with any questions not covered in this RACE INFORMATION. Include full name, event & race ref to speed up communications. Please be patient with the speed of replying. READ OUR FAQs [HERE](#)

#### **MORE AT NUCLEAR BLAST 2021**

- Toilets
- Selection of hot/cold/vegetarian food options & drinks – cash & cards
- Licensed Boom Bar – beer, cider, soft drinks, seating, cards & cash accepted
- [Nuclear Merch Shop](#) - #lovemud kit, souvenirs & accessories. Cards accepted. RACE DAY OFFER 20% off Nuclear 2XU compression kit.
- [SV SPORTS THERAPY](#) injury specialists, pre & post race sports massage.
- Medal engraver, Run active footwear

- Ample free grass field parking

**We'd love to hear from you** – be part our #NuclearFamily community in several ways:

[Facebook](#)

[Insta](#)

[Twitter](#)

[Youtube](#)

Remember to use our hashtag **#lovemud**

**GOOD LUCK from all of us at Nuclear HQ, we're looking forward to getting you muddy!**

SAVE THE DATES

2021 NUCLEAR FALLOUT/Challenge Cup | Saturday 6<sup>th</sup> NOVEMBER

2022 NUCLEAR RUSH WEEKEND | 15<sup>th</sup>-16<sup>th</sup> May

2022 NUCLEAR BLAST/BLACKOUT | 10th September

2022 NUCLEAR FALLOUT/Challenge Cup | 5<sup>th</sup> November