

NUCLEAR BLAST ROOKIES 2021 IMPORTANT RACE DAY INFORMATION

SATURDAY 11th SEPTEMBER

ROOKIE CHECK IN OPENS: 8am

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

BRING VALID PHOTO ID: Be ready for it to be verified eg copy or screen shot of child's birth certificate/passport or parent/guardian ID/facebook. It will be accepted on a phone or take a photo of your ID so you can leave it at home. **DO NOT BRING ORIGINALS**

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.

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.
3. All 9-14yrs age group will be given a wrist-band to wear at registration for identification purposes; this will be removed from them as they enter their second lap on the course.

ROOKIE RACE START

- Your child must be ready prior to their start time. Children will be called to the Rookie start area 10 minutes before their start time to listen to a safety briefing & warm-up before setting off from the main adult Rush Race start.
- **Rookies must run in the wave they're booked on to. We will be checking all Rookie racers are in the correct wave time when they enter the start area.**
- Timing chips will be checked at the start & finish – if you don't have one, you may be asked by our crew to return to registration. We will be able to identify all Rookies from their timing chip.

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

THIS IS THE ONLY RACE DAY INFORMATION YOU WILL RECEIVE WHICH

MAY BE RESENT UP TO TWO TIMES BEFORE THE EVENT.

ROOKIE RACE FORMAT

1. There are approx. 20 obstacles on each 1.5k lap
2. Age groups can start together
3. Rookie 4-8 years complete 1 x 1.5k lap
4. Rookie 9-14 years complete 2 x 1.5k laps - 3k
5. Click [HERE](#) on the Nuclear Rookie course map.

SUPERVISION

4-6yr Rookie – *a grown-up must accompany their children on the course.

7-8yr Rookie – *an accompanying grown-up is optional.

9-14yr Rookie - run unaccompanied.

*An accompanying grown-up/parent can float alongside their younger children. They don't need a ticket & must remain as possible along the sides of the course stepping in to support over obstacles & stepping back from the course, so it's clear for other participants. Grown-ups need to wear suitable clothing & footwear, expect to get very wet & muddy. **GROWN-UPS MUST NOT CLIMB OR UNDERTAKE ANY OF THE OBSTACLES FOR HEALTHY & SAFETY REASONS.** Obstacles are marshalled where appropriate.

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 support your Rookie racer around the course.

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: There's very little water & it isn't deep but may reach 4-5'. Warn your Rookie to expect the water temperature to be very cold. There are no sections which need swimming skill. Buoyancy vests are available should they be needed. There will always be a qualified water safety marshal near water where needed. There are other shallow water obstacles around the course eg ditches, banks, etc **NEVER** jump into them.

WATER STATIONS: There are no water stations on the course, we advise bringing your own drinks. Hydrate properly in the days prior to and morning of the obstacle race. There's one free [Shaken Udder](#) milkshake for every Rookie racer in the finish zone (please think of others & only take ONE)

ENCOURAGING TEAMWORK: Working together as a team to overcome obstacles is what obstacle racing's all about. It teaches many life skills. The 'Nuclear-way' is to help each other over obstacles – give help, get help back. Turn round & see if the person behind needs your help

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.

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

USEFUL STUFF FOR GROWN UPS

SAFETY & MEDICAL: On race day there'll be a course safety flag flying to alert you to the course conditions. Health & safety is very, very important to us. Professional emergency medical services will be onsite in event village & mobile on the course.

HOW LONG WILL MY ROOKIE TAKE TO COMPLETE THEIR COURSE?

It may take 4-8yrs approximately 25-45 minutes to start and finish the 1.5k & approx. 45 minutes for 9-14yrs to complete the 2 laps.

ROOKIE CLOTHING & JEWELLERY: Come dressed in the clothes & shoes you'll be racing in. Wear clothes & shoes suitable for obstacle running & getting muddy & wet. T-shirt & shorts/ technical leggings are ideal. Technical fabric t-shirts (children's PE nylon fabric) wick away the wet, basic #lovemud kids sizes & designs are available in the Nuclear shop [online](#).

Trainers - no pumps, studs or football boots. **Make sure you wear proper trainers so the laces can be done up tightly; the bigger the grip the better.** Avoid velcro fastening as they don't #lovemud - it's not essential but might enhance your experience. Remove all jewellery (or tape up) including watches and earrings. Bring warm dry clothes & shoes to change into after racing, a bin bag is useful to carry wet kit away with you.

BELONGINGS: There's access to the main ventilated bag-drop if you'd like to leave bags. It's free of charge, please leave at your own risk. One bag per child please. Drop off & retrieval is self-administered (entry & exit will be staffed). Racers/or parent 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.

SPECTATORS: Supporters, friends & family are all 100% welcome to watch & be part of the amazing Nuclear buzz on race-day. Spectators pay on the day only £4 per person, under 12s free.

One Rookie ticket = 1 free parent/guardian entry (supporting or spectating). **Free admittance must be taken at time of Rookie registration.**

There's adult & children's obstacle racing to watch excellent obstacle viewing of nearly all the obstacles on course & a rocking event village, good food/drink, bouncy adventure castle, live music, seating & stuff to see 'n do. Find out more about spectating [HERE](#)

OUTDOOR OBSTACLE ACTIVITY CENTRE: We have a non-race-day assault & obstacle course in 20 acres of woodland on site at Nuclear Races. You can come & play on obstacles all year round, school holidays, join fitness classes, have muddy good fun individually or as a family, celebrate a birthday party or visit with your club or school. There's even axe throwing & air rifle range (from 13yrs+ too) too - take a look at WILD FOREST [HERE](#) & NUCLEAR HIGH ROPES [HERE](#)

NUCLEAR ROOKIE 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.

CAMPING: Rookie racers & their family 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 4th 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.

LITTER: Please support our lovely event village marshal volunteers by putting your unwanted rubbish etc in the labelled bins provided in event village/changing tents or bagging it up & taking it home with you! #grateful

AT THE FINISH:

NO ADULTS APART FROM THOSE ACCOMPANYING ROOKIES ON THE COURSE ARE ALLOWED IN THE FINISH ZONE.

FINISH VENTILATED CHANGING AREA & WASH DOWN: There is a separate Rookie only ventilated changing area. In the Rookie finish zone there are outdoor, walk through hot showers to wash the worst of the mud off (under parental supervision). We'll be limiting the time spent under the showers to prevent queues. DON'T expect to use soap – leave that for your long shower at home! Please follow our marshal's instructions so we can get you to the changing tent as quickly as possible & be mindful of the child waiting behind you!

All Rookies receive a 2021 Nuclear Rookie Rush Medal at the finish – which can be engraved in the event village plus **ONE FREE SHAKEN UDDER MILKSHAKE**. Once home, there's the option of downloading a **FREE personalised Nuclear Rookie Certificate from the [results](#) page**. Share your pride with school, class, assembly & clubs.

RESULTS: Race times can be checked at the results page on our website after the event (allow 24hrs after racing & bear with us while the [results](#) are uploaded). For all timing queries please email our chip-timing partners direct here Results@racetimingolutions.co.uk NOT Nuclear Races.

NEW 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. Keep an eye out for an email from bookings@nuclear-races.co.uk in your inbox & check your spam/junk folder too. If you didn't take out the recognition service at time of booking you can register for the option up until 1st September via the personalised link on your check in pass. The option is not available to purchase on race-day. **PLEASE NOTE: the recognition system is not 100% guaranteed. If it doesn't work for your particular photos you can still view all photos on the website gallery.**

PHOTOS: Please be aware that other parents as well as Nuclear's photographers will be taking photos of the event. There will be a Nuclear photographer (identified by wearing a Nuclear muddy-tog Hi-Viz) taking photos of the children's races/ survivor wall finish (please stay out of the finish zone) they're your child's bragging rights to be proud of! Photos will be **FREE** to download/share/email from our website nuclear-races.co.uk but please be patient with us as we sort & upload the images as soon as we can. Expect an email telling you when to start looking for photos. Follow Nuclear Races on social media to find out the photo gallery goes live with Rookie photos. 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.

MERCHANDISE: Children's Nuclear kit is available prior to race day online at the [Nuclear Shop](#). You can obtain a variety of souvenirs & kit including Rookie technical & cotton T-shirts, hoodies, onesies & Rookie water-bottles & keyrings at the Nuclear Merch Shop in the event village on race-day including 10 anniversary merch.

AFTER MUD: Get stuck in, find a sofa, soak up the atmosphere & share your post race achievement & muddy experience with the #NuclearFamily & obstacle racing community. Live band, stage, seating, kids inflatable, trade-stands, MC, refreshments, chilled family friendly festival feel.

RECOMMENDED LOCAL TAXI: Brentwood Treble Twenty Taxis 01277 202020 www.202020.co.uk

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).

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

ROOKIE 2021 MUDALLION MEDAL COLLECTION: This year's children's Mudallion will be available for collection after racing the last Rookie event in September. There is no need to pre-register for it as previous years; all Mudallion participants are recorded on our database. If your child has entered both 2021 Rookie events in Rush July & Blast Sept, bring both confirmation emails or check in passes to show (on a phone is fine) to the MUDALLION COLLECTION POINT by the Nuclear Merch Shop after racing. FIND OUT MORE [HERE](#) ** not sure we need this now as it was all about registering.

GOOD IDEAS FOR GROWN-UPS

- Bring a bin bag for wet clothes/shoes
- Bring a small old towel you don't mind getting muddy
- Pack a hat/hooded jumper to put over the head afterwards, a speedy way to warm up quicker if your Rookie is cold

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 Rookie wave times may be available on race-day - £50 cash.

EVENT VILLAGE – OTHER THINGS TO SEE & DO

- Bouncy adventure castle & slide, obstacle start finish viewing, space to run
- Selection of tasty hot/cold/vegetarian food options & drinks – cards accepted
- Licensed Boom Bar - beer, cider, soft drinks, seating. Cards 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 grass field parking - free of charge

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](#) **ROOKIES

2021 NUCLEAR FALLOUT/Challenge Cup | Saturday 6th NOVEMBER

2022 NUCLEAR RUSH** WEEKEND | 15th-16th May

2022 NUCLEAR BLAST**/BLACKOUT | 10th September

2022 NUCLEAR FALLOUT/Challenge Cup | 5th November