

Athlete Guide 2026



Race format

1

1KM RUN (EXCLUDING STORM)

WHEEL TYRE FLIP

Individuals, Doubles & Relay: 100M

Pro: 150M

Height/Weight:

Women Individual/Doubles: 3ft/63kg

Men Individual/Doubles: 4ft/83kg

Mixed Doubles: 4ft/83kg

2

1KM RUN (EXCLUDING STORM)

FARMERS URN HUG

125M

Weight:

Women Individual/Doubles: 24kg

Men Individual/Doubles: 30kg

Mixed Doubles: 30kg

3

1KM RUN (EXCLUDING STORM)

THE PLOUGH PULL

Individuals, Double & Relay: 125M

Pro: 250M

Weight:

Women Individuals/Doubles: 37kg

Men Individuals/Doubles: 70kg

Mixed Doubles: 70kg

4

1KM RUN (EXCLUDING STORM)

MILK CHURN CARRY

200M

Weight:

Women Individual/Doubles: 16kg

Men Individual/Doubles: 24kg

Mixed Doubles: 24kg

5

1KM RUN (EXCLUDING STORM)

DUCK & THROW

Individuals, Double & Relay: 10 throws &

100M run with bag

Pro: 20 throws & 175M run with bag

Weight:

Women Individual/Doubles: 22kg

Men Individual/Doubles: 32kg

Mixed Doubles: 32kg

Pro Women: 24kg

Pro Men: 32kg

6

1KM RUN (EXCLUDING STORM)

SQUAT & LIFT

Reps:

Women: 75 reps

Men: 100 reps

Mixed Doubles: 100 reps

Pro Women: 125 reps

Men: 150 reps

The race format consists of 4 categories: Individuals, Doubles, Pro and Relay.

6 x 1km trail runs alternating with a unique functional fitness station in between each run.

The functional fitness stations are all located in the buzzing central arena called The Core. The trail run includes 2 x 4ft hurdles.



General information

This is a chipped timed race and the results will be shown from fastest to slowest time and ranked within the race categories and age groups.

The chip timing will give an overall time and the splits by each functional fitness station and each 1km run.

If a competitor does not complete (DNC) a functional fitness station, they will have their chip timing tag removed. However, they may continue with the race without a final result time.

Age groups

16-24 years
25-29 years
30-34 years
35-39 years
40-44 years
45-49 years
50-54 years
55-59 years
60-64 years
65-69 years
70-74 years
75-79 years
80-84 years
85-89 years

Race categories

Women's Open
Men's Open
Women's Pro
Men's Pro
Women's Doubles
Men's Doubles
Mixed Doubles



Race day rules

The competitor must:

- Register on the day of the race at registration, where they will be given a race number, wrist band and a chip timing tag that needs to be placed securely on your ankle, as per instructions.
- Arrive at the start area 10 minutes before your start time, if you miss your slot, you will be allocated a later time subject to availability.
- Trail trainers are recommended.
- Be responsible for your own warm up and cool down.
- Follow all the rules and regulations.
- Complete all functional fitness stations, in the correct order.
- Use the correct start and finish lines at the functional fitness stations.
- Women – **yellow weights**; Men and Mixed Doubles – **blue weights**.
- Use the correct weight for your gender & complete the right number of reps or distance.
- Complete each 1km trail run including the 2 hurdles.
- Accept that the Adjudicators hold the final say on all decisions.
- Be responsible for hydrating with the water provided or bring your own and leave in the water area.
- Complete the race within 2 hours.



Doubles – specific rules

- One Double's athlete will wear the timing chip, and the other will wear a wrist band. Double competitors cannot start a station until both athletes are present.
- Doubles competitors share the specified repetitions and can change at any point during the completion of the repetitions.
- Squat and Lift handover rep: before handing over, the full lift must be completed (stand up and then down on the bench) and then the handles placed, not dropped to the floor, before the other athlete takes over. Otherwise, a no-rep will be given on the handover rep.
- Doubles cannot use an alternate station to complete their reps.
- Both competitors must run each 1km IN and OUT section together and begin every functional fitness station at the same time. Throughout the race, both athletes must stay together, passing both the start and finish lines side by side.
- Official race time will be recorded from the timing chip as both competitors cross the finish line together.



Pro – specific rules

- The Pro athletes follow the same rules as Nuclear Fit.
- The only difference is that station 1, 3, 5 and 6 have increased distances.



Relay – specific rules

- The race begins with the first runner of the trio leaving the Nuclear Fit start area to complete the 1km run, while the other two teammates wait in the designated relay pen.
- Each competitor must complete one 1km run and one functional fitness station minimum before returning to the relay pen.
- At this point, you can either head straight out for your second lap and station or remove the timing chip in the designated relay pen to pass over to your teammate, who will then continue the race.
- How you divide the runs and stations is entirely up to your team, as long as each member completes two runs and two functional fitness stations in total.
- Teams can be all male, all female or mixed.



General administration

- Each functional fitness station will have a Lead Adjudicator.
- The Head Adjudicator will wear an **orange vest**, the Lead Adjudicators will wear a **red and white vest**, and Adjudicators will wear a **yellow and white vest**.
- In the event of equipment failure or a lack of available equipment, any delay will be recorded using a stopwatch or a video on a smartphone. This time will be submitted to the chip timing team and the appropriate time adjustment will be applied once processing is complete.
- In the event of lightning, you must run over the timing mat to ensure your time is recorded, then move to a safe location and wait. Once the all clear is given, you will resume the race from the point at which you stopped.
- No spectators inside The Core.
- There will be a Medic available onsite.
- Hydration will be available in The Core and you are welcome to bring your own water bottle with you to be stored in the designated water drop off area.



Race format



Run
1k OUT



Run
1k IN



Station
IN

Repeat for all stations, 1 to 6 in an anticlockwise direction.

1. Wheel Tyre Flip



- The tyre must be flipped and not rolled.
- Flip out-and-back, making sure that the tyre touches the turnaround line.
- The tyre must stay within the gender section and finish within an available start bay.
- The competitor starts in the start bay.
- To flip the tyre, the competitor needs to get into a deep squat, place hands under the tyre, maintain a flat back with their head up and power up through the legs and hips. You complete this workout once the whole tyre returned to the start bay.
- You can use your knee to assist with the flip.
- You can stop to rest at anytime.
- If racing as a double only one person on the tyre at any time.
- Women: **Yellow**.
- Men and Mixed Doubles: **Blue**.

2. Farmer Urn Hug



- The urn may be carried in any way, with the exception of carrying it on the shoulder.
- The urn can be rested on the turn barriers.
- You can stop to rest at anytime.
- The competitor picks up the urn, remember to keep your core engaged.
- The carry begins the moment you pick up the urn and is completed once you place it back on the black platform.
- If racing as a Double, you can not carry the urn at the same time.
- Women: **Yellow**.
- Men and Mixed Doubles: **Blue**.

3. Plough Pull



- The plough (sled) can be pulled with the shoulders in or out of the loops, facing forward or backward.
- Only the harness can be used to pull the plough.
- No hands on the ground.
- The competitor must remain standing at all times, hands and knees are not allowed to touch the ground.
- The plough must start behind the line and finish back in the designated area.
- If racing as a Double only one competitor pulls the plough at a time, you can not assist you partner.
- You can stop to rest at anytime.
- Women: **One bag.**
- Men and Mixed Doubles: **Two bags.**

4. Milk Churn Carry



- The competitor is to carry one milk churn in each hand with both arms fully extended.
- Churns are to stay upright, at all times, with the contents maintained.
- The carry begins when the competitor picks up the milk churns.
- The churns must be collected and returned within the gender specific start/finish points.
- The competitor can put the milk churns down to rest at anytime.
- If racing as a Double only one person is to carry both churns at any one time before swapping over with their partner.
- Women: **Yellow**.
- Men and Mixed Doubles: **Blue**.

5. Duck and Throw



- The bag can be carried however you want but it must not be dragged along the ground.
- The bag must go over each beam and land on the ground on the other side.
- The bag cannot rest on the beam.
- The athlete then ducks under the beam to move onto the next beam and repeat to the end.
- The competitor can stop to rest at any time.
- If racing as a Double only one competitor holds the bag at one time. You can not share the weight.
- The competitor picks up their bag to run 40m back and places bag in the designated area.
- Women: **Yellow**.
- Men and Mixed Doubles: **Blue**.

6. Squat and Lift



- Start in the seated position and your hands must be placed on the **red** sections of the handles.
- Stand-up and raise the rack upward until the arms are extended above the head, ensuring that the arms are as straight as possible without causing joint hyperextension or injury.
- They must then sit back down onto the box with the handles on or in line with the top of the shoulders. This counts as one rep.
- They can rest at any time standing or sitting.
- Each correctly completed rep will be counted by an Adjudicator.
- The lift finishes when the competitor completes all the reps.
- Women (12kg): **75 reps**
- Pro Women (12kg): **125 reps**
- Men and Mixed Doubles (12kg): **100 reps**
- Pro (12kg): **150 reps**





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