

TWENTY EIGHTEEN ★ ATHLETE GUIDE



★ WORLD ★  
CHAMPIONSHIPS



19-21 OCTOBER 2018 / LONDON, ENGLAND / UNITED KINGDOM



# ADVENTUREY

We develop and deliver  
extraordinary experiences  
for athletes, their supporters,  
and our partners.



ADVENTUREY.COM

There's something there...

Something deep in the pit of your stomach.

It's been there since your very first obstacle course race.

At first, it felt like your typical race day butterflies. But it was different. It was a gnawing, almost annoying itch that wouldn't go away. A feeling that hinted to you that there might be more for you in this "OCR" thing.

At some point, that feeling turned into a tiny voice — a whisper telling you that you could be something more. Telling you that you could be a greater version of your previous self.

But today, what was once a whisper has become a chorus. Your family, your friends, your competitors, your fellow countrymen, have joined that singular voice to become a deafening roar. Banging against the walls from inside your chest, they plead with you to stand up tall, toe the starting line, and race with integrity and pride. Together, they ask the question: How great can you be?

Now, on British soil — the birthplace of OCR — you'll finally have a chance to answer them.

**Welcome to the fifth running of the  
Obstacle Course Racing World Championships.**



Adrian Bijanada & the Adventurey Team

# ★ RACE WEEKEND OVERVIEW

## Thursday, 18<sup>th</sup> of October

**Athlete Check-In & Registration — 12PM – 3PM + 6PM – 9PM**

**Opening Night Dinner Presented by inov-8 — 6PM**

Kickoff the 2018 OCRWC with your friends and fellow competitors with an English dinner, right at the venue, presented by inov-8.



## Friday, 19<sup>th</sup> of October

**Athlete Check-In & Registration — 7AM – 3PM + 6PM – 9PM**

**Short Course Championships — First Wave at 9AM**

A 3-kilometer sprint through an obstacle heavy course challenging athletes on pure speed and strength. This spectator friendly and adrenaline-fueled event will crown the fastest short distance obstacle course racers in the world.

**Akuma Sports Weekend Kick-Off Dinner — 6PM**

**AKUMA**

Join us at the Akuma Sports Weekend Kick-Off Dinner at the venue. Meet your fellow competitors from around the world, enjoy traditional English fare, and get ready for the next day's 15km event.

# EAT. MINGLE. REPRESENT.

AT THE 2018 #OCRWC ATHLETE DINNERS

*TICKETS ARE LIMITED. RESERVE YOUR SPOT TODAY!*



Presented by **inov-8**



Presented by **AKUMA**



# **BESPOKE OCR KIT**

**DELIVERED IN 2 WEEKS**



- **FREE DESIGN SERVICE**
- **UK MADE • PRECISION FIT**

OFFICIAL SUPPLIER TO



**AKUMASPORTS.COM**  
**INFO@AKUMASPORTS.COM**

**AKUMA**

# CREATE. ACTIVATE. ENGAGE.

Cut the fluff and focus on what matters most:  
a brand that real people can relate to with  
a message that clients can be proud of.

**Be bold, be brilliant ... BE YOU.**



**no filter**  
BE YOU

[thenofilter.com](http://thenofilter.com)

@nofiltercreative

## Saturday, 20<sup>th</sup> of October

**Athlete Check-In & Registration — 7AM – 5PM**

**Standard Distance Championships — First Wave at 8AM**

A grueling 15-kilometer course featuring more of the most innovative obstacles in the sport.

## Sunday, 21<sup>st</sup> of October

**Athlete Check-In & Registration — 8AM – 3PM**

**Team Championships — First Wave at 8:30AM**

Building on a tremendously successful format first introduced at the 2015 OCR World Championships, teams consist of three athletes, racing in relay format, on a course specifically designed in four separate legs. Each leg will target a key discipline of OCR: speed, strength, technique, and teamwork. Exchange points are designed to be spectator friendly and offer a high-intensity event.

**Youth Sport Trust Charity Open — First Wave at 1PM**



**YOUTH  
SPORT  
TRUST**

Didn't qualify? Favor fun over competition? We have you covered! Take on a 7K portion of the course and some of the continent's best obstacles. Fully open to the public and with no qualification required, this event will allow athletes and their supporters to experience a world-class course, with a portion of proceeds benefiting Youth Sport Trust.



# ★ 2018 RACE SCHEDULE

## THURSDAY, 18<sup>TH</sup> OF OCTOBER

12:00 – 3:00 PM Athlete Check-In & Packet Pick-Up (all events)

12:00 – 9:00 PM Official Apparel & Merchandise Shop

**6:00 PM Opening Night Dinner Presented by inov-8**  
(advance tickets required), Festival Tent

6:00 – 9:00 PM Athlete Check-In & Packet Pick-Up (all events)

## FRIDAY, 19<sup>TH</sup> OF OCTOBER

7:00 AM – 3:00 PM Athlete Check-In & Packet Pick-Up (all events)

7:00 AM Athlete Pre-Race Lounge Open

**9:00 AM 3K World Championships Race Start\***

9:00 AM Men 30-39

9:45 AM Women 30-39

10:15 AM Men 20-29

10:45 AM Women 20-29

11:00 AM Men 13-19, 40-49, 50+

11:45 PM Women 13-19, 40-49, 50+

12:15 PM Pro Men

12:45 PM Pro Women

1:00 PM Journeymen & Journeywomen

9:00 – 9:00 PM Official Apparel & Merchandise Shop

**3:00 PM 3K Awards Ceremony**

**6:00 PM Akuma Sports Weekend Kick-Off Dinner**  
(Advanced tickets required), Festival Tent

6:00 – 9:00 PM Athlete Check-In & Packet Pick-Up (all events)

*\* Start times are subject to change pending finalization of the athlete field.*

*\*\* These heats may be seeded based on 2017 results at the discretion of*





INOV-8.COM

# GET A GRIP

X-TALON WITH NEW

 **STICKY GRIP**



# ★ 2018 RACE SCHEDULE

## SATURDAY, 20<sup>TH</sup> OF OCTOBER

7:00 AM – 5:00 PM Athlete Check-In & Packet Pick-Up (all events)

7:00 AM Athlete Pre-Race Lounge Open

### 8:00 AM 15K World Championships Race Start\*

8:00 AM Pro Men  
8:15 AM Pro Women  
8:45 AM Men 30-34  
9:15 AM Women 30-34  
10:00 AM Men 35-39  
10:30 AM Women 35-39  
11:00 AM Men 40-44  
11:30 AM Women 13-17, 18-24, 25-29  
12:15 PM Men 25-29  
12:45 PM Men 13-17, 18-24  
1:15 PM Men 45-49, 50+  
1:30 PM Women 40-44, 45-49, 50+  
1:45 PM Journeymen & Journeywomen

9:00 – 9:00 PM Official Apparel & Merchandise Shop

5:00 PM 15K Awards Ceremony

\* Start times are subject to change pending finalization of the athlete field.



**OBSTACLE MUD RUNNER**  
magazine

For the latest OCR  
News, Race Calendar  
& Reviews, Kit &  
Equipment Tests,  
Health and Training  
Advice, Competitions  
and much more...

**OBSTACLE MUD RUNNER**  
Can you beat The Elements?  
Are you ready?  
MacTuff - Linda Johnston invites you  
See Top Picks for a chance to win  
SPARTAN EXCLUSIVE INSIDE

**OBSTACLE MUD RUNNER**  
Toughest with a Twist  
TM double win for the Unicorn  
Get a grip on endurance  
See Top Picks for chances to win

**OBSTACLE MUD RUNNER**  
ays ling  
Be  
gym  
top  
gym

Races Health Clothing Footwear News

[www.obstaclemudrunner.co.uk](http://www.obstaclemudrunner.co.uk)

# 2018 RACE SCHEDULE ★

## SUNDAY, 21<sup>ST</sup> OF OCTOBER

8:00 AM – 3:00 PM Athlete Check-In & Packet Pick-Up (all events)

8:00 AM Athlete Pre-Race Lounge Open

### 8:30 AM Team Championships Race Start\*

8:30 AM Men's Pro Teams

9:15 AM Co-ed Pro Teams

9:45 AM Women's Pro Teams

10:15 AM Men's Open Teams

11:00 AM Co-ed Open Teams

11:30 AM Women's Open Teams

12:30 PM Team Awards Ceremony

1:00 PM Youth Sports Trust Charity Open

*\*Athletes must report to the starting corral at the above indicated start time and will be released in waves.*

**WRECK BAG®**

**OCR**  
★ WORLD ★  
CHAMPIONSHIPS

**STOP BY THE  
WRECK BAG BOOTH  
FOR A CHANCE  
TO WIN A FREE BAG**

**WRECKBAG.com**

**Congratulations,  
OCRWC Athletes**

**WRECK BAG**  
MADE IN THE USA

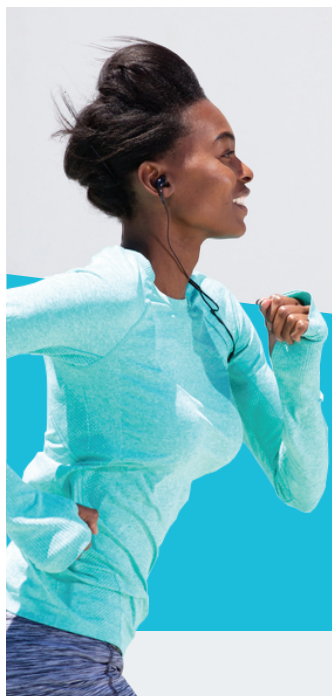


## Start Times & Waves

All athletes start in a wave designated by the division in which they are registered and are required to start in that designated wave. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.

In addition, please note the following:

- Athletes will receive their race day timing chip, penalty wristband and bib prior to the event at Athlete Check In. These are required to start the event. Under no circumstances will athletes be permitted to start the event without their identification bracelet and bib. Lost bands will not be replaced.
- Athletes must report to the start line ten (10) minutes before their assigned start time.
- As with all premier endurance races, the starting time for all athletes in a particular wave will be the “gun time” (e.g. if a wave starts at 9:35, each athlete in that wave is assigned the same starting time).



**Say hello,**  
to a *smooth*  
experience

- ☐ QUICK MOBILE REGISTRATION
- ☐ SAVE MONEY BY SHARING WITH FREINDS
- ☐ FREE OF ADS & DISTRACTIONS

**events.com**

## Athlete Check-In & Registration

All athletes are responsible for picking up their own race packets at the venue prior to the start of their race(s). Additionally, please note the following:

- Individuals may not pick up participant packets on behalf of others.
- Waivers must be signed at Athlete Check-In & Registration
- Race day Athlete Check-In & Registration is available for all events; however, athletes are very strongly encouraged to collect their packets the preceding days to avoid missing their designated start time. No athletes will be permitted to start the race without collecting their packets.
- You must have a Photo ID with you to pick up your race packet and be checked in.
- A parent or legal guardian must complete and sign the waiver for any participant under 18 years old.

**LEAVE THE  
SAFETY PINS  
AT HOME.**



On a mission to eliminate  
safety pins from the  
OCR course since 2013.

**xracewear.com**  
GET SOCIAL @XRACEWEAR



## Bag Check

- Bag Check is available for all races and is £5 (cash only)
- At race completion, your race number will be used to verify your bag when you pick it up.
- Valuable items should not be checked.
- The Event Staff is not responsible for any lost, damaged, or stolen items.

## Parking

Parking is available at the venue. Three-day Weekend passes are available for £10. Daily passes are available for £5 per day.

## Spectators

Spectators are free and encouraged. If they have not registered online, they must sign in before entering the festival area. They must also cheer loudly for their favorite athlete.

## Safety & Emergencies

The safety of all athletes, spectators, and staff is paramount. In the event of an emergency, all parties should follow the explicit instruction of event staff. Athletes that assist in an emergency may be permitted to begin the race again at the sole discretion of race officials.

## Weather

The race will be held rain or shine.

In the event of lightning, race events will be suspended if/when lightning is estimated to be within 10 miles of event. Events will not resume until the lightning is 10 miles away from the event areas.

Countryside weather can be unpredictable. As with all outdoor events, athletes should come prepared to compete in any conditions.

---

**FOLLOW US ON SOCIAL MEDIA**

 @OCRWorldChampionships

 @OCRWC

---



# YOUR OFFICIAL SPORTS THERAPY AND SPORTS MASSAGE CLINIC



**SV Sports Therapy** will be on site the **ENTIRE** weekend: **Thursday 18th - Sunday 21st October** offering pre and post treatment

Come and see us for sports massage, injury advice and taping before or after your event

**£20 for sports massage**  
**£10 for sports taping / kinesio taping application**

Email us now to reserve your spot -  
**[reception@svsportstherapy.com](mailto:reception@svsportstherapy.com)**

Or come and find us in the Athlete Village Main Tent



Casablanca Gym, Oakwood Hill Industrial Estate, Loughton, IG10 3TZ  
Harlow Rugby Club, Latton Park, Howard Way, Harlow, CM20 3FD

**07904 116 757**

[www.svsportstherapy.com](http://www.svsportstherapy.com) | [reception@svsportstherapy.com](mailto:reception@svsportstherapy.com)  
Sophie Vowden BSc (Hons) Sports Therapist and Team

# ★ PARTICIPANT DETAILS

## Beneficiary

Organizers of the Obstacle Course Racing World Championships have partnered with Youth Sport Trust as their 2018 beneficiary.



**YOUTH  
SPORT  
TRUST**

Youth Sport Trust is a charity established in 1994 to build a brighter future for young people in sport. The Trust develops and implements, in close partnership with other organizations, quality physical education and sport programs for young people aged eighteen months to eighteen years, in schools and community.

## Nutrition & Hydration

There will be numerous aid stations along the standard course and one along the short course should athletes need them, as well as at the finish line. Water and nutritional supplements will be available at each of these stations. We encourage you to not underestimate your energy expenditure on the course. If you feel you may need energy bars/gels, or other nutritional supplements, you are encouraged to bring them with you on the course.

*"NUTRITION IS THE INVISIBLE SECRET  
SAUCE THAT SETS YOU APART  
FROM THE COMPETITION!"*

> Melissa Boufounos, C.H.N.

Official Nutritionist of OCRWC 2018

Get your FREE "OCR Macronutrient Guide"  
and OCRWC athlete perks at:

> [melissaboufounos.com/ocrwc](http://melissaboufounos.com/ocrwc)



*RECOVER FASTER AND PERFORM BETTER!*

f @ocrnutrition



BELIEVING IN EVERY CHILD'S FUTURE



A UK children's charity working towards a future where every child enjoys the life-changing benefits that come from play and sport

**To donate, please visit**

**[www.youthsporttrust.org/donate-now](http://www.youthsporttrust.org/donate-now)** or text **YSTR20**  
followed by the amount you wish to donate, to **70070**

## Awards

Monetary prizes are awarded to the top finishers in the following divisions.

- Top 3 Pro Men & Top 3 Pro Women (3K & 15K Races)
- Top Pro Men's Team & Top Pro Women's Team
- Top 3 of Male & Top 3 Female in Each Age Group (3K & 15K Races)
- Top Pro Co-ed Team

## Littering

We are committed to leaving our host venue litter free. Any items you deem necessary to take with you at the start of the race, must be discarded appropriately in trash bins located at aid stations throughout the race or carried out with you at the end of the race. These items might include, but are not limited to, clothing, nutrition packaging, hydration packaging, etc. Any athlete found in violation may be disqualified by race officials. These items might include, but are not limited to, clothing, nutrition packaging, hydration packaging, etc. Any athlete found in violation may be disqualified by race officials.

## Course Cut-Offs

As much of the course does take place in densely wooded areas, as early evening hours approach, the course will become dark quickly. Due to this, a four-hour cut-off time has been set for the safety of athletes, staff and volunteers. This four-hour cut-off will be applied to all waves, and any athlete in an earlier wave not finishing under the four-hour cut-off will be considered DNF and not listed as an official finisher in the results.

### #OCRWC TO BE BROADCAST INTERNATIONALLY



BE PART OF THE INAUGURAL BROADCAST AND THE 60 MINUTE RECAP SHOW FEATURING THE ATHLETES OF THE #OCRWC SCHEDULED FOR OCTOBER 27TH ON UK CHANNEL 4\*

*\*WILL AIR ON UK'S CHANNEL 4, BRITISH EUROSPORT, SKY SPORTS, AND OTHER INTERNATIONAL NETWORKS*



# 2018 RULES



These rules serve as a common reference guide for all Competitors, Officials, and Volunteers. It is not all-inclusive and race officials reserve the right to address violations not addressed in this document.



## KNOW THE RULES



**IT IS THE RESPONSIBILITY OF EACH COMPETITOR  
TO KNOW AND UNDERSTAND ALL COMPETITION  
RULES, OBSTACLE RULES, AND PENALTIES.**

**\*\*\* OCRWC OFFICIALS RESERVE THE RIGHT TO ADDRESS VIOLATIONS  
OF CONDUCT NOT ADDRESSED IN THIS DOCUMENT \*\*\***

## 1. Eligibility & General Code of Conduct

To compete in the Obstacle Course Racing World Championships, athletes must meet the following requirements:

- 1.1. Athletes must be at least 13 (thirteen) years of age on the day of the event.
- 1.2. Athletes must adhere to the World Anti-Doping Agency (WADA) code for performance enhancing drugs and prohibited substances, and consent to drug-testing by race officials.
- 1.3. Athletes must adhere to all rules set forth by race administrators and officials.
- 1.4. It is the responsibility of all athletes to read, study, understand and know all the rules set forth herein before entering the race course and participating in competition.
- 1.5. Athletes are responsible for their own safety and **MUST NOT ATTEMPT ANY OBSTACLE THAT THEY ARE NOT COMFORTABLE IN DOING SO.**
- 1.6. Competitors are held to the highest standard of conduct throughout the course of the event. This includes but is not limited to:
- 1.7. Always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators, race staff, volunteers and officials.
- 1.8. Adhering to all rules of competition.
- 1.9. Understanding that each competitor is a representative of a growing athletic community and behaving responsibly throughout the event.

## 2. Time Keeping

The OCRWC utilizes a comprehensive timing system to track athletes' performance. As such, all athletes are required to adhere to the following guidelines:

- 2.1. All athletes are required to start in their assigned wave, specific to their division and/or age group. Athletes are

not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.

- 2.2. Athletes will receive their race day timing chip, penalty wristband and bib prior to the event at Athlete Check In. These are required to start the event. Under no circumstances will athletes be permitted to start the event without their identification bracelet and bib. Lost bands will not be replaced.
- 2.3. As with all premier endurance races, the starting time for all athletes in a specific wave will be the “gun time” (e.g. if a wave starts at 11:15, each athlete in that wave is assigned the same starting time).

## **3. Course & Obstacles**

The race takes place over rugged terrain that features both natural and man-made obstacles. Athletes should note:

- 3.1. It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
- 3.2. Any athlete that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from competition.
- 3.3. Apart from specific areas designated by race officials, athletes are not permitted on the course at any time other than when racing. ANY athletes found on the course without prior approval from an official will be immediately disqualified from the competition.
- 3.4. No athlete, at any time, may modify the course markings or the course.
- 3.5. Completion of all obstacles is MANDATORY to be eligible for awards/prizes. There are no alternatives to obstacles such as burpees, push-ups, penalty loops or other physical penalties.
- 3.6. In the event an athlete fails an obstacle, he/she will be permitted additional attempts, provided he/she is not blocking the path of another athlete who is attempting to complete the obstacle for the first time. In addition, certain

obstacles will have dedicated retry lanes for athletes making additional attempts. Athletes are REQUIRED to utilize these lanes unless directed otherwise by a race official.

- 3.7. In the event an athlete still fails to complete an obstacle, he/she will be forced to surrender their wristband. Athletes losing their band will still be allowed to continue racing and are considered finishers with a finishing time, but are not eligible for podium placement prizes/awards, and will be designated as Did Not Complete (DNC) in post-race results.
- 3.8. All obstacle completion bells must be rung using only an athlete's hand.
- 3.9. Athletes must enter water obstacles feet first.
- 3.10. Athletes are required to maintain forward progress on all obstacles and throughout the course and every effort must be made not to obstruct a fellow competitor. Slower athletes are required to yield to approaching athletes.
- 3.11. If an athlete is no longer making forward progress on any obstacle, the official will initiate a 5 (five) second countdown for the athlete to progress forward. The countdown will be at the discretion of the official at that obstacle and once the countdown has elapsed, the athlete is required to safely remove themselves from the obstacle. Athletes found to be excessively infringing (blocking) on another athlete's ability to progress may be subject to a time penalty and/or disqualification by race officials.
- 3.12. During the race, except for medical emergency, athletes may not receive outside assistance (including receiving nutrition or equipment from any other source other than a fellow competitor who is currently racing on the course). This does not include verbal instruction or support from coaches or supporters.
- 3.13. Athletes may not receive any physical help completing any obstacle.
- 3.14. Slower and faster athletes must demonstrate mutual respect during closely spaced/single-track areas of the course. Faster athletes are encouraged to call out "ON YOUR LEFT" (or

similar) when approaching slower athletes. The athlete being passed must permit enough space to allow the approaching athlete to safely pass.

- 3.15. Obstacle specific descriptions and rules will be covered in APPENDIX A.

## **4. Mandatory Obstacle Completion Confirmation**

Upon finishing the race, athletes achieving 100% obstacle completion are required to confirm their completion results through the following steps:

- 4.1. Immediately upon crossing the finish line, athletes who have completed all obstacles and have retained their penalty wristband must enter a clearly marked "100% completion" zone as directed by signage and race officials.
- 4.2. Athletes will be photographed with their wristband to verify and document their achievement.
- 4.3. Athletes failing to follow these steps may have their results invalidated.
- 4.4. No other athletes or supporters are allowed in this restricted zone.

## **5. Additional Penalties & Appeals**

The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by race officials. When a violation has been identified, the offending athlete will be informed of the penalty by race staff as soon as practicable. Athletes will be penalized for infringements such as:

- 5.1. Failure to properly complete an obstacle.
- 5.2. Not starting at his/her designated starting time.
- 5.3. Intentionally or unintentionally going off-course.
- 5.4. Engaging in unsportsmanlike conduct, including but not limited to:
- 5.5. The use of performance-enhancing drugs.
- 5.6. Making unnecessary contact with or hindering a competitor's progress.

- 6.7. Verbal/physical abuse of race officials or volunteers.
- 6.8. Modifying course markings.
- 6.9. Using offensive or derogatory language.
- 6.10. Receiving outside assistance
- 6.11. Littering on the course
- 6.12. Blocking (failure to yield to) other competitors
- 6.13. Failing to follow the direction of race officials

This list is not all-inclusive and is subject to change by race officials.

Any assessed penalty may be appealed. Athletes wishing to appeal a penalty must submit their appeal to the lead Race Official within 48 hours of the event. In the event of an appeal, race officials will conduct a thorough review of the infringement and penalty, and issue its findings within 72 hours.

## **6. Gear, Apparel & Personal Nutrition**


Athletes are encouraged to express their individuality, sports team, state or nation apparel while being appropriately dressed for an endurance racing event. Please note the following:

- 6.1. Glasses are allowed but discouraged for safety reasons.
- 6.2. Hydration packs are allowed.
- 6.3. Beyond shoes and gloves or protective gear (i.e. elbow pads, compression sleeves, buffs or knee pads), clothing/ personal equipment may not be used in to assist in the completion of an obstacle. **HAND OR FEET GRIP AIDS SUCH AS PINE TAR, LIQUID CHALK, METAL STUDDERED SHOES, METAL SPIKED FOOTWEAR OR EQUIVALENT ARE STRICTLY PROHIBITED.**
- 6.4. Alcohol, weapons, knives, firearms, explosives, glass bottles, and other dangerous objects are not permitted on the course.
- 6.5. All athletes must exit the course with all items they brought in. Littering or the discarding of personal property during the race may result in disqualification from competition.

## 7. Drug Testing

Athletes in the OCRWC are required to adhere to the 2018 World Anti-Doping Agency (WADA) code and the OCR World Championships Drug Testing & Education policy (available on OCRWC.com). Specifically, all competitors may be subject to testing for performance enhancing drugs and must consent and adhere to all protocols and procedures as instructed by race officials. A copy of this code can be downloaded at <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>. Additionally, athletes should note:

- 7.1. On-site sample collection will be conducted at the event by the National Center for Drug Free Sport, Inc. (Drug Free Sport™), a premier provider of drug testing services.
- 7.2. Samples collected will be tested at a WADA accredited lab for in-competition banned substances.
- 7.3. Athletes failing to adhere to this policy or found in violation of the WADA code will be subject to penalties such as disqualification, forfeiture of prizes, and banishment from future competition.



Do you want to be Fuelled By Proper Meals at this year's OCRWC?  
We are a nutrition company that supply fresh, healthy, tailored meals for all athletes.

Meal Prep Services


- Exclusive menu for OCRWC athletes
- Set plans including balanced, high carb & low carb meals
- Tailored macro specific meal plans
- Your choice of 1-5 meals a day
- Breakfast options
- Meat, Pescatarian & Vegan options
- Deliveries/collections available all week leading up to race weekend

Proper Meals On Race Day




- Fresh hot food being served throughout the whole OCRWC event days
- Our signature Meat & Vegan Chilli pot with fresh pitta available all day every day
- Healthy homemade snacks (vegan options available)
- Our helpful & fun team will be on site at all times

To view our meal prep menu & order please email  
[propermeals9@gmail.com](mailto:propermeals9@gmail.com)

Do You Want To Be...



Fuelled by: **PROPER MEALS.**

 PROPERMEALS  
 PROPERMEALS9  
 [WWW.PROPER-MEALS.CO.UK](http://WWW.PROPER-MEALS.CO.UK)



# ★ THANKS TO OUR 2018 SPONSORS

OCRGear

ADVENTUREY

AKUMA



FORCE

no filter  
BE YOU



inov-8  
INOV-8.COM

events.com  
Do more.



Veloforte  
100% NATURAL ENDURANCE NUTRITION



OBSTACLE MUD  
RUNNER

NOCCO  
NO CARBS COMPANY

---

## SPECIAL THANKS TO OUR 2018 CHARITY PARTNER



---

**APPENDIX A**  
**OBSTACLE SPECIFIC RULES**  
**TO BE ANNOUNCED SOON**



Get changed. Stay warm.



Performance. Passion. Authenticity.

The Official dryrobe of the OCR World Championships.  
Visit the dryrobe stand in the event village to get yours.



LONDON  ENGLAND



Collect your Ltd. Edition OCRWC  
2018 Competitor dryrobe  
at the dryrobe stand.

@dryrobe    #dryroberterritory



★ WORLD ★  
CHAMPIONSHIPS

BROUGHT TO YOU BY  
ADVENTUREY



OCRWC.com

©2018 ADVENTUREY LLC.  
ALL RIGHTS RESERVED.