



# NUCLEAR RACES

**Sunday 12th May**

**Brentwood, Essex, CM15-0LA, UK**

**For Adults (16+ Years Old) and Juniors (9-14 Years Old)**

Nuclear Races challenge all levels of fitness, ability and age, with a fun combination of obstacles on courses unique to each event.

Nuclear Races delivers the UK's most award-winning events with fun, high quality, achievable, obstacles designed to test every ability of fitness on fast-paced courses over epic varied terrain.



Expect the infamous *Deathslide*, *Para-plunge Zip-line* and *Swing A Ding* obstacles and more.

## Rookie Team Race

Rookies aged 9-14 years must complete 1.5km course lap twice (3km)

Price: £60 per ticket – includes a Roehampton Club Nuclear Races t-shirt and a snack

Start time: 10am

Parents and guardians can supervise and step in with help over obstacles if the child needs it but are asked to step back from the course wherever possible. We want rookie obstacle racers to grow in confidence from their experience but there is no pressure to complete all obstacles.

- There will be a short pre-race briefing and warm up.
- Every Rookie is chip timed, results available post race.
- Every Rookie has the opportunity to download a personalised Rookie certificate post race.
- Medals are presented to Rookies as they cross the finish-line.
- There's an outdoor hot wash-down shower at the finish for getting the worst of the mud off before heading to the heated changing area (if cold).
- There's a free bag drop facility.
- Bring spare warm clothes for afterwards and water to drink.



[Click here for more information](#)

## Rush Adults Team Race

16+ years\* complete a 12km course

\*13 to 15yrs old can enter this race but must be accompanied by an adult

Price: £120 per ticket – in includes a Roehampton Club Nuclear Races t-shirt and a snack Start time: 11.40am



The course is 12km. This event is NOT a lap race.

There are 70+ obstacles on the course.

All racers are chip timed.

Your wave will be made up of 12km runners.

Attempt as many or as few obstacles as you like – it's your challenge!

There are no penalties.

Receive a Nuclear Rush survivor medal and finisher top plus a hot cup of tea at the finish.

Option to de-select finisher top at checkout, reducing our impact on the environment and reducing your final checkout total.

We will start clearing the Rush courses from 5pm onwards (last runner 1st).

[Click here for more information](#)

For more information and to book, please contact Zuzana Duleba, Fitness Trainer at [zuzana.duleba@roehamptonclub.co.uk](mailto:zuzana.duleba@roehamptonclub.co.uk) or Ana Leal, Family Activities Manager at [ana.leal@roehamptonclub.co.uk](mailto:ana.leal@roehamptonclub.co.uk)

# Frequently Asked Questions

## What should I wear?

Wear fast-drying, breathable fabric t-shirts / base-layer / tights / shorts that you are happy to get **very** dirty and wet (technical fabric t-shirts are brilliant). Remember, cotton gets heavy and cold when wet – skin dries quickest, less is more. Tie laces on trainers tightly otherwise they will get sucked into the mud (the bigger the grip the better, strictly NO studs or spikes).



## How long does it take to get round the course?

Rush – 12km – approximately 2-3 hours

Rookies – 3km – approximately 45 minutes.

## Do I have to be super fit to take part at Nuclear?

Nuclear events are designed to challenge all abilities, ages and levels of fitness. We encourage everyone to take their race at their pace – walk it, run it, you don't need to be a superhero to take part and there's no pressure to succeed. Any kind of fitness will help you get the most out of your Nuclear obstacle experience.

## What kind of shoes should I wear?

Running shoes (no plimsolls) are best – the bigger the grip the better.

## Can I miss out obstacles or walk round them?

Attempt as many or as few obstacles as you like – it's your challenge! There are no penalties for failing or missing out an obstacle – walk it, crawl it, run it, slog it (except the Gorilla Bar trenches).



## How will Members get to the Nuclear Race?

Once bookings are completed, Zuzana and Ana will organise carpools as we encourage Members to go together.