



GLADIATORRUN

BELGISCH KAMPIOENSCHAP CHAMPIONNAT BELGE

OBSTACLE COURSE RACING

RULEBOOK

Inhoudsopgave

General information	Fout! Bladwijzer niet gedefinieerd.
MUD CRAWL	7
STRAW BALE JUMP	8
THE WALLS	9
A FREEBEE	10
THE 60° HANGOVER	11
PIPES	12
THE WALLS 2.0	13
RING THE BELL	14
Farmers Pyramid	Fout! Bladwijzer niet gedefinieerd.
THE CARWASH	16
THE VERTICAL	17
OVER UNDER THROUGH	18
THE STRANGE	19
TIRED TYRE	20
THE SWAMP	21
.....	21
MUSCULUS QUADRICEPS FERMORIS TERROR	22
NET CRAWL	23
ZIG-ZAG JUMP	24
Farmers Pyramid	Fout! Bladwijzer niet gedefinieerd.
TIPPLE-ZONE	26
SWING THE RINGS	27
NADARJUMP	28
FLIP-FLOP	29
BILLY BILLY	30
CARRY YOUR OWN LUGGAGE	31
PIPE CRAWL	32

CHAIN BASTARD	33
UP AND DOWN.....	34
HOUSEFRAME WITH ROPE.....	35
PULL THE BASTARD	36
6-PACK BITCH	37
BALANCE BAR.....	38
WINDOW TO THE WORLD	39
PULL IT UP	40
JUNGLE.....	41
FIGURE THIS ONE OUT	42
UFO	43
MONKEY TIRES	44
THE RAMP	45
OCR OBSTACLE	46
FIND THE HOLE	47
JUMP AND CHEER.....	48
GOOD LUCK!.....	49

GENERAL INFORMATION

Dear Runner,

On Sunday November 24th you will participate at the 8th edition of the Gladiator Mud Run and the 1st edition of the Belgian Championship OCR in Vossem.

Before you start, please find some additional information which might help you.

Numbers and starting times:

Do forget to print and bring along your e-ticket. Please proceed to 'Afhalen nummers' where your number will be scanned and where you receive your starting equipment.

T-shirts:

You will get a bag with your T-shirt and your running shirt with number

Where is the start:

Participants and supporters: follow the arrows 'START'

Location: **Dorreweg, 3080 Vossem via Varenberg and NOT via Vosseberg**

Clothing and shoes:

Please be aware you might become wet and/or dirty and make sure you have some additional/spare clothing with you.

Start:

Arrive on time because you still have to do some things. Get your personal T-shirt. Drop your luggage.

You will start in one wave at 15.00. It will be a 'fixed start'. This means when the start is given, the clock starts ticking.

Dressing rooms & luggage space:

You can deposit your luggage in the major tent from **09.00** onwards.

Use the luggage strip which you have received at the inscription table. We will not accept separate clothing or plastic bags. Leave valuable things either at home or in your car. We are not responsible for theft.

Showers:

We offer hot showers. Follow the arrows. 200 meters from the start, a bus will pick you up and will bring you to the location. There is a pickup service as well. **DO NOT** clean your shoes or clothes in the showers.

Parking:

There is one main parking. Follow the arrows.

Please follow the rules and check what has been written on the boards alongside the road.

Cars will be towed away if you are parked illegally.

Garbage:

You run over fields and through nature, please respect it and deposit your garbage where it belongs...in the trash bins.

The obstacles:

We have tried to make the obstacles as wide as possible.

If for some reason there is some obstruction and you have to wait for other competitors to finish, we do apologize.

This 14K race has 42 obstacles, some are very technical others are made to brake your pace and to let you feel every muscle in your body.

RACE INFORMATION

The Run:

You run the race at your own risk.

We do not force you to take any of the obstacles. It is important you know your limits and you know your body.

Who wins:

The runner with the best time and a bracelet is the overall champ.

In case no one arrives with a bracelet, the overall winner is the runner with the fastest time

Marshalls:

On the course we have marshalls who will check whether you fail or not. They will have the right to cut your bracelet.

Obstacle Rules:

All obstacles are mandatory. You can try as many times as you want. Only when you fail and you can't conquer the obstacle your bracelet will be taken off.

Cut Off time:

There is a cut off time of 2h.15min.

A sweeper will start 15 minutes after the start.

Complaints:

Up to half an hour after finishing the course you can come up with a complaint.

BOCRA will decide if a complaint is accepted or not.

All complaints received afterwards are not taken into account.

Podium Ceremony:

The ceremony will start at 17.30.

We will start with 50+ moving on to 16-24 and this for places 1-2-3 M and F. At the end of the ceremony the national champ M and F will be announced.

Categories

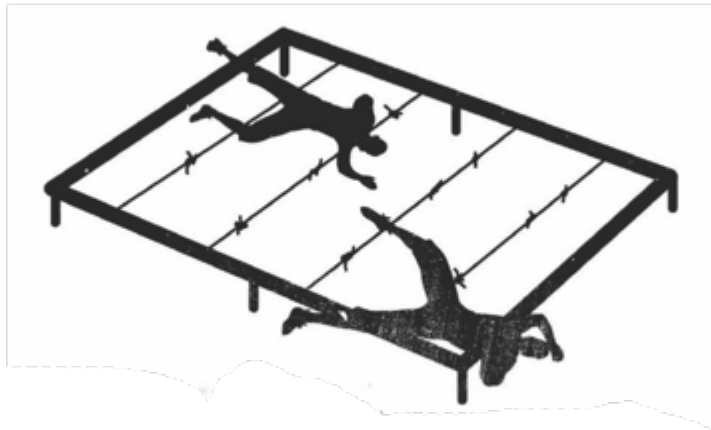
16-24	Male/Female
25-29	Male/Female
30-34	Male/Female
35-39	Male/Female
40-44	Male/Female
45-49	Male/Female
50+	Male/Female

We hope you enjoy the race!

Kind regards,

The Gladiator Run-Team

MUD CRAWL



Every Participant has to crawl under the fences.

STRAW BALE JUMP

Jump over the straw bales

THE WALLS



Climb over the walls. Side beams can not be used.
Helping is forbidden
Use of side beams means RETRY

A FREEBEE



Climb over the obstacle

THE 60° HANGOVER

Climb over the obstacle

PIPES

Crawl through the pipes

THE WALLS 2.0



Climb over the walls. Side beams can not be used.
Helping is forbidden
Use of side beams means RETRY

RING THE BELL



Climb the rope and hit the bottle.
The movement of the bottle needs to be visible.
No movement of the bottle means RETRY

FARMERS PYRAMID

Crawl under the pyramid

THE CARWASH

Dive through the 2 layers of tyres.
Crawling under or jumping over is forbidden

THE VERTICAL

Climb over the obstacle

OVER UNDER THROUGH

Go through, over or under the walls

THE STRANGE

Climb over the wall

TIRED TIRE

Carry one tire over a course going up and down.
Shortcutting means RETRY

THE SWAMP

Follow the trail

MUSCULUS QUADRICEPS FERMORIS TERROR

**Pull 4 tires over a designated course.
You need to pick up the tires on a location make a loop
and return them at the same location.**

NET CRAWL

Crawl under the net

ZIG-ZAG JUMP

Jump from one side to the other

FARMERS PYRAMID

Crawl over the straw bales

TIPPLE-ZONE

One foot in one tire.
Your foot needs to be placed in the middle of the tire.
Jumping on the tires is forbidden

SWING THE RINGS

Take 2 rings and Swing to the other side.
Falling means RETRY

NADAR JUMP

Jump over nadars

FLIP-FLOP



Flip truck tires from one side to the other.
We have 8 lanes so the first 8 runners will start on one
side. The next 8 runners will start on the other side
Rolling is forbidden and means RETRY

BILLY BILLY

**Go from one side of the obstacle to the other
by hanging on different objects. You can only use your
hands or arms. The use of feet is not allowed!
Falling means RETRY**

CARRY YOUR OWN LUGGAGE



**Carry your own bag of stones.
The bag needs to be dropped at the same spot as
the pickup place**

PIPE CRAWL

Crawl with your bag of stones through the pipes

CHAIN BASTARD

Carry a chain uphill and back down.

UP AND DOWN

Climb over the obstacle

HOUSEFRAME WITH ROPE

Take the rope, pull yourself up and climb over the roof
Go down by using the rope.
Jumping is forbidden and means RETRY.
If you don't make it, means RETRY

PULL THE BASTARD

Pull the tire from one side to the other and hit the Wooden beam. In case the tire is at the front beam, you need to go to the other side in order to pull it towards you.

6-PACK BITCH

Crawl under the net and over the beams

BALANCE BAR

Step over the beams without falling.
Falling means RETRY

WINDOW TO THE WORLD

Crawl over the wooden obstacle. If you use the side beams it means RETRY.

PULL IT UP



Raise the weight to the top bar using a rope.
Participants have to sit on the floor and use
both leg and arm power.
Dropping your weight means **RETRY**

JUNGLE

Jump over and crawl through wooden beams

FIGURE THIS ONE OUT

Use 2 metal bars to go from one side of the obstacle to the other.
One bar in your hand and one bar on the inside of your knee. The obstacle needs to be taken with your back towards the floor.
The bar you hold in your hands needs to be placed first on the wooden bars making a move forward and then pulling with your legs to pull your knees towards your hands. Your bar needs to hit the red end blocks. You need to put the 2 bars in the basket when leaving the obstacle.
Not reaching the end means RETRY

UFO

Use the rope to get yourself over the wooden circle and
over the upper bar.
Failing, falling or jumping means RETRY

MONKEY TIRES

Use the ropes and the tires to go from one side to the other. You have to put your feed in the tires and not on top of the tire.

Putting your foot on top of the tire means **RETRY**

THE RAMP



Run upwards the wall.
You can try as many times as possible to get over the
wall.
Depending on the weather we might hang small ropes.

OCR OBSTACLE

BELGIAN CHAMPIONSHIP ONLY

Use your hand to get from one side of the obstacle to the other. There are grips, nets and ropes.
Falling means RETRY

FIND THE HOLE

When leaving the OCR obstacle there is a basket with ankle strips. Take one strip and tightly wrap it around your ankles. This needs to be done before you leave the obstacle space.

You will have to hop to the next obstacle where you have to take 2 sticks.

Put the sticks in the holes and pull yourself up. Using your feet or knees means back to the ground and
RETRY

JUMP AND CHEER

CONGRATS you made it!
You're a finisher of the first Belgian Championship
obstacle course racing.
BE PROUD!
Jump, smile and we will take a picture 😊

GOOD LUCK!