



ELITE SQUADRON

OBSTACLE COMPLETION RULES | LANCASHIRE 2026

12KM • 29 OBSTACLES • ONE STANDARD

You have entered the Elite Squadron - a chance to test your grit, resilience and all-out determination on a course with genuine military inspiration running through its core.

The classic 12KM Born Survivor route is the ultimate test of aerobic and anaerobic endurance, physical capability and mental toughness.

RACE PREP

Ensure that your race bib is tied securely, with your race number on your back and fully visible at all times.

THE WHY

When you stand on the Ammo Boxes at the Born Survivor finish line, you'll know you've been in battle. But your leaderboard position is not the true reward.

THE REAL REWARD IS THE PREPARATION • THE PARTICIPATION • THE INNER CHALLENGE • KNOWING THAT YOU TURNED UP

ROUTE GUIDANCE

Across fields, woodland, watercourses, deep mud and unforgiving terrain, you will negotiate 29 military-inspired obstacles designed to test strength, stamina, courage and mental fortitude.

Expect muscle-sapping mud, deep water, steep climbs and high walls. The twisting route is designed to fully engage your senses and immerse you in the mission from start to finish.

IMPORTANT

- Wear suitable trail footwear.
- **NO SPIKES ALLOWED - spikes are dangerous and strictly prohibited.**
- Begin hydrating at least 3 days before the event, not just on race day.
- The finish line is on top of the wooden Ammo Boxes after The Blitz, the final obstacle wall.
- Route finding: follow YELLOW TAPE, 12KM SIGNS and BLACK ARROWS ON A YELLOW BACKGROUND.
- **DO NOT take Escape Routes, merge onto the 6KM course, or follow the Spectator Route.**
- **Failure to follow the correct route will result in DISQUALIFICATION.**

OBSTACLE COMPLETION RULES

All Elite Squadron athletes are expected to complete every obstacle. Obstacle Marshals will record the full name and race number of any Elite Squadron athlete who:

- Refuses an obstacle
- Bypasses an obstacle

- Fails to complete an obstacle correctly

A disqualified athlete may still continue and complete the course, but will not receive an official Elite Squadron placing or leaderboard position.

SECOND LAP POLICY

Want to go again for fun? Elite Squadron athletes may begin a second lap up until the final wave departs. Once the final wave has left the start area, re-entry onto the course will not be permitted.

SPECIFIC OBSTACLE RULES

OBSTACLE	ELITE RULE
ALL OBSTACLES	Must be completed without assistance.
ROPE TRAVERSE	Complete without falling off. You may re-attempt until successful. Elite Squadron must use the RIGHT-HAND-SIDE WALLS.
KAMPTA'S KARRY	Carry a BLACK JERRY CAN weighing 15kg. All cans have been weighed to the same weight. Non-completion = disqualification from competition.
COMMANDO CROSSING - MONKEY BARS	If you fall into the water before reaching the far platform, you must re-attempt to remain in competition. Non-completion = disqualification.
DROP ZONE ALPHA THE BAPTIST	Para Plunge is a deep water obstacle and must be completed. The Baptist is a short river swim depending on river conditions.
SURVIVOR'S PEAK	Must be completed without assistance. Non-completion = disqualification.
WALLS	Must be completed without assistance. Non-completion = disqualification.
THE MINCER - TYRE OBSTACLE	Go under the tyres and over the metal bars.
THE BLITZ - BIG WALL FINISH	Must be completed without the aid of a rope. Non-completion = disqualification.
FINISH LINE	Your finish is standing on top of the wooden Born Survivor AMMO BOXES. Jump up to claim your place!

IF IN DOUBT - ASK YOUR MARSHAL

PRIZES

1st, 2nd and 3rd Male & Female: Inov-8 vouchers, SportsShoes vouchers and Erdinger Alkoholfrei Elite Squadron engraved glasses.

ONE MORE TIME

1. Follow the black arrows on a yellow background.
2. Take the 12KM signs.
3. Ignore the 6KM Escape Routes.

SPECTATOR CROSSING: There is one spectator crossing directly after The Mincer tyre obstacle.

DO NOT take the Spectator Route.

I'll see you at the finish line. Best of luck.

Rob Partington

Race Director - Born Survivor