

THE ULTIMATE MILITARY OBSTACLE COURSE



CHESHIRE

CAPESTHORNE HALL

16.05.2026

BORN SURVIVOR

**EVENT
GUIDE**

PLEASE READ THIS EVENT GUIDE IN FULL
BEFORE ARRIVING ON THE DAY

WWW.BORN-SURVIVOR.COM

BORN SURVIVOR

DIRECTIONS

DIRECTIONS

Capesthorne Hall, Siddington, Macclesfield, Cheshire, SK11 9JY. You can easily get directions to the event entrance and parking area via google maps or AA Route Finder– click 'Get Directions' then add your postcode and destination. Strictly NO parking on the A34, this is an extremely busy road so please exercise caution when turning into our event. Entry is by vehicle only, anyone walking from the main road where they have parked their car will not be permitted into the event and may be towed.

CAR PARKING

The main car park is located in the adjacent field to the Event Village. Please do not arrive before 8am as we cannot allow site access before. Car parking is **CASH ONLY**. Please have the correct money ready when entering the car park to help traffic flow.

Car £8

Minibus £15

Coach £30

*Coaches must be pre-booked by emailing hq@born-survivor.com
For disabled parking or easy access to the event village please email hq@born-survivor.com*

SPECTATORS All spectators must book a ticket before arriving. Entry is not permitted without a ticket.
https://www.race-space.com/ticket_book/5814

RESPECT THE COUNTRYSIDE

Born Survivor is held on the grounds of a working farm, so please ensure you take all litter/ unwanted clothing home or use the bins provided. Please do not drop rubbish on the floor as this poses serious risk/ harm to farm animals as well as wildlife. Any person found littering intentionally will be banned from all Born Survivor Events.

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EVENT SCHEDULE

EVENT SCHEDULE

8:00AM	CAR PARK OPENS
8:30AM-12:30PM	REGISTRATION
09:40AM	ELITE WAVE SETS OFF
10:00AM	WAVES SET OFF EVERY 20 MINS
10:00AM	BAR OPENS & MUSIC STARTS
11:45AM	ELITE SQUADRON PRESENTATION
13:00PM	FINAL WAVE SETS OFF
5:00PM	BAR - LAST ORDERS
5:30PM	EVENT VILLAGE CLOSES



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EVENT SCHEDULE

START

Participants **MUST** be in the start area no later than **10-15 minutes before their wave time** for a course safety briefing.

This is mandatory for all participants.

Get Ready - Prepare for battle with a Royal Marines Commando - Will you survive the warm up?

WAVE TIMES

An email confirming your finalised wave time will be sent out separately. For safety reasons we may have had to adjust your wave start time, however all team members will have the same start time as their team captain. Allocated wave times are final and cannot be changed. All wristbands will be checked when entering the start cage to ensure you are in the correct wave.



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ON ARRIVAL

EVENT TICKET

All participants receive an event ticket attached to their initial event confirmation email. You need to bring this with you on event day, both electronic and hard copies are accepted.

REGISTRATION

Registration opens at 8:30am for all participants. Registration is by INDIVIDUAL surname, NOT team name. All pre-registered participants have already agreed to the waiver on purchase of a ticket.

ARRIVAL FOR YOUR MISSION

We advise participants to arrive at least 1 hour before their start time to allow you plenty of time to register, drop your post race kit at the bag drop, last minute toilet stop and of course RV with your team!

Failure to prepare, prepare to fail....Be an early soldier!

EQUIPMENT & CLOTHING

Please check the weather forecast prior to the event and come prepared accordingly. Typical trail/fell running footwear is strongly advised as there are many slippery areas around the course. Footwear with spikes are strictly not allowed. We recommend wearing clothes that dry quickly and don't bog you down. We also recommend bringing a towel and warm clothes to change into after course completion.

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ON ARRIVAL

UNIQUE KIDZ CHARITY BAG DROP

There will be both a bag & key drop on site. The bag drop is just £3, your bag will be tagged and you will be given a numbered wristband. The key drop is just £2 per small item (car keys, wallets etc). You will be required to sign your items in and out of the key drop. Any items left in both the bag & key drop are strictly at your own risk.

Both the bag & key drop are operated by our charity partners Unique Kidz. *All proceeds go to Unique Kidz*, thank you for your support!

Important - Please do not leave any medical items or medicines that you may need before, during or immediately after the event. Once items are left, there is no access to them until you collect them.

BORN SURVIVOR CHARITY TATTOOS

£2 for 2 - Get inked for the mission.....
Official Born Survivor temporary tattoos!

25% of all sales go directly to Andy's Man Club – supporting men's mental health and helping fight male suicide.

SAFETY WARNING

Born Survivor is an extreme challenge, physically and mentally, and taking part can be dangerous. We need you to be aware of and also make clear the risks in participation at Born Survivor.

The course is designed to be difficult and the terrain is muddy, slippery and potentially dangerous. You will be muddy & wet after the first mile. If you do not feel comfortable completing any obstacle, do not attempt it. If you have difficulties on the course (illness or injury) please stay on the course and make your way to the next available marshal.

THE ULTIMATE MILITARY OBSTACLE COURSE

BORN SURVIVOR

EVENT VILLAGE

ON SITE FOR YOU

- 10KM ROUTE 6KM ESCAPE - 30 OBSTACLES
- EXTREME LEVELS OF MUD
- AWESOME EVENT VILLAGE
- PARKING CLOSE TO EVENT VILLAGE
- HIGH SPEED RACE REGISTRATION
- COVERED M/F CHANGING AREAS
- BAG & KEY DROP MANNED BY UNIQUE KIDZ
- CLIMBING WALL BY ANDERTON CENTRE
- LICENSED SURVIVOR BAR - Sponsored by JW LEES
- ERDINGER ALKOHOLFREI - GRAB YOUR FREE ISOTONIC RECOVERY DRINK AT THE FINISH!
- BURGERS BY WYB (WHAT'S YOUR BEEF BURGER)
- STREET FOOD BY LIDS GOURMET PIES
- GREEK GYROS JUST LIKE HOLIDAY
- CHAMPAGNE & SHENANIGANS - BREAKFAST BAPS, CHICKEN & DIRTY FRIES
- PIZZA PEDDLERS - WOOD FIRED PIZZA SPUDS - WITH YOUR FAVORITE CLASSIC TOPPINGS
- CAKE, BAKES & ICE CREAM BY GRANDPA GREENE'S
- HOT DRINKS BY COFFEE SHACK
- EVENT PHOTOGRAPHY BY BORN SURVIVOR SNIPER SQUAD
- WARM UP WITH ROYAL MARINES INSTRUCTOR
- BORN SURVIVOR KIT SHOP
- HEALTH & WELLNESS ZONE - PROJUVINATE / RIBBLE VALLEY MASSAGE / SMUG ICE & HEAT THERAPY
- "BRING COSTUME & TOWEL & GET INVOLVED"
- MEDICAL COVER BY REMOTE MEDICAL SERVICES
- DJ BUNKER - Tunes by DJ JAMES
- SURVIVOR BATTLE DRUMS KONTAANI DRUMS!
- LIVE MUSIC 12.30 - 16.30 BY THE LIGHTER JAMS

THE ULTIMATE MILITARY OBSTACLE COURSE

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EVENT VILLAGE

MERCHANDISE



Our exclusive merchandise shop is open during event day and offers your only opportunity to grab the full range of official Born Survivor Merchandise. The shop operates a cash and card payment system. So if you want to go home in a thick, luxurious Born Survivor Stealth Training Hoodie, or a spiffing Born Survivor branded t-shirt and who wouldn't? Then bring your readies and plastic.

ENTERTAINMENT



We have live music playing throughout the day at our very own Licensed Survivor Bar where you can grab JW LEES craft ale, lagers, Capesthorne Hal Gin/fever tree mixers, Erdinger Alcoholfrei isotonic recovery drink and a range of soft drinks.

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EVENT VILLAGE

FACILITIES

We provide a cold water de-mud station, so please come prepared with a towel. We also provide hand wash facilities at the finish line, which we strongly advise all participants to use before diving into their celebratory post mission food & drink.

There will be ample toilets including disabled facilities.

CHANGING AREAS

There will be limited tented separate changing areas for girls and guys in the Event Village. Any unwanted muddy clothes/footwear should be placed in the bins provided.

(Keep the countryside as it should be)

SPECTATORS

Spectators are FREE and welcome. All spectators must book a ticket before arriving. Entry is not permitted without a ticket.

https://www.race-space.com/ticket_book/5814

We encourage as many people as possible to come and support friends and family. Much of the route is uneven with rough ground so care should be taken at all times to avoid trips and falls. Spectators must not enter the course at any time, except at designated crossing points. Children under the age of 16 must be accompanied by an adult at all times. Limited course maps will be available on the day.

**ANY SPECTATORS FOUND INTENTIONALLY ON THE COURSE
WILL BE ASKED TO LEAVE OUR SITE.**

LOST CHILDREN AND PROPERTY

The lost children and lost/found property point is located at the Born Survivor shop. Or you can speak to any of the event crew who will be wearing a high visibility Born Survivor jacket.

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ON THE COURSE

THE WARM UP

Before each wave starts, participants will be expected to be 'on parade' 15 minutes in advance of their wave start time. This will give you sufficient time to enjoy the warm-up in the 'start cage' delivered by our military PTI's. Once you're supple, you'll hear the crucial safety briefing.

HYDRATION STATIONS

There are multiple drinks stations located on the course, at approximately 1/3 and 2/3 distance and another at the finish line
COURTESY OF SPONSORS WATA and ERDINGER ALKOHOLFREI

YOUR MEDICAL INFORMATION

On registration you were asked to tell us about your medical conditions. It is vital for your safety that this is accurate for you prior to event day. If necessary, please update us on changes to your medical condition by emailing us at hq@born-survivor.com. In the event of any medical emergency we will refer to this information to provide you with any appropriate medical and emergency treatment. That vital piece of information may be crucial you on the day.

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EVENT VILLAGE

COURSE MARSHALS & EVENT CREW



Many of our brilliant marshals and crew members are volunteers and have given up their time to help make the event great for you. Please give them a thumbs up and 'cheery' thanks as you negotiate the course. Marshals and crew are there for your safety and to make sure you have a brilliant experience.

Help them enjoy the day with you.

CASH CASH CASH

THERE ARE NO CASH MACHINES ON SITE.

Don't forget to bring plenty of dosh, you'll need it for the Born Survivor shop, car parking, tasty food and most importantly beer.

Card payments facilities are available, however wifi can be unpredictable.

THE ULTIMATE MILITARY OBSTACLE COURSE

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ON THE COURSE

BIO-SECURITY

We are privileged to be able to hold Born Survivor In the stunning Cheshire & Lancashire countryside. We take our responsibilities to the environment, land, flora and fauna very seriously. We ask for your assistance to put some simple but effective biosecurity measures in place for preventing the spread of invasive non-native species at and from this event. Impacts of invasive species are considered to be one of the greatest threats to biodiversity worldwide. They threaten the survival of rare native species, damage sensitive habitats and cost the British economy approximately £1.7 billion each year. Non-native invasive species can have huge detrimental implications if they 'hitch-hike' on your equipment. Ditch the Hitchers: As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, it is compulsory for all participants to follow a simple 'Ditch the Hitchers' procedure. Follow this simple 3 step process every time you leave any river, lake or other body of water to protect our freshwaters from the spread of Invasive Non-Native Species (INNS):

Check:

Check your equipment and clothing for living organisms. If you do come across any organisms, leave them at the water body where you found them.

Clean:

Clean and wash ALL equipment, footwear and clothes thoroughly.

Dry:

Dry ALL equipment and clothing. Some species can live for many days in damp conditions.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you clean and dry you kit before using it again for training or taking part in any events. Click the link to learn more about the importance of Biosecurity and how you can play your part:

http://www.scrt.co.uk/images/stories/pdfs/biosec_pack.pdf

THE ULTIMATE MILITARY OBSTACLE COURSE

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ON THE COURSE

MISSION MAP

16052026



MAP LEGEND

10KM

6KM ESCAPE ROUTES

SPECTATOR ROUTE

OBSTACLES

H2O HYDRATION STATION

COURSE SNIPER (PHOTOGRAPHER)

MUSIC STATION



THE ULTIMATE MILITARY OBSTACLE COURSE

BORN SURVIVOR

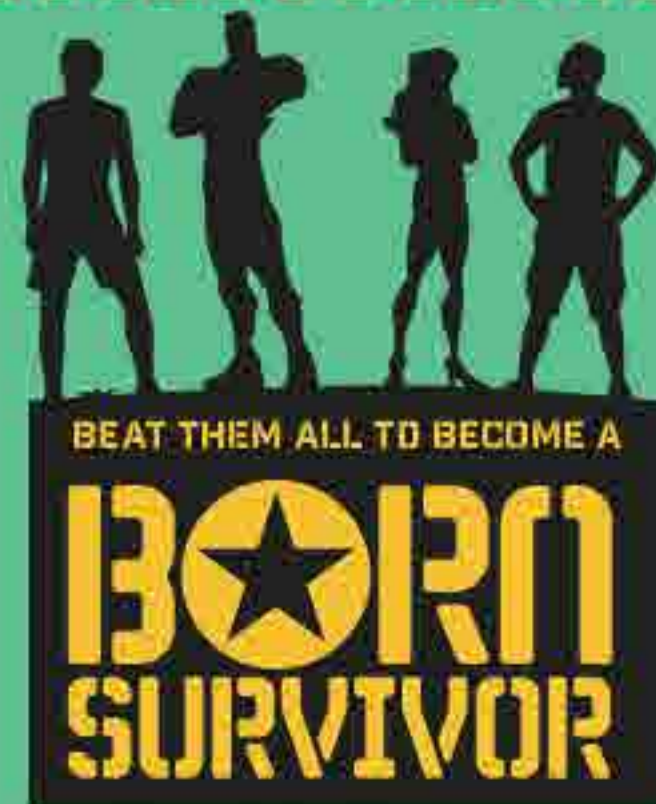
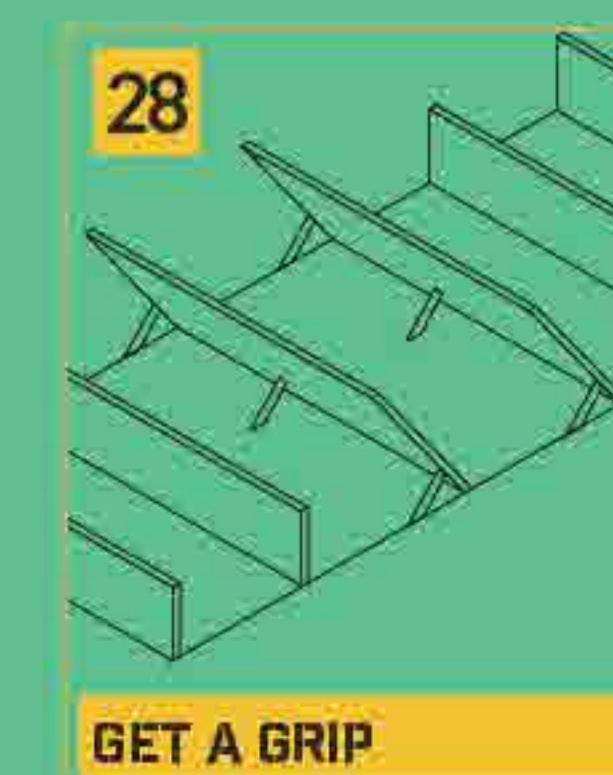
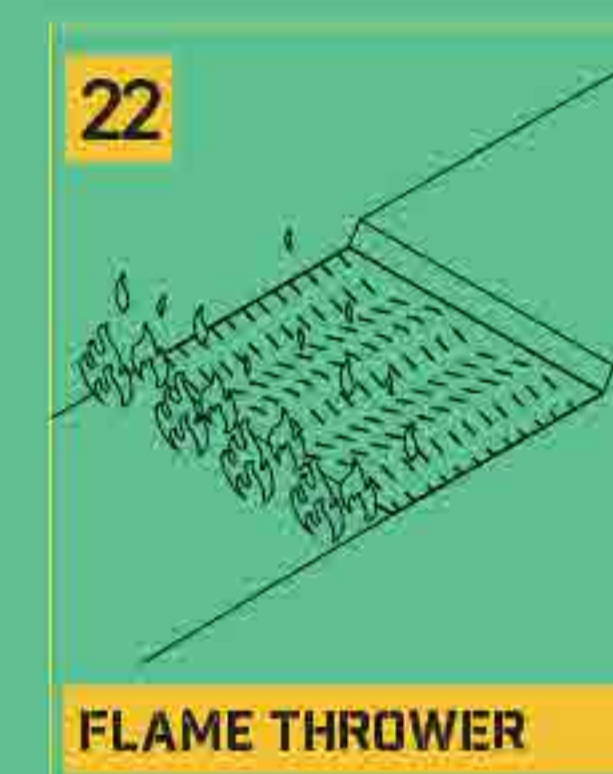
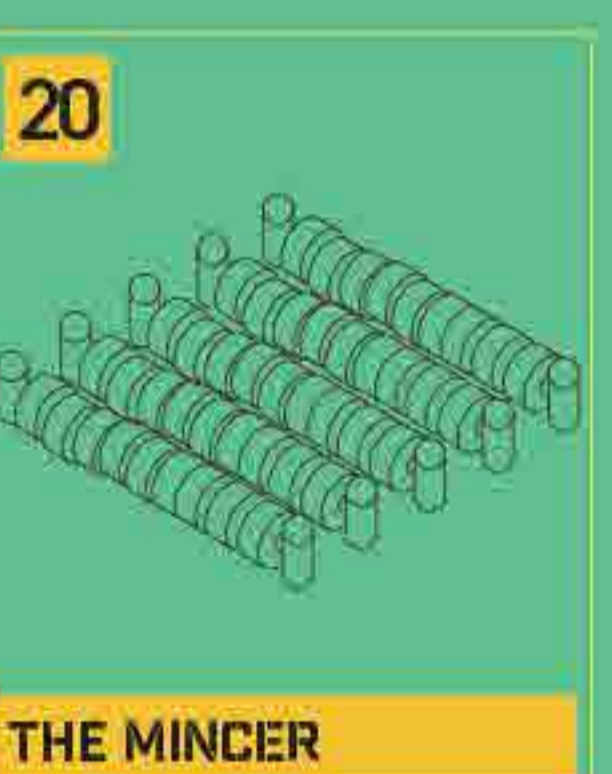
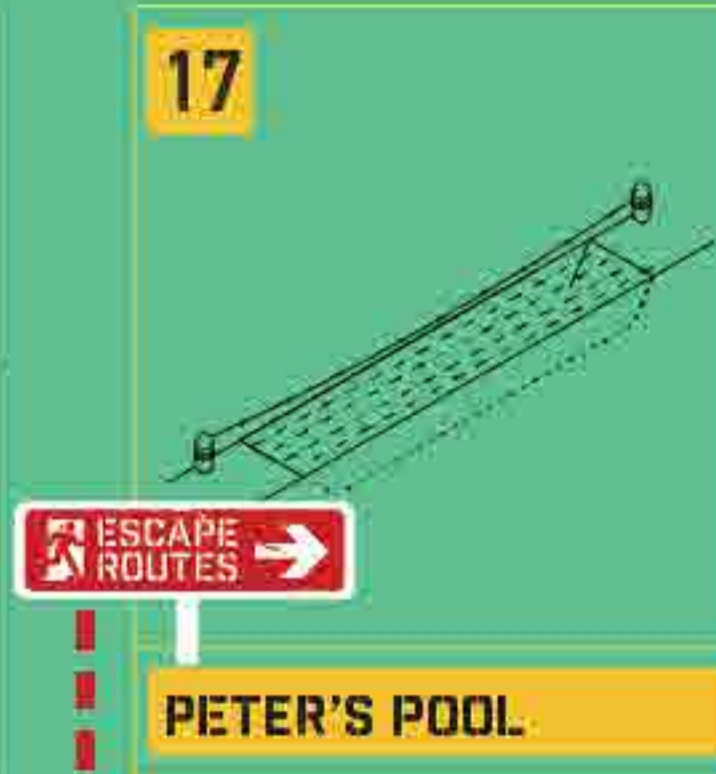
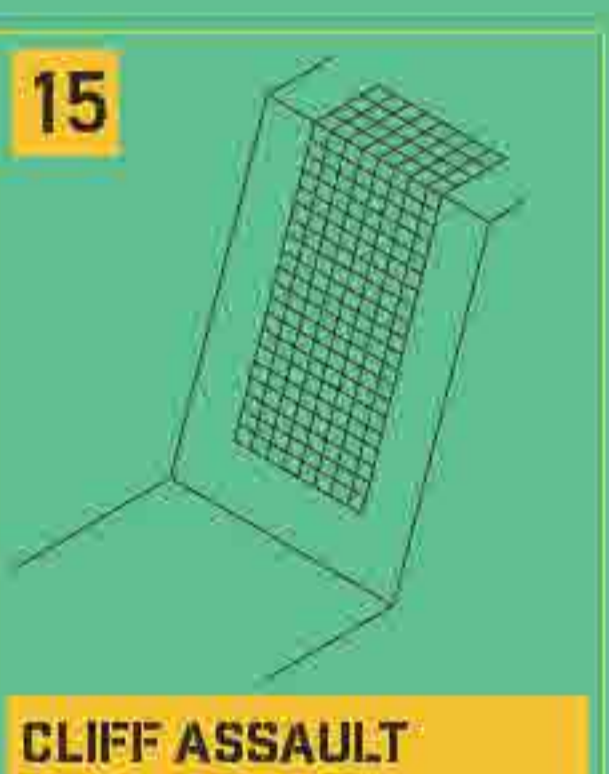
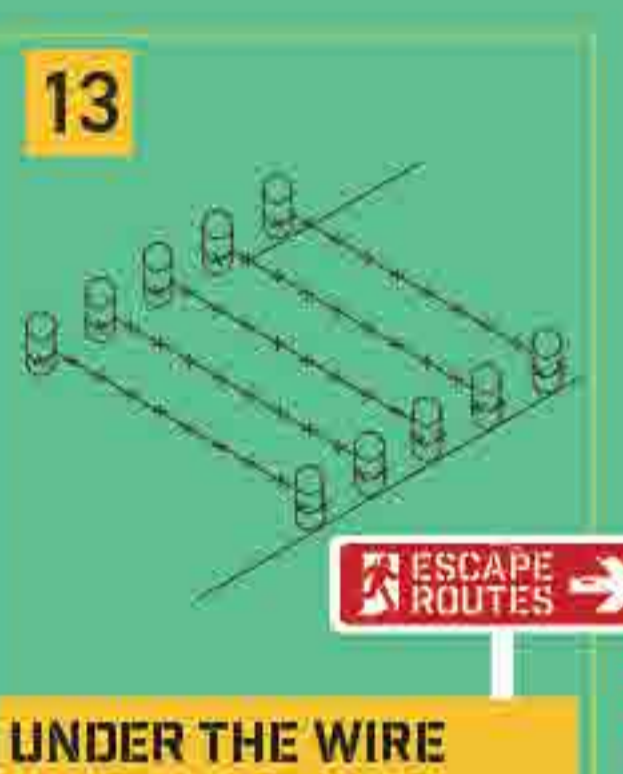
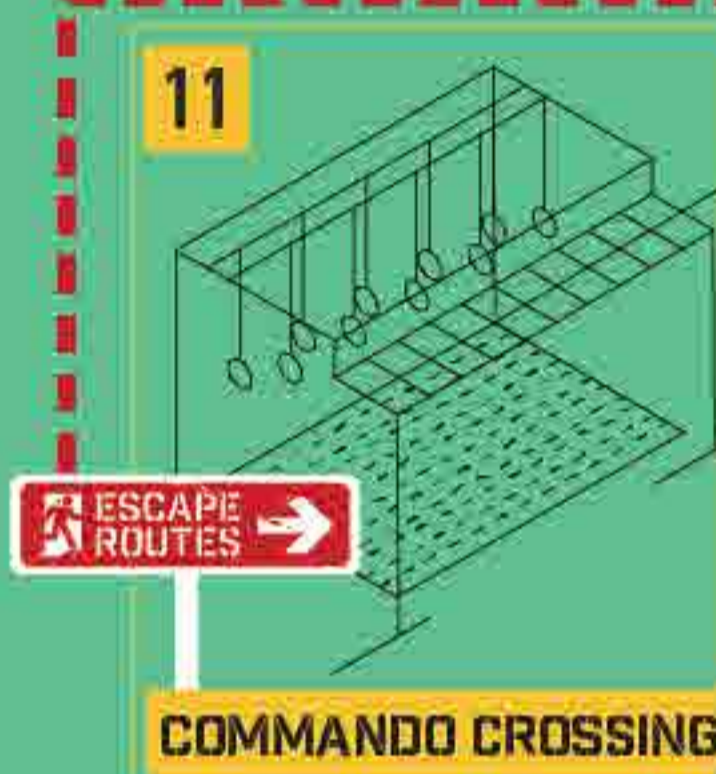
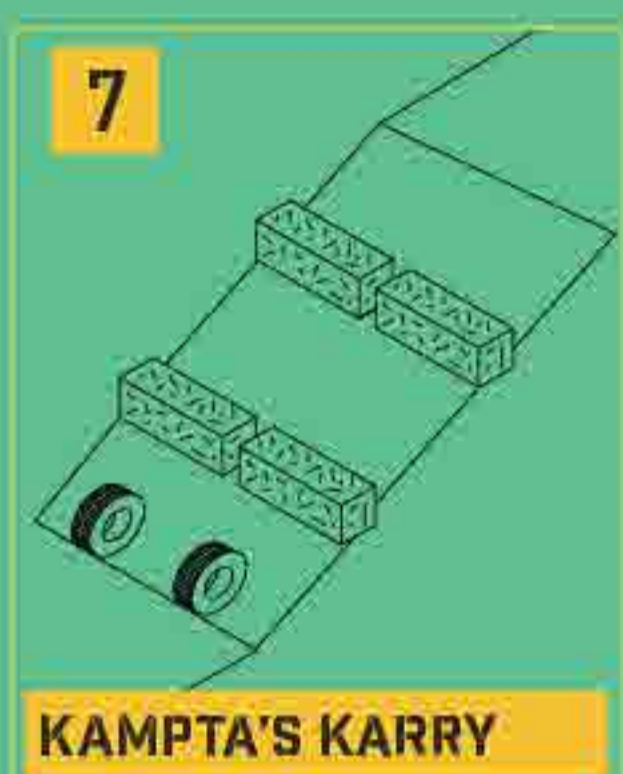
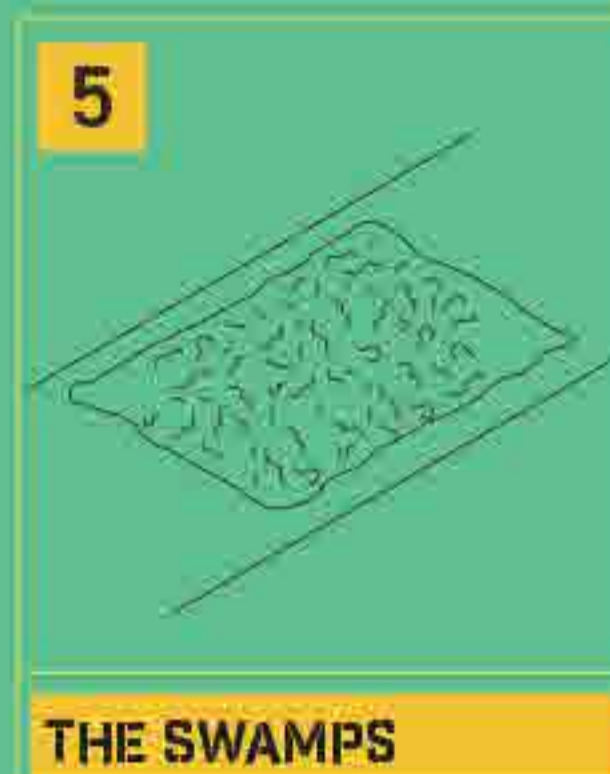
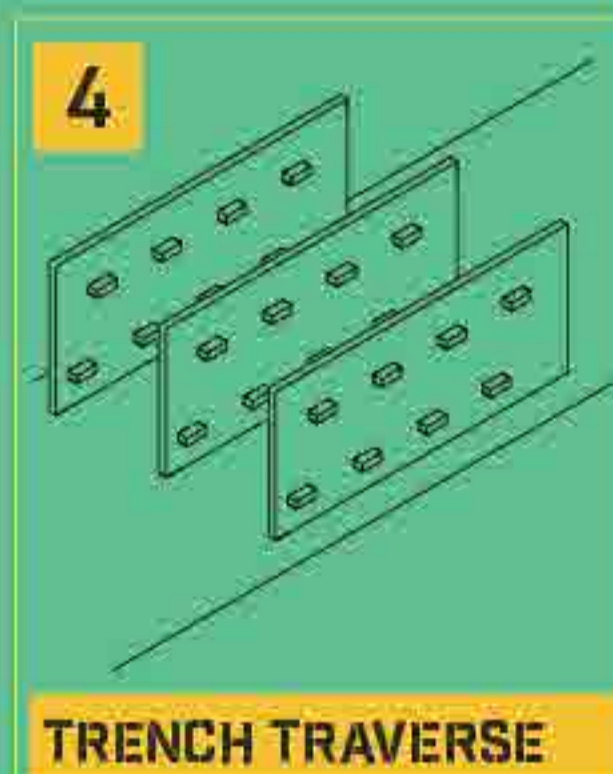
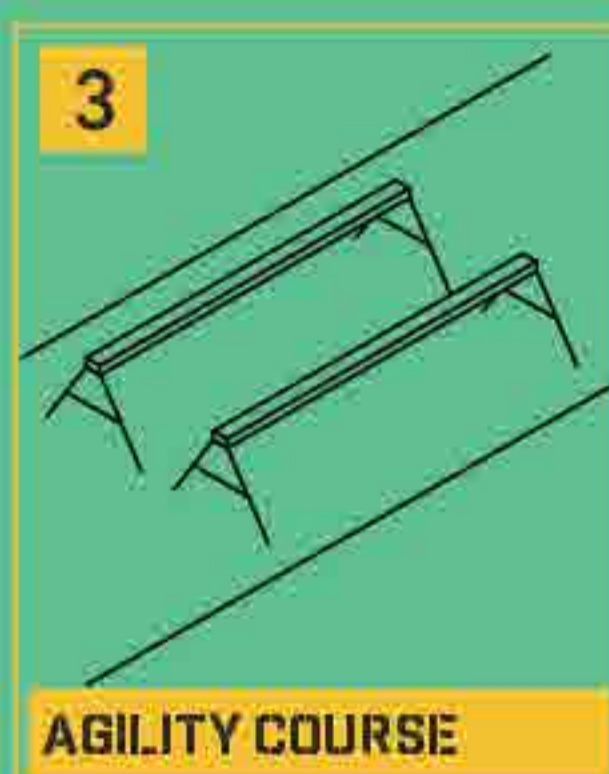
ON THE COURSE

OBSTACLE
RUN DOWN

10KM - 31 OBSTACLES

347M ELEVATION

2 ESCAPE ROUTES



THE ULTIMATE MILITARY OBSTACLE COURSE

BORN SURVIVOR

SAFETY BRIEFING

REMEMBER

- Speak up and please talk to your marshal if in doubt of your ability to safely negotiate the obstacle.
- Enjoy and be thrilled but at the same time take care and respect these obstacles!
- Listen carefully to your marshals.
- **NO DIVING HEAD FIRST OR BOMBING!**
- **DO NOT** push or shove.
- Our water is from natural open water sources, **PLEASE DO NOT DRINK** from the pools...Therefore please do not sip, drink or gargle this water! If you have open sores/cuts ensure these are covered and waterproof and consider whether you should take part.
- If your head is submerged, keep your mouth and eyes closed until you re-emerge.
- If you should feel ill after the event (especially 3-19 days after) then please tell your parents or guardian if appropriate, and see your doctor.
- Once you've finished, please make sure you wash your hands before eating or drinking, and wash them again after handling your dirty kit.
- Please use our cold water de-mud station to help clean off.

FINALLY HAVE FUN BUT BE A SWITCHED ON SOLDIER!!

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SAFETY BRIEFING

IMPORTANT

- Always climb maintaining **3 POINTS** of contact
- Ensure that you lower yourself to the ground slowly and safely when climbing down from **ALL** obstacles.
- Please **DO NOT** jump off any obstacles in an uncontrolled manner.
- DO NOT** attempt any obstacle if you believe that it's too difficult for you to negotiate or complete safely - **part of being a soldier is knowing and recognising your limits.**
- If you feel ill, unwell or pick up an injury at any time, please stop and contact a marshal or Born Survivor team member highlighted by their high vis vest or military combat bottoms.
- Always put your own safety first and concentrate when negotiating obstacles and take your time, especially on climbing and water obstacles.

WATER OBSTACLES

Do not dive or bomb into any water obstacles and only jump into water where your marshals have instructed you to do so!

Drop Zone Alpha & Para Plunge

The Para Plunge involves swimming approximately 4-5 meters in deep water.

The only obstacles that are safe to jump into water is the Drop Zone Alpha & Para Plunge - Jump off high platform & The Flame Thrower - Jump over Fire. Please ensure that you carefully lower yourself into all other water courses as they are of varying depth below 4ft deep.

Responsibility

Although we do have water safety experts on permanent standby, it is you who must make the decision as to whether you should attempt these obstacles or not. A bypass lane is in operation which allows you to skip this obstacle.

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BORN SURVIVOR

ELITE SQUADRON

RULES

1. All obstacles for Elite competitors must be completed without assistance.
2. The Commando Crossing Monkey Bar Obstacle must be completed without falling into the water. Failure on the Monkey bars will mean that you must attempt again until successful in order to place 1st , 2nd or 3rd.
3. All walls must be completed without assistance.
The finish line is positioned as you leave the final wall net.
IMPORTANT Please descend the final big wall under control -
NO somersaults!
4. Do not put yourself or other participants in danger -
Dangerous actions will result in disqualification by our event marshals.
5. Follow the 10km course - Yellow Tape and arrows!
6. Listen to marshals as they will guide you to complete the obstacle within the rules.
7. The finish line is at the wooden Ammo Boxes positioned at the final obstacle The Blitz!
8. Jump onto the boxes to be decorated with your winning medal!
9. Prizes presented at 11.45pm at the Band Tent.
Good Luck.

THE ULTIMATE MILITARY OBSTACLE COURSE

BORN SURVIVOR

SAFETY BRIEFING

SAFETY INFORMATION

We want you to have the time of your life at Born Survivor, but we also want you to be 100% safe. YOUR safety is our number one priority. Because of this, we need all of our participants to follow some simple advice and guidance to help ensure everyone's safety on the day:

FIGHTING FIT

When you arrive at the start line, we want to make sure you're ready for the challenge of Born Survivor. So if you're injured or unwell on the day, you need to decide whether you're in a position to safely complete the course. Our advice would always be not start the course if you are injured or unwell, speak to us and we will do all we can to help.

OBSTACLE SAFETY

All of our obstacles are designed to be challenging, but safe; as long as you follow instructions given at the safety briefing, listen to the obstacle marshals and use some common sense. If you find yourself at any time not confident to tackle an obstacle, there's no shame in missing it out. We recommend that no jewellery is worn whilst participating in our events as it poses risk to injury.

WATER SAFETY

Being able to swim is not essential for any sections of our course, but at our deep-water obstacles we would only encourage you to tackle the obstacles if you feel confident to complete them. We will have water safety & rescue specialists on the course.

INJURED IN ACTION

In the event of an injury, please inform the nearest marshal or ask another competitor to do so, you will then be assisted by the Born Survivor event crew. If you see another participant or spectator who is injured, unwell or in distress and isn't being cared for, please alert the nearest marshal.

DRUGS & ALCOHOL

Consumption of alcohol or any form of drugs is strictly forbidden.

**PER MARE,
PER TERRAM**

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BORN SURVIVOR



CHESTRE

CAPESTHORPE HALL

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SEE YOU ON THE BATTLE FIELD

WWW.BORN-SURVIVOR.COM