

# Athletes Guide

<https://www.nuclearfit.co.uk/>

#SWEATTOTHECORE

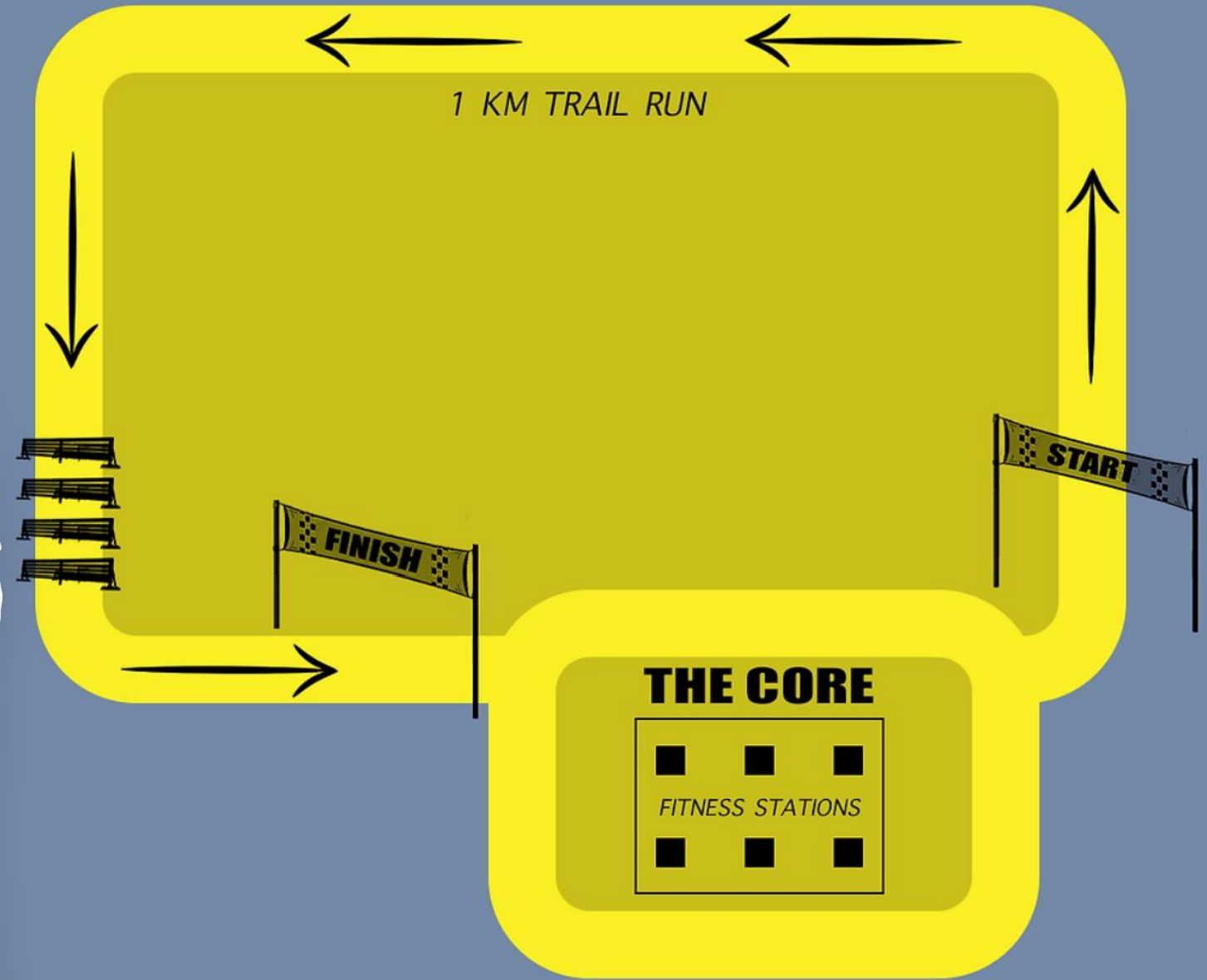


# WHAT IS NUCLEAR FIT?

Nuclear Fit starts with a 1km trail run alternating with 1 unique functional fitness station, repeated 6 times. The fitness stations are all located in the buzzing central arena which is called the Core. The trail run will include a series of 4ft hurdle obstacles. Waves start every 10 minutes and you have 2 hours to complete the race. Your chip timing tag will record your overall time and the split for each functional fitness station and each 1km run.

A 1km Trail Run before each of the Fitness Stations:

1. Wheel tyre flip
2. Farmer urn carry
3. Plough pull
4. Milk churn carry
5. Duck and throw
6. Squat and lift



**#SWEATTOTHECORE**

# General information

This is a **chipped timed event**, and the results will be shown from fastest to slowest time and ranked within the race categories and age groups.

The chip timing will give an overall time and the splits by each fitness station and each 1km run.

If a competitor **Does Not Complete (DNC)** a fitness station, they will have their chip timing tag removed. However, they may continue with the race without a final result time.

## Age groups

16-24 years (U24)  
25-29 years  
30-34 years  
35-39 years  
40-44 years  
45-49 years  
50-54 years  
55-59 years  
60-64 years  
65-69 years  
70-74 years  
75-79 years  
80-84 years  
85-89 years

## Race categories

Women's Open  
Men's Open  
Women's Pro  
Men's Pro  
Women's Doubles  
Men's Doubles  
Mixed Doubles



# Race day rules



## The competitor must:

- Run in trail trainers for their own safety and that of others.
- Be responsible for their own warm up and cool down.
- Follow all the rules and regulations.
- Complete All fitness stations, in the correct order.
- Perform each workout as listed in the rules.
- Use the correct start and finish lines at the fitness stations.
- Use the correct weight for their gender & complete the right number of reps.
- Complete each 1km trail run including the **2 hurdle** obstacles.
- Accept that the adjudicators hold the final say on all decisions.
- Be responsible for hydrating with the water provided.
- Complete the race within 2-hours.
- Register on the day of the event at registration, where they will be given a chip timing tag that needs to be placed securely on your ankle, as per instructions.
- Arrive at the start arch 5 minutes before their start time, if they miss their slot, they will be allocated a later time subject to availability.

# General administration

- Each fitness station will have a Lead Adjudicator.
- If there is a problem with an athlete, an adjudicator is to radio for the Head Adjudicator (Sam and James are also available for back-up).
- The Head Adjudicator will wear an orange vest, the Lead Adjudicators will wear a purple vest, and Adjudicators will wear a yellow vest.
- No spectators inside the core zone.
- There will be a medic available in the core zone.
- Hydration will be available in the core zone and at the finish.
- In the event of lightening, get the athlete to run over mat to record time and then wait in a safe place. They will restart from the place they left off.
- Fitness station number 6 to radio for more adjudicators when required.





1K CUT



# 1. Wheel Tyre Flip

- The tyre must be flipped and not rolled
- Flip out-and-back, making sure that the tyre touches the turnaround line
- The tyre must stay within the gender section, and finish within an available start zone
- Women: Yellow zone
- Men: Blue zone



**WHEEL  
TYRE FLIP**

# Wheel tyre flip - rules



Distance : All Open & Doubles = 100m; and all Pro = 150m

Height of tyre: Women's Open, Women's Pro & Women's Doubles = 3ft;  
and Men's Open, Men's Pro, Men's Doubles & Mixed Doubles = 4ft

- The competitor starts behind the line.
- To flip the tyre, they need to get into a deep squat, place hands under the tyre, maintain a flat back with their head up and power up through the legs and hips.
- They can use their knee to assist with the flip.
- They can stop to rest.
- They complete this workout once the competitor and the whole tyre have crossed the line.

## 2. Farmer Urn Hug

- The urn can be carried in any way except for on the shoulder
- The urn can be rested either on the floor or on the turn barriers
- The urn must be replaced within the gender specific start point
- Women: Yellow zone
- Men: Blue zone



**FARMER  
URN HUG**

# Farmers urn hug - rules



Distance: 150m

Weight: Women's Open, Women's Pro & Women's Doubles = 24kg; Men's Open, Men's Pro, Men's Doubles & Mixed doubles = 30kg

- The competitor has to pick the urn up from the station, remembering to keep their core engaged.
- The carry begins when they cross the start line.
- The urn must be kept close to their chest & they can put it down at any time.
- The carry is complete once the competitor & the urn cross the finish line.

### 3. Plough Pull

- The plough can be pulled with the shoulders in or out of the loops, and either facing forward or backward.
- No hands on the ground.
- **Only the harness** can be used to pull the plough
- The plough should be pulled fully over the finish line to finish
- Women: **One** bag
- Men: **Two** bags



**PLOUGH  
PULL**

# Plough pull - rules



Distance: All Open & Doubles = 125m; and all Pro = 250m

Weight: Women's Open & Women's Doubles = 37kg; and Men's Open, Men's Doubles & Mixed Doubles = 70kg

- The competitor must stand behind the line prior to starting.
- Only the harness can be used to pull the plough.
- They must remain standing at all times, hands and knees are not allowed to touch the ground.
- They move the plough (sled) by pulling & moving forward.
- They can stop to rest.
- The pull finishes once the competitor & the plough cross the finish line.

## 4. Milk Churn Carry

- Two churns are to be carried, one in each hand, and can be placed on the ground to rest at any time
- Churns are to stay upright, at all times, with the contents maintained
- The churns must be replaced within the gender specific start point
- Women: Yellow zone
- Men: Blue zone



**MILK  
CHURN CARRY**

# Milk churn carry - rules



Distance: All = 200m

Weight: Women's Open & Women's Doubles = 16kg; and Men's Open, Men's doubles & Mixed Doubles = 24kg

- The competitor has to carry one milk churn in each hand with both arms fully extended.
- The carry begins when they cross the start line.
- They can put the milk churns down to rest.
- The carry is complete once the competitor and the milk churns cross the finish line.



## 5. Duck and Throw

- The bag can be carried in any way but not dragged.
- The bag must go over each beam and land on the ground on the other side.
- The bag cannot rest on the beam.
- The athlete then ducks under the beam to move the next beam, and repeat to the end.
- Women: Yellow zone
- Men: Blue zone



**DUCK  
AND THROW**

# Duck and throw - rules



Distance : All Open & Doubles = 100m; and all Pro = 175m

Weight: Women's Open & Women's Doubles = 22kg; and Men's Open, Men's Doubles & Mixed Doubles = 32kg

Throws: All Open and Doubles = 10 throws; and all Pro = 20 throws

- The competitor picks up a bag and runs 40m to the fitness station.
- They will then be required to throw it over the bar without any assistance.
- They then duck under the bar and pick up the bag & move forward into the next designated lane.
- The bag cannot rest on the beam.
- There are 10 or 20 throws in total.
- They can stop to rest.
- The competitor picks up their bag to run 40m back towards the finish line.
- The workout is complete once they cross the finish line.

## 6. Squat and Lift

- The start position is seated, and the hands must be placed on the **red taped** sections.
- One rep is to stand up with arms fully extended.
- The posterior should then touch the seat and the bars touch the shoulder, before the repeated rep.
- Women **75 reps**
- Men **100 reps**



**SQUAT  
AND LIFT**

# Squat and lift - rules



Reps: Women's Open & Women's Doubles = 75 reps; Men's Open, Men's doubles & Mixed Doubles = 100 reps; Women's Pro = 125 reps; and Men's Pro = 150 reps

- The competitors start by sitting down on the box provided & picking up the handles.
- The handles must be held on the **red taped** sections.
- The lift begins when they stand up and raise the rack above their head, locking their arms out, this counts as one rep.
- They must then sit back down onto the box with the handles on or in line with the top of the shoulders.
- They can rest at any time standing or sitting.
- Each correctly completed rep will be counted by an adjudicator.
- The lift finishes when the competitor completes all the reps.

# Doubles – specific rules



- Both competitors must run and complete each 1km lap together.
- Both competitors must pass the start and finish line together.
- The race time will be from the chip from the last double over the line.
- The doubles must enter and leave the workout station together.
- At the workout stations the doubles split the workout as they see fit.
- The doubles decide how many reps and how far in distance each competitor completes.
- Doubles cannot use an alternate lane or exercise equipment to complete their reps.