

Vanguard



Information pack

The Vanguard Tough Mudder Takeover

 **Friday 20th
September**

 Tough Mudder
London South,
Holmbush Estate,
Crawley Road,
Faygate, West
Sussex, RH12 4SE





Start times

Friday, 20th september

10:00am Registration & Village Open

11:00am Welcome address

11:15am Mudders to move to starting pens

Arrival time

Check in will start from 10:00am, with the welcome address due to kick off at around 11am. Please arrive to give yourself enough time to check in and find your teammates and say hello to some old, and new, friends.

Start times

Waves will leave in groups of 250 every 15 minutes (e.g. 11:15, 11:30, 11:45....). As this is not a timed event, 'competitors' who are in it to win it will be invited to join the first wave. Teams can join any wave they like.

What to expect when you arrive

Please bring your ticket and government ID – there will be two ID checks in place and ID is needed to gain entry to the site.

If you're arriving by train and making use of the Vanguard shuttle buses from Three Bridges Station, the first check will take place here. Alternatively, it will take place on entry to the carpark. You'll then be issued with your wristbands for a day full of fun. Please arrive with plenty of time to get yourself checked in.

Get event ready

How to get here

Venue Address

Holmbush Farm, Crawley Road, Faygate, RH12 4SE. (W3W: ///purple.senses.costly)

By Train

Crawley and Faygate are close by, with shuttle buses running from Crawley station from 9.30am. Shuttle buses will also be on hand to take you back to the train station at the end of the day.

By Taxi

RubiCars - 07447 554825,
Western Cars Horsham Taxi Service - 01403 610610, App Cars - 01293 280280.

By Car

Easily accessible from the M23 or A264, onto Crawley Road. As you get close to the venue, follow the traffic management signs to the event, and then in to event parking. Event parking is FREE at this venue.

What to bring

- Government Photo ID & your Registration QR Code. Access your account [here](#) to print or screenshot your e-ticket.
- Spare clothes, shoes and a towel.
- Bag for muddy clothes - you'll get a drawstring bag at the finish line to put your sweaty, muddy kit in (please take your muddy clothes home with you).
- Your bank card - Lunch is on us but in case you want anything extra, we're going cashless.

What to wear

- Keep an eye on the weather as the event approaches. Be sure to bring sunscreen if it is warm and extra layers for the cold.
- Try to avoid wearing any form of jewellery including wedding rings/bands. Additionally, whilst we allow watches and GoPros to be worn please be aware that these can easily be lost across the course and obstacles and are worn at the owners risk.
- Try to avoid loose clothing that can get caught on barbed wire. Tight, moisture-wicking leggings, t-shirts and shorts won't hold water and are less likely to chafe.
- A comfy pair of running trainers are the best footwear, but they will get muddy so leave your box-fresh pair at home. Spikes, cleats and football boots are strictly prohibited.
- For more advice on wearable tech, avoiding chafing and the age old debate on gloves, read our [What to Wear blog](#).



Bag drop

There is a guarded bag drop in operation on the day.

You'll receive a double wristband at registration, one for your wrist and another for your bag with a unique code to you.

Whilst the bag drop will be guarded, please do not leave any valuable items in your bag. Neither Vanguard or Tough Mudder are responsible for lost or stolen items.

Vanguard village

The Vanguard Village is filled with all the necessities for your day out, including food trucks, drinks and music.

You will receive a voucher for a complimentary lunch and drink that can be used at any of the food trucks.

There will be other surprises on the day to keep you entertained in the village area, along with plenty of seating for you to enjoy a well-deserved recovery with your teammates.

Pro tips

To ensure you have the quickest and smoothest check-in, screenshot your ticket and have your ID out and ready to scan.

- Bring a fresh change of clothes, towel and an extra layer if it's cold.
- After you check-in, make sure your wristband is on nice and firm. You will need this throughout your time on course.
- Adults get lost too. Make sure you pre-arrange a meeting point with your teammates in case you get separated.



Hydration and nutrition

Keeping hydrated is incredibly important. Make sure you drink plenty of water before, during and after your event.

Plenty of water will be available, Actiph will be providing alkaline ionised water to help you recover as fast as possible.

There will be two water station as you make your way around the 5km course.

If you have any food allergies or intolerances, it is important that you check the food labels before consuming the snacks provided, as they may contain allergens.

For more information on eating and your event check out our blog on [What to Eat Before and After Tough Mudder](#).

Course highlights

Tough Mudder's London South is the biggest and best for a reason, and they've made the 5km course even more special for The Vanguard Tough Mudder Takeover. Pulling in some of the flagship obstacles you thought you were going to avoid, you're going to need a hefty team to get you through the surprises on course.

Photography

There will be event photographers placed on various obstacles on the course.

A few days after the event, you will receive an email when the photos are available. At that time, you will be able to view and download your photos.

Our system makes finding your photos super easy. Upload a selfie and our facial recognition software will scan all the photos taken and return any matches.

Let's get social

Don't forget to share your journey with us on your socials using the #VanguardActive and tagging @Vanguardforinvestmentprofessionals, as you gear up for the event. That night before 'lay your kit on the bed' snap, the arrival group pic, or the 'I've-just-got-my-headband' shot...we want to see it all.

Got more questions?

If you have any more questions just drop our Customer Service team an email and they would be happy to help on: UKsupport@toughmudder.com or reach out to events.europe@vanguard.co.uk.



Onsite facilities

Toilets



Bag drop



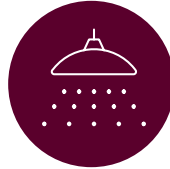
Changing facilities



Parking



Post-run rinse station



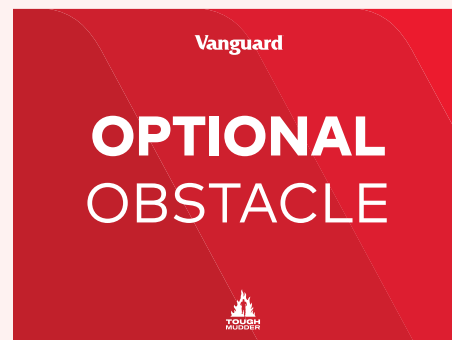
Food stalls



Event & course safety

- You **MUST** be able to swim 25 metres if you attempt water obstacles.
- If you do not feel comfortable completing any obstacle, **DO NOT** attempt it; simply continue on to the next obstacle via the bypass lane.
- There is food and drink available at the refreshment stations on course, if you have any allergies please check the product details before consuming. Allergen signs will be displayed.
- **There are two electrified obstacles on course, please do not attempt them if you have a heart condition, metal in your body, history of neurological conditions, or are pregnant.**
- All of the obstacles you will face on course will have an obstacle sign in front of them containing safety information. Please make sure you take your time to observe this signage and adhere to any safety guidance given.

Example signage



Vanguard



WE'RE STILL
ACTIVE
ARE YOU?