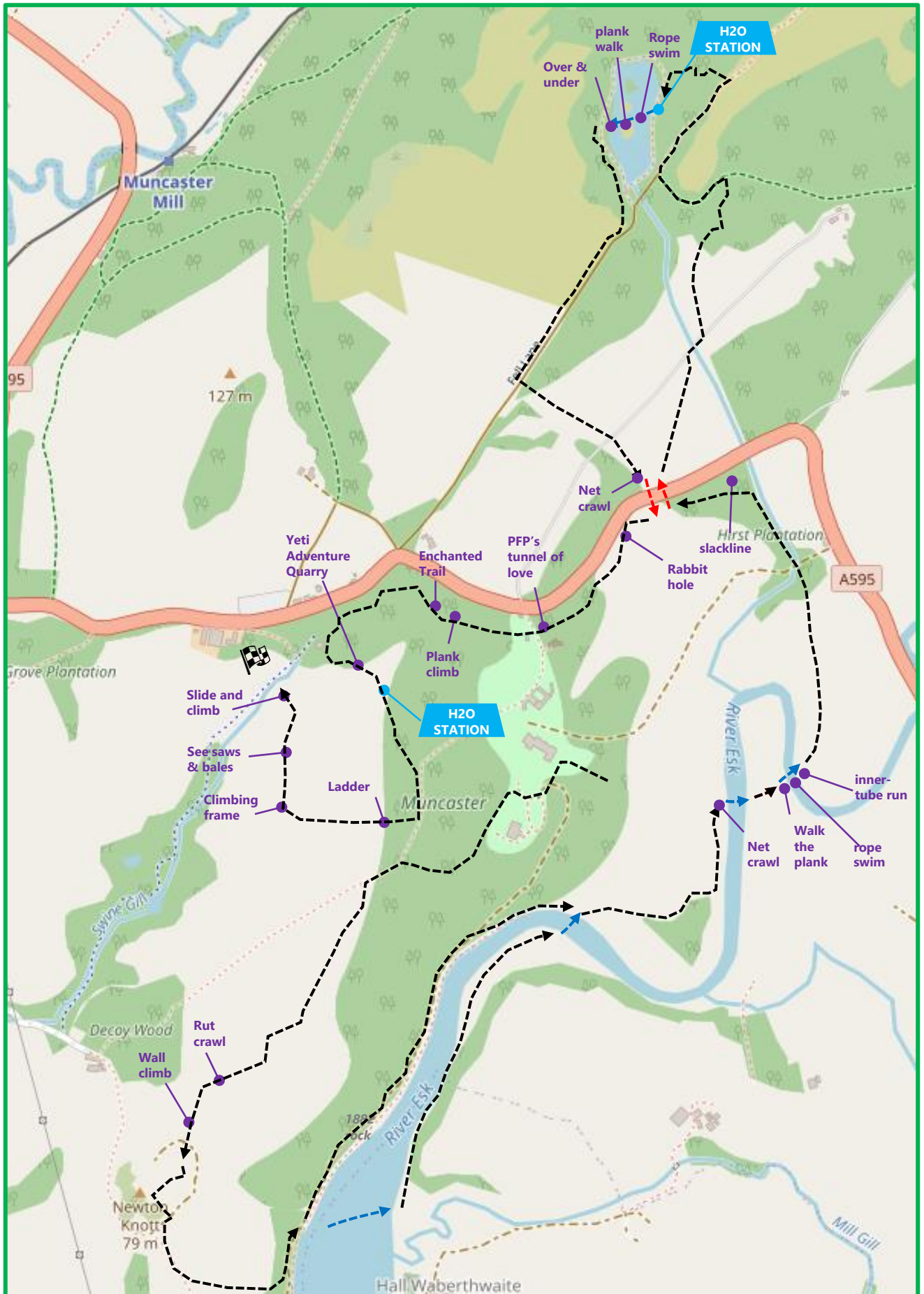


The route is subject to minor changes based on conditions and obstacle contexts. The next slide also provides a sample of example obstacles with some kept secret for the day.







**Tree climb-under**  
Three beams tied to trees at ~1.2m above the ground, to duck underneath.



**Net crawl**  
Netting placed over a muddy pool, near the riverside. Requires crawling through ~2m of mud to reach the other end.



**Walk the plank**  
One tree, ~6m long, ~40cm diam. One runner can jump in at a time. Once in the water, they swim towards the opposite bank and climb up the bank.

4



**Rope swim**  
100m(?) thick rope (at least 5cm diam), 4 8-10ft stakes. Stakes need to be driven in with a height of 5ft after driving. rope across the river that runners can hold onto. With most of their body in the water, they pull themselves along on the rope. multiple runners can be on at once.



**Inner tube run**  
Inner tubes tied together, spanning the river. Runners make it to the other side along those inner tubes. Once a runner is half way across, the next can start.



**Slacklines in Hirst Park**  
2 x slackline placed between large trees, in a flat clearing. Rope will be placed ~2m above the slacklines to offer stability. 2 -3 people on the slackline at any one time. Tell runners to jump away from slackline if they feel like they are about to fall off.



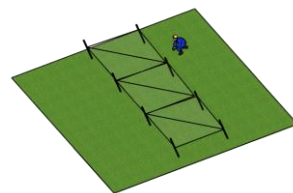
**Rope swim**  
Wade/swim ~30m. A floating, ~6cm diameter rope will be available to aid runners in reaching the other end.



**Plank walk in tarn**  
Walking along planks between floating islands.



**Over and under in tarn**  
Duck under all planks whilst in the water. Water is 1m - 1.5m deep. Watch for runners struggling in the water, particularly as their heads will go underwater - make sure you can see them come back up.



**Net crawl**  
A crawl through, with netting above the runners to stop them standing up. Wide enough for 3 people to crawl simultaneously. Designed to slow runners before they reach the road crossing



**Tunnel of love**  
Cleared trench to run through, including the 'graveyard slot' (crawl under a tree) and the 'tunnel of love' (covered section of trench, with Barry White music playing).



**Rabbit hole**  
a small gap, which isn't visible from the terrace side. With a board placed over the gap to make it smaller, runners crawl through. Take photos!



**Plank climb (off fairy trail)**  
Three beams tied to trees at ~1.2m above the ground, to climb over or duck underneath.



**Yeti Adventure Quarry**  
Rope ladders, a suspended net bridge and slides.



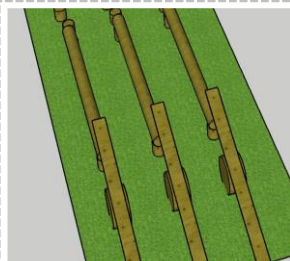
**Ladder in bluebell**  
Timber cross-braced ladder placed on the left hand side of a 3.0m high rock face. Ladder will be 2.0m wide to enable two people to climb together.



**Rut crawl (Knott approach)**  
Two ruts, caused by vehicles, filled with sawdust & covered in bird netting. Runners crawl through ruts, underneath netting.



**Wall on the Knott**  
Wooden wall built between adjacent trees. Wall is 2.5m tall. Slight step on attacking side, to help shorter runners gain purchase. Larger step on other side to allow runners to descend safely.



**See saws**  
Open field with identical balancing games set next to each other. See saws, which place the runner directly onto a balancing log.



**Climbing frame**  
Cargo net at an angle that needs to be climbed up. Descent is via a log ladder.



**Tube slide**  
Tube placed in field into plunge pool. Climb-up silage sheet with fire brigade spraying water down.