



HYROX

ATHLETE_

GUIDE

HYROX.MANCHESTER_28.01.2023



HYROX MANCHESTER

IMPORTANT INFO

Are you ready to race at one of the most beautiful venues in our racing calendar?

We can't wait to see you all on January 28th at the Manchester Central Convention Centre.

[HOW TO GET TO HYROX MANCHESTER](#)

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START TIMES – MANCHESTER 28.01.2023






[OFFICIAL HYROX MANCHESTER START LIST.](#)

CATEGORY	START TIME
HYROX DOUBLES MEN	08:00 - 09:00
HYROX DOUBLES MIXED	09:10 - 10:10
HYROX WOMEN PRO	10:30 - 10:40
HYROX MEN	11:10 - 15:10
HYROX DOUBLES WOMEN	15:40 - 17:00
HYROX WOMEN	17:10 - 18:50
HYROX MEN PRO	19:30 - 20:00
HYROX RELAY	20:40 - 21:00

RAN DOX
HEALTH

EVERYATHLETE.

A health test designed for maximum performance

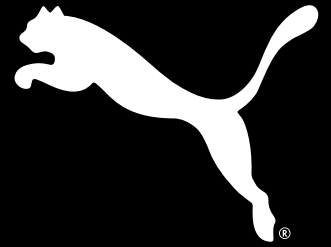
-  80+ data points linked to nutrition, muscle, hormone health & body composition measured
-  2 health checks per year to help you understand, track & improve your health
-  Personalised health plan explaining results & next steps provided

£199

EXCLUSIVE
15% OFF USING
CODE HYROX15

TEST TO
TRAIN

VELOCITY NITRO 2



Charlie Marchon
PUMA Ambassador



WHAT'S YOUR
GOAL?



foodspring®

BEFORE YOUR RACE: 28.01.23

ATHLETE CHECK-IN: Check-in opens at 06:30 am. Please ensure that you bring your ticket QR code that you received via email upon ticket purchase & a valid form of ID. At registration, you will receive your entry wrist band, your start number & your timing chip, which you will attach to your right ankle with the velcro band provided.

PLEASE NOTE: Don't lose your timing chip! If lost, you will be charged £45.

CHANGING ROOMS: The changing rooms are located on the left hand side of the race hall upon entrance.

BAG DROP: Located next to the changing rooms, you can drop off small gym bags with all items inside. HYROX is not responsible for lost bags outside of bag drop. Your bag must be collected within 1 hour of finishing your race.

WARM-UP AREA: You can warm up within this zone prior to your race with HYROX and Concept2 equipment. Please go to the start zone 10 minutes before your start.

**THE UK'S
FAVOURITE
CANNED
WATER!**



**CANO
WATER®**



YOUR HYROX RACE

HEALTH & SAFETY: Participation is at your own risk. If your health does not allow you to participate, we recommend that you do not take part.

PRE RACE AREA: You must go to the start zone 10 minutes before your race start time, where we will check your start number & your timing chip.

YOUR START: There are 35 athletes per each Singles start wave, 45 pairs in each Doubles start wave & 15 teams per Relay start wave.

THE ROXZONE: The ROXZONE is the area consisting of the run and the 8 workout stations. The competition starts with 1 km of running. The run course is visibly separated from the workouts by fences, with the IN arch marking the entrance to the ROXZONE and the OUT arch marking the exit from the ROXZONE onto the run track.

HYDRATION STATION: There is a water station located in the Roxzone, alongside a Red Bull energy station to help keep you fueled during your race.

MOVEMENT STANDARDS AND RULEBOOKS: The movement standards from the respective rulebook for your division must be adhered to. Please click the links below to find HYROX Rulebook for each division.

[HYROX SINGLES RULEBOOK](#)

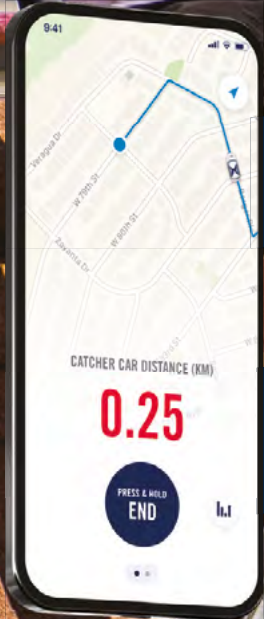
[HYROX DOUBLES RULEBOOK](#)

[HYROX RELAY RULEBOOK](#)





**FREE T-SHIRT
UNTIL 25TH MARCH**



MAY 7, 2023

YOUR RUN. YOUR DISTANCE. YOUR FINISH LINE.

RUN WITH US



LET'S RUN FOR THOSE WHO CAN'T

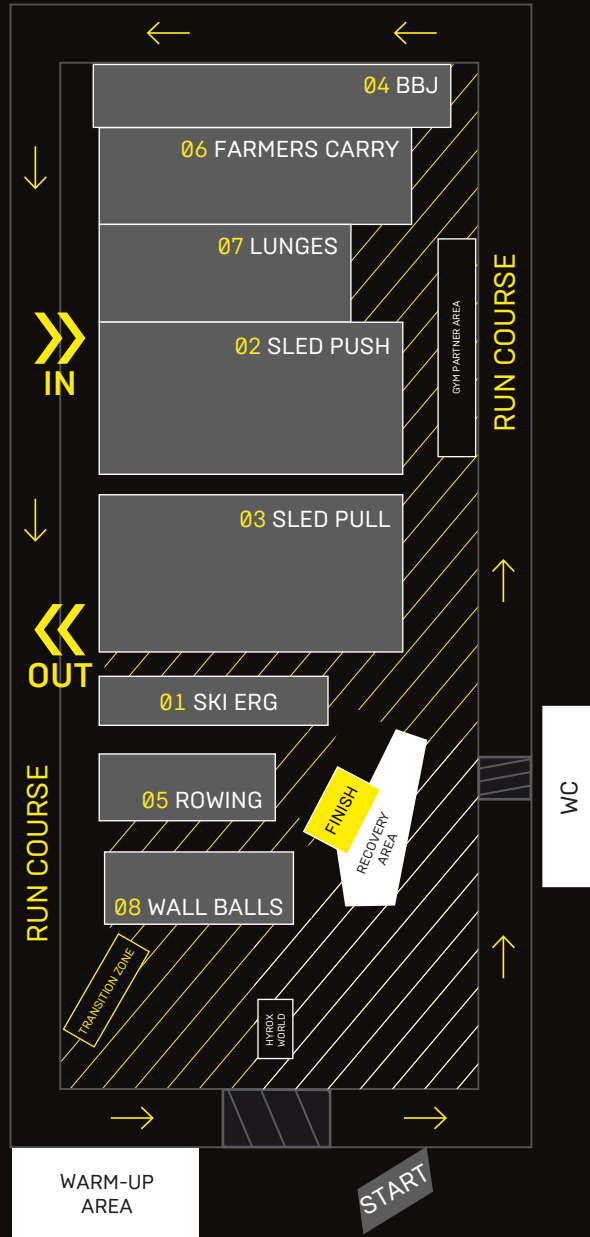
100% OF ALL MONEY RAISED GOES TO SPINAL CORD RESEARCH

HYROX

WORLD SERIES OF FITNESS RACING

MANCHESTER JANUARY 28TH 2023

MANCHESTER CENTRAL CONVENTION COMPLEX

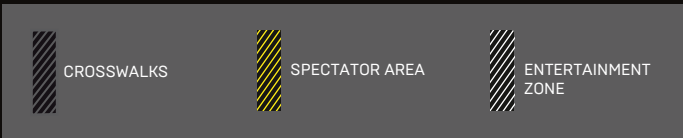


CHANGING ROOM

REGISTRATION

BAG DROP

ENTRANCE



Join Team Macmillan



Official charity partner for HYROX.

We're doing whatever it takes to support the 3 million people in the UK living with cancer. But without your help we can't support everyone who needs us.

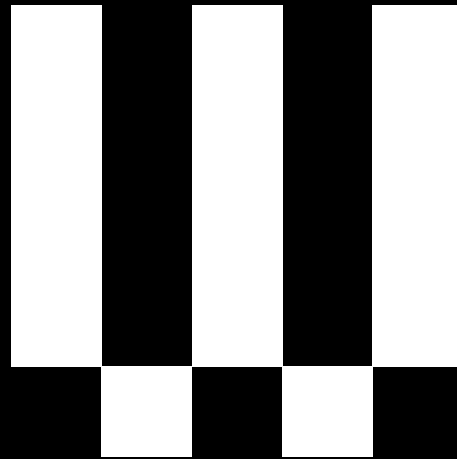
Use your HYROX Manchester place to fundraising for Macmillan

- By setting up a [JustGiving page](#)
- Or completing our [own place form](#)



Good luck Team
Macmillan, we are
cheering you all on!

HYROX



WORLD_CHAMPIONSHIPS MANCHESTER_2023

WORLD CHAMPIONSHIPS 22/23

QUALIFYING SLOTS FOR THE WORLD CHAMPIONSHIPS | 27.05.2023 | MANCHESTER, UK

THE BEST ATHLETES IN EACH AGE GROUP WILL QUALIFY FOR THE WORLD CHAMPIONSHIPS IN MANCHESTER! YOU WILL BE NOTIFIED OF YOUR QUALIFICATION DURING THE AWARD CEREMONY OR BY EMAIL THE DAY AFTER THE EVENT.

Age Group Slots Distribution - **MANCHESTER** 28.01.2023

Age Group	MEN	WOMEN	PRO MEN	PRO WOMEN	Doubles Age Group	WOMEN	MIXED	MEN
16-24	2	1	1	1	16-29	6	5	5
25-29	3	2	1	1	30-39	8	8	8
30-34	4	3	4	2	40-49	7	6	6
35-39	5	3	3	2	50-59	1	1	1
40-44	4	3	2	1	60-69	0	1	0
45-49	3	2	1	1	70-79	0	0	0
50-54	2	1	1	1				
55-59	2	1	1	1				
60-64	1	1	0	0				
65-69	1	0	0	0				
70-74	0	0	0	0				



IN FOCUS – YOUR HYROX RACE MOMENTS!

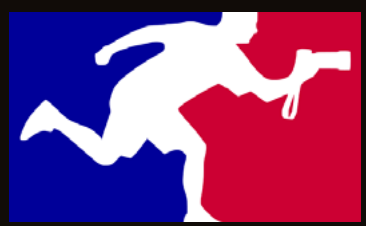
SPORTOGRAF: OUR OFFICIAL PHOTO PARTNER

BACK AGAIN - YOUR PROFESSIONAL RACE PHOTOS COURTESY OF OUR PHOTO PARTNER, SPORTOGRAF!

[SIGN UP TO RECEIVE AN EMAIL NOTIFICATION WHEN RACE PHOTOS GO LIVE!](#)

Our photographers capture your special moments from the very start of your race to the very end, from your first running lap, to the grit of the workout stations and the elation at the finish line!

If you haven't already purchased your Sportograf package, after the event, you can order your professional photos online.

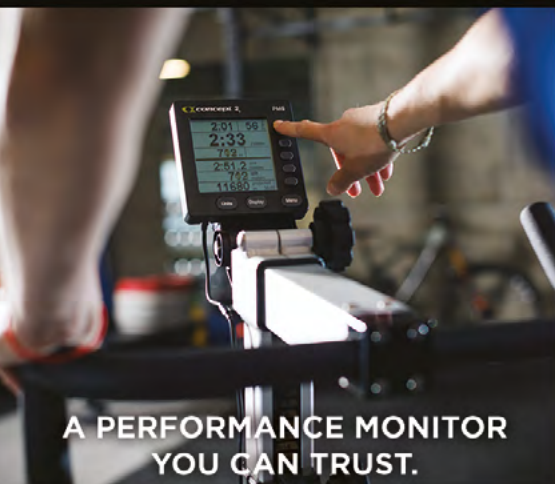


If you have already bought your Sportograf package, you will receive a one-off promo code via newsletter after the event which will grant you 100% off your photo package when applied at check-out.

Row Ski Bike **ERG**



OVER 40 YEARS OF CREATING INNOVATIVE,
AFFORDABLE EQUIPMENT FOR HOMES AND GYMS.



A PERFORMANCE MONITOR
YOU CAN TRUST.



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FLYWHEEL.



DURABLE
CONSTRUCTION.

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concept2.co.uk 0115 9340 140

Proud HYROX sponsor.

AFTER YOUR RACE

RECOVERY AREA: After your race, our partners will be waiting for you on the Finish Stage & in the Recovery Area...

PUMA For your chance to win one of the many PUMA prizes up for grabs, choose a key at the Finish Stage and attempt to unlock The PUMA Vault!

Red Bull Re-energise post-race with a can of Red Bull & enjoy the tunes from the Red Bull DJ Truck

foodspring Take your pick from a range of complimentary foodspring products and refuel your body post race.

CanO Water Ditch the bottle and re-hydrate post race with a refreshing can of water that's recyclable forever!

PODIUMS: The award ceremonies for each division and age group will take place at the following times:

HYROX DOUBLES MEN	12:15 PM
HYROX DOUBLES MIXED	12:15 PM
HYROX WOMEN PRO	12:15 PM
HYROX MEN	4:45 PM
HYROX DOUBLES WOMEN	6:45 PM
HYROX WOMEN	9:30 PM
HYROX MEN PRO	9:30 PM
HYROX RELAY	10:45 PM

RESULTS: After your race, the results (including all split times) will be published online on the event homepage.

[YOUR HYROX RESULTS.](#)



HYROX
ATHLETE
HYROX

£9.99

Limited edition patches,
available on the
BUILT FOR ATHLETES™
stand



WHAT ELSE IS ON?

HYROXWORLD

Featuring our new 22/23 collection, it's your chance to secure your exclusive Official HYROX x PUMA Merchandise at the HYROXWORLD stand!

Pick up your Official HYROX Manchester t-shirt in support of a great cause. With a cut of the proceeds going towards **Fiit For Life** which provides safe and effective exercise programmes for those with chronic health conditions.

foodspring

Take your nutrition to the next level with top quality organic protein products courtesy of foodspring. Time to fuel the fire!

Radox Health

Train smarter not harder. Get your complimentary body composition test at the Radox Health stand.

MOJU

Wake, shake, BOOM! Grab a complimentary health shot to power your immunity, vitality and gut health.

Built for Athletes

Secure your perfect HYROX racing companion, a small or large customisable backpack and limited edition HYROX Athlete patch!

11.02.2023
BILBAO

26.02.2023
VIENNA

04.03.2023
MUNICH

11.04.2023
KARLSRUHE

18.04.2023
BARCELONA

11.02.2023
GLASGOW

30.04.2023
LONDON DAY 1

01.05.2023
LONDON DAY 2

27.05.2023
WORLD CHAMPIONSHIPS
MANCHESTER

