



MACMILLAN
CANCER SUPPORT

HYROX

**ATHLETE_
GUIDE**

HYROX.LONDON_25.11.2023 & 26.11.2023

INTRO



HYROX LONDON

IMPORTANT INFO

Get ready for an electrifying racing experience as the World Series of Fitness Racing takes over London for the BIGGEST HYROX RACE ever! 12,000 athletes are set to take the race floor this weekend and join the #HYROXFamily!

EVENT LOCATION

London ExCeL, S7 - S11, Royal Victoria Dock, 1 Western Gateway, London E16 1XL

[HOW TO GET TO THE LONDON EXCEL](#)

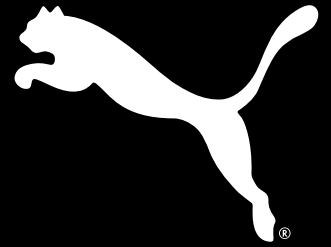
START TIME

[FIND YOUR START TIME](#)

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VELOCITY NITRO 2



Charlie Marchon
PUMA Ambassador



feed your fit



foodspring

START TIMES

LONDON DAY 1 - 25.11.2023



CATEGORY	START WINDOW	CHECK-IN WINDOW
HYROX DOUBLES MEN	07:30 - 11:10	06:00 - 10:00
HYROX WOMEN'S PRO	11:30 - 11:50	10:00 - 10:30
HYROX MEN	12:00 - 19:30	10:30 - 18:00
HYROX MEN'S PRO	19:50 - 21:20	18:00 - 20:00

*If you arrive before your division's check-in window, you can still access the hall via the spectator's desk. **Please note that if you are racing on Sunday you cannot check-in on Saturday, but you can access the hall as a spectator.

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creapure.com



Creapure[®] Athlete: Ramona Arendt - Personal Trainer & Fitness Model



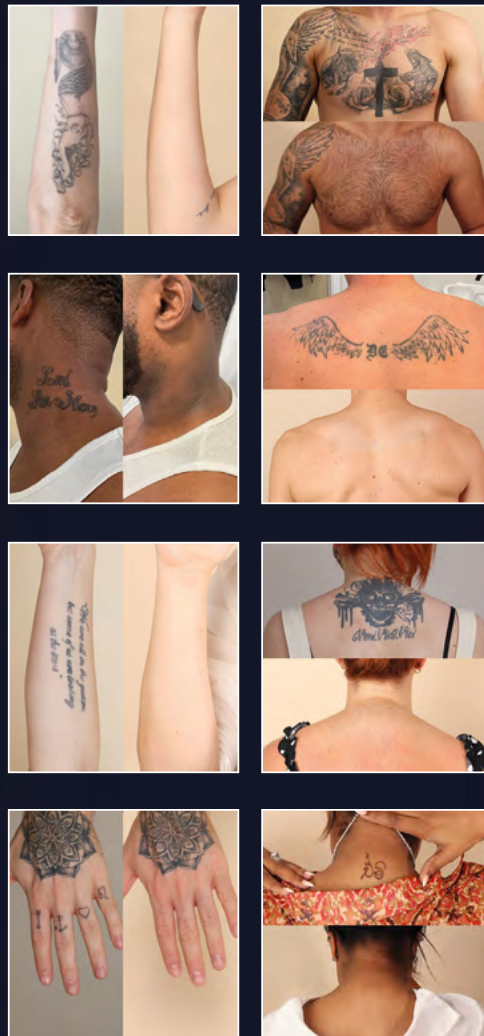
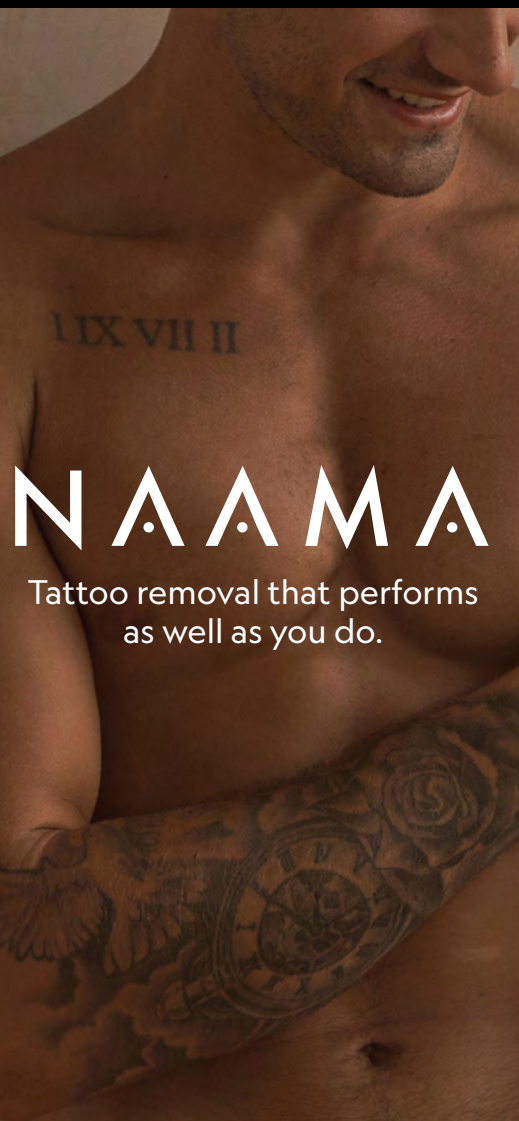
alzchem
group

START TIMES

LONDON DAY 2 - 26.11.2023

CATEGORY	START WINDOW	CHECK-IN WINDOW
HYROX DOUBLES WOMEN	07:30 - 11:40	06:00 - 10:30
HYROX WOMEN	12:00 - 15:40	10:30 - 14:30
HYROX DOUBLES MIXED	16:00 - 19:40	14:30 - 18:30
HYROX MEN'S RELAY	20:00 - 20:05	18:30 - 20:00
HYROX MIXED RELAY	20:10 - 20:15	18:30 - 20:00
HYROX WOMEN'S RELAY	20:20	18:30 - 20:00

*If you arrive before your division's check-in window, you can still access the hall via the spectator's desk. **Please note that if you are racing on Sunday you cannot check-in on Saturday, but you can access the hall as a spectator.



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Designed by **nutritionists**, approved by
athletes, elite sports teams and an
inclusive community of **Fuellers** nationwide.



FUELHUB
Athlete Approved Nutrition





BFT

**GET
HYROX
READY**

**Official HYROX
Group Training Centre**

BodyFitTraining.com

**Different.
Better.**

BEFORE RACE DAY

EARLY-REGISTRATION

Beat the queues on race day and walk straight into the venue by collecting your timing chip, velcro, entry band and race number at Early Registration!

Location: Sports Direct, 150/154 Oxford St, London W1D 1ND

Dates: Tuesday 21ST November - Thursday 23RD November

Time: 5:00 PM - 9:00 PM

RACE DAY

ATHLETE CHECK-IN:

Athlete Registration opens 6:00 AM on Saturday 25TH & Sunday 26TH November at London ExCeL. Please ensure that you bring your ticket QR code that you received via email upon ticket purchase & a valid form of ID. Upon registration, you will receive your entry wrist band, start number & timing chip, which you will attach to your right ankle with the velcro band provided.

**PLEASE NOTE: Missing timing chips will incur a £45 fee.
Return your timing chips at the Finishers Stage after your race.**

CHANGING ROOMS:

As you enter the hall, you will see a athlete only access passage which leads to the changing rooms. (see venue map for reference).

BAG DROP:

Located next to the changing rooms, you will find athlete bag drop. Here you can leave your belongings while you race. 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:

Get race ready in our Official Athlete Warm Up Zone with HYROX, Concept2 and Velites equipment. The Warm up zone is located in the athlete only area positioned on the left as you enter the hall by the start tunnel.

Make sure to head to the start zone 10 minutes before your start.

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.

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 the HYROX Rulebook for each division.

[SINGLES DIVISION RULEBOOK](#)

[DOUBLES DIVISION RULEBOOK](#)

[RELAY DIVISION RULEBOOK](#)





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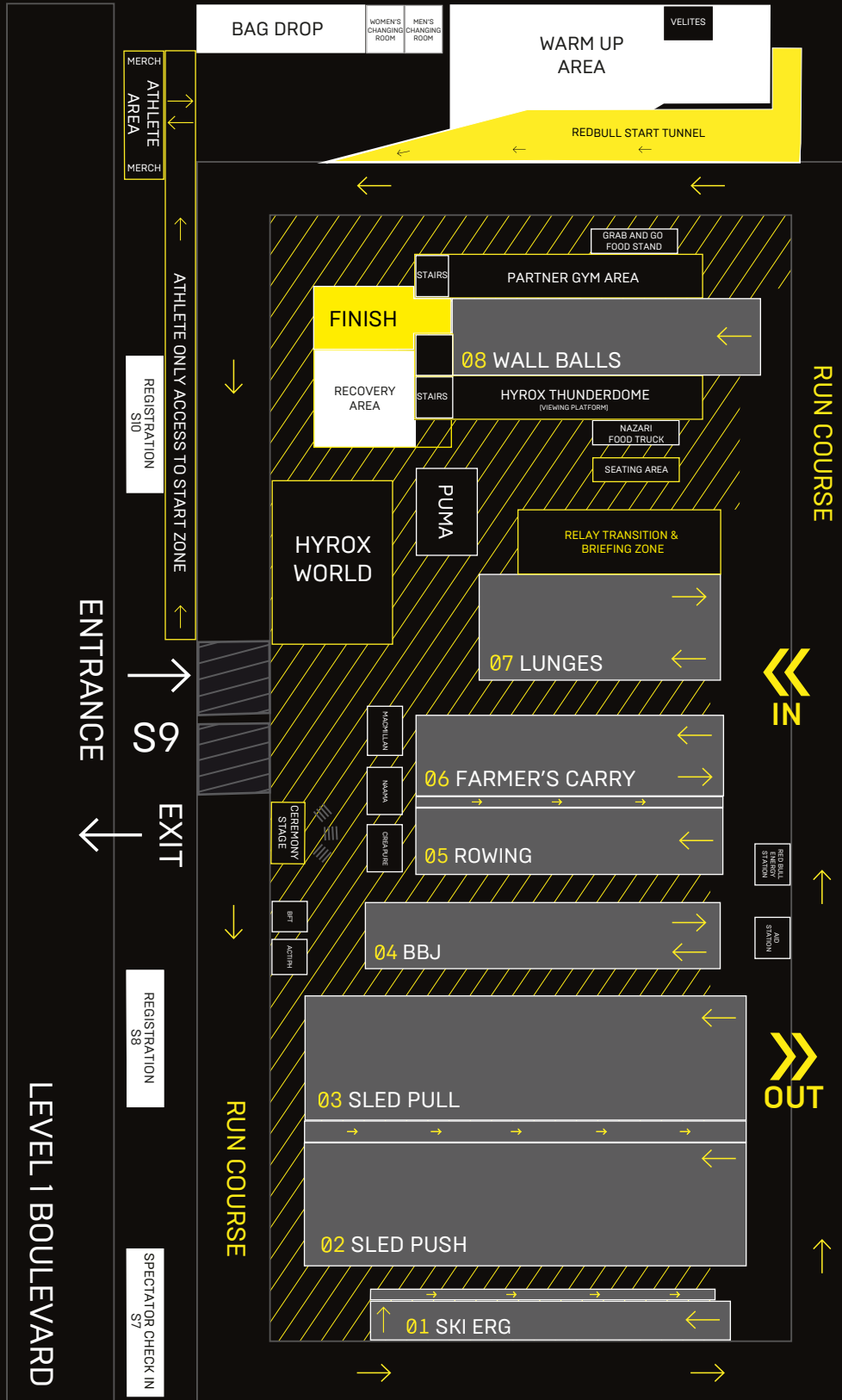
Get a **15% off** on the entire collection with the code: **HYROX15**

MADE, NOT BORN.

HYROX LONDON

25TH & 26TH NOVEMBER 2023

EXCEL LONDON - HALLS S7-S11



CROSSWALKS



SPECTATOR AREA

LAP COUNT
RUN 1: 1.8
RUN 2-8: 2 & A BIT

OVERTAKING LANE UPDATE:

Please note that there has been a change to our overtaking lane policy which will improve the experience of all athletes. When OVERTAKING, athletes should now pass on the RIGHT hand side.

MACMILLAN
CANCER SUPPORT



Registered with
**FUNDRAISING
REGULATOR**



Join Team Macmillan

The 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.

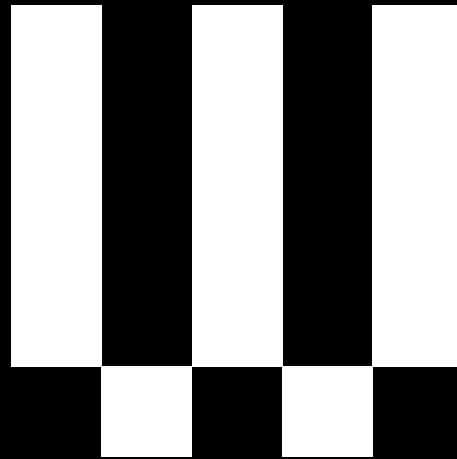
Use your HYROX London place to fundraise for Macmillan by setting up a fundraiser or scanning our QR code to make a donation.

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



Scan to donate

HYROX



WORLD_CHAMPIONSHIPS NICE, FRANCE_2024

WORLD CHAMPIONSHIPS 23/24

QUALIFYING SLOTS FOR THE WORLD CHAMPIONSHIPS | JUNE 7-9TH 2024 | NICE, FRANCE

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

Age Group Slots Distribution - **LONDON** 25.11.23 & 26.11.23

Age Group	MEN	WOMEN	PRO MEN	PRO WOMEN	Doubles Age Group	WOMEN	MIXED	MEN
16-24	8	6	1	1	16-29	7	7	5
25-29	11	8	5	1	30-39	12	12	14
30-34	14	10	6	2	40-49	10	8	7
35-39	14	10	6	2	50-59	3	3	3
40-44	12	10	4	2	60-69	2	1	0
45-49	10	8	2	1	70-79	0	0	0
50-54	9	6	1	1				
55-59	6	1	1	1				
60-64	1	1	0	0				
65-69	1	0	0	0				
70-74	1	1	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.

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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, type in your race number into the PUMA Vault at the Finish Stage!

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.

PODIUMS:

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

DAY 1 - 25.11.23

HYROX DOUBLES MEN	1:00 PM
HYROX WOMEN PRO	1:30 PM
HYROX MEN	9:15 PM
HYROX MEN PRO	11:00 PM

DAY 2 - 26.11.23

HYROX DOUBLES WOMEN	1:30 PM
HYROX WOMEN	5:30 PM
HYROX DOUBLES MIXED	9:30 PM
HYROX MEN'S RELAY	10:00 PM
HYROX MIXED RELAY	10:00 PM
HYROX WOMEN'S RELAY	10:00 PM

RESULTS:

After your race, the results (including all split times) will be published online on our [Results & Rankings page](#), where you will also be able to download your Finisher Certificate with your time and ranking!

PENALTIES:

To enquire about your race results or submit a formal penalty dispute, please follow the steps below;

1. Visit results.hyrox.com
2. Filter the search window by event, division and last name
3. Click on your race profile
4. Scroll to the bottom of the page
5. Click 'Results Request Form'
6. Submit your enquiry



WHAT ELSE IS ON?

HYROXWORLD

Featuring our new 23/24 collection, it's your chance to secure your exclusive Official HYROX x PUMA Merchandise at the HYROXWORLD stand!

PUMA

Head over to the PUMA stand to try out and purchase the Nitro range, the number 1 shoes for HYROX, in brand new colourways!

foodspring

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

Macmillan

Supporting Macmillan Cancer Support this weekend? Come on by and say hello to the team on the day! Rest in the chillout zone, get a massage from one of our massage therapists or pose for a commemorative polaroid to add to our HYROX Heroes wall. All funds raised go towards supporting people living with cancer across the UK.

BFT

Learn more about our recently launched HYROX Official Training Centres in partnership with BFT and find out how you can open your own BFT studio.

NAAMA

Old tattoos meet new technology! If you're rethinking your ink, head to the NAAMA stand to learn about the fastest, safest and most advanced laser tattoo removal technology and compete at our punch bag for your chance to win free tattoo removal.

Creapure

If you want to know more about creatine and how it can improve your performance at HYROX, come to the Entertainment Area and stop by the Creapure stand. Creapure produces the purest creatine 100% in Germany!

02.12.23
STOCKHOLM

20.01.24
MAASTRICHT

03.02.24
TURIN

10.02.24
BILBAO

17.02.23
INCHEON

27.01.24-
28.01.24
MANCHESTER

02.03.24-
03.03.24
GLASGOW

04.05.24-
06.05.24
LONDON OLYMPIA

07.06.24 - 09.06.24
WORLD CHAMPIONSHIPS
NICE, FRANCE

